

San Luis Obispo High School

Expressions

Volume II, Issue VI

March 2016

To truly change
the WORLD,
you must first
change the way
the WORLD is
CHANGED."

- Tomas O'Sullivan
(Senior Quote)

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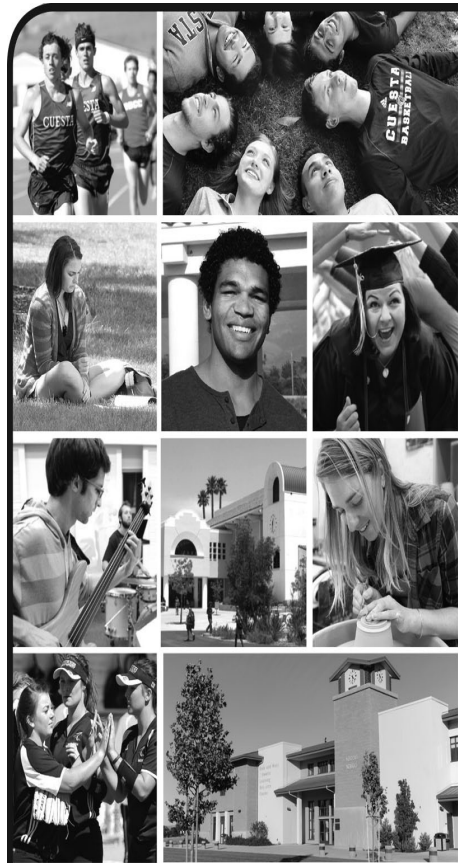


Lisa Figueroa
Staff reporter

Many knew Tomas O'Sullivan on a very personal level, others knew him as the boy with the fluffy hair who often wore a Berkeley sweatshirt and rarely had anything but a smile on his face. My relationship with Tomas fits somewhere in between these two descriptions. Our first conversation started out with a joint voice-over on a video about humpback whales - I instantly knew that this quirky young man was someone special. I was only blessed with a brief relationship with Tomas that consisted of small talk about our days and me ranting about minuscule boy problems. Nevertheless, he would always listen to whatever I had to say and made me feel better in the most genuine way. He

quickly showed how empathetic he was, able to feel others' thoughts and emotions. Not a day went by where I didn't see him hug a classmate to make sure that they were doing okay. I could see the love, potential, and passion in him as he was incredibly intelligent as well as thoughtful. Thank you for making me feel important. Thank you for enhancing my love for the Beluga whale. Thank you for the countless laughter's and jokes that we shared. Tomas, what you brought to this world will not go unnoticed. The world is a little less bright without you.

Continued coverage on
pages 8&9



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Next year's new addition: 3D Studio Art

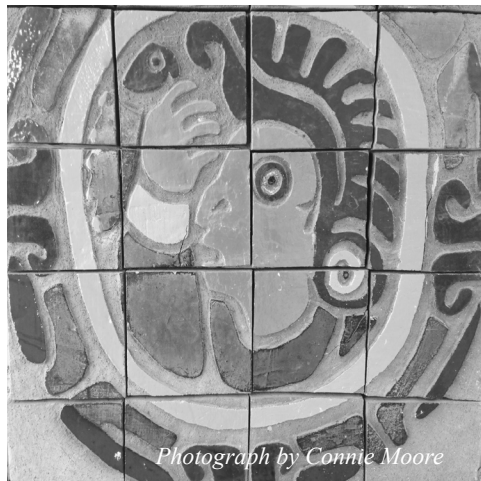
Connie Moore
Staff Reporter

Next school year, with administration's approval, there will be a new Advanced Placement Three Dimensional Studio Art elective at San Luis Obispo High School. This class will be taught by Ceramics and AP Art History teacher Amanda Eedle. In order to join the class, one must complete a total of two consecutive fine-arts electives.

"The class will be a sculpture class where students will be allowed to build with anything from wood, metal, recycled material, cardboard or just anything three dimensional. The point of the course is to provide another art class for students that have completed Ceramics III. This course offers an art capstone at a college level that will give students an opportunity to complete more advanced art," said Eedle.

This class will expose students to a variety of different sculpture styles and will enable students to explore the fine arts in more detail.

"This also gives people an opportunity to create art for portfolios or gain experience



Photograph by Connie Moore

if they are considering going to an arts college. It is a very rigorous course with a lot of hard work and students should be prepared for that," said Eedle.

Eedle has completed the necessary

paperwork to create the new course. Now the only obstacle before the class is available at SLOHS is the district's approval.

"Unfortunately I'll be graduating next year, but as someone who is interested in pursuing art in the future, I would love to have taken the class. The art classes currently offered explore art in a more basic sense, so for people who are more artistically inclined, I see the AP Studio Art class being that space for them to explore more creatively and that's very important," said senior Summer Truschke.

AP Studio Art 3D will be a demanding class that requires advanced art skills. Despite the hard work required for the class, it will provide an extensive creative outlet that many other basic art classes lack.

"Eedle's art class will be a fun way for students to express themselves creatively," said sophomore Lindsay Haggard.

All that's Unknown about Unschooling

Michelle Kang
Staff reporter

No textbooks, no homework, no tests, many San Luis Obispo High School students often dream of this fantasy, and for some, this life is a reality. Unschooling is a concept that has been around for decades. Over the past few years, it has become a growing movement in America and is catching the attention of many. This form of education is fairly simple. Children are free to follow their interests with no subject requirements. In other words, these kids can learn whatever they want, whenever they want.

"It's cool that the kids have the choice to choose instead of being forced to learn something they aren't interested in," said senior Nahin Lozano.

Unschooling is considered a type of homeschooling. However, it is very different in the way it works. Unlike typical

homeschoolers, kids who are unschooled do not follow a schedule or lesson plans. Unschooling embraces the belief that kids are natural learners. Parents who choose unschooling give their children a large amount of both freedom and trust. Many find that because their children's learning is truly driven by their own curiosity, there is no need to guide them into a "correct path." Naturally, their interests lead to fields including science, reading, history, language, and nature.

"I think if the person is responsible, this method would be acceptable," said former homeschooler freshman Noel McCann.

Unschooling allows kids to learn at their own pace and have time to discover themselves, their talents, and passions. It is also providing a potential way for a more relevant and efficient education. Parents pull their kids out of school to save them from stress and irrelevant lessons.

The increased popularity of unschooling

has turned heads and led to harsh criticisms of the teaching method. Many question the legitimacy of unschooling.

"If they're not given tests, they're not being challenged to really think about what they learned," said senior Preet Oza.

Concerns for unschoolers include isolation from peers, lack of social skills, and inadequate preparation for the "real world."

"They should be given some type of curriculum because it wouldn't be good if the kid does whatever or plays all day," said freshman Max Cassady.

