

A close-up photograph of pink cherry blossoms in full bloom, filling the frame. The flowers are in sharp focus in the foreground, with some blurred in the background, creating a soft, dreamy atmosphere. The petals are a vibrant pink, and the centers show delicate stamens.

cedar sentinel

APRIL | VOLUME 56 | ISSUE 6

mindset

**A SPIRITUAL
CHALLENGE**

PG. 4-5



**EASTER
THROUGHOUT
THE YEARS**
PG. 6-7

**POEMS:
MISSING LOVE**

PG. 7

HAZY MINDSET
PG. 9

**A
WILLING
GIRL**

PG. 8

**WORD
SEARCH**

PG. 10

EDITOR IN CHIEF _____ LUCA PHILLIPS

ASSISTANT EDITOR _____ ALANNAH TJHATRA

LAYOUT _____ ALANNAH & LUCA

WRITERS _____ ALESSANDRO CORONADO

KIM TOSI

ASHLEY BOEHNER

REBECCA SANTOS

KIANNA MOHNS

NICOLE CARAN

HANK HUANG

CLERONA FELICIEN

VERTINA WILLIAMS

SPONSOR _____ MR. MACDONALD



assistant editor

HELLO EVERYONE,
EASTER BREAK HAS COME AND GONE REALLY QUICKLY -- BUT BREAKS ALWAYS SEEM TO BE THAT WAY. I HOPE YOU HAD A REALLY FUN TIME HOWEVER YOU SPENT IT, THOUGH.

THIS ISSUE CONTAINS QUITE A FEW COOL ARTICLES BY VARIOUS STUDENTS, INCLUDING STAFF INTERVIEWS, SCHOOL UPDATES, AND ADVICE ON HOW TO GET GOOD GRADES; ALL OF THE WORK IS VERY WELL DONE. THERE IS ALSO A CONTEST IN THIS ISSUE, SO IF YOU COMPLETE THE ACTIVITY YOU HAVE A CHANCE TO WIN A PRIZE.

ENJOY THE READING!
ALANNAH TJHATRA

GETTING INVOLVED
PG. 11

THINK ABOUT IT
PG. 12-15

CHINESE TEA CULTURE
PG. 17

EGGS, CHOCOLATE AND BUNNIES
PG. 18

5 SECRETS TO GETTING GOOD GRADES
PG. 16-17



APRIL INSTAGRAM PIC(K)S
PG. 19

ONCE UPON A TIME: BANQUET
PG. 20

A Spiritual Challenge



By Alessandro Coronado

Our grade 12 religion teacher Mr. Mohns has been teaching us about Daniel. In the beginning of the book we learned that Daniel and his friends went in a 10 day food challenge to show their obedience to God. The challenge consisted of unprocessed foods. After reading the story of Daniel, our teacher challenged us to try the Daniel Diet; the following students have shared their testimony.

“While doing the challenge, temptation was always knocking at the door and it took a lot of patience and strength to not give in, but alas I succumbed to my temptations and ate a bag of chips on my 8th day.”

MANA M.

“During the Daniel diet there were many struggles, especially the first few days. I wanted to challenge myself so I did the first four days of the diet raw. It was rough! I felt very weak and sleepy and didn't have enough strength to exercise so I went back to the original diet. The Daniel diet brought us together and made our friendships stronger; it's truly amazing to see how God works!”

KIM T.

“Joining the Daniel's challenge was an amazing experience! At first I was reluctant in joining because it looked like an impossible thing to do, eat for 10 days like Daniel? For me, I couldn't. But through the days, even with the many temptations, it was possible with God's help. I can definitely say that the Daniel challenge made a difference in my life.”

NICOLE M.

“It made me realize the amount of unhealthy things that I put into my body. It also made me appreciate the natural fruits and vegetables God placed on this earth for me maintain the body he created just for me.”

ZAKIYA R.

“This Daniel challenge was an incredible experience and has totally opened my eyes to all the processed foods I eat daily. The temptations that occurred to me over the 10 days were worth it in the end because I have seen a change in my diet even now that the challenge is over.”

KIANNA M.

“The Daniel challenge for me was a journey, I must say possibly the longest ten days I have experienced. Strangely enough the Daniel diet caused me to seek God even more because I turned to Him to overcome my pangs for junk food and for strength to stick with my diet. But by Day 6 I was not only managing my diet but fully enjoying it. Who knew healthy food would have brought me closer to God.”

BRITTANY W.

“The Daniel diet was a long journey but having to share with my classmates helped me to keep going. I learnt a lot but mostly the word ‘INGREDIENTS’! It made me realise how important what we put in our body is and how to appreciate how God provided all we need to survive.”

“I almost gave in for a muffin! It was day 7 and all I wanted more than anything else in the whole world was to eat that muffin. It made me think about how Jesus survived 40 days without eating at all. He even had the power to end it, but still He didn’t give into the devil’s temptations.”

MATTHEW M.

FELICITE I.

“I did enjoy the Daniel Diet challenge despite its many difficulties. The hardest part at the beginning was the constant desire to be eating food, which was quenched by a lot of homemade granola and pumpkin seeds. I slept better, performed better in classes and refined my cooking skills. I believe that doing the Daniel Diet challenge would help all people as it helped me.”

ANDREW H.

