

# The Rockridge Post

September - December 2016

NEW NEWSPAPER EVERY TERM

FIRST EDITION

## Welcome to our First Edition!



Foggy afternoon at Rockridge Secondary.

Throughout the term, the staff at *The Post* have been working hard to produce ideas, articles, and art to make this edition possible. You may be wondering, 'Why do we have a newspaper? It's not like anything actually *happens* at Rockridge.' Well, be ready to be proven wrong. From sports to theatre, Rockridge has a multitude of different activities that inspire us, teach us, and challenge us. Rockridge isn't just a school; it's a home and a community that supports us during

some of our most important moments - moments which this post will try to capture. Some areas of interest in *The Post* are the sports section, clubs section, movie reviews, and short stories. Not an avid reader? Flip to the back for some comics and jokes! Read on for your first taste of *The Post*.

By: Fallon O'Neill

## Suicide Squad Movie Review

After *Batman v Superman: Dawn of Justice*, DC and Warner Brothers needed a win. Did *Suicide Squad* give them that? Not exactly. In *Suicide Squad*, a group of super villains have been forced by the government to go on a mission to defeat a mysterious entity. If things go south the government can throw the villains (who, as incarcerated criminals, are considered 'expendable') under the bus. *Suicide Squad* had a lot of good concepts and potential; however, it failed in many areas. The back stories were strong, and the scenes with Deadshot and his daughter were especially intriguing and gave some weight to Deadshot's character. The two best performances in the movie were definitely Margot Robbie (who was casted as Harley Quinn), and Will Smith (casted as Deadshot). Margot Robbie is charismatic and entertaining, and her relationship with the Joker is interesting.

*Continued on next page*

## Theatre Company Takes on Monte Cristo

This year the Theatre Company takes on a unique modernized musical adaptation of Alexandre Dumas' adventure novel, *The Count of Monte Cristo*. *Monte Cristo*, written by playwrights Flip Kobler and Cindy Marcus, follows the classic story of heroic yet vengeful Edmond Dantes, with a twist. The story has dueling atmospheres: an American high school classroom and 18th Century France. The English students of Edmond's class are forced to re-enact the classic tale as the deadline for a film competition and a lockdown set stakes high. Proof that the themes of revenge, betrayal and entrapment are relevant in every century, the students begin to understand the classic tale as well as their own complex relationships. All actors play both a high school student as well as a novel character when both worlds collide and the lines between them blur. "The story of the Count of Monte Cristo is one of my favourites.

*Continued on next page*

Will Smith's character had depth, however, his performance feels like Will Smith as Deadshot, rather than really *becoming* the character. The scenes involving the Joker (except for the flashback scenes) are jarring and out of place, so much so that they shouldn't even be in the movie. Other than Harley Quinn and Deadshot, every character is in the background and you don't really care about them at all. "But Sam!" you're saying, "They're bad guys, you're not supposed to care for them!" Well, these supposed 'bad guys' don't really feel like villains. They look like a bunch of misfits who are misunderstood, which makes it feel more like *Guardians of the Galaxy* rather than a group of people who have committed atrocious crimes. The film's conflict contributes to this flaw. The mission briefing went something like this: a generic evil bad guy is trying to take over the world with a generic evil army! It's the Suicide Squad's job to stop them! This could have been an Avengers movie and it would have made no difference. The concept of this movie is anything but generic, yet they still managed make it generic. Suicide Squad is a poorly paced, generic superhero movie with unrealized characters, save for two. The conflict of the movie makes little sense when compared to the characters and the "villains" acted more like high school misfits than criminals. However, it has entertaining moments, which is why *Suicide Squad* deserves a barely satisfactory rating.



I love the themes of revenge and betrayal," says Director Mrs. Ohlhauser on why *Monte Cristo* is the perfect selection for this year's musical. "When I first read the script I got really excited about how many of our Rockridge Theatre Company students could really shine in this production by sharing their skills in singing, acting, improv, comedy, and drama. My favourite part is the talent. I like to see students shine in their talent, be it a moment on stage, a piece of film on the set or a song or a sound cue," says Ohlhauser. "I hope people come to see their friends in the show. And I hope people come to enjoy the magic of theatre - how we take a story and dress it up in costumes and shine lights on it and it becomes something magical." Complete with sword-fighting, revenge, romance, comedy and a wonderfully varied score, this musical has got it all. The production plays from April 3rd through 6th at the Kay Meek Theatre,

