

# Spring is Sprung

## WARMER WEATHER AND LONGER DAYS

### The C + K Corner

By: Chelsea Alberastine (Grade 12) and Kelsey Geotina (Grade 10).

To us, spring means “new life”. We can connect this to baptism, where we can be born again through Jesus Christ. Jesus introduced water baptism in the context of His Great Commission (Matthew 28:19). He said that the new disciples were to be baptized in the name of the Holy Trinity: The Father, the Son, and the Holy Spirit. The Alliance believes that Jesus meant that this was a permanent practice called an ordinance. The meaning of baptism is more clearly seen in the New Testament. John the Baptist has been sent by God to spread the news of the coming Messiah, Jesus Christ. John was commanded by God (John 1:33) to baptize those who accepted his message. Acts 2:38 says, “Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” This scripture encourages us that when we are baptized, we are given the gift of the Holy Spirit and he becomes part of us. When we have the Holy Spirit, our chains are broken and our burdens are taken away.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.



Artist: Schinako Moriyama.

### Science with Dafydd

By: Dafydd Ellis (Grade 10)

Photosynthesis. I can say confidently that everyone reading this has learned or heard about photosynthesis. I mean, it is pretty straightforward; plants make food from sunlight... Well, it isn't quite that easy. Sure, plants make fuel for themselves out of sunlight, but there is a little bit more happening behind the scenes. One thing you should know is that every plant can photosynthesize. All they need is carbon dioxide, water and sunlight. When plants perform photosynthesis, a chemical called chlorophyll in the plant's leaves trap the light energy. The chlorophyll then channels the energy of the sunlight into chemical energy. Now, you may be wondering: 'How do water and CO2 play a part in photosynthesis? After all, they are the main ingredients.' Well, first of all, water is extremely important for photosynthesis to work. Water contains an electron

that binds its hydrogen atom to the carbon to create glucose, which is an energy source. Sources on page 4.\*

### Starbuck's Drinks to Try for Spring

By: Khushi Gill (Grade 12)

Welcome to Starbucks, what would you like to order today? The menu has new secret things. New drinks have been added because it's time for spring.

1. Try any size of a white guava lemonade. Literally tastes like Hawaii. If Hawaii had a taste.
2. Try a mango dragonfruit lemonade with raspberry syrup and passion tea on top with light ice.
3. Mango dragonfruit with extra ice, add lemonade, and blended.
4. Venti iced coffee with 3 pumps of white mocha, 2 pumps of vanilla with cream.
5. Venti vanilla sweet cream cold brew with 2 pumps of vanilla, 3 pumps white mocha, vanilla cold foam, 2 pumps of mocha in foam, and cookie crumbles. TOO BOMB!!
6. Try a venti lemonade with 6 pumps of raspberry and a splash of strawberry acai.
7. Try a venti lemonade (no water), 7 pumps of classic syrup, 3 pumps of raspberry syrup and strawberry acai on top.
8. Venti iced white mocha, cold foam, and

caramel drizzle.

9. Venti lemonade with raspberry syrup on top and add a strawberry base.

10. Caramel ribbon crunch frappuccino blended.

Hope you enjoy these secretive hidden gems on my list.

## New Season, New Activities

By: Ansh Dhaliwal (Grade 9)

With winter far long and gone, we will see a reduced amount of cold outside, more bright weather, and long-lasting days. This gives us the opportunity to start and play some new sports and adapt some new hobbies. For starters, we will be able to run around on the grass with less worrying about slipping and sliding, and more opportunities to play soccer and football. Some other activities could be: planting a garden, having a picnic at a park, going for a run, hiking, riding your bike or skateboard, visiting a relative's farm, going to the beach (if the restrictions are lowered). Or, you can try new activities, such as flying a kite (something that I have still not managed to accomplish), climbing a small tree, feeding some ducks at a pond, or using chalk on sidewalks to add some art to them. Spring can also come with some new fruits and vegetables to eat, such as some strawberries, blueberries, raspberries, grapes, and many more. You can also try to experience some rare spring rain action by trying to find a rainbow outside, or jump in some puddles after it stops raining. Last but not least, you could clean or decorate your house for this lovely season. To conclude, spring is a great season mixed with many different types of weather, allowing us to have fun outside, and have a transition from cold weather to some warm weather.

## 7 House Plants You Should Own and Their Benefits

By: Avreen Brar (Grade 11)

1. Chrysanthemum - removes ammonia, benzene, and formaldehyde from indoor air.



2. Spider Plant - removes carbon monoxide and xylene from the air.



3. Ficus - great plant to help you with air purity.



4. Rosemary - helps improve concentration and memory.



5. Snake Plant - converts carbon dioxide into oxygen while you sleep.

6. Lavender - known for it's mental health benefits.



7. Aloe Vera - air pollutant remover.

## The Minimalism Mindset

By: Caleab Onyango (Grade 9)

It's spring, and with that usually comes spring cleaning. We often go about cleaning our homes and possessions. Cleaning, reorganizing, rearranging, you name it. All that is fine and all, but whilst doing spring cleaning, we often forget to think about ourselves. Often times, clearing your mind and your thought patterns is neglected for the more physical aspect of spring cleaning. Spring cleaning comes and goes. Everything is eventually going to get dirty again. Your mind though, you have it 'till death. It's important to take care of it. I, myself, sometimes feel foggy and have a hard time thinking because of all the things I try to process at once. Some tips to help clear out your mind is meditation, exercise, or some activity that requires all your attention. I find exercise to be the most effective for me.

