

SLOHS EXPRESSIONS

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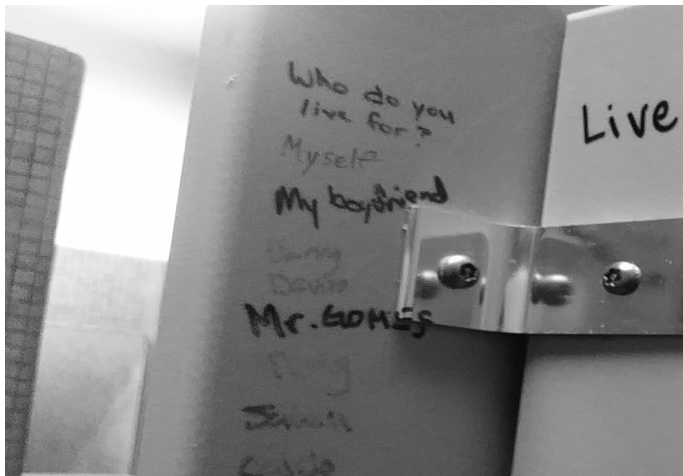
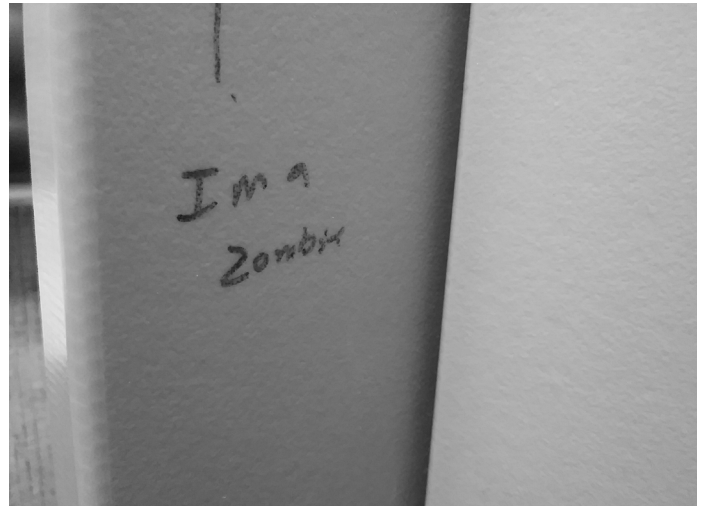
Stories Told From the SLOHS Bathroom Graffiti

By Sadie LaChapelle

Graffiti at San Luis Obispo High School is a topic that's been swept under the rug; however, the issue may not be the graffiti itself, but the messages behind it. It could be a way for people to express themselves or their art. Either way, bathroom walls have been the canvas for students to express their emotions in both positive and negative ways.

Graffiti can be a way for people to let out their feelings and express their artistic abilities. It can come in all shapes and sizes and can be funny or serious.

"I have seen a lot of graffiti in the bathrooms recently. Some of it is random drawings, hearts with couples' initials, or inspirational quotes. People say things like, 'You're beautiful and don't let anyone tell you otherwise.' In my opinion, they provide a nice light read for when you need something to occupy yourself with when you're having one of those days. The best I've seen is when someone just wrote the word 'hello' nice and big, but spelled it



'hello' nice and big, but spelled it with one 'L'. Who doesn't know how to spell hello!?" said sophomore Sophia Silacci.

While graffiti may be funny and entertaining, it can be a pain to clean up. Teachers, custodians, and other staff members spend hours trying to get rid of inappropriate wall art.

"I believe that there are other avenues to be expressive without destructing school property or other public places," said math teacher Steven Arata.

Graffiti may be a solution for expressing feelings through art, but it can be tough to clean up and offensive to some.

"Where I see the most graffiti is in the restrooms. Sometimes going into the bathroom I see graffiti that is hurtful towards race, religion, gender, etc. I think that there's a right time and place and the right place is not defacing school property," said health teacher Daniel Monroe.

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Is it Cool Not to Care?

By Sadie LaChapelle

San Luis Obispo High School is under the “cool not to care” spell, and it looks like there’s no cure in sight. Whether it’s in relationships, school work, or passions, students of every grade have been feeling the pressure to just be cool and not care. No matter what people say, everyone has an opinion, it’s expressing it that may be the issue.

“I think some of the coolest people are the ones who can be completely themselves and not care what others think. But anyone who is trying to be ‘cool’, obviously cares too much,” said sophomore Sophia Lindvall.

Body language, inattentiveness, and gossiping are all ways to tell someone that what they’re saying or doing doesn’t matter. While these things may be considered cool to some, they’re disrespectful to others. Some may feel judged when having an opinion different from others; however, having different ideas and opinions is what makes society and life at school more interesting and entertaining.

“It’s more that students don’t try new things because it is

considered ‘not cool’ by their peers to join activities, do public speaking, or to be seen having fun with organizations or clubs on campus. Some students are too concerned about what their friends think or if anyone else they know is participating in and outside of class. This determines the level and/or lack thereof in involvement for some students,” said agriculture teacher Anna Bates.

While caring about something may seem uncool, being able to feel confident expressing an opinion can be the difference between having a positive or negative experience at SLOHS. Often times, teenagers feel the pressure to get away from who they are in fear of being judged.

