

INSIDE

NEWS

4 Shark Tank

5 How to deal with eating disorders

OPINION

6 What would a Trump presidency really look like?

FEATURE

8&9 Combating mental illness on campus

SPORTS

11 Player of the month

11 Hiking destination

ARTS AND

ENTERTAINMENT

12 Design Queen

Merissa Brancart

13 Top "Hamilton" songs

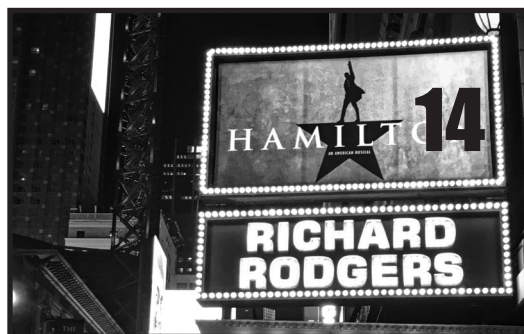
PEOPLE

14 Seniors headed to the armed forces

15 Best faces swaps

BACK

16 Top cult films to watch



A black and white photograph of three young women standing together, wearing elegant dresses.

BOOK NOW

KASPERS PHOTOGRAPHY

- 2017 -

SENIOR SESSIONS

ARE HERE

HANDCRAFTED
images

TELEPHONE
(805) 544-2423

EMAIL
christine@kaspersphotography.com

INSTAGRAM
kaspersphotographylo

WWW.KASPERSPHOTOGRAPHY.COM

A black and white photograph of a woman holding a vinyl record.

BOO BOO RECORDS

LPs
CDs
DVDs
Books
T-Shirts
Posters

A logo for 'BOO BOO RECORDS' featuring a stylized rooster.

be independent...
shop independent

"One of the top music stores
in the country!"
- Rolling Stone Magazine

facebook.com/boobooorecords
instagram: boobooorecords

Dear Expressions,

While reading the last issue of Expressions, I overheard someone saying that a majority of the films listed in "Four Must Watch Cult Films" weren't actually cult films, due to the fact that some of them were initially successful when they came out, and are appreciated by most people. However, I don't think that's why they're called "Cult films". Cult films may be mostly thought of as films that didn't do so well at the box office, but still manage to gather a following over the years. But I believe the term is a bit more inclusive

than that. While some of these films can fail, others can be successful. I personally don't think it's the amount of success built over time that makes a film a cult film, but rather, the content within the film itself. Some of these films have a deeper message to them, some of them tap into a sense of nostalgia that people enjoy no matter how poorly they aged, and so many other ideas that can be applied to this type of film. While I agree that the four films are "must watch", the article didn't really elaborate on what made them "cult". They mostly seemed to stick to summarizing the plot and direction of the film,

rather than the ideas that got the attention of a specific group of people. It kind of seems like they just found a list of cult films on the internet and recommended them as movies (which is good), but if the focus is what made people want to watch these films and what made them cult films, then I have to say I was somewhat disappointed. The four films were good, but I think it could've been done better based on the subject matter.

- Alex Elhers

BREAKFAST
LUNCH DINNER



OPEN 7 DAYS
A WEEK!

Award-Winning Clam Chowder in a
Freshly Baked Sourdough Bread Bowl
Seafood Specialties & Salads
Burgers & American Fare
Handcrafted Beers & Local Wines
Fresh Baked Pastries, Cakes & Breads
Artisan Fair Trade & Organic Chocolates

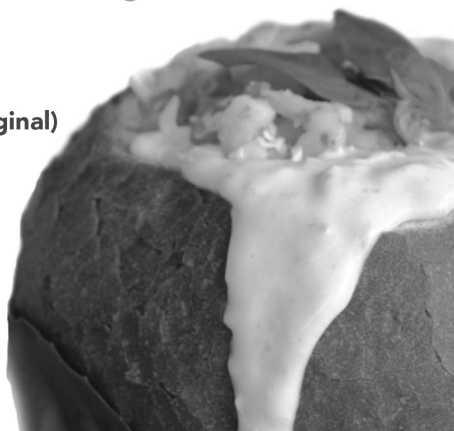
Three Locations:

Pismo Beach (The Original)
197 Pomeroy Ave.

Upper Monterey, SLO
1491 Monterey St.

Downtown SLO Grill
Next to Barnes & Noble,
SLO

SplashCafe.com



SLOHS *Expressions staff*

Editorial

Reporting

Editor-in-Chief:

Holly Schultz

News Editor:

Ella Jackson

Opinion Editor:

Emma Jane Haas

Feature Editor:

Holly Schultz

People Editor:

Gaby Pinzon

Sports Editor:

Luca MacDougall

A&E Editor:

Kelly Doherty

Back Editor:

Eric Haupt

Web Editor:

Aric Sweeny

Karly Bonzi
Emma Bourroux
Belle Caffee
Janae Caldera
Maya Caminada
Maxim Dahan
Lydia Geissler
Ally Grierson
Hannah Haas
Tate Indik
Sofie Janette
Nicole Kasper
Ashley Kassak
Alicia Mondragon
Shilah Sharps
Vishal Shukla
Jennifer Zakaria

Adviser

Scott Nairne
snairne@slcUSD.org

Twitter: @newspaperSLOHS
Instagram: @slohs_expressions
www.slohsExpressions.com

Students strive to save the “Big Tree”

Jenny Zakaria
Staff Reporter

The massive eucalyptus tree in front of San Luis Obispo High School, commonly known as “The Big Tree,” has been a symbol of the school for 85 years. As a part of the Measure D remodel, San Luis Coastal Unified School District plans to cut down the tree, replacing it with a new administration office and a four hundred seat theatre. This has infuriated many students, alumni, and staff, resulting in a petition called “Save the Big Tree,” which has gained nearly fifteen-hundred supporters.

“If we tear everything down, and build everything the same, all the character of our school will be gone,” said senior Brian Finger. “If we’re going to improve our campus, tearing down one of the main parts of it is not the best way to do it,” said senior Devon Lum.

