

Photo: St. John Ambulance



**BREAKING GROUND:** St. John Ambulance recently celebrated the official ground-breaking for its new home at 72 Highfield Park Dr. In attendance from Lindsay Construction was Max Meisner, senior superintendent, Amanda McNeil, project manager, and Devin Hartnell, vice-president, along with Paul Millen (CEO) and Mary Kingston (board member) from St. John Ambulance, and District 6 Councillor Darren Fisher.

# DHS steals show at regional improv games

by Leigh Beauchamp Day



Photo: David Zinck

**DHS IMPROVISERS IN ACTION:** Back (l-r): Keegan Blue, Ceilidh McCoombs, Nat Dooks and Liam Twohig. Front: Kristen Kelly and Dennis Gallant.

The Dartmouth High School (DHS) theatre arts team is heading to Ottawa, after taking first prize at the recent Nova Scotia Improv Games Regional Competition. The DHS team out-improvise 16 Nova Scotia high schools.

"The theatre program at DHS is a developmental-drama-based program with a strong curricular and extra-curricular program," says theatre program leader, David Zinck. "Kids can take drama for all three years of high school, as well as participate in the improv team and the school play, and attend the Nova Scotia High

School Drama Festival." Zinck is the Fine Arts, Business and Technology Department Head and Student Council Advisor at DHS.

Improvisation is very challenging. In competition, the students are given a random theme. They then have 15 seconds in which to create a scenario. Their story must have a clear beginning, middle and end, and may contain dialogue. Fast thinking, script writing, organization, teamwork, directional skills and a host of other talents are brought to bear within minutes.

The students' praise for Zinck runs high. "Mr. Zinck

is more than a great teacher. He's someone the students can relate to," chimed in Ceilidh McCoombs, Liam Twohig and Madeline Haché. "He does so much in school and in his life outside of school, in spite of also being hearing impaired. He really inspires us."

Other members of the winning team are Becca Wolfe, Kristen Kelly, Dennis Gallant, Keegan Blue and Nat Dooks.

The Canadian Improv Games' National Festival takes place at the end of March. The students are looking forward to performing in one of the theatres at the National Arts Centre.

## Heart & Soul contributed by Anita Kent

Photo: Carolyn Trafford



Harbour View Elementary held a health fair on March 21 titled *Heart and Soul*, centred on wellness of mind and body. Students participated in various workshops, from Yoga to Zumba, and which included visual art components that offered

children ways to express their feelings. One of the more popular workshops, *Feast for the Eyes*, involved creating portraits from fruits and vegetables. This completely edible art activity was inspired by the work of a Renaissance painter, Guiseppe Arcimboldo.

Organizers of the event, Cassy Were and Anita Kent, understand the value of promoting physical fitness and nutrition, but believe the aspect of mental wellness is often overlooked. The fair offered Harbour View students alternative ways to stay healthy and happy.

## Imperial Oil fuels up community van by Leigh Beauchamp Day

Imperial Oil has stepped up once again to donate \$1,500 in gas to the operation of the Dartmouth Community Van. With over 6,800 kilometers on the odometer and close to 2,500 passengers to date, this is a welcome gift indeed. Imperial Oil has supported the community

van initiative from its inception, and is a valued partner, enabling the Public Good Society of Dartmouth to continue to offer this much-needed service to the community.

The Public Good Society of Dartmouth is a non-profit organization. Its goal is to make our community the

best it can be for the people who live, work and play here. This is done by raising awareness of social issues and identifying gaps in policy and support services for our citizens. For more information about the society visit [www.publicgoodsociety.ca](http://www.publicgoodsociety.ca).



Photo: Monique Mullins-Roberts

From left: Dorothy Barnstead, Administrative Assistant, Imperial Oil; Ralph Mackenzie, community van driver; Frances Drolet-Smith, chair, Public Good Society of Dartmouth; and Leo Sanchez, Dartmouth Refinery Manager, Imperial Oil.