

inkspot



Uri Kyeong ♥

THE



INKSPOT

SOMERSET'S FAVOURITE NEWSPAPER

ISSUE 1, 2017

WRITTEN BY: INKSPOT COMMITTEE



Daiana Yoon

IN THIS TERM'S ISSUE...

- What's HOT and what's NOT?? Get the inside goss from each grade ;)
 - A review of the hottest new album from our favourite redhead Ed Sheeran. Tbh Galway Girl was the only thing that got us through Term 1...
 - Don't just sit around and waste your possibly awesome Term 1 holidays! Follow Inkspot's guide on what you can do to make it an unforgettable first holiday and the start of many more to come! There's a BUCKET load of fun things on offer ;)
 - Lemonade made from the best, freshly squeezed memes brought just to you by us ☺
 - Satisfy your Easter dessert cravings with the tastiest Easter recipes!
 - Bored of listening to the same playlist? We'll provide you with a funky playlist of the freshest finds. That way you'll never have to waste time searching for new songs!!
 - With new music, comes concerts and more festivals you could go to! Check out the options available in the Festival article ☺
 - Get to know the Gappies and the School Captains better!
- What happened on the Years 7, 8 & 9 camps? You'll have to read to find out!
 - Behind the scenes as an up and coming Youtuber? Yes, please!
 - Get fit over the next two weeks with these fun and effective workouts!!!

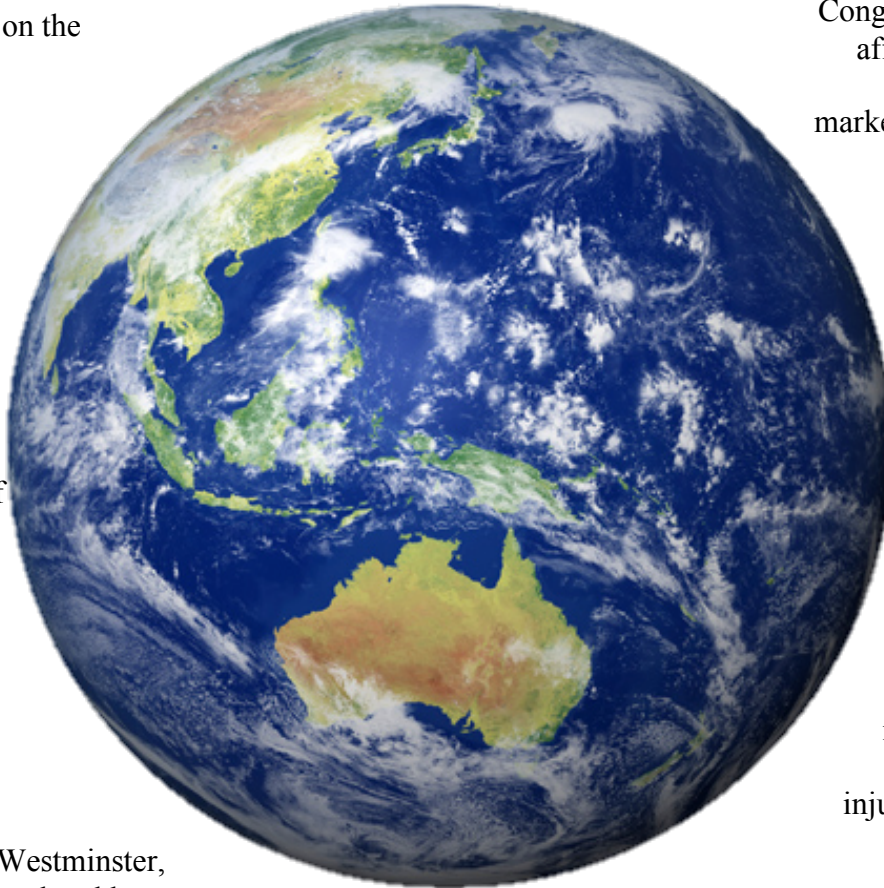
What's happening in the world outside Somerset??

RUSSIA:

Tens of thousands of protesters gathered in the streets of Moscow in an anti-Putin rally on the weekend.

USA:

Share and dollar prices dropped over 0.5% on Monday after Trump's healthcare bill failed in Congress. However, this hasn't affected the almost 3 trillion dollar rise in the US stock market since he came to power.



AUSTRALIA:

Severe tropical cyclone Debbie was upgraded to a Category 4 and hit parts of North Queensland causing severe damage.

JAPAN:

An avalanche in a ski resort in Nasu (190km north of Tokyo), has injured 40 people while 8 are presumed dead.

ENGLAND:

A terror attack in Westminster, London over the weekend has resulted in 5 deaths (including the attacker), and multiple injuries due to many civilians being struck by a speeding car and falling into the Thames.

AUSTRALIA:

The world's biggest dinosaur footprints have recently been found in Western Australia, with researchers referring to the coastline as the real life 'Jurassic Park' *cue the music*



What's been going on within Somerset – Cel of Lit Author Interviews!!!

L - **Lucas Proudfoot** (*Shaka Shaka Hawaii*) * Sidenote: Follow him on Insta – [theproudfots79](#)

S - **Shivaun Plozza** (*Frankiw and Medieval Europe, Where the shoreline used to be*)

R – **Rachel Perkins** (*Bran Nue Dae*)



1) Can you briefly explain how and why you became an author/filmmaker/director?

L: My parents were school teachers, so it was mainly being around books from a young age. Books were always around the house.