“It’s not as much that kids are worried about not being cool but more that they don’t want to participate in activities if they don’t see their friends participating in them,” said agriculture teacher Jodi Evans.

Expressing beliefs and being heard can make the high school experience more enjoyable.

SELF EXPRESSION ALIVE AT SLOHS

By Kaya Burden

There is a small number of people at San Luis Obispo High School who dye their hair or have piercings, besides ear piercings. They tend to be labeled as different in a bad or weird way. In reality, people who do these things can be doing it to express themselves or to have a small change in their lives. Some, to be different, but people seem to think these are bad things.

“I think people dying their hair and getting piercings can be a way to rebel against authority or you could just want to look a certain way. It depends on the person. I am aware that this is stereotyping but I personally think that people in the LGBTQ+ community dye their hair more often and more dramatically than straight people,” said freshman Evan Hammond.

People with colored hair or who have piercings, especially on their face, are quickly judged by others that don’t realize it’s about self-expression. People get piercings that ‘aren’t normal’, to show they are different, and for many reasons. Sometimes people think it’s cool and they stand out.

“When I first started dying my hair, it was really bright and some of my friends stopped hanging out with me, but for the most part, people treated me normally,” said Hammond.

People who dye their hair or have piercings constantly get weird looks, are treated differently, and are judged

when in public because people notice them. The amount of people that don’t consider why students dye their hair or get piercings is very high.

A person can dye their hair in various ways from permanent dyes to using Kool-Aid that comes out after a few washes. They can do highlights, dip dyes, anything really. Many people don’t realize that for some, dying their hair is a way to show who they really are.

“I think freedom of expression and individual expression is an amazing thing, it can help make people feel more comfortable in their own skin, it makes them feel more comfortable in their environment. People shouldn’t be afraid to express themselves and having other people judge you shouldn’t stop you from doing that. Students will learn that after high school no one will care who was dying their hair or getting piercings, if that’s how you express yourself then great,” said health teacher Daniel Monroe.

People who dye their hair and get piercings know they will be judged for it, but use it to express themselves and make a change. These things don’t have to be permanent. Hair dye, even if it says it’s permanent, will come out over time, and piercings can always be removed. People like to express themselves and make a little change and these are just two easy and cool ways to do it.

“PRO-CHOICE” AND “PRO-LIFE” ARE NOT MUTUALLY EXCLUSIVE

By Jena Naficy

Abortion: is it justified? Is it murder? Every individual at San Luis Obispo High School is entitled to their belief on the subject of terminating pregnancy, just as every woman should be reserved the right to decide what happens to her own body. While this freedom seems indisputable to some, others take great issue with granting women this right to choose.

“There are many reasons why people might make this decision. Some women need these procedures done for their own health and safety, some people cannot even afford to raise a child, and some may have been raped and don’t want to go through the trauma of keeping the baby. I’m sure it’s a really difficult decision, but in some cases it’s necessary,” said senior Bailey German.

Being “pro-life” implies that one is supportive of making abortion illegal on the basis that it is murder. While some may interpret this to mean that to be “pro-life” is to be in support of preserving the life potential of all fetuses, nowhere in the framework of the term is this specified. In other words, the nebulousness of the term “pro-life” allows for individuals to be both “pro-life” and “pro-choice” (the belief that women have the right to choose whether or not they want an abortion).

It is completely reasonable for someone to believe that a woman has the ultimate power to decide what occurs in her own uterus, but still hold the belief that abortion is morally wrong.

“In modern society, if abortion is something you wouldn’t do, or don’t agree with, then simply don’t do it. But others should not have the ability to

decide what someone else gets to do with their body. It’s about human decency and having support for one another,” said German.

A large portion of the Republican representatives currently presiding over our Congress, along with a comparable percentage of Americans across the nation, believe not only that abortion is immoral, but also that their opinion should be made precedent when deciding whether or not abortion should be made illegal, and therefore inaccessible, in the United States. Because of this division in Congress and its massive influence over poll turnouts and election results, abortion is no longer a small scale, personalized issue, but a nationwide controversy capable of dividing the country almost in halves. And while everyone is absolutely allotted their own opinion on the issue, the scale of hatred and danger this issue has produced and projects in the future is terrifying, especially to thousands of young women who fear that their sexual health and futures will be sacrificed to satisfy the beliefs of “pro-lifers”.

Making abortion illegal would not solve the issue of teen pregnancy or end abortions. In fact, it would lead to an increase in birth-related deaths because those women who refuse to carry their fetus would most likely attempt their own illegal abortion, an incredibly dangerous procedure.

Obviously, religious beliefs greatly influence an individual’s perception of the morality of abortion, however, these beliefs should only apply to the person themselves, and perhaps their partner, but not to anyone else.



*Illustrations Courtesy of
Sabrina Marks*

Vans Have Taken Over SLOHS

By Eline Keilland

All around the San Luis Obispo High School campus, students can be seen wearing a very specific type of footwear: Vans. The shoes are somewhat controversial. Some love them and some hate them. However, one thing is clear; they are everywhere and they are taking over as the number one trend at SLOHS, even topping Hydro Flasks.

"I wear Vans pretty much every day, I really like them," said senior Taylor Lopeman.

