

San Luis Obispo High School

# Expressions

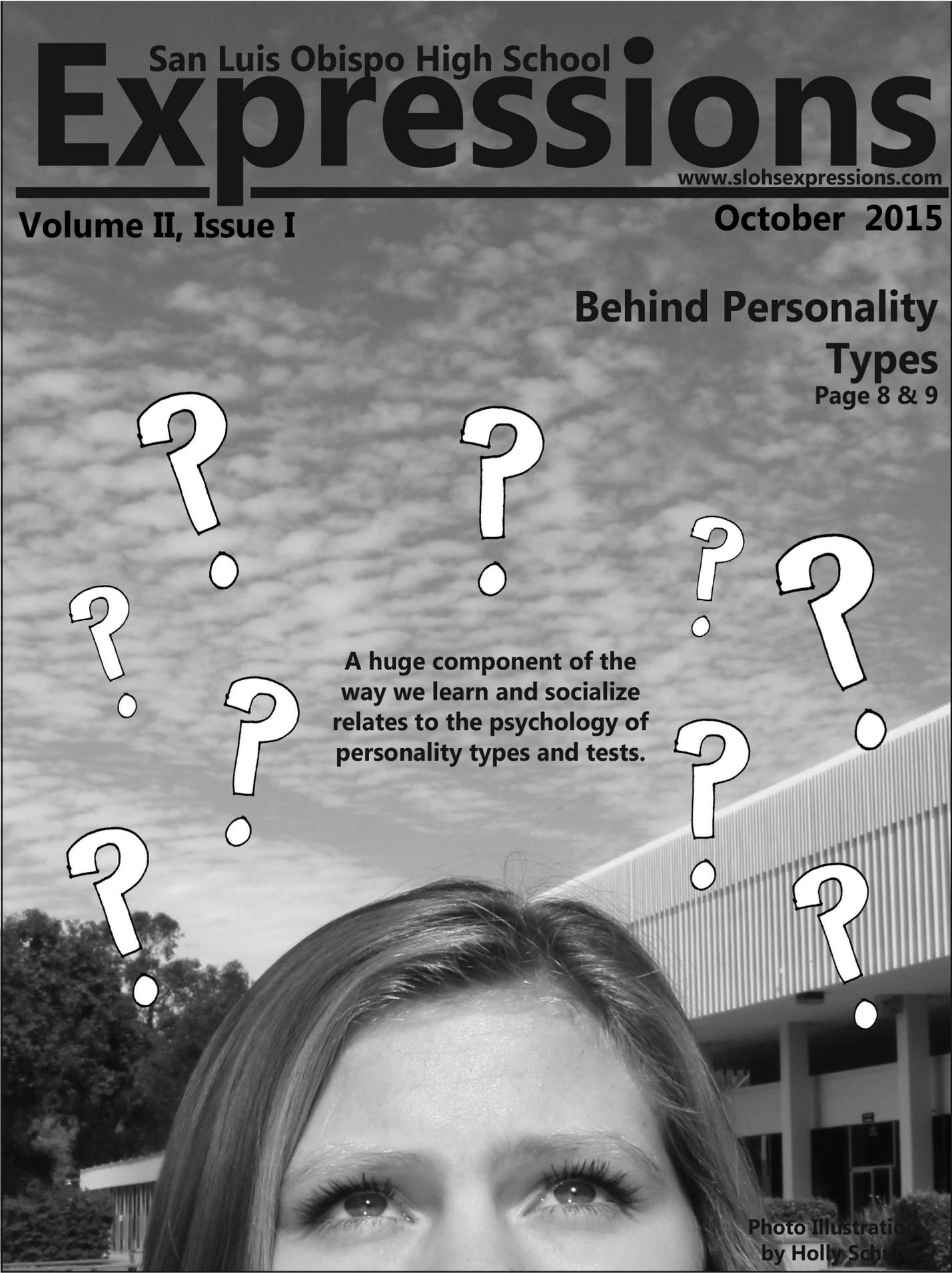
[www.slohsexpressions.com](http://www.slohsexpressions.com)

Volume II, Issue I

October 2015

## Behind Personality Types

Page 8 & 9



A huge component of the way we learn and socialize relates to the psychology of personality types and tests.

Photo Illustration  
by Holly Sch...

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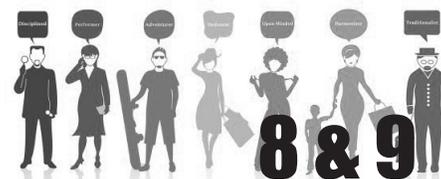
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## New year brings new teachers

**Danielle Ward and Tori Hansen**  
Staff Reporters

San Luis Obispo High School hired nine teachers in 2016. SLOHS *Expressions* contacted all of our new teachers and here are their profiles.

**Colleen Chester**

Subject: Choir Teacher

College(s): "I received my BA in Music Education as well as my teaching credential from California State University, Fullerton.

Strangest job: I haven't really had strange jobs. I taught swimming lessons for 10 years but the most "unusual" side job I ever had was bottling wine."

Years teaching: 2 years



Colleen Chester



Marci Beddall

Fun Fact about their subject: "We get to take trips to perform and sing for people around the state and country!"

First impression of SLOHS: "How welcoming the entire faculty was to me. I had just relocated from Los Angeles area so this was a wonderful welcome!"

Embarrassing moment: "In 7th Grade when I

got pantsed in gym class!"

**Marci Beddall**

Age: 32

Subject: Government

College(s): Chico State and Fresno state

Years Teaching: 7

Fun Fact about their Subject: "We talk about current events and things that are actually applicable to students' lives."

First impression of SLOHS: "I thought that the kids were all really nice and I loved the architecture of the old gym."

Embarrassing Moment: "I was filling up my car with gas and I drove away with the gas pump still in my gas tank."

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# Letters to the Editor

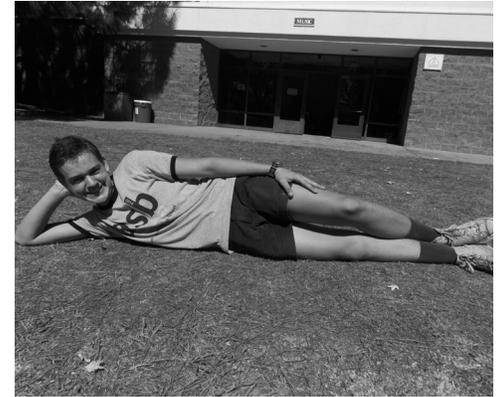
## Down with the dress code

Max Teaford  
Letter to the Editor

It's been hot lately. Really hot. What irritated me more than the heat was hearing the way our administration reminded the girls of our school to "stay decent" despite the thermostat reading over 100°F. I'm a firm pragmatist. If something works, let it work. And in this crippling summer heat, what works are the clothes our administration deems inappropriate. In fact, the short-shorts I wear both "sit above mid-thigh" and "expose undergarments" (I have to pull my boxers up), violating two points of our dress code (Tiger Topics Handbook p. 19). But I'm a guy. I've never been even questioned about the way I dress. The emphasis and enforcement has been put on the way girls dress on campus, stripping away their right to comfortable, practical clothing

