

SLOHS EXPRESSIONS

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EXPRESSIONS

DECEMBER 2016

3

Letter to the editor



4 & 5

News

FFA Nationals
Trimester - Semester Update
Teens on Nudes
Death Penalty Propositions



6 & 7

Opinion

Why You Should Get Vaccinated
Religion Replacement
Should Rallies be Mandatory?



8 & 9

Feature

Love Me, Love Me Not;
The Moral Confusion of Infidelity
Platonic Relationships

10 & 11

Sports

Independent Athletes
New Soccer Coach
Boys Water Polo
Girls Water Polo



12 & 13

Arts & Entertainment

Self-Help Books
Music from the Past
Netflix vs. cable shows



14 & 15

People

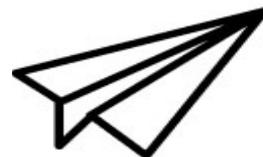
2016: Where are they now?
Student Phobias
Money Spent on School Lunch



16

Back

Highlighting the SLOHS Band



Letter To The Editor

It was upsetting being a 17 year old high school senior in the recent election season. Living in this overwhelmingly white community, it's classically democratic yet incredibly conservative. My extremely open minded, yet very liberal school and community is what I have grown up with. It was 9:53 p.m. on November 8 as I was watching the states turn to red, not blue. Observing the America that I was taught to believe in expired right in front of my eyes. I could barely voice my opinion. I've never been so completely disappointed and shocked in what I thought was the easiest choice of all time.

My junior year of high school I had a friend who was sitting next to me during a rally and when that time came and she didn't stand for the pledge of allegiance. I was shocked. I thought how disrespectful, how disgusting to not have pride in your country, pride in what defines us as a whole. I now look at that memory with complete respect and understanding, as I will no longer be standing, singing, and praising this fake freedom of choice, the deceiving greatness we were told this nation has.

My senior English teacher spent awhile talking with my class about the debates

and elections and such. He would always tell us that it was okay to give up on the system and that we weren't our parents. Democratic or Republican we were all in this country as one individual, more to connect than separate us. The whole time I was thinking "This is crazy," and "Why is this even a conversation?" I am now sitting, blank stare, while a man with no credentials and no background in politics has now been ELECTED as the face of this country.

So to the man who refers to African Americans as "The Blacks" and who claims to "Make America Great Again" I have some questions. When will I feel respected? When will I not have to fear for the lives of my friends and family? When will this country not be seen as the joke of the century? When will I be able to rest my head easy at night knowing my country is being led by a responsible, respectful, accepting and appropriate ADULT? I would like to take a moment though and thank him. Thank you, sir, for exposing the blatant racism this nation has tried to cover up for decades, for disrespecting women and the disabled on live television, for reintroducing the "stop and frisk," and for grabbing women by

their genitalia and idealizing rape culture. I hope I never have to raise children in the America we as a country have built. Every single one of us has shaped this nation into what it is today. I hope my children will have a president with poise and elegance to look up to, so when my daughter catches my eye and tells me she wants to be president I can be proud and tell her to run at her dream in full speed. At this sad moment, though, I'd tell her no. When my son tells me he looks up to the president I hope to have someone who is respectful and accepting, not demeaning and hateful. I want to encourage my son to fight for the country he believes in and hopefully he can, because right now I cannot see that country. My future child, please don't look up to this President. Look to the man before or the man or woman after, but not this president. Don't be filled with hate. Don't be a misogynistic, racist, unaccepting, disrespectful human. Be kind and patient. Learn when to fight and when to walk away. Please don't be like Donald Trump. Please don't be like the next President of the United States.

Submitted by senior Bailey Bethard

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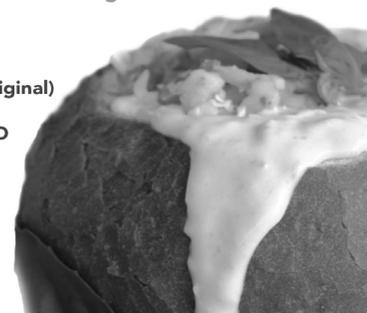
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Trimester vs. Semester Update

By Rae Odom

The argument of trimester or semester continues for the staff at San Luis Obispo High School. There has been a committee formed to try to navigate through the discussion and upcoming meetings have been scheduled. *Expressions* caught up with Principal Leslie O'Connor and students to get their opinions on this issue and how it has been handled so far.

"I enjoy the trimesters because it gives me more classes to take per year and more elective opportunities. I don't like the idea of having the semester because it gives me more periods per day that I would then consequently have homework for," said senior Haley Block.

