

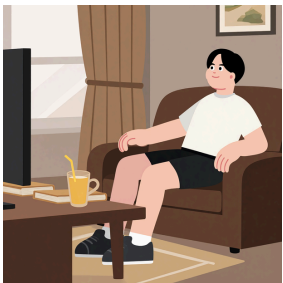
SPRING BREAK IDEAS THAT WON'T DRAIN YOUR WALLET

Written by Tabby Towne

Don't know what to do over spring break? Neither did I, so I've set out to find fun things to do at home, around town, alone, or with friends! As an added bonus, all the activities I've found are on the cheaper side, so you don't have to worry about draining your bank account. Are you ready? Great, let's dive in!

ACTIVITY #1: THRIFTING

Thriftng is an amazing activity to do alone or with some friends. There are so many different thrift stores around town, so it's easily accessible. Find nice clothes for less, and you might support a local business in the process. The total price varies on how much you buy, but I think overall it's the cheapest way to find new clothes. You never know what treasures are waiting for you in a thrift store.

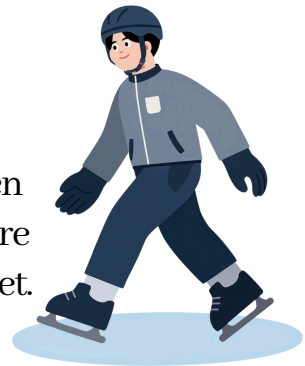


ACTIVITY #2: STAY-AT-HOME MOVIE NIGHT

This one is super simple, but always a blast. Wherever you plan to watch the movie, fill it with blankets and pillows. The result is a makeshift movie theater for you and your friends. You can watch a movie for free, or if you want to spend a little bit more you can rent a movie too. No movie night is complete without snacks, so make sure to have lots of popcorn!

ACTIVITY #3: ICE SKATING

Feeling inspired by the Olympics? There are many ice rinks that have daily open hours for the public to go skating. It never costs too much but the price varies depending on where you go. Don't have skates? Don't worry, you can rent them when you get there! Ice skating is super fun, and good exercise. No matter what level you are at, it is always a memorable experience. Safety first though, so remember your helmet.



ACTIVITY #4: BOARD GAME CAFE

For less than \$10 a person, you can check out the Board Game Cafe (my personal favourite activity on this list)! The walls are lined with hundreds of games for you to play, so it's impossible to get bored. Not only are there games, but you can also get something to eat while you play. I recommend their milkshakes! Some of my personal favourite games to try are Dixit, Wavelength, Catan, and Hues and Cues.



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THIS YEAR'S OSCAR RACE: WHAT'S WORTH WATCHING?

Written by Bren Grundy

As the biggest film awards ceremony inches closer, many decide to watch and give their own reviews of each Oscar-nominated film. But which films of 2025 are really worth watching? There are many categories stacked with the most popular movies of the year and the most prolific actors of the 21st century, but which movies will make the cut? The most watched categories include Best Actor/Actress and Best Supporting Actor/Actress, with over 19.5 million people tuning in for these wins.



© Andrew Eccles / Disney



This year, the nominations for Best Actor are Timothée Chalamet in *Marty Supreme*, Leonardo DiCaprio in *One Battle After Another*, Ethan Hawke in *Blue Moon*, Michael B. Jordan in *Sinners*, and Wagner Moura in *The Secret Agent*.

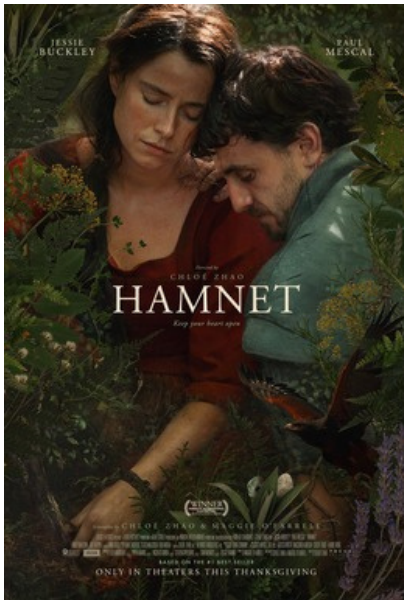
Josh Safdie's *Marty Supreme* was one of the most successful movies of the year, making over 147 million dollars, and having an impressive Rotten Tomatoes score of 93%. With some reviews saying the fast-paced and intense nature of the film made it engaging, others criticized it for being tonally inconsistent, overly chaotic, shallow in character motivation, and potentially gratuitous. *Marty Supreme* has high-energy table tennis scenes, lived-in sets and strong acting performances, but if you're not interested in a narcissistic main character, a movie made of chaos, and an excellent soundtrack, this Oscar nominee may not be for you.