One of the reasons unschooling may be hard to understand is that it looks different for every person. Their education has been molded to fit to one individual personality and learning style. Despite the absurd views people have towards unschooling, it offers hope to the creative and independent kids around us today.

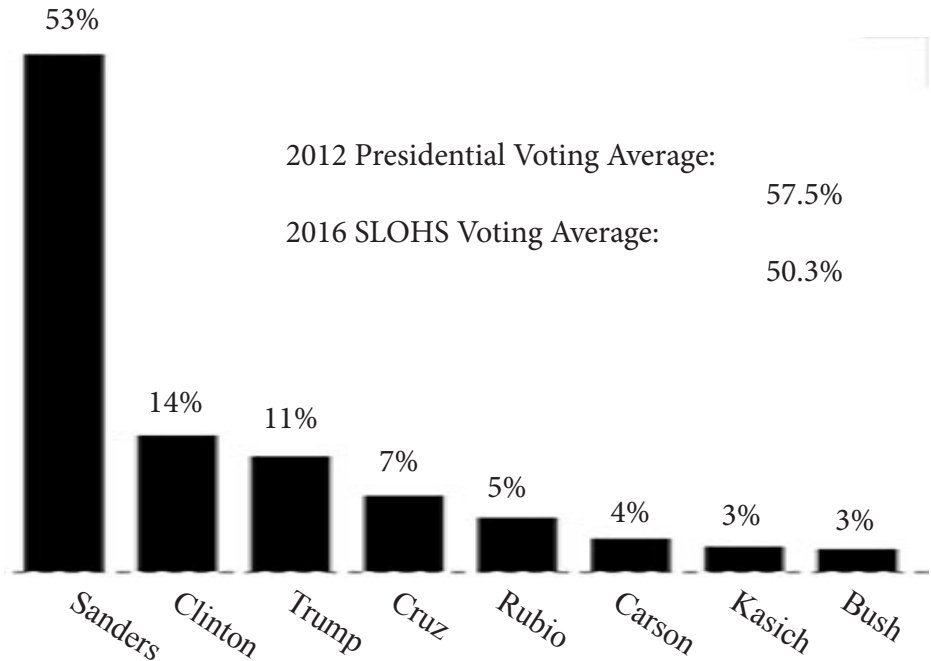
Expressions Takes on the Elections**Students vote for our 2016 Primary Polls**

Compiled by Emma Jane Haas

In early February, *Expressions* polled the entire San Luis Obispo High School student body during fourth period, on their thoughts about the upcoming primary election. All students were given the opportunity to vote.

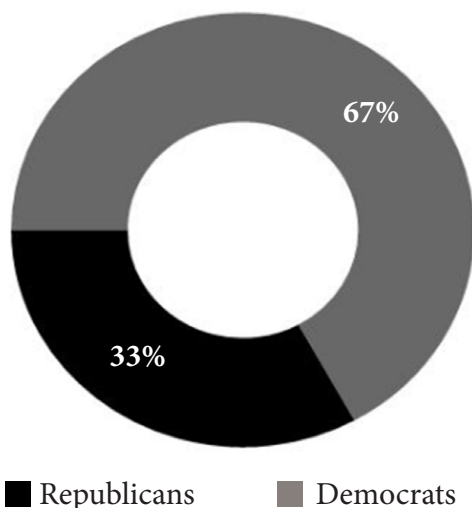
The results were heavily in Bernie Sanders's favor, with Hillary Clinton following in second, and Donald Trump in third. Some students also labeled themselves as independent, or in other words, did not identify themselves as belonging to a specific party.

Here is the SLOHS students take on the 2016 Primary Election.



*Before Jeb Bush and Ben Carson dropped out

Bipartisanpolicy.org/

Democrats vs. Republicans**How do you think the results of the election will impact you?****Freshman Kiran Heidler**

"If Donald Trump wins I will move to Canada."

Sophomore Hannah Ryan

"I don't think it will affect me that much because I don't pay very much attention to politics."

Junior Kristina Smelser

"If Bernie Sanders wins, it will help the youth with free education and healthcare."

Senior Celeste Koch

"This election is going to affect me a lot in terms of my college years, both in a political sense and socially."

How to handle getting rejected from college

Holly Schultz

Editor-in-Chief

After recently getting rejected from one of my dream schools, I've had to change my outlook on my idea of success and my future. I've spent the past four years taking Advanced Placement classes, doing countless extra-curriculars, and working towards one single "Congratulations!" on the top of a letter watermarked with a prestigious university. This only made receiving my denial all the more worse because I had equated my self-worth with a single decision made by a person that had never even met me. The best way to handle this situation is to acknowledge that you are more than an application and set new goals for yourself.

"It's definitely good to accept it happened, then do your best to move on," said senior Aidan Beals on how to own your rejection. I allowed myself to wallow and then broke the news to my friends and family before they could ask about

it. There is nothing to feel ashamed about that out of thousands of applicants you were one of the large pools that didn't get accepted. A small envelope doesn't define you, but it

I didn't get accepted from my first, second, or even third choice school, but I'm fortunate to have an amazing community college, Cuesta, to attend. If the university you are meant to be

at didn't accept you, transferring is not impossible! Take a semester or year and call admissions offices to see what exact credits you need to take. Spend time exploring universities you had never even heard before of because your search was previously too narrow due to the pressure of committing to only the most esteemed schools.

"I really like to plan, [and] get upset when those plans don't come to fruition. But now I realize how little control we really have and worrying about it is just a recipe for a miserable life," said Beals. The worst way to deal with it is dwell, soon enough you will be exactly on the path you are meant to take and as cliché as that sounds, it's true.

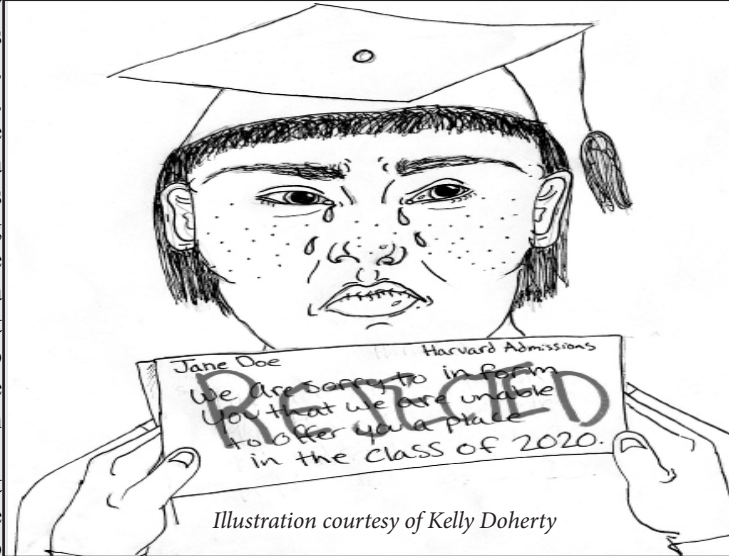


Illustration courtesy of Kelly Doherty

might make you have to make a new plan for yourself.

