

San Luis Obispo High School

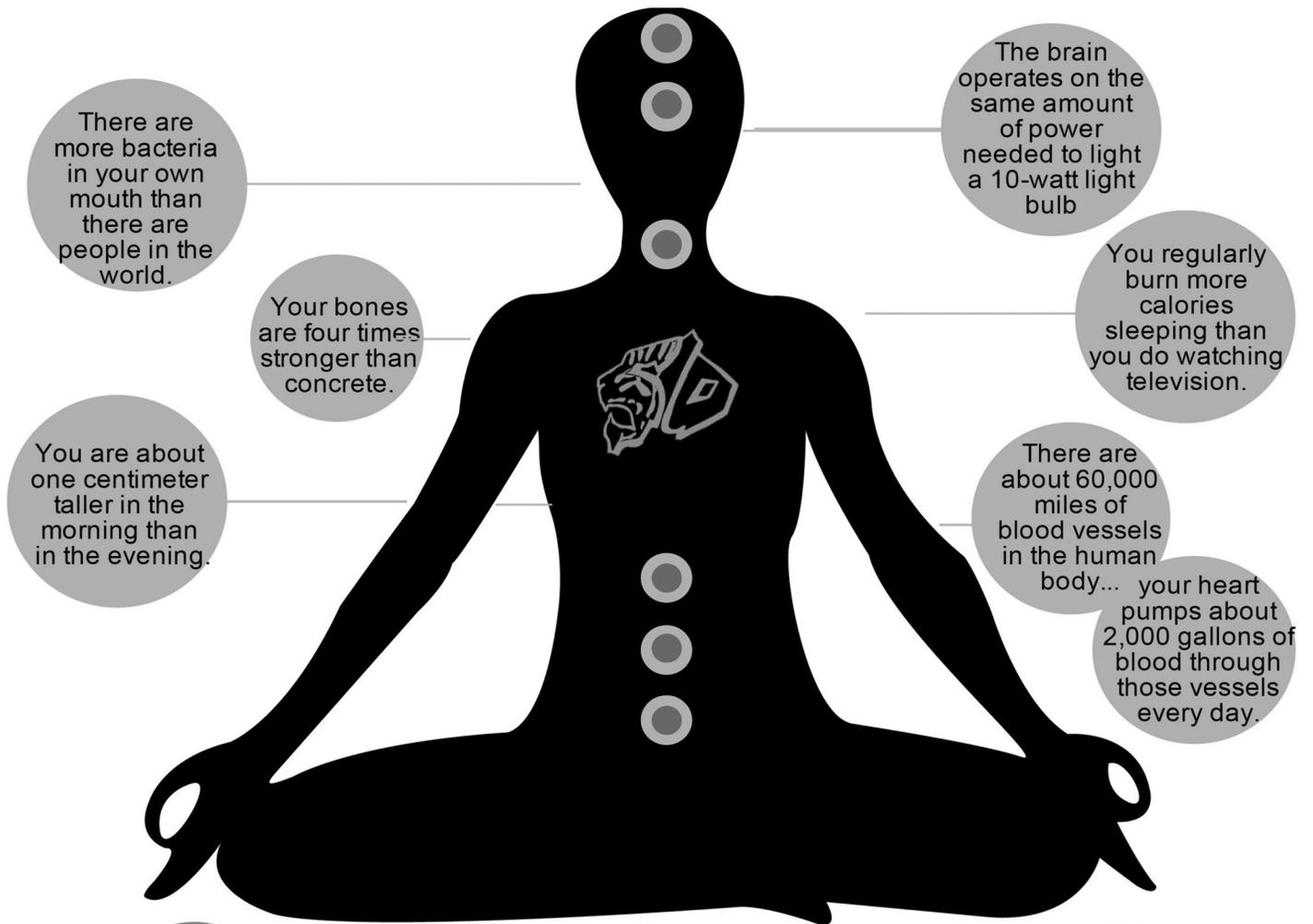
Expressions

www.slohsexpressions.com

Volume I, Issue II

November 2014

You & Your Body



Holistic Healing: How to get better without popping pills



What's what? Modern diets and what they mean



The truth behind "health" food and drinks

Continued on Pages 8 & 9

Photo illustration by Annie McNulty

3 Letters to the Editor

News

- 4 Jay Asher redefines bullying
- Dress code policy
- On campus safety

- 5 Drinking fountains
- Benefits of good grades

Sports

- 10 Emerson Trout
- Fall sports season recap

- 11 Girls golf are champs
- Competition in sports
- Cross country trails

Arts & Entertainment

- 14 Videogame review

- 15 Is Netflix addictive?
- iPhone 6 bending



Feature

- 8 Holistic healing
- Unhealthy "health" foods

- 9 Diets guide



Opinion

- 6 Emma Watson on feminism
- Is college worth it?

- 7 Ironies of Thanksgiving
- What is free speech worth?

People

- 12 Past jobs of SLOHS staff

- 13 Meet the ASB presidents
- Depression at SLOHS

Back

- 16 All-nighter survival 101

Letter from the Editor-in-Chief



Photo by Zach Wise

The boss: Editor-in-Chief Drew Minnoch pouts with the first issue.

Drew Minnoch
Editor-in-Chief

As Editor-in-Chief of *Expressions*, I would like to thank you for reading our news magazine. The copy in your hands right now is the second edition in our new format, which has been met with extremely positive reception. After numerous instances of subpar image quality, the editorial staff voted to switch printers, resulting in a sleek, clean, and extremely accessible new format. The entire *Expressions* staff is extremely pleased with the change.

In addition to the format change, *Expressions* is now available online at www.slohsexpressions.com. We upload all content featured in our print issue as well as exclusive web content updated daily. For events that we are unable to cover in real time due to our printing delay, such as the recent author Jay Asher assembly,

our website will be supplementary. For social media, we live tweet major sports games on Twitter by the handle @NewspaperSLOHS. Follow us for updates regarding important San Luis Obispo High School events.

In the past, the newspaper class has been stereotyped as a group of pretentious kids who only slam Associated Student Body (ASB) events, write esoteric music reviews, and interview their friends. This year, however, the class is a diverse group of SLOHS students, with interests ranging from sports, health, school policy, social justice, and video games.

The *Expressions* staff is committed to accurately representing the SLOHS student body. If you have any feedback or wish to write a letter to the editor, to be published in *Expressions*, contact us at snairme@slcUSD.org with your name and response of less than two hundred words.

“Dingers” are for baseball, not water polo

DINGER noun, Slang.
1. humdinger.
2. Baseball. home run

This is in response to the October 2014 edition of the *Expressions* newspaper at San Luis Obispo High School. In the “Fall Sports are in Full Swing” article, the word dinger is used twice. This is frankly an embarrassment to not only the school’s newspaper, but the entire school itself. The word dinger has a deep history in the great sport of baseball. To apply it to water polo is, to be honest, is downright

disgraceful.

My respect for this newspaper acquired over the years has plummeted with this last article. Last time I checked, there are no home runs in water polo, although adding this aspect to the already dismal game might increase interest for it. This is not only on my behalf, but on the behalf of countless other lovers of our national pastime, who believe that terms such as this should stay with their own sports.

The well known origin of this word comes from the Youtube sensation, Kent Murphy, who, with his charming southern accent,

captivates viewers with his grand display of dingers. I have triple checked, and never in his huge collection of videos does he mention the sport of water polo.

Although there is a Kent Murphy on the water polo team, this does not change the fact that using this sacred word in the pool is an atrocity. I encourage the newspaper to take charge and fix their mistakes.

Thank you for your consideration.

- a concerned baseball enthusiast

Band deserves recognition

The San Luis Obispo High School Band prepares for their yearly march through the upper hallways and administration offices of SLOHS Homecoming Friday, October 24.



