



CEDAR SENTINEL

Volume 56
Issue 1

VOLUME 56

ISSUE 1

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EDITOR IN CHIEF

Hey Kingsway,

My name is Luca Phillips, I'm in grade 11, and I'm so excited for this year's Cedar Sentinel. This is my second year doing the paper and my assistant, Alannah, and I look forward to a great year ahead for the Cedar Sentinel. I hope you all get a chance to read the issues and that you are just as intrigued to know what kind of stories are going to be published as much as I am. If you have a love for writing or you're simply interested in improving your english grade (yes, you can receive extra credit in your english class- grade 11 & 12 only as of right now) let either me or Alannah know and we'll get you started writing an article. I wish the readers of the Cedar Sentinel a happy reading and a great year. Alannah and I are also up for any offers or suggestion for improvements. Best wishes.



ASSISTANT EDITOR

Hi, guys!

I'm Alannah Tjhatra, the assistant editor for the Cedar Sentinel. I'm in grade 10, so it's my second year here. It's been really great to see everyone again this past month, and I'm excited to get acquainted with all of the new faces, too. September has been both busy and fun, and I look forward to reading about the experiences and stories that you are inspired to write about. I hope all of you have a thoroughly enjoyed semester and have a good time reading the Cedar Sentinel, too. All the best to you and your adventures through the year.

CONTESTS



As well as articles, the Cedar Sentinel will occasionally have contests such as a crossword puzzle or searching game. In one of last years contests Tim Caran won a gift card to McDonald's! Check the paper every month for contests, be the fastest person to complete it and win. Good luck!

STUDENT ASSOCIATION



Prime Minister:
Kianna Mohns



Vice:
Kim Tosi



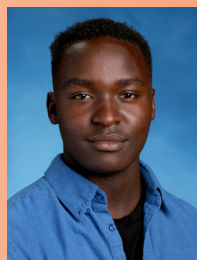
Pastors: Alessandro Coronado &
Clerona Felicien



Ministers of Music: Ashley
Bohner & Iyani Debellotte



Cedar Trails (yearbook)
editor: Zach Simmonds



Sports Coordinator:
Fabrice Manirambona



Cedar Sentinel (newspaper)
editor: Luca Phillips



Minister of Outreach affairs:
Rebecca Santos



Minister of Finance:
Ever Hu



Minister of Technology:
Andrews Fererra



Ministers of Social/Cultural Affairs:
Hope Dorey & Dani Page



Minister of Communications:
Vania Smith

Grade 9

President - Caleb Mohns

Vice President - Sandrine Adap

Pastor - Christina Martinez

Treasurer - Steve Zhang

Secretary - Vini Silva

Sports Coordinator - Sephora Gustavus

Sgt. At Arms - Leah Williams

Music Coordinator - Samantha Hilborn

Senators: Harmonee Browne & Caleb Mohns

Grade 10

President - Rondail Bernal

Vice President - Selena Ly

Pastor - Clesha Felicien

Treasurer - Matthew Tseng

Secretary - Alannah Tjhatra

Sports Coordinator - Zack Milekic

Sgt. At Arms - Shurniyka Jones

Music Coordinator - Erika Agpalo

Senators - Selena Ly & Anna Flores

CLASS OFFICERS

Grade 11

President - Davia Johnson

Vice President - Reggie Raphael

Pastor - Shine Soki

Treasurer - Faith Withers

Secretary - Seth Dorion

Sports Coordinator - Kumar Stoddart

Sgt. At Arms - Fay'ja Day

Music Coordinator - Aimee Anunciation

Senators - Keegan Mann & Seth Dorion

Grade 12

President - Austin McGann

Vice President - Andrew Hodgins

Pastor - Dushawn Green

Treasurer - Vertina Williams

Secretary - Angelika Estoesta

Sports Coordinator - Chavaun Anderson

Sgt. At Arms - Leger Beaulieu

Music Coordinator - Michael Tugay

Senators - Mathew Mann & Leger Beaulieu

STUDENT ASSOCIATION GOALS FOR 2016-2017



Prime Minister:
Kianna Mohns



Deputy Prime
Minister:
Kim Tosi

Hi Kingsway!

My name is Kim and this is Kianna. We are your Prime Minister and Vice for this year. This year, we want to make Kingsway a better place for everyone. We want people to feel like they're part of a family and get involved. We want to be a light to others and spread kindness everywhere.



Pastors: Alessandro Coronado &
Clerona Felicien



Hi,

We are Alessandro and Clerona, and we are your SA pastors for this year. Our main goal is to get more students interested in God.



Ministers of Music: Ashley
Boehner & Iyani Debellotte



Hey Kingsway,

We're Ashley Boehner and Iyani Debellotte, and we are your music ministers for this year. We are both in grade 11. Our goals for this year are to be an inspiration to students through our music, help students develop a relationship with God and to touch the lives of students through music.



