

San Luis Obispo High School

Expressions

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Photo illustration by Annie McNulty

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Emma Watson feminism letter to the editor

As I sat in my bedroom after ice-skating over break, I haply decided to read the [November issue of] *Expressions*. “Emma Watson’s take on feminism” shocked me. When I read “stand up against feminism,” I knew something needed to be addressed.

The problem: the very idea the article described to “combat” feminism was feminism. This misconception makes me sick. True feminism is the belief in and the act of allowing everyone to pursue their unique happiness and to fill their diverse needs.

Feminism isn’t meant to belittle men or housewives. Feminism’s intent is to abolish ignorance, injustice, and prejudice; to allow each person opportunities to fulfill their self-proclaimed mission.

I don’t blame high schoolers for misinterpreting discussions on the subject. Our education system is still too afraid of the “f-word” to teach about it. (Not that one. They taught you all about that one.) Really, the only way to understand feminism is to pursue it individually.



Regarding Emma Watson and HeForShe, I know of few people or organizations more feministic [sic].

And to all who snicker or cringe when Women of the World Club is mentioned on TNN: they are already so far ahead of you. And it’s not because of their gender. Respectfully and honestly,

Junior Bess Nicolds

Editor’s note:

An article appearing in the November edition of *Expressions*, “Emma Watson’s take on feminism”, by staff reporter Audrey Ross, erroneously stated Watson “stand[s] against feminism”, rather than “stands against gender roles”.

Letters to the Editor are always welcome. Send your letter to snairne@slcusd.org.

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New parking permits pose problems at SLOHS



Photo Courtesy of: Michael Grasseschi

Permits in the Parking Lot: Parking permit number 0045 sits in the lower right hand corner of a rule-abiding student's Toyota.

Michael Grasseschi
Staff Reporter

The San Luis Obispo High School administration has recently decided to establish a parking permit system for students so as to identify cars in case of an emergency. Last year, during the extreme heat, one of the solar panel boxes in the parking lot overheated and melted, causing damage to some students' cars and creating a problem for the SLOHS staff, who had difficulty determining whose vehicles they were and how to contact the students. The parking permits will help staff to

identify which student they need to contact in case of an emergency based on the sticker's identification number. Students have not been fans of the new system.

"Once [the stickers] are on, they're kind of permanent. We should find better means, [something] where you can take them off and on your car," said senior Griffin Irving, expressing that since he doesn't always drive the same car to school, it would be easier to have a permit that's moveable and can be put in any car. "I don't want to have my parents' car with a permit," said Irving.

The deans have been stopping students in the

parking lot during the mornings, making sure they have permits on their cars, and referring that they park up at the Adult School off of Lizzie St. if they do not have a permit.

Senior Dustin Stephens, who has been parking at the adult school since the end of sophomore year, said that he has been told that he was not allowed to park in their parking lot. "We've had some problems with the janitor up there, who would tell us that we weren't allowed to park up there." Stephens went on to say that he personally spoke with Principal Leslie O'Connor, who nullified this and permitted them to park there.

Ohio transgender teen's suicide sparks debate

Photo Courtesy of: USA Today



Solemn Mourning: Classmates and community members gather at King's High School in Cincinnati, Ohio to remember Leelah Alcorn

Izzy Kramer
Opinion Editor

Suicide is a major issue amongst young people everywhere. While depression and anxiety can affect anyone, suicide is particularly prevalent amongst lesbian, gay, bisexual, and transgender (LGBT) teenagers. On December 28, 2014, Leelah Alcorn, a seventeen year old transgender girl living in Ohio, committed suicide. Her death has sparked debates about gender, religion, and family across the nation.

Alcorn's parents, conservative Christians, placed their daughter in "conversion therapy": a type of religious-based conditioning intended to "fix" gender dysphoria and convince trans people to identify with the sexes

they were assigned at birth.

Shortly before killing herself, Alcorn posted a suicide note to the blogging site Tumblr, citing her reasons for ending her life. The note mentions the abuse she suffered from her parents, her struggles with identity, and her desire for her death to make a difference in the world.

"Gender needs to be taught about in schools, the earlier the better. My death needs to mean something," said Alcorn in her note. Her suicide has led to a Change.org petition by the Transgender Human Rights Institute calling upon President Obama to ban conversion therapy. According to the Dailymail.co.uk, "Leelah Alcorn's Law, as it is being called, already has close to 200,000 signatures."

"Even though I feel we are an accepting group of students, [LGBT] issues are often overlooked and not spoken about enough in our school," said junior Gaby Pinzón.

Trans people have a life expectancy of 30-32 years, and are 41% more likely to attempt suicide at some point in their lifetimes. Trans women have a one in twelve chance of being murdered, with that statistic rising to one in eight for trans women of color.

