

San Luis Obispo High School Expressions

Volume II, Issue IV

January 2016

Gun Safety On Our Campus

Page 8&9

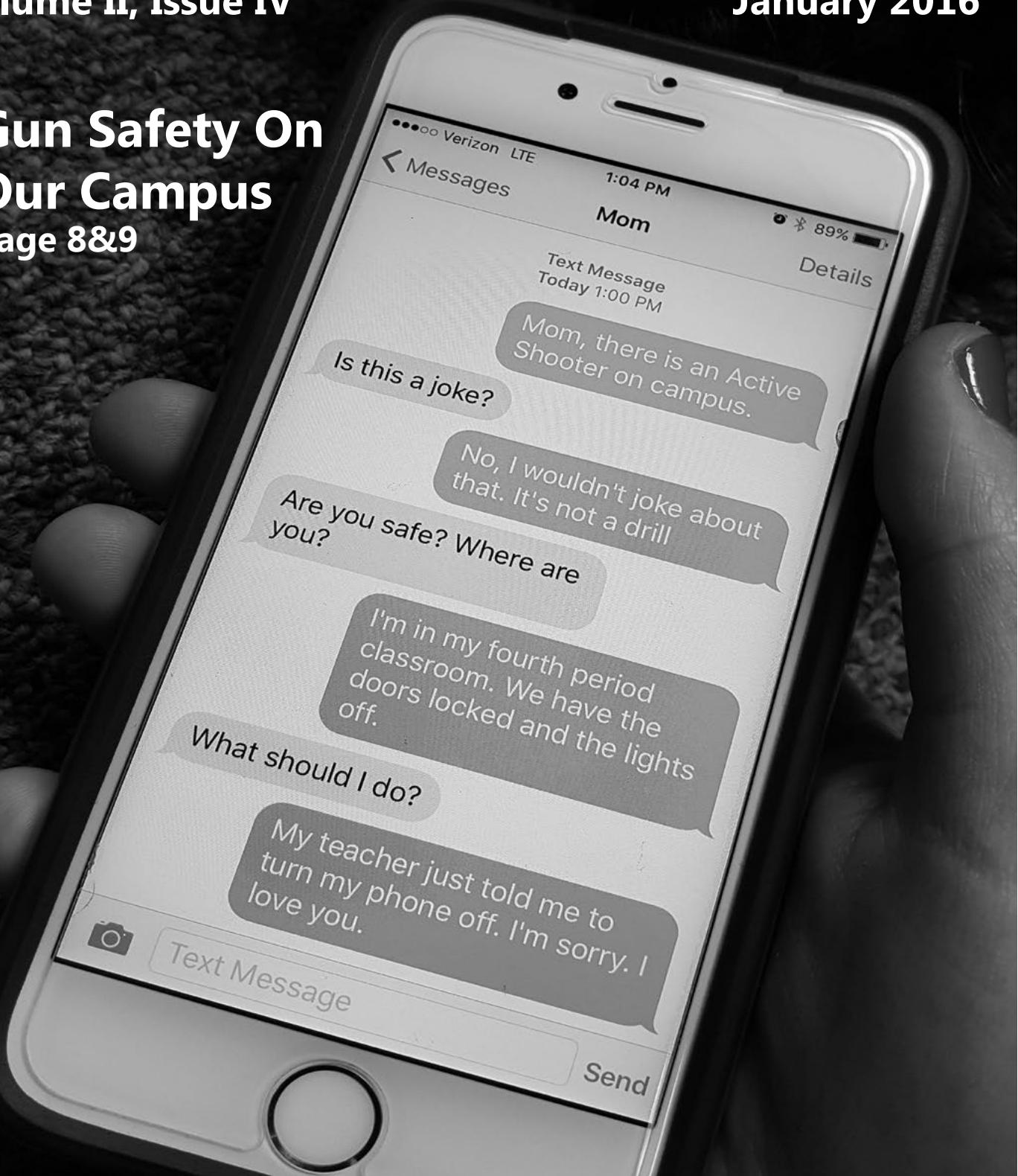


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Panchos'

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BEANS, CHEESE, PICO DE GALLO

\$5.00 NACHOS W/MEAT

BEANS, CHEESE, PICO DE GALLO

\$4.00 B/R/C BURRITO

BEANS/RICE/CHEESE

\$5.00 BURRITO W/ MEAT

RICE, BEANS, CHEESE, PICO DE GALLO,

SHREDDED CHICKEN/BEEF

\$2.00 CRISPY TACO

LETTUCE, CHEESE SHREDDED CHICKEN/BEEF

\$5.00 QUESADILLA W/ MEAT

CHEESE, SHREDDED CHICKEN/BEEF

\$3.00 CHEESE QUESADILLA

SOUR CREAM: 0.95

SODA (NO REFILL): \$1.00

GUACAMOLE: 0.95

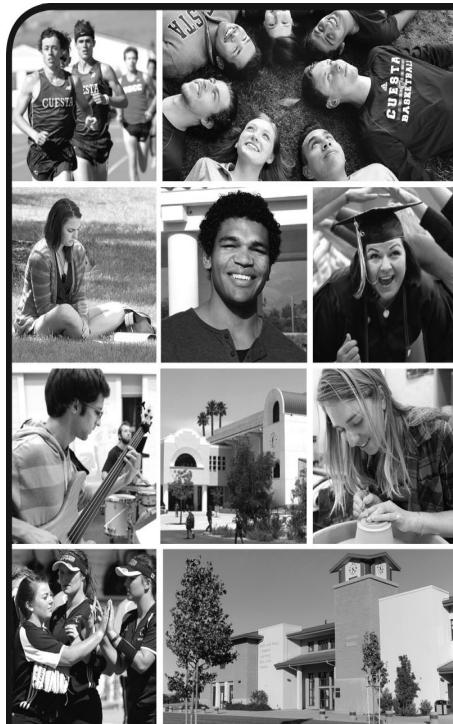
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“Runaways” hits the SLOHS Theatre



Photograph by Lisa Figueroa

The cast of “Runaways”: not pictured: Lisa Figueroa, Emma Jane Haas, and Westen Meyer

Lisa Figueroa
Staff Reporter

The San Luis Obispo High School Theatre is working on their first student directed play of the year “Runaways”, a musical about the lives of children who ran away from home and live on the city streets. The play will be ready for the public by March 10 through 12 in the SLOHS Theatre. The play was picked, casted, and run by our very own seniors Mya Paredes and Blake Griffith.

“I was in the show when I was twelve and I performed it through a community theatre. It had a major impact on my life because

the storyline addresses very serious issues in people’s lives, and it’s expressed through singing and dancing,” said Paredes.

All students are encouraged to support the upcoming performance of “Runaways”, especially after last year’s incredible turnout at “Hairspray,” although the two musicals are very different.

“The show is definitely not as happy-go-lucky as “Hairspray” and has more depth to it,” said Griffith.

