

# SLOHS EXPRESSIONS

MAY ISSUE 2017  
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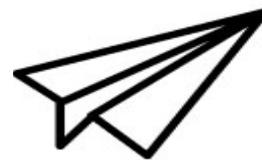


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# What does it mean to be a Sanctuary School?

By Jena Naficy

What is a sanctuary school? The simple answer : a school (within a sanctuary district) which prohibits federal officers from exposing and removing illegal students. The definition can also be less literal: a school which provides security and confident support to students from illegal families.

*Expressions* interviewed SLCUSD Superintendent, Eric Prater, to get a more in-depth look at the meaning of sanctuary schools.

**Expressions:** Is San Luis Coastal Unified School District considered a "sanctuary district"?

**Superintendent Eric Prater:** San Luis Coastal is not a sanctuary district; however, the Board acted in February and passed a resolution creating a "safe haven" dis-

trict which highlighted our commitment to keeping all students safe while attending schools in the district. Please check it out...it's on our district website ([www.slcsud.org](http://www.slcsud.org))

**Expressions:** How can students get involved and help maintain a "sanctuary" atmosphere for students who are currently illegal?

**Prater:** Students can put a positive frame around this ugly and upsetting problem by ensuring the school itself is a tolerant and welcoming place to be for all students. Reaching out to the students (and families) in your school and community and listening is a first step. Try to understand the fears and worries of students impacted. Empathy is powerful. Be sure to build a cohesive culture of students and adults at

the school who understand and care for the trials being endured by members of our schools and community.

**Expressions:** Why is it important to be a sanctuary district in today's world?

**Prater:** I am not in support of "sanctuary" status if it breaks the law. I believe we need to revise the existing laws through the very democratic structures enacted by our founding fathers. Our democracy is (and will always be) our greatest source of strength and we need to work within the existing framework. Otherwise, we are putting law-abiding citizens and essential civil order unduly in harm's way.

Though SLCUSD is not considered a sanctuary district, students and staff can still work to make SLOHS a safe environment for all students.

# How to travel this summer on a budget

By Danielle Ward

While planning a trip, one of the more common aspects is to check the prices of airfare. With summer quickly approaching, many San Luis Obispo High School students are looking for the best prices for an enjoyable vacation.

"WOW Airlines is an up and coming airline that is based out of Iceland, they are inexpensive, but that does not mean it's quality. If you want a cheap airline in The United States, fly Southwest," said senior Percy Jones.

Certain airlines purposefully make outrageous prices, especially during the bus-

ier times such as near holidays. If you are looking for an inexpensive place to travel this summer, WOW Airlines has one way flights to Iceland and some places in Europe such as Germany and France for as low as one hundred dollars per person. The only downside to this uncommon airline is that they only fly out of larger airports such as San Francisco or Los Angeles.

Junior Landon Greenelsh was planning a trip when his brother told him about the low cost of WOW Airlines.

"I heard that the CEO of [WOW Airlines] decided that he was tired of overcharging people for no reason, so for a few months he is selling really cheap flights," said Greenelsh.

WOW Airlines offers a one way hundred-dollar flight, but that deal if not offered for return flights, which are a bit more expensive. Return flights range from 210 dollars to 300 dollars, depending on location. Because the airline relatively small, they only offer flights about once a week, with many blackout days. If you are looking for a cheap flight on a flexible schedule, WOW Airlines is the most cost effective option.

For more information on this airline, such as pricing and flight schedules, you can visit [www.wowair.us](http://www.wowair.us).

# How do SLOHS students get their news?

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By Kara Hoover

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Fake news has been a very prominent subject lately, making it hard to know if the news being broadcasted is accurate. From rumors that Kim Kardashian is having another baby to stories accusing and supporting President Donald Trump, fake news is everywhere. Some of it ends up being true, but how do San Luis Obispo High School students know who to trust?

**Expressions:** Where do you get your news?

**Freshman Ashley Danner:** Usually I watch it on the television, on CNN.

**Junior Cecily Jacinth:** I usually get my news from friends or stuff I see on social media.

**Sophomore Will Hastings:** I usually try and use sources from both the left and the right when watching the news. For instance, I'll watch some Fox and CNN before deciding on an issue, but if I'm pressed for time I'll read an article by The Economist.

**Expressions:** Do you pay attention and search for news about current politics?

**Danner:** Not really.

**Jacinth:** I typically do not pay much

attention to or search for news about politics.

**Hastings:** I would like to say that I'm politically inclined; I like to know what's going on and what the consequences of what's going on will have according to different perspectives.

**Expressions:** What kind of news do you search for?

**Danner:** I will see what are the latest things that have happened.

**Jacinth:** I will rarely go out of my way to search for any certain type of news.

**Hastings:** I usually look for political news, but when I'm interested in scientific readings or documentaries I try to consult with Mrs. McCartney or other science teachers at the school.