As you can see, many if not all students have had difficulties in their challenge but with the help of God they learned to trust and have faith in him. We now pass on the challenge to you. #10DayDanielChallenge



By Kim Tosi

easter throughout the years

Easter has always been a cheerful time for my family. In Brazil especially, Easter is a HUGE deal. I have included some pictures so that you can have an idea of what I am talking about. First of all, the supermarkets are literally filled with Easter eggs all hung up on some sort of ceiling. Second of all, the Easter eggs are pretty big (probably the size of a pineapple). They have an outer covering of chocolate and then are filled with more chocolates inside. They are pretty delicious to say the least.

My family has always had some Easter traditions. Being teachers, my parents always found super creative ways to entertain us on Easter. My brother and I have always loved Easter! On the week leading up to Easter we would buy chocolate, melt it and put it into mold to make fun Easter shapes. We would get out paint and decorate dozens of eggs. Every Easter morning, my mom would make a trail of chocolates leading out of each of our rooms to the room where our

“big Easter egg” was hidden. Then we would go through the whole “Mom, I can’t find it!” thing, but she would never tell us where she had hidden the eggs! Then as the years went by my parents started getting even more creative. About two years ago, they numbered each room in the house. My dad, being a math teacher, had the “brilliant” idea of giving my brother and I a long algebraic equation to solve – the answer to the equation would be the number of the room in which the chocolates were hidden. It took me a good thirty minutes to finish that “lovely” equation. Let’s just say I preferred the chocolate trail leading out of my room thing.

Nonetheless, my parents never let us forget the true meaning of Easter. On the Friday before Easter, we would have a special worship where we would talk about what Jesus did for us. Then we would have a special dinner followed by grape juice and communion bread. On Easter morning, we would also have a special

worship and thank God for the gift of Jesus Christ.

Although most of these traditions are still being done by my family today (believe me, I still love hunting down Easter eggs) they are things that made my childhood memorable and taught me to understand balance. Of course, we all know that Easter bunnies don’t exist (sorry if I hurt anyone’s feelings there) and that this whole chocolate thing for Easter is just another way for companies to make more money. It is so true that we lose ourselves in the midst of all the consumerism and often forget what is being celebrated. Let us be honest here. When was the last time you saw anything that reminded you of Jesus at a store during Easter time? My family taught me to put Jesus first in every season. And although they always made sure we had fun, they never let us forget what the season was all about.

The Bible is such a complex book! When we think about Easter in a Christian sense we think about the sacrifice of



Jesus and His resurrection, but Easter was established hundreds of years before Jesus ever existed. The first Easter took place during the last plague in Egypt and it served to remind people of how God had delivered them from slavery. This proved to be a huge symbol and foreshadow to the deliverance that Christ's sacrifice would bring to all of humanity. Through His death

and resurrection we too were delivered from being slaves of sin. Easter in its truest sense is a reminder that we were set free.

As we approach this special holiday and much needed break, I want to challenge you to tell at least one person about the real meaning of Easter. In a world where so many people go through life feeling alone and insecure and even unloved, they should hear that they are loved and that they are free from whatever problems might be weighing them down.

In a place where people are held prisoners by the world's unreal beauty standards, and constant need to portray the perfect life on social media, nothing could ever be more wonderful than the hope of eternal life for the whole world. Nothing could bring more joy than to know that Jesus would have died for even only one person.

missing love

By Anonymous

How could we ever know,
That it would be such a lonely world.

I'm reminiscing,
Missing
All the things we were

That's so crazy,
How we don't even talk now.

I gave my months, begged for days.
I gave my time, begged for trust.
I gave my heart, begged for love.

Maybe all I gave
Was just not enough.

And I'm still thinking about you.
In every place that we walked.

I think you really left a mark,
In my mind,
In my soul

Isn't it funny,
How I miss the brightest star in the night sky
Though it doesn't shine anymore.

So the love of mine,
Just turned to oblivion.

Now you have become the stranger
Who I don't want to miss again.

A wise man said the past will only hurt,
If you let it
But I just let it,
Cause I'm still thinking of you.

They told me to calm down,
Take a breath and get some sleep.
But I beg for anyone to come,
And teach me how to sleep,
Because you are the only one in my dreams.

Even though we don't ever talk,
Even though we fell apart,
You'll always be the one,
Who will stay in my heart

My life is crazy
And it will only become crazier
Without you.



By Ashley Boehner

Looking through many stories of the Bible, one can find many different ways that God uses people. He puts His people through things that will strengthen their faith in Him, things that will give us an example of how to live our lives today. A common denominator throughout all of these stories is that God takes ordinary people to accomplish His purposes.

King Xerxes was throwing a large party and was pestering his servants to make sure everything was ready to go. As guests started arriving, he spent time visiting with them. He and his boys were having lots of fun, but they were very drunk. The King asked his wife, Vashti, to come and dance for them. The Queen refused to be demoted like that. This made the King furious and she was kicked out of the palace, her crown was taken away.

Once he got his thoughts together, he realized that the queen had done a lot for him. He was telling this to one of his servants who gave him the idea to search for another girl to make his wife and Queen. He liked this idea, and suddenly girls were going to desperate measures to look good for the King, hoping she would be chosen. Among these girls, there was a young lady named Esther. She was a beautiful young lady who God was using in many ways, although

a willing girl

she did not realize it yet.

She was unsure at first if this was God's will for her life, but after praying, she decided to give it a try. Esther went through a year of training and beauty treatments until it was time for her and the other hopeful ladies to go before the King. The King was pleased with Esther more than any of the other girls. He placed a crown on top of her head, and gave her the new title of *Queen*. Xerxes threw a large party for her. She met new people, and she felt a little out of place, but God had made her Queen for a purpose.

“No one could go before the King uninvited. They could be killed if they did.”

