

SLOHS EXPRESSIONS

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Is Recycling Happening at SLOHS?

By Lauren Ramirez

Recycling is an important process that should be practiced seriously by people all around the world, as well as students and teachers on the San Luis Obispo High School campus. Most people have been taught to recycle since they were young. However, few actually complete the task on a daily basis. Teachers, custodians, and parents have been saying “Reduce, Reuse, Recycle” for as long as most can remember, but, the real question is, is recycling actually happening on the SLOHS campus?

We’ve all see the blue bins in our classrooms, and possibly ignored them and thrown our recyclable products into the trash, only using the proper bin on a rare occasion. The reason recycling is so important is because it keeps planet Earth clean, it reduces waste in landfills, decreases the amount of raw materials needed to be mined, minimizes air pollution, as well as fosters an all-around more environmentally friendly community.

On campus, there are few custodians who work to make sure that recycled products go into the correct wastebaskets.

“I’m sorry to tell you but, as a custodian I pretty much purvey to just trash. I do the best I can with recycling but, we don’t have enough time or people to sort through everything that needs to be recycled. So, I would say 70-80% of our recycling is thrown away in the garbage. I think more can be done,” said custodian William Walters.

Other schools have solved this issue and increased the amount of recycling that is done on their campuses by implementing a few easy replicated measures.

“At Los Osos Middle School, years ago, they made a huge effort to convert the custodian carts in order to also collect recycled materials. All they did was add another receptacle that allowed for the two types of bins (trash and recycle) to be collected by the custodian. With the addition of the recycle receptacle, the custodian would

put the trash bin in the trash receptacle, and the recycle bin would be put in the recycle receptacle on the cart. Then, the custodian would place the trash bags in the proper dumpster,” said world history teacher Eva diSanto.

It has been the concern of multiple teachers and students that this job is not being done efficiently, or even at all, and it seems SLOHS’s fears are a reality.

This shortage of recycling has lead teachers like diSanto to begin strongly encouraging administration and SLOHS as a whole to recycle properly.

“The issue is that actually following through with recycling, as in getting the recycling to the center, isn’t a priority on our campus. What I have been told is that the recycling trucks cannot make it down to our school cite. Think globally, act locally,” said diSanto.

It is apparent recycling is not made a priority on campus.

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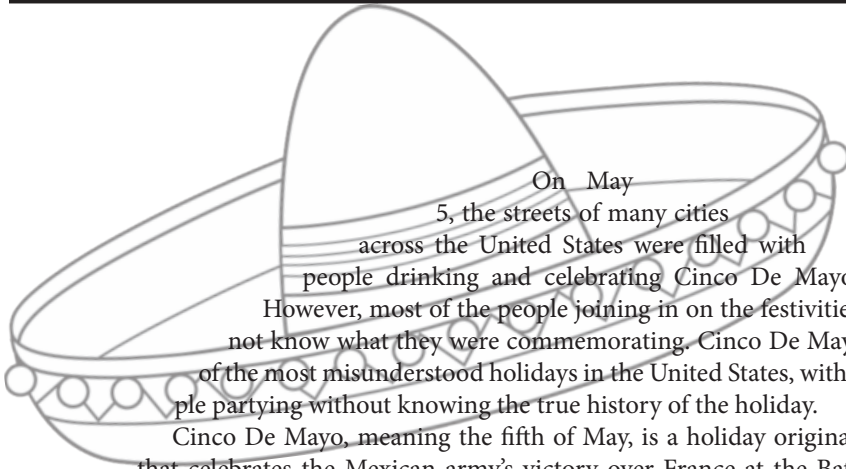


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On May 5, the streets of many cities across the United States were filled with people drinking and celebrating Cinco De Mayo. However, most of the people joining in on the festivities did not know what they were commemorating. Cinco De Mayo is one of the most misunderstood holidays in the United States, with many people partying without knowing the true history of the holiday. Cinco De Mayo, meaning the fifth of May, is a holiday originating in Mexico that celebrates the Mexican army's victory over France at the Battle Of Puebla in 1862, which occurred during the Franco-Mexican War. Often confused with Mexican Independence Day, the holiday is celebrated in Mexico with parades and other festivities, however is not a federal holiday, meaning people still have to attend work and school. In the United States, it is celebrated by many people who do not know or respect its true origin. In large cities, such as Los Angeles and New York, there are annual parties and festivities, but the history of this holiday is often lost.

"To me, Cinco De Mayo is a day during which Latinos can celebrate the beauty of their cultures and remember how strong we can be when we work together for justice," said AVID teacher and MEXA club advisor Rita Delkeskamp.

San Luis Obispo High Schools own MEXA, or Movimiento Estudiantil Xicano de Aztlán club, is focused on raising awareness and pride of latino holidays, and Cinco De Mayo is no exception.

"Because MEXA is focused on college, culture, and community, for Cinco De Mayo we'll probably put up a big poster explaining the idea behind this celebration and sell some fruit cups and aguas frescas like we did last year," said Delkeskamp.