Vans are skate shoes that come in all shapes and colors, and have become especially popular at SLOHS in recent years. Almost every SLOHS student has a pair, which

could cause one to ask oneself; where is the originality? Is this trend making students at SLOHS look too much alike, or can one still be unique even when wearing the same shoes as all of one's friends?

"I think it's funny how in one day you can see at least twenty people wearing the same type of Vans, but it's not a bad thing. They go with a lot of different outfits and are very versatile," said Lopeman.

Why Vans have become so popular is a mystery. They are not particularly comfortable; the soles are completely flat. Neither are they practical. Especially the white ones, a very popular choice amongst students, which get dirty very quickly and transform into grey or brown after a very short time of wear.

The fashion aspect of Vans is just as con-

fusing. Yes, the simpler ones, such as the traditional black with lace, look fairly normal. However, some of the students are walking around with checkered shoes looking like they want people to play chess on their feet.

"Sometimes it's easier to just follow the trends, which is good sometimes. Vans have so many different styles, so people should at least try to style them in their own way. It takes courage to be different. Sometimes it's easier to be like everyone else," said senior Florence Possati.

In the end, a trend is a trend. If everyone else is wearing the shoes, it must mean that there is some positive aspect to them. And why wouldn't you want to take part in a popular trend and wear what everyone else is wearing?

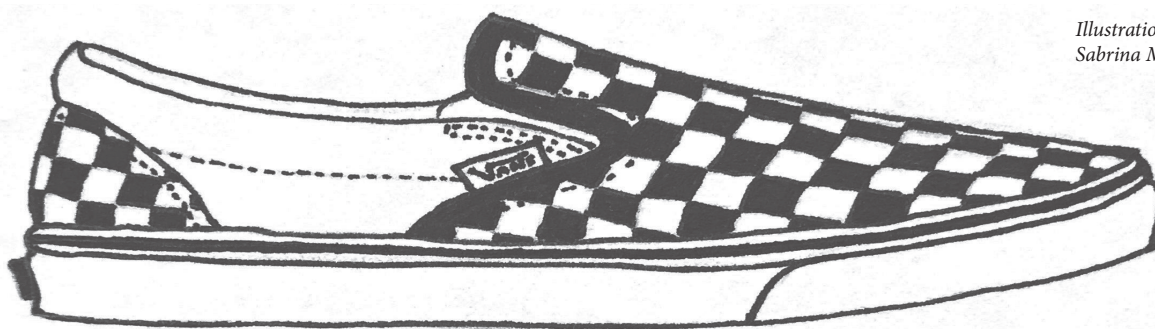


Illustration Courtesy of
Sabrina Marks

Bathroom Pass Extra Credit: Is it Fair?

By Sophia Garcia

Many students at San Luis Obispo High School start their first day by being given syllabus lectures and bathroom passes. Teachers and staff at SLOHS and other schools use bathroom passes to limit students from taking advantage of bathroom privileges at school. However, a new addition to bathroom passes is that students may receive extra credit in their class at the end of the trimester if they don't use their passes.

Getting a boost in a class's grade for not going to the bathroom is not only an absurd rule but may also result in long term health issues for students.

"I understand the need for bathroom

passes because of the amount of kids vaping in the bathrooms or just leaving class. But I don't think it's fair to offer kids extra credit for not going to the bathroom, or not letting kids go to the bathroom when it's an emergency and they've run out of passes. I think a better solution would be to give students a certain number of passes every month, not trimester, and at the end of each month they get reset. I also think it is unfair to give students extra credit for something that is not academic," said freshman Lily Scurria.

Some teachers argue that bathroom passes keep students from doing bad things in the bathroom or from wasting class time. With the new vaping epidemic and the popularity of various social media platforms, there is no doubt that some students go into the bathrooms to do things

they aren't supposed be doing. However, is it fair to punish all students for the actions of some students?

Bathroom passes do not allow students to do a basic need that every person has. They constrict the right that should be inherently given to every person. Although it is understandable to want a student to stay in class and learn the material, most students understand the importance of being present in class.

Giving extra credit to students for something that has nothing to do with learning should not be allowed. Students work hard to secure their grades and also boost them up with academic extra credit opportunities that are given few times throughout the year. It is unfair for other students to be handed extra credit for simply not going to the bathroom.

LGBTQ+ Bullying on Campus

By Kaylee Beardsley

Photo Courtesy of Kaylee Beardsley

Across San Luis Obispo High School's campus, students from all walks of life can be found. Acceptance is something that seems to still be a struggle on campus though. From physical to verbal, bullying seems to still be a reality that the LGBTQ+ community has to live with. That shouldn't be the case.

"People will stare if I'm with my significant other because we are holding hands or kissing, and there's this lingering feeling of being judged," said sophomore Sophie Hawes.

Today the discrimination against openly gay and non-heterosexual relationships is still a part of bullying culture, and it often either goes unreported or only results in minor consequences.

"At Laguna Middle School there was some physical violence. This guy that I had a crush on was straight and when he found out, he punched me in the face, so my best friend punched him back," said senior Shaan Carlson.

The problem is often rooted in a lack of

understanding about things such as trans-rights and the LGBTQ+ community.