One day, her servant came in and gave her a message that came from her cousin, Mordecai. She was heartbroken when she heard that one of the high ranking officers of her husband's had made a plan to kill all of the Jews. Esther had hidden from the King that she and her family were Jews. Her heart began to race. The servant continued to say that her cousin wanted her to go before the King and tell him that she was a Jew, and to hopefully soften his heart and convince him to change his mind.

No one could go before the King uninvited. They could be killed if they did. This was a huge risk for

Esther to take. She didn't know what to do, so she gathered with friends and fasted and prayed for three days. After those three days were up, she got in her nicest clothes and started to walk anxiously towards the King's door. When she opened the door, the King was happy to see her. She invited him to dinner, but chickened out at the dinner table. She finally got up the courage to ask the King her request. She begged him to save her and her people. He was surprised to hear all of this, but he could not let his wife and his people die. He sent out a new message saying that the Jews could defend themselves and take away their enemy. The Jews were very thankful for all that Esther did. They thought highly of her; she helped give victory to the Jewish people.

There are many great examples in the story of Esther. The one main theme that I want to focus on, which you can find in many other Bible stories, is that God can use anyone. Esther was a Jewish girl, who was very looked down upon by many high ranking people in those days. When God gives her the position as queen, she delivers her people. No matter who you are, God can use you. Whether you're big or small, black or white, tall or short, shy or bold, God can use us all to fulfill his mission. We may not know what His plan is, but we must trust Him, like Esther. God doesn't ask us to be extraordinary. He just asks us to be willing.

hazy mindset

By Anonymous

By myself, insecure, forgotten
Seeing through these eyes of doubt
Hearing, but not really listening
The mind is a mess of clouds

Do they like me, do they remember
Those times when I made them laugh
Do I catch their attention, maybe
Or do I only seem daft

Is my company enjoyable
Is it fun, is it boring
Can I entertain you well enough
Is need for me imploring

This ocean is pulling me under
Do I have strength, or the will
To fight the current that is tugging
My last breath, it'd like to kill

Are they able to look right through me
Past all the layers I wear
Can they see that I'm not confident
Do they see that I can tear

And when they end up getting closer
Do they see that I'm not chill
So when they pass me in the hallway
Will they make me run the mill

My mind is filled with hopeless what-ifs
But my soul wants to be free
From all this doubt and second guessing
What is the problem with me

I'm slowly sinking in the cold mud
The earth is made of quicksand
My stomach can't take another blow
When will this confusion end

Dear God, please help me and my struggles
I know you watch with keen eyes
You see the broken behind the mask
You know my charades and lies

By myself, insecure, forgotten
Seeing through these eyes of doubt
Hearing, but not really listening
The mind is a mess of clouds

word search

Complete this Easter word search and show it to Luca or Alannah. The first two people to submit it with all the correct answers will receive a prize. Have fun!

R I S E N Q S T O G J D K G J S W N
F N O E D I F F O E J F U D K D K A
Y W K E N I P C L F N I Q B I H Q I
W S Y A D E E R H T X Q Y K P L I L
L G O N J I O O I G Y R U O I V A S
H A M G F I Q S I N G I D B A G L X
G I M Q X S E S H A S N I E Y G O I
B U I B F U X M C B M O T I I M V I
F Y Y R A V L A C Y I U X M I Y E Q

R I S E N T O M B L A M B S I N T H R E E D A Y S
C A L V A R Y S A V I O U R N A I L S L O V E C R O S S

hope was lost until...

WHEN THEY HAD CRUCIFIED HIM, THEY DIVIDED UP HIS CLOTHES BY CASTING LOTS. AND SITTING DOWN, THEY KEPT WATCH OVER HIM THERE.

ABOVE HIS HEAD THEY PLACED THE WRITTEN CHARGE AGAINST HIM: THIS IS JESUS, THE KING OF THE JEWS.

MATTHEW 27:35-37



"DON'T BE ALARMED," HE SAID. "YOU ARE LOOKING FOR JESUS THE NAZARENE, WHO WAS CRUCIFIED. HE HAS RISEN! HE IS NOT HERE. SEE THE PLACE WHERE THEY LAID HIM.

MARK 16:6



By Rebecca Santos

I know that Kingsway can be crazy busy at times. You have to balance all the tests and assignments thrown at you along with practices for different teams, and your social life. Although Kingsway can be hectic, that should never stop you from getting involved in school activities.

Kingsway has a lot to offer when it comes to extracurricular activities. I personally think the best groups you can be a part of at Kingsway are one of the three touring groups: Aerials, Band, or Choir. These groups go on multiple tours throughout the school year and put on shows for different crowds of people all over Canada. The US March Break is the best tour out of the whole year because it's the longest, usually around 10 days, and you also get to visit a lot of different places.

This is my fourth year on Aerials and I have to say that being a part of a touring group really gives you a different experience at Kingsway. You feel more involved in the school. You also become so close to the people you are working with. In my case it would be my teammates, you really start to form close bonds with them. Working together on different moves, living together for 10 days on March Break tour; all these things contribute to the team growing closer together.

Over my four years of being on this team, I know that I've made friends that I'll keep for the rest of my life, all thanks to

getting involved

the bond we first shared in Aerials.