options. Moreover, just having a dress code tells girls that their bodies aren't okay and aren't acceptable, at an age already plagued by body dysmorphia and self-consciousness, which all too frequently materialize into anorexia, bulimia, and other life-threatening disorders. Is this the message that our school, a place of personal strengthening and development, wants to be sending? These rules aren't only degrading to women. To assume that I, a male, will be distracted from my schoolwork by a halter top or plunging neckline is an insult to my intellect and to my desire to learn. We're people, not wild animals. Beyond personal expression, fashion can also be used as a form of artistic expression. The Tiger Topics handbook states on page 4 that we wish the members of our school to "develop, create and appreciate intellectual, artistic and functional works," but our dress code

begs to differ. The students of this school are just a few steps away from adulthood, do we not trust them to dress themselves?



Don't hate the short shorts: senior Max Teaford shows off his shorts.



### DID YOU KNOW?

>> Cuesta transfers more students to Cal Poly than any other community college!

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>> Cuesta offers fee-free fall and spring semesters to all recent SLO County high school graduates!

## THE CUESTA PROMISE

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Letters to the Editor are always welcome. Send your letter to [snairne@slcusd.org](mailto:snairne@slcusd.org).

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# Last year's Deans are now Assistant Principals



Photograph by Joshua Dorman

Former Deans: Aaron Black and Nick Frost accompany each other in their new title.

**Sports Editor Joshua Dorman**  
Staff Reporter

Last year's deans, Aaron Black and Nick Frost, were recently given the new title of Assistant Principal. Yet many are wondering what this change in leadership means not only for Frost and Black, but for our high school as well.

"There's been a lot of talk about doing away completely with deans and just making everyone assistant principal," said Frost. "Having deans is just a level of school hierarchy that's really not needed."

This year the three assistant principals, Frost, Black, and Julie Mamo, will be sharing their duties more than ever before. All three are now each assigned a specific counselor to work with. Frost is working with counselor Shelly Benson, Black with counselor Heather Senecal, and Mamo with counselor Kerry Ingles.

Each administrator is now assigned specific departments to work with as well. Frost is collaborating with the English, Social Sci-

ence, and the Physical Education departments, Black is working with the Science, Math, and Industrial Technology departments, while Mamo is working with the World Language, Special Education, and Fine Arts departments.

"Even if you change their titles, their jobs will essentially be the same," said senior Sophia Rawson.

"So far it seems as if they've been doing the same exact job," said senior Nathan Kaplan.

Although there are some distinctions between the old and the new duties of Black and Frost, students shouldn't really notice much of a difference with the environment on campus.

"It's really more of a title than anything else," said Frost. The new assistant principals also each received their own secretary this year and will reap some additional benefits once they reach retirement age.

"From what I've seen on campus, Mr. Black and Mr. Frost seem really committed to this school," said Rawson.

## Companion App; Never walk home alone again

**Holly Schultz**  
Editor-in-Chief

Most places in San Luis Obispo are close enough to walk to but far enough that you wouldn't want to do it alone. Whether it is after an eventful night on Terrace Hill or a late night showing at the movie theatre, walking solo may induce fear. A new and free safety application, Companion, is solving this issue by allowing friends to virtually track you and even alert the police if needed.

"When I worked [downtown] I had to walk to my car after a shift and deal with creepy men in cars slowing down and yelling at me," said senior Bella Stenvall on her encounters when walking alone.

After downloading it in the App Store, the user will get a notification asking to track the users location via Global Positioning System (GPS) at all times. This ensures safety even when not using the App. Before starting a route, users of Companion App will input their intended path on a map and send it to their friends. Even if the chosen friends don't have the App they will receive a link of the users whereabouts at all times. If the user strays from their intended path their friends will receive notice.

The best feature of this App is the "Are you OK?" button. When Companion sees that you haven't reached your destination in time, that your headphones have been yanked from your phone, or that you've fall down, Companion will make sure you're okay. If you don't respond within 15 seconds your "companions" will be notified.

If you ever feel unsafe you can also use the "I Feel Nervous" button that will alert all of your contacts in just one touch.

"Women can't feel safe, and always have to be on guard when walking home at night," said senior Gabi Morgan.

Companion can give you an extra sense of safety with its simple to use design and fast acting alert system.

# New year, new drivers, new dangers

**Jake Peterson**  
Staff Reporter

Getting a driver's license is a very important milestone for San Luis Obispo High School students. Taking a Driver's Education class, getting a permit, practicing for six months, and finally passing the test is a journey not quite like any other. For many students, driving alone is their first real taste of responsibility and maturity. This can sometimes be a recipe for disaster.

"I'm just zoomin' around the parking lot, I'm not being safe whatsoever, hypothetically though you know," said junior Vicente Rivas.

New drivers pose a variety of dangers to themselves and everyone on the road. Sixteen year old drivers cause four times as many accidents as adult drivers, and four hundred American teenagers were killed in fatal crashes in 2013 alone.

SLOHS Campus Security Guard Trey Francke remarked on our school's drivers.

"There's a lack of awareness, everyone's impatient, and everyone's always late for something," said Francke.

Nearly every day, we hear about another new driver rushing to make it back from lunch on time and scraping the side or fender of another car. The SLOHS parking lot can be confusing for inexperienced drivers, and combined with impatience and a lack of awareness, these crashes are almost inevitable.



Photograph by Jake Peterson

*Traffic jam:* The San Luis Obispo High School parking lot at 3:15 p.m.

"I think the SLOHS [parking lot] in general, the way we get to school, is just bad.

The entrance to the school is really sketchy and the fact that a bunch of high schoolers have to drive in it makes it one hundred times scarier," said senior Blake Griffith.

The parking lot is where most students begin and end their day, and it's current condition sets us up to have frustrating classes and afternoons.

Junior Lily Larkin's car was hit by a fellow student and friend in the SLOHS parking lot.

"It sucked... I'm glad no one got hurt...and I'm cashing out with four Gs worth of two new doors," said Larkin.

This combination of poor drivers and poorly designed facilities generates a lot of confusion for students at SLOHS.

Could the licensing system be flawed? The results of one test determine the safety of many.

"It really depends on the instructor administering the test and their mood more than the skill of the driver," said junior and competing race car driver Brayden Perry.

"Both the permit test and license test overlook a lot of driving situations, so your first time experiencing them could be too late... Our current system doesn't make sense, and you see that, when kids are crashing and hurting each other every day," said Perry.

In regards to some who attempt to avoid the danger at all costs, senior Daniel Imrem said, "I stay off the roads – cars are murder machines!"

