

CRESTWORD

A Season of Transformation and Transition

As fall turns to winter, Meghan Kates reflects on the power and inevitability of change.

Meghan Kates, '16



“There is nothing permanent except change”
- Heraclitus.

We struggle against the inevitability of change as if doing so will halt the inexorable movement from one moment to the next. We are afraid of change, afraid of the future and what is yet to come. It is one thing that connects us, this fear of the unknown. It is one thing we must overcome in order to live a satisfying life without perpetually struggling with change.

The shift in seasons is a divergence from one distinction into the next. The weather cools every day. The leaves shift subtly from a variety of greens that bathe the forest with their calming colour. Then, there are flares of difference, sparks of light in the greenery. First, a dot of red, then a golden splash and an orange spot appear where one most certainly was not there before. With no time to blink, leaves are falling, coating the

ground with their mosaic of colours. Before long, there is another shade added to the picture.

Some may see autumn as a season of decay, a season where leaves wither and fall away. However, there is an



unmistakeable beauty in the air around this time. Whether it comes from the colours, or the strong, rich scent of autumnal spices, the allure is ever present. It is a time of transformation.

How do people live in areas with just one season? It seems that the never-ending sameness would give way to monotony. It is only change that brings meaning to the beauty: a perfect balance. The beginning of summer holds the promise of hot days, of gorgeous sunshine and warm breezes. Fall starts with a splash of colours that tantalize the eye and rich aromas that delight the sense of smell. Winter commences with a flash of white, a crisp wind that assures moments of cool delight, the comfort of warm wool socks and sitting with a mug of hot chocolate by the fire. Then, spring brings with it a break from the cold, as life seems to exist once more in muted colours and breathtaking beauty. Where would one season be without the others?

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"The Day of the Dead": A Celebration of the Passing from Life to Death

Eliana Zhen Yan describes how the holiday "The Day of the Dead" is celebrated in her home country, Brazil.

Eliana Zhen Yan, '16



Brazil is a country made up of people from all over the world, and this diversity has influenced its culture. One holiday in Brazil is The Day of the Dead, which is also known as All Souls' Day. The Day of the Dead has some similarities and differences with the North American holiday of Halloween.

The Day of the Dead holiday came to Brazil from Mexico, and it is celebrated by the Catholic Church on the 2nd of November. It is a public holiday where people gather together with family and friends to pray for friends and family members who have died and remember them, and support their spiritual journey. People visit the cemeteries and the graves of their beloved, and build private altars called *ofrendas*. They honour the deceased by leaving sugar skulls, marigolds, candles, incense and their favourite food and beverages as gifts at their grave. Many countries have embraced this holiday with some changes, but the main focus is always to honour the dead.

The Day of the Dead has many similarities with Halloween. Both celebrations acknowledge the deceased and they happen at the same time of year, with Halloween

being 2 days before the Day of the Dead. For Halloween, people wear costumes that can be scary or fun, and in Brazil people also wear costumes; however, they try to wear something that represents the deceased. Also, both of the holidays use food as part of the celebration. For Halloween, children go from door to door to receive candy while during the Day of the Dead, food is placed at graves as a symbolic offering. Also, both of the holidays use ghosts and spirits in celebrations and place an emphasis on the deceased, but Halloween focuses on it in a scary way while the Day of the Dead focuses on a form of remembrance.

As Halloween and The Day of the Dead come from two different countries and cultures, there are also many differences in the celebrations. To start with, Halloween comes from Ireland and has pagan and Christian origins, whereas The Day of the Dead is from Mexico and has Catholic origins. Also, the symbol for Halloween is the "Jack O' Lantern" while the Day of the Dead's symbol is the skull. Halloween is more about scaring people and the ghosts and witches that are supposed to come to haunt people, however the Day of the Dead is the opposite because people welcome ghosts into their homes.

Even though these different holidays come from two different places there are also many similarities. Finally, both festivals acknowledge and honour the transition between life and death, whether it be in fun or a more serious celebration.



Crestwood Scares Hunger!

This Halloween, Crestwood students collected thousands of food items to donate to the We Scare Hunger food drive.