**Expressions:** Do you trust your news source? What about other news sources?

**Danner:** If it is an actual company like CNN or New York Times. Other sources definitely lie sometimes and stretch the truth.

**Jacinth:** I understand friends and social media can be very biased, so I always try to refrain from taking a side until I'm sure I know all the facts. I know other sources of news can be very reliable, but at the same time I probably wouldn't put one hundred percent faith in any one news

source.

**Hastings:** I don't trust many new sources (especially more mainstream media) so I try and look into many before establishing an opinion. For instance, the Wall Street Journal has had a streak of poor information being distributed lately.

**Expressions:** Do you think that people search for the news that they want to hear? Are people more likely to trust a news story if it is something they want to believe?

**Danner:** Yes...a lot of people go search for opinionated things so they don't have to believe things they don't want to. If you think that it is true already you will be less suspicious about it, but if it is something you don't support you don't want to see if it is true.

**Jacinth:** I'm not sure about everyone, but I don't think people after the search for news that supports their own beliefs. I do think people are more likely to trust a source if it supports their views probably because it makes them feel like they are right. I know that I, in the past, tended to have agreed with news that is similar to or supports what I think. I feel like other people could be the same way.

**Hastings:** I definitely think that people try and find sources that cater to their ideas rather than investigating all the facts.

# The New and Improved Slochella

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By Sarah Ardantz

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With "festival season" approaching, San Luis Obispo High School will be hosting their spring dance, Slochella. Slochella is SLOHS's spring dance inspired by the music festival Coachella. Many students are familiar with this dance, though this year's event will be held with many changes to it. The dance is on April 29, from

7:00 p.m. to 11:00 p.m. and will be held on the practice field. *Expressions* interviewed ASB student senior Kyra Lauritzen to hear about the new and improved Slochella.

**Expressions:** What are the changes to Slochella this year?

**Senior Kyra Lauritzen:** This year we are trying to increase the music festival aspects of Slochella. We are looking for varying performers, both bands and soloists, to play for the first half, and will have a DJ for the last half. We are also trying to

have a wider range of food choices, like food trucks, and/or Uba Tuba.

**Expressions:** Do you think more people will be interested?

**Lauritzen:** We are hoping that this will add variety to the music, attracting a broader audience.

**Expressions:** How will it improve the dance?

**Lauritzen:** The games and decorations will be really fun, plus the outside aspect adds to the funky festival feel.

# Gap Years: Ideal or Irrational?

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By Ellie Janette

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There are many different paths students can take upon graduating from San Luis Obispo High School. Some will go straight to a four year university, some will go to community college, some will get jobs, and some will take a gap year. Recently, gap years have begun to increase in popularity among high school graduates, and for good reason. Taking a gap year can allow students to travel the world and experience life in a new way, gaining valuable insights that will serve them for the rest of their lives.

While many students choose to take a gap year in order to travel the world and find themselves, there are other reasons as well. Some students want a year to work and make money to help pay for college, and others because they didn't get into some of the colleges they had originally wanted to

attend.

"It seems that the reason most people want to take a gap year is that they don't know exactly what they want to do. Taking a gap year can allow people to either reapply places or figure out exactly what they want to do," said senior Matt White, who is considering taking a gap year.

Gap years can be extremely beneficial as long as student's keep their mind engaged and enrich themselves through either studying or experiences that will serve them throughout their life: whether this be through job experience, studying a new language, volunteer work, or travel.

2016 SLOHS graduate Bella Stenvall took a gap year. "My gap year has been the absolute best year of my life," said Stenvall. During her gap year, Stenvall enrolled at a university in Spain to improve her Spanish, as well as take Arabic, Islamic culture, and Middle Eastern politics classes. She is currently living in Washington

D.C. interning for California's 24th congressional district Representative Salud Carbajal, and her next plan is to travel through and volunteer in South America.

Stenvall is an excellent example of a student whose life has been enriched by her gap year experiences. I personally am considering taking a gap year as I believe the things one can experience in a gap year are invaluable, and hope to travel and learn in other places of the world as well.

White mentioned that the potential cost of gap years can be a deterrent to many students considering taking a year, though this is mostly a problem for those wishing to travel. Gap years can also be spent gaining experience through working, which can make a nice monetary buffer.

In the wise words of Stenvall: "if you're even considering it at all, do it. I have met some of the most important people in my life this year from all over the world, and honestly that's absolutely invaluable. Do it."

# Do math grades accurately represent a student's understanding?

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By Kate Lafaille

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For as long as students attending San Luis Obispo High School have remembered, the math grade weighting system hasn't served its purpose. In an algebra II class, homework assignments are worth five points each, and tests are worth one hundred and fifty points.

