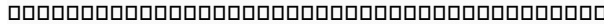


THE RUFF TIMES



The Scoop On Sportsmanship

Bronte Detenbeck



friends?

But there is one thing that should never be forgotten while playing and trying out for these sports: good sportsmanship.

Although these sports can always be entertaining and lively, the majority of them are very competitive and serious. People want to be on top, and many of these people are very experienced in their preferred sport. This is why it is essential that we all treat each other equally while ensuring students enjoys themselves.

Sometimes people who have less practice try out, or are a bit rusty, but that does not make them any less important to the game. We need to make sure that no one feels depressed or embarrassed while s/he is getting out of his/her comfort zone and trying something new.

-See 'Sportsman' on page 4

Hello Bulldogs! Welcome to yet another fun-filled year here at Sir Winston! The school year is just beginning, and there are already a ton of exciting events happening all around the school. One of the biggest things has been the sports. Lots of us have been trying very hard to try out for different teams and to get involved. Participating really does make the school year so much more interesting and fun.

Athletics are a blast! Who would not love exercising while being able to laugh with your

Health Starts Here: "I'm Feeling Stressed!"

Jana Bataineh

Are you always feeling tense, nervous, or anxious about exams, relationships with peers and sometimes even with family? Then you are probably with dealing with stress.

Stress is your body's primal way of telling you that there is some type of demand or threat and that you need to act *right now*.

-See 'Health' on page 4

FACTrick-or-Treat

Roslin Chen

Did you know?

Halloween is also known as: Lamswool, All Hallow's Eve, and Snap-Apple Night.

Halloween originated from the ancient Celtic festival called Samhain, which means "summer's end."

Having a fear of Halloween is called Samhainophobia.

It is typically believed Halloween originated from Ireland.

Halloween is believed to have been around since 4000 B.C., which means this holiday is over 6,000 years old!

The first Jack O'Lanterns were carved from turnips.

According to tradition, a person will see a witch at midnight if s/he wears his/her clothes inside out and then walks backwards on Halloween.

Labour Day celebrates the work of the 155 million men and women in the U.S. workforce.

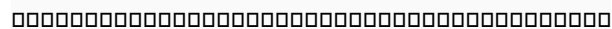
The Canadian Labour Day began in Toronto in 1872.

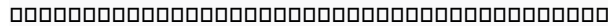
Now Labour Day in Canada is not just a day when workers campaign for a better salary or better working conditions, but also a day to celebrate accomplishments.

<http://www.forbes.com/sites/steveodland/2012/08/29/10-labor-day-facts/>

<http://www.wincalendar.com/Labor-Day>

<https://www.dosomething.org/facts/11-facts-about-labor-day>





A Head Start on Concussions

Kaiah Ing

Sports have always been an important part of our society, culture and history. If you have played a sport, you may be well aware of the risk of injury. People can heal from sprained joints and broken bones in weeks to months, but there is one injury that is not as easy to recover from, a concussion. For those of you who do not play sports, I encourage you to keep reading, as this may apply to you too.

What is a concussion?

A **concussion** is a brain injury caused by a blow, fall, drop or intense pressure to the head or body, something that impacts or shakes the brain inside the skull. Not all people will lose consciousness when a concussion occurs; in fact, there may not even be any visual evidence of it, such as cuts or bruises.

What causes a concussion?

The brain is a delicate organ surrounded by spinal fluid, contained within the skull. The fluid encircling the brain acts as a cushion that typically keeps the brain from crashing into the skull; however, if the head or body is hit hard or pressurized enough, it can cause the brain to crash into the skull, causing a concussion. There are countless ways to incur a concussion. Although they most commonly occur in fast-paced sports, many are not sports-related, such as falls, vehicle or bike accidents, fights, and in rare cases, by diving or extreme water pressure.

Minor Symptoms Include:

- Headache or pressure in head
- Fatigue
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Temporary amnesia
- Appearing daze
- Dizziness
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions

Advanced Symptoms Include:

- Sensitivity to light and sound or blurred vision
- Severe lack of energy
- Reduced balance and physical abilities
- Ongoing headaches
- Changes in personality

In rare cases, concussions cause more serious problems. Severe and/or repeated concussions without sufficient recovery time may lead to long-term problems with brain capacity, movement, learning, speaking, vision or long-term light sensitivity.

