

SLOHS EXPRESSIONS

JANUARY 2024 | INTERVIEW FEATURE | SAN LUIS OBISPO HIGH SCHOOL



Lunch servers working hard to provide quality meals in the commons! Photo courtesy of junior Julian Johnson.

A Deeper Look Into Unrecognized Staff at SLOHS

REPORTER JULIAN JOHNSON

Many students at San Luis Obispo High School disregard staff members who work hard in the cafeteria or around campus daily.

We see these people often in our time at school, yet rarely give them a second thought. In the cafeteria, students don't consider the people behind the counter. Around campus, students take for granted security that oversees safety, because this work isn't often seen.

Expressions spoke with SLOHS staff members Sarah Rich, Erin Primer, and Gabe Rodriguez for a closer look.

Expressions: What does a day of your work entail?

SLCUSD Central Kitchen Supervisor Sarah Rich: We have an hour and a half to prep breakfast [for six hundred students]. As soon as breakfast hits, we are in full breakfast mode. In the afternoon, we break down from lunch, clean up, and start preparing for the next day.

SLCUSD Director of Food and Nutrition Services Erin Primer: Our days start early to ensure our staff are ready to serve students free breakfast and lunch daily! I work with an incredible team across 15 of our locations.

SLOHS Campus Security Gabe Rodriguez: Supervision throughout the entire campus, secure entry points of our campus, and check ID'S during lunch time. Address any problems that may arise in and around campus. In general, I am a fixer.

Expressions: Do students appreciate your work at this school/district?

Rich: Some come and say thank you and we appreciate you. I have one student that comes in and says, 'I just wanted to come in and say hi to you,' and it melts my heart every time.

Primer: Students appreciate that meals are free and are of high quality, but I'm not sure they are aware of the high quality ingredients or the incredible talent in our kitchens.

Rodriguez: I would hope so.

Expressions: What is your favorite part of your job?

Rich: All of it. I oversee SLOHS, Los Ranchos, Sinsheimer, and Bishop's Peak Elementary School. I enjoy seeing elementary kids and watching them grow up knowing they'll eventually be here.

Primer: I love connecting with students through shared food experiences. Introducing students to a variety of food items that are expertly prepared is tasty fun!

Rodriguez: Helping and sharing time with our outstanding students, here at SLOHS.

Expressions: Is there anything you would change about your job?

Rich: Stealing cuts deep because all of our food is free, and we get reimbursed for one meal per student.

Primer: I would ensure that Universal Free Meals are guaranteed nationwide for all students.

Rodriguez: I am [currently] the only person in the position of Campus Security here. I would definitely hire additional personnel for this position.

Expressions: What is a misconception about your work?

Rich: I hate being put into the lunch lady stereotype. My lunch lady impression is opening up a can and pouring it into something and you feed them that lunch. We go that extra mile to make sure that we can have good top quality meals.

Primer: School food has always battled long held stereotypes about our work. The days of mysterious slop on the plate served by a grumpy old lady in a hairnet are over.

Rodriguez: I think some students assume I'm out to get them in trouble when I'm trying to help students. Whether that's by helping students make better decisions or keeping our campus safe for students and staff.

Expressions: Do you have any final words to SLOHS students?

Rich: Come in and try our food. Give it a chance. Tell us what you want to see on the menu. [Feel free to] come and tell us what your feedback is!

Primer: We are a federally and state funded entitlement program. We are reimbursed for each first meal we serve. We want our food to be good so more students participate!

Rodriguez: I want to let our students know I'm here to help them in any way. I hope they appreciate how lucky we are to be Tigers. We must all do our best to make our campus even better, and keep it that way.

Each of these staff member's work is vital to a student's day running smoothly. Looking further at their work can be helpful to appreciate everything they do.

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Clothing Sizes Are a Scam, Especially for Women and Plus-Sized Customers



Mixed up measurements. Photo courtesy of junior Julian Johnson.

REPORTER JULIAN JOHNSON

Clothes can provide confidence, but to many San Luis Obispo High School students, clothing sizes can be a source of insecurity.

The fashion industry has had a history of idealizing the “perfect” body and size. This can make people who feel they do not fit this mold feel out-cast. Sizes are different through brands, and impossible to navigate when seeking consistency.

“Clothes are made for a standard size and people come in all different sizes, but there has been a long history of deliberately discriminating against different shapes,” said fashion teacher Leone Avery.

Women’s sizing is not universal, because rather than having a unit-based measurement, arbitrary numbers are used.

“I do not think that clothing sizes are convenient because there are a lot of different metrics and different companies get to dictate what different sizes mean,” said senior Emily Sincoff.

Clothing sizes have changed over the years in attempts to appeal to the pressure for women to be small.

It’s not all that difficult. Men’s sizing is based on measurements. A pair of thirty by thirty pants means that the waist is thirty inches, and the inseam is thirty inches. This is far more convenient because the size has known units corresponding.

“When I look at men’s pants, they’re the same size, even across different styles,” said junior Amaya Jayakody.

Jayakody also said when buying women’s clothing, sizes were hard to predict and could vary within one brand.

Clothing is especially difficult for plus-sized people. Shops are often evasive and choose not to include extended sizing because larger sizes require more textiles and cost more. Not carrying these sizes creates a feeling of shame because plus-sized people’s access to trends and comfortable clothes is limited to companies who consider the accessibility of their clothing.

Most students prioritize easy and affordable clothes, but ready-made sizes are not a perfect fit. Clothes are designed with specific proportions, but for people with more curves or uncommon body types, finding clothes that feel right can be a struggle.

Sources: *time.com*, *instyle.com*

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The Chess.com Epidemic has Hit SLOHS



Chess.com is SLOHS students’ new addiction. Graphic courtesy of freshman Hollis Dickinson.

REPORTER HOLLIS DICKINSON

Chess.com is a website that is rising in popularity with the students at San Luis Obispo High School.

The website offers many different chess options ranging from basic chess to variations to many different puzzles. It also has many of its features for free which seems to be drawing people to it.

“I like Chess.com, it’s a very addictive and educational app that many people of all ages use to learn and play chess whenever and wherever,” said freshman Trey Walter.

Chess.com experienced a massive growth in users within the last few years. In 2021 it had over ninety million users and over ten million games played every day.

An article on Chess.com credits part of the surge to the show, “The Queen’s Gambit.” It also notes that popular Twitch streamers like xQc and MoistCritikal have made videos of themselves playing chess.

In part, the reason for the website’s popularity seems to be

because of its easy accessibility and its simplicity. Some people have even integrated it into their daily routine.

“Almost every morning before school I take around 15 minutes to do a puzzle or two and a rapid game,” said Walter.

But, some parts of Chess.com are bothering people.

“While I do think that Chess.com is a great website, I think it has some flaws, like having to pay for features that should have been given to you for free,” said freshman Santiago Baltodano.

English teacher Serena Enzerink said that she “doesn’t like it” when people play chess in her class. This frustration is echoed by teachers across the US, as some school districts have even banned the website.

Give Chess.com a chance, just don’t do it in class.

Sources: *chess.com*, *universe.byu.edu*

The Paraeducators at SLOHS Enhance Learning Environments

REPORTER OLIN FOW

Paraeducators have one of the most important jobs at San Luis Obispo High School. They provide instructional support to anyone who needs it in the classroom and are some of the kindest people that students will meet on campus.

"Paraeducators are part of a team made up of teachers, counselors, and specialists," said paraeducator Julie Marks.

They help every student feel included and provide one-on-one assistance to students. This takes a lot of communication and requires them to interact with students of all ages.

"Getting to make a difference in kids' lives, being humbled every day, and having kids teach me about their worlds is my favorite part about my job," said paraeducator Chase Harrison.

Being a paraeducator also takes a lot of patience, which is very important when a student has behavioral problems or if it is a struggle for the child to pay attention to classroom rules. Staying calm can help a Para-professional approach the child and invoke a positive response

from them. When a student feels supported and understood they are more likely to engage in the classroom and talk more.

"The best thing about being a paraeducator is the positive connections that I make with the students and watching them grow into successful young adults," said Marks.

Paraeducators also can help with language support for students that are English Language Learners, and will help students understand what is being taught by speaking to them in their household language. This is very helpful in classes like science and history where the student who is learning English knows the content, but can not speak to the teacher or other students very well. The paraeducator's job is to truly help engage the student in the class and let them understand the content that is being taught.

The paraeducators at SLOHS do so much for our students and we are very blessed to have them at our school. We should be more thankful for the things that they do for us.

Source: indeed.com

The Secret to Gaming in School: Computer Science!

REPORTER KAI LIWANAG

In the San Luis Obispo High School Computer Science department, there is everything from coding to robots. However, computer science classes have been stuffed into the backup elective category. But do these classes deserve that? What really goes on in the Computer Science department.