On May 5, stop and think of the prevalence of Cinco De Mayo to both the Hispanic community, and how it impacted the world and history. That is something to celebrate.

Cinco De Mayo

By Deliah Hastie

24 Hour Relay, A SLOHS Tradition Canceled

By Oliver Hicks

One of San Luis Obispo High School's most beloved traditions, 24 Hour Relay, is canceled this year. The annual event usually occurs in late May after the conclusion of AP tests and most sports, however relay organizers have indicated that a lack of resources will prevent Relay from happening this year. A statement from the San Luis Obispo Friday Night Live Instagram page reads as follows:

"It is with great sadness that Friday Night Live of San Luis Obispo County, and Relay Director Frank Warren, announce that due to staffing and resource issues, they will not be producing a 24 Hour Relay Challenge at

San Luis Obispo High School this coming Memorial Day Weekend. The Relay has been a strong partnership between the school, County Behavioral Health, and community for 26 years. FNL encourages students to retain their commitment to community service and will continue to offer positive mental health promotion and substance use prevention leadership on campus."

The 24 Hour Relay was a community event that brought together kids, parents, and teachers. Activities ranging from water balloon fights to late night movies and lip sync battles have given SLOHS students and staff a shared experience for years, one that many have begun to reflect on recently.

"I liked that [24 Hour Relay] brings such a large cross section of students together for

such a great cause. I've met many students at relay that I haven't had in class. Those relationships, randomly formed, have made me feel more connected to the entire student body," said math teacher Jimmie Johnson, who has participated in the relay twice on a team and once as a chaperon.

Both students and teachers alike are deeply saddened by its absence this year.

"I was disappointed when I found out; I always have a lot of fun at relay. It's a really unique event that we put on and it's a great way to end the year," said junior Clea Wendt.

"It hasn't really sunk in yet [that the relay is canceled], but I'm sure on Saturday of Memorial Day weekend there will be a feeling that something is missing," said Johnson.

Oxymorons Shape our Existence

By Molly Foster

At San Luis Obispo High School, students' ideas are integrated into society's box through behavior. Due to the active nature of the human mind, thoughts are an automatic part of the human processes. With an abundance of different ideas constantly flowing, the tendency of not using one's full brain capacity when making a decision, some humans walk around without one. However, emotion and idea are linked, which creates a huge bias on every outcome in a decision and can physically cause self-induced feelings of anxiety, or cognitive dissonance.

Cognitive dissonance is an inner conflict which arises with the realization that two ideas, beliefs, or values held in the mind simultaneously are contradictory. These inconsistent thoughts lead to psychological discomfort which causes one to either justify their behavior, change their thinking, or actively evade facts that contradict their behavior.

Psychologist Leon Festinger theorized that humans have an innate drive to hold beliefs and attitudes consistent in order to avoid disharmony, or dissonance. When there is a discrepancy between actions and feelings, humans seek to mold the dissonance in a way that will affect them positively.

The coping mechanisms for cognitive dissonance are revealed in three forms: Changing one or more of the beliefs, attitudes, behaviors, etc., to restore balance to the relationship, obtaining new knowledge that dominates the dissonant

ones, or simply reducing the validity of the cognitions altogether.

Confronting cognitive dissonance often occurs internally without conscious effort. The classic example of the condition is one who knows that cigarettes are proven to cause cancer (cognition), but choose to smoke in spite of the facts (dissonance).

My experience with cognitive dissonance was molded from exposure to different ideas. When I was younger I sat in Temple and listened to prayers directed toward Adonai, or God, and questioned the validity of these ideas compared to the light held inside of me that chose a much different perspective. Growing up is obstructed with actions and ideas one finds oneself partaking in that they never would have considered participating in one year prior.

Cognitive dissonance has the power to start conflict in human relationships. A form of this is demonstrated when one refuses to see from another person's perspective due to the feelings that may arise towards the validity of one's personal beliefs. This occurrence has systematically repeated itself throughout the history of politics and stirred conflict. Throughout the world, failure to contemplate ideas, even though it may put one's beliefs in danger, will not lead to progressive thinking. Humans heavily rely on identity and if beliefs are a strong component of that mental image, when their beliefs waver, identity becomes undefined and causes an urge to fill that gap.



A Failed First Amendment

It is crucial that our political system remain secular. The necessity of policy makers to try and legislate for the people without letting their own beliefs hinder that ability is imperative in a successful government. However, it is naive to think that this is our reality; Every president besides JFK has been protestant and politicians run their campaigns based on their religious beliefs, but some activities cross the line. Currently, weekly bible study classes are being held in the white house, attended by many members of President Trump's cabinet and although Trump has never attended, the lessons are sent to him. This is an egregious ethical breach of the "wall of separation" necessary for fair policymaking.