Dear *Expressions*,

I am a mother of two current students and one former student. I received “The Expressions” [news magazine October edition] yesterday and was a little disappointed not to see anything about our Tiger band included in the issue. Every year a few select bands are chosen to play with the UCLA band at the Rose Bowl in Pasadena, CA. This year as in previous years, our Tiger band was chosen to perform with the UCLA Bruins band.

I believe that was article worthy. Today they also performed in a competition in Atascadero and won three first place awards and one second place award. The members of the band work very hard to learn and perform their music and should be given accolades from the school they represent.

I am not biased just because I have a child in band because I have a football / baseball player and previously a wrestler. But I do believe positive things should be given credit.

Thank you,
LaShawnda Clemons

SLOHS *Expressions*

Editorial Staff

Reporting Staff

Editor-in-Chief:

Drew Minnoch

News Editor:

Garrett Perkins

Opinion Editor:

Izzy Kramer

Feature Editor:

Annie McNulty

People Editor:

Mia Rolph

Sports Editor:

Holly Schultz

A&E Editor:

Alex Hack

Culture Editor:

Holly Schultz

Web Editor:

Jack Sistek

Adviser

Scott Nairne

snairne@slcusd.org

Jibreel Abdul Cader

Christopher Bedford

Shey Dorji

Spencer Egbert

Alex Ehlers

Kailen Erickson

Veronica Gibson

Michael Grasseschi

Emma Jane Haas

James Higgins

Max Holocher

Ella Jackson

Samuel Kukol

Scott Manning

Eric Osmond

J'aime Radding

Daniel Ragsdale

Audrey Ross

Dylan Sparling

Aric Sweeny

Teruhiro Taura

Danielle Ward

Matt White

Zach Wise

CHRIS W. MANNING, DDS
GENERAL & IMPLANT DENTISTRY

1194 Pacific Street, Suite 203
San Luis Obispo, CA 93401

805.544.4353

www.dentistsanluisobispo.com

erin clausen
--- senior ---
photography

BEAUTIFUL • RELAXED
ARTFULLY CAPTURED

Bullying is brought into focus by Jay Asher



Photo Courtesy of Jennifer Sawyer

YOU Matter: Jay Asher speaks at San Luis Obispo High School

Spencer Egbert
Staff Reporter

Bullying is and has always been a huge problem for high schools nationwide. In past years, school systems across the country have attempted to stop the issue. San Luis Obispo High School in particular has held several events to try and prevent bullying, such as the

recent “50 States Against Bullying” assembly, where SLOHS alumnus Jay Asher spoke about his bestselling book “13 Reasons Why” and how it has affected both bullies and victims of bullying.

During the assembly, one of Asher’s topics evolved around the definition of bullying.

“We can’t really define bullying. . . What one kid sees as a joke, the other may take very

seriously,” said Asher.

Even though there may be no federal laws that define bullying, there are still laws that deal with it. These laws state that discriminatory harassment is against the law.

As the decades pass by bullying does not. It has, however, changed from the physical beatings seen in old Hollywood movies.

“It [bullying] is in a dynamic shift right now; it’s not the stereotypical form of bullying that you’d think as far of physical and verbal. You see more cyber bullying, on the online social media sites,” said SLOHS Dean of Students Aaron Black.

Twenty years ago bullying would have been a face to face problem, usually between someone big, tough and threatening and someone small. Today, anyone can be a bully using the internet.

“Bullying is a big deal. The people that say it isn’t a big deal are not being bullied,” said sophomore Jacob Donath.

In one way or another bullying has affected everyone.

Is SLOHS prepared for an active shooter?

Jibreel Abdul Cader
Staff Reporter

Schools are commonly viewed as safe places where a student can learn in peace, especially on the San Luis Obispo High School campus. Most students feel secure on campus. “I feel pretty safe living in SLO, ‘The happiest place’”, said sophomore Lucas Abroms. However, this is not always the case. We are vulnerable to a vast array of disasters which are rare, but a reality. These can range from natural disasters to shootings, and, unfortunately there is very little way of knowing if or when such a catastrophe may strike.

The administration of SLOHS prioritizes the student’s safety first, but how are they doing that, and are they doing an effective job of

preparation? Expressions spoke with Principal Leslie O’Connor about SLOHS preparation for an active shooter.

Expressions: What specific training has been given to SLOHS staff members?

O’Connor: “We have met with staff. Last year, we brought our local police force in. During this time the staff was put through a two hour in service where they were taught how to best react in the case of a violent shooter and what to expect. On August 20, one of the back to school days the entire SLOHS staff was brought for a half day live simulation.”

Expressions: Who was involved in this simulation?

O’Connor: “We partnered with local Law Enforcement, the S.W.A.T. Team, and the Po-

lice Chief, closed down the campus, and had the entire simulation. Then we debriefed with staff and answered questions.”

Expressions: What are the preemptive measures that have been taken to prevent an active shooter?

O’Connor: “When staff are challenged to react and are trained to understand what they should do, and when they are continually reminded of that and they are continually retrained that means that, just as you are students, you understand what you need to do. It’s not often something that you think about when you come to school, but it’s always something that we think about every single day we stand out there. We aren’t standing out there to chat with each other, or you guys. We are monitoring.”



DOWNTOWN
boba

SHOW YOUR STUDENT ID
& GET 5% OFF!!!

1133 GARDEN ST
DOWNTOWN SLO
(NEXT TO SLO BREW)

805.787.0517 • downtownboba.com

BOO BOO RECORDS be independent...
shop independent



SAN LUIS OBISPO, CALIFORNIA
•be independent•

Vinyl • CDs • DVDs
T-Shirts • Posters
Books • Gifts • Love

Your Home for Concert Tickets
Upcoming ALL AGES shows:

- Lakes 11/16
- Minus The Bear 11/23
- Breathe Carolina 11/28
- The Grouch 12/06

Vinyl Hounds & Record Collectors
Come check out the Inaugural SLO RECORD SWAP on
Sunday, Nov 16th at the Grange Hall (2880 Broad St.)
from 8:30 until Noon. Buy & trade your used LPS!

FOLLOW US & STAY INFORMED
facebook.com/booborecords
instagram: booborecords
twitter: booborecords

How safe are SLOHS drinking fountains?

Max Holocher
Staff Reporter

Many people who have drunk from a water fountain on the San Luis Obispo High School campus have questioned the quality and safety of the water. This can be attributed to many water fountains on campus having a blue substance on them, a white crust on the spout, and a very unique taste.

Freshman David Romero said he “drinks from the water fountain often” and that the water tastes “strange.” From a visual standpoint, Romero said, “Some water fountains are not very clean.” These same thoughts are shared by many students on campus.

This leads students to question the cleanliness and safety of SLOHS’s water. Fortunately,

ly, SLOHS Janitor Damien Scudder said that the water fountains are safe and sanitary and that the janitorial staff is “cleaning them on an everyday basis.”

Students can now be more comfortable with drinking out of the water fountains, but what is the blue substance covering the fountain?

“It’s just calcium,” Scudder said.

Since SLOHS’s water comes from a well, calcium sometimes gets deposited on the water fountains. The calcium is not dangerous.

Although the water is safe, many people are dissatisfied with the fountains.

“It’s hard to enjoy a drink from the water fountain when chewed gum and trash cover the fountain,” said sophomore Cole Bumen.

“SLOHS students should keep the school’s water fountains clean,” Bumen added.



Photo Courtesy of Max Holocher
Clean or Contaminated?: A SLOHS water fountain.

Benefits of Good Grades

Kailen Erickson
Staff Reporter

Getting good grades in high school opens up opportunities throughout your life you wouldn’t have access to with bad grades. The chance to choose the college of your choice is an important option.

“Good grades show that someone has good work habits, and good work habits mean you have good lifelong habits.” said College and Career Center Specialist Colleen Martin. Good grades can earn merit scholarships and several students last year recieved the University of California Alumni scholarship.