“There’s so much talent and passion that I already see through the cast and the play has a really important message to send. Support the arts!” said Paredes.

Students who “swipe right”

Students over 13 are still legally allowed to have online dating profiles, they’re simply paired with exclusively minors. Nonetheless, it is easy to falsify information online and subsequently be paired with people of all ages.

“I use it because it’s entertaining to see who would be interested in me, but mainly it’s just a joke,” said senior Holly Schultz.

Even if Tinder use is strictly virtual, as far as privacy goes, it’s basically out the window. Tinder users can know your name, age, appearance, and location just by swiping through their feed.

Of course, this kind of online dating has its risks.

“Whatever people tell on their profiles—that’s like what they want to be depicted as, but that’s not necessarily who they really are,” said Hurley. Sure, he looks like a great guy who coaches his own American Youth Soccer Organization team and volunteers at the animal shelter. But does he have a criminal record? Or an unhealthy obsession with Grand Theft Auto 5? According to American Broadcasting Company news, Tinder does not perform background checks on its users, which has already resulted in multiple rape and assault reports. So, you know, be careful kids. Swipe safely.

It appears as though the seemingly futile search for high school love is turning San Luis Obispo High School students away from human interaction, and towards our cellphone screens; specifically Tinder, a popular online dating app. While online dating is something that’s more commonly used by adults, it seems that online dating apps have become more popular amongst younger people, even high schoolers.

“I think that it’s actually kind of funny,” said senior Ben Hurley. “I wouldn’t do it for serious dating, but it’s kind of like a fun thing to do.”

Despite the fact that users do create profiles, Tinder pairs those looking for love with other users who are either rejected or accepted based on an impulsive reaction to a picture. It’s basically just a fast, superficial way of judging a stranger. Kind of like a virtual representation of walking down a high school hallway.

“I’d say that teens who date online are viewed as desperate or not-sociable, when in fact they might just not have time [for regular dating] or feel comfortable in certain environments,” said senior Aidan Beals. Mi-

SLO Brew’s Big Move



Tim Johnson
Staff Reporter

A favorite music venue among San Luis Obispo High School students, San Luis Obispo Brewing Company, will be moving to a new location on Higuera Street. The owners are planning to open another brewing and bottling establishment located off Broad Street, near the airport.

The reason for their move is due to the approval of the Garden Street Terraces project. This will be kicking SLOBrew out through the commercialization of 1.1 acres in the Garden Street area for hotels and condominiums. However, aside from the change in location, students will be glad to hear they will still have all-aged concerts.

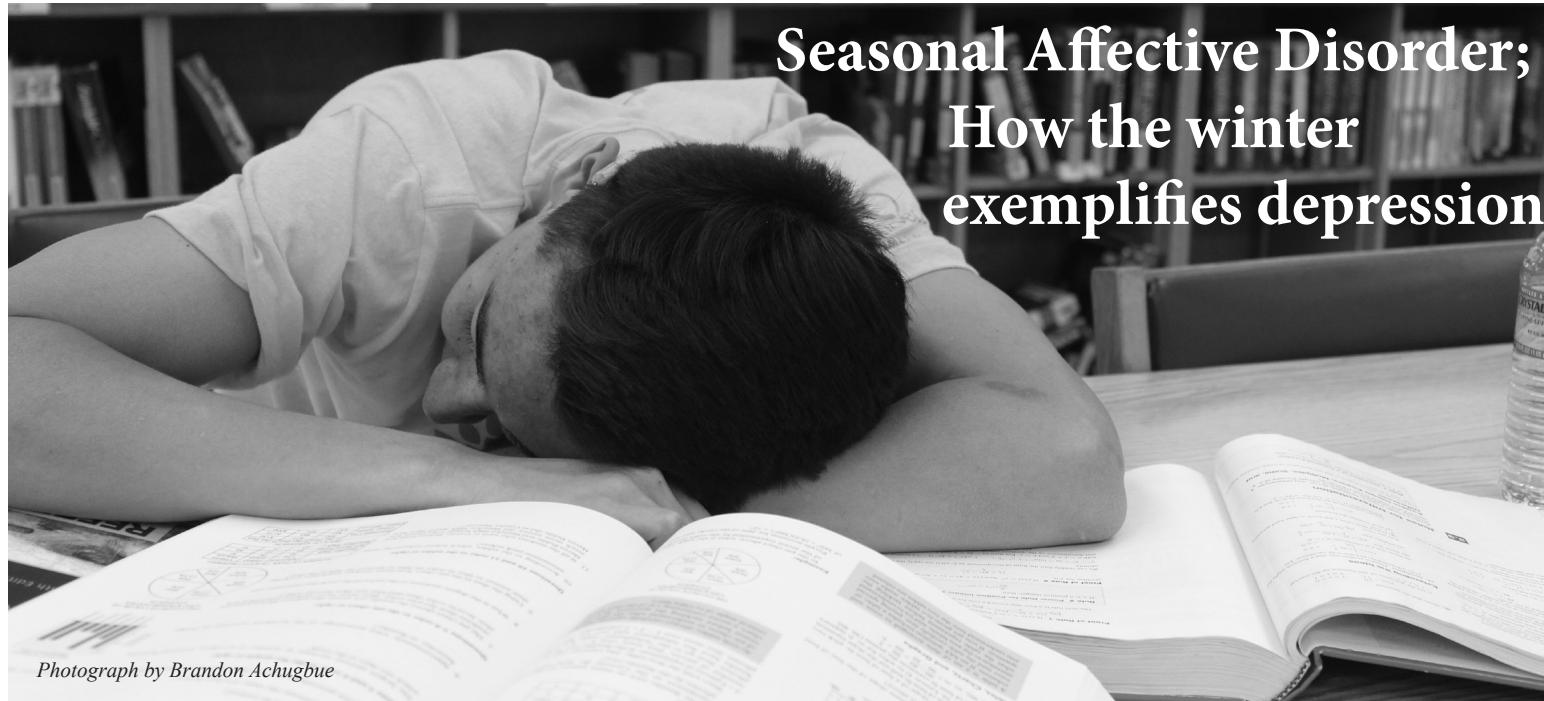
“We live in a small town where there’s not much to do and SLOBrew is one of the few and unique places to do something cool,” said senior Sam Good.

According to the website, the new Higuera Street location for SLOBrew will be dubbed “The Brew” and will “feature a top notch restaurant, micro-brewery & bar, outdoor beer garden, whiskey lounge, and intimate live music venue.”

“I think the downtown location is more convenient, and especially unique in that the audience is so close to the performers - it’s a lot more intimate and I hope the new location has a similar venue,” said senior Skye Michel.

Their other brand new establishment, “The Rock”, is expected to open up this spring and will include “a tasting room, restaurant, and larger outdoor music venue and event space.”

“I definitely have fond memories of many different shows there and it has always been a great place to see some famous and not so famous musical performers... While we may miss the old venue, who knows what the new SLOBrew has in store for us?” said chemistry teacher Ryan Ritchie.



