

SLOHS EXPRESSIONS

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The Seven Deadly Sins are seen as immoral temptations, but they've taken on different meanings in modern society. Graphic courtesy of senior Bridger Jensen.

Chasing Perfection: How Pride Turns Grades Into Stress

REPORTER VENEZIA RAMIREZ

At San Luis Obispo High School, grades and college acceptances often define success. When achievement becomes tied to self-worth, Pride can take hold, turning ambition into pressure and perfectionism.

The deadly sin of pride is an excessive belief in one’s own worth or ability, often placing success, reputation, or achievement above humility and self-reflection. When pride takes control, failure feels unacceptable, mistakes feel personal, and asking for help feels like weakness rather than growth.

“If you have pride for yourself then you’re going to want to push yourself past your limits. But it can also affect you because you’re pushing yourself too hard and not getting the necessary rest and not taking care of yourself. I think that having a balance between social life and school work is key. The will to be more open about things and having the will to learn from others is very essential,” said sophomore Natalia Rodarte.

For many students at SLOHS, academic pressure does not come from one place, but from several directions at once. Parents often encourage high achievement, pushing their children to take multiple AP and honors classes in hopes of preparing them for college and future success.

At the same time, students are surrounded by peers comparing schedules, test scores, and GPAs, turning classrooms into quiet competitions. Success becomes something constantly measured.

“Parental expectations can make students feel proud only when they meet high academic standards. This can turn pride into pressure, causing students to fear failure instead of enjoying learning,” said freshman Nayleen Lopez.

This pressure is reinforced by broader societal expectations that define success through productivity and prestige. Based on a recent *Expressions* poll, 46.8 percent of SLOHS students claimed that most of their academic pressure comes from themselves. An additional 38.4 percent of students claimed most of their pressure comes from parents or family.

College acceptances, academic awards, and advanced course loads are treated as proof of worth, making students feel that doing “enough” is never truly enough.

“Sometimes I get too stressed, because I put so much pressure on myself to do well. So I work too hard, strive for perfection and it sometimes ends up overwhelming me,” said a polled student.

Many students overload their schedules with rigorous classes, sports, and extracurriculars, believing that rest is a sign of weakness and that struggle should always be hidden.

When pride becomes tied to achievement, the emotional toll can be heavy. Students who take deep pride in their academic success may feel intense shame when they struggle, often internalizing failure rather than acknowledging it. Asking for help can feel humiliating, and mistakes can lead to self-doubt, anxiety, and emotional exhaustion. The pressure to maintain a perfect image leaves little room for vulnerability, creating a cycle where students suffer in silence while appearing successful on the surface.

Ultimately, confronting pride is crucial to building a definition of success that supports student well-being.

Sources: *Expressions* January Poll, nih.gov

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Which Clothing Brands are Popular at SLOHS?



Edikted, Aeropostale, and Hollister clothing were popular mentions in a recent poll. Graphic courtesy of Annie Rawlings.

REPORTER ANNIE RAWLINGS

Hundreds of students walk into San Luis Obispo High School wearing the outfit they picked out that day. But where did these clothes come from?

Many people have a ride-or-die clothing company that is their go-to place for their style. Expressions asked SLOHS students what their favorite clothing company was.

“I like Hollister because it goes along with my style, and all its stuff is really cute,” said freshman Brinlee Risner. “I also like that it has more inclusive sizing, rather than some other stores that are one size.”

Hollister was a popular clothing company in the recent poll sent out to students, with ten mentions as a favorite brand. Hollister was founded in 2000 by the company Abercrombie and Fitch. It has a West Coast surfing style, with graphic t-shirts often having a design that mentions a beach in California.

Another popular clothing company

with teens is Edikted.

“I think with Edikted, all the tops and jeans are really cute. It’s also very fairly priced,” said freshman Diya Menon.

Edikted has a going-out aesthetic, with edgy tops inspired by the latest runway or street styles. Edikted was launched in 2020 and is a Gen Z fast fashion brand.

“Personally, I really like the style at Aeropostale; I think that it is very me, and I think that people can express themselves in a different way. I like their matching sets, their hoodies, sweatshirts, and pants, which are all very comfortable too,” said freshman Venezia Ramirez.

Some other mentions in a recent poll were Nike, with twelve votes; Brandy Melville, with ten; and other brands like GAP, Patagonia, Free People, Pacsun, and Princess Polly, totaling thirteen votes combined.

SLOHS students buy from many places, which is what makes this school so unique!

SLOHS Choir: Meet Some of our Amazing Voices!

REPORTER GABBY ARTEAGA

Walk past San Luis Obispo High School’s choir room, and more than charming voices can be heard. There is laughter, dedication, and students finding their voices together. *SLOHS Expressions* took a deeper look into what it’s like to be in the school’s choir.

Expressions: When and why did you start choir?

Junior Celeste Morales: I started choir in my freshman year. I was first put in it not by choice, but then I started liking it, so I kept signing up throughout the years.

Junior Orion Slaughter: I joined choir in eighth grade because I’ve always wanted to perform, and that was when the theater elective got taken out of rotation. Choir was the next best option, and I’m so glad that I joined.

Senior Ivy Pieros: I joined choir when I was in middle school, the first year that Mr. Robbins was a teacher here, and I’ve been doing it ever since.

Expressions: What is something you enjoy about being in choir?

Morales: Something I enjoy is working with our sections. We learn our parts together, and I like how we can sing individually; we have opportunities to do solos.

Slaughter: I like the community, and I also love Mr. Robbins as a teacher. He has great stories, and he also brings a unique personality to the class.

Pieros: I love the community the most. I think we have a very special way of being a family together, and also, you get to create something beautiful.

Expressions: What has been a memorable moment for you in choir?

Morales: All of the choir concerts. It’s a different feeling that you have; instead of just singing in class, everyone is paying attention to you.

Slaughter: There have been so many memorable moments. Honestly, it’s making a good community with my base section and help them explore what they want to do and how they want to do it. It’s always really fun.

Pieros: Probably going to the festivals that we go to every year. Last year, we went to this Cal Poly choral festival, and it was really fun because we got to be adjudicated by these judges, and then we got our recording back.

Expressions: What has been your favorite song you have sang so far?

Morales: One of my favorite songs is John Tavener’s Song for Athene, it’s a very difficult song. I also really liked Mozart’s Lacrymosa. It was really fun.

Slaughter: The Mozart arrangement of Dies Irae was really fun.

Pieros: There was a song last year we sang that had eight parts, and that was really cool because we got to hear everybody. Everyone had like two parts and it was very interesting to hear how all of our voices molded together and how we got to blend.

Over the years, the SLOHS choir has continued to grow not only in the number of students, but in passion, talent, friendships, and dedication.

Gabe The GOAT: A Look At Our Campus Supervisor

REPORTER OSCAR FENTON

You may never have met or heard of the San Luis Obispo High School Campus Supervisor, Gabe Rodriguez, but those who are lucky to know him call him Gabe. A friend, leader, and protector of our campus and its tenants, Gabe doesn’t subordinate himself to be a teacher like others, but meets students as a friend, offering compassion, guidance, and discipline to those who need it, whether they are aware of it or not. *Expressions* felt it was essential to highlight Gabe’s story and values to present a template of integrity and empathy to Tigers.

Expressions: Where did you grow up and then live throughout your life, and what brought you here?

Campus Supervisor Gabe Rodriguez: I was born and raised in Porterville, California. That’s just straight across into the Central Valley, so about two and a half hours from here. I went to school there, and my wife and I both work in education, so we’ve always come down to the Central Coast for the last 25 years or so during summer break. We eventually decided we wanted to be here. It took us a while, but we were both able to transfer over into the same jobs we were doing in the valley at Granite Hills High School, and we feel fortunate that we’re able to both get jobs at the same time.

Expressions: What kind of student were you in high school?

Rodriguez: I was a good kid for the most part. I grew up in a rough area; the valleys got a reputation. It’s home, but there were a lot of things that I got into. I didn’t necessarily get in trouble because I was a street smart kid, and I was a good kid. I had way too much freedom, and I just made certain choices that made it hard on myself. So I was a teenage dad by the time I was a junior.

Expressions: How do you feel your childhood and past experiences have shaped how you educate kids here?

Rodriguez: I just want to share my experiences and make sure kids don’t make the same mistakes that I made, because it made things more difficult. If you do good things and you stick with them, good things will happen. I’ve been doing this job for so long that it’s not only my experiences, but also the experiences with other kids and the mistakes that other kids have made. I share that with kids so they don’t make those mistakes. There’s so much more opportunity here. There’s less distractions, there’s less trouble, and it’s just a little bit easier. Life can be easier for you, and high school is not the end all be all. It’s great, but it’s just the start of your life, and the choices you make now will affect your future, so I just want to keep kids on the right path to make it easier later

Expressions: What is your current family life, wife, kids, etc?

Rodriguez: It’s just me and my wife now, we’re empty nesters. We have a daughter who lives in LA with her husband, and they have three kids. I have three grandchildren, and my son is finishing school at San Francisco State. Our kids are in opposite directions, so it’s kind of hard to be where they’re at, but it’s great that we’re halfway in between, so they can come down and visit. He’s a music major, and he’s about to finish his last semester, and then I think he wants to move back. He’ll be coming back and trying to finish up his credential. He wants to teach music but still create music, and this is the area where he has

a lot of music connections, so I’m looking forward to that.