Retired NBA pro turned pastor Ralph Drollinger founded the D.C. based Capitol Ministries in 1996, and flies out from his home in California every week to teach these classes. The goal of this ministry as stated on their website is to, "deliver the Gospel to every public servant...Since our founding in 1996 our vision has not changed: to evangelize elected officials and lead them toward maturity in Christ." Upon first glance, the mission to evangelize government officials seems like a direct contradiction of the separation of church and state. However, the free exercise clause actually makes this mission legally sound and thus makes the Bible study group exempt from any legal ramification. "As

long as they aren't forcing government officials to attend, there is no issue. The wall of separation of church and state is simply a supreme court construct, the first amendment only says you can't establish religion," said Criminal Justice teacher Curt Bartlett.

As correct as this is, I am arguing a more ethical position. This issue is difficult to discuss in a black and white manner because this group really is not breaking any laws. Drollinger makes sure that the meetings are in the morning before the work day starts and he claims that he does not try to sway political decisions in any manner.

"Obviously politics and religion are intertwined, but it is very hard to believe that this group's political decision making isn't being influenced to a degree that crosses a line," said junior Sabrina Marks. I am not denouncing the Christian faith because there are a lot of Christian values that are fairly universal, along with countless good Christians, but the pervasive Christianity that persists in our government today often aligns with an outdated evangelized sentiment that seems to pick and choose what people deserve the basic rights of life, liberty, and the pursuit of happiness. If government officials want to meet up on their own time to discuss the bible then there is really nothing that can be said to stop them, I just urge my young peers and the American public alike to consider the danger that any monotheistic religion poses in the lives of those who govern us.

By Nabeel El Sayed



By Camryn Goodwin

Although discredited by many, the belief of astrology has threaded its way through social media and other popular platforms in the form of daily horoscopes and compatibility predictions.

For those who don't know, astrology is credited as a field of scientific study, and is based off of roots in the calendrical system used to interpret celestial cycles since the second millennium BCE. Some societies have imbedded the importance of astronomical events into their culture. However, in more modern civilizations, the role of the stars varies for each individual.

Apart from the non-believers of this science, I stand proud in justifying my

actions and personality traits due to my zodiac sign and putting false hope into future events based on the weekly Cosmopolitan horoscopes on snapchat. Being a Pisces, I tend to give in to the attributes and faults that are stereotyped with my sign. Most students who know anything about astrology or their zodiac sign agree with the characteristics of their sign, but it is harder to find validity in horoscopes.

All daily, weekly, and monthly horoscopes are tailored to each person's sun sign. Your sun sign, also generally referred to as your 'star sign', is based off of when you were born. There are twelve of these signs, which can be contrasted by your moon sign that is dependent on the moon's location at your time of birth. The moon sign can influence how strong your sun sign traits are. Moon signs are used more often for compatibility predictions.

Aside from zodiac signs and horoscopes, a commonly heard aspect in astrology is the planet Mercury being "in retrograde". Despite the actual meaning of the word "retrograde", the planet is not moving backwards in orbit- it only appears to be doing so. In the world of astrology, Mercury dictates communication and technology. When in retrograde, some believe it causes degrees of miscommunication or breakdowns in day-to-day technology.

"I find that when Mercury is in retrograde, I have a bad week," said sophomore Emily Cracknell, who is a Cancer sign.

My experience with astrology has always been positive. As a Pisces, I have been categorized as creative and compassionate, overly-trusting and unrealistic, which I can't argue is too far from the truth. However, not all Pisces are able to relate. For those who don't believe in astrology,



By Delaiah Hastie

TATTOOS: NO BIG DEAL

The age of 18 comes with many milestones for excited San Luis Obispo High School students. Ready to assert themselves individuals, many opt to get a tattoo on their birthday. However, before this can happen, they are often bombarded by the adults around them with warnings. They are told that the tattoo will inhibit their ability to secure a respectful job in the future, or that they will regret whatever they choose to have permanently inked onto their body. Society seems to have a distaste for tattoos, and although it is getting better, people still try and scare our youth out of what many consider a life changing mark.

“I’ve been planning my tattoos for years, so I am not worried about regretting any,” said senior Lizzy Pittarelli.

As young people begin making steps into adult life, they are forced to make some pretty big decisions. They are pressured into choosing a career at the age of 18 and going thousands of dollars into debt to in pursuit a career they may not end up enjoying. This is seen as normal and even celebrated by parents, colleges, and

society as a whole. Why is this perceived as inconsequential, but a tattoo life altering?

“Tattoos are used to express one’s personality, and, for myself, that’s very important. Through the years I will add on more,” said senior Marco Flores.

A main worry of many parents and adults is that with a tattoo, one will not be able to find a good job, as many businesses view somebody with tattoos as unprofessional. However, since when does this make somebody any less of a hard worker or even affect their ability to do their job well at all? Society needs to shed their old beliefs that people with brightly colored hair, piercings, and especially tattoos are less hardworking or less intelligent than those without.

Through the younger generation, the acceptance of tattoos in the workplace and other professional settings is on the rise, but unfortunately many people are still discriminated against and judged for their choices of self-expression.

However, many believe it is a good idea to exercise caution when making a decision

on the tattoo, especially at a young age. Many feel pressured to pick quickly because they want it done as soon as they turn 18, and end up with something they may not feel satisfied with.

