

GRADUATION

CEDAR SENTINEL

2017

SO LONG

Farewell

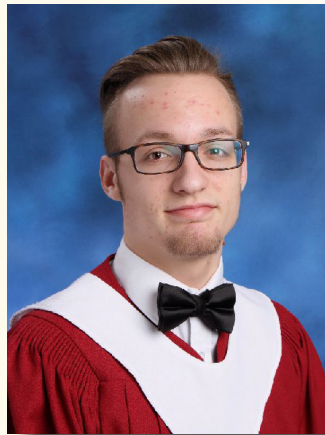
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Auf Wiedersehen





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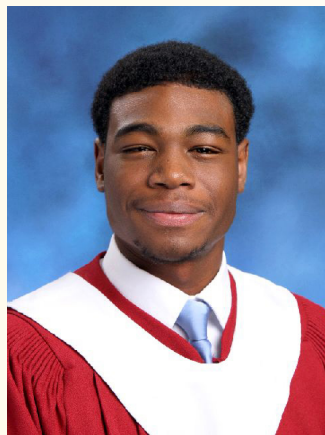


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Graduates



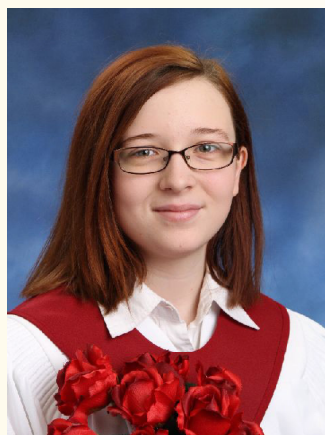
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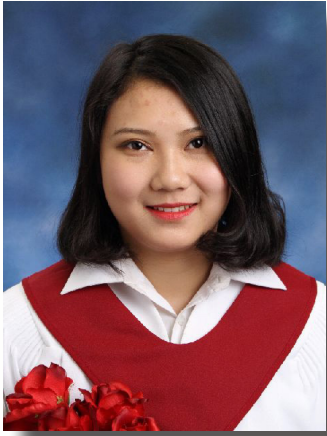
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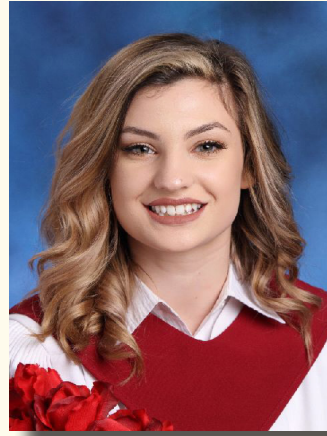
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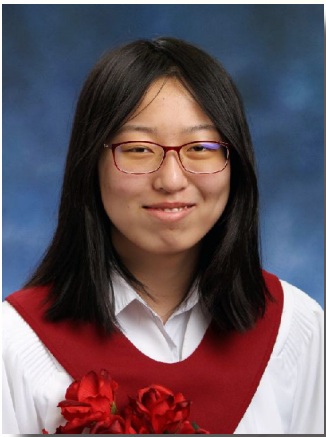
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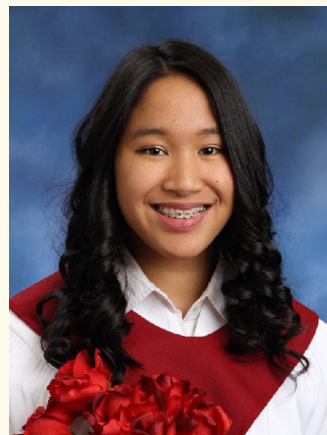


LUCAS
Durocher

Graduates



ALESSANDRO
Coronado



ANGELIKA
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KIM
Fegadoli Tosi



ANGELA
Gao

Graduates



CLERONA
Felicien



MANA
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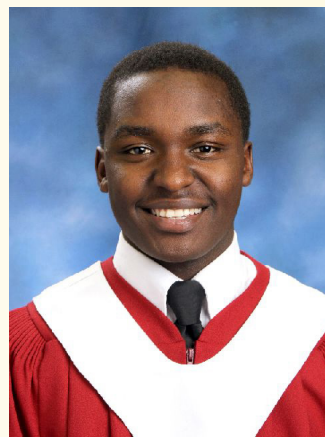


