

SLOHS EXPRESSIONS

MARCH 2024 | CUISINE FEATURE | SAN LUIS OBISPO HIGH SCHOOL



From one side of SLO to the other, there are so many breakfast places to discover. Graphic courtesy of junior Addi Woods.

SLO's Breakfast HotSpots That You Need to Try

PEOPLE & CULTURE EDITOR ADDI WOODS

Whether going out for breakfast before school on late-start Mondays or meeting for brunch on the weekends, there are countless local breakfast spots for San Luis Obispo High School students and staff to choose from.

Expressions reached out to a few students and staff to get their insight on SLO's best breakfast spots.

Expressions: What makes a breakfast place enjoyable?

Junior Laela Burgess: They're enjoyable when they have cozy vibes, lots of dishes to choose from, and have a lot of seating— indoor and outdoor.

Digital Design teacher Zachary Roper: Oh man, I love a good old-fashioned breakfast diner, where you can see the line cooks and there's a bar you can eat at. Some place that has hot coffee in ceramic mugs, big greasy breakfasts, definitely some massive pancakes or waffles.

Junior Alana Spearman: Cute decorations and plenty of seating make a breakfast place enjoyable to me.

Senior Maggie McKay: I love when a place has cute cups and plates, and when the workers are super nice.

Expressions: Which breakfast spot in SLO has the best atmosphere?

Burgess: I think Sally Loo's.

Roper: My favorite place for breakfast in town, and the place I take our visitors to, is Bon Temps Creole Cafe down by the train station. It's technically a Cajun restaurant, but their breakfast items and brunch items are incredible. They have this thing called Pain Perdue that's like Cajun French toast that's so good.

Spearman: You should check out Crepe Cafe, the crepes are so good and it has a comfy atmosphere for any time of day.

McKay: I love the atmosphere at Sally Loo's. It's the perfect place to go for a cozy Sunday morning brunch.

Expressions: Which breakfast spot in SLO has the most affordable prices?

Burgess: This is a really hard one. It's difficult to find places with cheap prices nowadays. Honestly, this is really random, but there's this restaurant called the Breakfast Buzz over on Santa Rosa Street that's a bit cheaper than other places I've been.

Roper: Probably Denny's!

Spearman: If you're looking for an affordable breakfast spot I recommend Bon Temps Creole! They have a really good dish called the "Fatido-do" that I think everyone needs to try.

McKay: Del Monte Cafe has some good cheap breakfast options. Their pancakes are huge and delicious.

Expressions: Which breakfast spot in SLO has the best coffee or tea drinks?

Burgess: I'm not a big coffee drinker, but as far as tea drinks go, it's hard to beat Starbucks.

Roper: I'm a Nautical Bean fan. Support local businesses!

Spearman: If you're looking for a great place to grab a quick drink, visit Sweetie Cup. They have a killer butterfly tea lemonade with boba.

McKay: Linnaea's Cafe has my favorite drinks. They also do some seasonal drinks that are always really good.

Expressions: What is your overall favorite breakfast spot in SLO?

Burgess: I have to go with Sally Loo's. The food is so delicious, it's in such a cute spot in town, and always has creative specials!

Roper: Still Bon Temps!

Spearman: Overall, Crepe Cafe is my favorite breakfast spot. Their customer service, food, and atmosphere are all ten out of ten!

McKay: Definitely Sally Loo's. The dishes look nearly as good as they taste and you can't beat their waffles.

Be sure to try some of these spots if you haven't already, and enjoy your breakfast Tigers!

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Student Senate Makes a Difference!



Student Senators work together to improve the schools in the district as much as they can. Photo courtesy of Ruby Wallau, YouthTruth.

REPORTER HOLLIS DICKINSON

Student Senate is a collection of students from the district's elementary, middle, and high schools, including some amazing students from San Luis Obispo High School.

Students are hand-picked from their grades in elementary school based on their leadership skills and their want to make a positive difference.

"I like the fact that I feel like I can make a difference in our school and see the change happen," said freshman Zoe Peters.

In Student Senate, representatives look at data from some of the tests students take like the Youth Truth Survey, and decide what could be done to help the schools.

An example of an action taken is the cell phone pockets that can now be seen in every classroom. This happened because students were reporting that they had trouble focusing in class with their phones buzzing all the time.

Student Senators get to keep their positions throughout their entire time in the district.

"I like Student Senate because it is a great way to meet new people and get experiences that I can use in real life," said Laguna Middle School seventh-grader Pippa Dickinson.

Student Senators from all schools get together every couple of months to collaborate. The meetings are around three hours long and include lots of brainstorming.

For all this hard work the Student Senators get rewarded with a trip every year. This year they are going to Universal Studios and the Getty Museum on March 20.

Keep making positive change Tigers!

SLOHS Robotics Club: Legends in the Making

REPORTER KAI LIWANAG

San Luis Obispo High School students in Robotics Club have recently won their tournament, allowing them to move on the state championships.

Expressions reached out to a few Robotics Club students to learn more about the club.

Expressions: What do you do in robotics club?

Junior Hunter Dorf: In robotics club, we design robots using Computer-Aided Design (CAD), build them with metal and VEX electronics, and then program them to drive by themselves and respond to controller input.

Junior Christopher Kaml: I am the president of the robotics club. Our teams are 920A, 920B, 920C, and 920D. I am a part of team 920B and I CAD and build our entire robot from the ground up.

Junior Keith Kania: Each year in robotics club, we compete in a new challenge designed by the VEX Robotics company. After school, teams digitally design their robot using CAD software, build it using mechanical and electric components, and then program it to drive by itself or using a controller. After this design process, we compete at regional tournaments to qualify for the state championships, which could then qualify us for the world championships.

Expressions: How did you make the robot that recently won the tournament?

Dorf: Our robot was the result of hours of research and trial and error. We tested out many designs that we thought would work, and then changed them if they didn't work. The process started with the drivetrain, which we optimized for a balance between speed and torque. The other subsystems, like the game object intake and flywheel, were experimented with until they met our standards and were competition-ready. For programming, the code was written so the robot could score as many points possible during the autonomous period of each match.

Kaml: The robot was constructed of a variety of stock metal, screws, hardware, electronics, and some decoration as well.

Kania: To make the robot, we started by spending hours researching different designs and the pros/cons of each one. Once we had a plan, we designed the robot using Autodesk Inventor. The goal was to make the robot drive as quickly as possible without sacrificing too much torque because we needed to be able to push other robots. We added rubber wheels to pick up the game objects because they were oddly shaped, and our design needed to have elastic tolerance. Another significant addition to the robot was the flywheel, which allowed us to quickly launch the game objects to the other side. The last features of our robot was the climber, which we designed to passively hang from a horizontal bar for up to 20 additional points each match, and two bars that drop down so we can hang on a vertical bar as well, we call these wings and we also use them to score game pieces faster.

Expressions: How do you feel af-

ter winning the tournament and receiving the excellence award?

Dorf: I'm happy we won, proud that our design worked well, and most of all, excited that we have the opportunity to compete in the State Championship. Additionally, I'm glad our effort and hard work paid off. The Excellence Award is considered the best award (even above Tournament Champion) because the requirements are strict and can only be achieved with a lot of dedication.

Kaml: After winning this tournament we had qualified for the State Championship for the third time this season. It was awesome to compete against all of these teams and win tournament champion and the excellence award. The Excellence Award is presented to the team with the best robot, rankings, notebook, and skill. It felt awesome receiving the Excellence Award at this competition.

Kania: Christopher Kaml, Hunter Dorf, and I are very happy and proud of our accomplishments at the tournament: winning over twice our opponents' score (139 to 69) and being given the Excellence Award. We feel confident for what we can bring to future competitions this season and are proud of all the improvements we've made throughout the season.

Expressions: Are you excited for the State Championship? Why?

Dorf: I'm extremely excited for the State Championship because we'll be given a chance to qualify for the World Championships for the third consecutive year.

Kaml: One hundred percent! Our new robot is ready to rumble and it looks amazing (and the functionality of it is even better). We are confident we will pull it off.

Kania: My team and I are very excited for the State Championship. We have done a complete robot rebuild and colored our robot to match SLOHS' colors. We can't wait to see what other teams have done and are hoping to return our team to the World Championship for the third consecutive year.

Expressions: Are you confident you can pull off the win this year? What makes you feel that way?

Dorf: I'm confident that we will win the State Championship because we know what we are up against and have built our robot accordingly. Assuming we make it to the World Championships, I think it is definitely possible to win, but it will take a lot more work and practice.

Kaml: I have three years of driver practice behind my belt and I construct the robot very well. It drives great and plays all aspects of the game extremely well. With that in mind I have no doubt that we will pull off a win this year.

Kania: We feel very confident in our teams ability to continue dominating this season and have furthered our competitive nature by adding a climbing level higher than any other teams we've seen going to the State Championship this year to better ensure a win for SLOHS and another ticket to the World Championship.