Music shaming is not cool

Lisa Figueroa

Staff Reporter

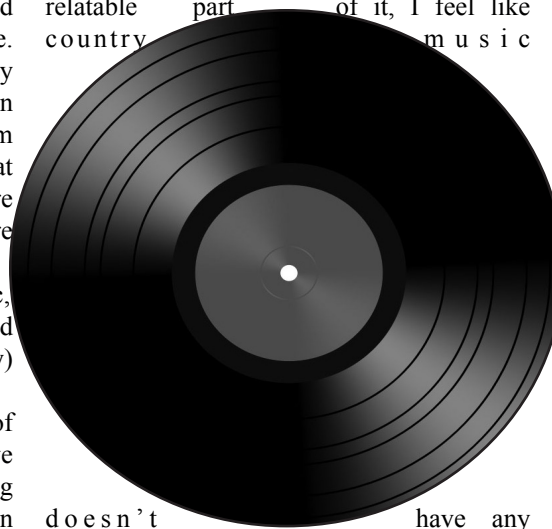
The question "What kind of music do you like?" sends me into a state of panic. Of the countless occasions that I have been asked this, I tend to answer differently each time. One answer I *never* give is that among my wide array of musical favorites, I have an especially soft spot for One Direction. I'm talking boy band, Top 40 pop music that would make most people give me a stare accompanied by a judgmental, "What are you, twelve?"

While my music taste is relatively eclectic, I wish that I didn't have to feel ashamed admitting that I enjoy the occasional (nightly) jam session to my One Direction playlist.

Why have we developed this sense of superiority and hierarchy based on what we like to listen to? Music is supposed to bring joy — whether that joy comes from a Justin Bieber single or one of Mozart's symphonies shouldn't be of any concern to anyone besides the person listening. It appears that this phenomenon, sometimes referred to as "music shaming," comes from an inherent need humans have to feel superior. Be it

our taste in movies, food or music, there is something satisfying about being able to say "Mine is better than yours."

"The aspect of music that I really like is the relatable part of it, I feel like country music



doesn't have any emotional draw to it. It's pretty shallow and repetitive," said senior Tyler Slade. Country music in particular is a genre targeted by the public - you either hate it or you love it.

"If you like country music I'm sure you're a nice person but I don't think we can be

friends," said senior Alissa Todd. Although many people (including myself, at times) feel as though this type of music can be stupidly simplistic, it's easy to look past the happiness any music by any artist can bring to a person - as a One Direction fan I'm not one to talk.

"Country music can make a person feel good. Just like any music can to any person. Everyone likes music, a lot of people don't like country and that's fine. I don't like gypsy music because it doesn't relate to me. It all depends on the person," said senior Bray Etter.

"I can respect all kinds of music for the people that like it, even if I don't," said senior Michael Sabo. At the end of the day, the music you listen to should be whatever makes you happy. Don't waste your time pretending to like indie folk music if you'd actually rather be listening to Lady Gaga, and don't waste your energy on people who determine your worth over something as trivial as the kind of music you prefer. We're all going to have likes and dislikes, so let's try to be a bit more like Michael Sabo; appreciate music for the joy it's able to bring to people - even if it doesn't include you.

ITR: Youth & Government VS. Harvard Model Congress

Brandon Achugbue

Staff Reporter

Most students at San Luis Obispo High School aren't informed about the two extracurricular government programs available to them, Youth and Government and Harvard Model Congress. Those that don't know the difference between the two are unaware of what makes

Y & G the clear better choice.

"I was actually going to do HMC at first, but I went to the first Y&G meeting and something about the group of people and all the different options offered there made me really excited," said sophomore Oliver Hicks, "It's also what got me into politics, which is what I want to study in college now."

Y & G is a national program that allows teens in each state to immerse themselves in civic engagement and literally practice democracy. Members meet in their local delegation throughout the year to debate issues and propose legislation that affects them. Each area's group attends three state conferences, including a week-long trip to Sacramento, where delegates elect their own youth governor and other offices, debate in actual California Senate and Assembly chambers on the bills they wrote, and have the chance for the

legislation they pass to be sent to California's real governor and signed into law.

Harvard Model Congress, on the other hand, is by no means a bad program. It allows students to copy real politicians and spend a fun weekend roaming the streets of San Francisco. However, it lacks the heart of the experience that Y&G provides—finding your own voice. With scholarships given out for those unable to afford Y&G's admittedly

steep price, cost shouldn't hold one back from an extremely fascinating experience.

"It's not just something we do to put on our college applications, we do it to interact and learn from everyone in the program. We get to bond as a delegation and make new friends all over the state which I think is really awesome," said sophomore Eva Wynn.

"Y&G is all about voicing your own thoughts and asserting what you think is the right action to be taken," said Henry Amir on where the programs diverge. "While HMC delegates role play and pretend to be prominent figures, Y&G encourages you to express your own beliefs and share them with thousands of students."

"Not only has it made me a better public speaker, but it's given me real life experience in the world of government and bettered my social skills. I really feel that I have emerged a better person thanks to this program," said junior Kannan Freyaldenhoven.

Those considering joining either should weigh all the factors and make the decision for themselves, rather than simply look to what's most advertised. When it comes down to it, do you want to pay Harvard so you can role play as a musty old politician, or have an actual meaningful experience?

photo courtesy of Emi Mulay



Emi Mulay

Staff Reporter

Harvard Model Congress, and Youth and Government are programs that may seem very similar, but their differences

make **HMC** the better option. HMC, the largest congressional simulation conference in the world, is run by Harvard undergraduate students, and provides high school students from across the United States and abroad with an opportunity to experience American government. During your HMC experience at San Luis Obispo High School, members meet weekly at lunch to debate about world affairs, as well as learn about their assigned committees you spend much of your time with at the conference, which is held in San Francisco at a hotel bordering Chinatown and Little Italy.

"The group of people is great, and meeting people from all over the country and bonding

with them is really the best part of the HMC experience, especially because they share a similar interest is government," said junior James Higgins.

HMC highlights education on national government. Since the conference is a simulation of American government, each member is given the name of an actual politician to influence their votes, making the experience much more "real life." Since national government is much more applicable, especially during election season, HMC is a much better program for those wanting to learn about the process of decision making that affects our daily lives.

"The federal government affects our lives

in so many areas, so it's important to see how it runs to see its immediate impact on our lives. The bills we write apply to the grand scale of the United States," said senior Aiden Beals.

