

SLOHS

# EXPRESSIONS

November Issue 2018

[slohsexpressions.com](http://slohsexpressions.com)

*You Don't Need Abs  
to be FAB*

Self hate  
isn't okay at  
any size

DON'T LET YOUR  
MIND  
BULLY YOUR  
BODY.

Body  
Positivity  
Pages 8&9



# expressions

November 2018

**3**

Staff List

**4 & 5**

**Culture**

The Male Take on the #Metoo Movement  
First World Problems  
Nuetra Cultura Latina

**6 & 7**

**Opinion**

Quit Complaining  
College Board Is a Scam  
Destroy the Machine

**8 & 9**

**Feature**

What It Means to Love your Body  
Stop the Shame  
How SLOHS Students Practice Body Positivity  
Teenage Eating Disorders

**10 & 11**

**Sports**

The Challenges of Short Athletes  
Not your Average Athlete: Freshmen on Varsity  
Why Do Athletes with Concussions Continue to Play?

**12 & 13**

**Arts & Entertainment**

Different Types of Artists at SLOHS  
An Interview with Hannah Stephens

**14 & 15**

**People**

William Walters is Here to Inspire  
Philosophy with the Tiny Tigers  
What It's Like to be Labeled as the "TNN Guy"

**16**

**Back**

Which Bagel are you?

# Expressions Staff

## Editorial Staff

**Kara Hoover**  
Editor-in-Chief  
Feature Editor

**Molly Foster**  
Opinion Editor

**Jena Naficy**  
Culture Editor

**Joella Holmes**  
Arts and  
Entertainment Editor

**Zoey Nitzel**  
People Editor

**Nathan Hensinger**  
Sports Editor

**Clio Nelson**  
Back Editor

**Sabrina Marks**  
Web Editor

Adviser: Scott Nairne

## Reporters

- Scott Andree
- Kaylee Beardsley
- Orlando Birdsong
- Alyssa Block
- Phoebe Browning
- Alex Caprau
- Sierra Caravarin
- Sasha Cederberg
- Lorenzo Cortese
- Arantxa Covarrubias
- Olivia Dong
- Laura Galanaos
- Benjamin Handy
- Nayah Holmes
- Eline Kielland
- Torstein Kloeven
- Taryn Lonsbrough
- Rakhi Lucchesi
- Jessica Luchetta
- Cathryn Newlon
- Neal Panchal
- Nina Ramezani
- Alessandra Rizzo
- Sophia Silacci
- Michael Smith

### What would empower you to use your voice?



How can we support your voice?  
radiancevoicecoaching@gmail.com  
(805) 458-6440

Empower your speaking. Refine your singing. Find your true voice.

## Choosing not to vote isn't rebellion. It's surrender.

If you'll be 18  
or older on November 6, vote

### NOW.



Paid for by Radovich Mediation Group

#### Disclaimer: Official Student Publications

"The San Luis Coastal Unified School District is committed to upholding the rights of each student to free expression, as guaranteed by the First Amendment of the United States Constitution, Article I of the California Constitution and the California Education Code. Consistent with California Education Code section 48907, students will publish only legally protected speech, which does not include obscene, libelous or slanderous material, or unwarranted invasions of privacy. Students will also refrain from publishing material which so incites students as to create a clear and present danger of the commission of unlawful acts on school premises or the violation of lawful school regulations, or the substantial disruption of the orderly operation of the school. The views, opinions, and content expressed herein are those of the student author(s). Therefore, the content may not necessarily reflect the official policies, opinions, or positions of the San Luis Coastal Unified School District, its schools, administration, faculty, staff, or the Board of Education."

## Male Take on the #METOO Movement

By Nina Ramezani

Sexual assault happens more often than one would consider. Especially in news today, sexual assault victims have come forward about the physical and emotional scarring that has affected their lives. The #MeToo Movement is a campaign that helps these affected people get on a path towards healing. It's a powerful cause that empowers victims to speak out. Most of these victims, as well as people in the movement, are female. Expressions interviewed principal Leslie O'Connor, freshman Evan Garrett, and health teacher Daniel Monroe to discuss their stance on sexual assault and the movement as males.

**Expressions:** Are you aware of the #MeToo Movement?

**Freshman Evan Garrett:** Yes, it's a movement that helps victims of sexual assault.

**Health teacher Daniel Monroe:** Absolutely. I've tried to be a huge advocate for it. Not just as an educator at SLO High, but within the community. I support it wholeheartedly and I give a lot of credit to my wife, who is a strong, independent, successful, African-American woman.

**Expressions:** Do you think that people today take sexual assault seriously?

**Garrett:** Most people, essentially girls, take it very seriously but there are also a lot of people who don't. People can make offensive jokes about sexual assault.

**Monroe:** Sadly I don't. Awareness is

everything and while I think we have made huge strides to help make people more aware of the dangers of sexual assault, there is definitely more work to be done in raising awareness on the topic.

**Principal Leslie O'Connor:** I would like to think that they do. But can I say that with absolute certainty?

**Expressions:** How should students get involved in supporting the #MeToo Movement?

**Garrett:** This topic could be broadcasted on TNN. It may get the attention of more students.

**Monroe:** Making people aware and educating people on not only dangers of rape and sexual assault, how you can protect yourself, but most importantly helping people understand the short-term and long-term effects it can have on victims. Lastly, being an advocate, being encouraging/supporting people

who may have been a victim of some abuse.

**O'Connor:** Researching and learning about the history of movements that are similar is important but it has to be both organic and structured in a way. Organic in that, it's great that students feel empowered and have a passion to discuss important topics. But it's also important for us as adults to give you a platform as to who's going to lead and guide that conversation. To help students who are victims of sexual assault, the number one thing to do is we have to be empathetic. We have to be very attentive listeners. As students, staff, and adults we need to provide a safe environment for our students to come forward.

If a student or friend is having a hard time dealing with trauma such as sexual assault, text a tip as soon as possible. All the staff here at SLOHS have been specially trained to respond to a crisis, so don't ever be afraid to speak out.