Expressions: What are your ties to Southern California sports? Who are your all-time athletic role models?

Rodriguez: I come from a big family. My dad’s one of a dozen kids, and my mom’s one of nine. All of my uncles are athletes, so I looked up to them, and I got to see them as youths going through high school and going to watch their games. Living in the Central Valley, we were all out. We were all LA. Everything was LA, so huge Dodger fans, Laker fans, and hockey fans. I really love hockey, so I’m a huge LA Kings fan. My role models when I was young were the whole Lakers Showtime, so Magic Johnson, and then obviously the goat, Kobe Bryant. He came right out of high school, so that was always a big inspiration for me.

Gabe is a fantastic asset to San Luis Obispo High School, providing safety to students through his role as campus supervisor, but even more so, his presence as a friend, mentor, and role model shaping SLOHS students far more than the job of campus supervisor requires. His story is a model of how to push past adversity and positively shape society. Every year on the first day of school, Tigers are told to “THINK” like a Tiger. Students should be told to think like Gabe. Gabe is a presence all high schools need and the embodiment of what it means to be a true Tiger.



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Rising Temperatures and Extreme Weather are Affecting People and Ecosystems Worldwide

REPORTER ADIE WALLACE

Climate change is becoming harder to ignore for students at San Luis Obispo High School and billions across the globe as rising temperatures and extreme weather events continue to affect people and ecosystems around the world. From stronger storms to longer heat waves, these changes are happening more often and with greater intensity than in the past. What was once seen as a future problem is now something many communities are already experiencing. As climate change worsens, its impact on people's lives and the environment is becoming increasingly clear.

One of the major problems with climate change is the rate at which it's increasing. The more humans put off fixing climate change, the worse it is going to get and the harder it will become to fix.

"It's important to fix climate change now because the sooner we act, the lesser the effect will be on our planet," said freshman Stella Dunn.

If taking action continues to be delayed, the damage caused by climate change will become more severe and more difficult to reverse.

"The severity of effects caused by climate change will depend on the path of future human activities. More greenhouse gas emissions will lead to more climate extremes and widespread damaging effects across our planet," according to NASA Science.

If we continue to put off finding solutions, global warming will become irreversible. Climate change also affects more than just our weather patterns. It affects ecosystems across the world.

"Climate change can affect ecosystems very directly and suddenly due to a loss of biodiversity or even a loss of keystone species, which could severely disrupt the food web and ecosystem balance. Habitat loss due to these changes can also have a drastic effect, as severe events are difficult for ecosystems to recover from quickly and can lead to the extinction of species or the loss of entire ecosystems. For example, ocean acidification and temperature changes can destroy huge areas of coral reefs beyond repair. Human communities are affected more indirectly as humans can move, alter their infrastructure, or plan ahead for future impacts. They are still affected by extreme weather events that cannot be planned for or the loss of resources (water or food). Humans can always move and adapt to a new area while entire ecosystems cannot," said biology teacher Jon Sainsbury.

As temperatures continue to rise, many ecosystems will struggle to adapt. Habitats may be destroyed, food chains disrupted, and some species could be forced to migrate or become extinct. Climate change also has the potential to affect food supplies and water resources. These impacts are already beginning to appear, and many believe the choices people make now will determine how severe the effects become in the future.

"Farmers' crops can be affected by the rising temperatures, making it harder to grow their crops because they would dry out. Farmers would also make more artificial things if their crops can't grow with the temperature change," said freshman Nikki Kramer.

This highlights why delayed action on climate change is so dangerous. As greenhouse gas emissions continue to rise, the effects compound over time, making solutions more costly and less effective.

Overall, climate change is a growing problem that is already affecting both people and the environment. As temperatures continue to rise, the damage to ecosystems, weather patterns, and food supplies will become more serious. Waiting to take action will only make these problems harder to fix in the future. The evidence shows that what humans do now matters, and taking action soon could help reduce the worst effects of global warming and protect the planet for future generations.

What Do You Need to Know About The Draft?

REPORTER HUDSON ZURBACH

As more students at San Luis Obispo High School turn eighteen, there is a rise in conversation concerning the Selective Service System held in the United States.

In accordance with federal law, all male United States citizens and residents (with very few exceptions) must apply for the Selective Service within thirty days of turning eighteen. This includes citizens (including citizens abroad), permanent residents, undocumented immigrants, and refugees.

"I have signed up for the Selective Service ... I did because it gives you access to federal grants and all that kind of important stuff," said senior Mason Horstman.

Failure to register for the Selective Service typically won't land you in jail, but it prevents future opportunities such as being eligible for Federal Student Aid (FAFSA), scholarships, and grants.

While some states automatically register you for the Selective Service by applying for a driver's license, California does not.

"I still haven't [signed up for the Selective Servi-

ce] .. I don't know how, I probably do need to look into that," said senior Pedro Infante Chulim.

However, with a new provision added to the National Defense Authorization Act (NDAA), beginning December 18, 2026, self-registration will be eliminated as the federal government will use databases to pull information such as your Social Security Number and Department of Motor Vehicles records, which means all eligible persons will be automatically signed up.

Right now, the United States military is purely an all-volunteer force, with the last active draft being in December 1972 for the Vietnam War.

"There were a lot of controversies with that war [Vietnam] in general, especially as more media coverage came out about the extent of our involvement in the war, along with the counterculture movement of the 60s ... people were seen burning their draft cards in the streets," said SLOHS Government teacher John Croft.

In order for the Selective Service to be active again, it would require congressional authorization with presidential approval.

Students at SLOHS bring up concerns for a possible draft due to the current political environment surrounding Venezuela and Greenland.

"America goes to war for a lot of reasons. If we end up in a World War II style conflict where we're fighting against Nazis, I'd absolutely be willing to fight. But if we end up in a Gulf War, where it's all about oil, which it kind of looks like with Venezuela and Greenland, I think I'd certainly be more hesitant to fight," said Horstman.

Some students are more willing than others.

"If I have to go [to war], it's time to go because hopefully some of the homies get selected too. We can be out there together in the field. It does worry me sometimes when I look at the news, and I see the politicians arguing about who owns more oil," said Chulim.

While students at SLOHS are turning eighteen and getting ready to graduate, they are also contemplating the possibility of what the Selective Service could turn into.

Source: sss.gov

What is the Advanced Graphic Design Class?

REPORTER SADIE FISCHER

The graphic design class has been at San Luis Obispo High School for years. This class provides students with hands-on experience and practical skills that can be applied far beyond the classroom.

"I think one of the big things that I hope all the students take out of the graphic design classes is, even if you decide you're not going to be a graphic designer, the ability to organize information and take a bunch of information that's given to you and put it in a way that people can read easily, that looks pleasing, and that gets people's attention. That's a huge skill that not a lot of people have, which will serve you really well in whatever business you get into. So, being able to organize and present information in a pleasing way is a huge thing that we learn in those classes," said advanced graphic design teacher Zach Roper.

Students also enjoy the creative freedom that comes with the project. Projects like these allow students to express their creativity while also learning how to meet real world design expectations.

"My favorite project in graphic design was the local logo redesign project because it was a fun challenge to rework the local logo and that you could add your own fun twist to the design," said junior Tyler Dorf.

The advanced graphic design students are currently finishing up their skateboard and food truck projects. They have been working on these projects for weeks.

"I think painting skateboards was the hardest because of the patience it took and how long it took. You had to basically do everything by hand, so it's taking your art skills and just putting them into real life instead of on the computer," said senior Jacob Garcia.

As students finish their projects, the advanced graphic design class continues to encourage creativity, problem solving, and skills that will benefit students beyond the classroom. Most of the students who complete this pathway join the internship program that this school offers. If you love using your imagination and creating unique things, this would be the perfect class for you!



Advanced graphic design students at San Luis Obispo are gearing up to begin their next creative project. Graphic courtesy of senior Sadie Fischer.

Is Buying Flowers For Your Girlfriend Overrated?

REPORTER CATE GOODWIN

Many students at San Luis Obispo High School are in relationships and thought about when to give their girlfriend flowers. Dances are an obvious one, but what about for her birthday, or the first date? Is there such a thing as getting her too many flowers?

“I feel like receiving flowers from a boyfriend would mean a lot, but that’s also because I dated someone for ten months and never received flowers. Flowers don’t have to be expensive; you can literally pick flowers from the ground. There are definitely other and more affordable ways you can show your love for someone, like writing a letter and spending time with them,” said junior Jaelyn Lapalm.

Though it would be cute if your boyfriend picked flowers from the ground, from his perspective, he would feel bad for not picking out a bouquet from the store that reminds him of his girlfriend.

“Receiving flowers from a boyfriend is a big deal because they’re known to make people happy, and it shows that they thought of you when they bought the flowers. Flowers are cheap, they’re like six dollars at Trader Joe’s, and you can also just pick them around campus or in your neighborhood. Sure, spending time with them shows you care about them, but

flowers are a common and easy gift,” said the vice president of the floral club junior Stella Wettlaufer.