Sources:
dailymail.co.uk
npr.org
outsmartmagazine.com
nytimes.com

Sexual crimes plague colleges nationwide



Photo illustration by: Gabby Garza

Gabby Garza
Staff Reporter

Throughout the past several months there have been accusations of sexual assault at many college campuses and universities across the United States of America, including California Polytechnic State University. San Luis Obispo High School is within a few miles of Cal Poly and many students have either family or friends who attend the university. These events hit close to home for many SLOHS students.

Sexual assault is defined as any involuntary sexual act in which a person is threatened or is forced to engage in against their will, or any

non-consensual sexual touching of a person. Sexual harassment, which could be anything from staring at someone's body to sharing pictures or emails of sexual nature, tends to lead into sexual assault.

"Just a simple whistle can be taken as a form of sexual harassment. Anything that might make someone feel uncomfortable," said SLOHS health teacher Dan Monroe.

While the majority of victims of sexual assault are women, men may also be victims of sexual assault. According to the National Sexual Violence Research Center an estimated 1 in 4 girls and 1 in 6 boys will be sexually assaulted by the age of 18. Whether or not we want to accept it, we are all at risk of being

sexually assaulted. Across the United States, an estimated one college student in five is raped, and only 12 percent of these attacks are reported or talked about.

Victim blaming attitudes make it harder to report the abuse because most people feel that society would blame the victim for the abuse therefore they don't feel comfortable coming forward about the problem. By engaging in an attitude like this, society allows the abuser to hide from accusations and avoid penalty for their actions. When people remain neutral about the abuse and say that the blame is equal, they are supporting the abuser and making it less likely that the victim will seek help.

Blood drive results

Blood Drive

Results

SLOHS -- 2014

United Blood Services Central Coast

Participants

Pints of blood collected	43	100	89	70
	Pints	2012	2013	2014

Illustration Courtesy of: Ella Jackson

Ella Jackson
Staff Reporter

The annual San Luis Obispo High School Blood Drive, organized by the Associated Student Body, [ASB], was held on December 19th, 2014. As the year came to a close, with the help of the Central Coast United Blood Services, SLOHS students were able to give back. This year we collected 43 pints of blood and, as we have done for the past three years, SLOHS exceeded its overall goal of 35 participants with a total of seventy. "The United Blood Services is very happy with the students and how much we collected," said ASB advisor Jim Johnson.

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Do we still need bathroom passes?



Photo by Emma Jane Haas

Pass on the pass: Senior Krissie Miller poses with a bathroom pass.

Emma Jane Haas
Staff Reporter

As high school students, one thing that we constantly encounter is the requirement to use a “bathroom pass”. These are usually in the form of little slips of paper that must be turned in whenever one goes to the bathroom. Usually, students only get a few bathroom passes during each trimester, the purpose being to ensure they will utilize the time spent out of class well.

Some teachers even have objects for you to take to the bathroom with you, which can be quite demoralizing. Personally, I don’t see the need to shame kids when they need to use the bathroom- a normal thing that all human beings do.

There are even teachers that make seniors use bathroom passes. This seems especially unnecessary when you think about the fact that these people (some of them legally adults), who are expected to plan the rest of their lives, are not trusted to go to the bathroom without having limited opportunities.

“As a senior, bathroom passes feel slightly condescending. I’m about to make choices that will affect the rest of my life, and I still have to ask to use the bathroom,” said senior Christy Wilvert. At this point in one’s life, it

is the student’s responsibility to pay attention and put in effort while in class. If I am going to ask to use the bathroom under false pretenses just to take a break, isn’t that only hurting me? I will be the one to suffer the consequences of poor grades, not the teacher.

There are, however, other views on the use of “bathroom passes”. English teacher Laurie Decker, who has used bathroom passes during her entire teaching career, thinks that they are effective and necessary.

“For me, the purpose of bathroom passes is to enable students to use the restroom without having to ask a teacher for permission to use the restroom. It’s empowering for them: they have a couple opportunities for emergencies, if they need it. There’s accountability because they have the sign-out sheet and the pass that they have to take. It puts the ball in their court,” said Decker.

Like many other teachers, Decker gives out extra credit at the end of the trimester for any unused bathroom passes. Although this seems like easy points, it could cause students to be conflicted as to whether they should go to the bathroom (and cost themselves a valuable grade cushion), or hold in their pee- which can cause bladder infections, among other health issues.

Continued on page 16

A wise man said...

Zach Wise
Staff Reporter

Problems- we all have them. Many go through life never getting answers to life’s elusive questions, but finally there’s a solution: Zach Wise. That’s right: finally, you can get the advice you seek from a truly wise man. Expressions recently collected a series of anonymous questions and I have provided the best possible answers.

Dear Zach,

My mom told me not to use the water cups for my morning coffee but I went behind her back and used one anyways. Guess what happened? It shattered! Luckily I had time to pick up the pieces and hide them under the couch before she came upstairs, but now I’m screwed! When she does one of her periodic cup counts she will realize one is missing and I’ll be in deep doo-doo! What should I do?

