

ROCKRIDGE



January – March 2017 NEW NEWSPAPER EVERY TERM SECOND EDITION



RR Improv Team at
The Canadian Improv Games

Improv Team Places 5th

This year the Rockridge Junior Improv Team placed 5th in the 40th annual Canadian Improv Games. After winning their first tournament with a stellar performance, the team was given the opportunity to compete in the Lower Mainland Finals at the Granville Island Waterfront Theatre on the 29th of January. Among the improvisers were Simon Mattern, Kelk Jeffery, Bebel Gill-Norris, Sam Neale, Fallon O'Neill, Kieran Rose-McSkimming, Chloe Dean and Oscar Mather.

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Top 5 Movies of 2016

5. Hell or High Water

Hell or High Water is a very entertaining yet grounded neo-western film. You won't find any crazy extreme gun fights in this but it's still really fun to watch. This film had a great atmosphere and balances the tone of funny and serious very well. The bank robbery and shoot out scenes were suspenseful and at times hilarious and refreshingly cinematic.

4. Hunt for the Wilderpeople

This movie is delightfully quirky and very charming. It's a story with a lot of heart and the characters are very likeable. This film is humorous but still has some very emotional moments that develop the characters and connect the audience to the film.

3. La La Land

La La Land is probably my favorite musical movie of all time. This film is all about dreams and aspirations and that spoke to me. It perfectly illustrates that great things can come from having a dream, but you may have to sacrifice something along the way. The movie has great musical numbers, great performances and stunning visuals.

Continued on Pg.2

Need Something to Listen To?

Something Relaxing:

Hold Me - Olmos

Chill pulses and beats send your mind into thinking.

Still Into You - traila \$ong ft. Soeun

Harmonies to set your ears afire.

Blue Soda Pt. 1 - Pomo

A simple, repetitive song. Great for doing homework.

Don't Wait - Mapei

Intense harmonies and vocals. When you're feeling down, this song will put you back on your feet.

Orphan - Mapei

When you're feeling sad, these backgrounds will give you peace.

Continued on Pg.2

2. Manchester by the Sea

The amazing thing about *Manchester by the Sea* is how real it feels. Many times in this movie it felt like I was peeking into real people's lives. Casey Affleck gives possibly the best performance of the year. Although he is wonderfully subdued, you really feel for this man and understand where he's coming from.

1. Moonlight

Moonlight is stunning. Every scene in this movie feels perfectly placed and executed. This film manages to be both heartbreaking yet hopeful at the same time. It's a beautifully open ended movie and portrays this man's life in a realistic way. The movie focuses on a man and three important stages of his life. Seeing how he changes, yet stays the same really gave me insight on what he was going through and how it affected him.

Sam Brock-Mahood



Something to Dance to:

Pose - Rihanna (Explicit)

When you're feeling a bit sassy, this intense song will bring out your moves.

Too Good - Drake, Rihanna

A great song to get your groove on.

Walk With Me - Cosmo's Midnight, KUČKA

More harmonies to give your ears what they really needed.

Don't Wait (Girraffage Remix) - Mapei

Backgrounds to put you in a great mood.

Don't You Know - Cages

A simple, chill, electronic song to have a jam to.

Connor Chittock



Improv CONTINUED

During their competition, they were required to perform four different events; Story, Open, Theme, and Character. In each event, they were given a suggestion (provided by the audience) and a five second huddle to plan the following skit that they will act out on-stage with no prior preparation. Each event calls for different elements to be included in the scenes. For example, in Character the actors need to explore a character trait given to them by the crowd in as many ways as possible. They will portray these different sides of the trait in several scenes that they make up on the spot in front of hundreds of people. "I loved having the opportunity to be part of a team. We learned how to work with each other and predict each other's next actions. It was incredible to just jump into a scene where everyone instantly knows how it will play out," Kelk Jeffery says when asked about competing in the Canadian Improv Games.

