

# Expressions

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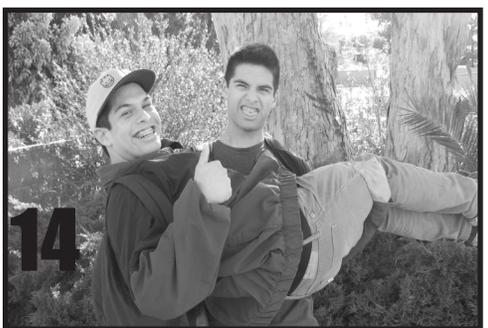
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## A response to the crimes in the Middle East

**Hillal Jarrar and Omar Rahim**  
SLOHS seniors

As troubling events occur in the wake of tragic conflicts in the Middle East and its surrounding regions, our tolerance of foreign cultures becomes especially threatened. This unfortunate reality was made clear in last month's staff editorial in the SLOHS Expressions newspaper where the article made references to revolting acts of abuse on behalf of Afghan soldiers as well as the supposed "...deeply ingrained and rampant misogyny" that exists in much of Middle Eastern culture. However; although it is true that our society should not excuse others for disgusting and criminal acts, it is also critical that we contextualize each unique situation so as to ensure that no blanket generalizations are made about a vast and diverse population living in that region. It is also crucial that we avoid any blatant double standards when it comes to condemning human rights violations domestically and abroad.

and civil war contrasts starkly with the crippled and lawless Afghanistan we have come to know today. Afghan culture was not historically known to celebrate or promote violations against men or women, in fact, it was quite the opposite. Both boys and girls were educated up to the high school level, after which both genders had the opportunity to receive high level college education where rape and sexual abuse was definitely not a part of the curriculum. The nation was progressing at a fast rate as it produced some of the most intelligent individuals who excelled in various fields of study. It was not until the Soviet and American invasions of the country that its most highly respected public institutions and infrastructure completely collapsed. Violence and abuse became deeply rooted in the most war-torn regions of the country where conditions of chaos and destruction persisted. Thus, after almost four decades of war and occupation, it should not be remotely surprising to see such horrific acts take place on both sides of the conflict. On a different note, when it comes to speaking of rape as

rampant and commonplace in other societies, we as citizens and representatives of the United States of America should not be the ones to condemn others.

The World Data Atlas reports that the United States has the eighth highest rate of rape worldwide with an estimated 25 rapes for every 100,000 people. Furthermore, speaking in terms of misogyny in general, our nation has not had the most flattering track record. In the time between 2001 and 2012 about 6,488 United States Servicemen lost their lives in Afghanistan and Iraq. During that same period of time, 11,766 women here in the United States were killed by current or ex male partners, and sadly, those are not the only shocking statistics out there. The point is, promoting broad and generalizing criticisms of entire regions can be very dangerous to the well-being of our own communities as it leads us to turn the other cheek when it comes to our own shortcomings. When we do so, it begs the question, "What's our excuse?"

The Afghanistan before foreign occupation



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# An update on the new law - AB - 1012



Photograph by Shilah Sharps

**Fifth period sports:** spotted relaxing on the lower SLOHS football field for the duration of trimester one and after their season's end.

**Jake Peterson**  
Staff Reporter

When the Assembly Bill-1012 (AB-1012) bill first passed in October, many students at San Luis Obispo High School panicked. The bill, which would ensure all classes have an academic curriculum, jeopardizes many of SLOHS students' favorite things: reduced day, fifth period sports, and opportunities to be Teacher's Assistants (TA). However, this bill is not that simple, and there are many pros and cons we haven't considered.

Approved by Governor Jerry Brown on October 7, the bill is designed to keep students out of "fake classes" - classes designed for students that the administration has given up on. Some schools assign low-performing students to be TAs for five periods per day to avoid these students flunking and staying with the school any longer. Many students in California are harmed by this, but at SLOHS, this problem is nearly nonexistent. Students at SLOHS aren't permitted to enroll in "non-academic" classes excessively.

Juniors and seniors at SLOHS can spend one period per day helping out a teacher and their students, while also catching up on their own work.

"I love it [being a TA]. I get to help out in the classroom, get my own homework done, and relax a little bit after lunch," said junior Spencer Wormley.

There are many ways to work around the bill's restrictions. Section 1 of the bill states that students may enroll in these non-academic classes if:

1. "The pupil's parent, guardian, or educational rights holder has consented in writing to the assignment."
2. "A school official has determined that the pupil will benefit from being assigned to the course period."
3. "The principal or assistant principal of the school has stated in a written document maintained at the school that, for the relevant school year, no pupils are assigned to those classes unless the school has met the conditions specified in paragraphs (1) and (2)."

These are all conditions that our school can meet with some simple changes. Also, the bill will only take effect next school year, so there are over nine months for repeals and adjustments to be instated.

Hopefully our administration can work towards a solution, as for many students at SLOHS, a failure to address AB-1012 would remove an essential part of their high school experience.

"As a student athlete, AB-1012 would be horrible... I have a tight schedule, and fifth period cross country allows me to get home an hour earlier every day--it's awesome. I'm not sure what I would do with five academic classes per day," said junior Callum Bolger.

It's not just Bolger - over fifty percent of high school students in California play a sport - all of their schedules would require serious overhauls to meet AB-1012's new demands.

Seniors at SLOHS who have accumulated enough credits are allowed to take fifth period off, a privilege many students hold sacred.

"I've been waiting for reduced day since freshman year, [so] I'd be pretty upset if it was removed," said junior Shey Dorji.

Whether or not the policy passes, it's clear that students at SLOHS value their "non-academic" classes very highly. If you don't approve of this policy, take the time to tell Principal O'Conner or email governor Jerry Brown - making your voice heard can always help.

Sources:

*Leginfo.legislature.ca.gov*  
*Usnews.education.com*

# The SLOHS Band: Marching their way to success

*Photograph courtesy of Lindsey Young*



**The Marching Band:** Lindsey Young leads the group during their performance for the Atascadero Colony Days Parade and Field Competition.

**Gabriela Pinzon**  
Staff reporter

The Marching Band, a hard-working and lively group on the San Luis Obispo High School campus, has been on an active road to success in this school year. Senior Lindsey Young leads the group with her position as drum major, with band director Sharon Jeskey by her side. This year's marching band consists of an impressive 62 members, as opposed to the forty members that were seen in the 2012-13 school year, when Young was a freshman.