"I definitely like the semester more because it's less classes and you get more

time to get your grade up if you're failing. There are also more classes every day so they are each shorter, which I prefer," said senior Alex Tappen. Tappen moved to San Luis Obispo from Colorado at the end of last school year; his previous school ran on the semester system.

To deal with this issue there has been an instructional day committee formed in order to discuss this issue and present their ideas to the SLOHS staff. This committee was created by the San Luis Coastal Unified School District Superintendent Dr. Eric Prater, in order to address the question of equity and access for our students within the instructional day.

"We have met once per week for the last month. Really, the instructional day committee's role is to just review information. It is an advisory role more than anything else. It is not a decision

making body in any way shape or form. They are going to present information to all of the staff on what we have been talking about collectively. This includes the equity issue in regards to the trimester, what does that look like, what does that sound like," said O'Connor.

There are positives and negatives to both options, and the possibility of an entirely different schedule is still there. The committee formed will be working over the next months to come to a solution and all of these opinions and options will be put into consideration.

According to O'Connor, "The management team will then meet in the middle of December and have another conversation about what has been presented. We will then come back in January and continue the conversation."

FFA is on their way to Nationals... again.

By Erin Lewis

Members of the San Luis Obispo Future Farmers of America (FFA) Chapter recently traveled to compete at the National FFA competition in Indianapolis, Indiana in October. The Parliamentary Procedure team (Parli Pro) won first in the state in April, which qualified them to move on to the National Competition. They worked endlessly from April all the way up to October, hoping to take that national title.

"We were all super stressed about the competition. But the stress definitely brought out funny jokes and different parts of our personalities. We all bonded and built really strong friendships," said sophomore Parli Pro team member Lili Steel.

During their time at nationals, the Parli Pro team won first in the National FFA Pilot contest, first high team in testing, and

second overall in the nation in the Parli Pro contest. San Luis Obispo High School graduate Amber Bjerre won seventh in the job interview competition, and SLOHS

student worked endlessly with determination to do well at nationals, and they successfully achieved that goal.

"It was really intense and there was so much stress. Over all the preparation was crazy," said sophomore and Parli Pro team member Taylor Young. During the competition for Parli Pro, the team progressed more and more and although they didn't get first place, they were happy and proud of all their accomplishments and the hard work they had put into winning.

"Some of the time I had a bad attitude, but overall I learned that it was a really good experience and I'm glad I did it," said Young.

Although the long hours of practicing and studying was stressful and intense, they achieved their goal of doing well at Nationals with perseverance and determination. Each FFA member who competed enjoyed the experience and made great memories throughout the season.



graduates Miguel Lua and Joelle Lewis received their American Degree. Lastly, as well as being a team member of the second place Parli Pro team, Steel won second in the nation in the Creed contest out of 300,000 competing FFA members. Each

Teens Take (on the topic of) Nudes

By Sam Wright

“If anything is sacred, the human body is sacred.”
 – Poet Walt Whitman

Well, Mr. Whitman, there’s some powerful people who would disagree with you. According to California legislature, it’s illegal to possess, produce, or distribute naked pictures of an individual under the age of 18. If anybody is found with naked pictures of a minor in their possession, it is more than enough grounds for the individual to be charged on counts of child pornography. Though this law was conceptualized to incarcerate pedophiles and other creeps, it’s turned into a crippling threat to teenagers who take naked pictures of themselves, proving dangerous for the demographic that the law was intended to protect.

Because of the way child pornography laws are written, if a minor takes any sort of picture of himself or herself that includes

their genitals or breasts, that young adult can lawfully be charged with possessing



child pornography, leading to life-altering penalties and/or humiliating counseling.

“I think it’s disgusting that the government

has a say over what I can and can’t do with my body,” said senior Haley Adler.

The outrage from teens doesn’t just stop at annoyance towards the law itself. After asking students about California’s naked picture policy, it became clear that it’s peeving to many that the bare human body is viewed strictly sexually.

“How’s it bad to view our bodies as lovely? If I drew a picture of a naked body, would I get a damning response?” said senior Sofie Janette.

Though attitudes towards the naked body are changing, it’s important to recognize the implications that come with the distribution of them. For instance, though you may yourself be mature, there’s no guarantee that those you send the pictures to are. To avoid the possibility of a reputation-ruining accident, keep your nudes to yourself. For now, the law remains staunch: California’s penal code recognizes that any underage naked picture is deserving of a misdemeanor or felony, no matter the age of the possessor.