Our Robotics team is doing very well. Let's cheer them on as they compete. Go Tigers!

SLOHS Expressions Staff 2023-2024

Editors

People & Culture

Addi Woods

Opinion

Karl Karsh

Feature

Alma Tinoco

Kiki Jouet

Heath & Sports

Aidan Field

Kevin Rodriguez

Arts & Entertainment

Vyoret Burrus

Asia Jade Hagans

Back Page

Cate Tucker

Web

Aidan Field

Sage LaMacchia Meeks

Design & Content

Cate Tucker

Addi Woods

Adviser Scott Nairne

snairne@slcusd.org

San Luis Obispo High School

1499 San Luis Drive

San Luis Obispo, CA 93401

Reporters

Devin Brown

Hollis Dickinson

Roman Engelmeier

Olin Fow

Porter Hales

Emily Howell

Julian Johnson

Gabriel Limon

Kai Liwanag

Emily Lopez

Alex Lowe

Bug Marin

Dominik Martinez

Ollie Nemetz

Eric Ozuna Basilio

Levi Woffinden

The SAT and ACT are Approaching...



It's right behind me isn't it? Graphic courtesy of junior Addi Woods.

REPORTER JULIAN JOHNSON

Testing season is approaching, and it is creating a lot of work for San Luis Obispo High School students.

As students prepare for college they may be choosing to take tests such as the SAT, ACT, or various AP tests. These can influence chances to get into colleges, which can pressure students to take on too much work at once.

"It was honestly pretty chill at the beginning of the year, but now I'm really feeling that tension, everything's really starting to add up," said junior Joanna Rawlings.

Students are told that AP classes and tests will help them build a strong future by getting college-level classes done in high school.

"I don't want to be in college for that long so I was sold on the idea that I can get ahead by taking AP classes but the workload seems like a robbery," said junior Elijah Berry.

The purpose of AP classes should be to allow further exploration of passions, not pushing miserable expectations on

students. Likewise, SAT performance should be a measure of knowledge but not make or break a college application.

Testing has also created a competitive culture which can be harmful to self-esteem when students compare performance.

"The worst is when someone complains about their score when they got something like fifty points higher than you did, it provokes a lot of toxicity and self-deprecation," said Rawlings.

Before testing, students feel the need to study a lot in order to feel prepared, but there is little time for that on top of standard classwork.

"It's ridiculous because I don't know whether to focus on schoolwork due this week or on a huge test that will influence my chances in college," said Berry.

Taking exams is admirable to colleges because it shows motivation and commitment. It is hard for students to grapple with this level of influence over their future and the pressure to excel at difficult levels of knowledge.

There are many expectations on students at SLOHS to do well on tests and it can be a lot to handle. Stay strong, Tigers!

Digital Design Club Invites Explorers

REPORTER EDEN FURLONG

San Luis Obispo High School offers dozens of extracurricular clubs highlighting all sorts of interests ranging from Gardening to Game Development. One of these clubs that definitely deserves a spotlight is Digital Design.

If students are interested in art, computers, modeling, game design, or anything similar, Digital Design teacher Zachary Roper has students covered, experienced or not.

As stated on the ASB section of the SLOHS Website, "The purpose of the Digital Design Club is to provide a space for those to share and collaborate on digital projects."

"Digital Design Club really helps with providing a time, a space, and resources to do things like modeling and artwork, and I get to talk to my friends while

doing it! I have been in the club since it started, I was invited by Tyler and I go to pretty much every meeting," said sophomore Grant Laity.

Laity is currently in the concept stage of creating a game while in the club, which is one of the many possibilities that the club allows.

"The reasons why someone would join the club is if they have any interest in digital art, logo design, game design, and really anything that has to do with the visual arts aspect of computers. An upcoming project that we'll likely start working on soon is a short film/movie," said president of the Digital Design Club and sophomore Tyler Gerbel.

The club meets every Wednesday in room 214 at lunch, so if you're interested in it at all you should definitely swing by and check it out!

Who's the Hip New Admin with Amazing Hair on Campus?



SLOHS' sytlin' new addition. Photo courtesy of junior Olin Fow.

REPORTER OLIN FOW

San Luis Obispo High School's beloved vice principal Julie Mamo recently retired and she's been replaced by the new vice principal Josh Garcia.

Expressions reached out to Garcia to learn more about SLOHS' newest staff member.

Expressions: Where are you from originally?

Vice Principal Josh Garcia: I was born in Arizona, but moved to north county San Diego when I was eight years old and lived there for most of my life.

Expressions: Where did you go to college?

Garcia: I went to Cuesta College

for a couple years before transferring to California State University San Marcos, where I earned my Bachelor's in Social Sciences, my teaching credential, and my Master's in Educational Leadership.

Expressions: Do you have any teaching experience before this job?

Garcia: I was a Title I Coordinator at the elementary, middle, and high school level. I also taught English, English Language Development, and Social Studies at the middle school level.

Expressions: Do you have any kids?

Garcia: Yes, I have four wonderful kids. Eden (ten), Levi (seven), Selah (five), and Rhema (one). They definitely keep me busy!

Expressions: What do you think of SLOHS so far?

Garcia: The first word that comes to mind is "impressive". So many students have come up to me and welcomed me to campus already. As I've walked through classrooms and hallways, what has impressed me the most is the kindness and confidence that SLOHS students exhibit. I've also had the chance to meet most of our teachers and staff and can confidently say we have some of the most authentic, caring, and competent staff around. I feel really proud to be a part of this team of educators and students!

Expressions: Do you have anything else to add?

Garcia: I'm excited to be here at SLOHS and thrilled to be a part of such a dynamic culture. I look forward to getting to know all of you in the weeks and months ahead!

We can already tell how nice of a person Garcia is and we look forward to having him here for a long time!

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Watch Out, the Jostens Monopoly is Scamming You!



A SLOHS senior rocks the graduation fit from none other than Jostens. Photo courtesy of junior Sage LaMacchia-Meeks.

REPORTER LEVI WOFFINDEN

San Luis Obispo High School uses Jostens to make and distribute graduation gear to the senior class. Jostens has a local monopoly on graduation gear, meaning they can set unreasonable prices with no regulation.

Jostens sells most of its graduation apparel in bundles, with the cheapest cap and gown package being 103 dollars, excluding tax. Jostens also markets itself as the only way to get graduation gear, making it hard to find cheaper options.

"It's super hard to find [graduation gear on the Jostens website] because they sell everything in sets and you cannot just buy a single gown," said senior Elliot Chen.

While the main products people buy from Jostens are caps and gowns, Jostens makes much more profit from preying on students' emotions surrounding senior year. Jostens is very good at marketing, but don't get caught up in their propaganda.

Senior year only happens once in a person's life, but that does not mean they should spend hundreds of dollars on a senior ring. Some rings are priced at over 700 dollars!

Senior year is a transitional time, where students have to turn into adults. Pushing students to pay outrageous amounts of money for a ring is cruel, especially when they are already worrying about the college debt

they are about to incur.

However, there are some alternatives to Jostens.

Students can go thrift shopping or borrow graduation gear from siblings. Seniors are also able to rent a cap and gown from the Associated Student Body.

"[Renting caps and gowns] seems more practical because we need gowns every year," said senior Dylan Hosn.

Renting is an intriguing option to many seniors who don't have future plans for their caps and gowns.

"I probably would [rent a cap and gown], just because it's pretty expensive for a one time use," said senior Bianca Cadena.

Students should look into renting caps and gowns if they haven't already. Alternatively, if you have already bought a cap and gown, consider donating it to ASB after graduation so that future students can save money.

"That said, our students could create an even more robust program to donate caps and gowns after they are used so that we have more in circulation to lend to our graduates. It would save families money and also help out the environment," said principal Rollin Dickinson.

Senior year is a special time, so celebrate it with friends and family rather than spending your college fund on a senior ring.

Living to Die: the Retirement Age is Rapidly Increasing

REPORTER ROMAN ENGELMEIER

Working until you die isn't an enjoyable way to live your life.

Unfortunately, as a San Luis Obispo High School student, or any student in general in this generation, working until death might become a sad reality.

As quality of life begins to rise for citizens in the United States, so will the average lifespan. As good as this may seem, it isn't all smiles when you think about it.

Currently, the age of retirement where benefits become accessible is between 66-67 depending on date of birth.

With news that life spans are increasing, former Governor Nikki Haley suggested that the age eligibility for retirement should be increased to seventy based on life expectancy.

SLOHS *Expressions* asked students about their opinions and stances on this highly controversial topic.

Expressions: Why is the rising age for retirement bad for our generation?

Junior Owen Fawcett: The rising age for retirement could be seen as negative because it could mean that people aren't able to retire at an age that makes sense; they have to keep working past the time that they are productive and able, not only is this bad for themselves but also the people or companies they are working for.

