

SPEGWHAAT

MARCH, 2026



THRIFTING TIPS

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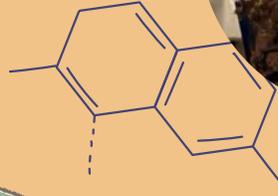
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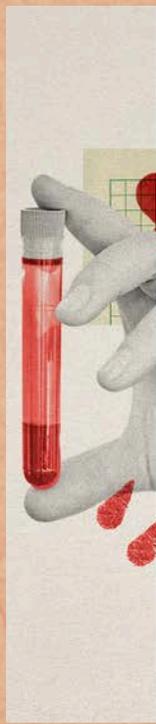
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out and about March

March 8 - International Women's Day

March 8 - Daylight Savings

March 17 - Saint Patrick's Day

March 20 - Spring Equinox

March 31 - National Indigenous Languages Day

Bug Printing Workshop

March 18

Visit the Swan Lake Nature Sanctuary to screenprint whatever insect design you please, as part of Invertebrate week at the Nature House! Bring an item of clothing, a bag, or purchase one of Swan Lake's totes.

Swan Lake Nature House

March 18, 6:00 - 7:30pm

Tickets \$10.00,

Visit SwanLake.bc.ca to preregister and for more info

Garden City Grooves Festival Kick Off

March 19

The Garden City Grooves Kick off is a night of celebrating Indigenous roots, creativity, and community through music. Featuring Te Melawmen Collective, Kiva MH, Kapok, Kaya Ko, and The Spiritual Warriors, each with a unique sound and blend of genres.

White Eagle Polish Hall

March 19 7pm - 12am

Free entry for all ages

Visit VictoriaSkaVest.ca for more details

Micheal Dunahee Keep the

Hope Alive - March 29

Run the 35th annual Micheal Dunahee Keep the Hope Alive event this March. Walk or run this scenic 5k, commemorating the disappearance of Micheal Dunahee and supporting Child Find B.C.

Esquimalt

March 29

Go to Race Roster.com or FindARace.com to book your spot

Spring Into Vintage - March 21

Spring into Vintage & Makers Market will host 70 vintage vendors and food trucks this March. At 12:30pm catch a performance by Atomic Cocktail Duo, bringing back swing, jump, and jazz from the 60s. There is "Something for everyone" at this market!

Da Vinci Centre 195 Bay St

March 21, 9:30am - 4pm

Entry \$5 at door

Visit IslandVintageEvents.com

Esquimalt Craft Social - Saturdays

Love crafting and want to connect with people who have the same interests? Bring your project- whether it's crocheting, beading, or origami, and socialize without pressure in a light hearted environment.

Serious Coffee Esquimalt in the upstairs mezzanine
Saturdays 1pm - 3:30pm

Free entry for everyone

Find this event on Eventbrite or Meetup to reserve a spot!

Interstellar: The Cost of Time

By: Sarah Tene

Interstellar is a film that aims impossibly high and remarkably reaches it. From the very beginning it makes clear that this is not just a science fiction epic, but a deeply emotional story about time, love, sacrifice, and humanity's survival. Rather than playing things safe, Interstellar fully commits to its ideas, even when they are heavy, abstract, or heartbreaking. It trusts its audience to engage, to feel uncomfortable, and to think.

One of the film's greatest strengths is its sense of urgency, which is woven directly into its concept of time. The danger in Interstellar isn't always explosive or immediate; it's quiet, inevitable, and cruel. Time itself becomes the enemy. Every choice the characters make comes at a cost, and the film never lets us forget it. The sequence on Miller's Planet is a perfect example: hours spent there translate into decades lost on Earth. When the crew returns to find years have passed, the emotional devastation is overwhelming. The horror isn't chaos, but realization.

Unlike many large-scale sci-fi films, Interstellar fully embraces consequences. There are no easy resets or emotional shortcuts. Cooper's decision to leave Earth means missing his children's lives. Murph grows up with anger and grief shaped by abandonment and loss. These sacrifices are permanent. The film understands that saving humanity doesn't erase personal losses, and it refuses to soften that truth.