S: I read a book called “The Hitchhiker’s Guide to the Galaxy” when I was 14, and I was obsessed with it to the point where I would actually imagine myself going on adventures with these characters, cause I didn’t want that to be all that it was. I just wanted it to be so much more. I didn’t want it to end, and I thought, “I can’t think of a better job to do, than to be someone who creates characters and worlds that people fall in love with, in the way that I’m in love with these characters”. And so that was the beginning.

R: I originally didn’t want to become a director. When I began to work in the business I got more into it. I really liked the way that movies had the ability to influence people. Since then I have been very passionate about it, especially the ability to change hearts and minds. I have done 3 adaptations but not all books. I have done 2 plays; *Radiance* (1997) and *Bran Nue Dae*. Finally, I have done *Jasper Jones* which is my most recent.

2) When writing a piece of work, do you have a particular setting you have to be in?

L: Yes, I have to be in a library in the back corner with almonds. Most of the time I will be in the Gold Coast. I usually only write about 5000 words in each sitting.

S: I’ve trained myself to be able to write anywhere, anytime, because I have to [in order to] fit it in with the rest of my life. Ideally, I would like a big stretch of time where I can just sit down, quiet, no interruptions and just write, but life isn’t like that, so I can write on trains now. I can write in cafes, I can write anywhere I have to to get something done.

R: I usually get a writer to do the adaptation. However, I think the environment you need to have is neutral trust and respect for the people you are collaborating with. You need to really believe in the people you work with. So it doesn’t really matter about the environmental conditions and you can discuss a film over any place. It’s more about the interpersonal relationships and the ability of the people you are working with.

3) Describe yourself in three words.

L: Fun, Quirky, Random

S: Stubborn, Cat-Obsessed (it's a compound adjective so it counts), and giggish (editors' note: this technically isn't a word but creative license is a thing, use your imagination 😊)

R: Creative, adventurous and flamboyant

4) What's your most embarrassing moment?

L: When I was younger, in Grade 9 I did aboriginal dancing, and in one of the performances I was wearing this bright yellow underwear (we usually wore red) under my nargan (the skirt thing we wear). During the performance my nargan fell off and I was really embarrassed.

S: Well, just the other day, I was holding a tampon in my hand, and I opened the door because the doorbell rang and the postman was there. I was just chatting away not realizing that it was still in my hand! It wasn't until I closed the door that I realised, "Oh yeah, I've got a tampon in my hand".

R: I find it really awkward to watch a film with an audience for the first time. I see all the mistakes and am so anxious of what people will think. I can't sit through it often.

5) Do you have a secret talent and if so, what is it?

L: Finger Pop – Suction thing. (FYI - *we have no idea what this is*).

S: I have a talent, but I'm not sure if it's secret or not. I'm more so an artist, so I draw and paint and that sort of thing, but it's not so secret I suppose, cause I Instagram my pictures. I think when you have a talent, you want everybody to know that you've got that talent, so I'm not going to keep it to myself.

R: I feel as though my secret talent (which isn't an actual secret) is to collaborate. I like the relationships I have with people that I work with. I feel that it is an asset you need when you're a director, to be able to appreciate people, make people feel comfortable and enjoy their company.

6) Can you attempt to describe the taste of water?

L: Damp

S: This would take me two or three days to accurately come up with this! All I'm thinking of is "wet", but that's not the taste. If I was really a flowery sort of writer, it'd be like: "It tastes like having walked through a desert, and suddenly you see the ocean, and you dive straight in. And that's how water tastes". Or something like that, but that's not how I write. So, I don't know! It tastes like nothing!

R: Boring. I like drinking Coca-Cola. I know it's bad but I would drink it over water any day.

Breaking News!!!!

Missing Deadlines - brought to you by an undercover re-π-rter ;)

In an unprecedented incident at a Mudgeeraba school today, a student admitted that missing an assessment deadline was indeed his own fault. Acting Director of Discipline (ADD), Mr Kane Em-All was in shock at the news. "We have a strict protocol regarding assessment deadlines", he explained and once a breach has occurred, students have about a fortnight to provide an adequate excuse".

"Normally we have to deal with parents, doctors and even lawyers before eventually having to admit that the school was somehow in error", he added, "with the phrase 'open to interpretation' normally providing some resolution for both sides".

This current admission by Year 10 student Ivor Nexcuse, has sent shock waves around the school community. No longer will there be a question mark over whether a teacher was still using the old Julian calendar, which would conveniently provide a 13 day extension on any deadline. Furthermore, the "My dog ate my printer" alibi has certainly had its day.

Confused teachers and students all jumped on the social media stream of College Box, to seek some closure to the episode but unfortunately, there was a fault on the site and fearing a malicious cyber-attack, it crashed and was closed down.

This article is supplied to *Inkspot* through the **Somerset Academy Tabloid Incorporated Reports Exchange**.

This term Year 7, 8 and 9 students bussed away from school work and classrooms and braved the rain out in the wilderness, Bear Grylls style... let's hear how they fared, starting with the new kids on the block, the Grade 7s...

YEAR 7 CAMP REVIEW

Year 7 camp was an experience. Memories were made, friendships were extended. I now know who in the grade snores like a horse.

When we got to the campsite, after an hour or so of driving, everybody was energetic and ready to start the day. We got our tents and put them up, one of them being so big that it was called the "Taj Mahal". After setting them up, we put our stuff inside them, some people clearly packed for an 8 month cruise... We then had our first dinner, and I think there was more food on the floor and chairs than in everyone's stomachs.

We then went to sleep (for some people) and when everyone got out of their tents to start the day, not everyone was as energetic as the day before. We rotated activities between laser skirmish, high ropes (BEST DAY EVER) or abseiling (a terrifying experience for some); or a hike. We then had either bush dancing or another hike looking for glow worms, with everyone being completely exhausted afterwards.