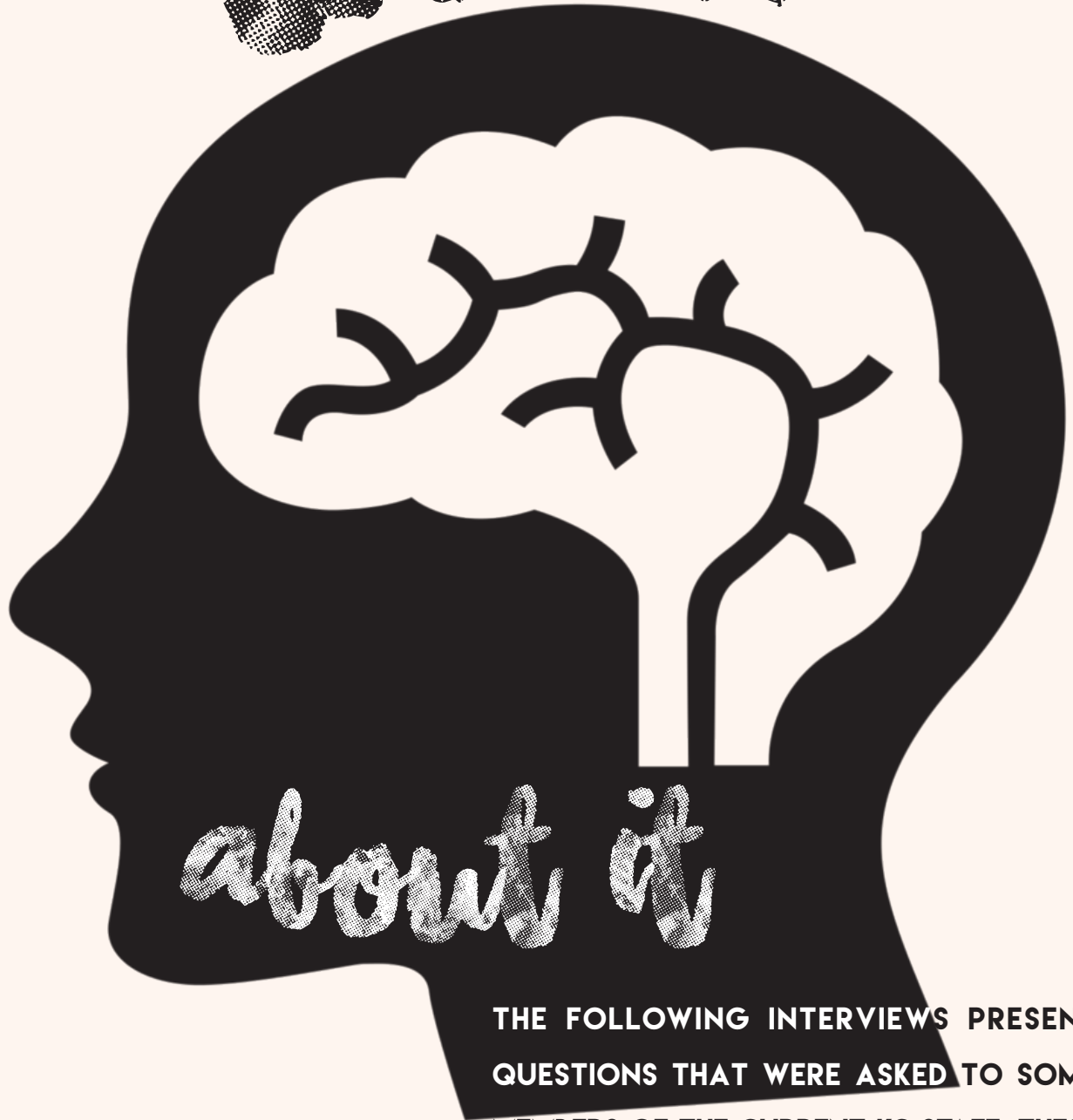
Another really cool aspect of being a part of a touring group is getting to travel and meet new people. I love going up and talking to people after a show and hearing how we were a blessing to them through our gymnastics. It's satisfying to know that all our hard work leading up to that point paid off and that our message was able to shine through our performance. We also get to perform at different high schools as well so it's awesome to get to meet kids our age and really connect with them and find things in common; like I'm still in contact with people I met on tour last year. So it's a really good way to get out of your bubble and make new friends.

Although being a part of a touring group requires a lot of hard work and dedication, we still like to have fun on our tours. You may have heard of the expression, "all work, no play." Well tour is a lot of work...and play. We perform many shows throughout those 10 days but we still like to have our fun. One activity that Aerials has done on March Break tour for the past 2 years has been an amazing race. We are split into four groups and during the week we have different tasks to complete to earn points, such as making breakfast for the whole team or a picture scavenger hunt, and the team with the most points at the end of the week wins. The winning teams usually gets a treat of some sort at the end of the year. It's a lot of fun.

Another big event that you get to look forward to while being on a touring group is Preview Weekend. This is a weekend in April where students who are interested in Kingsway can come with their families for a full KC experience. They have the weekend to see everything that Kingsway has to offer. It starts off Friday evening with choir performing their concert for vespers. So if you're in choir that is a big performance to look forward to. Then we have the band play Sabbath morning at College Park Church, which is their big performance of the year. Then lastly on the Saturday night we have our Aerials Homeshow. That is our biggest performance that requires us to put in a lot of time and hard work. This is probably the favourite show of most of the team members because it's your time to show your family and friends what you've been working so hard on all year long.

Overall, all three touring groups are a great way to enjoy your KC experience even more. I can only share my experience and details about Aerials because that's the only touring group I've been a part of, but I know for a fact that all of them have something special to offer. So my advice to anyone who is interested in joining a touring group or kind of on the fence about it is to definitely get involved. You will make memories with your friends that you'll never forget. Trust me, you won't regret it.

think



THE FOLLOWING INTERVIEWS PRESENT QUESTIONS THAT WERE ASKED TO SOME MEMBERS OF THE CURRENT KC STAFF. THESE QUESTIONS WERE ASKED TO YBB, CHANTE AND MR. RICHARDS. FEEL FREE TO ANSWER THEM YOURSELF AS YOU READ.

