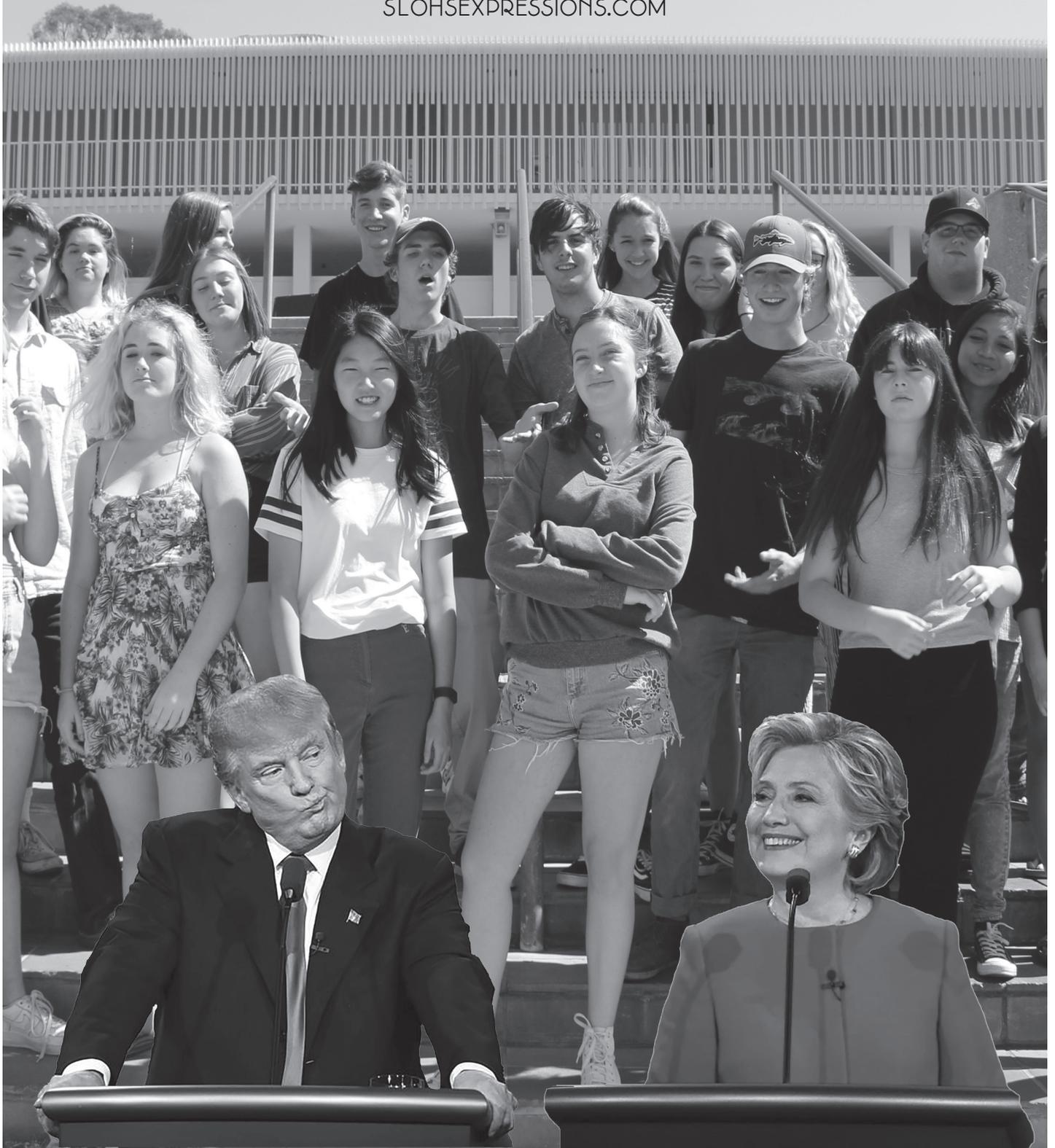


SLOHS EXPRESSIONS

OCTOBER ISSUE 2016
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EXPRESSIONS

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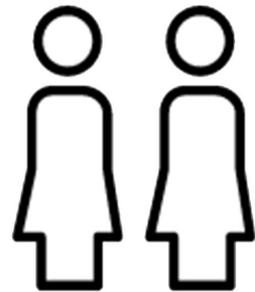
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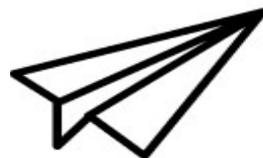
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Your Horoscope of the month

by Rae Odom

Gemini



You will find someone to be your gem, get it.

You will at some point experience misfortune, or fortune, depending on the circumstances.

Cancer



Leo



Someone will do something that will have an effect on your life in some way.

A family member or friend will tell you something that may be disappointing at the time, but could turn out to be not that bad in the future.

Aries



Taurus



You will see someone who looks vaguely familiar and it will drive you crazy until you forget about it and move onto obsessing about some other meaningless thing.

Libra



You might succeed at something you have failed at in the past. Go for it, it may be some miracle work out.

The stars and planets will not affect your life in any way.

Virgo



Scorpio



Steer clear of horses, if you go horseback riding you will break 3-5 bones.

Sagittarius



Watch out.

Capricorn



A loved one will make a slight change in their appearance and you will struggle to figure it out as they wait impatiently.

A person, place, or thing will be of some significance to you in the next month.

Aquarius



Pisces



Your life will be torn to pieces, get it, again.

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Art in the Park
at the Monarch Butterfly Grove

November 5, 2016
10 am - 4 pm

Pismo State Beach
Monarch Butterfly Grove
455 S. Dolliver
Pismo Beach

Join us for this free community event as we welcome the monarchs back to Pismo!

For more information go to:
centralcoastparks.org

food art music raffle

This event benefits education and interpretation in our local State Parks

FFA Wins First in State

By Erin Lewis

San Luis Obispo High School had many great accomplishments last year. One of which is how successful our Future Farmers of America Chapter was at State Finals this past April. The SLO FFA Chapter has a very competitive advanced and novice Parliamentary Procedure team. This year our novice (first year) team took first place in the state of California in the Parli Pro competition at State Finals.

"It was one of the best feelings. It was like winning a race. You have such an adrenaline rush that you don't even realize that you're tired," said sophomore Lili Steel, a member of the winning Novice Parli Pro team, and winner for the Creed Competition.

The team of eight freshmen and soph-

omore girls worked tirelessly from last November all the way up to State Finals in April. It was their first year participating in this competition, so they had to start from scratch, learning all about parliamentary law, "Robert's Rules of Order", different motions to make, and how to have strong debates. Not only was each individual working hard to progress and do well, but their coach/adviser, one of our own agriculture teachers here at SLOHS, Anna Bates worked hard to prepare them.

