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INDEX

4	The Greatest Love of All
5	Modest Fashion
6	Instagram Pic(k)s
7	Daniel's Valentine
8	They Had Us In the First Half
9	Sudoku
10	Effects of Procrastinating
11	Guess the Piece



EDITOR IN CHIEF

Hi Kingsway,

As much as Kingsway's semester break was more like a field trip home for the day and back the next, it was a good way to end off the semester. Finally, we all had a night without homework to worry about. As well as a new semester and new classes, the sentinel would like to welcome the new students to Kingsway this semester, we look forward to hearing from you! Hope you had a wonderful Valentine's Day with lots of chocolates and a family day full of fun! All the best!

Luca Phillips



ASSISTANT EDITOR

Hi there, guys!

I hope everyone has had a great start to the new year. Hopefully exams have gone well and you're enjoying your second semester classes.

We've added a few new things to this issue which I hope are enjoyed; there is now the Month's Instagram Picks section, which hopefully you'll find interesting. And, we also have two contests in this issue.

If you have any suggestions about the things you want to see in the Cedar Sentinel (eg. More stories, games, or entirely new suggestions,) feel free to talk to me or Luca.

God Bless,
Alannah Tjhatra



By Ashley Boehner

THE GREATEST LOVE OF ALL

The month of February is known for love being in the air. On the fourteenth of the month, people expect to be shown love from those around. Everywhere you look there are couples holding hands, girls bragging over what their boyfriends did for them, even online is filled with mushy poems and stories of how lovers met. I am here to tell you yet another love story. It may be one you have already heard, or perhaps it is the first time you are hearing of it. It is known to be one of the greatest love stories of all time.

It all starts with a man named Jesus. Jesus is a special boy. He was born in a stable full of animals in the city of Bethlehem. He was born to his mother Mary who was a virgin. He enjoyed working and being in the shop watching his father take pieces of wood and making them into a beautiful work of art. He grew up to look like a regular teenage boy. Nothing was too special about his appearance. Jesus had 12 best friends who followed him everywhere. Many people knew Jesus was around when they saw his friends.

Jesus often performed miracles and preached the Word of God. He once healed a blind

man, turned water into wine, and raised a dead man back to life. That sounds crazy if you ask me, but he did it through the power of God. Many people loved and respected Jesus' strong faith in God and the wonderful message that he was teaching. Not everyone liked his message though. The Pharisees did not like all the attention that Jesus was receiving

give him 30 pieces of silver. Judas accepted this offer and one night led them to where Jesus was praying with his friends. Jesus, the Son of God, knew that this was going to happen one day, and the day had finally come. They captured Jesus and took him to prison where they beat him uncontrollably, whipping him repeatedly, blood dripping everywhere from



from everyone. They became jealous and tried to find faults in him. They tried many times to trick Jesus into saying or doing something wrong so that they could put him in prison. At each attempt Jesus always retaliated with Scripture, with which the Pharisees could find no fault in.

They decided to get into Jesus' close circle of friends. They proposed to Judas that if he led them to where Jesus was, they would

the gashes. The Pharisees brought him to many different governors to see what they could do with him now. No one could find any fault in Jesus, but Pilate, the governor of Judea, made a deal with the people. Out of Jesus and Barabbas, they could choose one prisoner to be set free and the other would be crucified. The people chose to have the murderer set free, meaning that Jesus was soon to be killed.

Soldiers whipped and beat his back as he carried his own cross to Calvary, the place where he was to be crucified. Jesus was weak, and struggling to bear the weight. The soldiers demanded a man from the crowd to carry Jesus' cross the rest of the way. When they got there, Jesus was tied and nailed to the cross. They put a nail in each hand, and one to hold both of his feet in place. He screamed in pain as the spikes broke through his flesh and bones.

They dug a crown of thorns in his head, causing blood to drip down his face. Jesus bore the pain of the cross for 6 hours until he bowed his head and he died. He was buried and rose 3 from the dead days later.

Jesus at any time could have taken himself off the cross, stopped himself from going through all that pain for you and I. He endured it so that we might live forever with Him. This love is the kind that should be bragged about, the

kind that should be on the covers of magazines and news articles. This love is incomparable. No one else's love can ever come close to the kind of love that Jesus has for each and every one of us. He values you so much that He suffered on the cross just for you. This love story truly shows the greatest love of all. "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." –Romans 5:8



By Mana Martin

It's 2017 and the fashion industry is only getting bigger and better, but with this comes the concept of modesty. With each growing year clothes usually tend to get less and less modest, and I feel like that is a problem. Sure I'm not saying we go back to the EGW days where skirts had to be touching the ground and stuff, but I think clothes become for skimpier with years to come.

