

San Luis Obispo High School

Expressions

News Magazine

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Photo by Danny Ragsdale

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Hip hop is not inherently vulgar

In your January issue you put out an article about hip-hop (“Is Rap music negatively affecting students” January 2015 issue) being a negative influence. Yet in the article, the only people it seems you talked to were people who all had the same opinion.

As a rapper myself and someone who works with numerous rappers I take offense to this. Where as some of the genre can be seen as negative, the same can be said for every genre out there. For example, you can take the song “Red Solo Cup” by Toby Keith. That song is just about drinking and partying, so you could argue that country music is a bad influence for people too. Just because some artists put out songs mentioning certain negative things does not mean you can generalize a whole genre.

Also, when a song is broadcast on the radio it has what is called a radio edit,

which is when everything that is vulgar/sexual is edited out. The song “Vegas” by Eminem never got radio play. I think to judge a genre, you should know its history before you try to pass judgment. Without rap, many people would not have a voice. It has given a voice to people who normally would not be heard. Once again, the reason I take offense about this is because I am a rapper and work with numerous local artists who take pride in spreading positive messages.

Sincerely,
D-Strik (Senior Dillon Stricklin)

Editor’s note:
Letters to the Editor are always welcome. Send your letter to snairne@slcsud.org.

SLOHS Expressions staff

Editorial	Reporting
Editor-in-Chief: Drew Minnoch	Christopher Bedford Gabby Garza
News Editor: Garrett Perkins	Veronica Gibson Michael Grasseschi
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Web Editor: Jack Sistek	Danielle Ward Zach Wise Mark Wood

Adviser
Scott Nairne
snairne@slcsud.org



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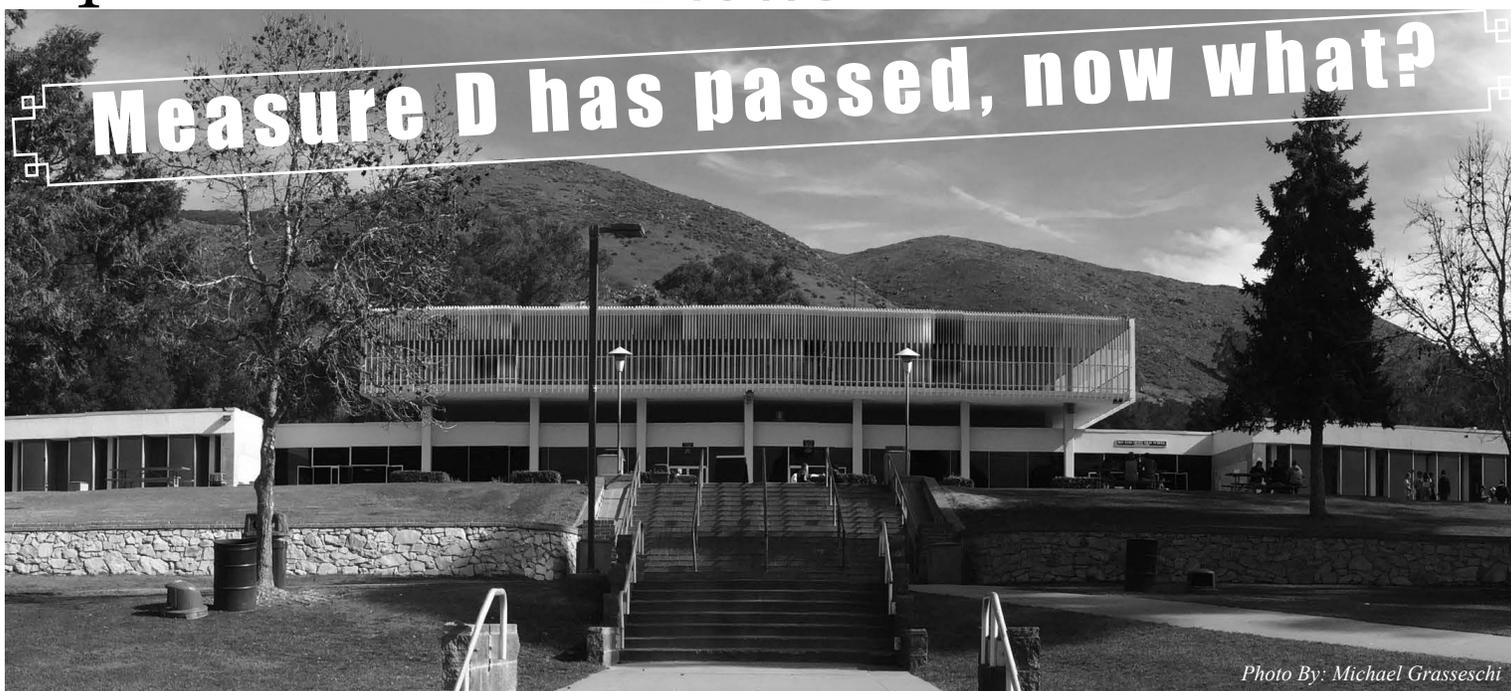


Photo By: Michael Grasseschi

SLOHS as of January 2015: What will change in the next five years?

Michael Grasseschi
Staff Reporter

On November 4, Measure D, which proposed much-needed repairs and improvements to schools in San Luis Coastal Unified School District, was voted into action. A committee of San Luis Obispo High School's administrators, teachers, parents, and even students has formed to decide what things the measure's grant will be spent on.

The Measure D committee will be the on-site committee of stakeholders who will decide collectively how to organize and prioritize plans for moving forward with the grant. The group of representatives will decide what elements of proposed plans will be added to the

school and what things the school needs most.

"I hope to see many projects completed on our campus," said principal Leslie O'Connor. "We need a comprehensive student center; we need to remodel our classrooms, build a theatre space for performing arts, modernize [our] sports facilities, [and] upgrade our industrial technology areas."

O'Connor also expressed that he has "full faith in the staff on our committee and [believes] we have the trust of our community to do a fantastic job changing the footprint on our campus." In the seven-year process of transforming the campus to become more modern, the committee will continually develop plans to help keep the school as up to date as possible.

Freshman Nicole Liddicoat is the student representative on the Measure D committee.

"My role is to be the messenger between students and the heads of different educational departments and to transfer ideas between students as a body," said Liddicoat. "I would like to see different ideas, pick off the ones that take too much time and money, and stick with common ideas that students and staff ask for rather than individual requests."