Sincerely,
Fearing For My Life

Fearing For My Life,

Let me start by telling you that you came to the right person. This exact scenario has happened to me more times than I can count! Firstly, stay calm. I know that the inevitability of your mom finding out that you have committed this major breach of trust is frightening, but if you stay calm and follow my direction we can get through this.

First, find a screwdriver. Make sure your shelf is one that is held together by screws. If this is the case, you are in luck. Next, unscrew two of the screws holding the shelf in place. Now you must wait for her to reenter the kitchen. Once she does, act like you are reaching for a glass from the shelf and “accidentally” knock the entire shelf to the ground. There will be so much broken class and wreckage she won’t even notice the missing cup! You’re welcome.

Dear Zach,

I found a really cool ultra-thin calculator that is powered by the sun and is the same proportions as a credit card. Unfortunately,

Continued on page 16

Police brutality must stop



Photo by abcnews.org

Once again, no justice: Protestors in New York speak out against police brutality.

Zach Wise
Staff Reporter

Police officers are given far too much power in the United States. Although there is a code of conduct that is supposed to be followed and regulated, often times these rules are disregarded and the law is left to the opinion of the officer.

Officers rely too heavily on physical violence instead of peaceful resolution. If one speaks out against an officer, it is in their power to arrest that individual and charge them with any crime they deem fit. The biggest problem with this is racial profiling.

There has been a lot of speculation as to what happened in the Ferguson case, when Michael Brown was shot and killed by a local police officer, but there is video evidence that what happened to Eric Garner was completely unwarranted and an example of racial profiling. Yes, he was selling single cigarettes, which is illegal. However, this is clearly not good enough cause for murder.

Eric Garner had broken up a fight between two third parties and was standing innocently when he was approached by a group of New York police officers. In the video it is clear that he was identified as a threat, presumably due only to his race.

After telling the officers he did not want to be harassed any longer, one officer tried to seize him. Garner did not want to be touched and when he “resisted arrest” he was put in a chokehold and brought to the ground, all while gasping, “I can’t breathe.”

This chokehold, which is deemed illegal for use by New York City police officers, was an unnecessary example of brute force and should not be overlooked by anyone as anything other than unjustified brutality.

It was clear that the chokehold was unnecessary, as Garner had not posed a threat to those around him. If police can decide whom they want to violently assault, and then get away with what was basically murder without punishment, there will be no order in this country.

This case has sparked massive protests all

throughout the world, many walking through the street of New York holding signs and chanting “I can’t breathe.”

There has been severe backlash in the media, with almost all reliable new sources, this time, siding with the clear victim, Garner. The issue isn’t just police brutality; it is racial profiling as a whole. Many, including me, believe that if Garner were Caucasian, this outcome would have drastically differed. Many African-Americans are labeled just through glances by police officers.

“I definitely feel extra attention from authority figures,” said African-American sophomore James Higgins. This is a common problem for many young African-Americans all throughout the United States, and is a major issue that is finally getting the attention it deserves.

Simply having a badge should not warrant the death of a man for absolutely no reason. Together, we must all stand out against these travesties and make the U.S. a country full of equality and peace.

Is rap music negatively affecting students?

Audrey Ross
Staff Reporter

Many San Luis Obispo High School students are caught up on popular music. Sometimes these songs contain lyrics that are offensive and inappropriate. The lyrics in rap music are often filled with profanity and sexual content, which can be offensive to many people.

“In general, rap is pretty offensive, but it really depends on the audience. If they are prepared for it and don’t base [their] lifestyles off what the rap’s about, it’s chillin’,” said sophomore and rapper James Higgins.

Higgins’ point is widely held by students who are entertained by rap, but do not base their lives on what is being said.

“Sometimes rap songs can have a good meaning, but when they are turned into songs where they talk about sexual things... that can be offensive [and] just stupid,” said senior Anna Morgan.

In the song “Vegas”, Eminem alludes to rape and uses crude language to express very sexual topics and desires. If these kinds of lyrics are being broadcasted on the radio, the entire world can hear it, including young children. If a child hears these lyrics, they could start to believe it is okay to say and do those things.

“I think that maybe the parents should learn about what goes on in their [children’s] brains. The child’s brain is growing and developing, so what they are going to learn at a younger age is much quicker and will stay with them a lot longer than if they were to grow up and then hear about it,” said senior Brandon Bassler.

Rap music can be offensive and inappropriate. I’m not saying no one should listen to rap music, but if they do, they must be aware of who is listening. People need to remember that what is heard on the radio does not always translate to acceptable behavior in daily life.

High School Relationships

Take a deep breath and refocus your energy. There is a positive side to everything, so don't dwell on the negative

Put on some sad music. Embrace the spectrum of human emotion with Radiohead, American Football, T or Drake.

New Encounters: Modern Love

Veronica Gibson
Staff Reporter

Love is for anyone of any shape, age, size, race, and sexual preference. In today's society, love is constantly evolving, but for some lesbian, gay, bi sexual, and transgender students at San Luis Obispo High School, love can be hard to find.