San Luis Obispo’s residents wish to keep the tree because it has been an icon

of the SLOHS campus, but according to Principal Leslie O’Connor, it has been the cause of major plumbing issues. The eucalyptus tree roots have gone straight into the sewer system, blocking the pipes.

“Every couple of months the sewer that runs right up the base of the tree tends to overflow, usually in the evening, so we have sewage coming up out of the drain right by The Big Tree,” said O’Connor.

On a few occasions, while the custodial crew was cleaning up the mess, there were “parents picking up students at the end of practice at five o’clock in the evening, and there was raw sewage under their cars and they didn’t even know it.” SLCUSD plans to build a pool right behind the gym, so there is the potential of spending over ten million dollars on an improved sewer system, only to be blocked by the same eucalyptus roots.



The tree is also over eighty years old, with a life expectancy of about a hundred years. According to O’Connor, an arborist deemed that the trunk of the tree has rotted due to old age, creating a safety concern. SLCUSD plans to build a performing arts space with a new administration office, with only a certain number of square footage, so “even if we had the tree and built close to it, we’re going to not negate the problems of, what if the tree does eventually get old and fall, which will happen, or if a branch falls off in the wind?”

Everyone loves “The Big Tree” and the iconic nature of it, but there are practical reasons that must be weighed in when thinking about the pros and the cons of the tree versus the Measure D remodel.

Next Year’s Executive Council

Karly Bonzi
Staff Reporter

The votes are in and next year San Luis Obispo High School will be run by our new associated student body executive council. The new year will bring more opportunities to change the school in positive ways. *Expressions* interviewed next year’s council to see what it has to offer next year.

Expressions: What does your new position entail?

Junior President Caroline Petithomme: My position entails running the ASB meetings, attending school board meetings, and helping lead the ASB class and my school.

Junior Vice President Samuel Kukol: I have to run elections for class officers. Also, in the absence of the president, I will fill in for school board meetings and

go in front of the superintendent to give them the spiel about what is going on at SLOHS.

Junior Secretary Kannan Freyaldenhoven: My main job is to take notes during meetings.

Junior Treasurer Mark Olson: I deal with most of the financial aspects in ASB. If big events involve money, then I’ll count all the money and deal with all of the accounts they go into.

Expressions: What are you planning to do or improve for the school next year?

Petithomme: I’m planning on continuing the involvement of the special education department, as well as trying to involve all areas of the school population.

Kukol: I want to remove certain stereotypes. I want to push for more lesbian, gay, bisexual, and transgender curriculum in health class. Some kids might be confused, and I want to dive deeper into that.

My friend struggled with it and I didn’t want that for him.

Freyaldenhoven: I really want to expand the decisions around the whole student body, so everyone gets a say what goes on at our school even if they are not in student congress or ASB.

Olson: Well ASB is an intimidating thing and I would like to see the intimidation decrease. You have to do a lot of stuff, but it’s a lot of fun and I think more students should do it.

Expressions: Do you want to continue doing leadership in the future?

Petithomme: Yes, I would love to be part of ASI [Associated Student Inc.] at Cal Poly, or part of the student body wherever I attend college.

Kukol: Oh yeah, absolutely.

Freyaldenhoven: I do indeed want to keep doing leadership in the future.

Olson: Yes.

Saying goodbye to SLOHS's Retirees

Photos and article compiled by Staff Reporter Maya Caminada:

As this trimester comes to a close we must take a moment to recognize our wonderful faculty that will be retiring this year. This year's retirees include Advanced Placement English teacher Eldra Avery, Social Science teacher Dale Overland, and Physical Education teacher Jim Thompson. All three will be sincerely missed by staff and students as they all positively impacted in San Luis Obispo High School.



Eldra Avery is the epitome of a dedicated and beloved teacher. Always dressed head to toe in her hand sewn dresses and running shoes, Avery has a presence like

no other teacher at SLOHS. When simply stepping into her classroom, not only do you feel the arctic air conditioning, but you see the hundreds of New Yorker magazine covers collaged on all four walls and her handmade quilts. SLOHS

Spanish teacher Leif Hanson recalls times in his first year teaching at the school when "she came into my class and asked me how I was doing, and we are in different disciplines so I thought that was really neat." Avery's energetic personality made her easy to connect with students as well.

"I love how she doesn't have a filter which makes her connect to me and the rest of the class," said junior Spencer Egbert, a previous student of Avery.

"Her ability to be open and honest was so refreshing because she actually treated us

like young adults instead of children," said junior Lauren Harran. Avery's ability to connect with students allows her to teach valuable skills in writing like her infamous one, two, three, four technique.

"The most valuable thing I took from her class was the ability to write for the self and not in fear of the judgment of peers," said Egbert.

Her confidence radiates through her classroom as well as her unwavering perseverance and discipline in the hopes of bettering her students. Eldra Avery has served as an asset to SLOHS for so many years and leaves a lasting legacy. In retirement, she plans on writing another book and walking her beloved dogs.

Dale Overland has been teaching at SLOHS for about 25 years. His physical appearance may be extremely daunting as he towers over the majority of students, but if you are ever in his class you know that Overland is truly a "gentle giant" as he strives to teach and inspire his students.

English teacher Ivan Simon uses the Rock of Gibraltar as a metaphor for his colleague and friend. "It stands for Overland's stability, reliability and reassurance that he provides for his students, colleagues, and community," said Simon.

"What people don't realize, and what many students never find out, is how funny he really is," adds Simon.

Overland consistently rises to the challenge as he taught U.S. history, world history, and coached a California Interscholastic Federation winning baseball team. Fellow colleagues praise and admire him because Overland remains extremely humble and modest through all his accomplishments. Overland benefited all who had the pleasure of being in his classes and will truly be missed.



Jim Thompson, can often be found strolling around the dirt track at SLOHS in between classes, enjoying the wonderful open air, peace, and quiet.

