

# SLOTS EXPRESSIONS

MARCH SATIRE ISSUE 2018

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EXPRESSIONS

MARCH 2018

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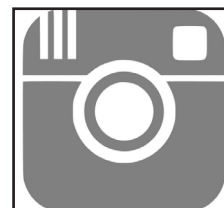
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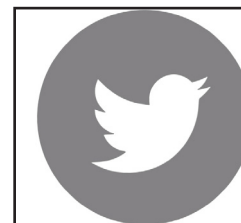
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## CANNIBALISM, THE NEW VEGANISM

By Andrew Gater

Veganism has been extremely prominent in American culture due to its health benefits and support of animal rights. Many young teens have already adopted a vegan lifestyle, but an even more health and animal conscious trend is on the rise: cannibalism. There are undeniably many benefits of switching to a cannibalistic lifestyle. The main cause of deforestation and animal abuse and neglect are humans.

“Cannibals can eliminate deforestation (which is linked to the collection of land and resources needed to sustain more humans), animal abuse, and overpopulation

simply by targeting and consuming those negatively impacting the Earth,” said conservationist and health expert Hoo Kares. Not to mention the fact that cannibals get to eat all the tasty meat they want without ever harming another animal. Although many are in support of this movement, some students have strong opinions about this new trend.

“I have a friend who recently became a cannibal and she has yet to shut up about her change in eating habits. I thought it was bad when she was vegan, but now she never seems to stop talking about the new

recipes she found in her ‘Cooking with Hannibal’ cookbook,” said junior Ima Eat-tem. This lifestyle has become so prominent that it has created an entirely new industry. Bloody Apron, an up and coming food delivery company, has begun dropping off fresh non GMO corpses which are organically sourced from the outer regions of Guantanamo Bay, a much healthier and more environmentally friendly option than butchers or hitmen. Time will tell whether this is just another fad or if cannibalism is here to stay.

## MEASURE D AHEAD OF SCHEDULE WITH TWO DIRT PILES COMPLETED

By Oliver Hicks

San Luis Obispo High School announced this past Monday their most recent progress on Measure D construction, with construction coordinator and wood teacher Jed Bruington expressing high remarks for the recent projects.

“After two years of demolition projects and preliminary construction planning, we are proud to announce that we have successfully finished our first two dirt piles,” said Bruington in a press conference with reporters, parents, and students on campus.

Measure D, short for Measure Destruction-Without-Any-Actual-Progress-Or-Benefits-At-All, was a ballot

measure originally passed in 2016 as a major allocation of local funds to improve SLOHS’s campus. News of the new dirt piles--one in front of the career center and a collection of others next to the old gym--comes after two years of intensive planning and engineering in an effort to revitalize San Luis Obispo’s only public high school. Having already completed the first two dirt piles in a matter of 24 months, contractors and district officials alike are baffled by the speed with which SLOHS is transforming their campus.

“I’ve worked on almost two campus construction sites in my 45 years of contracting, and this is probably the second most efficient project I’ve ever seen. It’s truly remarkable,” said Assistant Head Contractor

Mike Fischer of Fischer, Fisher & Phischer Construction Co.

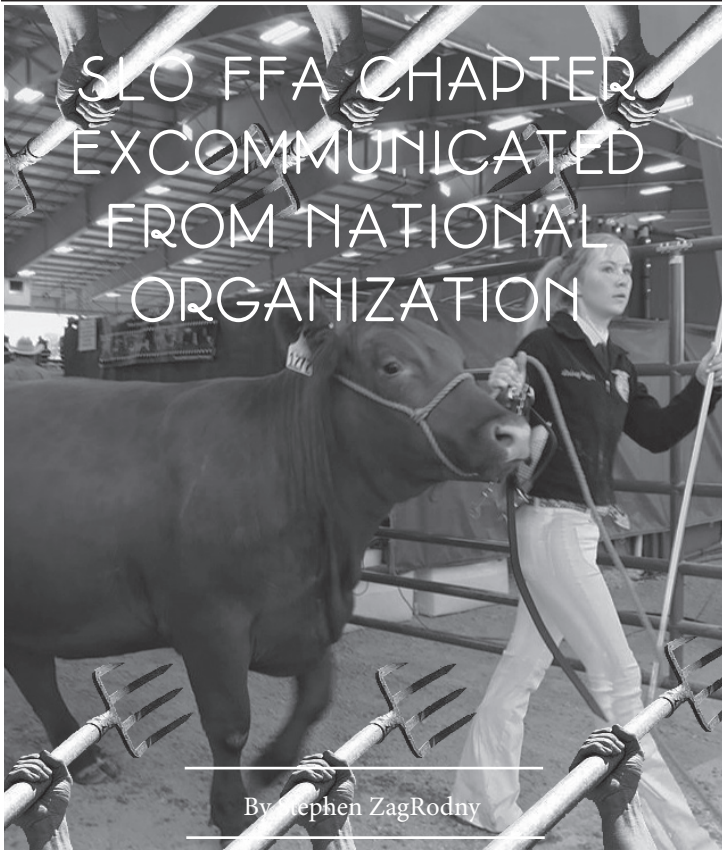
Even students have noticed the startling new developments at their school.

“It’s pretty crazy to be attending SLOHS with all the rapid changes. I mean, one year you’re a freshman and you walk past the old admin building everyday, then before you know it you’re a senior and the building isn’t even there anymore--it’s just a dirt lot,” said senior Andrew Martin.