"This was one of the main reasons I moved to San Luis Obispo High School from Morro Bay. Morro Bay has around 900 students and SLOHS has around 1500, so I thought it would be easier to find someone," said sophomore Jeffery Mason.

But for some SLOHS students, the dating scene isn't as easy. A poll done by Cyber Cast News in 2008 discovered that about five percent of American high school students "identify as gay or lesbian" in an average United States

high school. This would mean that SLOHS has at least 75 students who fall into that category. Although 75 is a large amount of people to some, it is very limited for others.

"For me it's difficult to find interest in someone at SLOHS because I have known everyone as a friend or for a long time," said sophomore Karina Benavidez. It can be uncomfortable for some to express their relationships in front of family and the public. Many LGBT people fear negative reactions, rejection, and upsetting people they are close to.

"I still have not come out to my dad yet but all my close friends know. If people come up and ask me if I am [bi], I will tell them yes I am," said Benavidez. However, some feel completely open about expressing their relationship in public. LGBT youth are coming out younger than ever

before. Studies have shown that the average young LGBT person begins the process of coming out around the age of 16. This has changed drastically since the 1980s when people started coming out around 19 and 23.

"I have no problem with [expressing my relationship] at all. Public display of affection is fun," said Mason.

Many LGBT students often say that they have been surprised by the positive reactions they have received when coming out. This acceptance can be valuable source of strength and helps many LGBT people to have the confidence to express their sexual or gender identity more openly.

Sources:
cnsnews.com
avert.org

ACCEPT

Drive to an abandoned warehouse and dance it out like Kevin Bacon in "Footloose". Breakups are tough, don't suppress your emotions entirely.

Call a friend and ask to hang out. Sometimes you neglect your friends while tending to a precarious relationship.

Think about areas to improve in your life. Self-love is definitely necessary after a messy breakup.

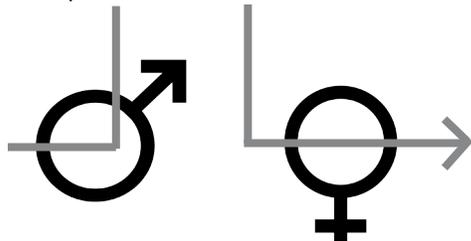
If self-love isn't your thing, see how many slices of pizza you can eat. Pizza may comfort you more than any lover ever could.

At the appropriate time, seek resolution with your ex. Apologize, forgive, and heal. Closure is the last step to help you move on.

BREAKUPS

A SAN LUIS OBISPO HIGH SCHOOL BOY VS. GIRL'S GUIDE TO RECOVERING AFTER THE BIG SPLIT

By Editor-in-Chief Drew Minnoch and Staff Reporter Danielle Ward



Binge on Ben & Jerry's pint size ice cream tubs (the official break up food).

Binge-watch Netflix until you forget everything about your former relationship.

Delete every couples picture and block them from your Instagram, Facebook, Snapchat, and Twitter.

In the Ring: Dating in High School

PRO

Staff Reporter **Haley Howard**

Relationships are one of the most inordinate aspects of the High School experience, and this isn't without reason. Being with someone through the teenage years can be extremely beneficial.

When you're dating someone it gives you the chance to go out and do something fun. It also helps you to become a better communicator and learn to consider the feelings of another. Many people feel more confident when they go out with people since they know that they won't feel like a third wheel. When in a relationship there's always someone to say that no matter what you're going through it will be okay.

"Someone's always there for you and you can tell them anything. You feel safe," said freshman Athena Peterson.

There's almost a feeling like you're walking on air with so much happiness. There's a feeling of relief and it's like you can be yourself there's not as much pressure to always look your best. Who actually wants to have to get ready every day? They only want what's best.

Dopamine levels surge when you meet someone to be potentially in a relationship with. All that dopamine gives you an extra thrill when you see your boyfriend or girlfriend, creating a need to be around them.

Studies show that it makes you think smarter and faster. In one study, participants stared at a computer as names flashed across the screen. When the name of the one they were in a relationship appeared, their performance improved.

TANCE

CON

Feature Editor **Annie McNulty**

The benefits of being in a relationship are not hard to find. In fact, our society has been illustrating this social ideal for so long that we don't even need to look for it. However, far too often, this is the problem. Years of adolescence are some of the most trying, consuming, and important years for building the base on which we will construct the rest of our adult lives. Should we build this base on something dependent on somebody else?

For many people, the emotional support and companionship of a partner is extremely beneficial. What must be stressed aren't the negatives of dating, but the benefits of not being in one. Lives are full of extremely meaningful relationships of all kinds. While love is undoubtedly a transformative experience, so is growing up, getting an education, starting a career, and discovering who you are. These things take a lot of time, and a lot of us as individuals. And so does being with someone.

Even the idea of that special someone can be enough to provide the things that actually being with them would. The idea that a partner gives you an excuse to dress up or improve aspects of oneself can be translated to anyone. Both loving yourself and loving someone else is something created in the mind, and merely imagining that love (with the intent of leaving it as something imagined, or a crush) can get the same gears turning.

