

SPECWHAT

MAY, 2026

HOW TO BRING THE OUTDOORS IN

**IN THIS
ISSUE**

SCIENCE

*Hidden Worlds
Beneath The
Waves*

EVENTS

*May's Event
Calendar*

FOOD

*Nutritional
Misconceptions*

AND MORE!

STAFF



Samara McDowell
How To



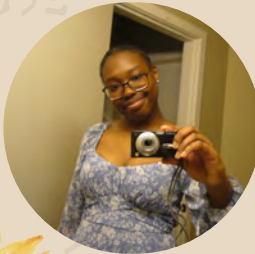
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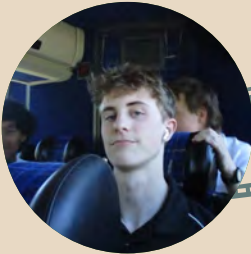
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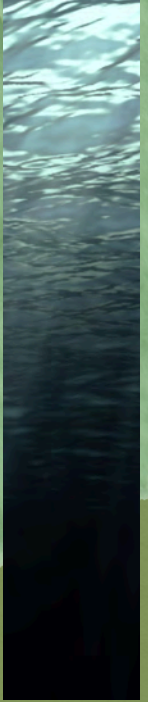
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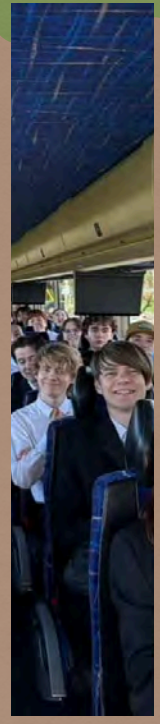
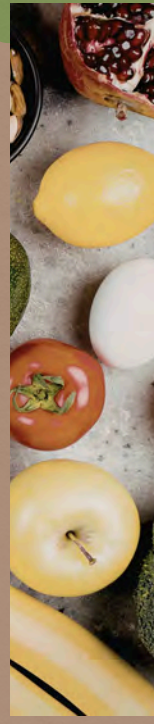
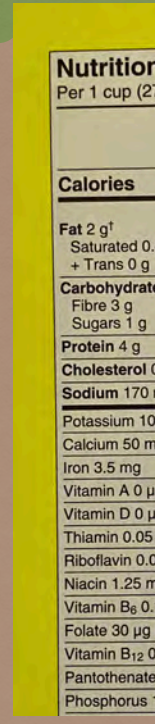
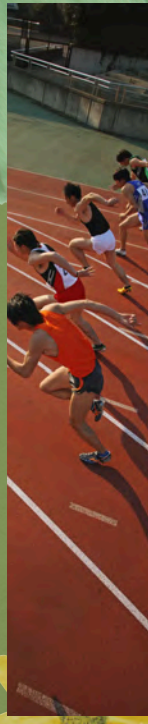
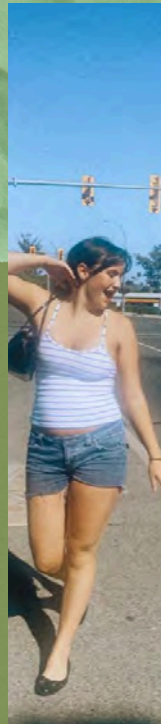
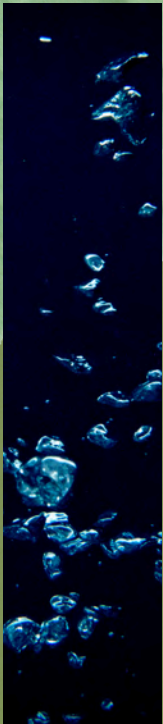
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May events

Esquimalt Buccaneer Days May 8 - May 11 Archie Browning Sports Center

Do pirates enjoy fighting? Sword of... But not the ones at the Esquimalt Buccaneer Days! Ha ha ha! ARRR you going to the Midway Carnival, running May 8th - 11th? Don't be a scallywag... head down to Esquimalt with your matey to enjoy volleyball tournaments, community BBQs, breakfasts, brunch, and more; or else, walk the plank!

More information and schedule on esquimaltbuccaneerdays.ca



Pacific Rim Potters Show and Sale May 9, 10am - 4pm Knox Presbyterian Church

This May, local artists are bringing a range of functional and sculptural creations for Victoria's longest pottery show, celebrating its 40th year running! Visit the Pacific Rim Potters Show and Sale to find your new favourite clay piece for the garden or home.

Ichigo Strawberry Market May 30 - 31, 11am - 4pm Fernwood Community Centre

Nothing's so sweet as Saanich strawberries! 120 chefs and artists from the coast, along with a truckload of local strawberries, are coming to Fernwood for this year's Ichigo Strawberry Market. Save the date for this adorable and delicious weekend celebration to enjoy handmade, traditional Ichigo Daifuku from the Chado Tea Ceremony Group, and tons of other one day drops and treats!

Indigenous Pop-Up Shop - Mothers Day Market May 9, 10 am - 3 pm 1110 Hillside Ave.