Karam and Jules' tent, in fact, was almost drowned on Thursday night by the force of the sleep-preventing water that seemed to drone on for days on end.

On Friday we woke up to our last day, some deflated people knowing that the journey was almost over, to enjoy some Tug of War. We also had lunch (many constipated stomachs growling in protest). We then packed our tents (which for me was harder than putting up), thanks to Dom's help, it took about 30 minutes to put my sleeping bag into its sleeve.

We arrived back at school with lots of stories, mozzie bites, and some happy parents' faces.

By Phoenix Chapman



YEAR 8 CAMP MEMORIES

I think we all agree that Year 8 Camp was... interesting, at the very least. We all made some interesting memories, and learnt some very important life lessons. The class of 2021 was probably the loudest, strangest group to ever pass through Moreton Island, and that's a fact.

After driving to Brisbane and getting on the ferry (and claiming our territory and fighting it out for the good seats), the rest of the boat ride was filled with siestas for the sleepy amongst us, food for the hungry among us, the titanic re-enactments for the cliché and cards for everyone else.

The first afternoon separated the tough from the weak, the brave from the homesick and the sleepy from the decidedly *not* sleepy. It rained non-stop, and every time we swept out the sand more appeared. Night time was not so easy to sum up. Creepy curlew noises, an Armageddon of mosquitos, the cold, the heat, the rain, the inevitable exhaustion, lack of sleep, the darkness, the stench, the dampness, the sand, and the lack of space was just the beginning.

The highlight of every day was the activities. Hiking (ahem, finishing the hike), glass bottomed kayaking (at night), snorkelling, sand tobogganing, walking up sand dunes, sand fights, face painting, rolling/sliding/jumping/running/falling down (in my case and a few others) the sand dunes and the blue (brown) lagoon with the quicksand mud at the bottom.

The camp hit some low points, however, such as the lack of flushing toilets, the shock of seeing yourself in the mirror on the return home (and not recognising yourself), the lack of sugar and getting the Group 3 songs in your head... FOREVER.

Some of the happiest memories are undoubtedly the performance night, Josh Joe's dance lesson, the ferry ride back (cheap, sugary food!), the unintentional dances people did whilst swatting mosquitos, Wilson, Fergus, Charlie and Sean's massive inverted sandcastle during the sandcastle competition and the bird song renditions every five minutes.

To conclude, a life lesson: Life isn't much better in board shorts when said board shorts are wet and sandy.

By Sofia Smith and Isabel Liu



And, finally, the Grade 9s, who seem to have been scarred for life from the weather - it was raining in case you didn't catch wind of it in the article ;) Still can't beat the infamous 2014 Grade 9 Camp though, the Minto group can vouch for that...

YEAR 9 CAMP

Year 9 Camp. More like Year rain camp. We're sure when we say rain is bad, we speak for all. Everyone now hates rain, except the idiots who like it. Enough on the rain, let's talk about mud. It was muddy... and raining.

The first three days on camp was rainy and muddy but the last two ... Heaven gave birth to happiness, it was sunny and **not** raining. rain rain rain rain rain rain rain rain rain rain. If it wasn't for the black market lolly deals, I don't think anyone would have made it through. MVP award goes to Mrs. Amores for being a legend. The eight hour hike was long. The 15 minute walk to the next campsite was longer.

For the grade eights, remember to **do it for the montage.**

Love to Group A. 😊

By Marcus and Dom



Get to know your Captains!!!

Abby and Katie risked their lives and ventured into the bear cave (The SLC) to see what makes the school College and Vice Captains tick.



Zoe Wei – “you know you swallow like 20 spiders or cockroaches in your lifetime”/ “surds, they just become a constant part of your life”



Rosie Bensley – “most embarrassing school moment – I don’t even know there’s like one a day”



Sam Stevenson – “she’ll be right”



Danny Ryu – “ummm”

Have you ever had a detention?

No

No

Affirmative

Yes

What is your most embarrassing school moment?

I was having a meeting with Mr Bassingthwaighte and I managed to spill ravioli all down myself.

When I got one of my drafts back and I threw it out of the common room window and then landed in the bush and I had to do the “walk of shame” to go and get it.

Hmm, probably having to be told that "Rosie isn't ready for a relationship, Sam" (Eleanor Sambrook, Year 9).

When I vomited on Courtney Randall in Grade 2.

What year did you come to Somerset?

Grade 10

Grade 6

Grade 7

Pre-Primary

What is the most common lie you tell to get out of a uniform detention?

My most common excuse would have to be sport training, which usually goes quite well.

Training before school, which is pretty much every day.

"I'm an idiot, I forgot my day uniform", but that's not a lie!

I had swimming training in the morning.

What is your most used emoji?



"the okay symbol"



Who is your favourite teacher?