Overall, classwork is worth ten percent of a student's grade, homework is ten percent, the final is worth twenty percent, the group tests are ten percent, and tests are worth fifty percent. Many view this as unfairly weighted. Typically, completing a homework assignment takes around an

hour, and classwork takes another hour. If the classwork assigned during class isn't completed, then the student must take it home to be completed.

"For students that work really hard on their homework and don't test well it's unfair," said junior Anna Peterson. With testing being worth a total of eighty percent of students' grades, students could work hours on homework and classwork and still not get a passing grade in the class. Granted, if you are thoroughly completing each assignment, your test grades should be sufficient. However, some students have test anxiety and don't perform well in a testing environment. The way our math system is weighted now sets students up

for failure.

"This isn't something that has affected me," said junior Sarah Attala. For students who are good test takers and are naturally gifted in math, this system can be to their advantage. A student who puts no time and effort into homework or classwork, but still gets good test scores, can get a passing grade in the class. On the other hand, this is unfair to students who put time and effort into completing homework and classwork in hopes of raising their grades to make up for subpar test scores.

The students of SLOHS deserve to have their grades weighted in a way that rewards students for hard work on homework and class assignments.

# Are core classes necessary?

By Dominic Mulay

Along with the variety of elective classes available at San Luis Obispo High School, students are required to take general education courses that have been named “core classes.” The decision was made that these classes are a necessity to our success in the future, but are they really necessary?

Once you understand what they are and what their purpose is, you’ll understand why they are required. Core classes, or general education classes, are courses that students are required to take in high school. They consist of English, history, science, and mathematics, and are required to be completed for graduation.

One reason behind core classes is that it allows students to find out what they’re really interested in, and whether or not they have an undiscovered passion for

something.

“I think that it gives people a chance to really explore every field for something that might interest them,” said junior Caden Bertrando.

Remember being a kid and telling yourself you wanted to be an astronaut or a scientist, and you were genuinely serious about it? Now your idea of what you want to be has likely changed because you were introduced to something more interesting. That scenario was integrated into these classes as a way to expose students to subjects that they may not have realized they have an interest in.

The big picture seems nice, and it seems like a good idea, but when it comes down to what kids think of it, it loses its purpose.

“I have the option to become an accountant or something because I’ve taken so much math, and I think that’s what they wanted; but the thing is, I’m terrible at math and I

don’t like it. If I liked it I would put more effort into it,” said junior Carsan Burden.

The concept is good: the idea that students can look into multiple subjects to see if they have a hidden interest is good. The problem is that we’re forced to take these classes until our senior year. So, in theory, if students take English and it turns out they don’t like English, they’re stuck taking a class they hate, which makes it extremely difficult to invest themselves. This leads to bad grades and, in turn, a lower chance of being accepted into that person’s preferred college.

General education classes are important for those who have not yet decided on a career choice, but students shouldn’t have to go through a subject with a barely passing grade because they have an interest in another class. This time in a student’s life should be about personal exploration, not a school-mandated curriculum.

# Do video games damage the teen psyche?

By Kiet Nguyen

Everyone remembers the 8-bit character we played as a kid on the Nintendo NES console; adventuring through many difficulties and struggles in order to reach the big, bad castle, only to find a mushroom-headed person telling you that the princess is in a different castle. But as time passes, we are exposed to more graphic games like “DOOM 2016” and “Battlefield”, or controversial games like “Grand Theft Auto”. Gaming is no longer looked at as pure entertainment, but instead as an art form: an art form that some people may dislike. But is this art form really affecting San Luis Obispo High School students?

“I mean, I don’t think video games have changed much of my life, aside from exposing me to people I might not have known before. But I don’t see how video games changed my life in a bad way. If anything, then it would be good since it allows me an outlet for my creativity,” said senior Jose Flores.

Video games have always been an outlet that people use to express themselves. Minecraft might seem like a childish game, but it’s a platform that allows people to express their creativity. You could find everything from a small shack to a one-to-one replica of the Colosseum with details most people wouldn’t even notice.

“Yeah, games are purely for entertainment most of the time, but experiencing a game

is like looking at a piece of art, and making the game is like making the piece of art. Sure, some games might be a bit vulgar, but at the end of the day it’s a game. However, there are some games that are like a blank canvas, game such as Minecraft, and you as the player are the painter of that canvas and it’s your job to turn that canvas into a masterpiece,” said junior Eric Thor Ruize.

So, no, video games do not affect students negatively, but instead quite the opposite. It serves as an outlet for creativity, and also as a way to simply have fun. It’s understandable if parents are concerned about the thing their kids play and how much their kids are playing them, but parents should know that moderation is the solution to such issues.