"We practiced consistently, set goals, and stuck to them as best as we would," said Bates. When asked if she believed that this team was going to win, she said confidently, "Yes." The team practiced three times a week for two hours each practice. At State Finals they progressed further into the competition because they had stronger debates than the oth-

er teams and answered all the questions they were asked correctly.

"It's fun to be with your whole team when everyone is having fun. It doesn't make it as hard," said junior Sophie Maino.

When they first found out they had won, they were filled with excitement to know that all of their effort of the last several months had paid off.

"I felt thankful they got recognized for all their hard work and that I knew I was going to spend more time with them at Nationals," said Bates. The Novice Parli Pro team, as well as state winner for the "Job Interview" competition Amber Bjerre who graduated last year, and "Creed" winner Lili Steel will all be heading to Indianapolis, Indiana this October to compete at the National level representing California and our SLO FFA Chapter.



Beware: Marijuana and Prescription Drug DUI

By Rae Odom

San Luis Obispo High School students all seem to be aware of the dangers of drinking and driving, but are they aware of the dangers and consequences of driving under the influence of drugs? Driving under the influence of drugs aren't a common subject in conversations among students, leaving many uninformed and consequently in danger.

"Having any drug in your system that substantially inhibits your ability to drive is grounds for a DUID," said junior Noah Nelson.

This includes marijuana, even if it's being used for medical reasons, prescription medications, and even some over the counter medicines such as Tylenol PM. This can be surprising to many because most of these substances are legal to pos-

sess and use.

Many people don't actually know how the police test for drug levels once someone is pulled over. Officers look for certain signs that someone is under the influence of drugs. These include strange behavior, dilated eyes, or even cotton mouth, which is a common result from smoking marijuana. If these signs are present, you can be arrested and then required to submit a urine or blood test.

"All drivers need to be aware of the dangers of driving under the influence of drugs, especially teenagers, being that they are already at higher risk for accidents," said counselor Shelly Benson.

The consequences for DUIDs become slightly complicated, being that there is no exact legal limit for drug levels like there is for alcohol. So technically any amount of drugs in your system could lead to conviction, even if it's a small amount. If you

are convicted of a DUID, the charges are the same as they are for an alcohol DUI, including license suspension, jail time, mandatory DUI education, probation, and fines.

Even with the consequences being the same as drinking while driving, driving high still isn't seen by many as being dangerous.

"I would offer no forgiveness to someone who was responsible for taking the life of say my little sister or one of my friends because they thought it was acceptable to drive high. Most of our society sees no issue with it," said senior Jibreel Abdul-Cader.

On our campus specifically, the opposition to drunk driving is apparent, yet when it comes to driving while high, many still deem it acceptable.

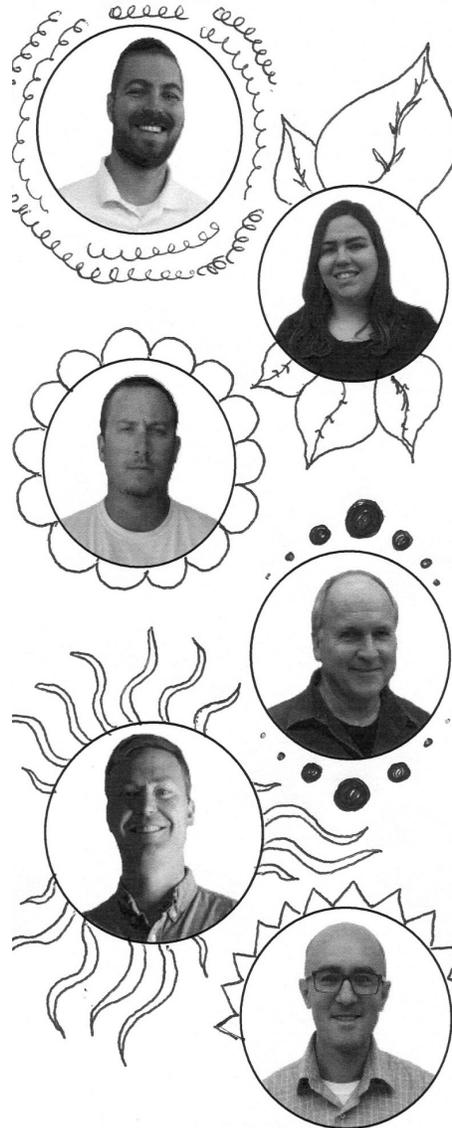
SLOHS Welcomes New Teachers

Compiled by Karly Bonzi

This school year, San Luis Obispo High School welcomed six new teachers. These new additions came from a variety of backgrounds and are essential assets to our school.

- Expressions:** What subject do you teach?
Social Studies Teacher Seamus Perry: I teach social studies. Mainly Government but also I teach World History.
Science Teacher Kyle Harmon: I teach integrated science and literacy support.
Physical Education Teacher Patrick Johnston: I teach Physical Education.
Special Education Teacher Michael Stack: I teach English, Algebra and Study Skills.
Special Education Teacher Tyler LaSalle: I am currently teaching English ten integrated, Special Days Class Life Skills Math and Study Skills.
English Teacher Jane Hawley: I teach Advanced Placement Language and Composition. That's it!

- Expressions:** How many years have you been teaching?
Perry: This is my first full year teaching. I did my student teaching last year.
Harmon: I am a first year teacher.
Johnston: This is my first year as a certified teacher.
Stack: I've been teaching for 17 years.
LaSalle: This is my 12 year of teaching.
Hawley: This is my first year teaching



- high school.
Expressions: What is your favorite thing about SLOHS?
Perry: My favorite thing about SLOHS is the students that get to work with and my colleagues are great too.
Harmon: The students and faculty here are so amazing to work with.
Johnston: My favorite thing about SLOHS is the students.
Stack: I haven't met any students that I don't like!
LaSalle: My favorite thing about SLO High is the student culture that is centered around helping and including all students.
Hawley: My favorite thing about SLOHS is how kind everyone is, from other teachers and staff to all of the students.

- Expressions:** What is one thing no one at SLOHS knows about you?
Perry: Something no one know about me is I am a backpacker. I wear suit pants and a button up shirt everyday but most of the summer I'm unshaven and dirty somewhere in the Sierras.
Harmon: I am obsessed with golden retrievers and I want a puppy named Sawyer.
Johnston: I am a Disney movie buff.
Stack: My high school colors were also black and gold (but we were the Golden Hawks, not the Tigers).
LaSalle: I have been zip lining in Zimbabwe.
Hawley: I watched every episode of Battlestar Galactica in one summer (that's 75!).