Shop teacher Tim Fay, a committee member, hopes for "a state-of-the-art manufacturing facility" up in the shop buildings. "A lot of the equipment we have is great, we just need a better infrastructure for it," said Fay.

Middle class scholarship opens doors for students

Emma Jane Haas
Staff Reporter

The Middle Class Scholarship, which started in the 2014-15 academic year, is a new program that provides undergraduate students with family incomes up to \$150,000 a scholarship to attend University of California or California State University campuses. Initial 2014-15 awards were processed in September. Students whose families earn between \$100,001 and \$150,000 per year may be eligible for a scholarship of no less than ten percent of the mandatory system wide tuition and fees.

According to College and Career Center Specialist Colleen Martin, "there is talk that

it might not continue. The Middle-Class Scholarship is for students who do not get a Cal grant (Cal Grants offers financial aid and grants for any qualifying California college, university, or technical school in California) or a Pell grant (Federal Pell Grants usually are awarded only to undergraduate students who have not earned a bachelor's or a professional degree). First you have to apply for other aid and if you don't get that, you might get a Middle-Class Scholarship."

To qualify for the scholarship, students must meet the following criteria: attend a California high school for a minimum of three years; graduate from a California high school, pass the California High School Proficiency Exam or get a General Equivalency Diploma

(GED); enroll in an accredited and qualified California college or university; and, if applicable, fill out an affidavit stating your intent to legalize your immigration status as soon as possible.

To apply, complete a 2014-15 free application for Federal Student Aid online at www.fafsa.gov or the California Dream Act Application at caldreamact.org. Use the California Dream Act Application if you do not have a Social Security number or if you have a Deferred Action for Childhood Arrivals number. Make sure your email address is listed on your FAFSA or California Dream Act Application. You must apply between January 1 and March 2, 2015.

Sources: www.csac.ca.gov

Independent studies popular with students

Mikayla Lindahl
Staff Reporter

Some students at San Luis Obispo High School prefer a more independent style of learning. Independent Studies is a schooling system that allows students to have a more personalized learning experience. Expressions interviewed SLOHS counselor Shelley Benson, junior Veronica Duncan, a student currently enrolled in the program, and junior Gabi Morgan, a SLOHS student who used to be in the program, about independent studies.

Expressions: What is a common reason, in your opinion, that students have for joining independent studies?

Counselor Shelley Benson: Anything from something very extreme, like they have to work to support their family, or they are pregnant, to something as normal as having a hard time at school or simply being unhappy here.

Junior Gabi Morgan: I think a common reason would be a need for more flexible time.

Junior Veronica Duncan: When I was attending school, I had a million things to worry and stress about all at the same time.

Expressions: What do you like and dislike about independent studies compared to SLOHS?

Benson: I think it gives kids a lot of flexibility to deal with whatever is going on in their lives. It could be hard for students to stay motivated without a daily interaction with students and teachers.

Morgan: I got to wake up whenever I wanted, but it was hard because if you weren't motivated to do it yourself, you'd fall behind.

Duncan: I like how you can work at your own pace and on your own time. I dislike having to take tests and stuff online instead of writing things down on paper.

Charlie Hebdo incident threatens free speech



Photo illustration by Veronica Gibson

Veronica Gibson
Staff Reporter

Around 10:30 a.m. on January 7, two masked gunmen entered the satirical magazine publisher *Charlie Hebdo* in Paris, France. The two gunmen killed 12 people and injured 11 others in and around the magazine office, with two of the dead being police officers, one of whom was executed on a street in Paris after he was injured from gunfire.

The attack is believed to have been instigated by *Charlie Hebdo's* printing of Islamic satire. The two gunmen were later confirmed to be French brothers, Said and Cherif Kouachi, and are speculated to be affiliated with an Arabic terrorist group.

"The magazine says a lot of hurtful things about a lot of different people, but most of us can make it through the day without racking up a body count," said senior Julia Donath.

Charlie Hebdo had been threatened repeatedly for its depictions of the Prophet Muhammad.

"Blaming the tragedy on the cartoonists and

writers is like blaming a rape victim because of the clothes she was wearing," said Donath.

"I personally haven't felt like my own freedom of speech has been threatened here at San Luis Obispo High School—however, in a way, we do censor how we speak and act at school because there are certain standards both students and teachers are supposed to follow while in an educational environment," said Donath.

However, some students feel as if their freedom of speech at SLOHS is limited.

"If you have an opinion about a teacher and you want to tell them your opinion, you have to go to the dean. Like if you didn't agree with a teaching method you could get written up for defiance," said sophomore Jeffery Mason.

Islam is not the only religion that *Charlie Hebdo* has printed satire about.

Source:

news.yahoo.com

bbc.com

independent.co.uk

theblaze.com

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HOME STYLE COOKING

A Wise man once 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. *Expressions* recently collected a series of anonymous questions and provided the best possible answers.

Dear Zach,

I was playing "Call of Duty" the other day and I met this girl. She's beautiful, athletic, hot (or at least she says she is), and is really cool. How can I maintain a long distance relationship with this girl, and do you think \$4,500 is enough money to wire her so she can visit next week?

Sincerely,
In Love

In Love,

Many people will tell you that this is a scam, and those people are wrong. There is no such thing as a scam. If I have learned anything from the countless African princes whose lives I have saved, it is that every "scam" comes with a reward. You will finally get to meet this beautiful girl, who I guarantee described herself with perfect accuracy. You're welcome.

Dear Zach,

I have recently discovered an internet phenomenon known as "memes." These memes, such as the comedic dog, "doge", or the villain "Scumbag Steve", have brought me great joy. Do you think that someday I will be able to become a meme, and bring joy to people?

Sincerely,
Meme

Meme,

I can say without a doubt that you have the potential to become a meme. I recently screened "Scooby Doo and the Cyber Chase" and learned that it is very possible for humans to enter a computer, and chase a cyber-demon through time and space. To become the meme, you must be the meme. You're welcome.

Stop littering at school



Photo by Garrett Perkins

Littering is garbage: Trash at SLOHS sits, ironically, directly adjacent to the receptacle.

Garrett Perkins
News Editor

As the lunch period comes to a close at San Luis Obispo High School and we, the students, begin the dreaded migration back to class, we are left with the task of dealing with the remnants of our lunch: trash. Many students take the high road, disposing of their waste in proper receptacles. However, many of our peers do not and, instead, simply dispose of their trash on the ground without a second thought. I often see students empty their car of all trash by just dropping it in the parking lot. This has to stop.