With two successful dirt piles already completed, SLOHS is hoping to add at least three more dirt piles by 2019, close off half of their parking lot by 2020, and even dig out a huge empty pit behind the new gym by 2022.

*Photo Courtesy of: Kiet Nguyen*





## SLO FFA CHAPTER EXCOMMUNICATED FROM NATIONAL ORGANIZATION

By Stephen ZagRodny

This past Wednesday, in a statement to the public, the national Future Farmers of America association excommunicated the San Luis Obispo chapter after news of their cult involvement broke last week. The division at San Luis Obispo High School claims that the so called “cult scandal” has been blown out of proportion, but they promise to steer clear of all questionable activities in the future.

“We’re just very enthusiastic about our club,” said junior Carrie Manson, “people are saying we took things too far, but who defines ‘too far’ anyways?”

While the department claims that all activities were standard procedure, lab reports showed traces of blue raspberry and lemon Kool-Aid in pitchers from the kitchen and the FBI found multiple freshmen wandering around the farm mumbling quotes about a “faith born not of words but of deeds.”

“Sure we might’ve trapped

some souls inside the silos, but that doesn’t necessarily mean that there was cult activity,” said Manson.

*Expressions* reached out to one of the freshmen who allegedly had their body taken over by the FFA cult. After freshman Jimmie Out returned from the Greenhand conference, his friends and family noticed something off about him.

“FFA would never do anything bad to anyone, comrade, the farm is good, the farm is great,” Out said in a chillingly rehearsed tone.

The alleged cult involvement came to the public’s attention after multiple students related to the program went into a hypnotic trance when the DJ played “Honky Tonk Badonkadonk” at Winter Formal. The FFA Chapter at SLOHS has claimed to be on a better path now, but many freshmen are still missing with their last known whereabouts in the Agriculture Department.

*Photo Courtesy of: Connie Moore*

## TINY TIGERS TO HELP WITH MEASURE D

By Andrew Martin

As Measure D improvements continue at San Luis Obispo High School, ideas on how to maximize funding and improve efficiency have begun to surface. At its most recent meeting, San Luis Coastal Unified School District board members asked the public to begin brainstorming ideas to help save money. SLOHS’s own Tiny Tiger teacher Lisa Washmuth believes she has the perfect answer.

“Every morning I drive by the construction here at school and can’t help but think the workers are taking way too long. Then one day it just struck me--the answer was right underneath us the whole time. Everyday we have twenty Tiny Tigers doing nothing but counting M&Ms and fingerpainting, so why not put them to work?” said Washmuth.

“These four year olds are skating by at SLOHS without putting in their fair share, and I know for a fact most of the staff is tired of it. Hard labor is a great character builder as well, so it’s not as if the kids won’t be benefiting,” said Washmuth.

Washmuth’s idea has quickly gained traction throughout the school district and community.

“I think Washmuth is really onto something with this. Obviously, not everything has gone according to plan so far with construction, I think that much is evident. Labor has been more expensive than what was projected. If we can employ those preschoolers to help with construction, it could seriously expedite the process,” said principal Connor O’Leslie with an industrious glint in his eye.

“Preschoolers are incredibly hard-working, and small enough to fit into underground pipes. Their lungs are especially resistant to asbestos, which has been a real nasty problem in the old gym for years! That alone should allow us to save thousands on cleanup,” said O’Leslie.

The exact legality of the move isn’t really clear. Fischer, Fisher & Phischer Construction Co. won the bid for all Measure D construction, and their legal team might take issue to a new crew coming on board. Luckily, it appears the Tiny Tigers aren’t asking for more than an extra piece of candy at lunch time. Washmuth has not confirmed whether the parents will be informed of the Tiny Tigers’ new daytime activities.

# Wanderings in the Void

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By Molly Foster & Emilee Mulay

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On the 'you are here' map of the universe, you are at San Luis Obispo High School in the middle of San Luis Drive, in the city of San Luis Obispo. However, it is easy to lose yourself in the direction of North, West, East, or South. Many students suffer from this lack of directional awareness due to the underdevelopment of the prefrontal cortex. Nonetheless, you and thousands of spatially challenged peers persist, meandering around the void. It is only a matter of time before you believe the illusions on this journey and allow the infinity of the void to blind your reality.

\*Disclaimer: Senior Emi Mulay and junior Molly Foster created a life idealism that is the audible embodiment of the emotions that pass through your consciousness. Only after discovering that time is simply a concept to control the human agenda, and surrendering to the void, did Mulay and Foster become aware of the bumpy road to enlightenment which lay ahead.

Black holes exist simultaneously on this earth alongside humanity, which accounts for the fact that recently developed neighborhoods around SLO all appear identical. In this sub-par suburbia, the Mulay-Foster duo attempt to stop the inevitable slipping into the void. *Expressions* sat down with Mulay and Foster, both on the edge of the deep abyss, for insight on this potential philosophical apocalypse.



illustration by Molly Fast Hands Sauceter

**Expressions:** What is something you frequently neglect to do?

**Senior Emi Mulay:** Not think of the trillions of moments that had to happen in perfect chronological order to create my existence, perhaps leading to this very interview, which may or may not have happened in any other parallel universe, while I am trying to have an engaged conversation with the man bagging my groceries.