ANDREW J. WRIGHT
 ADVISOR

805-781-2773
 FAX 805-781-2774
 1042 PACIFIC ST., SUITE F
 SAN LUIS OBISPO, CA 93401
 andrew@nwmslo.com

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Does Our School Need Armed Staff Members?

By Logan McNichols

No guns on campus is likely one of the few unanimously appreciated rules at San Luis Obispo High School, which is why it may come as a surprise that three districts in California have made a huge exception to this rule. They allow some staff members to conceal carry. The California law section SB707 prohibits possession of firearms on campus, but allows superintendents to grant permission. What is even more surprising, though, is some of our own teachers would like to see our school move in a similar direction.

My initial reaction to this idea was highly skeptical. I had certainly never felt in danger at school, and deadly weapons in my classes seemed like the perfect way to ruin this. However, I must admit, I hadn't

fully meditated on the possibility of a shooting at SLOHS either. The knowledge that this policy could literally save the lives of our fellow students must be considered, even if the risk is small.

I asked SLOHS history teacher Curt Bartlett who "would have no problem with teachers carrying concealed" for his thoughts on the policy.

"The key is no one is supposed to know who has the concealed carry," said Bartlett. This helps to address one of the concerns raised by SLOHS history teacher Marci Beddall, who said, "you run the risk of a student overtaking a teacher." This also would deter a potential shooter because they wouldn't know which classrooms were protected and which were not. Of course this is contingent on the weapons being kept a secret all year long. "I think it would be obvious who would have them,"

said senior Whitney Burns.

Most of my concerns with the policy were addressed by Bartlett. A conceal carry permit would be required and the process is intensive, so there would be no doubt of qualifications. However, my deepest concern with this policy is that if we have armed staff members, the atmosphere at school changes dramatically. The truth is that though there have been tragic events of mass shootings at schools in recent history, a high school campus (especially SLOHS) is still a relatively safe place, but I feel that arming our staff gives the opposite impression. When people perceive danger, they are more likely to act in irrational ways. However, Bartlett pointed out that "It could give students a sense of peace [knowing that] if something happens, my teacher has my back." Ask yourself, how would you feel?

The Problem With Third Wave Feminism

By Sam Wright

Civilization has reached a point where peace and wellness amongst all demographics is in close reach, but many very vocal sects of third wave feminists spew bigoted rhetoric in hopes of vilifying a group of people, proving dangerous and regressive for a developing world. My goal in writing this article is not to discourage women, because, shockingly, I am one and I love my kind. However, in a school full of impressionable students, it's important that neither girls nor boys associate this wave of media "feminism" with the plight of a woman in today's world. The first wave of feminism peaked its head in the late nineteenth century, and focused mostly on legal issues, specifically the right to vote. Prolific suffragettes such as Susan B. Anthony and Jeanette Rankin fought for their voting rights and contributed greatly to the passing of the nineteenth amendment in 1920. Feminism's second wave focused on social injustices including equal pay and reproductive rights, and proved successful with influences on the passing of the Equal

Pay Act in 1964 and Roe v Wade's decision to apply a woman's right to choose to the fourteenth amendment. Since the passing of these presiding acts, a woman's place in society has become virtually the same as that of men's. We should be celebrating the accomplishments of the Western world while in turn

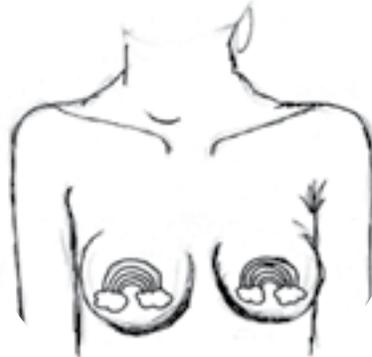


Photo courtesy of Ella Jackson

encouraging feminist ideologies in countries like China, Nepal, and Saudi Arabia, which have yet to embrace equality of the sexes. However, in 2016, we find our society falling victim to a new branch of feminism: the anti-patriarchal, perpetually upset, Tumblr crusading

group of women known only as the Social Justice Warriors.

The ideology of the Social Justice Warriors is simple: everybody deserves equal rights and treatment, unless they possess the wicked combination of a penis and a pale complexion. This third "feminist" wave has picked up a hefty amount of supporters, all of which can be found on every social media site imaginable, often ranting about oppression and exclusion: two cruelties that they have most likely never experienced.

"Our country has ethically evolved; we're too far advanced to be demonizing people because of such superficial differences. It's important to recognize unfairness in women's lives, but the criticisms need to be met with a solution, which the ideology doesn't provide," said junior Eden Rothstein.

Her words speak harsh truth. Women are met with horrific injustices to this day, but the solutions to these problems go deeper than the current feminist ideology can offer. We need to stop putting single groups on pedestals and start focusing on everybody's rights and liberties.

Vegan For The Wrong Reason

By Grayson Perlmutter

Veganism: when one eats no meat or animal products and does not use any animal byproducts, such as leather. Recently, this has blown up all over the country along with at San Luis Obispo High School (SLOHS). But is it just a fad? Veganism is often a sacred practice for people who want to preserve life and respect all living things, but that reputation has recently been tarnished by students and others going vegan to lose weight or impress their friends. Are vegans at SLOHS practicing veganism for the right reasons?

Veganism not only means not eating meat, but also not wearing animal products, which some forego, and no dairy, including eggs. This is extremely strict for a diet, not one where you are trying to cut calories to lose weight, but one to help your body feel

better, and it is hard to stick to if you don't do it for the sole purpose of your body.

Sophomore Jackie Estes was only a vegan for a few months, and even in that little time she could notice a change in herself. Estes, like many others, felt that she had more energy and wasn't as hungry as she normally was. Vegan meals are so healthy and packed with nutrients that most people feel quite full and don't need to eat as often.

Her family was not very supportive. "They thought it was a silly California cult and I was going to turn into a granola kid," said Estes.

"My friends thought it was a joke. It kind of was," said Estes. As a result, she no longer practices veganism. This is why it is so important that students do things for themselves and not for others. If you are trying a new diet to fit in or impress friends, it will be much harder to stick with it and they will have a much higher chance

of not following through.

Junior Ellie Vendegna has been a vegetarian for nine years and just recently made the switch to go vegan. Both girls have found that friends aren't the most supportive people around this subject.

"I'm just doing me," said Vendegna, in response to the roasts she gets on a regular basis.

