



# Cedar Sentinel

Volume 56

Issue 2

# VOLUME 56

# ISSUE 2

Editor in Chief..... Luca Phillips

Assistant Editor..... Alannah Tjhatra

Layout..... Alannah & Luca

Reporters..... Fay'ja Day  
Luca Phillips  
Alessandro Coronado  
Kianna Mohns

Sponsor..... Mr. MacDonald



## INDEX

4	An Unforgettable Thanksgiving
5	U.S. History Trip
6	U.S. History Trip Pictures
8	Weekend of Blessings
9	Quick Communication
10	Food
11	Sudoku



## EDITOR IN CHIEF

Hi Kingsway,

Hope you enjoy this issue for the month of November. It is Alannah's first issue! Yay! We would like to have one more issue before the Christmas break, so keep an eye out for that one. I hope you all haven't been too caught up in homework and assignments, I know that there's a lot going on all at once at this point and it's hard to get finished everything. Sending some encouragement your way!

Enjoy the last few weeks of school before the break!



## ASSISTANT EDITOR

Hey there,

It's only November, and so much has happened already - Mega Marathon, volleyball tournaments - it's been fun, and a lot more is going to happen throughout the year. I hope you've been enjoying yourselves as I have, even with homework and assignments.

One thing that helps me through is the fact that God is always there for us. He's willing to help us through anything if we let Him. When things start getting busy or stressful, just stop and talk to Him - He'll always be on the line.

Have a great day  
Alannah Tjhatra



# AN UNFORGETTABLE THANKSGIVING

By Fay'ja Day

Even though it is really late in the season and it's practically Christmas already, I want to talk about thanksgiving. This thanksgiving was amazing! It was the most amazing thanksgiving I have ever had! Normally during this holiday, my family and I go to my Grandmother's or maybe a seasonal party that a family friend throws. For this year's celebration, I went to the wonderful Alleyne's thanksgiving party. It was wonderful! The Hostess of the party, Chanté Alleyne, had a Cosby Sweater Theme where you would have to choose one, out of the many options, of Cosby sweaters in the closet and you would have to wear it for the remainder of the party.

The atmosphere in the house was full of love, laughter, and joy. It had an atmosphere of a real family. A few students from Kingsway were there, like Zack Simmonds, Justin and Lucas Durrocher, Austin McGann, Brittany Williams, Zakiya Rolle, Sandra Ngenge and a few more. A lot of the others that attended the party were Alumni of Kingsway. It was really cool to talk to them and to exchange funny stories that happened while they used to be Kingsway students and compare them to our recent ones. Contrast-

ing how different the rules are now compared to then caused a lot of yelling and surprise of how "lucky we are." The word "What!?!?" traveled throughout the house a lot. Since we all were students/alumni of Kingsway there was also a lot of exclamation of agreement when we talked about the unfairness of some of the things that happened as a student, we all bonded over the struggle of "Kingsway Life."

There was a vast variety of age groups; there were kids, teens, young adults, adults, and seniors. While the buzz of conversation and laughter was upstairs, the energy downstairs paralleled it. This could have been called the party room; there was a pool table, a chess table, and a table for dominoes -- an intense game, well known by the Caribbean population. After a while, though, a few of us went upstairs to the living room to go and play Fifa16 and NBA 2K16 on the PS4.

The food that night was fabulous! Everything was heavenly. There was meatloaf, turkey, mashed potatoes, and a lot of macaroni pies, due primarily to the competition between ladies to see who could make the best one. So, everyone had to taste every pie and then vote at the end who won. Then there were the desserts. There were so many

options. There was apple pie and ice cream, marble cake, pumpkin pie with whipped cream. There were so many and they all were delicious!

Then the next day I went to the Brazilian Thanksgiving Party with Fabiane Campos, Larissa, Julienne, Nicole, Vitoria, Stephanie, Zakiya, and Sandra. It was just as amazing as the Alleyne's Party. It was located in the gym of College Park Elementary School. There were a lot of people and a whole table of food!! I was already full after one helping! There was karaoke in Portuguese. There I learned how to say "Happy Thanksgiving" in Portuguese -- Feliz Dia de Ação de Graças -- and I learned how to play a cup game called "Escravos De Jo". It really was an amazing Thanksgiving this year!! Over this Thanksgiving I saw family love, and I was truly happy and thankful for being able to share their moment with them. Such an amazing Thanksgiving this year. Being part of a larger familial group like Kingsway made it all the more engaging and interesting for me. I am so thankful for all these events and people, which ultimately is the main reason for this holiday. I hope you, too, were blessed over this holiday with good food, good friends and family, and good times.