Head down to the Mothers Day Market to find a collection of beadwork, art, and clothing from more than 25 Indigenous artists. This pop up shop includes hourly giveaways and free admission. Bring non-perishables and toiletries in support of the Aboriginal Coalition to End Homelessness Society (ACEH).

Victoria Highland Games & Celtic Festival May 9 - 17 Topaz Park

Kicking off the 163rd Victoria Highland Games & Celtic Festival is the Tartan Parade through downtown, on Saturday, May 9. Then, celebrate May 16 - 17 at Topaz Park, a weekend full of activities, including the Scottish Highland Games Women's World Championship, held in Canada for the first time... and don't forget your kilt.

World Ocean Day at Fisherman's Wharf Sunday, May 31, 11am - 4pm

Celebrate World Ocean Day at Fisherman's Wharf with more than 20 organizations who are committed to stable climates and healthy oceans. This event is free, family friendly, and will feature marine exhibits, a touch tank, diving presentations, and much more. The day will start off with a performance by the Esquimalt Nation Dancers. Head down to the Wharf this May... there's nothing fishy about it... or is there!



Illustration by Graphic Production student: Rocky Saggi, grade 11.



PROJECT HAIL MARY

by Fionn Doust

The Sun is dying and there are few who can try and save it. The mission is left to one man: Dr. Ryland Grace (Ryan Gosling), a Junior High Science teacher of all people. As he wakes up alone in space, light-years away from home, with no memory of his past events, he finds that he's tasked with the mission to save the earth from Microscopic aliens that drain the Sun of energy. Unbeknownst to him, an Alien Rock finds himself light years away from home for the same purpose. Through all trials and tribulations Dr. Grace and Rocky will risk anything for their planets, even if it means risking death or learning an alien language to do so.

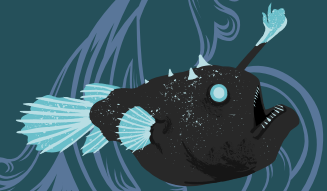
Movies transport you to other worlds, but some transport you to different Solar Systems. Project Hail Mary is the newest addition to not only Ryan Gosling's impressive acting catalogue, but the extensive catalogue of the writing, producing, and directing duo of Phil Lord and Chris Miller. Lord and Miller have worked on such notable projects as the Lego Movie, The Cloudy with a Chance of Meatballs movies, the Spiderverse movies, as well as 21 Jump street, the comedic "stealth" sequel to the 80's TV show starring Johnny Depp proving some contrast to their catalogue prior to this film. Whereas Ryan Gosling does something similar, as he is often known to change themes with not sticking to any sort of theme in his movies with examples of going from movies like doing the Notebook to a Thriller like Stay, then Half Nelson, a drama about a middle school teacher with addiction issues, all three releasing in the span of a few years. This is just the tip of the iceberg.

Throughout what you can consider a visual masterpiece, every scene is filled with colour and emotion, creating a nostalgic feeling for every viewer. This film uses no Green screen or blue screen and focuses on the idea of trying to make movies more practical again during a time where film is dominated with mostly CGI filled blockbusters. This filmmaking technique matches perfectly with the cinematography done by Greg Fraser who primarily used the 60/30/10 colour rule to help create the atmospheres. Ryan Gosling delivers a performance that perfectly captures the feeling of the book as well as adding a new layer of emotion to the story giving some beautiful scenes in the movie that will touch the hearts of everyone in the audience. The pacing overall is good, every scene is exciting, stressful, or emotional, leaving not one dull moment in the 2 and a half hour runtime. If you love Sci-fi or even a good time, catch this in theatres while you still can!

HIDDEN WORLDS SCIENCE

BENEATH THE WAVES

BY GISELLE MOLDOVANOS



When people think about exploration, they usually picture space, astronauts, and other planets. But honestly, one of the most unknown places is right here on Earth. The deep ocean is still mostly unexplored, and scientists are constantly finding new species living way below the surface. Recently, a lot of these discoveries have been made in Australia's oceans, especially in deep-sea areas that had never been explored before. It just shows how much we still don't know about our own planet.

What is the Deep Ocean?

The deep ocean is everything far below the surface, usually deeper than 200 meters. At that point, sunlight can't reach anymore, so it's completely dark. It's also freezing cold and the pressure is so intense it could crush most things. It honestly sounds like a place where nothing should survive, but somehow, a lot of life exists down there.

What Was Discovered?

Scientists exploring Australia's deep ocean have recently discovered over 100 new species during research missions. These include different types of fish, corals, sponges, and other sea creatures that scientists had never seen before. A lot of them use something called bioluminescence, which basically means they can glow in the dark. This helps them find food or avoid predators in a place where there is no light at all.

What's crazy is that we're still finding new species today, especially in areas off the coast of Australia that haven't been explored much before. Which just proves how unexplored the ocean really is.

How Do Scientists Explore It?