Junior Carter Sutcliffe: The rising age for retirement is bad because it forces the elderly to stay working when maybe they're not as capable as they were, which is also bad because then they're not doing as good of a job.

Senior Anthony Garcia: It's bad because it prevents the younger generation from adding new ideas and capitalizing on making newer advance-

ments in any department.

Expressions: Is there a way to prevent it from increasing? If yes, how?

Fawcett: I'm not sure. Inflation would give higher wages to these people, but then again, in the long run it would counteract itself because they would need to spend more money on the same things.

Sutcliffe: A way to prevent it is to find them a job that they can ease out of and not have to work until they can't, or have them retire and get younger people into that position that they were in prior.

Garcia: The way to prevent it could be just telling people that they need to retire younger. Obviously it's not that simple, but giving them help to retire before they become too old would help a lot of people who are nearing the fear of retirement.

Expressions: With your best guess, why do you think it is rising from mid-60s to 70?

Fawcett: My best guess is a trend that is causing prices to go down due to an overabundance of products, deflating the economy and lowering workers' wages making it harder for people to retire.

Sutcliffe: It's rising but there is a lot more demand for certain things and materialistic items from companies and corporations and that they don't have enough people so they have to stay to work instead.

Garcia: The best guess I have as to why it's rising to 65-70 is because people are becoming so knowledgeable that they aren't getting rid of them to create new ideas or jobs for younger people.

This is seriously a frightful thing to know, especially since the average lifespan of a U.S. citizen is only 77 years old.

Source: cdc.gov

Don't Be Deceived, Your Smartphone is Hazardous

ARTS & ENTERTAINMENT CO-EDITOR KI JOUET

The marvelous world of smartphones has long been captivating both the minds of humanity at large, as well as those at San Luis Obispo High School, for a long time.

But are these devices really so marvelous?

In recent years, it has become more and more obvious that phones are changing our behavior, and with them being so prevalent amidst daily life, this poses serious problems.

Of course not everyone has seemed to feel the effects from so much screen time, so it can seem like this isn't really an issue that even exists.

"I haven't really fallen victim to it. I feel conscious enough to know what's important at the moment, I'm able to put things aside. I can sit and watch a movie without being disrupted and do homework for periods of time," said senior Paola Meza.

However, the deterioration of focusing skills is definitely happening, especially for young people. For many, watching things like Tiktok or Netflix have become so all-consuming that most other things are extremely difficult to pay attention to.

"I think it's definitely serious for some, especially coming from personal experience with family members. I have a younger brother, and unfortu-

nately, we can't spend too much time with him playing because he can't stay focused. I think it's because of the screen time that he has," said Meza.

Such behavior isn't healthy. If the only thing that can hold someone's attention is thirty second videos one after the other, then basically all forms of learning, working, and focusing become impossible.

"It can be addicting. I'll feel like I don't want to stop watching videos, and then sometimes if I'm watching a movie I feel like I get bored pretty easily," said senior Yanelly Cardenas.

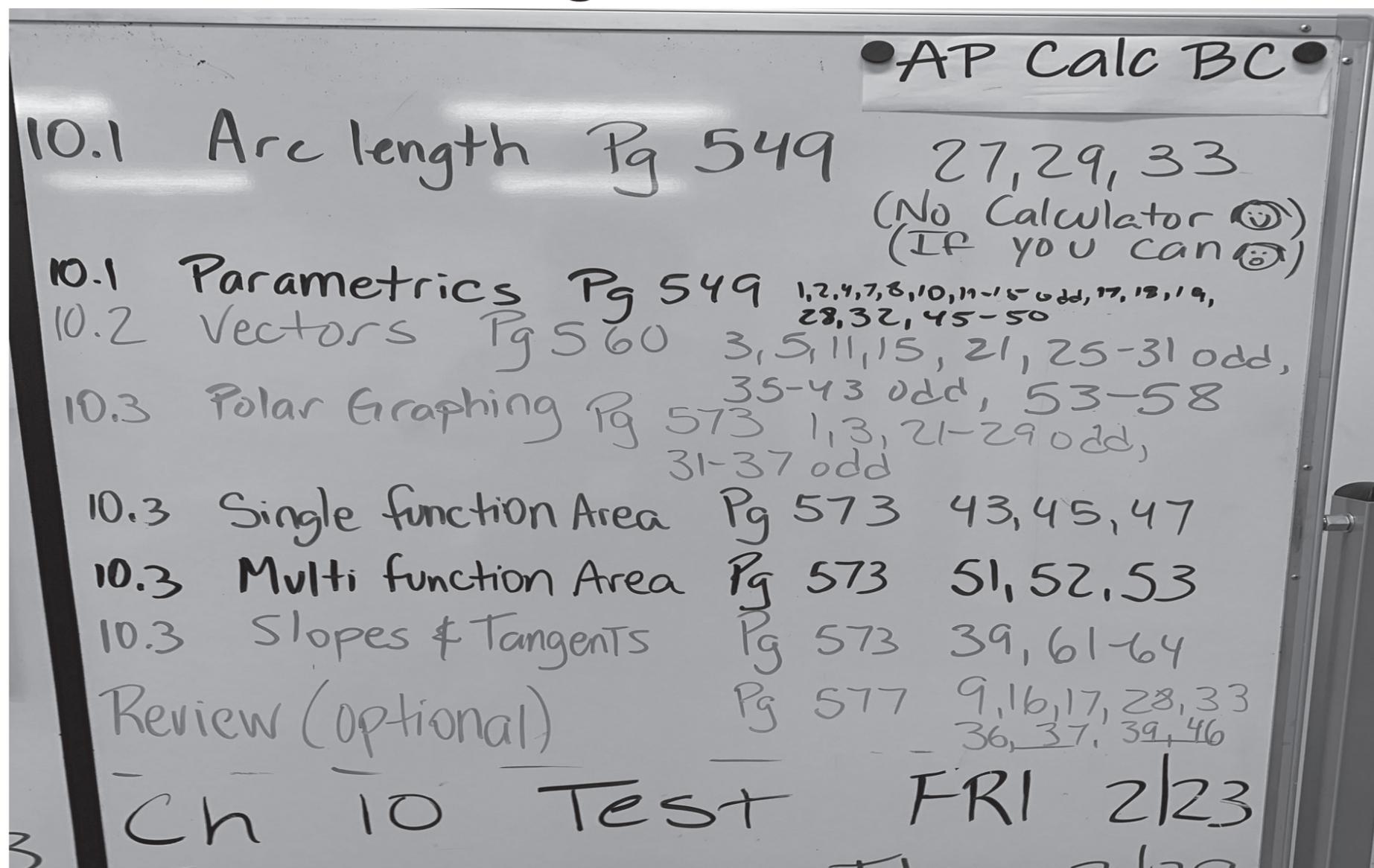
If everyone starts to experience this, eventually no one will be able to pay attention in school, or be able to pay attention long enough to have meaningful experiences.

"There are things we have to do as adults that aren't the most interesting things in the world, such as working, but that we just have to focus on. But [phones] can also be detrimental to our relationships with other people, like ruining the deep conversations that really bond you to others," said English and Film Studies teacher Sholeh Prochello.

With the technology of smartphones becoming ever more addicting, it seems that these drawbacks will never be addressed or solved, at least not by society at large.

So Tigers, take charge of your own habits and focus on keeping your brain healthy instead of rotting away on your phone!

Favoritism Shines Bright in AP Classrooms at SLOHS



The AP Calculus BC class to-do list is looking awfully long. Photo courtesy of senior Gabe Limon.

REPORTER GABE LIMON

There are many AP (Advanced Placement) classes for students to take at San Luis Obispo High School, and those who teach these classes also have college prep classes that are required to graduate.

"The teachers are more chill in general because they have higher expectations of their students and they assume that the students are going to be more on top of their work as opposed to students who are in college prep classes" said senior Atticus Drake.

There are many teachers that students think are cool based on how they treat their students.

"It's not that college prep students don't care about what they're learning, but AP students are always pushing themselves and so you kind of notice teachers in AP classes aren't as strict about phones and such because they know that students can use them responsibly," said senior Jeremy Boudreau.

Students with higher work ethics usually are very independent and will be able to get all of their work done without being asked to.

"I don't think it's the teacher treating the students differently as much as the students treating the teacher differently. This is because in AP classes, people are more likely to take their studies seriously. So there's less people who interrupt, there's less people who try to disrupt the flow of class. Teachers can focus more on teaching rather than babysitting," said junior Marshall Lin.

Many students have a skewed view of how teachers treat their students because they don't realize that the way they treat their teacher affects the way the teacher treats them. Managing up to 25 students at a time is very hard, and when a few start acting up, the teacher has to play the bad guy to stop the interruption.

So Tigers, stop being such a brat in your classes and be a good student because next year (if you're not a senior) your teachers might like you and cut you some slack.

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Why Do Some SLOHS Students Have to Drive Three Hours Just for Groceries?



Faraway groceries wait to be bought. Graphic courtesy of Canva AI.

