

CRESTWORD

ROCKIN' THE 'MO' FOR A CAUSE

BY: MR. PETER TANEV
 From Freddie Mercury to Rollie Fingers, and Salvador Dali to Frank Zappa, the growth on a man's upper lip has signified maturity for the male race. However, those that choose to grow and sport this somewhat unpleasant look do so for personal pleasure and longer periods of time than those of us who grow the 'Mo' just for the month of November.

I am of the latter, a one month grower for personal reasons and my wife's displeasure. If genetics allowed me to grow a 'Mo', I could see myself as one of those lifelong growers, but I can't, so one month will do me fine because I know I've done my part for men's health awareness. That's what Movember is all about: bringing awareness to men's health while raising money for further research to help and cure prostate cancer. However, in my case, I grow the 'Mo' with one more person in mind, and that's my Papou (Greek for Grandfather).

My Papou, who is very near and dear to my heart, is a man who is suffering from prostate cancer. It was detected early enough that doctors at Sunnybrook can manage and control it, but he still is a victim of a disease that

claims the lives of many men, young or old. He still goes in for bi-monthly visits to check and maintain its growth, but this disease can turn on you at any minute and that's what scares me and many others who knows someone that suffers from the same type of cancer. The 'Mo' that I grow for the month of November and my Livestrong bracelet that I rarely take off is just a small reminder of the struggles many men, my age or not, have to deal with.



That's why the Movember campaign is so fun: you get to be someone you're usually not for one month of the year. You get to be 'that' guy who shows their manhood with some upper lip growth, no matter what it looks like because people know it's November and you're a 'Mo Bro'. So the next time you see a man with a 'stache, don't judge them for their upper lip but think about what they're doing and how they're participating to change the face of men's health.

INSIDE:

A Trip Into the Past, continued	2
The Lion's Den: Coaches Spotlight	3
Student Artwork and Writing	4

A TRIP INTO THE PAST: ROM

BY: MICHAEL LAWEE
 On November 27, Mr. Masters and Mr. Hawkins took their history and world religion classes to The Royal Ontario Museum. They participated in the "People of the Book" and "Greece and Rome" tours. Furthermore, Mr. Masters took his Grade 12 "West and the World" students on a private tour of the European exhibit. Likewise, Mr.

Hawkins took the remaining students on a private tour of Ancient Egypt. During the guided tour on religion, the fact that religion has a great influence on our history was greatly stressed and seen by all. Faith is an important part of early civilization. 'What is the first thing that comes to mind when you think of Ancient Egypt? The Pyramids! And why were

Continued on page 2

A TRIP INTO THE PAST: ROM, CONTINUED



these wonders of the ancient world created? To house the body of dead Egyptians so that their body would be safe and their *Ba* (soul) could pass in to the afterlife.' In short, the aspect that Egypt is best known for is the result of its religious beliefs and faith. We also talked about scripture; The reason that the Egyptians created hieroglyphics was to document their beliefs. This is true in most, if not all faiths.

We then moved onto the Abrahamic religions. We examined the fact that, like the Egyptians, Judaism, Christianity and Islam all have their beliefs written down in a form of scripture; The Torah, Old and New Testament, and the Qur'an, respectively.

Later, we were taken into to ROM's collection of Chinese artifacts. The ROM's collection is the largest collection of Chinese artifacts outside of China! And we were not the only ones interested in the collections; a group of visiting delegates from China were in the exhibit as well admiring what, in my opinion is the ROM's best exhibit.

Along the back walls hung three huge murals painted during the time of the Yuan Dynasty (1271-1368). The murals demonstrate the Chinese Scientific Revolution (which started long before the European Scientific Revolution), faith and even the concept of morality and realizations; Budai is the Buddha manifestation that slipped through the fingers of the Chinese Buddhist monks. He was an illiterate monk who never did any of the accepted daily events that took place at his monastery; debates, literature and koans. Koans are questions to ponder that cannot be

solved by rational thinking. For example, what is the sound of one hand clapping?

However, Budai was a great "people person," he solved problems between the people in the monastery. It appeared that he had little value until his death when everyone realized how great a person he actually was and the effect that he had on all their lives. He was later dubbed a Buddha manifestation and as being enlightened.

We also saw a depiction of Maitreya Buddha on the largest mural. He is the Buddha manifestation from the future. He also is magical (as all great historical figures are!)... When one meditates in front of him and squints, it seems as if he is smiling back at you. This is simply saying 'good, you are here in good conscience and are meditating.' If you are in bad conscience, for example selfish, you will see a skeleton, a sign of the evil within. I have attempted this myself and apparently I am in 'good conscience.'

Before lunch, we went on the tours facilitated by our teachers. Mr. Masters managed to fly through 200 years of history in about 15 minutes; quite an experience. We also had the rare privilege to see chalices' made from coconuts and one made from an ostrich egg... History at its finest.

Throughout the tours, all who attended were exposed to the content of the textbook manifested before our eyes. There is no better way to spend a day learning history than to have the history right in front of you.