Source: statelaws.findlaws.org

Death Penalty: Two Deadly Propositions

By Michelle Kang

Along with voting for the next president, California voters considered seventeen different propositions, two of which concerned the death penalty. On November 8, Californians did not pass Proposition 62, which would have abolished the death penalty. Californians did pass Proposition 66, which speeds up the process of appeals that lead to the death penalty. While this issue quickly divides student views, many factors should be considered to form a logical opinion before letting initial and raw emotions push ourselves towards a bias.

“The death penalty should be banned because even though criminals murder, giving them the death penalty is technically murder,” said senior Brittney Steinbronner. This is not the first time the death penalty has been on the California ballot. It was

voted on as Proposition 17 in 1972 which approved the death penalty.

However, in recent years, many voters have shifted their focus towards the economic costs of both sides.

Since the Supreme Court ruling of the state’s lethal injection to be unconstitutional, California has not executed any felon since 2006. As of July, California’s death row count of 741 stands by far the highest out of any state.

A study conducted by Judge Arthur L. Alarcon and Loyola Law School Professor Paula M. Mitchell revealed that since 1978, California taxpayers have spent four billion dollars on the capital punishment system which carried out thirteen executions. This four billion is broken down into paying for trial costs, incarceration costs, automatic appeals, and federal habeas corpus appeals. It is estimated that annually the system adds 184 million dollars onto

the state’s expenses.

Study authors Alarcon and Mitchell stated that the death penalty will “continue to exist mostly in theory while exacting an untenable cost,” if no significant reforms are made. This belief is in parallel with the report California’s Death Penalty is Dead written by the American Civil Liberties Union (ACLU) of Northern California. It emphasizes how prosecutors are alternatively giving life imprisonment without parole over the death penalty. ACLU reports that only three death sentences were imposed in 2011 over six months compared to thirteen death sentences in the year before.

With new legislation to speed up the death penalty, California residents may find that a new system will become far more efficient and lower crime rates in the state.

Source: deathpenaltyinfo.org

Religion's Role in Today's Society

By Sean Kucer



Religion has been prevalent throughout human history, and is still hugely popular. Roughly three fourths of Americans are religious, an astonishing two hundred forty million people. Why do they feel so drawn to associate with some religion, and what do they expect out of it? Are there better ways to get these same things without converting to a certain faith?

The sheer absurdity and confusion of existing as a human being warrants much more attention than we typically give it. How is it that we so often ignore the fact that we are all here without any idea why? Maybe the troubling nature of realizing that there's no ultimate knowledge of even a reason for existing is why this gets shoved under the rug. Regardless, we all face this issue with some degree of sincerity, and how we respond to it can have a huge impact on our overall well-being. Subscribing to a religion allows one an answer to this disturbing existential qualm. Truly believing is hard to do in this day and age, where we have a decent understanding

of the cosmos, but find no evidence of a creator, let alone evidence that a specific dogma is correct. This neutralizes most potential comfort, although some will still cling to half-belief out of the fear of fully facing the problem of our absurd existence.

Numerous other things make religions appealing as well. The sense of connectedness found at nice churches is genuinely heartwarming. The beauty found in religious songs, or artwork, can inspire satisfying, awesome feelings. The issue is that these feelings are largely considered a product of religion, not a capacity of human experience. Anyone desiring self-transcendence or awe seems to need to prescribe to a certain dogma to get these things. The truth is that almost all of the benefits of religion can be found in philosophy, art, and science.

Philosophy, art, and science all have a unique way of contributing to human life. Philosophy allows one grounding in what one can actually know, and gives principles by which to live by. Our morality doesn't

necessarily need to be based on ancient texts that often proclaim abhorrent principles to be the epitome of ethical living, but are better based off of rational thought instead. Science illuminates actual facts about the world, which can take the place of flimsy assertions in religious texts, and provide valuable knowledge of the universe we reside in. Although science is not anywhere near all-knowing and there are plenty of corruptions in the academic world, the benefits of this field of inquiry are numerous beyond our comprehension and incredibly important (in addition to the above, modern medicine and the future of understanding and encouraging human flourishing are amazing results of science). Art expresses the inexpressible and allows people to connect with themselves and others in interesting, highly satisfying ways. It is time to cut our losses and accept the world we now live in, one that can be full of meaning and joy without the attachment to the outdated, unhealthy teachings of the past.

Should Spirit Rallies Be Optional?

By Grayson Perlmutter

For some people, school pep rallies are a time of excitement where students can represent their class and cheer on their friends while they run through obstacle courses or fill up giant pajamas with balloons. However, others see these activities as a waste of time. So, should they be forced to sit and pretend to watch while actually using their phones, or should they be able to go home and do their homework or read a book?