**Junior Molly Foster:** I have never read the instructions, it is all just semantics.

**Expressions:** Is time travel possible?

**Mulay:** No, and hear me out. Since "time," the greatest controller of human constructs, doesn't move linearly (start to finish if you would), and instead moves in a circle, time travel isn't possible because everything that has ever and will ever happen is happening right now, but I'm in this "present moment" which is also happening right now.

**Foster:** If you leave Georgia (the place) at 9 a.m. on June fourth after a 12 hour flight west, you will arrive at your destination at 9 a.m. on the same date as your departure from said origin (Georgia (the place)). If that's not time travel, I don't know what is.

**Expressions:** What's on your mind?

**Mulay:**

**Foster:** I'm dissociating.

**Expressions:** Is free will real or just an illusion?

**Mulay:** Free will rarely exists in the modern human subconscious, yet when discovered by the chosen ones (seventeen percent of the human population), it is accessible and can develop into an awakening. When you are driving down empty streets at night, what makes you halt at stop signs? A lack of free will.

**Foster:** Well if you believe in the Simulation Theory, actions and choices derived from my own physical brain are just the tapping of buttons on a screen by a future man in a future world of far more advanced technology, just disguised as free will. If you don't believe in the Simulation Theory, may I remind you of Elon Musk's IQ?

**Expressions:** Is it better to be a big fish in a small pond or a small fish in a big pond?

**Mulay:** Be the pond.

**Foster:** Size doesn't matter when the thing consuming you is a random combination of molecules that can never be proven to be real or fake.

We all need to stop making bad jokes about Measure D. It is hard to walk the hallways of San Luis Obispo High School without hearing a putdown about the remodeling of the school, even though the money is being spent in a completely logical and reasonable way.

“Why should we spend the millions of dollars actually improving the school when we can just remove all the trees and leave a bunch of dirt mounds everywhere?” said senior Wendigo Montoya.

For example, why would we want to expand or improve our cramped little theater department when we can just rebuild one of the two gyms we already have or relocate our tennis courts a much more convenient two feet to the left.

In addition, let us not supply some maintenance on the disgustingly overflowed bathrooms that cannot seem to go a week without at least one flooding. It makes much more sense to tear down a few buildings and spend thousands of dollars a month on portable classrooms.

Concerning the Big Tree, the reason it needed to go was that the roots were causing the sewer systems to overflow during heavy rains. Therefore, the obvious solution is to chop it down at the trunk, and leave a huge stump with the roots right where they are, which of course causes a big gate to be necessary because we must avoid the hazard of students tripping on the enormous piece of wood.

Moreover, it would be a complete waste of resources to expand the janitorial staff. This would cause them to be much less stressed and pressured. In addition, allow them to be thorough instead of having to rush before they have to leave at the end of the day.

So please, consider the benefits of Measure D.

## Measure D Deserves Respect

By Grace Berscheid

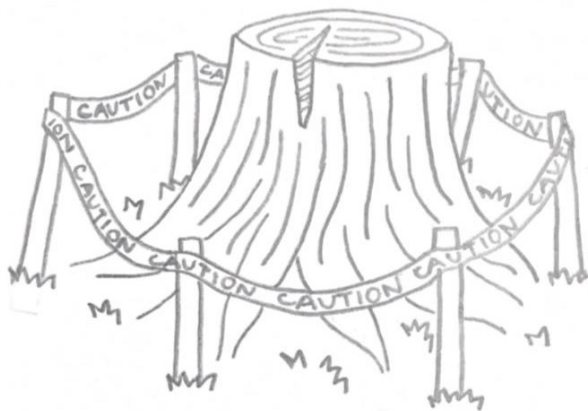


Illustration by Sabrina Marks

## Why Didn't I Get Into My #1 School?!

By Delaiah Hastie

You did it all. You got a 4.8 GPA and took four AP classes. You got a 1560 on the SAT. You spent hundreds on the AP tests. Countless nights were spent losing sleep; slaving over essays, study guides, and extra credit work, all turned in on time and perfect. It was all for one purpose: to get into your dream school. However, it seems the school has made a mistake. You, with your perfect grades, perfect test scores, and mommy and daddy's tuition money, didn't get into the school of your dreams. How is this possible, when you worked so hard and obviously deserve it?

“I think the reason I didn't get in was because of affirmative action. There were less spots for people like me, which just

goes to show how white people are oppressed,” said senior Connie Federate.

Some students went to extremes in order to try and trick the system.

“I lied about my race on the application so I would have a better chance of getting into my top choice school,” said senior David Duke.

This phenomenon has affected many of the seniors at San Luis Obispo High School who feel rather cheated due to all of the hard work they put in, especially in regards to community service or helping the less fortunate.

“I helped a lot of poor people for nothing. It was a waste of my time because I didn't get into my top choice

school,” said senior Stephen ZagRodny.

It is a well-known fact that most everybody at SLOHS can afford to go straight to a four year university or an Ivy League school, which are considered hallmarks of a good and deserving person.

“My parents have a lot of money, so I think I really deserve to go to my dream school more than stupid poor people,” said senior Richard Mann.

Whether you didn't get in because of something you can't help, such as how much money you have or your fair complexion, find some comfort in the fact that you will go far in life no matter what; because you, above all other people, are far more deserving.