Another film nominated for this category and many others is *Sinners*. A vampire horror full of creepy moments, beautiful music, strong imagery and story telling, *Sinners* delivered everything that I felt was needed for 2025. I think it's sure to become a modern day classic of its genre. The movie starts slow, but if you stick with it, the moment of the twist will be so much more impactful. The atmosphere is so eerie and perfectly done, and the slower start makes you care about each character, so the fast paced ending feels more rewarding and intense. If you are a horror enthusiast, this is a must-watch for you!

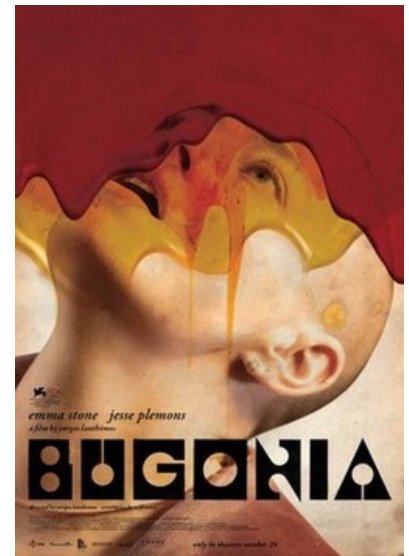
OSCARS, CONT'D

The nominees for Best Actress are Jessie Buckley in *Hamnet*, Rose Byrne in *If I Had Legs I'd Kick You*, Kate Hudson in *Song Sung Blue*, Renate Reinsve in *Sentimental Value*, and Emma Stone in *Bugonia*.



This is a stacked category and will be a close victory for all the nominated actresses. One of the most beloved movies of 2025 was *Hamnet*, starring Jessie Buckley and Paul Mescal. It follows the the life of William Shakespeare’s family and the unrecorded story behind the death of their 11-year-old son, Hamnet, in 1596. Critics were in accordance that this movie was one the most impactful movies of the year. The performances in *Hamnet* are spectacular. While child actors can be hit or miss, Jacobi Jupe’s performance of a fragile, innocent child abandoned by his father is spectacular. In a rising trend of high-budget action thrillers, it’s refreshing to see a slow movie that focuses on grief in a way that doesn't feel overpreformative; it’s subtle, emotional, and a beautiful change of scenery. This is a must-watch before the Oscars!

The other movie I want to focus on is *Bugonia*. This is the second creation of Yorgos Lanthimos and Emma Stone; it’s a wacky artsy alien movie, which is also quite observant, reflective, and deep. *Bugonia* is an incredible and original movie; it has twists and turns you’ll never be able to predict, but they end up making the viewing process so enjoyable. I personally found Emma Stone’s and Jesse Plemons’ performances the best of the year. Their acting was so expertly done, it never felt over-the-top or unrealistic—I truly believed the characters. I really want to appreciate Jesse Plemons’ facial acting; his depiction of a crazed conspiracy theorist through his micro expressions was perfection. It’s clear they’re both masters of their craft. If you enjoy unpredictable, suspenseful, and nothing-like-you've-seen-before movies, *Bugonia* is perfect for you. And if you stick with it to the end, you'll be pleasantly shocked and left asking questions.



All in all, this year’s Oscar nominations are going to be incredibly difficult decisions by the Academy. Each one is a masterclass in filmmaking in its respective genre. Catch these categories and so many more like Best Sound Design, Supporting Actor/Actress, Set Design, Costume and more on March 15th.

NEW SEMESTER, SAME STRUGGLES?