Recovery:

Most people realize that while recovering, it is crucial to avoid activities that might re-injure the brain, such as sports and physical activity; however, many may not realize that activities such as reading, watching screens, and being subject to bright lights and loud noises, strain the vestibular system (which connects the eyes, ears and feet), causing symptoms to persist and recovery to be delayed. For instance, small text and blue light make it difficult on the eyes and brain when healing, so be sure to avert activities such as these to avoid setbacks. The recovery time ranges according to the severity of the blow. For some it may take days, others weeks or months, and for some of the unlucky ones, years.

Help:

Get help to reduce the risk of long-term damage. Sadly, there is very little known about concussion recovery within the medical community; however, below is an innovative organization dedicated to concussion recovery.

SHIFT Concussion Management

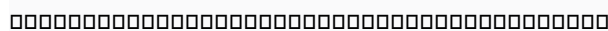
+1 855-223-1002

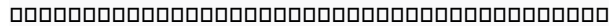
80 Southgate Dr, Guelph, ON N1G

<http://www.shiftconcussion.ca>

<http://www.mayoclinic.org/diseases-conditions/concussion/basics/symptoms/con-20019272>

<http://www.webmd.com/fitness-exercise/guide/head-injuries-causes-and-treatments>





Mid-Autumn Festival

Athena Liu

The Mid-Autumn Festival, also known as the Moon Festival, Zhongqiujie (中秋节), and Harvest Moon Festival, is a Chinese holiday celebrated in honour of the moon goddess, *Chang-e* (嫦娥).

It takes place on the 15th day of the 8th month on the Lunar calendar, when the moon is at its fullest. This year, the holiday took place Sunday September 27th, the night of the super blood moon!

Though it is currently celebrated in Mainland China, Hong Kong, Singapore and Taiwan and Vietnam other countries such as Korea and Japan may have similar festivals.

Customs for this holiday include eating moon cakes, moon gazing, making lanterns to carry a wish to heaven, offering sacrifices to the moon and many more!

Several myths exist around the creation of this holiday. One of the most well known follows:

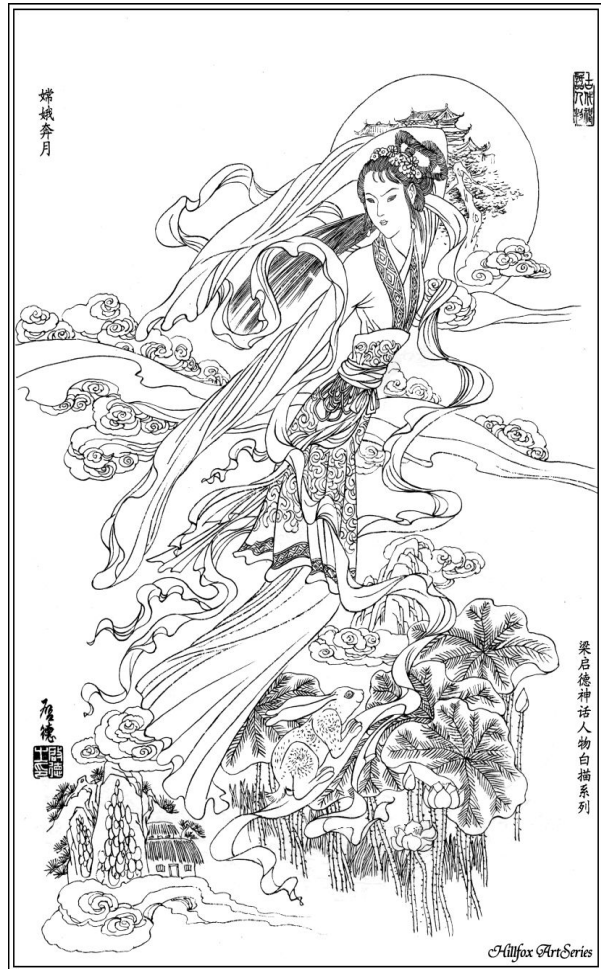
There was once a time when the ten sons of the Jade Emperor decided to transform themselves into suns, scorching the Earth with terrible heat. Jade Emperor called upon the greatest archer of the lands, *Houyi* (后羿), to solve the problem of the scorching Earth.