HEALTH & SPORTS CO-EDITOR AIDAN FIELD

At San Luis Obispo High School, students go about their day to day lives, buying groceries and making their own food at home. However, for select students, this simple task isn't as straightforward.

Students whose families' make their own traditional foods have to drive hours to grocery stores in Fresno, Los Angeles, or the Bay Area to find needed ingredients.

"I have to go to LA or San Francisco, which is probably like three hours from here to get Vietnamese groceries, and with the gas money, everything is expensive," said junior Bill Nguyen.

San Luis Obispo simply doesn't have grocery stores that sell ingredients that aren't traditionally deemed "American."

"[SLO] really only has white American stuff," said Nguyen.

One particular example of this is the situation regarding Asian foods specifically. Stores that sell Asian goods in SLO cater to snacks and impulse purchases. Their goods are relatively expensive, so it isn't financially reasonable for families to buy their entire groceries at these stores.

This is because these stores are small, they can't buy huge amounts of goods, nor is it reasonable to buy relatively "niche" items in bulk.

Families who rely on these ingredients to make their family dishes are forced to either buy expensive ones, if they can find them, or to get groceries on a trip to one of the nearest major cities.

"Usually when we go to LA to visit family, we'll buy all of our Asian stuff there and then bring it back," said AAPI club co-president and senior Zoe Elliott.

If they're lucky, they go to small stores nearby, which aren't even in SLO.

"Me and my family had to go all the way to Pismo Beach to a place called De Bu... at least it's not in LA," said senior Cassiopeia Mammardlo.

The fact that SLO doesn't have these groceries can make it hard for some students and their families to make the meals that they enjoy.

This fact means that families here feel even more disconnected

from their family's cultures and their own community. Additionally, this means that people in SLO are less exposed to the cultures and foods from different places.

"It makes it hard to spread that culture," said Elliott.

This is really just a symptom of the fact that SLO lacks diversity. SLO is known for not being very diverse, furthermore, college students who are among the most diverse demographics in SLO cook less often than families, and they might not be as open or comfortable to cooking cultural foods which can be interpreted by some as belonging to a familial setting.

SLO's lack of foreign groceries is just another product of SLO's existing conditions.

"I feel like the population is predominantly white, obviously the stores would cater to that, it's nothing offensive or anything," said Mammardlo.

SLO has also been becoming increasingly more diverse, and the availability of these products will hopefully reflect that.

For example, stores like Costco, which are exceedingly popular among Asian-American households, are beginning to carry more items that cater to the Asian-American experience. Whilst this doesn't include the inclusion of other cultures and their ingredient demands, the fact that these stores are now carrying more diverse ingredients is a significant advancement, especially for a place that has lacked that for so long.

"It's getting better but [it's] something to be aware about," said Mammardlo.

Whilst for most SLOHS students, finding these ingredients isn't something that affects them directly, it can affect the experience that all community members face as a whole. The lack of these kinds of groceries can limit people's knowledge of the world in general because they simply aren't being directly exposed to these diverse and different cultures.

It's good to be aware of what lens one is seeing the world through, different students experience the same place very differently and that's always something that students should be aware of.

Discovering The Favorite Farmers' Market Food Picks of SLOHS Students

REPORTER PORTER HALES

Everyone's been to the Farmers Market at least once in San Luis Obispo, but no one has been able to answer the biggest question yet. What are the best foods at Farmers Market SLO?

Expressions decided to interview some SLOHS students, to settle the debate once and for all.

Expressions: How often do you go to Farmers Market?

Sophomore Carter Davis: Like maybe once a month with some friends

Freshman Miles Blackwell: A lot. I'd say probably around every week to two weeks, depending on who I go with.

Freshman Isla Wright: A lot, most likely every week.

Expressions: What is the best food you can get at Farmers?

Davis: I like getting chicken or some churros probably.

Blackwell: Churros. No doubt, they're easily on top.

Wright: Vegetables and fruit.

Expressions: What is the best dessert you can get at Farmers?

Davis: Oh yeah, like I said, I'm a big fan of the churros they have, they're super good.

Blackwell: Well I just said churros, so yeah that's what I'm gonna

say for dessert.

Wright: Oh I don't know, I just mainly eat the strawberries, because they are yummy.

Expressions: What is your favorite part about Farmers?

Davis: The people. I like being with my friends. They're super fun to be around and hang with.

Blackwell: All those stands everywhere. Super cool, there's just so much going on and I like it a lot.

Wright: All my friends are there with me. I like being with my friends.

Expressions: What do you wish they had at farmers?

Davis: I wish they had a motocross track at Farmer's. Now that would be sick.

Blackwell: Nothing. I think it's great the way it is, to be honest.

Wright: That's a tough question. Honestly, it's all pretty good, so I don't know that I would even change anything.

Going to a farmer's market with friends is a cool way to buy fresh fruits and veggies while hanging out. You get to meet local farmers, learn about healthy food choices, and have fun. It's not like going to a regular store because it's a special place where you can find unique stuff.

Defining "White" Food At SLOHS



A classic peanut butter and jelly, beloved by white people all over. Graphic courtesy of Canva AI.

REPORTER HOLLIS DICKINSON

There is a question that has plagued students and teachers alike throughout the history of San Luis Obispo High School. A question that could be described as one of the most important to ever be asked.

Expressions attempts to bring our school a step closer to a solution. A solution to the question of what the whitest food is.

No, it isn't about the color of the food (although that often comes hand in hand).

"What makes a food 'white' is the fact that white people are the ones who both make it and consume it the most," said freshman Logan Yazzie.

It also seems to be about the general blandness of the food. White food is stereotypically pale and

unseasoned.

There are many opinions on what food holds the title of whitest.

"I think it would be a hot dog," said freshman Juan Pablo Castro.

This is a good guess considering twenty billion are eaten in the US each year, although others seem to have a different opinion.

"The most basic has got to be peanut butter and jelly, it is the most generic food I've ever seen," said Yazzie.

While some think that white food is mediocre, others enjoy it very much.

"I love white food, but I love a lot of foods as long as they aren't spicy," said junior Milo Nemetz.

The tastes of SLOHS are varied which is certainly a good thing. Keep being unique Tigers.

Source: bonappetit.com

Delicious Unseen Gems Are Hiding Around SLO

ARTS & ENTERTAINMENT CO-EDITOR ASIA JADE HAGANS

Even though San Luis Obispo is a small town, there are many food spots that the average San Luis Obispo High School student might not know of.

Expressions asked around so that you can have a new, lowkey spot to go and enjoy some good food!

Expressions: What is a restaurant in SLO that you think not too many people from SLOHS know about?

Senior Drew Walker: Not many people know about Liquid Gravity Brewing Company. It's in the industrial district by the airport.

Senior Rebecca Mckee: I'd say The Neighborhood Acai and Juice Bar. There's one in the Public Market and one by Kona's Deli.

Senior Daniel Martinie: Probably Nobu Hawaiian Barbeque. It's across the street of 7-Eleven near the school.

Newspaper Advisor Scott Nairne: I don't think a lot of people know about Gus's Grocery. It's down by the train station; it's tucked away in an old building.

Expressions: How did you discover this place?

Walker: I know the owners and they're very nice people.

Mckee: I work in the Public Market and I was craving fruit so I found that place and it hit really hard.

Martinie: One day, my friends were like 'you know what, we should go over there next to Santa Cruz Express' and I said mhm.

Nairne: I went to college in SLO and when I was 18, I went to Gus's with my ex who I was engaged to for three years. We broke up horribly and I moved back without her.

Expressions: What do you like about this restaurant?

Walker: I like how all the food is very homey. Even though it's a brewing company, they have really good juices and fried foods.

Mckee: There's just a cute vibe, the bowls are good and all the workers are really sweet. They all fit the little juice bar vibe so it's just fun.

Martinie: The food gets out pretty quick and there's not many people there. It's like you're the only person getting food and it's good.

Nairne: They make really good, big sandwiches. Sometimes sandwiches are big and junk, or sometimes sandwiches are good but small; I go to Gus's for a lunch sandwich, then it's lunch and dinner. It's affordably priced, they have a great service selection, they have wonderful service, and they've just been here a long time. They're like the Boo Boo Records of sandwiches.

Expressions: What is your favorite menu item they have?

Walker: Probably their onion rings, they're very good. They make their own ranch and the ranch is really good

Mckee: I get the SLO Bowl or the High Street Bowl. It tastes fresh because it's acai and fruit like strawberries, blueberries, the whole jazz.

Martinie: They have plates, bowls, and whole plates that come with coleslaw, macaroni salad, chicken, and rice.

Nairne: [a sandwich with] pastrami, swiss, pickles, tomatoes, not really on rye, it's on dutch crushed most of the time and always toasted.

Expressions: Is this place worth the hype? Does it need more exposure?

Walker: It's worth the hype and it needs more hype!