Written by Beaver Angelo Cruz

Zzzz, zzz... That’s the sound you make while sleeping through class after pulling an all-nighter, or the result of procrastinating through a swamp of unfinished assignments.

We had a blast as the first semester flew by quickly. To add into the equation, we are already a month deep into the second semester! Yet we find ourselves asking the same question: Why are we not locked in?

When asked, many grade 10 students say that they are still fighting against habits lingering from the first semester. “I have been struggling with procrastination all throughout the year. It’s time for me to lock in,” one student stated.

Studies have shown that habits like staying up all night, procrastination, and cramming can be poisonous to your studying, as they drain you out.



All-nighters, especially, put your brain on low power mode during the day. On the other hand, procrastination and cramming overheats your battery and crushes your learning abilities.

Luckily, this can be fixed in a jiffy! Firstly, you can set up a study routine throughout the day to get your brain pumping. You can also hit the hay early to let your neurons rejuvenate and form strong connections. This way, you can wake up with your batteries charged as you seize the day.

A new semester may bring in new schedules, but habits don’t reset as easily. Changing them might not be easy, but it is worth it. Because at the end of the trail, what’s waiting is more than grades—it’s all about confidence and growth.

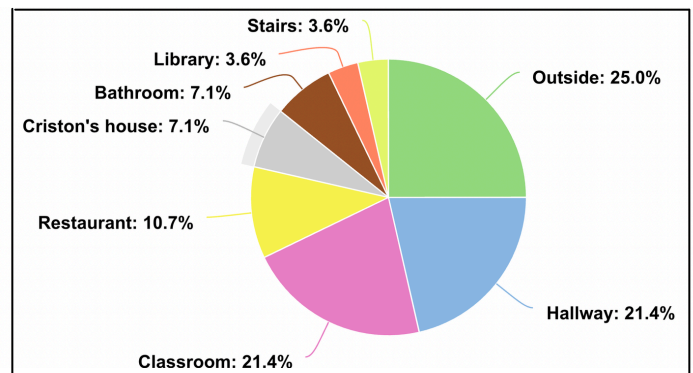
IT’S TIME TO LOCK IN, ESQUIMALT!!

LUNCHTIME LOCATIONS: WHERE DOES ESQUIMALT EAT LUNCH?



Here are the results from last month’s poll! I’m glad people are eating outside and enjoying nature. However, I never would’ve expected “Criston’s house” to be such a popular place! Also, bathroom...? Yeah, I’ll leave it at that.

KEEP YOUR EYES OUT FOR THIS MONTH’S POLL POSTER; IT WILL BE PUT UP IN THE HALLWAYS SOON!



Written by Arden Giles



MARCH TRIVIA QUESTIONS

Organized by Cassandre Paul-Hus



1) Romulus named this month after which Roman god?

- a) Morpheus, god of sleep and dreams
- b) Mars, god of war and agriculture
- c) Mercury, god of commerce
- d) Mutunus Tutunus, god of marriage

2) Which zodiac sign begins on March 21st?

- a) Aries
- b) Virgo
- c) Pisces
- d) Taurus

3) An artist was born on March 30th, 1853. the myth is that he only sold one painting before his death. Who was this artist?

- a) Pablo Picasso
- b) Claude Monet
- c) Vincent Van Gogh
- d) Andy Warhol

4) Where was the first ever St. Patrick's day parade held?

- a) Ireland
- b) Scotland
- c) Florida
- d) Ontario

5) What nerdy holiday is celebrated on March 14th?

- a) Star Wars Day
- b) Smarch Madness
- c) Pi Day
- d) Pythago-palooza

6) The first ever phone call was made on March 10th of which year?

- a) 1873
- b) 1904
- c) 1857
- d) 1876

7) What is the flower of March?

- a) Pansy
- b) Sunflower
- c) Orchid
- d) Daffodil

8) Which Jewish holiday usually takes place in March?

- a) Purim
- b) Shavuot
- c) Chanukah
- d) Yom Kippur

9) When are the first 3 days of March considered unlucky?

