

# SLOHS EXPRESSIONS

JUNE 2023 | SENIOR ISSUE | SAN LUIS OBISPO HIGH SCHOOL



Don't let senioritis stop graduation. Illustration courtesy of Design Editor Owen Blackwell.

## Beware the Plague: Senioritis Attacked Seniors at SLOHS

Reporter Brielle Machado

Senioritis is haunting the halls of San Luis Obispo High School, and seniors can feel its influence more with every passing day.

Senioritis is a widespread affliction where soon-to-be graduates experience severe apathy and a drop in motivation as they near the end of the school year. It affects the majority of seniors at SLOHS.

"People say senioritis is not real, I completely disagree. I saw it in my own family," said English 12 teacher Jeff Leebrick.

Although the beginning of senior year often feels like any other in terms of motivation and effort given, eventually, many fall into the clutches of this unsuspecting condition.

"It's increasingly difficult to want to come to school in the morning, even though I like school and like coming to see my friends," said senior Grace Smith.

While senioritis can have various causes, a common one is the ease of seniors' third trimester schedules. Many seniors only have one more academic class they need to complete to graduate, while the rest of their time is filled with fun inconsequential electives.

"When you have three or four hard classes, you're focused," said Leebrick.

This focus dwindles as one's schedule fills up

with easier courses.

Seniors also often look to the future and become indifferent about the present. It's easy to get wrapped up in the excitement of college and adulthood and forget to focus on the final months of high school.

"Once you see the end, you tend to give up," said senior Eva Machado.

The symptoms of senioritis are wide-ranging, both in type and intensity. Most commonly, students experience a major drop in motivation to do anything related to school.

"[My symptoms are] low motivation to do stuff outside school, like get my homework done [and] low motivation to stay in class solely for the purpose of being in class, when it's not as fun," said Smith.

Senioritis can have dire consequences. Seniors are not out of the woods yet and need to stay on track to graduate.

"The kids who have checked out... don't turn any homework in, and then with two weeks left in the trimester they're often like 'oh crap, I'm going to fail and I'm not going to graduate high school.' And then we have to have some rough conversations," said Economics teacher Gregory Ross.

There are three classes fourth-year students

need to pass to graduate: English 12, American Government, and Economics. Senioritis can cause one's performance in these crucial classes to deteriorate. Ways to combat this issue include scheduling these classes during the first two trimesters of the school year or taking the courses over the summer.

Alternatively, one can try to defeat senioritis itself. Current seniors are a great source of useful strategies to accomplish this method.

"Find something that makes you want to stay and really milk it. [Also] find new friends, there's interesting people," said Machado.

Staying engaged in high school activities reduces some of the core causes of senioritis.

What's more, other seniors stress the importance of keeping up with routine school requirements.

"Do your homework because otherwise, you might have a 30.4 percent in Physics like me, and go to class," said Smith.

Those struggling with ever-lurking senioritis are not alone. A vast majority of SLOHS seniors are trudging through their final weeks together.

Juniors and underclassmen, beware of this difficult affliction that makes even the most resilient students its victim. Head into senior year prepared.

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Goodbye, Senior Editors

# Coldhearted or Crucial? Cutting Ties When Leaving SLOHS

Reporter Brielle Machado

San Luis Obispo High School seniors are about to be scattered across the country and beyond as they leave for college.

While currently they are a tightly interwoven group united as the Class of 2023, many of them will never see each other again after graduation. Although it can be tempting to clutch tightly to the safety of the past, it is beneficial and acceptable for graduates to cut out their high school relationships and move on.

"I think it's almost a mistake if you hold on too hard to relationships and you don't let [college] be a new phase of your life," said senior Gwendolyn Brussel.

College often overwhelms newcomers, as it is a big change for many. Dealing with new independence and responsibility in an unfamiliar environment creates significant stress and requires a lot of energy. This only leaves so much time and effort to commit to friendships.

"I think everybody has relationships that they

prioritize in [their] life. You're not prioritizing every single person that you've met. It doesn't make sense to keep in super close contact with everybody that you meet throughout your life," said senior Gianna Anselmo.

Trying to keep up with every single high school friend will only complicate an already difficult period in SLOHS graduates' lives and reduce the quality of each individual relationship. In order for friendships to remain healthy and enjoyable, the volume of them must be reduced.

What's more, college presents the opportunity to create fresh and firm relationships.

"I switch friends a lot, so I haven't had a lot of successful ones. My plan is to find a new place and start over. Also, I have a lot of relationships that are not great, so I'd like to start anew," said Brussel.

Clinging on to past friendships detracts from finding ride-or-dies in college.

Those willing to let people go can be viewed as detached or disinterested. However, it is often a necessary sacrifice to increase the quality of the college

experience.

"There's definitely some relationships you would only have for high school, or there's nowhere that you can progress from there, or you just don't see a point in continuing it, and that's fine," said senior Lauren Berlin.

High school sweethearts often agree to break up before leaving for college to avoid the complications of a long-distance relationship. This same principle can easily apply to high school friendships as well.

Nonetheless, some SLOHS students believe college is an opportunity to expand upon existing friendships through new experiences.

"I'm pretty excited to be able to visit all my friends across different countries and get the option to see other parts of the country and stay with them... It'll be fun to build that relationship [while] getting to visit them at their college," said Berlin.

Ultimately, seniors should do what they feel is best when they leave for college. However, cutting ties is an appropriate measure that allows for immersion into the post-high school experience.

## A Gap Year Can Help Students Take a Break and Focus



The gap between highschool and college. Illustration courtesy of freshman Kaila Foley.

Reporter Kaila Foley

Students at San Luis Obispo High School might not have much of a life outside school, and a gap year could be the perfect way to try different things before

returning to college.

A gap year is definitely something that can be defined differently from person to person. It is also not for everyone. A gap

year can mean students finding themselves, experimenting, traveling, working, or much more. Students who don't take a gap year might be focused on a specific career and don't want to waste any time. Others might be trying to get into a specific college.

"I'd say it's someone's personal choice, but I think you should take a break for at least a year," said senior Pablo Bravo.

A gap year can develop resilience, independence and emotional flexibility before entering a more competitive environment like college.

"Gap years are particularly beneficial to developing coping skills that lead to a strong mental health outlook in the college years and beyond," said Yellowbrick Clinic Chief Medical Director Jesse Vines.

Taking a year to figure things out can be very helpful, but it's also important to take advantage of that time instead of wasting it. If someone chooses to take a break from

school and not focus on anything, it can be very easy to get sidetracked.

"I recommend they go for it as long as they stay busy. Don't take a gap year and just sit home," said senior Coleman Howe.

Some people need time to make sure they know what they want to do before spending four years studying.

"You get a year to figure yourself out, explore professional opportunities and take a break from 18 years of schooling," said senior Anthony Meinhold.

Students have many difficult choices to make at the end of their senior year. These choices will affect students futures.

Each student's college and career path is different. A gap year may fit into one student's goals, but not for another. The choice is ultimately the students.

Sources: [post.edu](http://post.edu), [gooverseaspsychologytoday.com](http://gooverseaspsychologytoday.com), [yellowbrickprogram.com](http://yellowbrickprogram.com)

## SLOHS Students Should Get to Wear Cords at Graduation

Arts & Entertainment Editor Olivia Cusick

Graduation cords are long ropes with tassels attached, worn during graduation for celebrating students' hard work over the past four years. Many other schools offer the cords to students who excel in certain subjects in school. This normally includes high grade point average, community service, and career technical education pathways.

San Luis Obispo High School does not allow graduating seniors to wear cords to celebrate their completion of CTE pathways or academics in general.

"I feel like the CTE pathway is something that is pretty accessible. As a pathway completer myself, I feel like it wasn't very competitive. But I feel like [CTE pathways] are a lot more available compared to other awards and recognitions available to students," said Systems Software & Development pathway completer and senior Zoey Nielsen.

SLOHS formally allowed students to wear cords but stopped in 2017. The district expects that "nothing may be attached to or drawn on the gown or cap, or carried (i.e., leis, bouquets of flowers, boutonnieres, corsages, etc)."

SLOHS currently gives lifetime members of the California Scholarship Federation a gold cord prior to graduation. However, lifetime members are also not allowed to wear their cords at the ceremony.

Cords are a controversial part of graduation, especially since the district decided to stop the use of

cords altogether. A large part of this decision was the school felt like seniors' accomplishments were largely celebrated throughout the end of the year. Other schools in the district, like Morro Bay High School, have also stopped using cords.