The pacing is deliberate, but purposeful. Interstellar takes its time because it has something meaningful to say. Each setting feels distinct, and each moment serves the story. Rather than jumping rapidly between plotlines to manufacture tension, the film allows dread and awe to build naturally. Long stretches of silence in space and the overwhelming scale of the universe reinforce how small and fragile humanity truly is. The emptiness is intentional and effective.

Visually, the film is breathtaking. Space feels vast, indifferent, and beautiful all at once. The depiction of Gargantua, the black hole, is both terrifying and awe inspiring, grounding the film's science in something almost spiritual. Yet the visuals never exist purely for spectacle; they reflect the story's themes. The tiny spacecraft against endless space mirrors the vulnerability of the characters and the enormity of their mission.

At its core, Interstellar is an emotional film. The relationship between Cooper and Murph anchors everything. Their bond gives meaning to the science, grounding cosmic ideas in something deeply human. One of the most powerful scenes in the film (Cooper watching decades of video messages in minutes) is emotionally devastating. It's quiet, restrained, and earned, reminding us that the greatest losses often happen without explosions or dramatic goodbyes.

The music plays a massive role in shaping the film's emotional impact. Hans Zimmer's score is sweeping, mournful, and almost spiritual. The organ-heavy themes amplify both the awe of space and the grief tied to time passing. The music doesn't force emotion, it deepens it, making even silent moments feel heavy with meaning.

The ending of Interstellar is bold and unconventional. Rather than offering a straightforward, action-driven conclusion, the film leans fully into its themes of time, memory, and connection. The tesseract sequence is abstract and emotionally charged, trusting the audience to engage with symbolism rather than spelling everything out. It's risky, but that risk is exactly what makes the ending linger long after the film ends.

Final Thoughts

Interstellar doesn't just want to entertain, it wants to challenge how we think about time, love, and survival. By committing to real consequences and grounding its science in human emotion, it delivers an experience that feels both cosmic and deeply personal. It's a film about what we're willing to lose to give the future a chance and what it means to be human in a universe that doesn't care whether we survive or not.



Gwada Negative: The World's Rarest Blood Type

By: Giselle Moldovanos

Imagine having a blood type so incredibly rare that finding a compatible match is almost impossible worldwide. This is the case for a woman with Gwada negative blood, one of the rarest blood types ever found.

As a result of this discovery, scientists identified PIGZ as a brand new blood group system, adding it into the worldwide list of human blood types. This makes it the 48th blood group system ever identified in humans. This was announced by the International Society of Blood Transfusion (ISBT) in Milan in 2025.

Why this Matters

Although many people only know about common blood types like A, B, O, and Rh, there are several other systems that scientists study. Each one represents a group of markers that can affect how blood works in the body. Discovering a new system like PIGZ shows how detailed our understanding of genetics and blood biology has become. It also reminds us that even well-studied areas like blood types can still have surprises waiting to be found.

The discovery of the PIGZ blood group system is a milestone in science and medicine. It expands the list of known human blood types and helps experts better understand how blood compatibility works. Most importantly, identifying blood group systems like PIGZ helps doctors better understand rare blood types like Gwanda negative, and ensures that blood transfusions are as safe as possible.

How Does it Work?

Blood group systems are based on antigens, which are tiny markers found on the surface of red blood cells. These markers help the body recognize which blood is safe to receive during a transfusion.

The newly recognized PIGZ blood group system is based on a specific antigen called GWADA. Most people have this antigen on their red blood cells. However, scientists identified a woman whose blood cells do not contain the GWADA antigen, therefore she has Gwanda negative blood.

Because her blood lacks this marker, it is incompatible with almost all other blood types. This made her case extremely rare and led researchers to study her blood more closely. Their findings were important enough that the International Society of Blood Transfusion officially recognized PIGZ as a new human blood group system.

Interview with Mrs. Brown

by: Ellie Cheong

Q1:

What was your first reaction after hearing about Gwada negative blood?

A1:

“It was the first time I had heard of it but I wasn't surprised. Even though we have so much knowledge and understanding surrounding the human body, it is very complex and always changing based on different environmental factors and genetics.”

