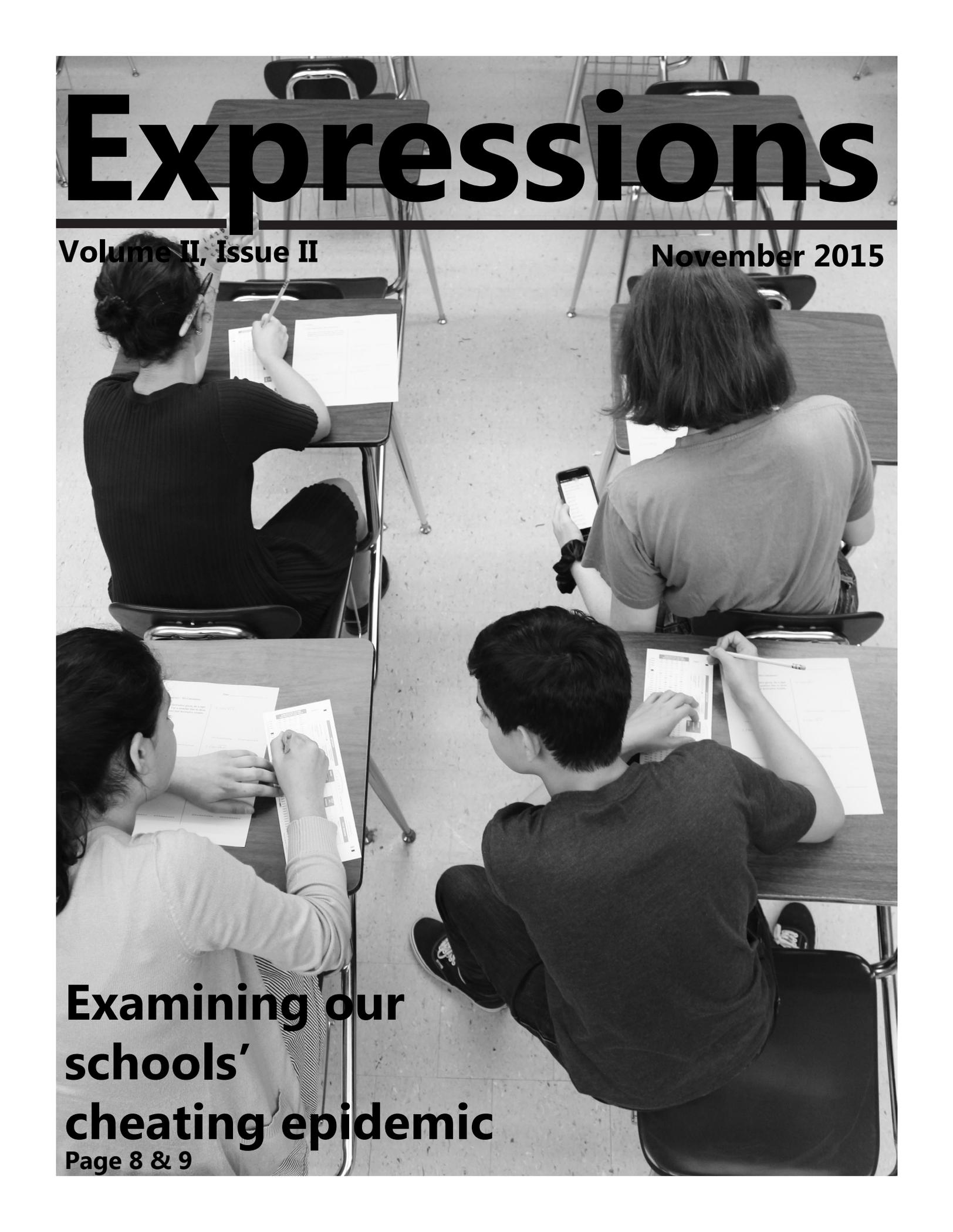


# Expressions



Volume II, Issue II

November 2015

**Examining our  
schools'  
cheating epidemic**

Page 8 & 9

# INSIDE

**4** What are your rights on campus?

Naviance brings change to college Applications

**5** Updates on Measure D  
New images of what our campus will look like in the future.

**6** Planned parenthood should be funded  
Recent debate sparks controversy over the federal funded program.

**7** LGBTQIA: Why A shouldn't stand for Ally

Our school bathrooms are unsanitary

**8 & 9**  
**COVER:** Are SLOHS students cheating their way through high school?

Cheating in school happens everyday. Expressions is breaking down why students do it, when it's morally "okay", and if it pays off in the long run.

**10** How to get active outside of school

Surf club and hiking club come to SLOHS

**11** Calleb Rabbon is our athlete to watch

Fall sports roundup

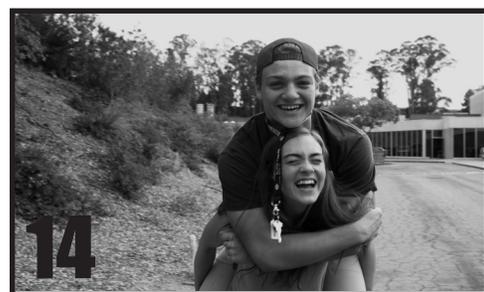
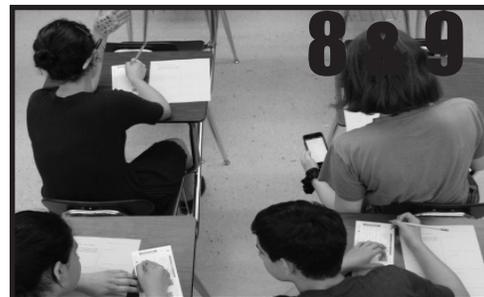
**12** Catching up with our Improv Troupe.

**13** Staff reporter Sydney Leonard dives into fall fashion trends.

Artist of the month: Streetlights

**15** Ben Hurley gets handy with iPhone repairs.

**16** Missed Connections is back. Students express their closeted love to each other.



## Pages

4 News  
6 Opinion  
8 Feature

10 Sports  
12 Arts & Entertainment  
14 People  
16 Back

# Should we always respect other cultures?

## Staff Editorial

Gregory Buckley Senior, the father of a United States marine who was killed in combat in 2012, recently gave a horrific recount of his son witnessing the sexual abuse of young boys by Afghan allies and, more importantly, that his commanding officers told him to “look the other way because it’s part of their culture.”

When asked if the officers made the right decision, Senior Danny Bangian said “No. It being a part of their culture is not a good enough reason. I’m from India and I think people eating turkey here is weird, but it’s not horrible like that is.”

This is not an isolated incident; many soldiers stationed in Afghanistan have reported that they were told not to intervene in such situations. In 2011, soldiers complained to their commanding officers Captain Quinn and Sergeant Martland that a local allied Afghan Militia Commander had raped a fourteen or

fifteen year old girl. According to Captain Quinn, the area’s police chief “[Sentenced him to] one day in jail, and then she was forced to marry him.”

Obviously matters of right and wrong like these are not as simple as we would like them to be in a military situation. What is interesting, however, is the given justification behind simply turning a blind eye to such an atrocious act: “it’s part of their culture.” This kind of statement is one heard often at the predominantly progressive San Luis Obispo High School campus, in response to all kinds of things. Usually it’s a harmless, educational comment and promotes acceptance and understanding of foreign peoples – something our society is direly lacking – but in reference to instances of extreme human rights abuses it’s nothing short of dangerous.