- a) When it's unseasonably warm
- b) When it rains
- c) Strong winds
- d) When the sun shines

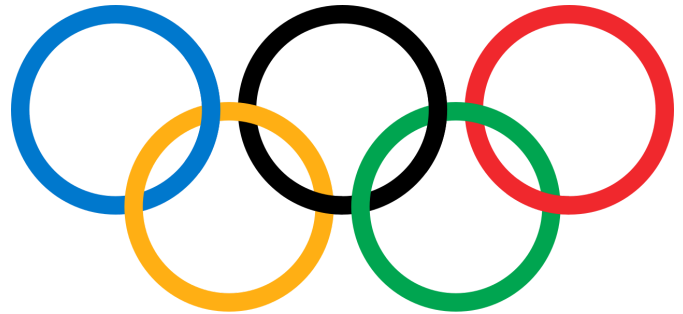
10) The first day of spring usually falls on which day?

- a) March 15th
- b) March 3rd
- c) March 20th
- d) March 31st

FIND THE
ANSWER KEY
ON THE GAMES
PAGE!

MEDALS, OVERTIME, AND CONTROVERSY: CANADA AT MILANO CORTINA

Written by Annabell Everett



The 2026 Milano Cortina Winter Olympics wrapped up last Sunday, February 22nd after a stunning 17 days of intense international competition. Here's everything you need to know about this year's games.



© On Location

Italy hosted for the first time since 2006, and became the first country to ever have two cities — Milan and Cortina — co-host the games. Harmony was the theme of the opening ceremonies, seeking to establish peace, connection, and amity between all countries competing in this year's games. An estimated total of 2900 athletes from across the globe competed this year, sent from over 90 Olympic Committees. They competed in a total of 116 different winter sporting events, celebrating the versatility and brilliance of human ability.

Two mascots, Milo and Tina, represented the 2026 Olympic and Paralympic games. These mascots, a brother-sister duo of stoats, were designed by young Italian art students. They quickly became favourites of athletes and fans alike, with plushies of them selling out only 5 days into the games.



Canada won a total of 21 medals, racking up 5 gold, 7 silver and 9 bronze medals. The reason for this subjectively mediocre medal payout is speculated to be due to a lack of government funding. Fans are hoping for a rebound in 2030 at the French Alps Olympics Games! Norway, as per usual, won the most medals, bringing home a grand total of 41 — eight more than the U.S. with 33, and an astonishing feat for a country so small.

Millions of fans across Canada faced grave disappointment this past week, as Canada lost in overtime to the U.S. during our gold medal game of ice hockey. Suspicions of unfair referee work



WINTER OLYMPICS RECAP, CONT'D

arose in many angry hockey fans, and even more outrage spurred after a concerning post from the White House boasting the victory of the U.S.



© Fabrika Simf / Shutterstock



Curling also had its fair share of drama this year, after both of Canada's curling teams were accused of double-touching the rock, which is an illegal curling move. Marc Kennedy, the main accused perpetrator of this offence, snapped at Swedish curler Oskar Eriksson when confronted. He denied the double-touch, even using profanities, which shocked viewers worldwide. When interviewed later on, Kennedy reported his suspicion that the Swedes had been planning this allegation, and were hoping to “catch them in the act” at the Olympics.

The games concluded with a gorgeous closing ceremony, held at the historic Verona Arena. This event celebrated the achievements, resilience, and spirit of all athletes who participated in 2026 Olympic and Paralympic Games, and was a beautiful conclusion to the 2026 Milano Cortina Olympics.



CALLING ALL CREATIVE PEOPLE!

Are you a creative person? Do you like to write, draw, or take photos? Our submissions are always open!



Esquimalt Ink's CREATIVE CORNER



Help enrich your school's very own student newspaper by sharing your wonderful creative works. It's super easy! Just send your submission to esquimalt.ink@gmail.com, or DM us on Instagram (coming soon)!



MARCH HOROSCOPES

Organized by Violet Lane

*Red flags edition...***ARIES** (Mar. 21 - Apr. 19)

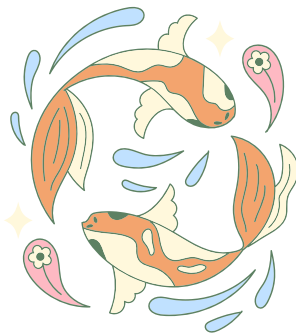
You're impatient and impulsive, which leads to child-like outbursts and arguments.