Q2:

Why do you think discoveries like these don't get as much attention as other scientific news?

A2:

“The world is bombarded by the next big news story and inaccurate information. Sometimes if it's not flashy enough, no one hears about it. How people access news stories has also changed so it may be harder for the average to person to hear about it.”

Q3:

Do you believe that science will find even more complex and rare blood systems one day? Why?

A3:

“Of course! This discovery could spark more interest and more research regarding blood systems. As our environment changes, it makes sense that adaptations (from random mutations) that were not known or useful before, become more important now. The more we know about how this blood systems affect the human body, the more it could connect to disease, disorders and illness treatment.”

5 Thrift Tips



It's no secret that fast fashion has completely taken over. We hear the term all the time, and yet its meaning is still unclear. Fast fashion has been an issue since the mid-90s, when brands like Zara, H&M, and Topshop emerged. These were some of the first brands to replicate runway designs by quickly producing them for cheap, accelerating what was already a dizzying rate of textile consumption. Practically every modern clothing brand makes clothes the same way, and out of synthetic materials. These companies pay their factory workers practically nothing and charge consumers disgustingly high prices. In fact, most of your favorite brands would easily fit the qualifications of a fast fashion company. It sucks because you can't really change this, and also, you need to wear clothes. It's not your fault for wanting to wear what's being advertised to you. So hey, thrifting is cool because you're supporting the environment, being original, and saving money.

1.

Just as you won't strike gold without looking hard, you may not find much the first few times you go thrifting. It will likely take multiple visits to different stores, especially if you don't have the clearest grasp on what you're looking for. If you thrift by looking for what you typically shop for at actual stores, you're way less likely to have success. Yes, there are more vintage styles right now that popular brands are recreating, but like, you're not gonna find the perfect midrise jeans the

first time you go. My tip here is to go to different thrifts and vintage stores as often as you would go to the mall. This way, you can grow familiar with what you want to be purchasing and how you like things to fit.



2.

Go through the whole store!

This means actually like, starting in the tanktops, going through that entire section, and then moving onto the next. I feel like people are always telling me that they "never have any luck at the thrift," which I think means they're just not being thorough enough. There is a lot of junk at the thrift, but within the junk is also some incredible funk. However, that means patience and diligence is required. Also, don't write anything off before trying it on. Just grab everything that catches your eye.

I like to start at the beginning of a section or my size in that section and push all the clothes to one side, then flip through each individual item of clothing, one at a time.



3.

Check for fabric contents!

You can score some *amazing* deals if you pay attention to the fabric contents on a tag. It's tricky, because nowadays fast fashion is leaking into the thrift store. Micro trends come and go quickly, and so many clothes get donated to thrift stores every day. Going to the thrift and purchasing some SHEIN top or cheap purse is silly because there is better stuff hiding in every corner. With practice, you'll be able to pass through the aisles and know what's good just by feeling the fabric.

But don't buy just to buy, be cautious of overconsumption. If you buy the fast fashion garbage just because it's the only thing you found that day/the only thing which was actually kind of cute, it defeats the purpose of buying used. You could've just bought that top on SHEIN.



4.

After Covid, most used clothing stores stopped providing fitting rooms, so we've had to adapt. For me, I wear some bike shorts and a tank underneath my outfit, and have my pocket shoe horn on me at all times. When I'm at Value Village and my cart is overflowing, I always go to the bedding section and get all my finds hung up on a more empty rack. Then, I try on everything at one of the mirrors at the end of each aisle. It often gets messy, but this way I can organize my finds and really get a feel for what works and what doesn't, just like at a real clothing store.

5.

...where I go...

I wasn't going to say, but here we are, I am so nice.

St. Vincent de Paul
 (735 Cloverdale Ave near Mayfair, and 2784 Claude Rd Downtown)
 My favourite! Both locations are excellent, prices incredible, genuinely find something every time I go.

Burnside Boutique (350 Burnside Rd)
 My new spot... it is a bit dangerous, because they get new stuff often. It is all very tea and good music on the speaker.