Since humans can't swim down into the deep sea on their own, scientists use technology to explore instead. One of the main tools is something called a remotely operated vehicle, or ROV. It's basically a robot submarine that scientists control from a ship. These robots can go really deep and send back videos and samples.

Some of the Species Discovered:

Some of the species found in Australia's deep ocean are really strange and interesting:

- In 2017, 17 new Deep-Sea Sponges were discovered – Some of these look like glass structures and can live for hundreds or even thousands of years.
- In 2022, the “Dumbo” Octopus was discovered – A small octopus with ear-like fins that look like Dumbo's ears. It swims by flapping them and lives deep in the ocean.
- In 2023, the Painted Hornshark was discovered – a deep-sea shark from northwestern Australia that features human-like grinding teeth and striking dark bands to help it hunt and hide along the ocean floor.
- In 2025, Snot Sea Cucumbers were discovered – Transparent and sometimes brightly coloured, these creatures help clean the ocean floor by feeding on organic matter.



Why Does This Even Matter?

It might seem like this is just cool random information, but it actually matters a lot. Some deep-sea organisms produce chemicals that could be used to make new medicines. Scientists also study the ocean to understand climate change, since the ocean plays a huge role in controlling Earth's temperature.

On top of that, studying life in such extreme conditions can help scientists understand how life might exist on other planets. So in a way, exploring the ocean can even help us learn about space.

The deep ocean, especially around Australia, is still one of the most mysterious places on Earth. Even though technology has improved a lot, we've only explored a small part of it. Scientists are still making new discoveries, and there's probably a lot more waiting to be found. So while everyone is focused on space, the next big discovery could actually be hiding deep under the surface.

INTERVIEW WITH MS. SORENSEN

BY ELLIE CHEONG

Q1: What do you think is the most fascinating part about deep sea species?

A1: “I think one of the most fascinating parts about deep sea species is their ability to evolve. When organisms evolve on land, scientists may have an 'easier' time observing and documenting these changes. But, down in the depths of the ocean, where humans must send ROVs rather than themselves due to the extreme pressure, frigid temperatures and complete darkness, these newly seen organisms may be trickier to observe and keep track of. I am sure there are many evolved deep sea species yet to be discovered.”

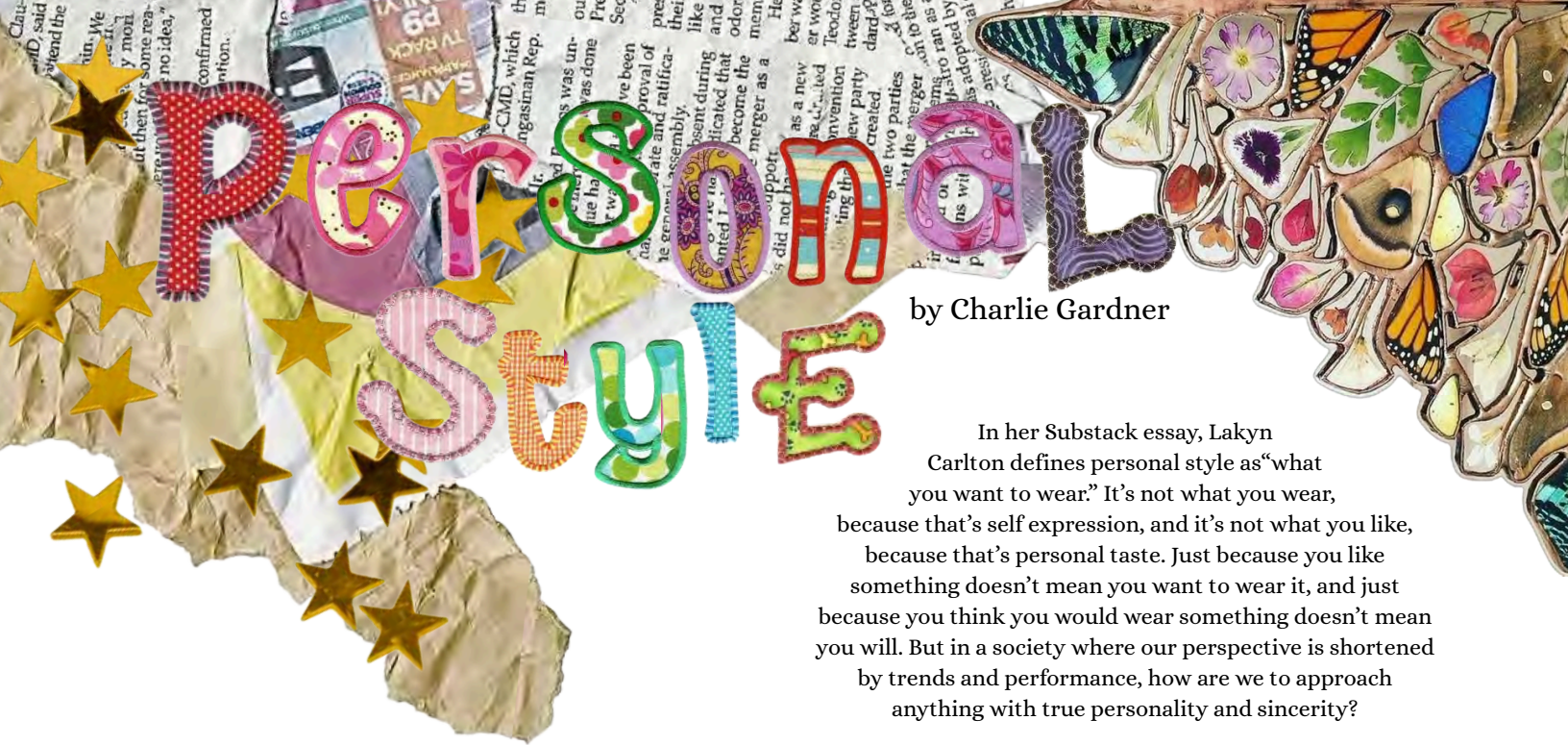
Q2: How do you think bioluminescence helps deep sea animals?