Mr Brodar

Dr Brohier

Mr Walther (Somerset's Socialist Watchman)

Bevy G <3

MEET THE GAPPIES

By Karen and Joyce

Students of Somerset College, meet:

<p>TK</p>  <p>Sorry TK but you don't have a SchoolBox photo yet :(Instead, we used a smiley face</p>	<p>Adrienne</p> 	<p>Joe</p> 
<p>What do you like about Somerset?</p>	<p>Adrienne: The students are very friendly and the staff are very welcoming! TK: The infrastructure and people. Wait, not the people, the students. Joe: The students and the facilities. Adrienne: In general, the staff and students are the main highlight.</p>	
<p>What surprised you most about Australia?</p>	<p>Adrienne: You guys have a lot of slang that I don't understand. TK and Joe: Yeah, it's hard.</p>	
<p>What do you miss most from your home country?</p>	<p>Adrienne: Our families. TK: The food. Joe: Yeah, our families, and the food.</p>	
<p>Have you ever had a Bunnings snag? ;)</p>	<p>TK and Joe: What's that? Adrienne: Oh, that's a sausage right? TK, Joe and Adrienne: Haven't tried it yet.</p>	
<p>Now for some Australian slang! What does it mean when Australians say:</p>		
<p>Chuck a sickie (Calling in sick)</p>	<p>Adrienne: It's when you call in sick. Joe: You watch Margot Robbie. Adrienne: No, I haven't.</p>	
<p>Chunder (Vomiting)</p>	<p>Adrienne: Chunder? (They had no clue)</p>	
<p>Spit the dummy (Throw a tantrum)</p>	<p>TK: Spill the beans? Joe: I have no clue what that means.</p>	
<p>Choccy biccy (Chocolate biscuit)</p>	<p>Joe: Chocolate biscuit? Us: Yeah!</p>	
<p>Chuck a u-ey (Do a U-turn)</p>	<p>Adrienne: Isn't that a ute? Joe: No, no, it's when you do a U-turn.</p>	

Also, shout out to Kyla as well! Sorry we didn't get to catch up with you to talk so we hope you can forgive us :)

**BONUS: They tried vegemite for the first time, and this is what they had to say!
(PS we did it the right way, spreading it on toast with butter)**

Adrienne: “Nooooo, is this Vegemite?!”

... *Then, they ate it.*...

Adrienne: “Ewwww what is this?!?!?”

TK: “It's disgusting.”

Adrienne: “It literally tastes like it's been dipped in the ocean.”

Joe: (a depressed/sad/disgusted face) :(



MUSIC NEWS!!

Album Review: *Divide*, Ed Sheeran



Given the album's name, it came as almost no surprise that music critics have been rather 'Divided' over Ed Sheeran's latest album. Personally, I have to agree that *Divide* has me sitting somewhat on the fence.

Like many others, I had been impatiently awaiting a new release from Ed Sheeran for over a year when *Shape of You* was finally released over Snapchat filter in January. Admittedly, I was overwhelmed with excitement by this song, and not just because it meant more music was to come. The Caribbean music vibe was distinctly different from much of Sheeran's previous work, providing a fresh new sound. He also still managed to make it *feel* very Sheeran. After listening to the tiny snippet over and over again I went straight to Spotify to see if he had released anything else, which is where I stumbled upon *Castle on the Hill*. I have to say, when I first listened to this song I was fairly unimpressed. The anthemic chorus and soaring guitar just weren't my style and I found there wasn't anything pulling me to listen to it again. However, over time the sweetly nostalgic lyrics won me over, and now I simply can't listen to it without belting out the words.



Similar to my initial reaction to *Castle on the Hill*, when the full album was released I was rather underwhelmed. As it was largely made up of the same lovey acoustic pop songs that characterised both *Multiply* and *Addition*, it felt a little unoriginal and stale. The folk music sound of *Nancy Mulligan* and the Spanish vibes of *Barcelona* spiced it up a little, however the constant shift between music styles made the album feel disjointed, and I found myself missing the fluidity of his previous albums. This left me rather undecided. On the one hand, the songs were quite catchy and I find that each time I listen to the album it grows on me a little more, yet the lack of originality and flow means that for me, it simply doesn't stack up to his previous albums.

Therefore, overall, I would give this album a 3/5. Fans of Sheeran's romantic acoustic music, which is what he is known for after all, will not be disappointed, just don't expect anything revolutionary.

Emma Welch

Inkspot's Spotify - @somesetinkspot



Feeling overwhelmed by assignments and work? Stressed out to the max? Don't worry, we got you.

Relax and unwind from the stresses of school with these chilled out vibes from Inkspot's latest Spotify playlist, *Relax + Unwind*.

Featuring the likes of Ed Sheeran, Matt Corby and Solange, as well as some lesser known artists including Oh Wonder, Maggie Rogers and Lianne La Havas, there is the perfect mix of old faves and fresh finds.

- Emma

Music is without a doubt, one of the most important things when working out, so let inkspot help you so you won't have to spend all that time trying to find the best music for when you exercise 😊

All of these bangers will surely push you to your limits, especially when you need a little oomph (like most of the time tbh, we feel you), and right before you are about to give up!

- Daiana



You can find these playlists, as well as many others @somesetinkspot on Spotify. Simply hit follow!

Happy listening!

Emma Welch & Daiana Yoon

UPCOMING CONCERTS/ FESTIVALS

<u>Date</u>	<u>What is it?</u>	<u>Where?</u>
March 31 st – April 16 th	Bleach Festival	Various Locations
Saturday April 1 st	<i>Guy Sebastian</i> concert	The Northern, Byron Bay
Sunday April 2 nd	<i>The Vanns</i> concert	Miami Shark Bar (18+ event)
Tuesday April 11 th	<i>Jessica Mauboy</i> concert	Jupiters Hotel and Casino
Friday April 21 st	<i>Client Liaison</i> concert	The Tivoli, Brisbane (18+ event)
Sunday April 23 rd	Gold Coast Bulletin Fun Run	CBUS Stadium
Wednesday, Friday and Sunday nights	Surfers Paradise Beachfront Markets	The Foreshore, Surfers Paradise
Every Friday and Saturday night	NightQuarter – Night Markets	1 Town Centre Dr, Helensvale
Every Friday and Saturday night	Miami Marketta	21-23 Hillcrest Parade, Miami
1 st and 3 rd Sunday of the month	Broadbeach Art and Craft Markets	Kurrawa Park