It depends on the girl and what their love language is, but even girls who love receiving flowers admit that spending time together is a good substitute for flowers.

“Receiving flowers from a boyfriend is just a way to show that you care about them, but also it’s not that big of a deal if you don’t. There are just other and better ways that your boyfriend can show that they care about you, like spending time with you and using words of affirmation,” said a member of the floral club sophomore Lily Kienow.

It seems like girls do love receiving flowers, but only because it shows you care about them. If you don’t want to buy your girlfriend flowers, it can totally be replaced with quality time or words of affirmation.

Buying flowers for your girlfriend has become a standard because you see it in movies, on Instagram, and now it’s known as a standard Valentine’s day gift.

Although, if you get dinner reservations at her favorite restaurant and tell her how much she means to you, she would actually appreciate that more than six-dollar flowers from Trader Joe’s.

Does she actually like the flowers? Photo courtesy of Brides.

Charles Leclerc Is the Best Formula One Driver

REPORTER JONATHAN GIES

San Luis Obispo Highschool students enjoy watching Formula One and seeing their favorite drivers. In 2026 F1 will have 21 teams with two drivers on each. With a couple teams with one reserve driver if one of their primary drivers is out with an illness or family issues. Finishing in the top ten is crucial for points especially if you get a podium. Charles Leclerc is not often on the podium at the end of the feature races, but he has super consistent qualifying and practices. Leclerc is the best F1 driver for a variety of reasons.

“Charles Leclerc is the best F1 driver because of his exceptional speed in qualifying, remarkable ability to maximize car performance, and aggressive race craft,” said freshman Valeria Flores.

Leclerc is a F1 driver from Monaco. He was born in Monte Carlo, Monaco and competes in F1 on the Scuderia Ferrari F1 team.

Just last year he won his home race located in Monte Carlo. It was an emotional moment for Charles and his team and audience. With some amazing commentary which made fans shed a tear.

“I think he is really good at defense, he has shown that he can defend almost anyone including Max Verstappen. He has many wins and podiums, even though he does drive an arguably bad car,” said freshman Jordan Ford.

The Ferrari F1 team has an amazing history of great racers with legends like Fernando Alonso, and Michael Schumacher. Michael Schumacher won five drivers championships with Ferrari. But in 2025 the Ferrari car has not been anything

special. It has been a mediocre car at most.

Leclerc has been in Formula 1 for eight years starting in 2018. He first started on the Alfa Romeo Sauber Formula 1 team. He later moved to the Scuderia Ferrari Formula 1 team in 2019.

“In my opinion he is one of the most talented drivers in F1. And appears to have an amazing personality and drives for my favorite team which makes him my favorite driver,” said freshman Marisol Hopkins.

Even though Leclerc has had a decent performance in the past, like in 2022 scoring second place in the World Drivers Championship, in the 2025 World Drivers Championship he scored 5th with 2 dnf’s in the Dutch Grand Prix and the Sao Paulo Grand Prix involving Mercedes’s driver Andrea Kimi Antonelli. Leclerc and his

teammate Lewis Hamilton have had an amazing testing week which consisted from January 26-30 with his teammate Lewis Hamilton getting the fastest lap of the week. With Leclerc getting about the same time.

“I’m very excited to see what the others have in store and when we start pushing a little bit more to see where we compare to the others,” said Leclerc in an interview after testing in the Barcelona Shakedown.

Leclerc is the best driver because he has consistent qualifying and practices with his team. I believe that even with the tough competition that Leclerc has a good chance at the Drivers Championship this year if Ferrari has a good year too.

What makes him the best driver is the fact that he has been one of the most consistent drivers ever. This matters a lot when it comes to debating about the best F1 driver.

People just look at the most wins, championships, and how often they get a podium. They choose stats over consistency. You can watch F1 on Espn, Apple TV, and the official F1 TV App.

Leclerc is a driver that has talent, pinpoint skills, and plenty of charm. He has shown the ability to perform well despite not having an optimal car. His consistency is unmatched in F1 and this year will surely bring him great success. He has an amazing backstory with an entire country beside his side.

Sources: [formula1.com](https://www.formula1.com), [people.com](https://www.people.com)

Charles Leclerc celebrates a memorable win in Monaco. Photo courtesy of Forbes.

Don’t Underestimate Culinary As an Important Skill

REPORTER MICHAEL KURKYERIAN

Culinary is a skill that can help San Luis Obispo High School students in their daily life in so many different ways, from saving money to keeping students from giving themselves a foodborne illness. Sticking to the rules on how to keep your food sanitary is an important step in cooking and is not something that all people know. With culinary skills you can keep foodborne illness out of your cooking for the rest of your life.

“Food costs have gone up with inflation, and rents have gone up and

so has the cost of manpower, right? You have to pay more today, because I know high school kids making \$22 an hour and that’s great, I love that. When I came out of culinary school, I made \$10 an hour. I worked my way up quickly. Everything is more expensive. So what I’m telling you is that we’re teaching you things here that you can use and feed yourself at a fifth or a tenth of the cost of a restaurant. Even fast food has gotten expensive, and it’s not good for you for the most part,” said culinary teacher chef Nathan Jaggars.

Saving money in places where it

is possible is something everybody likes to do with culinary skills. You can make restaurant level foods for impressively cheaper prices with food from your nearest grocery store.

“I would say [culinary is an important skill], just being able to learn the basics of cooking and culinary skills in the kitchen brings a lot of great opportunities to the table further in life,”said senior Ethan Baxter.

Knowing skills in culinary can eventually become the job that you get when you are an adult or just keep the simple skills with you so that you can eat well without having to go out.

“You learn how to not make your food have things that could give you a foodborne illness,” said senior Jaxon Leal.

This is a very important thing that all people in the world should know because food borne illness is something nobody likes and not only that but it is deadly. According to the CDC, 931 people die each year from foodborne illness. Which is why understanding all of the food safety rules that come with being a culinary expert are great skills to learn.

Source: [cdc.gov](https://www.cdc.gov)

More Than a Word: Labeling People as Illegal Dehumanizes Millions And Justifies Authoritarianism

REPORTER VENEZIA RAMIREZ

At San Luis Obispo High School, conversations about immigration often stay in the background of daily life, yet the language used to describe immigrants shapes how people are viewed far beyond campus. Words like “illegal,” commonly used in political debates and media coverage, reduce complex human lives to a single label. When this language becomes normalized, harsh immigration enforcement by agencies like Immigration and Customs Enforcement (ICE) can feel justified rather than questioned.

“Illegal” Reduces Lived Experiences

The language used to describe immigration matters. Labeling people as “illegal” does more than describe immigration status; it reduces individuals to a word that carries judgment and erases their humanity. When this language becomes normalized, it becomes easier for society to distance itself from the real people affected by immigration enforcement and policies involving ICE.

“Hearing the term ‘illegal’ makes me feel resentful. Growing up and having to memorize the pledge of allegiance is a core memory, now I feel guilt even saying it, knowing that when it states ‘justice and liberty for all’ it’s not what’s happening today. I believe that no one is illegal on stolen land,” said an anonymous Hispanic freshman.

Innocent, hardworking immigrants are the backbone of this country, yet they are still called “illegal aliens” and treated with disrespect. ICE agents aim to deport millions of people who labor in the fields, leaving fruits and the vegetables we rely on unharvested, untouched and yet to rot. Who will wake up at 5 a.m., in the freezing cold, to pick the food we eat? Not most Americans. It is these very people, the ones who sacrifice their comfort and safety every day who feed our communities, yet their lives are reduced to a label. This is not justice. This is cruelty dressed up as the law and it’s utterly disgusting.

“There are many terms for immigrants now. They

are calling my people aliens as if we don’t breathe the same air, eat the same food, and feel the same things. Today we are not seen as humans but as some kinds of animals,” said an anonymous freshman.

The way society uses the word “illegal” has been used to strip people of dignity. It flattens people into a status and makes cruelty easier to excuse.

“It is so crazy to think about how our president is deporting millions of hardworking citizens and young children and having ICE raids roam and destroy streets with scrutiny. If he really wants to go and take these long measures— why doesn’t he deport his wife first? What about his kids? It would make his job ten times easier. And the audacity this man has for still calling my people ‘illegal aliens’ is absolutely outrageous. Matter of fact, even knowing that he tried removing the ‘Chain Migration’ policy that allowed first lady Melania Trump to sponsor her parents for U.S. citizenship is so dehumanizing as this is the way most immigrants get their citizenship! This man has no shame whatsoever,” said freshman Heiry Mellin.

Hypocrisy is Dressed as Justice

Hypocrisy plays a major role in this criticism, as those demanding the deportation of “illegal aliens” often claim moral superiority while refusing to examine their own contradictions. This mindset turns immigration into a tool for judgement rather than an issue of humanity.

“Our president is supposedly ‘making America great again’ while he’s causing history to repeat itself by detaining legal US citizens, shooting innocent people and taking people away from the warmth of their home. Labeling people as illegal aliens is just trying to repeat history. Innocent children. Innocent people. The hiding. The fear of getting labeled,” said an anonymous freshman.