A2: “There are a number of ways that bioluminescence helps deep sea animals. With the darkness that looms at the great depths of the ocean, having the ability to 'light up' can be very useful. It could be beneficial when a creature is trying to scare off a predator, so it doesn't become its next meal. Some creatures may be fooled by the luminescence and think it is their future mate, but rather it is a predator enticing them closer. For most individuals to personally witness bioluminescence, it will be on the surface of the water, rather than the deep sea.”

Q3: Which deep sea creature do you think is the most interesting and why?

A3: “All of the deep sea creatures mentioned in this article seem very interesting. But, for me, it's going to be the dumbo octopus. How cool is it to have ears and be named after a famous Disney character. These ear-like fins allow the octopus movement instead of using a thrusting motion like most other octopuses. I would be curious to see who would win a race between the dumbo octopus using its ear-like fins or the two spot octopus using propulsion?”





In her Substack essay, Lakyn Carlton defines personal style as “what you want to wear.” It’s not what you wear, because that’s self expression, and it’s not what you like, because that’s personal taste. Just because you like something doesn’t mean you want to wear it, and just because you think you would wear something doesn’t mean you will. But in a society where our perspective is shortened by trends and performance, how are we to approach anything with true personality and sincerity?

It’s clear that capitalism has stolen art from the people yet again, shepherding us all to wear regurgitated micro trends totally rooted in consumerism and practically nothing else. There isn’t really any similarities between most of the trends thrown at us besides the fact that they all exist, often exclusively, online. And there are so many trends! Are they even trends, or are they actually just products? It gets to this point where entire outfits look like the result of an overconsumption spree, rather than an authentic attempt at dressing eclectically, at dressing with sauce. Ash Callaghan, fashion journalist, talks a lot about having sauce versus what she refers to as dressing like an “unseasoned chicken breast.” This statement describes the feeling of seeing someone who might not be wearing something necessarily trendy, but still seems to have fantastic style. Whether that be in the way the clothes seem to just fit them exactly as intended, a particular originality, or just that they look good. They look like they feel good... there’s a sauce. An outfit lacking in sauce is that whole “consumption over anything else” thing. Maybe that outfit looks good on the person, maybe it’s on trend, but there’s still something missing, perhaps an element of personality within the outfit. Maybe it’s that you’ve seen that same outfit 100 times over. Like, trends are a real thing, and they are a part of being social and visually-minded creatures. New ideas are bound to catch attention and grow in popularity, but it just sucks when what we wear becomes less and less about self expression and wearing what you want to. It’s almost as though personal style is impossible.





Naomi Campbell and Kristen McMenamy in Perry Ellis, December 1992. Source: Vogue



Editors Thoughts

1. Hi, I am Kaiya and I dress like a creamsicle.
2. I like to sometimes have concepts in my outfits. This one is a midnight garden.... I am dressed dark as night and am covered in flowers. My necklace has a flower on it. My long sparkling earrings are the stars. Other concepts I have done are saturn in space, bee in a garden and also I like to dress sometimes like a big flower.

In 2016, fashion icon Iris Apfel, a woman known for her aversion to trends, discussed her theory on personal style as "...knowing more than just how you look. You can become more fashionable and better dressed, but style is inherent, it's for you and in you. It's the by-product of you, of a compelling personality." Is it necessary for your outside to reflect your insides in order for you to achieve personal style? Like, okay sure, if you want, it's really up to you. But going back to that initial definition of personal style, that it's all about what you want to wear more than it is anything else, I think that authenticity does play a central role. You don't have to show every aspect of yourself in your outfit for it to be personal, but maybe you could just show a bit of you. As Mina Le says; "Great personal style doesn't come down to the [clothes you wear and] purchase, but the essence of how you wear something." You can be inspired by trends (really, you can be inspired by anything). However, if you come across a trend and you think that you like it, then go a bit further by consciously thinking about yourself, what you like, and what you want to wear. I think that a big part of having your very own personal style means having a decent grasp of yourself, but we are still children, so that's a silly expectation to have. A strong sense of self will take time to gain, but one step on the way to getting there is asking those questions, and allowing yourself to think deeply about things. Following trends and buying doesn't make you cool or interesting, because of course, it's what's inside of you that actually means the most. However, if you consider your appearance to be a contributing factor to your overall individuality, then by all means, keep thinking, being inspired, and letting yourself try new things.

