

CRESTWORD

Welcome to 2016!

Meghan Kates asks, why is our culture so good at making resolutions— and so bad at keeping them?

Meghan Kates, '16



3 ... 2 ... 1. Happy New Year! This chant was repeated in all corners of the globe by people celebrating the transition from one year and the next.

Be honest: you were one of countless people who hailed the new year with a vow of being better. 2016 is the year, you promise yourself. This year I am going to be ...healthier, more productive, more fit, more organized... Take your pick of words and swap them out to identify your goal. While this formula was repeated all over the world, the stark reality is that only about 8% of people actually keep their New Year's resolutions. So why is it that people make these goals when their actual completion is such a Herculean task?

One common occupation in the lead up to midnight is reflection. What did I do this past year? Am I currently where I want to be? The one inevitability of this question is dissatisfaction: 'I really didn't work out as much as I could have,' you might think, or, 'I watched too much TV'. The popularity of New Year's resolutions indicates how critical we are of ourselves.

To many, the New Year is a clean slate. However, if the slate is truly clean, why do we usually manage to make it dirty again, sometimes within the first few weeks?



Neuroscience provides an explanation for why the fire of New Year's resolutions quickly turns into sputtering steam. The prefrontal cortex, which is responsible for that fire of willpower, is overloaded by other tasks such as short-term memory and some problem solving. So, when that donut is sitting on the table and calling your name, your prefrontal cortex has more important things to do than hold you back from accepting the call. What our brain needs, like any muscle, is a healthy regimen of exercise.

Continued on page 9

Inside:

Crestwood Teachers' Resolutions ...2

Crestwood Gives 2015 ...4

2015: A Year in Review...6

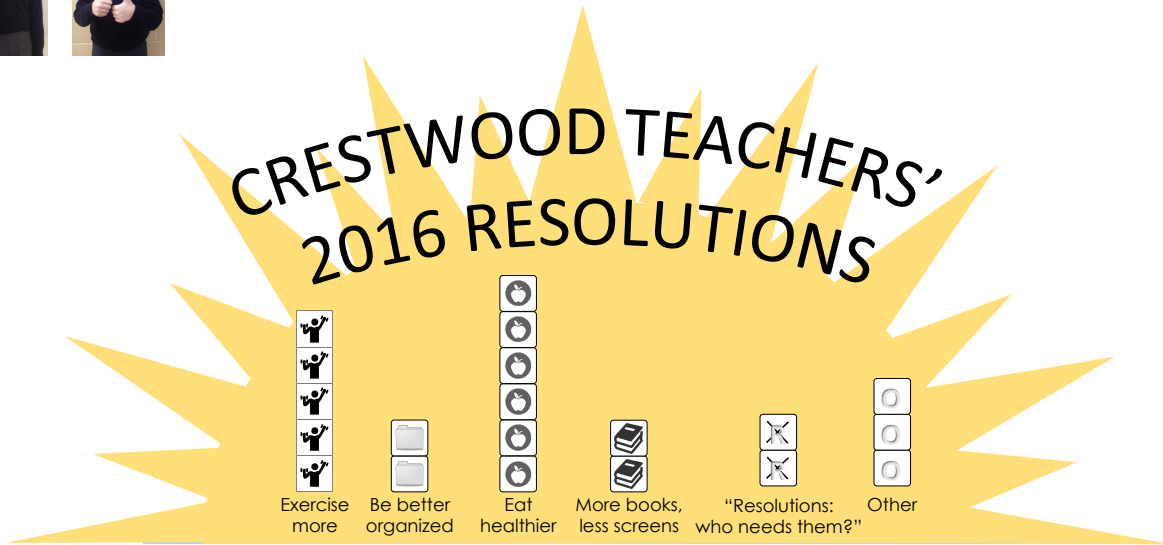
An interview with marathon runner Luca Lettieri ...8

Turn the page to find out what New Years resolutions your teachers have for 2016!

Crestwood’s 2016 New Years Resolutions

Crestword writers and reporters, Jahnai Brown and Ethan Gazer, took to the halls to find out what your very own teachers are resolving to do in 2016.

Jahnai Brown, '18 and Ethan Gazer, '21



“My first resolution is to eat better. Also, I would like to be more in tune with pop culture and most importantly, I would like to be more like Julian Spaziani.”

