BILLE PLOINE



une Chalfonts Community College





John Stanborough

The

Shawshank

Redemption



- Genre: Crime
- Director: Frank Darabont
- Time: 142 mins.
- Starring: Tim Robbins and Morgan Freeman
- Plot: The story of a lawyer falsely accused of a crime (Robbins), forced to adapt to prison life and befriending 'Red', fellow prisoner and contraband

smuggler.



When I was assigned this review, I thought to myself 'Why do movie reviews all have to be about new movies? Why can't we appreciate the classics from time to time? So, I've chosen a classic movie that I'm sure you'll love.

I first saw this movie when I was 13. That gave me some time to think about it, and I've only recently realised the genius of the movie. The expert casting, the fluid acting, and the overall terrific direction of the movie. The movie, to this day, remains one of my favourites. Tim Robbins delivers his career-titling performance of Andy Dufresne, and Morgan Freeman in one of his first performances, which turned out to be one of his best.

Overall story comes from Stephen King, for his eloquently told tale 'Rita Hayworth and the Shawshank Redemption', which was adapted into this film. King was and still is my favourite author, and I highly recommend all his books. However, let's get back to the movie.

The soundtrack, expertly composed by Thomas Newman, is unexpectedly suiting to the moments within the film, and delivers an extra burst of fluidity and feeling to the overall movie.

Newman has worked on many great films since. This, combined with expert amazing visuals of the prison, creates a masterpiece rivalled only by the book. Morgan Freeman's famous voice narration ties the story together, and the chemistry between the actors is visible, in order to create a final product that is heart-breaking and amazing.

I could not recommend a film more.





Stranger things, A Netflix teen trend going around schools and conversations around. If you haven't seen it you're missing out .

Stranger things is an American Netflix Sci Fi horror series that started in July 2016. From then it has become more and more popular until they introduced a second series with more in the foreseeable future.

The series revolves around a fictional town of Hawkins Indiana, in the 1980s. The first season focuses on the investigation on the disappearance of a young boy amid supernatural events occurring around the town including the appearance of a girl with psychokinetic abilities, who helps the missing boy's friends on their adventure to find their friend Will.



Millie Bobby Brown, the actress, stars as the famous character EL with supernatural powers which gives it a more entertaining look. She grew up in Hawkins lab hidden away from the world. She was then tested on and isolated from the outside world. In the series EL doesn't use much English or any other language, so it's quite hilarious when she asks what something means in a bad situation.

Personally my favourite character is Jim Hopper played by David Harbour. He is chief of Hawkins Police Department. After his young daughter died of cancer, Hopper got divorced and lapsed into alcoholism. So he devotes his life to the case of the missing boy.

He's funny and makes jokes in the series which makes it entertaining and his dramatic scenes add an edge to the series.

Inside the scary mist of Season 1 the main threat is the 'Demagorgan', a slender like creature with no face and 6 rows of teeth that open up like a decrepit flower. It originates from another dimension called the upside-down.

However in Series 2 the main threat is nameless but is linked with Will's body causing scary and haunting scenes. It also originates from the upside down and appears as a giant spider mist.

If this was enough to make sure you switch on Netflix and get your popcorn I'm glad I could introduce you to STRANGER THINGS.



After witnessing his mother's supernatural murder, Barry Allen is taken in by a detective Joe West and his family. Barry becomes a brilliant but socially awkward crime investigator for the Central City Police Department. A particle accelerator malfunctions, filling the city centre with a radiation during a thunderstorm, and Barry is struck by lightning. Awakening after a coma, he discovers he can move at superhuman speeds. Harrison Wells, the accelerator's designer, describes Barry's nature as "metahuman". Barry vows to use his gifts to protect Central City. As the Flash, Barry also pursues his mother's murderer, the Reverse-Flash.

I honestly love the series and how it ties in with another series.

Also I love how there's a lot of charisma and a lot of drama/evil plots against the Flash because other people have been granted the power of speed such as reverse flash , dark flash, kid flash and Godspeed who is also in the comics.



Max Coker Year 9

FOOTBALL

Football Transfers January 2018

Football transfers are the process of a footballer transferring from one club to another, generally for an expensive fee. A player can also be loaned to another club. Football transfers can only happen in two periods of the year. The month of January (1st to the 31st) and the 9th of June to the 31st of August.