Anything involving computers is considered computer science. Most careers involve computer science in some way; whether it is being a coder or a doctor, computer science works its way in.

Expressions asked computer science students some questions about their experiences.

Expressions: What classes do you take? Are there any clubs relating to computer science that you are involved in?

Senior Andrew Hartnell: I've taken all of the computer science classes available since freshman year. I'm also in the Game Development Club.

Junior Lana Goodman: I'm taking AP Computer Science and I've finished the CTE pathway.

Expressions: What made you want to get involved in computer science? What do you enjoy about it?

Hartnell: I've always had a passion for computer science and it's a nice place to meet new people.

Goodman: I originally took the class just for credits but I really enjoyed the class and liked Mr. Crow. It's an interesting class altogether.

Expressions: Is there anything you have done that you are proud of that you feel comfortable sharing?

Hartnell: I'm very proud of my Cryptocurrency research.

Goodman: I've made some games and apps like an image manipulation app with color filters and a recipe app. It's just fun to have so much creative freedom.

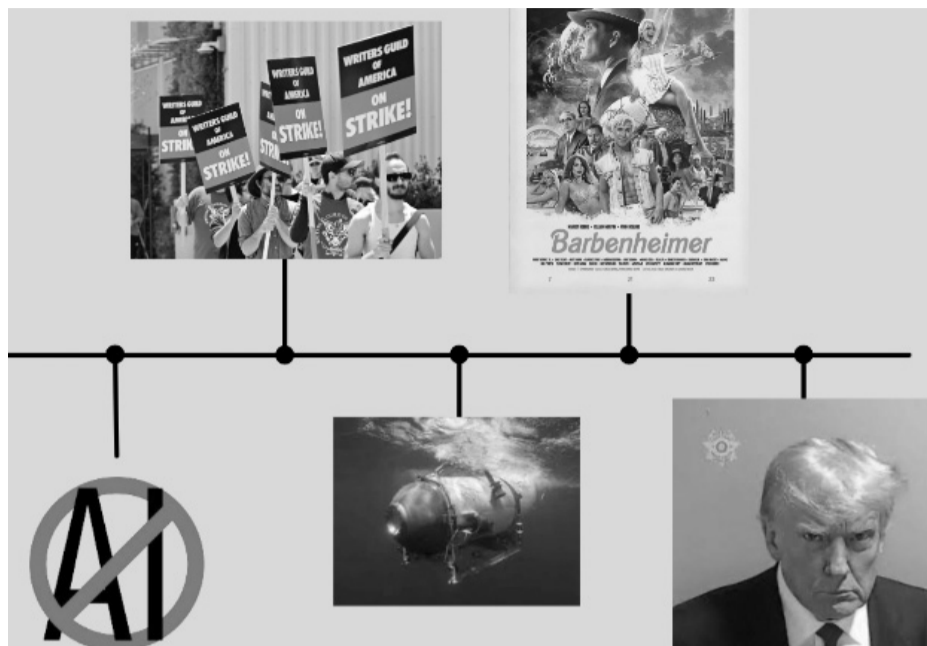
Expressions: Lastly, do you have any plans to continue taking classes related to computer science?

Hartnell: I plan on pursuing a degree in Computer Science in college, and I've had a lot of fun throughout the years.

Goodman: I would like to continue pursuing computer science in college and build it into my future career.

It seems like computer science is fun and very valuable! Maybe next time you start choosing your classes, think about adding a computer science class to your schedule.

Looking Back at 2023



The eventful timeline of 2023. Graphic courtesy of junior Addi Woods.

PEOPLE & CULTURE EDITOR ADDI WOODS

The year 2023 was a wild one for the world and especially for San Luis Obispo High School students. It's hard to keep track of everything that happened, so let's review.

"I feel like 2023 went by so fast, but looking back, so much stuff happened. If 2024 is nearly as wild as 2023 then it will be an eventful year," said junior Sofia Waggoner.

The year has been full of drastic ups and downs, ranging from in the ocean to in the movie theaters.

On January 1, the year was jump-started into shock when "Avengers" actor Jeremy Renner got run over by a snowplow, breaking more than 30 bones in his body near Reno, Nevada.

On March 12, "Everything Everywhere All at Once" took home seven Oscars at the 95th Academy Awards.

On May 1, the "Godfather of AI," Geoffrey Hinton resigned from Google to speak out about the dangers of AI eliminating jobs and creating a world where many may "not be able to know what is true anymore."

On May 2, the 148-day Writers Guild of America strike against the

Alliance of Motion Picture and Television Producers started and lasted until September 27.

On May 15, Martha Stewart became the oldest-ever cover model in Sports Illustrated's swimsuit issue at age 81.

On June 18, OceanGate's Titan submersible shocked the world when it imploded during an expedition to explore the Titanic wreck.

On July 21, "Barbie" and "Oppenheimer" hit theaters which brought in a total box office revenue of nearly \$537 million worldwide.

On July 23, Elon Musk changed "Twitter" to "X."

On August 24, Donald Trump became the first former US President to have their mugshot taken and was then found guilty of fraud on September 26.

On October 7, Hamas began their attack on Israel in Gaza.

On October 28, Mathew Perry, best known for his role on "Friends" passed away at age 54.

2023 was surely a memorable year, so let's see what 2024 has in store!

Sources: thefactsite.com, vanityfair.com, onthisday.com

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The Secrets That Lie in The Crevices Of SLOHS



Students demonstrate poses in which couples on campus are spotted in. Photo collage courtesy of senior Citlaly Vazquez.

ARTS AND ENTERTAINMENT CO-EDITOR ASIA JADE HAGANS

San Luis Obispo High School has a massive problem with public displays of affection. Whether you're walking to class or returning from lunch, you'll likely see a couple cuddled up under a corner.

"I don't mind seeing couples until they're clogging up the hallways being nasty and gross because it disrupts everything and bugs me," said senior Sarah Elliot.

Some students feel the need to prove their relationships to others, but trust me, you don't have to do that! Everyone knows you have a partner, we can all see it on your neck.

I'm not saying that everyone in a relationship needs to be unaffectionate while at school; if you want to hold hands, kiss, or hug someone, be my guest.

There are so many things a person can do to show love to their partner instead of being inappropriate in a space where others have to be. Some options would be giving your partner flowers, a stuffed animal, food, money, etc; there's a lot that could be done!

My concern is that my peace of mind and others are disturbed every time we turn corners and see people making out centimeters away from our faces.

"I have a bone to pick with band couples. Saying 'I'm going to tickle you' during Tuesday night rehearsals is so cringy," said senior Yamile Lucas.

There have been multiple occasions where on our way to class, my friends and I have been left absolutely disgusted after seeing a couple do

some inappropriate things in front of many people.

"I've literally seen two people having sex over by the batting cages," said Elliot.

Getting down and dirty like that at school is absolutely rank and rancid. 94 percent of American high schools, including SLOHS, use security cameras, which nobody seems to care about. Whether or not your peers are watching, the administration certainly is.

Importantly, students at SLOHS talk and word gets around fast when something cringe-inducing happens.

"I haven't seen anything, but I heard that people have sex in the parking lot during lunch. Don't be mad about it just because you're sad and alone, it's normal," said an anonymous senior.

As someone who's not sad and single, knowing people are having intercourse where I'm trying to learn makes me feel yucky.

I don't want to use school bathrooms knowing that people are posted up in there being fiends.

"These two kids were having intercourse in the science building single bathrooms," said Lucas.

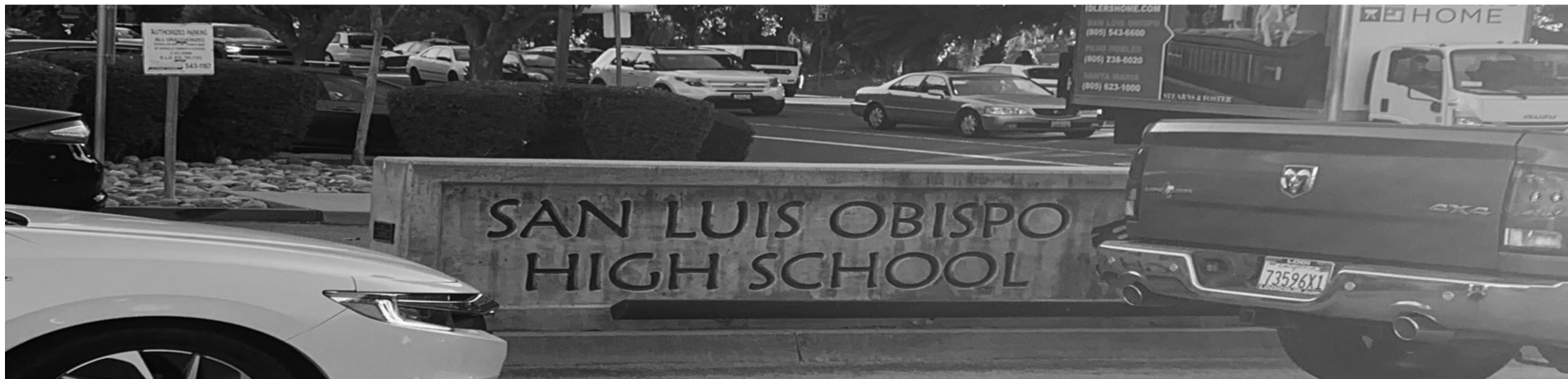
It should not be normalized to have sex at school; it's unsanitary, foul, and reeks of desperation.