However, when in need of inspiration to "be a better you", looking to someone else to get it treats the symptom, not the disease. We have our entire lives to pursue relationships romantically, and at a time as crucial as teenage years, it is smarter to establish that which we have with ourselves first.

Go on elaborate public dates with every one of their best friends

Now that you're out of the house, spend some time with yourself. Reflect on what you like about yourself, not them.

Surround yourself with friends who will give you pep talks and boost your self confidence to almost unrealistic degrees

Move on and enjoy the time you had together, don't be angry with yourself.

Start seeking new relationships, even with your ex. You may not remain on the best of terms, but sometimes being friends is enough.



Who knows the player better?

Gabby Garza
Staff reporter

Just how well does a girlfriend know her boyfriend and does his friend know him better? *Expressions* asked senior boys' basketball varsity captain Andrew Wauchope, his girlfriend sophomore Whittney Burns, and his team mate and captain senior Chase Braun to find out who knows Andrew best.



Courtesy of Gabby Garza

Picking up the slack: Whittney and Chase hold up Andrew

Questions: Who is Andrew's celebrity crush?

What is Andrew's favorite song?

Who are their tops on snapchat?

What is Andrews favorite food?

Cat person or dog person?

Andrew Wauchope's answers

1. Kim Kardashian
2. "I Dont F*** With You" by Big Sean
3. Alex Chai, Whittney Burns, and Chase Braun
4. Steak
5. Dog person



Chase Braun's answers

1. Blake Shelton
2. "California Girls" by Kate Perry
3. Alex Chai, Whittney Burns, and myself
4. Bananas
5. Cat person

Whittney Burn's answers

1. Kate Upton
2. "Studio" by School Boy Q
3. Alex Chai, Jeremy, and Chase Braun
4. Pizza
5. Dog person



Clearly neither Andrew's girlfriend or teammate know him as well as they thought.

Freshmen girls' soccer gets kicked out

Courtesy of Micheal Grasseschi



Micheal Grasseschi
Staff reporter

This season, the girls' freshman soccer team has been removed from the school sports program. Due to redistricting and the girls' soccer program advancing to PAC 8, there are no other schools that have freshman teams for the San Luis Obispo High School team to compete with.

"Most schools don't have a freshman team, so they wouldn't get to play very much anyway," said freshman Anna Waldorf, who plays on the junior varsity soccer team.

Seventeen of the twenty players on the JV team are freshmen, and only two of these were moved up to the JV team from the freshman team.

"Only less than five freshmen girls were cut from the girls' soccer program," said athletic director Jeff Brandow. "We worked with the coaches, and actually had a bigger number for varsity than last year, as well as our JV team."

With the freshman team no longer in operation, the JV and varsity team will have even more priority.

"It's a waste of money," said Waldorf, who thinks the freshman team is not worth the school's efforts. With the majority of the freshmen players on the JV team, the freshman team would not be able to compete with the other teams, usually other schools' JV teams.

"Nobody from Paso Robles all the way down to Santa Barbara actually has freshman soccer," Brandow added, saying that having the freshman team to compete against the other JV teams was demeaning and humiliating to the other teams, and would not be worth the extra funding for the team. Brandow expressed that it would be pointless to make a team with no one to compete with, which was the main reason for the athletic administration's decision to terminate the team. Although the freshman team is no longer in operation, the JV and varsity teams have high hopes for the season.

Is cheer getting closer to being a sport?

Audrey Ross
Staff reporter

For the past few years, the San Luis Obispo High School cheer team hasn't participated in competitions.

This year marks a return to competitive cheer. These competitions are different than past year's competitions, with a STUNT focus.

"STUNT is the new competitive team sport derived from cheerleading. STUNT removes the crowd-leading element and focuses on the technical and athletic components of cheer,

including partner stunts, pyramids, basket tosses, group jumps and tumbling," said Coach Annette Laron-Pickett. This version of competition is attempting to position cheer as a sport.

STUNT is broken up into four quarters, much like other sports. Each quarter has different aspects and skills

required by a cheerleading team. There are two teams on the mats, and each team has the exact same routines being performed simultaneously. With every mistake the team makes, a point is taken



Haley Alder stunts at game. Courtesy of SLOHS cheer

off. The team with the most points wins the competition.

The cheerleaders this year are looking forward to the opportunity to compete and to take a step toward cheerleading being recognized as a legitimate sport. "I'm really excited. It's very challenging and very similar to a game like most sports, so it

makes cheer seem more like a sport." said senior Jamie Staph.

When asked how she thinks the team will do at the competition in April and May, senior Tiana Miner said, "I think we will do good because we always fight for our stunts no matter what and we always push through."

"The team is comprised of very talented young ladies. Coaches Aly Mantell, Kayla Slocum, and I, believe the team will do very well at STUNT. With this being out first year competing in STUNT, we can

just prepare and perform to our best ability," said Coach Laron-Pickett. All the coaching staff expect the SLOHS cheer squad to perform very well.