“The good grades are an affirmation that you’ve done the job well,” said Martin.

Young drivers often have to pay a higher expense for car insurance because they are more prone to being in accidents. Luckily, getting good grades can earn something called a good student discount, a financial aid you get for doing well in school. Sometimes, the insurance companies continue the discount for a number of years after high school. To earn this discount, you have to have earned at least a B average and be under 25 years old.

“Being responsible and taking care of what you’re supposed to do [is an important aspect for a student] because that’s what you have to do later on in life, not just in high school,” said Counselor Shelley Benson.

“You don’t want to wait for your life to happen, you want to make it happen,” said Benson.

Suspension and drug roundup

Zach Wise
Staff Reporter

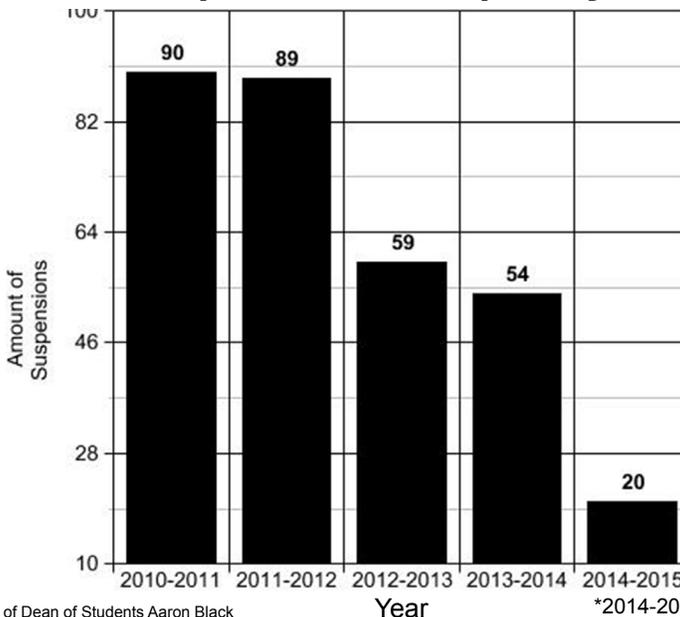
Suspensions are a problem on nearly every school campus. Whether over use of drugs—such as marijuana—alcohol, or missed Saturday School, suspensions happen every year at San Luis Obispo High School. Over a five year period of time, suspensions and expulsions have progressively decreased with each year. This year, however, has been different, with more suspensions at the start then what is typical for SLOHS.

According to the data provided by Dean of Students Aaron Black, the most common cause of suspension is under the education

code 48900c. This is the unlawful possession, sale, or use of a controlled substance on school campus. This year, fifteen of the twenty suspensions have been the result of a violation of this code. There has also been one documented expulsion this year, as the result of the repeated offense of possession of illegal substances.

Another statistic showed that, over the years, a large sum of suspensions came from people who caused, attempted to cause, or threatened to cause physical injury to another person. Typically, something like that would not be expected to happen at SLOHS. However, in 2012-2013 alone, there were fifteen suspensions of this kind.

Suspensions at SLOHS over past five years



Data courtesy of Dean of Students Aaron Black

*2014-2015 data up to 10/20/14

Emma Watson's take on feminism

Audrey Ross
Staff Reporter

Many men throughout the world feel just as restrained by their sex as women. This needs to change. Recently, actress and Goodwill Ambassador, Emma Watson, made a speech for a campaign called HeForShe.

According to their website, HeForShe is an organization that brings both sexes together to stand up against feminism. Her speech was the perfect way to inform the world on how unfairly women and men today are being treated.

"I've always looked at feminism as very nar-

row and very much so about one sex [as if] it's all about females, but feminism is really supposed to be about both genders" said senior Krissie Miller.

People in general assume feminism is only for women, but men are being held back too. If a girl wants to be on the wrestling team but is told she couldn't because she is a girl, she should go ahead and try. If a boy wants to join the cheer team but can't because he's worried he'll be judged, who cares? Do it anyway.

"I've seen young men suffering from mental illness, unable to ask for help for fear it would make them less of a man... Men don't have the benefits of equality, either" said Watson.

It's not right that people all over the world feel restrained by their sex. Men and women should be able to do what they want without the fear of being judged.

People should also stop blaming the other sex for feminism. "...I realized that fighting for women's rights has too often become synonymous with man-hating. If there is one thing I know for certain, it is that this has to stop" said Watson.

Men and women believe what they are told about their sex-based limitations. No one should give up on what they believe in. No one can be held back from what they want, no matter their sex.

Is the tassel worth the hassle?

Michael Grasseschi
Staff Reporter

You often hear things like "You won't get a good job without a degree," or "College is a great way to figure out what you want to do." However, there are many ways to be "successful" and choose a life path.

Personally, I don't plan on going to college, and am instead pursuing a musical career. To me, success is defined by the individual, not by how much money they make.

John Lennon was once asked in elementary school what he wanted to be when he grew up, to which he responded, "Happy." He was told he didn't understand the assignment, and he responded by saying they didn't understand life.

If I was going to college directly out of high school, I would be tied down more or less for four years, and I would probably miss the possibility to pursue music while still young. To me, it's worth the wait to be able to participate in the musical opportunities emerging for me.

Most people aren't in the same situation as myself, and would argue that my situation is rare and not applicable to most people. Everyone has a dream, and for artists, often the best option is to pursue your art form with raw personal ambition and talent.

I'm not saying that college is bad for everyone, but I know plenty of people who would most likely benefit from joining the workforce straightaway. I'm excited and I don't feel like I'm missing out on anything. If I feel like I absolutely have to, I can go back to college at any time.

Garrett Perkins
News Editor



Photo by Izzy Kramer

In the ring: Grasseschi and Perkins square off.

We are not the children of years gone by. Today's generation faces an era in which attending college is no longer merely an option, but a necessity. The path to success forged by our grandparents with only a high school diploma has become treacherous- altogether nearly non-navigable. Procuring a well-paying career in today's market without a college degree is nearly impossible.

A recent study by the Pew Research Center found that the median annual salary of college graduates between the ages of 25 and 32 is nearly \$20,000 higher than that of workers with only a high school diploma. Over a thirty year career, that comes out to more than \$600,000 more than the average worker with only a high school diploma.

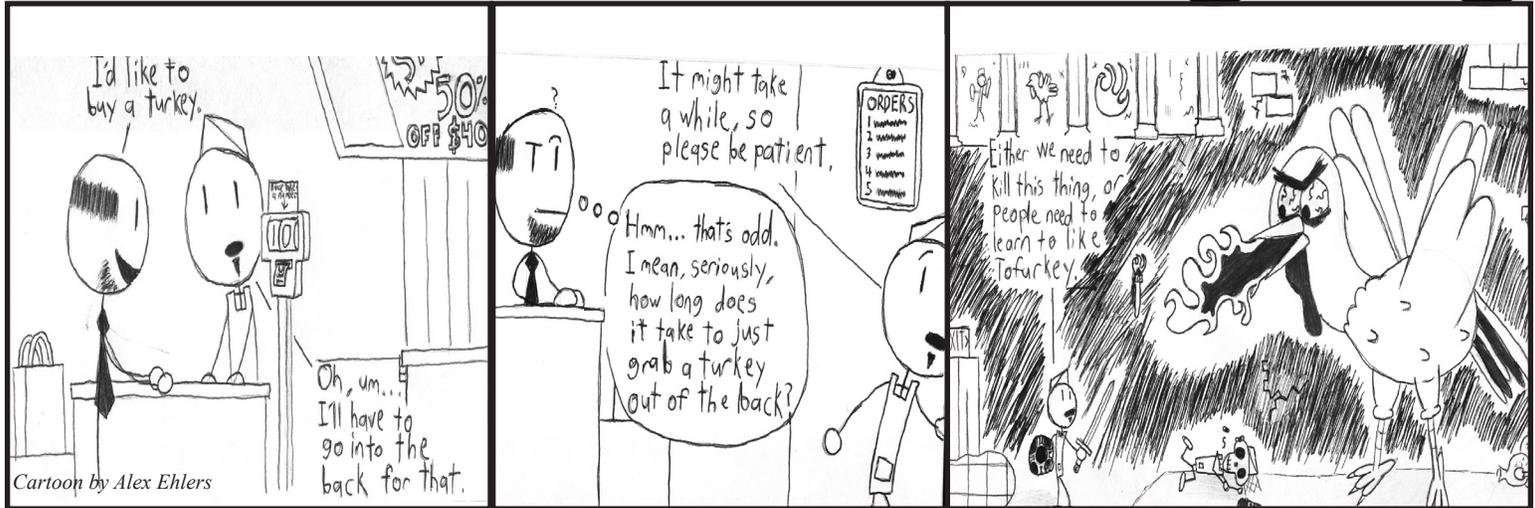
"This economy drives the need for students to go to college," said senior Alex Mihaila. "Without a college degree you can't do much anymore."

