

# CRESTWOOD

## ADVICE FROM AN EXITING EDITOR

BY: KATHERINE CHARNESSE

Orientation Day, September 2007. The excitement of a new school and a fresh start was felt by all of the grade 7 students, closely accompanied by the anticipation of making an impression that would set you on the right track. Information for the year was delivered to us in our home-rooms, making Ms. Sawka the first teacher I met at Crestwood. After a warm welcome, she pulled the garbage can out from behind her desk and asked all the students who were chewing gum to spit it out. Of course, I happened to be one of few students who were chewing gum, and Ms. Sawka announced this was her biggest pet peeve. I shamefully made my way to the front of the class, deploring my lack of foresight to spit out my gum ahead of time. As a nervous 12 year old, that was all the encouragement I needed to learn my lesson. I never chewed gum in Ms. Sawka's class again.

Little did I realize that that incident represented one of the most valuable things I have taken away from my experience at Crestwood. In the first



few minutes of the year, I had already learned something about my teacher's personality outside of her profession. Along with ensuring to be an involved member of the Crestwood community, developing strong relationships with peers and faculty is a key component of my formula for achieving the most fulfilling secondary school experience.

Crestwood is a small school, and this is something that should be taken advantage of at every opportunity. In my eyes, it has always been a community in which each individual plays a unique role, making the development of strong relationships highly achievable and the opportunity to learn from one another ever-present. How else would I know that Ms. Bryant's favorite word is granola, that Mr. Pods is a big fan of

Nutella, that Sundy's favorite movie is 2001: A Space Odyssey or that Mr. Chmatil was known as Big Bird in high school. Although this may seem like useless information, it is evidence of the fact that the Crestwood community is different from other schools, and this is something that I learned to appreciate a little too late.

If you have a better understanding of who the person is assigning your grades on your report card, and you give them the chance to gain a better understanding of who you are, only positive things will follow. You will be spending a lot of time at Crestwood; the more comfortable you feel the better.

*Continued on page 2*

### INSIDE:

Some Summer Words of Wisdom	2
Healthy Body, Healthy Mind	3
Summer Rituals	
Begbie Society of Canada: Contest	4
What to Read This Summer!	5
Athletic Award Winners	6-7
Cocurricular Award Winners	8-9
And One Final Announcement	10

## SOME SUMMER WORDS OF WISDOM

BY: MR. VINCE PAGANO

There are certain times in the school year that seem to be full of dread, and others that are full of anticipation. Sometimes, the good, the bad, and the ugly all happen at once. We are in such a time now.

Summer, and all the good things it implies and promises, is upon us. Cottages, and pools, and golf games and interesting vacations begin to preoccupy our senses. Even working for the summer is a relief from the daily academic preoccupations that seem to restrict our enjoyment of life. Count downs have been a popular commodity for weeks, and even the ones who are supposed to know better are trying to get that clock to move faster.

If there was anything anyone could have imagined to spoil our peace-of-mind, to kill the party, to bring us back down to earth, it's final exams. The confusion and ambivalence these creatures bring to a school community is palpable, and we beg for the strength to sustain our academic effort and ambition until the appropriate day and hour. With all this going on, no surprise that June exams are never a true measure of someone's ability, and usually lower final averages by at least a little bit. Teachers and administrators, caught up in their own count-downs, know this and mitigate circumstances in and with a number of admirable, humane policies and procedures.

There is a purpose to this duality. I'm famous for telling kids that writing exams is like banging one's head against the wall - it feels so good when one stops. In

retrospect, there may be more wisdom behind this crude adage than I thought. Contrasts enlighten us, makes us recognize and embrace what works and what doesn't and our role in moving beyond the shadows. Now...I'm not saying that exams are "bad". I am saying that "Yin and Yang" is more than a form of poor consolation to someone who has just had his/her wallet stolen. Opposite forces are actually complimentary - darkness, as they say, cannot exist without light, and so on. I have, I admit, a huge problem in the implication that one has to witness or experience evil to understand and follow the good, but maybe I need more instruction in traditional Chinese philosophy.