Sure there are some cute items out there, but think about it, when would you wear most of these clothing items with deep v-neck cuts, or very low backs or really short dresses? Personally I wouldn't. Not because they aren't nice, but the modesty I have been raised up with leads me away from this risky items. Sure there are moments I want to rebel, but I tend to not feel comfortable when it's done.

I think the fashion industry needs to make more modest options that are still cute and makes

you feel like you are in on the trends of today's society. It doesn't mean that you have to cover up everything but to be modestly clothed. The industry isn't doing a good job at promoting modesty as seeing most models are either wearing ridiculous outfits that couldn't be used every day or they are barely dressed. I understand that if people want to show off their bodies they can, but don't people have some thoughts on if what they are wearing is modest enough for where they're going?

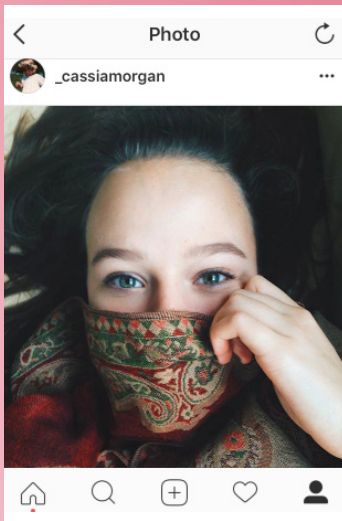
And if you really think about it, maybe there should be a change, I understand it's hard being that one person who sticks out and gets labeled as the "loser", but just like those people who show off their bodies and don't care what the majority says, you should feel the same way. Don't care what other people think because you aren't dressing for them, you are dressing for yourself. Society doesn't do a good enough job prompting that it's okay for people to dress modestly. Ridiculing isn't the answer.

It really makes me feel for all girls and women who are affected by this, seeing as the industry is usually targeted to the female population, and they are being ridiculed the most. Most girls that dress modestly usually get the worse end of the stick than those who are with the latest trends and styles. I find that ridiculous. And like people are allowed love whoever they want, why can't they wear what they want as well.

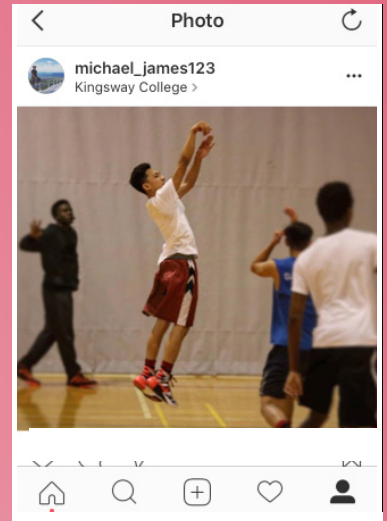
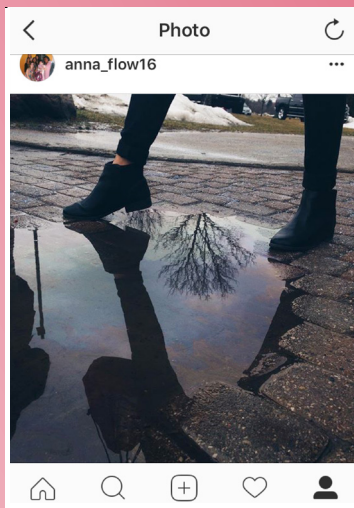
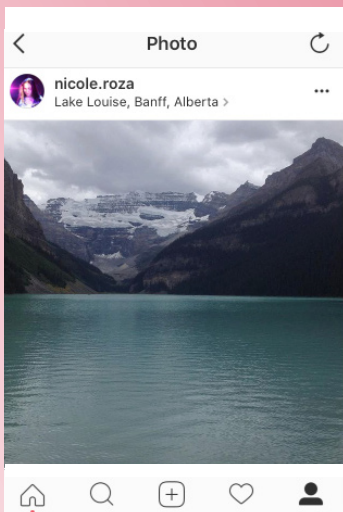
Like I stated, I'm not dressing for the world I'm dressing for myself, and I should be able to walk down the street and not get weird stares from strangers. It's definitely going to take time for this to happen, but it can happen when more people start to realize I don't have to follow the world I can be comfortable and dress the way I want. The fashion industry has a lot of power and when promoting the right it imagines can really effect the upcoming generations for the better.