Higher education offers many other incentives to attend. The friends that are formed and the connections that are forged during college last a lifetime. Not to mention, an education will likely influence you for the rest of your life.

"College is a good time to figure out what you're really interested in and what kind of citizen you want to be," said San Luis Obispo High School College and Career Center Specialist Colleen Martin.

Higher education and the knowledge and experiences it brings are most definitely worth the hassle.

The ironies of Thanksgiving



What are we thankful for: Thanksgiving warrants a more critical examination.

Mia Rolph
People Editor

Thanksgiving, the docile middle child of the holiday season, isn't all giant turkey balloons and pumpkin pie when you look at the history books. And by history books I don't mean second grade and dressing up in paper hats with buckles and feather headbands. I mean the real story of the first Thanksgiving, inclusive of context and aftermath.

The first Thanksgiving is portrayed to American youth as a harmonious time of plenty, where pilgrims in black and white frolicked in the grass with "Indians" eating turkey and squash. In contrast, the colonization and set-

tlement of the Americas resulted in the death of 80 to 90 percent of the native population, through disease, displacement, and flat out slaughter.

As if that wasn't bad enough, the acknowledgement of Native American help in the early colonies is far too rare- the Thanksgiving holiday began as a day to thank God for the Plymouth Rock pilgrims' first harvest in 1691. Where did this harvest come from? Members of the Wampanoag tribe supported the settlers; providing food when they were starving that first winter, and instruction as to how to raise corn and catch eels.

The true origins and fundamental purpose of Thanksgiving have been distorted through

time and historical bias. Today Thanksgiving represents flourishing commercialism instead of gratitude for what we already have. It has become a day to pay fleeting notice of the good in our lives before Black Friday's storm of quasi-militant commercialism.

If we can't change the uncertain origin story of Thanksgiving, why not change the way we celebrate it today? In essence, take the time to be grateful for what you have- not just for your material belongings, but the people who love you, the beauty of the world, and the positive potential you have in your life.

Source:
Americanhistory.about.com

What is the true cost of free speech?

Alex Hack
Arts and Entertainment Editor

Due to the recent surge in terrorist attacks and the formation of groups dedicated to terror, many countries are beefing up their security protocols, and cracking down on acts of violence. One trend we can observe is that as these nations increase their defensive measures, so too will they forfeit their citizens' freedoms.

As terrorist groups like the Islamic State of Iraq and the Levant (ISIS) gain power and continue to spread their violence all over the world, countries have been passing strict laws that regulate crucial things like freedom of speech, especially for journalists.

The Australian senate recently passed laws stating that if a journalist or whistleblower discloses information regarding a "special in-

telligence operation," they can be imprisoned for up to ten years. I understand that this government is concerned with the safety of their citizens, but can they truly justify stealing people's freedoms? Have we forgotten what happened with Edward Snowden and the NSA this quickly?

The media and whistleblowers provide the people of the world with insights into their government's actions; when laws like this are enforced, a very thin line is formed between stories that paint security agencies in a negative light, and those that actually disclose crucial national secrets. It would be simple for the Australian Security Intelligence Organisation, (ASIO) to lock up a reporter that revealed embarrassing information about their agency, even if the information did little to threaten security.

This sort of thing is exactly what terrorist

groups like ISIS are attempting to cause in the first place. They desire people to live in fear, to lock each other up, and point fingers at one another with every passing second. When governments pass laws that infringe upon citizens' basic rights, the terrorists win.

It is not an impossibility that laws like this may come to the floor of the United States' Congress, as well as many other nations across the globe. While I do value my safety and acknowledge the privilege I have had growing up in the U.S., I feel it is the responsibility of the people of the world to band together and tell their representative government that we will not have our rights stolen from us in the name of security, or for any other reason.

Sources:
News.com
Australia.gov

Holistic Healing: How to take care

Feature Editor Annie McNulty

As the temperatures drop on the central coast from a sweltering 80 degrees to a frigid 76, it's impossible to ignore the cold. While many believe the only cure to runny nose or a sore throat is at your local pharmacy, there are other options.

Oolong Tea

Oolong tea is one of the most common teas in Eastern countries and is helpful in burning fat by activating enzymes which cut down triglycerides (a type of fat found in the blood). Studies suggest that people who consume oolong tea regularly rather than only water have an easier time losing weight and fighting disease.

Black Tea

While one must keep an eye on the high caffeine content of black tea, containing about 40 milligrams per cup (compared to 75 in a cup of coffee), black tea has many health benefits as well. It contains two types of antioxidants that are proven to help lower cholesterol and, if consumed in the proper amounts, can cut the average person's risk of stroke by up to 21 percent.

Green Tea

Green tea is an antioxidant because of its substantial amounts of catechins. A subgroup of this compound has been studied for its role in preventing cancer as well as heart disease, one study proving that drinking a cup of green tea per day has the potential of decreasing the threat of cardiovascular disease by about 10 percent.

Veronica Gibson
Staff Reporter

Those favorite food and drinks you thought were healthy, probably aren't as healthy as they seem. Surprisingly, fruit juice is amongst the worst.

Studies show that one serving of boxed or bottled fruit juice contains the same amount of sugar as three-and-a-half doughnuts. "I honestly only drink water and orange juice," said sophomore Britanyana Pierro. One of the worst and least expected unhealthy brands of fruit juice is Naked juice.

"I drink Naked juice to a certain extent. It has products like fruit and veggies to make it healthy," said senior Shelby Martin.

Naked juice contains the same amount of sugar as a Mountain Dew (60 grams of sugar) and most of that sugar is fructose. The Naked corporation is being sued for false advertising; saying things like "Non-Genetically Modified Organism (GMO)" and claiming to be one-hundred percent natural.

There are also many types of food out there that can be deceiving, such as 'reduced fat' items like yogurt, peanut butter, potato chips, ice cream – you get the idea. The secret behind the 'reduced fat'

slogan is simple, when you get rid of the ingredients that supply the fat; you add more sugar, salt and additives to make the taste more appealing. So, really, you are taking in way more sugar than you would be if you were eating the regular version of that product.

The same goes for diet beverages. Usually people who are watching their weight will go for the diet option over the regular option. The truth is, diet is just as bad as and possibly worse than its non-diet counterpart. Diet drinks are loaded with artificial sweeteners like aspartame that are linked to obesity, diabetes and depression.

It is very important to check the labels on the products you are consuming to see what you are really putting in your body instead of just taking a glance at it and assuming it looks healthy. "I always check the labels because I'm curious and don't like chemicals," said sophomore Jeffery Mason.