The principle of leaving our trash to blow around the town is despicable. Each year our society progresses, becoming more eco-friendly and further extending our protection of the earth. San Luis Obispo County has even passed an ordinance banning plastic

grocery bags from being given out at grocery stores in our community. This could all be for nothing if the future curators of our world continue to simply throw their garbage to the wind.

We are in high school. In several short years all of us will be adults, responsible for taking care of ourselves. How can we expect to be contributing members of society if we cannot pick up our own trash? Instead, we delegate that duty to an elderly woman who walks around the parking lot after lunch, cleaning up after kids she has absolutely no relation to.

It comes down to who we want to be. Do we want to be the generation that ruined our planet, unaware of the impacts of our actions, negligent toward the environment that we reside in? Or do we want to be the generation that made a difference? I've made my decision. Now it's your turn to decide.

Trans women deserve better



Photo courtesy of Cincinnati Enquirer

Speaking out: The Diversity City youth choir performs at a vigil for Alcorn in Cincinnati, Ohio.

Izzy Kramer
Opinion Editor

Of all the obstacles facing the lesbian, gay, bisexual, transgender (LGBT) community, suicide may be the most severe. Although anyone can experience depression or hopelessness, these feelings are especially common in transgender women. This past December, 17 year old transgender girl Leelah Alcorn committed suicide. Many factors contributed to this tragedy, the most prevalent being parental abuse and societal oppression.

Alcorn's parents were not receptive to her gender identity, even placing her in "conversion therapy" in an attempt to "fix" her. Conversion therapy is useless and offensive: rather than acting as a nonpartisan listener, a

conversion therapist's goal is to change their patient, to convince them that their identity is fundamentally wrong.

Alcorn took solace in the online blogging community; as a result, her parents would periodically take away her electronic devices, isolating her even further. Experiencing gender dysphoria and depression as a teenager is horrendous; to undergo these things without the support of family would be nearly impossible. Alcorn's parents made it very clear that their daughter was never their first priority. We must condemn their abuse, and acknowledge how detrimental their actions proved to be.

While Alcorn's parents share a fair share of the blame, we must be aware of the ways in which we- as a society- contributed to this

tragedy. The world is an incredibly unsafe place for transgender women. So few people even recognize, let alone respect, the legitimacy of their identities. It is crucial that we know how hostile society is towards the queer community, specifically transgender people.

"People need to recognize and support trans women as women; in alienating them as 'other', or somehow lesser than cisgender women, we only cause more problems with their sense of self. Continuing to deny them validation only leads to more tragedies like [Alcorn]'s," said junior Kelly Doherty.

Parents need to love their children, and respect their identities. We cannot perpetuate violence and vitriol towards transgender women. Only through cooperative effort will change be achieved.

American media does not understand Islam

Jack Sistek
Web Editor

On January 7, two gunmen forced their way into the French satire magazine Charlie Hebdo and shot and killed 12 people, including a police officer. After the American media learned of the attackers' ties to Al-Qaeda, anchors began asking the question, "Does Islam promote violence?"

In order to answer this question, cable anchors will invite a flock of security experts who- to enhance their argument- will take advantage of Americans' fear of jihad. However, the facts are not on their side.

According to Europol (the European Union's law enforcement agency), "from 2006 to 2013

only 0.7 percent of terrorist attacks in the European Union were carried out by Islamist terrorists". Most of the attacks in Europe are conducted by political separatist groups that receive no media coverage.

Additionally, of the 190,000 murders in American since 9/11, "Muslim-American terrorism has claimed 37 lives in the United States during this period" said professor Charles Kurzman in his study "Muslim-American Terrorism in 2013", published by Duke University. "Islamic terrorism has only accounted for six percent of terrorist acts on U.S. soil from 1980 to 2005, outnumbered by Latino, Christian, Jewish and Communist terrorists."

Muslims account for almost twenty-four

percent of the world's population. To say that Islam promotes violence is ignorant, irresponsible, and blatant fear-mongering.

"No religion, or lack of religion, will make you violent," said junior Henry Amir. "If you are a violent person, no religion- not Buddhism, not Hinduism, not Christianity- will make you any more or less violent."

Extremist actions should be condemned by all people, regardless of faith. The men who commit acts of terrorism in the name of Islam are heretics and the media needs to treat them as such.

Sources:
pewresearch.org
duke.edu
europol.eu

Handicap Accessibility

Gabby Garza
Staff Reporter

San Luis Obispo High School *Expressions* Newspaper intended to better understand what our handicapped and injured classmates deal with on a day to day basis, and to see if and where our school might be able to improve on its accommodations to them.

This subject has been recently brought to our attention because many athletes have been getting injured and are having troubles getting to class on their crutches. Our

school could easily seem like a giant obstacle course in the eyes of a handicapped student. The ramps that handicapped students must take as an alternative to stairs aren't always the most convenient way to get to class and could cost a tardy.

When asked how a handicap student would get to a class in the Agriculture (Ag) department, Dean Aaron Black said "There is the fire access road and the back road to the Ag area. Other than that there's no way up there." Both of the black pavement roads are steep and uneven and both roads are tough enough to get up to on

foot.

For a student to simply go from their math class in the 500 buildings to their science classrooms in the 100 buildings could take them additional time they don't have in the seven minute passing period. Doors are extremely heavy and can put them at a huge disadvantage if they don't have anyone to assist them.

Although a student could be late to class, Black also confirmed that a teacher works with the student and allows them leniency.



A Day in the Life of a "Handicap" Student at SLOHS

Audrey Ross
Staff Reporter

Our school is full of stairs and other obstacles for the handicapped at San Luis Obispo. The people who are handicapped at our school have a difficult time getting around the school. On Friday, January 30, I went around to all of my classes in a wheelchair to experience what these handicapped students go through.

First Period, World History
I started my day at the big tree at around 7:57, and had to wheel my way all the way to the library. Going that "far" walking may not seem that tedious, but in a wheelchair it was very difficult. The first ramp I got up with only a few moments of me struggling to go straight. Once I got to the second ramp, I couldn't move my arms anymore, so I had my friend push me up the ramp. The flat parts were a lot easier to move down, and I got to the main doors fairly quickly. Not many people may notice this, but to get into the main building, there is a seemingly small dip, but in a wheelchair it seems a foot high. I had to move back and go really fast to get into the building.