"I think students should go because it's a good way for everyone to get involved in school spirit and have fun as an entire school," said sophomore Prachi Shinglot. Students spend so much time staring at their phones that it is good for them to be outside with their peers and have a fun time doing something in the real world.

But many other people do not agree with this at all. Students have friends and often don't need to sit in the sun to have a good time.

"It's all about sports and dances and I'm not interested in those so it doesn't interest me. Plus, they are often held on Friday afternoons, so I just want to go home," said junior Delaiah Hastie. Students can have lives that aren't solely based on school, they would much rather go hang out with their friends or go home and relax. In this case rallies should be optional, then students don't have to go but still can support their friends if they want to.

But then comes the question of when they would be held. The school can't allow students to come and go whenever they want. One option would be at lunch, however then many students would go off campus instead of going to the rally because who could deny an extended lunch? Or if they were held after school many students would just go home, because why go to a rally if you could go home or downtown with friends.

There is no perfect solution, but students should not be forced to sit and watch their peers have fun if they are bored out of their minds.

Vaccines: Vicious or Valuable?

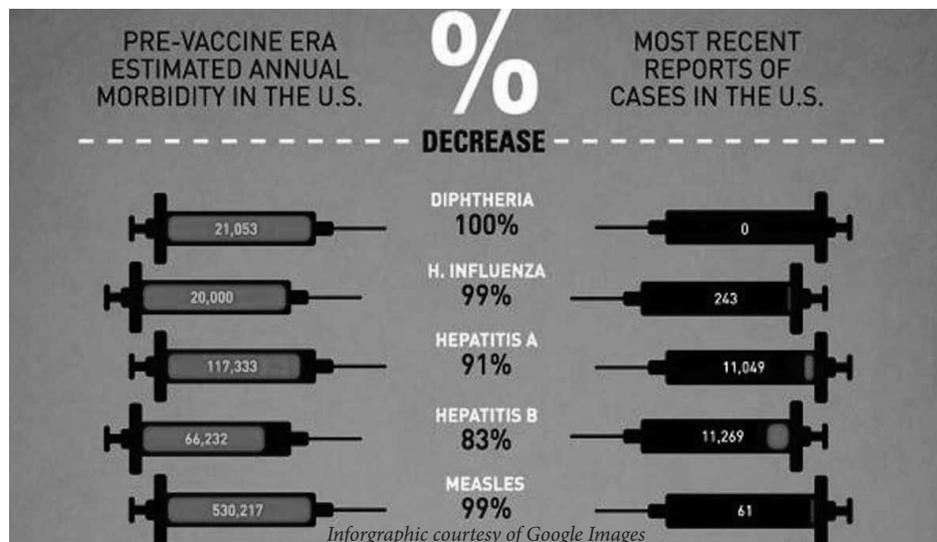
By Sean Kucer

Many people in recent years have become wary of vaccines, thinking they cause Autism or are tools for the government to control the masses. Are these claims accurate? In this article, we will analyze the evidence for and against vaccines.

The mistrust of vaccines started in the 1990s, when a study found that there was a direct tie between vaccines and Autism. This obviously caused many parents to become wary of vaccinating their kids. However, since then, numerous studies have disproven this link, and the original study has been debunked. Even so, this rumor continues to be widely entertained.

means that the more people get vaccinated, the less people overall get the disease, even if not vaccinated. Certain demographics cannot safely receive this treatment, like infants, pregnant women, and immunocompromised people. Making major vaccines like measles and mumps mandatory protects these people without compromising anyone's health.

Although I feel ridiculous even discussing this, there is some talk about vaccines being chemicals created by the government to control the minds of the masses. This idea has such an insultingly low amount of evidence behind it that it makes those



So, what is the deal with vaccines? Should they be mandatory, opt-in, or avoided like the plague? Well, the evidence shows that many vaccines are not only safe, but very important in guarding oneself against a huge number of debilitating diseases. For example, previously widespread diseases like Polio and Smallpox can now be entirely prevented by a quick visit to the doctor. This is at least enough to disprove the notion that all vaccines should be avoided. However, it does not prove that they should be mandatory.

The reason that vaccines should be mandatory is because of a phenomenon called group immunity. This phenomenon

brain-fried aliens-control-the-government hippies look like intellectuals clever and insightful enough to deserve monuments and statues. Anyone honestly proclaiming a conspiracy this large and this well-hidden to be going on doesn't need vaccines injected into them, but antipsychotics.

Vaccines are an incredible technology that have saved many lives. If we want to continue to reap their benefits, we must be open to the evidence for them and incorporating them fully into our society. It is not the dark ages anymore; technology is not only helpful for our survival, but necessary. It only takes one disease to wipe us all out.

