

# Through ADHD Eyes

My journey with the most well-known learning disorder  
By Zoe Watts

I walk into school, and notice everything all at once. The clock ticking, the groups laughing and talking, the crinkle of the new posters someone is leaning against, and another student has a speaker in their bag playing a new song.

Everything hits me at once. When I finally reach period one, I'm five minutes late and I get in trouble. When I sit down, they put a worksheet in front of me, but I can't stop fidgeting- it's hard to work in a silence this big. I get in trouble again.

I try to focus on the paper. I can see the words and questions, but none of it's registering in my head. The clock seems louder and louder. I put my head in my hands, trying to block it out, but I only hear more. People whispering, the teacher typing, a pen being bounced on a desk.

The teacher tells me to get back to work but I can't force myself to do it and I don't even know why. And once again, I get in trouble.

In elementary school, teachers always said I was smart, but I couldn't show it through my work. My test scores were ahead of my grade level, but I almost never got an A on anything. I couldn't figure out why this was happening to me, and why the work came so easily to my classmates. The timed multiplication sheets with a hundred problems were basically my enemy. When I entered the 5th grade, it became more of a problem because we no longer could rely on the teachers to structure our day; we had to do it ourselves.

I remember one parent-teacher meeting that really bothered me. My teacher pulled out a folder from my desk. It was where I had stuffed every worksheet, scrap, or notes. I didn't mean to, I wanted to put everything where it belonged, but I guess I just didn't. He mimicked my elementary teachers and talked about how my test scores were great, but my grades simply weren't reflecting that. I changed schools shortly after for unrelated reasons, but I had the same problem.

In 6th grade, things changed a little bit, but not enough. The work we did in class was always fine and I could do it. The trouble was the homework they gave us; it was difficult to force myself to get it done.