Mckee: It's a tad expensive but I mean, everything in SLO is. It's better than Seeds and the people who get acai bowls at Jamba Juice.

Martinie: I think more people need to go here, it's pretty cheap. I can't even finish a whole plate so it's pretty good.

Nairne: There's no hype, it's worth it. They should advertise with us if they want more exposure.

Spread the word about hidden deliciousness that you know about Tigers; if you don't know any, try one of these!

Is Retirement Home Food Better Than Students Expected?



The Palms Dining hall at the Villages. Photo courtesy of senior Roman Engelmeier.

REPORTER ROMAN ENGELMEIER

Every student at San Luis Obispo High School loves food. There's no doubt about it. However, students who work at the Villages of San Luis Obispo love it more. Free and efficient for those who work there, who could beat that?

The Villages of San Luis Obispo is a retirement home that has a large quantity of SLOHS students working as servers to help the elderly. Working at The Villages has its perks- and that includes free dinner.

SLOHS *Expressions* interviewed three students who work there to see what they think and get their input on the food.

Expressions: What is the quality of food like at the retirement home, is it fresh food?

Senior Levi Ruth: The quality of food is just alright. It's obvious that most of the ingredients are store-bought like most other restaurants, but it's prepared well in a fairly clean kitchen.

Senior Kai Passanisi: It's pretty decent. I mean getting dinner while at work is obviously going to make it taste better, but it's all made same-day. Whenever I clock in I can see them making the food for the night right in front of me.

Senior Thomas Willimek: It's a new dinner every night so it has to be made fresh for the residents there. It's pretty surprising how they prepare it every day.

Expressions: How is the taste of the food?

Ruth: It tastes pretty good. Of course, you aren't gonna like everything but the meals have good portions and have a homemade taste. It's easy to get burnt out on other restaurants, but here that's not a problem because of the variety they serve.

Passanisi: It really just depends on the night. Some of the nights are really good; like orange chicken or shrimp curry. Other times it can be so-so, or just not something I like eating.

Willimek: It's all random. It's either going to be really good, decent, or just meh.

Expressions: Is the job worth it because of the free meals?

Ruth: I don't think it makes up for not earning tips, other food service workers have much easier jobs but earn way more because of tips. It's worth taking advantage of the meals though, but I'd prefer earning more so I could just buy my own food.

Passanisi: I'd have to say no. Like the food is good and everything but it comes down to preference of whether or not you want free dinner or tips instead.

Willimek: I am so used to the job so it's not worth it to go and find another job that pays better or gives us tips. We also work at a retirement home, so it's good to know that we are helping elderly people.

If you're looking for a job that comes with free dinner, Villages of SLO is the fit for you.

Where Do Students Go Off-Campus For Lunch?

REPORTER LEVI WOFFINDEN

A majority of San Luis Obispo High School students choose to eat lunch on campus, but as they become upperclassmen and get the ability to drive, more people leave the school for their meals.

Being stuck inside the campus gates is not always a pleasant feeling, so leaving campus gives students a feeling of freedom.

"[I eat off campus] because I hate being at school for the whole day," said senior Julian McDonald.

Eating off campus gives students more options on what they can eat. Some choose to eat at home, while others decide to get fast food, but either way it allows students to get some fresh air.

"It's just a nicer environment," said senior Owen Hacker.

Sometimes, it may just be nice to get some peace of mind away from the underclassmen.

"There's just less freshmen," said senior Bobby Teitge.

A few years ago, students were going as far as In-N-Out on a daily basis for lunch, but that practice has largely fallen off. Students would show up tardy too often in their fourth period classes, which was not good for their academic growth. Now, In-N-Out is visited almost exclusively on extended lunch days.

"Usually [I] don't go further than CalFresh," said Hacker.

Students also have more options off campus for what and where they eat.

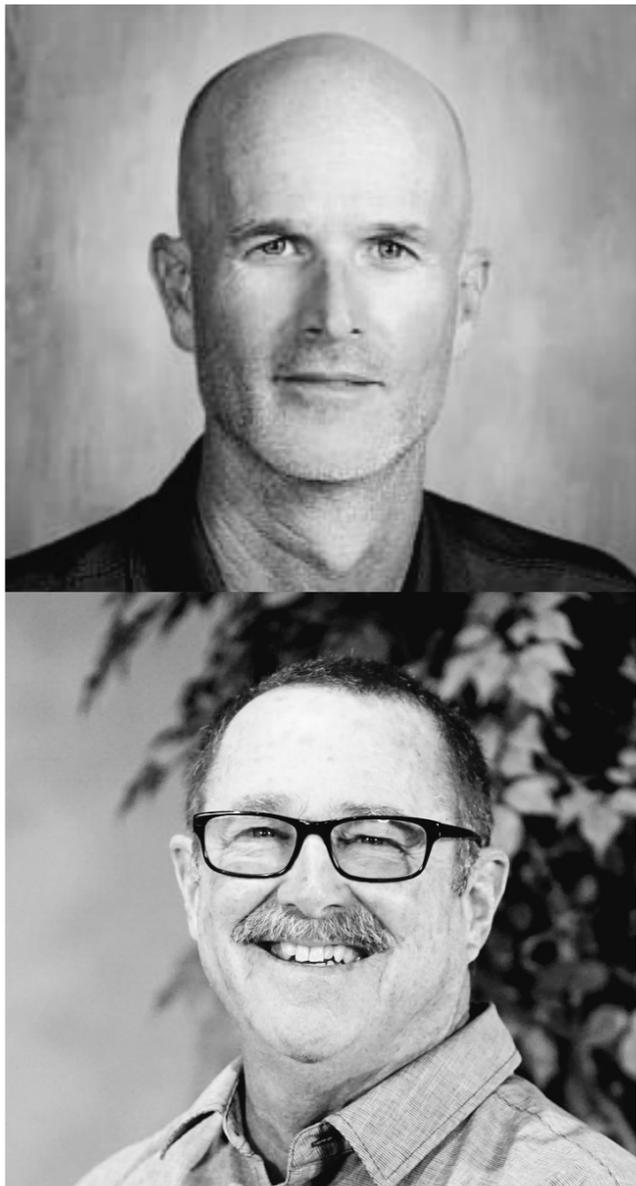
"Not that our cafeteria doesn't have good food, but there's a lot more options so it's good to get out at least once every school day," said Hacker.

Students don't need to eat at fast food places either, maybe it's best to chill with friends at someone's house.

"Jake's grandma's is the best place to eat," said Teitge.

There are several amazing reasons to eat lunch off campus. Fresh food, coastal air, and chill hangout spots await you and your friends off campus.

Get Ready for the Spring Sports Season with Stellar Coaches David Gomes and Ken Peet



From top to bottom, Coach David Gomes and Ken Peet. Photo courtesy of SLOHS (top) and Grace Central Coast (bottom).

REPORTER GABE LIMON

With spring sports starting up, San Luis Obispo High School students are excited to be a part of it, whether it's on the field or in the stands. There's plenty of attention going to students and student-athletes but now it's time to look at the coaches making it all possible.

Expressions went out to interview coaches David Gomes and Ken Peet.

Expressions: What is your role at SLOHS as a coach?

Track and Field Co-Head Coach David Gomes: This year, I am the co-head coach with Nicholas Steele. We share the workload of organizing over 230 track athletes which entails answering lots of emails, entering athletes in events online, taking daily attendance, working with other event coaches, ordering equipment, jerseys and fundraising to name a few as the list of tasks never stops. This year I'm coaching the girls sprints/relays and both boys and girls hurdles.

Expressions: How long have you been coaching the team at SLOHS and what is your previous coaching background?

Gomes: I have been coaching at SLOHS off and on since 2003. I have coached cross country, boys and girls basketball, track and field, golf and football.

Boys Tennis Coach Ken Peet: I started coaching SLOHS Tiger Tennis in 1983, so this is year 41. I coached the Cal Poly Men's Tennis Team for the three years prior to that.

Expressions: What is your experience as an athlete?

Gomes: In high school I played basketball and ran both cross country and track. I also played basketball and ran track at Hartnell College.

Peet: I played high school tennis in San Diego county and played two years for Cal Poly.

Expressions: Why are you coaching this

sport in particular, why not another sport?

Gomes: I love a lot of sports but to me track is my favorite. There is an event for everyone to try. Everyone that puts in the effort and commits to the process makes the team and has a mark to try and improve upon. Whether it's a jump, throw or a time when you put in the work you see results. It's very rewarding to see the progress of hundreds of athletes making improvements week by week that you can measure or time. Other team sports are way more subjective. I love giving back and hopefully inspiring others along the way to go on and work towards their goals of eventually becoming successful in whatever they want to do in life.

Peet: I'm honored for the opportunity to coach tennis, as it has been a part of my life since I was ten years old.

Expressions: What has been your proudest moment as a coach?