This Spring, the cheer team will be giving their full effort to represent SLOHS to the best of their ability and dominate the mats.

What it means to be a SLOHS athlete

Garret Perkins
News Editor

I stand at the edge of the deck, bracing myself for the cold that I know I soon will face. Steam rises in swirls off of the water as droplets reach me from my teammate's jump into the pool.

This is the moment that I have been preparing for. I know that I am supposed to feel ready for this, but I do not. They say practice makes perfect. I, however, after hundreds of hours practiced, do not feel perfect.

I take the step and jump into the pool. The cool water rushes over me, and how I feel no longer matters.

Very soon I am playing, representing my coach, my team, my school, and myself. I fight hard and try to best my opponent in every aspect of the game. It is close, and we know that victor will not be decided until the last minute.

Not all battles fought hard are won, and today is no exception, but an athlete holds their head high even in the face of defeat, as I do today.

An athlete is more than someone who plays sports. An athlete is someone who is willing to dedicate every ounce of their being to their passion. An athlete is someone who is different in mind, physique and attitude than everyone else. An athlete is not a person from a specific social group. Athletes do not come from the same tax bracket, the same neighborhood, or the same elementary school. Athletes come in many forms, but they all unite under one thing—a love for the game.

PLAY RUGBY

SAN LUIS OBISPO YOUTH RUGBY

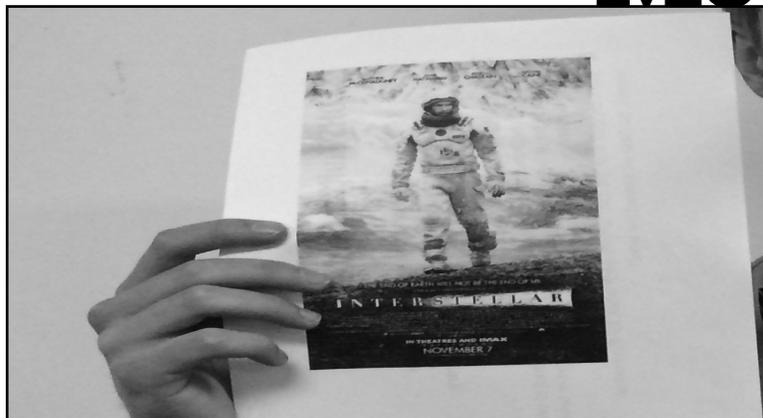
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Best Overall Film

“Interstellar”

Christopher Nolan shows in “Interstellar” that he is far from out of the spotlight. While tackling issues like the future of humanity and space travel, actors Matthew McConaughey and Anne Hathaway captivate audiences with their incredible performances. This movie delivered a rollercoaster of emotion and thought and is the stand out film of 2014.



Most Likely to Start a Nuclear War

“The Interview”

Though there were several movies in 2014 that seemed likely to bring about nuclear holocaust, the clear winner was Seth Rogen and James Franco’s, “The Interview.” With an unfavorable portrayal of North Korean leader Kim Jong Un, this film easily infuriated one of the least stable military regimes on Earth and made us all feel a little less safe.

Television



Best Show Overall

“Game of Thrones”

Game of Thrones isn’t as much of a television show as it is a cultural phenomenon. For ten weeks every spring, there is little else being discussed on TV. The fourth season of this hit was questionably its best yet, with fantastic performances given from actors Peter Dinklage, Pedro Pascal, and Charles Dance. GoT delivered its most mind-blowing season yet, and was absolutely the best television show of 2014.



Best Animated Show

“Archer”

As an already established TV show, it takes a lot of guts to completely reformat, but that’s exactly what season five of Archer did. Taking a step away from the spy espionage scene and transferring to a spoof of vice crime shows, this season saw a refreshing plot, but managed to continue bringing the comedy that makes it great. Two words: danger zone.

Living with Obsessive Compulsive Disorder



photo by Mikayla Lindahl

Mikayla Lindahl
Staff Reporter

Obsession is a formation of mental objects in a person's mind; impulses, images that transpire over and over again. Compulsions are monotonous thoughts or behaviors that one tries to control by nullifying, neutralizing, or making their obsessions disappear. It is a form of severe anxiety; a feeling that controls your mind. Obsessive Compulsive Disorder (OCD) is present among some students at SLOHS.

Expressions had a few questions for senior Bardo Novotny and senior Eli Kukol about their lives and how OCD affects them.

Expressions: What are some of the daily struggles that you face?

Senior Eli Kukol: I don't face many struggles anymore but as a child I couldn't walk through a door or pick up a pencil or even eat food without dissecting it first.

Senior Bardo Novotny: Sometimes I have issues with performing simple tasks like brushing my teeth or washing my hands. It especially affects me when I'm producing music. I feel the need to constantly undo and redo stuff.

Expressions: How is testing different for you?