"I believe we have done an outstanding job over the years of celebrating our senior class accomplishments. Think of the senior recognition assembly that we started ten years ago. [ASB Supervisor Craig] Stewart has done an amazing job building the Senior Showcase. Graduation is a personal and intimate affair with five thousand members of our community. [Former ASB supervisor] Jim Johnson resurrected Black and Gold Golden Tiger awards over the past ten years into what it is today," said Director of Secondary School and Adult Education Leslie O'Connor.

Graduation becomes less of a personal affair and more about the class as a whole with the restrictions SLOHS has in place. In not allowing students to decorate their caps or wear cords, students all merge together. But while graduation is about the full class, it is also an individual celebration. Every student who walks that stage had a different experience, different hardships they had to overcome. Making every student look identical diminishes the hard work these students put into even getting to the stage.

In Board Policy 5127, the board expresses that "The Superintendent or designee may require gra-

duating students to wear unaltered ceremonial attire at the ceremony." From conversations with SLOHS admin, this decision seems to come from a desire for uniformity at the event.

The problem with this comes in the preceding paragraphs. "However, any graduating student who has completed basic training and is an active member of any branch of the United States Armed Forces may, at (their) option, wear (their) military dress uniform at the ceremony." As well as "Students shall be permitted to wear tribal regalia or recognized objects of religious or cultural significance as an adornment to the customary ceremonial attire, as long as the adornment does not cause a substantial disruption of, or material interference with, the graduation ceremony. (Education Code 35183.1)"

If the district wants uniformity, where do they draw the line? Students deserve to be proud of their accomplishments, their struggles, and their hard work.

If seniors who are members of CSF and CTE pathway completers were allowed to wear cords, a majority of students would be included. Their accomplishments and achievements are celebrated, in a small yet meaningful way. SLOHS also used to do cords for members of AVID, which would include even more members of the student body.

Seniors graduating from SLOHS should be allowed to wear cords.

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Georgey and friends at SLOChella. Photos courtesy of senior Christian Cuevillas and Digital Design teacher Zachary Roper.

## The Future for SLOHS Senior Band Georgey is Bright

Reporter Fiona Spurlock

Most San Luis Obispo High School seniors are ready to graduate this June, and student-run band Georgey is no exception.

Georgey is a student band of seniors Sophia Campbell, Holly Schmitt, and Zoey Nielsen.

The band has been going strong since 2019, and they have no intent on stopping their success despite the challenges college will cause.

“Me and my friend Sophia really liked this one band, The 1975, and we would watch concert videos of them all the time. We share a passion for music and decided ‘why not make something on our own and just see where it goes from there?’” said Schmitt.

Georgey is now on the cusp of graduation and life outside of high school.

“We want to stay together, but one of our members is going to University of California, Santa Barbara. We probably won’t be able to practice as much, but we can release music like we did during COVID-19,” said Campbell.

At the time of this interview Campbell had planned on attending Cal Poly SLO, but has recently changed to University of California, Berkeley. Campbell reiterates the plans for Georgey’s future stays the same.

With over one hundred songs written, just five of which were released, it’s clear Georgey puts a lot of effort into their music. The band is wildly popular among SLOHS students, with Georgey frequently playing at school events such as SLOChella.

Georgey has dealt with an inability to record music in person together before.

During the COVID-19 lockdown, the band still managed to practice and release music despite not being able to meet in person.

“It’s not too hard [to record a song when not physically together] because we can just write songs together, send recordings back and forth, and if we like it, we have home studios and we record there. We can release [the song] as a band, even if we’re not together,” said Campbell.

Georgey has stuck together as a band through thick and thin. The members essentially grew up together, and the band will persevere through any hardships they may face after graduation.

Students should expect to see new Georgey songs in the upcoming years, because this band has no intent on breaking up.



Rock rules. Photos courtesy of junior Karl Karsh.

## Seniors are Rockin’ With Classic Rock Music

People & Culture Editor Karl Karsh

Seniors at San Luis Obispo High School have spent four years exploring musical inclinations and preferences. Having acquired a specific taste in music, other students are dying to know: what bands or artists do seniors recommend?

The SLOHS campus is full of diverse groups of people and every person is different, which is why music tastes will vary. Though music is subjective, it’s always good to give anything a listen at least once.

“I love American guitarist Jimi Hendrix. I recommend him to anyone who is into psychedelic rock. He’s very influential and has a good sense of fashion,” said senior Michelle Estrada.

There are plenty of other genres to explore, but it would seem that almost every senior dabbles in some kind of rock music.

“I love the rock band Muse. They provide a pretty modern take on classic rock. Their earlier work is really great, and their newer music is a little more pop sounding for people who prefer that. ‘Origins of Symmetry’ is one of my

favorite albums, as it’s very memorable and unique,” said senior Hudson Jones.

Another rock band, Led Zeppelin, is favored by seniors as well. Led Zeppelin can be categorized as classic rock, heavy metal, or blues rock.

“Led Zeppelin is good. They overall have a lot of hits and are very consistent without falling into repetition, unlike some other bands. Anyone can listen to them and enjoy the music,” said senior Stephen Lin.

Even if rock isn’t someone’s personal taste, that may change in the future, as seniors seem to be leaning towards that unique sound.

“I like American DJ Porter Robinson. His music is unique and falls into the EDM genre, but feels very different from the music usually associated with EDM. For people who need some energy, the newest album ‘Nurture’ is great,” said senior Vincent Man.

Underclassmen, take these recommendations into consideration and listen to some absolute bangers!

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# Congratulations to This Year's 16 Committed Athletes!

Health & Sports Editor Violet Burrus and Reporter Lina Arnold

16 seniors at San Luis Obispo High School are committing to colleges for athletics after graduation. The seniors signing to colleges for athletics have shared their favorite memories and their final thoughts on their athletic experience. These seniors signed with their college and are finishing off the last hoorah of their senior year. Below are the graduates of SLOHS 2023 that will be continuing on in athletics.

**Senior Landen Allison-Bullock** is continuing on at Cal Poly Pomona to play volleyball. She loves volleyball because it has helped her stay fit and continue doing what she loves to do. During COVID-19 there were some challenges that made her question continuing the sport, but she ultimately decided to stick with her passion.

"Volleyball to me means everything because I've stuck with it and it's proved to be the sport for me," said Allison-Bullock.

**Senior Justin Dolezal** will be committing to Cal Poly SLO for Swim and Dive next year. His favorite memory with SLOHS is the relaxed community. Dolezal will continue to push himself in diving because he finds enjoyment in the sport and likes challenging himself.

"Diving is a way for me to have fun, and [I like the challenge] because if it wasn't hard, then I would probably get bored," said Dolezal.

**Senior Brinley Ewen** will be going to Cal State Stanislaus for Cross Country and Track and Field. Ewen has been a multi-sport athlete at SLOHS, even competing in two spring sports simultaneously this year. She also won Girl's Athlete of the Year amongst all the seniors. Ewen started running for Cross Country last year because she had friends in the sport, and it ended up being a very successful season for the team. She originally planned on swimming in college, but she's grown to love running a lot more. She decided to go to Stanislaus because she loved the community, and a lot of the girls there reminded her of her friends at SLOHS. She will miss her family at SLOHS and the sisterlike bonds she's formed over the years.

"[Next year's team has] so much potential to just be the fastest group we've had in the history of SLOHS. All of them could run in college. The juniors are amazing, the incoming freshmen will have some really good role models. The program is going to be in good hands; it'll be another family," said Ewen.

**Senior Cooper Groshart** will be attending Cal State East Bay where he will play golf. He started golf when he was 12 years old because he was drawn to more individual sports. Despite initially joining the sport because it wasn't a team sport, he will miss the friends he's made in the program. His greatest accomplishment this year was winning league MVP, and going to CIFs this year with his team is his favorite memory. Groshart wants to be a professional golfer after college, so being a part of collegiate golf seemed like the next step professionally.

"My teammates are fun. We don't take ourselves too seriously, but we all want to win. It's cool having friends within the sport [even though] golf is an individual sport," said Groshart.

**Senior Gaylynn Kirn** will be attending Siena College in New York and will continue to play water polo. Kirn loved that the Water Polo team was filled with so much love for each other and the sport. She's a very accomplished athlete, and this year she won the Good Gal of the Year award for athletics. She has played water polo for four years and will miss all of her teammates.

"Make sure to work hard because it will pay off and you'll see the way you play in the field or goal that you feel more comfortable playing," said Kirn.

**Senior Nicole Immoos** will be attending the University of Redlands where she will be playing soccer. She started playing soccer when she was four after her parents signed her up, and it's become a huge part of her life. She will remember many great memories, especially the time that the team and the coaches stayed up after a game telling each other scary stories. She really loves the sport and all the relationships she's built from it, and she'll remember the bonds that she's made when she goes off to college.