Obedying the Emperor's command, *Houyi* shot down nine of the ten suns, sparing one to be the sun that hangs in the sky today. After this wonderful feat, he married a young maiden named *Chang-e*.

Life on Earth went on, until one day, when *Houyi* met *Wangmu* (王母), the Queen of Heaven, who bestowed upon him an elixir.

This elixir would ensure him both passage to heaven and immortality. When *Houyi* returned home, he gave the potion to his wife for safe-keeping. Unfortunately, *Peng Meng*, one of his disciples, saw where it was.

As soon as *Houyi* left the house, *Peng Meng* barged into their home and demanded *Chang-e* to

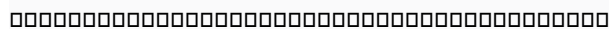


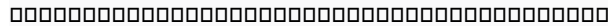
The goddess Chang-e

hand over the potion. Knowing she could not defeat this man in physical combat, she drank the potion. Suddenly, she flew out into the sky and arrived on the moon, cursed to remain there for all eternity forever.

Knowing this, *Houyi* was filled with grief and made an altar for her. He took *Chang-e*'s favourite foods to the altar as a sacrifice. To this day, the Mid-Autumn Festival is celebrated in memory of *Chang-e*.

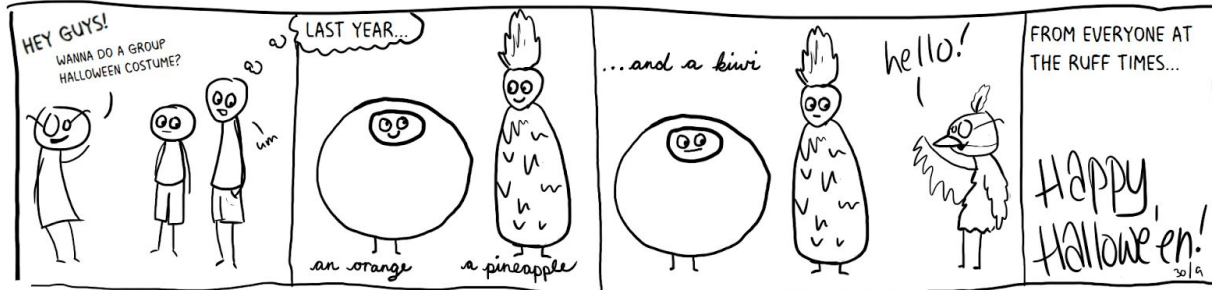
<http://www.travelchinaguide.com/essential/holidays/mid-autumn-legends.htm>





Miscommunication

Anonymous



-'Sportsmanship' from front page

The most important thing we can do for one another is being supportive and making sure that students leave the experience knowing they had a blast and tried their very best.

Even if you do not make the team, at least you have memories that will last a lifetime and you will have no regrets.

At Sir Winston, we strive for excellence and to always stick together. Our teams are always the

best, and our school is always represented with pride and honour. That is why when people are trying out for something, there is no reason for anyone to feel left out or humiliated. Everybody works together, to show our opponents that even on a bad day, we are strong and proud and we will be unstoppable.

It has been a fantastic start to the new year, and I hope everyone has a good time trying all of the things Sir Winston Churchill has to offer. Stay strong SWC, and have a great school year!



-'Health' from front page

Stress is not always a bad thing; one can also be stressed about riding a new rollercoaster ride or going to your favourite band's concert. Your body readies itself for immediate action when it realizes that you are under pressure by causing your heart to pump faster, increasing your stamina, and sharpening your focus. This response can sometimes be a good thing, for example when writing an exam.

Sometimes, however, if dealing with your stress gets out of hand, you and your body may begin to act abnormally. Some people resort to bad coping mechanisms such as smoking, bad eating

habits, and withdrawing from social activities to ease the feeling of urgency stemming from the situation. Still others may suffer physically with migraines, muscle pains, and general fatigue.

Fortunately, you can take control of your stress using a few different techniques: making sure you have a reliable support group of friends and family, always staying optimistic, and always being confident in yourself. Things like exercising, yoga or just doing breathing exercises can help!

<http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm#resources>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

<http://www.medicalnewstoday.com/articles/145855.php?page=2>