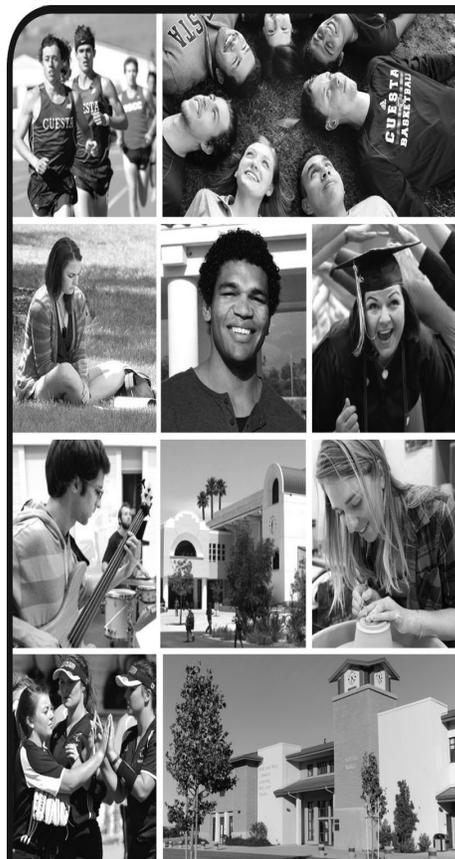
There has to be a point where we face the reality that something being common in a foreign culture does not give it immunity to criticism and should not shield it from interven-

tion. Tolerance has its limits, and we shouldn’t hesitate to condemn practices like forcing a teenage rape victim to marry her rapist just because it’s the norm, and especially not for fear of being labeled a xenophobe or a racist.

The sad truth is that just like our society has a history scourged by racism towards people of color that is still felt today, women in much of Middle Eastern society are feeling the pains of deeply ingrained and rampant misogyny in their culture. The sooner we acknowledge hard truths like these is the sooner we can make steps towards progress.

Source: nytimes.com

Do you have a letter to the editor? Contact *Expressions* at [snairne@slcusd.org](mailto:snairne@slcusd.org)



## DID YOU KNOW?

>> Cuesta transfers more students to Cal Poly than any other community college!

>> Cuesta provides college credit to local high school students through the dual enrollment program!

>> Cuesta offers fee-free fall and spring semesters to all recent SLO County high school graduates!

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# What are your rights on campus?

Zack Wise

People and Back Editor

It happens almost every day; some kid gets called over by the vice principal, he leaves for a while and either comes back saying he was searched, or gets suspended for what the administration may have found. You see it regularly, but do you know what your rights are if it happens to you? *Expressions* took a detailed look into what our on-campus rights really are.

In regards to search and seizure, the school's administration possesses much more flexibility than a typical law enforcement officer on the street. The big difference is a thing called reasonable suspicion. If identified by reasonable suspicion, a student is subject to a search which includes any property the student possesses "within a one mile radius of the campus," said Assistant Principal Nick Frost. This means that a car parked off campus, if within the one mile radius is open to a search based off of reasonable suspicion.

Unlike police officers, who require definite evidence of illegal activity, consent to a search, or a search warrant in order to instigate a search, school authorities only need to have reasonable suspicion. This in-

**CAUTION!**  
Anything found by school administrators in a lawful search can be turned over to the police and may be used against you

cludes anywhere from hearing a tip about a potential drug user on campus to spotting someone who looks like they could be under the influence of a drug. Although the school can conduct further measures if any



illegal substance is found on a student's property, students who have not given a reason for suspicion are protected from random drug tests, unless the student is part of an extracurricular activity, which then forfeits this right.

According to California law, a student is subject to a random drug test when they

choose to partake in these extracurricular activities, as their participation is considered consent in itself. However, on SLOHS's campus drug tests are not initiated by administration.

It doesn't matter if a student is 18 or not, because all students fall under the searching rules of the school "from the moment you leave your door to the moment you return to your door," said Frost.

As for freedom of speech, that gets altered in school as well. Freedom of speech and expression can go to any extent you want, as long as it does not violate school rules (i.e. cussing) or disrupt from learning. This means that if you have an idea or thought you wish to express, as long as it does not distract from school time you are free to express it.

Throughout *Expressions*' interview with Frost, he wanted to make it clear that the intention of these search rules and freedom of speech rules all revolve around the safety of students, and that safety is the administration's number one priority on campus. Every search they conduct is done with the intention of making the campus a safer environment.

Source: [www.leginfo.ca.gov](http://www.leginfo.ca.gov)

## REASONABLE SUSPICION:

In the case *New Jersey v. T.L.O.*, the U.S. Supreme Court said that school officials may search a student without a warrant and without probable cause.

## Naviance brings change to college apps

Sierra Nunes

Staff Reporter

College application due dates are coming up, creating stress for many students. San Luis Obispo High School has adopted the use of Naviance (the student site is named Family Connection), a website to help students with the application process. According to the website, Naviance is a comprehensive college and career readiness solution that helps align student strengths and interests to post-secondary goals, and improve student outcomes.

"One of the most helpful tabs in Naviance is the Courses tab, which allows students

to see all the grades and courses they've already completed and manage Course Plans for graduation and four-year college entrance," said counselor Shelly Benson.

Naviance is a great resource for organizing plans and keeping track of important dates.

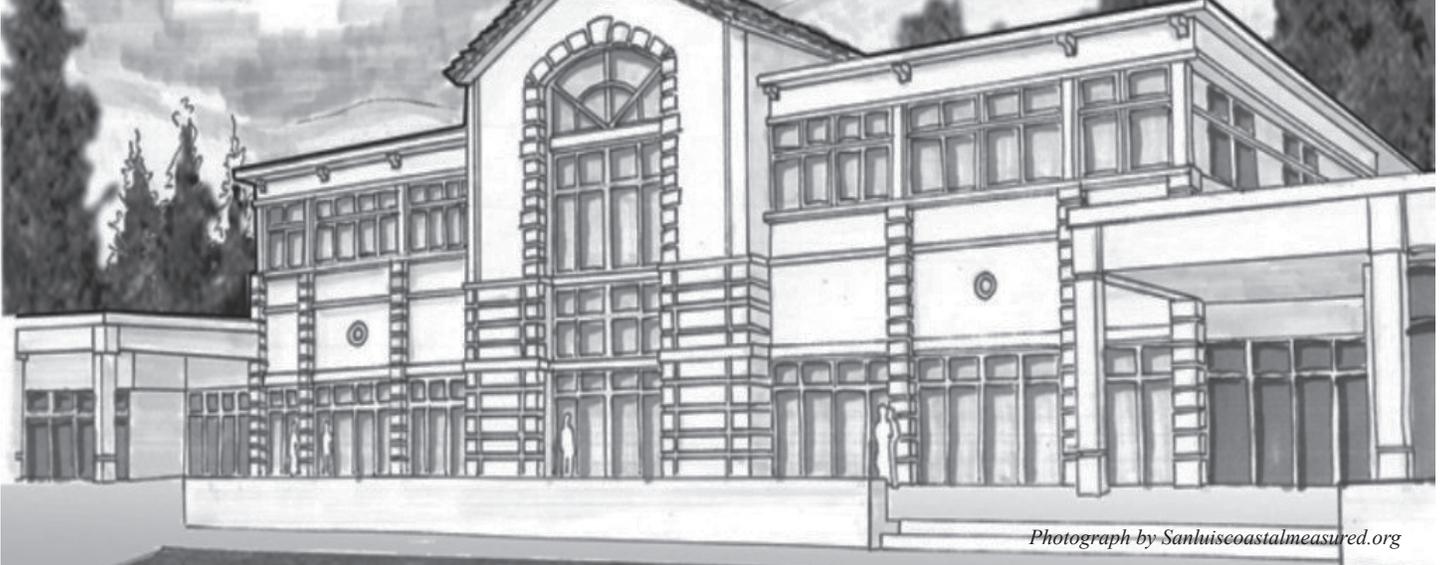
"The Welcome Page includes just about everything you'd ever want to know... we've added links to testing, Cuesta Dual Enrollment, college applications, college rep visits, NCAA [National Collegiate Athletic Association] info, and all of our past parent nights! The more students use Family Connection, the more helpful it can be!" said Benson.