"I'm looking forward to pushing myself more. Pushing yourself in colleges is that next level, and I'm really excited to get to a fitness level that I haven't really reached yet," said Immoos.

**Senior Alec Mahar** will be running for Track and Field at Monmouth College in Illinois. He has decided to continue on in college because of his love for his sport, and he is very proud of the team's accomplishment winning CIF.

"SLO is definitely the best program to do Track and Field, and [I'm glad I had] people to support me," said Mahar.

**Senior Sully Medici** will be going off to Allan Hancock College where he will play football. Medici's favorite memory is when his team went into double overtime against Morro Bay during one of the games. Medici would like to tell incoming SLOHS students interested in football to work hard and strive for themselves so they can do amazing things in both football and life.

"Football has been an amazing experience that I've had the joy of playing in, I would recommend it to anyone that wants to work hard enough," said Medici.

**Senior Bryce Peterson** will be committing to LaSalle University in Philadelphia for Dive. Peterson decided to commit to LaSalle because it was a good way to pay off future student loans, and he loves the sport. His favorite memory is going to CIF with his teammates these last few years, and when asked about his experience with Dive, he said that it's taken a lot of persistence and determination to succeed.

"I would like to thank everyone, [especially] all my coaches who helped me out in the past four years to get me where I'm at," said Peterson.

**Senior Luke Reiss** will be going to Western Washington University where he will be doing Cross Country and Track and Field. He got into running and Cross Country because his parents were runners, and while he became more serious about the sport in high school, he's been running for most of his life. As he's grown up, he's formed many friendships because of Cross Country, and he's enjoyed going on long runs with those he enjoys spending time with. He would like to thank everyone who got him to where he is today, including the teammates he runs with and the coaches that have given him the opportunity to challenge himself.

"I really love running and I knew that I wanted to continue doing it. I know that I'm always going to fit in in a community of runners, so continuing on in college seemed like the logical choice," said Reiss.

**Senior Janey Rubio** will be doing Track and Field at Chico State. Track has been a big part of her life, with both of her parents running Track and Field in high school and college and her sister being involved in collegiate Track and Field. She's been doing the pole vault for six years, having been involved in Track and Field since she was 12. She's had a lot of fun competing and participating in track; one of the best things in her opinion being the strong team atmosphere that's allowed her to meet some of her best friends.

"[The members of the team] make it feel like a family in a sense, and they make it all the more fun to be on the Track team. They also work really hard at what they do," said Rubio.

**Senior Nikkilyn Simeone** will be attending Hope International University where she will continue stunt. Simeone has ten years of gymnastics experience and wanted to try Stunt and Cheer to expand her horizon. Simeone never saw herself going to college for stunt but now has a scholarship for this sport and is continuing her athletic career. Simeone loves stunt because she has connected with the sport, and it has become very special to her.

"Anyone can do Stunt, [and] as long as they put in the effort, they will see how far they can go," said Simeone.

**Senior Milo Skapinsky** has committed to Stanford University where he will do Cross Country and Track and Field. This year he went to nationals and placed 27, which he says wasn't his goal, but he still enjoyed his time competing. He decided to continue at Stanford because he has always wanted to go to a university where he could succeed in academics while also being able to run. He said that winning the D2 state meet as a junior last year was his favorite experience, and that it was a great unexpected victory for their team.

"Winning CIF for me was big, and then to win state is the coolest achievement to win with your closest teammates and your best friends," said Skapinsky.

**Senior Brady Svetich** will continue onto Cuesta College for wrestling. Svetich loves the difficulty of the sport and seeing how well he does after his performances. Wrestling to him is incredibly important because it's become a huge part of his life.

"Work hard for wrestling and you'll have fun. When you work for things it will make you happy when it all comes together and you can put your skills to use," said Svetich.

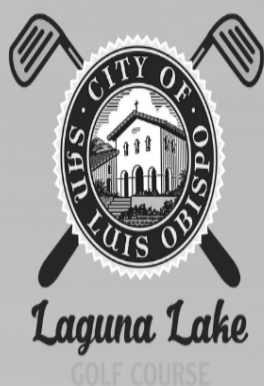
**Senior Quinn White** is a Cross Country runner continuing on at Pomona College. He has so much love for the sport and the Cross Country community. Quinn is continuing his passion for running this fall at Pomona and sees running far into his future.

"To me, Cross Country has been something that I find a lot of joy and excitement in because it just feels like a sport I can see myself doing for a very long time," said Quinn.

**Senior Jenson Wright** will be attending Vanguard University where he will be playing volleyball. Wright's favorite memory with volleyball was winning the first CIF title in the program and having an amazing season. Wright played volleyball for six years and bonded with his teammates. Jenson says to incoming SLOHS students interested in volleyball that they should always work hard and work together to improve performance as a team.

"For me, volleyball has been a way for me to connect with people that enjoy the sport, and the community has been so welcoming and kind," said Wright.

Congratulations to all these super seniors, and *Expressions* wishes the class of 2023 the best of luck after graduation!



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Miles DeBrum  
Nicole di Santo  
Karsyn Diesta  
Justin Dolezal  
Jack Fleming  
Arena Flores Leon  
Henry Flushman  
Sophiana Garza  
Olivia Greenelsh  
Katerina Harris  
Morgan Howland  
Hudson Jones  
Lane Keeling  
Kaimana Kiaha  
Elia Kim  
Reed Kimball  
Alexander Knight  
Dylan Koch  
Stephen Lin  
Joseph Lipper  
Edward-Kirt Mamardlo  
Vincent Man  
Aidan Maples  
Leo Miller  
Hari Mistry  
Mariana Navarro  
Sean Nibecker  
Emily Niebuhr  
Zachary Oates  
Shiv Panchal  
Owen Pearson  
Arielle Peterson  
Daniel Polvi  
Andrea Punzi  
Gus Ringley  
May Ritter  
Kimberly Rodriguez Noriega

Benjamin Rudd  
Mizuki Saloman Gaspar  
Justin Schroeter  
Madeline Shannon  
Alexi Shepherd  
Ashley Sirois  
Eliacus Smiley Rooney  
Ana Valero Sagredo  
Clive Vetsch  
Carys Villani  
Avery Weeks  
Owen Wells  
Ethan Wood  
Leili Nelson  
Rowan Norby  
Griffin Sawyer

**Cal Poly Humboldt**

Vanessa Ceron Alamilla

**Cal Poly Pomona**

Landen Allison-Bullock

**Chico State**

Cristal Delgado Peralta  
Evan Dolezal  
Janey Rubio

**San Diego State**

Lucy Crew  
Mia Fraysier  
Charlotte Sawyer  
Jared Treichler  
Abigail Southern

**San Francisco State**

Katerina Edwards  
Atticus Fenton  
Lily Rogers  
Mark Rourke  
Gavin Wren

**San Jose State**

Colin Bartlett  
AJ Garcia  
Elle Jensen  
Tulsi Patel

**CSU Channel Islands**

Dawn Silva  
Korrin Wilding

**CSU East Bay**

Cooper Groshart

**CSU Fresno**

Sage Lindvall

**CSU Fullerton**

Amarah Gutierrez

**CSU Long Beach**

Gabriella Parks

Coen Carlberg  
Victoria Johnson  
Gabrielle Parks  
Stella Tabuenca  
Leonardo Zimmerman

**CSU Los Angeles**

Alexandria Santos Gomez

**CSU San Marcos**

Katelyn Arana

**CSU Stanislaus**

Brinley Ewen

**Cuesta College**

Nicholas Agalos  
Mia Allegretta  
Christopher Asuncion  
Alyssa Balderama  
Andrew Barcnas

Blanca Diana Bautista

Ronan Biggs

Brady Birdsong

Kaia Blackwell

Lily Blanchard

Adam Bolivar-Stone

Parker Bonn

Bode Breese

Andrew Brewster

Kalea Brewster

Katelyn Brunner

Kaedin Bryan

Jonathan Cabrera Mendoza

Micah Caffee

Rachelle Cardenas

Riesen Carlberg

Alana Castillo

Maxwell Collins

Olivia Cusick

Marcel DeMartini

Joseph Dicarolo

Sarah Dostalek

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Jonathan Lopez Cabray

Hector Lopez Infante

Emily Loreto Castillo

Sophia Loreto Santos

Isabella Lund

Nicholas Mack

Eleanor Mann

Victor Manzano

Michelle Martinon

Francisco Martinon

Max McGraw

Aiden McGuire

Anthony Meinhold

Lucille Mendoza

Paul Miser

Diego Morales

Johan Moreno

Maxwell Nelson

Dawson Nelson

Taylor Nelson

Natalie Niznick

Jimarri Nozil

Dalila Olivera

Mikae Oropeza

Glenn Owens

Enzo Pangelina

Ruben Perez

Angeline Perkins

Sophie Pettis

Tyler Plakias

Cossette Plessas

Brooklyn Powers

Bradley Quaresma  
Julian Ramirez Brown  
Kyle Ravizza  
Joshua Rider  
Itzel Rios