"My main goal this year is to strengthen the band program and promote band. I

want the people in band to graduate feeling proud of everything they accomplished in band and I want our program to continue to grow and gain the recognition we deserve," said Young.

Commitment and strength is evident in the band program, and the daily two-hour practice students have put in have surely paid off. The Colony Days Street and Field Competition in Atascadero, held on October 17, was a definite triumph for the marching band, as they earned first place in street competition, second place in percussion competition, and third place in field competition. More recently, on November 7, the band competed and won second

place in the Pismo Beach Band Review.

Although these triumphs are valued and appreciated by the band, the losses are just as important to the members.

"Overall, it was a learning experience...I think a lot of the people needed to learn that we really have to focus if we want to do better," said junior Max Calandro in reference to a penalty the team received at a competition that resulted in their lack of placement.

Be sure to support the hard-working group on campus that is essential to the livelihood of sports events, the vibrancy of pep rallies, and the clear aura of diligence at SLOHS.

## The issue of sleep is being slept on

**Brandon Achugbue**  
Staff Reporter

"Sleep?" said San Luis Obispo High School senior Devon Lum. "What's that?"

He's referencing an issue, often brushed aside by teachers and administration alike, that has gone unresolved since the dawn of the modern school system—the blatant lack of sleep amongst high school students.

According to [Nationwidechildrens.org](http://Nationwidechildrens.org), adolescents need between nine and nine and a half hours of sleep each night, a figure laughably far from reality.

We tend to joke about how little sleep we get, pointing out how "dead" we feel while trying to function on six measly hours of shut-eye, but the morbid reality is that it's

no joking matter. Insufficient sleep in teens not only destroys one's mood and ability to focus in class, but increases the risk of high blood pressure, heart disease, Type 2 diabetes, obesity, risk-taking behavior, depression, suicidal thoughts, and car accidents.

"I have definitely seen an increase in the last ten years or so regarding the number of kids that come to class tired," said SLOHS science teacher Moira Milich. "It affects those students and the entire class because those students can't focus. They don't participate in discussions, don't ask or answer questions, and are basically unable to learn information because they are too fatigued."

On top of the unremitting hours of home-

work, sports, and other extracurriculars students face, sources of entertainment such as Netflix and social media make getting to sleep at a reasonable time an ever-increasing dilemma for students.

"I've stayed up watching 'Prison Break' 'til three in the morning before... it gets bad," said senior Sam Good.

With recent studies showing that sleep deprivation causes levels of impairment in drivers similar to that of being drunk, the danger in losing sleep has become all too evident.

Sources:

[Nytimes.com](http://Nytimes.com)

[Nationwidechildrens.org](http://Nationwidechildrens.org)

# 6 Opinion

## A different kind of genius: Why art students still matter

Sydney Leonard  
Staff reporter

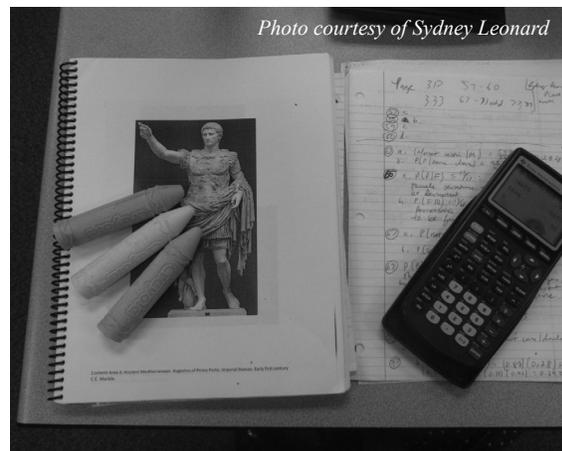
Art school students are (apparently) the laughingstock of parents everywhere. Ceramics has been edged out by AP Calculus on many a senior schedule. Since when have the arts become a joke? Starving artists have replaced Da Vincis in an age that seems to favor left-brainers and logic to painters and poets. And where's the reason in that?

Instead of demanding a mathematical focus, it is imperative that we give all students the best possible chance to be balanced, complex thinkers by providing a well-coordinated synthesis of subjects in schools. "We've dismissed them [the arts] from the core curriculum because they're not part of the standard view of intellectualism and I think that's very backwards. It only feeds into the problem that there is only one type of student who can succeed in school, those who can sit in class and think in a somewhat linear fashion, and dismisses an entire population of incredibly bright students that can think and process just as well, but just don't output in the way the school system deems necessary," said Leah Heidler.

As it stands, the Renaissance man is dead and we killed him. In an increasingly mechanized,

technological age, the demand for well-rounded, well-cultured individuals has been dropped as we strive instead to be the methodical cogs of the industrial machine. Thus math and science have become central to the school curriculum, unfortunately, at the expense of literature and the arts. Common Core standards are pushing to replace instruction in literature with instruction in manual interpretation and California graduation requirements mandate four years of mathematics and only one year of Visual and Performing Arts. And when it comes to funding, one need only compare the fancy lab equipment in a chemistry classroom to the rusty pottery wheel in ceramics to see where priorities lie.

Now clearly math and science are important, but that should not make the arts less so. Creativity is a key ingredient in ingenuity, driving society forward just as much as logic. Right brain and left brain thought are stronger in combination, after all, what is a good essay without inductive logic? What is a genius mathematician without the ability to think creatively in finding solutions? The strongest students possible will be forged in the union



of the arts and sciences, but in order to provide this, we must make the arts more of a priority, instead of shuffling art and the students who excel at it under the rug. To accomplish this, we should raise the requirement for Visual and Performing Arts, effectively elevating it from an elective into the core curriculum. Additionally, we must consider evening out the funding gap --even the most creative art students can only do so much with cardboard props and broken crayons. Like Leah said, "Both sciences and the arts are methods for exploring the world we live in, with science being the external exploration and art being the internal, and each is just as worthy of emphasis in school and in life."

## Gun control in America Do YOU feel safe?

Eric Haupt  
Staff Reporter

It's been aptly observed by many that the United States is now in a state where school shootings have become routine, causing many attending San Luis Obispo High School to question if we're really doing enough to prevent such occurrences. When asked if we're doing enough to stop gun violence, senior Dana Culpepper said "No, we need much stricter regulations. These shootings are incredibly disturbing and we need immediate change."

The ultimate cause of these shootings remains a subject of debate, with the conventional left arguing that the presence of guns leads to these occurrences and the conventional right claiming that it's a fallacy to blame the actions of a shooter on a gun – or even that we should introduce more guns into vulnerable areas like schools to give potential victims the chance to defend themselves. Is either side correct? Not entirely – but the right's notion of more guns

equaling less gun violence is skewed thinking at its most embarrassing.