"The first week I came out, I was discriminated against in the locker rooms. There was a student, that said some bad things about what I came out as. I came out as transgender, and I still have to change in the men's bathrooms, and there's this one student who was really mean about it. He said 'you're never going to be this and you're always going to be stuck as this' and it really hurts to hear those things. It really affects you because other people see you as this one thing, and you might be another thing, and that can hurt. I still see those people daily," said sophomore Skyler Morris.

Overall LGBTQ+ bullying will not come to an end until people begin to understand that their rights to a safe and accepting environment are human rights.

"I've had people make comments about the fact that I don't look masculine enough to use the men's restroom and that I don't belong there, which I think has had the biggest effect on me and my comfort level on campus," said senior Lane Stephens.

73% of people who identify as LGBTQ are harassed online due to sexual orientation or gender identity. In all, People need to be respectful to others, even if they do not share their same beliefs. In all, the decisions made by an individual are their own and should not be subject to bullying and abuse.

Source: Jane Hernandez via <https://www.vpnmentor.com/blog/lgbtq-guide-online-safety/>



Subtle Racism is Still Bullying

By Qili Paape

Racism is still very prevalent at San Luis Obispo High School, which can be seen as both subtle avoidance or through blatant racist comments made about fellow students. One of the problems with social objectification is the avoidance of the group because it produces an uncomfortable feeling, therefore, maintaining the stereotypes of the group.

Society used to think about racism in a very simple way: people had negative thoughts, negative feelings, and hatred toward a group. But since the 1960s during civil rights legislation, there were changes in the way Americans thought about race because it was both immoral and illegal to think that way.

"Social racism is interesting, because in an area with so few minorities, there's not a large enough population of people to stereotype," said senior Ariana King.

Yet, what we think is that racism has become more subtle since then, people still have negative feelings, but they may not be aware of those negative feelings. Instead of feelings of hatred, it's more like feelings of avoidance and discomfort.

Members of these minorities suffer from objectification based on racial stereotypes which indefinitely robs them of their individual-

ity and reduces them to a racial stereotype. While objectification can be seen neutrally or even positively by those who are not victims, those who are objectified view it as no better than being rejected.

Being of Asian descent, specifically an immigrant from China, I personally experience objectification for my race day to day. Comments made towards me about how dark I am for being Chinese, how cute I am because I am simply Asian, or even asking, "what kind of Asian are you?" from both teachers and peers ultimately single me out for being different although I am merely a fellow student, regardless of my race.

"I can admit to brushing off these kinds of jokes as inconsequential myself, and I think many of us are in the same boat (neglecting the offensiveness) because in the moment it may sound witty or we don't want to be that guy who takes it too seriously," said senior Christine Chang.

More importantly, several minorities report that racism and objectification can have strong negative implications for their own sense of well-being and lead them to question their self-worth, particularly when it is blatant and obvious.

The Culture of Offensive Jokes

By Joella Holmes

'Did that trigger you?' This seems to be a question that most students at San Luis Obispo High School have heard before. The culture of overly-offensive jokes may be the reasoning behind many people feeling attacked. For those telling the jokes, they feel as if they aren't crossing a line and that their fellow peers are just too sensitive. However, the overall question that needs to be answered is when are jokes taken too far?

"When I hear jokes about sexual assault, it makes me feel like people don't take it as a serious subject. Sometimes people will tell me to take a joke, but as someone who has experienced sexual assault, it's not a funny topic to me," said an anonymous SLOHS senior.

Unfortunately, in this day and age a lot of jokes stem from picking fun at political views, race, gender, and sexual assault/harassment. Obviously, with these being delicate subjects, they can become easy ways

to target certain groups or people, even on accident.

"What was meant as a joke could have the same effects as bullying because of how it was taken by its audience," said senior Kayley Rolph.

To those not on the receiving side of these



jokes, they feel very differently about how far you can take certain topics into comedy.

"I personally never get offended, but I do hear lots of jokes against Mexicans at this school, especially recently with current politics. Most jokes narrow down to, 'Build a wall,' or have to do with 'Making America

Great Again,'" said senior Eddy Christerna.

Those who don't feel comfortable with this sort of humor don't mean to discourage joking around, as even most famous comedian's jokes take root in modern day issues that tend to offend people. It's beside the point whether or not the humor is appropriate for everyone in the audience because chances are at least someone will take it personally. The point is that there could be a place where these jokes are taken too far and become flat-out unacceptable, like saying them outloud to a classroom.

"Just make sure you are being respectful and knowledgeable about the subject so that you don't go too far and end up hurting someone," said Rolph.

There will always be two sides; people being too sensitive and those being too offensive. The important thing to remember is you never truly know your total audience, what they're going through, and what they could find personally hurtful. If you're in doubt of the effect of your words don't say them at all, no matter how funny you find it.

Illustration Courtesy of Joella Holmes

Interview with Varsity Boys Basketball Captain Matteo Cuccaro

By Noah Clausen

The San Luis Obispo High School winter sports teams will be taking the field, court, and wrestling mat in hope for league titles and deep CIF runs. After much success in last year's winter season, expectations are high for the varsity squads. In particular, the basketball team made the CIF State playoffs for the first time ever, after coming in third in the CIF Southern Section. They are ultimately hoping to do the same this year. SLOHS *Expressions* sat down with one of the captains of our boys basketball team to get his take on the upcoming season.