Photograph by Brandon Achugue

Frequent symptoms of Seasonal Affective Disorder seen here at SLOHS often times include lack of energy as well as sleepiness and drowsiness.

Connie Moore
Staff Reporter

Seasonal Affective Disorder [SAD], a type of depression that relates to the seasons, it is an unfortunate affliction that affects students at San Luis Obispo High School. It normally impacts students in the late fall and winter

ple, when it's cold, foggy or rainy, I tend to get really tired, lethargic and have low energy. I tend to not want to do anything or be around people. Once the weather changes and the sun comes back out I feel a lot better!" said health teacher Dan Monroe.

SAD drains one's energy and detrimentally affects one's mood. Symptoms also include fatigue, hopelessness, and social withdrawal. This disorder can also cause insomnia, a general lack of concentration and increased crying.

SLOHS counselor Shelly Benson described her feelings around the gloomy, winter months.

"I can affirm that the holiday season often brings about feelings of loneliness, exhaustion and sadness... This coupled with the craziness of the holidays and the weather changing makes my world feel a little heavier."

Many people brush off the idea of SAD as the "winter blues," but in reality it is a serious problem. Approximately ten million American adults have experienced SAD. It is even more common in areas blanketed with heavy cloud cover, and cold weather, where as many as one in ten people are affected. Fortunately, SLO itself has good weather for the majority of the year, with plenty of opportunity to soak up SAD defying sunshine, leaving students less likely to be affected by SAD. However, it is still present on our campus, as sophomore Cole Bumen describes his feelings during the winter months.

"Sometimes when I walk through the rain, out in the open it just makes me depressed."



months, although in rare cases in spring and summer. Scientists believe that the cause of this disorder is a lack of sunlight and vitamin D.

"I find that anytime we have multiple days in a row where we don't have sun; for exam-

Seasonal Affective Disorder; How the winter exemplifies depression

There are treatment options for SAD sufferers, including light therapy in the late fall and winter months. Treatments involve a powerful flashing light, but contrary to popular belief do not need to come from the sun. Some doctors also recommend a trip to a sunnier climate for a portion of the winter months.

SAD is a common disorder that has serious

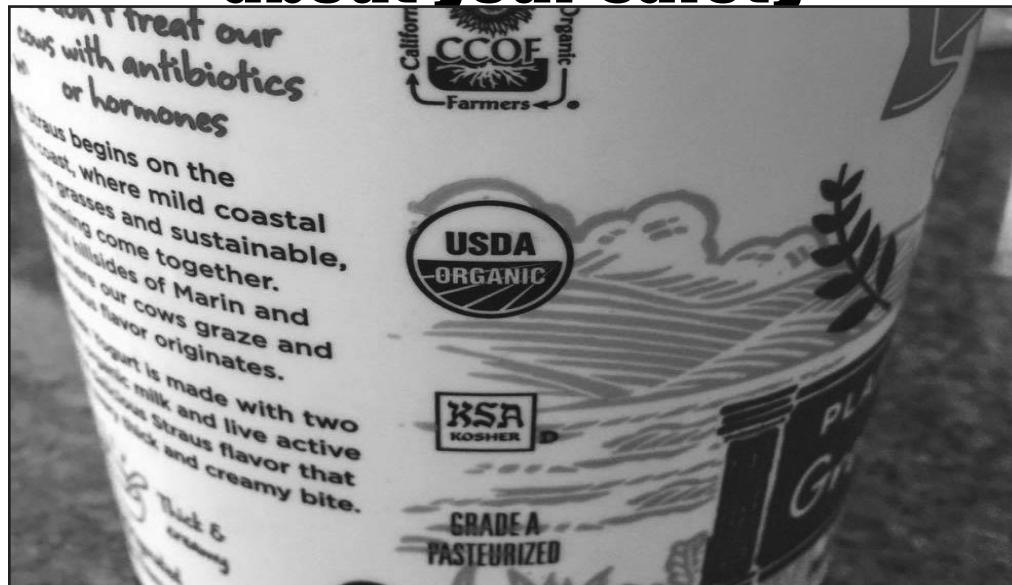


symptoms, and it can detrimentally affect the lives of students here at SLO High, impacting grades, social life, and emotional health.

Sources:

Healthfeed.uofuhealth.org
Accesshealthcareservices.com

The FDA doesn't care about your safety



Brandon Ginkel

Staff Reporter

Students at San Luis Obispo High School don't put much thought into the food we eat. We assume it's safe or even healthy for us due to assuring labels from organizations like the United States Department of Agriculture and the Food and Drug Administration. However, these labels are merely illusions of safety. The FDA and USDA have been infiltrated and saturated by the pharmaceutical and corporate food industries. The results of these blatant manipulations of the political system are corrupt institutions who are entrusted with public safety but instead indulge corporate interests, in lieu of and to the detriment to the interests of the American people that these agencies have been trusted to protect.

"I feel like they [the FDA and USDA] give the impression of trying to protect us when in reality they care more about how major companies will profit, not the actual well-being of the public," said senior Skye Michel.

The FDA, USDA, and Environmental Protection Agency have all been headed or supervised by ex-employees and executives of major corporations like Monsanto. Michael R. Taylor, the current deputy commissioner of the FDA was Monsanto's Vice-President for public policy from 1996 to 2000. During his early years at the FDA, a Monsanto brand genetically engineered cattle drug which had been prohibited in Europe and Canada known as rBGH was approved. Hillary Clinton, an ex-Monsanto lobbyist, ex secretary of state and current presidential candidate advocated

for and supported the corporate food mafia throughout her political career. Monsanto and other corporate food conglomerates have donated more than 2 million dollars to her 2016 presidential campaign.

"Personally, I don't trust it, [the FDA] but I do think we need the FDA, considering they are our only option for a federal regulatory agency as far as I know" said Michel.

Our governmental regulatory agencies have so alienated the public through their acts of blatant disregard for public safety that their dispositions are even being scrutinized by today's youth. Now, children grow up knowing not to believe anything these agencies say and to be pessimistic in regards to the ability of their government to govern.

"Removing the corporate influence from our politics and our legislative system [will fix things]," said Michel, "or moving out of the country."

It's a fundamentally flawed and corrupt political system that allows agencies like the FDA and USDA to chase profits rather than serve the public. Politicians today are bought and paid for by corporate contributors and donors before ever entering office. The same corporate jackals that own our politicians to further their monopoly man agenda finance Political Action Committees. The youth of today must take a stand and hold government agencies accountable for their actions.

Sources:

Rense.com

Wikipedia.com

Editor: Emma Jane Haas

SLOHS needs to start composting

Connie Moore

Staff Reporter

San Luis Obispo High School needs to do its part to help make our planet a better, greener, place. The addition of composting buckets, more accessible recycle bins, and more trash cans are necessary to help eliminate the problem of litter at our school.

Maybe if more composting, trash, or recycle bins were available, students would not feel compelled to pollute our campus. SLO HS needs to make helping our planet the easier and more readily accessible choice.