Going on walks, runs, bike rides, etc. are some of my favorite ways to clear my mind. Some other ideas are: listening to music, watching a movie, and probably the best one, sleeping. Pretty much anything that causes you to focus your mind on the present moment. Having a clean and organized environment can sometimes improve your mental clarity, so spring cleaning does have some mental benefits. Cleaning itself can be a mind clarifying activity.

## @thebookofbenjamin

By: Tehzeeb Beniwal (Grade 10)

Interview with Pastor Ben

### What are your favourite things to do in spring?

Sleep, same thing I do every season. I generally just like to spend time outside, BBQ way more, and I like planning meals for Easter.

### Favourite flower?

Lotus flower.

### When you think of spring, what do you think of?

Daylight saving. I like it when the sun sets later.

### What was Easter like growing up? How is it now?

We never did anything to celebrate Easter while growing up. I'd look at the chocolates at Walmart and my mom would get mad, but now my wife really likes Easter celebration so we paint eggs and do Easter egg hunting.

### Favourite season?

Summer. My birthday is on the last day of school.

### Describe spring in one word.

Allergies.

**Do you have any fun spring memories?**

Rugby season is probably the best.

**Favourite slushy flavor?**

Fanta banana flavour, anything that has banana. If I see a convenience store I'll stop to check to see if they have it, and if they don't I get pretty sad.

**Flower Power**

By: Tehzeeb Beniwal (Grade 10)

Tulips: Normally found in groups. They are big, showy, bright, and are normally red, pink, yellow, or white. Grow in mountainous areas.



Forsythia: I like the name. The Forsythia flower is a part of the olive family, and there are around 11 species of it. The name comes from some dude named William Forsyth.



They adapt to any type of soil, but it needs to not be too wet or poorly drained.

Primrose: Primrose flowers produce oil (really good stuff, no cap). Primrose flowers happily grow in woodland clearings and grassland habitats. They can be grown in your garden as well, in a lightly shaded area. They are normally a shade of yellow, but can also come in white, red, pink, and purple.



Daffodil: Daffodils are known to grow in grasslands, forests,



along riverbanks and in rocky areas. They are grown all around the globe, and can even be grown in your backyard. Most daffodils are yellow, but they can also come in white, pink, and orange.

Sources on page 4\*\*.

**Grade 3 & 4 Spring Poems**

**Spring**

By: Vielle

Spring is hot  
Flowers bloom  
I like having BBQ  
Apple trees  
In the sky  
I like them  
Nice and fine  
Every time  
I lie in bed  
I dream of BBQ

**Cause It's Spring**

By: Brayden

It's spring and the bells ringing  
And the birds start tweeting and  
The wind stops flinging cause it's  
Spring the butterflies fly  
And we lie on the grass and look

In the sky cause it's  
Spring  
It's time for the sun  
To shine and get outside  
Cause it's spring

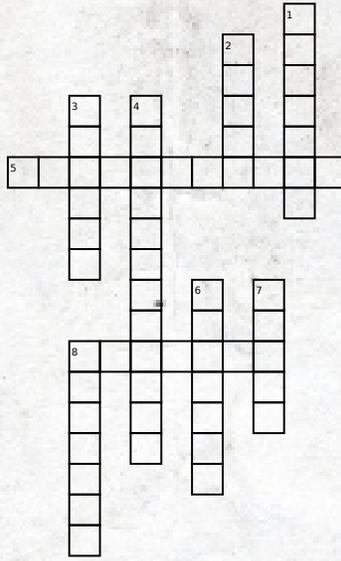
**Letter from the Editor**

By: Emma Mowat (Grade 11)

Now that the sun setting at 7:30, it feels slightly inappropriate to not do anything all day. However, this weather is prime for outdoor activities. Not too warm, nice and sunny... the only downside is the minor choking feeling that arises after stepping outside and being exposed to the millions of pollen grains. Aside from the watery-eyes and sneezing, with spring also comes higher UV. The daily max is now usually at a four. Remember to wear sunscreen, even though it's not summer yet. Your skin will thank you.



# Crossword Puzzle



**Down:**

1. the natural home or environment of an animal, plant, or other organism
2. a place where something happens or is set, or that has particular events associated with it
3. the phenomena of the physical world collectively, including plants and animals
4. the things and conditions around a person or thing
6. the state of the atmosphere at a place and time as regards heat, dryness, sunshine, wind, rain, etc
7. a young Swedish environmental activist
8. cloud forming rounded masses heaped on each other above a flat base at fairly low altitude

**Across:**

5. the larva of a butterfly or moth
8. the weather conditions prevailing in an area in general or over a long period

**Sources:**

\*<http://www.webexhibits.org/causesofcolor/7A.html#:~:text=It%20channels%20the%20energy%20of,water%20into%20carbohydrates%20and%20oxygen.&text=Chlorophyll%20is%20a%20molecule%20that,and%20is%20called%20a%20>

photoreceptor  
<https://sciencing.com/water-important-photosynthesis-6436052.html>  
 \*\*<http://www.webexhibits.org/causesof-color/7A.html#:~:text=It%20channels%20the%20energy%20of,water%20into%20carbohydrates%20and%20oxygen.&text=Chlorophyll%20is%20a%20molecule%20that,and%20is%20called%20a%20> photoreceptor  
<https://sciencing.com/water-important-photosynthesis-6436052.html>