Source: *Nhtsa.gov*

## Canceled classes turn students away

**Eric Haupt**  
Staff Reporter

The San Luis Obispo High School administration has made the decision to remove Advanced Placement Latin and Creative Writing from the 2015-2016 school year course selection. The removal has left a number of students upset and questioning why the decision was made.

"That class [Creative Writing] definitely fostered my growth as a student. It's heart-breaking to see it go and for new students to not have the opportunity I did," said senior Brandon Ginkel, who won the Golden Tiger in Creative Writing last year.

The decision was primarily one of supply

and demand regarding teacher availability and students' class interests, respectively.

"We had to make conscious decisions about our priorities," said SLOHS Principal Leslie O'Connor. "How can I justify 13 kids in a creative writing class while there are 35 kids in a core English class next door?"

The amount of student enrollment in AP Latin and Creative Writing were both incredibly low, with only 14 students scheduled to take AP Latin and 13 students who took Creative Writing in an entire term of the 2014-2015 school year. Having these classes part of the schedule forced teachers to spend valuable time on only handful of students while they were needed to help reduce the class sizes of required or simply more popular classes such

as English 9 or Latin 1.

AP Latin was well regarded as one of the most prestigious classes SLOHS ever offered, and its removal was not an easy decision. Both O'Connor and Latin teacher Tom Weinschenk hope to bring the class back for upcoming school years with a new teacher to help meet the demand for all Latin classes.

"We were unable to get a Latin teacher to meet demand for all Latin classes, but we want to try and get one again and bring it back next year," said Weinschenk.

Students who hoped to take AP Latin this year were offered the chance to take a similar course online. No similar alternative has been offered for Creative Writing.

# In the ring: Stein Vs. Sanders

**Brandon Ginkel**

Staff reporter

As 2016 draws near, many students at San Luis Obispo High School are doing their research on which candidate they would like to vote for. Many liberal, young students who are frustrated with the current political system may cast their hopes onto democratic candidate Bernie Sanders. To those who believe Sanders can compete against the political dynasty vying for the democratic primary, I pity you, for this is folly.

However, there is one candidate that may be a rallying call for frustrated young people everywhere. Dr. Jill Stein is running as an independent candidate on the Green party ticket, and has received little to no media coverage since her announcement of candidacy on June 22.

“She’s trying to impose some big changes in our society and that’s why I appreciate her,” said Expository Reading and Writing teacher Michael Lara. Like Sanders, Stein will not accept corporate donations of any kind. However, unlike Sanders, Stein is a member of a party that refuses to be corrupted and bought by corporate donations and lobbyists.

If elected, Stein would enact a sort of “Green New Deal” which would create millions of jobs while transitioning the U.S to complete renewable energy resources by 2030. She would guarantee health care, education, and work as basic human rights. She would empower the people by strictly regulating campaign finance, instituting a fifteen dollar minimum wage, de-militarizing the police, and ending institutional racism in our justice system.

So please, students of SLOHS, before you place your bets on Sanders, consider Stein.



Photograph by Emma Jane Haas

**Aric Sweeny**

Web Editor

Bernie Sanders has a vision that would radically change the way our government works, the way our foreign affairs are handled, and the way that lower and middle class households economically prosper. This seventy four year old democratic socialist has the ability to forever change our government for the better; something Jill Stein just can’t do.

Coincidentally, Sanders and Stein stand for a lot of similar issues. The problem with Stein? Besides the fact that she can’t possibly win the presidency running under the Green Party, she also doesn’t have nearly the amount of political experience that Sanders has.

“He addresses the issues, and doesn’t play the game, like an old school politician,” said sophomore Noah Galambos. Sanders has been fighting for the same issues since the beginning of his political career. In fact, he even witnessed Martin Luther King Jr.’s famous “I have a dream” speech in 1963. His experience in politics and fighting for civil rights far surpasses any other candidate currently running.

Sanders is the type of candidate that would change the way other countries view our nation. As it currently stands, we are looked at as one of the most warmongering and unintelligent major nations in the world. Sanders opposed the Iraq war, and made predictions about how it would end up in a speech on October 9, 2002. “At a time when this country has a six trillion national debt and growing deficit, we should be clear that a war and long term American occupation of Iraq could be extremely expensive,” Sanders said during the speech. He was exactly right.

Please consider Sanders when voting next year.

## People on the street: How would you define “hookup”?



“To me, it means you go out with somebody and you do stuff that you like with them.”

**Lauren Erickson**  
Freshman



“I just think it means no strings attached and it’s not someone you’re romantically involved with.”

**Nabeel Elsayed**  
Sophomore



“It’s just when a man and women share similar interests and help each other out with those interests.”

**Vicente Rivas**  
Junior



“When you randomly meet someone and you physically indulge with them, you get attached to them, and then you’re like wow that was a really bad mistake.”

**Bailey Bleuher**  
Senior

# Food for thought



Photograph by Sean Kucer

Signs have been plastered all over school, making the new policy abundantly clear.

**Sean Kucer**  
Staff reporter

The food policy that started this year has a slew of classroom snackers upset, while aiming to protect those with a variety of allergies. Last year, teachers had most of the responsibility in establishing classroom rules about food. This year ends their freedom to do that, and creates a strict ‘no food’ policy. District nurse Judith Gier brought the policy up in a meeting, and had support from San Luis Obispo High School administration, who chose to implement and enforce it this year.

Yllianna Keller found out about an allergy she had when one day, in class, she accepted a piece of mango from a classmate and ate it. Soon after, she broke into hives and her throat swelled up. Even just touching residue from mango can cause her to have a reaction. It’s undeniable that the no food policy has helped keep her safe at school on a day to day basis, but is banning absolutely all foods really necessary to protect her? I don’t think so. I think a more rational approach would be to disallow the foods that cause adverse reactions in some students, and allow the ones that don’t affect anyone.

Some are finding it difficult to keep their blood sugar levels high enough to focus well in class. Junior Alex Hasley is one such student, and claims that he is “hungry all day” as a result of the new policy. Having an empty stomach throughout the day curbs the mental acuity required in rigorous high school classes.

Hasley goes even further to say that the kids with food allergies “should find a different solution instead of affecting the greater per-

centage.” He believes that the needs of the many outweigh the needs of the few, and that “those kids who have food allergies should either be homeschooled, have their own school, or find a way to protect themselves without affecting the majority.” This is an extreme view that I don’t agree with, but it reminds us that there lies a happy medium between the all-out ban on food and the exclusion of students based on their medical condition. The happy medium is to allow the foods that kids aren’t allergic to, and rid the campus of things like tree nuts, mango, shellfish, etc.

Principal Leslie O’Conner posed the question, “There’s no food in elementary school classrooms, or middle school classrooms, so why should it be different in high school?” This doesn’t support the argument of banning food for health reasons, and I think it really comes down to an issue of maturity. Elementary and middle schoolers are notoriously irresponsible, while high schoolers are undergoing the transition from adolescence to adulthood. With this should come the freedom to monitor one’s own eating habits, and the responsibility to keep their areas clean while being mindful of other students’ allergies.