Photo courtesy of Kiet Nguyen

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# Metrosexuality Is a Danger to American Men

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By Andrew Gater

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Metrosexuality—a fashion sense that developed in the mid 90s and has been made popular by celebrities such as David Beckham, Ryan Reynolds, and Brad Pitt—has gone too far. A metrosexual is defined as a young, urban, heterosexual male with liberal political views, an interest in fashion, and a refined sense of taste. This travesty of a fashion sense is changing what it means to dress like a man, and it is a shameful attack on the social norms we as Americans have spent centuries perfecting. Metrosexual fashion has metastasized to the point where it has infected our society all the way down to the high school level.

“I find it utterly appalling that when

I come to school I walk past guys who feel as if they have the right to express their fashion sense however they want,” said sophomore Itsun Warrented. Bright colors have historically been kept exclusively to the feminine physique, and these “metrosexuals” think they have the right to use any color scheme they enjoy. We live in America, this sort of behavior shouldn’t be tolerated.

In the impeccable words of Fox News, “This fashion movement can only be the works of the nefarious LGBTQ community who are working with the Russian government to turn our straight, hardworking American men into fruity, brightly colored peacocks unfit for the line of duty.” *Expressions* was able to interview a Russian defector in order to understand the reason behind the LGBTQ treason.

“The LGBTQ community was

initially drawn to colluding with the Russians when pictures of a topless Putin on a horse were released. Their relationship was cemented after the 2016 presidential election when the community realized that if Trump could collude with the Russians and get away with it, they could too. They are specifically infecting American high schools, as these young straight men are most likely to join the armed forces. If they are metrosexual, they automatically become less of a man and are therefore less effective,” said former Russian operative Ushud Heckov.

If we as Americans wish to protect our country, we must eliminate these metrosexuals from our society. As former President Franklin D. Roosevelt once said, “the only thing we have to fear is metrosexuality itself.”



# An Ode to the Men of SLOHS

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By Luca MacDougall

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San Luis Obispo High School is great for many reasons, but its most positive attribute has to be its management. On a daily basis, every SLOHS student benefits from the innate leadership skills possessed by the strong patriarchal figures of the San Luis Coastal Unified School District. Without the burly, steadfast men who dominate the SLCUSD and SLOHS leadership positions, we wouldn't have nearly as much freedom on campus.

"You know, my favorite part about working in the education system is controlling fifteen hundred vulnerable teenagers and constantly reminding them of their second-class status once they step on campus," said SLOHS staff member Mann Maximus.

This incredibly aggressive and testosterone-filled approach of preparing students for the future is very effective. Recent successes have included censoring the school newspaper, allowing more deserving male sports teams access to superior training facilities, and continuing

to ignore the need for menstrual products in bathrooms. While these methods have received some criticism from students, it's well known that people under the age of 21 have no valuable ideas, so why not pummel this message of submission into the puny brains of students who can't think for themselves.

"After months of conducting rigorous studies, we've concluded that students can't be trusted to follow their own instincts, so we've decided to step in and make all their decisions for them," said SLCUSD head of student services Guy S. Rool.

# Barbie is **Not** Outdated

*Photo courtesy of Stephen ZagRodny*




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By Stephen ZagRodny

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Barbie has been a childhood staple for students at San Luis Obispo High School for decades. However, in recent years this perfect plastic figure has been receiving backlash for promoting an unrealistic body type for women.

Many feel that her small waist, perfect hair, long legs, and overall petite figure are encouraging body dysmorphia in girls by enforcing an ideology that a woman's only purpose is to attract a man, and that, to do so, she must fit the mold that Barbie sets. But what's wrong with this message? Women were made for men to find pleasure in. Barbie simply promotes the essential messages of looking pretty and impressing men to young girls.

"Barbie inspires me to be thinner every day," said junior Katie Fitts, "I keep her as my phone wallpaper so that I'm constantly reminded not to eat."

If Barbie were a real human, her waist has been estimated to be less than 18 inches, and her BMI would be around

16.25, making her extremely anorexic. This body type is a perfect goal for girls all around the world.

"As a woman, I find Barbie so empowering. She tells me that not only do I need to look perfect, but that someday I'll get to serve my future husband as his loving and faithful companion," said senior Delaiah Hastie.

Meninist culture has recently been on the rise, and they have been especially excited to promote Barbie. They claim that she goes beyond encouraging an ideal body, modeling the submissive attitude all women should have towards the men in their lives. Barbie's role in the home sets a great example to girls from all backgrounds that, as a woman, their place is in the kitchen, making a sandwich for their husband. Meninists go on to praise Barbie for her loyalty.

"Although she's with that pansy metrosexual, Ken, she still remains faithful," said self-proclaimed meninist and junior Miso Gynist. "She shows how even when your man is barely a man, your place as a woman is below him."

## SLOHS Staff to Start Coaching Sports

Stephen ZagRodny

Last week Principal Connor O'Leslie announced in his newsletter that the spring sport teams are about to face a major change in their leadership. The San Luis Obispo High School staff, O'Leslie included, will begin coaching the spring sports in order to build a stronger school community.

"I can't wait to dive into the pool alongside my administrators!" said enthusiastic freshman Kyle Kay.

Assistant Principal Julie Mamo will be coaching dive with the help from office assistant Kerri Kreyenhagen who will focus on form and specialty jumps. Assistant Principal Nick Frost will be leading the charge in the pool with the Swim team alongside English teachers Kristen Nusbaum and Scott Nairne.