Value Village (1810 Store St)
 Like, it's fine. Value Village is now owned by Walmart so the prices are CRAZY, but this is where the thorough scouring comes in. If I have 50 bucks to spend, I will be going to VV. I will be spending all of it, and it will take me hours to carefully pick and try on each and every item.

But also, just go everywhere. Thrift stores are not like normal clothing stores in that they don't have specific to them clothing lines, or styles that they mass produce. That's the beauty of the thrift. You can go to any one, any day of the week. Something different that feels like you is likely to find you there.



JUMP INTO SPRING



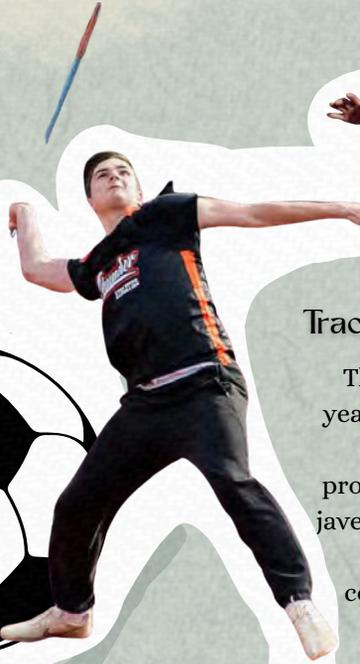
by Alanna Felt

Girls Soccer

The girls soccer teams at Spectrum have big reputations to live up to. With the seniors winning the 3A provincial championship last year, they'll have to work hard to keep up the winning streak! Tryouts took place in February, and league games are starting early this month, so lookout for updates.



Photos taken by yearbook team



Track and Field

The track and field team last year was small but mighty, with Levi Seel taking home the provincial gold medal in Jr. Boys javelin. Practices for this year are already underway, with competition season running from April to June.



Rugby

The rugby teams found lots of success in their seasons last year, with the senior boys qualifying for provincials. Although they didn't get the outcome they were hoping for, they now have a year for redemption. Keep a lookout for the games starting April 8th, and come support the teams!



Golf

With the help from their MVP Kyle Matsubuchi last season, the Spectrum golf team had a great season, and is back and ready for another one! The league schedule is out, with competitions starting at the end of April and running through to June.



Ultimate

The ultimate team put in a great effort last season, but things didn't quite go their way. This season they are back at it with much more experience, new players, and a ready-to-win mindset. Practices are already well underway, so be sure to watch out for games starting this month.



album of the month

Loaded by the Velvet Underground

by Kaiya Nagel

When the Velvet Underground released *Loaded* in 1970, they had been instructed by their producers to create an album “loaded with hits.” This resulted in a tighter, more concise album which lacked the noise that the group is known for. Despite having worked with celebrated artists throughout their career, the Velvet Underground did not achieve much fame during their time as a band. However, their energetic, sometimes unsettling music would go on to inspire many established performers including David Bowie, Violent Femmes, and Sonic Youth. Before making their formal debut, the Velvet Underground performed live soundtracks for experimental films. Their first album, *The Velvet Underground and Nico*, was released in 1967 under the management of legendary pop artist Andy Warhol. They would go on to record multiple albums over the next 3 years, each one causing additional financial strain on the band. By the time they had released *Loaded*, Lou Reed, the primary songwriter, opted to leave the band due to their commercial failure. While *Loaded* is not the Velvet Underground’s most celebrated album, the consistent catchiness and funkadelic rhythms make it a fun listen and a sweet addition to an everyday soundtrack.

Loaded is an uplifting rock album that reminds me of a sunny summer’s day. This vacation sensation is present throughout the album, namely on the second track, “Sweet Jane.” The song begins with the sound of a wonderfully nostalgic guitar. Then, accompanied by jaunty instruments, Lou Reed’s voice takes shape. The singer’s vocal style is incredibly strong and impossibly cool. You get the sense that the man’s only objective is to have a grand old time. While many of *Loaded*’s tracks are catchy hits made for dancing, the album also contains a couple of sickeningly sweet love songs. The most famous of these is “I Found a Reason.” This song is brimming with the soft innocence of true affection. The guitar and drums march a slow, calm beat, which melts into Lou Reed and Doug Yule’s tender voices. Near the middle of the track, Yule even breaks into gentle spoken word. The consistent “pa-pa-pa-pa” throughout “I Found a Reason” demonstrates the childlike playfulness that the Velvet Underground channelled throughout their career.