Having coached the baseball team for many years, Thompson says his most memorable experience was when his team won the CIF championships and simple being able to coach such amazing players and young men. Being a part of SLOHS athletics allowed Thompson to see many sides to his students and gain a deeper appreciation for those who play sports.

This love of athletics translated into Thompson's teaching in physical educa-

tion.

"He always made sure to keep his students comfortable in all the activities we were doing and when someone was getting frustrated he would always help them out," said previous student senior Ally Grierson.

Speaking with him, you can see how kind and positive he truly is and what an amazing person he was to have on campus. In the future Thompson hopes to substitute teach in the north county and keep connected with the tiger community. He also hopes to do a lot more fishing and take his wife on many more vacations.

Best ofs...

An *Expressions* round up of who we think represents the “Best ofs” and “Most likleys” of this year’s senior class.

Compiled by Belle Caffee and Emma Jane Haas



Best elbows:
Tyler Slade



Best Snapchat selfies:
Sophia Rawson



Worst music taste:
Nathan Kaplan



Best surfer:
Carter Netzley



Best short shorts:
Max Teaford



Best nostrils:
Amber Bjerre



Best smile:
Kelly Doherty

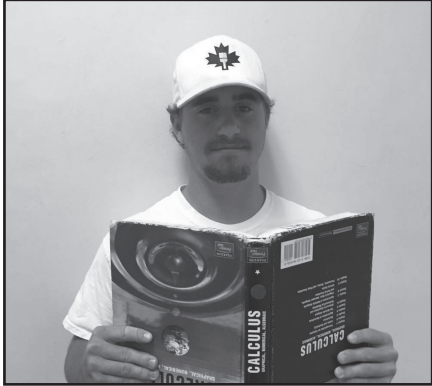


**Best Bernie Sanders
impersonation:** Henry Amir



Best hands:
Bowen Schwoerer

Most likely to...



Most likely to never read a book again: Bray Etter



Most likely to be late to graduation: Nick Redfern



Most likely to act like a senior when he's not a senior: Coleman Godfrey



Most likely to be the next Tiger Bill: Omeed Djassemi



Most likely to become a crazy cat lady: Gabi Morgan



Most likely to marry for money: Holly Schultz



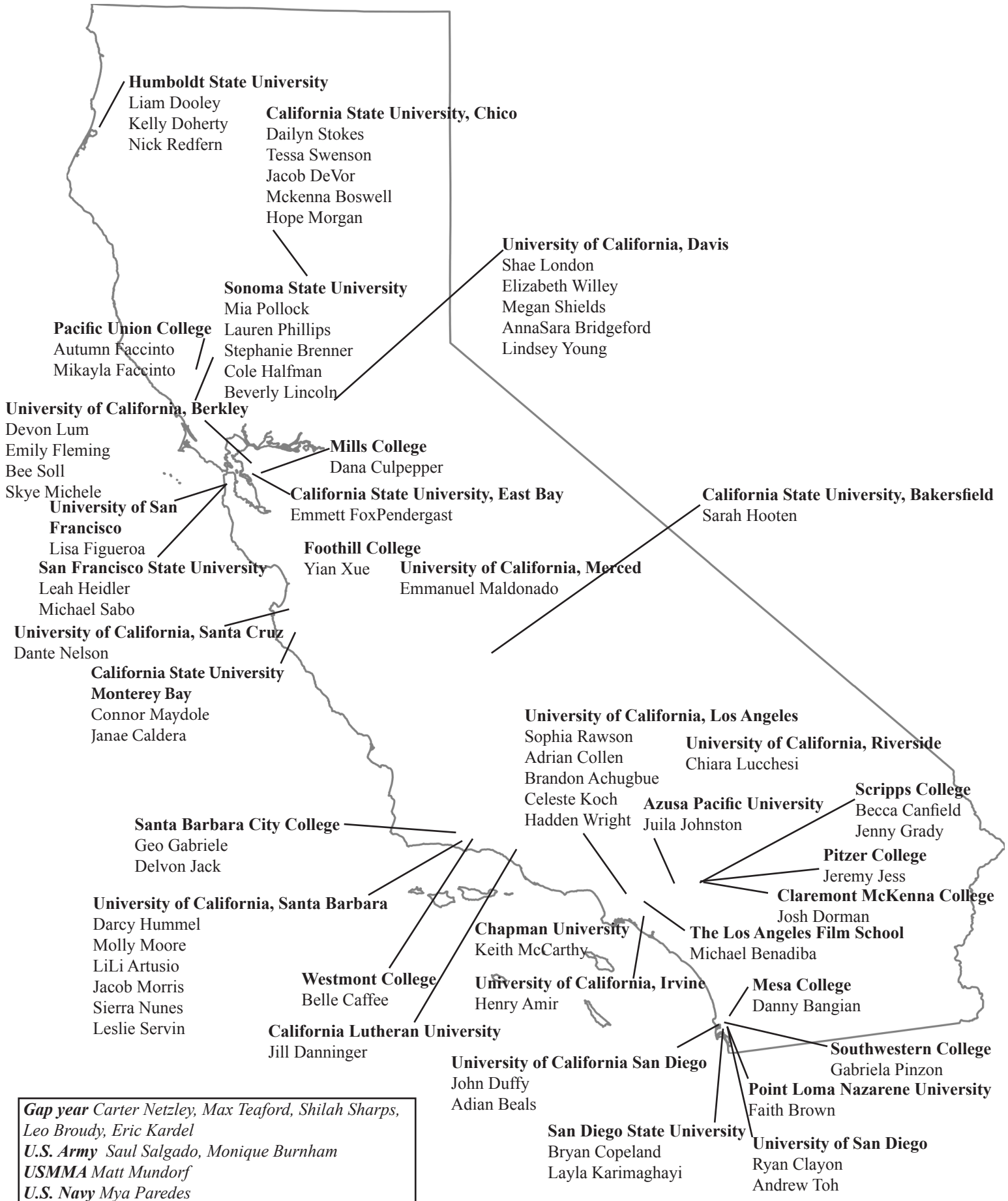
Most likely to become a soccer mom and ask to speak to your manager: Victoria Humphrey