Track and Field is getting a fresh new direction with the leadership of the counselors. Kerry Ingles will be leading in throws, Shelly Benson in distance, and Heather Senecal in sprints. Band and choir teachers Colleen Chester and Sharon Jeskey are combining forces and taking the court as they plan to focus on Boys Tennis, their creative skills are expected to lead to a more artistic take on coaching; rumor has it the band and choir will take part in a musical production about tennis.

"I'm thrilled that Ms. Reinacher will be in the dugout, ready to cheer us on," said senior Lily Martin about the announcement that guitar teacher Nina Reinacher will single handedly coach the Softball team. "Her playing music while we compete will definitely inspire us to do our best!"

The Boys Golf team is in for a treat as English teacher Ivan Simon will be coaching them this season, however many are nervous that he will change the rules and create an entirely new sport. Boys Volleyball will be taken over by O'Leslie. This team is expected to make it to the National Boys Volleyball convention in Ireland this year.

In addition to the traditional third trimester athletics, social studies teacher Curtis Bartlett will be coaching a new sport along with Spanish teacher Leif Hanson. The surf team will be led by Hanson, and Bartlett is going to take charge of a competitive archery team.

Obviously, athletic director Jeff Brandow will be the real coach for all of these sports and the SLOHS Staff members merely his pawns to win league titles.

## O.J. Simpson Joins SLOHS Football

Nabeel El-sayed

Coming off a rough 3-12 season, the San Luis Obispo High School football team has begun to look for new assistant coaching options this offseason to help jumpstart the team. Looking for a well rounded superstar coach, current varsity head coach Patrick Johnston expanded his horizons and began looking outside of the district. After thirteen rounds of interviews, Johnston whittled it down to one man...O.J. Simpson.

"O.J. and I have kept up over the years, and you know his schedule has finally been freed up," said Head Football Coach Patrick Johnston. Johnston admitted he has been pen pals with the "Juice" for quite a few years, and was ecstatic that Simpson's parole lined up with this losing season. He went on to add, "O.J. brings a wealth of experience. He is regarded as one of the best football players to ever live, and later in life he certainly demonstrated that he is very meticulous with his planning and execution of said plans."



Photo Illustration Courtesy of Sabrina Marks

For those unfamiliar with the legacy of the "Juice", along with his induction into the football hall of fame, Simpson notably founded a two hand touch football league during the first year of his thirty-three year sentence at Nevada Prison, as well as recording and releasing a hip hop anthem for the league, called "Juiced Up".

Having O.J. on the sidelines of SLOHS football is certainly a milestone for the team and plenty of players have some outspoken views on the matter.

"The Juice always followed through with his dreams and I think he is going to help us figure out how to achieve our dream, which is to get some W's. He is a great man and he didn't do it," said junior football player Carson Silacci.

The whole football program threw a "Loose Juice" press conference to welcome Simpson to the team early last week. The players filled a five gallon chalice with orange juice and began chanting "early parole" as he entered the gym. After introducing himself to all the players and explaining his side of the story, he quite plainly said, "Sweet Fanny Adams, I love high school football! It's time to separate the wheat from the chaff."

# SLOHS Golf to be replaced with Croquet

By Nathan Hensinger

To coincide with the recent California Interscholastic Federation southern section, or CIF, decision, the San Luis Obispo High School Golf program will go through a few changes. As of the 2018 spring sport season, golf will be replaced with croquet.

Pronounced “crow-kay,” croquet is a sport similar to golf in that you hit a ball around a field of play. The main difference stems from where you actually try to hit the balls. Instead of randomly driving them into holes that are far away, you instead hit them skillfully through Wickets which are loops of wire to score points.

CIF explained their decision by pointing out how the new sport retains most of the positives making it a no brainer, while get-

ting rid of the negatives. The game of croquet still retains the skill, preparedness, and dexterity of golf, but does not require the same monetary investment. A complete set of equipment for six people only costs around sixty dollars. Compare this to the initial cost of two hundred dollars for one person for golf. This will increase participation, and overall competition.

Golf also takes up a lot of time, which could be spent in class. Eighteen holes can last anywhere from two to three hours. Compare this to the usually less than an hour time commitment of a round of croquet.

Administration at SLOHS also supported the change due to a new source of revenue

to build more administration buildings. Even though golf is played professionally on television, it is hardly a spectator sport. The reason being that a round takes part on a large swath of land. Croquet on the other hand takes place on only one hundred by fifty foot field making it easy to watch, and thus being more lucrative.

Athletes at SLOHS are excited for this new field of competition. “We feel that we have what it takes to dominate the Croquet game. We have the smarts, the strength, and the spirit to do it,” said croquet team captain Grace Scheid. Students are encouraged to try out on February 12 to February 16, from 5 p.m. to 7 p.m., and will take place at Holt field.

# How Loud is too Loud?

By Max Lober

When a professional sports team does very good or very bad, most people look at the captain or coach of the team. Here at San Luis Obispo High School, when we see how good the boys basketball team has done, we look at coach and SLOHS athletic director Jeff Brandow. *Expressions* has been trying its best to discover what the key is to the team’s victories. We made the conclusion that Brandow’s loud, empowering voice has led the boys basketball team’s domination. Despite this conclusion, SLOHS students still see devastating losses from the boys basketball team. Does this

mean coach Brandow’s voice is too loud, or not loud enough? Does his authoritative voice command his players to do exactly what he says? One student spoke to *Expressions* about how Brandow attempts to teach incoming basketball players.