Don’t let the simplicity of this album’s lyrics fool you, because *Loaded* contains some pretty lovely messages. In the opening track titled “Who Loves the Sun,” Yule sings “Who loves the sun? / Who cares that it is shining? / Who cares what it does since you broke my heart?” This song is describing the lack of enthusiasm the narrator feels for the simple joys in life ever since his heart was broken. The lyrics stand in stark contrast to the optimistic instruments. Another example of the Velvet Underground’s compelling lyricism lies in the song “Oh! Sweet Nothing.” This track tells the story of four fictional characters who “ain’t got nothing at all.” Lou Reed is making a point about the beauty of leaving your old life behind to start again from scratch. These digestible messages, combined with the bright and confident instruments, make the Velvet Underground’s fourth album a persistently delightful listening experience.

Throughout their career, the Velvet Underground’s main goal was to subvert audience expectations and challenge the status quo. Their albums prior to and following *Loaded* had a gritty, raw sound which I really enjoy. The Velvet Underground pleasantly surprised me with their brutally honest lyrics and stomach churning instrumentation. The band’s authenticity and vulnerability in the earlier years of their career is exactly what makes *Loaded* so different. Rather than directing judgement outward in their usual noise rock fashion, this album seemed to direct its judgement inwards upon the state of the group by completely switching up their messages. *Loaded* was created during a time of great turmoil within the band, and was certainly the beginning of the end.



HOW TO

HOW TO

MAKE THE MOST OUT OF YOUR MONEY

By Samara McDowell





Spending is like a tree going through the changes of fall. Some leaves fall here, others fall there, a breeze blows through, and suddenly you are left with a barren tree. Money works the same way. You forget to bring lunch to school, so you buy some from the cafeteria. Your wardrobe is feeling dull, so you buy more clothes. Starbucks came out with a new drink that you want to try... the list goes on. All of a sudden, you check your bank account and have nothing left. Every impulse purchase and the convenience of having your debit or credit card in your back pocket results in the slow drain of your bank account. Managing your finances as a teen isn't usually something that is at the top of everyone's list. However, starting good money management habits will be helpful in future and immediate situations.

Here are three helpful aspects of managing finances as a teenager:

Set a goal:

Make your goal known so that you have a finish line to work toward.

Setting a financial goal makes it much easier to understand what it is that you want to change about your spending habits. Examples include saving for a large purchase, such as a car or college tuition. You could also choose a broader goal, such as wanting to decrease spending. Goals help shift your focus on long-term needs rather than short-term wants.

Leave that card at home:

Remove the ease and convenience of spending.

By now, most people have their debit or credit cards on their phones. Not having to bring your wallet everywhere you go is convenient, but is it really helping your bank account? Purchasing items that don't have much meaning and don't really add anything to your life beyond temporary satisfaction can be fun. Believe me, I know. However, it can cause some serious setbacks in your savings to have that kind of luxury. A helpful first step toward saving money would be to remove your card from your phone and leave it at home.