Although the move to implement this policy was aimed at protecting the students of SLOHS, banning all food during class was too bold of a move. Restricting certain foods that some kids are severely allergic to, like mangoes, peanuts, and shellfish (who brings shellfish to school?) is the way to go about this, and shows respect for the freedom of the students, as well as protecting those with allergies.

## Drought Tips: Save more water

**Tim Johnson**  
Staff Reporter

Everyone in San Luis Obispo is quick to comment how bad the drought is, but when asked what lifestyle changes they’ve made to help save water, most draw a blank. Besides the higher water bills and browner lawns, very few San Luis Obispo High School students seem to notice or care.

Here are 5 easy tips that SLOHS kids can follow in order to help alleviate the drought:

### 1. Take Shorter Showers

According to *Latimes.com*, the average American shower has a flow rate at 2.1 gallons per minute. By aiming for a shorter shower time, we can save a significant amount of water.

“Everyone who smells nice should second guess themselves,” said senior Skye Michel. Assuming you shower every day, by decreasing your shower time by only one minute you can save up to 58.8 gallons of water in a month.

### 2. Wait Until you Have a Full Load Before Washing Clothes

This one’s pretty self-explanatory.

### 3. If It’s Yellow Let it Mellow if it’s Brown Flush it Down

As awkward as this may be to explain, it’s important to conserve the amount of flushing we use with our toilets. While federal standards require that all newer toilets only use up to 1.6 gallons per flush, older toilets use anywhere from 3.5 to 7 gallons per flush.

### 4. Stop Watering the Lawn

Don’t be that guy that wastes water trying to keep his lawn green while we’re in a drought. Seriously, it means less work for you anyways.

### 5. Recycle Your Water

Be smart about how you use your water. For example, by putting a sturdy bucket in your shower you can use the water collected to water potted plants or clean around the house. Tap into your creative side and try to think of ways to be less wasteful. Things as simple as throwing leftover ice cubes into your plants can make a difference over the long run, and making any effort to conserve water is better than none.

# Why you are

## Do personality types affect the way you learn?

**Sydney Leonard**  
Staff reporter

Personality is the lens through which we see and interact with the world. Here at San Luis Obispo High School, personalities of all different kinds come to learn and interact with one another every day. Inevitably, different ways of thinking and interacting create a community with varied strengths and weaknesses both in the social and academic arenas. Perhaps we could work better if we understood ourselves and the way we work with others.

One way to accomplish this is using the Myers Briggs personality typology system. Four trait dichotomies (extroverts vs. introverts, sensors vs. intuitives, feelers vs. thinkers, and judgers vs. perceivers) are used to produce 16 distinct types. Each type has unique qualities; however types which share letters are usually more similar to each other.

In the social arena, extroverts are more likely to have the advantage. Since they are energized by being around people, spending time around them is not nearly as draining for them as it is for an introvert. They easily make friends and enjoy small exchanges with acquaintances. Introverts are less well adapted to the social sphere in general, but often have a small group of close friends. Academically, introverts are better able to work independently and not become distracted in class. Extroverts run the risk of becoming caught up in the social environment of the classroom, but are more suited to group work and group projects. It is to the advantage of a classroom to let extroverts lead others in group work and allow introverts time and space to work independently. As senior and ENTJ Sam Pal said, “[Being an extrovert] makes

leadership a lot easier. Being around people, being able to help them solve problems, I’m good at that.”

What intuitives do best, in the classroom and in life, is to think creatively. They are more likely to excel in artistic subjects and writing, and come up with innovative solutions in math and science. Diplomacy is also easier for them as they can innovatively navigate social problems as well. Intuitives will usually have trouble following rules, however. This gives sensor an edge in traditional math, science, spelling, and grammar and allows them to more easily comprehend social rules and norms. They are more in tune to the world around them, able to assess situations, observe, and evaluate, whereas intuitives often have their heads in the clouds, thinking theoretically and conceptually. Intuitives thrive in a learning environment that requires thinking outside the box and conceptual comprehension, whereas sensors easily learn rule systems and are more readily adept at observation.

When it comes to thinking versus feeling, there is a distinct difference in social vs. academic aptitude. Thinkers tend to be academically focused and work well with logical subjects. They are good problem solvers, but can have difficulty comprehending emotions and being sensitive to others. Subjects that require emotional or personal connection such as art can seem a bit silly to them and while their social relationships benefit from reason and objective thinking in dealing with conflicts, a lack of emotional comprehension can be a great hindrance. Feelers can bring emotional vitality to more free-form subjects like English or art, but lack the analytical skills often needed to navigate traditional academia. However, they are much more in tune

to their own feelings and the emotional needs of others.

When it comes to organizational skills, judgers have everyone beat. They are ordered, structured, and planned, which can help balance a social schedule and create good study habits. But they lack the easygoing, whimsical nature of perceivers, who are much more flexible and able to “go with the flow.” One is fantastic at studying and taking notes, but simply panics if their schedule goes awry, while the other has that “absent minded professor” quality to their work; scatterbrained but fluid.

So how will knowing about personality types help you? For starters, learning about your type will allow you to pinpoint areas of strength and areas of weakness in your learning style and social attitude. Focusing on what you do best rather than agonizing over what you have trouble with will help you go further in life. Perhaps you are having difficulty deciding a college major, for example. If you know you are very extroverted and inclined to feeling, perhaps being a therapist would make a better career for you than theoretical physics. Self-awareness will also help in interpersonal exchanges. Knowing yourself helps you work better with others, according to English teacher and ISTJ Ivan Simon, who said, “The more we are aware of what our personality is like, the more we can adapt to others.” Diversity of personality allows for division of labor which creates a better, more efficient SLOHS.

Find out your personality type by taking an online test at [16personalities.com](http://16personalities.com).

Sources: <http://www.16personalities.com/>  
<http://www.humanmetrics.com>

# who you are. . .

## PERSONALITY POLL

90 % of student think that personality types are accurate



120 students polled



Number 1 way people identify is Phlegmatic



56% of students have not taken a personality test



54% of students have taken a personality test

Polled by Tori Hansen

Sierra Nunes  
Staff reporter

The Myers-Briggs personality test was developed as a way to evaluate individuals based on eight preferences, which lead into sixteen different specific personality types. Here are the preferences:

### Extroverts

like to be involved in the world around them by participating in social events and activities. They have outgoing personalities, always on the move and making things happen. They learn best by talking out loud and listening to what others have to say.

### Introverts

are more reserved, preferring their own inner world rather than reality. They enjoy contemplating ideas and reflecting on what they are going to do instead of actually taking action. They like to do things alone, or with one or two people they feel comfortable with.

### Feelers

make decisions based on what people think or feel. They do not like conflict, using values to maintain harmony and do what is best for the people involved. These people make decisions with heart and compassion, sometimes disregarding the truth or facts.