# U.S. HISTORY TRIP JOURNAL

By Luca Phillips

## **Day I:** *Old Fort Niagara.*

Old fort Niagara was such a cool addition to the trip. I enjoyed seeing the old buildings, even some parts of the fort were still from the 1700's, though most has been since refurbished. Old fort Niagara is at the mouth of the Niagara River, it controlled access to the great lakes. After that it has been used for multiple reasons, trading furs, a shelter, and a military post. This military post served as the home of the American troops when fighting against fort George, which was just across the river. I would have liked the stone buildings and the scenery of living at the fort if I was stationed there, but I don't think I would have liked the cold winters without heating and having to pee in a bucket. I especially wouldn't have liked to live there the first year as I may have had to take out the toilet bucket every morning, gross. I would have liked handling guns or baking food in the giant stone ovens.

## **Day II:**

*Gettysburg Battleground Cyclorama Movie and Museum, Pennsylvania*

I was really impressed by the cyclorama movie. If I'm being honest, the history movies that we watch in class aren't very easy to watch. They aren't very interesting or visual appealing for that matter. I liked how the movie was put together and had a variety of design and thought put into it, it helped me really pay attention as it grabbed my eye (and my ears because the narration was Morgan

Freeman). The cyclorama painting that we saw was beautiful, I was so intrigued by the detail of it. It's unbelievable that artists will take 11 months of their lives to paint this giant picture. It is so beautiful and definitely worth seeing how the battle of Pickett's charge might have looked like. I also enjoyed the maze of a museum at the venue. There were so many interesting bites of information. One thing that stood out was a piece of the fence that was taken from the place of Pickett's charge. It had about 5 or so bullets in it, what a cool piece of real history!

## *Gettysburg Battleground Tour*

This tour was amazing, the tour guide we had was super funny and really was into the whole history of the battle. The battle of Gettysburg was very significant in the outcome of the Civil war, some people even believe it to be the turning point or high water mark of the rebellion. This battle was important as it was a Union victory and it placed the Confederacy in the defensive. This was one of the most ambitious attempts to invade the Union for Confederate leader Robert E. Lee. I learned that life as a soldier was hard, constantly in battle for days at times. Away from family. Times were tough as a civil war soldier, or any soldier for that matter. There's always a chance that you may die that day in battle, but for the good of fighting your country.

## **Day III:**

*The Holocaust Museum*

The holocaust museum was a sight to see. I even shed a few tears while roaming the halls of this terrible historic period in time. All

this was possible because if Hitler, a man who came into power and made decisions because of his views. Bad views. Views of a perfect race that didn't include Jews or black people. The Jews resisted by trying to hide or escape before they were taken away and even from inside internment camps, they tried to escape. Although there were only few escapees. Many of their feeble attempts to free themselves failed. All this comes to show that human nature is different in every person. What Hitler wanted and what other people wanted were not the same. Many people did not have the same views as Hitler and would not have done the same thing. Sometimes when we think something is right or good it isn't, like the holocaust. Our human nature isn't always benefiting us or the people around us. If I was living in Germany I would have done or tried to do what some other people did and help the Jews in need by hiding them and getting out of camps and such. I would have been scared out of my mind that I'd be caught, but it's doing the right thing. It's what I would've wanted for someone to do for me.

*Arlington Cemetery and Washington D.C. Monuments Tour*

I was so touched by seeing all these historical monuments and memorials. It goes to show how much respect the country shows to those who fought and died serving in deadly wars and trials. The monuments and memorials were so beautiful, someone who is remembered because of these monuments would have been happy to see them.

Continued on next page...

The State really cares about what has happened in their history and really cares and is thankful for those who have fought and served for their country. I learned that the United States is very patriotic in general, but it is touching to see these memorials for her people.