Loren Lettieri, '16

During the month of October, Crestwood was able to rally both teachers and students to bring in all sorts of nutritious foods in order to “scare hunger” by helping those in need in our local community. Each homeroom at Crestwood worked hard to bring in as many food items as possible in order to meet the their homeroom’s goal. The winning homeroom was Mr. Tanev’s class, with a total count of 500 items! In second place we had Mr. Finley’s homeroom with 383 items. All together, Crestwood homerooms were able to collect thousands of food items. This was a great opportunity to have fun while helping out our community. Crestwood would like to thank all of the homeroom teachers for their tremendous work, the non-homeroom teachers who were able to collect more than 200 items, and of course the students and parents who were so charitable to our community. This event teaches us students how important philanthropy is and how making a difference will heal the world.



Students carry handfuls of donated food to the loading truck to be shipped off to families in need.



Crestwood Writers’ Corner: “The House in the Middle of Town”

Grade 8 student Julia Gutzin scares us with a Halloween tale. Read on if you dare!

Julia Gutzin, '20



There was once an old village, far, far away, where the snow fell all year-round. The weather was very harsh and the village was run-down. The city smelled faintly like smoke, and there were not very many trees left. The ones that remained were either dead or frozen. The land

was clear and a cold, brisk wind whistled through the village, sending a shiver through all who walked its streets.

In the centre of the village, there sat a small house where a family had just moved in. The people of the village thought that they seemed like a nice family, and were pleased that they had chosen to settle here. On October 31st, the people of the village, including the new family, had just wrapped up a successful Halloween evening of trick or treating, despite the cool and dark weather. By ten

o’clock the villagers were getting ready for bed when, suddenly, a bloodcurdling scream came from the centre of town, and echoed through the quiet village. Everyone scrambled out of their houses, wrapped in blankets, and ran to the centre of the village, where the new family now lived. By the time that they arrived, the house was dark and quiet. One brave man volunteered to take a look inside. He knocked on the door with a steady rhythm. There was no answer. The man opened the door, and peered into the dark empty space.



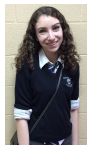
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Holocaust Education Week: Recovery and Rebirth



Sabrina Wasserman explains the theme of this year's Holocaust Education Week student presentations, and explores the potential for recovery, rebirth, and redemption.

Sabrina Wasserman, '16



Even 70 years after the end of World War II, the Holocaust is something that continues to affect an uncountable number of individuals around the globe. As we study the Holocaust, we find ourselves perpetually gathering new information in an attempt to explain the unexplainable: the murders that ended the lives of some 6 million Jews across Europe. Whenever we speak to or meet a survivor or veteran, a new perspective on our history's darkest genocide is unlocked. To this day, war veterans, survivors, and those living in the modern Jewish community continue to grapple with these horrors and memories.

On November 5th, Crestwood students visited Baycrest Hospital to participate in our annual Holocaust Education Week student presentation. This year's presentation centred around the theme of "recovery and rebirth," and students used both their Oral History Project interviews as well as personal experiences with the Holocaust, to put together a presentation for the Holocaust survivors in attendance. Some one hundred people came to watch

the students present, making its impact even more meaningful. Many familiar faces graced the audience, and included Oral History Project interviewees Miriam Frankel, Felicia Carmelly, and many others. The mood of the event remained somber as the presentation explored the tragedies of genocide and its lasting impact.

The presentation itself combined footage of interviews conducted with Holocaust survivors and World War II veterans with speeches from Crestwood students. The speeches approached the topic from a number of perspectives: some focused on the various geographical regions where the war took place, while some shared the story of an interviewed Holocaust survivor, or the story of their family's own struggle with the Holocaust. Finally, students explored the theme of "recovery" by providing insight into whether or not recuperation and redemption is ever possible in the wake of genocide.

By the end of the presentation, the audience seemed truly moved by these emotional presentations. Several veterans and survivors approached and engaged students afterwards to thank them for their work and their perspective. The presentation was an overall success, and underscores the important place the Oral History Project holds in our community.

Feeling Stressed?!

As the end of term approaches, students often feel overcome by feelings of stress and anxiety. Sydney Swartz asks, "What's stressing you out?" and offers some helpful suggestions for managing stress in our hectic lives.