### Thinkers

are analysts, looking at every pro and con when making a decision. They are concerned with truth and principle, no matter what the situation may be. Sometimes, T trait people can seem uncaring, because they rely on logic to make a decision, and aren't worried about the people affected.

### iNtuition

these types like focus on possibility, noticing symbols and concentrating on theories. They learn by thinking a problem through, not a hands-on activity. They remember the impression of an experience rather than what actually happened, and look towards the future.

### Judgers

prefer a more structured and decided lifestyle. They like to make lists of things to do, plan out work to meet deadlines, and are very focused on reaching their end goal. They sometimes miss out on spontaneous information because they are so determined to achieve their one goal.

### Sensors

like to focus on reality. They are in tune with their five senses: seeing, hearing, touching, tasting, and smelling. Focusing on detail and facts, they care about the present and what is happening now. They like practical ideas, and learn best by demonstration. They rely on experience rather than words to come to conclusions.

### Perceivers

prefer to live a more flexible and adaptable lifestyle. Rather than organize everything, they live their lives going with the flow. They work in bursts of energy, which tend to occur when approaching a deadline. They are constantly open to new information, which can be detrimental when they need to focus on one specific item.

Photo By: Rachel Burns



Hole in one: Junior Hannah Ogden makes a chip while coach Brian Wong observes.

# Girls' Golf is made of iron

**Danielle Ward**  
Staff Reporter

The San Luis Obispo High School girls' golf team has big shoes to fill after winning a league title in the 2014-2015 school year. Currently tiger golf is off to a speedy start with five wins and two losses in their non-league games and one win and zero losses in their league games. *Expressions* talked with SLOHS golf team senior captains Lisa Figueroa and Bee Soll. All the golf members have a very positive outlook on the upcoming season. Last year was the first year in SLOHS history that the girls' golf team has won league for California Interscholastic Federation.

"We have the potential to be just as good this year, but we just haven't seen how the other teams look yet. It is hard to say how good we are, but as a team I feel like we are just as good as we were last year," said senior co-captain Lisa Figueroa.

Before each game the team will huddle together and have the captains talk to encourage all of the girls to get excited and to do their best and focus on the match they are going to play.

"We do a cheer, which is kind of unusual for golf because everyone is usually quiet and

awkward," said senior co-captain Bee Soll. If you have ever watched or participated in golf you can see that it is not a rowdy, wild sport.

"It is super competitive, but it is also individually competitive. You are always trying to beat yourself and your own best score. It is very mental and you do it for yourself," said Figueroa. During golf you want the lowest score possible; the ultimate goal is to get a hole in one. It isn't a race so you need to mentally spot where you want the ball to go and hope that the ball follows the path you want it to go.

All of the girls "hit the green" weekly and do their best to get better and better after each practice. In the past, Arroyo Grande High School and Ernest Righetti High School have been their toughest competitors because of how close their scores and league rankings are to SLOHS.

"I am pretty sure that Arroyo Grande will be our biggest rivals this year, but it is hard to really say. It is always between the two high schools [Ernest Righetti and Arroyo Grande]," said Figueroa. Come support tiger golf October 6 against their tough competitor AGHS to achieve another league win in the 2015-2016 girls' golf season and help them exceed last year's league title.

## Athletes of the Month

**Shilah Sharps**  
Staff Reporter

There are many students that excel in sports at San Luis Obispo High School. SLOHS *Expressions* interviewed the Varsity Fall sports coaches and asked them a few questions, allowing them to put one of their exceeding students in the spotlight.

**Expressions:** Who on your team really stands out to you and why?

**Girls Golf Coach Julia Puscheck:** [sophomore] Isabel Carpenter. Carpenter is really standing out among the rest of the team due to her consistent playing from the start of the season. Her dedication in practice and the off season not only sets an amazing example for the team but has elevated her game.

**Girls Tennis Coach Rosemarie Will:** [sophomore] Chloe Wise. I would say she has improved more than anyone else.

**Boys Water Polo Coach Steve Jomaoas:**

[senior] Dylan Hughes. He's a dynamic leader that will do anything for his team. Dylan continuously raises the standard at practice and shows up every day with a championship attitude.

**Girls Volleyball Coach Marci Beddall:** [senior] Holland Boege. Her determination and competitive spirit. You can't teach someone to win, and she shows it by how aggressive she is on the court and really fights for every point.

**Cross Country Coach Steve Boaz:** [junior] Callum Bolger. He has a very good understanding of the process of getting in shape, and very good and natural racing instinct.

**Football Coach Patrick Johnston:** [senior] Delvon Jack. He is a transfer but you really feel he's been here for a number of years, and he's got some good catches and have been making some good plays for us.

**Expressions:** What are some highlights about this student's performance this season?

**Puscheck:** In all five of the events she has played in she has been the medalist or co medalist on our team along with several medalist honors of the match.

**Will:** She beat the number one player at Santa Ynez high school.

**Jomaoas:** Hughes extraordinary efforts in practice not only highlight this young man's athletic ability, but also his unwavering commitment to his team. Dylan speaks with his actions.

**Beddall:** Holland has led our team in kills for every game.

**Boaz:** He was rated in the top seven sophomores of the country at the end of last year.

**Johnston:** He had a couple deep ones against Pioneer Valley and also had some good catches against Templeton.

# What Not To Do While Biking



*Photo Illustration By: Gaby Pinzon*

*Get a grip:* Junior Danielle Ward falls off her bike in front of San Luis Obispo High School.

**Gaby Pinzon**  
Staff Reporter

While driving to school, one can immediately notice and shake their heads at the more-than-apparent hazards that are present on the road. Students and other members of the biking community are often found to be riding with their helmets nowhere to be seen, with earbuds in, and with their eyes and thumbs on a cell phone.

As students get settled into the school year, schedules are set, tests are taken, and commutes are revived. San Luis Obispo is constantly recognized as bike-friendly, and even has the annual “Bike Month” in the spring in which a large pool of San Luis Obispo High School students regularly participate. Although we’re all familiar with this popular form of getting to and from school, we aren’t all aware of how to be safe with and around it. According to Avrek Law, we live in one of the states with the highest number of bicycling accidents, leaving a shocking 13,921 bicyclists injured in 2012.

Expressions interviewed avid members of the biking community to learn more about bike safety and tips for getting to and from places in San Luis Obispo.

Senior Nick Redfern said that drivers, such as the ones who use the bike lane as a shortcut or don’t use their turn signals, contribute to the danger associated with biking. Once a driver’s license is obtained, individuals seem to disregard the rules of the road, but being regularly conscious of the fact that they are set for safety reasons could make all of the difference.

Just as cyclists should respect the rules of the road, they should respect laws enforced upon the general driving public.

Latin teacher Tom Weinschenk said, “You should not be listening to music or texting, and you should be wearing a helmet.” These three factors, combined with potential hazards out on the road, are a recipe for disaster.