No, it's neither possible nor reasonable to go up to every gun owner with a "if they come for my guns, I'll give them the bullets" bumper sticker and ask them to hand in their weapons. Guns are practically fetishized in this country and nothing is going to undo their presence in our culture. However, that doesn't mean that they shouldn't be controlled.

This country has a problem when it's possible for obviously mentally unstable people such as Elliot Rodger or Adam Lanza to purchase a gun and bring it wherever they want, and it's even more of a problem when it's possible for the guns that they use to be military grade assault weapons such as the Bushmaster M4 Type Carbine used by Adam Lanza, who murdered 26 elementary school children and his mother.

According to Npr.com, 10.5 per 100,000 deaths in the United States are the result of gun violence, a statistic that dwarfs every other first world country in the world. Within the United States, areas with stricter gun control laws invariably have fewer gun-related deaths

than those that do not. While I'll concede that there's more than likely other variables at play in gun violence, such as mental health, the success of gun control in these areas is undeniable.

And yet, the arguments persist. Even with mass shootings happening on a more than daily rate according to Shootingtracker.com, we still are unable to implement even a slightly stricter gun control policy. Responsible gun owners have nothing to fear from common sense solutions such as mandatory mental health and background checks, a ban on the use of unnecessary combat accessories, and especially a ban on the continued manufacture and sale of military grade assault weapons with no reasonable purpose in civilian life.

It's irresponsible for gun advocates to continue to insist that we should do nothing about these weapons (or that we should have more of them), even when they're being routinely used to kill students. It's time to realize that one's personal recreational interest in firearms is not worth the risk that their presence poses to innocent people.

Source: Shootingtracker.com

# Why we should support solidarity with Palestine

**Brandon Ginkel**

Staff reporter

Many students at San Luis Obispo High School verily misinformed regarding the conflict between the Israeli government and the indigenous people of Palestine. The persecution and blatant slaughter of Palestinian protesters, en masse by the Israeli Defense Forces is nothing short of genocide. Palestinians living in the region are being oppressed under an apartheid state in which they are confined to ghettos on the West Bank and in Gaza, where they must carry Identification labeling them as second class citizens, and are accosted and harassed at every Israeli checkpoint they encounter (and there are a lot of checkpoints). All these factors are worsened by the skewed perception of Palestinians by the public and the misplaced support of the lunatic state of Israel by the American government and media.

“It’s kind of frustrating because the media doesn’t really focus entirely on what’s going on,” said senior Hillal Jarrar. “There’s been a lot more attacks that we don’t know about because it’s not being covered.” The American media’s attempts at covering this issue have been slipshod at best, wreaking havoc on the collective enlightenment of the public.

“It’s mainly social media that’s been highlighting what’s going on,” said senior Omar Rahim. Since the mainstream media refuses to shed light on the horrors being perpetrated against Palestinians, they have shouted for help through means of the Internet. The worst part? Hardly anyone in the western world pays attention, the complete media blackout in the United States has allowed pro war, pro-Israel lobbies like the American Israeli Public Affairs Committee to trample the sovereignty of Palestine, effectively degrading and diminishing the quality of life for Palestinians living in the region with over three billion dollars in military aid from the U.S every year.

“They [the media] look at what Palestinians do in isolation of the occupation, and they fail to recognize the plight of Palestinians and that it is an occupation [by Israel] and that there is discrimination [against Palestinians] going on.” Said Rahim. This is precisely true. The United Nations General Assembly established the state of Israel as part of a fulfillment of Zionist doctrine as a means of reparation for Jewish people after the atrocities of the holocaust. Along with the newly formed state of Israel, an Arab state was conjointly created for the native people of Palestine. Since its inception, the Jewish state has received ve-

hement support from the United States. From the dates June 5 to June 10, 1967 Israel invaded the Arab controlled West Bank, Gaza Strip, Golan Heights and the cities of Nablus, Jerusalem and Bethlehem after prolonged tensions with its neighbors. What resulted was a blatantly illegal occupation of Palestinian land that has subsisted to this day. The occupation was immediately condemned by the UN in its National Security Council resolution 242. All members of the UN Security Council adopted the resolution unanimously, which called for immediate withdrawal of all Israeli forces in the occupied territories. Israel ‘agreed’ once negotiations were reached between the Israeli government and its Arab neighbors, negotiations that have yet to be successfully concluded. Meanwhile, Palestinians living in their homeland are treated as second-class citizens by a government that has obvious animosity towards them.

“Most of the time they’re just peaceful protesters and the way they’re shown is as terrorists, even though they’re just protesting,” said Jararr “It kind of dehumanizes them.” For decades, Israel has illegally occupied the land of Palestine. It’s time for the forthcoming generations to take a stand for peace and help bring this conflict to an end.

## Cafeteria prices on the rise at SLOHS

**Gaby Pinzon**

People Editor

The new year at SLOHS has presented rises in prices in cafeteria items, all of which have shocked the students in different extremes. As a quarter of our student body doesn’t possess the privilege of roaming nearby streets of San Luis Obispo for their 35 minute lunches, this justifiable (but unanticipated) spike in prices has been received negatively.

“It’s important to have healthy snacks available for students to eat inbetween classes because it’ll help [them] focus,” said senior Tessa Boone.

Although reduced meal programs are available for SLOHS students, the financial support doesn’t apply to snacks often bought at nutrition break such as cereal bars or items bought throughout the day, such as bottled water. The accessibility of popular food items is what helps promote them to the student body, and the negativity observed with the rise in prices on campus can be attributed to

this now potential inaccessibility for some.

As with any controversial topic, the resentment associated with this issue has stemmed from lack of awareness and inquiries. Despite the unfavorable reaction from students, many were ultimately open to adapting to the difference upon learning that it was in the best interest of faculty to alter prices.

“We have not been solvent, [we] have been losing money [because of] the food restrictions that we have to conform to...the options we have to sell are greatly reduced and so our business is greatly reduced,” said SLOHS Kitchen Manager Allison Eaton.

In the process of getting frustrated over these rises in prices, several students didn’t take into account the factors which help the cafeteria staff stay afloat. The cafeteria staff must make a profit from the food that they sell which is constantly restricted in challenging manners (any limitation such as no sugar to using exclusively whole wheat is a constraint), and raising prices is a necessary

action to take in order for this to occur.