SOPHYIA
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Graduates



FELICITIE
Ishimwe



FABRICE
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Mann

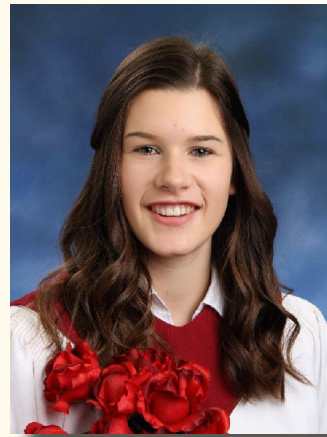


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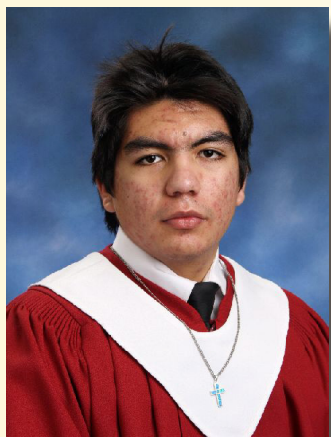
Graduates



AUSTIN
McGann



KIANNA
Mohns



SEBASTIAN
Medel Ahumada



JULIANNE
Olivera



DANILYN
Page



REBECCA
Santos



LARISSA
Rebello



VANIA
Smith

Graduates



ZAKIYA
Rolle



MICHAEL
Tugay



TONY
Wang



VERTINA
Williams

Graduates



BRITTANY
Williams



LISA
Yang



TIMOTHY
Williams

Be Strong and
Courageous.

Do not be terrified;

DO NOT BE DISCOURAGED

for the Lord your God
will be with you wherever you go.

Joshua 1:9

LET *Go* &

LET *God*



Life of a Senior

By Rebecca Santos

When I walked into the chapel on the first day of school during my freshman year, I didn't realize how fast these next 4 years ahead of me were going to go. High school sometimes seems like a boring cycle, the same routine every day; but we don't fully realize how fast it's flying past us. I can't believe that I only have few more months left in this place. I've been dreaming about the day when I'll walk across the stage to accept my diploma, and it's almost here. That's crazy! It's been weird for me to call myself a senior. I was always used to having people older than me who I could look up to, but I became that person. It's strange. The other day I was looking through old boxes I had in my room, and I found a whole lot of stuff from these past years of high school. Things like old English 9 essays, French assignments, even notes my friends and I would write to each other in class (we never got caught). Sometimes I wish I could go back in time, relive all the memories, and maybe handle some situations a little differently.

I've learned a lot from going to Kingsway and I want to share my tips and experience with my fellow peers and underclassmen. You're going to grow and develop as a person, there's no denying that. And while you're on this journey of discovering yourself, you're going to lose friends and gain some new ones along the way. Your interests are going to change and you may begin to grow apart from people you thought you were always going to be friends with, but that's just life. When you get to grade 12 you're going to realize that you're not the same person you were in grade 9, and that's totally okay. You're going to learn new things about yourself, and you're going to go through experiences that will shape your character. Honestly, if someone came up to me when I was in grade 9 and told me only half of the things that were going to happen through these years, I probably wouldn't have believed them.

Also, don't be afraid to be who you are. There are always going to be people who will try to bring you down no matter what you do, so might as well just be yourself and don't let

anyone change you. The right people will love the real you. Just be patient. There will always be bad times, but don't let those bad times ruin your good times. My favourite year by far would have to be grade 10. You're not a "newbie freshman" anymore, and you're starting to learn the ropes of the school. Overall, I had the most fun during my grade 10 year. I liked all my classes, had the best March Break Aerials tour, and developed an awesome group of friends. There's not a lot of stress in grade 10, and everything is more laid back. Make the most of every moment. Grade 11 and 12 are the tough years. That's the time where your grades actually matter because they affect your future. There's so much pressure put on you to keep your grades up, apply to universities, and basically just try to figure out what you want to do with your life. It can be very stressful.

