



THE INTERVIEW? ISSUE

SLOHSEXPRESSIONS

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EXPRESSIONS

APRIL 2018

3

Staff List

6&7

Religion

Good Things Bad People

Right Club

Opinion

4&5

Walkout

Early Grads

GSA

News

8&9

Grade Levels

Feature

14&15

Iced Out Jewelry

Junior Boy Lingo

Eedle Leaves SLOHS

People

10&11

Coach Basch

Sarah Attala

Baseball

Sports

12&13

Yung K-Swish

Musical Teachers

“Bye Bye Birdie”

Arts and Entertainment

16

Bagels

Are You Okay?

Back

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WAS THE 3/14 WALKOUT SUCCESSFUL?

By Andrew Nash

Few people doubt that school shootings are a horrendous issue plaguing our nation. But not everyone realizes that these atrocious acts are nearly the norm now. Since the Columbine High School shooting in 1999, there have been 270 school shootings across the country, leaving students everywhere — including those at San Luis Obispo High School — saying one thing: “Never Again.”

After the latest tragedy that took place at Marjory Stoneman Douglas High School in Parkland, Florida, nearly 2,400 schools in the US took place in walkouts on March 14. At 10 a.m., an estimated 450 students from SLOHS left their books and gathered for 17 minutes to honor the 17 lives lost in Florida.

Senior Destinee Wright was one of nearly 450 students to join this national protest.

“I know that a lot of people are doing it just to get out of class, but the real reason is because of the shooting in Florida,” said Wright. Although it was an enormous and emotional presentation, Wright wasn’t sure of its long-lasting effect.

“Maybe if a lot of schools are doing it, I’m not sure who all is participating, but unfortunately I don’t think it’s going to make too much of a difference,” said Wright.

“The biggest idea of the walkout was to show the entire nation of the youth standing up and speaking out for their lives,” said senior and coordinator Rutik Shinglot.

In addition to speaking, Shinglot was also largely responsible for making the walk-out possible.

“Organizing the walkout was certainly a complicated process. We had to spend a lot of time making shirts, getting the speakers in order, and notifying the media of our event. It took dedication from all planners, but we really cared about this issue, so it was all worth the time,” said Shinglot.

SENIORS SAY “SEE YA”

By Joanna Padron

Most seniors at San Luis Obispo High School are leaning into their last trimester at SLOHS, but others have already said “Sayonara.” Due to the ability to graduate early, some students decided to spend their last trimester on their own time. *Expressions* interviewed two early graduates to see what they’re doing.

Expressions: What benefits did graduating early bring you in your life?

Senior Ellyse Cappellano: I’ve been creating my own internal schedule, and being able to sleep in has done wonders for my mood.

Senior Noah Nelson: Graduating early has enabled me to begin growth as a better human, musician, and worker, a process that government mandated education was only hindering.

Expressions: What have you been doing with all your free time?

Cappellano: I started cooking pretty much all of my meals, painting a bunch, and generally been able to do things that I enjoy.

Nelson: I don’t actually have a lot of free time, but that’s totally OK, as I’m filling the new abundance of time I have with what I’ve wanted to be doing all school year. I’m practicing drum set at least two hours a day, transcribing music, learning piano, working three nights a week, and rehearsing/performing with two separate ensembles weekly.

Expressions: Are you missing anything

about school?

Cappellano: Holding doors open for people.

Nelson: I’m missing nothing that school had to offer. The only redeeming quality of school most kids seem to find is the fact that it’s the place to go to socialize with friends regularly, but a lot of my close buds have either relocated to colleges or gone to other high schools.

Expressions: Do you suggest future seniors make the same decision?

Cappellano: If you want to gain a bit of independence before you are whisked away to some four year college, or if you want to get a head start in your college or career, early graduation is for you.

Nelson: If they have something to fill their time with—something constructive that will serve to benefit them into adult life—then by all means I’d recommend it. But if one is just going to sit around doing who knows what, then they’re most likely much better off still living by the structure of secondary education.

Expressions: What kinds of things have you realized after graduating early?

Cappellano: Other than the fact that I am almost stress free, I have to try a little harder to reach out and be in the know.

Nelson: That work and school are not life, and life is neither work nor school.

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Photo courtesy of Maya Hampsey



GSA DID NOT COME TO PLAY

By Maya Hampsey

San Luis Obispo High School's Gay Straight Alliance club (GSA) has consistently been one of the most prominent clubs on campus. The SLOHS GSA plans events that advocate for unconditional love and acceptance, and holds weekly lunch meetings on Thursdays in the Lecture Demo Room. *Expressions* spoke with junior and GSA president Lane Stephens to get his take on GSA's goals and upcoming events.

Expressions: How did you become involved in GSA and reach the leadership position you hold now?

Junior Lane Stephens: I joined GSA last year, and I didn't have a leadership role, but I was really interested in having a position where I could have more of a voice and allow other people to have a voice in the club as well. This year we had our election where the people in the club voted on who they wanted to be their president and I won.

Expressions: What is your favorite part about GSA?

Stephens: I really love interacting with all the people in GSA; it means a lot to me. GSA is one of the things I am most proud of in my entire school career, it makes me so happy to give people a place where they feel safe and can be themselves without being judged.

Expressions: What kind of things happen

in a typical GSA meeting?

Stephens: It changes every week, but most of the time we have an ice breaker, then we'll have an update on new business, like the dance and such, and then the old business, maybe a story we talked about a while ago, and then we go on to a main activity, like a game or an educational opportunity. Every once in a while we have guest speakers who come in to talk.