HMC is the much more affordable option, costing only \$125 to be in the program, and \$95 for hotel and bus costs. Aside from that plus, all students in HMC can spend Saturday morning exploring the city. Haight Ashbury, Pier 39, The Embarcadero, Ghirardelli Square, and of course, Golden Gate Park are all great places to spend the morning, before joining back with your delegates for meetings. Once the meetings are over, many great restaurants are a short walk from the hotel.

"HMC requires a low time commitment, but results in one of the best club experiences you can have in high school, it's something to look forward to," said sophomore Minori Jaggia.

In loving memory of



"There was this one-time last year, he was a huge fan of "Harry Potter", so what we would do is we would go to his house and just have giant Harry Potter marathons for like nine hours..." said sophomore Zane Leslie.

"He almost cared for his friends more than he did himself," said sophomore Noah Nelson.

"I ate my first ramen at Tomas O'Sullivan's house, my first ramen, singular," said junior Brianna Chambers.

"He was always there for people. He gave the most amazing hugs, they seemed like they were never ending, like he would never let go," said senior Autumn Jordan.

"He was the glue that kept us together, he always made sure that we were on track, in band and in our personal lives," said sophomore Kenzi Holt.

"I had the privilege of knowing Tomas as one of my students for two years; he was a kind soul who deserved to be both content and happy. I wish Tomas could have won his battle for better mental health so he could have felt in his heart and known in his mind that he was truly loved and accepted exactly as he was. I wish he could have lived long enough to become wise and realize everyone is perfect just the way they are and that only our own minds can delude us into thinking otherwise. He would've grown up and became old so he could look back at the pressures of high school as mere learning moments that help us find ourselves and guide us toward our strengths, but certainly don't cement our worth as human beings. Tomas will be sorely missed as his life ended too soon but my unconditional love for him will never change; it will go on and on. As for now, I know Tomas will be resting in peace forever and until I meet him there, I will distinctly remember a warm sincere smile he shared with me in class one morning because in that brief moment, when we looked at each other, it felt as if we both knew everything was fine exactly the way it was and he was happy; that is the Tomas I remember," said math teacher Kyle Fintel

Tomas O'Sullivan₁₉₉₉₋₂₀₁₆

Tomas was the kind of person who had an immense amount of love for everyone he met. He always had a warm hug or a hilarious joke to offer when we were feeling downhearted. He understood all of us, but never understood his own emotions. Tomas loved the Santa Clara Vanguard, playing angry apples with his friends, listening to his favorite bands, watching Harry Potter and eating macaroni and cheese, but most of all he loved playing the tenor saxophone.

His most happy moments seemed to be during performances. He truly left his spirit in the concert hall and on the marching field. After halftime at football games he would always choose to wear the silliest socks and hats to make us laugh. He really wanted to put all of his passion into everything he did. He had a very strong passion

for humanity and so many great ideas for changes in this world.

He cared so deeply that recently he had decided that he wanted to become a jazz composer as well as a biochemist so he could help others with the same overwhelming pain that he had lived with. He always pushed himself to the limit by taking challenging classes and staying up all hours of the night studying. Tomas always had his eyes set on the future and would never ask for help from anybody, he knew what he wanted and he was going to work as hard as possible to achieve his goal.

He loved making people happy and making a difference any way he could. All of us in the band have been affected by him in life and in death and he will forever live on in the band room, on the marching field and most importantly in our

hearts.

- San Luis Obispo High School Band



"Me, senior Michael Sabo, junior Cisco de la Garza, and Tomas, it was the first time the four of us ever hung out together. We went to Black Hill in Morro Bay and we hiked all the way to the top and I remember we were up there for several hours and I got really tired and I took a nap on Tomas's lap. I just remember that he was this super comforting presence, he's a nice, nurturing kind of guy and I felt really safe with him," said sophomore Noah Galambos.

"I will say that I will remember his enthusiasm and friendliness, I enjoyed having him as a student and will miss him," said science teacher Ryan Ritchie

"He still with us, in our hearts. He will never leave us," said freshman Danton Cloward

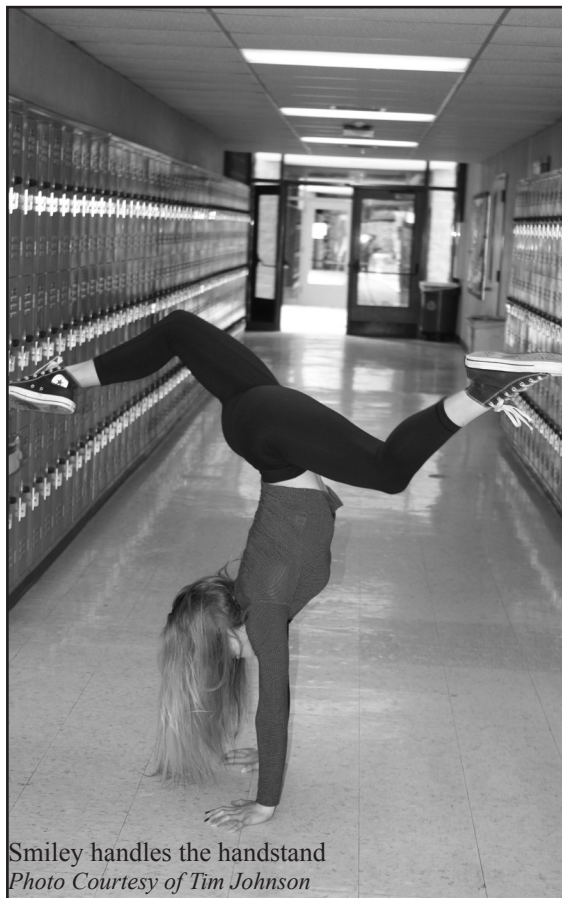
"Tomas was the most alive when he was playing music with other musicians. Being in honor band was really important to him. When he performed his face lit up, he would smile, and his eyes got bright. The thing I remember the most is that he was a determined guy," said English teacher David Sprague.

"Tomas loved music. If he wasn't playing music, he was listening to it," said sophomore Sarah Nighswonger.

"He was a proud member of the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer, plus) community," said Galambos

"The first day at band camp I was really bumming and he was like, 'what can I do to make you feel better?' He honestly, genuinely cared about everyone and everyone's feelings. I said, 'I don't know,' and he said, 'I'll bring you stickers tomorrow,' and he brought me stickers and that birthed this whole movement within the band," said Chambers.

ACROBATIC ATHLETES TAKE THE STAGE



Smiley handles the handstand
Photo Courtesy of Tim Johnson

Tim Johnson
Staff Reporter

San Luis Obispo High School has several students who compete in a sport that can be called a more intensive and extreme form of cheer. Acrobatics is a competitive gymnastic branch where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, with dance and tumbling set to music.