TIME: 4 minutes 54 seconds

Second Period, Agriculture Biology
This had to have been my hardest class to get to and from. I wasn't late to this class, because I had my friend push me up the back road. This road is very steep, but possible to go up if you have a strong friend to push you up. The only difficult part for me was when we got to the top of the hill, and I could move by myself, I got stuck in the gutter on the ground. The wheels got stuck in it, and I couldn't move at all. I had to stand up, move the chair, and then sit back down it. I luckily wasn't late to this class, like I thought I was going to be. It was really hard to get around the classroom to be able to talk to people, and when I did, I couldn't look into their eyes.

TIME: 6 minutes 55 seconds

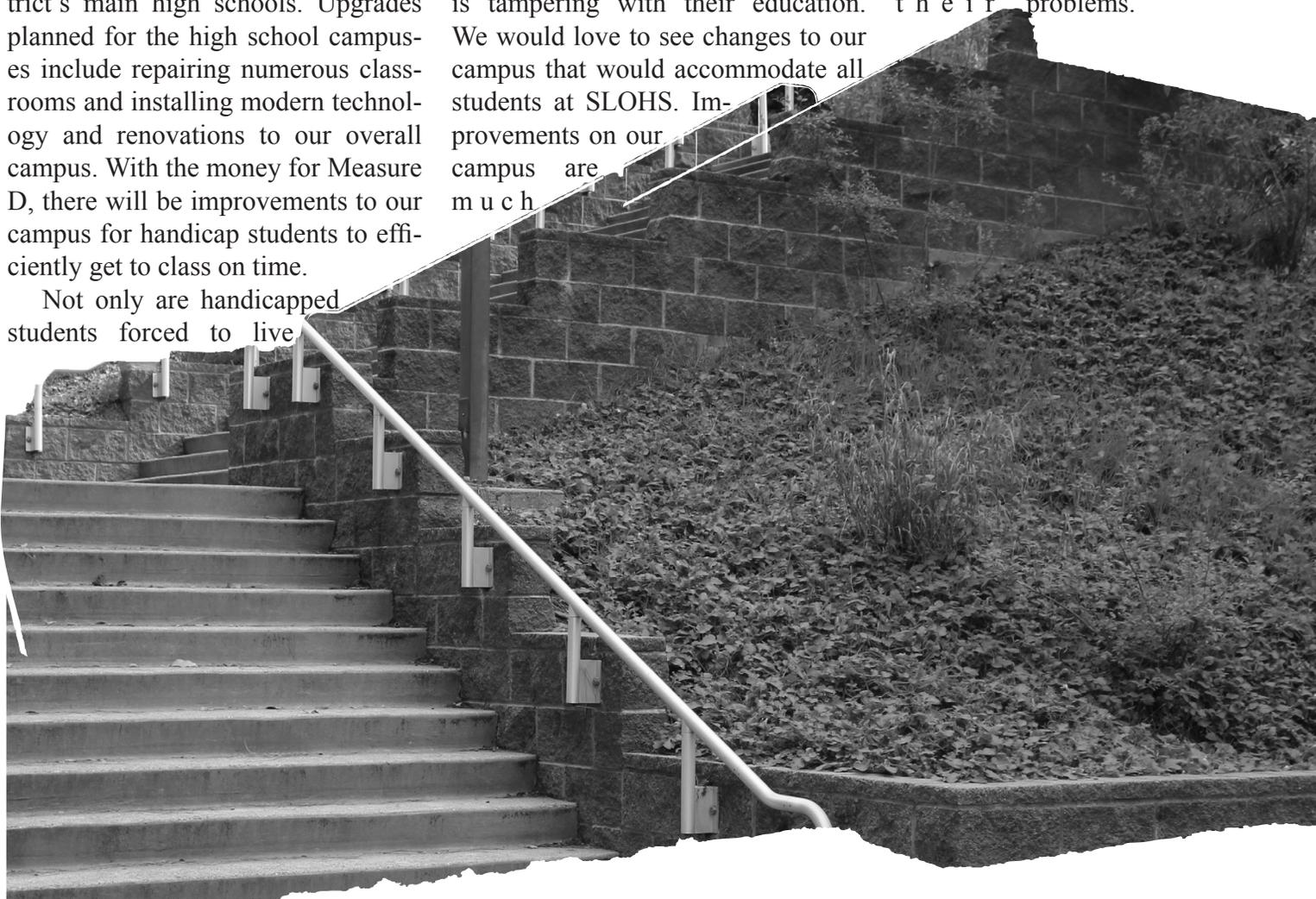
at San Luis Obispo High School

Measure D is a \$177 million bond to repair and construct facilities at San Luis Coastal Unified School District's main high schools. Upgrades planned for the high school campuses include repairing numerous classrooms and installing modern technology and renovations to our overall campus. With the money for Measure D, there will be improvements to our campus for handicap students to efficiently get to class on time.

Not only are handicapped students forced to live

with the problem of getting around campus in a fashionable manner but the struggle of getting to class is tampering with their education. We would love to see changes to our campus that would accommodate all students at SLOHS. Improvements on our campus are much

needed to cater to all students at San Luis Obispo High School because getting to class should be the least of their problems.



Third Period, Physical Education

I was very fortunate to have had break on this day, because this passing period was the hardest and most time consuming I had all day. I had no help this time, and I really wish I did. I had to go down the road by myself, which was super sketchy, then go down two more ramps. Going downhill in a wheelchair is harder than it looks. The chair goes really fast down the ramps, so I had to hold onto the wheels so I wouldn't go down too fast. People passing by probably thought it was the most hilarious thing ever, I certainly did. It took me ten minutes and 53 seconds to get to class.

TIME: 10 minutes 53 seconds

Fourth Period, Newspaper

This was by far my easiest passing period. I had no difficulty getting up the ramps, for my arms were used to the ache of pushing the wheels forward. I didn't have any problems with this passing period. Something that was really easy about this class, is that I work on a computer so I could reach the keyboard while sitting in the chair.

TIME: 2 minutes 11 seconds

Fifth Period, Geometry

This was a great way to finish the day. The only dilemma I ran into was, once again, the bumps to get into the building. Once I was into the hallways, I was cruising and my friend behind me had to speed walk to keep up with me. It was also my most fun passing period, having the hallway to myself going, to me, really fast.

TIME: 4 minutes 35 seconds



Photo courtesy Alissa Todd

Alissa Todd: defending on her home court.