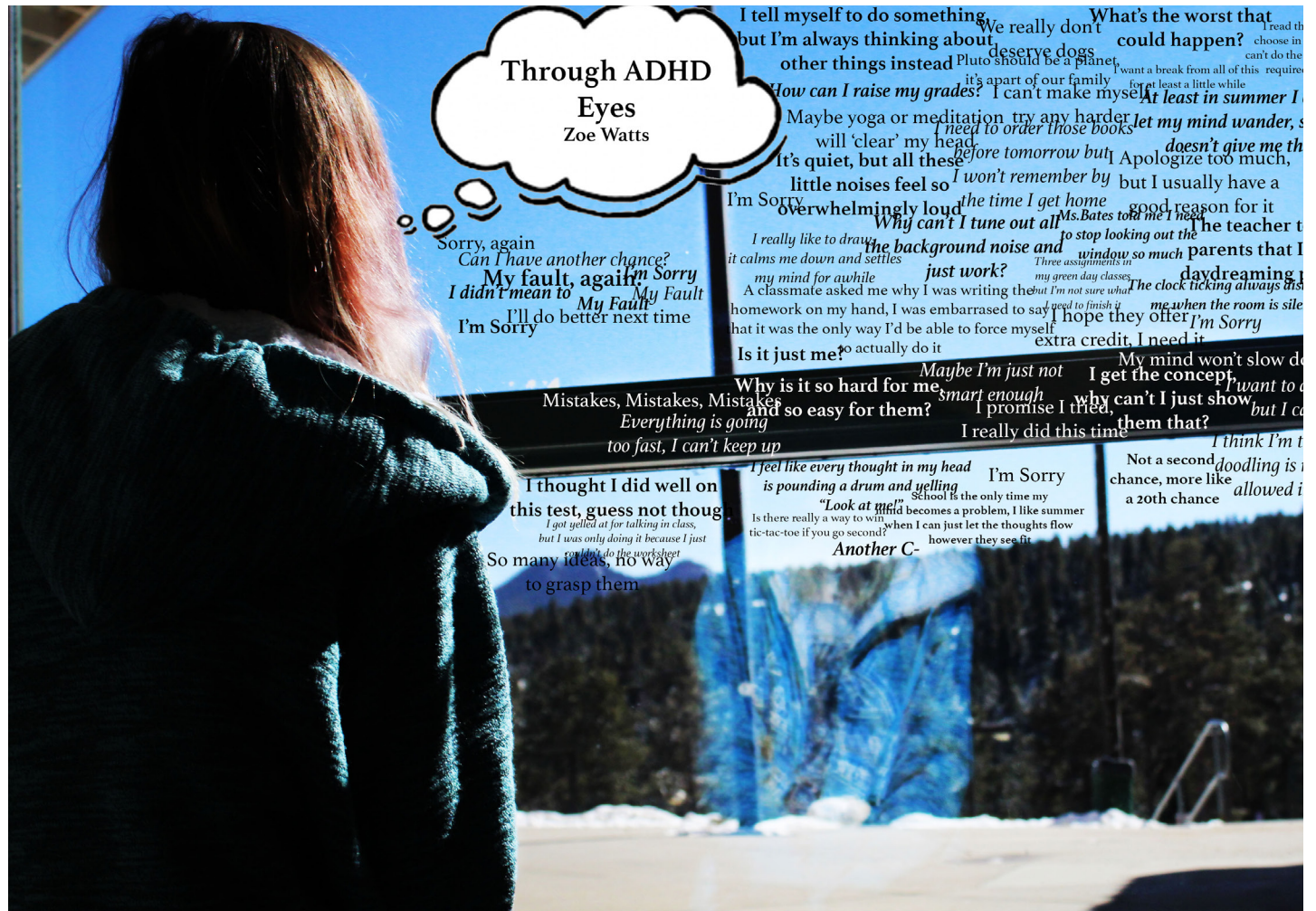


Photo Illustration by Zoe Watts

I passed that year with D's and C's.

My teachers in seventh grade were mad at me often. I was nearly always in trouble for talking, going off topic, or zoning out. I was mad at myself. I wasn't good enough and I couldn't reach the standards everyone else could. Halfway through the year, my mom decided to see a psychologist concerning me. I remember sitting in the doctor's office, bouncing my leg and looking at the shades on her window. They made a weird shadow on the floor. It kinda looked like a ladder, and the shadow her flower vase added made it look like there was some tiny person climbing it. She asked me a bunch of questions, some of which I couldn't even really answer. She prescribed me Adderall and officially diagnosed me with ADHD. My mom, sister, and brother all had it as well, so it wasn't a surprise.

In just the first week of taking medication, there was a noticeable change in my grades. Even my backpack was more organized. That summer, the math teacher even selected me to be in Algebra 1 instead of just eighth grade math. Eighth grade was one of the best years for me because I could finally keep up with the other kids.

But a new problem arose, as they always tend to do. The Adderall was affecting my appetite. It caused me to never be hungry and feel full when I wasn't. My weight dropped to an unhealthy level. Soon, I started getting dizzy at school, nearly blacking out every time. My mom took me to a cardiologist. He explained that due to my weight, I had developed a heart condition called Vasovagal Syncope. I still have the condition to this day. It doesn't really

affect my day to day life, and I would even go as far as to say it's better than having to deal with my ADHD in school.

Friends and strangers alike have asked me one specific question that I didn't know the answer to for a very long time. "Would you get rid of ADHD if you could?" And no. I wouldn't. Despite its effects on me at school, it's a part of who I am now. ADHD is the reason I became so dedicated to art because it was the one thing I could work on for a long period of time. It forced me to think outside the box in order to get through the world like everyone else. Despite the challenges it brings me, I like the way it makes me think. So no, if by some miracle I was offered a chance to get rid of my disorder, I wouldn't.

## Kingdom Review

A breath of fresh air that reanimates the decaying genre of the undead  
By Luca Gorla

A corrupt royal family. An exiled crown prince. A mysterious plague ripping Korea from the inside out. Kingdom, a new Netflix original brings a breath of fresh air to the dull genre of the undead. From characters you either love or hate, to plot twists that will make your jaw

drop, Kingdom perfectly balances fear with a story, a fear that slowly finds its way up your spine and gives you chills.

The beautiful scenery in Kingdom is one of the many aspects that makes the show so great, as you join the main protagonist, The Crown

Prince, played by Ju Ji-hoon, in his travels across the nation of Korea. Each scene has a unique feel and look, and keeps the viewer gripped and interested. However, with each scene being just as beautiful as the last, the looming presence of the infected is apparent throughout and leaves the viewer always expecting the unexpected.

The story line isn't the cliché zombie film; it involves so much personality and doesn't just revolve around zombies. The corrupt government that adds some much-needed drama and the royal family that adds the needed hate all blend perfectly in the polished result of Kingdom. The excellent story-line makes each unique character either loved or hated; the story is also able to, surprisingly, include humour. The dark humour that pops up here and there is able to keep the mood light and not too dull.