Their coach, Olivia Klaver (a member of the Senior Improv Team herself) comments on this season, saying, "I feel so thankful for having the opportunity to coach this year's Junior Improv Team, as the hard work, commitment and fun they brought to the team was a constant inspiration for myself as an improviser and all those who watched them perform. Every single practice they progressed and became stronger improvisers... I hope to see all of them out there on the finals stage next year!"

Fallon O'Neill

Environment Club

Saving the Day One Garden at a Time

Since the dawn of Rockridge (a time unknown by all), students have gathered like Ents to discuss environmental issues in a club suitably known as "the Environment Club". Over the past few years, the Environment Club has tried to improve the sustainability of our school in almost every way possible, from monitoring waste output to hosting environmentally friendly events such as Eat Learn Lead. Though the recycling program has been scrapped due to external influences (such as the new district recycling plan), many of its old-timers and fearless leaders can recall digging through the yellow bins full of sticky pop cans and Starbucks cups and finding people's lost treasures (the Environment Club would like to respectfully remind students that reusable travel mugs do not belong in the recycling bins).



The Environment Club spends most of its time in the school garden – a project that was officially finished in 2014 with the help of English, Art, Math, Science, Design and Tech, and Foods classes. In addition, they hold annual events revolving around sustainability, the most popular being Eat Learn Lead. Eat Learn Lead will be held around Earth Day and will involve eating free food, playing activities, and learning about the environment in the process. To learn more about the Environment Club, join them Wednesdays at lunch for bad memes, Kahoot games, and club updates in the Foods room.

Maddy Robertson

Best Spring Break Travel Locations

During spring break, millions of people across the world will go to popular destinations like Cancun or Miami for a vacation. These destinations are party central during spring break, and it can get a little crazy. What I want in spring break is a place to relax and unwind, and forget about homework, tests, and exams. It is also a great idea to bring another family on a trip (or not, depending on how you look at it), as it provides more people to hang out with.

1. Anguilla, British Overseas Territory

Anguilla is an overseas island of Britain, next to the British Virgin Isles in the Caribbean. Many Caribbean hot spots have become more developed, but Anguilla has maintained its charming shacks while having a smattering of modern resorts and home rentals. The island is laid back and has fresh seafood. It also offers snorkeling at the Prickly Pear Cays, where different animals swim through rock formations near shipwrecks, along with museums and art galleries. A propeller plane flight from Puerto Rico to Anguilla is required to reach this destination, but I think this adds to its uniqueness. If you were to stay, I would recommend the Four Seasons Resort and Private Residences which is pictured below. This is the perfect place to put your feet up and relax.

FLY AMERICAN and SEABORNE

Vancouver – Dallas – Puerto Rico – Anguilla



2. Amsterdam, Netherlands

Amsterdam is one of the happiest cities on Earth. It allows for biking along canals, relaxing at coffee shops, wandering in tulip fields, and going boating. Amsterdam is a very culturally oriented city that offers many different museums and art galleries. One of the most well-known destinations is the Anne Frank House, where you can view the same attic Anne Frank hid in during World War Two. Amsterdam also offers beautiful gardens and landscaping like the Vondelpark, which has ponds, park space, and an open-air theatre. Amsterdam is also a great place to go if you're interested in architecture and photography. This is because of its picturesque canal homes, contemporary architecture, and endless tulip fields. I would recommend the Banks Mansion Hotel or renting a houseboat, which would be a great way to experience the city.

FLY LUFTHANSA

Vancouver - Frankfurt – Amsterdam

Finn Meiklejohn



Reflections

Darkness. Light. What is darkness? What is light? I couldn't remember. Everything was all a blur to me. Where am I? All I knew was confusion. But, what is confusion?

I woke up. Nothing was amiss. I was in my own bedroom. Huh. I was dreaming again.

When I dream, I often get lost in confusion. I question the meanings of many things. It bothers me. When I was younger, I accepted life and everything in it for what it was. Now, I question everything. They were right. Ignorance is bliss.

I walked downstairs, into the kitchen, where I found my mom making breakfast.

"Hey, sweetie," she greeted as she saw me.

"Morning, Mom," I replied.