“During my freshman year, [Brandow] attempted to brainwash me by locking me in the wrestling room and making me watch ‘How to Shoot a Basketball: A Tutorial,’” said sophomore Larry Bird. “I wasn’t even signed up to play basketball.”

While this is the only case of brainwashing *Expressions* found, many students

spoke out on Brandow’s voice.

“In my opinion, [Brandow’s] voice is the reason why this team is winning games. I wish he could coach all teams, including golf,” said sophomore Jamison Kratt.

“Mr. Jeff Brandow is my spirit animal. I hope to one day be just like him,” said an anonymous former school security guard.

As the debate continues of how the boys basketball team is winning again, coach Jeff Brandow’s assertive voice seems to remain the reason why and how they are dismantling their opponents.

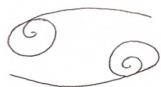
# March Horoscopes

By Jena Naficy



## Taurus

Reach out to that person you've been meaning to converse with. They most definitely won't think you're creepy... or a stalker! They may just become your new best friend or love interest! Or file a restraining order.



## Cancer

The stars are in your favor whether you believe in them or not. Don't waste this month listening to the news when astrology is there for you; let your sign guide you through this next month- it's bound to be a wild ride.



## Leo

Whatever you're doing and thinking you're getting away with, stop; Connor O'Leslie will catch you.



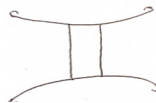
## Aries

At precisely 8:37 a.m. next Monday, be sure to look out your window, you may just catch the Russian missile launch. Just kidding, you will need to study for the English test you have first period. The Russians can wait.



## Capricorn

You may or may not learn the meaning of life, but either way you'll amount your revelations to the tide pod you tried last week.



## Gemini

Geminis have always been known for their trickery, so it will be no surprise that this next month will be full of surprises. Tomfoolery doesn't have to end on April 1, so play your biggest prank yet, and you just may find it to be satisfyingly successful.



## Libra

You will experience a strong, unexplainable urge to join *Expressions*.



## Aquarius

The answer to the question you've been battling with is simple: K-POP. Let the symphony of smooth voices whisper seductive Korean lyrics into your ears and feel your stress melt away on the river of rhythms.



## Virgo

You will discover a new Netflix original that takes over your life and will be the cause for a sudden drop in your grade point average.



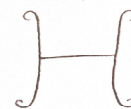
## Scorpio

This month will test you physically and mentally, remember that you put in the hard work now so you can get the highest score on Dance Dance Revolution later.



## Sagittarius

Pop is super boring, and your playlist is getting old. What's your solution? Start a band! Dabble in the art of musical creation and definitely subject your closest friends and family to the noise, they'll love it!



## Pisces

Try to take up a new hobby. It could be anything really, as long as you can mention it in your college applications, because that's what hobbies are for.



## IF THERE IS NO DRESS, THERE IS NO DRESS CODE

By Maya Hampsey

“My naked body is magical!” screamed senior Sequoia (formerly known as Bertha Wilson, she now prefers to be referred to by her spirit name) as she ran down the hallway to her third period class, her arms flung out behind her and her hair streaming in the wind exposing her naked body for all to see. Sequoia is the latest student to take part in the growing trend of nudity which has recently swept through San Luis Obispo High School, eclipsing the latest fads of mom jeans and fringe bangs.

“Nudity speaks to me because it is filled with minimalism and simplicity, it’s embracing the self,” said Sequoia. The trend has certainly been a controversial one as admin struggles to find a way to enforce a dress code on the naked, blooming bodies of mid puberty high school students. Despite Principle O’Leslie’s efforts to convince students to wear a jacket, a sheet, *anything*, they have persisted in their naked endeavors. Body paint has also been an accompanying trend with abstract swirls of colors smeared on student’s skin as they attempt to further exaggerate that their bodies are art. The whole trend takes the bra burning days of the sixties and puts them on steroids, with participants shifting from not caring about conforming to beauty standards, to showing that their naked bodies themselves, without the adornment of garments, are the new standards.

Not only does this new trend take self-acceptance and sexual confidence to a whole new level, it is also a huge relief to vegans and others who try to dress all natural and with fibers not made by child labor.

“The easiest way to make sure that none of your clothes are made from something synthetic or made by someone forced to work is simple, don’t wear clothes at all!” said sophomore Juniper, a fellow nudist. Tasteful nudity also allows not only for bodies to be appreciated for all their beauty and not just their sexual appeal, but also the grace and symmetry that the human body poses, which often is not able to be appreciated outside of a sexual context.

“Why should we be ashamed to show our bodies, beautifully shaped by the mother goddess Gaia herself? I hope to never be ashamed of my natural form or bullied into covering it,” said senior Ambrosia from within a cloud of sage incense. Ambrosia holds weekly incense burning and meditation sessions for student nudists in the quad to help them better connect their souls to the energy of the universe. “I hope to spread awareness of the many mental and emotional benefits to living the nudist life, as well as the great gift of taking pride in your sexual and physical power, and to have as many of my peers as possible embrace the nudist life and share their peace with me,” said Ambrosia. With a movement as strong as this, it doesn’t seem like the trend is going anywhere soon, despite the continual efforts to cover it up.