Access to this website is simple. Go to

[Slohs.slcsd.org](http://Slohs.slcsd.org), click on the counseling tab, click on family connection, and then use your PowerSchool login information.

"I think Naviance has the potential to be helpful for the incoming grades and current underclassmen, but for the upperclassmen it seems to be more of an experiment than useful. Most of the things we have been doing to get into college have already been established, and typing them into Naviance seems kind of unnecessary. The one thing it does seem to make simpler is letters of recommendation because teachers can submit [them] through here. Other than that, I think it's great for future classes but not quite as useful for our own," said senior Sophia Rawson.

# What can we expect from Measure D?



Photograph by [Sanluiscoastalmeasured.org](http://Sanluiscoastalmeasured.org)

*Concept Drawing:* The new 100 building plans that now houses administrative rooms and the library will undergo big changes.

**Brandon Ginkel**  
Staff Reporter

Measure D was passed nearly a year ago, signifying radical new changes to the San Luis Coastal Unified School District (SLCUSD). This bond measure grants 177 million dollars to fund repairs to schools within the SLCUSD. Of the many elementary, middle, and high schools in the district, sixty million dollars have been allocated to San Luis Obispo High School (SLOHS). With such a monumental change in the works, many SLOHS students are left wondering what changes will be coming and when they will be occurring.

“Our goal is to begin projects this summer,” said school board member Ryan Pinkerton. Of these projects, the District plans on adding a new swimming pool and an all-weather track to campus, as well as renovating the gymnasiums, locker rooms, football stadium, and tennis courts. There are plans in place for a new admin-

istration building closer to the parking lot with a new theatre attached and complete renovations for most if not all the science, math and technology classrooms. The security systems and fire alarms, as well as the plumbing and sewage systems will be upgraded along with updated student restrooms. Plans to renovate the library,

means, over the course of construction on campus, many classrooms will be moved out of major buildings, and into portable

## PROJECT LIST

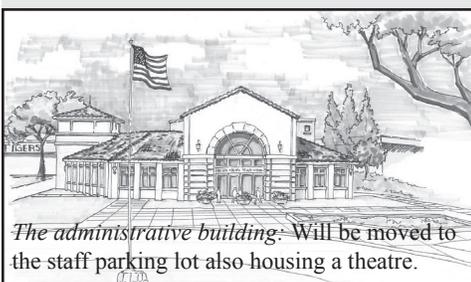
- Renovate classrooms campus-wide
- Renovate restrooms campus-wide
- Library renovation
- New student center
- Cafeteria and kitchen expansion
- STEAM (industrial arts) complex renovation
- New student support center
- Pool and support building
- MPR/performance space
- Gym and locker room improvements
- Renovate plaza / quad area



classrooms, much like those in the Agriculture department. Many of these changes are only being discussed, and it will be months before any decisions are actually made in regards to construction. Currently, district officials are beginning the process of selecting contractors and architects to draft plans for the new renovations.

“Over the course of the past six months [the district has] worked with a site, looked at the sixty million dollars allocated for both campuses [SLOHS and Morro Bay High School (MBHS)] and in working with the staff have laid out what the plan is and how that is going to be spent,” said Pinkerton. Although there seems to be a long road ahead, there is light at the end of the tunnel and students will see results from measure D.

*Source: Sanluiscoastalmeasured.org*



*The administrative building:* Will be moved to the staff parking lot also housing a theatre.

cafeteria and kitchens as well as making campus more handicap accessible are being considered. With such massive changes being discussed, there is the question of how these renovations will affect student learning.

“We’re going to need to bring some temporary housing onto San Luis [high school] campus,” said Pinkerton. That

# Planned Parenthood should be funded



*Planned parenthood:* Our local planned parenthood located at 743 Pismo St, San Luis Obispo, CA 93401

**Emi Mulay**  
Staff Reporter

Planned Parenthood's website describes themselves as "a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world." They deliver vital reproductive health care services, sex education, and information to millions of women, men, and young people. All these things help our society. Controversial debates happens mostly because Planned Parenthood offers first term abortion, which is highly disagreed by many groups, including most republican parties. With the election right around the corner, defending Planned Parenthood has often been discussed. Foundations other than Planned Parenthood also offer similar benefits to its patients, so why is only Planned Parenthood being attacked?

"I love my job; I get to help young people avoid common problems like sexually transmitted infections and unplanned pregnancies. It feels nice to know that I made someone's life better by providing them with health advice!" said an anonymous nurse at SLO Center of Health and Prevention, an organization similar to Planned Parenthood.

The problem many have is that Planned Parenthood is funded by the federal government, which causes a rise in taxes. A majority of anti- Planned Parenthood representatives are pro-life, since abortion is removing a bundle

**"This is a human rights issue that should not be distorted by political beliefs about reproduction or anything else Planned Parenthood has to offer."-senior Erni Whitaker**

of cells that has the potential to be a baby. Even though Planned Parenthood does abortions

only during the first trimester, most choose to ignore this.

"The people who want to stop Planned Parenthood from providing abortion need to understand that the abortions won't stop, it will just create a need for unsafe abortions which puts more women in harm" said sophomore Delaiah Hastie.

When asked her opinion on what the results of defending Planned Parenthood would be, senior Erni Whitaker replied, "If Planned Parenthood were to be defunded it would cause vulnerable people like the poor, or the unsupported youth to have nowhere to go for reliable health care. There would be an increase of sexually transmitted infections, unplanned pregnancies, infertility, and other issues. This is a human rights issue that should not be distorted by political beliefs about reproduction or anything else Planned Parenthood has to offer."

Planned Parenthood offers affordable health-care to those in need, and prevents many health problems from ever occurring. Without the funding from the government, it could never be self-funded. This being said, people should have sympathy for those who are in need, and leave Planned Parenthood alone.

## LGBTQIA: why A shouldn't stand for "ally"

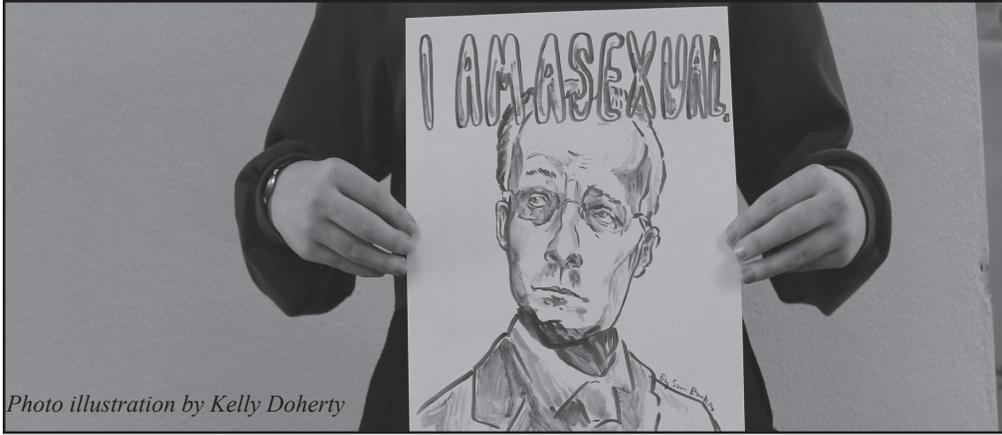


Photo illustration by Kelly Doherty

**Gaby Pinzon**  
Staff Reporter

Legislation passed on June 26, allowing for same-sex marriage in the United States, has proved itself to be a milestone for the entire country as well as queer communities internationally. Although there is no concrete form in which individuals who don't conform to societal norms in terms of sexual orientation and gender identity can identify, LGBTQIA+ has become the most commonly accepted acronym. The acronym, which stands for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and more, is one of the most inclusive.