Expressions: What are some of the goals of GSA?

Stephens: Our goals are to create a safe and positive environment for LGBT students because we'd like to make sure we feel included and we have a safe space for us to be ourselves and won't have to be restricted.

Expressions: How are you working to expand acceptance for all sexualities and gender identities on campus?

Stephens: One of the things we would like to do is possibly have a pride week where we dedicate one day towards a sexuality or gender where people can learn about a topic they might not understand that well so they can have a deeper understanding and feel more connected to the LGBT community. We are not separate, we are one student body.

Expressions: How did you come to terms with your sexuality or gender identity, and how has it affected your involvement in GSA?

Stephens: I've known for a very long time that I just really did not care about gender when it comes to the person I date, and I

feel like with my sexuality and being so proud of it, I want to help other people feel just as proud of their sexuality as I do. So that's one of the things I like about GSA. When we are all together, people can see that 'oh this person is open and they're proud of it so I can be too.'

Expressions: What are the struggles of being a queer student on campus?

Stephens: There is always that interaction with students that might not accept you, and that's really hard, but in general this school is very accepting, and I'm lucky to be a part of this school. However, I feel that with the student body there is a lot of misinformation when it comes to the LGBT population. Students are very closed off from it, and because there is not more education in schools, people who aren't in the LGBT community don't know as much as they should.

Expressions: What advice would you give to students who are struggling to come to terms with their gender or sexual identity or who are struggling to come out?

Stephens: I would say an easy step to take is to find someone who you know is accepting and that you feel like would accept you no matter what, and as a first step to coming out, talk to them. I know I sound like I'm pushing the club, but actually going to something like GSA and talking to all these other students who feel the same as you do is very helpful, so I would recommend finding a group, whether it is on campus or off campus. A group that can represent you is really helpful.

RELIGIOUS DIVERSITY AT SLOHS

By Joanna Padron

Religion affects the lives around San Luis Obispo High School students every day. Some people live their lives based off religious influence and others thrive based of their own ideologies and beliefs. *Expressions* interviewed students to seek an understanding from both sides of the matter. Student responses indicate the diversity of beliefs on our campus.

Expressions: Did your childhood have an effect on where you stand religiously at this point in your life, do you think it will change in the future?

Freshman Morgan Edwards: I grew up Christian, so I guess it did. That's how I'm going to grow up now that I have that foundation to build off of in my future.

Junior Hannah Haas: I was raised Jewish, but I never really believed in God or any of the super orthodox beliefs. But I think I'll always celebrate Jewish holidays. I might study more into Judaism and its origins, but I don't believe I will connect with a higher power in my future.

Senior Jake Fletcher: Absolutely. Yeah my childhood affected my religious standpoint. It wasn't something my parents were involved with, so I was never introduced to it.

Senior Anthony Barcenas: I was raised in a Christian home and didn't really have much knowledge of what religion was. I just rolled with it because that's what my parents encouraged. So I do really think it did have an effect on how I view things in the world and to how I saw religion itself.

Expressions: Does religion present you with a sense of hope?

Edwards: I always walk around thinking about my future and how different my life would be like if I didn't find religion. I walk around with a different attitude than most people at our school, and it kind of just changes that. It provides you with something to base your life off of.

Barcenas: Well, as a Christian it personally does give me hope, not being a Christian but knowing what it means to be a Christian. It's told me that even though I will mess up all the time, even though I will

never meet the expectation of what people expect of me, or what my god expects of me he still understands what it's like. He will be willing to pick me up over and over again every time I fall away, fall down, or act out.

Expressions: Why didn't you turn to religion? Where did you turn instead?

Haas: I find hope through thinking about what I want to achieve and making sure I try my best to do that with morals and ethics, like personal belief.

Fletcher: The desire for my own personal success.

Expressions: What do you believe religion has provided for the human race?

Edwards: A way to live your life, something to base your life off of,

Barcenas: Similar to how scientists try to create explanations, religion has tried to create explanations for the unexplainable. Trying to explain the purpose of life, or purposes for anything really. With all these different ideas of religions coming together, it really does give you a different spectrum of how people see things. It makes you realize the world doesn't see things in black and white or as one thing, they all have different viewpoints. It's like an explanation for the unknown. It makes you a bit curious.

Expressions: What conflicts do you believe religion has brought upon our world?

Edwards: They've brought war, violence, and a bunch of negative things. At the same time, they've brought liberation and happiness for many people.

Barcenas: A lot of conflicts, a lot of controversy. Even Christians can be too strict on the word and text itself. In that they firmly believe it but the extremes they believe and follow isolates them. People separate each other, and they tend to lack in communication with other people. I believe that without a firm understandings of those around you. You tend to have a hard time coming a consensus of what people need and where they are in their lives.

Haas: Religion has definitely stunted scientific advancements, so there's a large divide

between people that base their lifestyle and beliefs of religion versus those who follow science.

Fletcher: I don't think religion itself has caused problems I think it's people's interpretations of their religion and the extraction extremes that causes problems. I don't think religion itself is the cause of problems.

Expressions: Where do you find validity in religion?

Edwards: I just believe it. I think the reason I believe it and base my life off of it is because of the promises and the outcomes of dedicating your life to your religion of choice.

Barcenas: That is tough, but the one thing I have always found is to put it into practice. You need a foundation, without a good foundation things can get uncertain. Being religious is individual, no religion should force anyone. People need to be willing to learn and find their own validity in their religion.