So exams (or other "onerous" obligations) it is - to be followed by blissful summer - and both integral particles in the unfolding of the universe. I know a lot of you will have less reason to celebrate in the middle of June and that your work and responsibilities will still be realities through July and August. I hope you find some time to enjoy and replenish. Students write final exams, teachers grade them and then... both enjoy a well deserved break. Administrators will hold down the fort during the summer, but have no reason to complain. I hope that parents and friends of Crestwood Preparatory College, and every single participant in this very worthy endeavor, will all be able to kick their heels up and use sun screen with relish. Finally, I hope that all the "exams" in the world will not diminish the fact that we are a very fortunate people and community.

*Have a great summer. Thank you for all your understanding and support.*

## ADVICE FROM AN EXITING EDITOR, CONTINUED

I was, however, always aware of the advantages a small school gave to those interested in getting involved. Joining clubs and teams is always encouraged by teachers and parents, but I must stress how important this advice is. Some of your strongest memories from school and the most valuable things you can learn occur during sports practices and club field trips. I was a part of the girls volleyball team with a group of 8 girls who have been playing together since grade 7. I will never forget the moment we won the championship this year. Extracurricular activities place you in an environment that allow you to think in a different way from calculus class or your biology labs. While course material can be forgotten in a summer, the memories you make and the skills you develop can be carried with you forever.

Following my advice, you will be on the right track to getting the most out of your time at Crestwood. Get to know the people you are surrounded by every day. Join clubs and teams to be more involved in your school. Don't procrastinate as much as I do! Finally, ensure that you appreciate the time that you are here. In an instant, you will be in your final days of grade 12 looking back at your first day of grade 7.

Dear Katherine,

*Thank you for your pronounced maturity and ability. You made my job much, much easier as a result. I know that you will find unsurpassed success in your postsecondary pursuits, and we can only ask that you don't forget those of us that you met along the way.*

*From, Ms. Bryant*

# HEALTHY BODY, HEALTHY MIND

BY: GABI SANDLER

It goes without saying that being healthy involves eating well and staying active. A healthy diet includes foods from the four food groups and staying active involves anything that gets your body moving and gets your heart pumping. A healthy lifestyle and good habits are important at any age and it is always a good idea to start earlier in life. Female health has a lot of stigma, good and bad. On the one hand, it is empowering and a way for girls to embrace a lifestyle that is good for their well-being. On the other hand, it creates pressure to be “skinny” or “pretty” which is a notion that society has become far too familiar with.

Mrs. Lisa Newton is the Head of Physical and Health Education and Athletic Director at Crestwood Preparatory College. She, along with Ms. Mishka Sawka, runs the Female Peer Leadership program which runs throughout the year. “I believe the female peer mentor program is so important because it gives young girls the opportunity to find older role models within the school that they can talk to about all things pertaining to growing up female. A lot of these older students have dealt with a lot of the same feelings of insecurity and low self-esteem, many young girls face in grade 7 and 8. They are given an opportunity to find a friend in their mentor and ask questions without judgment.”

Mrs. Newton has been teaching at Crestwood since its doors opened back in 2001 and she is well-known throughout the school as being a great role model for



her kind nature and self-confidence. Self-esteem is about how confident we feel about our talents and abilities, not just how others may perceive us. Girls that learn to use their voice will be better at expressing their feelings, making positive choices and caring about themselves and others.

“Female role models play a large role in building the self-esteem of young girls. Mothers, coaches, older sisters, older students should model the type of behavior that will foster a positive self-image. Role models need to positively promote other females accomplishments and efforts, not their appearance. The media too often promotes the wrong ideal of beauty for young women. Television, movies, and magazines portray women in a sexual manner, and teach that beauty is about weight, and a pretty face. What girls need to be seeing as role models are successful, beautiful women who are artists, athletes, politicians, activists, etc.”