Let's start with the Football transfers of January!

Second Most Expensive Transfer in Football History

Philippe Coutinho has moved from Liverpool to Barcelona for an expensive fee of £142 million! This is the 2nd most expensive transfer in football's history beaten by Neymar's transfer from Barcelona to PSG for £222 million!

Barcelona and Liverpool were in talks over Coutinho since summer but failed to sign him. However on January 6th a deal was confirmed for £142 million on a five and a half year contract. Coutinho stated that "it's a dream come true ".



Diego Costas Bizarre Transfer

Diego Costa, who played at Chelsea for 3 years, has left the club on the bad side. Trouble started when Antonio Conte sent a text to Costa confirming that he would not be in his future plans for the Chelsea squad. This of course angered Costa causing him to refuse to play for Chelsea yet he was still at the club. So he went into hiding in Brazil avoiding all contact until he shared a video online celebrating

with his former club's jersey, Athletico Madrid. He then said that he wanted to move back to his former club Athletico Madrid. In September the move was confirmed yet it was outside of the transfer window forcing Costa to wait 4 months until January. That was a long one wasn't it? Diego has now played his first match; he came on in the 60th minute, scored then got sent off. Typical Diego!





Chelsea Sign English future star Ross Barkley

The 24 year old Ross Barkley has signed for Chelsea for around the fee of £15 million. He was almost signed in the summer for £60 million which means £15 million is a bargain! Although Barkley hasn't played for six months, due to surgery, Conte still thinks he will be a good signing "with lots of space



to improve". This so far is Chelsea's only signing in the January transfer window and it is a good one. Barkley will be wearing the number 8 shirt possibly putting him under pressure from legends such as Frank Lampard.

Transfer Rumours

When the public are not sure over a certain transfer either because it is highly unlikely or made up it is called a transfer rumor. So, here are some transfer rumours in popularity order!

1. Eden Hazard to Real Madrid for £120 Million

Eden Hazard (Chelsea superstar) has been linked to Real Madrid for a while now and the fact that he has rejected his second contract offer could mean he might leave. This would be a great loss for Chelsea.

2. Alexis Sanchez to Manchester City for £35 Million

This rumour has been around since last summer when Sanchez decided he wanted out at Arsenal. City missed out on him forcing to stay longer at Arsenal. Now it is January City could get him for £35 million.

3. Antoinne Griezmann to Manchester United for £89 million. Griezmann has been interested in joining the Red Devils since last summer but now he is requesting 400k a week! Crazy!







Thank you very much for reading this if you got here and I hope you found something interesting on the expensive world of football.

C i g i +

By Mackenzie Sinton

Gigi Hadid x Ma<mark>ybelline make-up</mark> line.

Gigi Hadid is a 22 year old American fashion model who has recently brought out a new makeup line in conjunction with Maybelline.

This makeup line has a variety of products. East Coast Glam has glow boosting bases, fab eyeshadow palettes and two inky black eyeliners. Also available, are mascara, lipstick, eyeshadow brushes and other essentials.

Fancy a beach look? Then West Coast Glow is your 'go to' range. Liquid strobe highlighter gives you a sun kissed look, bold matte lipstick and eye contour defined eyes add a statement to your look. Gel eyeliner, tinted primer and three gorgeous lip kits are also available.



What could happen in 100 years from now? What will we, our children or our grandchildren experience and see in the future?

Science

Is it possible that in 100 years' time the average human lifespan could exceed150 years plus? In 100 years, ageing will be under a lot of medical control and humans could be able to live in good health for as long as they want, due to better diet and lifestyle. In the future there could also be a cure for ageing. Nanobots, minute robots the size of a crumb could be developed. Nanobots



could be developed to flow around our body, fixing cells, immune system and regulate substances. There will be huge advances in medicine, one of the main ones being genetic modification. This is where DNA is modified to cure diseases or to stop genetic disorders in humans. However there could be a super bug virus resistant to all antibiotics and could kill millions of people worldwide by 2100 if not prevented.



Geography

Extinction of more animals and the end for many more species. Seas will be used for algae farming for renewable energy and oceans could be extensively farmed.