Veganism is something that takes a level of effort that many people can't stick to. But if you have the dedication to stick with it over time, it has a great outcome of a bill of health and a good feeling.



Photo courtesy of Luca MacDougall

Does Humor Need To Be Censored?



By Sean Kucer



On a high school campus such as our own, we hear "offensive" jokes virtually nonstop. Whether it's a joke about race, rape, or vegans, it seems that we have nearly every form of intolerance and bigotry represented here at SLOHS. But is it really true? Are the people making these jokes really that foul, or is something else at play?

Many people seem to view jokes typically deemed "offensive" as having an underlying cruelty built into them. These people believe this type of humor is coming from a dark place, and is inherently harmful, as one is feeding the demons of their mind by entertaining such humor.

However, think that one can make jokes about any topic without necessarily intending or doing any harm, or showing that one is an awful person deep down. Humor is as varied as personality, and just as people cannot control what their favorite food is, they cannot control what they

find funny. Conflating someone's sense of humor with the actual harms of the material being joked about is a gross misunderstanding of that person's inner life. To think that anyone who makes a racist joke must harbor honest negativity towards the group in question is making a leap that cannot be justified. Why would there be a definite correlation between what makes one laugh and what one's deep opinion is on major sociological issues? Could one not find absolute fault with mistreatment of any group, while still finding the humor in over-the-top, exaggerated jokes?

I'm not advocating all jokes in all situations. It is inexcusable to make a rape joke around a rape victim. That's an extreme situation, but the overarching point here is that it's generally wrong to make jokes that you know will hurt the feelings of those around you. One should take the sensitivities of one's peers into account before

saying things that may upset them. The important caveat is that this does not imply that certain jokes are inherently wrong, or reflect any inner malice. It's completely possible for someone to make a joke about something horrific without being a bad person, as what one finds funny is often divorced from their beliefs about how one should treat other human beings.

Finally, although someone may say a racist joke in a way that they actually mean to cause harm, many will say a similar joke from an innocent, carefree place, and immediately assuming these people are in the same camp as the former is unjustified. Although tabooing certain jokes seems at face-value to be a good way to keep racists and sociopaths from running our social lives into the ground, a few moments of contemplation expose that this idea is an unfair, ineffective catch-all.

NON-VOTERS WEIGH IN ON THE

By Sam Wendt

With the upcoming election on November 8, there is a heightened interest in politics among students at San Luis Obispo High School. Despite the heated opposition among political parties, there is one thing everyone can agree on: this election is unlike any other before it. The personal feuds between politicians and theatrical speeches can make it easy to lose touch with the underlying issues at hand. *Expressions* sat down with some politically passionate SLOHS students to get their opinions on politics and the upcoming election.

Expressions: Who do you support in the upcoming election and why?

Junior Hayden Shannon: I support Donald Trump [Republican Presidential Nominee] in this year's election. I support him because I have full faith in the Constitution. He is a patriot that I can trust to protect our country. Although there are a few specific topics I may not fully be in support of, overall Donald Trump is who I would vote for if I had the chance.

Senior Cami Love: I support Hillary Clinton [Democratic Presidential Nominee] in the upcoming election. I do not support Hillary just because she is a woman. I am a firm believer that she is the most educated, experienced, and strongest candidate for president. She believes in creating a country that is supportive of all people, and is not focused on tearing down any race, gender, or sexuality. Clinton has beliefs that align with my personal ones such as increasing the minimum wage, gender, racial and sexual equality, gun control, and immigration reform. She is capable of fulfilling the duties this position requires and I have confidence that she will do it well.

Senior Lauren Hansen: I support Donald Trump. I agree he has his irrational moments, but to me he has shown a lot more potential than a second Clinton...The government is not a monarchy; the Oval Office isn't a throne. If he became president, he has some things going for him. His lack of political skills will shake the political establishment, so the United States might hear the truth for once. He's rich, which means he can't be bought, which makes him the least corrupt person running. He's a good negotiator, explaining his million-dollar company he built himself. Finally, his unapologetic personality is something a lead-

parison to all of the candidates who ran during the primary. Lastly, I along with a lot of other people are absolutely terrified by the thought of having a Trump presidency, especially since his first term would coincide with my first few years of living on my own.

Expressions: Why is it important to stay informed about current politics? How do you stay informed?

Love: I absolutely believe that it is important to stay informed about current politics. It doesn't matter your age, politics affect each and every one of us. We have been given the voice, the right to make our say in who runs our country and how and that voice should be used. We must stay informed, but we must stay informed accurately. There is an abundance of ignorance in this country, and ignorant voters are partially to blame for much of the discord that occurs here in the United States.

Shannon: I believe it is vital to be informed about current politics and to form an opinion about them because it will affect our future. In the next election, our generation will be able to vote, so to be educated now will help form your ideas for the next election.

Hicks: I think being informed about politics and current events in general are some of the most important things to any citizen (especially teenagers) because



Source: www.etruscanmajolica.blogspot.com

er needs. We can't just give millions of dollars to countries that hasn't given anything to America in return.

Junior Oliver Hicks: I'm supporting Hillary Clinton in the upcoming election for a multitude of reasons... Primarily it's just because I myself am pretty progressive/liberal on most issues and I think she best supports my values among all of the other options. I also think she is the most qualified person to be president, even in com-

regardless of what our interests are or what we do for a living, it affects each and every one of us in one way or another. It's especially important as young adults because our minds are growing and soaking up so much knowledge that a lot of opinions that we live with throughout our lives will develop at this age. We also have a lot more influence than we realize, so it's important to make use of it. I usually stay informed through social media (I follow a ton of dif-

2016 POLITICAL CAMPAIGN

erent political figures) and mainstream media. I do have the Cable News Network (CNN) app but I read a lot more from my Flipboard app, which compiles news from a bunch of different sources based on what I'm interested in. That way I can learn about a bunch of different things get per-in-just bias of a outlet.



Hansen: Yes I believe it's important. It always important to know what's happening in the world around us, especially as seniors it's important to develop our own ideas as we find our independence. I stay informed through watching Fox News in the morning, and through the CNN app that sends notifications on what's napping worldwide.

Expressions: Who or what has shaped your political views? Do they differ from your friends/family?

Shannon: I come from a long line of farmers on my dad's side of the family. I definitely think that has some effect on my views because certain topics are more important to us than it would be to others. While living in a very democratic community, my views differ drastically from my friends.

Love: Originally my mom helped shape my political views. However, the older I become, the more personalized my views become. My own personal research through many readings have shaped my views on politics and the world. My views differ greatly from my grandpa. Other than that, I do not typically surround myself with Republicans unless they are educated and can make a factual argument.