Most likely to work at Disneyland: Darcy Hummell



Most likely to overthrow the government: Brandon Ginkel



Class of 2016

Senior Map

9



Cuesta College

Trent Abbott	Chloe Castillo	Alina Dzikola	Kobi Kelly	Alicia Miller	Alondra Rodarte	Phillip Whitney
Kiley Arellano	Alex Chai	Zachary Eaton	Sarah Kinsey	Marisa Milliken	Cristhian	Kristina Ybarra
Yasmin Amaya	Pamela Chang	Andrew Eppright	Sydney Leonard	Samuel Moore	Sanchez	Alexa Young
Marilyn Amores	Julia Charbonne	Shane Espy	Brittany Lodge	Vanessa Nolan	Logan Senecal	David Zamora
Emily Anderson	Pedro Chavez	Ceara Eisworth	Arturo Lopez	Erika Perdez	Holly Schultz	
Emily Ardantz	Rachel Church	Addie Foster	Nahin Lozano	Yulissa Quintana	Kailyn Silva	
Alissa Todd	Kyle Clark	Trevor Giannini	Brys Luther	Anthony Ramos	Keaton Silver	
Sean Aversano	Ben Cummings	Veronica Gibson	Nicholas	Hector Reyna	Tyler Slade	
Tessa Boone	Vanessa Davalos	Lukas Heath	Maldonado	Jose Rodriguez	Hallie Smith	
Merissa Brancart	Victor Divas	Marcus Hicks	Moriah Mann	Yareyci Rivera	Evan Stork	
Dylan Brunick	Leon Dodds	Kaitlyn Howell	Henry Marden	Madison Ring	Connor Trett	
Emily Bullock	Kathleen Done	Autumn Jordan	Thomas	Brynn Robella	Allison Turner	
Zennon Cano	Johnathan Duong	Ashley Kassak	McDougal	Hailey Robella	Bailey Vaskov	

California State Polytechnic University - San Luis Obispo

Sophia Adema	Allyssa Grierson	Gabriela Morgan	Yash Ranat	Emily Threlkel	Mark Kirschner
Cade Aguilar	Samantha Halen	Sarah Mosichuk	Eric Rinell	Alorah Towne	Jake Maino
Clare Backens	Victoria Humphrey	Bess Nicolds	Bowen Schwoerer	Hannah Turner	Brian Finger
Vatsal Bhatt	Timothy Johnson	Preet Oza	Dante Specchiella	Campbell Warren	Hillal Jarrar
Omeed Djassemi	Nolan McWhorter	Caleb Rabbon	Alyssa Stewart	Grace Wearda	Ian Quinn

The Best of Spring Sports

Hannah Haas
Staff Reporter

As the 2015-2016 school year comes to a close, San Luis Obispo High School sports are wrapping up their very successful seasons. After impressive performances from all of our fall and winter sports, SLOHS's spring sports teams have not failed to uphold our remarkable reputation.

So far, eight athletes have earned a spot on SLOHS's "Top Ten" lists in track and field. Callum Bolger has competed in statewide meets, making himself fourth in the nation for the two-mile. Track and Field has repeatedly placed high in all of the invitational meets they've competed in. All of the hard-working runners, jumpers, and throwers continue to train as CIF is less than two weeks away.

The varsity baseball team has multiple freshman players on the varsity team including Cooper Benson who has already earned himself a baseball scholarship to Arizona State University. When asked what has been the highlight of the season so far, freshman Brooks Lee said, "...probably beating Righetti. The first game of the series, they threw their ace pitcher, who's going to University of Arizona, and we won 1-0."



John Duffy serving against AG
Photo courtesy of Luca MacDougall

Baseball	16-2
Boys Golf	11-3
Boys Tennis	11-2
Boys Volleyball	10-2
Softball	6-5

SLOHS varsity softball team recently beat Paso Robles High School and Arroyo Grande High School and are still hoping to work their way to the playoffs. Junior Marissa Piatt has been named best hitter in the league. Seniors Hanna Gibbs and Sam Good have been pitching exceptionally throughout the entire season. When asked what has been the highlight of the season, senior Bee Soll said, "We beat Arroyo Grande for the first time in at least five years. When the final ball was caught, many of us were crying tears of joy! It is without a doubt the most memorable moment of our high school careers for us eight seniors."

The boys volleyball team has shown their skills this season with an outstanding league record. When asked what has been the highlight of the season, sophomore Sawyer McSorley said, "The Arroyo Grande game was pretty good. Even though we lost we played really well, and it was the closest we've gotten to beating them in many years."

The SLOHS swim team has been working hard in the pool to maintain their consistent success this season. The girls varsity swim team is yet another team with numerous freshman members, but they still remain second in the league. When asked what has been the highlight of the season, freshman Clea Wendt said, "I think a highlight has been being a part of a close family with some amazing people."

The boys tennis team are currently being led by sophomore Zach Hilty, with 16 wins and only four losses. They are having a very successful season and are looking forward to the start of CIF competitions next week. Good luck!

Source: Maxpreps.com

John Duffy: Volleyball Extraordinaire

Maya Caminada
Staff Reporter

Senior John Duffy is one of the many graduating students who plan on playing a college sport. Tiger athletics has inspired many athletes from all different sports to continue playing sports in college. Duffy will be playing volleyball at UCSD, and shares with *Expressions* his plans for the next year.

Expressions: When did you find out that you had been accepted to UCSD?

Senior John Duffy: The coach called me a month ago, so about two weeks before [UC acceptance letters] came out.

Expressions: Are you excited about the competitive volleyball team at UCSD?

Duffy: Right now they play a full Division One schedule, so I'm super excited; they play some of the best competition in the country.

Expressions: What is the most challenging thing about continuing to play volleyball?