Expressions: How long have you been playing basketball?

Senior Matteo Cuccaro: I have been play-

ing since my freshman year at SLOHS.

Expressions: What are your expectations for the team this year?

Cuccaro: The expectations for the team this year are that we will win another league title, go deep in CIF, and ultimately win a CIF title.

Expressions: How long have you been on varsity?

Cuccaro: Since last year, but I was only on varsity for a few games, then into playoffs.

Expressions: How were you selected to be a captain for the basketball team?

Cuccaro: The team gets together and chooses as a group who they think should be captain, with input from the coaches as well.

Expressions: Has being a captain put any pressure on you to set an example for the other players?

Cuccaro: Being one of the captains on the

team makes me want to work harder, and make sure my brothers are locked in at practice and games. The other two captains senior Addason Wright and junior Carson Leedom do a good job with the younger guys as well and explain what needs to be done to win, all three of us talk when things are rough with the team.



Photo Courtesy of Matteo Cuccaro

Last Year's Soccer Disqualification Affects New Players

By Calvin Giannini

Last soccer season our San Luis Obispo High School boys' soccer team was disqualified from CIF because of violating league rules. This year they have a new team and captains, but the consequences from last year are still transferring over.

Expressions follow up with these consequences, and how they have affected the players' thoughts and impressions on this year by interviewing seniors Branden Dolezal, Carson Shaw, and junior Moises Hernandez.

"Our coaches aren't very mad, they are just taking more precautions with how the team is ran. People don't bring up last year often, but people still do ask about it. It affects us mentally, but it makes us strive to do better this year and not make the same mistake," said Dolezal.

With last year's mistake in their heads it is hard for the athletes to not think about how this season will turn out. CIF is strong on their minds as they are starting the season off strong.

"It makes us more likely to succeed this year with CIF expectations rolling over from last year. When our coaches look back at last season they aren't mad, they are just being more careful. I personally think it has formed us into a more disciplined and better team. Our minds are set in the right place and the player bonds are stronger than ever," said Shaw.

Many people see last year as a tragedy but the players see it as a learning experience. The motivation to succeed is greater than ever as they are more eager to finish what they started last season.

"It gave our team even more energy to clap back. Most of our coaches were not mad but upset. Their main goal is to make this year a lot better. The coaches left the bad spirits behind them, and now the whole team is out to make a statement," said Hernandez.

A statement is promised to be made by the SLOHS boys varsity soccer team. Be sure to go out and show your support for them as they are expected to go a long way this year.

SLOHS Students Take On The Pad

By Colby Love

There is a new and improved climbing gym for San Luis Obispo High School students and it has been gaining a lot of popularity over the small amount of time it has been reopened. SLOHS is not new to the hobby of indoor climbing, with Crux Climbing Center being around for a while, but The Pad has hit the ground running with lots of SLOHS students loving the place after being remodeled from its old version. Their new location is at the end of Ricardo Court off of Sacramento Drive.

"I like The Pad because it has a really good climbing facility. It is just a nice place to hang out with friends and meet new people," said sophomore Quinn Brussel.

The Pad is a very kid friendly place with a lot of opportunities for the people to learn how to climb. There are multiple options for learning with different classes for each. On the other side, Crux Climbing Center has a couple options, but does not have as much of a variety as The Pad gives people.

"I chose The Pad over Crux

because The Pad is family. Everyone who works there is very outgoing and welcoming. I have only been to Crux a few times, but the single worker there was not very friendly. I feel at home at The Pad. When I can't figure out a route, climbers who I have never met show me how," said sophomore Julia Bloom.

Another benefit is that The Pad does not have set routes to climb.

They change the climbing routes more than once a week. This gives climbers a new challenge every time, making it a new experience each time. Aside from the climbing aspect, it also has yoga classes and an all day fitness room with lots of exercise equipment.

While both climbing centers are great, it seems that the SLOHS students love The Pad. It has so many more options and a friendlier environment. They welcome in any newcomers and there are plenty of ways to learn. The Pad has appeared to have won the race for now, as more and more students are joining in on the fun.