“I think tattoos are a really cool part of self-expression because you can get it and it’ll be there forever, but in the same sense it’ll be there forever, so you shouldn’t get a tattoo the minute you turn 18 because it’s going to be spur of the moment,” said senior Madi Sandoval.

When we ask our youth to pick a life path as soon as they become legal adults, only to frown down upon them for something as simple as a tattoo, we are sending a confusing message: It’s time to grow up and make your own decisions. Except when it comes to your own bodily autonomy. If 18 year olds can decide what they want to major in, why can they not decide if they want a butterfly or a quote tattooed on their shoulder? A tattoo is both a form of self-expression and art. It lets the world know who they are. Hopefully, in the near future the world can come to accept this.

IS A STICK AND POKE RIGHT FOR YOU?

By Camryn Goodwin

A rising trend among high school students is the giving and receiving of stick and poke tattoos. This believed “temporary” form of tattoo’s popularity derives from the convenience of no age restrictions, the accessibility of materials and willing artists, and the budget-friendly process. Students can easily get stick and poke tattoos from anyone willing to give one.

Though popular now, this type of self-expression originated in jailhouses in the 1920s. Designed to be permanent, stick and poke tattoos

became popular amongst inmates due to the lack of resources at their disposal.

The method consists of lightly poking the tip of an ink-drenched needle into the skin. Since the technique is slower than using a tattoo gun, getting a stick and poke is generally considered to be more painful than the traditional way.

The easiest way to avoid some of the pain that comes with this trend is to “numb [the] skin with ice before” the needle pokes into it, according to senior Olivia Dahan, who got her stick and poke tattoo last year.

To keep safe, it is smart to make

sure the needle has been sterilized by heating it with a flame and cleaning it with rubbing alcohol before dipping it into the ink.

The biggest draw to this practice is that many teenagers hope the tattoo will eventually fade. However, it is important for those thinking about getting a stick and poke that this may not be the case. The time these tattoos last is dependent on how much ink the artist used in the initial layer and how deep the needle pierced the skin.

So just make sure before you stick and poke you consider the fact that it could remain longer than you may think.

MY TATTOO JOURNEY: NABEEL’S NARRATIVE

By Nabeel El-Sayed

To some people, tattooing is a form of defacing your body, corrupting pure flesh bestowed upon you by the lord.

I disagree. Over the years, it has become more and more acceptable for young adolescents to dabble with ink. *Expressions* thought delving into this form of artistic expression would create some good articles. Little did I know, it would ultimately lead to my own tattoo. Join me on this narrative adventure of my tattoo odyssey.

April 18: As fourth period drew to a close, my billfold was getting fatter and fatter with generous student contributions toward the “Nabeel Tattoo Fund,” and I left the class with the necessary greenery

to do the deed. My appointment was at Tiger Rose in Pismo, so I drove down with my part time photographer and acquaintance senior and opinion editor Emilee Mulay. I walked into the shop and was greeted by Skylar, one of the artists, who told me to give him around thirty minutes to set up. With that much time to do as I pleased, my first stop was obviously Animal Kingdom to play with a puppy. I found a lovely cocker spaniel and talked to her about what she thought about my tattoo. She told me to follow my heart and licked my face. After that intense rush of euphoria, I had to get some food in my stomach. Naturally, the next stop was for a quick taco at El

Mirador. I bought a single taco. It took 13 minutes to come out; I felt slighted to say the least.

I returned to Tiger Rose and sat down to begin the tattoo. I was anxious to see what the pain level was going to be and it was surprisingly painless. Certain areas hurt more than others did, but the joy of fulfilling my lifelong dream of becoming a human coloring book masked the pain with joy. I could take another paragraph to explain what tattoo I got and why I got it, but if you are my friend you already know, and if you are genuinely interested you can find me.

(see page 2 for picture of tattoo)



Galen Penvenne Talks Swim Future at Berkeley

By Abigail Dorman

As a member of the San Luis Obispo High School swim team, senior Galen Penvenne has carved a future for himself at the University of California, Berkeley. *Expressions* interviewed the Cal commit about his swimming career and what he will miss as he leaves SLOHS.

Expressions: When did you start swimming?

Senior Galen Penvenne: When I was six years old.

Expressions: What inspired you to start?

Penvenne: My sister had started swimming about a year earlier, and at that point I was in to all sports.

Expressions: What accomplishment are you most proud of?

Penvenne: I am most proud of going under one minute in my a hundred breast and breaking the school record. Until this season it had been my worst stroke, and since as a team we were lacking in breaststrokes, I started swimming that leg on the medley relay. After realizing that I could not only contribute on that relay but also break that school record, I trained for the a hundred breast for four weeks and swam it in four consecutive meets until I was able to do it.

Expressions: What are your goals for this season?

Penvenne: I'm hoping that I can help the team get to a league win, a top five finish at CIF, and hopefully get a couple relays to the state championships.

Expressions: What are you going to miss about swimming for SLOHS?