The harder the difficulty of the skills, the higher the level of the athlete. Routines are performed by either trios or duos. Usually the groups have one to two larger people who support a smaller person who will do all of the flashy acrobatic skills. *Expressions* interviewed sophomore Sarah Ardantz and freshman Shay Smiley to learn more.

Expressions: How long have you been in Acro?

Sophomore Sarah Ardantz: About six years.

Freshman Shay Smiley: This is my fifth year. I used to do gymnastics before.

Expressions: How often do you practice and how long is each practice?

Ardantz: I practice four days a week and

each practice is usually three and a half to five hours long.

Smiley: Five days a week, where each practice is about two to four and a half hours long.

Expressions: When is your season?

Ardantz: We train year round but we compete during around February to July. There's usually a lot of time between each meet.

Expressions: Shay I heard you are going to Poland for Acro, can you tell us more about it?

Smiley: Yeah I'm part of a club named C-Coast and will represent my club and the United States of America in Poland where we will compete against other people from other countries.

Expressions: Who is your coach?

Ardantz: Our coach is Audra Gustin who is extremely talented. She designs all of our costumes, as well as choreographs our whole team's routines, which is like 15 routines and she also choreographs routines for other people around the nation.

For more information on how to join this sport, you can contact either athlete.

SLOHS Winter Sports Highlights

Emmett Fox Pendergrast
Staff Reporter

As the winter sports season at San Luis Obispo High School comes to an end, people are reflecting on some of the highlights. There are happy moments and sad moments, but all are unforgettable times shared amongst team members that easily come to people's minds. Each team has their moments that they share.

Expressions: What was the number one highlight during your season that you think everyone should hear?

Girls Basketball Coach Dan Monroe: Winning the championship at the Santa Barbara Tournament of Champions in December just before Christmas.

Boys Basketball Head Coach Jeff Brandow: Beating Arroyo Grande and Righetti at home for the first time in a number of years.

Head Boys Soccer Coach James Bascaro: Getting water dumped on me after we

wrapped up league.

Girls Varsity Water Polo athlete Campbell

Warren: Beating Paso [Robles] by one in the last minute of the game on our senior night. It was absolutely amazing. I cried my eyes out, I was so happy.

Boys Varsity Soccer athlete Cole Halfman: Scoring during golden goal versus Cabrillo in second round of California Interscholastic Federation.

Girls Varsity soccer athlete Grace Wearda: When Mr. O'Connor took us to the beach for practice and then bought us all cinnamon rolls.

Expressions: What was the funniest incident that happened during the season?

Monroe: When an unnamed player forgot which way we were going during a game and tried to score on the other team's basket.

Brandow: Our team trip to San Diego was full of great team bonding, and numerous hilarious incidents.

Bascaro: [Senior Emmett Fox Pendergrast's]

new haircut (a mohawk).

Warren: Anytime [our coach] Steve dances is pretty funny.

Halfman: When [senior Trent Abbott] freaked out when I surprised him with a live chicken during one of our pasta feeds.

Expressions: What was a highlight that angered you the most this season?

Monroe: When we lost to a team that only had four players on the court.

Bascaro: [Senior Cole Halfman's] no goal call against Pioneer Valley that would have won us the game.

Warren: First round of CIF, we played our hearts out against a great team but the refs weren't the best and we lost by two.

Halfman: I was most angered when I was denied a goal I scored against Pioneer Valley in overtime to win the game.

Wearda: Our performances in our first CIF game. There was no atmosphere and no energy on the field so we didn't end up playing as well as we could have played.

What are the eating habits of SLOHS Athletes?

Emmett Fox Pendergrast
Staff Reporter

San Luis Obispo High School has a popular and successful sports program, and within these programs there are many athletes that have certain eating habits in order to perform outstandingly in their sports. Whether it be through preparing infamous protein shakes or through having sugary snacks, there are routines these athletes praise. *Expressions* decided to have an interview with students from different sports and ask them questions about their lives in the kitchen.

Expressions: Do you have a certain food you eat before a game? What is it?

Varsity Water Polo player Campbell Warren: I don't like to eat right before I get into the pool, but Steve gave us Sour Patch Kids one time and that was really exciting.

Varsity Baseball player Connor Maydole: I usually eat donuts, not going to lie. I think having a certain routine before a game can help and it can like vary from different things.

Varsity Golf player Bee Soll: Before the game, I always try to eat something with a lot of protein like chicken, no matter what time of day it is. I usually have some sort of fruit or fruit smoothie.

Varsity Soccer player Brian Finger: I go to Piemonties for lunch every Friday for a nutritious, full lunch.

Expressions: Do you think having a certain

food before a game enhances your game energywise?

Warren: For wopo, you have to eat well throughout the day, and hydrate. We all drink a ton of water and eat bananas and oranges.

Soll: I am hypoglycemic so if I don't eat something within about three hours of exercising I become really sluggish or extremely tired. I usually try to eat an energy bar right before a game so that I am not needing to eat during the game itself.

Finger: I try to eat a banana and granola bar with some water at least an hour and a half before the game.

Expressions: What do you usually eat the day of your game?

Warren: If you want to play water polo, you have to be super energized and the food you eat is crucial.

Maydole: I usually eat donuts before every game to keep the tradition going

Soll: On the day of a game, I try to eat a full breakfast and have some sort of pasta for lunch and pre game snack in order to get starch into my system.

As a boys varsity soccer player, and like most athletes, I always make sure to start my day off with a good meal. I try to eat healthy and light throughout the day, while staying hydrated to make sure that I'm able to perform my best on the field. To any athletes out there, I recommend to eat healthy and drink a lot of water for better performance.

Beach Volleyball Popular Amongst SLOHS Students

Shilah Sharps
Staff Reporter

San Luis Obispo High School students are familiar with the volleyball program at school, but beach volleyball isn't often noticed. Sophomores Sawyer McSorley, Rilee Day, and junior Sydney Meertens are students here who partake in beach volleyball. In the game, whichever team (two people to a team) reaches 21 points first, wins. The teams switch sides after every seven points scored.

"My sister started playing indoor volleyball at Laguna, which got me interested in indoor [volleyball]. From there, some guys I played indoor with told me that beach volleyball was a good thing to do during the off season," said McSorley.

Everyone starts playing from different ways of course.

"I first started playing indoor [volleyball] and then I decided to start playing beach [volleyball] for extra training for my indoor skills. Running and jumping in the sand is great for strength and conditioning," said Day.

When asked how long they think they will play volleyball McSorley said, "I'm going to continue to play as long as it's fun."

"It's a sport that I can see myself playing for the rest of my life... I also hope to play in college, if all works out," said Meertens.