Anthony Rodriguez

Aidan Rodriguez

Adamaris Rojas Ortiz

Sergio Romero Castro

Dulce Rubio Martinon

Milla Rucks

Marcus Rudnick

Zeshan Sajjad

Lauren Sajulan

Eduardo Angel Santana

Rosa Cassandra Santana Espino

Virginia Santana Rodriguez

Holly Schmitt

Benjamin Shaker

Dylan Shaouat

Jaivardhan Shinde

Alondra Silva

Draoi Slattery Lohrenz

Baylor Smith

Paloma Smith

Erick Solis Torres

Owen Speidel

Finn Steel

Liam Streeter

Sefton Strickland

Braden Svetich

Oscar Tapia

Victor Torres Cuamact

Chelsea Trejo

Isabella Tumbrello

Brian Uriostegui

Jordan Vaskov

Hunter Viles

Levi Villegas

Oliver Waddell

Seth Wellman

Lauren Weyel

Shannon Williams

Gabrielle Worden

Huiyi Wu

Nicholas Yuwono

Tania Zamora

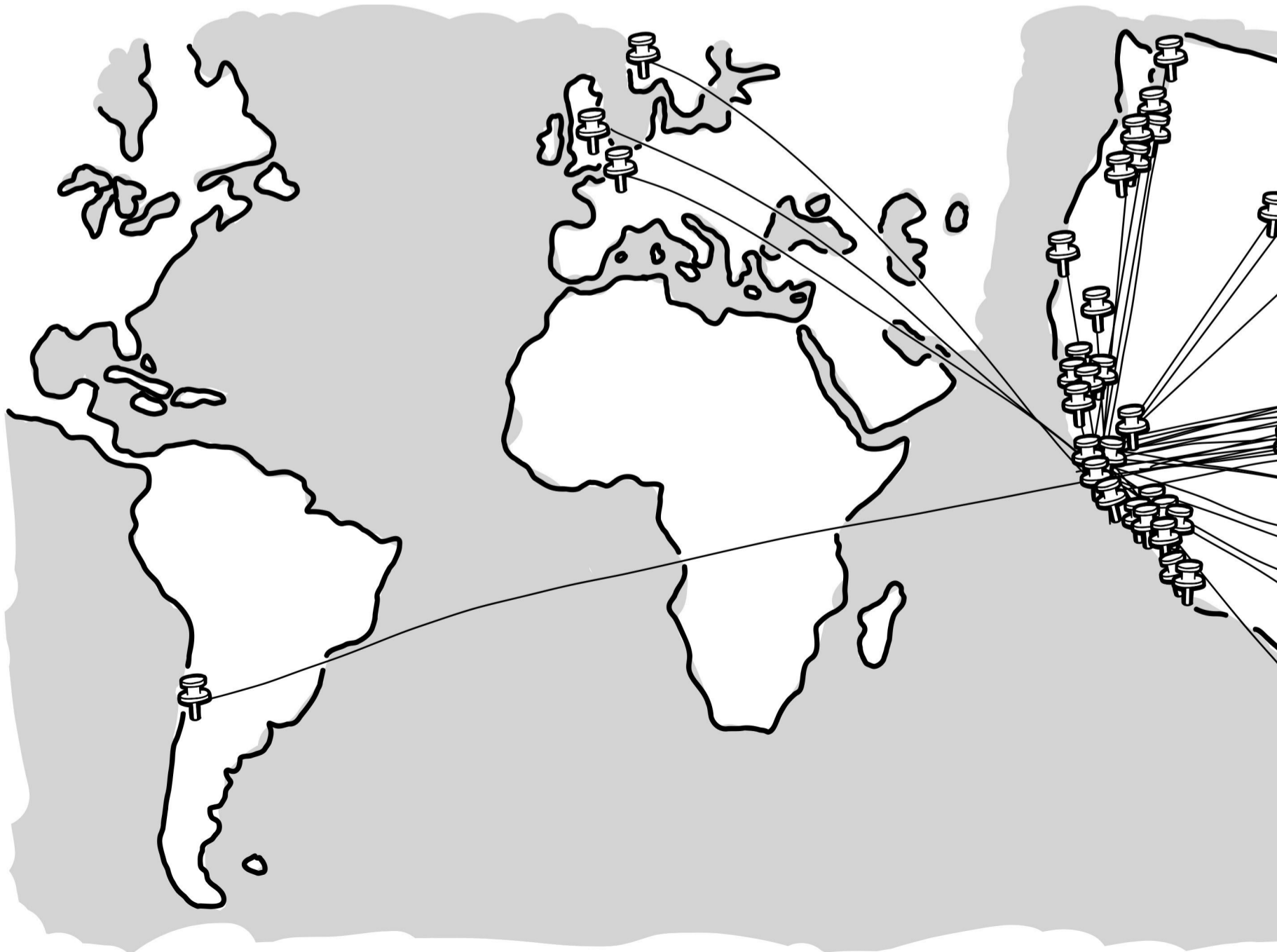
Rocco Zundel

Elbia Zuniga Renteria

Nancy Guzman

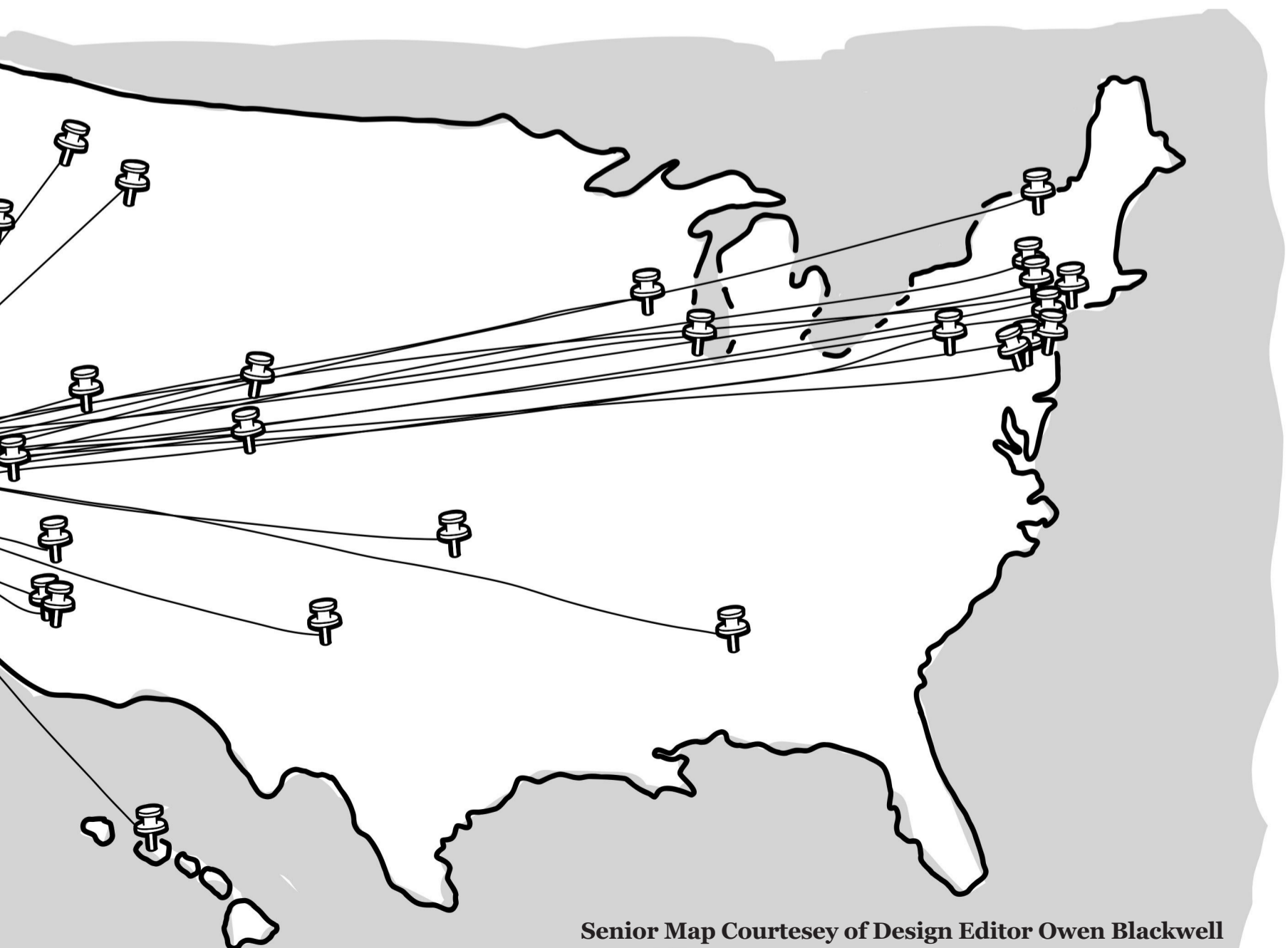
Spencer Hafley

Bryan Whitson



## SENIOR MAP (SELF-REPORTED)

<b>Allan Hancock</b> Tamir Sood Sully Medici <b>PCPA Pacific Conservatory</b> Sophie Kirby <b>Santa Barbara City College</b> Matthew Horn Emery Marroquin <b>UC Berkeley</b> Sophia Campbell Caleigh Hostetter Carmen Joines Katherine Karleskint Sophia Liu John Raj <b>UC Davis</b> Alexis Alltucker Christian Cuevillas Brielle Machado Kylie Meas <b>UC Merced</b> Gavin Hori Anderson Rector Sloan Robbins <b>UC Riverside</b> Ishita Maddenini <b>UC San Diego</b> Kylee McNabb Emily Pan Joel Schloss <b>UC Santa Barbara</b> Gianna Anselmo Lauren Berlin Nate Browning Kiara Edwards Lopez Brandon Jensen Zoe Nielsen <b>UC Santa Cruz</b> Mia Clifford Matthew Davi Annabelle Demarest Diego Freeman-Garcia Cinthia Hernandez Logan Johnson Makena Johnson Ariadna Mendoza Garcia Ellie Pearson Rowan Steins Grant Steins Iain Van Kleeck Finn Westley	<b>UCLA</b> Edward Chiang Jennifer Michel Lucie Plantevin Sadie Remillard Talia Zundel <b>Cal Baptist</b> Matthew Hartford Ayden McCann <b>Chapman University</b> Avery Machamer <b>Hope International</b> Nikkilyn Simeone <b>Pepperdine University</b> Alek Naran <b>Point Loma Nazarene</b> Malia Vanderripe <b>Pomona College</b> Quinn White <b>Stanford University</b> Milo Skapinsky <b>University of Redlands</b> Nicole Immoos <b>University of San Francisco</b> Isabella Nino de Rivera-Krieger <b>Vanguard University</b> Jenson Wright <b>Westmont College</b> Elliot Zeeb	<b>University of Colorado, Boulder</b> Will Isaman Ava Jacobs  <b>Connecticut</b> <b>Yale</b> Kyran Blau Clara Landeros  <b>Hawaii</b> <b>University of Hawaii, Manoa</b> Daniel Elwyn Lola Gantenbein  <b>Idaho</b> <b>Boise State</b> Devin Kirven Memphis Rose Powell Sean Halderman  <b>Illinois</b> <b>Columbia College Chicago</b> Lindsay Smith <b>Monmouth College</b> Alec Mahar  <b>Montana</b> <b>Montana State</b> Garrett Hall <b>University of Montana</b> Gabriel Garcia  <b>New York</b> <b>Barnard College</b> Mary Zawalick <b>Siena College</b> Gaylynn Kirn <b>The New School</b> Savanna Henderson <b>Vassar College</b> Gwendolyn Brussel  <b>Oklahoma</b> <b>Oklahoma State</b> Ely Brooks Erin Garnsey  <b>Oregon</b> <b>University of Oregon</b> Henry Crew James Machado	Natalie Tillman <b>Oregon State</b> Jude Shin <b>George Fox</b> Josiah McCarley <b>Reed College</b> Betti Grace Smith  <b>Pennsylvania</b> <b>LaSalle University</b> Bryce Peterson <b>Pennsylvania State</b> Mitchell Clark <b>University of Pennsylvania</b> Erin Chae  <b>Tennessee</b> <b>Nashville State Community College</b> Michelle Estrada  <b>Texas</b> <b>Texas Tech</b> Mia Jess  <b>Utah</b> <b>Brigham Young University</b> Avery White <b>Utah Tech University</b> Siena Duarte  <b>Vermont</b> <b>University of Vermont</b> Tobin Clark  <b>Washington</b> <b>University of Washington</b> Angie Perry <b>Washington State</b> Kennedy Souza <b>Western Washington</b> Phineas Lloyd-Moffet Luke Reiss Lucy Moseley  <b>Wisconsin</b> <b>University of Wisconsin, Madison</b> Katelyn Goldsmith Mark Wright	<b>France</b> <b>American University of Paris</b> Lucille Reed  <b>United Kingdom</b> <b>Oxford University</b> Julia Bellardo  <b>Workforce &amp; Military</b>  <b>Cal Fire</b> Elias Stepbro  <b>US Air Force</b> Adrian Castrejon  <b>US Navy</b> Donovan Franciskovitch  <b>Work</b> Samantha Bedford Clay Bitler Esdras Castillo Dominguez Juan Martinez Ashly Ramirez  <b>Travel &amp; Gap Year</b>  <b>Chile</b> <b>Rotary Youth Exchange</b> Owen Blackwell  <b>Italy</b> Brooklyn Van Brasch  <b>Norway</b> Mutale Malama  <b>Gap Year</b> Arianna Cisneros Gavi Garcia Brody Johnson Jaden Pooler Caleb Scuri Macey Wilkerson Joshua Ellis Pablo Bravo
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Senior Map Courtesy of Design Editor Owen Blackwell



Is Cal Poly the right choice? Illustration courtesy of freshman Kaila Foley.

## Why Cal Poly is the College King of SLO

Reporter Dylan Shaouat

San Luis Obispo High School seniors were faced with a decision on May 1 that would ultimately change their life. An abundance of seniors decided to move and go somewhere out of SLO, out of the state, or for some, out of the country.

However, a majority of seniors decided to stay in SLO.

Of this majority of seniors, given two main options, many decided on going to Cal Poly over Cuesta College.

"I just think academic wise and cost wise, [Cal Poly] was the best option for me, and also to be partaking in the ROTC (Reserves Officer Training Candidacy) program there. SLO is a good place to live even if I have been living here for half of my life," said senior Aidan Maples.

Once seniors graduate from high school, Cuesta offers what they call the Cuesta Promise, which gives the graduate two entire years of college education completely paid for. This is a huge advantage for seniors, allowing them to get their general education out of the way and then transfer to a California State University.

"Honestly, the Cuesta Promise [is what made me decide to go to Cuesta] because having that ability to stay in a place that I know while being able to get my general education out of the way for free was a huge advantage that I saw," said senior Kaia Blackwell.

Cal Poly is an amazing school with great courses and professors. The main deterrent from Cal Poly given these two choices was the price. Especially

when given the opportunity to have two years of free education, it was a hard decision for a lot of students to make.

Staying in SLO was an advantage for many of the students at SLOHS as well. They got to stay in a place that they are familiar with, as well as with people they know. Plus, who doesn't love being able to do laundry for free?

"I did consider going to Cuesta, but my parents told me that they'd pay for my college, so now I'm not too worried about it," said senior Thomas Bye.

Although many seniors decided to go to Cal Poly, it doesn't mean it's the only choice out there. Going to college is important in life, but where someone goes doesn't define their success.