*Washington D.C.'s Layout and Buildings*

One of the most interesting things about the different buildings in D.C. was that there isn't a specific style of architecture, all the buildings are

different for the most part. A lot of the buildings featured tall pillars, pillars seem very American. The layout of the national Mall was very cool. The long strip of museums and monuments all collected in one area was a very interesting layout to see. It makes it easier for tourists, not having to constantly drive around to see different museums. Even if you were to visit D.C. for two weeks you probably wouldn't have seen everything, there's so many things to do and see it's amazing. We also saw

a partial bit of the white house. It is much protected and we couldn't get much closer than we did, which was quite far away. This shows there is much security on the governmental buildings, got to keep Trump safe. Lol. I found the most interesting was sitting behind the Lincoln memorial and watching the cars pass over the memorial bridge. Beyond that bridge is the current day and behind me sat the history of the United States, I thought that was a pretty sweet spot.







# WEEKEND OF BLESSINGS

By Alessandro Coronado

The youth rally was a tremendous blessing for me. I learned so much about myself in those three days. I learned so much more about God and how He sees me - His point of view. Because I was singing with the praise team, singing with the KC Gospel Choir, and organizing the other events, I think that my point of view is different than the people who were sitting down, listening, and participating. Adding to this was the concluding week of prayer at KC, and I think that spiritually prepared me. Our guest pastor from Burman University was incredible. The way Pastor Massiel interacted with us and how she communicated her message simply penetrated my heart with extreme love and passion.

Friday night was a great kick off to the youth rally. Our theme song was "Worthy is the Lamb". Let me tell you, this song matched this youth rally perfectly: Worthy is the lamb, seated on the throne, the darling of heaven crucified, worthy is the lamb, worthy is the lamb. Often times we forget that Jesus died for us and for all of our sins. Sometimes we forget it and talk about everything else. We worship the creation more than we worship the Creator!!

Following the praise team, there was a small skit performed

by one of our nearby churches. Their performance was based on the prayer. The main character was saying her prayer found in Matthew, but God interrupted her after every sentence, telling her what it actually meant. This performance blew my mind because sometimes we repeat, repeat and repeat the same thing over and over again. Instead of our prayer becoming a talk with God, it becomes a recording played over and over again. Also, ending the evening off with some snacks was like putting a cherry on top of the ice cream.

Saturday morning was very special and historical. We started the day off with Sabbath School and it was something completely new to me. The Youth Conference Director introduced Real Talk Live (teen edition) and they asked us how the youth department could help us make our youth active. Following this the historical part of the day came, the KC Gospel Choir performed for the first time under the direction of Hannah Amankwah, a senior at Kingsway College. This group consists of various students from Kingsway who decided to put their talents together and sing gospel songs for His glory. We sang the song, "Faithful is Our God." This song talks about how great and faithful our God is and how He causes our hearts to rejoice. I have never been in a gospel choir before, but the feeling of per-

forming for others in God's service was a blessing to me. Saturday afternoon was spent doing outreach. Unfortunately, I was unable to attend this outreach program, but I heard a lot of people talking about it and how it helped them a lot.

Overall, my life has changed. There are many ways that God connects with us. Sometimes it is hard to connect with someone that you cannot see, but it honestly takes time and patience. My Christian life started when I was 6, but now I am 16 and my point of view has changed in many different ways. It was great seeing over 300 youth coming together and worshipping God. This youth rally was truly blessed by the Holy Spirit. Everything was in sync. Performances, the preacher, the music and the outreach all in one was a huge blessing. We are now in the process of starting Bible studies and more youth programs for our youth at Kingsway College. What are you doing to help your youth department? God Bless.

"I can do all this through him who gives me strength." Philip-  
pians 4:13





# QUICK COMMUNICATION

By Kianna Mohns

Texting has become a humongous part of communication, especially with our generation. The average teen sends around 115 texts every day. That's crazy! I'm sure I send more just because anytime I need something, instead of calling, I'll send a quick text. So although my mom is always on my case for constantly being on my phone, there are some benefits of using one.

Texting has so many benefits. It's immediate. It has been found through research that text messages are read on average in less than five seconds. It can be personal and unlimited because it doesn't require Wi-Fi. You also don't need to download anything to send a message, so it saves time. I think the biggest reason why teens especially like texting over other forms of technological communication is because it can be discreet, which especially comes in handy during class. Now, I'm not at all encouraging any student to text during class because clearly that is against the rules. I'm just simply pointing out that it does happen.