Some things are truly meant to be left at home because at school, no matter where you think you're hiding, people can still see or hear you!

The coast is never truly clear on this campus, Tigers. Remember that.

Source: nces.ed.gov

Everyone Knows the SLOHS Parking Lot Sucks



Rush hour at SLOHS is insane. Photo courtesy of senior Gabe Limon.

REPORTER GABE LIMON

The parking lot has been a problem at San Luis Obispo High School for as long as anyone can remember.

If you get to school late you won't be able to find parking, or if you get unlucky and get a class far from the parking lot, you won't be able to get out until four o'clock.

"It sucks. You have to get to school really early. I get to the school at like 7:30 so I can park in the front of the parking lot and leave on time," said senior Bug Marin.

The parking lot can cause students to be tardy to class.

When students arrive to school late, they still have to find parking, and since they are late, all of the parking spots are taken. In this situation, the only parking spots available are all the way in the back causing students to be even more late.

"I think the only fix that we need is just more space. And I don't know how that's gonna become available. Just because we're landlocked on a bunch of different sides," said vice principal Bernardo Salcido.

Fixing the parking lot is no easy task since there are many problems to deal with. Trying to redo the parking lot will cause more problems with

construction getting in the way and expanding the parking lot is impossible with the field, mountain side, office buildings, and train tracks trapping us in.

The ways we can fix this problem is to block off traffic in the area, start paying for parking, or wake up early.

"I think that paid parking is a little bit exclusive, but I do get the appeal of it," said junior Julian Johnson.

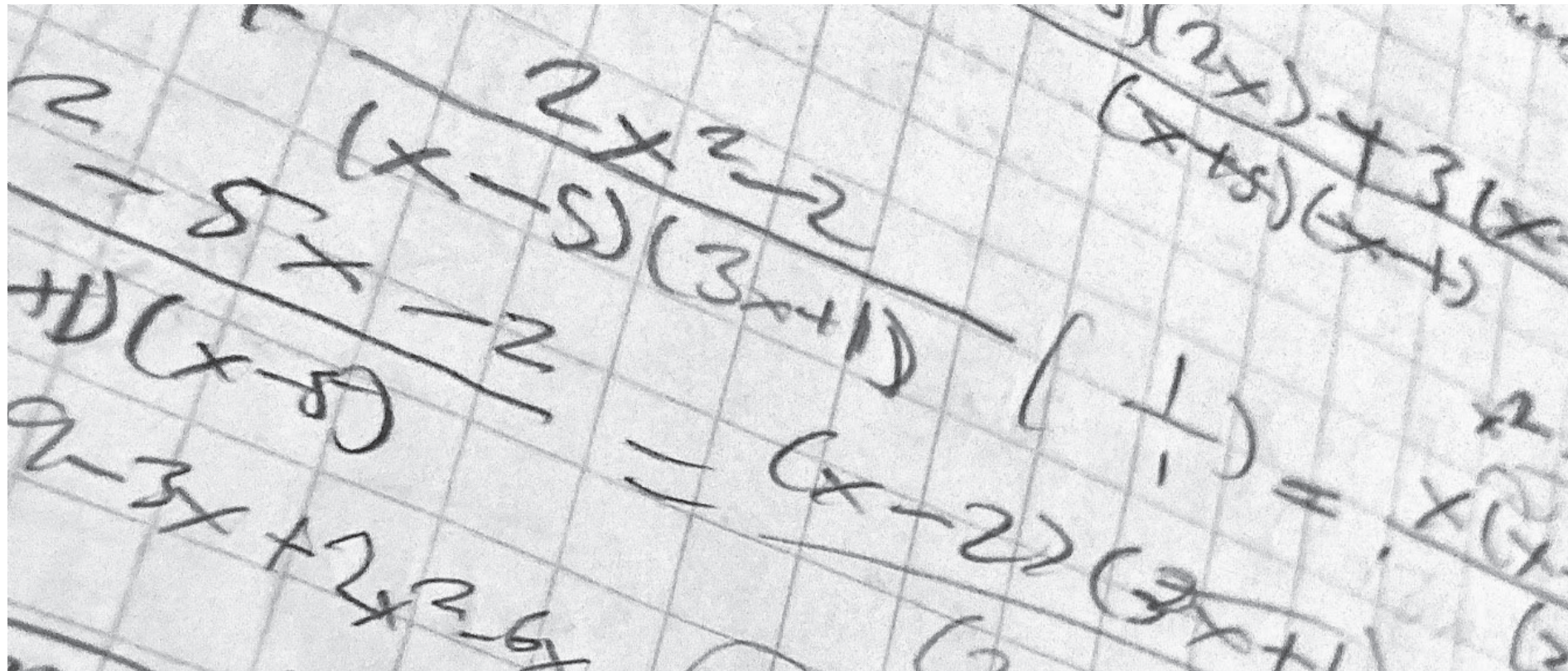
Paying for parking spaces won't fix the problem fully but it's a start. For those who want to get a head start in the parking lot and want to get out can pay for close up parking.

Students could wake up early but, if everyone did there would still be the same problem.

The most rambunctious action to take would be to create a constant flow of cars by blocking off the residential area on San Luis Dr and create a continuous green light on California boulevard for ten minutes after school to clear traffic. It's not impossible and would require a lot of planning but it's worth a try.

Tigers, if we want the school parking lot fixed we need to voice our concerns. If we don't, this problem will continue to occur until serious action is taken.

Algebra is Super Hot, Geometry is Certainly Not!



Everyone loves factoring! Photo courtesy of sophomore Emily Lopez.

REPORTER EMILY LOPEZ

Most people take math at San Luis Obispo High School. Two math classes that almost all students take are Algebra one and two. These classes teach the best type of math, which is Algebra, obviously.

Math is already a great subject as it allows you to think logically and analytically about problems and basically exercises your brain.

However, there is no doubt about it: one branch of math is clearly better than others.

Algebra just makes sense and is set in stone.

It's incredibly easy to check your answers and all the steps to solve an equation make sense.

This is unlike geometry, which is more theoretical and involves a lot of memorization of postulates and theorems.

"I like having a set procedure to do, how you know that you're doing it right and how there's an easy way to make sure you're gotten the right answer," said sophomore Charly Elston.

When solving algebraic equations, you have the comfort of having a set of instructions to follow step-by-step.

However, others feel that Algebra is more difficult because of these calculations.

"I feel other math classes like Geometry are easier for me to grasp the concepts of. I'm currently in Calculus and a lot of the algebraic computations are where I make the most mistakes," said junior Julian Johnson.

While algebraic computations may be easy to make mistakes on, it's also easy to go back and find out what went wrong.

Most students actually struggle with the transition from Algebra to Geometry.

The only good thing about Geometry are the brief algebraic problems, but even then, when used in conjunction with shapes and proofs, it's just confusing.

Math is a great subject, but clearly, Algebra is better than Geometry.

Source: mathnasium.com

Unrestricted Freedom of Speech is Easily Justifiable



Shh. Illustration courtesy of senior Bug Marin.

REPORTER BUG MARIN

Curse words have long been a tool of insult and injury. As language evolves, it gains depth and we need to grow up and not be put off by the

superficial meaning of profane language. Swearing isn't just abusive or idiomatic. It can be used for a form of catharsis, a more accurate vessel for the severity or silliness of a situation.

"There are certain times in reading literature that the only word that applies is the 'F word,'" said English teacher and Yearbook advisor Ryan Mammarella.

A majority of my English teachers can attest to my use of profane and provocative language in my writings.

But nowhere will you see swearing with shock value. In all good literature there's a purpose to every word.

With my cynical outlook combined with my blunt personality, I have no fear in telling it how it is- even with "bad words."

Now, in no way is this an article advocating for mindless obscenities. Too many kids at this school (calling out predominantly underclassmen) throw obscenities around this school like it's a football.

"When I hear a kid swearing I'm like, why are they so angry? It's usually in a place of.. 'F-you this' and 'F-you that'... and it'll be about a Snickers bar," said Economics teacher Gregory Ross.

Ross is trying to get better at limiting his profane language.

"Adults do swear, and they should swear less," said Ross.

Teachers are role models. Ross and I can agree on that.

We need to absolutely cut down on the amount of 'F-you's on this campus.