The next time you whine about the \$1.50 bottle of water you’re getting from the vending machines on campus, keep in mind the beneficial effect this increase has on the team making many of your favorite meals and beloved snacks.



Photo courtesy of Sierra Nunes

# School Sw

## Mission College Preparatory 380 students

### RANKINGS:

Stress level of students: 8  
 Eagerness to be there: 3  
 Scenery: 8  
 Quality of food: 8  
 Accepting-ness: 4  
 Student Presence: 6  
 Clique-iness: 9  
 Diversity: 1  
 Availability of parking: 1  
 Number of seagulls: 2



### Did you enjoy the schedule?

MCP recently changed to a block schedule consisting of three periods one day and four the next. This allows for classes to go more in depth and mirror a college class. The passing periods are short, but with such a small campus a long passing period isn't necessary.

### Was it more/ less friendly atmosphere than SLOHS?

Since MCP is such a small school the student body is more exclusive and less friendly. Cliques are much more present on campus than here at SLOHS just as a result of their sheltered community and the fact that most of the students have known each other since kindergarten.

### What was the impression of academics and the administrations presence?

The emphasis placed on academics is much greater than SLOHS. Teachers and administration are more likely to be involved with students lives and vice versa. This is what comes with such a small school. The staff tends to over step their boundaries and feel the need to enforce unnecessary rules.

### What was the biggest difference?

The student body does not mirror SLOHS in any way. This is apparent from the moment you walk on campus and even afterward. Every private school stereotype of entitled students and parents are unfortunately true, but so are the stereotypes of a good education.



## Morro Bay High School

### RANKINGS:

Stress level of students: 2  
 Eagerness to be there: 6  
 Scenery: 3  
 Quality of food: 7  
 Accepting-ness: 9  
 Student Presence: 5  
 Clique-iness: 7  
 Diversity: 6  
 Availability of parking: 10  
 Number of seagulls: 30

### Did you enjoy the schedule?

Everything seemed to move in slow motion. In Morro Bay, MBHS seemed as if everything was on a semester system, the curriculum is taught and very in-depth discussion periods. When I asked she thought the main difference between Morro Bay and SLOHS is that more stuff happens at SLOHS."

Along with curricular differences, the daily break between the first and second class of

### Was it a more/ less friendly atmosphere

Many students were nice and welcoming. In Morro Bay, and complete strangers, almost everybody asked her opinion on SLOHS students, more so than people from Morro Bay. We're more

### What were the biggest differences?

The main thing I noticed during my visit was that Morro Bay students hold about MBHS students: it is full of free time, the drivers weren't enraged by the rules are very loose. When I looked up in Morro Bay, people on their phone at any given time, a lot of tardies were reserved for students who came late. There was even a random golden retriever



ap :

All the students at San Luis Obispo High School have gotten used to the structures of their social lives, the schools education system, and the typical daily life of a student. But do people stop to consider what it would be like to attend a different school? *Expressions* sent students to three schools for the day to take notes and study the social interactions that take place at schools, other than our own. Reporter, Luca Macdougall attended Morro bay High School, another high school in our district. Editor-in-Chief, Holly Schultz attended Arroyo Grande High School, a school outside of our district, and wrote about her own experience at Mission Preparatory High School, the local private school. Rankings are based on 10 being the best or most present and 1 being the worst or least present.

852 students

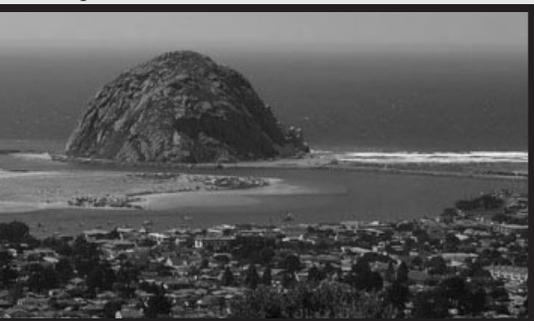


compared to our stressful, fast-paced envi- stuck in honey. With the longer class periods at a slower pace, resulting in little homework I asked MBHS sophomore Rowan Farrell MBHS and SLOHS was, she said, "It seems

schedule also varies quite a bit. The nutrition the day was about 25 minutes long and lunch **than SLOHS?**

Between people I knew well, acquaintanc- body I talked to was nice and welcoming. dents, MBHS junior Dahlia Lawing said, more laid back."

was the stereotype that most SLOHS extremely laid back. The class periods were and fighting for a chance to leave the lot, and most of the classes I could see at least five of students chewed gum or ate in class, the in the door five minutes late, and in one class slept between desks.



## Arroyo Grande High School 2,261 students

### RANKINGS:

Stress level of students: 6  
Eagerness to be there: 7  
Scenery: 2  
Quality of food: 3  
Accepting-ness: 7  
Student Presence: 8  
Clique-iness: 3  
Diversity: 5  
Availability of parking: 3  
Number of seagulls: 8



### Did you enjoy the schedule?

With six periods of sixty minutes each, a day at AGHS feels just slightly shorter than SLOHS. Passing periods last eight minutes, but unlike SLOHS there is no time to stand around and mingle with your friends. The large campus and spread out classes leave almost no time to yourself between classes. Administrators even bike around the campus instead of walking for a faster commute.

### Was it more/ less friendly than SLOHS and what was the presents of the student body?

Students were very friendly and pleased to introduce themselves to me. I visited during homecoming week so almost the entire student body was dressed to support their school colors along with fun Associated Student Body activities all day. Overall AGHS just seems to have more spirit and excitement to be at school.

### What was the emphasis placed on sports?

AGHS definitely values athletics as you probably already know by their dominating record in almost every sport placing for CIF. The school spirit might be one source of the hype and athletes are treated like heroes.



# Polo players horse around



Photo courtesy of Andie Rupprecht

**Shilah Sharps**  
Staff reporter

Many students at San Luis Obispo High School enjoy investing their time in soccer, football, volleyball, or basketball. Others on our campus have chosen to participate in a very intriguing sport: polo. Senior Luke O'Leary and junior Andie Rupprecht compete in polo matches around the area that mostly take place in Los Osos or Santa Barbara.

Rupprecht has been taking the field for five years, while O'Leary has been playing for one and a half.

"I used to ride horses for a really long time and one of my really good friends lived by the [Los Osos] polo club and she was like 'Hey, we got to try it sometime,' and we went out and took a lesson and I'm still there," said Rupprecht.