The point is, don't always trust the products you are consuming because they claim to be healthy or because they look healthy. It is more than likely that these perceived "health" benefits really aren't as healthy as they seem to be.

Sources

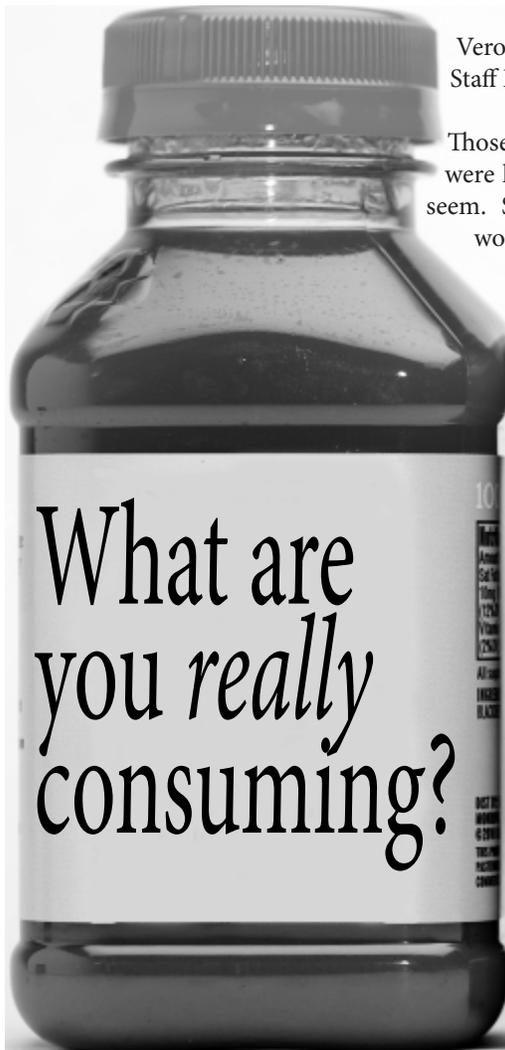
Dailymail.co.uk

Juice-Innocent-smoothies.html

Rebootebody.com

Pbs.org

Authoritynutrition.com



of your body without popping pills

It's important to make sure that our health makes the transition along with our Starbucks drinks and color are actually several remedies which can be found within the confines your own kitchen cupboards.

Echinacea Tea

Echinacea is a natural compound that is common in many types of teas and vitamins. It attacks illnesses such as the common cold as well as other respiratory infections. According to one study, drinking Echinacea tea over the course of a four-month period helped to prevent several different types of infections.

Chamomile Tea

An ancient natural remedy which has been used for its health benefits for a long time, chamomile contains antioxidants that can stunt the growth of cancer cells and prevent the effects of diabetes such as loss of vision, nerve damage and kidney damage. Chamomile tea is made from harvesting and drying the flowers of the chamomile plant, which is technically a weed.

Ginger Lemon

The combined effects of lemon and ginger create a very effective tea in fighting bacterial infections. Lemon's main compounds, pectin and limonene, react with the active ingredient called zingiber in ginger to strengthen the immune system's defenses and fights against several common types of bacteria- including, according to some studies, salmonella.

Modern Diets And what they mean

Feature Editor Annie McNulty

Raw



Vegan



Vegetarian



Paleo



What's the main idea?

to eat foods that are 100 percent raw or uncooked/heated

to not consume any animal products or biproducts

to not directly consume any type of animal meat

to eat foods in their most natural, unprocessed state

What don't they eat?

any food that isn't raw or that is heated above 118 degrees

meat, honey, eggs, butter, milk, gelatin, etc.

beef, pork, poultry, wild game, fish, or any kind of meat

dairy, legumes, all grains, and any processed foods

What DO they eat?

Fruits, vegetables, greens, raw organic, unpasteurized milk, and occasionally raw meat and eggs

vegetables, fruits, nuts, seeds, legumes, grains, fermented foods, and soy products

vegetables and greens, eggs, milk, cheese, yogurt, and kefir, which are a form of protein

organic, free-range foods, substantial amounts of healthy fats, unprocessed foods and no sugar

Percentage of the population adhering to it

< .4%

1.6%

3.2%

1%

Trout is the catch of the day

Jibreel Abdul Cader
Staff Reporter

San Luis Obispo High School is renowned for its dedicated athletes. *Expressions* has gone on a search for a SLOHS athlete of the season, and come to a verdict by analyzing playing statistics and player devotion.

Senior Emerson Trout plays on the SLOHS Varsity Boys Water Polo team. He continues to advance his skills by attending various clubs and programs. Trout has been playing for an astonishing 6 years, and is always brought back by what he describes as, "The physicality, intensity, and the competitiveness." Trout is currently being recruited by Whittier College and is looking into Long Beach. He expects to play for one of these teams, but keeps his options open. This interest of competing at the collegiate level, which helps push him to perform his best and always improve on his athletic skills.

On an average week Trout dedicates 20 hours a week to his sport, and attends the Olympic Development Program in San Diego. Trout is respected and looked up to by his teammates. The SLOHS Boys Water Polo practices are a rigorous combination of sprints, usually free-

style head up and butterfly. They also incorporate intense leg workouts to help elevate the game play higher out of the water. Then they spend hours working to perfect their technique.

Trout exceeds Water Polo standards with his great ball control and ability to move the goalie when on offense. Trout is the leading scorer of the SLOHS water polo team.

"He is an offensive asset to our team and a great ball controller," said senior Garret Perkins.

He is notorious for turning his defender before making a quick sprint to the goal and getting of a rapid skip shot into the top corner. On defense he elevates his game out of the water and pressures the defense, forcing them to make poor uncalculated shots.

Trout and his fellow team captain senior Bo Crozier have carried SLOHS Water Polo to another level of athletic excellence. They brought home a trophy after winning the esteemed Thousand Oaks Water Polo Tournament earlier in the season and were placed second in the tournament hosted by SLOHS. Tiger Water Polo continues to dominate the pool with their 13-2 season stats, as of October 22.



Emerson stays in shape by throwing dingers. Photo courtesy of Jibreel Abdul Cader

Highlights of fall sports

Matt White
Staff reporter

San Luis Obispo High School fall sports include girls golf, girls volleyball, girls tennis, football, boys and girls cross country, and boys water polo teams. *Expressions* compiled a recap of these varsity sports for the 2014 season as of October 29.

Girls Golf: The girls golf team was able to win the league title. They also qualified for CIF as a team and hope to continue performing well in that competition. When asked about how the team played this year, Sikand was proud of her team and was an outstanding contributor to SLOHS girls golf.

Girls Volleyball: 20-6 this fall, qualifying for CIF and 9-2 in league. The group has improved upon last season, and senior Paige Cohune said, "We have a super deep bench, so every player can go in and step up...and our

energy has been really good lately." Cohune stressed that energy was a very important part of the team, and being positive helped win games.

Girls Tennis: Scored 13-2 in league this season, playing very well and growing throughout the season. Senior captain Caroline Burk discussed how her team has performed and said, "We've grown a lot and are a lot closer than any other team...one of our major downfalls is we psych ourselves out a lot, but we have started to get past that." Burk went on to say that the team is set up for future success and they will hopefully win CIF in following years.

Football: Currently 2-7 with a game left in the season. The team is under new management this season and is continuing to adjust to the different circumstances. Senior David Chellsen expressed his thoughts on the team when he said, "Considering we have a new

program I think we have done well."

Boys and Girls Cross Country: The cross country teams have both qualified for CIF. The boys recorded a victory at the Ojai Invitational and finished third at the Gaucho Invite and mid-season league meet. The team hopes to reach and win the Division Four State Meet. Individual senior Will Ernst and sophomore Callum Bolger have also been ranked in the top ten in California and wish to build off their solid performances in the late season meets.