Physical education is a mandatory class only up until grade nine, but is definitely a course that hopefully carries its knowledge into everyday life beyond the classroom. Exercise is important for all teens but especially teenage girls because statistically girls become less involved in team sports and physical activity after puberty. Issues with body image and insecurity with changing bodies cause girls to shy away from physical activity as they go through puberty. The benefits of physical activity for teenage girls are endless;

- increased strength and flexibility
- healthy body weight
- improved heart health
- increases self-esteem and positive body image
- decreased stress and feelings of anxiety.

Physical activity is also a great way for girls to meet new people and make friends with people who have similar interests. Having the opportunity to develop relationships with other girls while working toward a common goal and to develop confidence based on who they are, not how they look helps to build self-confidence.

High school can be a difficult time, socially, academically, physically, and emotionally for boys and girls alike. Exercising and staying healthy have benefits for taking care of the body, as well as maintaining a well-functioning mind. What is important to remember is to learn to love both mind and body and find what works for you.

BY: BEN ZUCKERMAN

The high-pitched scream of the alarm shatters my dreams goodbye. This is the last day of my visit to the place I call "paradise", a summer camp located in Halliburton. I want to go out once more in the peace of the early morning, walk in the crisp and chilly fields and breathe the sweet air. My body feels jarred as my feet hit the hard wood floors. I tune out my stiff muscles and cold arms and legs and instead focus on the beautiful scenery before my eyes. I sluggishly walk towards the docks to admire the beauty of nature before returning to the city. As I approach a chair on the docks I catch sight of dragonflies chasing each other, I immediately proceed closer to them. Every few yards I walk toward them, they fly one over the other further away from me. A killdeer with its piercing crystalline cry dips its body as it flies low over the water, as the tip of its wing leaves a ring to echo outward. To the east, dust rises and I heard the clanking and straining of a tractor as it harrows smooth the soil before planting. I sit down on the docks which are as wet at the ocean floor, dangling my legs over the docks as I admire the sunrise. As the sunrise bled across the sky, orange and yellow running along the horizon similar to a split egg yolk. As the birds chatter and peck at the water, I unenthusiastically must return to my life in the city.

BY: MADDIE ROTH

Our annual end-of-summer barbeque is a gastronomical feast. While the sun begins to descend towards the west, and the heat of the day still hangs in the air like a immobilized pendulum, the kids run in and out of the cottage, carrying trays laden with vibrant colors: golden, glistening corn on the cob and crisp salads littered with the primary colors of cherry red tomatoes, red, green, yellow and orange bell peppers and the crunchy green of romaine leaves. From outside wafts the rich scent of grilling meat - thick hamburgers, succulent chicken, and seasoned steaks, the flavors of thyme, rosemary and sage cascading up into the cedar branches overhanging the deck. For hours, my mouth waters as I take in the sensory overload: the pop and sizzle of the barbeque, the bright colors of my grandmother's garden salad and the aroma of lemon meringue pie baking in the oven. The cottage, the docks, and the woods around our cottage are a buzz with activity as all the twelve members of our family prepare to celebrate.

## BEGBIE SOCIETY OF CANADA: CONTEST

BY: MR. JASON HAWKINS

This April, 15 Crestwood students participated in the Begbie Society of Canada's national history competition. This contest, similar to contests offer in math and computers, offers students the ability to apply the skills they have developed in class. Rather than focusing on specific content knowledge, the contest gives students in Grade 9-12 the opportunity to demonstrate their critical thinking, communication, and document analysis skills. A sample question could have students examining a political cartoon, a segment of a speech or election results, and gathering the necessary information to answer the question from the primary source.