Sydney Swartz, '16



Headaches. Nausea. Chest pain. Low energy. These are not symptoms of a disease or illness, but rather of a feeling that every one of us experiences at some point in our lives: stress. Recent studies, however, have pointed to the fact that students in particular are experiencing, on average, very high levels of

stress.

According to the Oxford Dictionary, stress is "a state of mental or emotional strain or tension resulting from adverse or demanding circumstances". Stress is certainly not uncommon, whether it is due to an impending deadline, or pre-game jitters. Regardless of the cause, stress has a detrimental impact on one's health, both physically and mentally. From entire organ systems right down to your DNA, your entire body is affected by this feeling. When these consequences are taken into account, what one might have just considered a temporary emotion begins to take on a much more sinister character.

In a sample of 22,000 high school students asked about how they feel during the school day, three repeating emotions occurred: "tired", "stressed" and "bored". According to Marc Brackett, a researcher at Yale University, "it's hard to concentrate and it's hard to do well in school if your brain is constantly having to respond to stress". In Brackett's opinion, this needs to be a wake up call for educators and parents. He declared that "we need to be attending to the feelings of our nation's youth". Is there a way to transform stress into something that is productive, or a way to minimize it all together? No one can deny that stress changes you. Often times it can transform a perfectly rational person into a bundle of

"According to Marc Brackett, 'it's hard to concentrate and it's hard to do well in school if your brain is constantly having to respond to stress'"

nerves or someone ready to blow a fuse. However, everyone is different: some people work best under pressure, such as when they have a deadline looming over their heads. Others prefer to set their own schedule, and chip away at a project overtime until it is finished. Regardless of the method, there are ways that students can minimize stress and transform it into a productive feeling. Studies have shown that meditating and yoga can put one in a better frame of mind, minimize the feeling of stress, and leave one's brain refreshed and ready to focus. As well, researchers have already had positive results in implementing relaxation interventions within the workplace with the goal of decreased stress levels.

Stress has rapidly become a greater issue for students everywhere. With the many effects that stress can have on both mental and physical health, one can't help but wonder what long-term consequences it will have on developing minds. However, research has proven that there are methods to change stress to productivity. Perhaps in the future will we see these techniques more widely available as a resource for students.



Crestwood Remembers

This Remembrance Day, Crestwood reflected upon and honoured those who sacrificed their lives fighting for our country.

Marina Nevison, '19



During March break two years ago, my family went to Normandy, France. This trip was very enlightening; I remember visiting the many graveyards and seeing the thousands of tombstones aligned together. It was

overwhelming to think about all the fallen soldiers. I also visited the D-Day beaches in Normandy. I remember hearing the stories of the brave soldiers who ran up Juno beach and saw their comrades being shot down in front of them. I once heard a quote about that day which has stayed with me. A soldier named John Hall said, "We were getting on ship and I was here and he was away down farther, but I saw him and I waved at him and he waved back and he said, 'Good bye John,' and he's the first guy I saw dead on the beach." After hearing this quote I could imagine the horrors and death the Canadians soldiers endured during their many battles throughout history. I can now see that without their tremendous sacrifice, our lives today would not be the same. Remembrance Day is a time to think back and thank all the people who are serving or have served during times of war. We have to honour and remember those brave men and women who fought and suffered for freedom.



Crestwood Preparatory College commemorated Remembrance Day on November 11th, 2015, by having a school wide assembly to honour all Canadians who fought for our country. Crestwood was honoured to have three guests come who were in the Canadian Forces: Major Jeremy Lajeunesse, Bill King and Fred Green. During the assembly, Major Lajeunesse shared his stories

about his experience doing two tours in Afghanistan. He spoke of his fallen comrades, and was visibly touched by a photo of fallen soldiers being sent back to Canada to be buried.

In addition of the speakers, Crestwood's spectacular band played O'Canada, Hymn to the Fallen, and The Last Post. In the middle of The Last Post, we had our moment of silence. During the moment of silence I thought back to when I was standing above the tombstones and noticed the young ages of the soldiers who were buried there. I thought about all the soldiers who sacrificed their lives

fighting for Canada. I also thought about the soldiers that saw their comrades go down. The grade 10 history classes started to read out their poems, assignments and present their Remembrance Day posters. I enjoyed the many poems because they were so well written. I could picture the tombstones and see the trenches from what they were describing.