# EMBRACING THE SLOHS LGBTQ+ COMMUNITY

By Maya Caminada

On Tuesday, April 4, a federal appeals court in Chicago ruled that the 1964 Civil Rights Act that protects gay workers from job discrimination, also expands workplace protections in the landmark law to include sexual orientation. A lot of publicity has been focused lately towards the Lesbian, Gay Bisexual, Transgender, Queer, community and their battle for natural rights against many in politics who repeatedly vow to take them away. Cases like the one in Chicago are common occurrences as more and more people are taking pride in their sexual orientation. More attention around the LGBTQ community can be attributed to an increasing use of social media as people are able to share their stories of discrimination due to sexual orientation easily and more frequently.

Here in the upper middle class California town commonly nicknamed the “Happiest Place on Earth”, San Luis Obispo High School is unique in its push to accept all students. Currently, our campus has an involved Gay Straight Alliance Club and many students who are openly homosexual and bi-sexual on campus.

“It was really easy to come out to my friends because they are all really open minded and we love each other” said senior Humberto Zamora. Coming out can be a huge step in a young kid’s life and

while many like Zamora feel welcome by friends and peers at school, others seems to have a harder time.

Senior Whitney Burns said that when she came out as gay, “No one really believed me, and when they do it is like the subject of people’s jokes. I also get a lot of random sexual questions now.”

In such a sheltered community it can be difficult for students to balance curiosity with being intrusive into someone’s personal life. As more and more students feel comfortable to come out though, our campus adapts and re-focuses on what’s important. Our education, regardless of sexual orientation, is the priority. Students need to feel welcome and safe at school to be able to learn and grow.

Junior Stephen ZagRodny, an openly gay student, believes administration and principals “do a really good job to include the small LGBTQ community at our school. The only thing they could do better is maybe include more LGBTQ stories in the week about suicide prevention.” ZagRodny believes the most important thing to do in general as someone who has recently come out is to “surround yourself with positive people because no matter where you go there will be those who stereotype and belittle you.”

## PERSONAL EXPERIENCE: COMING OUT

By Humberto Zamora

It is really crazy when I take a moment to myself and think about where I am in life. It almost feels like yesterday I was starting San Luis Obispo High School as a freshman, and it sounds super cliché, but it is very true. Life is so beautiful and it confuses me to know that many people don’t take a moment to admire and appreciate the time on earth that is given to them. This school year alone has been one of the most influential times in my life because I have been able to overcome my biggest roadblock. One year and four months has passed since my siblings, close friends, and classmates discovered that I was gay, and only about three months since my parents found out that I am gay.

After years of constantly thinking that I would disappoint the people I look up to the most if they ever found out that I was gay, I finally found the courage to let my parents know who I really am, and the struggles I faced for a long time. Unexpectedly, and to my

amazement, the fear of rejection from my parents turned out to only be a figment of my imagination. Instead, my parents received the news with an open heart and endearment. I revealed years of stress and troubles faced by myself and what finally triggered me into finally telling them how I really felt, and who I really was. Truthfully, I didn’t plan on telling my parents for another ten years. I even went through times when I thought that I should just never tell them because I believed that it would be the best option.

Communication is the strongest building block of relationships, and without it, they often fall apart. This year I learned to take chances and not let my fears hold me back. I urge everybody to go out and do the same, because the opportunity might just slip from your grip. I hope someone struggling with the same situation can read this and gain some insight because you are not alone no matter what you believe.

# LGBTQ+ RELATIONSHIPS

## CHASE GARGANO AND LEA THOMPSON

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By Grace Berscheid

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*Seniors Chase Gargano and Lea Thompson are one of the many LGBTQ (Lesbian, Gay Bisexual, Transgender, Queer, etc.) couples at San Luis Obispo High School.*

They have been together since their sophomore year. As a school, are we as accepting as we should be? Or are we just unaware of the discrimination others might face on a daily basis? *Expressions* interviewed both Gargano and Thompson to get their take on the subject.



**Expressions:** What is it like being in a LGBTQ relationship at SLOHS?

**Senior Chase Gargano:** I think it's fine, but I also think it's a little weird. Only because there are still people that don't accept us, and do look down upon us, so you do have to deal with that side of discrimination.

**Senior Lea Thompson:** You just have to learn to live with people looking at you all the time because people do tend to glare.

**Expressions:** Do you feel you get looked at differently than others?

**Thompson:** A little, you don't have like half the people being mean to you or whatever, but you definitely know people are going to look at you, but you get used to it.

**Gargano:** We know the people that are for it or against it, and people's opinions, because they're open about it.

**Expressions:** What improvements, pertaining to the LGBTQ community, could SLOHS make?

**Gargano:** The whole labeling thing. Even though I identify as Trans and I am male, people identify me as female, and a lesbian, when I am a heterosexual male.

**Thompson:** I would say definitely being more open to the fact that there is more than just gay and lesbian. Like, there's bisexuals - like myself - asexual, queer, transgender, and gender fluid. It ranges from everybody. People like to just stick everybody in boxes, like 'you are male or you are cis, you are gay or you are straight' and that's not how things are. There's so much more than just one way or the other.

