

# CRESTWORD

## BON VOYAGE, KATHERINE AND ZACH!

BY: GABI SANDLER

Crestwood has been highly praised on numerous occasions for our outstanding history program and social studies department, and the beginning of 2013 has not been an exception. Much of this has to do with the outstanding work of Mr. Scott Masters and the Oral History Project. Mr. Masters has been recognized many times since the program's foundation over ten years ago, including his recognition as one of ten recipients in the entire country to receive the Prime Minister's Award last fall. But Crestwood is pleased to also announce that two of Mr. Masters' finest students have been recognized for their work in the school: Katherine Charness, (Grade 12) and Zach Brown (Grade 11).

This year is the 95<sup>th</sup> anniversary of Canada's victory at Vimy Ridge during World War I. To honour this momentous occasion, the Vimy Ridge Pilgrimage Award is recognizing young people for their good deeds, dedicated leadership, and notable bravery. Those chosen will receive a week-long program in



Vimy, France to learn about Canada's efforts during World War One, as well as a two-night stay in Paris. The award has been given to twenty student across the nation and Crestwood is pleased that not one, but two of our own have been selected. Both Katherine and Zach have shown unbelievable dedication to the program and have shown real passion for history over the years.

Mr. Master's says of Katherine, "She is a model student when it comes to the Oral History Project - and she is very actively involved in YARRD, too. She has been involved in every key initiative over the last three years. Other students see what she does when at school, but they don't always see all that she does away from the classroom. Katherine says, "History has always been my favourite subject and getting the opportunity to learn about such a defining part of Canada's history first-hand on location will be an incredible experience. I am extremely thankful for all the opportunities I have been given."

Zach says, "I believe that winning this award presents an immeasurable opportunity as a student of Cana-

"Wars are fought for succeeding generations. We are very proud that two of Crestwood College's own, Zachary Brown and Katherine Charness, have been chosen to represent the millions whose lives were immeasurably altered by the supreme sacrifices made by our brave men and women in the armed forces."

- Mr. Vince Pagano

dian history. We learn about the names and dates but we are rarely able to create an authentic image of what we study; events like the Vimy Ridge Pilgrimage helps to accomplish this. I am incredibly excited to take part in the Vimy Ridge Pilgrimage this April." Mr. Masters says, "Zach is a dedicated history student who lives the subject - and that includes missing a flag football tourney he really wanted to go to when he found out that the date conflicted with another arranged field trip to Sunnybrook!"

Congratulations, Katharine and Zach! Thank you for all your dedication over the years and being role models for all members of the Crestwood community!

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# THE ROLLERCOASTER OF FANDOM

BY: JACOB HAMBLIN

Everybody is a fan of something, whether it be a sports team, a TV show, a movie, a musical artist, etc. Personally, I am a HUGE sports fan. Being a fan can be an exhilarating roller-coaster ride. The elation of victory, feeling like your on top of the world; then, without warning, a crushing defeat. There have been many instances where I have declared that, "I'm done, I can't take this anymore." I try to tell myself that I don't care about the result of a silly game, but I'm not fooling anybody. The thrill, passion, and excitement of sports always lures me back.

Sports are filled with inevitable failure, and some sting more than others, like the demoralizing blow of a buzzer-beating loss in which your team is moments away from victory only to have it be ripped from your hands. Sports can send you into mini periods of depression, or they can make your weak.

One of the most enticing things about being a fan is the instant relationship you have with people who support the same team as you. There is a connection between fellow fans, whether it be just a head nod or a high-five, or even a friendship that develops -- being around fellow fans makes you feel a part of something, a something that can make a grown man cry.

Sports can change the mood in an entire city. There is a buzz and an excitement on the streets when the playoffs are in town, even the most casual of fans will sport a team cap or shirt. People are friendlier, work harder and feel better.

That is what is so great about fandom: it is full of exciting twists and turns, heartbreak and triumph, and I don't know about you, but I'm hooked.

## GET 'SPORTED UP' FOR CAMP OOOH!

BY: MRS. LARA PAGANO

For the third year in a row, Crestwood will be participating in the Sporting Life 10K in Toronto, in support of Camp Oochigeas. The run will take place on Sunday, May 12<sup>th</sup>, 2013.

Camp Oochigeas is a volunteer-based organization that provides kids diagnosed with cancer a unique opportunity for growth through challenging and enriching experiences. Ooch programs are provided to campers at no cost to their families. They rely on the support of volunteers, donors and fundraising events like the Sporting Life 10K to ensure that every child diagnosed with cancer at Sick-Kids Hospital has the opportunity to attend Camp Ooch.