Expressions: Where is validity absent in religion for you?

Haas: Well I think Judaism is really interesting because it's derived from History, and it's one of the first religions to ever exist. I find interest in things that actually happened, but I just don't really connect with the really religious aspects that are concerning gods and stuff. That's where I sort of draw the line. A lot of religious beliefs can't be proven or backed up and that's okay, it's more personal, but I think people need to realize what's real. For example, it's not scientifically possible for someone to be born without their parents having sex and then birthing the child, so it's kind of like a story versus a non-fiction book, if you know what I mean.

Fletcher: It's not that I believe religion in general is false, it's that I've been raised by parents without religious backgrounds, so I haven't really been exposed to religion in general. That kind of eliminates any duty to a religion. It lacks proof. It's not that I need proof, it's just that I haven't been really exposed to religion at all.

By Nabeel El Sayed

Illustration Courtesy of Molly Foster



Why Do Good Things Happen to Bad People?

Imagine this...a man murders his ex-wife and her current lover. All the evidence is there, the police work is solid, and yet the man is proven innocent. Now this could potentially be the fate of any student at San Luis Obispo High School, it certainly was for O.J. Simpson. This is a prime example of good things happening to bad people, it is a microcosm of what happens on our campus every day. Stick some gum under a table and get an A on your test the next day. Bring nuts into a class with a strict nut free rule and get awarded a scholarship to Yale. Good things are probably happening to bad people as you read this. *Expressions* decided to dig deeper into this societal paradox.

Expressions: Do you identify as a bad or good person?

Junior Danton Cloward: I'd say I'm both, but other people probably see me as a bad person because of rumors.

Senior Chase Doyle: Bad.

Expressions: Explain your morals.

Cloward: My one big moral is trying to make everyone else happy, while my happiness is also elevated. I always try to make other people's days better.

Doyle: If I ever see a small child, riding a tricycle with a balloon, I do my best to pop the balloon, and steal the tricycle. Then I buy the kid an ice cream to repay them but as they reach for it I drop it.

Expressions: Have good things ever happened to you?

Cloward: Definitely, coming to San Luis Obispo from not the best area was one of the best

things that has happened. People here are primarily nice, some aren't, but nowhere is perfect. **Doyle:** Most days I would say at least something good happens to me, two weeks ago I bought a lottery ticket. It didn't win, but it was only two off.

Expressions: Do you think you deserved the good things that have happened to you?

Cloward: I think I am very fortunate. I know a lot of people don't have it as good as me, even people in this school. I think that usually when good things happen and you don't recognize it, it will be bad, but if you do you can learn from it.

Doyle: Hey man, the lucks gotta go somewhere.

Expressions: Describe how you feel when you do something horrible.

Cloward: I think I feel how most people do; guilty and bad. I don't usually feel torn apart. I believe that you should never go backwards in life, you should always go forward. It is okay to peek at the bad that has happened in life but you shouldn't focus on that.

Doyle: I feel guilty but I don't feel guilt stricken. The physical sensation is exciting and shameful.

Expressions: Do you think that bad things happen to good people?

Cloward: Guaranteed, I am a good person and a bad person at times, but I have learned from the bad. Some people are just sneaky and bad and get lucky.

Doyle: Yeah, it's like from "Back to the Future", if you are Marty McFly's dad and there's a Biff, he is the worst and he takes everything from Marty's dad even though he is a good person.

By Michele Chavez

THE RIGHT SIDE OF THINGS

Expressions sat down with senior and Vice President of the Right Club Taylor Young to get a reponse on controversial issues that are being discussed throughout our environment outside of school. *Expressions* wanted to inform students of the right side of the debate in order to be well informed of the issue we're facing in modern society.

Expressions: What do you think is more dangerous: the gun or the person holding the gun?

Senior Taylor Young: The gun isn't the problem. The person is required to pull the

trigger, the person is the one responsible for their actions. It's the person's thought process that goes into action.

Expressions: Is global warming a fact or myth?

Young: It's a myth because there are two different sides to it. One side is overplayed and the other side is underplayed so you don't hear the whole 360 story.

Expressions: What do you think about organization like PETA or the EPA?

Young: Personally raising livestock for the Mid State fair during the summer I've had opportunity to see how my projects

can feed the masses. PETA doesn't let one word come out the opponents' mouth to hear a logical answer. They only display their message and don't let farmers explain how they put in so much work and effort into ensuring that every animal is getting enough food and making sure they're following regulations.

Expressions: Free market or controlled market?

Young: Free market has led our economy to grow. You can create your own business and invent new products that will help the lives of millions to prosper.

MEET THE STUDENTS OF SLOHS

San Luis Obispo High School is made up of a cacophony of individuals. Together they create the culture of SLOHS. In order to better know the people of SLOHS, *Expressions* interviewed students to learn about their passions, interests, and experiences.



To delve into the minds of San Luis Obispo High School's seniors, *Expressions* interviewed two interesting individuals from the class of 2018 to explore the inner workings of their minds and discover just how they view the world. Seniors Evan Doi and Caden Bertrando met to discuss a series of questions provided by *Expressions*, these were their thoughts.

Expressions: Death penalty or no?

Senior Evan Doi: How do you feel about the death penalty Caden?

Senior Caden Bertrando: I don't know, I think that if you kill a ton of people you deserve to die.

Doi: But why? If you kill someone shouldn't you be rewarded? It makes sense

to me.

Bertrando: What? No.