TAURUS (Apr. 20 - May 20)

You can't maintain stable feelings for the life of you, and you're constantly bouncing between people.

GEMINI (May 21 - Jun. 20)

You're erratic, unpredictable, and completely unable to make consistent decisions regarding your relationship.

**CANCER** (Jun. 21 - Jul. 22)

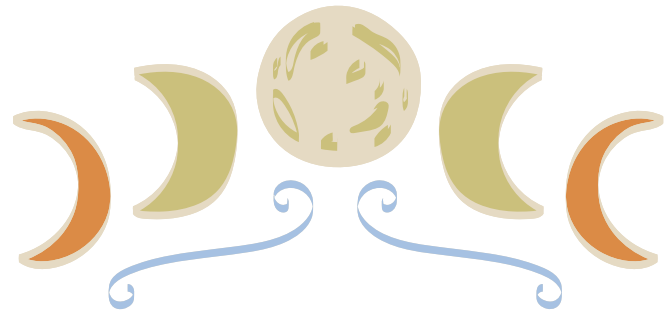
You frequently go between being a massive oversharer and completely unable to talk about your feelings.

LEO (Jul. 23 - Aug. 22)

You're never able to let things go and are constantly bringing up past arguments during fights.

VIRGO (Aug. 23 - Sep. 22)

Even though you think of yourself as even-tempered, it doesn't take much for you to lash out and start arguments.

**LIBRA** (Sep. 23 - Oct. 22)

You're a little too focused on people-pleasing and controlling what others think of you.

SCORPIO (Oct. 23 - Nov. 21)

It takes virtually nothing to make you jealous and it makes you act a bit controlling.

SAGITTARIUS (Nov. 22 - Dec. 21)

You have some attachment issues and a lot of trouble committing to things long-term.

CAPRICORN (Dec. 22 - Jan. 19)

Your competitive nature can be self-sabotaging sometimes, causing interference in your relationships.

AQUARIUS (Jan. 20 - Feb. 18)

You can come across as hard to read and aloof, leading people to be confused about how you really feel.

PISCES (Feb. 19 - Mar. 20)

You tend to move way too quickly in relationships, leaving the other person feeling suffocated by it all.

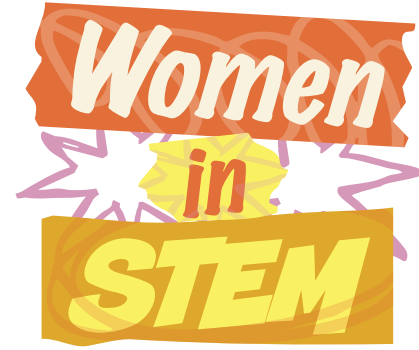
WOMEN IN STEM CLUB

Written by Meganne Stuart

Are you interested in science, technology, engineering, or math? Is your interest piqued by such fields as engineering, forensics, or even niches like seismology?

Well, the Women in STEM club exists here at Esquimalt High School to serve as a support for girls and gender non-conforming people drawn to these career paths. This club aims to make a safe and supportive place for everyone to inform themselves, ask questions, and cultivate an interest in these typically male-dominated fields. Though it may feel daunting to choose STEM, anyone with curiosity, creativity, and interest has the ability to do it. WISE is a wonderful opportunity for connection, networking, and honing of personal interests.

The Women in STEM club meets every Tuesday during lunch in room 221, often hosting fascinating presentations by accomplished women in STEM job positions and education pathways. In the past, the club has had meetings with a seismologist studying the safety and infrastructure aspects of earthquakes, a forensic officer involved in crime science, a marine ecologist studying the migration of fish colonies, and many other inspiring people. The club has also organized field trips! They have had the chance to visit the nursing simulation centre at Camosun College. Furthermore, WISE has been able to organize an onsite tour with a geoscientist and a



landscape architect at a geographically complicated construction site.

Our doors are open at the Women in STEM club! Though it strives to cultivate a space for people with less support heading into STEM, anyone would be happily accepted into the community. We hope to see you at our next meeting!