Gomes: I have a few that stand out. Being an assistant coach with the legendary Steve Boaz and winning a state XC title in 2003. In 2009, my first year as the head track coach our girls won CIF with one of the best teams ever at SLOHS. Lastly, being able to coach my son Jace here at SLOHS in football, basketball and track has to be some of my proudest moments as a coach.

Peet: I am most blessed by the boys and their families that I have had a chance to get to know. And having coached for a while it is cool to still be connected to many who have been a part of Tiger Tennis over these 41 years. My proudest moments are watching the boys improve over each year, and to see them come together to enjoy being a team in an individual sport.

Whilst it's great to look at SLOHS' wonderful student-athletes, the coaches who do so much behind the scenes deserve our attention as well.

Juggling Balls and Books: How do Some Student-Athletes Manage all Three Sports Seasons?

REPORTER JULIAN JOHNSON

Many students find joy in sports at San Luis Obispo High School, but few are brave enough to take on three sports. For students who do three sports it can be complicated, but, it can be a unique experience.

Sometimes different sports even support other sports in making progress. Playing a sport, such as running, is really useful for building stamina that is applicable to other sports as well.

"Cross country helps my endurance for basketball and basketball helps with my speed for track. So the sports I do transition well into each other," said freshmen Kasey Abercromby.

It can be a struggle to juggle the time commitment, physical strain, and responsibilities beyond sports. The choice to play three sports is not for everybody because it requires a passion to keep going.

"Remembering the little me who fell in love with running, playing ball, and making music is my biggest motivation to continue doing multiple sports," said junior Amaya Jayakody.

The decision to commit to athletics is hard to uphold, but some students thrive in the conditions.

Having a healthy connection to a team and activity can bring more motivation to the right person.

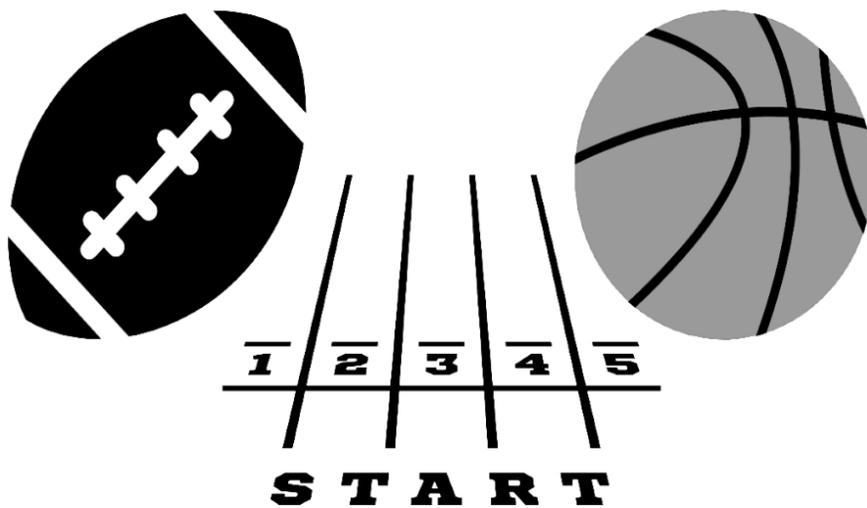
"It's definitely a challenge, but I feel like for me it's really making my high school experience a lot better," said junior Jace Gomes.

One of the biggest struggles with playing three sports is time management. Students have many responsibilities including academics, extracurriculars beyond sports, and home life. Doing these things on top of sports which have practice daily is a lot to manage.

Seasons for each sport do not perfectly line up to be one at a time, but rather overlap in ways which can be inconvenient and leave students with no recovery time.

"It's definitely tiring to play sports year-round, especially because preseasons tend to overlap with my current sports. Also, it puts a lot of strain on my body and I'm always sore or having an ankle, knee, or some other problem," said Jayakody.

Not all practices are possible to reach when participating in so many sports. The most common option is often to focus on the current season to finish strong, and then start the next sport when time allows it.



It's a struggle managing three sports. Illustration courtesy of junior Julian Johnson.

time is my priority," said Gomes.

Not everybody has the ability to keep going with this much work, but it might be worth a try if students are interested and have passion.

"If you really like your sports, I would suggest trying it, especially

have more free time," said Abercromby.

It is great to have a passion, or three. Each student chooses to do a different combination of activities, and these athletes are always working hard. Find them year-round on the courts and fields.

Track and Field Athletes Are Excited For Spring!



Track and Field athletes starting the season with their first meet at SLOHS. Photo courtesy of sophomore Aidan Field.

REPORTER EMILY LOPEZ

Spring is here, which means Track and Field is in full swing at San Luis Obispo High School. With a few meets already out of the way and the start of the third trimester, many athletes are excited for this season.

What are Track and Field athletes looking forward to this season? *Expressions* decided to interview a few athletes to find out.

Expressions: What event are you doing?

Junior Annika Miltner: I'm a thrower so I do discus and shotput.

Junior Bronwyn McDiarmid: My main event is pole vault.

Senior Grant Svendsen: I'm doing distance so I mostly do the 3200 meters, 1600 meters, and the 800 meters.

Expressions: Why do you like your event?

Miltner: I like how empowering it feels to throw further everytime and just keep making those improvements every time you train.

McDiarmid: I love the people who are involved. They're very kind and very welcoming. The whole community is super nice to be around.

Svendsen: It's always a challenge, but a fun challenge. It's not something I'd ever consider giving up on. It's a good goal to stay committed to and the community is really good.

Expressions: What are track meets like?

Miltner: They're very long, but it's fun to support multiple people because there's multiple events happening at once. There's always something going on.

McDiarmid: They can sometimes be chaotic because people are always running to their events. Overall, you get to meet a lot of people from other schools and it's just very friendly.

Svendsen: If I could describe it in one word, it's busy. There's always at least one event going on at a certain point in time. Another word I associate with it is community. The track community is super supportive of one another, even at high end track meets. Opposing schools will be cheering

for each other sometimes, which is kind of cool.

Expressions: What are you looking forward to this track season?

Miltner: I'm looking forward to throwing the farthest that I can, supporting my team members, and hopefully going to CIF again.

McDiarmid: I'm looking forward to setting higher goals for myself, hoping to achieve those goals, and cheering on my friends.

Svendsen: Improving. I think personal improvement is probably my biggest goal for this season. Getting better, getting faster, staying more committed, and just having fun with it.

Expressions: What are your goals for the season?

Miltner: Personally, I want to throw over one hundred feet in the discus. That would be really cool for me. [I want] to keep making PRs in both of my events.

McDiarmid: My goals personally would be to get higher in pole vault, improve my form, and help my teammates.

Svendsen: My coach says that her training plan is right if you PR every race, so I think that's my goal. My goal is to stay on the training plan so I can PR every race.

Expressions: Why should others join track and field next year?

Miltner: It's a very beginner friendly environment. The coaches are super supportive and it cultivates a lot of learning. You don't have to be good at it to start.

McDiarmid: The community is just fantastic. I've made so many friends throughout track and there's always an event for you. Even if you think that you wouldn't be good at something, it's always worth a try.

Svendsen: It's super fun and very motivational. I think the coaches do a great job and it's just a lot of fun. You meet really amazing people and you make really good friends.

Track and Field is an exciting sport with lots of things to do. It's a fun and welcoming sport that you should definitely join. Come to Track and Field meets and support our tigers!

SLOHS Baseball Teams Are Ready to Crush Their Competitors

REPORTER ERIC OZUNA BASILIO

At San Luis Obispo High School, students are getting excited about the new baseball season coming up. Baseball players are passionate and anticipatory looking forward.

It's a time of high energy, camaraderie, and pure love for the game. The atmosphere is electric, and the players can't wait to give it their all.

The baseball players at SLOHS are going to bring their A-game this season. With their dedication, skills, and teamwork, they're definitely going to put on a show that will leave fans in awe.

"Our team is looking really good, all of us are bonding extremely well together and are having a really great time out there," said freshman Parker Wyatt.

Together with their team they support and encourage each other both on and off the field. It's all about teamwork, trust, and pushing each other to be the best they can be. They know that together they can achieve greatness and that's what makes the team environment so special.

"I definitely do not regret playing this sport one bit, ever since my dad has told me to play. I've loved

playing baseball ever since and the people I have met along the way are not replaceable," said freshman Jake Giordano.

The freshmen on the team, many of whom have been playing baseball for years before coming to SLOHS, are looking forward to their first high school season.

"I'm super excited about it because it's going to be my first time playing baseball for a highschool and it's going to be great!" said freshman Forrest Avrett.

It seems like the team is energized and ready to defeat their opponents. Unfortunately, as of late february, the varsity team has a winning score of 1-3.

Luckily, the JV team has a winning score of 1-0, recently winning against Stockdale in a close game of 8-7 on Saturday February 17.

So whether as a player, a fan, or just someone who appreciates the beauty of the game, baseball has a way of capturing our hearts and bringing us together. It's a sport that's steeped in tradition and history, yet continues to evolve and captivate audiences around the world.