The controversial "A", often intended to stand for asexual (as well as aromantic and agender in other instances) is sometimes wrongly defined as ally. The A which receives most recognition, asexuality, is a sexual orientation in which an individual doesn't have any sexual feelings or associations for others. However, this isn't to be confused with not wanting to have exclusively romantic relationships with others. The other components of the A are also not to be overshadowed. Aromantic-identifying persons lack romantic attraction, and agender individuals consider themselves to be gender-neutral. An ally, on the other hand, is one who stands with the community, and is considered a sort of friend to them.

Asexual-identifying persons (who are often dismissed in the LGBTQIA+ community in comparison to those who are gay, lesbian, and even bisexual) are included in this acronym to completely welcome them along with others present in it. Making claims that revolve around the "a" standing for ally tears apart the

support system and safe-space that had been set in place for them by the community.

"Being an ally is [something] you should do, and not need praise for," said Gay-Straight Alliance member and junior Whitney Burns. Allies for the LGBTQIA+ community encourage tolerance, however being friends and supporting others is a morally-correct matter, not one that should be constantly shed light and praise upon instead of recognizing asexual persons.

In order to prevent this confusion throughout society, clubs on campus such as GSA are in-session to answer any questions one may have regarding the LGBTQIA+ community, and to dispel misconceptions within it, such as this one. Students at SLOHS were quick to offer reasonable solutions that could prevent further confusion from ensuing.

"We can raise awareness by talking about the difference and explaining the reasoning behind it," said senior GSA member Ceara Esworth. As long as an honest effort is made to understand individuals and their preferences, a much better environment could be created in and out of this community.

Despite there often being no intended harm towards others in using the incorrect definition in the acronym, failing to recognize this intended distinction remains disrespectful for those who identify as asexual, aromantic, or agender.

Being supportive of others is always welcome by everyone; however, don't make the acronym a matter of self-centeredness on those who aren't necessarily encountering hardships on a day-to-day basis, such as allies.

## Our school bathrooms are unsanitary

**Tim Johnson**  
Staff Reporter

Our bathrooms at school are horrible. There's no way around it. The locker room's toilets are clogged up, many bathroom stall locks don't work properly, extremely nasty stains cover toilet seats or bathroom walls (ranging from fecal matter to blood stains), and there's graffiti of genitalia and weapons all over the walls.

What do our bathrooms say about our school and the value we put into public health and sanitation?

I found out from janitor Mike Silva that when there is something wrong with a bathroom, the janitor who's assigned to that specific area is responsible for filing a work order form. The work order form then goes to a district specialist who will come in to fix the problem.

However, "We only have one plumber in the district who can come in to fix the issue, and last time we sent in a form he told us it might take a while since he had over 500 order forms to complete," said Mike Silva.

For the most part, many students avoid going to the bathroom at school in general, which can be a literal pain. We should be able to relieve ourselves whenever the need arises without worrying about sitting on a ring of urine or the possibility of being in contact with harmful germs. Oftentimes the pursuit for a decent bathroom means taking trips across the campus.

"I will walk across campus to whichever bathroom is the cleanest, which wastes my learning time," said senior Kobi Kelly.

This perfectly demonstrates the lack of efficiency the current system has, and with an unclear deadline given about when Measure D will fix our bathrooms, we can only hope our complaints will encourage the administration to hurry up and fix our disgusting restrooms.

# Are students cheating their

**Brandon Ginkel**  
Staff reporter

Students are no strangers to academic cheating. With over sixty percent of college students polled admitting to cheating at some point in their academic career, the number of cheaters in school today has skyrocketed.

"I don't think students understand how seriously cheating is received at college," said Advanced Placement (AP) American Literature teacher Eldra Avery. This is mostly true. Over eighty-five percent of college students polled said they felt that cheating was necessary to get ahead.

"[I cheat] because usually I'm busy the night before and I don't have time to study," said an anonymous student. Academic cheating at both the high school and college levels has increased drastically over the last fifty

years. Ninety five percent of students who cheat never get caught and one in three students ages twelve to seventeen have cheated at some point in their lives.

"I think it's a problem everywhere," said Avery "it's endemic". With the rate of cheating in public schools so high, one must wonder what teachers and administration are doing to combat the flood of plagiarism.

"It's more about having a conversation with the kid about cheating in general and kind of where it's at," said assistant principal Nick Frost. "I probably deal with a dozen or so [cheaters] a year".

The high rate of dishonesty in modern academia leads many to ask why cheating has gotten so out of control. Studies suggest that the pressure to perform academically in order to gain acceptance to major universities has driven students to the point of cheating just to

get ahead. Many point to the way students are being taught. That class is about getting a letter grade and passing the next test rather than learning. Another cause in the rising numbers of cheaters may be the growing abilities of technology. With smart phones, students can search, snap, download, and upload all the information they could ever want, which makes cheating astronomically easier.

With an overwhelming majority of students nowadays cheating, we are left with the questions of how can it be stopped? Will it stop? Or will cheating always be around.

Sources:

[www.web.stanford.edu](http://www.web.stanford.edu)

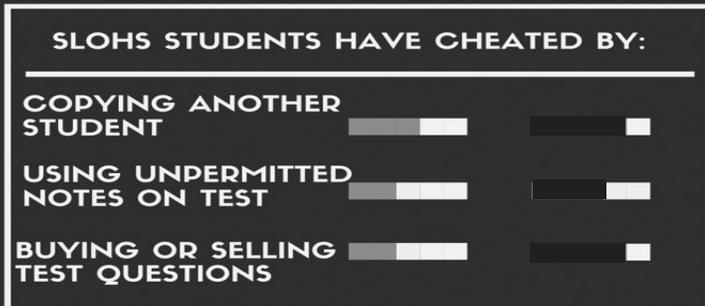
[www.abcnews.org](http://www.abcnews.org)

[www.academicintegrity.org](http://www.academicintegrity.org)

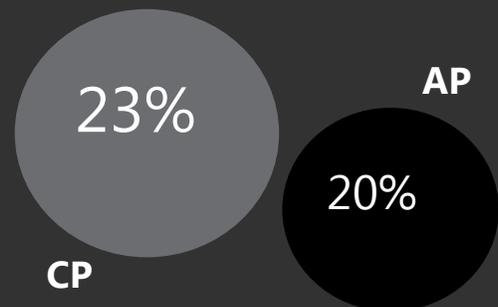
## CHEATING HABITS

WHAT ARE AP STUDENTS HABITS VERSUS COLLEGE PREPS

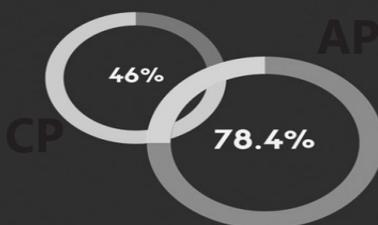
■ AP ■ COLLEGE PREP



## STUDENTS WHO HAVE TURNED IN WORK THEIR PARENTS DID



## HOW FREQUENTLY STUDENTS CHEAT



STUDENTS WHO READ ANY ABRIDGED VERSION OF A BOOK RATHER THAN THE ORIGINAL? EX: SPARKNOTES

# way through high school?

## In the ring: Does cheating really pay off?

**Sydney Leonard**  
Staff reporter

Cheating is wrong, cheating only hurts you, etc. etc. But if you're a burnt-out student struggling to get five hours of sleep a night and still get into a college, suddenly those morals all seem to fade. Now the equation changes; what is "right" becomes whatever you can get away with. Unfortunately for many students, this is a harsh reality in a flawed system that is consistently obsessed with grades over knowledge. While cheating is considered morally wrong, it is statistically proven to be very effective. There are reasons why students are willing to cheat and reasons why they get away with it. So instead of persecuting cheaters as if they have committed some great sin, shouldn't we look deeper into why students feel they have to cheat in the first place? Perhaps they are just doing what they feel they need to do to survive in the academic jungle.