Additionally, in the first nine months of 2025, nearly 75 thousand people arrested by ICE had no

criminal history at all, meaning they were not charged with or convicted of a crime, even minor ones.

No one is safe in a system that reduces people to a single label.

Online videos show people being stopped or questioned simply because of how they look. In one incident that spread widely on social media, even an off-duty ICE agent was detained, showing how easily appearance can become suspicion. For many families, this only deepens the fear of whether they will ever truly feel safe in their own homes.

The supporters of the term “illegal alien” often claim it is simply a legal description, not an insult. This argument ignores how the phrase functions in real life. The word “alien” suggests that immigrants are foreign, threatening, or less than human while “illegal” defines a person by a single act rather than their character or circumstances.

Together, the word becomes an offensive slur that strips people of dignity. Most people who use this term are disconnected from the realities immigrants

“As if we don’t breathe the same air, eat the same food, and feel the same things. Today we are not seen as humans but as some kinds of animals.”

face daily: the fear of family separation, exhausting labor, financial insecurity, and constant uncertainty.

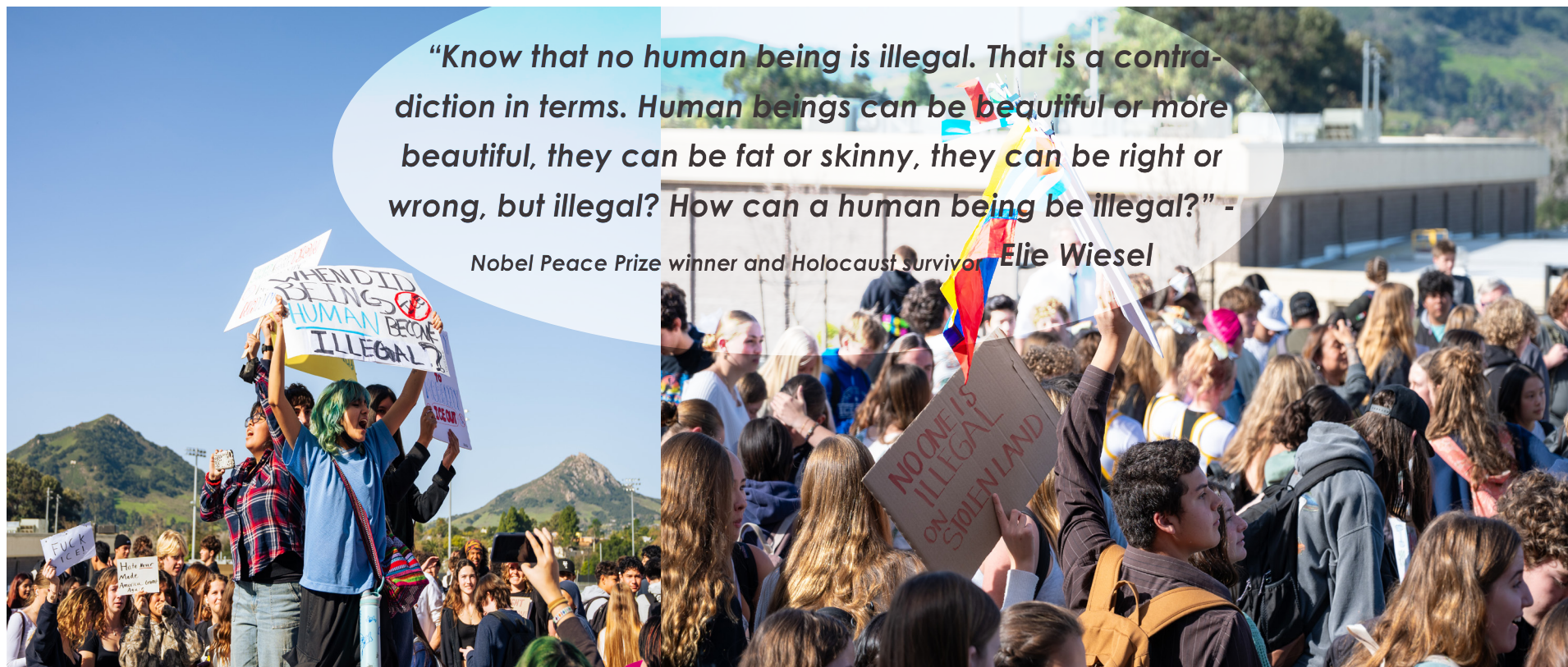
From the outside immigration is debated as a policy, but behind the scenes.

It is about real people navigating survival, sacrifice, and resilience. Labeling someone as “illegal alien” dismisses these lived experiences and makes it easier to justify cruelty without understanding the human cost.

Sources: [nbcwashington.com](https://www.nbcwashington.com), [telemundo.com](https://www.telemundo.com), [univision.com](https://www.univision.com), [fosterglobal.com](https://www.fosterglobal.com)

“Know that no human being is illegal. That is a contradiction in terms. Human beings can be beautiful or more beautiful, they can be fat or skinny, they can be right or wrong, but illegal? How can a human being be illegal?” -

Nobel Peace Prize winner and Holocaust survivor **Elie Wiesel**



Students held signs protesting against ICE at a student walkout on January 30. Hundreds of students showed up. Photos courtesy of senior Tyler Gerbel.

Disclaimer: Official Student Publications

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Compassion Is Becoming Increasingly Rare in the U.S.

REPORTER FINN SELMAN

All across the United States, political tensions are escalating, and this rising clash can be seen amongst San Luis Obispo High School students. On campus, students are becoming increasingly opposed to one another in all aspects of their lives. This conflict is the modern representation of wrath, the sin being defined as strong, vengeful anger or anger aroused by something unjust, unworthy, or mean.

Especially in today’s digital age, people are caring less and less about their fellow man (and woman). People are too blinded by their political opinion, which may come from the increasing amount of time teenagers spend online.

“The political leaders who receive the most media attention are usually the more extreme members of their party, left or right. As a result, people tend to assume ordinary partisans hold the same views as their party’s leaders. This is rarely the case,” wrote Syracuse political science professor Johanna Dunaway.

This perception that is created in the media affects everyone, especially teenagers, who are more susceptible to being aligned with what they see online. When *Expressions* polled SLOHS students if they thought people who had a different political bias than them were inferior, 33 percent said sometimes, and 10 percent said yes. 43 percent is an alarming amount of people who believe that a person is capable of being less, due to their political standing.

“Engaging in discussion exclusively with those that agree with you only creates an echo chamber of reinforcement. Speaking with others and digesting their views is imperative to staying informed, as well as stimulating discussion between those of differing views and offering insight into other facets of life,”

said a polled student.

What people need to realize is that we are not different from one another. We are all human.

All the time we as humans spend on social media can separate us from this fact, and it can make us lose sight of our own and other people’s humanity. Social media algorithms can create a vicious cycle of hate, where people get the same style of videos that radicalize them to hate the other political party and its members. This happens on both sides of politics.

“Practicing civility and compassion are deliberate choices that we all must practice. There are plenty of good reasons why you might be angry at someone with a different political viewpoint, but little is going to be achieved by vilifying that person. In fact, lots of research on what is called ‘the backfire effect’ shows that when people’s political beliefs are attacked, they are often more likely to cling to those beliefs,” said Government teacher Josiah Cameron.

This political turmoil at SLOHS and in the country can only be fixed with compassion and humility. Too many people are blinded by their wrath to accept that people are just people.

“A more productive approach is to lead with kindness, curiosity, and respectful debate. I have had my own views changed in exactly this way,” said Cameron.

Nobody is truly evil, and nobody is the enemy. Put down your phone and go give someone a hug, Tigers.

Sources: *news.syr.edu*, *Expressions January Poll*



Graphics courtesy of senior Bridger Jensen.

Love or Lust: What Motivates Teens?

PEOPLE & CULTURE EDITOR ZACH WALLACE

Lust is biological, and love is widely considered life’s goal, but which phenomenon do San Luis Obispo High School students and society as a whole pursue in their lives? The majority of students at SLOHS say that love is more fulfilling than lust, but lustful mentalities shape a large part of society.

Culture in the U.S. and around the world is heavily influenced by lust. Singers preach quick hookups to their audience and movies draw viewers with the sex appeal of characters and actors. Despite this, most people believe that lust is a negative phenomenon.

“Lust is distinctly negative. It is an uncontrolled and unmeasured feeling, and while derived from positive emotions, it is their negative counterpart, because it is specifically an unhealthy version of them,” said a polled student.

But why does humanity always circle back to lust, despite common knowledge of the harm lust can have on one’s life? Human nature is naturally lustful, as we biologically seek to reproduce and keep our species alive, just as any animal does.

While humankind has evolved to suppress these feelings and pursue more rewarding aspects of life, the same desire still exists, which is now referred to as lust.

“[Lust is] unrestricted physical attraction without

an emotional element or self-restraint, an unhealthy desire for physical and sexual intimacy,” said another polled student.

Sexual activity is decreasing among high school students, but it’s hard to tell if this is indicative of a decrease in lustful thinking.