Then the most famous World War 1 poem, "In Flanders Fields", by John McCrae, was read to the school. This Remembrance Day marks the 100th anniversary of McCrae's poem. The stories we heard from the different soldiers and veterans made everyone one in the room stop and really think about how thankful we should be.

Two years after visiting Normandy, I can still see Juno beach and picture the soldiers running up the shores. Both that trip and Remembrance Day at Crestwood remind me to be thankful for where I live.

Sports:

Jays in the Post-Season: A Special October

This fall, the Toronto Blue Jays' post-season appearance transformed our city.

Jahnai Brown, '18



The Toronto Blue Jays have always been the hometown team. But this season, the Jays transformed our city into a hometown united in spirit and in pride.

The Jays have not made a postseason appearance in over 20 years-- not since they won the World Series in 1993. 2015, however, proved to be different and magical. It all changed when Toronto made a blockbuster trade, acquiring David Price, a good looking, young pitcher from the Detroit Tigers. We were building a team who could now compete with some of the greatest teams in both the National and American Leagues.

So there we were at the end of July, just two games behind the American League leaders for a wild card race. One game at a time, the Jays climbed to the top of the American League. While we boasted big hitters like Bautista, Tulowitzki. and Mr Golden Glove Winner, Josh Donaldson, hitting was not our only asset: our pitching was among the best in the league. Teams had a hard time with our hot pitch zone hitting starters like Price and Dickie, and who could forget the electrifying young pitcher back from an injury, Marcus Stroman?

What a season! After becoming the American League East Champions, the Jays went on to play the Texas Rangers in the first postseason series and all of Canada was rallying behind them. However, winning wouldn't be so easy: the Jays lost two in a row in front of hometown fans who were both shocked and disappointed by the losses. But who counted the Blue Jays out? Not the Jays or their fans, because they went on to win the next two games in Texas, tying the series and bringing it back to Toronto for a fifth and final game. In a completely sold out, very loud Rogers Centre, the Jays were down by one run in the seventh inning after a controversial call. This was the longest inning ever recorded, lasting a little under one hour. With emotions high and fans upset, Texas made two errors, allowing the Jays to load the bases with Jose Bautista up to bat. The pitch came in, and a second deck three run home run was served up by Jose Bautista, as he flipped his bat before running the bases. It was as though Toronto transformed in that moment: you could hear the entire city roar together in excitement. The Blue Jays won game five, beating the Texas Rangers and moving on to play the Kansas City Royals.

Who would have thought that the Jays would have what seemed like all of Canada's 36 million fans on its side? Everyone had high hopes and wanted to see a World Series pennant back in Toronto. Sadly, the Jays gave up the first two games of the series in KC, before returning home and winning two of the three games. They travelled back to KC for a must win game to stay alive, but sadly, Toronto couldn't pull it off this time. They lost, sending Kansas to the World Series.

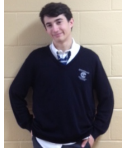
It was an amazing, electrifying season. One with ups and downs, amazing bat flips, crazy stolen bases and phenomenal pitching. The Toronto Blue Jays transformed the city, and had everyone in Toronto united-- something we, as a city, haven't experienced in a long time. They gave us hope, filled us with pride and excitement, and gave us excuse to band together. They reminded us that we live in a great city with even greater fans. Thank you Blue Jays for an amazing season. See you in 2016!



Movie Review:

The Walk: A True Story

Blair Gwartzman, '16



For those of you that enjoy a good performance, then *The Walk*, starring Joseph Gordon-Levitt, is for you. If you can ignore Gordon-Levitt's unconvincingly fake French accent, then director Robert Zemeckis will treat you to a very visually appealing biographical and dramatic film.

Clocking in at over two hours, the 3D experience is more than worth the extra money as long as you don't easily get vertigo. Since the premise is based on a death-defying stunt involving a tightrope walk across the world trade center, the acrophobic should be warned.