It's also sad to think that soon, high school is just going to be a memory – and when it's over, we're not kids anymore. We'll be in the real world, trying to survive and having real responsibilities. We're going to miss the days where 7:30 am

classes were our biggest struggle, because we will be dealing with much bigger issues. I know it doesn't get any easier from here, but for right now, my advice to all you underclassmen who may be stressing about life already is: DON'T. Honestly. Have fun. Make memories. Don't take yourself too seriously. Learn to laugh at yourself. And understand that the problems you're facing right now that may seem like the end of the world, really aren't. In a few years they won't matter

anymore.

My last piece of advice is to put Jesus first. I know you've heard it time and time again, but it is definitely the best advice I can offer you. Even the little things like praying to stay focused before studying, or praying that you do well before a final exam, go a long way. Just don't forget that you are the one who also has to put in the work, but He will finish it. Your spiritual journey isn't going to be perfect. You will have your ups and downs just like your high

school journey. But no matter how many times you ignore Him or how many times you push Him away, He's always there fighting for you – loving you. And I promise, He will never give up on you. School is important, but don't forget to have fun and enjoy yourself because before you know it, you'll be writing in the Cedar Sentinel about your own high school experience. Make it worth your while.





The Ever Present Struggle of Senioritis

By Kim Tosi

Another school year is almost over, I am sure we all agree that the time has gone by way too fast! It sounds cliché but I feel like I started grade 9 last week. I have had the privilege to spend four years with some awesome people; we have changed and grown in so many different ways!

PHYSICALLY

We've sure changed throughout these 4 years of High School; looking back at our old pictures, we think to ourselves: "O gosh, I can't believe I looked like that!" or "What was I thinking when I picked that outfit?" Some of us had our much wanted "glow up," some of us got a lot taller, some of us didn't. Most of us dedicated ourselves to sports or music and have grown in that aspect also.

EMOTIONALLY

We have learned so many valuable lessons throughout high school. We have had countless disappointments; so much stress. But, we have learned how to deal with all these situations. We have learned that we sometimes need

a break from everything and give ourselves some time. We have learned when to speak and when to hold our tongues. We understand how hard life can get, how much responsibility is involved with getting older. And, we miss being kids. We have learned to think for ourselves, and we have learned who we really are although we are still trying to find our place in this world.

ACADEMICALLY

Although we have learned countless facts and lots of information, we have also learned so much about day to day life. We've discovered which classes we enjoy and which ones we don't. We've learned that time management is key if you don't want to have a heart attack. We look back at grade 9 and remember how stressed we thought we were, and realize that we are at least 100 times more stressed right now. We could never have handled so much information, stress and responsibility back in grade 9, but these years have prepared us and made us stronger and able to cope with whatever grade 12 brought us.

SPIRITUALLY

We have sat through so many chapels, week of prayers, and vespers. Out of so many words at least one phrase must have stuck in our minds and brought us closer to God. We have had to make a choice; we are not dependent on our parents' religion anymore – the time has come for us to choose to follow Christ or not. What many didn't realize is that not making a choice is a choice in itself. We have gone through hard times and have experienced trials, and through all of these – although all else might have failed – God has remained by our side.

SOCIALLY

We have had our hearts broken, friends leave us for no apparent reason, we've had our share of fake people in life – but we also met some amazing people! We have learned that good friends are precious and hard to find but that they also will remain an important part of our lives. We have distanced ourselves from some friends and gotten closer to people who we never imagined we would be

close to. We've dealt with drama and all sorts of problems, but we have certainly become a family. We have been there for each other, every single day, for the past four years. Life will certainly be different from now on.

High school has finally come to an end. People that we are used to seeing everyday will probably only be seen every few years. Each one of us will take different paths; life is getting more complicated, but we always will remember the won-

derful times we had together and all the memories we have shared. God has guided us thus far and will continue to be at our side wherever we go.





The Ever Present Struggle of Senioritis

By Mana Martin

Finally I'm a senior now, so I'm so ready to graduate Grade 12," was what I was saying at the beginning of the year... until I realized how important things became, like assignments, tests, and just life in general. As a senior it is my job to help prepare the underclassmen for the life of a senior, so please continue reading because wisdom is about to be shared.