TIME WITH YBB & CHANTE

(Enrollment Workers)

By Alessandro Coronado

Question 1

Q: Chante, describe Ybb in one word?

Ybb: Creative.

Q: Ybb, describe Chante in one word?

Chante: Wise.

Question 2

Q: Describe Mr. Bussey in one word.

C: Resourceful.

Y: Friendly.

Question 3

Q: If there was one person you could save in this school, who would it be?

Chante: Rachel H.

Ybb: Micah V.

Question 4

Q: You have the choice of taking two adults and two students from KC, who are they?

Chante: Mr. P, Fabi, Emily K. and Austin McGann.

Ybb: Mr. Bayer, Mr. Bussey, Alessandro and Aimee.

Question 5

Q: If you could offer a newborn child only one piece of advice, what would it be?

Chante: Don't fall off the bed when you wake up.

Ybb: Make good choices child!!!!

Question 6

Q: Are you more worried about doing things right, or doing the right things?

Chante & Ybb: Doing the right things.

Question 7

Q: Would you rather lose all of your old memories, or never be able to make new ones?

Chante & Ybb: Loose the old memories.

Question 8

Q: Is it possible to know the truth without challenging it first?

Chante: To me, this is called having faith.

Ybb: I never challenged the fact that we are actually rotating around the sun.

Question 9

Q: Which is worse, failing or never trying?

Chante & Ybb: Never trying.

Question 10

Q: How old would you be if you didn't know how old you were?

Chante: 36 years old.

Ybb: 25 years old.

Question 11

Q: What is the one thing you'd most likely change about the world?

Chante: Poverty.

Ybb: Violence.

Question 12

Q: Are you doing what you believe in or are you settling for what you are doing?

Chante: This is a question that can go both spiritually and physically.

Ybb: I am doing what I believe in.

RICHARD'S CORNER (The Kingsway President)

By Kianna Mohns

So this has been a pretty busy first semester and I was trying my hardest to forget about exams so I decided to think of some odd questions to ask our President, Lee Richards. We had an interesting conversation and I thought I would share a brief overview of it with you guys.

Question 1

KM: You're a new addition to the crayon box. What color would you be and why?

LR: He seemed interested in the colour blue. Mr. Richards says that he would name it Intense Blue if he could. That can definitely be a reflection of his character.

Question 2

KM: Zombies have invaded earth, who'd be on your fighting team?

LR: This concept seemed amusing to him but in the end he chose Iyani Debellotte, Chavaun Anderson, John Tongyiek, Mr. MacDonald, and Minnie. Seems like he would make some new friends with a few of the toughest people on campus.

Question 3

KM: What would you do if you just inherited a pizzeria from your uncle?

LR: He says that he would invite all the Kingsway students to help him eat the pizza.

Question 4

KM: You've been given an elephant. You can't give it away or sell it. What would you do with the elephant?

LR: He says he would make it the Kingsway mascot! And to think that we've been using a person in a polar bear suit this whole time. That would definitely make things a whole lot more exciting

Question 5

KM: What is the funniest thing that has happened to you recently?

LR: Those of you in choir may remember this. It was the day before Fund Diner and choir was touring at a local church. Mr. Bussey and Mr. Richards were up front introducing Kingsway when Mr. Richards decided to get a drink of water. As he was in mid swallow he coughed and ended up spitting water all over Mr. Bussey, unknowingly. Choir, which was sitting on the stage behind these gentleman, tried their best not to laugh hysterically. Good for Mr. Bussey that he didn't get the full blast right in the face. Fun times on tour!

Question 6

KM: What Taylor Swift songs do you actually know the lyrics to?

LR: He didn't hesitate at all for this question, responding 'none' because he gave up on pop music in the 2000s.

Question 7

KM: What's your go to fast food restaurant?

LR: So any of you who love Burger King, now you know that you have a fellow food lover. Mr. Richards loves this place.

Question 8

KM: Have you ever borrowed a pen from someone with no intentions of giving it back?

LR: Mr. Richards actually had a story about this one after he informed me that he has done this many times. Who hasn't?! The time he remembers is when he was selling his house and they were at a lawyer's office. When he saw the papers of the final price they were required to pay the lawyer for the small job he did for them, which was super high, he decided something. It was that he deserved at least a small pen for the large price he was paying. Pretty logical if you ask me.

Question 9

KM: If you could be a superhero, what would you want your superpowers to be?

LR: He thinks that as a President/Principal of a school it would be useful to have a superpower of detecting lies. Now this is not what I expected so he continued to explain that all too often he has parents "exaggerating" their children's grades and behaviors just to get them into the school. So, for Mr. Richards, having the Wisdom of Solomon would be most beneficial.

Question 10

KM: If you could sing one song on American Idol, what would it be?

LR: He says that one of his favourite songs from any movie is 'One Tin Soldier' which is the title song from the movie Billy Jack. It is a very ironic movie from the 1970's if anyone enjoys watching that genre of movies.

Question 11

KM: If you were on a deserted island and could only bring three things, what would you bring?

LR: I think it's pretty sweet that the first thing he chose was Mrs. Richards and then he continued with a guitar and fishing pole. Sounds like a pretty good survival kit.

Question 12

KM: If you had the power to hire anyone in the world to be a teacher here at Kingsway, who would you hire and why?