Every day thousands of pieces of compostable waste are carelessly thrown into the few trashcans around school. If we instead had composting bins, this biodegradable trash would not go to waste, rotting in our dumps. Instead it would transform into rich soil that could help nourish a garden or provide nutrients for plants that give us our life-yielding oxygen.

"Composting is good for SLOHS because it would provide a sufficient way of recycling unused foods and it would help plants grow," said sophomore Lucy Houghton.

Composting bins are simple, cheap structures that cost little to maintain but have so many benefits. There is no reason for SLOHS to promote the wasting of helpful biodegradable material by lack of composting bins.

It is ridiculous that one can walk through campus, never seeing more than a few trashcans. The multitude of chip bags and wrappers that swirl about our school not only affect the physical appearance of our campus but could injure wildlife, or lie for thousands of years, not composting in our school's soil.

"We end up throwing away a lot of useful food, and if we had composting, that would help save waste," said AP Euro teacher Kate Stevens.

The simple addition of a few composting bins, additional trash cans, and recycling, would have huge benefits for both the planet and SLOHS alike.



That's (not) peer pressure



photo by Celeste Koch

Celeste Koch

Staff Reporter

Peer pressure is a phenomenon that has been ingrained into us all throughout middle school. We were assured that, come time for our own high school experience, peers would be offering us illicit substances left and right. We would be suffocated by the pressure our friends would put on us to partake; to not participate would ensure social suicide. This actually is just an exaggerated approach to the subject and is more of a myth than a reality for some.

"[Peer pressure] isn't really relevant," says senior Jacob Morris. "If you're making a decision, you're doing that for yourself, not because your friends influenced you."

Of course, there are circumstances in which those of us could feel pressured by our

friends to do something (let's say, ice skating). You've never tried ice skating before. You've never been particularly inclined to start ice skating either, but your ice skating friends keep telling you to try it. You decide you don't really like the idea of ice skating, but your friends get so persistent that you do it anyways. That is peer pressure.

Now let's say your friends are ice skating, and you decide that ice skating seems pretty cool and want to try it. Or, you decide that ice skating doesn't seem that cool and that you'd rather not participate. That is making a decision for yourself.

The disputable part is how much you let your friends influence you. Do your friends intimidate you so much to the point that you'd do anything they asked you to? Or do you feel comfortable enough to reject their constant

ice skating offers? That's the key here.

"I don't really care about peer pressure, screw that" says senior Kobi Kelly. "I've done stupid stuff to impress my friends but like my friends never told me to do it."

"It's not relevant at our school," says Kelly. And while it might be more relevant at middle schools or even freshmen year, we all grow up a lot in high school. And chances are, if you have good friends and even just a little bit of integrity, peer pressure doesn't play a role in your life.

So whether or not you decide to go ice skating, with or without your friends pressuring you, remember that ultimately it is up to you. We're big kids now. We make our own decisions.

San Luis Obispo High School lacks patriotism

Tori Hanson

Editor



The Pledge of Allegiance to The United States is a pledge of devotion to our country and an act of patriotism. When giving the pledge, people stand to face the flag and give respect to our country and to those who have risked their lives to protect it.

According to the First Amendment Center, 43 states require public school students to recite

the Pledge of Allegiance. Though required to do so, many schools in California, including San Luis Obispo High School, do not participate.

Since SLOHS students are obligated to stand up for the Pledge but don't, we miss out on this daily ritual. How about those who love and want to recognize their country?

"I feel like we have grown so comfortable to the feeling of safety in our country... We don't recognize it like we used to, because we aren't told the importance of it anymore," said junior Lauren Hanson.

I agree with my sister that the comfort of safety has spoiled us, and that is the real reason we don't find it a priority to recognize those who risk their lives for our privilege of safety.

Sounds like we're being a little selfish.

We don't want to waste our precious time being thankful for all the good things this country gives to us, because we are too con-

cerned with ourselves and getting to work in our classes.

If education is really a priority in our students' lives at SLOHS, then why are we so willing to give ten minutes every day to our announcement broadcaster, Tiger News Network (TNN)? We could fit the Pledge into the time delay that it takes TNN to even start at the beginning of second period.

We are willing to give ten minutes of our time listening to announcements every day, but cannot find a minute to pledge to our country? If we are so worried about getting enough time to learn at school, why haven't we asked for limiting the time we spend on TNN. It's time to create room for the Pledge.

"We are all Americans, there is no reason we shouldn't," said junior Justin Diaz.

Source: Firstamendmentcenter.org

Guns and



Our Safety Measures at SLOHS

Emi Mulay
Staff reporter

Tragedies such as the recent San Bernardino Shootings on December 2, and the Sandy Hook Elementary School shootings on December 14, 2012 have left San Luis Obispo Students in mourning, along with the rest of the world. With these massacres creating a devastating trend in the news, we have to think, are we ready for harmful intruders?

"I would hide in a trashcan" said sophomore Kate LaFaille when asked what she would do during a shooting. This shows that some are not as prepared as they should be.

Scheduling more safety awareness drills lies with the administration's plan and schedule that spread drills out throughout the year.

"Drills are annual, but we do more than what's required of us. In the meantime, we need to keep up with the communication between staff and teachers. Students and faculty also need to be aware of who's on campus, and report anyone who doesn't seem like they should be on campus. We do a good job on

that already," said assistant principal Nick Frost. A new administrative building in front of SLOHS to help safety protocols is planned as a part of the Measure D project.

The teachers at SLOHS would most likely be the ones in the classroom with us if there were to be an intruder, but if the students don't feel fully prepared, it would help if the teachers were.

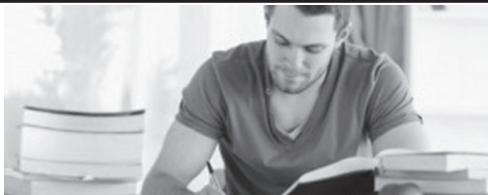
"What I took away from it [Active Shooter Training, an all-day training for teachers to make them better prepared for possible threats to our school] is that there are the 'fights,' or the ones who go into my office, and the 'fights,' who attempt to protect us. We can't know who those people will be unless a shooting happens. It's a horrible thing to have to consider, but we need to be prepared." said social science teacher Eva Di Santo.

No one can deny that if a shooting were to happen, panic would occur, but with more assurance of what to do if something to this extreme were to occur, wouldn't it be nice to have some sort of plan?

Is it too easy to buy a gun? The steps it takes to legally own a gun



Step 1. First off, before you even think about buying a gun you have to be at least 18. You also need to be a legal citizen of the U.S. and have no criminal record or record of mental issues.



Step 2. Learn both the state and local gun laws. You must follow state laws, but the local gun laws might differ from those and will give you more clarification.



Step 3. Find the type of gun that you can legally own and a Federal licensed retailer that can sell you this gun.

campus safety

Should access to guns be more controlled?