Many cite pressure to get into a college and a highly competitive environment as reason to cheat. It is much more common at the extreme ends of the GPA spectrum; top students cheat to stay on top and bottom students cheat to get by. Non-cheating students have an average GPA of around 2.85, whereas cheaters boasted a 3.41 average. For most, that is the difference between getting into a good college and struggling to get by. In fact, 85 percent of students polled in a college believed cheating was not only helpful, but essential to getting by.

So how do students feel about cheating? Though most agreed it was morally wrong, people seem to agree that there are some situations in which they feel it is justified. As junior Mary Combs said, "I think in certain cases, cheating is justifiable, but not the right thing to do. I think for it to be ok to cheat you need something with a weird balance of "not important for your future" and "has a big impact on your grade, but I think cheating only gets close to being acceptable when you're really desperate."

Cheating may not agree with the conscience, but desperate times call for desperate survival measures, and in a cutthroat academic environment, it is at least understandable, if not justifiable.

**Eric Haupt**  
Staff reporter

Putting aside the obvious moral issues with cheating, the risk of being caught is simply not worth the potential benefits. The consequences of cheating can range from an automatic zero on an assignment to more severe penalties such as suspension or even expulsion. The possibility of this happening will always have a more detrimental impact than receiving a poor grade. At San Luis Obispo High School, even one incident of plagiarism or cheating on a test can result in suspension.

"I don't feel bad about cheating, but I know it'd be bad and I'd feel horrible if I ever got caught," said an anonymous SLOHS student.

Even if one manages to avoid getting caught in most circumstances, cheating still defeats the underlying point of assignments and tests. Cheating students simply will not learn the material they're supposed to learn that sooner or later they'll be required to know – perhaps as a prerequisite for more advanced subject matter.

In many classes, it's fairly common for teachers to require students to give verbal presentations essays as exams, in which is it essential that the material is understood. If one has been relying on cheating before attempting these assignments, it will become very obvious very quickly that this person does not understand the material and will not receive a decent grade anyway.

However, it would be disingenuous of me to say that cheaters cannot find ways around potential roadblocks like these. I am confident that it is not possible to do this forever. An overreliance on cheating will catch up with cheaters eventually, and when it does it will be disastrous to their academic careers. Cheating is very high risk, high reward – but the problem with risks like that is that they are unreliable, and as you get further in academia finding ways to cheat will become more and more difficult.

Planning ahead and devoting time to studying honestly, by contrast, is a reliable way to succeed and does not carry any risk of serious penalties like cheating does. The educational system is meant to help students succeed by working hard, and will reward them for doing so. If they're discovered to be cheating, suddenly that system is poised against them and it will be impossible to get ahead. The increasingly high risk of this happening amounts to cheating not being worthwhile in the slightest.



## People on the street: When is it "okay" to cheat?



"When you don't get caught."

**Payton McLaughlin**  
Freshman



"When your grade depends on it."

**Landon Greenelsh**  
Sophomore



"When your so overwhelmed that you don't have time to do your work or study."

**Natalie Sada**  
Junior



"It's okay any day of the week."

**Alissa Todd**  
Senior

# HOW TO: Get active outside of our school



photo courtesy of <http://www.paragonbjjslo.com>



photo courtesy of <http://www.geocaching.com>

**Rachel Burns**  
Staff Reporter

Holiday season is coming up and you know what that means: eating, eating, and more eating. While San Luis Obispo High School is on break and its students are stuffing their faces with meats and pies, many will need places they can go to work off the unhealthy amount of calories. There are many students that work out at a variety of different places outside SLOHS.

## Karate Kicks

Freshmen Brandon Dolezal and Jack Kasier do Karate at United States Academy of Martial Arts, which helps with reflexes and self-defense as well as exercise.

"I do Karate because it is a really good life skill to have," said Kasier.

Dolezal said, "It's really fun too, especially with friends." USAMA has different types of martial arts including Karate, Kung-Fu, Aikido, Taekwondo, Judo, and Brazilian Jiu-jitsu and is open to all ages and all levels. If you are interested in learning more or signing up for a class, you can go to their Dojo at 21 Zaca Ln, San Luis

Obispo, CA.

## Mui Tai/ Kickboxing at The Paragon

Junior Kaia Nash does Mui Tai at The Paragon in San Luis Obispo. They offer Jiu-Jitsu and Mui Tai, both are types of Brazilian martial arts.

"It's about ten minutes of warming up and then we compete with a bunch of old sweaty men who are huge and get destroyed by them," said Nash. She described it as hard, but fun and definitely worth the time. The Paragon offers classes daily for all levels. Check them out at 235 Tank Farm Rd, San Luis Obispo, CA 93401.

## Biking on the Trails

Sophomore Elena Kramer is a mountain biking enthusiast and her favorite spot to ride is Shooters by the Cuesta Grade that ends up in the Eucs Bike Skills Area down by Cal Poly.

"I do it for the thrill! The workout going uphill is great but I love going fast downhill," said Kramer. Bike maps are available for trails around San Luis Obispo at <http://www.ccmb.org/home-new/maps>.

# Surf Club and Hiking club take off

**Brandon Achugbue**  
Staff reporter

School clubs are often considered a mainly on-campus affair, a weekly lunchtime commitment made in hopes of bolstering one's stature for college applications. Two new programs at San Luis Obispo High School, Hiking Club and Surf Club, both advised by Foreign Language teacher Leif Hanson, have attracted students who forgo the academic option and opt instead for outdoor excursions.

Surf Club president and senior Carter Netzley became inspired to start the club after surfing for about a year.

"Of course the more you surf the better you are and that's definitely important, but I think what's more important is how much passion and drive you have for the sport," said Netzley. "I started the club to bring together a coalition of boys and girls who are also passionate about surfing."

The club rapidly grew to 26 members within its first few months and has attained partial

sponsorship from local businesses, including discounts and gifts. It is still actively searching for sponsors.

"The surf club [is hoping to] participate and compete in the Scholastic Surf Series, a five-contest series that runs from November through March at several locations on the California Coast," said Surf Club adviser Leif Hanson.

SLOHS's Hiking Club was started this year as a replacement to last year's Adventure Club. With the departure of Adventure Club adviser James Bruce this school year, hiking enthusiasts wanting to participate were left to form a new club of their own.

"We had to start from scratch," said Hiking Club president and sophomore Ashleigh Cindrich.

They have yet to have their first on-campus meeting, but Cindrich already has plans for fundraiser events and volunteer opportunities in the works, as well as a schedule planned of upcoming hikes. The club is looking forward to their first group hike in November.

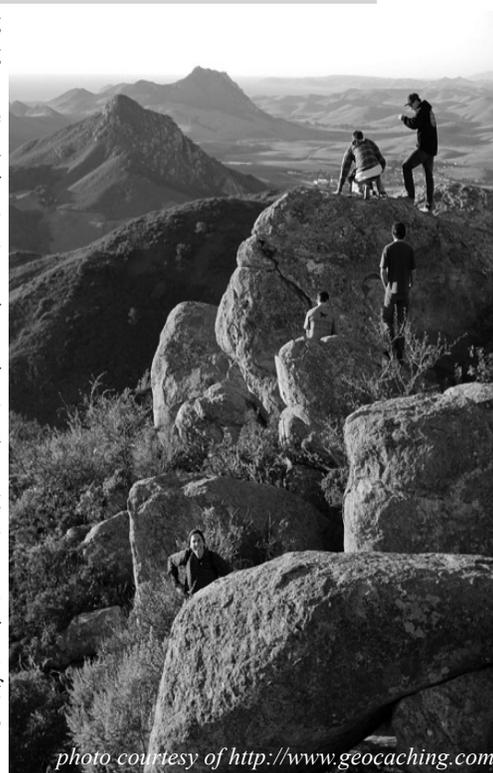
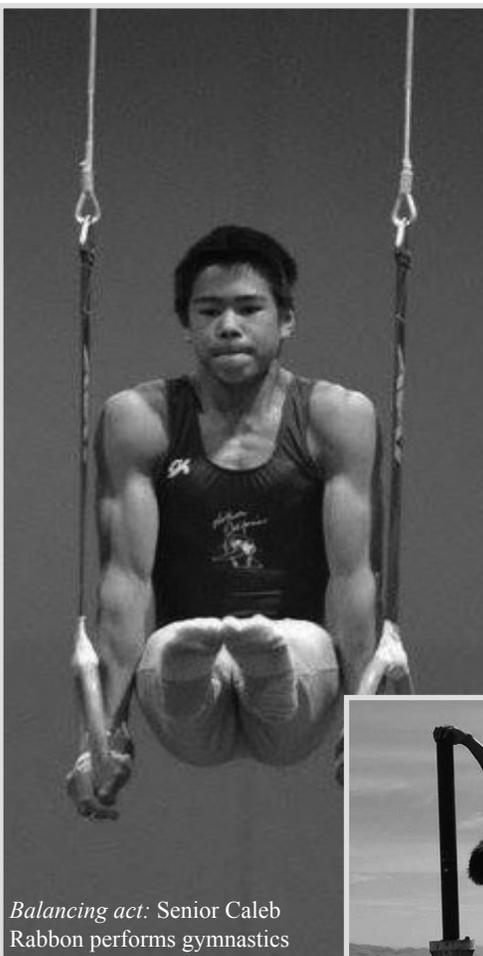