During the off season, these students choose to stay active and keep up their stamina. Meertens likes to weight lift and do other sprint workouts, while focusing on increasing her strength and vertical jump for the upcoming season. McSorley and Day either play indoor volleyball for San Luis Obispo's local club team or for the SLOHS team.

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Independent Movie Theaters Breathing Their Last Breaths?

Aric Sweeny
Editor

For many fans of cinema, indie theaters are a place to check out relatively unknown films and to take a step back from the high budget-blockbuster movies. Although indie films are here to stay, indie theaters, on the other hand, are in trouble. And with a great local indie theater, The Palm, so close to us, I decided to take a look at what the next format to watch indie films could be.

“The indie scene is taking off. If you’re worrying about indie films, you don’t need to be; but it’s the format that’s changing,” said senior Daniel Imrem.

Some might argue that watching movies in a theater is becoming a thing of the past; this isn’t the case. Going out with your friends on a Friday night to watch the latest Bond film

on the big screen, for example, has a certain appeal that only it can provide, whereas going out on a Sunday to watch the latest low budget Michael Moore documentary just simply doesn’t have as much appeal. There is something satisfying about seeing explosions, fight scenes, etc... on a giant screen with the highest quality of audio; the format in which you watch the latest low budget documentary or foreign film doesn’t really matter.

The biggest threat to these low budget, generally locally owned indie movie theaters isn’t one thing in particular, it’s the constant technological innovations created seemingly every day. Just like the nostalgic Blockbuster and Hollywood Video, indie theaters are, unfortunately, slowly transitioning into a thing of the past. The change to in-home streaming is the main reason that these theaters are going extinct, but what will ultimately kill them off

is the idea of having streaming exclusive films. “Beasts of No Nation”, which came out last year and was severely overlooked by the academy, was a Netflix exclusive, meaning that the only place you could watch it was on Netflix. Personally, I think we’re going to be seeing a lot more of this in the future, as the moviegoing audience would, based on falling ticket sales, much rather view it in the comfort of their own home, rather than deal with the nuisance of finding a seat amongst the crowd, and dealing with the ‘hecklers’ of the theater.

Indie filmmaking is already on the rise, and shows no signs of slowing down; theaters like The Palm, on the other hand, are unlikely to be around in 20 or more years.

Sources: *Slashfilms.com*, *Businessinsider.com*

Expressions Fashion Police Talk Spring Trends

Danny Bangian
Staff Reporter

A new season calls for new clothing. It’s time for us ditch our Patagonias and Uggs and shed some layers. Fashion is all about comebacks, whether it’s the entire outfit that’s inspired by a certain time period or just an accessory. Suede has made the biggest comeback this year. Just when we thought the fashion pack was done with its love affair with 70s inspired suede, designers sent suede pieces down the runway.



Suedeheads: This leather material is back and better than ever.

made out of suede. I think it deserves stay.

Sophomore Stephen Zagrodny: It is a cool fabric. The only thing is if you don’t do it right you can look like a 1970s couch.

Senior Ashley Kassak: I hate it.



Victorian Vixens: Historically high necklines are all over the runways.

kidding. I hate it.

Bangian: I think we can all agree that this is one look that should stay in the history books.



Welcome to the Lace Space: Delicate designs close to baring all are an upcoming trend.

Talk about comebacks; Victorian-era inspired clothes were seen on the streets and the runway. Ruffles, puffy sleeves, high-collar neckline and loads of flowers were the key elements used in these looks.

Bangian: Nope, please do not bring this back. It’s one thing to draw inspiration from an era, but bringing back the entire closet from that era is not okay.

Washmuth: It needs to go. It reminds me too much of the late 70s and early 80s look. Yuck! As a 56-year-old woman, I do not want to look like a 12-year-old

Zagrodny: I don’t want to like a grandma. Enough said.

Kassak: Doesn’t everyone want to look like they are wearing curtains as dresses? Just

This year the designers went all out, sending entire outfits made out of sheer lace down the runway, leaving not much to imagination. From lower end brands like Topshop, to the higher ones, like Givenchy, everyone is getting on this bandwagon.

Bangian: To me, lace reminds me of middle school, Forever 21. We’ve seen way too much lace over the years, whether on the runway or on the streets. If it’s done right it can look amazing, but if not it can be almost as bad as Drake’s dance moves.

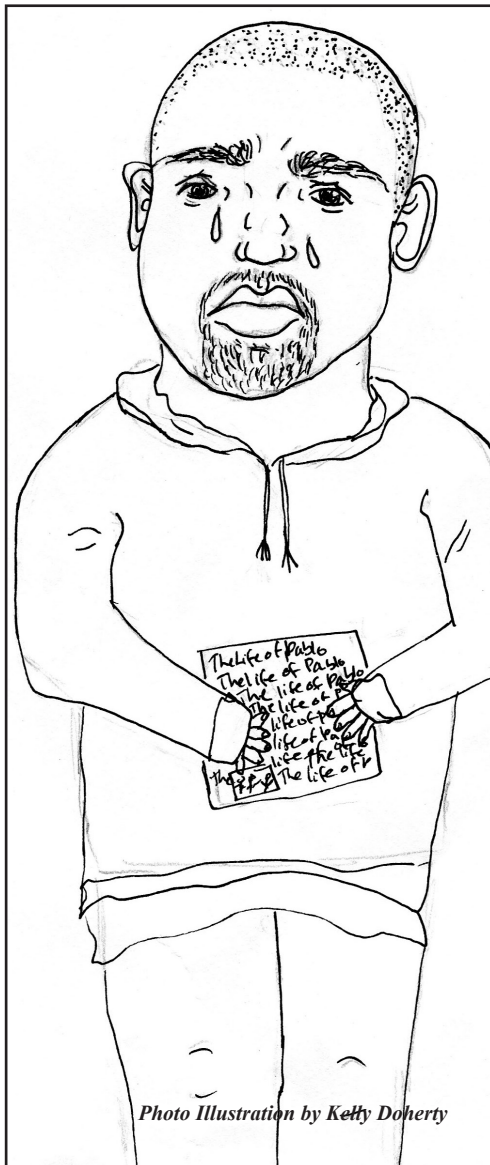
Washmuth: I love lace, but there needs to be underlining because showing that much skin is hoochie and NOT sexy.

Zagrodny: I really like lace. Yet, I feel like it is very “Bad Romance Lady Gaga era” and that trend is over.

Reporter Danny Bangian: I think suede deserves to stay, and it’s soft, easy to work with. It’s a fabric that can be dressed up and down.