There are also proven health benefits of texting, some of which were surprising to me. People who felt depressed, isolated, or alone, felt more connected and cared for when they receive text messages. It takes a second to type "R U OK?" It all comes back to reaching out, you never know when one little text could make a huge difference. Who would have thought, you might save some-

body's life.

The hard part is that there are downfalls to everything, even things that seem good. Teens that text excessively are more likely to have sleeping problems, and do worse in school. Texting and driving is also a big problem as 1.3 million car crashes per year involve cellphone use. The biggest thing for me is, I go to bed with my phone right beside me and I end up scrolling through my feeds or checking messages when I should be sleeping or studying. This honestly prevents me from sleeping because I lose track of time so easily. Before I know it, an hour has gone by and I realize I have to wake up in six hours. Then I'm too tired to get all I need to done during the day. I believe this is a huge problem with a lot of students because so many teens, especially at Kingsway, are sleeping in class and missing important information.

Another thing that affects students a lot is the easy access to internet and the ability to find answers to questions, instead of asking someone directly. I do this all the time because it is easier. The previous generation had to search through massive books and encyclopedia's to find the answers to questions they had. Now a days we can quickly pull up google and have our answer immediately. For example, I just searched how fast can you find an answer on google and I got about 9,000,000 results in 0.89 seconds. That is beyond belief! I can't imagine telling my grandma that twenty years ago.

She would have thought I was crazy and we take it all for granted. It is really making us lazy, though, in my opinion. It's hard to find the right amount of balance.

There are situations where it is easier to send a thank you text when we should be sending a thank you card. There comes a time when an actual object means more. It shows that you put in time to show the other person you care and that it wasn't just a last minute thing. There are times when sending a text would be inappropriate. A big thing in present day is the idea of having a relationship with someone just though texting. I just don't understand how you can know someone without ever talking to them and that is where we must draw the line.

The biggest thing is the more our phones are distracting us, the harder it is for God to be a part of our lives. Matthew 6:24 says, "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other." The more distractions we have, the less time we will spend with God. Go out of your comfort zone. Approach someone and ask them how their day is going. This doesn't mean you have to get rid of your phone and never go on a computer ever again. It's just a reminder to keep the distractions, like texting and social media, to a minimum so we can keep our real life relationships in the best conditions.

# FOOD

Everybody enjoys a good snack at least once in a while. Sometimes, however, there is no time to make one, or you don't have a lot of supplies to make food with. But don't worry too much. Below are three mug recipes that can be created with a microwave and a few ingredients, and they take only a few minutes to make. They can be made if you're a dorm student or if you're just too lazy to take one hour to bake an actual cake. Enjoy!

## NUTELLA MUG CAKE



Ingredients:

- 4 Tbsp of Nutella Spread
- 1 Egg

- 1) Whisk the egg in the mug.
- 2) Add nutella and whisk until the batter is smooth
- 3) Microwave for 1 minute, then let it sit for at least 20 minutes before eating.

## PEANUT BUTTER MUG CAKE



Ingredients:

- 3 Tbsp of Peanut Butter
- 1 Tbsp + 1 Tsp of White Granulated Sugar
- 1 Egg

- 1) Mix all ingredients until combined well.
- 2) Pour batter into a microwave safe mug
- 3) Microwave for 1 minute.

## FRENCH TOAST IN A MUG



Ingredients:

- 2 Slices of Bread (Cubed)
- 1 Egg
- 1 Tbsp of Butter
- 2 Tbsp of Milk
- 1 Tsp of Cinnamon (Optional)
- 1/4 Tsp Vanilla (Optional)

- 1) Coat the sides of the mug with the melted butter to prevent sticking.
- 2) Whisk the egg in the mug, then add the milk, sugar, cinnamon, and vanilla. Mix well.
- 3) Add the bread into the mix and let it soak for about 1 minute. (Gently stir the bread in the mix.)
- 4) Microwave for about 1 to 1.5 minutes, then top it lightly with sugar and enjoy!

# SUDOKU

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

If you solve both of these puzzles correctly, please come to Mr. MacDonald, Luca Phillips, or Alannah Tjhatra to have it checked. If they are both correct, you will receive a prize. Good luck!

## Easy Sudoku

## Hard Sudoku

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