Doi: But what if they had a good reason?

Bertrando: What's a good reason for killing someone?

Doi: I mean if they take something from you, you could just kill them.

Expressions: What is a black hole to you?

Doi: It could be the world, the universe, swallowing itself. What's your answer for that one?

Bertrando: It's a really deep hole that you can't see the bottom of.

Expressions: Does free will exist?

Doi: No we're all a hive-mind.

Bertrando: No, it's a simulation.

Doi: Yes. we're living in a simulation. Life's

just one big Sims game being controlled by a child, an alien child.

Bertrando: I agree with that at least.

Expressions: What is your greater purpose?

Doi: This interview.

Bertrando: To find out what's in the bottom of the black hole.

Expressions: How many times have you been reincarnated?

Doi: At least 14, probably because you are reincarnated until you do something good, and I think murder is good, so I think I'm getting closer to finding peace, and not being reincarnated, but as of now yes 14.

Bertrando: I'm not really sure, it depends on how many times the alien child has re-started the game.

SOPHOMORES SLAY FASHION

By Zoey Nitzel

Every grade level at San Luis Obispo High School has students that express themselves in unique ways. *Expressions* decided to interview three sophomores about how they display their individuality to highlight the passions and cultures of the class of 2020.

Expressions: How do you express yourself?

Sophomore Jayde Malzone: I express myself through my fashion.

Sophomore Elizabeth Redfern: I express myself through the way I dress.

Sophomore Diego Martinez: When I get ready every morning what I choose to wear is my form of self-expression.

Expressions: Have you improved your fashion this year?

Malzone: I improved by following fashion bloggers and taking note of other outfits I enjoy.

Redfern: I wear what I think looks good and try not to conform to widespread fashion trends here at SLOHS.

Martinez: I've taken interest in many different brands, and I'm really into fashion magazines like Vogue.

Expressions: What are your favorite pieces to wear?

Malzone: My corduroy pants and my white pumas.

Redfern: I like to use jewelry as an accessory because it can bring an outfit together. I also like patterned headbands.

Martinez: Dickies and a cozy sweater.

Expressions: Do you plan on pursuing

fashion as a career or a hobby?

Malzone: I like to pursue it as a hobby for now because I unfortunately failed fashion design.

Redfern: I view fashion more as a hobby because it's fun to put outfits together, but I enjoy different things in terms of career options.

Martinez: A hobby because it's just a way to express myself.

Expressions: What inspires you?

Malzone: My friends, social media, and celebrities inspire me. Whatever's popping at the moment.

Redfern: Honestly, I inspire myself. I dress based on how I'm feeling and use that to express myself. But I get inspiration from a lot of people who I look up to.

Martinez: Looking at magazines and models.

CLASS OF 2018 DOMINATES IN SCHOOL SPIRIT

By Camryn Goodwin

Mediocrity is not an option for this year's graduating class. The class of 2018 displayed a remarkable amount of spirit and solidarity not only this past school year, but through all of high school. Whether it is winning the class spirit competition last year, staying involved on campus, or making sure to include others at lunch, San Luis Obispo High School's class of 2018 has found a way to exemplify pride throughout their past four years on campus. *Expressions* got the chance to speak with two seniors on their outlook of their own grade.

Expressions: How do you contribute to

the spirit of the senior class?

Senior Lukas Mackin: To contribute to the spirit, I try to support all events put on by the senior class. On top of this, I try to support people on an individual basis with their own endeavors, giving them a sense of affirmation.

Senior Lauren Hatcher: I'm not a super spirited person, but I participate in school events that matter to me, like the recent walkout.

Expressions: What do you feel makes the class of 2018 so unified?

Mackin: We are unified because the entirety of the class is accepting of each other, and recognizes that everyone has different ways of living.

Hatcher: I think how present we are for

a lot of different events, like sports games and theater shows.

Expressions: What steps do you take to include others?

Mackin: My steps to include people are on an individual basis, not associated with a school club. Mostly it consists of trying to invite different people to the things that I would normally do with my close friends.

Hatcher: I try to talk to pretty much anyone, despite being fairly shy.

Expressions: Are you involved with any organizations on campus?

Mackin: I am involved with the SLOHS Democrats club.

Hatcher: Yes, I am involved with Mock Trial, theater, and Latin club.

SLOHS Track Gets New Coach

By Oliver Hicks

San Luis Obispo High School has long been known for their stellar track and field team. Much of that success is due in part to the exceptional coaches that work with SLOHS students day in and day out. One such coach, Steve Boaz, unfortunately retired last year. However, there's nothing to fear because Special Education teacher and former assistant track and field coach Adam Basch is stepping up to fill the role. *Expressions* interviewed Basch to learn more about his running philosophy and expectations as the new distance coach.

Expressions: When were you notified you would be the new distance coach?

Coach Adam Basch: Coach Ross and I had several meetings in the offseason.

Expressions: How does your role on the track and field team change?

Basch: I am now in charge of the 'distance runners,' who compete in events

including the 800 [meter] run, 1600 [meter] run, and the 3200 [meter] run,



as well as sometimes competing in the 400 [meter] dash or the 4x400 [meter] relay.

Expressions: What's your personal running philosophy?

Basch: Run fast. Go SLO. Stay healthy. Be consistent. Progress.

Expressions: How do you get the most out of your runners?

Basch: By building a level of trust over months and years of training. [I try to] help them realize that they can do more than they thought and train [them] properly to be able to run fast under the right circumstances. [I also] remind them to control what they can control.