This is the third year that Crestwood has participated in the contest, and for the third year in a row we have had a great deal of success. Two Crestwood students deserve special recognition for their performance. Grade 10 student Justin Memar-Makhous ranked 19th in the nation, with an overall score of 93%. At most schools, Justin's result would have been enough to earn him a Begbie Medal. Unfortunately, only one medal is awarded per school, and for the third straight year that medal was earned by Grade 11 student Zach Brown. Zach had a total score of 96%, ranking him 6th in the nation. He also had the highest score on the multiple choice section of any student in the country.

The Crestwood Social Studies Department is extremely proud of both boys, and all those who wrote the contest. The Begbie Contest is just one of the many ways we attempt to enrich the social studies experience for students at Crestwood, and the results of this year's contest prove that these enrichment opportunities are translating into national success and recognition for Crestwood students.



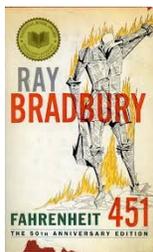
Test your skills! This photograph was taken in:

- A. 1915.
- B. 1939.
- C. 1945.
- D. 1955.

## WHAT TO READ THIS SUMMER!

MS. NICOLE BRYANT

A few years ago I was considering those novels I felt that, as an English teacher, I should have read by this point in my career. At the top of this list was Ray Bradbury's Fahrenheit 451, a dystopian novel that was the recent selection for the "Keep Toronto Reading" festival this past April. I remember opening the first pages and settling into my chair on the porch, out in the beautiful late-June sun – and it was within these pages that I was hooked.



MR. CHRIS JULL

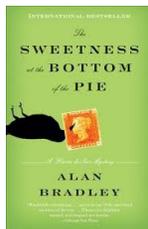
Tender is the Night is the semi-autobiographical story of F. Scott Fitzgerald and his wife, Zelda. It is a touching and honest narrative about a difficult relationship, set in same era as Fitzgerald's, The Great Gatsby. It is suitable for Grades 10-12.



My second recommendation is John Greene's first novel, Looking for Alaska. I saw a student reading this book this year, and I have quickly read all of Greene's oeuvre. I know that it's fashionable right now to read Greene's more recent, The Fault in Our Stars, but I actually find Looking for Alaska a more complete story. The protagonist in the novel goes away to boarding school and forms a strong group of friends just as quirky and unique as himself, only to have those relationships disrupted by tragedy. I think that all middle and high school students should read this book, but I would love to one day teach it at the Grade 8 or 9 level.

MS. SHERRI MCFARLANE

I'm a sucker for quirky character names – as my grade sevens and eights know – and there's a doozy of a good one in The Sweetness at the Bottom of the Pie. How exactly did 71 year old, Toronto born author, Adam Bradley, create and name his eleven-year-old protagonist, Flavia Sabina de Luce? I would sure like to know. In this good old fashioned mystery set in 1950s England, Mr. Bradley crafts the convincing voice of young Flavia who narrates with smarts (an amateur chemist), tenacity (a female Sherlock Holmes) and spunk (she goes after the bad guys). I just ate it up and I think you will too. Just don't ask to borrow my copy. My dog Oliver also ate it up... no, really. It must have been the "pie" in the title.



MRS. JORDANA WINOGRAD

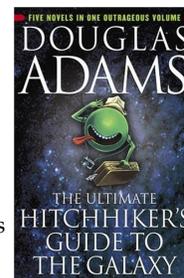
The Breadwinner by Deborah Ellis (Grade 7 or 8) is a simple story, and engaging, as the reader follows the daily life of a fictional family as they struggle to survive the imprisonment of the father. His absence from their one room apartment in Kabul, Afghanistan means that they no longer have food, or communication outside the home because the female members of the family cannot go out unescorted by a male. Parvana, who is pre-adolescent, surrenders her long hair to help her family, and disguised as a boy earns a little money by selling things from their home or reading for the largely illiterate population.



What I love about the novel is that it is full of adventure and students take away important lessons about resilience and strength. Parvana's bravery is the focal point of the story and the reader is reminded of the courage and strength of children everywhere who survive against incredible odds.