Kukol: I've required a lot of extra time because my mind would wander and I would have to recite strings of numbers in my head to concentrate on that certain task.

Novotny: For some standardized tests, I have to test separately because I need a little more extra time.

Expressions: How do you cope with having OCD?

Kukol: I take medication, and I went to a doctor for Cognitive Behavioral Therapy (CBT)

Novotny: I either try to ignore it or just do it even though I have the OC urge. Also, if I am writing something and a letter doesn't look right to me ill just erase it all and do it again.

Eavesdropping with *Expressions*

Veronica Gibson
Staff Reporter

Have you ever walked by someone in the halls and heard the strangest words ever spoken? *Expressions* has collected some of the weirdest, out of context, phrases San Luis Obispo High School students have spoken, and gathered them here for your enjoyment.

"Can we watch twerking in the rain?" said a junior girl in theatre II.

"Morgan Freeman's voice helps me fall asleep at night," said a student in the halls.

"I can't take the test on Friday; I'm going to be sick on that day," said a sophomore boy in Geometry.

"Amanda Bynes brings out the best in me," said a sophomore girl as she was looking up pictures of Amanda Bynes in the library on Google images.

"Being a freshman is so stressful," said a freshman girl while trying to figure out her pre-algebra homework.

"Someone's weave was hanging from the soap dispenser," said a girl as she walked out of the bathroom.

"I like to start my morning with some smooth jazz," said a student to his friend in the library as he put in his ear buds.

"I'm thinking of starting an Illuminati club on Tuesdays at lunch," said a completely serious student to his group of friends.

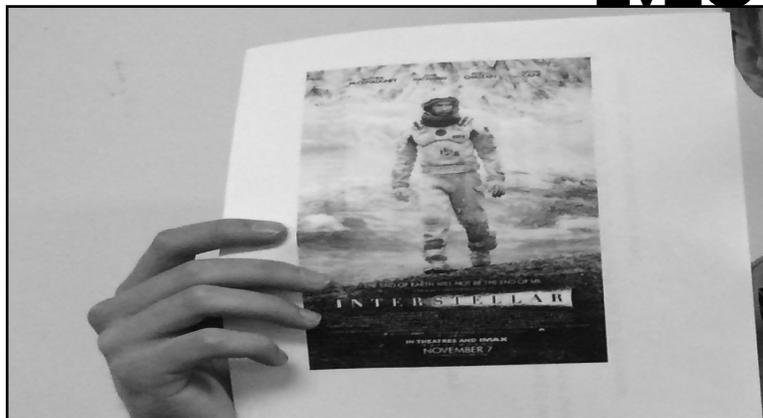
"My uncle use to have a pet cat, but it got hit by a car, so he cooked it and ate it," said a freshman girl in the halls.

"I lost my fanny pack. My mom is going to be so mad," said a student in the quad as he aggressively searched for his fanny pack which he eventually found.

"Mr. Ross is a tumblr boy," said a senior girl on her way to Mr. Ross' fourth period class.



The 2014 *Expressions* Movies



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Recap Awards

Music

Best Pop Album

St. Vincent, "St. Vincent"

In this self-titled album, St. Vincent continues her proficiency in producing songs that are unlike anyone else's, yet managing to stay accessible to the general public. Combining nimble techno beats with her impressive vocals, St. Vincent gave pop lovers much to be happy about with songs like "Digital Witness" and "Birth in Reverse".

RunnerUp: Pop

Pharrell Williams, "G I R L"

It can be argued that 2014 was the year of Pharrell. With the release of this profoundly joyful album, Pharrell Williams gave us some of the best music of 2014. Ranging from the undeniably fantastic "Happy" to his techno laden collaboration with Daft Punk, "Gust of Wind", Williams continues to awe listeners with his soaring tenor.

Best Single

Taylor Swift, "Shake it Off"

If there was one word that could be used to describe Taylor Swift's single from her album, "1989" it would be infectious. "Shake it Off" is the type of song that you can't help but listen to on repeat, with a flawless combination of trumpets, drums, beat and Swift's signature vocals, this is one song nobody wants to shake off.

RunnerUp: Single

DJ Snake feat. Lil Jon, "Turn Down for What"

If there was ever a party anthem for 2014, "Turn Down for What" would be it. The buildup to the bass drops are riveting and pay off with the climactic bass drops which are legendary in every sense of the word. While not the most vocally diverse song, the beat keeps any party turned to eleven and ensures a good time will be had by all.

Best Rap Album

Freddie Gibbs & Madlib, "Piñata"

Piñata is an example of the greatness that can occur when two very different artists collaborate. With renowned emcee Madlib producing uniquely unorthodox beats, and Gibbs' versatile and nimble rhymes, this album combines multiple different sounds to appeal to a broad audience and culminates in raps finest of 2014.