Back to Mammarella's point, there is indeed a right time and place to curse.

It's ridiculous to deem an entire critical essay about an important topic unprofessional, just because the author includes a 'sh-t' or 'd-mn' on occasion.

Most books taught in schools, "Of Mice and Men," "Catcher in the Rye," and "To Kill a Mockingbird" for example, have extremely vulgar language in them.

If the literary greats can swear, why can't we?

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Interviewing Women in SLOHS Computer Science Classes

REPORTER EMILY LOPEZ

Computer science is one of the many Science Technology Engineering and Mathematics elective classes offered here at San Luis Obispo High School. Oftentimes, STEM subjects like computer science have very few women, not only in classroom settings, but in careers as well.

Many women interested in computer science are discouraged from studying it because of how male dominated the subject is. *Expressions* interviewed two of the few female students currently taking computer science classes.

Expressions: Which computer science class(es) are you taking?

Junior Lana Goodman: I'm taking AP Computer Science.

Senior Samantha Marcos: I'm taking AP Computer Science A and AP Computer Science Principles. I'm enrolled in both at the same time to finish the CTE pathway.

Expressions: Why did you choose to take computer science?

Goodman: I chose to take my first computer science class freshman year for the credit, but I ended up loving computer science and decided to take more classes and complete the pathway.

Marcos: I chose to take Comp Sci classes because there are good job opportunities and I'd be able to work from home, but I'm engaged because I love learning the different coding systems. I've always been hard-wired to engineer things and solve problems ever since I was a kid, and I'm glad that instinct doesn't have to stop on the physical plane.

Expressions: How do you like the class?

Goodman: I love the class; my teacher Mr. Crow is really awesome and he's inspired me to keep pursuing computer science. I've learned so much and made some really great friends.

Marcos: I like the classes because they're a type of engineering. CSP is more conceptual than CSA, even though we do code in both classes. CSA is definitely a struggle sometimes, but that's one of the reasons why I love it.

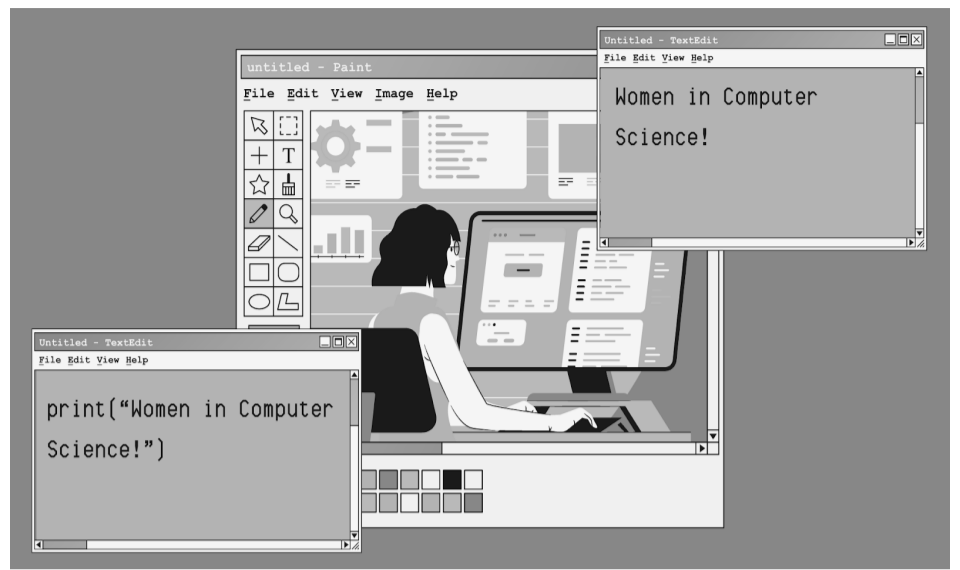
Expressions: What do you think about the female to male ratio in computer science classes?

Goodman: There's definitely fewer women than men in computer science classes and it is a male-dominated field of study, which can make it intimidating to try computer science.

Marcos: I don't think too much about it. For sure, it's obvious, the female-to-male ratio is 4:18 in CSA and 4:22 in CSP, but it has never affected my desire to be a software engineer or my ability to understand the concepts.

Expressions: What do you think are contributing factors to the lack of women in computer science classes/careers?

Marcos: There are two factors influencing the quantity of women entering Computer Science: their environments and their motivation to pursue it. Environmental factors include whether or not they were supported to enter the field, if they have access to computers, and want to study the subject.



Print("Women in Computer Science!"). Graphic courtesy of sophomore Emily Lopez.

If you can't see people like you in a group, you are less likely to join that group. For some, it can be isolating, which deters them from even entering the thought of entering certain careers.

Expressions: Would you recommend this class to other students?

Goodman: I highly recommend it to any women that are curious to see if that's something they might be interested in. You don't need prior knowledge and it's super fun to design your own apps.

Marcos: If you like looking at the world and everything in it systematically or you're very technical, by all means, take these classes. Between CSA and CSP, CSA is more challenging since Java is more technical than block coding and vocabulary terms, but Principles is a good introductory course to the computer science field.

Expressions: What are you currently working on in Computer Science?

Goodman: We're currently working on coding in Java and preparing for the AP test.

Marcos: In CSP, we're working on our Create Performance Task. In CSA, we're learning about arrays, which are basically lists of integers (numbers), Strings (words), or booleans (true/false). We've got a unit test coming up, so I'm just doing practice problems on CodingBat and reviewing my notes/lecture slides.

Expressions: Will you pursue a career involving computer science?

Goodman: I'm considering involving computer science in my future because it's so necessary to the modern world and will be useful in any career.

Marcos: Yes. I hope to become a software engineer. I was considering majoring in Computer Science, but the Software Engineering major is more specialized, so I'll be getting more practical development experience. Since the tech industry is constantly growing, I think that there's some sense of job security there.

While the male dominated field of computer science may seem daunting to enter, women persevere and succeed anyway, including many of our Tigers!

Should Students Continue Going to School Dances?

HEALTH & SPORTS CO-EDITOR KEVIN RODRIGUEZ

School dances can be some of the most memorable times for San Luis Obispo High School students. That being said, the ticket prices are high and songs are often played on a loop. Are school dances really worth spending money on? *Expressions* interviewed students to get their opinions on this question.

Expressions: Are school dances worth it?

Senior Rowan Klisch: I think that prom is worth the money. I think that it depends on the year, but I feel like some of the other dances are lackluster. I think they're a little too expensive for what you get. But I think the prom is worth it.

ASB President and senior Lyla Merk: They're for sure worth going to. Not only do you get to experience the dance by going, but also see the effort that's put into it. ASB puts in a lot of time and it's really rewarding to see people show up.

Expressions: What events could perhaps replace the school dances?

Klisch: More in depth intramural sports, where you can come after school and practice. It's a lot more competitive and the students get to experience more than just [what is included] in the athletics programs.

Merk: I would say just more extracurricular events. We do other things like SLOChella. I know we have stuff in the works too, but the main purpose of a dance is to get the student body engaged and associate school with fun. So

just more things to do—that would be fun for students.

Senior Josh Chavas: I feel like there's nothing you can replace it with. Every school has a dance, you know? It's a staple for high school. I don't know if you can replace it.

Expressions: What changes should be made to the dances?

Klisch: I think that they should have more student DJs play. There should be a lot more stuff to do outside, as well as more food and drinks. I also remember from last time that the sound wasn't working right, so maybe upgrading some of the sound making by sure it isn't cutting out every song. Advertising it more and adding some smoke machines would [be the way to] go.

Merk: I guess it might be biased of me because I'm in ASB and I'm the one contributing to the dances, but we're doing as much as we can. But there's always room for improvement. To know what I need to do better, I like to talk to someone who's outside of ASB. We're doing as much as we can right now, but we're always open to suggestions!

Chavas: I think what makes the school dances fun is that everybody goes to it. So if nobody thinks it's cool and no one goes, it's not going to be fun. If a lot of students go, then collectively it'll be fun.

It seems school dances are still looked at favorably by some students at SLOHS, but many still question if they are worth it in the face of current conditions.



Are school dances dead? Graphic courtesy of senior Alma Tinoco.



Jeff Lehmkuhl standing in his newly built tool panel for his shop. Photo courtesy of senior Roman Engelmeier.

Decades of Success; Jeff's Last Year of Teaching

REPORTER ROMAN ENGELMEIER

San Luis Obispo High School's automotive teacher Jeff Lehmkuhl is boarding for departure as he closes in on retirement. After 34 years, this is what he has enjoyed and experienced throughout his decades of teaching.

Expressions reached out to Lehmkuhl to get his insight on his approaching retirement.

Expressions: What feeling do you get when you think about retirement?
Auto teacher Jeff Lehmkuhl: Gratefulness comes to mind when I think of retirement. I am so grateful that I have been able to have and complete my teaching career.

