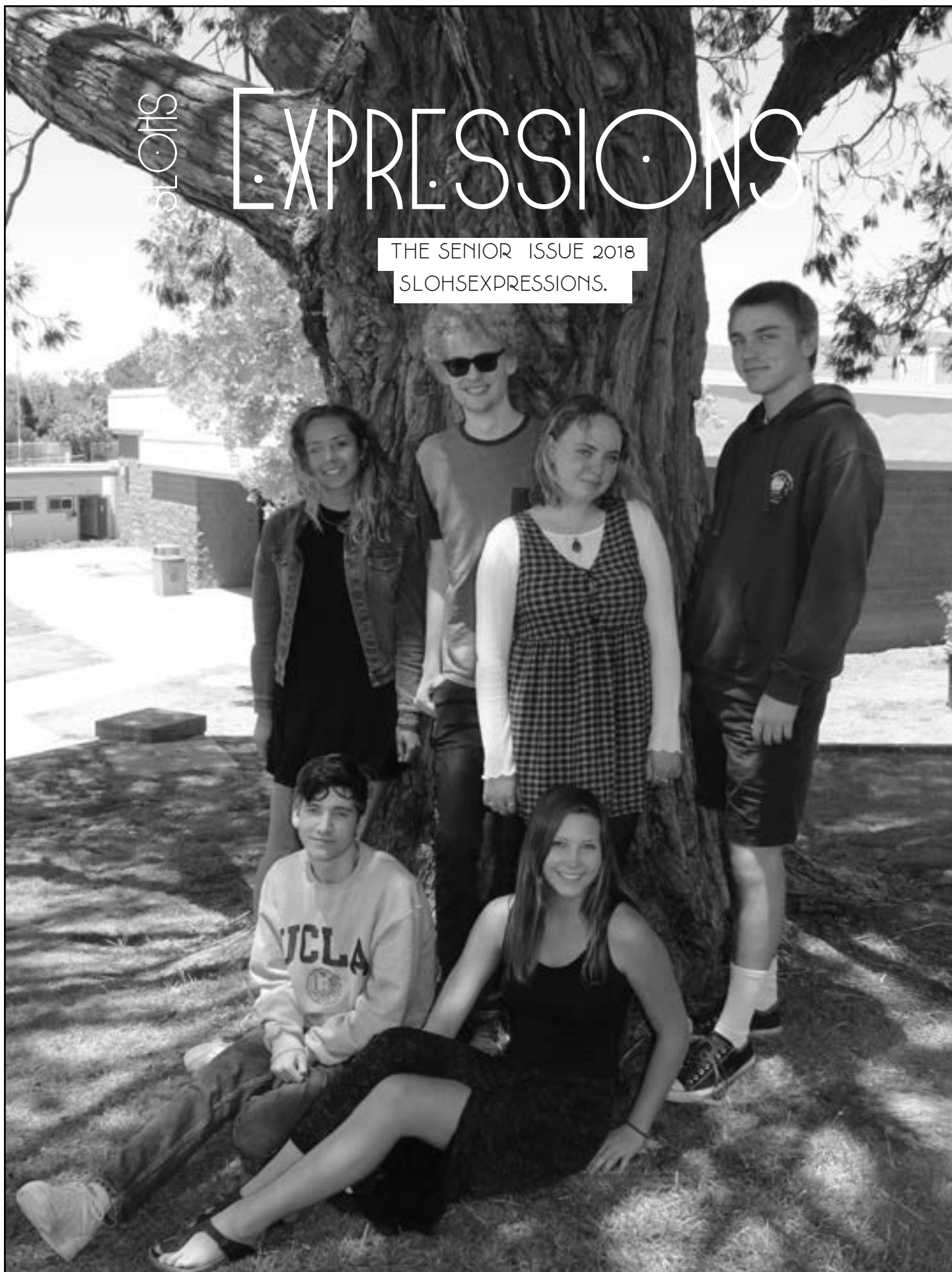


SLOHS

EXPRESSIONS

THE SENIOR ISSUE 2018
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expressions

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HANNAH RYAN



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ELENA KRAEMER



BEST POLITICAL IDEOLOGY
ELENA COTA



BEST DAIRY CONSUMER
ELLIE VENDEGNA



BEST TNN ANCHOR
COLIN ERNO



BEST DJ
COLIN SPIERS



BEST SOUNDCLOUD ARTIST
ROBERT MARIN

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MOST LIKELY TO BUY A FULL BODY PILLOW FOR A WIFE
NOAH GALPERT



MOST LIKELY TO BE A TROPHY HUSBAND
JOSH BRECHWALD



MOST LIKELY TO SPEND ALL OF THEIR TAX RETURN ON
AN OUTDOOR GRILL
NOAH CRACKNELL



MOST LIKELY TO THROW UP IN SOMEONE ELSE'S CAR
LEXI SMITH



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JACKIE MADDALENA



MOST LIKELY TO USE THE WORD "VAGINA" IN
CONVERSATION
MAYA HAMPSEY



MOST LIKELY TO HAVE THEIR KIDS RAISED BY NANNIES
KATE LAFAILLE



MOST LIKELY TO DRIVE WELL
SHANE RUSSETT



MOST LIKELY TO NEVER BE SEEN AGAIN
EMI MULAY

Students with Unique Majors

By Ollie Hicks

As the class of 2018 finishes their final year of childhood and continues on to higher education, many have begun to decide what path their academic career will follow. High school curriculums are notorious for providing a rigid structure to education, giving students very few options for exploring a wider variety of academia. However, college holds a whole new world of fascinating career paths--some of which are much less conventional than others. So, Expressions sat down with a few students who have decided to pursue the coolest majors you've never heard of.