MODEST FASHION

INSTAGRAM PIC(K)S



JANUARY & FEBRUARY



If you would like to submit your instagram pictures, you can send them to cedar.sentinel@gmail.com for a chance to be featured in an issue.



DANIEL'S VALENTINE

By Madison Chant

There's this girl – she's beautiful and kind and I want to give her flowers for Valentine's Day to show how much I love her." The little boy says, climbing up on the hospital bed. "Mommy, what flowers do you buy a girl?"

The little boy, Daniel Miles, is simply a boy visiting his mother in the hospital. Only seven years old, he lost his father to brain cancer a few years back, and now his mother is in the hospital being treated for lung cancer. Not a smoker, not over fifty, no medical history with her family – just a single mother of thirty years old, battling cancer.

"Well, you could get her roses? Red roses, a classic."

"Where?"

The mother smiles and bites her lip in thought. "Well, you could always get roses from that little flower shop around the corner. I saw them when I passed by once and it looks nice."

"You think she'll like them?" Daniel asks, a twinkle in his eye.

"Of course she would, whoever she is she will be happy to get them."

With that, the little seven year old rushes out into the waiting room running straight to his grandma.

"Grandma! I know what to get her!" Daniel says with a happy grin on his face. "Mom just said that if I buy her red flowers, she knows that she'll love them."

"Are you sure this is what you want to give her? Valentine's Day is once a year, and you need to make sure the gift is extra special."

Daniel smiles, taking his Grandma's hand. "I know it's perfect."

The two walk out of the waiting room; they pass sick people looking pale and sad, and nurses and doctors pushing patients in their wheelchairs.

"Why is everyone sad, Grandma? It's Valentine's Day,"

She looks around at what Daniel sees through his eyes and sighs. "Some people don't feel the love on Valentine's Day – they don't feel happy."

Daniel nods, looking over his shoulder at all the people as they leave through the hospital doors. The two round the street corner and walk into the flower boutique. Immediately, the loud noises of busy people buying last-minute flowers are heard.

Daniel gently pulls on his Grandma's hand. "Those flowers over there, they're all by themselves."

Grandma follows Daniel's gaze to about three buckets of single red roses. "Those flowers are sold separately, one red rose."

Daniel pulls his Grandma over to the buckets and stares at them for a few moments. "Alright, let's get the red roses and go."

Twenty minutes later, Daniel and his Grandma return to the hospital carrying five single red roses each.

"You sure this is what you want to do, Daniel?" His Grandma asks, proud yet surprised at his choice.

He nods and walks forward. "This is what I want, happiness for all."

One by one, the single red roses in Daniel's hands disappear as he gives them out to the sick patients that he bumps into in the halls. Nine red roses for nine people Daniel meets along the way to his Mom's room.

Some are given to doctors and nurses, others given to sick patients passing in the hall.

Only one red rose remains in Daniel's hand. "This is for her."

"She's a lucky girl, Daniel." Grandma says smiling at her grandson.

They walk hand in hand into his Mom's room where he places the red rose on his mother's bed. "Happy Valentine's Day Mom, you're my valentine."



THEY HAD US IN THE FIRST HALF, I'M NOT GONNA LIE

By Austin McGann

We all can agree that first semester wasn't the easiest for us. If you are a freshmen, you finally had your first exams and if you are a senior, you must have got overwhelmed with applying to universities, colleges, and other post-secondary schools alike. Though there might have been times that you have failed that important test or not kept that specific goal that you set for yourself in the New Year, second semester is a time for a fresh start. It might not change last semester, but starting anew is something that I recommend. But how can one get this new start, you might ask? Well I'm going to share with you some of the tips that can definitely help you with this semester. So before we get into these steps, as a disclaimer, you must know that you won't get this down perfect on your first try, but that doesn't mean to give up. If you try to commit to this advice, you'll definitely see some improvements in your well-being. Okay, so let's get started:

1. Try to start off every day with devotion with God. Yes, I know what kind of struggle it

is when you have to wake up at 6:00 in the morning anyway, just to get breakfast or quickly cram for that test. But, if you reserve time for God, you'll have a better understanding of what he wants in your life. To clarify, why should be in the morning is because you want to start the day off with God. I heard this testimony once that explained the benefits of starting the day off with God. The person said that even though they had to wake up half an hour earlier every day, they soon started to feel more refreshed and energized throughout the day. It started to become less of a hassle for them to wake up earlier, and they felt like they could tackle the day with a more positive attitude. Starting off the new semester with God in the morning can only bring you success.