**Gargano:** I also think that at our school we could work to improve our Gay Straight Alliance as well, because I don't think they focus on a lot of those topics. They do stick to the gender binary of lesbian and gay only, and I do think we need more representation of everybody else.

**Expressions:** What did you do for your first date?

**Thompson:** I don't think we had an official first date.

**Gargano:** We could tell the story about how I asked you out.

**Thompson:** Yeah, this is going to be cheesy. We were trying to get a movie to work and then we went on a walk and then at 11:11 he gave me a picture that he painted and it was about the stars and it was night and cute, and then he was like "you're my wish".

# The Lewis Twins Prove that Two is Better than One



By Abigail Dorman

Juniors and twin sisters, Eliza and Alexis Lewis have taken San Luis Obispo High School sports by storm. After transferring from Morro Bay High School their sophomore year, the girls have put in countless hours of practice to perfect their skills for cross country and track and field. *Expressions* interviewed the Lewis sisters to find out more about what it's like to be involved in two varsity sports with a sibling.

**Expressions:** What is it like competing on a SLOHS varsity sports team in comparison to one at Morro Bay High School?

**Junior Alexis Lewis:** The sports teams are more challenging at SLOHS.

**Junior Eliza Lewis:** The varsity teams are more competitive at SLOHS compared to MBHS.

**Expressions:** What is it like competing on a varsity sports team with your sibling?

**A. Lewis:** It's definitely fun and it's more competitive because she helps me get better and get a better time.

**E. Lewis:** I couldn't imagine not having her on my team; she's the one who helps me be the best I can be.

**Expressions:** How has playing on the same sports teams impacted your relationship?

**A. Lewis:** It has helped us grow closer and it has helped us get along better.

**E. Lewis:** We do pretty much everything together, but playing the

same sports taught us to push each other and work as a team to get better.

**Expressions:** Out of the two sports you participate in, cross country and track and field, which one is your favorite?

**A. Lewis:** I like track better because the track meets are more social and I really like my event, the eight hundred meter, because it's shorter than the cross country races.

**E. Lewis:** I like cross country because it's the hardest of the two and I love a great challenge.

**Expressions:** Which sport is the most challenging?

**A. Lewis:** Cross country is really challenging because you have to work harder and the races are really long.

**E. Lewis:** Definitely cross country because the races are the longest and most painful.

**Expressions:** Do you want to pursue sports in college or as a professional career?

**A. Lewis:** I would like to in college because it would be really fun.

**E. Lewis:** Yes, I want to run in college.

**Expressions:** What advice would you give to someone hoping to join a varsity sports team?

**A. Lewis:** I would say to stay motivated, work hard, and give your best effort.

**E. Lewis:** Practice and work as hard as you can because it'll pay off in the long run.

## SLOHS Students Love to Shred Waves

By Nicole Kasper

Since we live so close to the coast, surfing has become a common hobby and pastime. Many students at San Luis Obispo High School surf on the Morro Bay High School surf team as well as for fun. *Expressions* interviewed students who surf about the current discussion over bringing national surfing competitions to San Luis Obispo County.

**Expressions:** When did you start surfing and how often do you surf each week?

**Sophomore Dylan deLlama:** I started surfing in the fourth grade. I am apart of

the Morro Bay Surf Team so we practice every Monday morning and I surf on the weekends and a couple of times during the week on my own.

**Senior Caroline Petithomme:** I surf once a week on average, depending on how much time I have. But this past summer it was about three to four times a week.

**Senior Shey Dorji:** I started surfing when I was ten and I go at least four times a week.

**Expressions:** Do you support national surf competitions coming to our county? If so, would you compete in these new competitions?

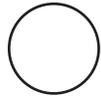
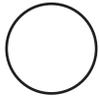
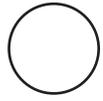
**deLlama:** I think that it would be cool if we

had more surf competitions. I have already competed in some and I would definitely compete in more if our county had more.

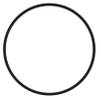
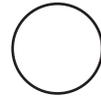
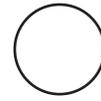
**Petithomme:** I think it would be cool to see a national competition come to SLO, but the only thing I wouldn't really like is the national or even international publicity SLO would get. I definitely wouldn't compete, I'm not that good.

**Dorji:** I support national surf competitions coming to our county because there are a lot of people trying to go pro in our area and the competitions would help local business. I used to do competitions when I was little, but now I just like to surf for fun.

# Who Inspires our Tiger Athletes?



By Ellie Janette



San Luis Obispo High School is home to many dedicated and talented athletes. These Tiger athletes are on the grind day in and day out, working hard to achieve their goals and excel in their sport. How do these athletes stay motivated? *Expressions* interviewed sophomore Maddie Fletcher, junior Zach Hilty, and senior Brendan Avila to find out who their role models are.