Before anything else, one has to have a strong relationship with God. With all the choices of where to go for university and what careers path to take, these important decisions will be some of the most important ones made in a lifetime – and having God in the centre of it all will ensure that the right decision can be made. Coming from a SDA background, this part is easy for me; for some of my classmates who don't have a background with the Adventist religion, though, this part may be a little hard. But, things can become easier with practice. This step has eased a lot of my stress and I hope it can help with yours; remember God first

before anything else.

Next we have everyone's favourite: studying! Okay, personally this isn't my favourite thing to do, but I have to do it because you know you can't get eighties without putting some work into it. Studying can be boring, so some people might not prioritize it. But honestly, I'm telling you guys: when you have a short stories test in Mr. Macdonald's class, do not wait to the last minute. At least study three days in advance, otherwise you will take a big L like I did on my test. There are many things to help with studying, but what works for me is rewriting everything and reading over it at least one thousand times until you can say your notes word for word. This might not work for hands-on learners, but for all my visual learners this is the key to success. Also, ask questions one on one with teachers if you are afraid to ask in class, it will be a more intimate session; you can cover a lot of things and it will help improve your marks. Also, have faith and don't stress over it, because my head has gone blank far too many times when I stress so much that I forget my

own name. Not only does this waste test time, but it also wastes the things that were studied – SO BREATHE, RELAX, AND PRAY. By following this guidelines, writing tests won't be so difficult, and one can always come out with good results.

My last tip is to make lasting friendships, because after graduation, it isn't guaranteed that you will see most of your friends. So having strong bonds with current friends can mean having friends for years to come; even with friends you aren't so close with, try to get know everyone. That way, when your 5-10 year reunion comes around, you won't be like, "Wait, she/he was in my class?" And, it will be fun catching up and seeing how everyone is doing in their lives.

In all honesty, remember to have fun. Make the most of your last year of high school, because your senior year is usually the only year people tend to remember. So I hope this helps you have a great and successful senior year. **BYE FOR NOW!**

From: Nicole Mendes

To: Kim Marie

“Thank you for supporting me all the time!”

From: Zakiya Rolle

To: Marcelo Junior

“Thank you for always making me smile!”

From: Mana Martin

To: Squad

“Thank you guys for always having my back love ya”

From: Felicite Ishimwe

To: Angelika Estoesta

“Thanks for always being there for me, you are the sweetest person I know”.

From: Matheus Hollen

To: Nicole Souza

“Stop saying that you’re Brazilian.”

From: Neko Bell

To: Jolianne Yupanqui

“Lol you are my favourite person to bother in class!”

From: Kenai Stowe

To: Chavaun Anderson

“I’m gonna miss you. You better come back to visit me and bring me food. Have fun Chevy.”

From: Henry Nunes

To: Larissa Rebello

“You are the best one!”

From: Joyce Ost

To: Leger Beaulieu

“I love spending my time with you!”

From: Evelyn Laignier

To: Brazilian Girls

“You guys make me feel so happy, thank you for that!”

From: Jared Myers

To: Alessandro Coronado

“Thank you for being an example.”

From: Jakob Kwon

To: Matthew Mann

“Thank you for being such a good friend and for being super kind throughout the years. Hope you have fun in university. Aim High.”

From: Bria Quezon

To: Rebecca Santos

“I love Rebecca!”

From: Rachel McIntosh

To: Austin McGann

“You’re my spirit animal and I’m highly proud of you.”

From: Sephora Gustavus

To: Felicite Ishimwe

“It’s been amazing knowing you, I’ll miss you.”

From: Jennella Watson

To: Vertina Williams

“You have been an amazing role model; I’m gonna miss you so much Lil’ Uzi Vertina.”

From: Rachel McIntosh

To: Mana Martin

“You will always be the bread that fell from Heaven; you will always be the ugh to my man.”

From: Gem Ayupan

To: Brittany Woodley

“ ‘That’s my roommate!’ Yelling it out at the most awkward places is probably one of our most valuable memories together. I love you and miss you lots. <3 ”

From: Shurnyika Jones

To: Fabrice Manirambona

“Even though we weren’t as close this year, I love that I chose you to be that older brother figure. Im going to miss you a lot. You better come back at least once. Have fun.”