Expressions: What kind of expectations do you have for this year?

Basch: I expect everyone to set a PR [personal record] in at least one event, if not more, and for everyone to gain some valuable racing experience. I hope some of our runners can help the team win another league title and qualify for CIF competition. And of course, they should have fun doing it! *Photo Courtesy of Kiet Nyguen*

Sarah Attala: Defensive Player of the Year

By Sophie Yasumoto

For the first time in San Luis Obispo High School history, the girls varsity soccer team made it to the state playoffs and came in second. The team's great success would not be possible without the team's dynamics and great skills. *Expressions* interviewed key player senior Sarah Attala to get a better look at her high school career and her future playing the sport.

Expressions: How long have you been playing on varsity?

Senior Sarah Attala: Three years. I started playing soccer for SLOHS my sophomore year.

Expressions: What position do you play?

Attala: Center defense, which is the last line of defense on the field who supports the outside defenders.

Expressions: What have you improved on the most?

Attala: Over the years, I have gotten much more confident as a player. For example, I go into tackles harder and just play harder overall.

Expressions: What has been your biggest accomplishment as a player?

Attala: My biggest accomplishments have

been making it to CIF finals and getting Defensive Player of the Year for the Pac-8 this year.

Expressions: What has been your favorite part of playing for the high school?

Attala: My favorite part about high school season is my team. We are all super close and get along really well. It's always so much fun.

Expressions: If any, what are your future plans with playing soccer?

Attala: Depending where I go to college, I might look into playing on a club team.

Baseball's Road to CIF 2018

By Max Lober

In 2016, San Luis Obispo High School varsity baseball won their first league title since 2012 and first title under coach Brian Wong. Going into the 2017 season, destroying their hopes of winning a second league title, SLOHS baseball started off the season with a record of 2-8. With the loss of junior Brooks Lee for the entire season and junior Cooper Benson for ten games, SLOHS was left in the dust with 12 league losses and tying for third place in league alongside Arroyo Grande High School. Starting the 2018 season, SLOHS has outscored opponents by thirty runs in the first five games. As the baseball team looks to claim another title, *Expressions* interviewed key players to get their insight on this year's team.

Expressions: What has changed since last year's performance?

Junior Cooper Benson: We weren't as talented and close as we are this year. Also, we

care more about winning than we did last year.

Senior Noah Cracknell: Since I decided not to play basketball, I was able to play more games before the season started and get more reps because of it. I'm also a big believer in hard work and my success so far has resulted from working hard in the

weight room, in the batting cage, and at practice.

Sophomore Milo Merk: Since last year, I have matured as a player and a teammate. I've gained a lot more velocity on my fast-ball, which makes it easier to play at the varsity level.

Expressions: Has the loss of last year's seniors had a positive or negative effect on the team's play?



Benson: The loss of the seniors has brought us closer together, so I think it's been a little bit of both. The seniors were leaders, but now we have more seniors that stepped up.

Cracknell: The loss of last year's seniors has forced us to come play together as a team more. In the past few years, we've all got along really well and hung out with each

other outside of baseball. However, this year's squad is much more diverse, and that has forced us to come together as a team.

Merk: I would say it has been a positive thing that the seniors from last year have left. They were constantly screwing around and did a terrible job leading the team.

Expressions: Who will be your toughest league opponent this year?

Benson: Paso Robles. They are a solid team that loves to play small ball, which is completely different from our team which likes to score a lot of runs and loves to swing it.

Cracknell: Paso Robles.

Merk: Paso Robles.

Expressions: What is your prediction for how well you guys will do this year?

Benson: I have high expectations for our team. We are very talented and should make a great run in CIF and should definitely win league.

Cracknell: We'll play hard and compete with everyone in league.

Merk: I believe we will have a really good shot to make it deep into CIF playoffs. We have the talent and pitching to win games against very good teams. The biggest thing for our success this year will be our ability to play together as one unit.

Photo Courtesy of Max Lober



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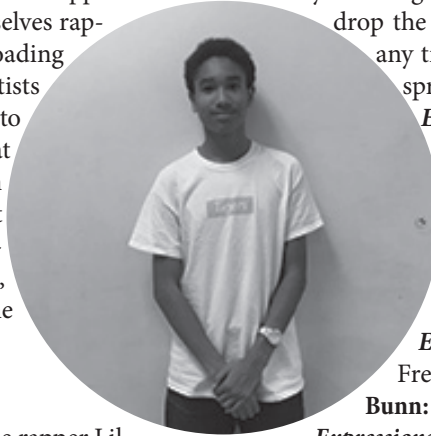
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Expressions sits down with

YUNG K-SWISH

By Jack Miklik

In 2016, when XXL Magazine released their “Freshman Class”, hip-hop music changed forever. That year, the new age rappers that XXL had selected were mostly teenagers, with no other ties to rap music besides their SoundCloud pages. These rappers made their success by uploading tracks of themselves rapping over any beat they could find and uploading it to the web. After these up and coming artists were recognized, it opened the floodgates to anybody and everybody to try their hand at becoming a rapper. *Expressions* sat down with San Luis Obispo High School student and SoundCloud rapper Sophomore Kasden Bunn, also known as Yung K-swish, to learn about his music and the process he goes through to create it.



Expressions: What got you into rapping?

Sophomore Kasden Bunn: When I heard the rapper Lil Pump was only 17 and making millions of dollars. He showed me that I could use my passion for rap music and make some myself.