*Cafe Roma*  
CUCINA RUSTICA ITALIANA

**SSG** ssgse.com  
structural engineers  
est. 1985

*supporting SLOTAB & the Arts*

## “Um...I said EXTRA foam on my pumpkin spice”

By Cathryn Newlon

*A collection of the finest “first world problems”*

“School WIFI”

-sophomore  
Ella Fortini

“When my caramel cheddar popcorn bag is predominantly cheddar”

-senior Jack Martin

“When my white Vans get stepped on”

- sophomore Lilah May

“When there’s no cell service and you have no Netflix episodes downloaded”

- senior Angelina Nash

“When your probation officer says he’ll be there in an hour, but he shows up in ten minutes”

-anonymous

“When you’re shopping and find a cute dress, and then realize...it’s a romper”

-senior Kara Hoover

“When they get my Starbucks drink wrong”

-sophomore Catie Leebrick

By Phoebe Browning

## NUESTRA CULTURA LATINA

Representando alrededor de treinta por ciento de la población de estudiantes, adolescentes latinos y su cultura están animados en San Luis Obispo High School. Un club en campus, el club de MEXA (Movimiento Estudiantil Xicano de Aztlán), está luchando para aumentar la presencia Hispana y celebrar la cultura latina en SLOHS. Expressions se reunió con dos miembros del club para hablar sobre representación Hispana en nuestra escuela.

**Expressions:** ¿Qué es el enfoque principal del club de MEXA?

**Sophomore Yazmín Ramírez:** El enfoque principal del club de MEXA es concienciar nuestra comunidad sobre la cultura Hispana. Para mí, significa que podemos mostrar a otros lo que celebramos.

**Advisor de MEXA Rita Delkeskamp:**

Enfocamos en la universidad, la cultura, y la comunidad. Vendemos tamales para recaudar fondos para becas universitarias, celebramos la cultura, y cada año donamos doscientos dólares a una organización sin fines de lucro para ayudar a la gente sin hogar o proveer ayuda en casos de desastres.

**Expressions:** ¿Que está haciendo el club para ayudar estudiantes a reconocer la cultura latina?

**Sophomore Karina Gonzalez Concha:** Principalmente estamos mostrando que hacemos y cómo celebramos nuestra cultura.

**Ramírez:** Por ejemplo, todo este mes [el 15 de septiembre al 15 de octubre] ha sido

el Mes Nacional de Herencia Hispana. Hemos estado teniendo bailes, y vendiendo agua fresca. Esto demuestra a otros qué significa ser parte de nuestra cultura.

**Expressions:** ¿Cómo sientes que la población latina está representada en SLOHS?

**Gonzalez Concha:** Personalmente, no pienso que es representada muy bien, y eso es porque decidí involucrarme con MEXA. Quiero que otras personas vean como somos, como celebramos nuestra cultura, y como nos divertimos.

Visita el club de MEXA cada miércoles en el salón 134 durante la hora de almuerzo para aprender más sobre representación Hispana en nuestro campo escolar.

Illustrations Courtesy of Olivia Dong

## STOP COMPLAINING

By Alyssa Block

Complaining exists as an epidemic, not bound singularly to the San Luis Obispo High School campus, but affecting the full span of the teen population. While people of other age groups indulge in the occasional grievance, it can be seen that high school students in particular have proliferated the usage of complaints.

I personally complained when I was assigned to write this article; I didn't believe I was apt to write an article supplicating for the abandonment of the complaint when I myself often partake in these overused objections. However, in the spirit of this article, I decided to forsake any protests I had to discuss the malignant ubiquity of complaining.

"Complaining is pretty much my whole life and if I don't like something in the slightest, I complain. I've been trying to stop complaining as much as I do because I'm trying to be more positive and my mom says that complaining is annoying and girls don't like it," said senior Cole Adams.

Though teens recognize complaining as a negative habit, they continue to make these constant and often ineffectual protests.

"I personally find it disheartening when people constantly complain. It shows their inability to see the bigger picture and that they don't truly appreciate the benefits that they receive every day from even the simplest things. It's not really possible to never complain, but when someone is constantly voicing negativity it's super irritating," said senior Chloe Carlson.

Ironically, it tends to be those that have gone through the least that complain the most. By fixating on miniscule, insignificant bumps in the road, people fail to appreciate the more important things in life.

The omnipotence of this issue could be based upon a general allowance of society for teens to complain. Social media platforms act as an outlet for teens' multitudinous grievances.

However, I am not arguing for the complete obliteration of the complaint, for I concede that there are situations that demand mutinous action. Arguing for our rights as human beings is something that is of the utmost importance.

But these are not the types of complaints that I request the termination of; it is the remarks of petty nature and superfluous subject matter, lacking in worthy legitimacy that I denounce as valid protests.

"...There is always the impulse to verbally acknowledge that a situation is 'hard,' or that it's 'not fair' through complaints. This makes it harder psychologically to overcome the challenge and get on with your life, happy and content. An alternative approach would be to look at each challenge as an opportunity for personal growth- both in personality and in intellect. That will help you be a much happier human being," said senior Alec West.



## THE COLLEGE BOARD IS A SCAM

By Laura Galanos

As students become juniors and seniors, the excitement of the college process comes to mind. With that, however, students get roped into a rather pricey organization called the College Board. Students use it to take the standardized test called the SAT or an Advanced Placement test corresponding to the class they took throughout the year. The tests administered by College Board harshly ranks people's intelligence. The SAT is graded on a 0 to sixteen hundred scale, and AP tests on a one to five scale (three or above passing). This begs the question: is the College Board a scam? Given that the AP test costs approximately \$94, and the SAT is \$64.50.

Furthermore, these tests aren't an accurate representation of one's knowledge.

"Go look at David Coleman's salary and tell me if it's a nonprofit," said senior Olivia Robertson.

Making College Board even more controversial, the SAT administered on August 25, 2018 potentially had leaked questions because it was already given in Asia. Personally, I find this quite frustrating since I spent the whole summer preparing for it and that an entity as big as College Board would make such a fatal error on such a large scale.

However, College Board does connect students with colleges and opportunities,

"I think College Board is a helpful resource that I don't take advantage of very often," said senior Sophie Thompson.

This expensive organization feels like a route all students must take on their way to college, but with it becoming more unpopular should colleges stop requiring tests from College Board?