**Expressions:** What sport(s) are you participating in? How long have you been competing?

**Sophomore Maddie Fletcher:** Track, I've been competing for two years, since I was a freshman.

**Junior Zach Hilty:** I've been competing in tennis for twelve years.

**Senior Brendan Avila:** Football, and for five years.

**Expressions:** Who is a former or current professional or college athlete who inspires you? Who is a person on your team who inspires you and who you look up to?

**Fletcher:** My grandma, she started running when she was fifty-three and she's gotten two silver medals in the Veteran Olym-

pics. Shaina Morris, she's always been a great leader and someone I can look up to. **Hilty:** Roger Federer because a lot of people think he's at the end of his career even though he still plays some of the best tennis. Alex Hasley, because he always stays after practice to hit an extra basket of serves.

**Avila:** J.J. Watt because he works really hard and is probably the best defensive end in the NFL. Wayne Garcia, he's a lineman just like me and we don't get a lot of recognition but he works harder than everyone else on the team.

**Expressions:** How does this help drive you to train harder and compete better?

**Fletcher:** I want to follow in my grandma's example and always work hard no matter what limits are put on me.

**Hilty:** Being around people who always work hard inspires me to compete better.

**Avila:** J.J. Watt came from a small town and wasn't guaranteed much but he worked really hard and now he's one of the best. It showed me that with hard work anything can be accomplished.

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## SLOHS Spring Fashion Trends

By Joanna Padron and Daniel Qenani

This spring season has brought beams of heat, sunshine, and a surplus of new fashion trends and outfit ideas. **Expressions** talked to local San Luis Obispo High School students in order to get the scoop on the latest spring fashion. **Expressions:** How would you describe your fashion sense?

**Junior Will Stoll:** My fashion sense is a tribute to the creatives. It combines art, culture and music.

**Junior Nabeel Elsayed:** My fashion sense is thrifty without a doubt, It's a good feeling to know that what you're wearing is unique and exemplifies you and what your about. That's why thrift shops are cool, because you can find value in new come ups, that the person who threw them away couldn't.

**Expressions:** How has your style changed with the change of seasons?

**Stoll:** It really doesn't change too much.

You will most likely see me in black pants, no matter the weather. As seasons go, however, winter is the best to change my style. Instead of wearing t-shirts, I can layer up in hoodies and a variety of jackets. Seasonal drops do influence my style, by the constant release of new clothe. New drops show the perspective of what the designers are able to express. An example of this would be Kanye West's collaboration with adidas, "Calabasas". This is collection, which is labeled to drop soon, includes a monochromatic silhouette sneaker; they will be great for the upcoming summer time, see me in those soon.

**Elsayed:** My style doesn't change that much with the seasons, except for winter. I personally feel that winter is the dopest season for clothe,s because you get to layer up and wear more. I am able to wear a wid-

er array of clothing, for example like jackets, and my style isn't stunted by the heat. Winter is definitely my favorite season that correlates with my favorite fashion.

**Expressions:** What spring clothing do you feel describes you most as a person?

**Stoll:** My all time favorite t-shirt a 2013 cut and sewn photo collage tee labeled "Kings-ton" from Supreme. This t-shirt shows one of my favorite forms of art, photo collaging. I just love the documentation of people, especially in an artistic medium.

**Elsayed:** Well starting from the feet up, you're always gonna see me reppin' some fresh kicks usually New Balance, and usually a floral shirt and a cardigan. It depends though, because it's a day to day thing and just depends on what I am feeling.



**Expressions:** Do you think the warmer weather leads you to dress in a more cheerful way in Spring, or does the climate change not alter your mood?

**Senior Dana Minnoch:** The climate definitely changes my mood. I steer away from darker colors and go towards lighter colors and larger sizes so my clothes are loose and flowy, keeping me cooler during warmer weather.

**Senior Haley Block:** I think I tend to dress the same throughout the year. My style stays pretty consistent as far as colors go. When spring approaches I tend to wear more patterns, pastels, and pinks.

**Junior Gen B.P.:** The warm weather tends to lighten my mood a little because I get to wear all the outfits that remind me of

summer and I don't have to cover up my clothes with a big jacket.

**Expressions:** What would you say your footwear changes to during spring?

**Minnoch:** My favorite shoe for spring are my Puma Slides because they are so easy but so cool and easy to pair with any outfit.

**Block:** During the winter I tend to wear more boots and closed toed shoes. During the Spring I start wearing more open toed shoes and sandals.

**Expressions:** What accessories do you tend to wear during spring?

**Minnoch:** For accessories I like to wear lots of fun earrings because I tend to wear my hair up.

**Gen:** With the warmer weather I tend to wear more hats.



## Sitting down with future Art Student Sam Rankin

By Jenny Zakaria

Senior Samantha Rankin is an exceptional artist on San Luis Obispo High School's campus. She loves to sculpt, paint, and draw either at school or at home depending on how large scale the project is. Her wholehearted involvement in art began in middle school and continued throughout high school when she could frequently be seen drawing in her sketchbook.