The girls team has an ultimate goal of reaching the Division Four State Meet and placing in the top three at league finals.

Boys Water Polo: Qualifying for CIF and going 17-5. They also made their presence felt by winning the Conejo Classic in early September. The starting goalie, senior Connor Troy said, "A major factor to our success this year is our new head coach, Steve Jamaoas."

Girls golf: hole in “won”

Holly Schultz
Sports and Back Editor

For the first time in San Luis Obispo High School history the girls golf team has won a league title. On October 22 the Tigers hosted PAC 8 playoffs at Dairy Creek and outscored Righetti, Atascadero, St. Joseph, Paso Robles, Pioneer Valley, Arroyo Grande, and Mission Prep.

The Tigers played better than ever this season. Junior, Neha Sikland shot a 83 for the Tigers and junior, Lisa Figueroa shot a 84. Isabella Carpenter also contributed to the Tigers shooting a 91.

It has been a fantastic season for Girls golf bringing in win after win and taking first place in multiple tournaments.

“We’ve improved immensely and saw great potential from the beginning” said junior Lisa Figueroa. Many incoming freshman and

Juniors Varsity players helped the 2014 team. The teams hard work has payed off. They continued onto CIF- Southern Section team event in Soule Park in Ojai, California on “I couldn’t be more proud of my team,” said Figueroa.

On October 30 the team and individuals traveled down to the CIF meet and placed well. Neha led the tigers, shooting a 83. Junior Bee Soll shot a 91, Figueroa shot a 92, Isabella Carpenter shot a 99, and senior Avery Martin shot a 99. The Tigers finished in thirteenth place with a 474 but will not get the chance to move on to the next round.

“We’ve played pretty well and have four people that shoot consistently...we work hard each day at practice and really want{ed} to win.” said junior Neha Sikand.

Tiger golf has made a huge improvement this year.



SLOHS Girls Golf wins league. Pictured: Avery Martin, Lisa Figueroa, and Bee Soll

Take out the competitiveness

Spencer Egbert
Staff Reporter

High school sports have always been known for being very competitive. A huge component that may prompt students to drop out of a sport is because it isn’t fun anymore. A sport can become not fun for a student when it becomes too much about winning.

Competition has turned many students away from trying out for sports. Luckily, there are alternative options to play recreational sports. These are sports that have more or less dropped the competition allowing people to just play for fun. Recreational sports are not NCAA affiliated, meaning that they are played just for fun with no gain to winning or losing.

There are all sorts of sports to play ranging from soccer in the fall to basketball in the winter. These recreational sports are all about promoting good sportsmanship, development skills, and are a great way to meeting new people. “Playing recreational sports allow me to be more creative in how I play the sport. It

also is a lot more fun and a lot less competitive.” said junior Christopher Liddicoat.

Everyone is allowed to play recreational sports whether you are a girl or a boy. Sophomore Oliver Kibbe said “I play roller hockey because it’s fast fun and safe, also it’s a huge group of people of all ages.”

During the Recreational sports season there is usually practice 2-3 times a week with on game every week usually falling on the weekend. This allows students to be able to work recreational sports into their schedule allowing them to continue to keep up with their academics and other sports or activities.

Recreational sports are always a great way to get some exercise, while having fun and meeting new people. There are sports to do at all different times during the year and teams are always looking for more people to join. Having more people makes bigger team which makes it all around more fun for everyone.

“Playing recreational sports allows me to be more creative”

Run fast in SLO

Matt White
Staff Reporter

San Luis Obispo is filled with an array of running trails that provide breathtaking views and varied difficulties.

Coon Creek Trail:

A narrow dirt road that leads deep into Montana de Oro, Coon Creek is a wonderful and somewhat easy run. The trail is a five mile out and back that is flat and weaves among heavily forested and beautiful terrain. Coon Creek is in a great area and is not too difficult.

Madonna Mountain:

A network of trails carves along the side of the mountain and allow for a choice to run around the mountain, to the top. This run can be difficult and is mostly uncovered, making it hot and dry. However, the mountain can be a great place to run up and watch sunsets or enjoy the excellent view of our town.

Poly Canyon:

The canyon is a very versatile run, as there are a huge amount of trails that run through the area. When ran, someone can make this either a thirteen mile run with multiple hills or a shorter five mile run along flat terrain. Any way it is run, the canyon is one of the best areas San Luis Obispo has to offer.

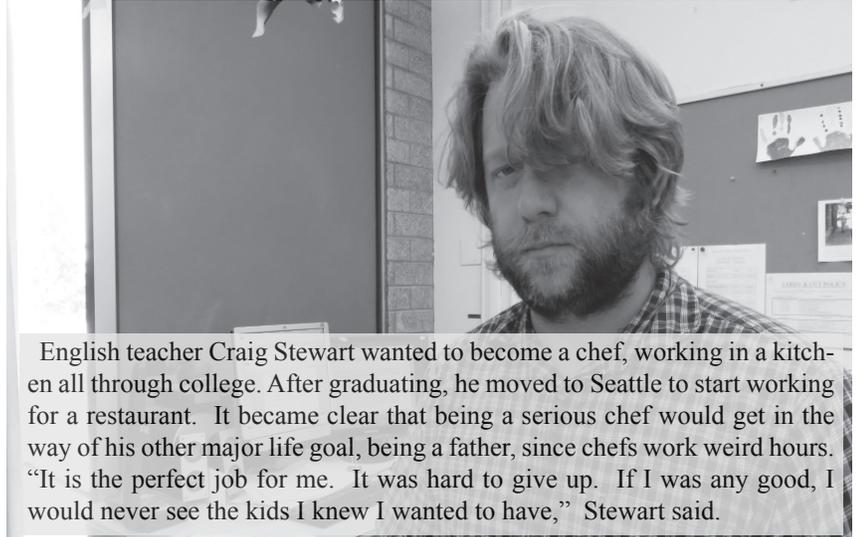
Check out the past of the SLOHS staff

Teruhiro Taura
Staff Reporter

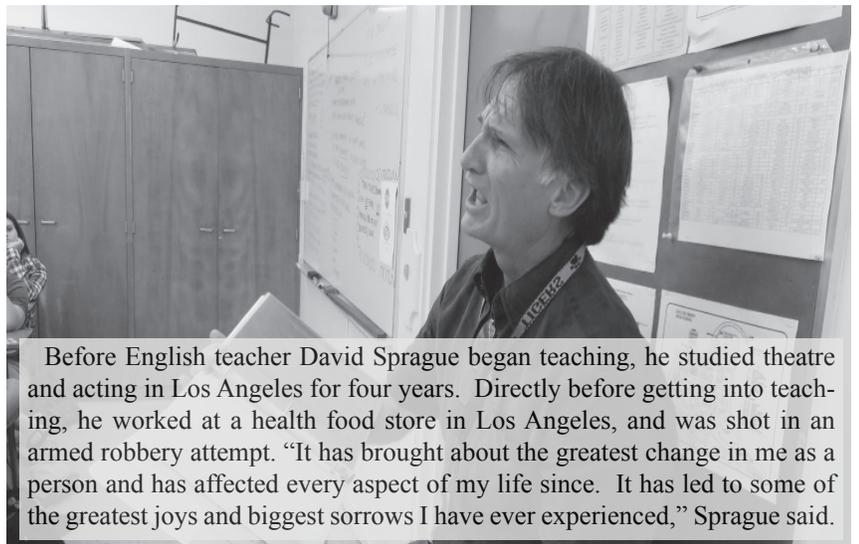
Thinking about teachers lives before they were teachers is just as weird as seeing them in public. *Expressions* set out to learn more about the past lives of San Luis Obispo High School teachers. We interviewed History teacher Dale Overland, Geometry teacher Anna Marie Fella, and English teachers Craig Stewart, David Sprague, and James Bruce about their pre-teaching exploits.