"How'd you sleep?" she asked as I grabbed a piece of toast. "Meh. Alright, I guess," I answered truthfully. Then, recalling my dream, I added on, "Mom, have you ever wondered about the meaning of life?"

Have you ever wondered why we're even here? What's our purpose? What are we supposed to do?" "Hmm..." was all my mom managed before my dad interrupted.

"We're here to live," answered my dad.

"Really?" I questioned. "Is that really it?"

"That's what I believe," he replied.

"Why?"

"What's the point of life existing? To live and enjoy life. We, as humans, didn't evolve just to wander around. We evolved to increase our life possibilities. As well, we invented so many things to provide joy to the world. Humans aren't supposed to be dull. We are meant to be unique!" my dad exclaims.

I spent the rest of the day contemplating that. Maybe he was right. Now, if you'll excuse me, I've got some life problems to contemplate.

Connor Szeto

Claustrophobia

Looking up, looking down, I'm falling.

Looking left, looking right, I'm flying.

All around me is the sky, I'm floating.

The weather changing me, the rain comes.

I'm being pelted. It hurts.

I'm in my own bubble, a perfect sphere.

It shrinks, I shrink.

It collapses in on me, and I am in darkness.

I feel wind, and it is peaceful.

The darkness changes, full of colour.

The colours are warm and greeting, like a friend.

Yet not.

These colours are dangerous.

They spin around me, around in my head.

My world starts to melt.

Something hits me, and it passes through me.

Suddenly, I am filled again, but with the life of someone else's,

Someone dangerous.

I see him.

He doesn't see me.

Yet he runs towards me, full of anger, more than anger.

Hatred.

I stand still, and he disappears.

I feel him, I am him,

I collapse.

Connor Chittock

Sports

Bantam Girls
Basketball

Senior Boys
Basketball

Bantam Boys
Basketball

Juvenile Girls
Basketball

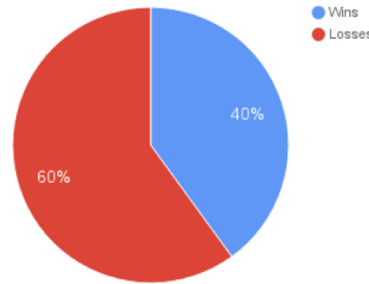
Junior Girls
Basketball

Juvenile Boys
Basketball

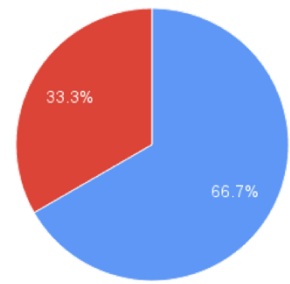
Junior Boys
Basketball

Mia Jakobsen

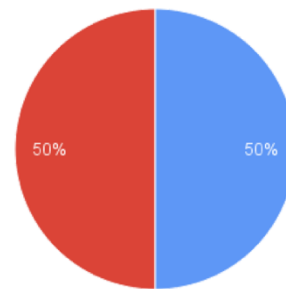
Juvenile Girl's Basketball



Juvenile Boy's Basketball



Junior Girl's Basketball



Upcoming Events

April

-

"Monte Cristo" Playing at Kay Meek Theatre
April 4th – 7th

-

Whistler Band/Choir Trip
April 20th – 22nd

-

Neon Night Rockridge Grades 8-10
April 19th

-

May

-

Socials 10 Trip to Victoria
May 16th and 17th

-

A Large Amount of AP Exams
May 1st – 12th

-

June

-

Sweet Sounds of Spring Concert
June 1st 6:30 pm - 8:00 pm

-

Summer!
No School June 30th – September 4th

-

Contributors

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

Finn Meiklejohn – *Head Designer*

Hayden Roth – *Creative Director*

Connor Chittock – *Poetry Contributor*

Connor Szeto – *Short Story Contributor*

Mia Jakobsen – *Head of Athletic Department*

Miranda Berry – *Comic Artist*

Simon M. & Raman B. - *Jokes*

Sam Brock-Mahood – *Head of Review Department*

Competition Entries

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

Submissions should be sent to
therockridgepost@gmail.com
by June 1st, 2017.