After watching the first season of

Kingdom, it's difficult to think of any negatives. It's painful to have to wait for the next season to release. Netflix has already renewed the license, and season two will most likely be released late this year or early next year. I was so blown away by how charismatic the characters were, and how gripped I was by the amazing story-line. Each episode left me wanting more, and I was never disappointed. From the plot twists to the heroic scenes, I can confidently say that Kingdom is now a personal favorite.

With the direction modern day TV shows are going, Kingdom nails all the points that so many other shows have failed to get right. If you have Netflix, I strongly suggest you watch this incredible show. The show is violent and isn't for the faint of heart, but if you do crave a little violence or horror here and there, then this show may be the one for you.



Photo courtesy of Netflix

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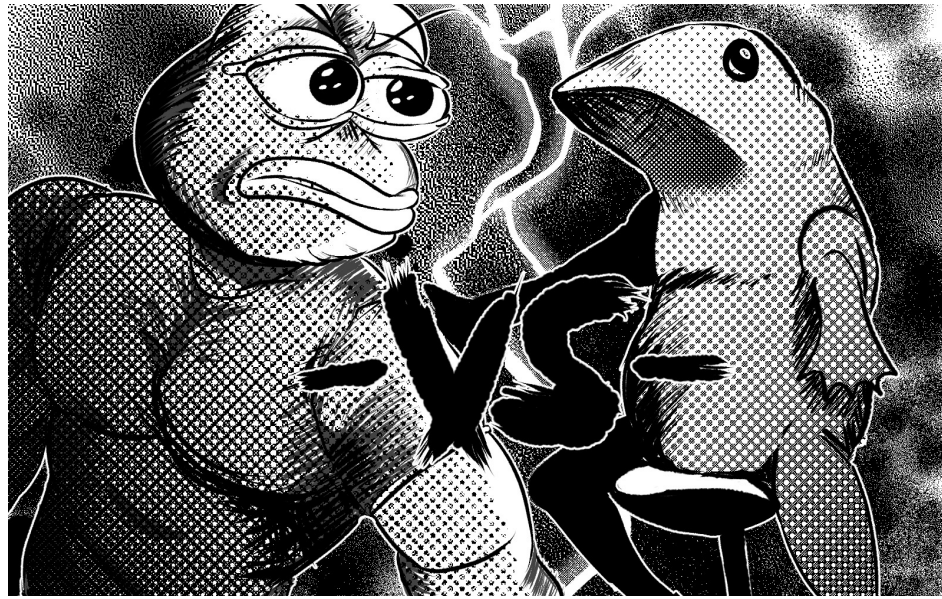
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# Memes are the modern Shakespeare

Why memes are more than Grumpy Cat and Bad Luck Brian

By Parker Jones



Cartoon by Anna Nelson

Memes are often cast off by older generations as a useless side product of millennials and Gen Z, just fleetingly funny pictures that lack taste. While memes are commonly as mindless and childish as their critics may claim, I wholeheartedly believe they reflect the modern state of mankind.

A meme can be defined as an image, video, or piece of text that is rapidly spread throughout the Internet via imitation or slight variation of the original subject matter.

Over time, humans have expressed themselves in a multitude of ways, through literature, film, theatre, poetry, and art. While these mediums continue to be used into the modern day, memes are simply the most recent addition to this conglomeration of human creation. A photoshopped picture of Shaggy from Scooby Doo hardly compares to Da Vinci's Mona Lisa or Shakespeare's plays, but it similarly reflects the culture of the time.

Shakespeare's plays may use elegant, flowery language, but this simply reflects the culture of Shakespeare's day. Today's generation shouldn't be expected to recreate the complex soliloquies and monologues of yore, especially in today's fast-paced world. Memes are quick, punchy, and largely humorous, meant to grab your attention among the tornado of distractions that cloud our lives.

They're supposed to grab your eye as you scroll through Instagram, or produce a quick laugh as you wait in a doctor's office. Hardly anyone of this generation is willing to take the time to read a novel or poem - memes are the modern medium for humor, satire, dismay, and all of the emotions that writers like Shakespeare

and poets like Edgar Allan Poe similarly tried to convey.