Home Economics Teacher Lisa Washmuth: It doesn’t look old fashioned; it’s got a very fresh look. Going into spring and summer it should have paired with lighter fabrics because it’s too hot to wear an entire outfit

"Life of Pablo" experiments with music and our hearts



Brandon Achugbue
Staff Reporter

The Chicago-born hip-hop musician and self-proclaimed "greatest artist of all time" known as Kanye West has been the victim of heavy criticism after choosing to keep his newest album "The Life of Pablo" exclusively on his own music streaming service, Tidal. Despite negative reactions, listeners shouldn't let the artist's loud persona keep them from appreciating his album-crafting ability, which he once again displays on "TLOP".

"I don't know what his deal with iTunes is, but I think it's kind of cool because this is a lot different than his other albums, so it kind of makes it stand out more—his true fans will go listen to it," said junior Dana Minnoch.

The album opens with the sound of a 4-year old preaching gospel, accompanied by an organ and empowering gospel choir, leading up to the West's repeating refrain, "This is a God dream." West hasn't been afraid in the past to both include faith in his music and compare himself to religious figures, and "TLOP" is no exception. He even went as far as to declare his newest work a Gospel album, and the title itself is a reference to Saint Paul. West believes he's settled down after putting behind him a life of artistic revolutions and mistreated women, and after fathering his second child Saint last December, he's started to focus on the bigger picture, as opposed to the struggle to live out his dreams tackled in 2013's "Yeezus".

"He's a completely different person from his last album," added Minnoch.

"Yeezy, Yeezy, Yeezy, I feel so accomplished," chimes West, in "Facts".

With his recent life stability has come a sense of success, and the usual Kanye boldness throughout the album is evident of it. Yet, while he's claiming to be the source of Taylor Swift's fame in extreme vulgarity and admitting he feels sorry for Bill Cosby, he's also sampling oldies and church hymns with preachers—all the same things he was doing in his very first album, "The College Dropout", but now with a dynamic, over-produced style to it.

"Kanye's really well known for having great instrumentals and beats, even if he tries being too artsy on some of his songs," said sophomore Andrew Gater.

Kanye's greatest talent has always been in mixing together sounds from outside samples to create personal aspects for each album. Here the trend continues with a unique fusion of hip-hop, gospel, and electronic influences to remind us of his rapping roots, his personal faith, and his lingering relevance in the modern music landscape. While he features iconic hip-hop artists, such as Kendrick Lamar and Chance the Rapper, he also hosts new age voices, like Frank Ocean, The Weeknd, and Rihanna, and it all feels at home on the album. In traditional Yeezy fashion, West proves that good music comes from everywhere, and he proceeds to use all of it.

Road Trip Playlist

Tim Johnson
Staff Reporter

Road trips. Whether you love them or hate them, the music playing in the car can either make a 12-hour journey bearable or an absolute hell. Here are ten essential songs that are perfect for whatever long commute awaits you.

1. "I'm Gonna Be (500 Miles)" by The Proclaimers

A road trip is not a road trip without this song playing on repeat at least three times. The catchy rhythm and awesome Scottish accents make it unique and easy to sing along to, and is a great way to start your trip while your spirits are still high.

2. "The Distance" by Cake

Some may say it's overplayed. Others have never heard of it before. For first time listeners, give it at least a couple tries. Its recognizable guitar riffs and clearly announced lyrics about racing inspire the racecar driver in all of us.

3. "Someday" by Sugar Ray

The perfect song for driving through the country as rolling green hills whiz by.

4. "Don't Stop Me Now" by Queen

Consistently voted by Britain as the best driving song, it's sure to get your heart pumping as you sing along.

5. "Long Distance" by The Districts

While this song may be unknown by most, this six-minute epic is sure to catch your heart.

6. "Rich Girl" by Daryl Hall and John Oates

We know your parents are lame and you want nothing to do with them, but this is a great song to sing with them. Who knows? Maybe you'll actually bond with them.

7. "Sweet Home Alabama" by Lynyrd Skynyrd

Another classic that is sure to brighten your grumpy mood.

8. "Ignition (Remix)" by R. Kelly

Do I need to even explain this one?

9. "Gold Digger" by Kanye West

One of the best hype up jams to play at full blast with your homies, this is a Kanye classic that is fun to sing along to. Would not recommend playing this with parents in the car.

10. "Send Me on My Way" by Rusty Root

If this doesn't bring images of "Ice Age" nostalgia, there's something wrong with you.

—14— People—

SLOHS Students with Firefighting Parents

Editor: Brandon Ginkel



The Sons of Firemen: Photo Illustrations by Sean Aversano

Sean Aversano
Staff Reporter

Firefighting is the act of extinguishing fires. Those involved require; valor, honor, integrity, fearlessness and professional expertise. Firefighters may go through exceedingly toxic environments with four major risks associated: smoke, oxygen deficiency, elevated temperatures, and poisonous atmospheres. There are multiple San Luis Obispo High School students that have parents involved in this noble service. Firefighting constitutes multiple areas of prowess. There is the United States Forest Service, which involves forest and wildland firefighting and is nationally based. Then there is Cal Fire which can be assigned to wildland fires, urban fires and medical emergencies and is state based. Finally, there is the City Department, which is assigned to protect the lives and property of its residents and visitors from the detrimental effects of fires, medical emergencies, and other dangers caused by man or nature.

“My dad was an Alaskan smokejumper,” said junior Jonathan Righetti. A smokejumper is a Forest Service wildland firefighter who parachutes into a remote area to combat wildfires. Smokejumpers are often deployed to fires that are extremely remote.

A Talented Tiger: Photo Illustration by Celeste Koch



“Before he went up he was a hotshot for several years,” said Righetti. Interagency Hotshot Crews are diverse teams of career and temporary agency employees who uphold a tradition of excellence and have solid reputations as multi-skilled professional firefighters.

“After smoke jumping he settled down and retired before I was born. He always used to tell me that it was a lot of fun and a lot of work. Someday I wouldn’t mind being a firefighter but I do want to eventually go back to the ranch. My dad also told me that it is a really young man’s job. Eventually you have to retire and do something else, get a good career to fall back on,” said Righetti. Because firefighting is incredibly physically demanding, you need to have excellent cardiovascular fitness, upper body strength and endurance abilities for this career.

“My dad is currently a retired Cal Fire Battalion Chief and was responsible for the Los Osos area and was incident commander of various fires and emergency events,” said senior Max Veneris. A battalion chief commands a firefighting battalion, similar to a military battalion. A battalion consists of several fire stations and multiple fire companies. A battalion chief has command over each fire station’s officers and each company or unit’s officers, as well as the uniformed firefighters.

“He could be called out at any time and be gone for upwards of three weeks at a time. I never really feared for his life because he is smart. He was in dangerous situations where he could have died but my dad was in charge of the situations,” said Veneris. One must know weather patterns, vegetation conditions, heat index, structure information and know the correct strategies for advancing on a blaze, depending on what kind of Fire Fighting one is doing.

“My favorite part of his job was being in the parades and going to the crew barbecues,” said Veneris.