Popular culture still promotes sex as instant happiness and gratification, leading many younger people to view sex as a goal. According to a recent *Expressions* poll, 58.9 percent of students say that they’ve felt lust in their own lives, indicating that lust is still impactful today. Furthermore, 12.1 percent of students admitted to having sex outside of a serious relationship.

“If you are with somebody who craves lust, they are going to want you for your body, your looks and any other visible factors, not because they truly love you,” said another polled student.

Luckily, lust has a fulfilling alternative: love. Students agree that love provides meaning, rather than lust which may leave you feeling empty. Love fills the soul and cements long term happiness that satisfies the shortcomings of lust.

While everyone may live their life differently according to their own preferences, make decisions that intentionally spark joy and lead to the best life you can live.

Sources: *childstats.gov*, *Expressions January Poll*

Excessive Dieting Harms Teenagers

CO-EDITOR-IN-CHIEF VYOLET BURRUS

Gluttony is a familiar concept for most San Luis Obispo High School students, with many recognizing the harmful effects of overindulgence. What they often fail to realize however, is that gluttony is unfairly villainized, driving students into eating disorders as they avoid indulgence completely.

Gluttony is not just overeating, rather it can be understood as an inordinate obsession with food and consumption. People who are picky or fastidious about their food are seen just as immoral as those who indulge when it’s unnecessary.

“[The sin] is a form of idolizing food or overindulging in something just for the sake of eating it. Eating food should be for giving your body nutrients and not eating just to eat,” said a polled student.

This fascination with food has fueled toxic diet cultures and simultaneously increased obesity in many countries, including America. Based on the recent *Expressions* poll, 38.2 percent of male students and 63.5 percent of female students claimed they had unhealthy relationships with food.

Many of these students expressed that they felt that they could only be “pretty” or “perfect” by eating less.

“I starve myself to lose weight. To try and be prettier. More attractive,” said another polled student.

While seen as more desirable, undereating can have just as many harmful consequences as overeating, potentially resulting in anemia or low iron.

“When I hate my body I skip breakfast and

lunch. When I feel okay about my body I only skip breakfast,” said another polled student.

It is important to note that bulimia, anorexia, and other compulsive eating disorders are not sins themselves, as these behaviors usually arise from low self worth and pressures to meet beauty standards.

Many studies have shown that binge eating disorders and overindulgence may arise in teenagers due to stress, overwhelming emotions, and genetics.

“I used to eat out of anxiety, I just found comfort in food and it made me get bigger,” said another polled student.

Overweight people or those who indulge more than the average person are viewed very negatively in not only America, but most parts of the world. Overconsumption is condemned in modern society, but it is just one aspect of gluttony. Even though undereating is just as “sinful” and harmful, it is not frowned upon like obesity is.

“Society encourages skin-and-bones appearances, almost entirely in females, and that look has been put everywhere and encouraged in all sorts of media. Due to that, conditions like anorexia are seen as less problematic, while being heavier is considered gross and sloppy,” said another polled student.

It’s very hypocritical to encourage some poor eating habits yet declare the other as a sin. The problem isn’t overindulgence, Tigers. The real sin is society’s harmful diet culture and unrealistic expectations driving teens into poor eating habits.

Source: *seenandunseen.com*

Chasing Cash: Students Prioritize High-Paying Jobs

CO-EDITOR-IN-CHIEF AIDAN FIELD

San Luis Obispo High School students have a large selection of future career paths to choose from. Many high-paying careers that students are considering are associated with oil companies, corporations, and weapons manufacturers. Morals and money can be competing interests for students making important decisions.

According to a recent *Expressions* poll, 65 percent of students wanted to earn more than \$150 thousand in their careers. Money is a big concern for students.

“[Money impacts me] heavily, as it pushes me into the fields of careers like lawyers, doctors, and businessmen,” said a polled student.

Roughly one-third of California college graduates go on to work for one of the big-five tech companies.

Currently, major Silicon Valley companies have taken on contracts with government agencies. In the past, employee concerns over company behaviors have swayed company policy.

In 2018, Google was awarded a several million

dollar contract to build AI software for the Pentagon. This resulted in numerous resignations and a petition against the project signed by up to four thousand google employees.

Google then abandoned the project. Ethical concerns from employees can have real influence over company behavior. However, in July 2025, Google took on other contracts from the Department of Defense, including a \$200 million contract to build AI infrastructure. By contrast from 2018, employee dissent has been relatively mute. Google isn’t alone, as OpenAI, xAI, and Palantir now contract for the DoD.

Palantir, a data scraping organization which contracts heavily with government agencies has drawn resignations, yet this shows no sign of stopping these companies. Palantir CEO Alex Karp frequently brags in interviews about how his company’s services are often used to kill people.

“Would you be proud to work for border patrol or ICE? Do you want to be talking about how proud you are that you’re doing that?... [Others] can take pride in the fact that they’ve helped the greater

good of society,” said College and Career Counselor Colleen Martin.

As students approach their career paths, they should understand that many of the companies they might be working for are engaging in activities society will look back on negatively.

“I think that you can have stability and a job that fits in your ethical code,” said Martin.

Career paths also don’t have to be rigid. Professions can evolve with interests and values, and that often leads to a more fulfilling life than working for a large unethical corporation.

“If money wasn’t a factor I’d probably bounce around, trying as many jobs as I can, forever. I think it’s a bit silly that the societal norm is to pick a career at eighteen and stick with it,” said another polled student.

The companies that pay the best are often the ones engaging in unethical behavior. How much are your morals worth?

Sources: *bbc.com*, *datacenterdynamics.com*, *npr.org*, *Expressions January Poll*



Should students succumb to their sins or live a virtuous life? Perhaps moderation is the key. Graphics courtesy of senior Bridger Jensen.

Doomscrolling is Taking Away Students’ Motivation

HEALTH & SPORTS EDITOR JOE SPARGO

In Christian teaching, the seven deadly sins symbolize a moral framework in culture. One of those sins, sloth, infects San Luis Obispo High School students’ daily lives, however it’s unseen to the human eye, assuming its form through electronics. More specifically, it feeds on the feelings of laziness and lethargy emitted when a doomscrolling session begins.

“I don’t doomscroll very often, but I don’t feel like myself when I do it. After, I feel tired and unaccomplished. You don’t really do much while doomscrolling, and afterwards, you’re thinking of what you could have done in the time you just wasted. You could have done your homework, or really anything productive,” said freshman Jake Van Luchen.

Doomscrolling is pointless, and nothing is achieved while consuming brain-rotted media. This leads to a huge motivation-crash phenomenon.

“It’s just brainless. You’re just staring at your screen, scrolling and watching stuff that’s just stupid and doesn’t actually contribute to your life. After doomscrolling, I definitely feel unproductive. It just makes me want to lie around and do nothing, or it makes me want to keep scrolling. Honestly, it’s because it’s an all-consuming thing that takes up your entire attention. It’s hard to shift that

attention to anything else,” said junior James Brenneman.

In the bigger picture, doomscrolling not only deprives students of all motivation but also obstructs the ability to study or do homework.

“Doomscrolling is unhealthy because it prevents me from doing school work and homework, and I think I also interact less with people. After doomscrolling, I feel unmotivated. I just feel like lying in bed and doing nothing in general, which I think negatively affects me,” said junior Brandon Gonzalez.

So, what’s the solution? How can the human race heal and detach from the parasite that drains us of all incentive for life?

“You need to try to limit yourself, which is honestly what I’ve been trying to do. If you really want to scroll less, then you’ll be able to, but most people aren’t motivated at all to scroll less, because they don’t see the downside to it,” said Brenneman.

Or, students can turn to social interaction instead of digital interaction.

“We need to interact with people more, or focus on schoolwork so that you can spend less time on your phone,” said Gonzalez.

It’s never too late to break a bad habit. Doomscrolling, one of the worst habits, is slowly killing our productivity from the inside out. Let’s all put down our phones, talk to each other, and find joy in life beyond the screen.

Envy Drives Comparison Culture Across Social Media

REPORTER BRINLEE RISNER

Many San Luis Obispo High School Students can relate to feeling envy while on social media. The constant rising of new trends makes people want to follow them, whether it’s to feel like a part of a larger community or be more popular.

Many social media platforms have influenced students to buy things and impacted their self worth. Based on a poll conducted by *Expressions*, the top three platforms that influenced students were Instagram (57 percent), Tik Tok (51.2 percent), and Youtube (44.5 percent). These platforms have tricked many students into thinking a product would be good when it was just really overhyped.

“I bought a Labubu, and I don’t like it anymore. I fell for the Dubai chocolate thing. I got it and I didn’t like the way it tasted. Then I fell for the comfort hoodies. I know this is a hot take but I lowkey didn’t like them because they fit weird,” said freshman Gwen Markham.

Social media not only has a big impact on what students buy, but how students view themselves. Seeing others as successful online may cause low-

red self esteem and a negative body image.

Nationwide, 48 percent of teenagers claim social media have a mostly negative effect on people their age. The negative impact on students’ body image can also affect their abilities to deal with stress or anxiety. Additionally, creating a false life on social media for the sake of likes/followers can make shortcomings or struggles in real life seem all the more difficult and we lose sight of what’s real.