LR: Someone that would inspire the students was what he said at first, but Marie Curie was his answer in the end. Now for those of you who may not know, she was a scientist that worked with the idea of radioactivity in the time of WWI. She also won the Nobel Prize twice in two different sciences which is an amazing accomplishment for anyone, let alone a woman at that time. She sounds like a pretty inspirational character for any student to look up to.

Question 13

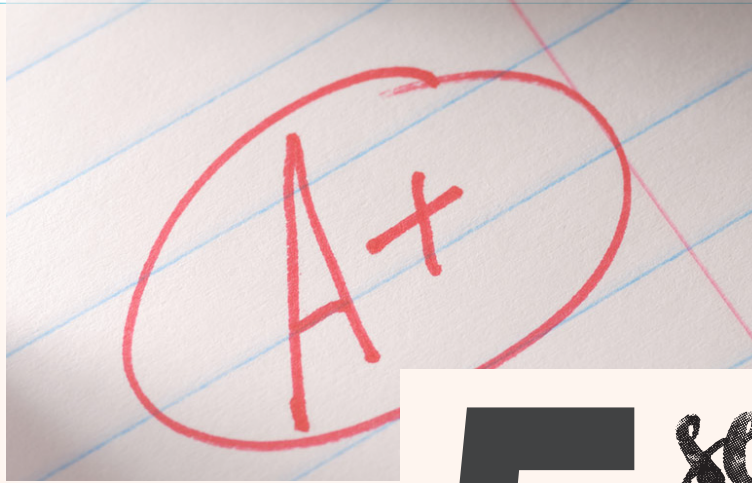
KM: What is the biggest thing that you are trying to bring into effect at Kingsway?

LR: Mr. Richard's biggest wish is that all the students get along and be happy. Essentially he wants to implement changes that the students want so I suggest to all of those who desire change at KC to discuss your ideas. He's there to listen!

So to be honest, it was pretty cool talking to President Lee Richards. He really does want to help this school to have the most positive atmosphere possible. Hopefully you've learned something new about him that you never knew before. Remember, the only way we can make a change is to stop complaining and act on our ideas. Talk to our administration! They want to help.



By Nicole Caran



It seems that every time I have a conversation with another student, it always leads to grades. In my personal opinion, it is a competition as to who will get the best grade. For some it matters, and for others it doesn't. However, many students wish to achieve good grades – they just don't know the real secrets to reaching that goal.

SECRET NUMBER ONE:

Your teachers will not give you anything bizarre on your tests – trust me, they will teach you what you need to know. The key to understanding what they are teaching is by taking notes. Don't skip this article quite yet...these notes aren't just any notes. You need to ask yourself an important and time saving question – what is the chance that this detail will be on the test? If you are sure that what is being taught is minor, then don't write it down, unless your teacher tells you it is important. This will not only save time for studying, it will also save your wrist from aching for a few more seconds.

SECRET NUMBER TWO:

This one may be obvious, however from what I have observed, students consume very little, or often no, water. Water is the only medication the body needs. Scientists found that drinking water leads to higher test scores. It is said to increase concentration and hydrate the body. This is extremely helpful during a stressful test, and the best thing is that it's free! What I don't understand is why students don't drink it more often. If you don't believe me, go to your next class and look around for people carrying a water bottle. I bet that you will find maybe 3 or 4 people, maximum. I couldn't urge you more...drink water!

5 secrets to getting good grades

SECRET NUMBER THREE:

When it comes down to the basics, notes and water may not help you if you have no idea what you're doing. Don't be embarrassed if you don't understand something, and if you're shy... go after class and ask the teacher directly. Many have asked me if they would look dumb by asking questions. In my opinion, the ones that ask the questions prove themselves to be smart once the test day arrives. Prove to yourself that you can do this, ask your questions, get your answers, and do great on your tests. When I was in grade seven, I was terrible at math. Finally after many bad scores I decided that something needed to change. I asked my questions to the teacher, got extra sheets to practice on, and studied my notes. Once the test day arrived I received an A. That was my glory moment; you will have yours too.

SECRET NUMBER FOUR:

Get some sleep. I understand that this is difficult. Many times I fail to succeed in this myself, however it is still important. Kingsway did a great job of keeping us busy; there's not much time for anything. No matter what, sleep must be put into your schedule, try to get at least seven hours if possible. Sleep rests your body so you are more awake and you can concentrate in class. Your focus will be on learning, not sleeping.

SECRET NUMBER

FIVE:

I believe the saying goes something like “leave the best for last”. The special secret number five is probably the only thing that will make or break your grades in the end. It involves two important things from you. Prayer and devotion. Jesus will help your every need as long as you ask,

but there is one thing that all of us do daily. We treat Christ like a vending machine – put the prayer in and receive the wish right away. Reality check you guys: that’s not how He works, and it’s not how life works, either. We can’t expect that from anything expect a vending machine itself! In order to truly succeed in school, ensure that you are not only studying, sleeping enough, drinking the correct

amount of water, and asking questions. Yes, of course those are all fantastic things, but with the Lord by our side all things will be accomplished with great success. Put your trust in Him, you’ll see the difference. If you don’t believe me, then try it. Let’s make a quick challenge: whatever test you have coming up, have a quick 5 minute devotional and prayer and see what happens. Let the Lord lead.



chinese tea culture

By Hank Huang

China is the homeland of tea. Chinese people have been drinking tea for over 4700 years. From then to now, tea represents ceremony.

Planting tea and drinking tea doesn’t make tea culture, they’re just the requirements of tea culture. Tea culture has to do with human and cultural feelings. Tea is one of seven main things that China has used in the past for ceremony. The other six are firewood, rice, oil, salt, sauce, and vinegar.