Todd gets in the zone

Audrey Ross
Staff reporter

There are many student athletes at San Luis Obispo High School. Junior Alissa Todd has blown up the basketball court with her dedication and enthusiasm for the game. Expressions have chosen Todd to be February's Player of the month.

Todd has been playing basketball since she was in the first grade when her parents signed her up "and I have enjoyed it ever since." The skills she has learned stand out in the game.

"She's one of our best defenders we have. She's great on the ball, she anticipates well, and she has good hands and quick feet, she reacts quickly," said health and girls varsity basketball coach Daniel Monroe.

"Her tenacity would have to be one of her best basketball qualities. Her perseverance, her ability to want to do basketball, and she's good at it, and she keeps focused on basket-

ball and puts a lot of effort into it," said senior and team captain Natalia DeMartini.

Todd plays guard, and gets "a slap on the arm [for fouls against her], and it really depends. If you are driving to the basket you'll probably get pushed, but if you are dribbling it's usually just a slap on the arm."

"She brings a lot of enthusiasm; she's one of the most positive players we have on the team. She never gets down on herself, or down on anyone else on the team... She knows how to communicate with people, and helps get the most out of them, she encourages them instead of putting them down," said Monroe.

Todd says that this season has gone "pretty well [so far], I think that we are really improving and hopefully we will get to the finals this year."

Todd has worked very hard and all that work is shown on the court.

Sensenbach climbs to the top

Ella Jackson
Staff reporter

San Luis Obispo High School senior Mickey Sensenbach carried water to climbers Tommy Caldwell and Kevin Jorgeson, on their journey to be the first to conquer El Capitan's "The Dawn Wall" in Yosemite National Park. After a 19 day free-climb up the three thousand foot sheer granite rock, Caldwell and Jorgeson reached the summit of their climb on Wednesday, January 14 with the help of Sensenbach. Expressions had the chance to interview Sensenbach about his experience.

Expressions: What exactly did you do on your recent climb to help out the Dawn Wall climbers?

Senior Mickey Sensenbach: The climbers are using an extreme amount of energy during their ascent and they don't want to waste any of this energy by carrying supplies... I climbed with 16 gallons of water up to the base camp so they wouldn't have to use any extra exertion.

Expressions: Did anyone accompany you on

your climb?

Sensenbach: I climbed with my brother Max Sensenbach.

Expressions: How long did the climb take?

Sensenbach: It took three hours up to the base camp and one hour down.

Expressions: What initiated you to bring water to Cald-



Photo courtesy of Mickey Sensenbach

Jorgeson?

Sensenbach: I just enjoy climbing, and I thought it was super cool to meet these pro-

fessionals.

Expressions: How long have you been climbing?

Sensenbach: I've been climbing since 2009, so for about six years.

Expressions: What do you enjoy about climbing?

Sensenbach: You can never be bored with it, and there are always different routes to take... it's not always fun, but it's extremely rewarding to be able to go places others can't go.

Expressions: What are the past climbs you have done?

Sensenbach: Too many to count. I have done seven different routes on El Capitan, several routes up Half Dome, and a lot more.

Expressions: What do you plan to do in your future related to climbing?

Sensenbach: I want to be a rescue EMT [Emergency Medical Technician] paramedic.

Expressions: What is it like coming back to school after this accomplishment?

Sensenbach: It is super weird because I had just spent hours risking my life, under extreme stress and now I'm back in this relaxed environment... the two are polar opposites.

Soccer is kickin' it in

Danielle Ward
Staff reporter

The San Luis Obispo High School varsity boys' soccer team is currently ranked 28 in the state of California and 84 in the nation as of February 2.

"We play as a team, not as individuals and we want to win. Even if we tie anything less than a win is unacceptable basically," said senior Willy Kirschner. Kirschner thinks that is why they are doing better this year than past years. Playing as a team is a critical component in soccer, it is about passing the ball to your teammates and working together to achieve a win.

"[This year] we have a lot more seniors than we did in the past few years and there is a lot more leadership and we have a bond that we didn't have before," said senior Ben Lindahl. All the boys on the soccer team practice about

three hours a day, which includes every day of the week except for Sundays and game days.

Before each game all of the soccer players go out on the field and when they announce the starting line-up, the players will all get into a huddle and put the person they are going to announce in the middle of everyone and push him around until they call his name, then they push him out to get pumped up for the game. This season the team would like to "win CIF, definitely that is our main goal," said Lindahl.

"This year all of the teams are pretty equal, there's not really a team that is always winning, but I think that Pioneer Valley and Righetti will be pretty good," said Kirschner. The whole team seems to have a positive outlook on the whole soccer season and future games to come. Please come out and pack the stands to support the boys on their way to win CIF.

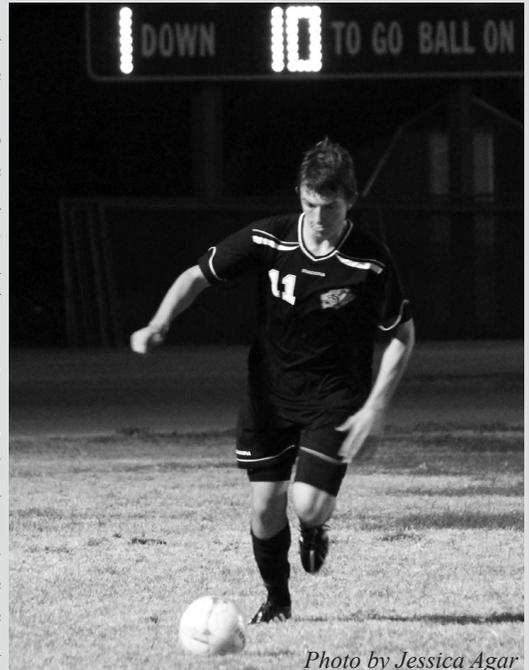


Photo by Jessica Agar

Taking it down the field: junior Jacob Maino

Yoga exercises and stretches help you

Mikalya Lindahl
Staff reporter

Yoga and Meditation has been proven time and again its benefits in relieving stress, focusing the mind, and relaxing the body. Research by scientists, Chantal Villemure and Catherine Bushnell prove that several different parts of the brain: the parietal cortex, for directing attention, the somatosensory cortex, which has a mental map of the human body,

junior Brooke Diaz, whom are San Luis Obispo

over or crunched up and it gives me an opportunity in my schedule to help with that. It also gives me a few moments of peace and relaxation to contemplate and reflect on life.