Did you know 2016 was the hottest year on record and 2017 the second hottest year, Climate change is caused by greenhouse gases from human activities, such as burning fossil fuel and deforestation which means that with global warming increasing, the availability of water is expected to

decrease in areas such as the Mediterranean by up to 50%. Globally this could lead to 20% increase in the number of people affected by water scarcity. Arctic summer sea ice could also completely vanish. Antarctica could be developed as there will be less ice and some large areas could be used commercially for resources.



Fuels

Could fossil fuel be obsolete in 100 years? Fossil fuels will run out. Fossil fuels such as oil, gas and coal could be replaced with fusion or solar energy fuels. Nuclear fusion energy will be the new type of energy

developed and is the energy-producing process taking place in the core of the sun and stars. Nuclear fusion releases large amounts of energy. Wind power may not exist anymore.

Languages

Minor languages are dying out already. There could be only three languages in the world: English, Spanish and Mandarin.

Travel

Driverless cars could be widespread, even flying cars could be mass produced and taking into our skies. There will also be more automated services. Commercialized space travel could be available. It will accelerate space development and tourism will be one important area. Space elevators will be constructed, which will revolutionize space travel making it cheap and easy. Humans will need to find a new planet to populate. To seek alternative planets for possible habitation in case of climate change, overdue asteroid strikes, epidemics and population growth. Space X boss Elon Musk has big plans to launch space colonies in the next 100 years and NASA has said its Mars missions could help to put humans permanently on other planets. Human form colonies could be made on Mars!





Currency

There may be fewer currencies or one worldwide currency. We are already seeing electronic currency such as Bitcoin that can be used anywhere, and this trend will continue.

There is a lot to look forward to. How will we contribute to making the future a better place for ourselves and for our future generation? Whether our goals are in the sciences, arts, technology, languages, economics, mathematics, engineering, geography, history or sports we can always contribute to make a positive difference starting now.

Plastic Pollution

As I'm sure most of you know, plastic is one of our main problems in our world's pollution. 80% of pollution enters the ocean from the land and billions of pounds of plastic can be found in the ocean making up about 40% of the oceans surfaces. Fish and other animals in the sea often choke and die on pieces of plastic that are dumped in the ocean.

10 Facts About Plastic Pollution

- 1. 50% of the plastic we use, we use just once and throw away.
- 2. Enough plastic is thrown away each year to circle the earth four times.
- 3. It takes 500-1,000 years for plastic to degrade.
- 4. One million sea birds and 100,000 marine mammals are killed annually from plastic in our oceans.
- 5. Plastic in the ocean breaks down into such small segments that pieces of plastic from a one litre bottle could end up on every mile of beach throughout the world.
- 6. Plastic accounts for around 10 percent of the total waste we generate.
- 7. Americans throw away 35 billion plastic water bottles every year
- 8. Over the last ten years we have produced more plastic than during the whole of the last century.
- 9. Plastic chemicals can be absorbed by the body. 93 percent of Americans age six or older test positive for BPA (a plastic chemical).
- 10. Some of these compounds found in plastic have been found to alter hormones or have other potential human health effects.

7 Ways to 'Rise Above Plastic'

- 1. Choose to reuse when it comes to shopping bags and bottled water. Cloth bags and metal or glass reusable bottles are available locally at great prices.
- Reduce everyday plastics such as sandwich bags and juice cartons by replacing them with a reusable lunch bag/box that includes a thermos.
- 3. Spread the word. Talk to your family and friends about why it is important to reduce plastic in our lives and the nasty impacts of plastic pollution.
- 4. Avoid plastic bags and polystyrene foam.
- 5. Recycle. This helps keep plastic out of the ocean and reduces the amount of "new" plastic in circulation.
- 6. Every time you go to the park, pick up 3 pieces if litre and throw it away.
- 7. Give up gum. Gum is made of a synthetic rubber, aka plastic

Mackenzie Sinton, Year 9





Rick and Morty is an American animated science-fiction sitcom created by Justin Roiland and Dan Harmon that has been introduced to Netflix a while ago in 2013 .It has recently made Season Two and Season Three it will continue to produce nine more seasons according to the credits.