Teens who constantly compare themselves to others, can get stuck in an endless cycle of not being able to accept who they are or be proud of themselves. Not being able to be proud of something that they did because others “did it better” can only bring them down. Which causes a negative impact on the way they view their victories and losses.

“It can negatively affect teens’ sense of self-worth because they can begin to feel like they have less than others, meaning they inherently matter less.” said a polled student.

This is especially true for sports where a lot of the time athletes are constantly compared to one another, and social media only makes it worse.

“How I view myself, especially with dance, has

been affected by seeing people who have their legs at 180° and they’re like ten years old,” said freshman Violet Nieslen.

Even if an item isn’t considered luxurious, many students have gained an appreciation for what they already have, which has raised self-image and lowered envious feelings.

“I consider everything in my life luxury because I am deeply grateful for everything I’ve worked hard to buy and earn. I have created a great life for myself and have provided myself with many things to appreciate. The luxuries I bought were because I wanted to try something new and be good at it, like livestock animals and all things included to raise them,” said another polled student.

Social media has such a toll on students’ mental health, and there is no easy fix, while there are many body positivity, and de-influencers on social media it’s still not enough. As a community students should try to not let it affect the way they view themselves or others.

Sources: *pewresearch.org*, *jedfoundation.org*, *Expressions January Poll*

Boys Volleyball is Set for a Spectacular Season



Last season's Boys Volleyball team stand together for the national anthem. Photo courtesy of @slohsbvolleyball

REPORTER JACKSON KELLY

The San Luis Obispo High School Boys Volleyball teams consist of young prodigies and well known talents. Positions are the most important factor when it comes to the SLOHS Volleyball teams and one's choice changes the result of the match dramatically.

"I play outside and I play it because it's the most fundamental position that is crucial to the team to score points and win games," said senior Brady Theule.

The important position of outside secures the team's fundamentals and adds another level of consistency to the team composition. However, other positions make sure that the team has all the features that it needs to function properly in all scenarios.

"I think that with the new freshman coming on, we can make strong JV and Varsity lineups," said sophomore Theodore Forrest.

In a game like volleyball, with it's dynamics between passing plays and quick

hits, all positions matter so much and it's important for all players' skills to be honed in and set in stone. Even though this game is so demanding, some lower-classmen still manage to shine in teams with upperclassmen.

"What I enjoy most about being on the volleyball team is of course practicing and playing my favorite sport, but I also enjoy making new connections and just overall getting into better shape," said freshman Tai Murgatroyd.

Playing at a level with older grades and upperclassmen shows other people that you are able to play with higher skilled players with more physical strength and that you have potential to become an even greater player in the future. The freshmen coming onto the teams are seen to hopefully create a great future team, and hopefully will stick around to play for the varsity team in the years to come.

Source: slcUSD.org

New Season, New Player: Where is Baseball Going?

REPORTER CATE GOODWIN

San Luis Obispo High School's Baseball players have been training hard all summer. Players constantly improving and pushing through injuries is the key to winning the league again. From long practices under the lights, the team returns to the field with fresh energy, familiar faces, and big goals ahead. What do the players think of the upcoming season?

"Our team is looking good this year and has a lot of committed guys who are ready to play this season. I'm looking forward to playing baseball with my friends again and to getting a lot better this year. Our goal this year is to win the league and go further in the playoffs than last year," said senior James Goodwin.

With strong core returning players and new players, they head into the season ready to play. After a competitive season last year, the players are motivated to improve.

"Our team is looking good, and I've only played on the team here for three years, but every time I played a season, a lot of people have had doubts, but we always prove them wrong. I'm just looking forward to the games in general and just being with the team. I want to win, and I want to be able to see the team progress and improve during the year, and just having fun and being out there on the field with all the guys," said senior Grayson Bramble.

Bramble has already hit a home run this season at the Palm Desert tournament. With team chemistry and hard work, these boys are ready to win the league again. With ongoing injuries, especially with our pitchers, many of our other players are having to return to the bullpen.

"We have a lot of good returning players from last year, were looking strong in the weight room, and still have a shot at winning the league. I'm just looking forward to playing baseball again with all my friends and having a good time, because I think this year's team is really close, and it's going to be great team chemistry. Our goals this season are to win the league, have a winning record, and hopefully make a run in the playoffs. I think our team is going to be pretty similar to last season," said senior Landon Drenckpohl.

Drenckpohl has been on the SLOHS Boys Varsity team ever since freshman year. Some of these boys have been playing baseball together since Little League.

"We are going to be a very young team and were going to have a lot of upside. I'm looking forward to seeing how well were going to do in CIF. A goal of mine is to win a CIF game. The team this year should be very similar to last year's," said senior Jayden Taylor.

With determined players and committed group leaders, the SLOHS baseball team is set to win the league again. Wish them luck during the upcoming season!



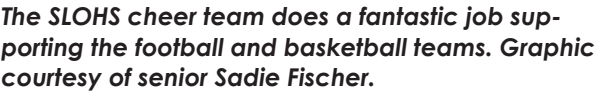
The SLOHS Baseball team is ready to win this season. Photo courtesy of @slohsbaseball

REPORTER SADIE FISCHER

Cheer can also play a role in supporting smaller

"I would love for the Cheer team to be more involved with more sports on our campus! As a head coach and teacher on this campus, school spirit is really important to me. Having pride and love for your school is something that all students should experience and show. Our volleyball program works very hard and has built a strong and competitive reputation, so I would love to see an increase in school spirit at our home volleyball games. Our Cheer team is so talented, fun to watch, and brings the positive school spirit vibes. Having them at our big home games like Mission, AG, CIF and State games to get the team and crowd more fired up would be

The SLOHS cheer team plays an important role in supporting the school athletics while also demonstrating school spirit. Bringing energy, boosting player morale and encouraging higher attendance, cheer helps strengthen both the teams and the school community as a whole. Let's give each sports team the recognition they deserve, Tigers!



REPORTER BRYCE RILEY

“With year-round sports and more and more use of the fields, our grounds crew just could not maintain the field. There is no downtime to allow the grass to grow back after a season(s) of use. We were getting more and more complaints about the fields, and when or if we tried to shut them down to allow the grass to grow, we also received complaints. It was really a no-win situation. Turf allows us to have more teams utilize the field for practice and games,

The new construction of the field is going to be very expensive, with the turf costing \$539,668 and the construction costing roughly \$1.5 million. Savings with the turf will be several hundreds of

While some students have concerns about turf burns and comfort, the new field will allow more consistent use and reduce maintenance issues caused by heavy schedules. As construction finishes, the turf field is expected to provide a long-term solution that benefits athletes, programs, and the school community.

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CO-EDITOR IN CHIEF AIDAN FIELD

Sources: *startribune.com*, *press.strava.com*, *Expressions January Poll*

What Makes the Show “Dexter” So Bloody Good?

REPORTER GABBY ARTEAGA

Inner thoughts, blood samples, and thrilling plot twists have caught the attention of students at San Luis Obispo High School. The TV series “Dexter” is based on Dexter Morgan, a blood splatter expert who works for Miami Homicide. Viewers could say “Blood is his life”.

Not only does he solve murders, he commits them too. This series first aired on October 1, 2006 and wrapped up in September 2025.

“I think Dexter is different from other shows because of its glorification of serial killers, and how there can be good intent toward the killings of others. It makes us feel for Dexter, and builds a relationship with him on the screen. This idea of a show also puts us into the mind of a serial killer which many people crave. For a true crime junkie, this is the show for me,” said senior Avery Sheffield.

This show is seen through the perspective of Dexter Morgan. Audience members hear every thought he has, see his flashbacks, and even see him interact with his dead father, Harry Morgan, who is always giving him advice. Viewers will grow a sort of connection with him because of how well they get to understand him and his way of thinking.

“What makes this show different is that it kind of romanticizes like being a psychopath or a murderer. I like how it kind of shows how Dexter has another life other than being a murderer,” said junior Jules Riter.

Dexter Morgan is killer at hiding his ‘psychopath identity’ from the people he surrounds himself with. He visibly always has a hard time interacting with people, often overthinking every little interaction he has with someone. If anyone becomes an obstacle for him or finds out who he truly is, he makes sure he sees the light leaving their eyes. Read no further to avoid spoilers!

“Someone who I would save from dying would be Rita because I think she was a really good character, and she really helped with Dexter’s character development throughout the show and she inspired him to be a better person even though he wasn’t,” said Balicki.



The TV show “Dexter” evolves throughout the ages, catering to a new generation of audiences. Photo collage courtesy of freshman Brinlee Risner.

Dexter’s wife, Rita Morgan, had a huge impact on who Dexter Morgan was and who he wanted to be.

“If I could direct a show like this, I would change the location to somewhere in cali and make it a family or parent that would have the same urges,” said Sheffield.

Dexter has a couple of spin offs, “Dexter: New Blood”, “Dexter: Original Sin”, and “Dexter: Resurrection”.

Overall, “Dexter” is more than just blood and suspense. It is a show that makes viewers think about death, identity, and human connection. It stands out because it challenges the audience to see a story through an uncomfortable perspective while still building a connection with the characters on screen.

Its unique story telling continues to spark conversations with the students at SLOHS.