"It takes a certain type of evil to disguise your financial greed as education and help for children," said junior Basil Lloyd-Moffet.

This organization does not cater to the majority of students economically or represent their knowledge accurately.

Illustrations Courtesy of Molly Foster

## Be Weary of the Machine



By Molly Foster



In every man-made invention, an idea is embedded that goes beyond the basic function of the object itself. Technology isn't inherently good or evil, it is the way in which society interacts with it that is negative. Although technology provides relevant data for the purpose of education, San Luis Obispo High School and all schools alike need to be aware of its effects on social behavior and critical thinking.

Although the industrial revolution is the origin of recent technological innovation, microchips are responsible for an exponential growth rate. Moore's law is the observation of how the number of transistors on a chip doubles every year while the costs are halved. The extension of Moore's law is that machines that run on computing power become more compact and quicker with time, as transistors on integrated circuits become more efficient. Transistors are electronic on/off switches embedded in microchips, processors and tiny electrical circuits. The faster microchips process electrical signals, the more efficient a computer becomes.

Technology increases mobility by eliminating the basic fight for survival, yet counterintuitively generates people who have little desire to interact with the external world. Easy access to resources makes students less motivated to pursue knowledge on their own account because there is no need for analysis if the answer is simply a Google search away. In the wave of constant stimulation, it is hard to pinpoint the origin of one's influences that shape ideas and thought.

Technology encourages instant gratification which results in society's thirst for productivity in a condensed amount of time. Americans are obsessed with conserving time by taking advantage of the conveniences of technology, but at what cost? When it comes to nourishing creativity and imagination in students, technology promotes a linear pattern of thought.

"Technology definitely helps me expand my knowledge, as whenever I want to know more about something I can

"As he  
[Aldous Huxley] saw it,  
people will come to love their oppression, to adore the technologies that undo their capacities to think."

-Neil Postman, "Amusing Ourselves to Death: Public Discourse in the Age of Show Business"

google it and find information almost immediately. I find that there are plenty of informative and interesting videos and articles out there that will help you learn more about pretty much anything," said senior Will Crooks.

Knowledge is the accumulation of data, and wisdom is the synthesis of that information combined with past experiences that deepen one's insights. Technology has created a greater appreciation for facts and evidence, which produces concrete thinking and a gravitation towards definitive solutions or answers. Abstract thinking is characterized by being able to reflect on events, ideas, relationships, etc., separately

from the objects themselves. Speed guarantees results, revenue, and success but neglects time for reflection or contemplation to better understand the broader picture.

Similarly, when students communicate through technology, a virtual world is created. This artificial dimension shapes how peers socialize and perceive the world. Face-to-face interaction is less valued due to faster ways to communicate. People have become more concerned with their physical image due to registering visual stimuli on the internet, television, social media, etc. Adopting new technologies

adds something new to one's life in exchange for giving up a chunk of one's freedom and noggin.

"I use my computer to do the majority of my homework as many of my classes don't have physical books to hand out to us. I also prefer typing to writing by hand, as it's easier to edit and revise whatever it is you've written. My phone is also pretty essential as a means of communication and for navigation while driving," said Crooks.

People have come to love their oppression, to adore the technologies which undo reason to think independently. The foundation of the problem is society's reliance on technology, what follows are symptoms of ignorance.

\*When I use the term 'technology' I am referring to all forms of it that pertain to society, however, excluding scientific discoveries in medicine or the natural world I am a hypocrite because I do not actively defy the use of modern technology in my life.

# WHAT IT MEANS TO LOVE YOUR BODY

By Kaylee Beardsley

San Luis Obispo High School is home to students who are at an age when body insecurity is at an all-time high. With all the pressures from social media and peers to be seemingly perfect, the idea of body positivity can become obsolete.

“Your body is really important to you and you only have one body. It’s hard to go through those things, but accepting who you are and how you see yourself is a self-journey. No matter what, you need to be comfortable with yourself before anything else can happen,” said senior Lane Stephens.

Body positivity does not have a concrete definition and unfortunately is more of an abstract idea, rather than an accepted standard for society.

“Being surrounded with the ideals of media seen on Instagram, constantly seeing other people, I think that there’s definitely a lot of judgement or just internalized ideas of what’s desirable and what isn’t,” said sophomore Penny DellaPelle.

With everyone’s ideal body being shaped by what the media presents, body positivity becomes lost in the midst of photoshopped waist-lines and filtered faces.

Men struggle with body image just as much as women, but feel that a lack of self-esteem projects a negative picture of them.

“They [men] try to act like they’re positive, but inside, they’re all totally negative. In general, I think a lot of guys that are built really skinny also feel self-conscious about it, but don’t really talk about it that much,” said senior Jack Martin.

The idea of body positivity has a long way to go before it can become a concrete definition, rather than just an abstraction, but whether or not a person feels comfortable in their own skin relies heavily on how society acts on body positivity. People need to realize that body positivity is essential to having good mental health and a loving community. The sooner people accept each other for who they are, the sooner society can properly function.

## STOP THE SHAME

*Illustration Courtesy of  
Kaylee Beardsley*

By Olivia Dong

‘Mirror, mirror, on the wall, who’s the fairest of them all?’ Body standards have been thrust upon society since birth. Who’s the prettiest? The skinniest? The most muscular? Here’s the thing: everyone has different answers. There is no ‘perfect body.’

Body positivity is sweeping its way across the globe, but when there are blurred lines between support and shaming, its influence can become misguided. High school, already a place where insecurity thrives, seems to be out of the concept’s reach. San Luis Obispo High School puts forth an admirable effort to promote positivity on campus, but shaming can still occur.

Students at SLOHS are expected to act with respect and acceptance towards their peers, a standard that creates an environment where body positivity is welcomed.

“I feel that body positivity is the ability to appreciate yourself and your physical appearance, and to not judge and demean others for their own appearance,” said junior Josh Compton.

To reinforce this outlook and strong

character, SLOHS also offers a mandatory Health course.

“We spend a day touching on eating disorders, their causes, warning signs, how to



help, resources, et cetera. We also discuss how the media has affected body image and the pressure we have to conform to a certain body type,” said Health teacher Daniel Monroe.