Both O'Leary and Rupprecht play a type of polo that is known as Arena. In Arena there are three players on each team with four chukkers (periods of seven and a half minutes). They play on fields that are one hundred yards in length and fifty yards in width.

"It's basically like soccer but on horses, with

mallets, moving the ball. If you think about it, it's so fast paced," said O'Leary.

Rupprecht describes that being in polo has helped her meet a lot of new people that she would have had the chance to meet otherwise.

"It's a really close community everyone knows everyone who goes to all the matches," said Rupprecht.

"Just to go out there and practice or play it's a whole process because you're dealing with horses so it's a lot bigger process than just putting on shoes and going to play a different sport," said O'Leary. He added that being in polo takes up a lot of his time and energy.

Right now the Interscholastic season has started with polo matches every two weeks.

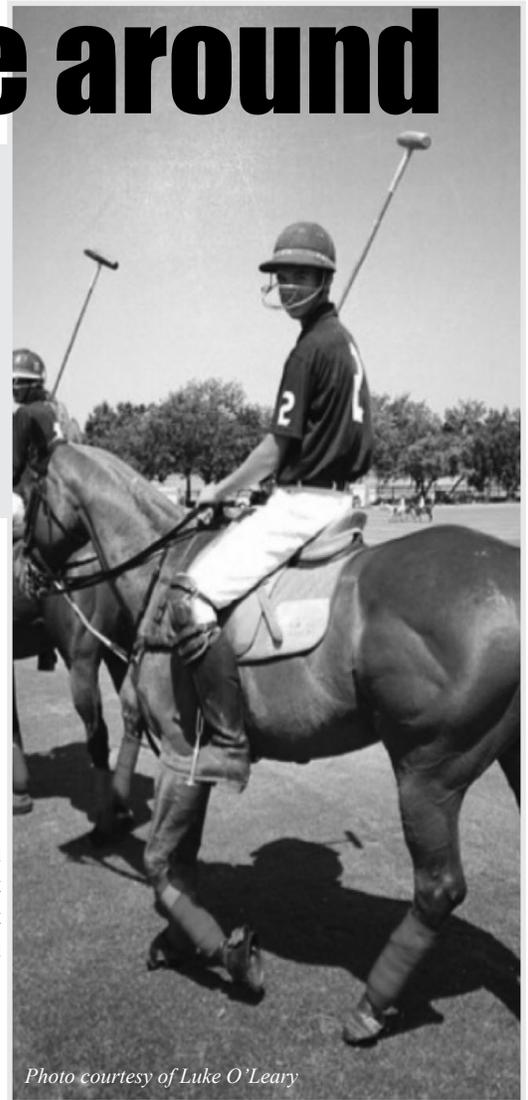


Photo courtesy of Luke O'Leary

## New Year, New Expectations for Boys Basketball

**Jerry White**  
Staff reporter

The varsity boys' basketball team is preparing for a season that's sure to be memorable. With a mix of veterans and rookies new to the varsity level, they should have no problem dominating the court. *Expressions* interviewed the new San Luis Obispo High School Basketball coach Jeff Brandow as well as some players to get insight on their season.

**Expressions:** Does this year seem to be different from the past, in terms of skill level?

**Coach Jeff Brandow:** No, I don't think the skill level is different. I just think the kids are working hard this year. I think that they really brought it, and that they're really working

hard. I think the skill level is about the same in all honesty.

**Expressions:** How's the team looking overall?

**Sophomore Nate Higgins:** The team is looking great. I think we have a chance to win a lot this year.

**Senior Alex Chai:** I think the team is looking very good this year.

**Expressions:** Who are some promising players this year?

**Brandow:** I think some of the leaders this year will be [senior] Nick Attala, [senior] Alex Chai, [junior] Seth Moore, and [senior] Bowen Schwoerer.

**Higgins:** [Senior] Augusto Supertino, who is a foreign exchange student from Italy, is a great addition to our team.

**Chai:** I would have to say Bowen Schwoerer, Seth Moore, Nick Attala and Nate Higgins. Pretty much everyone honestly.

**Expressions:** What are your main goals you hope to achieve this season as a team?

**Brandow:** My goals are just to get the kids to play hard and compete. The players, they have the goal that they want to make the play-offs this year

**Higgins:** Winning a lot.

**Chai:** Just focusing on winning league, and going to CIF.

This season is sure to bring new challenges and goals for our boys', but they continue to have their eye on the prize. Show your tiger spirit and come out to a game this season to support your fellow Tigers.

## Skiing Destinations

The best places to ski around San Luis Obispo and surrounding areas

**Tim Johnson**  
Staff reporter

For many San Luis Obispo High School students, winter break means one thing: mad shreddage down treacherous slopes. But the question is: where should one go to find the perfect winter experience? Here at *Expressions*, we have come up with a list of the best skiing/snowboarding destinations within California, perfect for those who are interested in satisfying their hunger for the gnar.

medalist Shaun White.

### China Peak

China Peak offers a great skiing/snowboarding experience, especially for those who are wanting to try it out for the first time. Junior Carly Donk said it was better for first-timers due to “the bunny hill and [the] lessons.”

### Mammoth Mountain

Mammoth Mountain lives up to its name by offering over 3,500 skiable acres and a 3,100ft vertical drop. The resort is home to modern facilities, excellent terrain options, and an extended ski season that can sometimes last into July.

### Northstar California

Located on the northern shore of Lake Tahoe, Northstar offers over 3,000 miles of skiable terrain. While the resort offers slopes for all difficulty levels, it’s mainly composed of intermediate level runs. The resort also contains world-class terrain parks and a 22-foot superpipe designed by Olympian gold



## Principal O'Connor to coach girls soccer

**Jerry White**  
Staff reporter

With winter sports in full swing, and team rosters sorted out, it looks like San Luis Obispo High School will have an exciting year. This new season presented the chance for teams to make some big changes in the coaching staff. Principal Leslie O'Connor announced before the season started that he planned to step up and coach our lady Tigers' soccer team to victory this 2015-16 school year. *Expressions* got the chance to interview O'Connor and a member of the soccer team to find out about the sudden change in coaching staff.

*Expressions*: Were you excited to be asked to coach?

**Coach Leslie O'Connor**: It was certainly never my intention to be the coach. We had some good candidates, a couple even at the college level, and what happens in that world is they get offered to go other places. So therefore it's kinda hard to compete when we're a high school.

*Expressions*: What are your thoughts on O'Connor coaching?