Now, this is not to say that memes should be held in as high a regard as classic works that took months or even years of dedication and true talent. Anyone with a screen can easily make a meme. But that's what makes them special. Anyone can make them. In the "olden days," people would tirelessly work their entire lives to get their writing into one newspaper column or get one book published, but memes give a platform to us all. Any of us can be the Shakespeare of someone's day.

A meme about Shaggy from the kid's show Scooby Doo recently blew up. Within a day of its conception, millions of people around the world were reposting, creating, and sharing Shaggy memes that portrayed the cartoon character as a sort of god. People were comparing him to Chuck Norris, photoshopping him into biblical pictures, and claiming that this obscure character from our childhoods was the new leader of the human race. To any reasonable adult, this sounds ridiculous, like just a stupid Gen Z inside joke they'll never understand. And truthfully, it is pretty ridiculous. However, I think the Shaggy meme goes deeper.

So, the meme most likely started to go viral as a result of its relatability. People remembered Shaggy from their childhoods and got a kick out of the meme's obscure nature. As it continued to snowball across more and more phone screens, people quickly hopped on the bandwagon, realizing that Shaggy was potentially the next big thing. Meme-makers across the world started banging out their own renditions of the meme, each trying to outdo the next with an even

more outrageous representation of the character.

It's not the content of the meme itself that matters - as much as I would like to say that Shaggy's godliness has some deep emotional meaning - rather, it's the way that memes are started, produced, and spread. Even celebrities were reacting to the meme and sharing it on their social media - some strange concept that randomly took off and became a viral sensation.

Evolutionary biologist Richard Dawkins, who coined the term meme in 1976, brought some meaning to the term far before memes cluttered our screens. He described them as an idea, belief, or pattern of behavior that is "hosted" in the mind of one or more individuals and "jumps" from person to person. While this definition could lead to far more complex theses, it demonstrates how the meme is an example of cultural evolution.

Memes could be compared to trends throughout history. As an example, Chinese foot-binding was a seemingly ridiculous and nonsensical trend circa 600 China where women would break their bones repeatedly in order to change the shape of their foot. Doing so would elevate their social status and make them more appealing to suitors, even though they were literally giving themselves a disability. While this trend made zero practical sense, it spread like wildfire through China, bouncing from person to person. This could be considered a meme according to Richard Dawkins' definition - an idea that spontaneously takes over the masses like a sort of disease.

Admittedly, memes on Instagram aren't nearly as drastic as footbinding, but they have many things in common. Memes are ridiculous, obscure, and seemingly pointless ideas that quickly pick up and quickly come to an end. As soon as China entered its period of Westernization, foot binding disappeared, just like how memes can become irrelevant as quickly as they picked up. They show humanity's need to constantly move on to the next thing and to follow the herd. As culture changes and evolves, so do the memes, or trends, of the day.

While the memes we know, like Shaggy or the egg that got 53 million likes, are nothing in comparison to classic works or incredibly influential trends like footbinding, they are simply one of the latest ways that humanity expresses itself. For that, I think they deserve more respect.

## tagline

Food reviews by Tag Speck, a professional food eater

The yellow onion is a staple cooking ingredient, whose distinct flavor is easily recognizable and extremely widespread. Most people's experience with onions is in a cooked dish, with other ingredients to complement and lessen the innately strong flavor of root vegetables. As a self proclaimed advocate for the onion I figured that there must be a good reason as to why onions are almost always cooked before consumption.

There was. At first glance, eating the onions seems unpleasant but certainly doable. However, upon taking the first bite, it became abundantly clear as to why onions are consistently cooked. A raw mouthful of onion gives a sensation that can only be

described as edible regret.

A mixture of pungent onion taste and a piercing spicy flavor is instantly present and extremely overwhelming. Any subtle flavors the onion might have had are completely lost in the wave of oral and mental suffering inflicted upon me. Additionally, the already difficult-to-finish onion is made worse by the paper-like peel that naturally sticks to teeth and other smooth surfaces in the mouth. The onion itself breaks most - if not all - of

the rules of a good meal, with its awful texture, unpleasant taste, and unappealing presentation.

Onions serves as a great addition to most dishes bringing a mild spicy undertone and a crunchy texture all its own, but as a main course meal, uncooked and untouched by any spices or seasonings the onion fails on almost every level leaving nothing but a bad taste in your mouth and the heavy weight of regret on your mind.

**3/10 Tag points - worse than expected and exceedingly unpleasant**