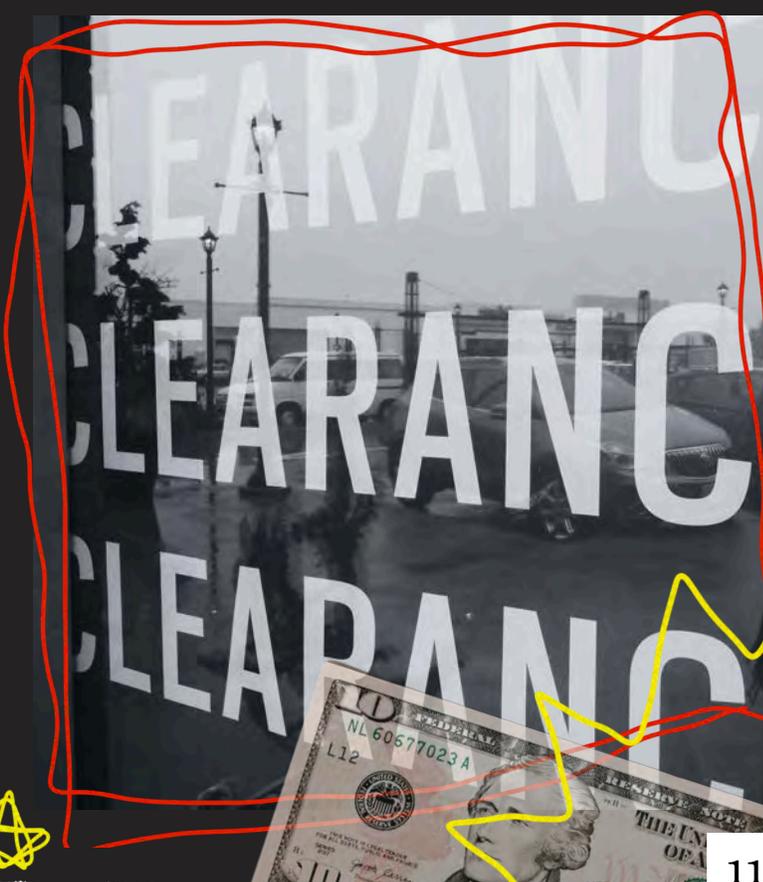


Budget:

Organize where you want your money to go.

Budgeting can be a great tool for understanding where your money is going and controlling where it goes in order to save, spend, and earn more efficiently. Budgeting can often seem like a daunting process that many high school students choose to avoid, but it is much easier than it seems. There are many ways to create a budget for yourself, one of them being by simply downloading an app. There are plenty of apps that help you create and manage your budget, including Goodbudget, EveryDollar, and PocketGuard (all of which are free), among many others. If you feel as though an app is unnecessary or not the route for you, then creating a budget through categorizing purchases and adding up income is a good way of tracking your spending and saving habits.

Getting a handle on your money can be a rewarding process, and a useful skill that will be used in real-life situations. Practicing financial management at an early age brings experiences, setbacks, and victories that will prepare you to be financially wise when you are older. If that means saying no to buying that new top or eating at home rather than eating out, then you are already one step closer to making the most out of your money.



APPLE CINNAMON OVERNIGHT OATS

by Neka Riecken

Do you ever struggle to have time to pack more for lunch than the same old sandwich? Or are you not sure how to make healthy food that doesn't taste disgusting? Well if that's you, then here's a simple lunch recipe that will taste and feel good.

Recipe:

Makes 2 servings.
Time: 10 minutes

Ingredients

- 1 cup milk of choice (I like to use soy milk, but it's personal preference)
- 1/2 cup rolled oats
- 5 whole pitted dates
- 2 tbsp chia seeds
- 1/2 cup walnuts
- 1/2 cup greek yogurt
- 1 large apple
- 1 tsp maple syrup
- 1 tsp cinnamon
- 1 scoop collagen powder (optional)

Steps

1. Cut the apple in half. Add one half of the apple (the other half will be used later), chia seeds, milk, maple syrup, collagen if you would like, and cinnamon into a blender. Blend for 20 seconds (there should be no apple chunks, but chia seeds should still be mostly whole)
2. Pour oats into a container of choice along with the blended chia seed mix.
3. Top with yogurt.
4. Cut up dates, remaining apples, and walnuts. Mix together and place on top of overnight oats. Put the meal in the fridge and let it sit overnight. It'll be ready to eat by the next morning!