For the past two years, Crestwood has won the high school challenge and raised more money than any other school in Ontario. In 2011 we raised \$4,800 and last year we managed to raise \$9,200. Let's endeavour to double our fundraising efforts from last year! Along with Mr. Cardinale, I will be organizing the run, and sign-up sheets will be available



soon. Training will run on Tuesdays and Thursdays beginning in March. We had a fantastic turn out last year from the student body and we certainly hope to see more new faces this year. This is an incredible opportunity to get fit and raise money for a great cause.

# TREES BRING INDESCRIBABLE PAIN

BY: JENNIFER FREEDMAN

During this past Christmas season the community members of a small town in Connecticut generously erected twenty-six Christmas trees near an elementary school. They were beautifully decorated by volunteers from the town's fire station with merry ornaments, huggable teddy bears and festive flowers. Unfortunately, this was not a happy holiday season for the residents of Newtown, Connecticut. On December 14, 2012, loving families received tragic news which triggered indescribable pain felt all over the world. Twenty-six beloved community members were shot in the second worst school shooting in U.S. history, at a small school called Sandy Hook Elementary.



Adam Lanza, a lone gunman entered Sandy Hook Elementary school after shooting his mother at their Newtown home. Police disclosed that the 52-year-old mother owned five legally registered guns.

At approximately 9:35 a.m., Lanza shot his way through a glass door with his mother's Bushmaster XM-15 at the school's entrance. At the time the morning announcements were occurring, the loud gun shots were heard over the intercom system when 47-year-old principal Dawn Hochsprung broadcasted them to alert the rest of the school what was to come.

Hochsprung was killed as she decided to investigate the source of the terrifying sounds. Her famous words,

"Be kind to others, that's what matters most," were said over the intercom everyday for the students to hear and live by. Hochsprung was not the only educator killed in the massacre. Five other educators by the names of Victoria Soto, Anne Marie Murphy, Mary Sherlach, Lauren Rousseau, and Rachel Davino all died as heroes at Sandy Hook Elementary. Victoria Soto hid her students who she loved so much in her classroom cubbies. When Lanza entered her classroom, he only saw Soto and asked her where the other students were. She replied by saying that they were in the auditorium. Lanza then shot

her immediately at close range. Most of the students in the class were saved by Soto who is now referred to as an angel and hero.

Unfortunately, twenty children were not as lucky. Lanza brutally massacred these innocent six and seven year old angels. Twelve little girls and eight little boys who were all only in grade one were shot more than once. Noah Pozner's mother remembered her 'little man' in her powerful eulogy that was deservedly published in the New York Times.



After brutally murdering the twenty children and six staff members, Lanza committed suicide by shooting himself in the head just as the first responders arrived.

President Barack Obama was quick to respond to the massacre and described December 14 to be the worst day of his presidency. During his televised address on the very day of the shooting he said, "We're going to have to come together and take meaningful action to prevent more tragedies like this, regardless of the politics."

On January 3, almost three weeks after the shooting in Newtown, Connecticut, more than 400 students who

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# JUMP INTO 2013 THE RIGHT WAY

BY: KATHERINE CHARNESS

Now that we are a couple weeks into the New Year, most people have probably already forgotten about the resolutions they made, if any were made at all. Since 2012 did not end on the highest of notes (the world was ending, after all), it is important that we have a little reminder of the goals we tried to set and take this opportunity to make some more as well. The following are some of the most common resolutions for 2013, and some ways we can put these into practice at Crestwood:

## 1. Learn Something New

A very common resolution is to pick up a new skill, like a new language, or instrument. With course selection coming up, now is the perfect time to broaden your horizons. Got a little extra room in your schedule? If you are going to need a break between drawing bohr-rutherford diagrams or calculating centripetal force, try to squeeze in the Intro to Spanish class you have always thought about taking, or ask to join the school band to hone your developing clarinet skills. The winter sports teams are already underway, but do not be afraid to try something new when spring sports tryouts begin. With so many different opportunities, why not?

## 2. Eat Healthy and Exercise

Not surprisingly, gym memberships skyrocket in January, but studies show that 60% of new gym memberships are unused and normal attendance returns by the middle of February. Whether you are trying to get in shape to be prepared for Mrs. Newton's rugby tryouts, or you decided maybe time to try something else from the cafeteria other than the cookies, don't give up yet!