In addition to mandating education on the topic, SLOHS has policies put in place against bullying. The Tigers also participate in March Kindness Week, which promotes positivity of all kinds.

“As counselors, we all promote balance and health in all of our conversations, but this isn’t due to any policy or curriculum. It is because we love you all and want what is best for all students,” said counselor Kerry Ingles.

However, no place is immune to the negativities of body shaming. Even teachers would prefer that more time be spent discussing the topic.

“In a perfect world, I would love for Health [class] to be two trimesters long, so that I may be able to dig deeper into a lot more of the areas within our health curriculum. But, the reality is, with only 13 weeks with my students, I cannot,” said Monroe.

So the question is: How will society ensure the spreading of body positivity across the world if it is such a difficult task? While it is in no way an easy question to answer, one solution seems obvious: promoting body positivity and educating about it at school, where shaming is abundant and students are already gathered to learn.



# HOW SLOHS STUDENTS PRACTICE BODY POSITIVITY

By Alyssa Block

High school students, including those at San Luis Obispo High School, tend to be insecure about body image as the expectations society sets are often unattainable ideals. *Expressions* sat down with students to ask about how they practice body positivity themselves.

**Expressions:** How do you practice body positivity?

**Sophomore Bautista Guerrero:** I practice body positivity by not comparing myself to others and loving myself.

**Senior Clea Wendt:** For me, body positivity is all about positive affirmation. I try to consistently remind myself of my own worth and look in the mirror with confidence, no matter how I appear.

**Senior Nadia Schwartz-Bolef:** I practice body positivity by trying not to focus on what I perceive as my physical flaws and not comparing myself to others or societal standards of ideal beauty. We are more critical of ourselves than anyone else is, and remembering that everyone has their own type of beauty only leaves room for personal growth and appreciation. I know everyone is different and the only way to truly feel comfortable in one's own skin is to accept oneself and not look for validation from others.

**Junior Basil Lloyd-Moffett:** I look in the mirror every morning and I say, 'Basil, you're a beautiful man.' Sometimes, if it's a bad day, I say it three times or maybe five. The point is, I look at myself every morning and think how beautiful I am.

**Senior Suraj Patel:** I just remember that the inside of someone is far more important than their outside.

**Junior Ella Attala:** Do the things that make you feel happy and good about yourself. Overall, just be more positive to others by spreading compliments, love, and happiness as it will make you feel better as a whole!

**Senior Taylor Young:** I believe that a positive body image starts when comparison to others stops. There are too many societal standards that we focus on rather than being thankful for what we are given. I try my best to not concentrate on flaws and think about the bigger picture.

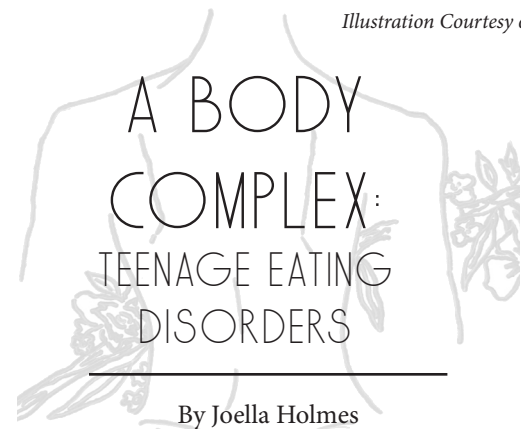


Illustration Courtesy of Joella

As teenagers at San Luis Obispo High School, we are inevitably subjected to society's unrealistic standards of body image. The persistent use of social media only heightens our vulnerability to being exposed to these standards, and puts pressure on us to reach them. This leads to the serious concern of an eating disorders.

Anorexia, Bulimia, and Binge-eating are all characterized as emotional disorders that affect one's diet and appetite. Anorexia involves consuming a lack of food obsessively in order to lose weight. Bulimia, similarly, deals with a distortion of body image, that leads to starving yourself until binge-eating, and then purging out of guilt.

Victims of these disorders can struggle with solely one, or many characteristics of all of them. Eating disorders can not only affect you personally, but also other factors of your life, according to an anonymous SLOHS student.

"It affected my relationship with my mother; I lied to her so much and went behind her back to throw out food and it broke the trust between us. My friends were worried and frustrated, it really felt like we were separating. It kind of destroyed my personal life, you're too hungry and weak to want to do much."

While associating with fellow classmates at school, the typical signs of an eating disorder aren't always obvious. There is a disturbed

stereotype that people who suffer from eating disorders are overtly thin or never seen eating, while in reality any age, size, or gender could be battling an eating disorder.

What many people don't understand about eating disorders is that starting to eat food on a normal schedule doesn't solve the underlying issue, and it doesn't happen easily. Eating disorders can stem from a number of reasons, such as a deformed view of one's own body, genetics, bullying, depression, psychology, and even the environment you're surrounded by.

Beating an eating disorder and healing is not something that's simple to do, especially in the midst of your teenage years. It can take as much as hospitalization, counseling, and years to begin to get through these disorders.

"Recovery steps are really hard, it's been years. Eating is still a constant battle. For me it's not learning to like your body, it's about learning to eat whether you like it or not," said the anonymous SLOHS student.

While easier said than done, a positive and brave attitude can be the start of healing yourself or a friend with an eating disorder. Even the smallest victories are huge steps for those teenagers struggling in our SLOHS community. For more information, or help with eating disorders, visit <http://www.centralcoasttreatmentcenter.com> or <https://www.nationaleatingdisorders.org>.

## Not Your Average Athlete: Varsity Freshmen

By Phoebe Browning

This fall, five freshmen are playing on a varsity team at San Luis Obispo High School. These students face certain challenges like all their teammates, but the experience of a varsity freshman is very different from that of the average athlete.

For starters, the age gap between the teammates makes it hard for the freshman to feel like a part of the team.

“If I was the only freshman, I would’ve been hesitant to get to know the other girls on the team. That would’ve made it harder to enjoy the sport,” said freshman water polo player Isabella Nemling.