**Sophomore Emily Lemiere**: I think Mr. O'Connor is going to help us improve a ton! He is big on possession and that is a huge part of the game, and I think that in our trainings I've noticed a tremendous difference. He's hard on us, and I think that provides a good competitive atmosphere for all of us.

*Expressions*: Was it hard for you to get adjusted to the new team dynamic?

**O'Connor**: I don't think it was difficult for me to get adjusted.

**Lemiere**: This season will be almost a brand new team, but I'm sure we will all bond a lot. A lot of the girls have played together in the past, and we are beginning to learn how each person plays.

*Expressions*: What are your main goals for the season?

**O'Connor**: One of the primary goals is to make sure everybody has the opportunity to grow as a player, to make sure people have fun, and to make sure people are motivated to work hard, with the objective to win games, and compete for a league championship.

**Lemiere**: I have no doubt that [O'Connor] will do nothing but good things for us.

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Photo courtesy of Putitinjar

# Do-It-Yourself Holiday Gifts

**Rachel Burns**  
Staff Reporter

With holidays approaching, our spirits are rising and our bank accounts are depleting. Gift shopping, vacationing, and buying new fall and winter wardrobes gets expensive. As high school students with no steady income, it's hard to keep up with all the money we spend. Do It Yourself (DIY) gifts are what many students at SLOHS are turning to.

"Lush's bath bombs are sold for like eight dollars each and we're obsessed so we decided to make our own which would cut the cost down," said junior Haley Adler. Juniors Maddie Brogno and Haley Adler came to the realization that gifts are way too expensive, especially their favorite gift to give and receive, bath bombs.

Junior Shelby Lopez loves to make her own gifts for her friends and family. Making these DIY gifts brings the cost down drastically with six siblings, her parents, and her friends. Since it would be hard to go out and buy presents for her friends after buying a gift for each person in her family, DIY was the way

to go.

"I made a friend a dream catcher last year, she wanted one for her car so I felt like it was really meaningful and personal," said Lopez. She talked about how easy the process really was. "I shaped wire into a circle, wrapped yarn around it, and made a place for it to be hung by. Then I attached yarn to hang off the bottom and put beads on them," said Lopez.

When shopping in a store a 15 dollar gift here, a twenty dollar gift there, and some more knick-knacks when standing in the checkout line doesn't seem bad until you get rung up for a bill over thirty dollars on a student budget. All of these DIY gifts should make the season much more intimate and most importantly, inexpensive. Things like homemade candles, soaps, and scrubs, drink coasters, a dream catcher, or even a bath bomb are all available to find on the internet and I encourage you to try them out. I hope these ideas can spark something in your mind and help you think of a gift that would mean much more than a bottle of nail polish or a pair of socks.

# Skye Michel: Shooting Star

Sierra Nunes  
Staff Reporter

Many students at San Luis Obispo High School take pictures every day for social media such as Snapchat or Instagram, but there are some students at SLOHS that actually consider themselves photographers. *Expressions* interviewed senior Skye Michel about her experience as a photographer.

**Expressions:** How did you become interested in photography?

**Senior Skye Michel:** When I was young, my grandfather used to take me to the park to take pictures. I remember being so proud of this one picture I took of a palm tree, mostly because of the accidental [blurred effect]. It wasn't until 8th grade, when I got a camera for Christmas, that I actually learned how to use one.

**Expressions:** What makes a good photographer?

**Michel:** Everyone likes to argue whether a good photographer is defined by the equipment or the "eye". Obviously you need to know how to use the camera and adjust for the light, but I really think the only thing that matters is whether or not you are able to take a photo that's captivating and meaningful. Often, it's just being in the right place at the right time.

**Expressions:** What advice do you have for aspiring photographers?

**Michel:** Obviously, the best way to improve is to just keep shooting. The more you shoot, the more you will develop your own unique style and learn how to use the functions of the camera to your advantage. Just don't fort with your own eyes.

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# Artist of the Month: Sam Rankin

Lauren Hansen  
Staff Reporter

[Editor note: "They" refers to SLOHS students who prefer gender neutral pronouns]

San Luis Obispo High School junior Sam Rankin has taken a unique angle on natural human mannerisms in their art. They share their passion by creating their masterpieces for their friends, or anyone in need of a little art in their life. Rankin experiments with drawing, painting, sculpting, pastels, and oils. Since they were little, they have been creating sculptures, such as a crayon mold they made at age five. Rankin's favorite types of art, as of right now, are hyper realistic sculptures of people and animals.



Self Portrait by Sam Rankin

"I surround myself a lot with people who like

to do art. I really like a lot of classical artists, like Degas sculptures, El Greco's paintings, and art that plays with the human form and distorts it," said Rankin. Sculptors such as Patricia, Degas, and Picasso are their biggest inspiration in the artistic field. Sam Rankin is excited to be the artist of the month, and feels, "like a real artist."

Throughout high school Rankin has taken Drawing I and II.

"It was alright, it felt kind of formulaic," said Rankin. They were expecting more freehand drawing, and the ability to express the way they feel freely. However, they would recommend Ceramics to all students. They have a lot of fun creating their own sculptures, and appreciated the access to free clay. SLOHS juniors Sam Wendt and Sam Wright both explain Sam Rankin's art as both amazingly "realistic, and abstract."

# Interview with Musician M. Ward

Emma Jane Haas  
Editor

This holiday season, per usual, stores everywhere will begin playing Christmas music. One take on this is the beautiful alternative "A Very She & Him Christmas," an album by M. Ward and Zoëy Deschanel, who together make up the band She & Him. *Expressions* had the pleasure of getting an interview with M. Ward himself, a gifted guitarist and vocalist who happens to be a Cal Poly grad.

**Expressions:** When did you begin playing guitar and singing?

**Musician Matt Ward:** Around age 14. I borrowed my brother's acoustic guitar and learned the Beatles catalog from a book and then bought a Tascam 4 track and started experimenting with sounds and songs. I'm still doing that today I guess just with different musicians and engineers and equipment

**Expressions:** What is your favorite part about being a musician?

**Ward:** It's a pretty good channel/outlet to collect and work with any ideas that daily life inspires. I'm lucky to have the time to devote to developing ideas on my own far away from the music biz - which is by and large a giant

wasteland - but that's not exactly a big secret.

**Expressions:** I read that you have taken measures to try to restrict fans from photography at your shows. Why is this? Have you found your measures to be effective?

**Ward:** Sometimes yes sometimes no. On a broad level, I think multi-tasking every activity you do is bad for your brain. If you are going to go to see musicians you should just listen to the musicians. Snap a few photos if you have to and then put it away or better yet turn it off like you do in the movies.