The Popular Book “Hail Mary” is Becoming a Movie!



Actor Ryan Gosling plays the role of the main character Ryland Grace in the movie Hail Mary, coming out in March. Photo courtesy of IMDb.

REPORTER ANNIE RAWLINGS

The popular book “Hail Mary”, which many San Luis Obispo High School students have read, with over ten million copies sold, is now a movie.

Written by Andy Weir, it hit the #1 spot on the New York Times for three weeks in a row.

Production for a movie began in June 2024 and ended in October 2024, with a planned release date of March 20. It stars Ryan Gosling, playing the main character of Ryland Grace.

“I saw the first teaser trailer, and I was super excited because I loved the book, and I was always hoping it would become a movie. Also, it’s Ryan Gosling as the main character, which is perfect,” said junior Henry Cody.

Gosling was chosen for his ability to portray both a “shlubby” science tea-

cher, and a hero.

“I’m looking forward to seeing the character development, especially the main character with his past life, and the new character. I don’t want to spoil too much, but I want to see the character development,” said freshman Connor Liwanag.

Weir is also popular for his characters and his scientific plots. He has written three main novels, his most well known ones are “The Martian” and, of course, “Hail Mary.” “The Martian” was also made into a movie in 2015.

“I liked that there was a cool scientific basis, and I listened to it on an audiobook, so it was nice to listen to,” said freshman Noah Shurson..

“Hail Mary” is set to come out on March 20, and the movie theater downtown is anticipating its arrival!

The Cribs Album, “Selling A Vibe,” is a Must Listen

REPORTER OSCAR FENTON

The youth of our world, including the San Luis Obispo High School Tigers, have been deprived of an indie rock band worth listening to for a decade, bands like The Shins, The Strokes, and The Arctic Monkeys suck now.

Society has been deprived of the addictive rhythm guitar grooves and beautifully produced vocal melodies that made 2000s and 2010s indie music so good, but the plot is not lost yet. 2000s british indie band The Cribs new album “Selling a Vibe” gives hope, the band headed by The Jarman Brother and ex Smiths guitarist Johnny Marr have reinvigorated that sound we all loved about 2000/2010s indie whilst adding the flare of 2026 production in project sure to captivate all.

“The riffs and rhythms are still really good, and the production just makes everything hit harder. It still sounds like The Cribs even almost a decade later, but with a slightly different perspective that actually works. There’s kind of a theme now it feels natural instead of forced. Their timing is still super good, which is one of the best parts about them. Overall it’s very straightforward and confident, and what makes it so fun to listen to,” said junior Fiona Sweeny.

The album’s opening track Dark Luck comes in and immediately you get grabbed by the distorted guitar into an extremely catchy indie song. The guitar tones never get too dark and the vocals are perfectly scratchy on top of the distortion of the song, its very early Wilco which is a compliment of the hig-

hest caliber in for a rock band. The bass tone is so perfect playing of the former Smiths lead guitar and togetherness consistent throughout the albums.

“Its was great. The drums that were going on in it, I like that, and the electric guitar thing that was going on, acted like drums” said junior Casey Stevens.

The third track A Point Hard To Make slows things down in a very shin-like sound much sweeter than the first but the same excellent playing continues. This barrage of guitars is lighter and far less distorted than the last, still distorted but less. The vocals are far less scratchier then the former but instead match the same sweetness and brightness of the guitar, the snare pattern plays into the higher melody of the song creating the perfect sound for sunny spring drives.

The highlight of the album in my eyes is the fourth track “Never The Same” immediately presents everything that was missing from modern rock, the groove and feel again of the guitars can’t be stressed enough but this time its perfection, the bass line is thumping behind the rhythm pattern as the lead guitar tap dances over the groove adding the perfect high melody. The way the Jarman brothers work together through the verse changes opposed to individual riffs keeps the energy high throughout the track building tension for the vocal melodies promised by this genre.

“The albums sound a lot like the music you would hear in early 2000s tv, it was super nostalgic and fun but I wish there were a few slower songs,” said junior Evan Aquino.



The Album Everyone Should Be Listening Too. Photo courtesy of treblezine.com.

The album not only fans the coals of sleeping indie fire, but adds the gas of second half 2026 production that is perfect for those who cannot listen to Is This It for the thousandth time. In an era where the rock scene is led by grunge with the next closest things being country it refreshing for something to sound so nostalgic whilst not falling into the boring cycle of past indies bands attempts to reintroduce the sound. A must listen for Tigers looking for good new music.

Students at SLOHS are Upset About Losing the Follow Up Show “Gilmore Girls: A Year in the Life”

REPORTER BRINLEE RISNER

The decision has been made, and San Luis Obispo High School is upset about it. The follow up to the beloved TV show Gilmore Girls, “Gilmore Girls: A Year in the Life” is leaving for students. It is set to leave mid to late 2026, so if it isn’t at the top of the watchlist, now is the time to go watch it.

Many wonder why it is being taken off of Netflix, whether it’s because of people not watching it as much, or money issues. But it’s leaving because of a licensing deal between Netflix and Warner Brothers. Warner Bros would like to have their show back because of the main season’s high popularity, which surges around fall time.

The watch rates for the sequel are way lower than the original series, causing the suspicion that that’s the reason for the removal. Many fans didn’t like how the characters developed and what they were doing.

“I feel like they had to have a follow-up to ‘Gilmore Girls: A Year in the Life’ because of the ending. I kept waiting for a follow-up because you can’t just end the series on such a cliff hanger and then just never address it again,” said math teacher Nicole Stearns.

The fan loved original series made its way into many hearts becoming a staple and a fall favorite. Many use it as their comfort show and watch it before bed. While they watch the original seasons on repeat many agree they normally skip “A Year in the Life” but are still sad to see it go.

“I am very sad it is leaving Netflix, since I love the series it is sad to see it removed,” said freshman Bella Hendricks.

Lorelai and Luke, the long awaited couple, get it’s time to shine in “A Year in the Life”. Their connection throughout the series was always strong through disagreements and new people in their lives they always came back together.



It’s time to go watch “Gilmore Girls: A Year In The Life.” Don’t miss out on seeing a great series. Photo courtesy of Nefflix.

“I have always liked Luke and Lorelai, even though they have had their issues with communication and other problems in the main series, it was so nice to see how their dynamics have evolved and their relationship in the follow up show,” said student teacher Alexys Prado.

The chances are getting slimmer, as the time for it to leave Netflix is nearing. The removal of “Gilmore Girls: A Year in the Life” has sadly arrived and it’s time to go watch it before it’s gone.

The Hunt For Unblocked Games Has Gone Too Far

REPORTER HERSCHEL JOYCE

Many students have been playing games during class, using various methods, but recently San Luis Obispo High School has been cracking down on these types of sites, so how do students continue to play games? Many students have found crazy or unheard of ways to get simple games like retro bowl, but has the strive for these games gone too far?

“I play a lot of games during the school day because I get bored but usually I finish all of my work prior to playing any types of games on the school computer,” said freshman Geoffrey Bodemer.

In the past few months the school district has doubled down on blocking all possible websites that students could play games on, including some like coding website “Scratch”, that was made for younger students to learn coding!

In addition to this, there have been sweeping new additions to the list of cer

tain words that, if included, will block the entire search!

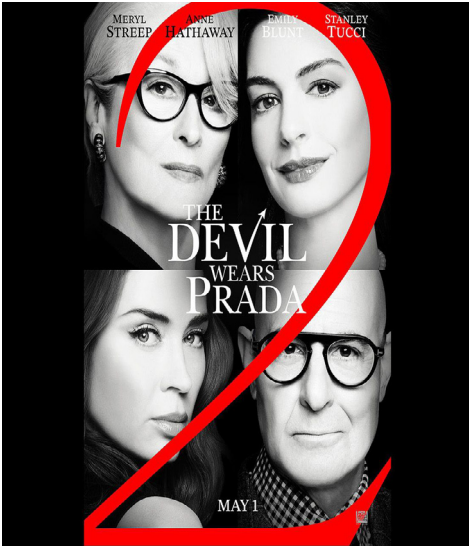
“I know some people that play unblocked games, and they use a bunch of ways to get them, but I’m not sure how,” said freshman Parker Crooks.

There are still many ways to play games, including finding websites that are unknown and aren’t blocked by the system. Some students have even gone so far to make their own websites at home, and then play them at school.

“I tend to play games in class all the time, and a lot of people I know have many ways of finding and even making games to play,” said an anonymous student.

Overall, games have some benefits. Such as getting rid of boredom, or having something to do with friends. But they also have downsides like getting distracted or not doing work. In the end, students can play some games, but it’s important to keep up with schoolwork as abusing technology will lead to even further bans. So make choices wisely as to not further the limitations imposed through school chromebooks and WiFi controls.

SLOHS Students Opinions on the Sequel To “The Devil Wears Prada 2” Premiering Twenty Years Later?



Iconic characters return after twenty years. Photo courtesy of Creative Bloq.

REPORTER ADIE WALLACE

At San Luis Obispo High School, students Beauden McConnell, Iris Olander, and Irelynn Zurbach share their opinions on the upcoming sequel to the popular fashion film “The Devil Wears Prada”. While many fans are excited to see the characters return, others question whether a follow up is necessary almost twenty years after the original movie’s success.