Gina Teixeira

Lifestyle

Things to do over the holidays ☺

Article by: Uni Kyeong

<p><u>For the rainy days:</u></p> <p>Massive Movie Marathon! Get your gang together and binge watch Disney, throw-back movies (Hannah Montana!!) and catch up on TV shows.</p> <p>Bake! cute cupcakes, brownies and cookies... Even if you're a hopeless chef, you can find new and exciting recipes online which are so easy to follow, like oreo tacos and cookie-dough pizza?!!!!</p> <p>Have a spa day! Make DIY hair masks, face masks and exfoliants which you can find all over Youtube and Google ☺</p> <p>Have a day to yourself! Catch up on reading, call long distance family and friends, watch a movie or two and write some poetry... And you can do this whilst listening to some good tunes (aka the 'Relax + Unwind' playlist by 'somesetinkspot' on Spotify!)</p>	<p><u>Keeping fit over the holidays:</u></p> <p>Go for an early morning hike and watch the sunrise ☺</p> <p>Try to eat healthier. Eat seasonal fruits (like plums and peaches... YUM!) and resist the addictive Easter eggs...</p> <p>Go jogging in the morning at the beach, your local park, or even on a treadmill in the gym. Running is not only good for your cardio, it will help relieve stress and will help you have an amazing start to the day. TIP: listen to 'Drop it Like a Squat' playlist by 'somesetinkspot' on Spotify to help you keep motivated during your run ;)</p> <p>Workout whilst having fun with your friends! Go swimming at the beach, go to Bounce or Air Factory, play some soccer at the park or hit up the gym for one of the Pilates, Boxing or Pump classes.</p>
<p><u>Day out with your friends:</u></p> <p>Visit a cute café or restaurant you've never been to and take insta-worthy pictures while you're there ;)</p> <p>Go to markets! Markets are full of amazing food, second-hand clothing and cute little trinkets. Some markets include: Night Quarter, Burleigh Market, Miami Marketta, Currumbin Markets and Emerald Lakes Market.</p> <p>Drive in movies are a great way to spend the night with friends. Bring blankets, pillows & movie snacks, and you are on your way to a fun night.</p> <p>Spend a day in Brisbane. Start your day off at the Botanical Gardens in the morning. Then go shopping at Queens Street, and stop by at a restaurant or café for lunch. In the afternoon, visit GOMA, then hit up the Eat Street Markets for dinner.</p>	<p><u>Family time!</u></p> <p>Make a DIY kite and go fly it at the beach or the park. Have a competition with your family to see whose kite flies the best.</p> <p>Take a road trip! We all know road trips equals constant bickering and fights with siblings, car-sickness, boredom, etc, but visits to farms along the way, drive-through Maccas, and singing along to the radio... make road trips a great time!</p> <p>Start a garden. Unleash your inner green thumb, and grow some flowers, mint, basil, lavender or plant a tree! For those who have tried multitudes of times to grow plants, and failed over and over again. You can start a succulent garden, which is so easy to maintain (hopefully it will stay alive).</p> <p>Do a family project! Paint a painting on a large canvas, build a cubby house, renovate a section of the house or redecorate the mail box... which you can do whilst listening to the 'Christmas Bangers playlist by 'somesetinkspot' on Spotify (because WHY NOT?)</p>

Easter egg marshmallow slice

INGREDIENTS

- 250g packet malt biscuits
- 150g butter, melted
- 280g packet marshmallows
- 1/4 cup milk
- 200g block milk chocolate, chopped
- 100g dark chocolate, chopped
- 190g packet raspberry lollies, halved
- 140g packet Maltesers
- 2/3 cup shredded coconut
- 2 x 125g packets chocolate mini eggs



METHOD:

Step 1: Grease an 18cm x 28cm (base) rectangular slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan

Step 2: Using a food processor, process biscuits until finely chopped. Add butter. Process until well combined. Press mixture evenly over base of prepared pan. Refrigerate.

Step 3: Meanwhile, place marshmallows and milk in a saucepan over medium heat. Cook, stirring, for 6 to 8 minutes or until melted and smooth. Working quickly, pour marshmallow mixture over prepared base, levelling top with a spatula. Tap base of pan on bench to remove any large air bubbles. Stand at room temperature for 15 minutes. Refrigerate for 30 min.

Step 4: Place milk and dark chocolates in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until melted and smooth. Set aside for 15 minutes to cool.

Step 5: Combine raspberry lollies, Maltesers, coconut and $\frac{3}{4}$ of 1 packet of eggs in a bowl. Add $\frac{1}{2}$ of the cooled chocolate mixture. Toss well to coat. Spoon mixture evenly over marshmallow mixture. Drizzle remaining chocolate mixture over egg mixture to cover completely. Decorate with remaining eggs. Refrigerate for at least 1 hour or until set. Cut slice into squares. Serve.