The Moral Confusion of Infidelity

By Logan McNicols

Most of us will not make it through high school without experiencing or watching a friend go through a situation of relationship infidelity. Unfortunately, its commonality doesn't seem to be met with open conversation about how to best deal with it. In fact, we deliberately avoid this topic all together on the grounds of minding our own business, and have left moral questions unanswered.

Why do people cheat? This is the question that started off most of my conversations with people, and the responses were almost predictable.

"They're bored," said senior Lilly Garganda.

"They don't really love them," said junior Ryan Norris.

One thing that should indicate that there is a lot of confusion when it comes to infidelity is that these responses don't really answer the question. They may provide reasons for why relationships end, but the real question is a bit more subtle and not so nice. We have to consider that the alternative to cheating when simply bored, unhappy, or uninvested is to break up with the person. To address the real problem with infidelity, we have

to at least know why it happens.

"I think people cheat because of insecurity," said senior Kyra Lauritzen. This is certainly a more plausible reason. Also, "Obviously drugs and alcohol affect [the cheater's] judgment," said senior Kristina Smelser. If these are the real reasons, which I think they likely are, then it creates a very difficult problem. Cheating isn't a solution for insecurity but in fact, "You really damage your integrity to do something like that and it's really hard to come back from," said Lauritzen.

In this light, cheating would seem to simply be a failure of weighing consequences. If we are going to become better in this matter, we have to understand what the consequences actually are. How harmful is couple cheating, really?

"[Being cheated on] makes you question everything," said Smelser. A relationship can often feel like the most real thing happening in one's life at a given time, and it is a strange and painful thing to have that "realness" come into question. We all know to mistrust our feelings of anger, but to mistrust happiness and closeness is a much harder matter. However, when we find ourselves in these difficult situations, we needn't let them happen completely in vain, but can use them as opportunities for personal growth, and learn from our mistakes. "I believe that the harm can be minimized by talking to each other and realizing that the relationship wasn't meant to be," said senior James Higgins.

Platonic Relationships

By Luca MacDougall

One and a half years ago my best friend moved to a city that was six hours away via a standard car trip. This had a profound impact on the way I maneuvered my life for the following months. For a long time I felt lost because a person I had grown accustomed to seeing everyday was suddenly absent. It's a fact of life that people are constantly moving and making changes in their lives, but what happens when someone you confide in on a day-to-day basis is forced to leave you in the midst of a time as stressful and troubling as high school?

A cornerstone of human nature is the need for companionship. Walking around the San Luis Obispo High School campus, a random bystander would see countless couplets walking each other to class, participating in banter to fill the time, or on their phone likely making a plan to eat lunch with a friend.

However, at this tumultuous point in the lives of so many students that is commonly plagued by feelings of loneliness and confusion, the precious relationships between friends can become disrupted by minor disputes. Sadly, with the constant presence of school in one's peripheral, the problems someone experiences in their extracurricular life often leaks into their school day.

"It makes school hard. When I go home and try to do homework and someone is mad or not talking to me it makes me nervous and unable to focus," said junior Greta Carlson.

It's safe to say most of us have experienced a situation where a personal relationship has had significant effects on our school work, but what perpetuates these hardships is a lack of empathy. No matter what our circumstances are, whether it pertains to friendships or another aspect of life, students are expected to continue their scholastic endeavors in an exemplary manner.

On the other hand, stable, healthy, and beneficial friendships stand to possibly improve the lives of students.

"If my relationships are going really well and I'm doing good in life, it makes school easier; it makes school more fun," said Carlson.

A friendship is an essential component to the functionality of a student, and without it can prove to become one of the most substantial obstacles between a teenager and their education.



New Starters Test The Waters

By Grayson Perlmutter

Last year the varsity girls Water Polo team had a great season, placing third in league, but can we expect the same success this year? Last year's team's starting lineup was made solely of seniors, so the team will have to find all new starters. This means moving players to new positions which they may not excel in. With these changes students have begun to wonder, what

Splish, Splash, Running the PAC

By Brendan Avila

The San Luis Obispo High School varsity Boys Water Polo team has unfortunately ended their season, but many players are feeling good about what the team accomplished. This season's record was 12-14 overall, 4-5 in league, and the boys got to make a swim for CIF, but sadly lost in the first round. *Expressions* went to talk to coach Steve Jomaoas and junior Kevin Hill to surface some of the highlights of the wopo season.