Expressions: What major are you planning to study in college?

Senior Sawyer McSorley: I plan on going into Deaf Studies with an emphasis on American Sign Language interpreting.

Senior Lauren Rudd: I'm doing a five year master's program for Interior Architecture at Kansas State University.

Senior Will Anderson: Anthropology of Class Serpentes at Colorado State, Fort Collins.

Expressions: How did you discover this major?

McSorley: I took all of the ASL [American Sign Language] classes at the high school and ended up really liking them, so I did some research to see how I could make a career out of ASL.

Rudd: I was looking at schools that offered architecture and interior design when I came across the major.

Anderson: Colorado State is known for its really extensive and diverse biology studies, so I wanted to pursue something that I found interesting and take advantage of their program.

Expressions: Why are you pursuing it now?

McSorley: Interpreters are in very short supply and I enjoy doing it, so I figure I might as well go into it.

Rudd: I love architecture and interior design, so interior architecture is the perfect combination of the two. Also, Kansas State's interior architecture program is a five year mas-

ter program which really intrigued me about the major.

Anderson: I've always been interested in biology and I kind of just chose snakes as a starting point, maybe because they have such a simple structure on the outside but in reality they are intensely complex creatures.

Expressions: What career paths are available for students who major in this field?

McSorley: Deaf Studies is split into quite a few different fields. There is interpreting, ASL literature, Pre-Deaf education, and about five other different concentrations. There are a lot of different occupations that stem from the study of ASL and Deaf culture.

Rudd: Well you could work as an interior architect, but because the major is a combination of architecture and interior design, so you could also have the opportunity to work in those areas as well.

Anderson: Mostly biological cataloguing. There's actually a semi-endangered species in SLO and I know a guy who works around building and construction sites making sure we aren't harming that specific serpent.

Expressions: Why are you passionate about this area of study?

McSorley: It just fascinates me that there is a language based entirely on facial expressions, body language, and hand signs.

No other language is like it in that it relies entirely on visuals without any dependence on anything auditory. That's just so cool to me.

Rudd: I love the creative side of architecture and interior design and this way I can work in a career that involves aspects of both without having to choose.

Anderson: I just love animals in general. I'm really hoping to get a more specific and definitive insight on that area of animal and hopefully other kingdoms and phylums.

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Seniors Reflect on Becoming Mock Trial County Champions

By Abby Dorman

Three words...San Luis Obispo. Three words which I hear on a daily basis suddenly brought about shrieks of joy, tears, and sheer elation. While I generally associate those words with the town I call home, on Thursday, February 15, they had a new meaning. Standing huddled with my teammates, we held our breath as the San Luis Obispo County Mock Trial Chairman - John Fricks - announced who would be taking home the trophy for first place. That night, those three words signified the new Mock Trial county champions. After five years and hundreds of hours of practice, the San Luis Obispo High School Mock Trial team had captured first place, going undefeated and beating local rival, Templeton, in the final round of competition.

"[Winning the competition] was certainly unexpected; I didn't think we would get as far as we did, but it was very relieving to know that all of our hard work has paid off," said senior Rutik Shinglot.

Senior Sarah Borgardt, who has been doing Mock Trial since eighth grade, echoed Shinglot's sentiments. "[Beating Templeton] was insane. It was really great because we have a wonderful team of seniors and we've all been doing this for so many years together. Winning and going to State, and doing that with them, was, I think, the best part," said Borgardt.

Winning competitions is not the only rewarding component of Mock Trial. Through enacting courtroom trials in a variety of roles including witness, attorney, bailiff (courtroom security), and clerk (timekeeper), students are able to gain a variety of valuable skills. "I think [Mock Trial has] made me a more thoughtful person and allowed me to look at issues from multiple points of view. Because of the way the cases are set up, you have to force yourself to move from one mindset to the other and look at the same set of facts from a completely different perspective. I think that helps in other aspects of your life to be more open minded and able to see things from different perspectives," said senior Augusta Holyfield.

For the past six years, Mock Trial has taught me vital public speaking and debating skills as well as information regarding our justice system. If you are interested in acting, public speaking, and debating, then Mock Trial is right for you!

"Definitively do it and give it some time. When you first join, there is a little bit of an adjustment period and it can be easy to decide you don't want to participate, but if you just stick with it, it's really rewarding," said Holyfield.