Duffy: Just from the high school to college level, there is a very big gap of skill and intensity. In high school not everyone plays volleyball as their number one sport, but in college that's their main focus. It just comes down to a good work ethic if you want to continue to the next level.

Expressions: What will you be majoring in at UCSD?

Duffy: Economics.

Expressions: Does the balance between volleyball and school worry you?

Duffy: I know that UC San Diego is a great school and I've heard that it's challenging, but one of the reasons I wanted to go was to challenge myself both athletically and academically.

Expressions: Anything else you would like to say about being on the volleyball team or at the college?

Duffy: I'm honestly just really excited to see what I can do in the next four years.

Janae Reflects On Her High School Sports Experience

Janae Caldera
Staff Reporter

Making friends is one of the biggest barriers to overcome in high school. Some people will try sitting with different people at lunch, some will join a club (whether it be school related or extracurricular) and some will play sports. I have made my high school friends through softball. We have all created memories that bring us together as a team, and as a group of 13 sisters.

Every year we try to have pasta feeds throughout the season on nights before important games or tournaments. Having eight seniors on the team, including myself, we have had a countless amount of these dinners as a team, but my favorite one was last year at junior Lorin Tapp's house. Before we ate, we decided to have a team photo shoot. We all looked horrible in our dirty practice clothes, but that was the point. We worked it. The entire time we were having fun, doing cartwheels on the grass, and dancing to music. Unfortunately, senior Campbell Warren was unable to attend this pasta feed, so on our Instagram posts, we all included the hashtag #WheresCampbell in our captions. This is something really small and random, but these are the things that brought us together as teammates.

Doing things as a team always brings us together, but sometimes our coaches are

the ones who create the best memories. Earlier this year we had a practice where the third baseman and catcher could work on bunt coverages. All of the outfielders were working on hitting in the cages, so one of our assistant coaches, Frank Murphy, did all the bunting. Our pitchers were also in the cages so our head coach and San Luis Obispo High School Health teacher Dan Monroe pitched

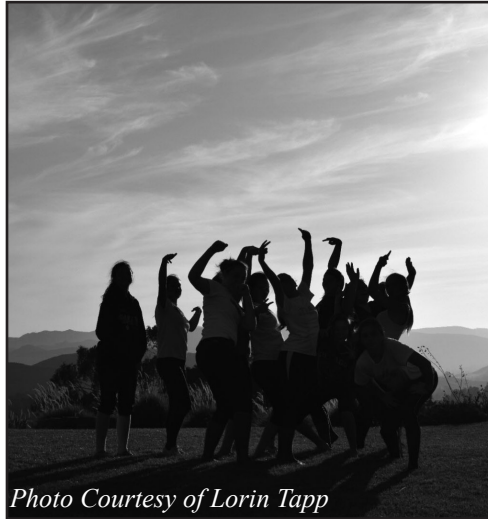


Photo Courtesy of Lorin Tapp

to Murphy. After a few pitches, Murphy decided to run out the play (run to first base). It just so happened that he bunted the ball straight to Monroe. Monroe then fielded the ball and had to do a spin to throw the ball to first. However, he over spun and ended up throwing the ball with full force straight into

Murphy's back. All of the infielders, including myself, fell on the ground from laughter. This event caused us to make a flashback section on our team whiteboard in our dugout. It sparked other memories such as the time, last year at the Pioneer Valley Tournament, when we won our last game of the day, putting us in third place. Monroe immediately ran to the trophy table after the game and grabbed the second place trophy. As he ran back with the trophy, our whole team was yelling at that he had grabbed the wrong trophy. However, it wasn't until he had gotten to our team circle that he noticed the plaque on the trophy. We were all dying from laughter not only from his funny running, but also from the fact that he had to go all the way back to the trophy table with the face of a kid on Christmas that just found out the big present wasn't for him. He has yet to live these things down, and I think he knows that he never will, but that's what makes it fun.

I believe that sports have been downplayed as only being a place where students can compete and show off their skills, but that is not all of it. Being in a sport for the past four years has given me countless memories that will stick with me for the rest of my life. But even above that, it has given me friends that I will keep forever. Whether we check in with each other over the phone or play a pickup game during a break when we are all in town, we will always be a team, friends, and sisters.

Showing Off Our Incredible Senior Athletes

Lydia Geissler
Staff Reporter

This year, the senior class has a lot of awesome athletes. *Expressions* asked San Luis Obispo High School seniors how they feel about their last year playing sports.

Expressions: How long have you been playing your sport?

Senior Nick Attala: Since I was five.

Senior Morgan Day: Since sixth grade.

Senior Bowen Schwoerer: I've been playing volleyball since seventh grade.

Senior Stephanie Brenner: I've been playing basketball since I was five.

Expressions: Why are you playing this sport?

Attala: I really like playing basketball because I like the competitive aspect of it.

All the guys on the team are really cool too, except for [sophomore] Nate Higgins.

Day: Because I love the team aspect of it and the comradery.

Schwoerer: I just wanted to try it out because my friends played and I ended up really enjoying it.

Brenner: I like the team aspect of playing a sport. Your teammates become your closest friends.

Expressions: How do you think your life would be different without this sport?

Attala: I probably would not be hanging out with the group of friends I have now. We all play similar sports and have met through playing them.

Day: I wouldn't have met so many amazing people and learned what it takes to work hard for what you want.

Schwoerer: I would probably join my boy [senior] Andy Eppright and play golf.

Brenner: I wouldn't have the same friends and probably would be extremely bored.

Expressions: Are you sad that this was the last year for you being part of the high school team?

Attala: Yes, I am but I've had a great time playing high school sports and [I] am excited to continue playing at the college and NBA level.

Day: Yes, I am. This year was one of the best throughout my high school career. We won League, which is a major accomplishment and I'm sad that it's over.

Schwoerer: Yes, it has been a big part of my life and I'll miss the game and people a lot.

Brenner: Yes, we had a great run these past four years, and I will really miss my team.