Minister of Outreach Affairs:
Rebecca Santos

Hi Kingsway,

I'm Rebecca Santos and I am your Minister of Outreach affairs for this year. My goal for the year is to provide more opportunities for outreach in the community. I would like more students to be willing to help out those in need.



Hi guys!
 My name is Zach. I am in grade 10, and I'm in charge of the yearbook this year. I would like to make the yearbook memorable and looking rad. I hope people will remember my yearbook.

Cedar Trails (yearbook)
 editor: Zach Simmonds



What's up, Kingsway?
 I'm Fabrice, the sports coordinator. I'm in grade 12. My goals for this year is to have a soccer team, to get new bleachers, and to have a track field. I would like to encourage more students to be more dedicated to being active.

Sports Coordinator:
 Fabrice Manirambona



Hello,
 My name is Ever Hu and I am in grade 11. This year I am your minister of finance. My goal for this year is to sell more SPC cards.

Minister of Finance:
 Ever Hu



Hey Kingsway,
 We're Dani and Hope, we are both in grade 12. As your Ministers of Social/Cultural affairs for this year we hope to provide fun and beautiful events that the students will enjoy and remember.

Ministers of Social/Cultural Affairs:
 Hope Dorey & Dani Page



MEGA MARATHON

By Brittany Williams

I could sense the excitement in the air as my last period came to an end. Truth be told, mixed in with my own excitement was a tingling sensation of fear. It was Friday, the 16th of September, but more importantly it was the day of Mega Marathon – my first one at that. I had no idea what to expect! I chided myself a bit for deciding to enter one of the longer events for my first entrance, but I began to feel a bit more settled as everyone else's enthusiasm for the events continued to build. The bell finally rang, signaling the end of what seemed like a long wait, and everyone headed well... everywhere. Dorm students headed to their rooms to change, community student's headed to bathrooms to change, and then everyone then headed for the gym.

As I filed into the gym with my friends, I was greeted by the loud sounds of laughter, talking and cheers. I must say that in my very "long" week and a half at Kingsway so far, I had never seen the gym so packed and abuzz before. The sound was deafening! Each class stood in their groups awaiting the first event the basket ball throws! The seniors were chanting and clapping. Our nemesis for the moment, the juniors looked at us with comical glares to which we responded with chants of "Loooooosers!" The freshmen looked like they had come to make their mark, and the grade 10's were obviously up to any challenge thrown at them. Everyone could feel it, competi-

tion was in the air. It was on! It was now only a matter of time before we would all know which class would reign supreme.

We started off with basket ball throw, and everyone gave it a go despite our varying basketball skills, of which I had "nada". But, the flurry and excitement pushed one to try again and again. The seniors finished up quickly with the basket ball throw and were the first ones out, with the other classes in hot pursuit. Up next was the obstacle course. We cheered our respective teams on, and then cheered our friends on other teams on, and then basically we ended up cheering everyone on. I think it was somewhere between this event and the next in which I almost lost my voice.

The next event I remembered finding myself at was the three legged race, which took both a combination of skill and speed to achieve.

Arguable though, one of the funniest events was the Beach Waddle. Firstly because there was not actually a beach, and secondly because racing in fins was quite the task. This was a race which involved a person running in various beach attire including life jackets, goggles, and flippers. People had to put on and take off various layers of the beachwear with each succeeding teammate adding an additional piece until the final team member had put on all the beach wear and head to finish line. It was quite a comical

affair.

Before I knew it, people were yelling in my ear "Brittany, it's your turn, it's your turn!". A shirt was shoved over my head and I was off on campus run. Thankfully I was able to make it in good time to my awaiting teammates, but a word of warning to future campus run newbies: do find out ahead of time exactly where you're suppose to run to.

A few more events took us up the final two. The penultimate event involved the filling up of water in a plastic drum with several holes in order to get a small plastic ball to float over the edge of the filled barrel called for everyone's help. And was a true hall mark of the essence of team work. This activity necessitated that students parted with technology temporarily as they sought to plug the holes of the barrel. All "fingers" were needed on deck.

The seniors, who had been leading, raced off to finish the final event – the sprints, which we won with ease. The seniors, realizing that we were triumphant, broke out into chanting. Closely behind the seniors were the sophomores and juniors, who battled it out in the sprints to see who would secure second place. This was achieved by the gleeful juniors. Following this jubilation, all teams turned to cheer the freshmen on, showing that, though sometimes competitive, there is a brotherly spirit that will always be present at Kingsway College!