Set in 1973, French street performer Philippe Petit (Gordon-Levitt) is trying to make a living in Paris with juggling acts and wire walking, much to the chagrin of his father. After seeing a picture in a magazine of the Twin Towers in New York City, he decides to make it his mission to walk a tightrope between the two buildings. With the help of Papa Rudy (Ben Kingsley), a fellow street performer named Annie (Charlotte Le Bon), a photographer named Jean-Louis (Clément Sibomy), and stoner David (Benedict Samuel), they begin to form a plan to pull off the stunt. As Petit wants to perform without permission, it will require an extreme amount of effort to hang and walk the wire within three hours. On the eve of the event, the gang encounters several speed bumps, such as being three hours behind schedule, guards on the premises and nearly dropping a heavy cable off the roof. However, they successfully string up the ropes and set the cables. Petit begins his walk, explaining that everything around him faded once he started, except the wire and himself, and that for the first time in his life he felt truly thankful and at peace. He successfully crosses the gap between the towers while crowds below cheer him on. Once he reaches the other side he has an urge to return, so he walks back again across the void. At one point he kneels to his audience and even lies down. The cops arrive and threaten to remove him by helicopter if he doesn't get off, but Philippe relentlessly continues to walk back and forth until he achieves the feat a total of six times. He is arrested on sight, with the police and construction workers commending him on his bravery.

The film was released by TriStar Pictures on September 30, 2015 in the United States in IMAX and IMAX 3D, and on October 9 in regular 2D and 3D. In the opening weekend of its limited release, the film grossed \$1.6 million, finishing 11th at the box office. During the first

weekend of its wide release a week later, the film grossed \$3.7 million, coming in 7th. *The Walk* has received positive reviews from critics, with praise for Gordon-Levitt's performance, Zemeckis' direction, and the visual effects, particularly during the wire walk scene. I wholeheartedly agree, as the green-screened effects were so fluid and realistic that many theatre patrons began to



feel ill and actually feared the irrational possibility that he could fall, despite already knowing the story of Philippe Petit.

In conclusion, this film was very well executed and expertly directed. I recommend it for audiences aged 14+.

Blair's rating: 4/5 Star



Halloween!



"A Season of Transition and Transformation"**continued from page 2**

However, there are also drastic changes that do not occur as fluidly as the blend of one season to another. Instead, they jar us from the past into the present. These changes can be for the better and bring with them a new way of life. Such drastic changes include the transition to university, the movement from one government to the next, or a sudden shift in your view of the world from some inciting event.

Sometimes, moments seem transitory. If you blink once, you will miss them. The past, although it may only have been moments ago, brings about a certain nostalgia for a time that has already disappeared. Instead of spending the present wishing for a moment that has already passed, we should enjoy it. Embrace change for it offers the promise of a better tomorrow. Transformations are essential for growth. It is only when we allow ourselves to be excited by the possibilities of tomorrow instead of stressing about them that we can truly enjoy today.

"The House in the Middle of Town" continued from page 2

"Hello? Is anybody home?" he said in a terrified voice. The man slowly walked in through the open door, while the villagers stared at the scene holding their breaths. They could hear his footsteps disappear into the dark space. When he didn't return, the man's son and daughter decided to go in and look for their father. They shivered with anticipation, but convinced themselves that there was nothing to be afraid of. It was just an old house, after all. They crept into the darkness behind the open door. When the children did not re-emerge from the house, the remaining villagers decided that they had no choice but to enter the house together and find their missing friends. One-by-one, the townspeople entered the house until there was no one left standing in the centre of the village. A cold breeze drifted through the town's street, carrying with it a vague smell of smoke. At once, what sounded like hundreds of terrified, agonizing shrieks rang from the house. If there had been a living soul to hear the screams, they might have also heard a faint sound of laughter coming from inside the dark house.

"A cold breeze drifted through the town's street, carrying with it a vague smell of smoke."

No one lives in the village anymore. However, legend has it that if you are passing through town on ten o'clock on October 31st, and if you listen very, very closely, you might hear the faint sound of shrieks and laughter. But then again, it might just be the wind. end

Want to Write for the Crestword?!

Please get in touch with Ms. Young or Ms. Klein!

elena.young@crestwood.on.ca

julie.klein@crestwood.on.ca

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