Drinking tea is very popular in China. The spirit of tea seeps into the society of China, related deeply to poetry, painting, calligraphy, religion, and medicine. For thousands of years, China has not only had a lot of experience in planting and making tea, but it also has accumulated plenty of “spirit culture” from tea.

When drinking tea, one must put special emphasis on the taste of the tea. The taste is not just about whether the tea tastes

good or bad, it’s more about “tasting” the artistic conception and enjoyment of tea.

As a custom, people usually serve tea to their visitors and add water to the cup when the tea is half done. Many elegant people celebrate and have fun with tea, instead of alcohol. There are a lot of details to pay attention to when making tea. For example, green tea needs to be brewed with cooler water and black tea needs warmer water. Teapots need to be warmed by boiled water before they are used. Tea leaves should be one-third full in the teapot, and one share of tea leaves can be brewed four or five times. Many tea drinkers pay close attention to those details.

Tea is beneficial for health. A famous author of old China wrote, ‘Drinking water can stop thirst and help in digestion, remove sputum, clear the vision and mind, and remove upset feelings.’ An important function of tea is for medicinal

use. Oolong tea can reduce cholesterol, green tea can prevent cancer, and black tea can reduce cellulite. Different kinds of tea have different kinds of functions. And they are all written down by our ancestors, having been handed down for many years. That’s why Chinese people always have a strong desire for tea.

Many people like drinking tea and appreciate the art of tea. They not only love the taste of tea, but also enjoy the fun of making tea. Tea culture is very attractive, it also relaxes peoples’ minds. It is said that drinking tea is the time when people can forget all their troubles in life. Many people like to drink tea with others, not just to share the beautiful tea, but also to experience the comfortable feeling with tea friends.



By Clerona Felicien

eggs, chocolate and bunnies

This Easter break was well needed. Throughout the break I got to spend time with my family in conjunction to celebrating Christ's death and resurrection. Over this past Easter break I decided to do some research! I have always wondered where the whole "Easter" celebration with the eggs and bunnies originated from. I found out that the Ukrainian people were the ones who started the tradition of decorating and painting Easter eggs. The eggs were used as symbols for good luck. Many Ukrainians kept baskets of the beautiful eggs in their houses for protection from evil. Each design or symbol on the eggs that they created had a special meaning. On Easter morning the eggs were given to their neighbors and families. To decorate the eggs, they either use beeswax, dyes or special pens.

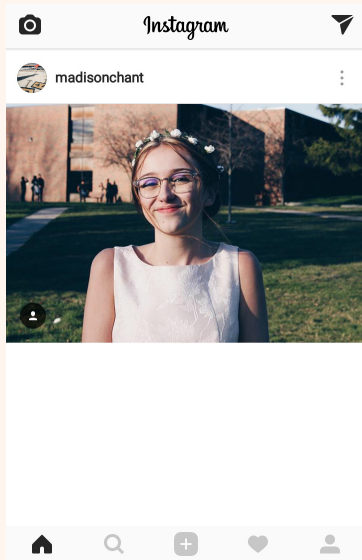
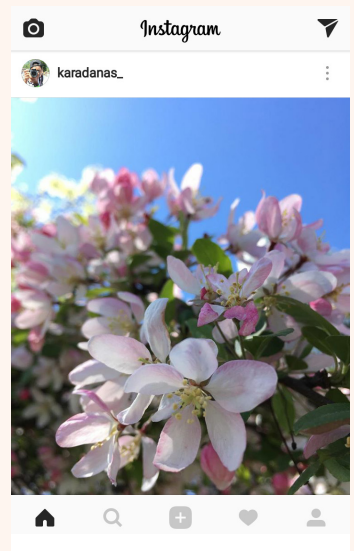
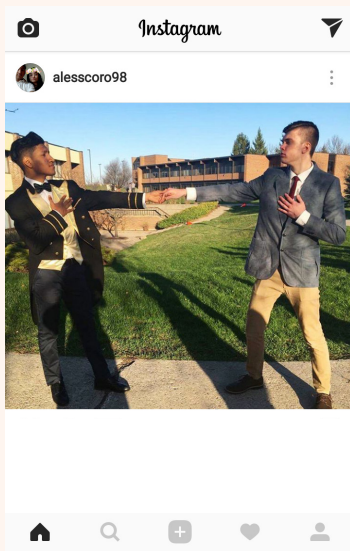
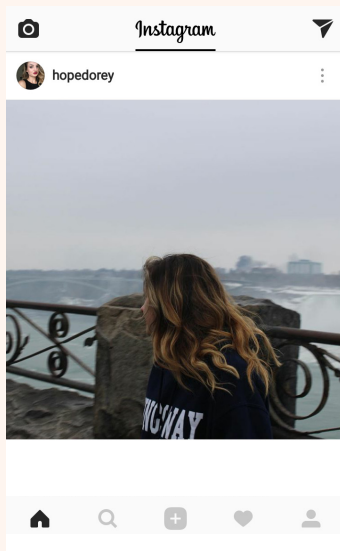
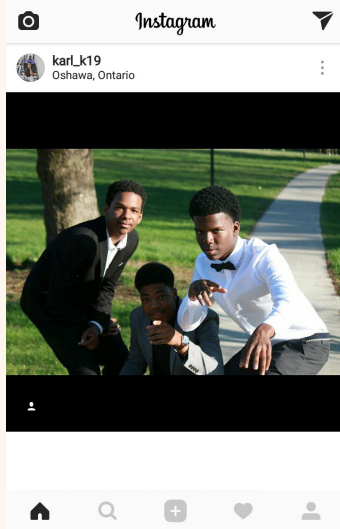
Although these eggs are really pretty, I prefer our traditional chocolate eggs. I am a huge fan of chocolate in all forms. I am always happy when Easter rolls around because it is the only time when my family willingly hides chocolate for me to find around the house. Well maybe not just for me – my sister and my cousins included. (Although sharing isn't an option). Just a disclaimer, it does not matter how old you are, going on a hunt to find chocolate is never a bad idea! Chocolate is actually extreme-