By Alannah Tjhatra

Summer ends. The school year starts. Procrastination begins. It's a familiar routine that most students fall into during their school life at one point or another. Usually, the beginning of the procrastination plan works out great: you've got a lot of time on your hands, you hang out with friends, and you watch cat videos on Youtube. Then deadlines start to hit you. And you rush, panic, and stay up late in a vain attempt to complete the assignment given to you two weeks ago – at least, that's what I've gone through before.

STUDY TIPS

It would make life so much easier if there was a different way to do it all. There is.

Try to begin assignments on the day (or a few days after) they've been given to you. Keep an agenda of due dates, and projects, and tests each for class. That way, there will be no missed or forgotten assignments. Also, try and review notes and the things you talked about in class every week so that you won't need to cram as much when tests or exams come. That can be stressful. And speaking of stress – try to get enough sleep every night. It may seem like there's too much work to be done and sleeping on King-

sway's desks during the day is the only option. But, if homework and projects are done on time, getting enough sleep shouldn't be too hard. Besides, I'm pretty sure sleeping on a bed would be a bit more comfortable.

With these tips, the academic part of your school year will hopefully go well. There will be more of a balance in life. By keeping up with homework and assignments and trying not to procrastinate, you'll find that there will be less stress in your life, and you'll still have time to relax and do the things you love to do. You'll even have time to watch your cat videos.



By Luca Phillips

Choir this year has been a great success! We have a super large group that has a lot of sound and potential. We have been working very hard to make it through our various songs. We have been learning our notes, correcting our tunes, and raising that pitch since day one this year.

Last month we had our first performance at College Park Church. We all met at the school to warm up our voices

CHOIR UPDATE



and then we were off to the church. It was a little nippy that day which cause us all to walk a bit faster to our destination.

Once we got to the church we assembled in our lines and waited for our cue to walk upstairs to the choir loft.

Mrs. Foreman made her way to the front and we all stood simultaneously at her demand. The song begun and sounds of angels could be heard throughout the church (I don't mean to brag, but we sounded awe-

some). Our song was a success! Even the tenors reached their notes in the solo!

The choir received many compliments and encouragements from our viewers. We look forward to our next performance where we can spread the word of God through our voices and sing our hearts out to the Lord!







By Davia Johnson

The varsity program at Kingsway College has changed dramatically this school year. The teams have more concentrated times for practice and it has already proven to be more effective. This year the basketball team has already won their first game, but that's not the beginning. Every girl who made the varsity basketball team this year had to earn the position, and it wasn't easy.

It was a warm Thursday evening when the basketball tryouts were being held. Females from all over the Kingsway campus were called during announcements to tryout. However, very few actually came to tryout, though many came to watch and spectate. After attendance was taken at 5:35, the fun began. After being introduced to the coach and the captains for this year's boys' and girls' basketball teams, the girls were directed to the base line.

After running what felt like a marathon, we were allowed to get water so we could move on to the rest of tryouts. While the girls were running, more people came and quickly joined in on the running. Immediately following the quick water break, we were called to get into different lines to practice different kinds of shooting drills. Once we completed a couple of drills, the girls found themselves running from line to line at a fast rate, hoping and praying that they would make

BASKETBALL

the team.

After another water break all the girls were put into one big line where they would dribble one length of the basketball court. They would dribble down with their left and return with their right; all the girls are right-handed and use it as their dominant hand. That gave some of the girls time to rest up for what was coming their way. Once everyone had dribbled the length of the court, the girls were now doing two lines of defensive slides. For those who don't know what those are, they are like normal slides in a squatting position.



The girls were then called all together to be split into teams of three for miniature half-court scrimmages. Marco and Iyani, the male team captains, were appointed referees of those unofficial games. While some girls played, others would try to catch their breath in time for their next turn. When all the teams had played, some more than once, the girls were called

again to the base line to do some more running.

After the girls ran, they were called to gather around Coach Kevin. He told us all that he would be choosing the team and the list will be posted around the school by touring group practice time. True enough, the next day when people were making their way to band class or to Aerials the list was being put up. When the girls who were checking the list saw their names, they looked overjoyed.

The Friday the team was finalized, we had a meeting to figure out sizes for warmups and jerseys and after that we delved into the topics of upcoming games and student success. At the beginning of practice we did a prayer partner activity. When practice came, all of the girls were scared and excited. When practice was reaching its end we had a prayer circle; that's one of my favourite parts.

When we played our game, all of the girls were frightful and ecstatic. We were nervous because we didn't know who we were going up against and ecstatic because it was a game, not a scrimmage. But all in all, with God running with us up and down the court, we all had fun and learned that even the impossible is possible with God. Who would've thought that after only three practices, a team could claim victory in an official game.