Jennifer Beals in Flashdance, 1983. Source: USA Today



vogue

vs.



WHY EVERYONE FEELS BEHIND (EVEN WHEN THEY'RE NOT)

OPINION

by Sarah Tene



It's 11:47 p.m. You're scrolling, telling yourself, just five more minutes. Someone your age just got into their dream school, another just posted their new job. Someone else seems to have everything, friends, confidence, a plan. And suddenly, you feel behind.

Scroll some more, and it gets worse. Everyone seems to be moving forward, achieving something, becoming someone. Meanwhile, you're stuck wondering if you missed a step somewhere, like life is a race that started without you. But here's the truth, most people feel behind, some are just better at hiding it.

Part of this feeling comes from how we've been taught to gauge progress. In school, everything is structured, grades, deadlines. You always know where you stand. But outside of that system, life doesn't work in organized steps. There's no universal timeline for success, happiness, or figuring out who you are. Still, we try to force one anyway, and when we don't meet it, we assume we're failing.

Social media makes this even harder to escape. We're constantly surrounded by highlight reels of other people's lives, not the full story. You might see someone celebrating an achievement, but you don't see the stress behind it, the doubt, or moments where they've felt completely lost. When you compare your everyday reality to someone else's best moments, it's almost impossible not to feel like you're falling behind. Sometimes it's not even about what you want, it's about feeling like you should want more by now.

There's also this quiet expectation that by a certain age, you should "know" things, what career you want, who you are, where you're going. But realistically, most adults, even in people in their late 40s, don't even have that fully figured out. So expecting teenagers to have all the answers isn't just unrealistic, it's unfair.

Another reason this feeling sticks is because growth doesn't always look like it's going somewhere. Sometimes growth is invisible. It's learning how to handle stress better, becoming more self-aware, getting through a hard time, or being patient. Those things don't come with recognition or awards, but they matter just as much, if not more, than visible achievements.

It's also worth remembering that people move at different speeds for different reasons. Some have more support or more opportunities. Others are dealing with things you might never see, family situations, pressure, or personal struggles. Comparing lives without understanding the full picture will always give you a distorted lens.

Feeling behind doesn't actually mean you are behind. It usually means you're aware, you're thinking about your future, questioning things, and trying to grow. That's not a weakness. It's a sign that you care. Progress doesn't have to be fast or impressive to be real. Even small steps count. Even taking time to figure things out counts. You're not behind, you're just seeing everyone else's lives without seeing their struggles.

Life isn't a race where everyone starts at the same line and finishes at the same place. It's messy, unpredictable, and different for everyone. That is what makes life so interesting, unique, and precious. The idea that there's one "right" course is something we've created, but that doesn't make it true. So if you feel behind, you're not alone. You're not off track. You're just living life.

by Sarah Tene



SPECTRUM SPRING SOCCER

by Liz Allan

Spectrum spring Soccer has been underway with the Girls Jr and Sr teams making a big impact on the field. There have been many wins for both teams as well as some incredible hat tricks in recent games.



Jr Girls Game Statistics-

- March 5- Game #1 vs claremont (1-0 won)
- March 9- Game #2 vs stellys (3-1 lost)
- March 12- Game #3 vs Oak bay (1-0 won)
- March 31- Game #4 vs Lambrick (5-0 won)
- April 2- Game #5 vs Esquimalt (3-0 won)
- April 7- Game #6 vs Belmont (5-0 won)
- April 9- Bye

Sr Girls Game Statistics-

- March 10- Game #1 vs Reynolds (2-0 won) Coco goal #2 (Scarlett assist)
- April 2- Game #2 vs Stellys (0-5 or 6 lost)
- April 7- Game #3 vs Esquimalt (3 or 2-0 won)
- April 9- Game #4 vs SMUS (5-0 won)



Photos courtesy of Spectrum Yearbook



5 spring albums



***Foxbase Alpha* (1991) by Saint Etienne**

French Indie/ Electronic

It doesn't get much more spring than this... the flowers are blooming, bees are buzzing, and you are walking in the park.

My Top 3 Songs: "Only Love Can Break Your Heart," "Spring" and "People Get Real"



***Lessons in Vengeance* (1995) by An April March**

Dream Pop/ Shoegaze

Maybe you're going to the beach, or just wish to have an adventure. Some Enya vibes here, with wonderful shoegaze melodies.

My Top 3 Songs: "You've Been Had," "Array" and "Swallows Joy"



***Life's Too Good* (1988) by The Sugarcubes**

Post Punk

This is for slightly gloomy spring days... Very good for crazy dancing.