**Expressions:** What prompted you to make a Christmas album? What was the inspiration behind it?

**Ward:** Zoëy and I both like covering old songs and trying to make them new again. Most Christmas records are over-produced or over-cooked in the studio. We wanted to see what would happen if we kept the songs simple. It was a little 10-day experiment for us in the studio.

**Expressions:** What are you reading right now?

**Ward:** Soul Mining by Daniel Lanois for the first time and Moby Dick for the third time.

# Star Wars Episode VII Predictions

Eric Haupt  
Staff Reporter

With the release of "Star Wars Episode VII: The Force Awakens" coming soon, students are naturally beginning to make predictions on what we can expect from the film.

"There's probably going to be a new Skywalker, and we're going to see Leia develop her connection to the force. I'd also be surprised if we didn't see more of the force ghosts from the original films. I also have a very unfounded feeling that the storm troopers will finally hit something," said junior Kaz Bishop.

One of the most talked about new characters is the main antagonist Kylo Ren, played by Adam Driver. A few noticeable attributes of this character are his relatively young age as well as his unexplained connection to the force. This is not so different from the previous characters of Luke and Anakin Skywalker, who were both extremely proficient as Jedi at a young age even with little to no training.

Does this perhaps suggest that he has some sort of blood relation to the Skywalker family? He most likely isn't Luke's son since Luke is a Jedi in the fullest sense of the word and would follow their tradition of never dedicating themselves to passions such as love. It's more likely that, if he is indeed related to the Skywalkers, he is the child of Han Solo and Princess Leia who clearly had a romantic relationship at the end of Star Wars Episode VI: Return of the Jedi."

Everyone who has guessed the events of the new films seems to agree that someone from the original trilogy is going to die, but who? Could it be Luke Skywalker, who now appears to be mirroring the role of Obi-wan Kenobi in the original trilogy and may share his fate? Perhaps it is the noticeably older Han Solo, who always displayed surprising heroism and nobility despite his history as a criminal and may end up sacrificing himself to save the younger heroes in the process.

Whatever takes place, fans all over the world have high expectations for the film, as well as a somewhat cynical point of view,

"If it's not good I'll probably burn Disneyland to the ground," said senior Dante Nelson.

# SIBLINGS of the MONTH : HUMBERTO AND DAVID

**Danielle Ward**  
Staff reporter

San Luis Obispo High School senior David Zamora and junior Humberto Zamora are *Expressions*' siblings of the month. They enjoy doing small things together and are happy to be each other's fraternal twin, and are sure to appreciate every moment together before the time for moving away for college rolls around. David and Humberto Zamora do have very different personalities and qualities, but manage to get along with each other. The Zamoras are actually fraternal twins and though Humberto Zamora is a grade younger he is actually older by twenty five minutes.



*Photo courtesy of Danielle Ward*

**Expressions:** If you could have anyone else as your sibling who would it be?

**Senior David Zamora:** Ben Cummings because he is my best friend, he is really cool, and it would be fun to be white for a day.

**Junior Humberto Zamora:** I would not mind having Jack Ostrander as a sibling because that is my dawg.

**Expressions:** What is your favorite moment together?

**David Zamora:** Probably the best moments are when we chill downtown on Sundays to go eat.

**Humberto Zamora:** The time I told David I put his toothbrush in the toilet because he was being dumb. But I told him I did that a month after it happened.

**Expressions:** Do most people believe that you are actually twins?

**David Zamora:** Not at all. They never do. Most people think that I am the older brother.

**Humberto Zamora:** They don't believe us because we don't look anything like each other, we aren't in the same grade because I got held back in second grade, and I am cuter.

**Expressions:** What is your favorite part about having a twin brother?

**David Zamora:** I don't know if I have a favorite part, it's like having a regular brother or sister. There's really no difference to it.

**Humberto Zamora:** We do certain activities like go to confirmation class together. I don't have to go by myself I get to go with my twin

brother. Little things like that I wouldn't want to do by myself.

**Expressions:** What causes the most problems between you two?

**David Zamora:** Having the same birthday sort of sucks. We usually have to spend it together which is kind of weird.

**Humberto Zamora:** I hate when my brother wears my clothes and doesn't ask me. I also have to make my brother's bed, wash his clothes, fold his clothes, and dry his clothes. I do everything for him because I hate messy environments and my brother is a lazy little sloth, but I still love him. I don't know what he is going to do when he goes to college.

## POTS: What's the weirdest Holiday Gift you've received?

*Photographs and Interview by Rachel Burns*



**Freshman**  
**Riley Schwan**

"One time my brother Stryker gave me a box when I was eight that had a bunch of odd random princess things in it, I just threw it away."



**Sophomore**  
**Eve Hedges**

"I got a pet parakeet from my little brother for Christmas. He fed it dead lizards when I was gone and it died."



**Junior**  
**William Meinhold**

"One Christmas I received a twelve pound peppermint candy cane given to me by Santa Claus. I tried to eat it but I got sick."



**Senior**  
**Danny Bangian**

"I got a Pez dispenser from my mom that was in a box of tampons for Christmas. I just remember that I threw the tampons at her."

# Students Who Want to Become Teachers

Sean Kucer  
Staff Reporter

Teachers have a very powerful job. They are some of the first people that students draw inspiration from, setting an example for the future adults of this country. Their ability to impact the youth is limitless. Some students at this school have already found their desire to pursue this career.

Senior Sarah Mosichuck is one of these students. When she started doing Shakespeare English teacher Ivan Simon and English teacher Kari Smith also helped her see her talent and boosted her confidence. This, combined with her innate talent for comprehending literature showed her a promising career-teaching. She's considered somewhat related fields such as being a counselor or a psychologist, but neither really compelled her. Mosichuck would like to teach English at the high school level because at that age, students are "mature enough to have intellectual conversations, but not so old that they think they're

above things".

Senior Julia Johnston's story is a bit different. After facing learning issues of her own, Johnston received enormous help from her teachers. Through this, she "learned how valuable teachers are", and realized that she wants to be able to help kids just like she was helped. She said that she wants to "help them through anything they might be going through" and make sure they know they're not alone. She drew some inspiration from her middle school math teacher Mrs. Frego, who struggled in math as a child, but later went on to teach it. This helped demonstrate that idea of helping someone in a tough situation after going through it yourself. Although she had some interest in nursing, Johnston has a passion for teaching and would ideally like to teach kindergarten or first grade at SLO Classical Academy. She's already had experience with young children, as she is currently taking Tiny Tigers. Taking that class is "one of the best decisions [she's] ever made", and has solidified her desire to pursue teaching.