Penvenne: I'm going to miss my teammates the most. Over the years, I've made a lot of memories with the guys. Especially the group this year, we've had a lot of laughs and a lot of fast swims together and I think I will miss that more than anything.

Expressions: How did you react when you got recruited by Cal?

Penvenne: I was shocked but very excited.

Expressions: What are you looking forward to most about swimming at the collegiate level?

Penvenne: I'm really looking forward to training with a group of some of the top athletes in the country.

UNITED BASKETBALL PROGRAM

By Carly Krauk



San Luis Obispo High School recently started a new basketball program. Head coach of the program, Diego Cordova gave *Expressions* some insight on this wonderful program going on the SLOHS.campus.

“The United basketball program is our program for special education students who are interested in trying new things,” said Cordova. This program has been around for only two years, but it has been very inspiring.

“This is our second year participating in the United basketball program,” said Cordova. “This gives a variety of students an opportunity to learn and try new things.” If you are interested in getting involved in the program contact Adam Basch at abasch@slcusd.org.

“Unified basketball or unified sports is under the umbrella of special Olympics,” said Basch. “The district wanted someone to start this program, and Mrs. Erwin wanted her kids involved and it’s something she wanted for a long time. Students have already been participating in special Olympics, which is similar to this program, we are just trying to formalize it more through the school, they go and play like in the special Olympics but the main idea is to get them interacting with peers.” Said Basch.

These tournaments are five on five. There are three Special Olympics athletes and two Unified partners on the court at any given time. The students will play a half game (two quarters) with each being eight to ten minutes long. First game is at Cuesta College, May 4th. Come support our unified basketball team!

SLOHS Students Predict the NBA Finals

By Max Lober

As a year filled with outstanding rookies, new MVP candidates, an unbelievable trade deadline, as well as a couple devastating injuries ends, the NBA playoffs officially begin. Many teams and players have shown that they have what it takes to win it all. Should Ben Simmons be considered a rookie? Will Giannis “Greek Freak” Antetokounmpo win MVP? *Expressions* asked these questions along with a few others to a few of San Luis Obispo High School’s NBA experts.

Expressions: What was the best thing about the NBA season?

Senior Lukas Mackin: Andre Ingram being called up from the G-League and balling up in his debut.

Senior Elizabeth Roboz: All of the surprises were the best thing about this season. From Kyrie Irving going to the Celtics, to Dwyane Wade joining Cleveland and going back to Miami, it was all so unpredictable. I also loved how competitive it was. In the Western Conference, for ex-

ample, the final five playoff teams were all within two or three games of one another coming into the last week of the regular season which really gave an extra spark to the last few games.

Junior Jakob Music: James Harden eliminating Wesley Johnson with the meanest stare down.

Expressions: There has been a lot of controversy about this year’s rookie of the year. Who would you award ROTY?

Mackin: I would award Ben Simmons with rookie of the year. He is an incredible all-around player and posted multiple triple doubles in his first playing season.

Roboz: I would award Donovan Mitchell. Being able to take your team into the playoffs and being a go-to player as a rookie is impressive.

Music: Donovan Mitchell should win it for carrying a trash team to the five-seed. Ben Simmons only shoots bricks and Mitchell will stroke in anyone’s face.

Expressions: What team was the biggest surprise to make the playoffs?

Mackin: The Pacers were the biggest surprise in the playoffs. I thought they were going to be garbage this year.

Roboz: I was surprised with Miami making the playoffs, especially considering all of the controversy surrounding Hassan Whiteside, arguably their best player, not getting the minutes he thinks he deserves and the off-court issues that come with that.

Music: The Warriors. They are terrible and should not be in it anyways.

Expressions: Who will win the NBA Finals?

Mackin: If the Warriors have Steph Curry healthy by the second round, they will win the championship. If they do not, the Rockets will win.

Roboz: Golden State will beat Toronto in five games with Klay Thompson emerging as Finals MVP.

Music: The Rockets will win it, and Travis Scott will drop Astroworld as James Harden strokes his beard through H-Town blasting the album for the world to hear.

Photo Courtesy of Max Lober



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Keeping Up With Improv

By Lauren Ramirez

Each year, San Luis Obispo High School's very own Improv club puts on a few shows, spreading laughter and joy in our very own theater. Fridays at lunch, SLOHS students may find themselves bolting to the show to get a seat for this rare yet entertaining production. *Expressions* interviewed the co-captains of Improv club to get feedback on the its current and future states.

Expressions: When did you join the Improv club?

Senior Shane Russett: As soon as I left my mother's womb, my tears fell on the earth and Improv rose from the ground.

Senior Chase Doyle: I joined my junior year.

Expressions: Why did you decide to join?

Russett: I decided to join Improv to embarrass myself and try to deflate my

massive ego.

Doyle: Because I need a large group of people laughing at me to fuel my ego.

Expressions: What is your favorite part of being involved in the club?

Russett: My favorite part of Improv is forming bonds with people who I may not normally hang out with by entertaining others.

Doyle: I like being able to wield my status over anyone that questions my authority.