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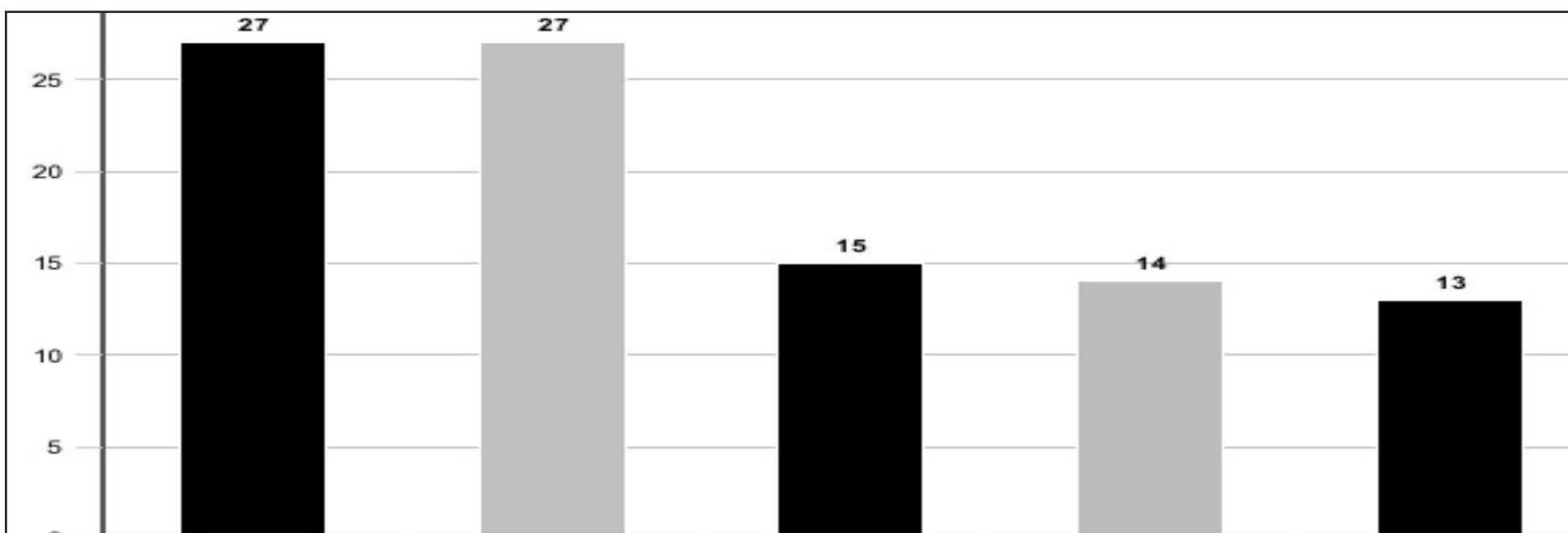
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Top five most popular majors among seniors: Biological & Life Sciences, Economics & Business, Engineering, Political & Social Studies, and Psychology & Neurosciences. Photo courtesy of the 2023 SLOHS Senior Survey.

## The Major Majors for SLOHS Seniors

Reporter Max McGraw

One of the biggest challenges for seniors, aside from choosing a college, is what their major will be.

*Expressions* gathered information from most seniors concerning what colleges they plan to attend, what major they are wanting to pursue, and the overall data on what student majors are most popular and why.

The major choices offered at college range from very broad subjects to overarching subjects, which envelope a lot of academic content to very niche interests a student may have.

“I’ve known that I wanted to be a pediatrician

since I was around ten because I have an interest in both medicine and working with children. Some classes like AP Biology, Anatomy and Physiology, and Tiny Tigers helped solidify my interests in each subject,” said senior Kylie Meas.

Of the 27 students who have signed up for biological studies, many of them were compelled by their experiences working jobs in that field outside of school. This is shown as well with Biological Sciences.

“I love to surf and scuba dive and that inspired me to volunteer at the Avila Aquarium,” said senior Rowan Steins.

However, some pathways are more experimental in nature with students who have more of an intent of trying out a subject which they thoroughly enjoy to be active in.

“I wanted to have fun, so I chose a major which I thought would be fun for the next four years,” said senior Joel Schloss, who chose a major of Speculative Design, in which two other students will be joining him.

Whatever a senior’s reason is for choosing a certain major, it’s important to understand how a major is just a label on a college career, and that a career can hold many directions and decisions.

## Why are Seniors Going Out of State for College?

Reporter Fiona Spurlock

College decisions are a big part of graduation for many San Luis Obispo High School seniors, and one of the primary aspects of deciding what college to attend is the location of the school.

Some seniors decided to attend colleges outside of California, and to find out why, *Expressions* decided to interview a few seniors attending out of state colleges.

**Expressions:** What college will you be attending this upcoming fall?

**Senior Lucy Moseley:** I’m going to Western Washington University.

**Senior Mia Jess:** I’m going to Texas Tech University.

**Senior Grace Smith:** I’m planning on attending Reed College.

**Expressions:** Where is that college located?

**Moseley:** It is located in Bellingham, Washington.

**Jess:** Lubbock, Texas.

**Smith:** Portland, Oregon.

**Expressions:** Why did you choose that college?

**Moseley:** I chose it because I really liked the people up there, and it’s a beautiful campus.

**Jess:** I really liked the program. My brother and I went and visited it and I just loved it.

**Smith:** I just think it’s really cool, really unique. It’s a small liberal arts school and they just do things a little bit differently than a lot of colleges.

It’s a gorgeous campus, I love Portland. It’s really good for the major that I want to do [which is] chemistry.

**Expressions:** Did the fact that it’s out of state have any factor in your choosing where to go?

**Moseley:** Yeah, I wanted something different. I wanted to experience new things and try out different stuff.

**Jess:** I was looking for a college [that] was out of state and I was stuck between Texas and Indiana, [but] I decided to go to Texas.

**Smith:** It did have a small factor. I love California and it actually counted a little bit against choosing [Reed College] because I love it here, and it’s far from home. I think it’s going to be really cool to do something different from what I’m used to.

Whether seniors are going out of state, staying in state, or not going to college at all, *Expressions* wishes the best to all graduating seniors!

## Dorm Life: What Seniors are Taking to College

Feature Editor Alma Tinoco

Seniors’ time at San Luis Obispo High School is coming to a close, and as they move on to the next chapter of their life they’re bound to need some new basics. *Expressions* interviewed seniors on what they plan to take with them as they move on and move out into a new setting.

**Expressions:** Will you be moving into an apartment or college dorms?

**Senior Kate Edwards:** At this point I’m going to be in the dorms, but, I haven’t heard back on the housing application so I might end up living in an apartment.

**Senior Cinthia Hernandez:** I’m going to be living in a dorm and I’m actually going to be in a triple dorm and I’m going to dorm with one of my friends. We’re currently looking for another roommate.

**Senior Janey Rubio:** I’m gonna be living in the dorms, and I already have a roommate who I met on my visit. Her name is Morgan and we’re both going to be on the track team together. I think we’ll live in an on-campus dorm.

**Expressions:** Has your college suggested what to bring in a dorm?

**Edwards:** I think they have a checklist that has been at the end of some emails, but I haven’t really looked over it yet.

**Hernandez:** They haven’t yet, but I feel like

through other people I know that have gone to college, they’ve been telling me what I need to bring. So not necessarily the college, but I’ve definitely gotten information on what I’m going to need for when I move into college.

**Rubio:** No, not necessarily. I think they kind of just assume that you’ll bring any kind of decorations that you want and all the necessities that you need.

**Expressions:** Is there anything your college has prohibited in the dorms?

**Edwards:** No smoking and no drinking.

**Hernandez:** Not that I’ve read. I mean, I’m gonna go to UC Santa Cruz, and that’s like a really progressive school.

**Rubio:** Not that I’ve heard of. I know that other people outside of the campus aren’t necessarily allowed into the dorms during certain hours. But I don’t think there’s anything that’s not illegal that’s not allowed. Other than pets, maybe.

**Expressions:** What do you plan to take to your dorm?

**Edwards:** Probably just the necessities because I can come back. I’m only going three hours away. I’ll probably just bring a lot of clothes and a couple of blankets. I’ll also probably get some bathroom stuff and some cute little decorations to make it look less like a prison.

**Hernandez:** My friend and I are actually planning on buying a pink Keurig and then a pink mini-fridge.

**Rubio:** I’ll probably talk more with my roommate about it when it happens, but probably some sort of decorations like throw pillows, maybe LED lights. Some posters of artists that I like, and probably enough storage to hold all my clothes.

**Expressions:** Where are you getting your room essentials from?

**Edwards:** Probably Target.

**Hernandez:** I’m probably gonna get most of my room essentials from places like Target, because they sell pretty cheap stuff that is accessible.

**Rubio:** Amazon, Home Goods, like general design stores that are cheap

**Expressions:** Is there anything you wish you could take with you to college that you can’t?

**Edwards:** My dog. I’d love to bring my dog.

**Hernandez:** I just wish I could take all of my pillows because I sleep with like, genuinely six pillows, but because the beds are so tiny I’m probably not going to be able to take most of them.

**Rubio:** My cats. I have two cats and they stay in my room. I wish that I could bring them to college with me, but I definitely can’t.

*Expressions* wishes seniors good luck on moving into their new homes in the fall.

# Congratulations to This Year's Valedictorian and Salutatorian Candidates!

Health & Sports Editor Vyolet Burrus

At the end of each year, the senior with the highest grade point average at San Luis Obispo High School is named the valedictorian. A salutatorian is also named each year, and this student is the person with the second highest grade point average.

As the school year comes to a close, the 2022-2023 valedictorian and salutatorian are being decided. *Expressions* decided to interview a few seniors who are in the running to be the valedictorian and salutatorian in order to find out more about their high school experiences.