“When bringing together a group of high school kids, one of the challenges is building a cohesive unit,” said Athletic Director Jeff Brandow. “If you put a freshman on a team of kids that can drive and go off campus, it changes that team

dynamic.”

Upperclassmen can create a hostile environment for the freshman.

“Occasionally, you run into issues where a freshman who makes the varsity team is taking playing time away from an upperclassman. That creates some animosity,” said varsity girls

basketball coach Dan Monroe.

This age gap can also cultivate a positive relationship.

“Having younger players on a team is a great opportunity for the upperclassmen to serve as role models and demonstrate what it takes to be successful in the classroom and on the field,” said varsity boys soccer coach

James Boscaro.

Playing varsity as a freshman fosters athletic success.

“The older players have impacted me as an athlete and as a person because they gave me confidence, love, and support throughout the whole season,” said freshman varsity volleyball player Marina Warren.

“Being selected for a varsity team as a freshman is a big honor and should be treated as such. It serves as validation for all the hard work they have put into their young athletic career,” said Boscaro.

Despite the difficulties a varsity freshman encounters, the purpose of any athletic team is to perform its best, regardless of an athlete’s age.

“The reality is that in high school athletics, the most talented kids play. It doesn’t matter what age they are,” said Brandow.



## Why do students with concussions still play?

By Nayah Holmes

At San Luis Obispo High School concussions from sports are uncommon but still happen. In the United States it is estimated that around 3.8 million high school students get a concussion from playing a sport. SLOHS students wonder why students who have gotten concussions still play.

Concussions can cause mild headaches, problems with concentration, memory loss, and loss of coordination- all symptoms that hurt student’s ability to learn in high school. Considering all these symptoms *Expressions* interviewed three students who have gotten concussions and asked why athlete students still put their head on the

line.

“I kept playing because I knew the risks of concussion beforehand and I sacrificed my wellbeing for the sport I play and love. I honestly never thought I would get a concussion that game or any game, so I didn’t want to regret not playing a sport for a fear,” said sophomore basketball player Link Danninger.

“I really did not realize how easy it was to get a concussion in the first place. But after I thought about if it was worth it to keep playing I kept coming back to the fact that I love water polo and the sport. So I continued to play it. Now because of my con-

cussion I just have become a more aware and less aggressive player,” said sophomore water polo player Sasha Sheridan.

“After my concussion, I kept playing because I love the game and one injury won’t stop people from playing because if you truly love the game you will keep playing it,” said senior football player Jaeden Suval.

the most notorious sports known for concussions is football. More than half the amount of concussions high school students are attributed to football. Despite the risk of concussions, for the time being SLOHS students continue to play their beloved sports.

Source: protectthebrain.org

## The Challenges of Short Athletes

Sophia Silacci



San Luis Obispo High School has athletes that compete in a wide variety of sports each year. Players of all shapes and sizes bring different skill sets to the table, but few fall under the category of being elementary-school-short. There is no doubt that short athletes can dominate the game, but what is it really like to constantly be looking at people's backs, butts, and chests when playing a sport?

"5'8" on a good day," said sophomore varsity football player Landon Nelson when asked about his height. "I have always been shorter than the people I play against, so I have always played extra hard. Almost like I have a chip on my shoulder. I play cornerback so I do face very tall receivers, they usually are all above 6'1". I don't see being short as a disadvantage, because at my position in football, if you play with confidence and stay true to the technique you are taught, then you can really dominate."

Being shorter than the competition creates somewhat of a disadvantage for coverage reasons, but Nelson would agree that it only pushes the player to work harder.

"People underestimate you," said freshman junior varsity golfer and future SLOHS softball player Olivia Huff, who measures in at a whopping, "five feet. Ahah."

"In softball you can't cover as much ground on a base versus a taller play-

er. An advantage [is that] it is harder to pitch to a short person [because it creates a] smaller strike zone. In golf you don't get as much momentum as a taller golfer. And another key part in golf when you are short is you can't reach the golf cart pedals," said Huff.

Completely ignoring the sport itself, athletes who struggle with height (specifically those who don't have much of it) may have difficulties off the field, too.

"It's harder to find golf clothes that don't have Dora on them and fit," said Huff.

Despite having the opposing players tower over them, shorties can occasionally take advantage of their size.

"One time when I was in third grade this girl, who was a lot bigger than me, came at me and I didn't move out of the way, so she rammed into me and I pretended to fly back so she'd get the foul. The crowd thought I got really hurt but I actually just faked it," said sophomore junior varsity basketball player Natalie Stephens, who comes in swinging at five feet one inch.

From football to basketball, SLOHS has athletes on all teams that can't reach the net. Even though they are presented with challenges unknown to the human giraffes, they are determined to dominate and raise the bar that started off way too low to begin with.




 **PIZZA ★ REPUBLIC** 

**SLO HIGH STUDENTS 50% OFF**  
**3-5PM EVERYDAY**

MUST BRING STUDENT ID

In the Marigold Shopping Center  
 Mon-Sat 11am-8pm • 805.543.4825 • [PizzaRepublicSLO.com](http://PizzaRepublicSLO.com)

**See what actually happened at our fire!**  
[www.SubBurndown.com](http://www.SubBurndown.com)



**Learn unpleasant truths about SLO City Fire Department**

# Are Artists of Different Mediums Really that Different?

By Arantxa Covarrubais

At San Luis Obispo High School along with the rest of the world, there are many different types of artists, all with diverse styles. Expressions set out to interview artists of different mediums to ask them about art and what it means to them.

**Expressions:** What is art to you?

**Freshman Sierra Caravarin (dancer):** Art is an outlet; a translation from emotion to [physical] form. Your mind has to be in a vulnerable state to let you pour your soul into it. Art goes beyond the surface. Honestly I think it goes into different levels of your consciousness. Art can be anything; it's really all about perspective.

**Freshman Sacha Carlson (actor, musician):** It's a form of expression.

**Freshman Rheanna Hernandez (singer, painter):** Art to me is a form of something that is beautiful... or odd, or mysterious, or weird, that makes you feel a certain way. I mean you can look at a blank canvas and that can be art if it makes you feel something.