photo courtesy of <http://www.geocaching.com>



*Balancing act:* Senior Caleb Rabbon performs gymnastics

## Caleb Rabbon sets the bar high

Lauren Hanson  
Staff reporter

San Luis Obispo High School senior Caleb Rabbon takes part in the highly competitive sport of gymnastics. He has dedicated a lot of time to improve his abilities, while balancing his academics and social life. Even though he has spent most of his time in the gym, he shows his classmates that balancing these three things has made his high school life all the more memorable.



*Pure strength:* Rabbon holds a flag pole

**Expressions:** What types of events do you participate in?

**Rabbon:** In the 11 years I have been doing gymnastics, I participated in many competitions ranging from the Stanford Open, to State Championships, to Junior Olympics Nationals.

**Expressions:** I heard you competed in the national junior Olympics. Is this true?

**Rabbon:** I competed once in 2010 (my eighth grade year) and once in 2013 (my freshman year) but did not win. On high bar I got sixtieth place out of 202 people. I definitely wish I did better, but simply making it to the Junior Olympics Nationals is an accomplishment. Last year I got thirteenth place all around for the region of California, Nevada, Arizona, and Hawaii, but did not make it to nationals.

**Expressions:** What's your favorite thing about gymnastics?

**Rabbon:** My favorite thing about gymnastics is the friends and the ability to learn an acrobatic maneuver or use my impressive strength. It is so rewarding being able to do a standing back flip, or a hold a flag pole (shown in picture above). You feel good being unique, strong, and flexible.

**Expressions:** What's your daily practice schedule?

**Rabbon:** I practice three and a half hours on Monday, Wednesday, Friday, Saturday, and usually four and a half hours on Thursday. In total I usually practice sixteen to eighteen hours a week.

**Expressions:** Does this sport make it hard to participate in school and social events?

**Rabbon:** Gymnastics definitely cuts into school activities, but usually I work around them. Lately I have been missing Friday gym practice due to [other activities]. Because of this, I come in extra on Thursdays. Even though I am at the gym a lot of the time, I don't feel like I am missing out on my high school "experience". I am simply spending my time differently, [although] being involved in the band, in gymnastics, and four AP classes is a bit challenging. I don't want the only memory of high school to be eight hours of sleep. Instead, your memories should be interesting, positive, and maybe a bit crazy. I wish everyone to get active and make your high school life memorable.

## SPOT LIGHT

### FALL SPORTS

Jerry White  
Staff reporter

With all of San Luis Obispo High School fall sports wrapping up, it's important to keep track of how our teams are doing. Here, we offer you insights from the players themselves, on how they feel their season is going.

Our lady golfers seemed to decimate every team that had the misfortune of meeting them on the course, going directly to league.

"We've finished most of our games, and we're second in league right now, so we're doing pretty well," said varsity and sophomore golfer Violet Udlock.

Our under-rated girls' tennis team was blasting all who dare to challenge them out of the court.

"Just come out and support us, especially at some of our bigger games. That would be great," said junior varsity sophomore tennis player Riley Quinn.

Our boys' cross country tigers are currently shattering rival schools' hopes for a clean sweep in league this year by putting the petal to the metal.

"Our team as a whole is doing really well this year," said freshman cross country runner Alec West.

With the defense and offense beginning to click on our varsity football team, the guys are leaving everything they have out on the field.

"If we just keep working hard, and don't let our heads down, we will come out stronger than ever next season," said varsity sophomore player Diego Monterrey.

Always giving a hundred percent of their effort, the boys' water polo team has thrashed potential opponents back to the schools they came from.

"It's really helpful when we have a big crowd. It gets us all pumped up," said varsity sophomore water polo player Galen Penvenne.

Our girls' volleyball team is having a stellar season, getting all the way to the front of the league, where they are continuing to show their dominance.

According to varsity senior and potential Division 1 sensation Holland Boege, "We did really well this season. We really grew as a team."

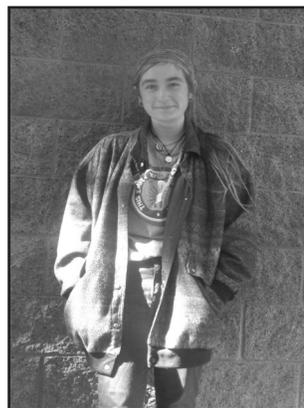
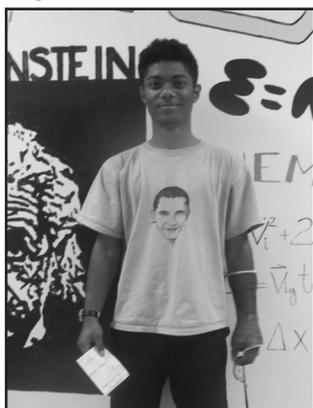
# Buying on a Budget

Luca MacDougall  
Staff reporter

As the newly revived “vintage” fashion trend is sweeping the nation and our campus, more and more people are wondering how to achieve this laid-back look without draining their pockets. While those who are capable of spending dubious amounts of money at stores like Urban Outfitters and American Apparel to get the newest style do so, others are taking a different approach: thrift shopping. This was popularized by Macklemore and Ryan Lewis’ song “Thrift Shop” back in 2012, in which he listed many things he bought for next to nothing. There are tons of second-hand shops around San Luis Obispo County, the real question is- which ones are the best?

“The Goodwill warehouse by the Marigold Center is the cheapest place to go because they charge by the pound,” said sophomore Cami Storlie. “I pay about \$6 for an entire outfit there.”

I did some investigative reporting and vis-



**Nifty and thrifty:** Sophomore Cami Storlie, junior James Higgins, and senior Skye Michel show off their thrift store scores.

ited a few different thrift stores including Goodwill, the Goodwill outlet store, and Mission Thrift. Mission Thrift had little in the way of men’s clothing but a wide variety of vintage women’s clothes. On the other hand, both Goodwill stores had an incredible range of options for all genders including accessories, clothes, and trinkets. I picked up a full outfit for \$14 at the Goodwill store and a pair of socks for four cents at the Goodwill outlet store.

“There’s this one in Santa Barbara called Assistance League,” said junior Carly Donk. “It’s really lowkey, a lot of old people work there.”

While I haven’t been thrift shopping in Santa Barbara, I have been to a few shops in Manhattan Beach where rich people give away the clothes that don’t fit anymore. I found incredible designer bags, denim jackets, vintage bell-bottom jeans, and a cowboy hat crafted entirely of what used to be boxes which contained Coors Light beer.