Diaz: It's very refreshing and doing it regularly and properly helps clear my mind. It can change a bad day to a good day.

Expressions: How do you think yoga and/or meditating effects an adolescent mind?



Photo by Veronica Gibson

Audrey Ross poses in warrior one

the hippo-campus, an essential area that diminishes stress, etc. were enlarged when people gradually increased the amount of hours they spent doing yoga or meditating each day.

Expressions talked to senior Josh Nelson and



Photo by Veronica Gibson

Ross in the child's pose.

po High School students that actively do yoga and meditate. This is what they had to say.



Photo by Veronica Gibson

Ross in Downward Dog.

Expressions: Why do you like yoga/meditation?

Nelson: I'm mad tall and I'm always hunched



Photo by Veronica Gibson

Ross displaying warrior two pose

Nelson: I'd say it gives a unique sense of clarity that nothing else really can.

Diaz: I think participating in these activities promotes a healthier lifestyle, relieves stress, and gives people an opportunity to feel uplifted and not so drained out.

Source: <http://www.scientificamerican.com>

SLOHS students' most embarrassing moments

Audrey Ross
Staff Reporter

Many students have had embarrassing things happen to them. Sometimes you want to just go into the corner for a minute, or sometimes they are so bad you want to go and hide in a hole.

Sophomore Will Meinhold: My mom told me like a month ago, that she was scared when I was first born because I was ginger, that I was going to be really ugly, and she told me that in front of a bunch of people.

Sophomore Delaney Romo: I accidentally killed my cat. I slammed her in the car door when I was four. I was upset, going out to the car to sit, and I slammed the door with her sitting there. My parents thought about taking her to the vet, but that wasn't going to happen.

Junior Mya Paredes: Freshman year, I was in "Into the Woods", and I had this gold dress for the role of Cinderella, and I was wearing these really high heels, and I'm super uncoordinated I can't walk in high heels. I was running off the stage, because that was part of my blocking, and I fall off the stage, and my dress falls off of my chest, and I'm not wearing a bra underneath.

Senior Mason Robeski: So one day when I was a freshman, my sophomore friends went to Steynberg's, and they brought back a smoothie. My friend tries to snatch it out of my hand, and I'm like 'dude I haven't had any of your smoothie'. So he smacks it out of my hand and the lid pops off and the smoothie falls into my lap. So I have a freaking bunch of smoothie all over my pants, and I didn't even get to taste the smoothie.

People

People Editor: Drew Minnoch

Greenelsh and Thomas have longest running relationship at SLOHS

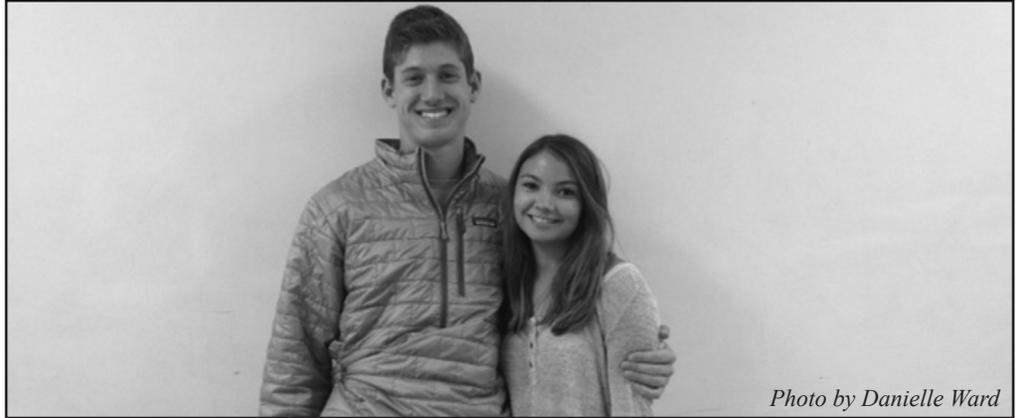


Photo by Danielle Ward

Danielle Ward
Staff Reporter

San Luis Obispo High School seniors Shelby Thomas and Nate Greenelsh have been dating for about four and a half years. A high school relationship typically can last up to a year or as little as a few weeks, so four and a half years is an unbelievable amount of time to be with a significant other. *Expressions* interviewed Thomas and Greenelsh to find out some key factors to such a long lasting relationship. *Expressions* also interviewed a good friend of theirs, senior Lauren MacGregor to get the inside scoop about them.

Expressions: What do you both think is a key part of your long lasting relationship?

Senior Shelby Thomas: He is my best friend.
Senior Nate Greenelsh: She is my best friend, so it is hanging out with your best friend all the time. Who wouldn't want that?

Expressions: What was the best date you have had together?

Greenelsh: Every day is our best date.

Expressions: Do you dislike anything about

each other?

Thomas: I don't dislike anything about him.
Greenelsh: She is too smoking hot.

Expressions: Do you have any tips for couples that just started their relationship and want it to last throughout high school?

Thomas: Have fun! And like each other a lot.
Greenelsh: No.

Expressions: Do you see each other together in 50 years?

Thomas: Yes.
Greenelsh: Yes.

Expressions: Why do you think Nate and Shelby have been dating for such a long time?

Senior Lauren MacGregor: I think that their personalities are both unique in ways where they connect with each other easily. They have also grown up together so it's easy.

Expressions: Is it ever awkward hanging out with them? Do you feel like a third wheel when you're all together?

MacGregor: No, they make me feel included and it's easy because you are just used to it by now.

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Eduardo Hernandez shows off his 1981 Chevy Camaro

Roland Moore
Staff Reporter

Driving is a socially required skill in the modern high school world, and the cooler your car, the easier it is. Some students just happen to have it easier because of how cool their cars are. *Expressions* interviewed senior Eduardo Hernandez about his car.

Expressions: What kind of car is it?

Senior Eduardo Hernandez: It's a 1981 Chevy Camaro.

Expressions: When did you get it?

Hernandez: 3 years ago. I got it for my 16th birthday. I paid half and my parents paid half.

Expressions: What do your friends have to say about it?

Hernandez: It's really cool. If I have friends inside of it, they say it's really smooth when it drives. I just feel it's one of a kind. I wouldn't trade it for anything, and it's my girl.

Expressions: When did you drive the car the worst?