Expressions: How did you get the name “Yung K-swish”?

Bunn: Back in seventh grade, when I made a bunch of three point shots at lunch. Somebody yelled “Yung K-swish”, and the name has

stuck ever since.

Expressions: What is your process for making a track?

Bunn: First, I write my verse, then I check the lyrics to make sure they are all good. Next, I produce and record my track, then I drop the track on SoundCloud. Actually, I haven’t released any tracks yet, but I am dropping my first single during spring break.

Expressions: What is the title of your single?

Bunn: It’s called “No Giveaways”.

Expressions: What famous Hip Hop artist would you consider yourself a reincarnation of?

Bunn: My style is pretty similar to Big Sean’s style. We both rap over Trap style beats and I have good lyrics.

Expressions: What is your opinion on the 2016 XXL Freshmen Class?

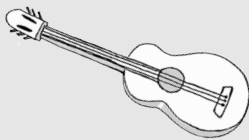
Bunn: I think they all suck. Nobody has lyrics anymore.

Expressions: How would you rate yourself as a lyricist compared to the “Migos”?

Bunn: I don’t know, because I’ve never actually put something out, so I’m going to let the fans decide. Remember “No Giveaways” dropping spring break.

Photo courtesy of Max Lober

Musical Teachers at SLOHS



By Camryn Goodwin



An affection for music is not only present within the teenagers on the San Luis Obispo High School campus, but it’s also shared by staff members alike. *Expressions* decided to talk to three musical SLOHS teachers who were eager to speak about what role music plays in their life.

Expressions: When did you first develop an interest in music?

Science teacher Ryan Ritchie: I have loved music since I was very little. My parents both love listening to music, and I grew up listening to lots of “oldies” with them. I love the music of the 1960s, it is still my favorite era of music.

History teacher Eva di Santo: When I started dating my husband in 1988.

Latin teacher Thomas Weinschenk: I have always been interested in music, but unfortunately never learned how to read music.

Expressions: Do you play any instruments?

Ritchie: I play a few instruments: guitar, piano, harmonica, clarinet, and a lot of other instruments poorly.

di Santo: No. I had one guitar lesson at the age of seven and learned “Leaving On a Jet Plane” by John Denver and “Song Song Blue” by Neil Diamond, but my mom never brought me back for more lessons. I think it was a wise choice on her part as I don’t have “the ear”.

Weinschenk: I taught myself guitar as best as I could, starting in my late 20s, and I play mostly acoustic blues.

Expressions: Who do you consider to be your favorite artist or biggest influence as a musician?

Ritchie: The Beatles are simply the best. There are many musicians I love from many different styles, but I always go back to them. Their melodies and harmonies are just unrivaled.

di Santo: My husband has been my biggest influence towards music and, because of his love for all genres, I too like many different artists and genres.

Weinschenk: My biggest influences have to be acoustic blues guitarists like Mississippi John Hurt, Big Bill Broonzy, and Kenny Sultan, but I also should include Bob Dylan and bands like the Talking Heads.

Catching Up with the Stars of "Bye Bye Birdie"

By Delaiah Hastie

As San Luis Obispo High School approaches Spring, many exciting things are on the horizon such as spring sports, Prom, 24 Hour Relay, and, most recently, the annual spring musical put on by the SLOHS theater department. Set in 1958, "Bye Bye Birdie" centers around Birdie Conrad, a teenage heartthrob being drafted and the efforts to help him avoid being sent to war.

Expressions caught up with the stars of the show, seniors Emma Andersen, Dasha Novotny, and Stephen Zagrodny and discussed what to expect from the year's most exciting theatrical event.

Expressions: What has been the most exciting part of being involved in "Bye Bye Birdie?"

Senior Stephen ZagRodny: I like the music, I think the style is so classic and the early 1960s are such a fun time period culturally.

Senior Dasha Novotny: Seeing all the new people trying out that I'd never thought I'd see on stage, especially seniors that I've known since middle school.

Senior Emma Andersen: The most exciting part has been interacting with all the cast members because it's a great mix of under and upperclassmen with a wide range of theatre experience and it's always fun hanging out with them.

Expressions: What has been the most challenging thing so far in preparing for the show?

ZagRodny: Since I am currently directing "The 25th Annual Putnam County Spelling Bee", managing my time has been tough.

Novotny: Scheduling conflicts definitely complicate the preparation process as everyone has a lot going on.

Andersen: The most challenging thing has been the time crunch because the spring musical usually doesn't rehearse for as long as the other shows, but there are so many aspects of the show that need to come together in time.

Expressions: What will you miss most about performing in SLOHS

theater?

ZagRodny: The audience. Our theatre is tiny and I love how connected the audience and performers are in such a small space.

Novotny: Our theatre is a beautiful place for self-expression and celebrating our talents. Next year it will be hard to find an outlet as incredible as this one.

Andersen: I am going to miss the freedom to create whatever crazy shows we want and all of the friends I've made and gotten really close with by spending countless hours in the theatre together.

Expressions: What should people expect from the show?

ZagRodny: In my mind, the show is the classical definition of a musical. People should expect a show with an entertaining plot and catchy songs that keep the attitude light and fun.

Novotny: "Bye Bye Birdie" is going to be so much fun. There's a lot of screaming and fainting accompanied by a wonderful soundtrack and memorable characters.

Andersen: A lot of screaming and a lot of energy from each cast member. We all love what we do and love showing it off to the world.

Expressions: What is your favorite part about the character you are playing?