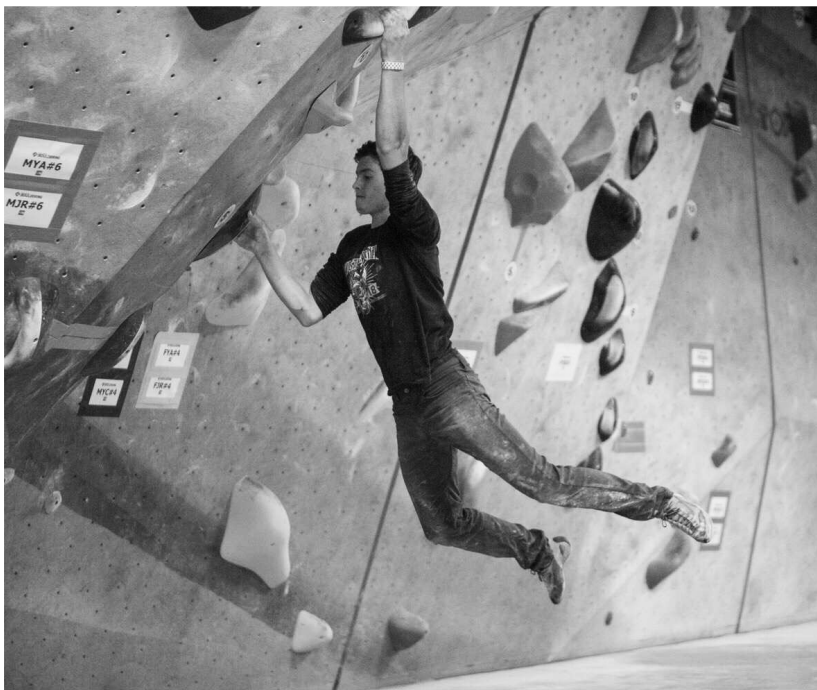


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Coming Soon: “A Midsummer Night’s Dream”

By Ella Livingston

San Luis Obispo High School’s Iambic Pentameter Club is gearing up to perform their main show of the year, “A Midsummer Night’s Dream”. It’ll be the first play of the year and the only Shakespearean show of the drama season. Iambic Pentameter Club is a smaller theatrical club, connected to the SLOHS Drama Department that performs one Shakespearean show a year, directed by a student director.

“I really enjoy getting to design and put together an entire show the way I envision it. I also really like getting to work with the actors, especially because this cast is really focused and has a lot of intuition,” said senior Kaylee Beardsley.

This show will be Beardsley’s directorial debut, and so far, the cast members have nothing but great things to say about her directing.

“She genuinely cares a lot about the show. It’s very collaborative, as everyone is bringing their own personalities and ideas to the board. She is also very willing to accept other people’s ideas,” said junior Lucy Davis, the assistant director of the show.

The hilarious plot-line and characters will definitely make this a must see show of the



Illustrations Courtesy of
Kaylee Beardsley

year. Even though it will be spoken in true Shakespearean language, the actors will really help to guide the audience past that to understand the jokes and the story.

“If an egotistical seventh-grader grew up

and turned into a donkey, then that would probably be Nick Bottom,” said senior Jack Martin. Being Nick Bottom in the show will be his acting debut for SLOHS theatre, after a few years participating in the Improv club.

“A Midsummer Night’s Dream” will show in the SLOHS theatre from January 25 through February 1, with all shows starting at 7p.m. Tickets will be sold at the door: \$5 dollars for SLOHS students, \$7 dollars for general audience, and free for all staff members.

“It’s going to be a really good time. ‘A Midsummer Night’s Dream’ is one of Shakespeare’s funniest, craziest plays. There’s lots of love triangles, craziness, some cross-dressing, a play within a play, and there will also be really cool costumes and sets,” said sophomore Penny DellaPelle.

With Iambic Pentameter having a reputation of producing great shows, such as “Twelfth Night” and “Romeo and Juliet”, this one is sure to continue that trend. So put it in your calendars: January 25 through February 1. “A Midsummer Night’s Dream” seems like a show not to miss!

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WILL ROCK BE OVERSHADOWED BY RAP?

By Josh Brooks

In recent years, rap music has taken over the charts and mainstream media of San Luis Obispo High School students, surpassing rock and roll as the most dominant genre. But why has this phenomenon happened?

Rock and roll has dominated the charts and overall popularity for over five decades. But in the 2010s with the explosion of hip hop, rock started to vanish from the charts, and now, most streamed music on popular music platforms consist of pop, R&B, and rap.

"I think that the reason why rap is the most popular genre today is because the current generation can identify with rap music, compared to how previous ones did with rock music. There is always something that each generation will bring to the media, and this generation's happens to be rap music," said senior Jack Mount.

There has also definitely been a connection between the falling of rock music and what has been going on in the past ten years. They have been defined by movements like 'Black Lives Matter' and "LGBT rights" and will continue to be at the forefront of Trump's America. Rap and hip-hop will drive these ideals and feelings, even when it's not overtly political.

The genre's very place at the top of the charts will have very powerful discourse in this country. Rap artists take on problems in American and global society, creating representative lyrics. Young people are proving to be influential in these topics and therefore can relate to this music. Despite this, many still feel the power and relevance of rock and roll lyrics as well in this day and age.

"I think rock and roll won't die at all and rock and roll is actually thriving. There are still a lot of young people that listen to rock music, and there are some new rock bands such as Greta Van Fleet," said junior Chris Dzukola.

Overall rock music can still be considered alive and well today, even when shadowed by contemporary genres. There is a huge rock scene in the United States with a lot of popular bands making new music. But if we want rock to be alive and well for a long time, going on Youtube, Spotify, or Apple Music to support it can help. Checking out local live performances is also one of the best ways to support rock music. As for rap music today, it will remain prominent with rock but won't stay mainstream forever.



"The Pixies" at The Fremont Theatre in San Luis Obispo

Photo courtesy of Joella Holmes

10 Students, 10 Songs of 2018

By Macy Nitzel

Freshman Uno

Unemar: "Praise The Lord" by A\$AP Rocky because I like his voice and the track is good.

Freshman Natalia

Doane: Probably either "When The Party's Over" or "Lovely" both by Billie Eilish.

Freshman Samuel

Strickland: "Sunshine Girl" by Jakob Ogawa because it's catchy and I can relate it to my life.