Grab those gloves, put on your cap, and let's play ball Tigers!

TOTAL PICKLEBALL

181 Suburban Rd, San Luis Obispo, CA

“Schitt’s Creek” is Simply the Best Show Around



Meet the glamorous Rose family. Photo courtesy of IMDB.

ARTS & ENTERTAINMENT CO-EDITOR VIOLET BURRUS

Students at San Luis Obispo High School watch a variety of TV shows, and some may be familiar with the show “Schitt’s Creek.” The show was originally released in 2015, and writers Eugene and Dan Levy pro-

duced six seasons before wrapping up in 2020. While this show originally came out nine years ago, it is still adored around campus.

“Schitt’s Creek’ is a hilarious series where rich people complain ab-

out having to live like normal people. My favorite part is listening to the crazy unrealistic stories the characters have of their lives before moving to Schitt’s Creek,” said senior Levi Woffinden.

The show follows the wealthy Rose family after they lose all their money in a tax scandal and have to move to the rural town of Schitt’s Creek leaving their luxurious, privileged lifestyle behind.

“The characters are very eccentric, have some of the weirdest vocabulary, and a crazy fashion style,” said Woffinden.

While many shows have selfless, compassionate main characters, “Schitt’s Creek” is unique in that area, with the Rose family not being particularly likable and generating a love-hate relationship with the audience.

“I started off hating them, but as it progressed, I didn’t hate them as much. There was still a degree of disliking the characters but not outright hate because they grew with real development. That characterization is really good and you really care about people that you wouldn’t care about otherwise,” said sophomore Charly Elston.

With these high-maintenance personalities, it can be incredibly difficult to find redeeming qualities, but as the storyline progresses, the family is influenced by the townspeople for the better.

These out-of-touch characters learn to acknowledge faults with their lifestyle and find the things

that are truly important to them, all thanks to the tiny town of Schitt’s Creek.

The show has also made waves with the queer community due to its acknowledgment and normalization of queer relationships. Unlike other shows with queer plotlines, “Schitt’s Creek” does not focus on rampant homophobia or the challenges of not being accepted, instead focusing on heartwarming relationships.

“It’s nice seeing queer actors playing queer characters where they don’t have to be in a struggling position based on their identities. It’s really awesome that in this story David’s family accepts him for being the pansexual man that he is. You don’t see that in a lot of queer TV shows because a lot of them are focused on the experiences of coming out,” said Elston.

This all makes it fitting that the motto of Schitt’s Creek states that “everyone fits in,” and there’s no better way to describe the community in the show, with all the town members being welcoming and supportive to everyone.

“Students should watch ‘Schitt’s Creek’ if they want to have a laugh or would love to see the downfall of the rich,” said Woffinden.

“Schitt’s Creek” is a great show with eccentric characters students will end up loving. With its comedic genius and brilliant story arcs there’s no reason not to watch it.

Source: imdb.com

Let’s Meet Some of SLOHS’ Skilled Art Teachers!

REPORTER EMILY LOPEZ

There are many engaging art classes for students to choose from at San Luis Obispo High School. These art classes are taught by talented art teachers who are eager to foster their students’ creativity.

Expressions decided to interview a few of the art teachers at SLOHS to get some insight into what it’s like to teach visual arts.

Expressions: Why do you like art?

Art teacher Michael Norton: I’ve always liked being creative and making art. It was just one of those things that came easy to me. My mother was an artist and it helped being raised in an artistic environment at home.

Ceramics teacher Tawnee Houle: Art is always a great way to express yourself. Making and viewing art can be a very personal experience, or lighthearted and fun, or just aesthetically pleasing.

Expressions: What inspired you to teach art?

Norton: I always liked my art teachers in high school, especially Mr. Voorhees at Thomas Edison High School in Elmira Heights, NY. He was both a working artist and educator. Truly, the guy was inspiring to any creative kid who took his classes. Also, I had a few studio professors in college who were inspiring in their own right.

Houle: I like that ceramics is an intersection of a craft and an art. There are guidelines and specific techniques that need to be followed, but then also a lot of personal freedom to include your own style and voice in your work.

Expressions: How do you allow students to express their creativity in the classroom?

Norton: I believe by allowing students certain creative freedoms and utilizing various mediums within their work encourages the student to think outside of the box when creating personal work. Also, a productive creative learning environment is one that encourages students to learn through trial and error, to think critically, and utilize the imagination.

Houle: All projects have specific requirements that need to be fulfilled, but are open-ended enough in design that students can use their own interests and incorporate that in their work. Even if all students are making a mug or a bowl there are so many options for design, color, texture, etc. that can be used to set their’s apart from others.

Expressions: What is your favorite thing about teaching art?

Norton: The best thing that can happen to me as an art educator are the times when you see students even surprising themselves when completing a project. Sometimes you can be your own worst critic and not like what you create or think that you’re no good at art. It’s all worth it as an educator when you see the students become more confident with their art making and proud of what they produce.

Houle: I enjoy seeing students practice and get better at their work. I can easily see growth in their work, but when they realize their own growth

and improvements I like seeing them get excited and proud of their work.

Expressions: Describe a memorable art project or piece by a student that stands out to you.

Norton: In the past seven years I’ve had the privilege of having two of my students’ work chosen for the annual Congressional Award. Both pieces were displayed at the Capitol in Washington DC for a year and both pieces were self-portraits.

Houle: All of the AP 3D studio art portfolios are always impressive. These students have to come up with a theme to explore and create eight projects that all revolve around one central idea which is challenging.

Expressions: How do you think art impacts the world?

Norton: I believe art can be a powerful tool to express different and/or new ideas. Art can also bring different social issues to light while fostering unity in the process. Art can do many things and most importantly of all, it’s good for the soul.

Houle: Art challenges you to look at things in new ways. Art can be perceived the way the artist intends but can also be viewed through the lens of every one’s own experiences and can have a different message to each viewer.

SLOHS is grateful to have these amazing art teachers that inspire students to express themselves!

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Taylor is Blessing Fans With Another Album

BACK PAGE EDITOR CATE TUCKER

Singer-songwriter Taylor Swift is releasing a new album! Many Swifties, including many San Luis Obispo High School students, want to know what the album, releasing on April 19, entails along with how it was announced and the easter eggs that came with it.

"I was really excited when she announced it at the Grammys. I've heard about it and I'm all in, I'm ready," said sophomore Graham Teitge.

Many Swifties were thinking it was going to be another "Taylor's Version" album that she would announce. Swift changed her profile pictures on social media platforms Instagram and X to black and white. Many Swift lovers thought this meant she would be releasing "Reputation Taylor's Version."

However black and white are the colors of her new album and she wore a black and white outfit to the Grammys. The outfit was predominantly the color white which seems to be the color focus of this album, versus the color black being more reputation focused.

Before the announcement of her new album, taylorswift.com crashed. The only page one could see was one that had the letters "hneriergrd:." which unscrambled, means red herring. This is a term for something being intentionally misleading. Below it, had the letter DPT; if you reverse it, it is TPD which is the "Tortured Poets Department."

"I love trying to find out the hints Taylor is always dropping," said senior Ava Van Luchene.

With the announcement came the set list. According to Rolling Stones, the album will feature collaborations with both Post Malone and Florence + The Machine, and will pack a total of 17 songs, including a bonus track, "The Manuscript".

"I'm hoping the vibe will be kind of 'Folklore,' along with some Joe breakup songs," said freshman Charlotte Petit.

Overall, Swift is having an impressive career. Let's see what the album brings.

Sources: usatoday.com, rollingstones.com

The "Despicable Me 4" Movie Will Be a Hit!

REPORTER ERIC OZUNA BASILIO

Many students at San Luis Obispo High School have grown up watching the "Despicable Me" and "Minions" franchise.

The new movie in question, "Despicable Me 4," is going to hit theaters July 3, 2024, and students at SLOHS are looking forward to it!

"I am super excited about the new movie coming out. I watched the trailer and I have high hopes for it. I've been watching it since it first came out," said freshman Dillan Best.

The new "Despicable Me 4" movie is going to be action packed with the main characters, Lucy and Gru, fighting together for the safety of their kids and meeting a new villain, Max Superball, who is seeking revenge on Gru and his family!

The "Despicable Me" franchise was created by Illumination Entertainment, with the first movie being released in 2010. Many have grown up with both "Despicable Me" and the "Minions" movies which were first released July 10, 2015 as a prequel to the beloved series.

"The new movies looks great! I've always wanted to see what happened to Lucy and they finally brought her back," said freshman Gracie Sunata.

This new film will be the sixth to be featured in this franchise, following the paths of "Despicable Me," "Despicable Me 2," "Minions," "Despicable 3," and "Minions: Rise of Gru."

"I've started watching the Minions movie ever since I was ten and I've loved it ever since. My favorite one is the first one because of the villain being too funny," said freshman Jackson Gillett.