Many bikers offered solutions to these issues, and several of the suggestions implied slight alterations in the way SLOHS and even our town as a whole goes about biking mat-

ters.

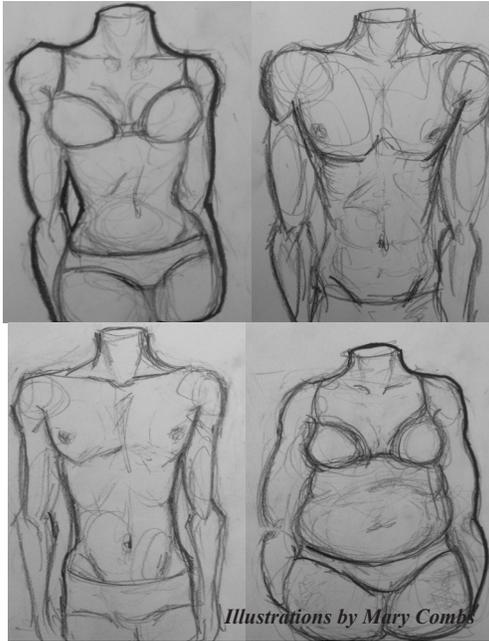
Senior Max Teaford said, “[SLOHS could] have a dedicated bike lane through the parking lot.” Not only could this ease the flow of traffic arriving and departing from school, but it could increase the welfare of everyone, as long as this lane wasn’t invaded and misused.

Additionally, Weinschenk said, “[Having] an awareness through little reminders in the bulletin might be a really great idea.”

Having campaigns designed to raise awareness for one of the most common causes of disasters while traveling such as no texting while driving are enforced upon our community and are readily accepted, however these campaigns need to be directed towards those on bikes as well.

This joint effort is the least that could be done for these productive and environmentally-conscious individuals, especially as it involves only a few tweaks and reminders. Biking is meant to be a safe and efficient form of commuting, and genuinely respecting it and those who participate in it will get us closer to making it all the more better.

# Beauty Standards: How the Times Have Shaped Us



Illustrations by Mary Combs

**Sydney Leonard**  
Staff Reporter

Beauty standards are very fluid in society, but our body types are not. This creates a fundamental problem for most of humanity; how to maintain a positive self-image in the face of shifting ideals. To highlight how changeable and unattainable these “body trends” are, let’s look at the shapes in vogue throughout the years.

### The Hourglass

Lauded as the most enduring standard of female beauty, this shape is all about hyper-femininity and proportionality. It features a fuller bust and hips and a narrower waist. Though most associated with the Victorian and Edwardian eras and early 20th century screen sirens and pinups, women have been using corsets and girdles and push-up bras and even surgeries to attain exaggerated curves for centuries.

### The Inverted Triangle

For men, a shape with a wider upper body, muscular features, and a narrow waist has long been considered the high standard bodily perfection. Men are pressured to attain a the muscular physique associated with the most pervasive element of the male gender role: strength.

“We still have this idea of ideal beauty today, going back to the ancient Greeks, of a male form that is strong, that has muscles, that can

protect you,” said art history teacher Mrs. Eadle. In eras such as the 1940s and 1980s, when women were trying to enter the workforce, this shape was created with shoulder pads and clean lines because of the close association between this shape and the idea of power.

### The Straight Up and Down

Waif-like skinniness really only came into fashion in the last century. Beginning in the 1920s, and carrying into the 1960s and 1970s, men and women alike embraced the idea of the ultra-slender figure, and eating disorders began to rise as a social issue in Western culture. Resuming in the 1990s, “heroin chic”, a beauty trend based upon the appearance of heroin addicts, became a part of high fashion and the obsession continued.

### The Rubenesque

In the premodern age, fuller-figured body types were celebrated as an emblem of wealth and depicted in art as the ultimate standard in beauty. Hence the term “Rubenesque,” after the Baroque artist Peter Paul Rubens, known for depicting beautifully plump women in most of his works. While for the last few centuries this look has been “out”, it is always possible that with modern body positivity movements, full-figured beauty may return to a place of respect in our society.

### The Pear

Though quite a natural body shape for women, hips and buttocks which are proportionally larger than the bust have in the past been considered undesirable. But recently, artists like Nicki Minaj and Beyonce, and to some extent, the Kardashians, have made extreme bottom curves quite popular. Implants and workouts have been created for the less naturally well-endowed to help chase the latest “booty obsession”.

The takeaway? Nearly every body type has been considered the epitome of beauty at some point, and like. Senior Sophia Kelsey said, “There’s no way it can be stopped right now, but there are ways to educate people [on health and self-esteem] and an increasing demand for representation of different types in the media. So in the future, who knows?”- Chasing the latest trend is futile and unhealthy. It’s far more satisfying instead to accept the body you possess and dress it well, perhaps even looking to the past for inspiration. What was once considered beautiful has not stopped being so. All that has changed is perception.

# Guess Whose Eyebrows

**Emilee Mulay**  
Staff Reporter

When it comes to eyebrows at San Luis Obispo High, everyone has their own preference, style, and way to express themselves through shaping and coloring. There’s the unibrow, the thick brow, the thin brow, flat and arched brows, and the no-brow.

“The first thing I personally notice about a person is their eyebrows, of course,” said freshman Jack Sullivan.

When asked what she does to keep her eyebrows so on point, sophomore Hayden Shannon said, “I don’t do anything unless it’s a rough eyebrow day. So if it, is I use a spoolie brush that has setting to get the strays in place!”

When asked about her dark and perfectly shaped brows, junior Leah Maier said, “The only up keeping I do to the shape of my eyebrows is plucking, then I fill them in.”

The girls at SLOHS are not the only people who have “famous” brows. Even sophomore Logan Axberg has a story behind his “mad eyebrow game”.

When asked about his eyebrows, Axberg said, “I used to keep up with them before I fell off the monkey bars in the third grade and split them both open. Ever since then I haven’t done anything to them.”

Now let’s see if you are eyebrow savvy. Below are the pictures of some notorious eyebrows of SLOHS. Can you guess who these brows belong to?



Photos by Emilee Mulay

1. Junior Leah Maier 2. senior Carter Netz- ley 3. senior Leah Heidler

# Artist of the Month: Kaylee Smith

**Gaby Pinzon**  
Staff Reporter

Gifted artists at San Luis Obispo High School are easy to come across, but hard to define. There's no doubt that SLOHS is composed of a student body with admirable talents and attributes.

Artists, both musical and visual, steadily roam our halls.

Artist of the month junior Kaylee Smith, is an up-and-coming performer with original music and distinguishable covers of toe-tapping songs. An interview Expressions obtained with Smith revealed several of her aspirations and future plans.

"Yes, I would very much like to be a professional singer," said Smith.

She holds performances (which take place at San Luis Obispo Farmer's Mar-

ket once a month) that often gather large audiences. She covers well-known songs, but also gets her personal material out into the world at her performances on these Thursday evenings.