Hansen: I definitely have a stronger view in politics than the rest of my family, but my dad probably would have impacted my views the most. He used to be in the military, so he has seen the repercussions of Hillary Clinton's actions, such as Benghazi. My views differ a lot with my friends and family. Especially being on the coast of California were democratic views are

more common, I tend to not agree with many of my friends.

Hicks: My political views 100 percent stem from what my mother believes in, so we agree on a lot of stuff. I first got interested in politics at a young age from watching the daily show and the report then Colbert I've been exposed to a lot of different things that have led me to develop my own opinions about the world, not just what's been passed on to me from adults. I think that's hugely important too, that kids get out there and see what's going for themselves and get involved in discussion rather than just be fed information. Youth and Government has also been a huge part of my interest/involvement in politics and if it weren't for that program I wouldn't have the ambition or the confidence to want to pursue this as a career.



TINY TIGERS TELL ALL: ELECTION EDITION



Coltyn
I don't know.
My mom.
I saw him on tv and think he should be president.
I've seen him on tv.
I don't know.
Go to the bathroom.

Compiled by Grayson Perlmutter & Erin Lewis

What is a president?
Who wants to be president?
Do you like Donald Trump?
Do you like Hillary Clinton?
Would you make a better president than them?
What would you do if you were president?



Lydia
I don't know.
Mommy.
I don't know.
I don't know.
My mommy would be better.
I don't know.

Volleyball: Court Queens

By Brendan Avila

Expressions interviewed two San Luis Obispo High School (SLOHS) girls' volleyball players to discover what it's like to play volleyball here at SLOHS. The season can be challenging, but also rewarding and enjoyable. When asked about what the volleyball players loved most, normally mild-mannered senior captain Sofie Janette said, "The feeling when you get a kill, or set up a kill... I like kills." For anyone who doesn't know, a kill is when you "spike" the ball to the opposing side and score an instant point for your team.

Our Tiger girls have just begun their Fall season and are looking forward to what's

to come.

"If we make volleyball a priority, and focus on what it means to be a team, then I think we will do really well," said sophomore Lindsey Macleod.

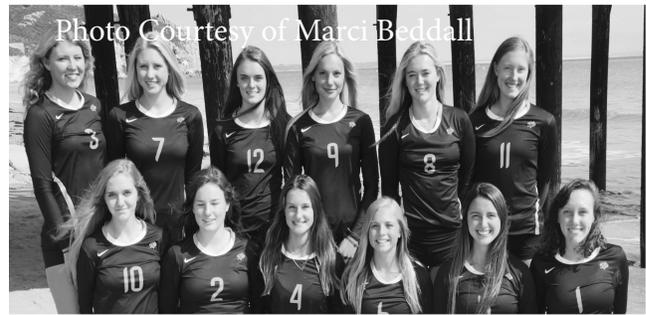
With Fall sports starting to pick up speed, there's much fun to be had watching our fellow Tigers compete. Plus, the more we rally behind them by coming to their games, the better the volleyball team will perform.

"We definitely have more support than we did last year but we can always use more, and for more people to pay attention," said Janette. We Tigers need to get out and support volleyball; not only will it help our

volleyball Tigers succeed, but it is an enjoyable and exciting experience for spectators as well.

"You can be excited about every point scored, because you're working to a goal in points, not to score more before the clock runs out, so every moment is action packed and tense. Every point is critical," said junior Lindsey Macleod.

"It's all about momentum, so the louder we are, the more we get in the other team's head," said Macleod. The louder the stands, the easier it is for the volleyball girls to score points. So Tigers, it's time to get up, get out, and support our girls' Volleyball team. We need to help "set" these girls up for success.



Sophomore Brooks Lee commits to Cal Poly

By Zoey Nitzel

While most teenagers are arguing with their parents about what to do with their future, San Luis Obispo High School's (SLOHS) sophomore Brooks Lee recently committed to play baseball at California Polytechnic University (Cal Poly), San Luis Obispo. His dad, Larry Lee, is the head coach of the Cal Poly men's baseball team. Lee, who has been playing baseball for his whole life, announced his commitment on August 30.

"He started talking about me committing to Cal Poly around seventh grade and it took me a while to figure out that I wanted to play for him," said Lee. When asked how he felt about playing for his dad, he said, "I know that after I leave Cal Poly, he will stop coaching so I want to make his last coaching experiences the best that they can be." After making varsity team his freshman year, one of Lee's goals was

to go on to play baseball professionally. SLOHS sophomore Cooper Benson, who is one of Lee's best friends and teammates, said,

"We've grown up together and played baseball since we were little. I remember when we were eleven and twelve, he was not as good as some of the other players but he persevered. It's cool to see him pass up other players because now he's going to play for his dad at the collegiate level. I know he has a bright future ahead of him." Growth of a player is not only influenced by hard work and dedication, but also by having a committed coach. SLOHS baseball coach Brian Wong said,

"I think it's awesome and a rare and special thing for Brooks to be able to not only play Division One Baseball, but to get to do it for his dad." All tigers should root for Lee and support him in his baseball endeavors.

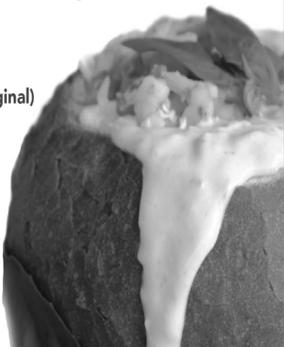
BREAKFAST
LUNCH DINNER

OPEN 7 DAYS
A WEEK!

Award-Winning Clam Chowder in a
Freshly Baked Sourdough Bread Bowl
Seafood Specialties & Salads
Burgers & American Fare
Handcrafted Beers & Local Wines
Fresh Baked Pastries, Cakes & Breads
Artisan Fair Trade & Organic Chocolates

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STOP Bashing Football

By Brendan Avila

Football, America's gem. Although in recent years the sport has come under some serious controversy, it still has its place in today's society. It's a special sport; no other sport can inspire the feeling of brotherhood and purpose that football can. If a job isn't done, a teammate could get severely injured. It builds trust and lasting relationships that carry on past high school. If I had never played, I may never have had the friendships I do now. High school is made much easier when an individual is part of something bigger than themselves. It develops trust, character, work ethic, and creates a sense of pride.