2. Get an agenda. I know this might be really cliché and juvenile, but if you commit to it (which is easier said than done), then it can really bring out the best in you for the new semester. Keeping your assignments, due dates, trips, and events in a book so you know exactly when to do them helps you plan way in advance than

the average Joe that waits and procrastinates. (If you waited till the night before to study for that test and didn't pass, then this is for you). This not only keeps you organized, but it's really beneficial since in university you have NO ONE telling you to get your assignments done. Start getting these habits down now, so that later you don't have to worry about it.

3. STAY AWAY FROM THE INTERNET. Okay, so what's up with this, I mean the internet can be really helpful when it comes to school work and it offers us a great deal of knowledge, right. Of course it does, but I'm not talking about that. I'm talking about when the internet becomes a distraction. How many times do we find ourselves trying to get work done and the next thing we know, we're on YouTube watching The Try Guys taking on the American Ninja Warrior course or Adults reacting to the mannequin challenge (I speak for myself, but far too many). There are so many things that one could rather do than watch TV shows or YouTube videos. You can finally start that thing you always wanted to make or

actually complete that assignment that you were putting off until 3 days before the semester is over. Take a shower, go for a walk, utilize the gym, these are all things you can do that can keep you off that distracting part of the internet. This isn't saying that you can't watch your TV shows or YouTube videos from time to time, but how much more innovative would

we be if we stayed off that stuff. It all has to be in moderation.

I've only named a few things that you can do this semester to make it better than your last. For some, you might have already started these kinds of resolutions, but if you haven't, I urge you to try them. In the words of Apollos Hester, "They had us in the first half, I'm not going to lie. We weren't defeated, but they

had us." You have a full semester to get your life back on track. Don't think that it's going to be any different from your last one, if you do the exact same stuff.

SUDOKU

If you solve these two puzzles, go to either Luca or Alannah to receive a prize. Have fun and good luck!

	7	1		9		8		
			3		6			
4	9					7		5
	1		9					
9		2				6		3
					8		2	
8		5					7	6
			6		7			
		7		4		3	5	

		9		4				
					5	3	1	
	6	1			8		5	
		5	4			2		3
	1				7			8
	8					7	6	
3		6		1	9	4		
7								
		4		5		6	2	7



By Matthew Mann

EFFECTS OF PROCRASTINATING

Once again, exam season has passed here at Kingsway, which means that all the assignments we had to finish for the end of the semester, and the preparation we had to do for exams, hit us at full force. It was a busy and stressful time of year which we all dreaded, especially since it only marked the halfway point of the school year.

One of the biggest issues we deal with as teenagers is procrastination. It is what drives us to not do anything until last minute. Everyone procrastinates at one point in their lives. Some of us more than others! As a students of Kingsway, we all know how incredibly hectic the schedule is. With multiple courses having tests almost every single week, we are always studying, and doing homework to complete the stress-filled assignments.

According to studies, procrastinating has over quadrupled in the last thirty years! One would think it would be a result of all the new distractions that we have through technology. Keeping up-to-date with all our social Medias, 100% of the time is quite the distraction to the average teen. Also television has been developed a lot. With companies like Netflix and

Crave TV, we have all sorts of entertainment genres at the tips of our fingers. This can be a massive distraction to the average teen and can decrease motivation to study significantly.

For most students, there are only a few hours a day that are not consumed by classes and touring groups. That time is largely unstructured and up to us to figure out what to do in that given time. Many people start the studying, which is amazing, but not everyone can find the motivation to do this. Many find themselves exploring the internet, or playing video games for hours and hours on end.

According to research forty percent of people have experienced financial loss. Now, as a student at Kingsway you would think, "How can I lose what I don't have?" Well it could - in the future. Many adults in the world have developed bad habits from high school, like procrastination, which could affect them financially. Having the ability to pay bills on time, paying taxes, and so on... are all time sensitive financial aspects. Now, before I start to lose you on the "adult" talk, just think about how much better off you'll be, if you learn those skills now.