Expressions: What was your happiest moment while being a teacher at SLOHS?

Lehmkuhl: I have had so many. One that does come to mind is winning two national championship automotive competitions in three days. That was in 2007.

Expressions: If there was one thing you could have done to make teaching easier for yourself, what would that be?

Lehmkuhl: Other than cloning myself, which I couldn't have done, there is nothing that I can think of. Making my teaching easier has never been a pursuit. They call it work for a reason.

Expressions: How long have you taught for in your career as a teacher here?

Lehmkuhl: I have spent my entire 34-year teaching career here at SLOHS.

Expressions: Is there something you look forward to with retirement?

Lehmkuhl: I am looking forward to no bells as well as being available to other people in my life that need my attention like my mom and my 12 grandchildren. I am looking forward to surfing more and hopefully bike camping down the West Coast.

Even though Lehmkuhl is prideful about his legacy of teaching, students are beginning to have mixed emotions over the matter.

"It's very painful. He's a really good teacher and he's always helping me. I think he is very needed in this school," said junior James Patchell.

It's not all dismay when Lehmkuhl comes to mind, other students are going to miss the funnier parts of his teaching.

"Next year there won't be a Mr. L, and there won't be any more Mrs. L brownies. That'll just not be part of the class now... I'll miss his dicey remarks. His policies on having us do push ups when we say bad words; that was good," said senior Thomas Willimeck.

We at SLOHS will miss Lehmkuhl once he's gone and moving on after his successful teaching career.

Struggling Season: SLOHS Students Broke After The Holidays



Not even a dime, just a fly. Illustration courtesy of Canva AI.

FEATURE CO-EDITOR ALMA TINOCO

Students at San Luis Obispo High School have survived the season of spendings, but how devastating were the effects of the holidays on student's wallets?

Expressions interviewed two SLOHS students to establish an estimate of how students spent during the holiday season.

Expressions: How much money did you have before November?

Sophomore Che Brocco: Around four hundred dollars.

Senior Kai Passanisi: Five hundred bucks, I think.

Expressions: Who did you plan to give gifts to during the holidays?

Brocco: Around three family members and one or two friends.

Passanisi: Five people. My family, friends, and my girlfriend.

Expressions: How much did you plan to spend?

Brocco: Under two dollars on each, including taxes. An Arizona for each one.

Passanisi: Probably two hundred to two-fifty.

Expressions: Approximately what did you actually spend?

Brocco: Probably eight dollars— I will have to dig myself up from the trenches which I have fallen.

Passanisi: Three hundred.

The spectrum of spending ranges from big to miniscule at SLOHS. No matter the price or the present, students at SLOHS were sure to appreciate the thought that went into the gifts they may have received during the 2023 holiday season. Here's to making back that money lost to the holiday cheer in this new year, Tigers!

New Basketball Coach Kobi Ikenoyama Unveils His Vision For the SLOHS Team



The new coach and the new team. Photo courtesy of freshman Oliver Nemetz.

REPORTER OLIVER NEMETZ

The San Luis Obispo High School sports program recently brought back freshman teams to many sports, including basketball. With this new team comes a new coach, coach Kobi Ikenoyama. Coach Ikenoyama is familiar with the SLOHS sports program. He coached JV football in previous years.

Expressions got an exclusive interview to magnify Ikenoyama's vision for this year's freshman basketball program.

Expressions: Have you ever coached/played basketball before?

Freshman Basketball coach Kobi Ikenoyama: Yes... but this is my first year really coaching basketball. I coached when I was in high school for fifth and sixth graders. And then I played basketball for at least twelve years.

Expressions: How is coaching basketball compared to coaching football?

Ikenoyama: The team size is definitely different. In football, you have about forty kids, and in basketball, we have sixteen, but an average roster is about twelve. So,

fewer moving parts is nice. Also, basketball is just a much faster pace than football.

Expressions: What do you think about this year's roster?

Ikenoyama: Lots of potential. Lots of talent. Athletic kids that are tough.

Expressions: Are there any specific players that you think deserve some special credit on this team?

Ikenoyama: Everyone is working extremely hard, and that's what I like to see.

Expressions: How do you think the season has gone so far?

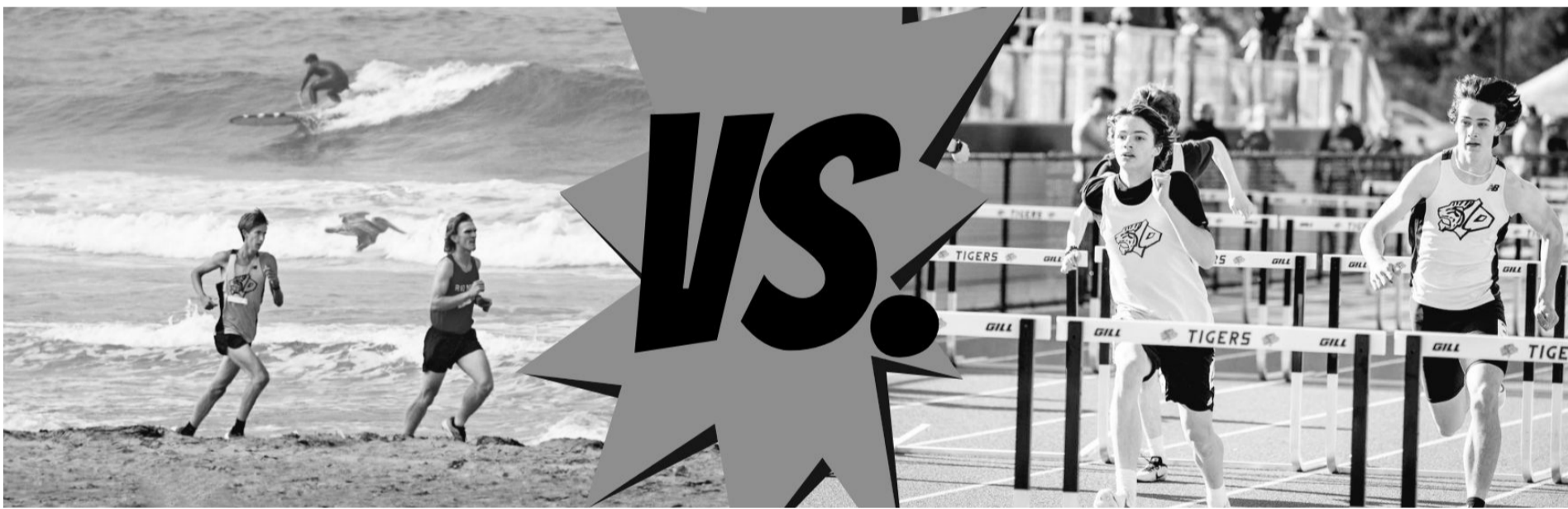
Ikenoyama: I think they are improving every single week... they are starting to mesh offensively and I think that they are on a good trajectory to win.

Expressions: What results are you expecting to see throughout the season?

Ikenoyama: No real results [until] the end of the day. [But] I hope they can be proud.

It's safe to say that coach Ikenoyama is hopeful for his team's future. He has a vision and truly believes that his team can be successful.

Come out and support our frosh boys!



A battle amongst the waves and a fight on the hurdles. Photo collage courtesy of sophomore Aidan Field.

Cross Country Vs. Track and Field: Are They Identical Sports or Polar Opposites?

HEALTH & SPORTS CO-EDITOR AIDAN FIELD

San Luis Obispo High School students have many choices if they want to do a school sport, and many choose Cross Country (XC) or Track and Field. Some do both.

Often these sports are grouped together as running sports, but they are very different and some students have some strong opinions about both.

"Track and Field has 17 events, so people are training for all different disciplines such as discus, 100m sprint, long jump, etc... whereas in Cross Country everyone is essentially training for the 5k," said Athletics Director and former Cross Country and Track and Field Head Coach Adam Basch.

Track and Field is a much larger sport and Cross Country.

Last year the Track and Field team had hundreds of athletes, a stark contrast to Cross Country, where that number was in the tens.

In California alone there were over 53 thousand students in Track and Field, more than twice than Cross Country.

This also means Cross Country is much less well known, and Track and Field simply overshadows Cross Country.

"For me when I say Cross everyone just calls it track. I don't mind personally... I just think when people hear 'running' they think of track

sports wise," said junior Cross Country and Track and Field athlete Cate Tucker.

Track and Field also somewhat feels like many sports within one. There are different coaches for different events and different events usually stay separate in terms of training.

Though in Track and Field, athletes and coaches try to bring every event together as one singular team and sport. It is difficult with the high amount of athletes.

For distance runners who do both Cross Country and Track and Field, Track and Field has major differences.

Unlike Track and Field, Cross Country runners run on trails, hills, and sometimes in scenic environments. Track and Field consists only of running on a high school track.