My Top 3 Songs: "Motorcrash," "Birthday" and "Delicious Demon"



***Holiday* (1994) by The Magnetic Fields**

Indie Pop/Synth Pop

This album is perfect for bike rides. Chill, but has momentum.

My Top 3 Songs: "Desert Island," "Strange Powers" and "The Trouble I've Been Looking For"



***Only Everything* (1995) by Juliana Hatfield**

Alt Rock

Hopeful, but still upset. Everyone's wishing for a good season. Hey, can I get some bass?

My Top 3 Songs: "Fleur de Lys," "Universal Heart-Beat" and "Simplicity is Beautiful"

a spring playlist

Spring - Saint Etienne

Kiss Them For Me - Siouxsie and the Banshees

Strange Powers - The Magnetic Fields

Spanish House - Felt

Fleur De Lys - Juliana Hatfield

Array - An April May

99.5 - TV Girl

Swingin Party - The Replacements

Sometimes Always - The Jesus and Mary Chain

Drivin' on 9 - The Breeders

Strange - Galaxie 500

Walkabout - The Sugarcubes

Metal Baby - Teenage Fanclub

Desert Island - The Magnetic Fields

Sepiatone - Sepiatone

HOW TO

BRING THE OUTDOORS IN

by Samara McDowell

T

here's always room for one more. This is my philosophy when it comes to plants. They add a calming beauty and cleanliness to your house, which can almost seem effortless to a visitor. Indoor plants are especially helpful when you have limited garden space and a lack of colour inside. I'm not necessarily an expert at gardening, but that is what makes indoor plants so great, all they need is water and sunlight and you have a happy plant. Here are some helpful tips for getting started on your indoor plants.

1

If you are just getting started or have bad experiences with taking care of plants, I would suggest buying beginner plants that thrive on neglect. This would include the Snake plant, a Zamioculcas zamiifolia, a Golden Pothos, or a Corn Plant. These breeds of plants are hardy and do not demand much of their care-taker. This will give you confidence and will be your first stepping stone in the world of plants.

2

Pin the stem of your plant into the soil. This will encourage your plant to grow roots, develop stronger, and push out new stems. This tip is particularly helpful for the String of Hearts plant and Tradescantia, but can be used with almost every breed. This is useful for developing a plant with a thicker base.

3

Plant toxicity can be an issue if you have a cat. Here are some plants to avoid if you have a cat that is a little bit too curious; lilies (extremely dangerous, causing kidney failure), Sago Palm (liver failure), Aloe Vera, Pothos, Snake Plant, Monstera, and Dieffenbachia.

4

Remove dead leaves from the soil. This will prevent pests from invading the plant as well as bacterial growth on the soil.

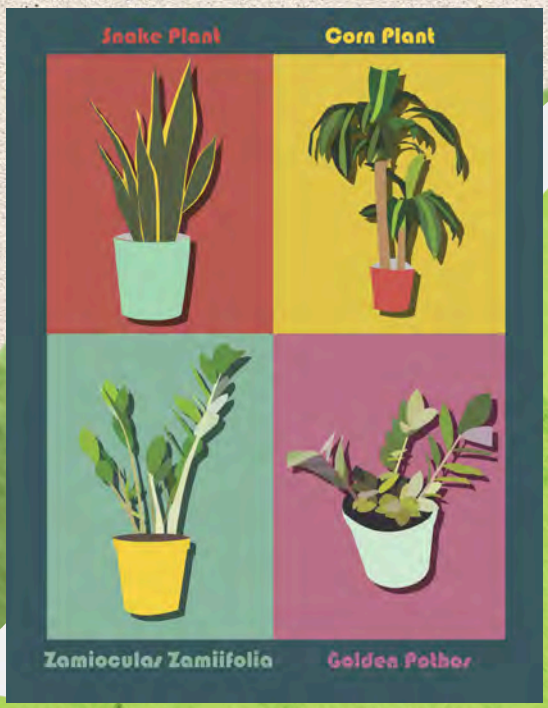


Illustration by Graphic Production student: Nicholas Herbert gr. 12

5

Often when asking people about plants, I get mixed advice on one thing, and that is that plants need to be rotated or they shouldn't be rotated at all. But in actuality, both pieces of advice are correct. Some plants shouldn't be rotated, whereas other plants thrive on it. But how can you tell which plants should or shouldn't be rotated?

The plants that do not require rotation are plants with obvious front and backsides, such as the *Monstera deliciosa*, pothos, or philodendron. Although, if the leaves of your plants go every which way and have no obvious front and backside, then I suggest to rotate your plants on the same days that you water them. Depending on your plant, this will be weekly to bi-weekly.