The Ever Present Struggle of Senioritis

By Cleron Felicien

School is less than 2 weeks away and the anxiety of final exams is finally kicking in... well for me at least. Being a senior, these final grades really count because they help you get scholarships for university. Knowing how to properly prepare for final exams is crucial as it will guarantee that every late hour is not wasted in vain. There are five major tips that can help prepare one for exams.

The number 1 tip is: **NO CRAMMING!** This is definitely where I fall short when preparing for final exams. I try to cram everything in the night before. Studying in thirty to fifty minute intervals is best. Take time to allow yourself ten minutes of "brain rest." This brain rest time can include walking outside to get fresh air, or a ten minute YouTube video. Just remember – only one YouTube video. If another video seems tempting, just save it for your next break. Motivate yourself to keep on studying so that you can reward yourself with that video.

Cramming also causes your body lots of stress and anxiety. When your body is stressed, it decreases how well you are able to remember information. A week before exams, plan a study

schedule so that you can make sure your time is equally divided between each subject. This can potentially boost your exam result.

In conjunction with cramming, **DO NOT PULL ALL NIGHTERS!** How tempting an all-nighter may seem, or how cool they look on your snapchat story, do not do them at all. According to the Associate Professor of Psychology, all-nighters have been noted to mess up memory and reasoning for as long as four whole days. This can be very detrimental to your final grade. I know it sounds cliché, but a good night's rest is the secret of being successful.

Tip number two: make sure to keep up with your cardio. Our school has its own gym, so there is no excuse! It has been noted that twenty minutes of cardio before studying can improve one's memory! How great is that?! This can include jogging, walking, or even dancing (let's keep it King-sway appropriate y'all haha). Not only will cardio improve your memory, but it can reduce any stress you may be experiencing and boost your energy level.

Tip number three: **EAT EAT EAT EAT EAT BREAKFAST!** This is one of the biggest mistakes I make. I often decide to skip

breakfast because I am too nervous to eat. But the brain needs power/fuel to work, and starving it will not get you the marks you need. Foods that are higher in carbohydrates and fiber are the best to eat. When you study, your brain uses up glucose. After you have studied for a long time, you need to replenish your body so that your brain can work at its optimum best. If you really aren't a breakfast person, a snack of almonds, yogurt or fruit is good as well.

Tip number four: minimize distractions and maximize studying time. Although we may like to watch a TV show or text our friends while studying, these distractions interrupt the flow of information to the brain. If you like listening to music while you study, instrumental music is the best way to go. Also, remember to practice questions that you have difficulty on. If you know the answer to the question you can move on; spend time working on questions that are hard for you to do. The tools that work best to boost results are noted to be taking practice



The Ever Present Struggle of Senioritis

By Vania Smith

School is ending and summer is coming. We can finally appreciate life again. For some of us, the end of school is a sad experience. Having to say goodbye to close friends and teachers is never easy. On the other hand, the end of school is the beginning of freedom. No more classes, homework, ISUs, tests, exams or stress. It is exciting to take a break from school for two months. It is much needed and is very rejuvenating. What most of us are excited for, are summer plans. What we will be taking part in this summer. It can be sleeping, getting a job, catching up on our favourite Netflix series, going to camp or spending time with family. I think I speak for a lot of the seniors when I say that summer will be spent mentally preparing ourselves for adult life. This summer, we all have to grow up and mature and we only have two months to do it. With that being said, summer is still meant to be enjoyed and I'm sure that we will all have fun.

If you don't have any plans

for the summer, it is fun for about two weeks and then the most hated phrase by parents is uttered – “I'm bored.” Be honest, I know that we have all said that at least once per summer. At the end of the day, being bored at home is still better than being stuck in a classroom learning. However, if you find yourself with nothing to do, here is a few things that you can do.

1. Learn a New Skill – Find a hobby or activity that interests you or something that you have been waiting for a chance to learn, and learn it. It will allow time to fly by as well, and you might make some new friends while doing it.
2. Volunteer – Volunteering is a great way to (a) get out of your house this summer, and (b) finish your community service hours requirement. You can participate in VBS at your church or you can help out at a food bank or at your local community centre. Whatever you do, it is always fun to give back and assist others.

3. Spending time with family - This point is especially good for the dorm students that don't get a chance to see their parents regularly. With the summer break, they have an opportunity to catch up with their family as well as spend good quality time together and bond.