Hernandez: Probably the first day I got it. The suspension was really old. They probably didn't change the springs since it rolled out of the dealership, so I was driving on the freeway and it started leaning to the left, since one spring was older than the other one, so when I stopped it leaned to the left. It was pretty sketch.



Cool Camaro: senior Eduardo Hernandez displays his car in the SLOHS autoshop.

Expressions: What's your favorite memory with the car?

Hernandez: Driving up to Montana de Oro and... Yeah. Just chillin' with the waves.

Expressions: What's its nickname?

Hernandez: Her name's Betty. I don't know why, it just came to me.

Expressions: How fast does it go and how fast have you gone?

Hernandez: About 110 just with the stock engine. [I've gone] about 90.

Expressions: Have you ever tried to pick up girls with it?

Hernandez: No because I have a girlfriend so... it's fun to see people staring at it though.

Expressions: Have you added any completely unnecessary modifications to it?

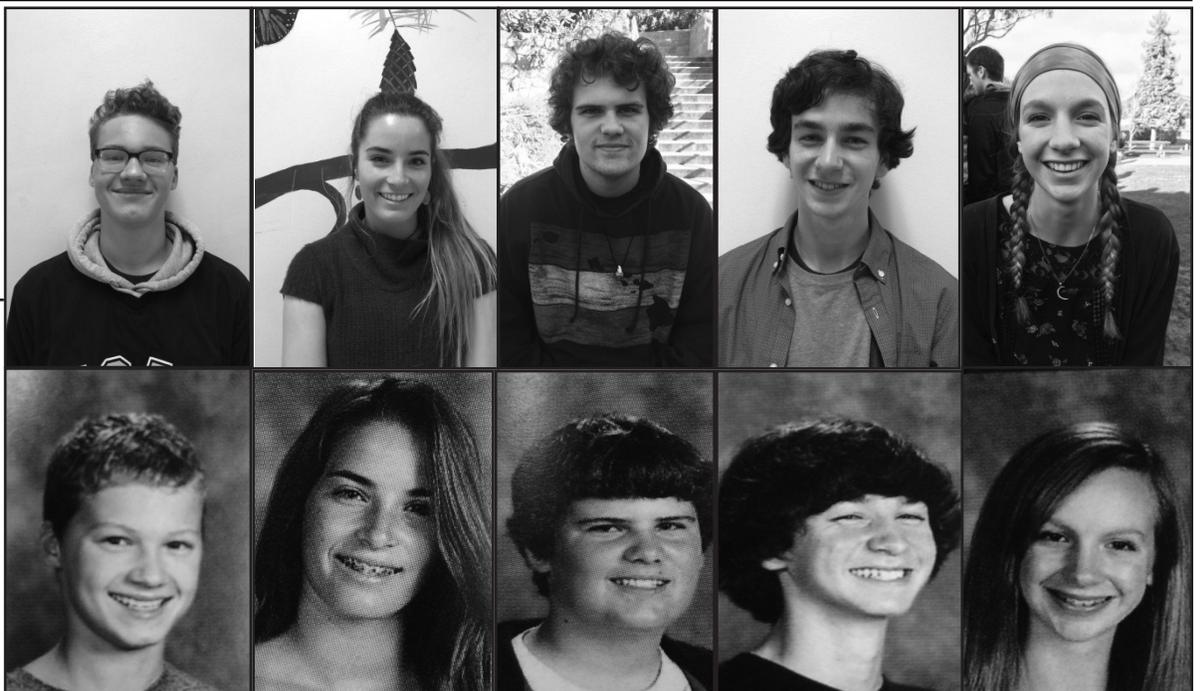
Hernandez: So far, just the dice that I put on the rear view mirror.

SLOHS seniors flashback to freshman year

Emma Jane Haas
Staff Reporter

In honor of our graduating seniors, *Expressions* selected five freshman yearbook photos from the year 2011-2012 in order to compare them to how they look now.

Pictured from left to right are seniors Eli Kukol, Allison McGuire, Brett Park, Johnny Vergara, and Tehya Widmann.



2015: The Future is Here

Roland Moore
Staff Reporter

The movie “Back to the Future” came out in 1985. In the movie, a young man named Marty McFly meets an eccentric scientist named Dr. Emmett Brown. They must travel in time to save the world, using a time traveling DeLorean. Students like me are a huge fan of the movie.

Among these adventures, they travel to the future to the year 2015. In the movie, 2015 is depicted as having self-lacing shoes, hoverboards, and more. This begs the question: how close are we to this future?

Although director Robert Zemeckis stated that he was not trying to make an accurate depiction of the future but just trying to make it humorous, we’re still able to assess our current year to see if he was in the ballpark.

The movie features self-lacing shoes. They are shoes that when a button is pressed, lace themselves. Nike designer Tinker Hatfield wants to be the first to invent them. “Are we gonna see power laces in 2015? To that, I say YES!” said Hatfield.

Although faxes didn’t stick around, they did correctly predict some technologies. The movie predicted Skype style video chatting, hand control video gaming such as Microsoft Kinect, and flat screen televisions.

ITR: Marvel vs. DC



Staff reporter Ashley Kassak gives staff reporter Aric Sweeny what for.

Ashley Kassak
Staff Reporter

Marvel is extremely relevant at this point in time and has been for years now. With highly anticipated movie releases such as “Avengers: Age of Ultron,” “Ant-Man,” and “Captain America: Civil War,” Marvel has its finger on the pulse of what its fan base wants.

Marvel has strong female representation as well. Captain Marvel, who was previously called Ms. Marvel, has a movie set to release in 2018. This also gave Marvel the opportunity to add another female character to their roster. A new Ms. Marvel comic was released this year depicting her as a teenage girl from Pakistan. Black Widow, one of Marvel’s first super heroes has had a movie in speculation since the mid-2000s. Black Widow has made appearances in movies like “The Avengers,” and “Captain America: The Winter Soldier,” and has been featured in multiple comics.

Marvel is also the master of catering to all ages with films like Guardians of the Galaxy, which has action, emotion, and a witty sense of humor that is enjoyable for kids and adults alike. Some DC movies tend to be darker and more violent like “Batman Begins,” “The Dark Knight,” and “Man of Steel.” While these movies are undeniably enjoyable for older age groups, they don’t take into account the sensitivity of younger audiences.

Marvel also created the most successful superhero movie of all time. At \$623,357,910 Marvel’s “The Avengers” grossed about \$88 million more than the second place film, DC’s “The Dark Knight.”