Tori Hanson
Staff reporter

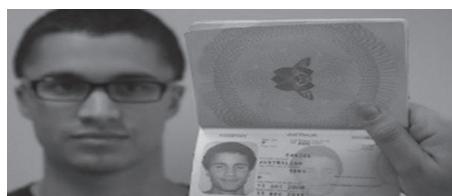
CON

Recent mass shootings in schools have turned San Luis Obispo High School's students and teacher's attention towards the idea of gun control. Gun control's design is to limit the selling, buying, and use of guns in America to prevent violence from reoccurring, so the idea does seem like the perfect solution to our issue. We then have to start considering who these new regulations will affect, who has the right to decide who can and who can't own a gun, and how will it be done so we aren't going against the constitution, and our constitutional right to bear arms?

"The people affected by these new regulations would be those who abide by the constitution, so they are the good guys. Those who don't abide by the rules get unregistered guns, illegally, so the good guys can't protect themselves, because there is a regulation keeping them from buying guns," said junior Brayden Perry. When it comes to an American citizen who can't protect themselves, because of gun control, it becomes unconstitutional. The government is taking away the right to protect yourself.

"It's like someone being able to tell you, 'you can't do anything,'" said junior Payton Braun when she was asked, "who should have the ability to tell someone they can't own a gun?" When someone is given the power to tell someone they can't own a gun, by creating these gun control laws, it's taking away that person's ability to protect themselves. If a women came and questioned a police officer's judgment they were put into an Asylum, for a mental disorder. Giving someone the power to say you aren't allowed to own a gun will face the same kind of corruption as the police officer with the women. Are we really willing to give someone that much power over us?

"Guns can be used for protection against the criminals that are willing to break the law to get them," said senior Alexa Young. There are more than 270 million firearms in the United States today. It's impossible for the government to confiscate all of those firearms, so when these gun control laws start being forced it will apply to those who are now interested in buying guns. Not those who have already bought them, so it won't stop former gun owners, just new gun owners.



Step 4. Make sure you have a photo ID and the right paper work filled out. With this they will perform background checks on you.

Eric Haupt
Staff reporter

PRO

The recent trend of now more than day spree killings is indicative of a simple fact: it's irresponsible for us to allow for firearms to be prevalent in our society and not to keep them under control. No other first-world country has nearly the rate of gun related deaths that we do, and no other country's restrictions on guns are nearly as loose as ours are. To act like we can't learn anything from this correlation is simply dishonest.

Gun control works. The states with the most gun control laws have the least amount of gun related deaths. In spite of this, gun advocates continue to insist that their second amendments rights are being infringed whenever even the slightest gun restriction is proposed. But is upholding such an uncompromising interpretation the second amendment truly worth allowing gun violence to continue to be so rampant?

"The second amendment is losing importance. It was made to allow for an armed revolution and we're past the time when that would ever be possible," said senior Matejas Mackin.

No, it's neither reasonable nor is it practical to prohibit guns entirely. With hundreds of millions of them scattered throughout the country and a strong gun culture present in many of its urban areas, it's simply a fantasy to think that would ever work. However, with 85% of gun owners in favor of universal background checks for all gun purchasers it's clear that there's much more we could be doing.

"I do not believe we are doing enough to stop gun violence. I may not be anti-gun but America should definitely have more conditions to own a firearm. Maybe a psychological evaluation? There are already a lot of steps – but more should be taken" said an anonymous student.

As a gun owner myself, I am more than willing to take efforts to keep guns away from those that should not have them and I recognize the unnecessary risk in keeping excessively dangerous firearms so widely available.

The vast majority of recent mass shooters have used weapons that were purchased legally from federally licensed arms dealers. Hesitating to try and prevent this from happening in the future for fear of uprooting the second amendment guarantees that to-be murderers will continue to acquire weapons, and that innocent people will continue to be killed in mass.

Sources: shootingtracker.com, nationaljournal.com, nytimes.com



Step 5. After you fill out the right paperwork and the background check comes out clean, you still have to wait a certain amount of days before you get to have the gun.



Step 6. Proper gun safety and handling, you will have to perform a hands on gun safety test and will have to have a safe storage place for your weapon.

Sports

ATHLETES OF THE WINTER SEASON

Editor: Gaby Pinzon



Photo Illustrations by Luca MacDougall

Luca MacDougall

Staff Reporter

Fall sports have come to a halt, allowing for the winter sports to come into play at San Luis Obispo High School. A new sports season means the return of past well-known athletes as well as a new group of winter athletes.

Expressions asked coaches from both girl and boy sports teams to appoint the name of one player from a team to be chosen for the male Athlete of the Month and the female Athlete Of The Month.

The finalists for this distinction are male athlete of the month, senior Brian Finger, and female athlete of the month, senior Stephanie Brenner.

Boys' soccer has been notorious for its strong players and consistent wins, and this trend has undoubtedly continued for the 2016 Winter Season. The boys' varsity team has won six out of nine games and hope to continue their good streak throughout the season.

The varsity boys' soccer team coach, James Boscaro, said that Finger, "has great work ethic, stays in shape year round, and is always challenging himself to get better."

Aside from the coaches, Finger's athleticism

is made clear and is praised by his teammates as well.

"He plays for the success of the team, not himself," said junior Cole Hanvey. The results of these assets prove that he's a strong team player and that his contributions to the team makes them stronger as a whole on a daily basis.

On the girls' side, Brenner plays on the varsity girls' basketball team at SLOHS. As of January 7, Brenner has led the team in points per game with 10.2 points, rebounds per game with 9.1 rebounds, blocks per game with 1.6 blocks, and steals per game with 2.1 steals.

Coach Dan Monroe said, "[Brenner's] unique speed and athleticism for her size creates nightmares for opposing teams."

Although she is very gifted on the basketball court Brenner's teammates also show a deep appreciation for her presence on the court.

Junior Whitney Burns said, "I think she has a lot of natural talent and uses her height and quickness for her position as an advantage." Brenner clearly has the talent and drive to help the team gain success in this season.

Be sure to check out the field and the court for these players.

Closed pools cause problems

Tim Johnson
Staff Reporter

With both the Sinsheimer pool and Cuesta pool undergoing maintenance construction, it seems like San Luis Obispo High School's swim program is a fish out of water.

The boys' water polo team had to leave Sinsheimer pool because of regular maintenance. As a result, the team moved to the Cuesta pool, which allowed them to store their equipment and use some of theirs, in addition to being flexible with hours. When they couldn't practice at Cuesta, the boys would practice at Cal Poly, but ultimately there were technical issues such as not being able to store equipment.

"The main reason why I didn't play water polo during the actual season was because of how late we had to practice due to most pools being closed and waiting until Cuesta was open," said freshman Martin Koch.

Now that Cuesta is also undergoing pool

maintenance, it's especially unfortunate for the girls' water polo team who have been practicing at Cal Poly. Recently, the team has had some difficulties since the Cal Poly pool is mainly for swimming and it's hard to convert it for proper water polo usage. To get some better practice time, the girls' team has scheduled days to practice at Arroyo Grande High School's pool.