Managing your desire to procrastinate will be a huge

life skill. A huge percent of people find themselves as procrastinators, even adults. For some, it is not just a habit but a lifestyle. A couple of symptoms includes missing deadlines, not paying bills, and forgetting to study for a huge test. People these days take procrastinating as a problem of self-regulation. For some people, procrastinating is born and fed. This means you did it one time and just kept doing it more and more.

You can't just get rid of procrastination by getting rid of the distractions. Although it could benefit you by working on time management and keeping priorities in check, it is something that requires a lot of work to successfully change. Now that we have all our tests and final projects on top of our exams, we find ourselves procrastinating more. This can result in rushed, terrible quality work, and losing marks for forgetting directions.

Procrastinating is a hard thing to overcome, especially when the majority of the time, school work is the last things we'd like to be doing. For most of us, we'd rather be watching Netflix or relaxing, while others just want to sleep, eat and play basketball. Most of the time, procrastinators do not usually notice any negative consequences of performing tasks at

the last minute, and this is likely Continued on next page...

why they continue to keep up their procrastination habits and continue to wait longer and longer. But this could be detrimental in university, and later on in life. It's a common misconception that procrastination is due to a problem with managing time, when in fact, it's a much more complex issue. People who procrastinate don't do it because they underestimate how long

a task will take. Instead, they are overly optimistic about their ability to get the job done. 1 out of 5 people admit that their procrastination has gotten so out of hand that they have jeopardized their jobs, credit, relationships, and even their health.

So, in conclusion, we should all do our best to manage our desires to procrastinate. It could lead us to bad health and a poor future. Whether its motivation or bad

habits, procrastination is a negative aspect in our lives. Find that extra motivation to keep you going through this hectic schedule, and get on top of your grades.

GUESS THE PIECE

Can you guess which piece of music this comes from? If so, go to Luca or Alannah with your answer. If you are correct, you will receive a prize.

Hint 1: This piece is from the classical era and is written by Mozart.

Hint 2: The name of this piece is: T_____ M_____

The image shows a musical score for a piece by Mozart, marked *Allegretto*. The score is in 2/4 time and features a piano (*p*) section followed by a mezzo-forte (*mf*) section and a piano (*p*) section. The score is written for a single instrument, likely a piano, and consists of two systems of music. The first system has six measures, and the second system has six measures. The key signature has one sharp (F#), and the time signature is 2/4. The piece is in the key of D major. The first system begins with a piano (*p*) dynamic. The second system begins with a mezzo-forte (*mf*) dynamic, and the final measure of the second system is marked piano (*p*).

PRINCIPAL'S LIST

1. Adap, Sandrine
2. Agpalo, Erika
3. Anunciacion, Aimee
4. Aradanas, Angelica
5. Aubin, Emerald
6. Aure, Jensine
7. Bannister, James
8. Bernal, Rondail
9. Boehner, Ashley
10. Brkic, Rubina
11. Browne, Harmoniee
12. Browne, Micah
13. Caran, Nicole
14. Cardwell, Samantha
15. Chen, Charlie
16. Clayton, Danielle
17. Cucuteanu, David
18. Fegadoli Tosi, Kim
19. Felicien, Clerona
20. Felicien, Clesha
21. Flash, Kyle
22. Flores, Anna
23. Hodgins, Andrew
24. Hu, Ever
25. Johnson, Davia
26. Kuchurivski, Emily
27. Kwon, Jakob
28. Lazarov, Isaiah
29. Leonardo, Marco
30. Lorenzo, Eloisa
31. Ly, Selena
32. Madar, Mate
33. Malabrigo, Hope
34. McGann, Austin
35. Mann, Keegan
36. Martinez, Cristina
37. Mendes Souza, Nicole
38. Mohns, Kianna
39. Morales Gramajo, Jeremy
40. Page, Danilyn
41. Pelobello, Samuel
42. Phillips, Luca
43. Quezon, Brienne Koleen
44. Rey, Julio
45. Roberts, Marcia
46. Sabot, Nadia
47. Santos, Rebecca
48. Satiada, Genesis
49. Silva, Camille
50. Silva, Vini
51. Smith, Vania
52. Sukumaran, Coulter
53. Sukumaran, Maya
54. Tang, Vincent
55. Tjhatra, Alannah
56. Toop, Irene
57. Tseng, Matthew
58. Tulod, Genevieve
59. Valente, John Billy
60. Villegas, Bob
61. Williams, Brittany
62. Williams, Leah
63. Zhu, Hellen