It’s undeniable that thrifting has become a nationwide trend, partly due to the revival of the vintage look by every celebrity imaginable. Nonetheless, it is a wonderful trend that keeps people looking good while keeping their pockets fuller.

# What is improv up to?

Gaby Pinzon  
Staff reporter

The San Luis Obispo High School Improv Troupe is a steadily growing group with much to share this year. Improvisation, usually abbreviated as improv, is a theatrical technique that focuses on thinking on the spot in front of audiences. The team consists of 15 members, and is student-led by senior Aidan Beals and junior Tyra Popovich, with adviser Social Studies teacher Kate Stephens by their side. The Improv Troupe is a unique group on campus that focuses on entertaining anyone and everyone, and invites the student body and staff members to shows at the end of each month at lunchtime.

Aside from effortlessly amusing audiences, junior co-leader Tyra Popovich said, “the goal of improv is to create a group and an environment that praises differences.” The troupe is known to welcome diverse groups of the SLOHS student body, and embraces everyone’s unique aspects.

The troupe, which comes together for closed rehearsals every Monday, says one of their aims for this year is to hold more shows than in past years. Senior and co-leader Aidan Beals said, “hopefully having an after school show- a real improv show,” is something the troupe is aspiring to this school year. Apart from this, more shows, such as the one that was hosted on October 30, are in the works for the group.

Be sure to attend one of these shows that infallibly delights everyone who is present, and that is a diversion from the usually strict and stressful school day.

BREAKFAST  
LUNCH DINNER

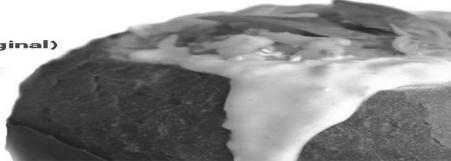


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# Reporter SYDNEY LEONARD talks **FASHION**

Unsurprisingly, many of the runway looks served up for this season do not deviate greatly from the norm for the season. Furs, large overcoats, dark colors, and heavier fabrics are all on the radar for the chilly season. Despite shifting trends, rest assured your winter favorites will still be chic in the new season.



## The Comeback

There is nothing new in the world. Any fashion season will naturally bring a playback of the greatest hits of previous decades. Speculation for this season predicts a return to the shiny, futuristic appeal of 1960s mod or the colorful vinyl glory of the 1980s. After a summer of breezy 1970s looks, the sudden shift to more stylized fashions surely signals a change in the wind.



## The Usual

## The Wearable

What goes on the runway might not go well on the streets, but there are surely some elements that may provide inspiration. Collections shown so far show an upcoming trend of sensuous, unusual fabrics like vinyl and velvet making an appearance. While a head to toe look may not be practical for every day, a velvet handbag surely adds a touch of panache to an everyday look. Subcultures of folk and punk will also influence the top looks adding an eclectic blend of suede and studs to the mix.



Photos by Sydney Leonard

## The Whimsical



The runway is often pure fantasy. This season will bring us delightfully offbeat looks inspired by the work of filmmaker Wes Anderson, as well as highly conceptual "modern art" pieces by more avant garde designers like Vivienne Westwood and Comme des Garçons. There has also been flirtation in the industry with the wild mixing of animal prints.

# Artist of the Month: The Streetlights

**Danielle Ward**  
Staff reporter

The Streetlights, a popular band that attends San Luis Obispo High School, is made up of sophomores Noah Galambos, Colin Erno, Francisco De Le Garza, Noah Nelson, and junior Thomas Green. We got an inside look at their band and interviewed Galambos and Nelson to find some background information on how they started The Streetlights. Currently they are looking to add a singer to their band, so if interested, please contact any of the members and they will gladly consider.

"I have a love of music which I have had

for a long time, and everyone else in the band does as well. We were friends from the school band before, except for Noah Nelson, who

**"Being able to play music with all of my best friends is my favorite part of being in a band,"**

came in later. Then we got our friend Thomas Green to be our trumpet player and originally we had a different drummer named Sid Alwin,

but then he left to go to Italy and so now we have [me]." said Nelson. The members all met through the SLOHS school band where they all shared the same passion for music. One day Galambos, De La Garza, and Erno made a spontaneous decision to create a band. The band members practice every week, mostly on Saturdays in Erno's garage.

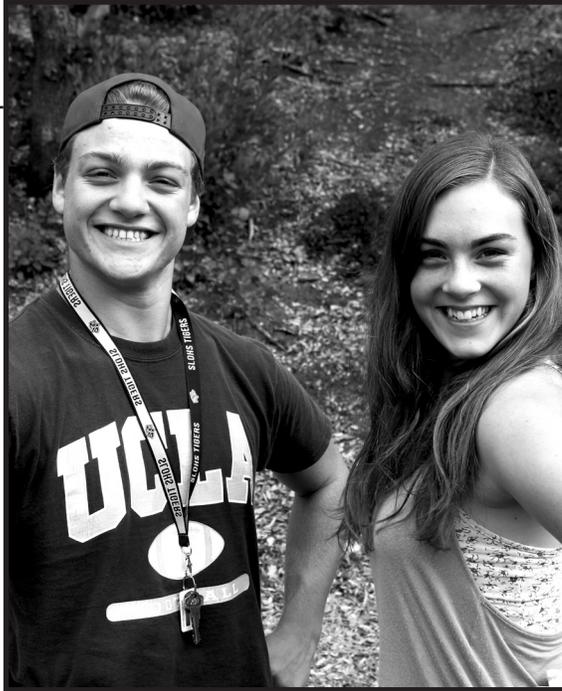
"Being able to play music with all of my best friends is my favorite part of being in a band,"

Galambos hopes that they are at least successful enough to keep the band going and pursue their passion for playing instruments. Make sure to catch these talented musicians in the upcoming SLOHS talent show.

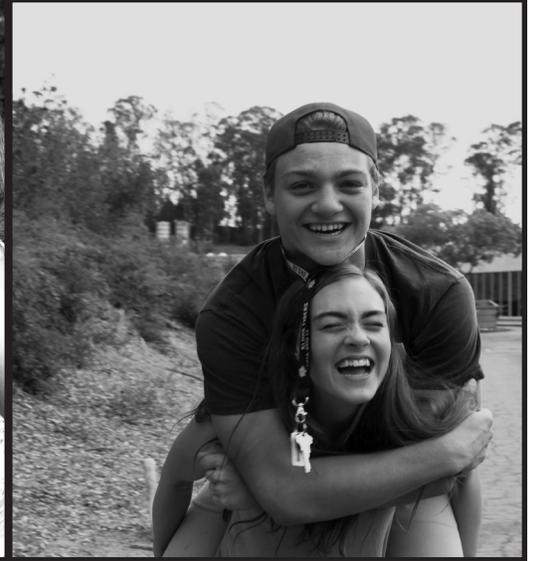
# SIBLINGS of the MONTH : GEO AND JAZZY GABRIELE

**Shilah Sharps**  
Staff reporter

Here at San Luis Obispo High School the halls are filled with siblings. Senior Geovani Gabriele and freshman Jazlyn Gabriele happen to be one of the unique pairs of siblings that we have on campus, ranging from their quirky sense of humor to their passion for sports. Geo Gabriele is a varsity football player here at SLOHS, while Jazlyn is a varsity cheerleader. Both have fun, enthusiastic personalities that cheer up anyone they're around.



## GABRIELE



**Expressions:** Who does your mom love more?

**Geovani Gabriele:** Me because I'm her Buggy Duggy.

**Jazlyn Gabriele:** Me because I'm her Razzler Jazzer.

**Expressions:** What do you guys like most about each other?

**Geovani Gabriele:** How she always steals my clothes and never gives them back.

**Jazlyn Gabriele:** He's always entertaining to be around; he does so much weird stuff that is entertaining to watch.

**Expressions:** What do you guys dislike about each other?

**Geovani Gabriele:** She acts like my mom when she's mean; she thinks she's better than everyone.

**Jazlyn Gabriele:** He gets annoying and mean.

**Expressions:** If you were wearing inflatable sumo wrestler costumes, battling each other with swords, while standing on a piece of thin plywood, over a pool filled with crocodiles who would win?