ZagRodny: I think Albert is fun because he has an anxious personality but still is pretty laid back about most things. It's an entertaining mix.

Novotny: I love how sassy and confident Rosie is, but also that she has a soft side that the audience loves and relates to.

Andersen: Her attitude. She is very confident and excited about life, and her songs are fun to sing.

Expressions: When can SLOHS students see the show?

Andersen: The show opens April 25 with shows on April 26, 27, twice on the April 28, and again the next weekend, May 2, 3, 4, and 5.

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Don't Slip on that Ice

By Nabeel El Sayed

San Luis Obispo High School is home to thousands of fashionable teenagers. Over the decades we have seen style change along with pop culture, yet one constant throughout is "ice," or flashy jewelry. From gangsters to rappers, ice has always been popular and has now slid its way onto our campus. Many students can be seen wearing their ice in different forms, whether it be chains, rings, or watches. *Expressions* decided to interview some students who find that life is just too frigid with their ice.

Expressions: What made you start wearing ice?

Senior Deandre Connolly: My watch was a gift from my mom, and I like my chain because it is just slick.

Senior Eve Hedges: I got my ice as a gift, and I just like to have some good lookin jewelry, something for a little pizazz.

Senior Andrew Gater: I did not really decide to do it, it was given to me by my aunt

who got it from her father, so it has been through the generations.

Expressions: Does your ice cool you down on a hot day?

Connolly: It is like an AC unit attached to my body.

Hedges: For sure, it one hundred percent cools me down.

Gater: Considering there are no diamonds on it, I wouldn't say it cools me down, but it does have a heat conductive property.

Expressions: Are you ever worried someone might try and rob you of your ice?

Connolly: I don't actively think about it, but I would probably just outrun them.

Hedges: No, I could fight them and hit them with the watch.

Gater: Not really, I feel comfortable in my self defense skills.

Expressions: What would your ice say if threatened by other ice?

Connolly: It would probably say watch out, I've got a freeze ray.

Hedges: Probably that it's better and that all other ice is inferior to it.

Gater: It probably wouldn't respond, it's too cool for that.

Expressions: Have you ever felt discriminated against by others due to the ice?

Connolly: Not really, as long as you are comfortable with your ice, it's okay.

Hedges: I have not necessarily been discriminated against, but I have been called boujee, but it doesn't offend me.

Gater: Since I tuck it, people don't usually know I wear it.

Expressions: Does your ice ever weigh you down or make life too slippery?

Connolly: It definitely weighs me down, but I don't slip and slide that much.

Hedges: My ice is pretty heavy, so it definitely does weigh me down, but it also brings me up.

Gater: No, I weigh my ice down, and life isn't slippery if you learn how to skate.

Illustration Courtesy of Joanna Padron

SLOHS Juniors have Big Talk

By Zoey Nitzel

Every day at San Luis Obispo High School students can hear the many different sayings and phrases around campus. Some of the most unique come from a group of boys in the junior class. *Expressions* decided to interview them about this sort of language they have created among themselves.

Expressions: How did these phrases come about?

Junior Jason Dowdy: I was posting up with the homies and out of nowhere Tristyn just yelled "gas" and that's where it came from.

Junior Luis Vasquez: I was chilling with the homies and someone did something funny and I was like "Hahahaha swag."

Junior Tristyn Meyer: We were sitting in Dowdy's room and I decided to say stupid stuff.

Expressions: What's your favorite expression?

Dowdy: When I see my boy Robert and he just yells "PB".

Vasquez: Big facts.



Meyer: Tufhouse.

Expressions: What would you say if you found one hundred dollars on the ground?

Dowdy: Whylin.

Vasquez: Swag.

Meyer: Yerd.

Expressions: What would you say if you crashed your car?

Dowdy: Car machine broke.

Vasquez: Bruh.

Meyer: That's tuf.

Expressions: Where do you want to go to college?

Dowdy: V Big Facts University.

Vasquez: A Swag College.

Meyer: Big Baller Brand University.

Expressions: If you could choose a question for me to ask you what would it be?

Dowdy: To not ask.

Vasquez: Why I got too much sauce?

Meyer: Who said that?

Expressions: Do you ever have to explain yourself?

Dowdy: Bruh, we have to explain ourselves to everybody because if they ain't on the new wave they ain't on the new wave.

Photo Courtesy of Kiet Nguyen

SLOHS Says Goodbye to Art Teacher Amanda Eedle

By Delaiah Hastie

Many students at San Luis Obispo High School end up taking a ceramics class. Often, they leave their class feeling inspired and knowledgeable. This is all thanks to the teaching of ceramics and AP art studio teacher Amanda Eedle. She has been teaching at SLOHS for three years, and at the end of the school year, she will be leaving. *Expressions* caught up with her to see where she is heading next.

Expressions: Why are you leaving SLOHS?

Art teacher Amanda Eedle: My husband is in the army, and he was re-stationed to a new location outside of California.

Expressions: What are your plans next? Are you going to continue teaching ceramics and art?

Eedle: As of right now, that is the goal! We will be moving to a new state, so I will have to look around and see. I hope that there will be job opening for teaching ceramics.

Expressions: What qualities do your art students have that make you enjoy teaching them?

Eedle: I think the main quality that they possess is perseverance. Making art is not as simple as some might think. It takes a lot of trial and error; it also requires a physical and mental participation that at times can be frustrating. I am always so proud of how hard my kids work and how they always persevere to finish and do their best.