For additional questions or information regarding the program contact Mock Trial advisor Mrs. Burleson at kburleson@slcUSD.org

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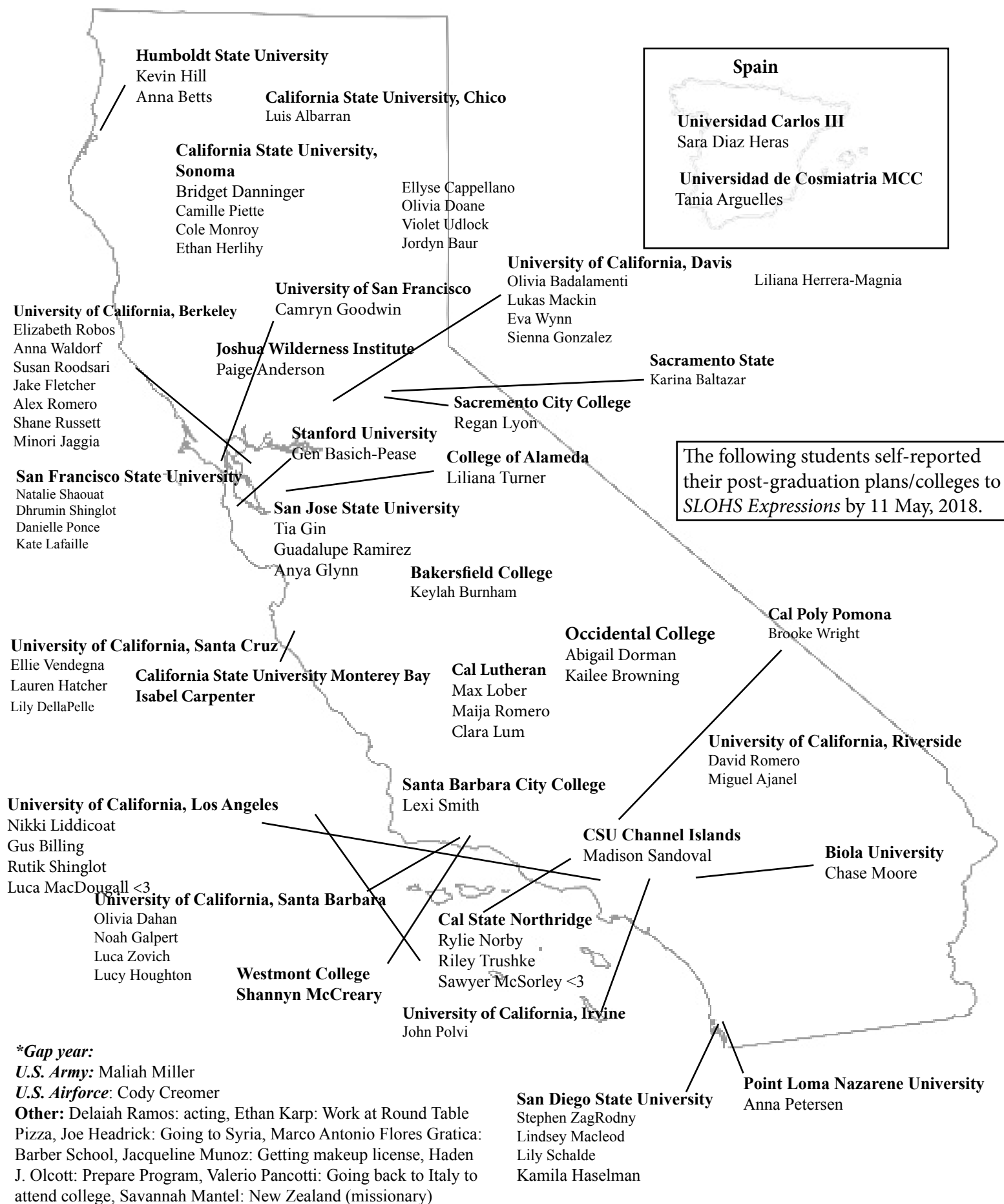
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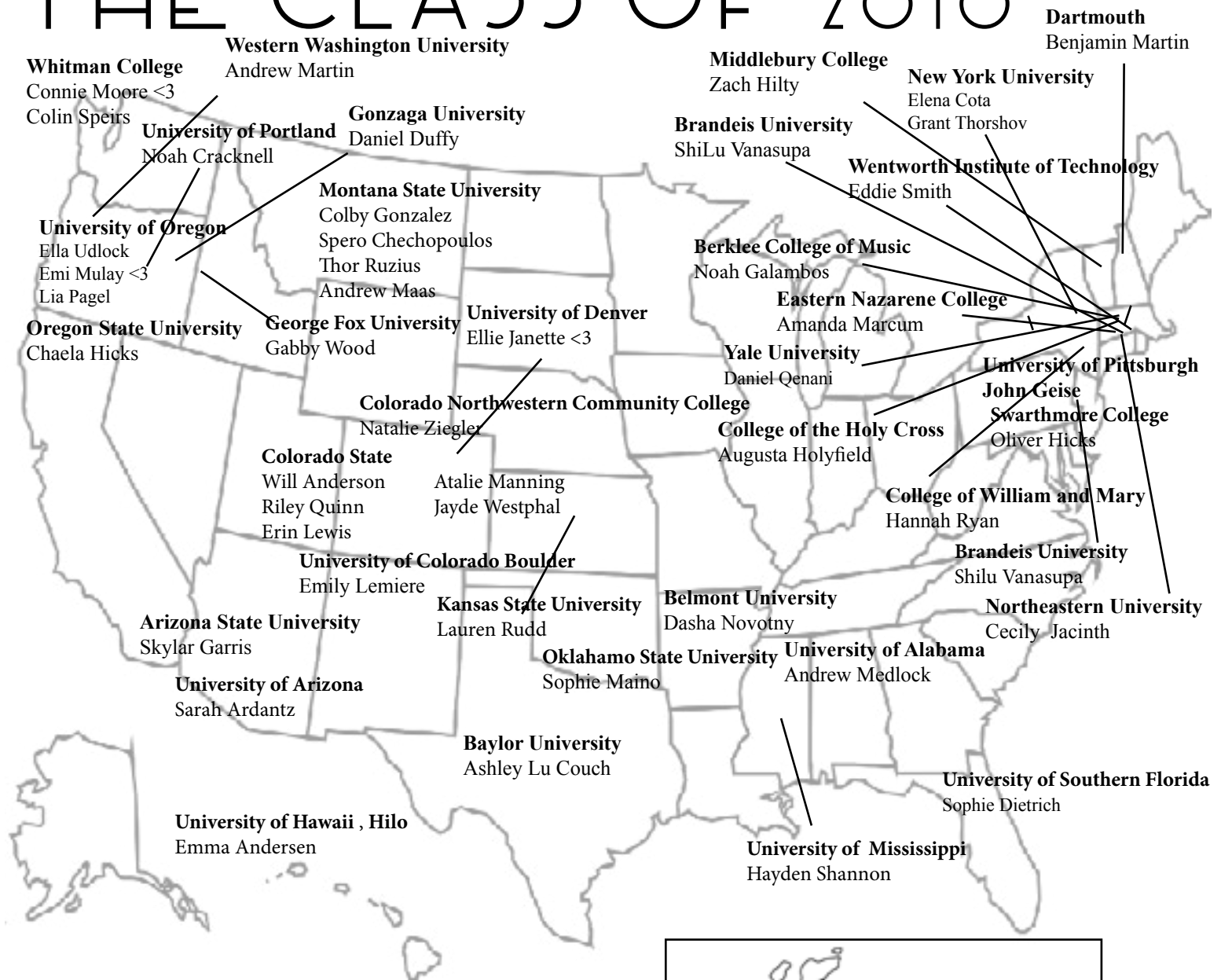
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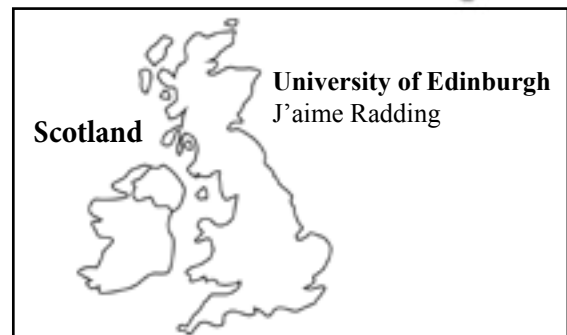
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By Michele Chavez