**Expressions:** Do you consider art to be an escape or more of just a hobby?

**Caravarin:** An escape. In my opinion, art is the healthiest coping mechanism; it's something you can always fall back on. At least for me, art is my sanity. I pull all my emotions and channel them into movement and expression. I truly think art is the only way our world can be saved. Art is unity. Without it how can we relate on a real level? Feel?

**Carlson:** Both. I feel like music's more of an escape for me... acting for me is more of a hobby. *Photo Courtesy of Joella Holmes*

**Hernandez:** I consider it to be both. If I have a lot of anxiety or creative energy going through my body and I need something to do, I paint, or make music. Sometimes it's an outlet or an escape but it's mostly a hobby for me.

**Expressions:** Where do you see yourself in five years?

**Caravarin:** In five years I hope I'm ten times more open minded. I hope to grow my knowledge in every aspect of my mind. I wanna be able to love and support the people around me, and really be able to connect with higher power. I think a misconception with that question is everyone answers so materialistically and sis that ain't it.

**Carlson:** Umm... hopefully my teeth are straight and I have a six-pack.

**Hernandez:** In five years I see myself living in Los Angeles, creating music.

**Expressions:** Do you think the average SLOHS student appreciates art enough?

**Caravarin:** No because art is individuality and everyone here is trying to fit into this mold that society's made.

**Carlson:** I think it's getting better, cause, you know, people are opening up and talking about art more. I think that goes with everything, too. So I think people are seeing more and more kids doing different things. And I think that's really cool. That's important.

**Hernandez:** It depends on the student, but I think the average SLOHS student really doesn't see a lot of art unless it's trendy. I feel that they need to open their eyes and see that the world around them is art. The

grass, the sun, the mountains around us. All of that is art.

**Expressions:** Do you think artists of different mediums are different?

**Caravarin:** I think that on the surface level no. In the end, we're all just expressing something. But as you get deeper into the artist, yes. We're all different.

**Carlson:** No. No because it's all different but it all comes from the same motivation. I mean sometimes it's a hobby but it all is a form of expression. I feel like artists use it as a way to express themselves and be in their happy place. Everything is motivated from that... so yeah. If that makes sense.

**Rheanna Hernandez:** Yeah cause there's more than a million different kinds of art. Other people have the same creative energy and ideas, but when put into different forms, they're all different.

**Expressions:** If the ability to be an artist was taken away from you, how would that affect your life?

**Caravarin:** That would be really hard for me. I wouldn't have any good coping mechanisms. I think I'd fall into society's mold of what's "acceptable" that we talked about earlier.

**Carlson:** That would ruin my life. I would be so miserable... that would be so bad. Cause like everything...it would be so hard because that's what I love to do. That's so hard to think about actually, to put into words. That would suck.

**Hernandez:** It would affect my life because my life would be boring and just depressing. Cause art is my way to express things, so I don't even know if I'd have emotions.

# Interview with Artist Hannah Stephens

By Arantxa Covarrubais

From clubs to extracurricular activities, San Luis Obispo High School is a place for creativity and expression. Freshman Hannah Stephens is taking full advantage of that. Stephens is an artist here on campus, and her bold, colorful illustrations have earned her over one hundred followers on her Instagram (@hannahsartworkk). Expressions sat down with her to ask a few questions about her art.

**Expressions:** What type of art do you focus on and what does it aim to say?

**Freshman Hannah Stephens:**

When I was first getting into art I only drew people, but now I also love drawing and painting plants, landscapes, underwater scenes, and pretty much any challenge I can think of. My aim in art depends on the project; when I'm making something for a friend, I try to bring out their personality with colors and some of their favorite things.

**Expressions:** Who are your biggest influences in art?

**Stephens:** I like to think that every artist has their own form of expression, but I highly look up to the artists who brought new ideas to the table, like Picasso, Van Gogh, Frida Kahlo and Salvador Dali. Oh, and Bob Ross. Bob Ross all the way.

**Expressions:** What is your favorite work of art?

**Stephens:** I think art is shown everywhere; through music, movies, fashion, architecture, & so much more. One of my favorite paintings has to be Starry Night by Vincent Van Gogh, it's just so breathtaking.



"I love the painting

After-noon in the Island of Grande Jatte" by Georges Seurat. In "Ferris Bueller's Day Off", when they're in the art museum and it zooms into the frame, it is everything.

**Expressions:** What is it like being an artist on campus?

Photo Courtesy of Hannah Stephens

**Stephens:** During school hours, I think my creativity shows up in a lot of my classwork, and I love any opportunity to be able to use my artistic ability for a project. I definitely think it brings me closer with others. I've made so many connections through artwork, and if not for their influence I wouldn't have stuck with it today.

**Expressions:** Which of your pieces are you most proud of? What about it makes it your favorite?

**Stephens:** The piece I'm most proud of is the painting I did of Starry Night by Van Gogh. It was a style I wasn't used to, and I wanted to make it on a jean jacket, which was a whole new challenge, but I ended up loving it. It showed me that it's always a good idea to try something new.

**Expressions:** Do you think that creativity is part of human nature or is it something that must be nurtured and learned?

**Stephens:** Rather than human nature, I think creativity is more second nature, because I almost don't have to think when I draw, I just let my mind drift. I think creativity is looking at things differently, and finding patterns and connections to create something amazing. It's using originality to show someone's personality and express yourself. There are always ways to get better at it though.