Smith is known to look up to Katy Perry and Florence



Photo by Gaby Pinzon

and the Machine. The artist even has her own album coming out which has been in the works for almost a year that close friends and peers at SLOHS are excited to hear.

Smith's album, entitled "Free", explores her personal journey as an artist through her down-to-earth and sincerely written material.

Junior Andrea Hernandez said, "Everything that's in [the album] has a backup story to it, so it's very meaningful."

"It's basically about how I used to view music as a competition and [how] I had to be the best and it wasn't fun doing that and I just kind of realized that you can do [your] thing, and I'll do my thing...we can both be good and we can have fun," said Smith.

Be sure to check out Smith's music career and support her in her future endeavors by liking her Facebook page, Kaylee Smith Sings, or following her on Instagram, @KSMITTIE\_.

# Oh Wonder Making Waves?

**Tim Johnson**  
Staff Reporter

English electropop band Oh Wonder appeared to be making waves within the music world by producing a song each month on Soundcloud in an attempt to make a Do It Yourself (D.I.Y.) album debut, a feat attempted by many, but accomplished by few.

"I think it's a super cool and unique way to produce an album," said freshman Anna Johnson.

The songwriting duo, composed of Anthony West and Josephine Vander Gucht, has received praise across the internet for being able to carry out such a feat, but the fact of the matter is that all of the songs sound practically the same.

They've been able to compose catchy individual hits, such as "Technicolor Beat" and "Body Gold", but when you simply look at their album as a whole it only disappoints.

Quite frankly, I found it to be a struggle trying to listen to the whole album in one sitting and began to resent the fact that I had to make a review for them. Each song starts with the same slow intro and familiar beat that becomes mind-numbingly boring as you listen to them slip through similar harmonious octaves at predictable times.

I felt teased by how they lured me in with their seemingly unique harmonies and beats, but was let down when their album sounded like one song that seemed to last for the rest of eternity. I can recognize the courage it took to set such a daunting goal of producing a song each month, but it only proved to be a disappointment in the end.

"Their remixes appear to be better than the originals, which is never good," said senior Celeste Koch.

That being said, they have the potential to produce better material, and I'm curious to see how their style will progress.

# A "Visit" Gone Wrong

**Rachel Burns**  
Staff Reporter

Movie director M. Night Shyamalan's "The Visit" will send shivers down your spine, and the "found-footage" format makes it feel all that more real. Shyamalan is best known for his other commercially successful films, including "The Sixth Sense" and "Signs". In his new film, the children are offered a week-long stay with their grandparents, whom they have never met before. Becca (Olivia DeJonge) is a fifteen year old aspiring film maker who records the movie as she and her eight year old brother Tyler (Ed Oxenbould) go to their grandparents' house. Over the course of their week-long stay, the kids slowly notice some unusual behaviors in their grandparents.

Nana (Deanna Dunagan) and Pop Pop (Peter McRobbie) slowly start to show their odd behaviors over the course of the week long trip. What ensues next is so horrifying it's hard to explain.

Shyamalan's movie delivers a disturbing plot line, so intense that you may accidentally cut off the circulation of the person sitting next to you.

"I was holding on to my friend's arm the whole time, I probably left marks on her arm from squeezing it so tight," said junior Danielle Ward. I have a love-hate relationship with horror movies, but this has disturbed me in a whole new way. Shyamalan creates a plot line that will throw you for a loop. But as a piece of advice, I would suggest bringing someone with you, because you are about to witness the most emotionally confusing plot twist of all time.



Photo by Rachel Burns

**Tickets to terror:** "The Visit" strikes fear into the hearts of all who watch.

# College: The Catch Up



**Rachel Burns**  
Staff Reporter

It has been nearly four months since the class of 2015 walked off the San Luis Obispo High School campus and on to the next chapter in their lives. *Expressions* caught up with a couple of previous SLOHS students, now new college freshmen Joanne Lodato at California State Polytechnic University and Deep Mistry at University of California Berkeley to see where they're at.

First, *Expressions* talked with SLOHS's graduated senior Mistry. Mistry has started school at Cal Berkeley. "The location is great for my major, business, and the Haas School

of Business is the top business school," said Mistry.

Being in school for about four weeks now, he has already connected with a few people and is surprised at how diverse the school and the people are. His favorite part of Berkeley are the weekends and "#GAMEDAY TURNUP!" he said via text message. Mistry is already having a blast and is excited for it to continue over the next few years.

Lastly, *Expressions* interviewed Lodato who is attending Cal Poly. The social butterfly is thrilled to meet all the new people and become close with them. Her passion for the environment and people led her to her major of Recreation, Parks, and Tourism Administra-

tion with a concentration in Event Planning.

"I am so happy I picked to stay in SLO, I love it here and I've lived here since I was born. I knew this school was the one for me since I was little, but after I visited the campus and took an actual tour, I really knew this was the perfect fit for me," said Lodato.

The new college freshman is so happy to still live at home in SLO in the dorms on campus, far enough from her family but still close enough to visit her family.

As many of us get closer to the end of our own high school lives, perhaps we may find inspiration from Mistry and Lodato, as both of these students seem excited for the future and the colleges that they have chosen.

## How does SLOHS compare to other schools?

**Jake Peterson**  
Staff Reporter

In all the stress San Luis Obispo High School provides for its students, we're often left to wonder if we'd be better off at another school. Would the culture be more unified? Would the students be nicer? Would we have more opportunities?

The most glaring difference between SLOHS and other schools is the student population. SLOHS contains 1,444 students, whereas Arroyo Grande High School contains 2,206 and Pioneer Valley High School contains 2,618. Is a larger student population better? Some would say so. AGHS student and former

SLOHS student Sophia Raissipour stated, "More students means you can choose who to hang out with, and people you dislike are that much farther away".

SLOHS offers an impressive variety of courses relative to other schools in the area. SLOHS junior and former Mission College Preparatory High School student Sofia Terry mentions "There are so many more options here; Mission barely even has a shop. SLO has more clubs, more music, more APs". Students will always welcome more options and more chances to pursue their academic interests.

However, a large school can often create a more distant and less friendly culture. Pioneer

Valley teacher Ben Rothstein remarks, "Students here are really mean to each other, they don't really know each other." Both scenarios are present at SLOHS, as we obviously have bullying issues but generally students still smile at each other.

While SLOHS may not offer the most curricular options and student support, it's clear that we have a good balance. With 22 students for every teacher, a number much lower than others in the district, students can benefit from more one on one time. Our impressive Auto, Robotics, Band, and FFA programs as well as our interesting classes like Latin, ASL, ASB, and AVID allow for students to make their experience as enjoyable as possible.

# Interview with “Four” eigners



*Studying abroad:* Pictured are four of our foreign exchange students: (from left to right) Chloe Comptdaer, Oda Sanaker, Cindy Miettinen, and Ally Kulik.