MR. PATRICK MCCLUSKEY

Life sometimes gets in the way of reading. One of the wonderful things about summer vacation is that there is finally free time to read for pleasure, and read whatever interests you. I will often get on a kick, and read everything written by a particular author, or in a particular genre. I've spent summers immersed in the novels of Graham Greene, Fyodor Dostoevsky or Kurt Vonnegut. Last summer I discovered George R.R. Martin's Song of Ice and Fire (Game of Thrones). It wasn't until I finished the last book in late August that I realized that Martin hadn't yet finished his epic, and that I would now have to wait years for the next installment!



While I love the literature we study here at Crestwood, I sometimes feel it unfortunate that the comedic novel is passed over in favour of more serious texts. Summer is a great time for reading something truly lighthearted and funny. There are lots of great comedic writers who have had me LOLing even before it was an acronym: P.G. Wodehouse's Wooster and Jeeves novel's, John Mortimer's Rumpole of the Bailey series, Douglas Adams' Hitchhiker's Guide to the Galaxy, or any of Woody Allen's stories. I recommend you check out any of those authors. If they are not to your taste, then just read something that makes you smile or laugh. Read, laugh, and be merry, for summer is short and *Winter is Coming!*

# ATHLETIC AWARD WINNERS

### FALL LEAGUE TEAMS

#### **Varsity Cross Country**

MVP - Emmanuel Zambazis &

Caitlin Skain

MIP - Kevin Todd

#### **Grade 7 & 8 Boys Soccer**

MVP - Joshua Kerzner

MIP - Stony Liu

#### **Senior Boys Soccer**

MVP - Richard Laramie &  
Emmanuel Zambazis

MIP - Evan Weiser

#### **7/8 Boys Volleyball**

MVP - Will Paisley

MIP - Indigo Goldfarb-Lewis

#### **Junior Boys Volleyball**

MVP - Aaron Jackson

MIP - Peter McLeod

#### **Senior Boys Volleyball**

MVP - Noah Levine

MIP - Oliver Picard

#### **7/8 Girls Basketball**

MVP - Sydney Steinmen

MIP - Nicole Templeton

#### **Junior Girls Basketball**

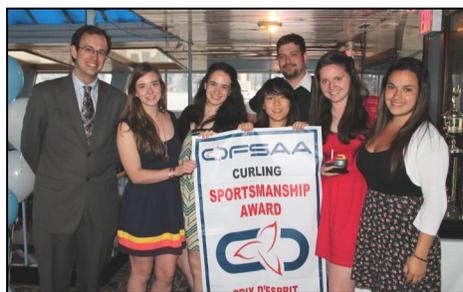
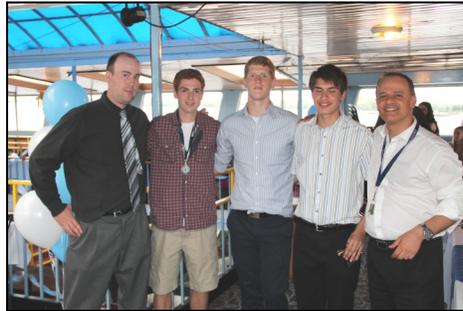
MVP - Meghan Massad