## 3. Volunteer

Although it's nice to set some goals for ourselves once in a while, don't forget all the ways you can use your resolutions to benefit other people as well. Talk to Madame St. Onge about the Duke of Ed program, do some research in guidance for volunteer opportunities around the city, support Crestwood at the Sporting Life 10k by volunteering in the spring (if you are not up for the run that is), or just stop by in Mr. Masters' classroom, he is always looking for volunteers! You are all going to need those 40 hours to graduate, take advantage of these opportunities and set your sights even higher.

## 4. Get Organized

Now that we have all had the chance to recharge over the break, your pen supply should be back up to par and that pile of loose pages in your backpack should be gone by now. To grade sevens, seeing that it is January, it probably will not work to say that you got lost on your way to class when you are late anymore. Find your agenda. Keep track of your schedule. Don't stop putting your work in binders. It could mean the difference between getting perfect on an assignment you've been working on for ever, or having to revamp the "dog ate my homework" excuse once again.

Now is the time to move on from what happened in 2012, and start to focus on the year ahead. I know that the class of 2013 is excited about the months to come, but you don't need to wait until grade 12 to get everything you can out of your time at school. I challenge everyone to set at least one new goal, and make the new year even better than the last.

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# BAKING FOR RONALD MCDONALD HOUSE

BY: KAILY WISE

We would like to thank all those who participated and supported all fundraising efforts for the Ronald McDonald House with yesterday's bake sale. The Ronald McDonald House houses families with gravely and seriously ill children staying at a nearby hospital. Between the grub day before the winter break and the bake sale we raised \$1100! Wow!



A special thanks to everyone who helped bake and sell all the delicious goodies. Our efforts to raise money for this cause will continue and we will keep you updated on the usage of the funds raised. Thanks again!

# THE FUTURE OF TECHNOLOGY

BY: MR. KYLE CARDINALE

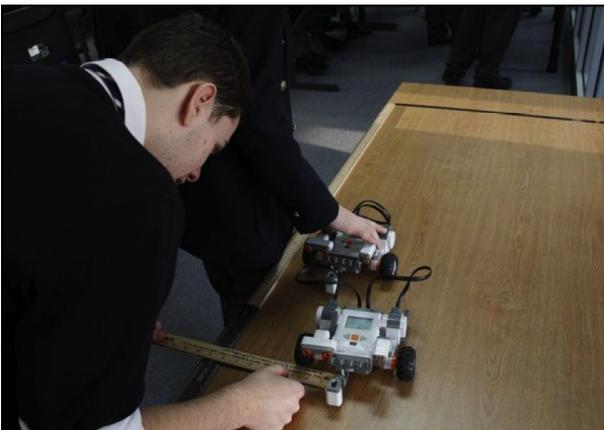
Over my few years of teaching here at Crestwood it has been interesting to note a significant shift in the use of technology. We have become completely immersed in clouds, cables, tablets, and cell phones. Each have, in some way, impacted teaching and learning. Last year, I attempted a challenge that I had long thought was impossible: How long can you go without technology? This was tough, as I am a man of many gadgets — from my iPhone to my precious MacBook Air that goes everywhere with me. I lasted two weeks and 3.5 days until my addiction to technology took over and grabbed hold.



**“It is my hope that students in my courses learn to appreciate how important technology is in our lives.”**

The need for technology and instant gratification has been welcomed by the information age ushered in by pioneers such as Steve Jobs and Bill Gates. These were the frontrunners in developing desktop computing, portable computing and Cloud computing.

Computers are now smaller, faster and have limitless applications incorporating music, video, and graphic design. Programming has been expanded to incorporate applications of cell phone and tablet technology and the market is rapidly growing. I predict that in less than 10 years physical computers will be replaced with virtual reality machines and a computer will be a holographic projection that can be interacted with by touch or thought.



My focus as the Computer Science teacher is to help students appreciate and learn the fundamentals of the field.

- Students in grade 10 start by learning about computer hardware and networking concepts and simple programming. Students are also introduced to programming by studying Lego Robotics and performing engaging and challenging tasks.
- In grade 11 the focus switches to Java and learning the ins and outs of the language by making in-depth and sophisticated programs that model real world applications in science and math.
- In grade 12 students learn about unique applications of the Java language and begin to build more involved projects that are formed based on three or four different files. Often times our classes are spent discussing recent developments in computer science and the ever-changing world of technology.

It is my hope that students in my courses learn to appreciate how important technology is in our lives. It took me over two weeks to fully appreciate how much I use technology as a reference, resource and an incredibly powerful source of communication.