"The varsity season was great! We finished fourth overall. We had a young team this year, but the younger guys will be leaders in the program in the coming years. We gave a strong effort at CIF. We ended up falling to Flintsridge Prep out of

will this season entail?

Informal practices for the team have started and much has happened to alter how this year's season will go. Because the seniors from last year's lineup graduated, many of this year's seniors have been asked to start along with some sophomores and juniors.

New starters also means a tougher season. The team will have to spend time learning to work together and learning to play an entire game of water polo instead of just refining their skills.

"We will definitely lose more games than we did last year, but we will still make it a fun season," said senior Sam Wright. The girls wa-

Pasadena in the first round, 14-11," said Jomaoas. Although the season didn't go perfectly as planned, the players still have much to look back on and reflect on. "The seniors this year were awesome and did a great job leading our team. They would help me be a better player every-

day by helping me in practice and teaching me new techniques," said Hill. It will be exciting to see what the team

ter polo team has always had good team moral which will continue this year no matter the score at the end of the game.

As for the players themselves, it should be a slower start to the season.

"Some of the girls, the ones who do swim, will be in shape, but the water polo part will take some time," said junior Ella Udlock.

Although this season will be tougher than previous years, the team will work just as hard to improve and do the best that they can do. In this coming season, wish the girls Water Polo team luck and make sure to go to the games and support our school and our players.

can do in years to come. The good news is if people enjoy watching Water Polo, the waves haven't calmed yet! The varsity Girls Water Polo team is jumping in the pool this winter.

Check the SLOHS athletics page for their schedule.

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Who Is the Girls Soccer Coach?

By Zoey Nitzel



The varsity girls soccer team has been without a coach since the end of last year's season, in which they triumphed all through CIF to second place. Principal and last year's head coach Leslie O'Connor, announced in a meeting the new head coach, Brittney Viboch. Viboch was the assistant coach and goalie coach last year, helping O'Connor with the season. "I'm happy about her being promoted as head coach because she was a good assistant coach last year and everyone on the team respects her," said junior Isabelle Mendoza, who played San Luis Obispo High School soccer the past two years.

One may be asking: what's the difference between her job last year and this year? SLOHS athletics director Jeff Brandow made it clear in a meeting that it's a challenge to go from assistant coach to head coach. According to Brandow, the athletics department was debating whether O'Connor would be the coach this year or not, but they are confident in Viboch.

"I'm happy she was chosen. She was a good coach last year and I think it will be helpful that we knew her last year," said senior Riley Johnson, who has played SLOHS soccer since her freshmen year. While the team was not practicing pre-season, the bond they have with their new coach will help them pick practice up easily. Get excited to see the season our girls varsity soccer team has in store!

••••• Winning in Their Own Way •••••

By Molly Foster

Although many students participate in the sports provided at San Luis Obispo High School, there are some who choose a less common path. Exercise takes on countless forms and can result in a myriad of benefits for both the physical and mental self. Mainstream sports often receive great praise and wide admiration, but that doesn't make less recognized ones invalid. *Expressions* interviewed a few of these independent athletes.

Expressions: What physical activity do you practice?

Sophomore Cassidy Clark: Aerial silks.

Sophomore Calvin Giannini: Mountain biking, and the series I race is Enduro.

Senior Shaina Morris: Fencing.

Expressions: How and when did you start your sport?

Clark: I started doing it around six months ago. I remembered seeing one of my friend's performances and how cool it was.

Giannini: Three years ago. My dad just bought me a bike.

Morris: I started when I was ten-years-old. I saw it featured on the Olympics which inspired me to try it.

Expressions: How many hours a day do you practice your sport?

Clark: I practice two times a week for an hour and a half, but I also do other flexibility and strengthening exercises.

Giannini: I practice four days a week.

Morris: I practice for about three to four hours, two days a week.

Expressions: What results or rewarding qualities do you experience as a result of

your sport?

Clark: I have gotten a lot more flexible and strong while doing something that's really unique and fun.

Giannini: I am more competitive, and it helps to clear my mind when I'm stressed.

Morris: I found that I'm more driven and motivated. I'll be down a few points in a match and I tell myself that I have to keep pushing.

Expressions: What's your favorite aspect of your sport?

Clark: It's a lot different than regular sports or extracurricular activities because you are in the air essentially.

Giannini: Going fast.

Morris: I like how it combines both strategy and athleticism so that anyone can do it, you don't have to be super talented.

Iconic Bands from the Past...