Photo Courtesy of Minae Ishijima

## Facial Yoga Club

By Minae Ishijima

Where would we be without yoga? Through breathing and balance, it teaches us how to find our inner zen.

One of San Luis Obispo High School’s most decorated yogis, English teacher Mr. Michael Lara has started Facial Yoga Club with seniors Dylan Caldwell and Jack Miklik.

In the club, students learn the importance of facial yoga, and work on their facial flexibility. The club now has over one hundred students and it is the biggest club on campus. *Expressions* interviewed Mr. Lara about what facial yoga is, and what the benefits are.

**Expressions:** When and why did you start doing facial yoga?

**English teacher Michael Lara:** I became interested in yoga decades ago, when I was much more athletic; it augments physical conditioning by keeping muscles toned and pliable.

**Expressions:** What is your favorite pose and how did you learn that pose?

**Lara:** Long ago, “Yoga for Health” was featured on public television and this is where I learned the lion pose, a pose in which you stick your tongue out, open your eyes as wide as you can, and keep it for a while. I’ve practiced the lion since high school.

**Expressions:** What does facial yoga do for you?

**Lara:** I just love the burst of energy it provides, the release of tension, the sense of alertness I feel, and the facial muscle tone that results. It’s also a cure for headaches as well.

**Expressions:** When and how do you practice it?

**Lara:** There’s no regular time or program I follow, I just do it when I feel like it or when I think I need it. That’s the beauty of the lion, it can be performed any time, any place: in the morning before I get up, during my prep, even while driving on the freeway.

**Expressions:** Do you do regular yoga as well as facial yoga?

**Lara:** Yes. You can often see me on my living room floor bending and stretching and moving my body into graceful and contortionist positions and poses.

# Remaining Trees of SLOHS Mourn the Recent Slaughter of Their Peers

By Joanna Padron

San Luis Obispo High School has been having many problems recently with a plethora of foliage overtaking campus. Tree roots have been disturbing the placement of the pipelines in the ground and placing stress on underground infrastructure.

Bathrooms, which contain toilets that fail to successfully perform their intended functions, exemplify the epidemic these roots are bringing to the campus. Therefore, SLOHS has decided to allocate Measure D funds to exterminate all of the nasty roots that are wreaking havoc on the plumbing system.

"I just love the sort of penitentiary vibe we're going for here. All those trees and shrubbery were cluttering up our campus's aesthetic. Now we're free to reflect in some sort of minimalist sense where the dulled, muted tones of the buildings really let the constructionist, industrialized themes of modern architecture shine through," said senior Shannyn McCreary.

Every piece of foliage will be eliminated, meaning no trees will be left to disrupt our campus. *Expressions* interviewed the few remaining forms of greenery on campus to see how they are handling the genocide of their peers and if they are nervous for their own safety. The plants expressed a despondent tone. **The Shrub to the Left of Mr. Stewart's Classroom:** The problem with being a shrub is I simply can't run away. Hopefully, I'll live on in the students' hearts after Measure D executes me.

**The Tree by the Patch of Grass Many Freshman Flock to at Lunch:** I am simply speaking for you, the humans. Measure D removing us is just making your air dirtier than it already is. I will say that I'm glad that bush next to the career center is gone though, she was just awful and always spread gossip about the kids that sit under me.

**A Tree Grasping for Life near the Agriculture Department:** I didn't do nothing to no one. First, they took my friend from up North, by the tennis courts, and then now I hear they're going to take me. We trees are peaceful beings, we don't want no trouble.

**The Tree with the White Flowers:** Those teachers have had it out for me all along, I see them sneezing because of my flowers all the time. I hope the gardeners who try to take me down suffer from an asthma attack or at least some itchy eyes.

Measure D may remove all our foliage, but administration graciously left a lovely reminder of what used to be: the stump of the Big Tree.