"It started as something I enjoy and people told me I was good at, but now as I'm going to college, I've started to realize if you do art for other people, you will be miserable. It is something I love to do, but it is not

my identity. It's a way for me to feel good and express myself creatively and I think that everyone needs a way to do that," said Rankin.

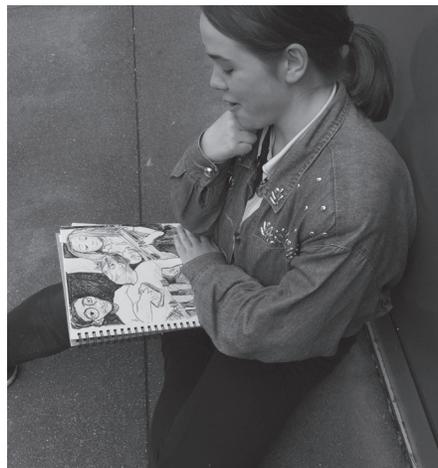
Rankin competed in local art competitions such as the Monday Club Fine Arts and was selected to attend an art summer camp at UCLA the summer after her junior year. Throughout her high school career, Rankin completed many prized art pieces.

"Two of the biggest paintings that I've done are about three by four and a half feet and they are studies of the same figures," said Rankin. Her work focused mainly on representing the figure and portraying realism and naturalism, but she explained how she doesn't strictly adhere to a certain art type. When asked which type of medium she

would like to explore, Rankin said, "I'd love to learn how to cast bronze or a subtraction method with wood or stone. Mostly, I would like to work bigger and have a studio space because it's kinda hard to work in my garage."

Planning to pursue a career in art, Rankin committed to UCSB's Creative College of Studies for Art, a program containing only twenty six students at a time. The most exciting part of this opportunity was she will get studio space and basically get to take any classes at the college that interest her and inform her art.

"I'm going to basically be doing art all day while learning about things that interest me academically," said Rankin.



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# Senior Andrea Hernandez:

## Transforming Her School and Community

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By Abby Dorman

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The San Luis Obispo High School Associated Student Body plays a major role on campus. From spirit days, rallies, and bright posters, the ASB collectively works to create an environment that welcomes and accepts a diverse community. This past year, senior Andrea Hernandez created her own ASB position as Commissioner of Cultural Awareness. *Expressions* interviewed Hernandez to find out more about what her role entails and what led her to create the position.

**Expressions:** How long have you been a part of the ASB?

**Senior Andrea Hernandez:** This is my first year.

**Expressions:** Have you held any leadership positions prior to becoming the commissioner of cultural awareness?

**Hernandez:** I am president of M.E.X.A (Movimiento Estudiantil Xicano de Aztlán) club, which relates to spreading cultural awareness.

**Expressions:** What events have you put on?

**Hernandez:** I've worked with MEXA club, Asian Culture Club, Salsa Club, and Friday Night Live to put together events like, Independence Day of Latin American Countries, Chinese New Year and Baile de Primavera.

**Expressions:** What do you do as the commissioner of cultural awareness?

**Hernandez:** I plan events/announcements that highlight significant cultural celebrations. Announcements come across on TNN (Tiger News Network) and the SLOHS ASB Instagram. Some events have been the celebration of Latin American Countries Independence Day, Chinese New Year, and Baile de Primavera (spring dance). I will be working on holding interviews with students who have information to share, on the way that they feel in school and what should be fixed.

**Expressions:** Why did you want to create this position?

**Hernandez:** I've attended meetings with the school district Superintendent Eric Prater. We discussed things that are going and not going well in school, suggestions we have to fix issues, and if we feel culturally represented by our school etc. The answer from several of the students present was no. After those meetings, I decided to do something to help students feel represented by their school and to spread cultural awareness.

**Expressions:** What inspired you to become the Commissioner of Cultural Awareness?

**Hernandez:** Realizing that students around me strongly feel left out in school, because of their race and background made me feel like it was my job to do something for them. I believe that all students should feel comfortable and welcome by their school.

**Expressions:** What do you hope to achieve as the commissioner of cultural awareness?

**Hernandez:** I want to create tolerance for all cultures, and respect for them, so students feel welcome and comfortable at school.

**Expressions:** How has your role in ASB impacted your life?

**Hernandez:** It's helped me develop leadership skills, realize how sensitive of a topic culture is, and comprehend that respect towards people is crucial, regardless of their background.

**Expressions:** What advice would you give to someone who is thinking about joining ASB?

**Hernandez:** Don't be afraid to do something new. Even if you don't get the best turn out from your events, realize that you're sending out a message, network as much as possible, and make yourself open for students to come to you with concerns or questions.