MIP - Amanda Werger

#### **Senior Girls Basketball**

MVP - Michelle Goldsand

MIP - Brooke Werger &  
Alexis Winfield



### WINTER LEAGUE TEAMS

#### **7/8 Boys Hockey**

MVP - Eric Meche

MIP - Adam Tytel

#### **Varsity Boys Hockey**

MVP - Justin Yeung

MIP - Jake Morton

#### **7/8 Boys Basketball**

MVP - Noah Aaron

MIP - Charlie West

#### **Junior Boys Basketball**

MVP - Nolan Moss &  
Aaron Jackson

MIP - Saaed Foodazi

#### **Senior Boys Basketball**

MVP - Richard Laramie &  
Jacob Hamblin

MIP - Sonny Katz

#### **7/8 Girls Volleyball**

MVP - Julia Lee

MIP - Nicole Templeton

#### **Junior Girls Volleyball**

MVP - Brooklynn Hamilton

MIP - Molly Wilder-Karabus

#### **Senior Girls Volleyball**

MVP - Michelle Goldsand

MIP - Ellen McPhadden

#### **Curling**

MVP - Jessie Cooke

MIP - Ethan Alter

WINTER LEAGUE TEAMS  
CONTINUED

**Varsity Swimming**

MVP - Claitlin Skain  
MIP - Melanie Wasser

**7/8 Swimming**

MVP- Aaron Greenspan  
MIP- Dana Doubosky



SPRING LEAGUE TEAMS

**Varsity Girls Soccer**

MVP - Jessica Beatty  
MIP - Katherine Charness &  
Kristen Stribopoulos

**Varsity Track and Field**

MVP Male- Austin Mason  
MVP Female - Caitlin Skain

**7/8 Track and Field**

MVP - Andrew Haynes  
MIP - Hairrson Berman

**Varsity Boys Softball**

MVP - Andrew Edwards  
MIP - Andy Jeong

**7/8 Boys Softball**

MVP - Jonah Patel  
MIP - Billy Hochberg

## ATHLETES OF THE YEAR

Grade 7/8:

*Cole Morrison and Julia Lee*

Grade 9/10:

*Aaron Jackson and Caitlin Skain*

Grade 11/12:

*Richard Laramie and Katherine Charness*

## LION HEART AWARD

*Ellen McPhadden and Damon Barrett*

**7/8 Boys Rugby**

MVP - Brayden Harris  
MIP - Connor Aitken

**Junior Boys Rugby**

MVP - Benji Gertin  
MIP - Justin Memar-Makhsous

**Senior Boys Rugby**

MVP - Richard Laramie  
MIP - Noah Levin

**U14 Badminton**

MVP Male - David McCall  
MVP Female - Samara Jalal

**U20 Badminton**

MVP Female - Evan Weiser  
MVP Female - Jesse Cooke



Page 8 **COCURRICULAR AWARD WINNERS** Crestword

**Junior Jazz Band**  
*Most Outstanding Player*  
Adam Golden

**Senior Jazz Band**  
*Most Outstanding Player*  
Mara Bowman

**Student Government Award**  
Benji Baker and Jennifer Freedman

**Athletic Council Award**  
Jackie Hershenhorn

**Junior Drama Club Award**  
Alexander McLeod

**Sears Festival Award**  
*Best Actor*  
Gabi Sandler

**Drama Production Award**  
*Best Actor*  
Nick Mennell

**Drama Production Award**  
*Most Dedicated Actor*  
Allie Martin

**Improv Club Award**  
Blair Gwartzman

**D.E.C.A. Award**  
*Most Outstanding Member*  
Natalie Krause

**Yearbook Award**  
Stephanie Cohen



**Reach for the Top Award**  
*Senior MVP*  
Zach Brown

**Reach for the Top Award**  
*Junior MVP*  
Hunter Kell

**Y.A.R.R.D. Award**  
*Most Outstanding Member*  
Emma Myers

**Model UN Award**  
*Top Rookie Delegate*  
Sabrina Wasserman

**Model UN Award**  
*Most Valuable Delegate*  
Noah Levine

**Newspaper Award**  
Katherine Charness

**Sporting Life 10k Award**  
Meghan Massad

**Green Team Award**  
Benji Baker

**Robotics Award**  
Adam Tytel

**Peer Tutor Award**  
Jacob Gurdzy and Jessica Kelly

**Duke of Edinburgh Award**  
*Gold Medal*  
Benji Baker

## GRADE WINNERS

*Julia Lee and Joseph Eisentraut*

*Jessie Cooke and Sam Downey*

*Katherine Charness and Benji Baker*



## FROM THE ATHLETIC COUNCIL PRESIDENT

BY: JACLYN HERSHENHORN

What a ride it has been this year, Crestwood! On May 23, the Council hosted the Athletic Banquet! It was a memorable evening filled with dinner, awards and lots of dancing! Congratulations to all of the recipients for their awards: all MIP and MVP'S, Lionheart winners and Athletes of the Year.