Expressions: What has been your favorite thing about teaching at SLOHS?

Eedle: Definitely all of you guys. The reason why I became a teacher is to make connections with students and hopefully make an impact in a positive way.

Expressions: What is your favorite memory from teaching at SLOHS?

Eedle: It is so hard to choose just one. I think most of my favorite memories, aside from the interactions within the classroom, are the ones that happen outside of the classroom when kids come in with their friends at lunch and stay late after school.

Expressions: Why did you choose to teach art? What is it about teaching art that you like?

Eedle: I have always loved art, something about being creative and creating art has always been at my core. It was not until I was in high school that I realized that I wanted art to be the biggest part of my life. In high school, the art room was always an escape for me, a place that I could come to, be myself, and have fun. When I left high school, I had the opportunity to teach art to special needs students in Dubai. That opportunity was so valuable to me, as it showed me that through teaching I could give people the opportunity to experience all of the amazing things that I love about art. I also think that there is something very therapeutic

and healing connected to the process of art making. Similar to art therapy, I wanted to give kids a space at school where they would always be loved and feel safe.

Expressions: Do you have anything to say to all the students you have had in your classes?

Eedle: Where do I start?! I think with a thank you. My experience at SLOHS has been amazing because of all the students I had the opportunity to meet and teach. Because of all of you, I was excited to get up every morning and come to work. Thank you for giving me purpose, and I hope not only do you all keep in touch, but that you find a place to be creative in your life.

Expressions: What impact do you hope you have had on your students and the school as a whole?

Eedle: I hope that I will leave this program stronger than when I first came in. I hope that all students know that they are welcome in all of the art classes. That expression and creativity even on the smallest level can be powerful. Most importantly, I hope that I have left some students with the feeling of advocacy and awareness of their community. Through projects like Empty Bowls, I hope that students realize how what they are learning in school can directly impact their community in a positive, excepting and supportive way.

Photo Courtesy of Kara Hoover



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Celebrating SLOHS

BAGEL CULTURE

By Lauren Ramirez

Bagels have always been a popular morning, afternoon, or evening snack for many students at San Luis Obispo High School. With seemingly endless bagel and topping combinations available, students are free to customize their bagel eating experience. *Expressions* interviewed several students to learn more about bagel culture at SLOHS.

Expressions: What is your favorite type of bagel?

Sophomore Paige Lund: My favorite type of bagel is a bagel with seeds on it, but not with onions; I hate onions in my bagels. I like it toasted just to a nice even brown, but I don't like it when it turns black. I don't like burnt bagels. Some people do.

Senior Riley Quinn: A blueberry bagel.

Junior Christian Cueto: Just plain bagels are fine with me, or cinnamon raisin.

Junior Sophia Naso: Plain, I'm a simple lady.

Expressions: What do you generally put on top of your bagel?

Lund: I first toast it medium. Then I put

a layer of cream cheese on it, and then I put avocados on it, and then I spread the avocados and sprinkle some salt and pepper on it.

Quinn: Cream cheese, either just regular or strawberry.



Cueto: Nutella or jelly.

Naso: I put some nice raspberry jelly on my bagel, or I put butter on my bagel if I'm not motivated enough to struggle with the jelly.

Expressions: What have you always wanted to put on your bagel, but haven't tried yet?

Lund: I've always seen people put tomatoes on their bagels which kind of sounds gross, but I don't know, I've seen it. Oh, and I've seen people put eggs on their bagels and I've always wanted to try that, but I can't make eggs.

Quinn: Maybe Nutella or something like that, I don't know?

Cueto: I've always wanted to try butter on my bagel.

Naso: I've always wanted to put pineapple on my bagel, but out of spite.

Expressions: What do you think should never be put on a bagel?

Lund: Never put herring on a bagel or most fish, fish doesn't go on a bagel.

Quinn: Spaghetti. I like spaghetti, but I don't think it should go on a bagel.

Cueto: Mayonnaise. It should never be put on anything.

Naso: Mayo does not belong on a bagel, man.

Expressions: What is your favorite bagel shop in SLO or favorite brand of bagel to buy?

Lund: I have never gone to a bagel store before, but I just like the plain bagels we got for our tennis team.

Quinn: I like to go to House of Bagels.

Cueto: I guess the House of Bagels for specialty bagels. Panera is also pretty good, but typically my mom just buys plain ones at the grocery store, which I'm completely fine with.

Naso: My favorite bagel place is my fantastic toaster oven.

ARE YOU OKAY??

By Michele Chavez

You watched them trip, you watched them fall, but you did nothing to help them. Perhaps you stifled a laugh, or perhaps you simply walked away as fast as possible and tried to forget the incident. Time has passed, and you find yourself haunted. Are they okay? *Expressions* gave several students the opportunity to leave messages for those poor, clumsy souls.

@two_blondes:

One day it was pouring rain and two junior blonde girls decided to walk on the grass. They slid on the grass and were covered in mud. Did you guys think you were cool walking on the grass?

With Love,

The girl who laughed at you

@backflip_genius:

One day my freshmen year, there was a kid who decided to do a flip off the red bricks and instead of landing on his feet, he landed on his back. I was just wondering what was going on in the person's mind and if they thought that they were going to land on their feet or why did they flip in the first place?

With Curiosity,

Your boy Matt

@ari_slides:

One day I remember Ari going down the red stairs on the railing and she fell and ate it. I remember everyone was just laughing, like, did she actually think she was going to make it?

Yours Truly,

Homeboy Tristan