6

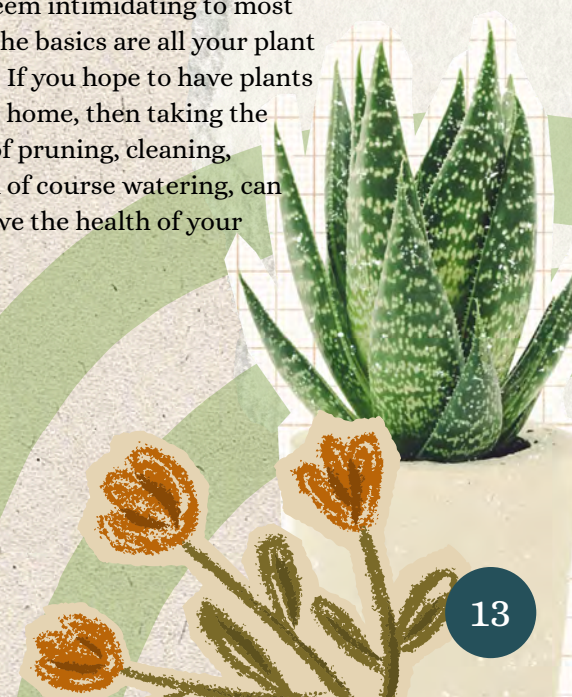
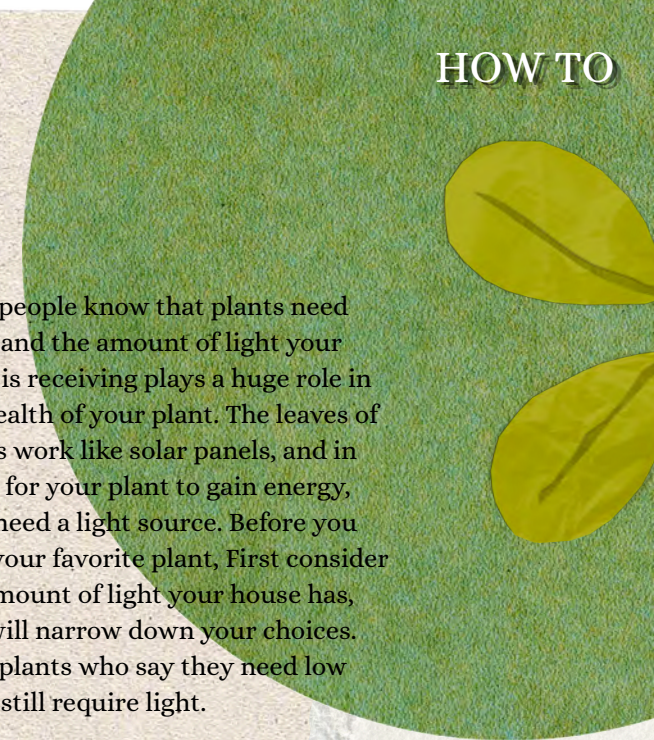
Regularly prune your plant. I know this can seem intimidating and even harmful to the plant, but it is the opposite. Your plant will become much healthier and strong when you prune. This is done by cutting off small sections of the stem (this will not kill the stem) instead, the plant will send out two new shoots, creating a thicker and fuller plant.

7

Most people know that plants need light, and the amount of light your plant is receiving plays a huge role in the health of your plant. The leaves of plants work like solar panels, and in order for your plant to gain energy, they need a light source. Before you pick your favorite plant, first consider the amount of light your house has, this will narrow down your choices. Even plants who say they need low light, still require light.

This may come as a shock to you, but low light plants still need some sort of light and cannot thrive in a darkened room. If your house does not have many light sources then I would suggest using heat lamps. Chinese evergreens (*Aglaonema* sp.), *Dracaenas*, *Philodendrons*, *Sansevierias*, *African violets* (*Saintpaulia* sp.) and *Nephtytis*, are some plants that can thrive on artificial light. You can find these lights on Amazon or at Home Depot.

Growing plants in your home is a great way of bring an element of the outdoors inside in a neat and beautiful way. The process of taking care of plants can seem intimidating to most people, but the basics are all your plant really needs. If you hope to have plants all over your home, then taking the extra steps of pruning, cleaning, pinning, and of course watering, can really improve the health of your garden.



Reading NUTRITIONAL LABELS

During a time of AI and social media, it can be hard to decipher credible information from opinion. In some cases this dilemma is harmless, but in others it can lead us to make miseducated decisions. By learning how to read nutritional labels and knowing where to find credible information, you can decide what is true, and what works best for your body.

There are three steps to reading a nutritional label, the first one being understanding serving size. Serving size is the amount of food that the nutritional facts are based off of, not the total amount of food in the container (although sometimes this is true, and in these cases the amount of grams on the label will match that on the container). It's important to figure out how much you are actually eating, so you can align what you consume with the serving sizes detailed. The next step is to look at the % daily value, which is based on how much of each nutrient is recommended intake per day. This will be found on the right hand border of the label. Any nutrient less than 5% is considered to be a little, any nutrient over 15% is deemed to be a lot. Some nutrients you might want less than 15% of include: fat, saturated and trans fat, added sugar, and sodium. Some nutrients you might want a lot of include: Vitamin A, calcium, iron, and fibre. With these three easy steps, you can decide what foods contain, or don't contain, the nutrients that you are looking for!