In our school, the sport has come under criticism and scrutiny, with the team not being able to find its edge and having outcomes of games not go the way we planned. Because of this, students sometimes do not want to play. But just a

few short years ago, we were a very successful football team. In the past, we were a very competitive school in the sport. In recent years with less people playing, it's



There are many reasons everyone should be a part of the football program. It's given me friendships, opportunities and many other valuable memories to look back on,

regardless of our successes and downfalls. It's not easy, nobody can just put on the pads and expect to be successful. Football takes dedication, hard work, and a willingness to do things for someone else. Football has rewarded me with the most memorable parts of high school. If there's a desire to feel the best about yourself, play a sport where it's legal to put someone on the ground, and

be a part of a special

family, talk to Coach Johnston about next Fall's season. This is the greatest sport in America, and has significantly made my high school experience better.

become nearly impossible to continue that success. The only time for anyone to get a chance to play the sport, and not just watch it on their TV, is right now, as high school students.

Catching up with Four Year Athletes

By Michelle Kang

"Roughly 1000 students participate in sports here at San Luis Obispo High School," said Athletic Director Jeff Brandell. Of these 1000 students, many dedicate all of their years here as a student athlete. Although balancing a full plate of school, sports, and other extracurriculars makes for a difficult challenge, it proves to be a rewarding experience. *Expressions* went out to interview four-year athletes about their growth and opinions of playing their sport over the years.

Expressions: What have you sacrificed by being a four-year athlete?

Varsity Rugby and Football player Vin-

cente Rivas: A lot of late nights. I didn't get time to do my homework. I would start like three hours after everyone else does.

Varsity Golf and Soccer player Grace Park: Being up later and out of town during weekends instead of hanging out with friends.

Varsity Baseball player Benjamin Lemiere: Not much, just free time.

Expressions: Is there any other sport you wished you could have played?

Rivas: Well, I dropped sports to try new sports, so I would say I played all the ones I wanted to try.

Park: I like watching volleyball, but I don't think I'd be very good at it.

Lemiere: Probably diving.

Expressions: What advice would you give

to the younger athletes on campus?

Rivas: Play as many sports as you want because it's fun.

Park: Do as many sports as you can because you can meet lots of new people and it's super fun being in a team environment.

Lemiere: Just enjoy it and make friends.

Expressions: What have you learned over the years of being a student-athlete?

Rivas: Sports helped me stay dedicated to things, and helped with motivation, staying active and not being a coach potato. I also got to meet a lot of people that I would have never met if I didn't play rugby.

Park: It taught me to be a leader in a lot of ways and to work for others rather than just myself.

Lemiere: I made a lot of good friends.

Expressing individualiy through fashion

By Molly Foster

Fashion is a tangible way for students at San Luis Obispo High School to express their personality, emotions, and identity. *Expressions* interviewed and photographed sophomore Clea Wendt, junior Lili Turner, and senior Kyra Lauritzen, on their unique styles, all of which represent individuality.

sophomore Clea Wendt



I feel that my style is often mimicks modern street style with variatins of my own. I also look at iconic fashion eras such as the 80's and 90's with high waisted anything, denim, layering, and a generally "Friends"-esque feel.

Expressions: How would you define/describe your style?

junior Lili Turner



My favorite is probably Fred and Betty's thrift store or Blackwater. I don't like shopping at Forever 21 or H&M because I feel it's unethical to support some of their practices.

Expressions: What's your favorite clothing store?

5 movies you have never heard of...

By Samantha Wright

"Mary and Max"- In this stop motion masterpiece, we witness the friendship of young loner Mary Daisy Dinkle and autistic and severely overweight Max Horowitz over a span of twenty years or so. In both of their neglected, tragic lives, they find comfort in each other's company. If you like poignant, thoughtful stories that aim to do more than just entertain, check this movie out.

"A Town Called Panic"- This movie is crazy! This stop motion film has all of the technical mastery that "Mary and Max" has, but is an off the walls good time filled with spectacular visuals and well-staged comedy. Though it's in French and it's slightly challenging to find a copy with English subtitles, you can find enjoyment from the animation alone. I recommend this movie to almost anybody.

Expressions: What are your favorite clothing items that you own?

senior Kyra Lauritzen



My favorite clothing items are my pumas, high waisted shorts, and plaid oversized blazer. They are all super versatile pieces which I feel fit who I am.

"Black Dynamite"-

As a parody of 1970's blaxploitation films, this movie lands on every level it could have. The editing is perfect, the jokes are constant, and the actors are amazing. If you're into wacky, silly, slapstick-y humor, this movie's right up your alley.

"House"- This Japanese horror movie is an unforgiving visual journey. The story follows a young schoolgirl named Gorgeous who is forced to stay in her aunt's remote mansion, which is soon revealed to be haunted. This movie is full of wonderful practical effects, which are refreshing to watch after being pelted with CGI in nearly every modern action movie. Go check it out!

"Dear Zachary: A Letter to a Son About His Father"-

WARNING: this movie will make you cry. However, you will come out of your viewing with a new perspective on life and the human condition. This film was intended for the infant son of Dr. Andrew Bagby, a friendly and charismatic man killed by his girlfriend, but after viewing it's obvious that the message of the movie changed in the filming process.



Three guys, One Very Big Fire

By Joella Holmes

Being here at SLOHS you probably have heard of the band “Very Big Fire”. This all junior band includes drummer Noah Nelson, bassist Noah Galambos, and saxophonist Francisco De La Garza. They have already brought the magic of their groovy tunes to our student population with a show at lunch. Lucky for us, they also claim we can be on the lookout for more shows at school produced by the Associated Student Body. Their acute energy and camaraderie makes for quite a riveting bunch when it comes to an interview, but all in all there is a definite genius behind the band “Very Big Fire”.

Expressions: What are your musical or non-musical influences?

Nelson: Coffee, I drink it every morning.

Galambos: Weather report, the band.

De La Garza: Snarky puppy.

Expressions: What is the meaning behind the name “Very Big Fire”?

Galambos: I am the official keeper of the story. So it starts off sad, it does, because we were at our friend Tomas’ house, who passed away last year. We were at his house because his mother had us over for dinner along with some other jazz band members. I think it was Heidi who had dropped a pizza box and it had almost landed on top of an open flame. Cisco was like, well what would have happened if it had landed on the flame with all the grease from the pizza

and stuff. And then well I said, there would have been a very big fire. Noah thought it was a horrible band name but I thought it was a great band name so I wrote it down and now it’s our name.

Expressions: How does playing music affect each of you individually?

Galambos: I mean it’s hard to isolate how it affects me, because for me at least it’s so intrinsically linked to my existence. Like my day revolves around the music I play. I get up in the morning and go to jazz band, then I got to regular marching band and then I go to regular marching band again. The majority of my day is devoted to either playing music, or practicing music, or doing something musical so it’s hard to isolate how it affects me because I am removed from it long enough to know.