Expressions: What is the social environment like at the club practices?

Russett: The social environment is akin to a tundra with a hint of deciduous forest.

Doyle: Akin to the ape territory of the jungle during mating season.

Expressions: How do you feel about the future of Improv club?

Russett: I feel that the future of Improv is doomed without my presence.

Doyle: It's gonna be like "Terminator 2", but with less robots and more puns.



Photo courtesy of Sophie Dietrich

TOP TEN SUMMER ACTIVITIES

By Michele Chavez

As we stroll into the end of the trimester, students at San Luis Obispo High School are beginning to daydream about the summer adventures that they'll take when school ends. *Expressions* got together with some of these students to make a list of the best activities to do during summer for those who need a little help in the idea department.

- Senior Alexis Lewis:** Go to the beach with friends to enjoy the weather. You can do a lot of various activities there too.
- Senior Liliana Magnia:** I enjoy spending time with my family and hanging out with my friends. Whether that be going to the beach, the movies, or even just doing nothing, we always manage to have a good time.
- Senior Roxana Aviles:** My favorite thing to do during summer is to go to theme parks. I am an adrenaline junkie and I love roller coasters.
- Junior Erika Antúnez:** Any outdoor activity with my friends, especially concerts, and look for cool swimming spots or places to

go cliff jumping.

- Senior Karina Baltazar:** Probably sleep because I don't get enough during the school year.
- Junior Samantha Gibbs:** My favorite thing to do is go to the Blues games and watch the fireworks because the stadium is a block away from my house and I love the atmosphere of the game.
- Junior Tiara Bias:** I love to go to Hawaii when I have the time and money because I have family over there. Plus it's a really nice place to just get away from everything and relax for a couple weeks. I love hiking in the tropical forests. It's gorgeous.
- Senior Jennifer Loreto:** My favorite thing to do during summer is to go to bonfires and hang out with my friends because it's the most fun thing to do.
- Senior Marilyn Campa:** My favorite thing to do in the summer is travel to different cities because I get to try new foods and see cool things.
- Senior Alejandro Lopez:** My favorite thing to do is having BBQs with good food and going off roading because it's fun.

Senior Trips

By Abby Dorman

Every year, several seniors take trips around the world before beginning their studies or entering the workforce. While senior trips are often fun opportunities to make lifelong memories, they require time to research and plan. *Expressions* interviewed four graduating seniors regarding where they are headed during the summer and what advice they have for planning the perfect trip.

Expressions: Where are you going?

Senior Lindsey MacLeod: I am going to India.

Senior Kevin Hill: Northern California.

Senior Eve Hedges: I'm going to Italy for two weeks.

Senior Anna Waldorf: Italy and Greece.

Expressions: How did you decide on going there?

MacLeod: I have a friend whose family just built a house in India and they said that they could take me around the country.

Hill: I'm going to college up there and wanted to explore the area more and do some fishing.

Hedges: I wanted to take a trip and two of my friends said they wanted to go, so we just started planning.

Waldorf: It was the cheapest option for me because I have a very close friend I'm staying with in Italy, and it's a country I've never been to before. I didn't want to go somewhere I had already been because I'm excited for new culture and new experiences.

Expressions: What sources were useful in helping you plan your trip?

MacLeod: The family that is from India was very helpful with any questions I had.

Hill: The internet, and I have an uncle that

lives in the area that is familiar with some good spots to camp and fish.

Hedges: One of my mom's best friends knows Italy very well so she's been very helpful in planning.

Waldorf: My friend who lives in Italy, my mother, and travel books.

Expressions: How did you research

Expressions: Who is going with you?

MacLeod: [Senior] Minori Jaggia.

Hill: My dad.

Hedges: My two friends Lauren and Nic. They are a couple years older than me.

Waldorf: I'm flying with [Senior] Connie Moore but we're splitting up and doing our own thing for a lot of it.

Expressions: Do you have a budget?

MacLeod: My budget is trying to get a ticket for under a thousand dollars and to live very cheaply in terms of not buying a lot of extra things or food while I am there.

Hill: Not really sure.

Hedges: Not necessarily a budget but I'm not planning on spending all of my money I've saved.

Waldorf: No, not really, just the goal is to do it as cheap as possible (hostels, grocery shopping, etc) because all my savings I don't use on this trip are going towards college.

Expressions: Do you have any recommendations for future seniors planning trips?

MacLeod: Start planning it early and stick with it. Trips are fun and definitely worth the hassle.

Hill: Start planning early in the year so you aren't rushed.

Hedges: I would say take a trip. It doesn't have to be out of the country but go and see something different before going to college. Research, plan and set an amount of money you want to spend. Also talk to people who have been there to get good tips and recommendations.

Waldorf: Start saving months in advance if you have to finance your own adventures, and buy plane tickets super early. To Italy, mine was only five-hundred dollars because I bought them so far in advance.



Photo courtesy of Kara Hoover

for your trip?

MacLeod: I used kiwi.com for looking up flights and I talked to the family about currency exchange.