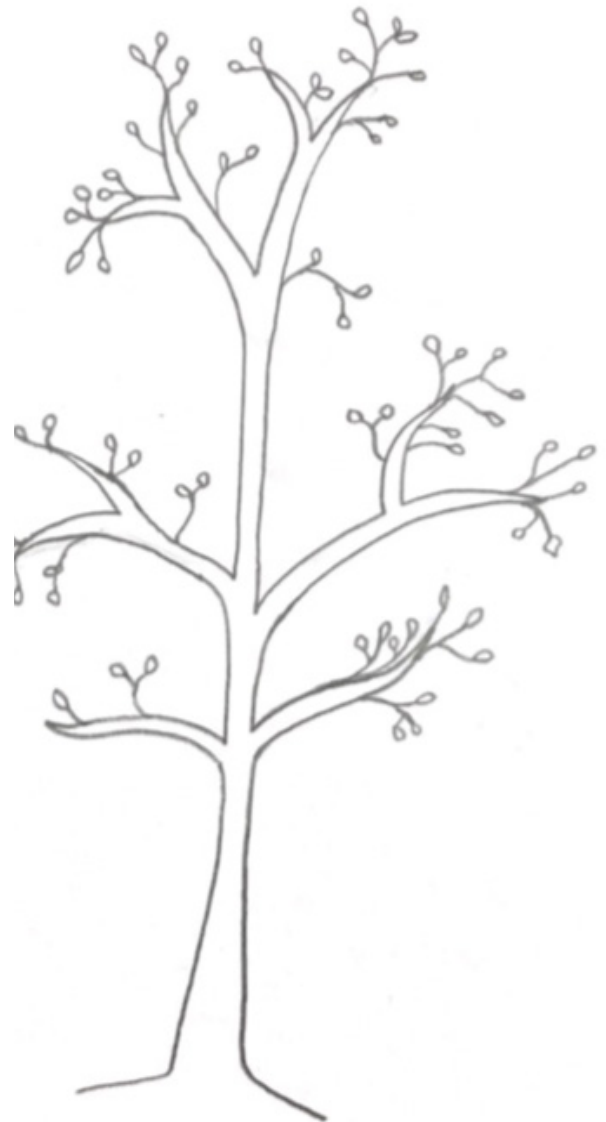


Illustration courtesy of Sabrina Marks

## SLOHS Water Supply Reaches All Time High Level of Cleanliness

By Noah Nelson

Upon the conclusion of a recent study conducted by the Key Club in collaboration with three fourths of the janitorial team, the water supply of San Luis Obispo High School is now suspected to contain a lead concentration of 14 parts per billion. This is not too unlike the levels of contamination that have recently plagued the water supply of Flint, Michigan, a city which was declared to be in a federal state of emergency in January 2016.

SLOHS students are expected to rejoice, as this is the first time since the initiation of their career in secondary education that drinking water dispensed on campus will be safe to consume.

San Luis Obispo Mayor Heidi Harmon immediately voiced her joy upon news of this extremely fortunate discovery, saying “a benefit for the young people of our society is a benefit for the future!”

The improvement in the quality of water available to members of the student body is apparent if one is to behold the filtration status of the filler-upper station nearest to the math and science wings of the administration building. Some may recall the alarming red that illuminated the leftmost of the three bubbles, deeming water too poor for teenage consumption, that persisted throughout the 2016-2017 school year. Now, with the water’s newly discovered lead content level, akin to Flint’s, the hydrating liquid is sure to travel down one’s esophagus in a continual safe flow. No longer is there a need to purge or receive the Heimlich maneuver thereafter.

No longer shall water with acidity levels beyond the pH scale corrode the sides of lockers in the 500 hall or the innards of the school’s youth! No longer shall green gunk coat the tip of the water spout that keeps members of the Tiger Band out of local urgent care due to dehydration-induced comas, despite the remnants most likely being a piece of mint gum stuck to the top to freshen the former mineral taste.

Contrary to popular expectations, certain reactions to the recent water related revelation have not had nearly the same sentiment as expressed above.

Most notably, during a passionate round of “Would You Rather,” when posed with the question of whether she’d prefer to ingest water with overly detectable levels of lead or survive a millennium long nuclear winter, Environmental Club ringleader and senior Emma Andersen said, “I’d rather consume the lead water because the people of Flint, Michigan seem to be doing just fine. Haven’t heard much from them.”

She followed this with a violent expression of the grudge she holds against both the Key Club and the members of the janitorial squad responsible for the discovery rendering study, stating that her “FOMO” (fear of missing out) was “off the charts,” and that she hopes “the water was polluted,” before proceeding to shake her head.

Clearly, fervor over the newfound cleanliness of SLOHS’s water supply is not yet widespread enough to have excited even those one might expect to be excited, such as pseudo-environmentalists like Andersen. But that is to be remedied if only one minute piece of information is kept under wraps.

Flint’s lead saturated water supply has been identified as a possible cause of a breakout of Legionnaires’ disease in the city, a form of pneumonia that has since killed ten residents and affected another 77.

If it happened there, there is no reason for it not to happen to SLOHS.

## SLOHS’s Own Milo: First Golden Retriever with Acceptance to Yale

By Nabeel El Sayed

The San Luis Obispo High School class of 2018 certainly boasts a plethora of intelligent and determined students. Though the vast majority of these students are human, this year SLOHS will have its first ever canine graduate. Milo, an 18 month old purebred golden retriever, received early acceptance to Yale, and is one of the select few elite students to be accepted into such a prestigious university.

“I am very proud of him,” said close friend and owner Ciarian Webster. “He studied for hours and hours every night, but my only worry is that he doesn’t like cold weather.”

Milo’s story is truly incredible, as he pawed his way through the year taking a rigorous course load and managing to only speak in class if told to. Although he was reserved throughout most the year, all of Milo’s teachers spoke very highly of him.

“Milo is one of the most thoughtful students I have ever had. His behavior is very consistent and sometimes you really just want to pat him on the head,” said English teacher Jane Hawley.

Although most of his peers applied for quite a few scholarships and grants, Milo only applied for one, Yale’s Golden Retriever Grant (GRG). Being the only golden retriever in the running, he was awarded the scholarship, granting him a full ride to Yale and a free supply of Purina Pro Plan dog food each semester. This was Yale’s first time awarding the GRG, and it marks a new standard of diversity on campus for Ivy League schools.

Milo has certainly broken the stigma surrounding animal education, and for the first time in history, the animal college acceptance rate has risen to a whopping one percent. Milo was seen on campus after hearing the news of his acceptance wearing all grey to support his school’s colors. When asked to sum up how he felt about his acceptance, Milo simply responded with, “Bork Bork, Bork... Bork.” Soon to be one of Yale’s finest, Milo’s story is just beginning. There’s no telling what the future holds for this talented young pupper. One thing is for sure, Milo will make SLOHS proud.

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