Freshman Emma

Stoudenmire: "Thank U, Next"

by Ariana Grande because I love all of the unique music she dropped this year.

Sophomore Grace

Rubio: I like the song "Girls Like You" by Maroon 5 just because it's good.

Junior Sebastian

Ramirez: "Broken Brain" by The Frights because it gets me really fired up and makes me super happy.

Junior Gianna

Smith: Either "Angels" by Asap

Rocky or "Can't Say" by Travis Scott because rap is my favorite genre and a lot of songs this year sound very similar, but these are really original.

Senior Molly An-

thony: "Taste" by Tyga. It's a classic.

Senior David

Flores: "Sicko Mode" by Travis Scott. It gets me hyped up.

Senior Silje Moen:

"10 Freaky Girls" by Metro Boomin and 21 Savage.

How Trump's Immigration Policy Affects SLOHS Students

By Macy Nitzel

Trump's new immigration policy has divided San Luis Obispo High School students with different political views. For those who have family members that immigrated here, there are a set of consequences that affect their everyday lives. *Expressions* interviewed three freshmen of immigrant descent about their opinions on the issue.

Expressions: How does Trump's new immigration policy affect your social life?

Freshman Arantxa Covarrubias: Trump's new policy isolates me from my friends because they don't know the fear and hardships behind being an immigrant.

Freshman Sierra Caravarin: It's an uncomfortable topic that gets brought up for me in my everyday life. It's a subject people love to joke about, but what they don't see and will never understand is the pain millions of other kids and I are being put through because of these inhumane laws.

Freshman Oscar Castillo: It has affected me because [Immigration and Customs Enforcement] took my brother.

Expressions: How has your schooling changed since the policy has been enforced?

Covarrubias: I feel like my classmates don't understand my obsession with race because

they don't know what it's like to fear not being able to go to college without a scholarship and other things like that.

Caravarin: I live in a family of mixed status, like most Latinos do. When Trump began his aggressive immigration actions, our family began to live in constant fear of separation and deportation. It's a feeling of extreme inferiority, like you don't belong. Consequently, my guard is always up. How can you even think about school at that point? Not only that, but he opened the gate for racism. He almost gave everyone permission. Being slammed by not only kids, but teachers become oppressive.

Castillo: My family doesn't feel safe and it concerns me because they could be taken at any time and I know that they worry about me too.

Expressions: Are there any topics discussed in the classroom that make you uncomfortable?

Covarrubias: In health class when we learned about stereotypes, the Hispanic stereotypes were very offensive.

Caravarin: Something I've had to deal with that is so vile is teachers propitiating stereotypes on Mexicans and Latinos. Hearing things like, "Some of my students are poor,

you know, because they're Mexican," and "State testing will probably be easy for you guys, but my other students will probably struggle. Get it? Because they're Mexican. So don't worry, you guys will do great." This isn't just propitiating stereotypes. It's propitiating the belief that people of color are inferior to whites. There are so many instances in class where the topic of immigration comes up, and people just bash Mexicans.

Castillo: No, I feel comfortable with most things.

Expressions: What do you want others to know about those in your position?

Covarrubias: Be mindful towards those who are affected by ICE.

Caravarin: I think people that haven't gone through this or had someone close to them go through this should know that the most important thing is gaining knowledge on the subject and being respectful. There's no way to go about it if you're closed minded.

Castillo: Remember to stay positive and there is always a way to get someone back. Most of the time they get sent to prison and wait trial for months on end.



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An Interview With ASB President Prachi Shinglot

By Ryan Anderson

This year's student body president of San Luis Obispo High School is senior Prachi Shinglot. Shinglot has one brother who is a freshman in college. Shinglot has three goldfish who have been alive for a couple years, and is striving for many colleges with a biology major in mind. Shinglot, along with the rest of ASB, are tackling how to make the school a better environment for the students. Expressions decided to sit down and learn more about her.

Expressions: Who do you look up to?

Senior Prachi Shinglot: I think I look up to a lot of people in my life for different reasons because they all have qualities that I wish to have or they impact my life in various ways. My biggest role models would probably have to be my parents though. They have always done whatever they could for me to help me succeed in life and are some of my biggest supporters.

Expressions: What motivated you to be in ASB?

Shinglot: I was in the leadership class in the eighth grade at Laguna Middle School and I thought it was super fun to work with others and put on activities the entire school would enjoy. So I decided

to run for Sophomore Class Officer because I knew that ASB was a huge part in making school more enjoyable and I wanted to help make that possible.

Expressions: What are some of the problems you have faced as the student body president?

Shinglot: I think the biggest problem I have faced as ASB president is just making sure that all of the voices and concerns of the students are being heard. ASB is supposed to represent all of the student's opinions but it does get hard when everyone wants such different things.

Expressions: How did you overcome these challenges?

Shinglot: Everyone in the ASB class definitely helps me overcome this challenge. Just by having people I can talk to and bounce ideas off of, we are able to solve problems and come up with ways to make SLOHS better.

Expressions: Who are some people who supported you strongly on becoming student body president?

Shinglot: My parents and friends definitely are my biggest supporters for becoming president. They are always there to encourage me and help out with anything that I need.