**Expressions:** What is your class rank and GPA?

**Senior Erin Chae:** I'm one, and [I have a] 4.7.

**Senior Jackson Fleming:** I'm number two, I have a GPA of 4.7.

**Senior Milo Skapinsky:** I think I have like a 4.52 or something, I don't know my class rank.

**Senior Mary Zawalick:** My GPA is a 4.57 weighted and I am ranked fifth out of 383 students.

**Expressions:** How would you describe your high school experience?

**Chae:** It's pretty atypical because I went to three different high schools so I had to move around a lot, but it was really fun because it showed me a lot of different people and different teachers.

**Fleming:** I actually moved here two years ago from Tennessee, so I've had two different high school experiences. My school in Tennessee was a private school and [was] very different. However, I would say I really learned a lot from both. My high school experience has been very well rounded and character building.

**Skapinsky:** It was a little interesting with COVID-19 sophomore year, but all in all, it's been good. I've been able to take classes that I like and had a good balance between taking classes I'm interested in and also ones that are harder.

**Zawalick:** My high school experience was very busy. I feel like I was always running from activity to activity, trying to find time to study in between dance rehearsals and club meetings. However, I made sure that I only participated in the activities that meant a lot to me, which made high school immensely more rewarding and enjoyable.

**Expressions:** What is your outlook on learning and academics?

**Chae:** I think if you look at it from an angle where it's not something you have to do, but more like you get to expand your knowledge, it makes it a lot more fun.

**Fleming:** I really like learning. It's one of my favorite things.

**Skapinsky:** I think it's important to take classes that are of interest to you. It's not all about just taking classes that are gonna get you like the highest class rank or the highest GPA.

**Zawalick:** When I was a kid, I really loved learning and was always curious about new things. I definitely still love learning new things, especially in science, but having to meet so many academic demands for so long caused me to get a case of senioritis. Despite this, I am still incredibly excited to go to college and learn about the things that interest me.

**Expressions:** Do you feel connected to SLOHS? Were there any activities or clubs that you participated in?

**Chae:** I've been a part of a few different clubs, and the leader of different clubs as well, so being a part of those definitely has been a factor in being involved.

**Fleming:** Definitely more clubs. I swam in Tennessee, but I didn't swim here. I didn't have that kind of sports connection at SLOHS.

**Skapinsky:** I've connected to my teammates and my coaches on the athletic side of things, and I've had good teachers.

**Zawalick:** I feel very connected to SLOHS! I was in a lot of different clubs because I found them very interesting. Joining clubs definitely made school more enjoyable. School didn't feel like 'just a place where I take classes.' I felt like I was part of a community.

**Expressions:** Do you think there's pressure to act a certain way or any stigmas about being ranked highly?

**Fleming:** No, at least not for me, because I'm not the type of person to really brag about it. I enjoy school. I enjoy learning and all that, so it kind of bumps me up.

**Skapinsky:** I don't think so. I don't know anyone's class rank, so I don't think people think about it.

**Zawalick:** I didn't feel pressure to act a certain way because of my rank until the end of my senior year. I think that people expected the stu-

dents with high class ranks to keep working at the same level in the spring. Getting a high class rank is incredibly hard, and many teachers and students don't understand that students can only keep working at that level for so long.

**Expressions:** Was it worth it to be at the top of the class? Do you regret anything?

**Chae:** I think I've had a good experience balancing social and academic. Obviously I had to sacrifice both to be able to balance those, but in general I've had a good experience.

**Fleming:** I'm more antisocial. I'm not super outgoing with hanging out with everybody. I don't feel like I sacrificed that, but maybe from the outside looking in I didn't hang out with as many people as I might have wanted to.

**Skapinsky:** I definitely took AP classes or honors classes that I would rather have not taken and I definitely had to endure sort of harder classes to get a higher GPA. I'm sacrificing a little bit of fun or free time there, but for the most part, I haven't tormented myself too much. I've been able to have fun and do school at the same time.

**Zawalick:** Being at the top of my class helped me immensely in the college application process, and I was accepted to my dream school. For me, I think that I did a good job at balancing school, extracurriculars, friends, and family in high school, which made high school a happy experience despite my 'sacrifices' and the stress of academics.

**Expressions:** What are your plans for after high school?

**Chae:** I'm going to University of Pennsylvania for four years [to study] multinational management.

**Fleming:** I'm going to Cal Poly. [I'm studying] mechanical engineering.

**Skapinsky:** I'm going to attend Stanford University, and I'm going to run track and cross country there. I'm planning to major in Environmental Engineering.

**Zawalick:** I am going to attend Barnard College, the all women undergraduate college in Columbia University. I plan to major in biochemistry on the pre-medical track.

Congratulations to these high-achieving students, and *Expressions* wishes all seniors the best of luck after graduation!

## This is What it Takes to Get Into an Ivy League College

Reporter Kaila Foley

Students around the world and at San Luis Obispo High School have spent the majority of their time at school. For some students this path can lead them to an Ivy League school. The Ivy Leagues are eight of the most renowned private research institutions in the Northeastern United States known for their prestige and competitive nature.

The entire education system of the United States puts students through a total of 12 years in school, so where does all that hard work get used?

A common stereotype of getting into an Ivy League is that it is necessary to take specific classes and be in specific clubs so that it looks good on an application.

"I really centered myself around following what I want to do and what I like to do," said senior Clara Landeros, who will be attending Yale University this fall.

Many seniors also want to get out of San Luis Obispo and using school opportunities can be a very helpful resource.

"I always knew I wanted to leave San Luis and leave California," said senior Kyran Blau, who will also be attending Yale University this fall.

Certain schools might be looking for a picture perfect application and a 5.0 grade point average, but there are certain aspects that are also

important. Standing out is always key when submitting an application by making it unique and personal.

"I will say that my writing really carried me far. I really like to write and it's always been an outlet to me," said Landeros.

Having a good understanding of what is wanted for the future and showing it in applications and essays shows colleges determination to an educational path.

"I was looking at schools that had good pre-medical programs," said senior Mary Zawalick, who will be attending Barnard College, the all women's denomination of Columbia University.

As well as standing out, maintaining good grades also shows colleges that it won't be an issue keeping up in a higher skilled learning environment. Naturally a lot of stress comes along with keeping grades up and aiming for an Ivy League school. Pressure and anxiety can get very high, but it's important to stay focused.

"I did what I wanted to do. I did my work and I stressed out a lot," said Landeros.

There is certainly a lot involved in applying to and getting accepted into an Ivy League. The most important things students need to remember are to express unique interests, put in the hard work, and write about it all in college applications.

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Lina Arnold

Chloe Daughetry

Kaila Foley

McKenna Hayes

Isiac Hernandez

Daniella Ignacio-

Nava

Brielle Machado

Max McGraw

CJ Patton

Dylan Shaouat

Fiona Spurlock

Jordenn Valle-

Gearhart

Taryn Weller

# The Bests, Worsts, and Mosts of the Class of 2023

Senior Superlatives voted by SLOHS *Expressions* editorial staff.

## Katya Harris



Most Likely to Have a Honeymoon in Vegas

## Liam Streeter



Most Rizz

## Phin Lloyd-Moffet



Biggest Smart Ass

## Mutalé Mulama



Most Likely to Join a Cult

## Angie Perkins



Worst Driver

## Aiden Maples



Looks the Most Like Ben Shapiro

## Ask the Class of 2023: An Advice Column

### Opinion Editor Jane Culbreath

**Dear Class of 2023,**

**I am applying for college next fall. What advice do you have for me?**

Dear SLOHS student,

I would say that you should apply to Cal Poly even if you don't think you're gonna go there, because I said vehemently that I wasn't going to go there, and I'm going to Cal Poly, so definitely keep that option open. People bag on Cuesta, but it's a great option to have, and honestly the best thing is just to not put yourself in debt. 'It's not where you go, it's what you do when you get there,' as Economics teacher Gregory Ross says.

-Senior Emily Niebuhr

I would definitely say just start early, because I waited until the last couple of weeks to actually work on my essays. I thought I'd be able to get them done, but I really regretted that, because I wasn't able to write great stuff. I think that when you're writing your essays, the best thing you can do is to have people look over them, like your English teacher or even your parents, because they'll actually know the stuff that you're writing about. I would also say don't stress about [choosing a major] too much. Just pick something that you enjoy in high school, because most people end up changing it, so it's not super set in stone. It's not like once you choose something, it's locked in.