There are a few different websites and apps that can explain healthy eating, and provide you with great recipes, along with tips for cooking. My personal favourite is Canada's food guide. It may seem boring, but it has lots of great recipes and it can answer just about any nutritional question you have in simple wording. It's a great place to learn how to build your own personalized and balanced diet. If researching and reading isn't for you, but you still want to learn about what to eat and how to prepare it, then "eat this much" is the perfect app for you. Designed by dieticians "eat this much" is a free app that gives you a variety of delicious meals based on your health goals, age, dietary restrictions and other factors. It creates a meal plan for you that contains exactly what you're looking for. There are certainly more places to get your information from, but it's important to check whether or not it's credible.

The most important thing to remember is to cater to the needs of your own body. The amount of calories, protein, and other nutrients needed per person varies quite a bit. It is critical not to compare what you're eating to others (including people online), but rather to have a balanced diet of fruits, vegetables, whole grains and a variety of proteins.



Step 1

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot.
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Step 2

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot.
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Step 3

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

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Nutritional MISCONCEPTIONS



CLIF's Builder Bars: Chocolate Peanut Butter

These tasty treats may be high in protein, but just because that's the case doesn't mean they can be considered "health food" by any means. A chocolate peanut butter protein bar packs in 29% of your daily value of saturated fat, that's the equivalent to eating over 2 teaspoons of butter. The recommended amount of saturated fat per day is none. It's best to consume as little added sugar, sodium, saturated and trans fat as possible. There are many other bars other than this one that are high in fat. So, next time you look for a snack full of protein, check to see if it too follows this trend.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
Total Fat 11g		14%	Sodium 330mg	14%	Incl. 17g Added Sugars	33%
Saturated Fat 6g		29%	Total Carb. 29g	11%	Protein 20g	40%
Trans Fat 0g			Dietary Fiber 2g	8%		
Cholesterol 0mg		0%	Total Sugars 17g			
Calories per serving 290			Vitamin D 0mcg 0% • Calcium 41mg 4% • Iron 4mg 20% • Potassium 213mg 4% • Vitamin E 6% Phosphorus 15% • Magnesium 6%			

Kellogg's Vector Cereal

Kellogg's "Vector" often gets credit for being a health food because it is high in protein. But does it contain any more protein than cheerios? Per 54g of Cheerios there is 8 grams of protein, per 55g of Vector there is only 5.5g of protein. So why does Vector get so much attention for having an abundance of protein? Because there are two nutritional labels: one with skim milk, one without. Adding milk to a nutritional label immediately adds more protein, vitamins and minerals. This is why Vector is so misleading.



NUTRITION INFORMATION - INFORMATION NUTRITIONNELLE			
	Per 55 g serving VECTOR* (300 mL, 1 1/4 cup)	Per 55 g serving VECTOR* with 200 mL (3/4 cup) of skim milk	
	Par portion de 55 g de VECTOR* (300 mL, 1 1/4 tasse)	Par portion de 55 g de VECTOR* avec 200 mL (3/4 tasse) de lait écrémé	
ENERGY	213 Cal	283 Cal	ÉNERGIE
	891 kJ	1185 kJ	
PROTEIN	5.6 g	13 g	PROTÉINES
FAT	2.4 g	2.5 g	LIPIDES
POLYUNSATURATES	1.2 g	1.6 g	POLYINSATURÉS
LINOLEIC ACID	1.4 g	1.4 g	ACIDE LINOLÉIQUE
LINOLENIC ACID	0.2 g	0.2 g	ACIDE LINOLÉNIQUE
MONOUNSATURATES	0.5 g	0.5 g	MONOINSATURÉS
SATURATES	0.4 g	0.5 g	SATURÉS
CHOLESTEROL	0 mg	1 mg	CHOLESTÉROL
CARBOHYDRATE	45 g	55 g	GLUCIDES
FIBRE	3.5 g	3.5 g	FIBRES
SUGARS	10 g	21 g	SUCRES
SODIUM	209 mg	296 mg	SODIUM
POTASSIUM	166 mg	489 mg	POTASSIUM
COPPER	0.6 mg	0.6 mg	CUIVRE
MANGANESE	1.0 mg	1.0 mg	MANGANÈSE
BIOTIN	27 µg	27 µg	BIOTINE

by Neka Reicken

FUN AT E S T I V A L



Last month both junior and senior band went to Port Alberni for festival. They did exceptionally well, scoring **Superior**, one of the highest marks possible!



Concert choir also performed, scoring **Excellent**. Way to go Spectrum!



MOST LIKELY

TO...

- Be a celebrity
- Survive a zombie apocalypse
- Become a Red Bull athlete
- Accidentally light a house on fire
- Start a billion dollar business
- Become an influencer
- Be on a reality T.V. show
- Return to Spectrum as a teacher

Vote for your friends and peers in your grade with the QR code. Check out next month's edition for results.

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GRADE 10

GRADE 11

GRADE 12





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