-Mr. Masters



“My resolution is to be a more helpful husband around the house.”

-Mr. Mark Pagano

More resolutions on the next page...

More Crestwood Resolutions:



"My resolution is to be a wise man, especially pertinent to my age."

-Mr. Vince Pagano



"My resolution is to travel for not just leisure, but also to help out around the world."

-Mme. Doherty



"My resolution is to stick to my Boston Marathon training."

-Ms. M.



Crestwood Gives 2015

Our junior editor, Georgia Gardner, sat down with Ms. McCourt to discuss what the Crestwood Gives initiative is all about.

Georgia Gardner, '19



What is Crestwood Gives is all about? It's about being able to provide an iPad to a student striving to go to University, giving a grandmother the tools needed to cook her family the "Perfect Christmas Dinner," putting clothes on the backs of children who aren't sure when their next meal is going to be... it's all this and so much more.

On December 11th 2015, students and faculty alike rallied together to haul innumerable toys, clothes, sleds, and gift cards to the gym where the diligent efforts of the Crestwood Community were put on display for everybody to appreciate. These gifts and items were on their way to Ontario families with the help of the Kawartha Haliburton Children's Aid Society and Veahavta.

"Crestwood Gives is a philanthropic initiative, designed to help our community, as well as the other communities that we are in contact with," stated Ms. McCourt, who spearheads the Crestwood Gives initiative. "I first got involved about five years ago because it was an initiative that I felt strongly about and, also, because I wanted to

do something to help our community and to teach that to students."



Crestwood volunteers meet representatives from the Kawartha Haliburton Children's Aid Society and Veahavta.

Although Crestwood has only been involved with the Kawartha Haliburton Children's Aid Society and Veahavta for a few of years, there have always been variants of "Crestwood Gives" at CPC. According to Ms. McCourt, the program has "evolved over time," and has been going strong ever since its inception.

Crestwood students begin sorting and packing gifts and donations.



Continued on the next page

“Crestwood Gives” continued from previous page.

It’s no surprise that there is an immense number of families in the Toronto area, as well as in other regions, living in poverty. Even though there are many charitable foundations that help support these families, Crestwood Gives offers something unique:

“The people we help aren’t faceless. We aren’t just writing a cheque. This really forces people to stop and think about who they’re helping.”

“This drive is different because we are connected to these families,” added Ms. McCourt, “even though we don’t have names, we know that so-and-so is a five year old girl, living with her working, single mother, struggling to make ends meet. The people we help aren’t faceless. We aren’t just

writing a cheque. This really forces people to stop and think about what they’re doing and who they’re helping. This is what philanthropy is all about.”

The impact that Crestwood Gives has on families in need is incredible, but they are not the only ones gaining something: the students gain something as well. “One of the biggest things is it gives worth and self esteem to those who may not find it other places,” mentioned Ms. McCourt. “It’s good in an overall learning experience. It’s good in terms of our development as people, and learning to care for others. When you grow up a certain way, sometimes it’s hard to see outside of that and understand how other people know and exist in the world. To be able to pair up these types of people in different situations is eye-opening. It helps us grow and better ourselves as people. When we do things for others, we help ourselves. But most importantly, I want to thank all the teachers and students that contribute to Crestwood Gives, for keeping this initiative alive, and for showing me every year how big our hearts can be.”



2015: A Year in Review

Sydney Swartz reflects upon the highs and lows of 2015.

Sydney Swartz, '16



2015 marked a year filled with tragedy and triumph, breakdowns and breakthroughs, as well as other historic events and moments. However, in all instances, the world as a whole came together as a global community.