Hot cross muffins

Ingredients

- 225 g unsalted butter (at room temperature)
- 200 g light muscovado sugar
- 150 g ground almonds
- 100 g buckwheat flour (see tip)
- 1 teaspoon ground mixed spice
- 1½ teaspoons gluten-free baking powder
- ¼ teaspoon sea salt
- 1 large orange
- 3 large free-range eggs (at room temperature)
- 175 g mixed dried fruit (ideally with candied orange in it)
- 50 g dried cranberries
- 1 eating apple (125g)
- 100 g icing sugar, plus extra for dusting

Method

1. Heat the oven to 180C/gas 4. Line two muffin trays with paper cases or squares of baking paper. In large bowl, beat the butter and sugar with an electric beater until pale and fluffy.
2. Combine the almonds, flour, mixed spice, baking powder and salt in a bowl, then sift it on top of the creamed butter and sugar. Add the orange zest, 3 tablespoons of the juice and the eggs to the bowl as well. Beat everything together until you have a thick batter, then stir in the dried fruit, cranberries and apple.
3. Dollop the mixture into the muffin cases so they're three-quarters full. Bake for 35 minutes, then turn down the heat to 160C/gas 3 and bake for a further 20–25 minutes, until the muffins are well risen and golden, and a skewer inserted into the centre comes out clean. Leave to cool in the tin for 15 minutes, then remove to a rack to cool completely.
4. Gradually mix the icing sugar with 4–5 teaspoons of the orange juice to make a thick icing. Spoon into a piping bag with a round nozzle, or into a sandwich bag, snipping off one corner. Pipe crosses onto each muffin, dust with extra icing sugar and leave to set.



EASTER DIY with Valerie – EGG MESSAGES

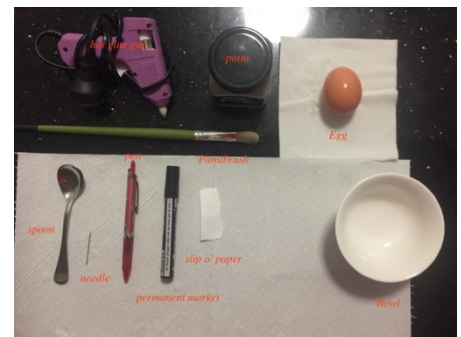
Easter is coming up so y'all better get into your Bob the builder outfits and start making stuff. Trust me, I did the DIY to prove that it is doable. It's a cool way to waste your time, write cute cliché messages to people and recycle egg shells! Be sure to have an adult supervising, or at least be careful.

Things you will need to make ONE egg message:

- 1 x Egg
- 1 x Small slip of paper (preferably thin paper unless you want to crack your egg)
- 1 x Needle (Careful!)
- 1 x Bowl
- 1 x Acrylic paints
- 1 x Hot glue gun
- 1 x Pen (To write yo message)
- 1 x Spoon
- Paintbrushes (Unless you want to do some finger painting)
- 1 x Sharpie/ Permanent Marker (For people who like drawing patterns on eggs)

Optional things:

- 1 x Box (For the extra people out there)
- 1 x That hay stuff to put at the bottom of the box



Step 1:

Grab that egg delicately (we don't want to mess up too early) and grab the needle and the spoon. Place your egg so that it does not fall over. Next, place the needle on the egg and use the spoon to gently tap a small hole in the egg. If you do not trust your spoon, get a tissue to hold the end of the needle and slowly twist and apply a little bit of pressure at a time until the needle goes through. Once the needle goes through, CAREFULLY move the needle around to break the yolk. Try to fill the egg inside with water by submerging it in a water jug and then exhale out the egg water to further clean the inside of the egg.

Step 2:

Turn the egg around and tap a hole on the opposite end, this means that we will have 2 holes opposite each other. This time, try to make the hole on the bottom bigger, but NOT TOO BIG (you will thank me later).

Step 3:

Place the bowl underneath the egg, pick the egg up and using the top of the egg, blow the yolk out into the bowl (ew). Try not to exhale too aggressively cause you will end up with a broken egg. You should now have an empty egg (preferably clean and dried out) and a bowl of egg whites and yolk.

Step 4: (DECORATION TIME YAS!)

This is basically a 'I CANNOT GIVE YOU DIRECTIONS FOR ART' step. Use your acrylic paints and paint the egg. Alternatively, you could use a sharpie and draw patterns on it. Try to decorate your egg delicately, because now the egg is empty and has two holes in it, it is in a fragile state.

Step 5: (Writing those cliché messages)

Grab that slip of white paper and write word/s on it like:

Happy Easter, may Spring bring new life your way, sup bruh, you cracked me, hello, boo (jk save that for Halloween).

Step 6:

Now, this is important. Focus on this step. Look at me. Okay, now, roll your little slip of paper as small and tight as you can, and CAREFULLY and GENTLY place it inside the egg through the hole at the bottom.

Step 7:

Now that everything is pretty much is done, use your hot glue gun and glue the exits of the egg shut. Alternatively, you can glue tiny pieces of paper on the exits.

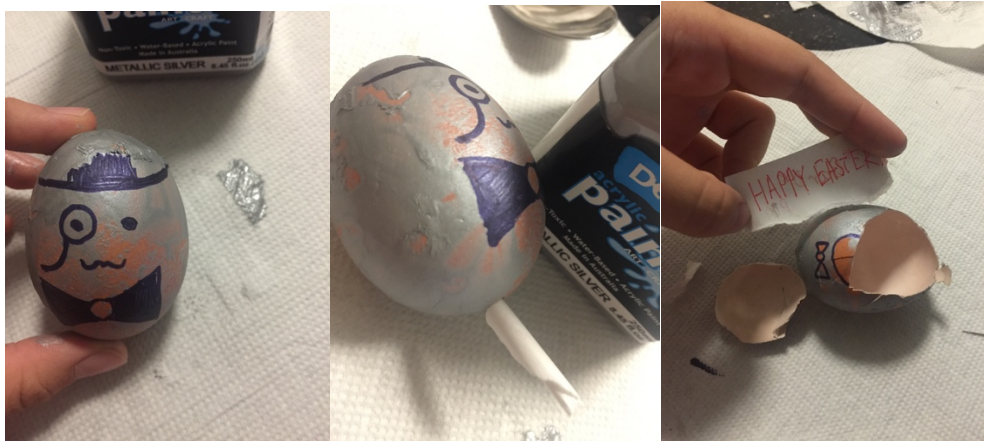
Step 8: (For those extra people)

Grab that box and stuff it with those fake grass thingys, then gently place your egg on it.