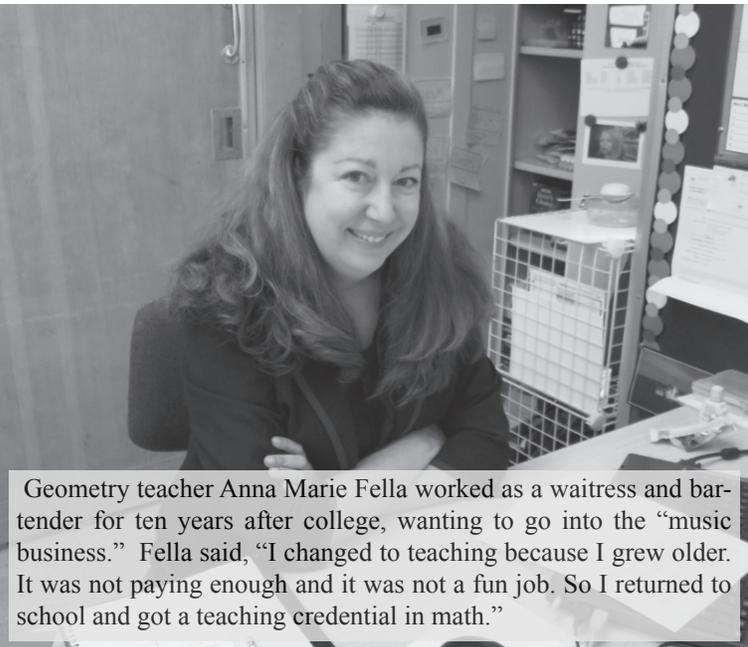
English teacher James Bruce was a firefighter for eight years with the United States Forest Service. He was in a response unit called a “Hotshot crew” that responded across the nation on a short notice to fight fires. He changed careers because he was ready to try something new that would allow for more balance in his life.



English teacher Craig Stewart wanted to become a chef, working in a kitchen all through college. After graduating, he moved to Seattle to start working for a restaurant. It became clear that being a serious chef would get in the way of his other major life goal, being a father, since chefs work weird hours. “It is the perfect job for me. It was hard to give up. If I was any good, I would never see the kids I knew I wanted to have,” Stewart said.



Before English teacher David Sprague began teaching, he studied theatre and acting in Los Angeles for four years. Directly before getting into teaching, he worked at a health food store in Los Angeles, and was shot in an armed robbery attempt. “It has brought about the greatest change in me as a person and has affected every aspect of my life since. It has led to some of the greatest joys and biggest sorrows I have ever experienced,” Sprague said.



Geometry teacher Anna Marie Fella worked as a waitress and bartender for ten years after college, wanting to go into the “music business.” Fella said, “I changed to teaching because I grew older. It was not paying enough and it was not a fun job. So I returned to school and got a teaching credential in math.”

CCCC
CENTRAL COAST
COLLEGE CONSULTANTS

ERIN OGREN

(805) 546-8230

4554 WAVERTREE STREET

SAN LUIS OBISPO, CA 93401

WWW.CCCOLLEGECONSULTANTS.COM

ERIN@CCCOLLEGECONSULTANTS.COM

One sophomore's battle with depression

Emma Jane Haas
Staff Reporter

Although many people at San Luis Obispo High School may not be aware, depression is a serious and common issue among teenagers. According to the Centers for Disease Control and Prevention, in 2011 suicide was the second-leading cause of death among people aged fifteen to thirty-four years and the third-leading cause of death among those aged 10 to fourteen years. The suicide rate has only increased since then, and 60 percent of suicides are due to depression, according to the American Foundation for Suicide Prevention. *Expressions* went out and talked to sophomore Sofie Janette about her past struggles with depression and her recovery so far.

Janette said that her depression was at its worst in eighth grade because she felt her dad didn't love her, her mom was trying to ruin her life, and she didn't have any friends she could talk to. If one girl at our school has had these feelings, how many more can relate?

Janette said, "I think a lot of people struggle with depression."

While battling depression in eighth grade, in order to cope, she tried to write stuff down or think about it, but ultimately felt like the only solution was to cut herself. She felt like no one really knew she was depressed until awhile after the fact. When she tried to reach out to people, they wouldn't take her seriously.

Now a sophomore, Janette is doing much better. She said, "I think I'm doing really well now and the main thing that helps me is that I feel like my friends really care about me and are there whenever I need to talk. I've also noticed how often it happens to others." When asked if she thinks people avoid talking about the issue of depression out of fear she said, "I don't think people completely avoid talking about depression, but I think people send out lots and lots of lost hints and are ready to talk about it if someone would just show interest."

Ultimately, her advice for anyone that is going through depression is to speak up to some-

one you trust. Janette said "In the car on the way to school [my mom and I] heard a story about a teenager committing suicide. While I was in class a few hours later my mom texted me, 'I know life can be difficult but it never lasts. Please let someone know if you ever feel depressed or like hurting yourself. One death affects so many. I love you more than you know.' So my advice is seek help. And not just hints; full out have that tough conversation. Find a counselor if you don't feel like your friends or parents can help you, but don't stay silent. You *are* important and if you make the decision to kill yourself it will change the lives of so many people."

Suicide warning signs include depression, loss of interest, rage, irritability, humiliation, and anxiety. If you or a friend are exhibiting any of these signs, please talk to a friend, parent, trusted adult, or call the San Luis Obispo suicide hotline at 1-800-783-0607. Meanwhile, help create a safe environment for students to seek help in recovering from depression.

Meet the presidents: John-o and Dorothy

Emma Jane Haas
Staff Reporter

This year, our school is in good student hands. *Expressions* talked to the owners of those hands. Meet the Associated Student Body President, senior John-o Roberts, and the Senior Class President, senior Dorothy Monza.

Expressions: What made you want to run for Senior Class President?

Senior Dorothy Monza: After my junior year I was involved with Youth and Government and I started to develop a love for public speaking and instead of being nervous about leadership positions like I had in the past, I decided to challenge myself a little bit more and I felt like I had an interesting perspective that I could bring to ASB that traditionally had not been seen as a very diverse group but is meant to represent a very diverse student body.

Expressions: What has been the highlight of your experience in ASB thus far?

Monza: Probably seeing a different side of school that I hadn't seen before. I didn't realize how much work went into things like playing music at break and doing pep rallies and stuff. I didn't really think about all the little things they do for our school besides just dances and stuff.



Check out ASB president John-o Roberts (right) and Senior Class President Dorothy Monza (left) decked out in 1980s garb.

Expressions: What made you want to run for ASB President?

Senior John-o Roberts: I wanted to run for ASB President because I wanted to not just help those in my immediate friend circle, but all Tigers. I felt that I had some good ideas I could bring to the table, and running for this position would enable me to take action.

Expressions: What has been the highlight of your experience in ASB thus far?

Roberts: It's a toss up between building a more spirited community on campus and falling off of the stage in front of everyone at the 2014 Spring Fling dance. You learn a lot about yourself in a situation like that.

Expressions: What other responsibilities do you have on the side?

Roberts: Besides running the ASB meetings every Tuesday, I am also admin of ASB social media and the SLOHS student representative to the SLCUSD School Board—they asked me to take a selfie with them last time we met.

Expressions: Do you have a hidden talent?

Roberts: Sometimes—when the time is right—I can accurately recreate the noise the sand people from Star Wars makes. I can also make really bad jokes, but that's not secret.

Video Game Spotlight: “Pokémon” and “Super Smash”



Photo courtesy of Susan Hack

Eric Osmund
Staff Reporter

Dylan Sparling
Staff Reporter

“Super Smash Brothers” has become one of the most popular fighting games in history. It involves a primarily Nintendo roster of characters fighting it out in matches of up to four fighters. Popular Nintendo characters such as Mario, Luigi, Link, and more. Characters that have been in two or more Smash Bros. games are known as “Veterans.” Veterans from the first game that reappear in Smash 4 include Samus, Kirby, Captain Falcon, Ness, Pikachu, Jigglypuff, Fox McCloud and Yoshi.