RunnerUp: Rap

J. Cole, "2014 Forest Hills Drive"

In an industry that is constantly chastised on being superficial, 2014 Forest Hills Drive is nothing short of personal. In a beautiful array of heavy beats and insightful lyrics, J. Cole delivers an insightful look at his adolescence and the rap industry as a whole. This album is proof that rap can't be boiled down to bass and lyrics about flashy jewelry.

Best New Artist

Sam Smith

2014 was a great year for music and newcomer Sam Smith made one of the best contributions. Smith's first album, "In the Lonely Hour", is soulful yet energetic, with diverse songs like, "Money On My Mind" and "I'm Not The Only One." With his angelic voice and insightful lyrics, Smith may have started his career in 2014, but it won't be ending anytime soon.

RunnerUp: New Artist

Sylvan Esso

In their self-titled debut album, this electronic duo produced a mixture of mellow techno laced with honey sweet vocals. The South Carolina based band is well known for their first single "Coffee", but not many know the rest of the album. This group is one of the most underrated bands of 2014, and deserve more attention.

Do we still need bathroom passes?

Continued from page 6

Emma Jane Hass

Staff Reporter

...Another concern a student might face is the dilemma of needing to use the bathroom despite having used up all of their passes. It is entirely reasonable that a person might need to exercise their rights to use the facilities more

than twice during the duration of a trimester. Must we be required to stifle our bodily functions after having used up our chances? As we all know, this can be extremely uncomfortable and makes it very difficult to focus in class.

We learned long ago how to properly take care of our bodies. Treating us as if we are im-

mature first graders is disrespectful and highly unnecessary. We are quite capable of monitoring our bodily functions. The majority of us are here to learn. Please give us the benefit of the doubt and allow us to decide for ourselves whether or not we truly need to go to the bathroom.

other wise

Continued from page 6

Zach Wise

Staff reporter

... it has no functions besides basic addition and subtraction. I have a test Friday and I really want to use it to impress a girl I sit next to, but I feel like it might affect my grade because it can't do square roots. Should I sacrifice my grade for the girl? What would you do?

Sincerely,

Torn

Torn,

That is a true dilemma. Too often I have found myself sacrificing my grade for the girl, and each time I wonder, was it worth it? The answer is yes. Go for it. No girl can possibly resist one with a credit card thin calculator, no matter how limited its functions. The only thing in question is from me to you: where can I get one of these? You're welcome.

Dear Zach,

I love Gameboys so much it's getting in the way of my personal life. Whenever I see people on their new gaming systems things turn violent. I am currently in county jail. What do I do?

Sincerely,

Gameboy

Gameboy,

Sounds like you have a real problem on your hands. First thing I would like to suggest is some major therapy. I am also wondering how you were able to submit this question from jail, but that is beside the point. I would say that your passion for Gameboys should be embraced. There are tens of people out there just like you! Surround yourself with these people! Also, seriously consider some major psychiatry, because honestly, that's a big issue and you definitely need some professional help. You're welcome.



Sophomore Zach Wise pondering. Taken by Ashley Kassack

Dear Zach,

My girlfriend thinks she caught me cheating. I was on my computer doing some raids when my clan leader texted me, "Hey hotcake I need your milk." My girlfriend saw this and immediately got extremely upset and went to stay at her friend's house. Little did she know that my clan leader needed my drops from cows to create a cake for the "Duke's Birthday" quest and that my username is "Hotcake." Soon I got a call from my dad saying he disowns me and that I should have never cheated on this girl he would have considered a daughter, [along with] angry texts from mutual friends of her. So this brings me to my question: how do I increase my DPS without sacrificing my attack speed?

Sincerely,

Off Topic

Off Topic,

Sounds like you have the classic issue: a misunderstanding. You do not need to worry, I am here. What you must do is first increase your attack speed using the A-77 hacks, which is both legal and accepted. Then you must use your skill points to upgrade your DPS. If all goes well, you should have a much higher level of DPS without any damage to your speed! In fact, if you use the right server, your attack speed could even be increased! You're welcome.

Dear Zach,

Lately I've been feeling a lot of pressure. Pressure about everything- friends, facebook,

school—yet one thing has really bothered me. The new and innovative technologies have advanced light years in the last ten years so much so that microwaves from ten years ago look ancient and microwaves today look straight out of "Star Trek". How can I stay "in the moment" when I'm anxious about so little as a microwave?

Sincerely,

Frightened of Microwaves

Frightened of Microwaves,

All too often I hear this. Things have advanced too fast for any average person and we all share your fear. I, for one, am still surprised that Y2K wasn't the end of the world; I mean, all the signs pointed to it! As for advice to give you, I would say the best thing you can do is wait this one out. According to the retranslated Mayan calendar, we will all cease to exist by 2030, so why waste time being anxious when you've got at best another fifteen years or so! You're welcome.

Dear Zach,

Where do you stand on the #dinger debate?

Sincerely,

Dinger

Dear Dinger,

To me, a dinger is when you zing someone repeatedly and overtime begin to be known as a "zinger." Gradually, the nickname changes and you become known as "dinger." In other words both are wrong and I am right. You're welcome.