THE LION'S DEN: COACHES SPOTLIGHT

BY: JACOB HAMBLIN

MR. SANTOMERO: SENIOR BOYS BASKETBALL

As a seasoned veteran — 27 years to be exact — Mr. Santomero has coached it all, sharing his expertise in everything from golf to track and field. A strategic genius, Mr. Santomero has had his fair share of playing experience as well, having been involved in almost every sport available. Baseball is his specialty — he once won 3 Ontario championships in a row, not to mention competing with the likes of future MLB players — but he also leads the Crestwood Senior Boys Basketball team, who he feels is a contender for the CISAA title this year. Developing the young men of Crestwood with advice such as, “Always give your all” and “Work your tail off,” is one of his many talents. Mr. Santomero somehow also finds time to follow college and professional sports, and Larry Bird and Don Mattingly are his favorite players.



MR. PODLOVICS: SENIOR GIRLS VOLLEYBALL

Mr. Podlovics is what people like to call a “sports-lifer.” He started playing volleyball around the age of 10, and has been addicted ever since. Volleyball was a big help in his transition from Hungary to Canada, allowing him to connect and befriend without needing words. The strategy of volleyball is what got him hooked on coaching. Developing new game plans and strategies for the specific skill-sets of his players, Mr. Podlovics is literally a “player’s coach.” He saw success immediately when he began coaching, as his Grade 7/8 Girls Volleyball Team took the SSAF Championship in dominating fashion. He is poised for more success this year as the Senior Girls Volleyball team is an experienced, talented group that he says could very well contend for the CISAA championship.

Volleyball doesn’t stop there for Mr. Podlovics. He plays multiple times a week in men’s leagues, as well as playing in weekly soccer games. Mr. Podlovics is a great teacher who challenges his girls to never give up, and give their best in every drill, practice and game.

The Olympics this summer in London, gave Mr. Podlovics the special opportunity of watching the best players in the



world battle it out, especially the highly-skilled and multi-talented liberos – but we know they could never compete with Mr. Podlovics.



TRISTAN LIM, GRADE 9

WHITE AND BLACK
BY: MEGHAN KATES

White is a blank sheet of paper awaiting the words that won't come.
Black is the comforting blanket of night hurrying to envelop you in its folds.

White is the intense pain of a burn.
Black is the cool, clean night.

White is the bright glow of the spotlight that leaves you trembling.
Black is your mother's waiting arms when you are scared.

White is the flash before an explosion.
Black is when the realities of the day can disappear.



NATHAN GEORGE, GRADE 11

SKY TO SEE
BY: LILI MANCINI

Blue, blue as the sky in early May.
The way they glisten after the passing of fluffy white clouds, continuous, perfect, lovely.

My mother, sister, and brother have these eyes.

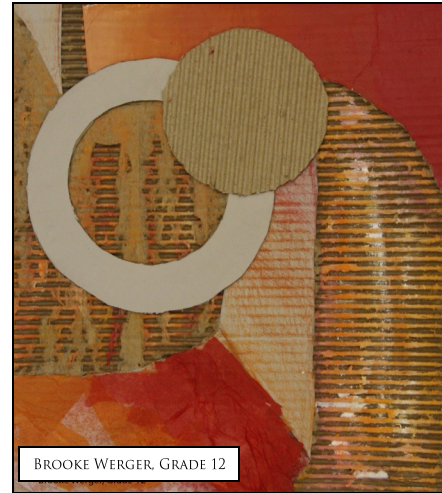
The eyes I had. The eyes I want.

Dark swollen rings of stormy grey sea.
The muffled edge of sun that surrounds the darkest blue black.

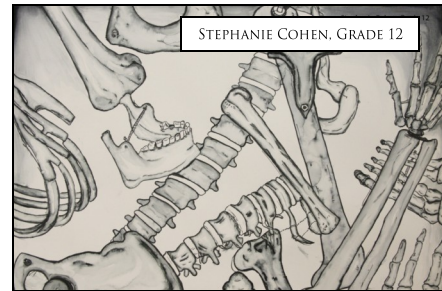
My eyes are these ones: dark, gloomy, inconstant, distant.

The eyes I have get darker each day.
But when I cry, the eyes I had are once again mine,
And I wonder if I might have them forever.

My dad's eyes are similar to mine, but brighter, more solitary, but still perfect.
Our eyes change us. They talk to people.
They are louder than your voice,
And mine are the loudest of them all.



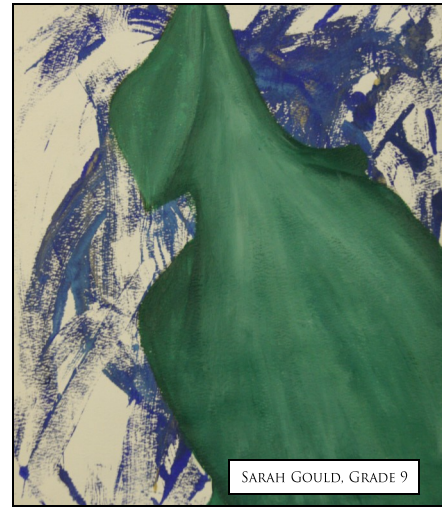
BROOKE WERGER, GRADE 12



STEPHANIE COHEN, GRADE 12



SYDNEY SWARTZ, GRADE 9



SARAH GOULD, GRADE 9

**Want to write for
The Crestword?**
Talk to your Editor and send your articles to Ms. Bryant
(Nicole.Bryant@crestwood.on.ca)

THE CRESTWORD TEAM

Katherine Charness
Editor — Katherine.Charness@crestwood.on.ca
Ms. Bryant
Editor-in-Chief — Nicole.Bryant@crestwood.on.ca
Mr. Findlay
Staff Support — Trevor.Findlay@crestwood.on.ca