By Joella Holmes

The music of the 60s, 70s, 80s, and 90s is timeless, inspiring, and probably one of the best gifts this generation has been given. The revolutionary bands and musical talents who created that iconic music have been put down in the history books as some of the most influential artists of their time. As students at San Luis Obispo High School still continue to listen to this music, we can recognize that each decade has its own style and uprise of popular bands. Certainly, there are some to highlight that left a profound impact with their music that will continue to be listened to for years to come.



1960s music was particularly revolutionary as it merged rock and roll with the beginning of more defined hard rock music. Jimi Hendrix is arguably one of the greatest rock instrumentalists in history. Although the peak of his career only lasted a short four years, he is still widely celebrated for his unmistakable and influential talent. Hendrix is known

to have pioneered the use of a guitar into an electric sound source, and took the effects of distortion, feedback, and more to another level. “All Along the Watchtower”, “Purple Haze”, and “Voodoo Child” are some clearly recognizable Hendrix songs.

60s

70s

Throughout the 1970s, rock music played an important part of the musical scene. One of the most significant bands was Pink Floyd. Founded by members

Syd Barrett, Nick Mason, Roger Waters, and Richard Wright, Pink Floyd took its

roots in psychedelic rock. Songs such as “Wish You Were Here”, “Comfortably Numb”, and “Time” are just a few among the most popular. “The Wall”, and “Dark Side of the Moon”, as well as “Wish You Were Here”, were their better known albums.



As much as the 1980s were a new age of disco and pop music, rock was still enjoyed worldwide. Specifically, The Clash was a band that carried punk rock through the 80s. For the largest majority of their recordings The Clash consisted of members Joe Strummer, Mick Jones, Paul Simonon, and Nicky Headon. “Should I Stay or Should I Go”, “Rock

the Casbah”, and “London Calling” were some of their momentous songs that came out in the 80s. Their first album, “The Clash”, is still considered one of the best debut albums known for its youthful ambition.

80s

90s

Even though the 1990s introduced a wide variety of musical styles, grunge music was among the most abundant. Grunge contained a lot of

forms of hard and alternative rock, with particularly heavy lyrics. However, the band Pearl Jam had roots that went back to the rock of the 70s, with Led Zeppelin

and The Who as influences. Pearl Jam’s line-up included Eddie Vedder, Mike McCready, Stone Gossard, Jeff Ament, and Matt Cameron. In the very early 90s songs such as “Even Flow”, “Jeremy”, and “Alive” began to bring them even more popularity.



Self-Help Books

By Michelle Kang

Professional cleaner **Marie Kondo** has a three month waiting list for her counseling. Thankfully, she's shared her secrets through this book, guiding you to a path of minimalism and simplicity. Kondo emphasizes the importance of only keeping objects that spark joy and de-cluttering your unnecessary hoards.

Artist **Austin Kleon** has put together ten pointers he wishes he learned when first trying to create art. Originally made as a lecture for art students, Kleon realized that his ideas apply to anyone. He explains the unusual idea that nothing is creative; everyone steals from one another, and that it's okay.



As many colleges do, Carnegie Mellon University (CMU) held a series of "Last Lectures." Professors speak on what they value most as if it was their last chance to pass on their knowledge. CMU Professor **Randy Pausch's** last lecture was literally his last. Diagnosed with terminal cancer, Pausch used his lecture as a message to cherish living and go after what our child selves dreamed of.

Choreographer **Twyla Tharp** states an idea that many of us may find hard to realize: everyone is creative. Tharp addresses that creativity is not simply a gift one is born with; creativity is a practice. Practicing your passions will help it grow.

Author **Stephen Covey** explains seven habits fitted under three topics: private victories, public victories, and sharpening the saw. Generously filled with stories and examples, these habits won't simply fly over your head. They'll be ingrained and ready for use.

Netflix vs. Cable Shows

By Zach Wise

The emergence of a variety of successful Netflix original shows has sparked a large debate: is cable even necessary anymore? With internet streaming becoming more prominent, but cable still producing its own large variety of successful shows, there is a sense of loyalty among those who favor one over the other. *Expressions* decided to do our own analysis of the two versions of program screening.

The main benefit of Netflix is obviously the convenience factor that it provides.

To some, however, this could be considered a downside to Netflix. It takes out a lot of the excitement that cliffhangers tend to provide, giving us that next episode to look forward to. On the other hand, if you are someone who can practice self-control to its fullest extent, you could easily space out the episodes of a show to add that layer of suspense that you lose by screening the whole thing in one or two sittings.

For years, the main advantage cable has possessed over Netflix was the fact that original programs all came from cable television. Now, with the emergence of

many successful Netflix original shows, this advantage is slowly fleeting. Shows such as "Stranger Things" and "Orange is the New Black" have sprung Netflix programming into a similar level of success as cable shows.