## Pacifica App Review

*Stressed? Anxious? Depressed?* Pacifica is the perfect app for anyone who needs a little help and support. You log your mood, amount of sleep, exercise, and much more to help show you what life changes you can make to feel better. There are graphs and charts to show you how your sleep, exercise, eating habits, etc, are affecting how you feel. There are also many other features like breathing and relaxation exercises to help you calm down, a thoughts journal to turn negative thoughts into positive ones, and a place to create and complete goals. There is also quite a big community on the app, where you can join group chats to talk to other people with similar struggles. Another notable component is a board where you can post anything! A few examples of things that others in the community post are what helps them feel better, or funny YouTube videos they found. The program can also be accessed online, not just the app. However, the app also exhibits some flaws. Where this app falls short is the expense. Although the app is free, there are many features that you must pay for if you wish to use. For example, most of the relaxation exercises are locked, and you only have access to a select few without paying. The app is still very effective and useful without the add-ons, and if you find it helpful, we have linked a coupon code below. Awarded #1 Mental Health App by BuzzFeed Media, this app is life changing, and is an essential app for almost anyone.

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## Debate Club

*Do you have an opinion?* Then you would be an excellent match for the Rockridge Debate Team. The Debate Team practices every Thursday at lunch in W216 and debates new controversial topics every week. The Team debates against other schools throughout the year and our winning streak is undebatable. If you are interested, you should stop by W216 on Thursday at lunch as we cater to all skill levels.

## Art Club

*Enjoy art? Love to draw?* Then the Art Club is a good club for you. The Art Club is anew organization that is more drawing-focused than previous art clubs. We meet each week at E207 on Mondays at lunch to draw, chat, and have a good time. The Art Club gives its members a challenge each week, like providing random shapes and lines with which they must create something unique. Other times, we host a free draw session, or take something and redraw it in a different style. The Art Club is also in collaboration with The Rockridge Post. We help with art, comics, and other visuals. If you want to let loose your artistic side, then come to E207 next Monday!

*Awards:* #1 Mental Health App by Buzzfeed Media

*Price:* Free (premium features: \$4.50 monthly or \$27 yearly with coupon code pacwk11642)

*Android Google Play Rating:* ★★★★★½

*Apple App Store Rating:* ★★★★★½

*Rockridge Post Rating:* ★★★★★½

Reviewed By: Connor Chittock

Join Now at [www.thinkpacific.com](http://www.thinkpacific.com)



A member of the Art Club, enjoying his lunch.

## Sports Statistics

### Gr.9 Field Hockey

### Gr. 8 Volleyball RED

#### Swimming

2 people advanced to  
PROVINCIALS

1 win

6 losses

#### Gr 10 Girls Volleyball

WON EXHIBITION GAME

### Gr.8 Boys Rugby

5 wins

2 losses

MADE IT TO FINALS

#### Gr 9 Girls Volleyball

GREAT SPIRIT!!

4 wins

3 losses

#### Cross Country

MADE IT TO QUARTERFINALS

Paolo - 6th

Senior Boys Soccer

Bronwin - PROVINCIALS

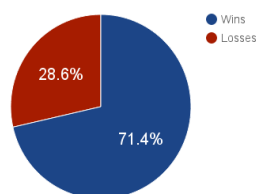
3 wins

Demetri - 8th

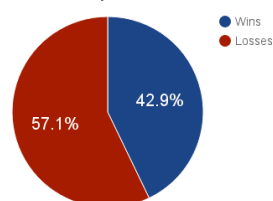
4 losses



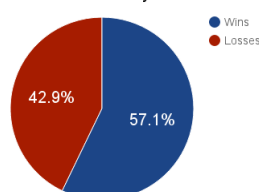
Gr 8 Boys Rugby



Senior Boys Soccer



Gr 8 Girls Volleyball BLUE



*Best Sports Teams  
this Term*

By: Mia Jakobsen  
and Finn Meiklejohn

## Jokes

-Doctor: "I'm sorry, but you suffer from a terminal illness and have only 10 to live."

Patient: "What do you mean, 10? 10 what? Months? Weeks?!"

Doctor: "Nine."

-Want to hear a word I just made up?

Plagiarism.

-A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number.

-British Accent - Justin Biebah

Americans - Justin Biebur

Australians - JastonBaybah

You just tried all those accents, didn't you?

## Bad Puns

-Why are there fences in graveyards?

Because people are dying to get in.

-What is a thesaurus's favorite dessert?

Synonym buns.

-I am on a seafood diet. Every time I see food, I eat it.

## Quote of the Term

*"Don't compare your beginning to someone else's middle."*

-John Acuff

## Relatable

-You go to school. Nothing happens. You miss one day.

6 fights, school had a blackout, free food, and Beyoncé performed in the cafeteria.

-\*First Day of School\*

30 pencils, 20 pens, 12 rulers, 10 notebooks.

\*One month later\*

That one pencil you found on the ground.

-That moment when you give your best friend "the look" when the teacher says to find a partner.