Principal's Secretary Shawlene Van Dyke Says Goodbye To SLOHS

By Kaylee Beardsley

Principal's Secretary Shawlene Van Dyke has worked at San Luis Obispo High School for 18 years. Recently she announced her retirement, and Expressions sat down with Shaw to gather the facts about why she has decided to say goodbye to SLOHS.



Expressions: What's been the best part about your job?

Shawlene Van Dyke: The best part about my job is the students and it's harder for me to have more of a relationship with the students here. Most people don't even know who I am, which they

don't need to know who I am, but what I miss is my children. The students here are like my kids, and I spend my hours here to make things better for them. My kids are grown, but you all are also my kids and it's my job to take care of you guys while you're here. It's our job to make you guys responsible and loving human beings out in the world.

Expressions: What does being the Principal's Secretary entail?

Van Dyke: Basically I have the responsibility to make sure that I keep his calendar in order and that I get him where he needs to go. I also deal with all the issues that come up on campus. There's so many emails too; I probably get a hundred or more emails a day and then I deal with the various situations that come up every day. I just kind of put out little fires throughout the day.

Expressions: So, why have you decided to retire?

Van Dyke: Back in October my mom passed away, and it really just was a wake-up call for me. You know, I spend so much time here and sometimes I've been here till 10 p.m. finishing things that I needed to do that day, and when she passed I just realized how I had wished I had gone and seen her more. My husband is also sick, and I want to spend time with him more. I have grandkids that I want to care for, you know, it's time for me to see my own family grow. I think people think that their parents are going to be around forever, but that's just not true and I want to spend as much time with them as I can.

Photo Courtesy of Kaylee Beardsley

A Look at Ritchie and Ross

From the point of view of San Luis Obispo High School students, teachers are often seen as just that, a teacher. As a result, students tend to overlook the idea that their teachers also have interesting lives, personal hobbies, or intriguing facts about themselves.

Expressions: What makes you unique as a SLOHS Teacher?

Science teacher Ryan Ritchie: You mean besides my epic rapping skills and commanding fa-

By Josh Ortega

cial hair? I am sure my strange sense of humor would be mentioned by many. The audience I seem to amuse the most is myself.

Social Science teacher Gregory Ross: I mean there are others like me, but I think that because I don't have any kids every summer and every winter I travel somewhere around the world. There are so many amazing places, but some of my favorites would probably be: Bosnia, South Africa, Cambodia, and New Zealand.

The Pets of SLOHS: Reasons why students love them

By Ryan Anderson

Photo Courtesy of Kara Hoover

Lots of students at San Luis Obispo High School have multiple pets. Most of these students have pets because they are a key to companionship and a great method to get rid of loneliness.

People should have pets because they have great qualities: loyalty, unending affection, and lots of respect. These pets can be many different species, whether they are reptiles, dogs, cats, or anything else.

"I love how they are so uplifting. Each one has their own special personality that will instantly brighten me up. My two current Chihuahuas are service/emotional support dogs and never fail to make my day," said freshmen Bridget Tuohy.

Like many, she has pets to bring her happiness.

"I think having a variety is great because not only does the individual animal have a unique personality, but so does their species. Cats tend

to be more solitary and calm, and in turn, it makes me more relaxed, whereas my dogs are more upbeat and energetic; perfect for lifting up my mood. My bird is evil, so I guess if I want to be angry or physically hurt I'll just go to her. They are such sweet creatures with loving hearts.

I wouldn't trade them for the world," said Tuohy.

Having multiple species of pets can give you many things in life.

"Well bearded dragons were mostly my little brothers, but they were really interesting and fun to watch," said freshmen Tiki Schwartz.

Although some pets may be unique or weird they can still be helpful in their own ways. They are all valued in by their owners for many different reasons, and they can help make the difference for a person.



Of the Highest Caliber: Back Again

a creative writing column...

By Kaylee Beardsley

Josh and Adam hadn't been to the convenience store in a while now; what with the owner shouting at them after seeing two gallons of chocolate milk spilled in front of the shop, that he later had to clean.

But here Josh and Adam found themselves again, loitering on the corner adjacent to the store.

"Do you think I could still go in there?" said Adam, gesturing towards the store.

"Why?"

"To get the chocolate milk, man. You never chugged your two gallons,"

Josh didn't say anything but nod silently, knowing his fate. After Adam had chugged those two gallons, he had cramps in his stomach for the next two days.

Adam walked across the street, and into the convenience store. Josh took a seat on the curb.

A few minutes passed, and then Adam came back out, carrying a jug in each hand. He placed them on the curb next to Josh.

"All right, here you go," said Adam, sitting down next to him on the curb.

Josh opened the first one, brought it to his lips, and chugged it like he hadn't had something to drink in days. Before he knew it, the carcass of the first jug was thrown onto the ground. He reached for the second one, but then his stomach began to lurch.

Josh burped.

"Come on, it's almost done," said Adam.

Josh picked up the second jug and repeated what he had done with the first, but this time the milk started to spill from the sides of his mouth. Josh felt extremely queasy, and the pain in his stomach was growing.

Yet, he finished the second one. Adam looked at him with the same amazement Josh had had for him.

"Josh, that was spectacular,"

Before Josh knew it though, he collapsed unconscious, having drowned his stomach in chocolate milk.