"Under Measure D, a new pool is scheduled to finish construction within five to seven years," said English teacher Scott Nairne. Unfortunately, the pool will not be ready for current students.

With the new pool, several new opportunities for the SLOHS sports teams will present themselves.

"The bottom line is that it's going to be very, very nice once we have a pool on campus in the near future. Water polo and swimming have been using other facilities for decades now and as a result these scheduling issues come up every few years," said boys' junior

varsity water polo Coach Boutte.

While our current swim program is still hung out to dry, it's comforting to know that our school will have a pool for its students in the future.



photo courtesy of Yelp

RUGBY AT SLOHS

Shilah Sharps

Staff Reporter

In England, New Zealand, South Africa, and several other countries around the world, rugby is one of the most popular sports. As it increases in popularity in the United States, students at San Luis Obispo High School have started to join local rugby teams to compete with others in the area.



Photo Courtesy of Dante Capellano

During a game of rugby, each team has 15 players on the field playing a sixty-minute game consisting of four quarters and one half time. The ball is placed in the center of the field and each team "scrums." Scrumming is an act where the teammates link together and try to cover the ball in order to gain possession. In rugby a score is called a "try," you can either drop kick the ball which is three points, run it in for five points or get a field goal which is worth two points.

"Everyone knows, Saturday's a rugby day," said Fabian Zambrano.

When asked what influenced them to play rugby, senior Cristina Sandoval, senior Fabian Zambrano and sophomore Oracio Zambrano all had different responses that ranged from "the seniors were cool" to "big boys get to run the ball."

"What influenced me to play rugby is that it's a contact sport which I really like to play. I like to be physical," said senior Manny Maldonado who recently joined the San Luis Obispo Barbarian Rugby Club.

"You should come out to a practice and try it," said Oracio Zambrano. Later stating The SLO Barbarian Rugby Club and other clubs in the area are very open to new players.

"It's really fun! It's not a huge commitment



Photo Courtesy of Fabian Zambrano

like other sports are. We only practice two days a week for a couple hours and it's fun the whole time," said Sandoval.

If you are interested in attending a practice, contact Sandoval and the Zambrano brothers for more information.

SPORTS AT A COLLEGIATE LEVEL

Emment Fox Pendergrast

Staff Reporter

San Luis Obispo High School students have been accepted to colleges based off of National Collegiate Athletic Association Scholarships. This year, the students who are going further in their sport include: Connor Maydole, who is going to California State University Monterey Bay, Holland Boege who is going to California State Polytechnic, and Jeremy Jess who is going to Pomona Pitzer.

"[I work] eleven to twelve hours a week in order to be this good," said Maydole, "I have always wanted to play college level sports," said Maydole when asked how long he has wanted to be a collegiate baseball player.

"I'd like to be more experienced at a higher level of baseball and improve my skills and see where it takes me," said Maydole.

Jess, who also played baseball, is continuing a family legacy in playing baseball at a college level.

"My dad played baseball at junior college," said Jess.

Jess knew he wanted to commit to baseball ever since he was in elementary school, and coincidentally his favorite moment from his baseball career was during those seven years.

"[I made] a diving catch to win the championship in youth baseball [in fifth grade]," said Jess.

Boege had a natural attraction to volleyball when she played in middle school.

What she would miss most "is being surrounded by and continuously learning and laughing with my teammates and coaches."

As of right now, we have these three athletes going to college for sports, and expect to hear from even more in the near future.

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The Best of 2015: Films,

For those amongst us with a passion for media, the sheer amount of music, movies, and television available in our postmodern world can be more than overwhelming. But, have no fear, consumers of media; your dearest Arts & Entertainment editor is here to save the day. With the help of reporter Danny Bangian, I have compiled a list of the best of this year's media. Read, watch, listen, enjoy, and purchase.

Best New Artist: “Ought”



Hailing from the Canadian province of Montreal, Ought seemed to explode onto the art punk scene in 2015 with their second full length album, “Sun Coming Down”. With vocals reminiscent of the Talking Heads’ David Byrne, and stylistic choices harkening back to bands like Wire and The Fall, “Ought” seems to be bringing the spirit of post-punk to the new generation.

Runner Up: Courtney Barnett

Indie Album of the Year: “I Love You, Honeybear”



Joshua Tillman’s second solo release under the pseudonym Father John Misty, “I Love You, Honeybear” is an indie love album for the masses. The sonic love note explores themes of love and matrimony, all while including healthy doses of humor.

“I personally want [Misty] to be my dad, because his voice is so mellow and peaceful. It’s kind of mystical,” said junior Caroline Pethommé.

Runner Up: Joanna Newsome, “Divers”

Pop Album of the Year: “E-MO-TION”



Best known for her infectious 2012 summertime hit, “Call Me Maybe”, songstress Carly Rae Jepsen brought 2015 another set of energetic hits to dance to. The “Canadian Idol” alum delivers an array of sugar coated, synth tunes to bring out the dancer in all of us. Inspired by rhythmic hits of the 1980s, “E-MOTION” is a throwback that is sure to delight pop fans.

Runner Up: Grimes, “Art Angels”

Rap Album of the Year: “To Pimp a Butterfly”



Largely hailed as the best rap album of 2015, and arguably the best album of the year, Kendrick Lamar’s third release is notable for its political message and storyline.

“Kendrick’s album tells the story of his adolescent gang bangin’, his struggles as a famed rapper, to dealing with his issues of tryin’ to be A1,” said senior Dylan Hughes. Runner Up: Young Fathers, “White Men Are Black Men Too”

R&B Album of the Year: “Black Messiah”



Although technically released in December 2014, “Black Messiah” is still considered an album of 2015, and a great one at that. D’Angelo’s first album in nearly 15 years, the release marked the comeback of the “Sugah Daddy” singer. With this album, D’Angelo and the Vanguard manage to create a sonic landscape that can only be described as paradise in a record.

Runner Up: Leon Bridges. “Coming Home”

Arts & Entertainment 13

TV Shows, and Music

Best New Show: “Jane The Virgin”

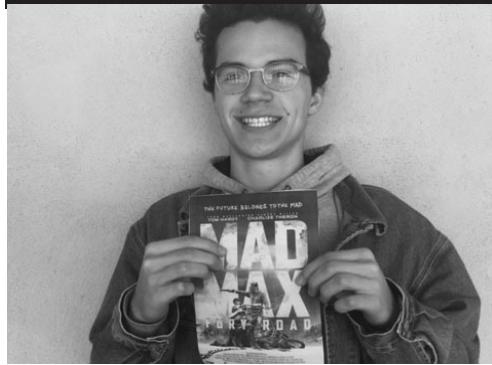


Critically acclaimed by magazines like Variety and Vogue, “Jane the Virgin” is dramatic and contains heartfelt family situations, slapstick physical comedy, and the occasional dash of melodrama.