By: Simon Mattern and Finn Meiklejohn

## Smoothie Recipe's

### *Avocado Banana Smoothie*

1 avocado

1 banana

1/2 cup non-fat plain Greek yogurt

1 1/2 cups fresh orange juice (from 3 oranges)

1/4 cup honey

2 1/2 to 3 cups ice

### *Just Peachy*

1 c 1% milk

2 Tbsp. low-fat vanilla yogurt

½ c frozen peaches

½ c strawberries

¼ Tsp powdered ginger

2 tsp whey protein powder (such as Source Organic Whey Protein)

3 ice cubes



## Best Vacation Locations for this Holiday Season

There are so many different continents, countries, cities, towns, and islands to visit on our wonderful planet. That's why we decided to help you and your family pick from these top two locations for the holiday season. On the list we will recommend types of travel that range from luxurious resorts to helping out those in need. It's always nice to get away from the Vancouver rain – whether it's to the snow or warmth.

### 2. Reykjavik, Iceland

Reykjavik is the capitol and largest city in Iceland. It is a coastal town that offers many museums, adventures, and holiday activities. One of its most famous locations is the Geothermal Lagoon that is a huge natural hot tub. This trip would be a great one for outdoorsy folk that love hiking and exploring. Reykjavik also offers slopes for skiers and snowboarders. Iceland has many fantastic landscapes and wildlife, which means this visit will be a once in a lifetime experience. The Silica Hotel offers beautiful contemporary rooms and its own private lagoon. It has direct access to the Blue Lagoon. The views from the windows are off Iceland's rocky and amazing landscape, which will surround you at all times.

FLY WEST JET AND AIR ICELAND

*Vancouver – Edmonton - Reykjavik*



Blue Lagoon



Peter Pan Ko Kut

### 1. Ko Kut, Thailand

Thailand is my favourite country on Earth and is just so beautiful. The people there are overwhelmingly kind and are just amazing. I have personally been to this Island and I stayed with my family at Peter Pan and Captain Hook Resort (it's a tacky name but it's beautiful). There is a gorgeous, long beach by Peter Pan that leads to a hike up a mountain, where they serve ice-cream with an amazing view. Most people there were either Thai or Swedish so it was a nice cultural change. I also got the opportunity to go to a local school and help out! It was fantastic and they even danced for us! It is a 5 hour drive from Bangkok, but it's all worth it in the end. However, my favourite resort in the entire world is The Six Sense Koh Yao Noi, because it has great service, large villas with private pools, adventures, *and* you get to go everywhere on golf cart! If you feel like going all out, The Six Senses would be my number one option for you, with Ko Kut in second.

FLY CATHAY PACIFIC

*Vancouver – Bangkok – KohKut*



The Six Senses Yao Noi



## Finding a Poem

We're doing these poetry readings in class  
 So I got a big book and sat down on my chair.  
 I read all the poems that the book had,  
 But alas,  
 They were all very bad.  
 I wasn't going to find a good poem today,  
 But I continued to search out of dismay.  
 Unfortunately I was out of luck,  
 So I uttered this phrase,  
 'Ah! I'm going to be late for dinner!'  
 I continued to search for a bit,  
 But this was going as well as  
 a broken roller coaster.  
 My neighbour noticed it wasn't going to well,  
 So I told him to go to  
 the hardware store.  
 I was getting tired of his silly rants,  
 So I went over to him and pulled down his hat.  
 I think I'll write my own poem now.  
 The only problem?  
 I don't know how.  
 Maybe I'll be inspired by the tall green grass,  
 But then I'll get stains all over my pants.  
 I'm presenting my poem soon,  
 I hope I won't look like a bumbling baboon.

## Short Story

*I still remember that day*

Sliced and reshaped, colourful stickers smeared on my thin silver body. Click. Black plastic restrains me. Hot fans blasting, muffling my hearing. Temperature rising, I feel like I'm about to melt. Dropped into a crate, tumbling to land in a sea of my clones.

*I still remember that day.*

I've been laying in darkness, in a metal bin of my species for almost a year. My concept of time so warped already. Forever in a place we know as F.S. Shuffling, as the chooser grabs us, tumbling to fall at the bottom of the shining aluminium bin. NO! My best friend taken away to be a chosen one. Marley and Me, I'll never see them again. I wonder what it's like to be a chosen one? Everyone is scared, No one has lived to tell the tale. I can't stand it anymore, I'm at the bottom of the box. Least likely to be chosen. A chosen one... Crushed under the weight of the others. The chooser has come again. This time it's hands are grabby. The housing bin topples over. Screeching on the linoleum floor of F.S. The needed chooser reaches down, fingers pinching me. I'm floating, bumping, crashing against my friends. "Mummy, mummy! Please, Cinderella!" The world around me is unbearably loud.