Chemistry and Astronomy teacher Ryan Ritchie commented on his experience at San Luis Obispo High School, and his perspective now as a teacher here. He graduated from SLOHS in 1998, but didn't find his desire to teach until mid 20's, when he was working as a health educator. Although he appreciated science in general, astronomy is Ritchie's favorite. He remarked that "it's such an exciting science; it's got possibilities for the future". He finds inspiration in the fact that we, as measly humans on the planet Earth, may one day conquer the difficulty of extreme space travel and actually venture out to distant stars. When asked if he was happy with his decision to teach, he said that he's not only very happy, but also "lucky to have landed here".

Be sure to thank your teachers for all of the hard work they put into this crucial job that plays such a big role in our daily lives, and to encourage all of your peers who truly want to pursue this highly-regarded career path in the near future.

# Eisworths' Journey from SLOHS to Germany

Sierra Nunes  
Staff Reporter

Last year, San Luis Obispo High School senior Ceara Eisworth had the opportunity to go to Germany with the SLOHS student exchange program. *Expressions* interviewed Eisworth to see how her trip went.

**Expressions:** What made you want to go to Germany?

**Senior Ceara Eisworth:** There were a lot of different factors that played into me wanting to go, but I would say it's mainly just how I think and my views on life. I'm really into having a life full of wonder, learning about different cultures and gaining new experiences, but not in a classroom. I really like seeing things first hand like meeting new people and just experiencing what they do in their everyday lives.

**Expressions:** Were you nervous about leaving?

**Eisworth:** I was nervous about leaving my family and friends and California because it is comfortable to me and I know what I am doing here, but I was more nervous about coming back actually because it is hard to readjust. It's scary but it's also kind of exciting at the same



Ceara Eisworth is seen here enjoying her trip in Europe

time.

**Expressions:** What did a normal day look like?

**Eisworth:** It depends; I would have two different kinds of days. The days I travelled I would get up really early, meet my friends at the train station, and then we would just go wherever we wanted to go. Then there were days when I was at my host family's house. I would get up and go to school just like the normal thing. The difference was at the German school there were breaks in between classes. You could have class for two hours, then not have it for three hours, then go back for another hour or something.

**Expressions:** What is your favorite memory from your experience?

**Eisworth:** One of my favorite memories was when I went on a Euro tour with all my friends and we travelled around in a bus for a while which was really fun. We got to see all different parts of Europe.

**Expressions:** Do you recommend this program to other students?

**Eisworth:** I recommend it a ton because you go see the real world.

# Blast from the past

A 50 year look back into SLOHS newspaper's December 1965 issue

# Tiger's Roar

Vol. XXI, No. 6

SLO Senior High, San Luis Obispo, California

December 3, 1965

## TOTS Observers Invade The World of 'Little People'

Kathie Elliott, who plans to work with deaf children, observed at Chris Jespersen School in the hard of hearing class. "I had milk and cookies with them and I even got to play kick-ball. One little shy boy kept hanging on to my skirt until he found enough nerve to ask 'Will you be my friend?'"

Kathie was one of 14 seniors who participated in the Teachers of Tomorrow's Students (TOTS) semi-annual observation program for interested senior club members.

"Observation is used to confirm a student's interest in teaching and to avoid a possible career switch after years of preparation," explained Dr. Charles Lew-

in, Assistant Superintendent of Schools, in a briefing with TOTS observers. "Besides this," comments Dr. Lewin, "it provides the prospective teachers with a wide range of ways to combat child-ship logic."

Other students taking part in the fall observation program of

November include: Cynthia Call, Marilyn Jones, and Carol Wolver-ton at the Junior High; Linda Gross and Bill Garner at Pache-co; Pam Curtis, Sandy McCullar, Susan Preston, Miriam Righetti, Susan Schroeder, and Carolyn Truesdale at Sinsheimer; and Linda Rogers at Teach.

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### Tw'as the Night Before And All Thru the Gym...

Tw'as the night before the game  
And all through the gym  
The players were practicing  
But missing the rim.

The baskets were hung  
On the hoops with care  
In hopes that victory  
Soon would be there.

The coach was thinking  
As all of them should  
About the glory of winning  
If only they could.

When the practice was over  
And it was time for a talk  
All the coach could do  
Was mutter and stalle.

It was the same old thing  
All over again:  
The coach was grumpy  
And itching to win.

When out of the night  
There rose such a clatter  
Everyone rushed to the door  
To see what was the matter.

They heard a faraway jingle  
Of bells in the air;  
With spines all a-tingle  
They rushed to the stair.

And then all of a sudden  
A red nose came into sight:

PAGE TWO

### EDITORIALS

## How to Qualify for Aid



My school is a disaster area. Who made it that way? Anyone who did it should be expelled. I don't think I did too much to devastate the school; only things like Johnnie's locked door. It didn't look right so I ripped it off. That was fun.

I didn't like the window in Miss George's classroom either, so I accidentally threw the rock in my hand at the window.

I use my pen a lot, so I wrote Sally Ann a note across the whole wall in the nurse's office. I still don't know what the nurse thought—she's still reading it.

If I don't like the teacher, I paint his bulletin board blue — that's why the English department has blue bulletin boards. And the planetarium now has a new galaxy painted near the big dipper.

So if you see anyone doing it, apply a little "pressure," or our school will end up qualifying for aid as a disaster area.

## Missionaries Support So. Viet Nam Policies

"If you don't stop your enemy at your front gate, you'll have to fight him at your front door," said Mrs. John Lu, in explaining the U.S. position in Viet Nam.

Mr. and Mrs. Lu, missionaries from Southeast Asia, recently spoke to three classes (publications, newspaper, Far Eastern Affairs) about life in their country, and about the increasing dangers of Communism. They used colored slides to illustrate their points.

"Jealous eyes are cast to America," Mrs. Lu warned in a brisk Australian accent. "This country is the most beautiful; no other has such freedom."

Becoming suddenly sad, Mr. Lu reviewed the decay of the homeland he once loved — China. "The communists worked underground," he recalled, "They poisoned the minds of the people." He described the Chinese people as always working — "like machines" — while the communists live in beautiful mansions and reap the benefits.

Today in China, the men are forced to work 16 hours a day for a dollar, according to Mr. Lu.

After work they are required to go to propoganda meetings. All food is rationed and nothing is wasted—not even dead bodies.