Hill: Asking my uncle for advice, and looking up places to go online.

Hedges: Just online and we have a big book that has everything you need to know, where to go and places to stay.

Waldorf: Simple google searches and travel books.

SLOHS Adds Fourth Counselor in Anticipation of 2018-2019 School Year

By Oliver Hicks

This past month San Luis Obispo High School administrators have been vetting potential counselors to bring on permanently in anticipation of Measure D expansion. The search also comes on the heels of increased demand for more career and mental health resources after the recent school walkout and March For Our Lives last month.

Following several on-site interviews and reference checks, administration announced that Chris Inman will be joining the counseling team next school year. Inman currently resides in New Hampshire and will be working on campus starting in early August.

“Working as a counselor aid, I’ve seen how hard it is for each counselor to help so many students and having a fourth counselor would be super beneficial for the workload they currently have,” said office counseling aid and senior Lily Schalde.

Currently, over 1,500 students at SLOHS are divided between three school counselors. These people are on campus everyday and advise students about scheduling, careers, and personal issues. While most students believe they focus primarily on getting students their classes, each counselor is also trained to specifically help students with a variety of personal, social, and mental health issues. Given how many kids are assigned to so few counselors, SLOHS administration saw a dire need to make the counseling department more efficient in helping its students. The addition of a new counselor will drop each one’s workload from around 500 students to 400 students.

“We were looking for someone phenomenal. Someone magnetic and charismatic who is willing to work hard and learn our system. It was extremely important for us to find someone our kids can relate to and trust,” said counselor Shelley Benson.

After taking a day to interview four candidates, administrators invited each one back to campus to spend a day with the existing counselors and even speak briefly with SLOHS’s Associated Student Body. There, counselors were able to gauge campus life by speaking directly with teenagers as well as field a few questions from their potential students.

“We wanted to see how they related to students and we wanted to get to know each candidate better,” said Benson.

Following a long hiring process, counselors and administrators indicated that they came to a final decision as a group after much discussion, and the new counselor will be joining the team next year. Initially, SLOHS had over thirty applicants for the position, 12 of which were interviewed in person, over the phone, or over a video chat platform. Of those 12, five were invited to return to campus and spend a day with students and staff members.

“Our [interview] panelists never compromise,” said principal Leslie O’Connor, referring to the confidence with which faculty members chose their finalist.

O’Connor declined to state who the members of their interview panel were, although he added that they were seeking a candidate who held the staff’s core value, which they identified as the counselor’s, “ability to develop relationships with students.”

“Administration announced that Chris Inman will be joining the counseling team next school year.”

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Memes Worldwide

By Jack Miklik

Everybody at San Luis Obispo High School loves a good meme. A meme is, a humorous image, video, piece of text, etc, that is copied (often with slight variations) and spread rapidly by Internet users. Though this is probably the best formal definition of an internet meme, it doesn't really capture the "culture" that surrounds certain memes.

When a meme is born and starts to gain traction on social media, it often times mutates into something completely different. A prime example of this is the not so beloved Harambe meme, which started to raise awareness for the death of the gorilla, and soon spiraled out of control, ending with Harambe being portrayed as a quasi-god for some millennials.

As robust as meme culture is in the United States, many students at SLOHS don't consider the variation of memes in countries other than our own. With the influx of foreign exchange students, *Expressions* wanted to learn about multicultural meme culture. We started our odyssey in the glorious nation of Japan.

"I like the memes here in America, but they are relatively similar to the memes in Japan. The big-

gest difference between American and Japanese memes is the amount of cuss words used in the American memes due to the lack of cuss words in the Japanese language," said Japanese foreign exchange student and senior Minea Ishijima.

As we continue the journey of meme culture, Italian exchange student and senior Valerio Pancotti gave us some insight on Italian memes.

"Meme culture in Italy is roughly based off of American memes. If I had to say one big difference between our memes and memes of a foreign country, is that some Italian memes make fun of historical figures like Emperors of the Roman Empire," said Pancotti.

Continuing our journey to China, senior Yanning Fu said, "We do have memes in China, but in certain cities such as Beijing we do not have memes due to the regulations on our internet."

Lastly, Vietnamese exchange student and senior Hay Tran explained, "memes are very popular in Vietnam especially on Facebook. Memes started becoming popular about five years ago in Vietnam based off the American memes that have turned into their own separate thing."