In Track and Field, runners also run multiple races which gives athletes a completely different mindset when entering a meet.

"The distances are shorter so that affects the training to some extent. High school distance runners are generally training for the eight hundred meter, the mile, and the two mile. Also, they need to be able to race multiple times within one meet. And of course they wear spikes, and there are fewer people in the races," said Basch.

During a race, having in one's head that one needs to conserve energy can change the way one races drastically.

In Cross Country, runners usually give their all and use up their energy during one race. Whilst in Track and Field there are multiple events so athletes need to think differently about how they race. This can also add complexity to how athletes think about the sport.

"If you feel like you are having a not great day, sometimes you can surprise yourself on your second or third race," said Tucker.

However, these sports share one important thing in common.

They are both individual sports within a team sport.

"It is a blend of an individual and a team sport. You can improve your individual marks and also be invested in the team scoring," said Basch.

This makes Cross Country and Track and Field unique in comparison to other sports at this school.

The concept of an individual and team sport also attracts some athletes and is a motivator for some for participating in these sports.

These sports have their fair share of similarities and differences, but for most athletes, they have a great time playing both.

As Track and Field starts up in the coming months, remember to show up and support our athletes.

Source: cif.org

Winter Coaches Are Leading SLOHS to Victory!

ARTS & ENTERTAINMENT CO-EDITOR VIOLET BURRUS

Athletes at San Luis Obispo High School work hard year-round to conquer the competition and bring home trophies, but who are the individuals responsible for rallying the teams and guiding their journey?

In order to learn more about who they are, *Expressions* interviewed four head coaches of winter athletics.

Boys Basketball coach Chris Grieves is new to SLOHS, but he is not new to the world of coaching, having previously been a basketball coach at other high schools. As a teenager, Grieves played basketball and ran track while dabbling in other sports and intramural activities. He decided to coach basketball because his dad and his uncle both coached at the high school level, and he wanted to continue the tradition.

"It's my role to put together a team that can compete at the highest level possible while also improving the individual skills of as many SLOHS students as I can," said Grieves.

Girls Basketball coach Daniel Monroe has been a head coach at SLOHS for twenty years and during his time here, he has coached the Boys Basketball, Girls Basketball, Baseball, and Softball teams. Monroe is a SLOHS alumni and he played basketball and baseball all four years before receiving division two and three

offers to play basketball and being scouted by two professional baseball teams. Basketball is one of his biggest passions, and he has greatly enjoyed being a part of his team's life both at school and outside of school.

"The moments that happen off the court make me the most proud [of the players I've coached]. Being invited to former players' weddings, their college graduation parties, meeting their kids for the first time, etc., are things I will always remember. The relationships that you form and maintain for a lifetime with some of your athletes are far more important than winning or losing a basketball game," said Monroe.

Boys Soccer coach Josh Graham is coaching at SLOHS for the first time, but in the past he has coached many different club teams and acted as a director of operations for a season with the Cal Poly Men's program. At St. Louis Community College, Graham earned NJAA honors for playing soccer, and at Cal Poly he was the captain of the men's soccer team from 2019 to 2021. He is very proud of his players' talents and is grateful to have the chance to work with such a remarkable team.

"The sport has been a source of countless opportunities, allowing me to travel extensively and accumulate incredible memories and experiences. Now as a coach, I aim to guide these young men, sharing the lessons I've learned and facilitating an environment for growth," said Graham.

Wrestling coach Brandon Drucker started coaching wrestling at SLOHS in 2008, and he took over as head coach in 2011. Outside of SLOHS, he also teaches karate and wrestling classes for younger kids. Drucker became skilled in karate from a young age, and in high school he competed in wrestling where his team earned many CIF placings. He also wrestled at Cuesta College, which grew his passion for the sport, before later fighting in amateur and pro MMA promotions around California where he went undefeated as an amateur. After his MMA career ended, he was brought on as an assistant coach to help the wrestling team at SLOHS. Wrestling has always been the place that Drucker felt the most at home, and he has immense pride in watching his team grow as people and as athletes.

"Working one on one in that space and sharing the sport in that way solidified the idea in my mind that coaching wrestling is my place in the universe. Some weird quirk of fate left the program in my hands in 2011, and I vowed I would leave the program better off than I had found it. I don't want to be anywhere else in the world besides the wrestling room I share with my athletes. They're going out to battle on my call. I owe them everything," said Drucker.

Expressions is glad to have these coaches and other support staff helping athletics at SLOHS and the teams are sure to have a great season!

What is the Exclusive SLOHS Hall of Fame?



The exclusive Hall of Fame and SLOHS' brand new track. Photo courtesy of the SLOHS Website.

REPORTER OLIN FOW

San Luis Obispo High School's Hall of Fame is one of the few elements at our school where students can easily look back at the history of our campus, especially when our campus and the world around us changes so fast. It is a very unique and interesting addition to the school and our students should definitely go take a look at it. But many don't know much about it and still have lingering questions.

Over the course of SLOHS' long history only around 39 students and coaches have been inducted into the Hall of Fame.

The Hall of Fame board is extremely hard to get on and it is not a normal occurrence when a student gets added to the Hall of Fame. It has the top athletes from over the years, or people that made an impact on our school through sports by coaching.

"The SLOHS Hall of Fame is a high honor that rewards only a few people per generation that have made an indelible mark on SLOHS Athletics, so it takes an inordinate amount of dedication to be the type of athlete that would be nominated," said Athletic Director Adam Basch.

This means that the process for getting on the Hall of Fame is incredibly intensive. Recently a com-

mittee was established that would determine which athletes would become an addition to the Hall of Fame and to manage it.

"The committee was established this year in conjunction with the SLOHS Athletic Director and site administration," said Basch.

Looking to those who came before us is something that SLOHS prides itself on, and it's always important to know the history of your campus.

Knowing about one's campus and the athletes that came before puts gravity into what one does, especially as an athlete.

Most recently when the track at Holt field opened, the opening ceremony was joined by notable Track and Field athletes who graduated from SLO previously.

On March 16, 2024, the 2024 SLOHS Athletics Hall of Fame Induction Dinner will take place at Siren El Chorro Restaurant at Dairy Creek Golf Course. For the general public, ticket prices will be fifty dollars.

Every athlete at SLOHS dreams of one day becoming one of those once in a generation stars. Recognizing those who made it is something important to the school and it's an interesting part of our SLOHS' athletics program.

Check out the Hall of Fame!

Check Out the SLOHS Wrestling Team!

REPORTER PORTER HALES

The upcoming San Luis Obispo High school wrestling season will be a big one. Athletes and coaches from the team are looking forward to an exciting season. *Expressions* interviewed three of this year's SLOHS wrestlers.

Expressions: Why do you wrestle?

Freshman Sebastian Duenes: [I wrestle] to be introduced to a new sport and to be better at water polo.

Freshman Silo Villani: I wanted to play a harder sport and wanted to be better at football.

Freshman Blake Schafer: I wrestle because I want to expand my abilities.

Expressions: Are you going to keep wrestling in high school?

Duenes: Hopefully I will keep wrestling, but the future might have other plans.

Villani: It kinda depends on how well I do this season, and if I want to pursue it.

Schafer: Yes, I hope to keep wrestling in high school.

Expressions: Would you encourage others to wrestle?

Duenes: Definitely, a hundred percent. It's a fun sport to do.

Villani: I would. It's a great sport and it really pushes you to try.

Schafer: If it's something they're interested in doing.

Expressions: What made you want to start wrestling?

Duenes: My parents made me, but also it's another way to get out into the world.

Schafer: I wanted to start to expand my abilities, mentally, and physically.

Our wrestlers are looking forward to a thrilling season, remember to support SLOHS' wrestling team as they defeat their opponents!



SLOHS Band is Performing During VAPA Week!



The low brass section is ready to perform during VAPA week! Photo courtesy of senior Bug Marin.

FEATURE CO-EDITOR KI JOUET

San Luis Obispo High School is heading towards Performing Arts Week, which will take place over the course of February 5 through the 9 and will be full of many musical events.

The week will be dedicated to the work of both students and staff and the effort they make to cultivate a creative environment at SLOHS.

SLOHS' multiple bands will be holding performances during and after school throughout the week.

"All four of the school bands will be performing in the big gym during multiple evenings; the jazz band will also play a bunch of songs at lunch for the other students," said senior Bug Marin.

Students who eat their lunch in the quad area will have the chance to hear the work the bands have put into their music.

Not just students have the chance to experience this week's activities, the concerts will take place after school, so they're open to all.

"It's super fun putting on a performance for everyone, especially since some people don't acknowledge the work of the music programs. We take it really seriously, so we definitely pride ourselves in being able to put on a performance for the whole school," said senior Sofia Aguilera.

This will be a chance to not just hear more from the music department, but an opportunity to see if students want to join band next year.