Senior Memories in Song

Ashley Kassak
Staff Reporter

Freshman Year

"Somebody That I Used to Know"- Gotye
"Call Me Maybe"- Carly Rae Jepsen
"We Are Young"- Fun feat. Janelle Monae
"We Found Love"- Calvin Harris feat. Rihanna
"Starships"- Nicki Minaj

Sophomore Year

"Thrift Shop"- Macklemore and Ryan Lewis
"Radioactive"- Imagine Dragons
"Get Lucky"- Daft Punk
"Fancy"- Iggy Azalea feat. Charli XCX
"Mirrors"- Justin Timberlake

Junior Year

"Uptown Funk"- Mark Ronson feat. Bruno Mars
"Sugar"- Maroon 5
"Blank Space"- Taylor Space
"Take Me to Church"- Hozier
"Shut Up and Dance"- Walk the Moon

Senior Year

"Sorry"- Justin Bieber
"Hotline Bling"- Drake
"Work"- Rihanna feat. Drake
"Stressed Out"- Twenty-One Pilots
"Jumpman"- Drake feat. Future
"Father Stretch My Hands Pt.1"- Kanye West

Tiger Trends Revisited

Ashley Kassak
Staff Reporter

The class of 2016 has seen many trends in our four years of high school. From Victoria's Secret jackets, leggings, and cargo shorts to Doc Martins and high waisted jeans. *Expressions* asked a few seniors what was most popular their freshman through senior year.

Expressions: What did you wear freshman year?

Senior Sophia Rawson: Unfortunately Juicy jackets, leggings, and Uggs.

Senior Kaitlyn Howell: Victoria's Secret jackets, Abercrombie jeans or leggings and Vans.

Senior Ian Quinn: I wore a Tigers sweatshirt a lot.

Senior Brandon Achugbue: An afro.

Senior Elizabeth Soll: A lot of tights and

skirts.

Expressions: What did you wear sophomore year?

Senior Trent Abbott: Central Coast Surfboards crew neck and khakis.

Senior Geovani Gabrele: Cargo shorts.

Senior Alicia Miller: A Tiger cheer jacket.

Senior Zander Rolph: Polo shirts.

Expressions: What did you wear junior year?

Senior Brandon Ginkel: A lot of tie die and flannel.

Senior Jacob Morris: Sweaters for days.

Senior Bailey Bleuher: Yoga pants or flowy pants and a tank top.

Senior Bailey Vaskov: Lulu Lemons.

Expressions: What have you worn senior year?

Senior Sarah Hooten: Mostly stuff from Urban Outfitters.

Senior Sam Good: Sweaters and sandals. I wear sandals every day.

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

NEW & USED GAMES
Games Workshop, Clix, D&D
CCG Headquarters
MTG, Pokemon, & More
Video Games - New & Old
Trade-Ins Accepted!
Cash or Store Credit
Buyer Always on Duty

COMICS & GRAPHIC NOVELS
New Comics Every Wednesday
1000's of Back Issues
Graphic Novels
ACTION FIGURES
Comic & Fantasy Related
DCI SANCTIONED DRAFTS
Every Friday Night at 5 p.m.!

Special Tournaments

565 Higuera Street, SLO - (805) 544-Nemo
BECOME A FAN!
Add us on Facebook for special updates, coupons, & give-aways!
Facebook.com/CaptainNemoGames

FREE PARKING
ALL AROUND STORE

544-NEMO

DCI



Alissa Todd: College Fashion Goddess

Nicole Kasper
Staff reporter

Senior Alissa Todd is one of the few seniors at San Luis Obispo High School that is going into the arts as a career path after high school. Her passion started in the San Luis Obispo drawing and ceramics classes. These classes brought out her creative side, and once she took the fashion design class she knew instantly that that's what she wanted to pursue in life. Majoring in fashion will expand her knowledge and understanding in the subject that has inspired her throughout her four years of high school. She is going into fashion because of its large range of opportunities for her to discover and to be creative with. From accessories to main articles of clothing, Todd loves to see how people style themselves. Fashion is constantly changing thus allowing for Todd to be creative and would act as an outlet to express herself. Her style changes on the daily based on how

she is feeling. By frequently shopping at flea markets, thrift stores and antique shops she can find unique pieces to serve as a source of inspiration for a new outfit. Todd describes her style as "trendy and unique" in that she takes simple outfits and changes them by adding a lot of jewelry or other accessories. The Art Institute of San Francisco or the Los Angeles School of Art are the colleges that have caught the eye of Todd. She hasn't officially decided which college she wishes to pursue her fashion education at. Majoring in fashion could open a lot of doors for her whether she decides to be a stylist, designer, merchandiser, or buyer. Ultimately, fashion interests her the most and would be the perfect fit for her. Her dreams are to become a stylist or a buyer from Free People. Todd advises students to "Take all of the art classes you can to find what you really enjoy. Specifically, for students interested in fashion, I would recommend taking advantage of all the fash-

Teachers Describe Seniors in Song

Sofie Janette
Staff reporter

It's time to say goodbye to the Class of 2016. While these students might think they know what their teachers think about them based on letters of recommendation, these songs submitted by staff show what they really think about our graduating class.

Social Science teacher Marci Beddall:

"B**ch Better Have My Money" by Rihanna.

English teacher Ivan Simon:

"Purple Rain" by Prince. "As you know my class motto is 'if you're not crying you're not trying', well this song sums that up: I never meant to cause you any sorrow

I never meant to cause you any pain I only wanted to one time to see you laughing (at my jokes)."

Economics teacher Gregory

Ross: "Trailer Hitch" by Kristian Bush and "Fly" by Maddie & Tae.

Counselor Heather Senecal: "(I've Had) The Time of My Life" by High Quality for obvious reasons, high school is the best time of our lives.

Science teacher Ryan Ritchie:

"Blame it On the Rain" by Milly the Nilly "because we haven't had rain all four years and now we do."

English teacher Eldra Avery:

"Another Brick in the Wall" by Pink Floyd.