**SLO's ORIGINAL INDY MUSIC STORE**



since 1971

**WE REPAIR DISCS!**  
CD, DVD, MP3, etc.

**Vinyl Records**

- Largest selection of New & Used Vinyl Records
- From 7" to 12", 33's to 45's, LPs to EPs, and more!
- Low Prices - Tons of Used at 1/2 - 2/3
- Over 50,000 LPs in stock

**CDs**

- All categories and styles - Rock to Rap, Country to Metal, & tons more!
- Huge selection of Used CDs - Starting at 1/2!
- Over 20,000 CDs in stock

**FREE PARKING**

**...and Tons of Other Great Stuff!**  
Cables, Connectors, Hook-ups, Carrying Cases, Cassette tapes, Band T-Shirts, Media Cabinets & Racks, Used Stereo Equipment & more

**Gift Cards accepted from any major retailer of music\***  
**Trade-Ins Accepted - No Trade-In Refused - Buyer Always on Duty!**

**563 Higuera St., SLO - 805.544.0686**  
Add us on Facebook for special updates, coupons, & give-aways!

**Facebook.com/CheapThrillsSLO**

**YOUR CENTRAL COAST ONE-STOP-SHOP FOR GAMING AND COMICS!**  
Deck Boxes - Dice - Card Sleeves - D&D - Warhammer - Miniatures - MTG  
WotC - Comic Books - Action Figures - Graphic Novels - Manga

**GAMES**  
Games Workshop, Clix, D&D  
CCG Headquarters  
MTG, Pokemon, & More

**BOARD GAMES**  
From classics to the latest new titles

**TRADITIONAL GAMING**  
Poker, Backgammon, Chess, Mahjong, Cribbage, & More

**ACTION FIGURES**  
Comic & Fantasy Related  
New & Collectable

**NEW & USED GAMES**  
Trade-Ins Accepted  
Cash or Store Credit  
No Trade-In Refused

**FREE PARKING**  
ALL AROUND STORE  
565 Higuera Street, SLO  
(805) 544-Nemo  
**Become a Fan!**  
Add us on Facebook for special updates, coupons, & give-aways!  
**Facebook.com/CaptainNemoGames**

**COMICS & GRAPHIC NOVELS**  
1000's of Back Issues  
New comics every Wednesday  
Subscription Source

**DCI SANCTIONED DRAFTS**  
Special Tournaments  
Every Friday Night at 5 p.m.!

**GAMING MON. THRU SAT.**  
Monday: Magic the Gathering Standard type 2 - 2 booster buy-in - 5pm-7  
Tuesday: Board Game Night FREE - 5pm-7  
Wednesday: DnD Encounters FREE - 5pm-7  
Thursday: Miniature Gaming FREE - 5pm-7  
Friday: Magic the Gathering Swiss Draft - 4 booster buy-in - 5pm-7  
Saturday: Open Gaming Board & Card Games, etc. - FREE - 10am-7

**Magic Boosters \$2.99**

**Tons of Dice!**

**T-Shirts too!**

**FREE PARKING**

**FMI** **DCY**

# A Day In The Life Of Principal Leslie O'Connor

By Rakhi Lucchesi

San Luis Obispo High School principal Leslie O'Connor has been at the school for seven years. O'Connor's job as principal takes a lot of work to run the school. *Expressions* explored what our principal does on a daily basis to run the school.

O'Connor's secretary, Shawlene Van Dyke, manages his busy schedule and organizes meetings.

"Every time I try to meet with him, he's either not there, on the phone, or meeting with someone. He's just constantly going from the moment he arrives until he leaves," said Van Dyke.

O'Connor arrives early in the morning each day to get a head start on his daily workload.

"I always meet and greet students as much as possible and I always try to be here at the office at least by 7:25 a.m.," said O'Connor.

Since O'Connor oversees the entire school, every day he checks in on as many classes as possible.

"I try and be out in classrooms if I can. I make a calendar so that I'm in at least three classrooms a week," said O'Connor.

While some of O'Connor's jobs as a principal remain constant each day, such as setting up various meetings, he must deal with random issues that occur that day.

"A large part of my day ends up being whatever comes to me. You come to work and have these plans of stuff to do and a lot of the times you don't get to it because stuff walks into you that you need to address," said O'Connor.

Once school gets out at 3:10 p.m., O'Connor usually catches up on work and responds to emails that he missed. O'Connor will also attend SLOHS sports games and after school activities.

Each day that O'Connor is at the school, he makes an effort to interact with as many students as he can.

"Meeting students and hanging out with students has always been my favorite part of the job. Even when I was a teacher, it has always been my favorite part of the job," said O'Connor.

As principal, O'Connor must cater to the needs of hundreds of students and teachers. The most challenging part of his job is figuring out how to help every person, since they all have different needs.

"Sometimes you're gonna have to make decisions or

side with some issues that they don't agree with," said O'Connor.

Whether it's part of his daily routine or new issues that arise each day, O'Connor has a lot on his plate as principal of SLOHS.



Photo Courtesy of Zoey Nitzel

adult school

**CHILDCARE  
WORKERS  
NEEDED**

SLC ADULT SCHOOL NEEDS WORKERS WHO ARE INTERESTED IN  
PROVIDING CHILDCARE FOR THE FOLLOWING TYPES OF CLASSES

- Parent Education classes – classes are generally once per week in the evenings for 4-6 weeks
- ESL classes – classes are ongoing throughout the school year

Classes held in SLO and on the coast

Parents will be on campus in an adjacent classroom participating in an Adult School class

This position assists an Instructional Childcare employee

Openings will be available starting in 2019

**RATE OF PAY PER HOUR FOR  
CHILDCARE AIDE IS \$12.00**

Email Karen Peek at [kpeek@slcsls.org](mailto:kpeek@slcsls.org) for more info ©

## *Expressions* Discusses

# Philosophy With Tiny Tigers

By Jessica Luchetta

It's common to think that little kids aren't smart, and that knowledge comes with age. Although this may be true in some situations, sometimes younger kids have wisdom that's lost as they get older. *Expressions* set out to interview the Tiny Tigers on the San Luis Obispo High School campus and ask them philosophical questions, just to see what they had to say.

**Expressions:** If you could choose something to change about the world, what would it be?

**Tiny Tiger Calliope:** I would like to have a real unicorn that I can ride to school every day.

**Expressions:** How should people live their lives?

**Tiny Tiger Piper:** Go to the pumpkin patch.

**Expressions:** Where do thoughts come from?

**Tiny Tiger Calliope:** The forest.

**Expressions:** What is time?

**Tiny Tiger Calliope:** The time right now? I don't know.

**Expressions:** What's the most important part of life?

**Tiny Tiger Piper:** Take care of your mom and dad, and your baby sister.

**Expressions:** What's the meaning of life?

**Tiny Tiger Piper:** I don't know because we're all in life... and I don't care.

## What It's Like To Be Labeled As The "TNN Guy"

By Rakhi Lucchesi

San Luis Obispo High School's bulletin takes the form of a news channel called Tiger News Network (TNN). Students can sign up for the class and be a part of its production. Those who are a part of TNN can announce the news or work behind the scenes. The program is broadcasted to classrooms during second period. The students who announce on TNN are seen by most people at SLOHS, and are easily identifiable. *Expressions* sat down with current TNN announcers senior Jason Wilson, junior Kasden Bunn, and sophomore Addison Hubley to get an idea of what it is like.