**Sierra Nunes**  
Staff reporter

As you walk around campus, you may notice several unfamiliar faces. San Luis Obispo High School is lucky enough to be involved in the foreign exchange program, where students from around the world come to SLOHS to experience the American lifestyle. *Expressions* interviewed four of these students: senior Ally Kulik from Germany, senior Oda Sanaker Knutsen from Norway, senior Cindy Miettinen from Finland, and senior Chloe Comptdaer from Belgium. Here is what they had to say.

**Expressions:** How do you like SLOHS so far?

**Ally Kulik:** I like SLOHS a lot. Everyone is so nice and helpful and I absolutely enjoy being here.

**Oda Sanaker Knutsen:** I really like SLOHS. It's very different from what I am used to, but I like it. You have a nice school environment and very nice teachers. All the students are very welcoming.

**Cindy Miettinen:** I really like it here! The climate is warm which is nice, and it is so beautiful here. I love the downtown area.

**Chloe Comptdaer:** I love SLOHS so much better than my last school. The students are really nice to me; they talk to me, which is not really the case with the foreign students we had in my high school. Another funny fact in this school is how much teachers love talking about their privacy. I learned so many things about their family and pets.

**Expressions:** What are you looking forward to most this upcoming year?

**Kulik:** There are so many things I am really looking forward to. For example, Thanksgiving, because we don't celebrate it in Germany. But I also want to make as many high school experiences as possible and meet many new people.

**Knutsen:** To experience all the American high school events, and making a lot of new friends and memories.

**Miettinen:** Making new friends, learning new things and more English.

**Comptdaer:** My goal this year is mostly to improve my English, but I'm also here to learn a new culture and different way of life.

## Where are they now: Krissie Miller and Drew Minnoch

**Luca McDougall**  
Staff reporter

Last year's San Luis Obispo High School seniors have graduated and moved onto the next stages of their lives. *Expressions* contacted two college freshmen, Krissie Miller at Academy of Art in San Francisco, and Drew Minnoch at Sarah Lawrence in New York City, and asked them to give us some insight as to what starting college is like.

**Expressions:** How has your social life differed from high school?

**Miller:** My social life is somewhat different than it was at SLOHS because I have to meet a bunch of new people instead of being that girl people already knew from drama club, but in a lot of ways I like it better because I can reinvent myself in whichever ways I please.

**Minnoch:** I am friends with a lot more guys than I was in high school, mainly because my college is 70% female, so the guys tend to stick together. But in a lot of ways, the friends I've made are exactly like my friends from SLOHS. We like a lot of the same music, movies, and art.

**Expressions:** What was it like transitioning from high school to college?

**Miller:** I am so happy to be transitioned from high school to college because you are surrounded by people who are truthfully passionate about what they are there for rather than high school students that are being forced to do mundane work that is passed off as "learning."

**Minnoch:** The transition from high school has been good so far. I'm trying not to miss California too much, but I know I will once the weather turns miserable.

# New year brings new teachers

continued from page 2

San Luis Obispo High School is welcoming nine new staff members this school year. Kevin Coulombe, Jack

Greer, Marci Beddall, Braidy Halverson, Leif Hansen, Marissa Conway, Amanda Eedle, Coleen Chester, and

Kristi Fuller were all hired this year and seem to have a positive outlook about their new campus.



**Kevin Coulombe**

## Coulombe - SLOHS Physics

Age: 27

Years Teaching: Five

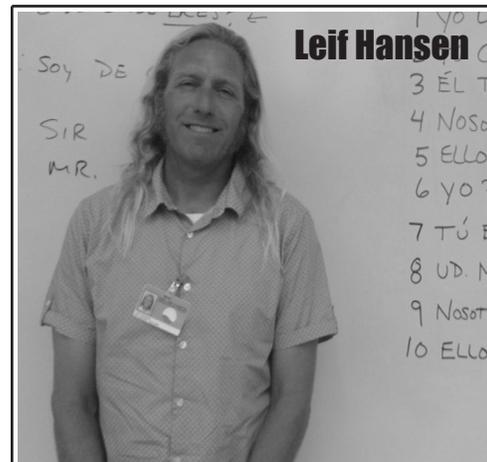
College(s): Cal Poly

Strangest Job: Selling some of his glass art at Shell Beach Farmer's Market

Fun Facts About Physics: "The fact that you can read this is entirely dependent on physics!"

First impression of SLOHS: "I am so blessed to be a part of this community!"

Embarrassing Moment: "I thought I saw a friend walking on the Cal Poly campus so I hid behind a bush to scare her. When I jumped out I quickly realized I had never met the person in my life...Awkward!"



**Leif Hansen**

## Hansen- SLOHS Spanish

Age: 47

Years Teaching: 17

College(s): California University at San Marcos

Strangest Job: Working in surfboard factory

First Impression of SLOHS: "I like SLOHS- it is like a university, the surf club is cool, and the students are nice."

## Conway- SLOHS English, Algebra and Study Skills

Age: 28

Years Teaching: Four

College(s): Porterville College, University of Hawaii at Manoa, Mesa City College, CSU San Marcos, and Cal Poly

Fun facts about your subject: "I get to teach/work with all subjects so that's fun in itself."

First impression of SLOHS: "SLOHS is such a nice and friendly/welcoming place to be!"

Embarrassing Moment: "They tend to happen daily."

## Marissa Conway



## Greer - SLOHS Physical Education

Age: 48

Years Teaching: 23

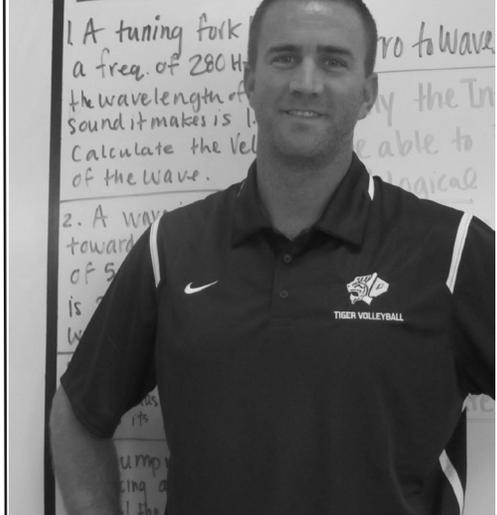
College(s): Cal Poly

Strangest Job: Cal Poly library security

Fun facts about your subject: Grouping Techniques.

First Impression of SLOHS: Finally school spirit

## Braidy Halverson



## Halverson-SLOHS Science

Age: 32

Years Teaching: Eight

College(s): Cal Poly and Concordia University

Strangest Job: "I once did some yard work for a guy who had me clean a hot tub with a toothbrush, no joke."

Fun facts about your subject: "Science is cooler than the other side of the pillow."

First impression of SLOHS: "SLOHS students work hard and have a great attitude."

Embarrassing Moment: "One time when I was in High School I was talking to a cute girl, and I laughed at something she said and a big booger bubble came out of my nose..."



**Jack Greer**