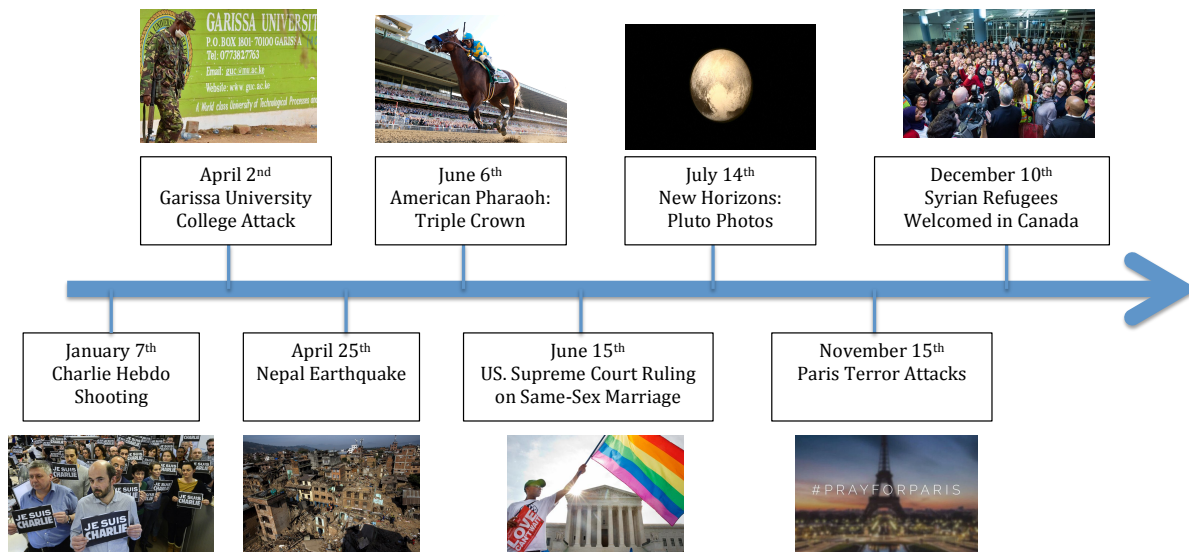
One of the first events to occur was the Charlie Hebdo shooting on the seventh of January. With 11 individuals killed in the initial attack, and 5 more throughout the following days, this act of terrorism prompted debates about free speech and terrorism, and incited waves of solidarity throughout the world. The phrase “*Je Suis Charlie*” resonated throughout social media from country to country and person to person.

On April 2nd the Garissa University College in Garissa, Kenya was attacked by militants claiming to be a part of a branch of Al-Qaeda, known as Al-

Shabaab. 700 individuals were taken hostage, resulting in the death of 148 people (142 of whom were students), and the injury of tens of others. In order to recognize the individuals killed, a Google Docs was created to share information about each student’s life.

The country of Nepal was left devastated after being struck by an earthquake of a magnitude of 7.8 on April 25th. The death toll was upwards of 9,000 people with over 22,000 injuries and hundreds of thousands left without a home. Humanitarian efforts, such as from the Red Cross and Oxfam, have been trying to aid with shelter, sanitation, and food since the days that followed the quake.

For the first time in 37 years, the world saw another Triple Crown winner on June 6th. Having only been accomplished eleven times before, the win by American Pharoah proved that it is still possible to win The Kentucky Derby, The Preakness Stakes, and The Belmont Stakes.



Continued on the next page

"2015 in Review" continued from the previous page.

On June 15th, the Supreme Court of the United States ruled in favour of the Constitutional guarantee to the right of same-sex marriage by a vote of 5-4, thereby allowing thousands of people to legally marry their loved ones.

"As we begin the next year, we should remember to rejoice and despair over our own personal milestones."

9 years after its launch, the New Horizons spacecraft shared with the world the first detailed images and observations of the dwarf planet Pluto on July 14th.

Known as the deadliest attack since WWII in the city, Paris suffered many losses

on the evening of November 15th. Through coordinated attacks throughout Paris and a northern suburb, 130 innocents were killed with many others injured. Countries throughout the world expressed solidarity through lighting national monuments with the French colours and offering condolences.

On the night of December 10th, 160 Syrian Refugees arrived in Toronto to commence their new lives within Canada. They were greeted by the newly elected Prime Minister, Justin Trudeau, and welcomed into the country. Escaping the unrest and civil war within their own country, this date marked the beginning of a new chapter in the lives of these individuals.

These however, are just a few examples of the major events of the year 2015. It is important to note that not every atrocity, nor every important breakthrough, make the news throughout the world. Furthermore, stories are only "in vogue" for a certain extent of time before being piled under fresher events, as the machine that is the news cycle churns on.

The year 2015 marked many milestones on a much smaller scale. Thousands of people were born, took their first steps, started their first day of school, went off to university, got a job, and experienced love, loss and everything in between. So as we begin the next year, we should remember to rejoice and despair over our own personal milestones as well as those that had wider reaching impacts around the world.