# What Were Our Teachers Like in High School?



By Roy Ihatsu

We know our San Luis Obispo High School teachers as educated and all-knowing, but were they like this all their lives? Have you ever wondered what they were interested in years back? *Expressions* set out to ask our beloved teachers about their high school years.

**Expressions:** What were you like in high school?

**History teacher John Franklin:** I was a very conscientious, good student. Probably overworked myself.

**Anatomy teacher Moira Milich:** A good, social, and responsible student.

**Physical Education coach Jack Greer:** I was a jock at school and a hick outside school. I lived on a farm, and my family taught me a very strong work-ethic. I think I had a great personality.

**Math teacher Blake Bristol:** I was a quiet and shy three-sport athlete.

**Physics teacher Kevin Coulombe:** Pretty much the same. I was weird, a bit of an out-

cast, and an athlete.

**Expressions:** What did you like most about high school?

**Franklin:** Nothing.

**Milich:** Hanging out with my friends.

**Greer:** I liked to compete in athletics. I most enjoyed the outdoors with my group of friends.

**Bristol:** Sports.

**Coulombe:** I liked having the time to be able to pursue multiple interests. That disappears in college when you have to choose one and focus on that. In high school, I got to do sports and art, have a job, and play video games.

**Expressions:** Did you participate in any sports or clubs?

**Franklin:** I played rugby for 12 years pretty seriously and also did track. I was school champion in shot put, long jump, and high jump.

**Milich:** I participated in an athletic club and Key Club. I was also a cheerleader.

**Greer:** Football, basketball and baseball. We didn't really have that many clubs in my school in the early 80s.

**Bristol:** Football, basketball and track. I

also participated in a bunch of clubs like ASB, Christian Club and NHS (National Honor Society).

**Coulombe:** A lot of sports, not that many clubs. Baseball, football, and snowboarding were my big ones.

**Expressions:** Do you have any advice for our SLOHS students?

**Franklin:** If you don't know what you want to be and do, don't worry about it. It'll come to you, if you just open yourself to the universe.

**Milich:** Think things through before you do it.

**Greer:** DTR: do things right. Try your best to do things the right way. That branches off to many things. Stay out of trouble on weekends, and don't fool around in school.

**Bristol:** More than you can write in the article. You have to make the most of the moment placed in front of you. Otherwise you'll miss out on something.

**Coulombe:** Take advantage of all the opportunities that are provided for you at this school. We have some great clubs, like Harvard Model Congress and Interact Club, that give you a nice head start to college.

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# Where to get your prom dress

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By Danielle Ward

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Choosing a prom dress is a tough decision for any San Luis Obispo High School student. Having the same dress as someone else is always a fear among students. Buying a dress locally, going out of town, finding one online, or buying from someone last year are all options. Located in downtown San Luis Obispo, A Heart's Desires Bridal may have the best selection in SLO. It is mainly a bridal shop, but they offer a wide variety of prom dresses if you have a relatively larger budget.

"The negatives of buying a dress downtown would be that you never know

if someone has the same dress and it is also more expensive. Mine was a few hundred dollars, but you are able to make sure it's the right size before buying it," said senior Rylie Johnson.

Websites such as promgirl.com or lulus.com have thousands of dresses for someone with a lower budget. Senior Maddie Brogno purchased her prom dress online and she was happy with the outcome, but had to make a few alterations.

"Buying a prom dress online is good because you have more options and there are not many stores downtown that sell prom dresses. There is also a high chance that ten other people will have the same dress if you buy it locally. But, it is risky because the dress could be made cheaply, and you never know if it will look good

until you have already purchased it," said Brogno.

Buying a used dress from a SLOHS student who wore it the year prior is another low cost option. Prom dresses sit in closets for months most likely never to be worn again. Last year, senior Haley Adler saw a prom dress worn by a past senior and fell in love.

"I knew that was the dress I wanted to wear. I direct messaged the girl who wore it on Instagram and asked where she got it, she told me Free People but that it was sold out. Then said that she would sell it to me for a lower price if I wanted to buy it off of her, so I did," said Adler.

Best of luck to any SLOHS student in their dress hunt. Remember, there are options everywhere.

# SLOHS Promposals of

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By Sarah Ardantz

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Prom is approaching fast and many people are probably uncertain on how to ask their date. Recently, TNN announced that the students with the most elaborate promposal receives free tickets to the dance. *Expressions* asked three upperclassmen what they have in store for their extravagant promposal.

"I'm going to put each individual letter in a balloon the have her pop all of them and spell it out, then walk around the corner with a bouquet of flowers," said an anonymous junior boy.

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"At one of the last swim meets, I am going to ask her to come watch and have them announce my name, and I can have the announcer ask her to come up to the PA system and then I'll pull out flowers and a poster or something," said an anonymous senior boy.

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"He never locks his car, so I am going to fill it with balloons and I am going to be inside with a poster that says 'prom?' and after school when he opens his door I am going to pop out," said an anonymous junior girl.

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