“Even though it is incredibly cheesy, I can’t stop watching it. I love the idea and the hispanic narrator is hilarious,” said senior Emily Ardantz.

Runner Up: “Master of None”

Best Action Movie: “Mad Max: Fury Road”



The fourth installment in the “Mad Max” series, and the first film in thirty years, “Mad Max; Fury Road” is a post-apocalyptic masterpiece that was the topic of discussion for months after its initial release. With Tom Hardy replacing Mel Gibson as the titular character, this film also encompasses feminist themes.

“It definitely has a certain artistic style to it,” said junior Sam Kukol.

Runner Up: “The Hateful Eight”

Best Comedy Show: “Broad City”



Finishing its second season in March 2015, Broad City was already hearing its loyal fans scream for more. The sitcom, which focuses on the lives of two twenty-somethings living in New York City, is a comical mixture of slapstick and feminist ideals.

“It’s a really funny, really honest portrayal of what it’s like being a young adult woman,” said senior Ashley Kassak.

Runner Up: “Nathan For You”

Best Drama Movie: “Room”



A harrowing tale of a young boy born in captivity, “Room” is sure to keep any film fan on the edge of their seat. Shielded by his mother, a young woman abducted as a teenager and never permitted to leave a small garden shed, five-year old Jack is the center of this tale of survival. Told through the view of a naive child, this film’s satisfying ending makes the entire experience one you’ll hardly believe you witnessed.

Runner Up: “Carol”

Best Drama Show: “Mad Men”



Airing its final episode in April 2015, “Mad Men” finished its seventh season with a bang. The period drama, following the lives of advertising executives in 1960s New York, is a hedonistic buffet of scandal, drama, and beautiful wardrobe choices.

“I think ‘Mad Men’ portrays a lot of cultural issues that, though less prevalent than they were, still exist,” said senior Sophia Rawson.

Runner Up: “Game of Thrones”

Best Animated Movie: “Inside Out”



Just like any other year, 2015 saw Disney come out with one of the most successful movies. A whimsical personification of human emotions, “Inside Out” is a perfect balance of humor and life lessons. Disney is known to produce movies that have a universal audience, and this critically acclaimed film is no exception.

“It really helps simplify the human psyche,” said senior Darcy Hummell.

Runner Up: “The Peanuts Movie”

People

A Talk with the Homeless

Editor: Zach Wise



Brandon Ginkel
Staff Reporter

With the curtain closing on another holiday season, many San Luis Obispo High School students are spending time with family and counting their proverbial blessings. However, there are a group of San Luis Obispo residents who weren't so fortunate this past holiday season. SLOHS Expressions sat down with homeless SLO residents David, Kris, Daniel, and Cameron to find out what it's like to live on the streets during the holidays.

Expressions: How long have you been living on the streets?

San Luis Obispo Resident David: Two years.

San Luis Obispo Resident Kris: Nine years I suppose.

San Luis Obispo Resident Daniel: Like ten years, yeah.

San Luis Obispo Resident Cameron: Since I was eight years old.

Expressions: What events took place in your life that led you to the place you're in now?

David: [I] got old. Outlived my money.

Kris: I ran as far away from home as I could

possibly get.

David: I got kicked out of my parents' house.

Cameron: I'm a runaway.

Expressions: How do people treat you on the streets?

David: They're pretty liberal. [They're] pretty cool. [They're] California people; really nice, super people.

Daniel: Some people are really nice, some people down talk.

Kris: Yeah, I'd say ten percent of the people are really super awesome and want to totally chill and kick it. Then maybe half of people are passively friendly and half the people don't acknowledge you, and there's that small end of the bell curve where they're just berating you about your life choices.

Cameron: I've only got berated by one person recently. Most of the time, I make them [passersby] laugh and have a good time. I don't try to negatively touch no one, never.

Expressions: What's a typical day like for you?

David: I get up, I eat a good breakfast and then I come out and meet people. I'm here to meet people.

Kris: We generally get woken up by the cops and then we clean up camp. [Then we]

come down here; make a little money [selling art]. We just make art all day. Yeah, [we just] make people smile. Positive interaction, it's like a pebble in a pond.

Expressions: What is one thing you would like the people of SLO to know?

David: I can't speak for the homeless community. Mostly the homeless people are on social security, disability. A lot of them are drug addicts so they spend their money [on drugs].

Kris: I personally believe that wisdom and knowledge speaks. I'd rather hear what they have to say. That's why I'm here; for the experience.

Expressions: What can people do if they want to help you?

Cameron: Give me money [laughs].

Kris: It isn't even about money, though. That's very very little to it. Money isn't a hard thing [to find] at all in this town for us. What I like to say is solidarity instead of charity; which is basically the concept of... charity enforces the concept that there is a lower class and there has to be a lower class and you have to feel bad for them in order to help them. Solidarity is more like arm in arm we're all in this shit together.

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Rachel Burns: Victim of a Chronic Illness



*Photo: Rachel Burn's hospital wristband after one of her frequent visits
Photo courtesy of Rachel Burns*

Brandon Achugue

Staff Reporter

Most students have a hard enough time as it is dealing with the stresses of balancing school-work and socializing, all while maintaining their health. This task is made immeasurably more difficult for those dealing with a chronic illness every day, such as San Luis Obispo High School junior Rachel Burns. *Expressions* interviewed Burns to shed some light on her condition.

Expressions: What is your disease?

Junior Rachel Burns: Postural Orthostatic Tachycardia Syndrome, but it's called POTS for short. It is a form of dysautonomia. It affects my heart functioning and blood flow. My heart rate is about 20 beats higher than the average person, and it worsens when I go from standing to sitting or lying, or vice versa.

Expressions: When were you diagnosed and how did you learn you had it?

Burns: I was diagnosed around early December of 2014. I began feeling sick at school in March [of that year] and had a couple months of fighting with doctors in SLO, constantly telling me that "it was all in my head" or that I was probably making it up as an excuse to stay home from school because of either social anxiety or laziness, or just trying to push pills on me like Zoloft and other heavy drugs. We went down to UCSD [University of California San Diego] medical center and then up to Stanford Medical Center, where I am at now with a team of doctors to help manage and treat my symptoms. Not until I was diagnosed up there last year did I hear "You are actually sick. You're not making it up, and we are sorry that other doctors were telling you

you weren't."

Expressions: How does it affect your everyday life?

Burns: It's a lifelong illness that has no cure, so all that patients with this syndrome can do are treatments to help the symptoms. Salt tablets help, [as does] exercise, some heart medications, and Self-hypnosis, which are what a majority of my appointments at Stanford are for now. Anything from sitting in class to walking my dog takes a lot out of me that people can't see or tell because it's not all happening physically.

Expressions: How did you deal with missing so much school?

Burns: I was put on Home Hospital Care though the school, in which they provide you with an instructor that comes to your house for an hour a day Monday-Friday. A lot of it is self-taught, so it's pretty hard and a lot of students get behind and even sometimes have to repeat a class.