Step 9: (Done)

TAA DAA! You're done! Congratulations! You get my compliments!

Now that you have finished your egg (is that the sun again?!) you can show it off or give it to someone, or alternatively crack it yourself and be amazed. Good job!



Health and Fitness

HOW CAN YOU STAY HEALTHY OVER THE EASTER HOLIDAYS? = EGGSERCISE ;)

Article by: Daiana Yoon



Disclaimer: The following workout is inspired by the BBG program but includes some minor changes.

I can say from experience that one of the fastest ways to get fit is balancing your workout between both cardio + strengthening exercises. You won't even need to HIIT up the gym! ;)

YOU'LL NEED:

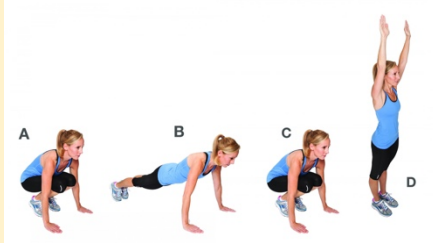
- Timer
- Yoga mat/ soft surface (carpet?)
- Motivational music! Check out Inkspot's Spotify playlist for this ;)

STEPS:

1. Perform CIRCUIT 1 for 7 min nonstop (if you are giving it 100% you will most likely repeat the circuit 2-3 times)
2. 30sec-1min break (depends on how intense you would like the workout to be)
3. perform CIRCUIT 2 for 7 min non-stop
4. 30sec-1min break
5. REPEAT steps 1-4!!! (so you do 4 circuits in total and it takes around 30 min)

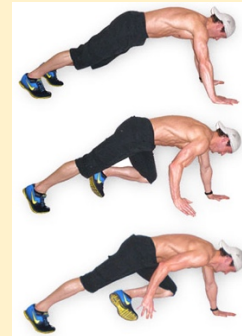
Circuit 1

**15 burpees
(with jump but no pushup)**



Circuit 2

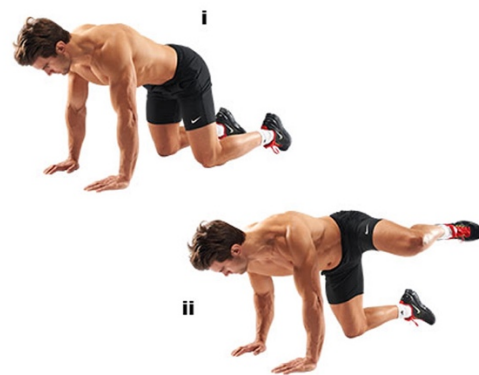
25 Cross body climbers – one on each side is one



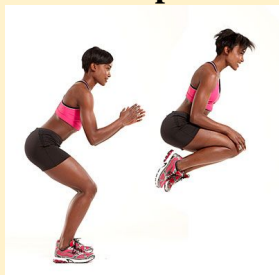
25 waist whittlers – plank position, twist waist for each hip to touch the ground (one on each side is one)



25 on each side Fire hydrants



25 jump tucks – keep palms high and in the same position



50 ab bicycles – one on each side is one



30 Russian twists – one on each side is one (with weights or without)

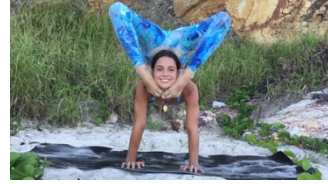


100 small Arm circles (forward 50, backward 50)



InkSPOTLIGHT on: Shannen Jones

<https://www.youtube.com/channel/UCxiEcr5jNRYE2oYPgSgA0vQ>



Tell me a little bit about yourself:

I am a plant based girl who values morality and equality for all beings. I like being outdoors, reading, circus arts and the Internet (editor's note: as in the World Wide Web not the sick alternative band, her favourite band is the Parcels). Currently, my future plans are to travel, write books and perform as a travelling contortionist. I also like to make videos.

How did you get started on YouTube?

My friend Sunny actually convinced me to get into YouTube because he has a few friends who are professional YouTubers who just travel, live their lives and promote wellbeing. He mentioned that their audience was young and he convinced me that I have stuff to contribute to the world as I've always had wellbeing and social issues as a part of my life and who I am.

Give me three words that describe your artistic style:

Creative, informative, interactive

Is it difficult to get yourself out there and promote your content?

It is difficult because there's an insane amount of content you have to compete with (on YouTube). I have been trying to use my social media to promote my videos, but I've been trying to use other ways like the Gold Coast Bulletin article (editor's note: check her article out at Gold Coast Bulletin) to promote my videos, as well as through conversation. But obviously don't make the objective of your conversation to promote yourself but if the opportunity arises...

If there was one thing about the world you could solve, what would it be?

Factory farming conditions. Because despite people ignoring it there is an issue within the process of non-vegan food production, and I believe that ethically our world would be a better place without such immoral circumstances.

Lastly, where do you see yourself in 5 years' time in an ideal situation?

Well I mean hopefully I'll be living overseas, making YouTube videos and maybe performing in a circus; just waking up every day and feeling content with where I am.