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

Jokes

My dog used to chase people on a bike a lot. It got so bad that, finally, I had to take his bike away.

-

Police Officer: "Can you identify yourself, sir?"
Driver pulls out a mirror and says "Yes, it's me."

Simon Mattern

A Spanish speaking magician says that he'll disappear on the count of three. "Uno... dos..."
POOF! He disappears without a tres.

-

What's green, has four legs, and could kill you if it fell from a tree? ... A pool table.

-

What is Forrest Gump's password? ... 1forrest1.

Finn Meiklejohn

After many years of studying at a university, I finally became a PhD. . . or a Pizza Hut Deliveryman as people call it.

-

A woman caught her husband on the weight scale, sucking in his stomach.

"That won't help you, Joe, you know?"

"Oh it helps a lot," says the man, "it's the only way I can see the numbers!"

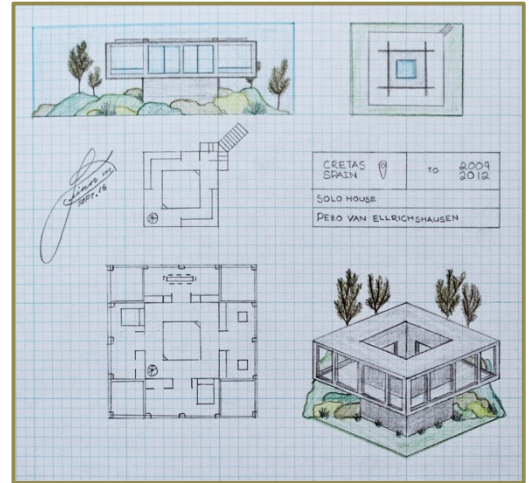
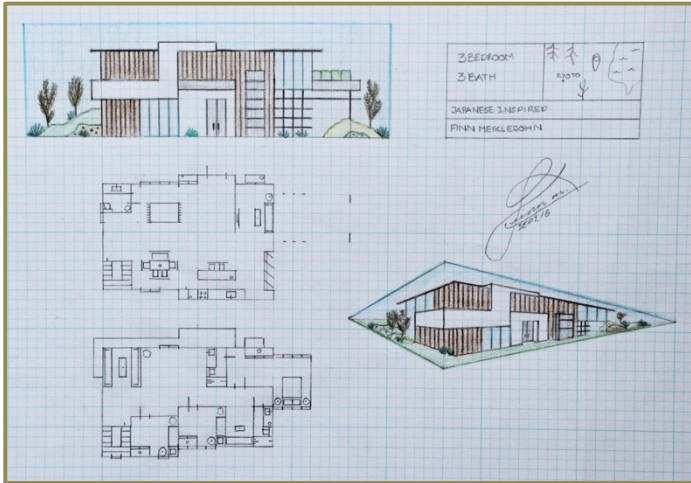
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Raman Baht

Quote of the Term

Life is 10% what happens to you,
and 90% how you react to it.

-Charles R. Swindoll



Movie Artwork (pg.2)

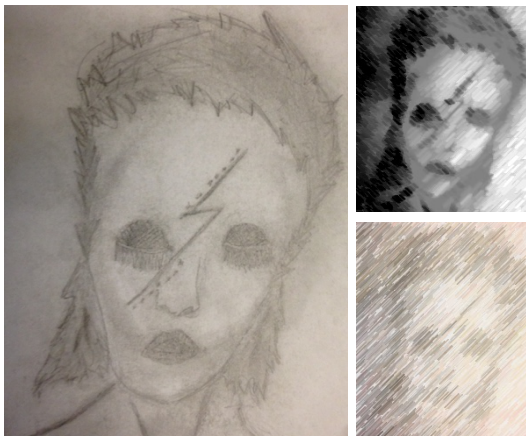
Sam Brock-Mahood

Architecture

Finn Meiklejohn

Comic and David Bowie

Miranda Berry



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

If you have any questions or are interested in writing an article, please email us at therockridgepost@gmail.com

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