Most Improved Athletes 2018

All around San Luis Obispo High School you hear about student athletes who've been playing a sport since they were young or that they've been playing for years. There are almost no stories about those who have been playing sports from the start of freshman year till the end of their senior year. *Expressions* got together with two high school athletes to see how well they have improved over the past four years.

Expressions: How long have you been playing your sport?

Senior Elaina Vendegna: I played golf for all four years of high school.

Senior Caleb Fragasso: I've played football for four years.

Expressions: How did you get into your sport?

Vendegna: I started my freshman year because I wanted to do a new sport and was like, oh, golf seems fun. So, I tried it, and I ended up loving it.

Fragasso: I've always really like watching and enjoying football. It's a really good team sport and I wanted to join something like that at SLOHS to help me meet new friends.

Expressions: Who encouraged you to start playing?

Vendegna: My grandparents play a lot, so they have a lot of clubs and I always had that to practice with.

Fragasso: My parents were really supportive of me.

Expressions: What steps did you follow to improve your athletic performance?

Vendegna: I would go out in the summer a lot. I did some other programs and camps too, to work on it.

Fragasso: I worked a lot harder in the weight room and on the field for sure. I changed my eating habits and decided to work a lot harder. I pushed myself to get better.

Expressions: Do you plan to continue playing this sport?

Vendegna: I plan to play super casually, not seriously, though, because it gets pretty intense.

Fragasso: No, but I plan on helping out in some way. But I know that I'm always going to be a lifelong fan for sure.

What is Poi?