Some students are looking forward to a modern take on the story and others are worried it could ruin the classic. As the sequel approaches, students are sha-

ring their thoughts on whether or not the film deserves a sequel.

Expressions: Are you excited about “The Devil Wears Prada 2”? Why or why not?

Junior Beauden McConnell: Honestly, I didn’t know that there was a second one coming out. I’m not too excited, though, because I feel like the movie should be left alone. Sequels are usually never as good and can end up feeling forced.

Freshman Iris Olander: I’m excited because I really liked the first movie but I think it might not be as good.

Sophomore Irelynn Zurbach: I am excited about “The Devil Wears Prada 2” because I loved the original and I can’t wait to see what they can do with the remake!

Expressions: Do you think the original movie needs a sequel after almost twenty years?

McConnell: No. It is a good movie and works as a stand-alone. A sequel most likely will just add excess content that doesn’t match the first one. Instead, they should try to make a new, original film with new characters that have some similar aspects to “The Devil Wears Prada.”

Olander: No, I don’t think so. The original was good by itself.

Zurbach: I don’t think it needs a sequel, it is a good movie on its own.

Expressions: What would make the

sequel disappointing to you?

McConnell: If it feels forced and the plot isn’t strong enough to make sense, and still be as captivating as the plot from the first movie.

Olander: I would be disappointed if she gets another job or gets back with her ex-boyfriend.

Zurbach: I think the sequel would be disappointing if it disregards some of the major plot lines from the first movie.

Expressions: What changes would you expect to see in a modern version of the story?

McConnell: New characters with opinions that most likely model current world views. It will probably try to promote popular, very “progressive” beliefs.

Olander: I think the style and fashion will be very different, since the original was made in the 2000s.

Zurbach: I would like to see some new actors and maybe a different take on the power dynamic.

Expressions: What kind of character development would you want to see in the sequel?

McConnell: I’d like to see the balance of work vs. relationship play out. Hopefully, there is a strong enough conflict to develop the character accordingly.

Olander: I want her to dump all her friends and her boyfriend because she

deserves better.

Zurbach: I would like to see a similar type of character development like in the first movie, patience rise to power.

Expressions: What would the sequel need to do to be successful in your opinion?

McConnell: Introduce new characters that make the audience care about them, have strong actually concerning conflicts that are realistic and not over-used, and do not force opinions on the audience. Also, don’t re-use characters from the first film simply to please the audience. Every character should have a strong purpose for being there.

Olander: In order for the sequel to be successful, I think the vibe would have to still be 2000s.

Zurbach: I think it would need something super different so that it can be revolutionary in its own regard, but also keep a lot of the classic pieces.

Overall, students at SLOHS have mixed feelings about “The Devil Wears Prada 2”.

Some are excited to see how the story and fashion might change in a modern version, while others think the original movie was good enough on its own. Many students agree that the sequel will need to feel natural and not forced in order to be successful. As the movie’s release gets closer, fans will be waiting to see if the sequel lives up to the original.

Which Seven Deadly Sin Are You?: Find Out Here!

REPORTER JESS MORRIS AND BRINLEE RISNER

The infamous seven deadly sins take us over, and take us down with them. We change ourselves to fit in and then get labeled as a sinful person. But you aren't all bad, if you read these and relate to them, so does everyone else. Noticing your mistakes is the first step towards recovery. Read below to find out what sin you are committing and how it influences you.

You are the deadly sin of Greed if you... are stingy, selfish, and have a willingness to exploit others to accumulate more than them. You have the excessive desire for material wealth, possessions, power, and status. Your one true love is the almighty dollar and you're willing to sacrifice anything for it, whether it be your relationships or morality.

You are the deadly sin of Lust if you... experience an intense, disordered, and selfish craving for sexual pleasure as well as power or material things. You prioritize immediate gratification over long-term well-being or moral consequences and can experience a spiritual separation from God. You're never in a relationship for long, making you an obnoxious flirt with zero game. You see people for their beauty rather than their personality, overlooking any glaring issues for a quick hookup.

You are the deadly sin of Envy if you... have the painful, resentful longing for another's possessions, qualities, or good fortune. You frequently desire to diminish the other person's happiness. It goes beyond mere jealousy, acting as a "rot to the bones" that fosters division, bitterness, insecurity, and destructive, competitive behavior. You only focus on fitting in and following the new trends and in the end lose interest in the people around you. You're a people pleaser at your core, willing to buy or do anything if it's a popular trend.

You are the deadly sin of Gluttony if you... have the inordinate, excessive consumption of food, drink, or material goods. This is driven by a selfish desire for pleasure rather than necessity. Beyond overeating, it manifests as greedily consuming resources, obsession with luxury, and using consumption to fill emotional voids. You have overindulgence, excessive consumption, or obsessive desire for food, drink, or resources, rather than just eating too much. You're the kid who shoves their way to the front of the lunch line, not caring about other people. You'll go back for seconds before people have even had their firsts.

You are the deadly sin of Wrath if you... are defined as intense, uncontrolled, and experience irrational anger. Which is often characterized by a desire for vengeance, rage, and hatred. Which can cause emotional outbursts, violence, resentment, and a desire to see others suffer. It differs from righteous anger by being disproportionate to the cause, lingering, or seeking to harm others. You lose your sense of self. and identity, which turns you into someone who isn't yourself. You're the raging gamer bros crashing out in online lobbies. You're always on the edge of total destruction and chaos.

Solve This Seven Deadly Sins & Seven Heavenly Virtues Word Search

REPORTER GEOFFREY BODEMER

Words: TEMPERANCE, GLUTTONY, CHASTITY, DILIGENCE, LUST, WRATH, SLOTH, ENVY, PRIDE, HUMANITY, PATIENCE, KINDNESS, CHARITY, GREED

U	I	A	A	S	N	Y	V	N	E	L	T	S	E
N	S	T	E	R	H	S	N	E	V	H	I	C	S
Y	G	H	U	M	A	N	I	T	Y	Y	N	Y	L
T	E	E	C	N	A	R	E	P	M	E	T	T	O
E	H	T	A	R	W	A	G	Y	G	P	E	I	T
G	L	U	T	T	O	N	Y	I	E	N	G	R	H
K	A	I	L	E	A	K	L	C	O	E	R	A	E
I	I	P	Y	T	C	I	N	H	E	I	E	H	V
N	H	C	T	T	D	E	I	A	D	N	E	C	I
D	N	A	T	T	I	W	C	S	I	H	D	R	O
N	L	R	H	T	T	T	E	T	R	Y	G	M	T
E	D	T	A	S	N	D	G	I	P	L	I	U	N
S	N	P	U	V	G	I	E	T	C	T	R	E	A
S	E	L	E	T	V	E	A	Y	I	I	T	P	D

You are the deadly sin of Pride if you... have an inordinate, excessive belief in one's own superiority, dignity, or abilities. This can lead to a disconnection from others and God. It manifests as arrogance, conceit, and a refusal to admit fault, with a core desire to dominate. You are stuck in an endless cycle of believing you are better than others or know better than them. You are self-centered and put your will, desires, and glory above all else. You're the know-it-all who raises their hand confidently and constantly corrects people. You believe you're always right even when you're not.

You are the deadly sin of Sloth if you... have the spiritual apathy, emotional sluggishness, and a profound laziness that neglects divine commands, duty, and personal potential. You are lazy and move slow like a sloth. This is also historically known as acedia, it is not merely physical laziness but a "love defective" or indifference towards authority, self, and others, typically resulting in wasted talents and spiritual decay. You have senioritis regardless of the grade you're in, ignoring any responsibilities and clubs to doomscroll and bedrot.

If you feel like you match one of these sins, that's okay (not great) but it's common. Countless people are victims of these sins and don't even realize it. If you realize it, it's one step forward towards stopping. Go out there and be your better self instead of stooping lower to fit in. Don't be a victim to the deadly sins.

Puzzle Through this Issue's Sinful Crossword!

REPORTER KANAYLAH DUNN

Below is a crossword relating to the content on the feature pages (1, 6, & 7), assuring any student can solve the crossword if they hunt for answers hard enough. The first three people to turn in a successfully completed crossword to Nairne in room 203 will be awarded a sweet surprise and fun stickers. Nairne must recieve the completed puzzle *directly* for students to be considered for a prize. Good luck, Tigers!

- Across**
2. The intense and selfish desire for something
3. General apathy for life
6. Asking for help can feel _____
7. Necessary to combat political tension
10. One student admitted to under-
eating to be more _____
11. Brainless action driven by sloth
14. The waste of time is known as
15. Excessive belief in one's abilities
or inflated self-worth
- Down**
1. Teens should prioritize their _____
in times of hardship
2. Obsession with food and overcon-
sumption
4. Unrestricted physical attraction
5. _____ has been replaced with
"Hookup Culture"
8. This company's CEO bragged
about his services sometimes killing
people
9. Feeling of resentful longing
12. 57 percent of SLOHS students
say this platform has affected their
perception of self-worth
13. An intense and uncontrollable
anger that seeks to cause harm
16. Trendy type of chocolate