Special congratulations to Mr. Mark Pagano for receiving Coach of the Year! The Athletic Council would like to thank Mr. Pagano, Mr. Hecock and Mr. Santomero for supporting the athletic program at Srestwood! I would also love to thank the executive and athletic council for all of their effort, time commitment and spirit this year! Finally, many thanks to Newts, Wills, Valls and Pagano for their guidance and continuous support!

## THE CENTURY CLUB

The Century Club recognizes the most active members of the Crestwood Community. These students add to the fabric of the school through their participation in Athletic and Co-Curricular endeavors.

Kendra Casey

Joseph Eisentraut

Aaron Jackson

Melanie Wasser

Justin Shouldice

Lucas Gold

Emmanuel Zambazis

Julia Lee

Lisette Weinstein

Sabrina Wasserman

Jackie Hershenhorn

Amy Cho

Jennifer Freedman

Peter McLeod

Brooke Werger

Natalie Krause

Kevin Todd

Gabi Sandler

Jessie Cooke

Richard Laramie

Jessica Beatty

Noah Levin

Michelle Goldsand

Sam Downey

Benji Baker

Katherine Charness

# ONE FINAL ANNOUNCEMENT

BY: BENJAMIN BAKER AND JENNIFER FREEDMAN

It seems like just yesterday that the Ben and Jen campaign had started. Our hearts were racing as 300 posters, customized pens, and candy bribes all came down to one day that could make or break all of our hard work. On May 24, 2012, an announcement from our previous presidents over the intercom changed our Crestwood experience forever. The announcement brought a wave of excitement as Brandon Michael and Nick Andreoli passed down the torch to us. Having heard this great news, the responsibilities and tasks that we were to fulfill suddenly became a reality. No longer would we be Benji and Jenny, but we would be a team, your co-presidents for the 2012/2013 school year.

School spirit was a practice that we tried to augment into our presidential year long term. Through school spirit, students can become a part of something exciting and unique. School spirit isn't something that you have to be good at; it is an organization that you can contribute to just by being present. All you need is some heart and soul! As Student Council Co-Presidents here at the school, it is unbelievably rewarding to see your student body come together and create a united front. In order to promote spirit around the school, we used our creativity. One of the mediums that we utilized best was video footage. Something new that the school tried this year was the CPC24 broadcasting. Through this, we were able to inform the student body of future events that we were hosting. But the videos didn't stop there! In order to inform the school of the events that were happening in the third term, we filmed a video onboard the Allure of the Seas that displayed the events that were going to transpire!



The first major event was the semi-formal. All students from grades 10-12 were invited for a night of dinner and dancing at The Warehouse. Everyone looked dapper as they strutted their dresses, high heels and handsome suits on the dance floor. May 16 marked the annual Crestwood Carnival. This year 'Mari Gras MAYhem' was the theme. We implemented a talent show as well which was a great success. Thank you to everyone who participated!

After a great year, we have fulfilled much of what we planned from the start. There were definitely some challenges along the road, but everything always worked out for the best. We were not planning on running for presidents because the thought of winning sounded too surreal. The fear of failure haunts us all, but is the only obstacle blocking us from achieving our aspirations. Don't be afraid to put yourself out there with the thought of failure in mind, it's something we all experience. It is simply because we defied the stigma of failure, that we became your presidents.

**Want to write  
for The  
Crestword?  
Talk to your Editor and  
send your articles  
to Ms. Bryant**

## THE CRESTWORD TEAM

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