By Grace Bersheid

Not a lot of people are familiar with the performance art of poi spinning. It is a form of dance, where weights on the ends of tethers are swung through rhythmical patterns. The word poi comes from the Maori people of New Zealand. Poi dance is part of Maori tradition. Though it was popularized throughout the world largely through the performance art of fire spinning, which is not part of Maori tradition or culture. Nobody seems to know who first invented "fire poi," or when it happened.

"While spinning poi you become centered in the rhythm of the moves and everything else fades away," said senior Sarah Borgardt, who practiced this dynamic sport for years.

This new version of poi was only loosely based on the traditional Maori dance and appeals to those who are looking for a dynamic and engaging physical activity that is less intense than martial arts or competitive sports. Enthusiasts invented new moves and borrowed heavily from other disciplines, such as juggling, club swinging, dance, and rhythmic gymnastics. Yet the name "poi" stuck.

"I started spinning poi when a friend of mine showed me, and I mainly learned new moves from YouTube, an easy way to learn something difficult is to take long socks and put tennis balls in the end so if you hit yourself it doesn't hurt," said Borgardt.

Over time, poi enthusiasts turned to flag poi, LED poi, and other tools that express the beauty of poi without the health and environmental risks of fire. To learn more about the different kinds of new poi check-out Nick Woolsey's website Playpoi.com. To learn more about traditional Maori poi, take a trip to New Zealand. Only the Maori can help you understand their culture and traditions.



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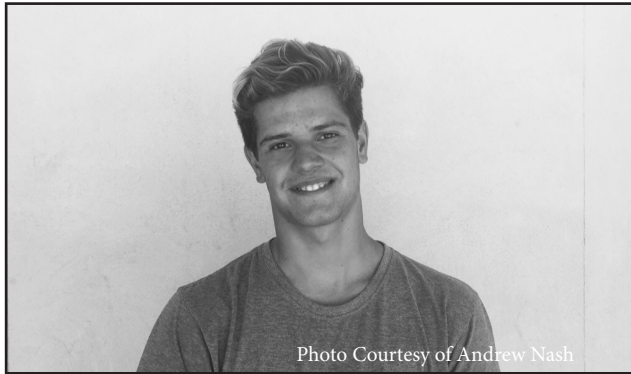


Photo Courtesy of Andrew Nash

Hubley has a Passion for Swim

By Andrew Nash

At San Luis Obispo High School, it's not hard to find your niche, whether it be painting, reading, welding, or anything in between. For senior Harvey Hubley, it's clear what his passion is: swimming. Hubley has been on the varsity swim team at SLOHS for all four years of his high school career, which is extremely impressive, as freshmen are rarely allowed on varsity teams. *Expressions* sat down with Hubley to discuss his accomplishments as a swimmer.

Expressions: How long have you been swimming?

Senior Harvey Hubley: About eight years now.

Expressions: What appeals to you about swim?

Hubley: It's a really peaceful time for me to just swim and relax.

Expressions: What parts of swim do you feel you succeed at more than others?

Hubley: During swim, I was able to push myself, and the accomplishment of bettering my times every practice.

Expressions: What was going through your head when you found out you made the varsity team as a freshman?

Hubley: I was excited. I put the four years prior to high school into it. I didn't know I was going to make the team.

Expressions: Why did you start to swim?

Hubley: For Junior Guards, I needed to be able to pass a swim test. I had never swam before that, so I came to a swim practice to learn how to swim, and then took the Junior Guards test, but I ended up staying in swim after that.

Expressions: Will you swim competitively in college or elsewhere after graduating?

Hubley: I will probably swim for Cuesta next year, and then I'll go on from there.

Active Things to do Around San Luis Obispo

By Carly Krauk

At San Luis Obispo High School, lots of students do certain activities on and off of campus to stay active throughout the day. *Expressions* asked three seniors to talk about the sports or activities they do to stay active, how often they do them, and lastly, if they are going to continue once they graduate. Active seniors Riley Quinn, Lindsey MacLeod, and Elena Kraemer gave *Expressions* some insight on what they do to stay active.

Once Quinn graduates she is going to continue being active.

"I like to play tennis, run, swim, and I also climb at the climbing gym. I do these activities every day, I try to play tennis once or twice a week. The college that I'm attending next year, Colorado State University, has a climbing gym, so I can easily continue climbing, and I'm looking to join the club tennis team. I practice these activities normally at the avila bay club and for climbing I often go to the 'Pad,'" said Quinn.

MacLeod is another active senior who enjoys spending time outdoors.

"I stay active by going on hikes and surfing, I do these activities daily. I hike all around San Luis Obispo or other parts of California. I've hiked at Yosemite, Pinnacles, and Zion," said MacLeod.

When Kraemer graduates, she wants to become a yoga teacher, and join the mountain bike team at Cal Poly.

"I do yoga and mountain biking. I try to do these activities five times a week. I practice yoga at spark yoga and I bike all the trails around SLO," said Kraemer.

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EXPRESSIONS SITS DOWN WITH

Senior Carsan Burden

By Joanna Padron

People have been making visual art since the beginnings of human history, generating images that come directly from understanding and processing individual thoughts into color and pictures. Art provides an outlet. It gives anyone the ability to convey their ideas; art gives humans the ability of expression, one of the most vital parts of a human's emotional function. *Expressions* interviewed San Luis Obispo High School Senior Carsan Burden to try and understand how she creatively represents herself.