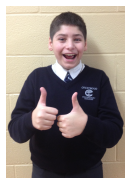


Crestwood Sports:

An interview with Grade 12 Student and Marathon Runner Luca Lettieri

Ethan Gazer sat down to speak with gr. 12 Crestwood student Luca Lettieri about his experience running the Toronto Waterfront Marathon last fall.

Interview by **Ethan Gazer, '21**



EG: *What made you decide to take up running?*

LL: I began running because I found that I was good at it, and I really enjoyed it. A lot of my friends were working out, but I chose to try running because it's easy, it's convenient, I enjoy it a lot, and it's a cheap sport: all you need is a pair of running shoes and you're good to go.

EG: *What made you to decide to run the Toronto Waterfront Marathon last fall?*

LL: Honestly, when I started running I didn't really know what I was doing. I didn't really have a schedule, and wasn't very knowledgeable. Deciding to train for the marathon helped me to focus my goals, and become a better runner. I also got a coach who helped me to better understand my cadence [strides per minute], my pace, my training schedule, and how to do strength training. I also really wanted to have the satisfaction of being able to say that I ran a marathon.

EG: *Do you have a role model that you look up to?*

LL: I look up to my dad; he is a triathlete and an Iron Man. I ran the Toronto Marathon on his birthday, so it was almost like a birthday gift for him. I think of him as one of my top role models because he is able to do his work and run his business, while also finding time to run, bike, and swim.

EG: *What was the Toronto Waterfront Marathon like? Was it easier or harder than you expected?*

LL: That's a whole different story: when I started training for the marathon, I was training physically, but not so much psychologically. I started the marathon off pretty well, but as the race went on, I found I wasn't mentally prepared. My muscles began to cramp up on me, and at the last 500 meters, I couldn't run anymore. I was supposed to make a 3 hour and 5 minute pace, but I ended doing a 3 hour and 57 minute pace. It goes to show how important mental preparation is; it's definitely a key component of running.



EG: *Did you ever feel like quitting, and, if so, what pushed you through it?*

LL: That's a good question: During the second half of the race, dropping out did actually cross my mind. But I had invested so much time and energy into training for the race. I also felt that a lot of people, including my family, were rooting for me, and I didn't want to let them down. I'm not one to quit when it comes to challenges.

EG: *Can you describe your training program?*

LL: My training program consisted of 30-60 minute runs every day, and then eventually progressed to 1 hour and 45 minute-2 hour runs with hills. I would do six hill sprints, and then run for an hour and a half. I didn't expect it to be that intense! As I got closer to the date, I did 2.5 hour runs at a 4 mins and 30 second pace. It was definitely intense, and took a lot of determination to do it!

Continued on next page

"Interview with Luca Lettieri" continued from previous page

EG: *How did you feel after it was all done?*

LL: Honestly, once I completed the race, I felt a bit disappointed because I didn't make the time I wanted. I had initially run the race in order to qualify for the Boston Marathon, and when I didn't make the time I needed, I felt pretty disappointed. But I reminded myself that there are others out there who have tried to do what I did, and who were not successful. I thought to myself, "Hey, I just completed my first marathon," and that's something to be proud of.

EG: *Would you ever want to do it again?*

LL: For sure. During the winter I'm going to focus on strength building, and begin training in the spring. I'm hoping to run the Texas marathon next!

"Welcome to 2015!" continued from page 1

Would you run a marathon without training? No; so therefore you should not ask your brain to exercise this muscle of willpower without the proper training. If you try to juggle too many resolutions at once, one of them may just slip out of your grasp and tumble to the metaphorical floor. So, perhaps, instead of setting overreaching goals, break each task down into simple, bite-sized pieces.

With this advice in mind, perhaps some of us can pursue whatever goal it is that will fill our blank slates with health and happiness. As said by Edith Lovejoy Pierce, "We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." And if you require further inspiration, defer to Milton Berle: "If opportunity doesn't knock, build a door."

**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

The Crestword Team:

Ms. Klein and Ms. Young— Staff
Editors-in-Chief

Sydney Swartz and Meghan Kates
— Senior Editors

Georgia Gardner— Junior Editor

Ben Sharer— Photographer

**Stay tuned for our special
Spirit Week issue! Coming
soon!**