Expressions: How has it helped shape you into the person you are today?

Burns: Anything like this makes you really take life more seriously and not for granted. You are more grateful for the people you have around you to take care of you and make you feel better, and you have a lot of time to think about the people that don't and take them out of your life because they aren't being there for you. I had a lot of people, even at school and even people who I thought were good friends, question me and my sickness and kind of mock it, so I had to make a tough decision to let them out of my life. It makes you empathize and sympathize for people and situations better. [I've learned to] deal with people in a more compassionate and understanding way, because you never know what a person might be going through.

Belgian Exchange Student in Fear

Lisa Figueroa
Staff Reporter

Belgium is the homeland of large waffles and fine chocolate, but is also a country undergoing a major social and political crisis. The Molenbeek district in Brussels, Belgium is a well-known hotbed of Islamist activity, and has been linked to four major terrorist attacks over the years. The recent attacks in Paris have thrust Molenbeek into the international spotlight. Belgian authorities carried out a series of raids searching for suspects believed to have been involved in the attacks, and live in the Molenbeek area. Two of the people arrested have been charged with terrorist offenses.

Expressions interviewed SLOHS senior Charlene Doyen, an exchange student from Belgium, to get her thoughts on what is going on in her home country.

"I have friends who study in Brussels. They said there have been armed policemen everywhere since the Paris terrorist attacks. They have canceled many concerts and sports events because of what happened, and there are constantly new threats," said Doyen. When asked if she is scared to go back she said, "A little bit because I'm going to be studying at a school in Brussels. My mom doesn't want me to go because of the high crime rate, but I'm going anyways because I don't want to put off my schooling."

Molenbeek and Brussels is home despite its problems, and they don't want the actions of a few to permanently taint the entire community. "The terrorists want us to fear them but I won't let their evil acts stand in the way of my education. I'm not going until back 6 months from now, I hope things are calmer by then," said Doyen. Doyen recognizes the issues and repercussions that ISIS and the Jihadists have caused her and her close friends and family, however, it isn't going to stop her from living a normal life, and pursuing a college education.

Source: telegraph.co.uk

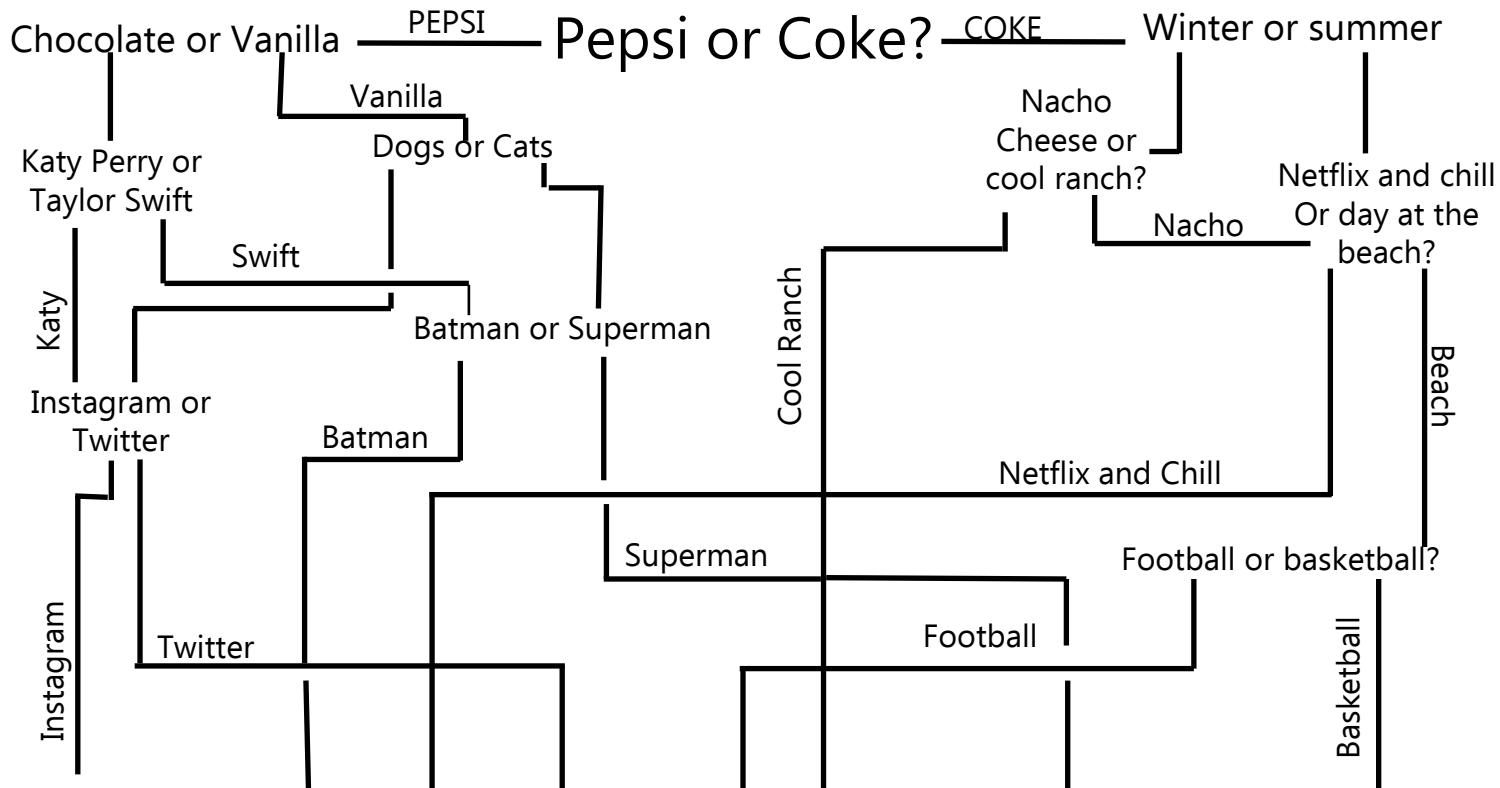
Back

Who will you be like in 15 years?

Tori Hansen

Staff Reporter

Have you ever wondered what your life would look like 15 years from now? Expressions Newspaper has created a questionnaire for you with questions that will give you the answer to this question right now.



Tyra Banks You're pretty but smart, and if anyone comes across you, they will regret it. You may be known for your courageous personality, but you have your weaknesses. "I have dreams that I am in a pool and there are dolphins bumping me and I'm frightened," said Banks

Donald Trump You are either loved or hated, there is no in between. You aren't afraid to stand up for what you believe in, and you're the first to call someone out when they are wrong. "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America," said Trump.

Gigi Hadid You are confident in yourself as you should be. You aren't afraid to strut your stuff center stage, and leave your crowd in awe. You make your own choices, and you don't let others influence your decisions. "I've always said, 'Eat clean to stay fit, have a burger to stay sane."

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