“Super Smash Bros. 4” was announced for the Nintendo 3DS and Wii U at E3 2011. It includes all Veterans from the previous games as well as many newcomers. For example, Rosalina from “Super Mario Galaxy,” Bowser Jr. from “Super Mario Sunshine,” a generic Villager from “Animal Crossing,” Little Mac from “Punch Out,” Greninja from “Pokémon X and Y,” Dark Pit and Palutena from “Kid Icarus:

Uprising,” Lucina and Robin from “Fire Emblem: Awakening,” Shulk from “Xenoblade Chronicles,” Duck Hunt duo, and other Third Party characters such as Mega Man, Pac Man and the Mii Fighter.

A great new edition is the ability to customize Mii Fighters and existing fighters, such as adding badges that change their defense, attack and speed stats, as well as their special move set. The 3DS and Wii U versions have some significant differences, such as a game mode exclusive to the 3DS called “Smash Run,” which involves running around the map, defeating AI enemies to obtain stat upgrades. After this, a final battle between you and three others commences. This can range from the players racing to the finish line first, to just a plain old fight.

The 3DS version has had mostly positive reviews so far, with IGN giving an 8.8/10 and Game Spot giving an 8/10. In the meantime: happy smashing!

Finally, the long-awaited release of the games Pokémon fans have been waiting for is just within reach; “Pokémon Omega Ruby” and “Alpha Sapphire” come out on November 21st. Yes, it’s true; remakes of the classic Ruby and Sapphire games are underway thanks to Nintendo. What were once pixelated 2D games will be remade into a vast, full-blown 3D environment filled with beloved Pokémon from the third generation.

Getting to see what the Hoenn region looks like rendered on the Pokémon X and Y engine will be quite a sight to behold, especially in comparison to its original Game Boy Advance graphics.

Visuals aside, there are other changes and additions that have been made to enhance the player’s experience with Omega Ruby and Alpha Sapphire. Numerous things have been expanded on. For example, there will be a new plot regarding the mega evolutions which were introduced in the Pokémon

X and Y games.

Omega Ruby and Alpha Sapphire continue to use the new feature of mega evolutions by introducing several new evolutions. For instance, all three starter Pokémon will be receiving mega evolutions as well as other Pokémon, including Pidgeot, Slowbro, and Beedrill.

Finding Pokémon in the wild will apparently be much easier now with the new Area Nav. The Area Nav is a new addition that shows the player all the available Pokémon on any given route, as well as letting you visually track them. Players will now be able to use the move Soar, which when used with one specific Pokémon, will allow the player to fly virtually anywhere in the Hoenn region.

With these new additions and the many other improvements more, there is no doubt that countless Pokémon fans will be thrilled with the new releases of “Pokémon Omega Ruby” and “Alpha Sapphire.”

Netflix addiction running rampant at SLOHS

Ella Jackson
Staff Reporter

You know it's a problem when netflixing becomes a verb. The Urban Dictionary definition of netflixing is, 1. The act of watching an entire season of a show in one sitting. 2. A totally valid excuse for avoiding social obligations. 3. Netflixing used in a sentence, "sorry, I can't make it to the party tonight. I am netflixing." Students at San Luis Obispo High School are doing exactly this and it only leads to procrastination and no sleep.

Students here at SLO High binge watch Netflix. Freshman Luca MacDougall claims he watches around two hours of Netflix each night. That is fourteen hours each week and on school days.

A huge problem of this constant binge watching of Netflix is due to the instant cue up of the next episode. It gives the viewers no willpower and takes up an extreme amount of time. "It's the best part of my life. I literally don't leave my room," said

sophomore Maggie O'Hare when asked to share her addiction to Netflix.

Think of what you can do with those ten extra hours; run a few marathons, hike a mountain, even study for the SAT's. You could also watch ten episodes of Breaking Bad, that's always an option.



Iphone 6+ Bending its way into SLOHS

Photo courtesy of Daniel Ragsdale

Alex Ehlers
Staff Reporter

Whenever Apple releases a new phone, it usually improves upon the previous release. However, when the latest release of the iPhone 6 came with a larger version, called the iPhone 6 Plus, there was a small flaw... that being, when the phone is placed under pressure, it bends. Not a 90 degree angle, but one big enough to notice. This problem has been dubbed, by the internet, "Bendgate."

However, Sophomore Grayson Stewart said "It hasn't been bending because I've had a case on. No problems, not yet." But the fans of Apple technologies are still freaking out from this, so much so that a machine has been developed to try and fix the phones. With this information, *Expressions* went out and interviewed students on if they'd want an iPhone 6 Plus. Freshman

Casey Leebrick said "I would rather have the iPhone 6 over the iPhone 6 Plus, because it's smaller and won't bend." And Sophomore Natalie Ryan said "No, because it's a waste of money." But when everything's said and done, is the iPhone 6 Plus really worth getting? If you compare it to the iPhone 6, the 6 Plus overall functions better, with better memory, better battery life, and of course, better size. But the iPhone 6 seems to work well enough, and is at a cheaper price.

Overall, either phone seems to fill the basic functions of a smartphone, but they both have flaws. In the 6 Plus's case, it's that the good functionality of the phone is hindered by the metal in the phone bending. If you want a phone that doesn't bend, get the regular iPhone 6. That way, you can break it by dropping it on the ground, sitting on it, or microwaving it!



casual beach apparel
choice of fabric
handmade




located at 551 embarcadero, upstairs
morro bay, ca 93442

to schedule an appointment for custom fitting:
805.441.4785 mme.ephe.meral@gmail.com

“ I want to get a job in television
... that's why I'm a Cuesta student ”

Become a Cuesta College Student

Cuesta College ...

- > Offers 70 degree programs, including 21 transfer degrees, and 57 certificate programs
- > Transfers more students to Cal Poly (26%) than any other college

SPRING APPLICATION OPENS
OCTOBER 1, 2014
SEMESTER RUNS
JANUARY 20 - MAY 22, 2015

For just **\$46**
a unit

On-site. Online.
805-546-3100
cuesta.edu > Click on Get Started



THE CUESTA PROMISE



Finals, big tests, and long overdue projects all force us into late hours of the night. There comes a time in every high schoolers life where they must endure the dreaded 24 hours awake . Here's a time-line guide on

how to survive an all- nighter

10p.m.

The classic procrastinator starts their “cram sesh” in the early hours of the night, so it’s best to load up on caffeine but don’t abuse it.

Never drink energy drinks with sugar to avoid a crash and *do not* overdose on caffeine pills.



12a.m.

Make a list of goals you have for the night to make sure you stay on task and to keep yourself motivated.

1a.m.

Study or complete your hardest work first .

2a.m.

Snacking is the best way to defeat drowsiness.

Study Playlist

- “Tabacoo” - Yum Yum Cult
- “Art School” - Frankie Cosmos
- “Kids” - Vitamin String Quartet
- “Alone At Sea” - Two Bicycles
- “Sleepyhead” - Passion Pit
- “Dirty Trip” - Air
- “Burn” -Ellie Goulding

3a.m.

Breaks are necessary to survive, take a well deserved dance party in the middle of your kitchen and rock out to our playlist.

You are probably feeling pretty good right now, with the second wind and caffeine kicked in. Keep cramming and make sure not to fall asleep!

4a.m.



5a.m.

If you haven’t already had a mental break down now is an acceptable time.

6a.m.

Go outside and view the ultimate reward: watching the sunrise.

Staying up all night is never a good idea, but sometimes it is the only choice. Make sure to eventually catch up on some well deserved sleep.