These little yellow troublemakers always find a way to make people laugh, whether it's through their adorable language or their silly shenanigans.

It's going to be a great hit, and students can't wait to see what kind of mischief they'll get into this time!

Some theorist even believe that this film will mark the return of infamous villain, Vector!

Get ready for some serious laughter and funny moments, Tigers!

2D to 3D, Digital Design Class Has Everything!



Check out this awesome collage of digital design projects put into Blender! Graphic courtesy of freshman Kai Liwanag.

REPORTER KAI LIWANAG

San Luis Obispo High School has a lot of digital art, from the animations on the sports billboard to the TNN transitions. Where are these things made? In none other than SLOHS's digital design class!

Expressions reached out to students taking digital design and the digital design teacher to see what it's all about.

Expressions: What made you want to get involved with digital design?

Freshman William Woffinden: I find computers and art very cool and interesting and wanted to learn more and get better.

Sophomore Scarlett Buatte: I wanted to take this class to be able to start the film elective classes. However, I've always had an interest in digital media and have heard great things about the class.

Digital Design teacher Zach Roper: I learned about digital art when I was in college and working at a clothing store where they asked me to help design posters and advertisements for the newspaper. A guy I worked with was using Photoshop and he spent some

time teaching me how to use it so I could help him out. Then, I learned how to make art with Adobe Illustrator and was hooked. I changed my college major from English to Design and transferred to San Francisco State University, where I got my degree in Graphic Design and learned lots of new techniques.

Expressions: What do you like about digital design?

Woffinden: The low pressure for assignments. [They are] more about completion, creativity and learning than just a grade. Also a great teacher.

Buatte: I like how complex it is. There's so many little tools you learn that can make a big difference in your art, but once you start to understand the software you're using, it becomes really fun to play around with. Creative projects are always fun because you can make them as ambitious as you want.

Roper: The thing I like most about digital design is that the software tools allow me to quickly get the ideas and images in my head out into the real world. I've always been interested in creating stories and cool objects and

using digital art tools allow me to make those things a reality. With new free software like Blender I can make things I could only dream about when I was younger!

Expressions: What is your favorite software you have used during digital design? Why?

Woffinden: I like Blender the most because it is very realistic and fun to make things in, especially with physics.

Buatte: Despite potential recency bias, my favorite is probably Blender. I really like 3D modeling and how there are many different things you can use it for.

Roper: Definitely Blender. I love that it's free to use, that there's a huge community of other people who are learning it and sharing their ideas, and that you can create so many different styles of art - everything from animation, to video games, movies and graphic designs.

Expressions: What are you currently working on in digital design?

Woffinden: I am working on a plane with a pendulum and dominos that get gradually bigger and will eventually crush a building.

Buatte: We just finished up our isometric rooms in Blender, and now have moved on to our final projects. In these, we have full creative control to make whatever we want with the software we've learned over the past weeks.

Roper: I'm learning how to design and 3D print my own action figures from Blender. It involves creating a model in Blender of the figure, then bringing it into a program called Cura that prepares it for 3D printing. Once I get a good model printed I can make a mold for it and cast copies of the figure in plastic or resin. I've been wanting to learn this for awhile, so I'm excited to see how it turns out!

Expressions: Do you see yourself doing digital design in future years? Why?

Woffinden: I think so, I enjoy it a ton and it's great to have a creative outlet and a fun class.

Buatte: I definitely see myself continuing digital design. Digital design really surprised me with how fun it is. Finishing this class really leaves you wanting more, wanting to take the next steps to learn more about what digital design has to offer.

Roper: Oh yeah! I'm going to be making things for as long as I can and as long as digital tools allow me to do that I will keep learning new programs.

If this class looks exciting, try it next trimester or come to Roper's room 214 Wednesdays at lunch and design digital art!

Play UnJumble!

BACK PAGE EDITOR CATE TUCKER

Unscramble these words below. Take the underlined letters from the answers and unscramble them to find the answer to the pun on the right. Answers on SlohsExpressions.com!

NERGE	RLYEA
NNAYN	IHGTE
EWTLO	



You have me _____
from ear to ear!

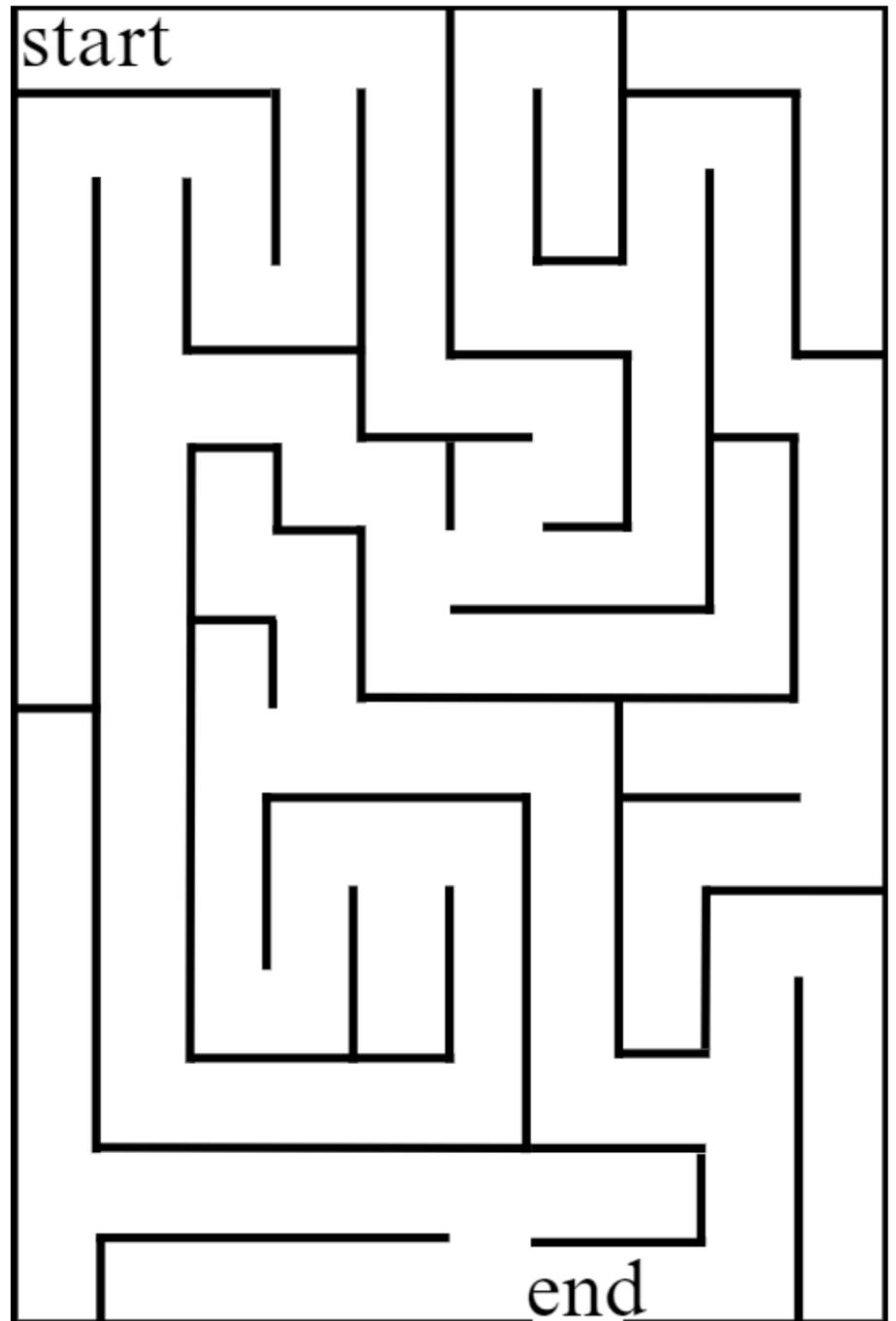
Try out the Fun New Sudoku

REPORTER BUG MARIN

	9	4	7		2	3		
		3		9		2	5	6
2							9	
9				4			7	3
	1	6	5				4	
8	4			1				
1	5		9		6	4		
			4		7	9		1
			3	8		6		5

This is aMAZEing

REPORTER JULIAN JOHNSON



Some Ramen For One



Eat some ramen! Graphic courtesy of Canva AI.

CO- FEATURE EDITOR KI JOUET

- 1 clove of garlic
- 1 Tbsp Soy Sauce
- 1 Tbsp Sesame Oil
- 1/2 Tsp Rice Vinegar (optional-makes sauce tangy)
- 2 Tsp Brown Sugar
- 1 Ramen Flavoring Packet

Crush garlic clove into a pan on medium-high heat and then add soy sauce. Stir till bubbles form and then add sesame oil and rice vinegar. Turn down heat to medium.

Add brown sugar and flavoring packet and stir. Add vegetables of your choice or an egg to sauce for extra deliciousness. Add boiled noodles to the pan and you're done!

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.com**