“My dad is and engineer firefighter for SLO City Department Engine three,” said senior Geovani Gabriele. A Fire Engineer is primarily responsible for the safe and efficient operation of firefighting equipment in response to emergencies. Duties include driving a fire engine, ladder truck, or other large machinery to and from fires and drills.

“It’s a good way to make money, it’s a good service. He’s taught me about honor, commitment and brotherhood,” said Gabriele. “His job doesn’t really translate to home. I don’t fear for his life but I should,” said Gabriele. Firefighters put their lives on the line for the betterment of society and nature, they are the real heroes.

Profiles: Nicole Kasper

Celeste Koch
Staff Reporter

This month, *Expressions* decided to highlight San Luis Obispo High School junior Nicole Kasper for her talent in photography, one of the many artistically gifted students at our school. Online social media as well as a greater focus and public appreciation for photography as an artform has increasingly brought artist like Kasper into the spotlight.

Expressions: When did you start taking pictures?

Junior Nicole Kasper: Well I constantly took pictures with my iPod touch in the 6th grade which started my obsession with photography, but I started shooting with a real camera in middle school.

Expressions: What’s your preferred subject matter for your photos?

Kasper: People.

Expressions: Do you have a favorite photo?

Kasper: No, I’m always improving.

Expressions: Where do you get your inspiration for your photography?

Kasper: Music, nature, light+shadows, other photographers, art history/museums, and people! So basically everything. Some of the professional photographers I like on Instagram are Ben Sasso, Nick Suarez, Tessa Barton and so many more.

Expressions: Do you ever edit your photos in any way?

Kasper: Yes, I always edit my work. I use Lightroom and Photoshop.

You can find Nicole Kasper’s work on her Instagram page, *n_ivy*, or in the library, where her work is currently being shown.

People 15

Early Graduates from the Class of 2016



Ready to Graduate: Photo illustration by Shilah Sharps

Shilah Sharps
Staff Reporter

When one reaches their senior year at San Luis Obispo High School, they have the opportunity to take advantage of early graduation. According to SLOHS Counselor Shelly Benson, not that many people have chosen to graduate early since she began working here around 16 years ago. Six seniors from the graduating class of 2016 have decided to graduate early, and Expressions caught up with them to ask why and what they plan on doing after high school.

Expressions: What are your plans for after you graduate?

Senior Holland Boege: I'm starting Cal Poly for the Spring quarter. It starts March 28.

Senior Luke Adler: I'm working a lot at Moondoggies. After that I'm traveling with my parents to Europe and then I'm traveling to Europe for two months by myself as well.

Senior Ceara Eisworth: I have a few jobs lined up. I'm going to be working a lot to

save up money because I am backpacking in South America this summer.

Senior Julia Johnston: After I graduate I am going to take a break from school and not worry about it, just do hobbies that I like to do like ceramics and violin.

Senior Bryanna Ritchason: After I graduate I am taking the six months of summer and then in the Fall I am starting college at Southwestern in San Diego.

Senior Mady Williams: During third trimester I have two jobs. I work at Starbucks and I'm a nanny. I'm just going to work and save up money.

Expressions: If you could do anything after you graduate, all expenses paid, what would you do?

Boege: Travel, I don't know where. I'd probably backpack Europe.

Adler: Move to Australia.

Eisworth: Either backpack South East Asia, South America, or live in Iceland for a year.

Johnston: Go traveling, probably Italy.

Ritchason: Fix up my Jeep more.

Williams: I definitely would like to travel to

tropical islands.

Expressions: Why did you decide to graduate early?

Boege: So I can start playing with the Cal Poly beach [volleyball] team.

Adler: I just want to get out of here as quickly as possible.

Eisworth: I felt like going back to high school after a year abroad was taking a step back in my life and learning experience. I want the next months to be able to prepare for my future travels. I feel as though I've matured past the high school level.

Johnston: I realized that I had the credits to do it, so why take pointless classes if I've already taken the electives that I want to?

Ritchason: I'm kind of done with school. I kind of don't want to be here anymore, I just want to be done. Done with everything so I can just be on my way and do whatever I want.

Williams: My last trimester was all electives and there was really no point in me coming to school just to have electives when I could be working and saving money for school.

POTS: Explain That Stain!

Photo Illustrations and Interviews by Luca MacDougall



Freshman Carson Shaw:

I was running to class and the grass was a little wet and I slid and got this grass stain.



Sophomore Ciaran Webster:

I was on my way to yoga and I spilled kale juice all



Junior Leah Maier:

Ironically, my cat peed on this shirt.



Junior Sean Kucer:

I was wearing this shirt and I got hit in the mouth with a basketball.

Culture

Top Cafes in SLO

Staff Reporter- Michelle Kang

16

Being a coffee addict and new to San Luis Obispo, seeing downtown filled with local coffee shops made my heart excited. Visiting them quickly became a prioritized task to accomplish. SLO is lucky to have over twenty coffee shops welcoming to everyone. Whether you want to catch up with a friend, read a book, or indulge in a burrito, these coffee shops have got you covered.



Photo courtesy of Michelle Kang

Cafe: Linnaea's**Variety in Menu:** 5/5**Most Popular Item:** homemade chai and waffle**Chair Availability:** 3/5**Local art:** 5/5

Linnaea's Cafe opened in 1984 and is located downtown on Garden Street. Walking in, one can feel a sense of familiarity similar to visiting a friend's home. The music played was calming and non-distracting. In the very back is a door that leads to an outdoor seating with a wooden garden canopy and fish pond.

"I like their tea the best," said senior Kyra Heintz.



Photo courtesy of Michelle Kang

Cafe: Kreuzberg**Variety in Menu:** 5/5**Most Popular Item:** Breakfast burrito and Kreuzburger**Chair Availability:** 2/5**Local Art:** 1/5

Kreuzberg opened in 2010 and is located in downtown SLO on Higuera Street. The cafe is inspired by a German neighborhood. The founders wanted to share their experiences of European cafe culture with San Luis Obispo. Kreuzberg serves coffee, food, and alcohol. The synth pop music and interior helped to create a laid back and chill atmosphere.

"I like how their set up is sort of random. It's nice. And the mirrors are cool," said freshman Ella Amerson.



Photo courtesy of Michelle Kang

Cafe: Bello Mundo**Variety in Menu:** 2/5**Most Popular Item:** Drip coffee and extensive tea list**Chair Availability:** 4/5**Local Art:** 4/5

Bello Mundo opened in 2011 and is located on Monterey Street. Inside, it is very spacious and bright. Bello Mundo has made part of their cafe a community center where no laptops are allowed. In that section, people can be found chatting, reading, and playing chess.

"It's cozy and has a no electronic space. The setup is really cool as well," said freshman Noel McCann.

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