Expressions: Does your art have a particular style?

Senior Carsan Burden: My style fluctuates but I usually go for a somewhat realistic approach. I really like surrealism because it's sort of drawing something that is either not quite real or directly from your imagination, but conveying whatever it is in a really realistic style. I like the realistic style.

Expressions: Are you very particular with the colors you use? Do certain colors represent certain emotions?

Burden: It's really hard for me to choose colors that I like more than other colors. So I will do different pieces and have certain pieces be different color schemes and colors definitely represent emotions in all artists' creations. I couldn't pick my favorite.

Expressions: Do you tend to convey political or world problems in your art?

Burden: Some things that I really like are political theory, philosophy,

human rights, natural rights that type of thing. I really like to make politically charged art or like art that portrays a truth I've learned, I like art with a message.

Expressions: Why did you find interest in art, what made you turn to it?

Burden: When I was a young child my Dad tried to teach me to draw because he was very artistic himself. I really liked it but I wasn't quite inspired. I liked doing it but I wasn't inspired with what I wanted to do. When I was five years old the show *Miami Ink* came out and I saw Kat Von D on there and I really aspired to be like her, she was my first women role model. I thought she was such a strong woman and being a tattoo artist is a male dominated industry and I saw an interview with her and she talked about coming up as a female artist in the tattoo industry and it really inspired me.

Expressions: How will your art progress in your future, what change do you want to see?

Burden: At the moment, I want to be a tattoo artist and a writer and so really the change I would like to see is people being more educated on issues and people gaining a better understanding of where people come from. So writing to me would be showing people issues and then art to me is a way of communicating the personal truth and the personal struggle each individual goes through in a hope to get a better understanding of other people. Knowledge and empathy, writing and tattoos.



Seniors' Changes in Fashion

By Delaiah Hastie

As the end of the year approaches, many seniors are beginning to reflect on who they used to be and how they have changed. One of the main aspects that has changed rapidly for many people is their sense of style. *Expressions* interviewed three seniors on their style evolutions from freshman to senior year.

Expressions: How would you describe your freshman year style?

Senior Lili Turner: I wore outfits that I saw on Tumblr, so a lot of black and jean jackets.

Senior Erin Lewis: My freshmen year fashion style is pretty much the same as it is now. I mostly wore jeans and solid color shirts and flip flops.



Senior Miguel Ajanel: Very skate motivated and that was about it. I would buy all the skater brands, which was a ridiculous waste of money.

Expressions: What brands did you wear most during freshman year?

Turner: Urban Outfitters and Brandy Melville.

Lewis: I just wore clothes from Old Navy, Target, T.J. Maxx, or hand me downs.

Ajanel: Vans and Obey.

Expressions: What would you describe your style as now?

Turner: Satanic virgin

probably, but it depends on the day.

Lewis: I would say my style now is still pretty casual. Pretty much

the same as freshman year. I wear jeans, solid color shirts, and flip flops, or sometimes my Sperry's.

Ajanel: I think I try to balance color with functionality, and I try to look slightly formal.

Expressions: To what degree would you say style is indicative of your personality? Did your style change as you changed?

Turner: Yes, my style is usually reflective of the music I'm listening to and the people I'm hanging out with, and my overall emotional well-being at the time.

Lewis: I definitely feel I have changed as a person throughout high school, and I've learned new lessons and experienced things, but I have always just liked comfortable clothes and that hasn't changed.

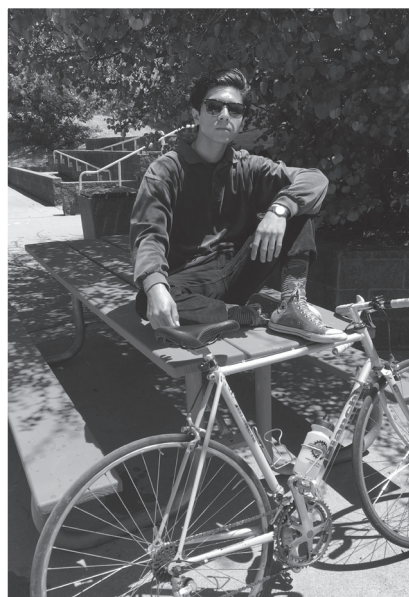
Ajanel: I think so, but it's also just the high school character arc. I wouldn't say my style is who I am because I mostly thrift and borrow clothes.

Expressions: Would you ever wear anything from freshman year now?

Turner: No, probably not, but maybe some basic items.

Lewis: Yes, I would, because I pretty much do it every day.

Ajanel: I mean a lot of what my little brother wears is what I wore freshman year. Probably not, because I've grown a lot so I don't think any of it would fit me.



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By Camyrn Goodwin

Senior Couple Throwbacks

Young love is said to be unforgettable. For some San Luis Obispo High School seniors, they wish that wasn't the case when remembering the relationships from their first years in high school. *Expressions* talked to two couples who dated freshman year to reminisce about their time with each other.