-Senior John Raj

**What were the most memorable parts of high school? How do I make the most of their high school years?**

Dear SLOHS Student,

I think since I was a sophomore and a junior during COVID-19, high school was earmarked by spending a lot of time with myself, which is unusual, because most people enter high school and meet a bunch of new people, and they're bombarded by new things. I really got to focus on myself for a while, and then when I came back to school, I felt like I was a new, more authentic version of myself. I think for me, the most memorable thing has been just realizing that I'm more confident and happy with who I become throughout the process of high school,

and that it is a process that doesn't just happen overnight.

-Niebuhr

I think the most memorable part of high school was definitely sports and being on my teams. [Another memorable part was] hanging out with friends outside of school and classes. I think it's really important to have fun in your classes, even while you're still learning. It makes the experience so awesome.

-Raj

**How has high school changed you as a person? What have you learned?**

Dear SLOHS student,

High school has made me a lot more bold. I was kind of shy freshman year, and now I'm not really shy at all and I enjoy talking to different people. I think it's really just helped me define myself and become more focused on my interests, like writing and running. One mistake high schoolers make is feeling like you're running out of time and that you have to make the most of it, because you're only a high schooler for four years. [People feel like] you have to do as much as possible or you have to hang out with certain people. I think it's good to just kind of relax and accept the experience as it comes and just acknowledge that there's a lot more to look forward to after high school, but to also just enjoy your time while you're here and not be stressed about growing up.

-Niebuhr

High school has taught me that working with other people just improves everything, even if it's something that you don't really enjoy doing. It just makes it better and allows you to go farther. I think high school taught me to not worry as much about the grades that I get as much as actually learning the material. It's definitely more important to try to just do your best and learn, and then the grades will fall where they may, and it's not too important.

-Raj

I was probably a weird little kid coming out of middle school, so I think [high school] just kind of shaped me into who I am. Being around other people your age as you go into college just helps

you learn how to interact with other people better and make friends and learn how to deal with any problems you might run into along the way. I tore my ACL [in high school], so I learned I really just need to take care of my body personally and pay more attention. I've just been working a little harder on being more engaged with what I'm trying to do.

-Senior Asher Bryson

**What classes should I take at SLOHS?**

Dear SLOHS student,

I think personally, one of my favorite classes was culinary arts, just because it's really different from anything else you do in high school, but it's also really fun. You get a lot of good food, and you can hang out with your friends while also doing something that you enjoy.

-Raj

Dear SLOHS student,

Auto was really fun. I enjoyed that class and it's useful, because if you have any car problems you can do it without having to pay a mechanic. I'm also in criminal justice right now, which is pretty interesting. Sociology is also fun.

-Bryson

**Help! How do I decide where to go to college?**

Dear SLOHS Student,

My big thing was where the area is. I picked a smaller town, so I'd say pick somewhere that you like the area, and it doesn't have to be based on where your friends are going. Pick something that you think would be right for you and that you think you would enjoy.

-Bryson

Definitely choose a place that has a climate that you like. In California we have a great climate, so most people are just used to that. So if you go to the East Coast, there's going to be extreme humidity and weather. Also, you should choose something that has a good program for whatever field of study you're interested in, and think about if you would prefer a big campus or a small campus.

-Niebuhr

## Goodbye, Senior Editors

I signed up for the newspaper last year because my friends in AP Biology pushed me to. I am so thankful for that and all the happiness it has created for me. Thank you. Thank you to everyone who has contributed to our paper through writing for, being interviewed for, and reading it over the past year. I love to write, I love to perform, and I love to make a difference in the people around me. *Expressions* has done all that and more for me. My life wouldn't be the same without all these wonder-

ful people. My best advice to underclassmen would be to take the plunge, take the class you might hate, take fewer AP classes, and enjoy the limited time you have with the people around you.

Thank you SLOHS. I love you. I love you despite your flaws, despite everything that could and did go wrong in my years here.

Yours truly,  
Olivia Cusick



**Arts & Entertainment Editor Olivia Cusick**



**Magaerial Editor Izzy Nino de Rivera**

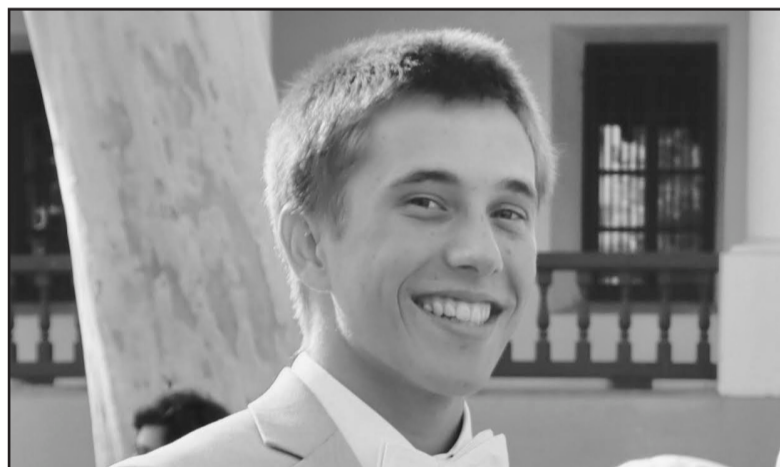
I only had space for band electives for the first three years of my high school career, but I always planned to take Newspaper. When I joined the last trimester of my junior year, I knew I was going to stay. Newspaper has become a passion project of mine this year. Crafting the perfect sentence, succinctly reporting the news, and putting together beautiful page layouts is both invigorating and rewarding, and doing it with fellow editors who share my creative passions has inspired me to do more and do better. Even though so many newspapers get thrown away, I will always thank the people who see it as the art form it is. Journalism captures the art of writing and makes it accessible

and informative to the greater population. This is simple and effective, but I also like to make the paper look pretty in the process. Both in editing and reporting, Newspaper has pushed me to speak to people I wouldn't have otherwise, broadening my understanding of the students at our school. It has also introduced me to people who are now great friends of mine. I will always remember the daily political debates and random rabbit hole discussions in fourth period, and I feel so lucky to have worked with passionate and driven people who are extremely dedicated to the success of SLOHS *Expressions*.

Best,  
Jane Culbreath



**Opinion Editor Jane Culbreath**



**Design Editor Owen Blackwell**

I was only in Newspaper for two trimesters, yet I became editor out of sheer will and spite. I hated Newspaper so much after first trimester that I quit in favor of Yearbook, but found myself missing the class and came back in the third trimester to edit the back page.

Here is what I have learned throughout high school:

If you want someone to stay in your life, you have to put in work and potentially go out on a limb to show them how much you care, but I promise you it's better than having to avoid large groups of people for the rest of high

school. Make sure you know all your options for college so that you don't have to dodge the "where are you going next year?" question as a senior. Make sure you eat good food regularly. Have more confidence (just pretend like you know what you're doing until you look confident), because no one really cares about what you're doing and you deserve to exist as much as everyone else. And ask your teachers for help if you need it, because helping you is their whole job.

Good luck,  
Lauren Weyel

While getting out of your comfort zone can be scary, I've found that the best parts of my high school experience have come from choosing to try something new. Nairne told me multiple times to take Newspaper, and I signed up for the class last year not knowing really what to expect. Since then, fourth period has often been the highlight of my day. From interviewing interesting students to making graphics for articles, each day has brought something new. Taking the newspaper production class has been one of my favorite experiences of high school. My fellow

editors were what made class so great. I will fondly remember the in class conversations and interactions we had, as some of the most fun and interesting of my entire high school career. Ranging from economics and politics to theater and leadership, the conversations we had, the rabbit holes we went down, and the production of our print issues were some of my favorite moments during my time at SLO High.

Sincerely,  
Owen "Design Dictator" Blackwell



**Back Page & News Editor Lauren Weyel**

Every senior has that point in their high school career where they doubt themselves emotionally or academically. Will I be happy with my life ten years from now? Will I even graduate high school or go to college? Do I matter? These doubts came to me every day -- If not one, then all. While I overcame my eating disorder of over ten years, I got pulled out of school for two months. I started in November, nervous about if I'd make it to college and be the first in my family to go to college. Overcoming my worst insecurities while entering adulthood is terrifying, but it is the ultimate catharsis. I've never felt more optimistic about what's ahead for me. Question everything around you. Stare into the abyss and it will stare back -- But to even

face your insecurities is a sign of bravery like no other. Go forward with a sense of justice and belonging. Give to others, but also yourself. I'm saying my goodbyes with tears as I end my four-year tenure as an editor and three years as editor-in-chief. Thank you to Nina, Celia, Karl, Alma, and Owen B. for being some of the truest friends I've ever had to come out of this class. I can't imagine making it without you. Thank you to Nairne for being one of the most positive influences in my life and changing it for the better. Sorry you had to see me every day for the last four years.

Onto the next chapter, San Francisco and beyond!

With love,  
Izzy Nino de Rivera-Krieger