ly healthy once in a while for our human body. Chocolate has been noted since the Aztec era! The Aztecs believed that the cocoa beans were a gift from the god of wisdom. The Aztec's have been documented as really strong and intelligent! They were the first few civilizations back then to create agriculture and make the first forms of medicine. If chocolate was good for them back then, imagine how good it is for us now! Chocolate in the Aztecs and Mayan times were used as a mood enhancer and for healing purposes. Chocolate is also good for our brain, as it releases "happiness neurotransmitters," dopamine, serotonin, and endorphins. Chocolate has also been known to encourage a healthy blood flow. Sadly the chocolate that the Aztecs used was dark chocolate, not the type of sugary chocolate we eat now. Thankfully, for us chocolate lovers, dark chocolate is a great option. Observational studies have shown a drastic reduction of heart disease risk for the people who consumed more chocolate.

Another discovery that I made was that the Easter bunny has been noted to be brought from Germany. However, not everyone in the world celebrates the Easter bunny. In Switzerland they use the cuckoo bird! How crazy is that?! The Easter bunny is said to be associated with fertility and spring. It was Pope Gregory

the first who first merged the Easter Holiday with the pagan traditions. As Christians, we must be aware of this and know the difference between our pagan and Christian beliefs. It is interesting to think that Satan took so much time to create these lavish tales. He has a counterfeit for every meaningful holiday to distract us from God's purpose. Many spend all their time and money decorating for the Easter holiday that Christ is often forgotten. It's sad to think that a child has more hope in finding an Easter egg than searching for God's hidden promises in His Word. More than ever Satan's plan to desensitize Christians from Christianity is taking over the world. Although I enjoy the Easter egg hunts and the many treats that they bring, I must remember that Easter is the holiday where we are supposed to acknowledge God's death and resurrection. It is a symbol for us that the grave and death is not the end. When we accept Jesus as our personal Saviour, we will not be slaves to sin, but we will have the opportunity to go to heaven. No Easter bunny or Easter egg could even come close to what Jesus did for us, so that we can live forever with Him.

april instagram pic(k)s





By Vertina Williams

once upon a time: banquet

Banquet to me was a success. Since it is my last year of high school, I decided to go. There was a lot of planning and prepping that went into this banquet. Being friends with the people who helped plan and decorate banquet, I was recruited to come help them make all the stuff for banquet and also set up. There were a lot of little things that needed to get done, one of them being the invitations. These invitations were a struggle, because we had to tape them closed with stickers. Then we had to cut string to put it around the invitation, which needed to be curled and also had to have a name tag attached to it. We spent a lot of time making them. From chapel to English, these invitations needed to get done, and thankfully we got them done when they were needed.

Another struggle was when we had to build the arch for the banquet entrance. Hope, Clerona, Vania, Chavuan and I were all struggling to put it together. Vania was trying to follow the directions but the poles didn't even have numbers on them, so that was difficult. We tried putting it together the first time and it looked so bad we had to take it apart which was also another piece of the struggle. The poles were so hard to get out of each other. After taking out two, I couldn't take out anymore because the pain was too real. We finally took out all the poles and realized that there was supposed to

be four different arches, two small ones and two big ones. We organized the poles that were supposed to go together. We attempted once more to try and put the arches together and were sort of successful. It was a good thing Chavuan was there because his height came to good use. We tried attaching the different arches together and it was going well at first but then it went real left. So we decided to call it a day and deal with it later.

Fast forward to Saturday night when the rest of banquet set-up went down: I had been at school already because of the dorm party. So I came down to help them set up. When I came down I was assigned to setting up a card board carriage and horses, which was a challenge. Clerona, Felisha and I had to tape the cardboard together, then were had to add poles so that it didn't fall over. Later on we realized that the carriage and horse weren't staying up on their own despite the poles. So, we had to take it all down and fix the entire thing. After we were done fixing it, we asked where it was supposed to go. We literally had to move the thing five times because someone (Vania) wasn't happy with where it was every time we moved it.

Clerona and I were then in charge of putting up the phrase "Once upon a time" which was a hot mess that we ended up not doing. Instead, we blew up balloons. In the end we had

too many balloons so I had to pop them because Clerona was too scared of the noise. After that, I left because everything was basically done. The next day which was banquet I had planned to arrive at three o'clock to get ready with the girls. Anyone knowing me knows that it obviously DID NOT happen, but I tried. So I ended up coming at 3:55 pm, but the girls were still getting ready so it wasn't too bad. After Mana and I were done getting ready we went down to the café. When I got to the lobby, I saw the arch that we had tried to set up. It actually looked good, I was quite surprised and impressed. We went inside the café and it looked so nice. The program started and I have to say that this is the most I have seen Kingsway people dress up. There was a good selection of new and old Disney songs. I was impressed with the entire banquet and how it turned out, so much hard work was put into it. After banquet everyone went outside to take pictures. The weather was so nice. I can say that this was a good banquet to ring out my last year in high school.