The show revolves around the adventures of the Smith household, which consists of parents Jerry and Beth, their kids Summer and Morty and Beth's father, Rick Sanchez, who lives with them as a guest in their garage.

Rick is an eccentric and alcoholic mad scientist, who despises many ordinary conventions such as school, marriage, love, and family. He frequently goes on adventures with his 14-year-oldgrandson, Morty, a kind but easily distressed boy, who is completely the opposite of Rick.

My favourite character is Rick as he constantly makes jokes and he is literally the smartest person in the universe. As for Morty he is quite naïve, but as time develops he becomes more of an independent boy rather than reliant on Rick.

Morty sees the type of person Rick is and so he starts to become darker throughout the series. Rick and Morty go on lots of adventures in the series, some emotional one and very dark one but of course there are always going to be some hilarious parts.



Max Coker, Year 9

Martial Arts – How it can benefit you

Martial arts have been a staple of defence techniques since 10,000- 6,000 BCE, and has been studied and practised by a range of ethnicities throughout the 7 continents. Even boxing is considered a martial art! This makes it one of the most poignant and respected sports in the world. A lot of people, however, might have questions about what it takes to become good at martial arts. I caught up with martial arts guru and friend of mine Jamie Donaldson, to ask him a few questions about his training.

What made you want to start martial arts?

It all began on my 8th birthday, when my grandma bought me a Karate gi (traditional clothing for martial arts training), which motivated me to start. From then on, I became my instructor's best student. My dad had a lot to do with shaping me into where I am today.

Do you know of any health benefits gained by studying and practising martial arts?

It tends to affect your physical coordination in a very positive way, and it is proven to keep your body looking and feeling younger for longer. It's activity so obviously you'd be exercising, and it can also boost confidence as you feel like you can achieve more.

Have there been any instances in the past where martial arts has been useful to you?

There were a few incidents in the past where I was almost mugged, however I was able to use my skills to fend them off until I could get away. I ended up smacking one in the face and winding the other one by hitting them in the stomach.

Are there any limitations to consider when attempting to practise martial arts physically?

Well, take in mind that some moves require a high level of athleticism, however most of the basic kicks and punches can be mastered by people who do not consider themselves fit. You don't have to be a god to practise martial arts physically.

How has martial arts benefitted you?

Well, I've gained faster reaction times and higher levels of strength. I've improved my stamina so I can run for longer periods of time and obviously I've grown more confident as the years progress.

Does martial arts always have to be about self-defence?

No, it can be for a lot of things. It can be used for fun, to improve physical coordination, confidence, reaction speed, strength, and can even be used to impress people you know.

Do you have any advice for people out there that might want to consider practising martial arts?

If you start, don't be afraid. Fear is the one thing that holds most people from their proper potential. Certain things might seem strange, but I can assure you that they are all to improve your physical fitness and coordination. Just be confident, because the order of importance for martial arts is...

SPIRIT, ATTITUDE, TECHNIQUE.

So, if anyone is considering starting martial arts practise, you now have some tips from a professional. Good luck!

John Stanborough, Year 10

Market Ma

Modern-day slavery, also known as Contemporary slavery, is the term for institutions of slavery that still exist in the 21st century. Today there are estimations of around 21 million to 46 million people enslaved.

This is something that happens all over the world; even in the UK. Contemporary slavery occurs most commonly in situations where someone is in a position of poverty or lack of opportunity and gets tricked or more often forced into working for someone or a group of people for no pay and no way out. Labour areas such as; agriculture, construction, hospitality, manufacturing and car washes.

Domestic slavery is classed as slavery because of the challenges it presents. However, others, predominantly children, are forced into crime for instance; the production of cannabis, petty theft or begging.

Trafficking is the illegal act of trading humans for the purpose of forced labour. A large majority of the victims of modern-day slavery are shipped over to the UK from countries like Albania, Vietnam, Nigeria, Romania and Poland.

These slaves are threatened with violence and as they don't have the right information to be in the country, going to the police could get them into trouble.

I asked some of the student body, and they described what is happening to many illegal immigrants across the UK, as; "unacceptable" and "shocking". One girl expressed that "more action should be taken" and that "this should be more known so that we can do something about it".

Isobel Hereward, Year 9