Social Science teacher John

Franklin: "You're Beautiful" by James Blunt "because they're all beautiful."

Social Science teacher C.

Curtis Bartlett: "Thrift Shop" by Macklemore "because they have so many styles."

ASL teacher Kristen Nus-

baum: "There's a Great Big Beautiful Tomorrow" by Richard and Robert Sherman "because I love Disney songs!"

Math teacher Jimmie John-

son: "I can't limit (pun intentional) the senior class to one song, so I picked the entire record Ill Communication by the Beastie Boys (circa 1994). Alright Hear This, the senior class can really Get It Together in the classroom, on the field and in school spirit. Sometimes they might act like a Tough Guy, but as this group Transitions to college, careers, and adulthood, nothing can Sabotage their path to success. So make sure you come back and give us The Scoop on your Sure Shot in life. If you don't, I might suffer a Heart Attack Man! Please enjoy, Mr Johnson"

Although math teacher Blake Bristol has very strong feelings for the class of 2016, he did not submit a song because one song couldn't capture all the different personalities of the senior class.



CASH PAID!
FOR USED CDs, LPs, TAPES, VIDEO & COMPUTER GAMES & DVD MOVIES
HIGHEST PRICES PAID
ALL YOUR FAVORITE MUSIC & MOVIES!
VIDEO GAMES FROM NINTENDO TO X-BOX!

Full Price Movie *10** less than Best Buy!
SUPPORT YOUR LOCAL INDEPENDENT MUSIC STORE!
563 HIGUERA ST. Downtown SLO → (805) 544-0686
Visit our LP Annex! Over 50,000 titles upstairs!! NOVSPACE.COM/CHEAPTHRILLSLO

FREE PARKING

The Unfair Stigma of Cuesta College

Ally Grierson
Staff Reporter

Instilled in our minds since freshman year, Cuesta College in San Luis Obispo was the ultimate destination for the kids goofing off in the back of the class. This stigma is blown out of proportion, forgetting that many people go to Cuesta because of their financial dilemmas, not just their high school transcripts. Some students going to Cuesta have done well in school and tried hard, but are financially hindered. With the Cuesta Promise, San Luis Obispo High School students are offered free education for a year, while also getting their prerequisites done, giving them the option to continue their education elsewhere if they decided to do so.

“It’s cheaper for almost the same education. I have family that have gone to UC’s [University of California] and they all have said they wished they went to a community college because of the cost difference,” said senior Kristina Ybarra.

So why does Cuesta get the bad reputation even with the benefits of a substantially better tuition and the ability to save money by living at home?

The main basis of the Cuesta stigma starts with the continued high school feel that many students from SLOHS may experience. The

transition between high school and college doesn’t seem to exist, making it seem trivial and unaccomplished in the eyes of the other, younger students that still have those hopes of getting into their dream college. This causes many to grimace and feel sorry for the majority of students who announced Cuesta as their college destination, while those seniors silently hate the others who announced their ascent to the UC Gods proudly all over their mother’s Facebook page.

After looking at the quality of education and most definitely the price, Cuesta really does end up being a better deal over the bigger schools.

“I didn’t get into Cal Poly and I wanted to stay in town. So why not Cuesta? A lot of the same professors work there as well, so there’s not much of a difference,” says senior Thomas McDougal. The smaller, more concentrated class sizes that many of the UC students will never be able to experience with their large groups of students per class, which are another definite plus to Cuesta’s education.

Cuesta is smaller and has a reasonable tuition, but that is where the benefits dwindle. Switching to a four-year college after two years makes you miss out on all the Greek life, dorm life, and the semi-professional sports that makes those schools fun. If the social aspect of college is the main reason

you’re continuing your education at all, Cuesta is not the place for you.

“I know what I want to do post-graduation and I wanted to get started in my major at a university right away. Also, since I was born and raised in San Luis [Obispo] and I’ve always known that I wanted to move away and explore a new city after graduation,” says senior Lili Artusio about going to UC Santa Barbara.

That social aspect is all that is missing from Cuesta’s campus, present on others. There’s still many ways to get the same exact social experience at Cuesta as any other four year college if you want that to be a part of your life as a college student. But moving out of your parent’s house and getting pushed into schools where it is impossible to know everyone also creates new experiences that comes along with college life.

Continuing your education should be something that you should strongly consider for your future, and how and where you get that education is based on your own personal priorities.

College is a time of learning, change, and experience but all that matters is what order of importance you put those things in. “College is for just trying things out. I’m not completely sure what I want to do with my life yet,” said senior Joe McAuley.

POTS: How Many Absences Do You Have?



Senior Benjamin Cummings

Number of absences: Seventy.

Reason: “I have a bad immune system, so I get sick easily.”



Senior Pamela Chang Ibanez

Number of absences: Forty.

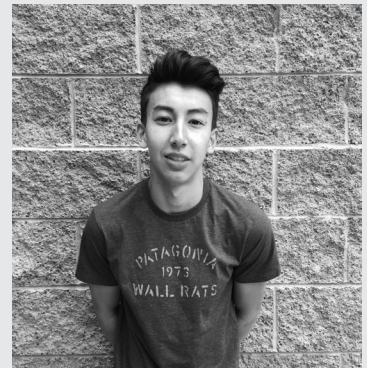
Reason: “Besides when I get sick, I’m sometimes not in the mood to go to school.”



Senior Phillip Whitney

Number of absences: Over thirty.

Reason: “I just wake up late.”



Senior Timothy Johnson

Number of absences: Sixty.

Reason: “Terrible allergies, and I get sick a lot.”

Seniors' Regrets from High School

Compiled by Staff Reporter Maxim Dahan

Whether it's not trying out for a sport due to fear of not making it, not applying yourself more in class, or not talking to that cute boy/girl who sits next to you, we all have a regret we just can't dismiss. *Expressions* gathered some of San Luis Obispo High School's seniors' biggest regrets from their four years as Tigers.

"Getting involved with females... any females."

Senior
Brandon Ginkel

"Not trying out for more of the school plays."