Aric Sweeny
Staff Reporter

Marvel comics and DC comics have been going head to head for 75 years, trying to prove that they are the better comic book company, and to this day, there is no definitive answer on which company is superior. While some may say Marvel, I personally say DC. Not only has DC been around for longer, but it has some of the most iconic heroes and villains of all time, including Batman and Superman.

“DC is better; they have Batman,” said freshman Zach Muir. I agree with this, Batman is one of the deepest and most complex fictional characters in history. His tragic origin story and many storylines and adaptations make him one of the most unique characters in the world of comics.

Another reason that Marvel is inferior to DC is the impressive villain roster that DC has. Pretty much every iconic and interesting villain belongs to DC. Incredible characters like Catwoman, Joker, Lex Luthor, and Harley Quinn, just to name a few. DC spends time developing their villains and sufficiently fleshes these characters out, while Marvel spends all their time giving the hero the spotlight, which ends up with many throw away villains that very few people care about.

DC also has “The Dark Knight” trilogy under their belt. This trilogy is highly praised by readers of the comic, regular moviegoers, and film critics alike. Some even say it is the greatest trilogy of all time. Overall, I feel that DC is the superior company, with superior storylines, complex villains, and iconic heroes.

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Five Shows You Should Be Watching



Ashley Kassak
Staff Reporter

“Supernatural”

Seasons: 10

Where to watch: Netflix, Hulu (10), CW (Season 10 airing now)

A dramatic, suspenseful, and scary show based around two brothers and the mission bestowed upon them- to hunt monsters. Throw in some angels, demons, pie, and dudes crying and you have “Supernatural.” After you finish the first season you will have developed an emotional attachment to the characters and a thirst to see what happens next.

“Twin Peaks”

Seasons: 2

Where to watch: Netflix, Hulu, CBS.com

This quirky crime drama from 1990 is based around the suspicious murder of a high school girl. The strange dynamic of this show could only be described as “soap-opera surrealism” by senior Drew Minnoch. Showtime has a reboot in the works set to air in 2016, so now is your chance to get caught up. If coffee fueled suspense is your thing, “Twin Peaks” is for you!



“True Detective”

Seasons: 1

Where to watch: HBO

On the other side of the detective show spectrum lies “True Detective,” a dark and ominous show about Detectives Rust Cohle and Martin Hart, played by Matthew McConaughey and Woody Harrelson. As the two are questioned about a case they investigated in 1995, new revelations occur and a thrilling narrative of what happened back in 95’ unfolds and leaves the audience reeling for more. Colin Farrell and Vince Vaughn have been added to the cast of season two, which will be released around summer.

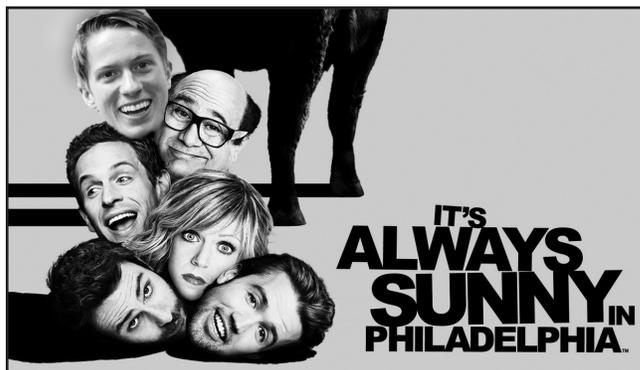
“Archer”

Seasons: 6

Where to watch: Netflix (1-4), Hulu, FX

Similar to Always Sunny, the characters’ main forte is betraying one another. This animated spy comedy follows the antics of an incompetent intelligence agency in the 1990’s. Spearheaded by the cocky, substance abusing agent Sterling Archer, this ridiculous cast of dorky accountants and overbearing mothers constantly find themselves in difficult situations which require comedic ingenuity to overcome.

If one things for certain, every episode will take you to the danger zone!



“It’s Always Sunny in Philadelphia”

Seasons: 10

Where to watch: Netflix, Hulu, Amazon Prime, FXX (Season 10 airing now)

“It’s Always Sunny in Philadelphia” is a cynical, and seriously funny comedy about a group of friends who are essentially horrible people, constantly getting themselves into unfortunate situations. Whether it’s getting whacked by the mob or attempting a road trip to the Grand Canyon, the gang always delivers a perfectly timed joke and a ridiculous anecdote.

Photo edits credit of Michael Grasseschi

Missed_connections <3

All illustrations by junior Tyler Slade

You see a cute boy in the hallway, but he walks into class before you can say hello . There's girl you've been meaning to ask out but you're too shy.

Every student has these missed connections. *Expressions* is here to help you connect with your true love.



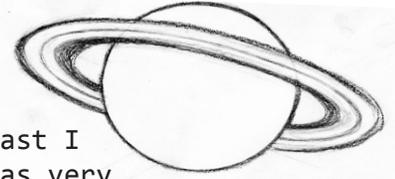
@_SLOHS_Cafeteria
-m4w

You wear getting lunch, wearing a Megadeath shirt and leopard print pants. You spilled pizza sauce on your pants. I want to be with you.
Want to be the male to your she-leopard, Mufasa

@_Planetarium

-m4wm

Saw you, or at least I think I did, it was very dark. Not sure what you look like but I know that you are what I am missing.

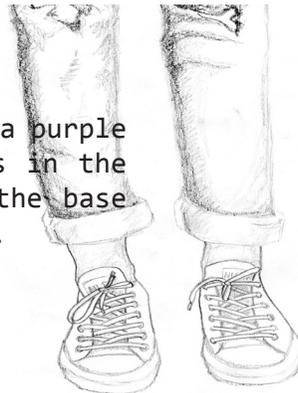


I will find you, Zach Wise

@_SLOHS_Library

-w4m

Saw you by the printer, wearing a purple Tye-die shirt, jeans with holes in the knees, and converse. You play the base but I want you to play my heart.



call me, love holly schultz

Allison McGuire:

I called you on the phone a week before Winter Formal.



No answer.

You hadn't set a voicemail greeting, so I listened to the cold, automated voice as my palms sweat nervously. I was shaking as I left a message asking you to the dance.

You had a date, I later found out, but the fire in my heart for you is even hotter than my mixtape. Check it on soundcloud.

Please tell me you feel the same, anonymous

Think any of these are about you? Contact *Expressions* at in room 505.

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