Nelson: Music affects everything in my life. It is the focal point of everything in my life. Music and this band takes precedence over everything besides maybe my sister and parents. If I’m not playing music and I’m not in class I am usually listening to music.

De La Garza: For a couple of years I have just moved into music and letting it envelop me and letting it influence everything I do and every decision I make. It really shapes all of existence. I think that goes for all three of us.

Expressions: How did you originally get your music out in public?

Galambos: Well at first we didn’t because I didn’t let them. I insisted that we got good before we put our music out there.

Nelson: yeah well the only way we’ve really gotten it out is by playing live because we have no available recordings as of yet just for us to listen to because the sound quality

is so bad. But we have some YouTube videos of us playing.

Expressions: What exactly is your creative process when it comes to making music?

Galambos: So the musical process is I sit at home at night and basically just write all by myself. I just write on my own and Noah Nelson harp me about playing new originals, like guys when are we playing new originals we need more originals. I will usually write a baseline or like a structure to a song and then I will present it to them and then I trust them because they are like crazy good at what they do.

De La Garza: We just make our own parts and change it to fit the piece.

Expressions: Do you have any advice for aspiring musicians?

Nelson: I would say for aspiring musician if you want to get out and play, just get out and play. Find people who love music as much as you and like to play it as much.

Galambos: We are aspiring musicians! If you want to get better at your instrument and you don’t like practicing just keep your instrument out and don’t put it away. You’ll want to pick it up and play it.

De La Garza: I would say focus your talents on one subject and then just follow your dreams kids.



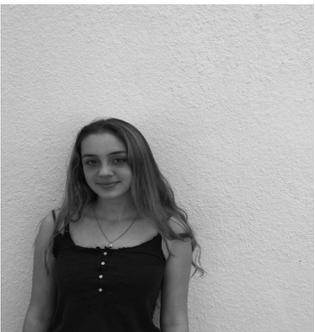
POTS: Reaction to Donald Trump's Immigration Policy

By Molly Foster



Freshman Alex Pinzon

"Well I think that it's absolutely ridiculous and immature. Thinking Mexico is going to pay for it? Huh? Yeah right, 'Donald Dumpster'."



Sophomore Jena Naficy

"I feel that Trump's policies are very radical and racist. Being the daughter of two immigrants, I know how difficult immigrants already have it in the U.S., and putting such policies in place will only worsen the U.S.'s relationship with the rest of the world."



Senior Jake Walker

"Immigration is a problem, but I'm not sure there's a good solution for it nor do I ever think there will be but I do believe in a controlled border system for America."

"Functional" Drug Addicts

By Sean Kucer

Disclaimer: SLOHS Expressions Newspaper in no way encourages, promotes, or advises any illegal activity. This article is merely a relaying of the experiences of heavy drug users at our school.

It's no surprise that kids at San Luis Obispo High School from all different backgrounds have used, or occasionally use, psychoactive substances for various reasons. However, what's less well-known and discussed are those that use substances not just every now and then, but close to every day. How do these people function?

The first person I interviewed had much insight into the life of a daily or near-daily drug user. He informed me that he had been using drugs heavily since 7th grade, when he started with marijuana, moving on to harder drugs by the time he was a freshman. At the time of the interview, he was high on Vicodin (a prescription painkiller with a euphoric, relaxing high), with an extra five or so pills in his pocket. The further I got into our conversation, the darker things became. He admitted having "bad anxiety and depression", and said that he uses opiates to self-medicate. Although he claimed not to be addicted, he said that "there are times when I'm like, damn... I should stop." In contrast to these negatives, he boasts a 4.0 GPA and says the drugs give him "an incentive to get through the day."

The second interviewee was also high when I spoke to him. He had just snorted Adderall (a prescription stimulant medication, used for its euphoric and manic high) on top of smoking marijuana, and was ob-

viously very high. He admitted to doing Xanax (a prescription anxiety drug with a relaxing, but heavily intoxicating high) frequently while on campus, as well as having been "blacked out" (so intoxicated that one doesn't remember what happened) at school before. He claims that this intense drug use is just a phase that he will one day grow out of. He said he does drugs during school to make it "less miserable."

The final person interviewed for this article was the only one not high when I approached him. However, he has three to five sessions of marijuana smoking per day, with around a half gram of the drug consumed during each session. Although he has tried other drugs, including cocaine, DMT (N-Dimethyltryptamine) and psilocybin (magic) mushrooms, he has decided to stick with marijuana for now. He claims that his friendships have been strengthened by the sharing of these experiences with others, but does address issues associated with his routine. For one, he smokes more when he's having a bad day, pointing towards an emotional dependency on the drug. He said that "smoking satisfies my THC (tetrahydrocannabinol, the primary active compound in marijuana) addiction, which satisfies and comforts me." His addiction has "severely affected academics," as his grades and attendance have dropped. In addition to this, he has developed "horrible short-term memory." He advised people facing potential chronic marijuana use to "Be careful, it will deter your academics and work ethics."

A First Person Exchange Experience

By Giacomo Grassio



Discovering American culture has always been my dream, and this exchange experience has already completely changed my life. I'm living in a place which is thousands of miles away from my home city. In the meantime, I'm getting to know lots of people and especially I'm spending time in the Happiest Place in the U.S., San Luis Obispo, which has become my new home.

When I first walked onto the campus I was so worried that I would get lost and arrive late at school. Thanks to the help of my host sister, Connie Moore, I managed to arrive on time at every period. Honestly, all the differences between school in Italy and in the United States are making me excited more day by day. Even if the football team could do better, I was amazed when I went to the first home game almost a few weeks ago. I love getting to know more people and this school is perfect for me.

I can't wait to enrich my experience with lots of fun adventures and new friendships, the best has yet to come.

By Malin Roeli

About a month ago, I left my home, friends and family behind in Norway, headed for San Luis Obispo, California, my new home for the next ten months.

I felt like I had a pretty good idea of what the American culture was going to be like, but it still surprised me how nice and polite Americans are compared to Norwegians.

When I walked into San Luis Obispo High School the first thing that I noticed was how big it was and how many people there were. After going to school for a while I started to notice all the small things that were done differently here, like how you had to call teachers by their last name, how you had to switch classrooms for each period and how they were much stricter about attendance, homework and grades. At my school, in Norway, you could come and go as you pleased.

The biggest difference between here and Norway is the weather. I'm used to having wind and rain most days, but here it's the complete opposite. I haven't seen a trace of rain the entire month I've been here, and that's one of my favorite things about this place. It's impossible not to love San Luis Obispo, and I have a feeling that I'm going to have an amazing year here.