Senior
Madison Musgrave

"Hitting that pole with my car... and also Halloween 2014."

Senior
Geovoni Gabriele

"Not joining L.A. Clippers when they offered me a walk-on position."

Senior
Jonathan Duong

"That one time I dated that one guy."

Senior
Lisa Figueroa

"No regrets."
Senior
Tristan Bridges

"Getting into a serious relationship two years ago."

Senior
Ally Grierson

"Not joining a club."

Senior
John Duffy

"Not having a solid group of friends."

Anonymous senior

Seniors Reflect on Past Four Years

Hannah Haas
Staff Reporter

Whether it's pole-vaulting for the track and field team, competing in a statewide Latin competition, or raising a farm animal through FFA, there is something for everyone to get involved in at San Luis Obispo High School. These teams and clubs, along with meaningful friendships and relationships have helped form very memorable experiences for many seniors. *Expressions* interviewed SLOHS seniors to find out what they will miss the most.

Expressions: What is your favorite memory from high school?

Senior Sierra Nunes: I don't necessarily have a favorite memory because it's hard to choose just one memory from four years of many memories. But one thing I will never forget is winning league this year in soccer and going to the state championships. It was an awesome way to end my senior year of soccer, and it showed that all our hard work paid off.

Senior Bella Stenvall: My favorite memory probably was being a part of Associated Student Body on campus. Through that organi-

zation I've met the most amazing people and have had the opportunity to be a part of all of the joyful chaos that happens behind the scenes of rallies, dances, etc.

Senior Nick Attala: The first day of sophomore year because I was the only one with a car. We all went to Taco Bell for lunch and almost got in a car accident. There were like eight guys in one car.

Expressions: What will you miss most about high school?

Nunes: What I will [miss] most about SLOHS is all of the relationships I have made over the years with students and faculty. It's nice walking on campus, seeing familiar faces, and knowing you have a support system around you. I'm really going to miss that next year.

Stenvall: Other than missing my close friends who I will be very far away from next year, I'll miss being on campus where all of the teachers and administration are so welcoming and thoughtful, always taking the time to say hello or asking how I am. I think our high school is very special that way, and I will truly miss the community feeling that I have had at SLOHS.

Seniors On Their Fears for the Future

Janae Caldera
Staff Reporter

With seniors going away to college next year, many are faced with stress and fears of leaving home. *Expressions* asked these San Luis Obispo High School students a few questions about their thoughts on next year. **Expressions:** Where are you going?

Jackson Martin: Oregon State University [785 miles].

Amber Bjerre: Cornell University, New York [2,828 miles].

Sam Eisendrath: Harvard University [in Massachusetts] [3,164 miles].

Expressions: What is your biggest fear about being so far away next year?

Martin: My biggest fear would be that something would happen, and I would [have] no idea what to do because my mom lives 12 hours away.

Bjerre: My biggest fear about going so far away for college (a casual 3,000 miles or four plane rides) is the moment that I come face to face with an absence of so many things I take for [granted] here in San Luis Obispo. I will miss my friends and family, my dog, SLO weather, the sense of home I feel everywhere in our town, and so many other things. Also the idea of collegiate academics scare me, which is yet another thing I take for granted: good grades. At the same time, I am excited for a new home: this entire process is just a roller coaster of emotions.

Eisendrath: My biggest fear about being so far away is dealing with the new climate. I can't shake the feeling that I will be frozen solid for the majority of my time there.

Expressions: What was your most memorable moment in San Luis Obispo?

Martin: My most memorable moment had to be the first rally that [senior Omeed Djassemi] and I put on. We put so much work into it, and we were excited for people to witness our first rally together. I thought it went pretty well.

Bjerre: Honestly, I can't answer this one, I've lived in San Luis Obispo for 18 years and I have had so many memorable moments and experiences that I cannot narrow it down to one.

Eisendrath: I don't have any particular memorable moment in San Luis Obispo, they have all been fantastic and I am really lucky to have grown up here.

What They're Leaving Behind....

Sofie Janette
Staff Reporter

Time is running out for seniors at San Luis Obispo High School. As they recognize this, they begin to make arrangements for their possessions after the crossover to the great beyond: life after high school.

Senior Morgan Day: I leave my parking spot to [junior] Britania Lee... until they sell it again at the Booster Bash.

Senior Emily Ardantz: I leave my AP Gov book and all the tears on its pages to the next unfortunate soul who has it.

Senior Jackson Martin: I leave the 'Chamber of Secrets' to [freshman] Cooper Benson and the 'Sword of Gryffindor' to [junior] Coleman Godfrey.

Senior Matejas Mackin: I leave an unnamed AP Chemistry teacher to my pal [junior] Jake Alltucker.

Senior Danny Bangian: I leave being the only cool brown kid to the next cool brown kid.

Senior Sam Eisendrath: I leave my favorite and only pair of boat shoes to [senior Max] Teaford to aide him on his journey in Africa.

Senior Elizabeth Willey: I leave my pole vault poles to [sophomore] Sophie Dietrich so she can experience how life's better on a pole.

Senior Andrew Eppright: I leave my pencil because I have no pencils. I only have pens. I'm leaving nothing behind.

How High School Changed These Five Seniors

Shilah Sharps and Alicia Mondragon
Staff Reporters

Whether they are related to appearance or personality, students at San Luis Obispo High School all experience changes from their freshman to senior years. Here are five seniors that *Expressions* believes have changed the most since they began high school.



Senior Chris Sullivan: I can grow a beard now.

Senior Brody McLaughlin: I think I've matured a lot and I obviously look a bit different. I'm also not five feet tall anymore, which is a bonus.

Senior Dante Spechallara: Got rid of that horrible haircut, lost my chubby cheeks and my eyebrows on fleek.

Senior Arturo Lopez: I have slightly matured. I didn't really talk to anyone, and now I'm more wild. I like to make people smile.

Senior Sydney Leonard: I think it was a personality change followed by an accompanying appearance change.