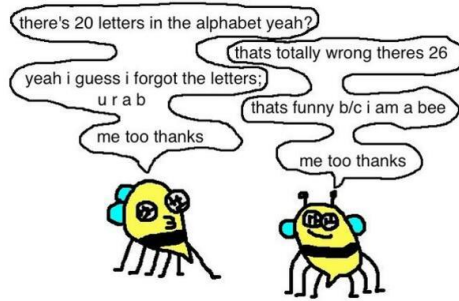
A YouTube channel banner for Shannen Michaela Jones. The banner features a background image of a person performing a handstand on a beach. In the top left corner, there is a small profile picture of Shannen. In the top right corner, the text reads "Don't forget to like and subscribe ;)))". Below the banner, the channel name "Shannen Michaela Jones" is displayed, along with a "Subscribed" button, a notification bell icon, and a subscriber count of "70". At the bottom, there is a short bio: "17 / vegan / life enthusiast making weekly videos, that share a teenage perspective on health, wellbeing and general topics of interest."

Article by
Celeste Walsh

HOT or NOT

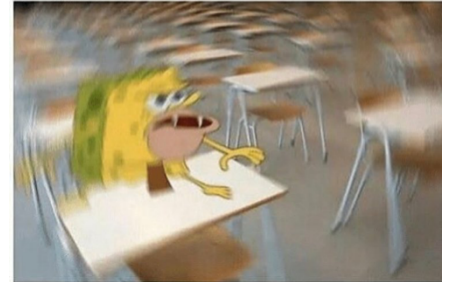
- Bread day babyyyyyy
 - Luke Mason's 'Let it Go' performance in the SLC
 - Is Mr Wrigley or Mitchell the REAL winner of the rap/poetry battle?
 - FRANK OCEAN'S CHANEL
 - TK's live performance of his National Anthem
 - Andrews house won HOUSE PLAYS! (the start of something new?? Maybe?)
 - Beauty and the Beast (um can Emma Watson get anymore perfect??!)
 - The @somesetinkspot Spotify account
 - Grade 11 handball/cricket tournaments...to the death (kiss ur diaries goodbye, y'all)
 - The best artists dropping tunes left right and centre
 - Suits – hands down best thing to come out of TV.
 - Colour-changing hair dye??? Is this the future?
 - Shannen's youtube channel. Cleanse your lives, kids.
 - Connor Franta releasing new merch on commonculture.com, that is SO fresh.
 - Harmony day <3
 - Signor's chocolate stash
- Danny Ryu and Zoe WEE as academic captains?
 - Cash me ousside how bout dah?
 - Oscars muck up... What is Moonlight??!
 - Stolen XBOX games
 - Losing your musical script 15min after receiving it ... @JLP
 - Franklin house plays? Wait who?
 - ...More like Cel of DRIP.....
 - RIP Starlight
 - Grade 11 & 12 being evicted from our common rooms during cel of lit, forcing us outside like sad hermit crabs.
 - Let's not talk about the US election. Literally if I hear one more Trump joke I might explode.
 - Riverdale taking a hiatus mid-season
 - Dabbing. Leave it in 2016.
 - The Kardashian/Jenner clan being the media's single source of celeb news. They're surely not THAT interesting!
 - Facebook beef

Freshly squeezed memes <33



me vs. you bc we both cuties who don't tear other women down

When you studied all night and you have no clue how to do question 1



How to pet your dog in Italian



When you rub your eyes a little too hard and start travelin into another dimension



Tom Davies @1TD

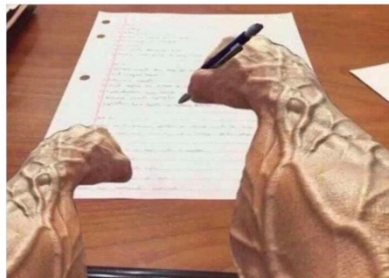
Why does this baby look more like Ed Sheeran than Ed Sheeran does?



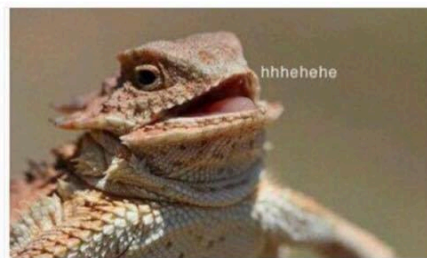
Swans from Italy are so beautiful 🥰



Me writing about how much my friends mean to me



when you lay there with a doublechin and scroll through your timeline and see something funny



When ur best friend calls u and have some gossip to tell u



Woman: So tell us some...
Guy: BODY ONCE TOLD ME
Man: Hired



Sometimes I go through my gallery of A+ memes and gifs on my phone and I wonder, did I save them or did they save me



when u hear her calling someone else a good boy



When it's 1am and ur dog starts barking at nothing



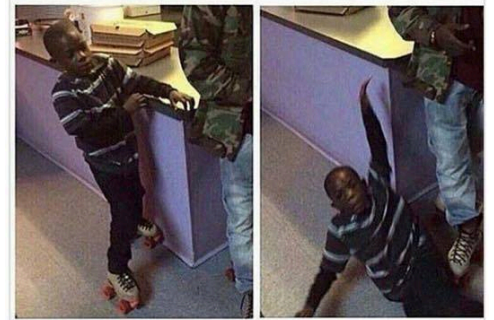
What do you mean by "Your job looks a little ruff"?

This is not a joke. I'm trying to feed my family, Karen.

Let me present to you the "Friendzone" logo



when u check to see if they've opened ur message yet & it says read 32 mins ago



me trying to learn 5 weeks worth of work I haven't done 10 minutes before an exam



Thank you for reading this term's Inkspot issue, we hope you enjoyed it! If you would like to join the crew please email Ms Hyman and she'll chuck you on the list ASAP! ☺ Also, a huge thank you to the Inkspot committee and Ms Hyman for making the publishing of this magazine possible!!!

Have a great holiday everyone! <3333



- Inkspot editors xoxo