Expressions: When did you date and how long did the relationship last?

Senior Jayde Westphal: I dated Nate sophomore year. I think around two months, but it might be more or less. I'm nervous I'm off by a lot.

Senior Nate Higgins: [Jayde and I] dated sophomore year for around three months.

Senior Daniel Duffy: Lucy Houghton and I dated for two and a half months, from second trimester into third trimester. We started talking at the start of the year in English class.

Senior Lucy Houghton: [Danny and I] dated freshman year, only for a few months.

Expressions: What was it like dating freshman/sophomore year?

Westphal: So different from now. I'm much more confident and a different person. I know how to interact with boys now without being too awkward and I'm more myself.

Duffy: It was pretty weird because you are trying to learn the whole new high school experience while also trying to have an

actual relationship. It's weird to try to work everything out.

Houghton: It was fun having a relationship freshman year.

Expressions: Why did you break up?

Westphal: I regretfully broke up with Nate because I was scared of boys in general. It was a very impulsive decision, and I cried afterwards. The relationship definitely taught me how not to break up with boys. If you're reading this, sorry Nate.

Higgins: Jayde broke up with me, I'm not sure why.

Duffy: I am pretty sure it was a mutual break up, we both realized we were better as friends at that point. We were too young to date seriously.

Houghton: It was a mutual break up.

Expressions: How do you guys interact now?

Westphal: Now we are closer than we were when we dated. We look back at it now and laugh. I'm really glad to have him in my life as a friend.

Higgins: We are still good friends.

Duffy: I think we are much closer as friends because we have learned more about each other through that relationship so we were

able to help each other out when becoming closer friends.

Houghton: We are friends now.

Photo Courtesy of Lauren Ramirez



Senior Savannah Mantel is on a Mission

By Sophie Yasumoto

The seniors of San Luis Obispo will be moving into the next chapter of their lives and will head in different directions. Senior Savannah Mantel will be working on stopping human trafficking. Mantel will be leaving the states to head to New Zealand in October and return in March of 2019. She is going with the organization, Youth With A Mission (YWAM), which is a non-profit Christian missionary organization.

"Basically YWAM is a six month program where you go to New Zealand and you do three months of schooling. They have a nursing program and a justice program, which is what I am going through. They have all different sorts of programs, including extreme sports where you do crazy

surfing, bungee jumping, and stuff like that. But the one that I am strictly doing is the justice movement which focuses on human trafficking of girls under twelve or even



women in their thirties. I will be learning how to be a counselor for them," said Mantel.

Most seniors will head to college after leaving SLOHS, but Mantel has a different plan. "It felt it was a calling for me and that sounds cheesy, but doing this would be more fulfilling for what I want to do after and being interested in social work," said Mantel.

People shouldn't be afraid to speak up about the severity of human trafficking. Getting the ball rolling about the topic could prevent the problem from escalating even more.

"It is a bigger problem than most people think and it's right under our noses, even where we live and I just strongly encourage everyone to be more aware. There's also ways to get back to it, including giving money to foundations, but definitely just stay aware," said Mantel.

Photo Courtesy of Sophie Yasumoto

By Nabeel El Sayed

SLOHS'S Sober Seniors

When you think of the typical high school experience, you probably imagine weekend functions filled with cheap beers and free condoms from The Center. However, here at San Luis Obispo High School, there are a lot of different kinds of students and everybody has the freedom to choose how they have fun. Despite the cliché of high school experimentation, there are plenty of students who choose to abstain from some typical temptations of adolescent life. *Expressions* decided to interview some of our sober seniors to find out what motivated their lifestyle choices.

Expressions: What made you decide to stay sober for your high school experience?

Senior Will Compton: For me it was just a choice I made early on. I like to be in control and I thought I wouldn't be able to be in control of my own actions if I partook in drugs or alcohol. My comfort zone is control.

Senior Jamie Fritzley: Well I have a brother

who passed away in a motorcycle accident when he was under the influence, so it's just a little close to home and it doesn't really align with my morals because I am a Christian.

Senior Dhruvin Shinglot: I kinda just thought it wasn't worth drinking or smoking. I thought it would just be better going to high school sober.

Expressions: Have you ever felt peer pressured to partake?

Compton: There have definitely been people that have wanted me to try stuff, but it has never been exceedingly difficult for me to say no because I feel like my friends respect me and my choices.

Fritzley: I don't really think my friends have tried to peer pressure me and I don't really put myself in situations where peer pressure is an issue.

Shinglot: Oh plenty of times, people are always like 'take a sip', 'take a hit', but I just pass.

Expressions: Do you ever wonder what

high school would have been like if you did partake in these activities?

Compton: I definitely think my experience would be different. Not necessarily worse or better, just different.

Fritzley: I feel like I would have stayed closer with other friends, but I am not sure it would be that different.

Shinglot: Yeah, I'm always curious what the outcome would have been for myself, maybe I would have been something different than I am now.