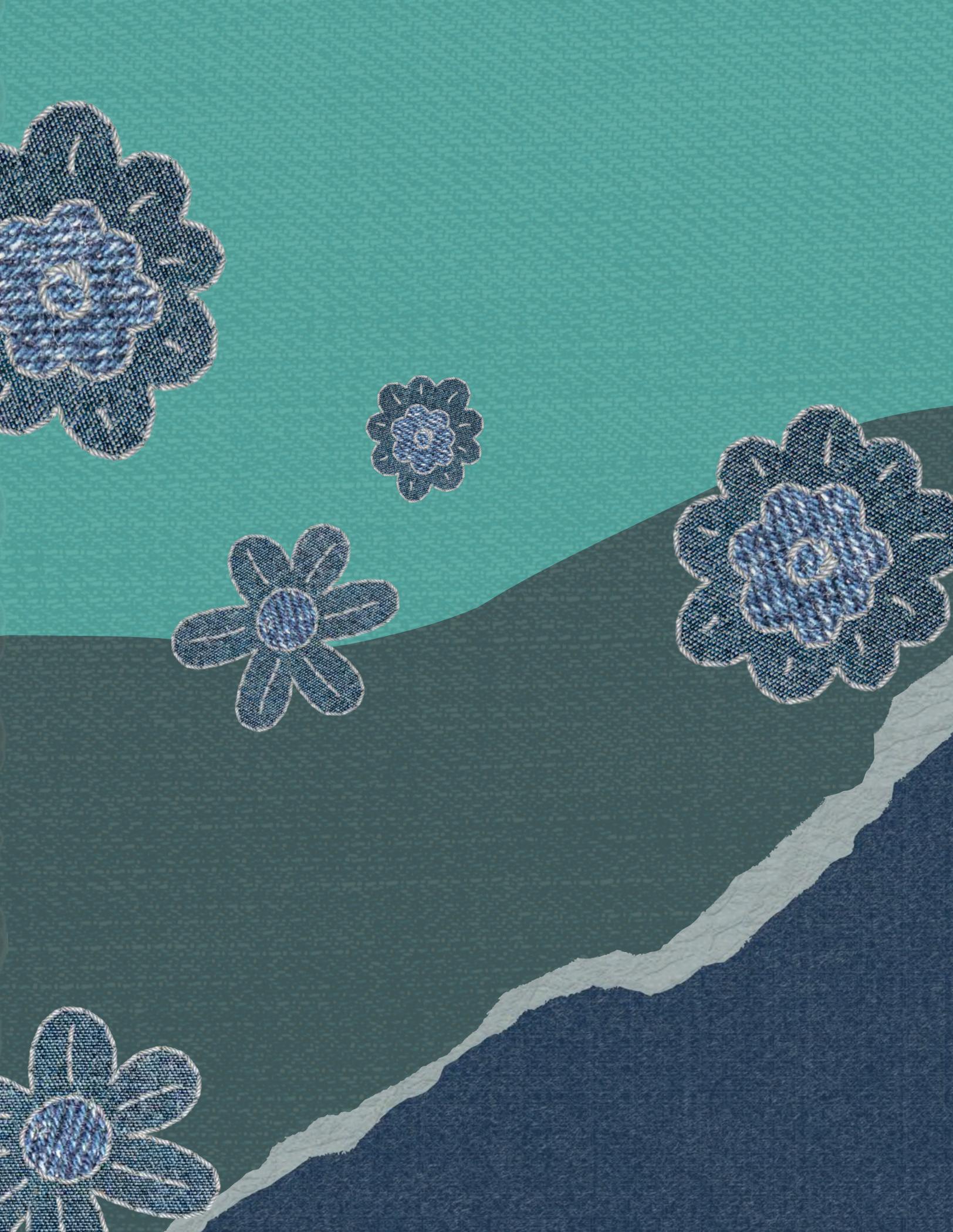
Nutritional Information

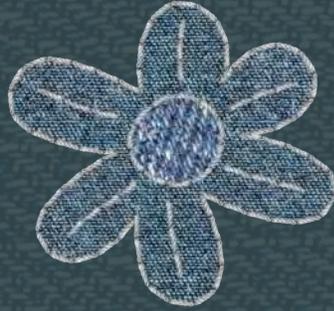
Protein - 37g

Fibre - 10.1g (38.5% of recommended daily intake)

Vitamins (small amounts of): Potassium, Calcium, Iron,
Vitamin A and Vitamin D

*Nutritional facts may vary depending on the brand/type of ingredients used.





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