Photos courtesy of Emi Mulay

By Lisa Halvorsen



Before I came here, people gave me advice on do's and don'ts. I left most of the clothes I normally wear at home because they told us that the dress code was really strict, and if you wore clothes that broke "the fingertip rule" (where your shorts/dress has to be as long as your arms, and straps can't be bigger than when you put three fingers together) your host family might turn you down at the airport. They would also say, "Don't talk about politics, or economy, you have church every morning, my curfew was at 8 and I couldn't walk alone," making it seem like America was such a strict and scary country. I felt like instead of having a year away where I could experience new things, I was going to some kind of a prison where everything I did could get me sent home. I thought I was going to lose the freedom I grew up with in Nesodden, Norway, where I would do whatever I wanted. But all of those fears changed when I got to San Luis Obispo, and I came to the nicest family and a school I actually don't hate going to every day. So I consider myself really lucky and I can't wait to spend the rest of the school year here.

In loving memory of SLOHS' 2016 Graduate



Sean Aversano



"There is a road, no simple highway, between the dawn and the dark of night, and if you go no one may follow, that path is for your steps alone."

- Ripple, "The Grateful Dead"

By Brendan Avila

Robert "Sean" Douglas Aversano was born on July 9, 1998, in Sierra Vista Hospital in San Luis Obispo. He loved The Grateful Dead, Nature, and especially his family. Growing up, he spent the first few years living in Pozo with his family, until after 9/11, his father relocated the family to Fort Hunter- Liggett. After a while the family reached San Luis Obispo and settled down here. Sean began youth football and made friends that were life-long. In fact with Sean, they weren't friends, they were family. As an adult, he

wanted to follow his father's footsteps and become a firefighter. Sean was the guy who could always brighten your day, no matter what your mood was. On the worst days, his bright smile, and good nature could pick anyone up. Anything needed, he would help you out regardless of what he had to do. And that's the man Sean was. A caring, intelligent, and great guy. He loved life. And he made life better for everybody around him and he couldn't keep a smile off his face. He didn't talk all the time or very loudly, but everything that came out of his mouth was always something legendary. Whether he had you laughing or slightly in shock about what he had said, he said something that you wouldn't forget. As a football player who

spent three years playing with him, I really learned how much of a guy he was. On the field, there are very few who could work as hard as he did, constantly playing with effort and being very nonchalant about his many successes. In life there are very few people you can say are true friends, and Sean was to all of his friends. He was real with you, and was never the kind of guy to act fake. He was a guy to live life for the ride. Sean understood things most people his age would not and wouldn't care for. Many people are hurt by the loss of this young man, including myself and many people at San Luis Obispo High School. Sean was as good as people get, and it's important to remember him as the great young man he was.

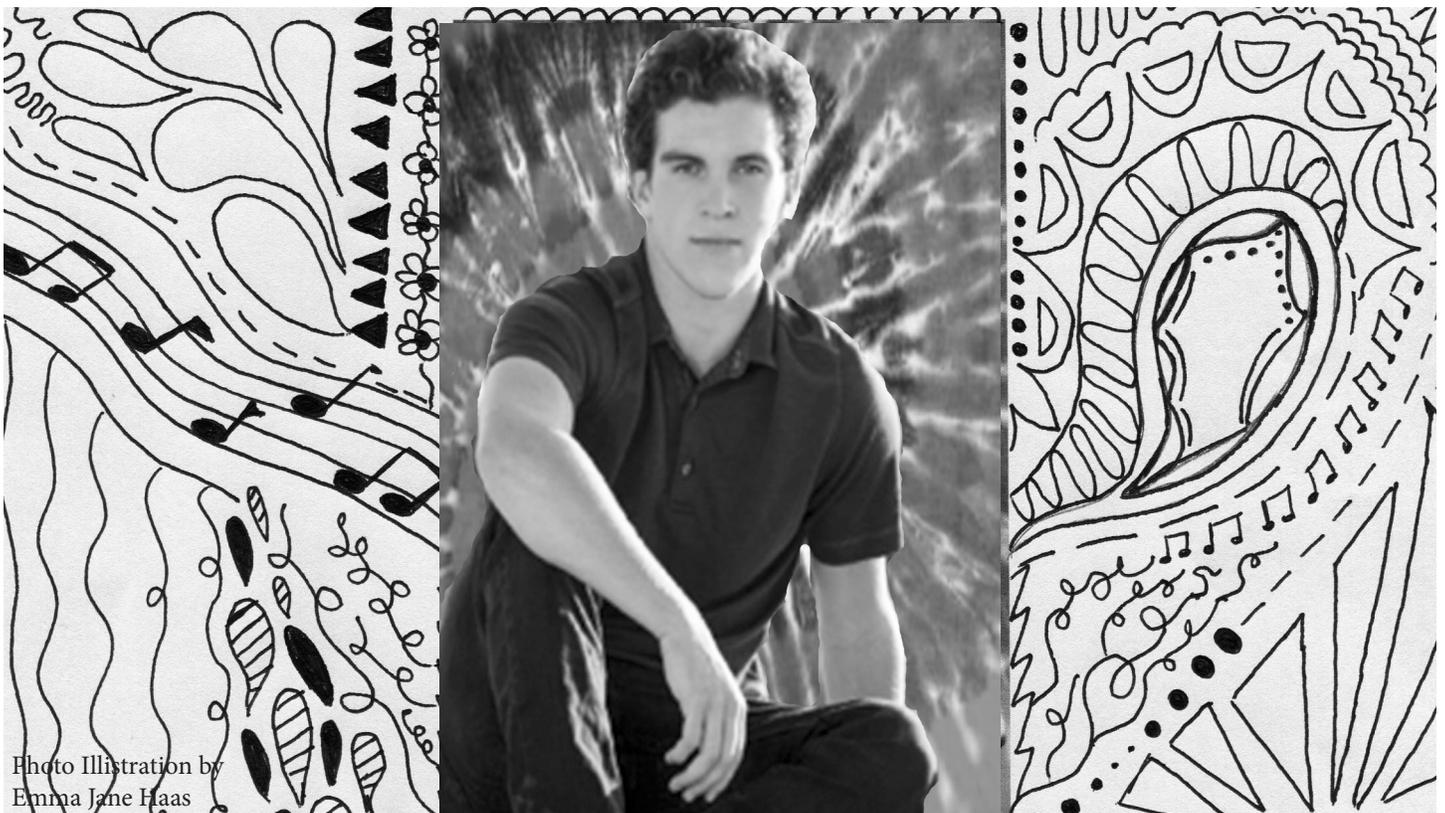


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