Expressions: Do you think you will ever try anything in this realm in the future, or are you going to stick to this lifestyle choice?

Compton: I definitely think it will be the same for the next couple of years, but I wouldn't rule it out of my future completely.

Fritzley: I think that this will probably be a lifestyle choice that I maintain my whole life.

Shinglot: No, I plan to never smoke or drink.

By Joanna Padron

Been There, Done That

Seniors are coming closer to the moment they get to walk across the stage at graduation. The feeling of 'been there, done that' is overtaking the senior class. *Expressions* interviewed San Luis Obispo High School seniors about their worst moment of senioritis.

Expressions: What was your worst moment of senioritis?

Senior Alyssa Schlickiser: My worst moment of senioritis was getting a truancy letter the first month of school.

Senior Marco Flores: When I failed Mr. Lara's class.

Senior Joe Headrick: Well, there hasn't really been a low moment. I haven't been motivated for a minute now.

Senior Jenny Loreto: I have twenty cuts and thirty tardies this trimester. They haven't called me in, I just don't go to first period. I

can't wake up in the morning, it's so hard, I can't.

Senior Landon Greenelsh: Being too lazy to copy the Statistics homework even though it's online.

Senior Logan Axberg: I feel like I never had any motivation to begin with. Like, there's no low, I've just been going low this whole time.

Senior Isabelle Mendoza: I didn't go to class to miss a test, and I waited three weeks to go and talk to him about it. The teacher accidentally entered a B and I never went and talked to him about it.

Senior Emily Lemiere: Today is my first Friday of the trimester.

Senior Lily Schalde: I have one hundred and twenty two absences.

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A Letter to My Freshman Self

Dear Freshman Year Me,

Hi. This is you from four years in the future. You are going to graduate from high school soon, which is both absolutely terrifying and exciting. I know that things feel really hard right now. I know you are struggling and feel like nobody cares--but I promise they do. Know that you can't make anybody like you--but it doesn't matter if they do or don't. The people who matter are going to stick with you.

Know your worth, and know that it doesn't lie in other people. Not having a ton of friends doesn't mean you aren't a lovable person. You are. You are incredible even if you can't see it right now.

Keep going on adventures, appreciate where you are right now and everything you are feeling, even the negative stuff. Feelings aren't facts--they don't have to dictate how you act. You are going to get your license and meet new people. You are going to take fun classes and be in short films. It is going to go by so fast, so spend time with your friends and soak it all in because one day you are going to wake up and realize it's time to graduate and say goodbye to your friends. Everything you feel now is going to pass and everything you have ever wanted is going to be right at your fingertips as long as you keep going. So keep going. After graduation you are going to move to Los Angeles with your best friend to chase your dreams. You are going to be so happy that you did, because a lot of cool and beautiful stuff is going to happen. It's all going to be worth it. I'm proud of you.

By Delaiah Hastie



Dear Freshman Me,

Here is some advice to help you survive the next four years, coming from someone who had to figure it out on their own.

Drink more water. You don't realize it, but you are super dehydrated. Probably about half the headaches you are having are happening because you need to drink some water. It is okay to indulge in guilty pleasures. They are pleasures for a reason, and sometimes you need to focus on your mental health more.

It is okay to feel emotional, even if you don't think you have a reason to. This is an emotional and hormonal time in everyone's life. Don't keep it inside. Let it out and move on. You will feel better.

Don't care so much about what others think. All these people are just a moment in a lifetime, and people are going to think negative things no matter what you do. So focus on yourself. And people don't actually think about you a much as you think they do.

Start taking baths again. It might seem lame, but it's worth it. Talk to your dad's side of the family more. They are on your side, and way less judgmental than your mom's side. Don't focus so much on keeping or gaining the approval of your friends. Just be yourself, and if they don't like it, don't surround yourself with them. You both need to find people you are more compatible with. It is okay to lose friends. I promise there are more waiting for you in the future.

By Grace Berscheid

Dear Freshman Keylah,

High school goes by so fast. It begins and ends in the blink of an eye. Do your best to take it slow, and try not to complain about having to wake up early to get to school and go to bed late trying to get your homework done. Freshman year is just a test run to get used to life at San Luis Obispo High School. Just stay focused and don't worry about what is going on around you. Don't get too attached to your phone and social media, I promise it will all still be there when you have the time. Keep your sights set on the future ahead of you and remember that Colleges are able to see every move you make. Whether it was a D in a class, a suspension, even your tardies and absences, Colleges can see it all. The long hours of doing homework will pay off in the end and give you a better opportunity to get into the College you want to go to. Set goals and work hard to achieve them. Don't worry about the boys, don't worry who is dating who, just worry about yourself. All the drama will be waiting for you when you have more time. Have fun in high school and make sure to participate in things you wouldn't imagine yourself doing, you might surprise yourself. Keep your head up and look at the light at the end of the tunnel. There are options for you after high school as long as you keep your head up. Life after high school is a whole new ball game it's a whole lot better and you will have more free time. Before you know it your whole high school life will be over, so just take your time and enjoy it.

By Keylah Burnham