Being a part of a band can not only bring a fun highschool experience, but can help create friendships and a new skill.

"Our performances will hopefully give inspiration and show that playing an instrument is actually fun and nice to learn," said senior Angel Mata Gaspar.

Band is an important part of SLOHS, and Performing Arts Week is one of many chances to appreciate and experience this part of our school.

Make sure to mark the calendars, Tigers; VAPA Week approaches!

Don't Be Afraid, Try Out for SLOHS' Jazz Band

REPORTER GABE LIMON

San Luis Obispo High School is known for its many performing arts classes such as theater, choir, and the many different types of band classes.

Many students don't recognize that Stage and Honors Jazz Band are different, and they shouldn't be afraid to try Stage Jazz Band if they know how to play an instrument.

"Stage [Band] is definitely a lot more welcoming to people. [Jeskey] will accommodate to the skill you are starting at, so if you're starting a new instrument it's a good place to go," said junior Charles Valadao.

Stage Jazz Band is meant for beginners who want to try something new. This could be a new instrument, a new style of playing music, or just a change in scenery.

"[Students] hear the word jazz and they think they're gonna be pla-

ying the crazy high notes they see me playing and the super fast runs they see the saxophones playing in Honors Jazz. They don't really get that Stage Jazz is a lot more fun and laid back," said senior Joaquin Barba.

The only difference between Stage and Honors Jazz Band is the skill level. Since it's an honors class students have to put more work and effort into the class like they would do any other honors class.

However, if a certain instrument is needed and the student is at a skill level that satisfies the requirements to get in, that student may get drafted in without having to audition into the class.

"Some people only play in Stage Jazz Band and never have to test because they get drafted in," said Barba.

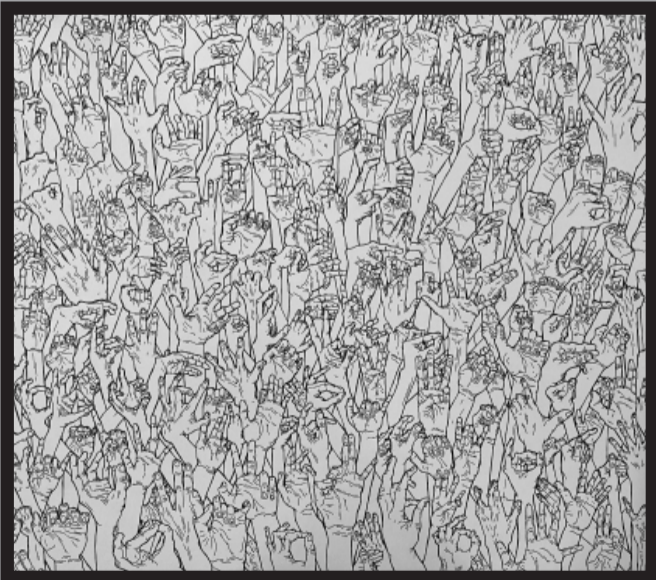
The Stage and Honors Jazz Bands are small classes and need all the players they can get, so, Tigers, try something new this year and join jazz!

SLOHS Students are Creating Amazing Artwork

REPORTER KAI LIWANAG

Many students at San Luis Obispo High School enjoy the pleasures of art, whether it be on paper, with ceramics, or digital masterpieces. Each is crafted with love and precision.

Expressions asked students to submit artwork and the inspiration for the piece to showcase student talent.



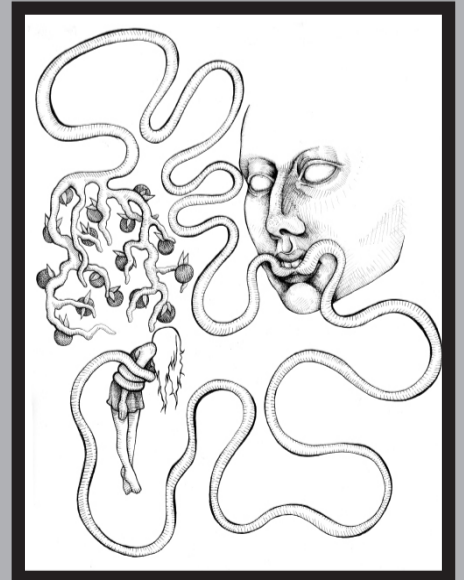
Artwork by senior Eli Miles

"Titled 268, it has exactly 268 hands total, kind of just a big project that I used to fill the space in between smaller pieces. It holds a lot of history because I have been working on it for so long. Seeing each hand is a timeline of what has happened in my life for the past six months," said Miles.



Artwork by senior Alexis Palmayesa

"I've come back to practicing Catholicism, and I celebrated by making this devotional painting! I was hoping my painting would have a sense of peace and contentment!" said Palmayesa.



Artwork by senior Molly Himelblau

"This piece is inspired by dreams and mental health," said Himelblau.

The Kundert Medical Clinic: The Building that Frank Lloyd Wright Created and Hated



A living artifact in our very own town. Photo courtesy of sophomore Aidan Field.

HEALTH & SPORTS CO-EDITOR AIDAN FIELD

Every San Luis Obispo High School student is familiar with the area around their school, and one feature of this environment is a living artifact from one of the most famous architects in the world, Frank Lloyd Wright.

Wright designed over five hundred buildings, in them he designed revolutionary spaces and created an architectural style that was inherently American.

Wright defined American architecture in the twentieth century. In San Luis Obispo, his art would define a

small medical clinic known as the Kundert Medical Clinic.

"It's great that we have a building by the most important American architect of the twentieth century here in SLO," said AP Art History teacher Amanda Bockelman.

However, Wright disliked the eventual building so much that he didn't even consider it his own piece of art.

The owner of the building wrote and begged for Wright to design it, however Wright initially refused.

The medical clinic was a commercial building, but the vast majority of buildings designed by Wright are

spaces for communities or homes.

Then, when Wright saw photographs of the surrounding area, the mountains behind SLOHS, and the lush sycamore trees above a tranquil creek, he eventually agreed.

But, construction was a disaster for Wright, his plans were altered, his materials were changed, and the building looked completely different from his initial design.

Because of this, Wright didn't even consider the building a piece of his work.

And so, the only Frank Lloyd Wright building in SLO is disgraced by its own creator.

Beside that fact, the Kundert Medical Center is still an amazing artifact of artwork and history.

The building is iconically a Frank Lloyd Wright building. His use of his unique "Usonian" (United States of America) architecture is clearly demonstrated in the building's design. Notably, it is still in use for its initial purpose.

"We've learned to like it, it's all very nice... [but] it's a seventy year old building so lots of stuff needs to be replaced," said current tenant and cardiovascular doctor Kenneth Tway.

Even in its age, the building is still beautiful, and it is still enjoyed by the clinic's patients.

"It's a comfortable environment, it's not sterile dry, people actually like it...people don't mind sitting [in the waiting room] for a

while," said Tway.

The Kundert Medical Clinic is a wonderful place to visit and it's a great mini attraction in SLO.

"I love that it is still used for a medical clinic today. It shows the longevity of the design. I'd encourage anyone curious to stop by. Try to go into the lobby, if possible. The horizontal panels of windows [one of Wright's signature styles] look way better from the interior and there is also a fireplace," said Bockelman.

Visiting and learning about these aspects that make up our community also has many other benefits.

"Knowing about the history of art and architecture really opens up your eyes to the world around you. Architecture often has symbolic significance and ties to important cultural movements throughout history," said Bockelman.

Knowledge like this can help in both understanding the world around us and in the classroom, especially when taking AP Art History.

Learning about one's community is interesting, it puts history into perspective and gives people a much better understanding of the place they live in.

It's nice to take a break from books and pay attention to one's community. Students should learn about their city, they might learn something interesting.

Source: franklloydwright.org

A Blast From The Past: Retro Gaming is Evolving

WEB EDITOR SAGE MEEKS

Every year there are technological advancements all around the world; one of the most public and obvious ways to show advancing technology is with video games.

Video games have changed a lot over the years since games like "Pong" or "DOOM," but are these all good changes or are some of the old styles better?

"I play games almost everyday, usually playing something like 'Minecraft' or 'Fortnite'. I like modern games with fast pacing and amazing graphics. Older retro games are amazing too; the old pixel graphics look cool and they always have an amazing story like 'Undertale' or 'Stardew Valley,'" said senior Asia Jade Hagans.

Lots of people prefer retro video games over modern ones. For some, it's nostalgic reminiscing on a simpler time in their life, but for others, it could be a lack of modern hardware or a preference for the older look and feel of arcade games.