For more information, the Women in STEM Google Classroom code is 67tvdoi. Our wonderful posters are also up around the school.



UPCOMING WISE EVENTS!

On March 10th at lunch, there will be an in-person presentation with Dr. Marie-Eve Tremblay, a member of the Medical Sciences faculty at UVic. She specializes in the neurobiology of cognitive aging.

On March 11th at lunch, there will be a virtual presentation with Dr. Mathilde LeBlanc, a cardiologist based in Montreal.

A POEM ABOUT A CAT

She sits in the sun
The light shining in her eyes
The warmth on her fur

Maisie



She remains happy
Perfectly content to be
Because she's comfy

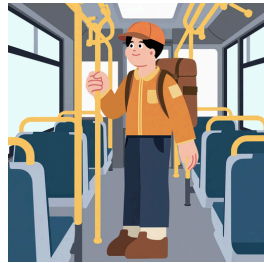
Written by Sylvie Scott

PUBLIC TRANSIT HAIKU

While riding the bus
I see so many small cars
They're superfluous



In a big blue seat
In the back near the window
Rolling on concrete



And when it's over
I tug on the yellow string
And thank the chauffeur

Written by Eleanor Hogg

TINY CLUES

My predicament showed itself in tiny clues
A plant and apple you could never lose
And a bed where you can't ever snooze

Only half of the walls are built
Nothing ever wilts
And dogs can be found on stilts



I love my slide
And my pink fancy ride
But on the sticky floor I can no longer glide

Happy times were spent
I don't have to pay rent
But humans will quite often stare while bent

Interesting and pretty brand new
I never run out of things to do
But soon enough they too become few



After all these tiny clues
I feel a bunch of different blues
For my future will never be mine to choose

Written by Kara McIlwain

ATTENTION ALL GRADS!

Written by Sylvie Scott

Graduating students, this is a reminder to stay on track with your capstone projects! Capstone presentation day will take place on May 21st, and students are expected to have both their project and presentation fully completed by then.



2026

The capstone is a graduation requirement, so be sure to attend the mandatory capstone meeting in April and give yourself enough time to prepare. Start working on whatever still needs to be done now, because we're running out of time!

Good luck, class of 2026!

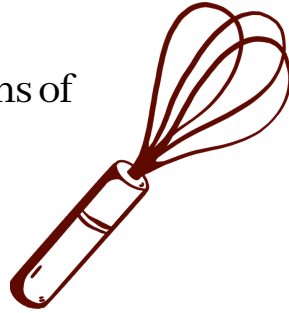
Organized by Cassandre Paul-Hus

Recipe from Trois fois par jour

CLASSIC MERINGUES

Ingredients

- 3/4 cup and 3 tablespoons of granulated sugar
- 3 large egg whites



Directions

1. Add egg whites to mixer bowl or a large bowl.
2. Preheat the oven to 400°F and place a piece of parchment paper on a baking sheet. Add the sugar to the baking sheet, and place in the oven for 5 minutes.
3. Whip the egg whites at medium to high speed until they start to take more volume. Whip until the mixture forms stiff peaks (see image below). Remove the baking sheet from the oven and set the temperature to 175°F.
4. All while mixing/whipping, add the hot sugar one tablespoon at a time. Once all the sugar is added, whip for an extra 4-5 on high speed. Make sure the mixture is completely homogeneous, assuring there are no grains of sugar left. If the mixture is too grainy, whip at high speed until it is completely smooth.
5. Add a new parchment paper on the baking sheet.
6. Transfer the meringue to a piping bag along with a star piping tip.
7. Pipe the meringues on your baking sheet approximately 1/2 to 3/4 inches away from each other.
8. Bake for 47 to 52 minutes, or until you're easily able to lift the meringue off of the baking sheet. Turn the oven off and slightly open the door before removing and let rest for 20 minutes before removing them from the oven to completely cool. Enjoy!



Photo by Justice Marc-Aurèle

Tips for great meringues

Use your fingers and make sure you can't feel the sugar grains; it should feel smooth!

Stiff peaks occur when the egg mixture becomes glossy and thick, and holds its shape firmly without drooping when lifted. --->



Share
some
recipe
ideas!