CONTEST: TRIVIA

1. After being in the ark for forty days, what type of bird did Noah first send out?
 2. Pilate had an inscription written saying, "Jesus of Nazareth, King of the Jews," and put it on the cross above Jesus. It was written in what three languages?
 3. How many edges are on a stop sign?
 4. What is Alannah (Tjhatra's) favourite colour?
 5. Why is the sky blue?
 6. Which is the only U.S. state to produce coffee?
 7. What colour are the lines on the gym floor?
 8. What is Luca (Phillips') favourite fruit?
 9. What colour are Mrs. Romito's eyes?
 10. What is the largest mammal in the world?
 11. What musical instrument is found in the bathroom? (Riddle)
-

BIBLE VERSE OF THE MONTH

Let no one despise you for your youth, but set
the believers an example in *Speech*, in
Conduct, in *Love*, in *Faith*, and in *Purity*.

1 TIMOTHY 4:12

HONOUR ROLL SEMESTER 2 FINAL

(June 24, 2016)

1. Alexander, Jovi-Ann
2. Alleyne, Jonathan
3. Bell, Neko
4. Bernal, Rondail
5. Browne, Micah
6. Clemente, Jared Trevon
7. Davila, Reiniel
8. Dong, Mikaela
9. Durocher, Lucas
10. Estoesta, Adan
11. Felicien, Clerona
12. Hon, Eric
13. Huang, Hank
14. Jiang, Elena
15. Jin, Sophyia
16. Johnson, Davia
17. Laketa, Vanessa
18. Li, Lucy
19. Li, Ann
20. Ly, Samuel
21. Ly, Selena
22. Mann, Keegan
23. Mohns, Cassia
24. Molloy, Catherine
25. Morgan, Kacey
26. Newland, Curtly
27. Nurse, Aubri
28. Omache, Rhoda
29. Pelobello, Samuel
30. Phillips, Zara
31. Quezon, Brienne Koleen
32. Roh, Jaegeon
33. Rolle, Zakiya
34. Santos, Rebecca
35. Shen, May
36. Tao, Bessie
37. Troscsak, Daniella
38. Tugay, Michael
39. Villegas, Bob
40. Williams, Shuelette
41. Williams, Vertina
42. Xie, Cassie
43. Yang, Lisa
44. Zhang, Rachel

HONOUR ROLL CRITERIA

1. Must have an 80% or more average.
2. Must be taking at least 3 classes.
3. Must have no grade less than 60%.

PRINCIPAL'S LIST SEMESTER 2 FINAL

(June 24, 2016)

1. Agpalo, Erika
2. Anunciacion, Aimee
3. Aure, Jensine
4. Bannister, James
5. Bannister, Kathryn
6. Boehner, Ashley
7. Caran, Nicole
8. Caran, Timothy
9. Clayton, Danielle
10. Cucuteanu, David
11. Debellotte, Iyani
12. Del Carmen, Ralph Joshua
13. Dorey, Hope
14. Espino, Jael
15. Estoesta, Anthonytte
16. Fegadoli Tosi, Kim
17. Felicien, Clesha
18. Flash, Kyle
19. Flores, Anna
20. Flores, Malissa
21. Gabriel Ferreira, Andrews
22. Gatluak, Nyarock
23. Hodgins, Andrew
24. Holmes, Aigil
25. Hu, Ever
26. Jones, Adrian
27. Juodele, Jeremy
28. Kuchurivski, Emily
29. Laketa, Samuel
30. Lee, Alicia
31. Leonardo, Marco
32. Li, Iris
33. Lorette, Brock
34. Lubiran, Sharlene
35. Mann, Mathew
36. Martin, Joseph
37. McGann, Austin
38. Mei, Amanda
39. Mendes Souza, Nicole
40. Mohns, Kianna
41. Morales Gramajo, Jeremy
42. Ngenge Dusabe, Sandra
43. Danilyn, Page
44. Park, Sue
45. Phillips, Luca
46. Pinnock, Michael
47. Robes, Rainon
48. Scott, Jason
49. Selimovic, David
50. Smith, Vania
51. Soki, Shine
52. Sukumaran, Coulter
53. Sun, Albert
54. Tang, Vincent
55. Tjhatra, Alannah
56. Williams, Evianne
57. Wu, Leo
58. Zhu, Hellen

PRINCIPAL'S LIST CRITERIA:

1. Must have an 80% or more in every class (minimum 3 classes).
2. Must maintain a good citizenship record.
3. No more than one unexcused absence (total) and no excessive tardies.

OCTOBER PLAYLIST



Help Me Believe
Kirk Franklin



Imagine Me
Kirk Franklin



We Believe
Newsboys



Where I Belong
Building 429



Touch The Sky
Hillsong United



Put Your Hand in The Hand
Elvis Presley



Me Without You
Tobymac