It is my goal to help students learn that programming can help you not only understand computer science, but also help you with physics problems or your math homework. It takes time for students to realize the endless potential of programming and the usefulness of most technology. After all Rome wasn't built in a day, and neither was the first computer.

## AMBASSADOR PROFILE: ALEXIS WINFIELD



BY: MR. CHRIS JULL

*This article is the first in a series of interviews with Crestwood Senior Ambassadors, profiling their activities and how they are putting their Ambassadorial skills to use in contributing to the life of the school.*

Alexis Winfield has been working as a peer tutor with the afterschool Grade 7-9 MAPP program for two years now. She volunteers approximately once a week, helping students with their homework, especially problems they are having in math. Says Winfield, "I get them to walk me through how they would solve the problem. Sometimes students think they know how to do something, but when they try to explain it, they find out that they actually don't know how."

Winfield credits her experience as an Ambassador with giving her some of the skills she uses when tutoring, including leadership, and getting students to maintain focus, something she struggles with herself on occasion! She enjoys the responsibility of helping others, and hopes to continue her teaching work as a camp counselor this summer.

Anyone who is interested in peer tutoring, or making use of the tutoring service, can contact Mme. Doherty.

*Next issue, look for a profile of Duncan Gilfillan, Senior Ambassador and our Athletic Council vice-president.*

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## TREES BRING INDESCRIBABLE PAIN, CONTINUED

attended Sandy Hook Elementary School returned to their classes at a renovated school 7 miles away in a neighbouring town. There is much debate as to what should be done with Sandy Hook itself. Some believe it should be demolished, while others think it would be best to make it into a memorial. They have yet to come to a consensus.

Since the Sandy Hook shooting, there have been more reported cases of gun violence around the United States. The debate rages on about whether Obama with the U.S. government should take action and increase gun controls that are already in place. "A new poll shows the percentage of Americans who say they're dissatisfied with America's gun laws has spiked," CNN reported one month after the deadly shooting. Thirty-eight percent of Americans demand stricter laws be put in place, which is a thirteen-point jump from the twenty-five percent recorded one year ago in a Gallup survey.

This debate has even been mentioned in the 2012 Miss America Pageant. The winner, Mallory Hagan, was asked, "In the wake of the Newtown tragedy there has been a lot of talk about gun control, one solution being proposed is an armed guard in every school. Do you think that would make our schools safer?" Hagan responded, "I don't think the proper way to fight violence is with violence. I think the proper way is to educate people on guns and the ways we can use them properly. We can lock them up, we can have gun safety classes, we can have a longer waiting period." President Obama has been running an anti-gun campaign in order to bring awareness to the abuse of the purchase of guns and shootings that have caused tragedy all over the U.S.

It takes one person to kill, but a nation to fight back. . The Christmas trees that we will see next holiday season will be a poignant reminder of those angels who were taken from us far too early.



Christian Kyne



Isabel Cravit



Kristina Tzortzis

# GRADE 8 VALUE DRAWINGS



## STAFF GOES GREEN

BY: MR. TOMAS JOHNSTONE

Staff at Crestwood have started an initiative to reduce waste at school. Every Friday during the month of January, CPC staff will have a **Waste-Free Lunch**.

Staff will be bringing their own plates, mugs and utensils when buying food from the cafeteria or a Waste-Free Lunch from home, using Tupperware or cloth-napkin baggies to hold their sandwiches. After all, teachers are role models for students here at the school, and they're setting the trend for saving the Earth!

Staff will not stop after just one day of Waste-Free Lunch. Our aim is to have a staff Waste-Free Lunch every single day of the year. This is just the start of a Waste-Free School Campaign happening at Crestwood during the second term. Let's help Crestwood go **GREEN** and save the planet!

## SPIRIT WEEK: GO LIONS! GO BLUE!

BY: JACLYN HERSHENHORN

This is confirmation that the rumours you have been hearing are true: YES, Spirit Week is coming up soon! Spirit Week is an opportunity for students to interact with all grade levels, as well as strengthen intragrade relationships through enthusiasm and athletics. The week is significant as Crestwood shows its appreciation and respect for athletics, rooting for our grades during various games. January 21<sup>st</sup>-24<sup>th</sup> will be four unbelievable days filled to the brim with excitement, all leading up to the fifth and final day in which each grade will dress up in their specified colour and compete for prizes! There is a lot in store for you, so get ready!



## Want to write for The Crestword?

Talk to your Editor and send  
your articles to Ms. Bryant

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