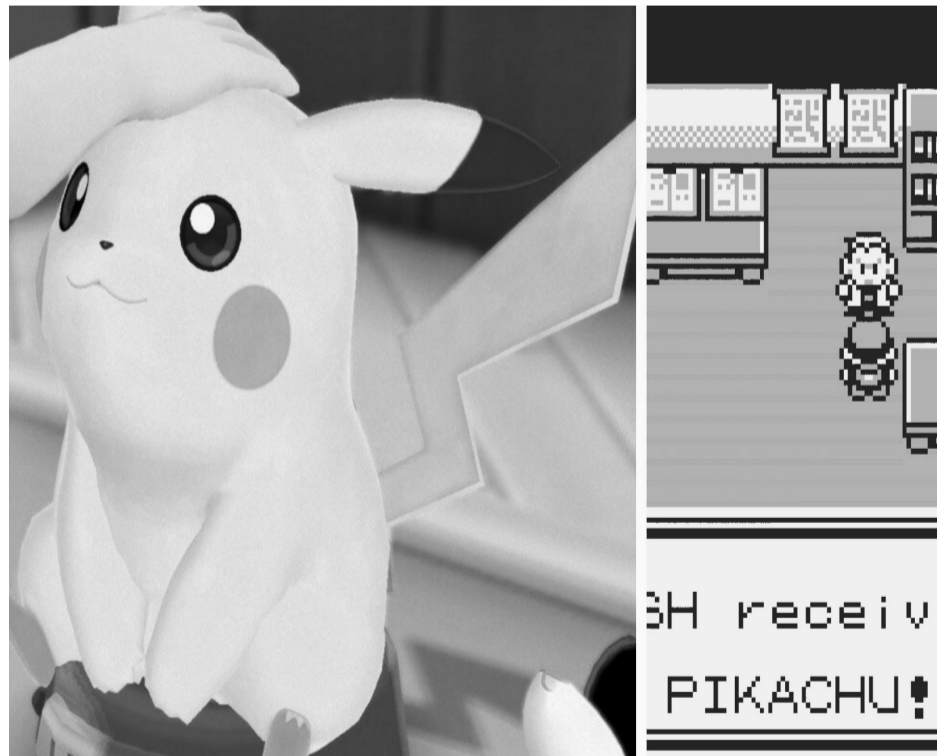
"I used to play a lot of games on consoles like the Gameboy, PSP, Playstation Two, Sega, Wii, and the DS, now I mostly play on PC and PS4. Video games are a lot more immersive nowadays, you can hook up an Oculus or other VR headset and be IN the gameplay in your own little space. Of course, the graphics are a lot better along with the frames per second," said paraeducator Alba Campo.

Since the release of "The Legend of Zelda: Breath of the Wild", open-world games have been taking charge, "Elden Ring", "Hogwarts Legacy", and "The Legend of Zelda: Tears of the Kingdom" being prime examples. This hasn't always been the case though, a lot of games prefer specific levels like "Super Mario 64" or zones like "Dark Souls".

"A good example of video games changing is the 'Mortal Kombat' series. Before it used to be pixelated and the graphics weren't any good, but now it has a lot more to it with way better graphics and fully rendered 3D models. Now you can almost feel being punched like it's real. Video games are also just so much more immersive now, and more fun when you can play them in 4K UHD," said Hagans.

Graphics aren't the only thing that has improved in gaming, they are much bigger now such as "Call of Duty: MW III" which is over two hundred gigabytes compared to 2003's "Call of Duty" at only 1.5 gigabytes.

Their size makes sense with games often having multiple modes and much bigger maps as well as features such as online multiplayer which isn't easy to implement or small. This was of course only made possible by the change from cartridges to CD and Blu-ray discs to being almost pu-



Modern "Pokemon" games have more pixels than their older counterparts. Photo courtesy of junior Sage Meeks.

rely online now and the shift from handheld convenient consoles to static more powerful consoles.

"There's always going to be nostalgia with those games that are, you know, great, as was 'Megaman,' 'Mega Slots,' all those fun pinball games that they have now. For you guys, it's like 'Fortnite,' 'Minecraft,' and 'Roblox' so it's so cool that each generation has their nostalgic games that they can turn back to in the future," said Campo.

If students don't like the changes that have been made to the video game market they can always play older games on previous-gen hardware or use emulation to play on modern devices.

New games are amazing to play; hopefully students can have a new memorable gaming experience with them.

Play UnJumble!

BACKPAGE EDITOR CATE TUCKER

Word Jumble: Unscramble these words below. Take the underlined letters from the answers and unscramble that to find the answer of the pun to the right. Answers on SlohsExpressions.com!

CYKTA	HNACR
— — — —	— — — —
UKYCL	AKRTC
— — — —	— — — —
LIHLC	
— — — —	



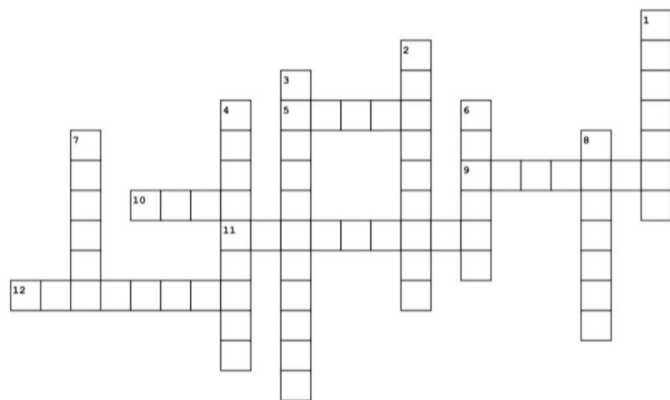
Who is the penguin's favorite relative?

— — — — —

Do an Easy Crossword

PEOPLE AND CULTURE EDITOR ADDI WOODS

Winter Crossword Puzzle



- Across**
- 5. What polar bears live in
 - 9. Jumping into the ____, 2024
 - 10. Really cold rain
 - 11. Burning logs in the ____
 - 12. A hot winter drink

- Down**
- 1. The first month of the year
 - 2. Popular snow activity, similar to ski
 - 3. "You can't catch me, I'm the __ man!"
 - 4. A form of snow, each one is unique
 - 6. No school on __ break
 - 7. What you wear to bundle up
 - 8. Arctic animal that waddles

This Sushi is Easy and Sure to Taste Good

BACKPAGE EDITOR CATE TUCKER

Homemade Sushi

Sushi rolls can be filled with any ingredients you choose. Try smoked salmon instead of imitation crabmeat. Serve with teriyaki sauce and wasabi.

Recipe by 1ORANGE1
Prep Time: 40 mins
Cook Time: 25 mins
Total Time: 1 hr 5 mins

Ingredients

- 1 1/2 cups water
- 3/4 cup uncooked short-grain white rice
- 3 tablespoons rice vinegar
- 3 tablespoons white sugar
- 1 1/2 teaspoons salt
- 4 sheets nori seaweed sheets
- 1/2 pound imitation crabmeat, flaked
- 1 avocado - peeled, pitted, and sliced
- 1/2 cucumber, peeled, cut into small strips
- 2 tablespoons pickled ginger

Directions

- Gather all ingredients. Preheat the oven to 300 degrees F (150 degrees C).
- Bring water to a boil in a medium pot; stir in rice. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.
- Mix rice vinegar, sugar, and salt in a small bowl. Gently stir into cooked rice in the pot and set aside.
- Lay nori sheets on a baking sheet.
- Heat nori in the preheated oven until warm, 1 to 2 minutes.
- Center 1 nori sheet on a bamboo sushi mat. Use wet hands to spread a thin layer of rice on top. Arrange 1/4 of the crabmeat, avocado, cucumber, and pickled ginger over rice in a line down the center.
- Lift one end of the mat and roll it tightly over filling to make a complete roll. Repeat with remaining ingredients.
- Use a wet, sharp knife to cut each roll into 4 to 6 slices.

Recipe Tip

If you do not have a bamboo sushi mat, the easiest way to roll sushi is with a clean dish towel.

Answers on SlohsExpressions.com and More Articles

Try These Chocolate Chip Oatmeal Cookies

REPORTER HOLLIS DICKINSON

Ingredients:

- 1 cup butter (room temperature)
- 3/4 cup brown sugar
- 3/4 cup granulated sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 cups all purpose flour
- 2 1/2 cups old fashioned oats
- 1 tsp baking soda
- 1/2 tsp salt
- 2 cup chocolate chips

Directions:

1. Preheat oven to 350 degrees Fahrenheit and line baking sheets with parchment paper
2. In a stand mixer with the paddle attachment, cream the butter and sugars together. Add the eggs and vanilla, mix until incorporated, and then scrape the bowl.
3. In a separate bowl, combine the flour, oats, baking soda, and salt. Slowly add wet ingredients in mix until incorporated. Fold in chocolate chips.
4. Scoop cookie dough balls (about 2 tbsp big) onto parchment paper and space a couple of inches apart.
5. Bake at 350 degrees for 9-11 minutes. Let cool and enjoy!