An older, rushed, and anxious chooser speaks, trying to sound relaxed and caring. "Yes. Now let's go sweetie, before they see you've knocked the bin down."

Am I a chosen one... is it really so bad? Will I ever get to see my friends again? What will happen to the dark and quiet F.S.? BEEP!

"44.96 ma'am, would you like would you like a receipt?"

"No."

"Remember we have a special promotion next weekend, 2 for 1 SLICK brand Bluetooth speakers!"

"No thank you!" the older one says, obviously quite annoyed. I hear the rumbling of an engine, muffled by the black shell that encases me. My shell is opened! My hearing not dampened! I can see! The light piercing but beautiful, reflecting off my reflective body. "Mummy, mummy, can I watch Cinderella?"

"Yes. Now just wait."

I'm unclipped from my restraints. Placed on a shiny black plate perfectly shaped for my body. The motorized plate sliding in to a cave, slowly plunging me into darkness. Then I know what I'm supposed to do, to be a chosen one. To fulfil my purpose. A

## Top 3 Chart-toppers of this Term

1. Black Beatles by Rae Sremmurd and Gucci Mane
2. Starboy by TheWeeknd and Daft Punk
3. Fake Love by Drake

(According to Spotify)

## Contributors

Fallen O'Neill – *Editor-in-Chief and Founder*

Finn Meiklejohn – *Head Designer*

Hayden Roth – *Creative Director*

Connor Chittock – *Pacifico Review*

Connor Szeto – *Art Club Review*

Mia Jakobsen – *Head of Athletic Department*

Miranda Berry – *Short Story Winner*

Simon Mattern - *Jokes*

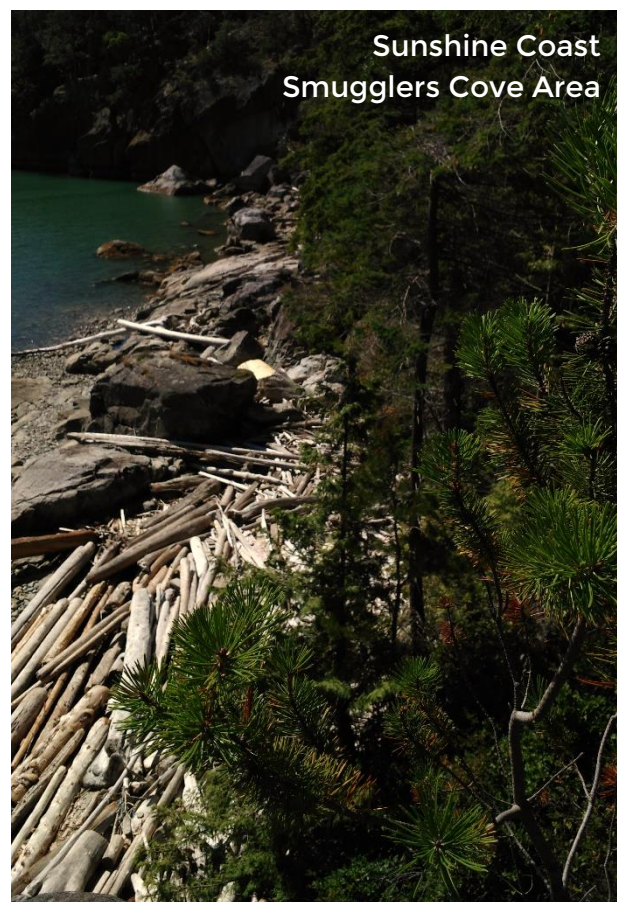
Sam Brock-Mahood - *Movie Review*

Jasmine Rutigliano – *Monte Cristo Production*

Kelk Jeffery – *Master Poet*

Alex Ingles – *Photographer*

Maya El-Zanaty – *Competition Winner*



## Competition Entries

Interested in being featured in *The Rockridge Post*? Then enter into one of our many competitions! Submit your poem, short story, photo, joke, drawing comic to be included in the next edition of *The Post*.

Submissions should be sent to [therockridgepost@gmail.com](mailto:therockridgepost@gmail.com) by February 22<sup>nd</sup> 2017.

Thank you for all the entries this term! We cannot wait to see what Rockridge has to offer next!





Vancouver Island  
Victoria



Sunshine Coast  
Secret Cove Area

## Comic

Maya El-Zanaty

## Photos

Finn Meiklejohn



Thank you for reading this edition of *The Rockridge Post*

If you have any questions email us at  
[therockridgepost@gmail.com](mailto:therockridgepost@gmail.com)

Make sure to read *The Post* again next term!