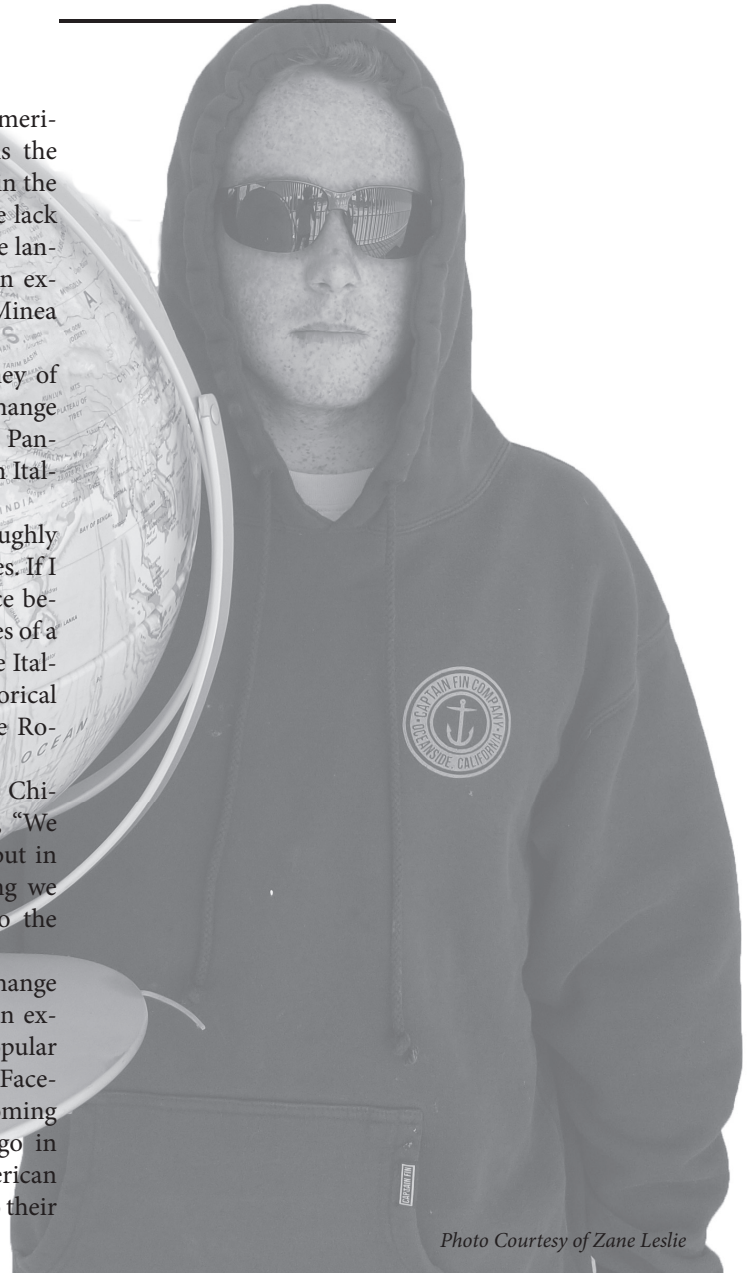


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A Quick and Easy Guide to Getting Fired



Photo courtesy of Kiet Nyugen

Do you hate your job? Does every moment in your workplace feel like an insufferable pain you just want to end? Are you paid minimum wage? Does your dog feel neglected by your constant absence? If you said 'yes' to any of these questions, *Expressions* compiled this list of ten easy ways to get fired and end the atrocious cycle that is your miserable career!

By Sylas Grove

1. Don't show up.
(An easy way to get fired if you just want a quick way out.)
2. Show up late to work every day.
(Takes a longer time, but it really can annoy your employer.)
3. Play death metal through any speakers you can find, at full volume.
(Slayer does the trick well.)
4. Ride a horse to work, and hitch it in a handicapped spot.
(Bonus points for using a handicapped horse!)
5. Make a target on the ceiling, and throw pencils at it until they stick.
6. Call in sick, and then enter your own workplace to buy something or request services.
(When you do this, make it very obvious you aren't sick.)
7. Be extremely rude to customers.
(Duh.)
8. Put post-it notes under every mouse in the workplace so they don't work.
(This one is just cruel.)
9. Quit.
(It isn't really getting fired, but it's close enough.)

SLOHS Family and Consumer Science Teacher Ben Richardson Shares a Recipe

By Carly Krauk

Richardson's Classic Marinara Sauce

San Luis Obispo High School's Ben Richardson is an accomplished culinary arts instructor. *Expressions* sat down with Richardson to discuss his passion for cooking and learn one of his recipes.

"I've always enjoyed cooking, it interested me when I was young, and it just always stuck with me. I love teaching this course at SLOHS, I like to draw from experience that I have from the past and teach it to students who get to learn that stuff," said Richardson.



Illustration courtesy of Connie Moore

Ingredients:

- ¼ cup of olive oil
- ¼ yellow onion, finely chopped
- 2 inch piece carrot, brunoise (finely diced vegetables cooked in butter used to flavor soups and sauces).
- 4 cloves Garlic, minced
- 2 to 3 leaves basil
- 1 pinch oregano
- 4 whole Roma tomatoes, diced
- 2 teaspoons tomato paste

Procedure:

Heat oil in a medium heavy pot over medium. Cook onion, stirring occasionally, until very soft, 8-10 minutes. Add garlic and carrots and cook, stirring occasionally, until very soft, about five minutes; stir in basil and oregano. Add tomatoes, crushing with a wooden spoon or spatula as you go; season with salt and pepper and bring to a simmer. Reduce heat; simmer gently, stirring occasionally, until sauce is thick. Season with salt and pepper. Then let cool.