**Expressions:** Why did you decide to join TNN?

**Senior Jason Wilson:** I decided to join TNN because while I have a lot of experience in doing computer programming, I didn't really have any visual stuff and I wanted to kind of hone in on those skills. Also I needed to fulfill my "A through G" requirement for visual and performing arts.

**Junior Kasden Bunn:** Because I thought it would be funny.

**Sophomore Addison Hubley:** Because I needed a digital credit.

**Expressions:** What do you like about TNN?

**Wilson:** I like the fact that you're part of a team and you're creating something that everyone sees. So it is group work that actually matters.

**Bunn:** I like how I can put myself out there and I like how fun it is. It's different from just being in class, and it's the only period I actually enjoy.

**Hubley:** I like that I get to get up in the morning and talk about sports.

**Expressions:** Would you say that you feel labeled as a "TNN guy"?

**Wilson:** Yes, because people will come up to me saying "Hey, you're on TNN" and I'll be like, "yes."

**Bunn:** No, I feel like I already had a name for myself before that with the freshmen.

**Hubley:** Yes, I am now the "sports guy."

**Expressions:** Would you recommend TNN to future students?

**Wilson:** Yes, definitely, because you get a lot of skills for video and audio recording and producing and helps you build teamwork and is something that is kinda out of the traditional classroom.

**Bunn:** Yeah, because it's fun.

**Hubley:** I would recommend sports to future students, not any other part of TNN.

**Expressions:** Has TNN had any effect on other aspects of your life?

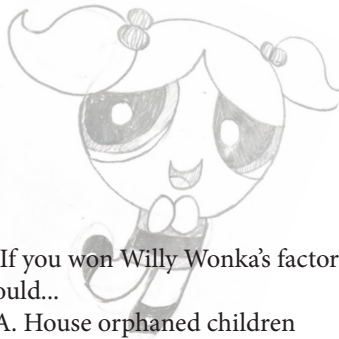
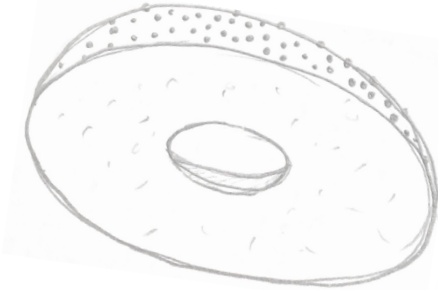
**Wilson:** Well, when I see a video I will be paying more attention to types of shots.

**Bunn:** Yeah, it made me popular.

**Hubley:** Well, I get to watch myself on TNN, which I used to not do.

# What Type of Bagel are You?

By Jena Naficy



Have you ever wondered what type of bagel you are the most like? Have you ever related to a bagel and wanted to find out more? Take this quiz to find out which bagel best matches your personality:

- If you found yourself in the midst of the (zombie) apocalypse, your first response would be to:
  - Find your friends and family
  - Locate Mr. Ross (aka apocalypse pro)
  - Hijack a plane to Mexico
  - Barricade yourself in your room
  - Hide in your local Costco
  - Cover yourself in zombie guts and blend in with the walkers, duh
- If you had to identify as a stationary tool you would be a:
  - Stapler
  - Broken white out marker
  - Glitter gel gluepen
  - Three hole puncher
  - Silver Pilot pen
  - Purple highlighter
- Your favorite pattern/material is:
  - Polka dot
  - Camo
  - Black leather
  - Corduroy
  - Yellow plaid
  - Anything fuzzy

- If you won Willy Wonka's factory you would...
  - House orphaned children
  - Mobilize the oompa loompas and take over the world
  - Turn it into a sweatshop
  - Shut down the factory and live off the candy
  - Almost drown yourself in the chocolate river
  - Change the recipes to only include organic, locally-sourced ingredients- all vegan, of course.
- When you wake up in the morning the first thing you do is:
  - Meditate
  - Workout and stretch
  - Brush your teeth and pour yourself a glass of OJ
  - Go back to sleep
  - Make egggggoossss
  - Blast your homie's latest Soundcloud track until everyone is awake
- If your friends were being honest, they would describe you as:
  - Peppy and fun
  - Intense
  - A flake
  - Hipster
  - .....interesting.....
  - Guarded

- If you were a pair of sunglasses you would be:
  - Baby blue Cat Eye
  - Bass Pro Shop eyewear (camo frames/polarized lenses)
  - Classic Raybans
  - White clout goggles with red lenses
  - John Lennon Shades
  - Snek
- If you were a bagel (you are) you would be paired with:
  - Lots of butter
  - A fried egg
  - Avocado and lemon pepper
  - Schmear and lox
  - Pumpkin spice cream cheese
  - Melted cheese
- When you dress up for halloween you go as:
  - A kitty cat
  - A US Marine
  - Ash Ketchum
  - Eleven (Stranger Things)
  - A famous artist
  - A character from a vine
- Your favorite cartoon as a child was:
  - Powerpuff Girls
  - Rugrats
  - Phineas and Ferb
  - Kim Possible
  - Scooby Doo
  - Spongebob

*Illustrations Courtesy of Jena Naficy*

Mostly A's Blueberry - You tend to clash with strong personalities, but once you find your crowd, you're chillin.  
 Mostly B's Plain - You may be a bit shy at first, but around your friends, you flourish.  
 Mostly C's Everything - You're neither hipster nor basic, and are typically up for anything.  
 Mostly D's Poppy seed - You enjoy being unique when it comes to style and the way you spend your time.  
 Mostly E's Cheddar and Jalapeno - You're unpredictable, usually fun, and are always doing unconventional things.  
 Mostly F's Onion bagel - Some may find you hard to talk to, but once you come out of your shell, you're the life of the party!