**Geovani Gabriele:** Oh yeah, my abs aren't very strong so I'd probably fall off.

**Jazlyn Gabriele:** He would fall off because

he has no balance!

**Expressions:** What is it like going to school together?

**Geovani Gabriele:** We see each other a lot less than we thought we would, but I hear and see everything so I'm sure she loves that; Homecoming was awkward.

**Jazlyn Gabriele:** I hate that he hears everything because it makes my life awkward, especially when he brings up my personal life at home. Homecoming was very weird for me. I saw him way too much for my liking, and I'm sure he thinks the same thing.

## POTS: What is your favorite part of Thanksgiving?



"I like eating all the food."

**Freshman**  
**Cooper Benson**



"I like sitting on the couch and watching basketball all day."

**Sophomore**  
**Josh Brechwald**



"I don't like Thanksgiving and any part of it."

**Junior**  
**Aidan Foley**



"I don't celebrate Thanksgiving. I'm brown."

**Senior**  
**Danny Bangian**

# Ben Hurley: iPhone repair

**Brandon Achugbue**  
Staff Reporter

San Luis Obispo High School senior Benjamin Hurley has a penchant for fixing things that has led him to some unique job opportunities at an early age.

In 7th grade, he learned how to repair iPhone screens after cracking his own and not wanting to pay to fix it. He quickly learned how to turn a profit from his newfound skill, charging peers the price of the new screen as well as a \$20 labor cost to fix theirs. In total, he has accrued over \$5,000 from fixing phones alone, a business venture that has continued into his senior year.

"I guess I've always been a mechanically inclined person," said Hurley. "I used to have a hobby of taking apart old electronics and bicycles and anything mechanical. I took apart our broken microwave once and ended up fixing it."

Additionally, Hurley has always had an interest in automobiles, learning how to drive and make oil changes by nine years old, and realized his passion for fixing cars as a sophomore in Auto 1. As a junior, he was encouraged by Auto Shop teacher Jeff Lehmkuhl to compete in SkillsUSA, in which he could better develop his mechanical mastery.

Hurley said, "I studied an average of an hour a night in an effort to prepare myself for the regional competition. I was at a huge disadvantage to a few of the other students competing as I had only taken about a third of the classes that they had."

The auto prodigy placed gold in the first regional competition, and again in the state championship a month later, winning scholarships to technical schools and qualifying him to represent California for the national competition. At nationals, held in June, he placed fifth in the nation. Hurley continues to chase his dream, looking to compete again this year with his eyes set on winning gold nationally.

"Ben will be working very hard all year for this event," said Lehmkuhl. "In addition to this, he will be competing in water polo while managing several AP courses. He will be a very busy young man."

In the meantime, he's been using the skills he's learned to repair vehicles for teachers, students, and community members in SLOHS's auto shop.

# Eavesdropping

Compiled by Staff Reporter Emilee Mulay

**The Pokémon industry is trying, okay?"**  
anonymous freshman girl to an upperclassman

**"What is this?"** junior boy as a raindrop falls on his hand.

**"I'm not at the point at my life where I'm looking for girls"** -anonymous male teacher to anonymous male student

**"I want Jerry Seinfeld to DIE"** very angry junior

**"Vote for me so I can get into a better college than my opponents!"** -One elected ASB officer to another

**"You must expose your neck to attract men!"** - Anonymous senior

**"Give me anything and I'll put Sriracha on it"** Nairne, when asked about the bottle of hot sauce on his desk.



**"You aren't my teacher without the beard"** sophomore regarding Mr. Stewart's decision to shave his beard.

## Depression Speaks at SLOHS

**Sean Kucer**  
Staff Reporter

Clinical depression affects many people, and it can be difficult to tell who has it, or even if you have it. It can be a debilitating disorder, causing a profound sense of emptiness and/or sadness in those afflicted. A peek into the mind of people that have had clinical depression can help us better understand depression. Senior Eric Haupt and English teacher Scott Nairne agreed to share their struggles with depression.

**Expressions:** What do you do during the occasional (or more) bouts of depression?

**Haupt:** Nothing- that's the problem. I don't feel motivated to go about my life. It all seems like a lost cause.

**Nairne:** If I have a really stressful week, I'm going to go just burn calories on my mountain bike, and I always feel happier after that.

**Expressions:** What helped your depression the most?

**Haupt:** Finally appreciating the little things, not dwelling on what was bothering me.

**Nairne:** In 2002, I was diagnosed, and they put me on a three month prescription for

Prozac, and then I did three months coming off of it. I think a lot of it is a chemical reaction in your brain. It was like coming out of a pool, and saying "wow, I can breathe again." I haven't needed drugs for depression since.

**Expressions:** What advice would you give to someone suffering from depression?

**Haupt:** Don't set standards for yourself and don't dedicate yourself to any one specific thing. Whatever is causing the depression shouldn't encompass every aspect of who you are. Learn to appreciate yourself beyond whatever that is.

**Nairne:** Notice the signs. Exercise always has helped me. Not being afraid of medical advice- which I was. Medical help is good.

**Expressions:** What are some common misconceptions about depression?

**Haupt:** People think of it like some profound sadness. That's not exactly it; it's more-so feeling like everything you want to do in life is a lost cause- which kills your motivation to do anything. It's feeling hopeless, basically.

**Nairne:** If you're depressed, you're the only one that's going to be able to pull you out. I'm a believer in science, and I'd say that people that are depressed a lot of times feel that it's their fault. It's not.

# Missed connections

Questions gathered by Staff reporter Tori Hansen

On the last day of 1972 a Vietnam veteran on the brink of suicide sees a girl in the rain that changes his life forever, but then she was gone and his love for her seemed to be lost forever. He never

gave up on his true love and starts the first Missed Connection in history. Today *Expressions* is here to connect you with your own lost love.

@\_M\_Night\_Shamlyan

What's the deal man? You blew it. You went from The Sixth Sense and an oscar nominations to making absolutely terrible movies. I mean The Last Airbender? What was that? Trash, that's what it is. You used to be the master of twists, but now your just the master of mediocre to bad high-budget movies. Just stop.

Zach Wise

@\_Hot\_Tamale

Hey there Hot Tamale,  
You are the red juicy marinara sauce to my spaghetti. The organic milk to my frosted cornflakes. Thy fish to thy sushi. Every time I see your gorgeous face I think of a perfectly round, perfectly sliced medium sized pizza.

Come find me my Hot Honey Buns

XOXO

@\_Classroom\_Stares

Dear boy in front of me,  
Every day, I sit behind you, and stare at your beautiful neck. Every time you move, I get a whiff of your boyish smell, and I suffocate with happiness. I dream of touching you, but the closet I've come is our hands briefly touching. Love, desperately want you as my own, Audrey Ross

@\_BABY\_BOY\_BENSON

Our baby boy Benson,  
We've never seen a freshman look quite as hot as you do.

Please notice us.

Love, Your upperclassmen sweethearts

@\_Lunch\_Time\_Munchies

I saw you in the lunch room holding a container of some sort overflowing with chicken alfredo pasta. That's my third favorite pasta! The light tones of the carbohydrate-heavy dish contrasted with your flowing dark hair, a color scheme reminiscent of Gustav Klimt's "The Kiss" - my fifth favorite painting from the Art Nouveau movement. We should hang out some time - I make some real nice chicken alfredo pasta. My mom has work until 5:00 PM every day. I'm not allowed to eat on the couch, but we can sit on the couch and watch Paid Programming after we eat in the kitchen.

Head Over Heels in Love <3

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