Overall, summer break is great for taking time to rest relax from the school year that you just had as well as preparing for next year. Whether you're going on summer vacation, staying home, going to summer school, or getting a job, remember to take time to enjoy it for yourself. Summer break only comes around once a year, so make the most of it. You can use this break to better yourself so that you can be ready for the next school year. During this break, make sure you set goals for yourself, accomplish them, and don't waste too much time. Ultimately, you've finally made it to the end of the school year, so congratulations. You have finished ten months of school. Welcome to your summer break.



The Ever Present Struggle of Senioritis

By Matthew Mann

It's that time of year when students are just "done." Waking up in the morning, dragging your feet to the bathroom. Slowly getting dressed and eating breakfast. Arriving at school, then realizing you're ready to go home. Usually that happens to me at approximately 7:32 am. This may sound like you too, but hopefully no one in grade 9 has reached that point yet. But trust me, you will. And you'll get there soon. This article is for next year's seniors, but there's stuff in here for all grades.

Senioritis. It's real. After university apps are finished, and you've received your offers; there really isn't much to keep you going. Second semester mid-term grades are in. You're in line for scholarships. And now, it seems like you made it – only you haven't quite.

Although second semester of senior year, especially the second half, doesn't feel like it matters, it does. I know it feels like pulling teeth, it feels like death itself would welcomed.

It's annoying, and I know you rather watch Netflix. But you need to keep focused, as hard as it is, finish your senior year, or any year for that matter, strong. So here are my tips for managing the second semester motivation meltdown.

First things first, is to set small goals. Tell yourself this, if I can finish just one of these problem sets, or just this one set of questions, then that will be a successful night of homework. Pick and choose what battles to fight. Is that Desire of Ages report due tomorrow.? Well then that can wait (that doesn't mean procrastinate). Set small goals for yourself so you don't feel overwhelmed and give up completely. Maybe just do one Desire of Ages chapter, and be happy with that progress. At least it's something.

Improving study habits, that is crucial. I am somewhat hypocritical in this area as I do tend to learn that entire textbook the night before a test, but if you can avoid it, then do so. I've heard many University students say that cramming is a terrible idea. In university, your

minds will be tested to the max. So do your best to train it now while you still can to improve on your study habits. If you're like me, you may have just watched a bunch of YouTube videos or read a bunch of Wiki-How articles on how to cram for a test, or memorize 30 keys terms, the night before the test. But sometime I wonder...is it worth the stress.

The next tip is my favourite, and one that I practice a lot. This is to take some time to relax. There are some days, when I get home from school, and although I have a load of homework and studying to do. I decide it's not worth it, and take the evening off. If I feel like I exhausted myself during the day, I'll go light on myself and watch a T.V show or go to bed early that night. Sometimes I feel, it's better for me to do that, then to sit at my table and do homework for the next couple hours, making up garbage just to finish the assignment, when I could take the evening off, and do a much better job on the assignment when I'm well rested. A good show to watch,

is a show called Suits. It's actually a really interesting show, and it motivates me at the same time, so when I finish the episode, or multiple episodes, I'll feel more motivated to get back to my work.

Overall I would say this. Try to avoid getting into nega-

tive habits. Try not to take sick days when you just don't feel like going to school. Or try not to waste time in class, so that you'll have more homework later to do. Stay motivated. Stay engaged. Stay on top of your grades, and finish high school well.



Editor's Message

Goodbye

Hi Kingsway,

This is it! My very last issue! Working for the newspaper has been an awesome experience. I've enjoyed learning and growing the past two years in this position. Editing and designing the layouts for the papers has been super fun and I'm sad to have to let it go. It has been a privilege being the Cedar Sentinel editor and I look forward to continue writing for it next year.

Taking the position of editor next year is my trusty assistant, Alannah Tjhatra. I wish her all the best to another year of Cedar Sentinel success.

Wishing the graduates this year a big congratulations and good luck to whatever future they pursue.

Thank you to anyone and everyone who made the paper possible this year. A giant thank you goes to Mr. MacDonald for all the encouragement and of course, the cookies.

Signing off, it's been a pleasure,

Luca Phillips

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2017