"Personally I don't really watch many cable shows anymore aside from streaming them on Netflix," said senior Humberto Zamora. This is the viewpoint many people have begun to take on programming, as it is much easier to watch something in our own time than it is to tune in at a specific hour.

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Keeping up with the Graduates



By Sam Wendt

Every student experiences some level of anxiety during high school concerning the uncertainty of their future. Even the rare student who has a carefully laid out path for their entire future inevitably encounters doubt that life will not play out as planned. *Expressions* interviewed a few of the most notable individuals from the class of 2016 to see what they're up to and determine if the fear of the unknown we all feel in high school is reflected by life after graduation.

Expressions: Where are you going to school/working/traveling? How is it different from San Luis Obispo High School?

Sam Eisendrath: I'm going to Harvard; it is incredibly different from SLOHS. There is a lot more work but I only have about four hours of class a day, with four day weekends. Unlike high school you never have to take classes you don't have any interest in. Right now I am taking a humanities course, ancient Chinese ethical and political theory, psychology, and a seminar called the art of noticing.

Expressions: How is life different after high school?

Bella Stenvall: I think that after high school you tend to grow up pretty quickly, especially if you move out and start a new experience on your own. The independence allows you to really focus on what you want to do and what you're interested in, but it also forces you to take responsibility for your choices. And, you realize that the people you may have been become

attached to in high school maybe aren't the kind of people you really want to surround yourself with or look for when you're out in the real world.

Expressions: What has been your favorite part of life in college (or wherever you are)?

Kelly Doherty: I think my favorite thing about college has been the amount of spare time I have, as well as the freedom that comes with being away from home.

Expressions: What have been your biggest challenges so far?

Lisa Figueroa: I think my biggest challenge in coming to college was that I expected the transition to be easy. I've always considered myself a pretty independent person and although I knew I would miss my friends and family, I didn't think I would have as hard of a time as I did. I feel like when I was in high school and I would talk to my friends who were in college they would only tell me all the positive things they were experiencing, and I kind of expected it to be all rainbows and sunshine. I don't think I've ever been as lonely as I was when I first came here, and I struggled finding friends even though I am a social person.

Expressions: What parts of high school, if any, do you miss?

Kelly Doherty: I really miss my teachers and friends, but I'd say I mostly miss the environment of SLOHS. I don't think most people realize how much home has changed them until they leave, and I'm

so glad that I was able to grow up where I did. And of course, I dearly miss Mr. Scott Nairne, and all of the yelling he did over the time I knew him (may he rest in peace).

Expressions: Did you take anything for granted in high school?

Brandon Achugbue: Back home I took for granted having a car and laundry machines. I have to pay for a lot of Ubers and also to use my building's janky washing machines

Expressions: Any other comments or advice for this year's seniors?

Holly Schultz: There is a lot of stigma against going to community college first and the stereotype that it's for students who fail to get accepted into universities right out of high school but that just isn't true. The fact is that I'm surrounded by such smart, motivated students at Cuesta and my classes challenge me every day. It also is such a good option for me financially as it is 100% free compared to my alternatives which were going to cost around \$45,000 a year.

To say that the transition from high school to college is free of hardship is simply untrue. There is no doubt that it will take time to acclimate to the social and academic challenges that come with such a drastic change. That being said, the myth that any specific path after high school is directly linked to either failure or success is attainable regardless of the school you go to.



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Lunchtime Munchtime

By Karly Bonzi

Lunchtime is a daily ritual in which you make plans to flee off campus or sit under the shade of the trees. Some students get a weekly allowance for lunch and others get a love note on their brown bag lunch. *Expressions* sought out the daily and monthly lunch expenses of the average San Luis Obispo High School student.

"I don't keep track, but I probably spend thirty dollars every week," said junior Kevin Hill. Most kids spend way more than

they think they do. *Expressions* took a poll and the average student spends \$10 daily



and \$102 monthly. That is \$918 for the whole school year. Senior Lilly Hollister

said, "I very rarely go off and buy food. I have a food allergy, so it's easier to bring food." Think again before spending your precious money munchies.

"I don't spend money each week because I don't go off campus," said freshman Annalise Smelser.

Some students are wise and pack their lunch. This is a smart move when trying to save your dough. There are simple ways to help you with your spending problem. Simply make one more sack lunch a week and you will save 360 dollars every school year. Just remember to think before swiping that plastic card.

The Fears of Your Peers

By Zoey Nitzel

Students at San Luis Obispo High School (SLOHS) all deal with unique problems of their own, but there are some who deal with crippling fears daily as well. Most people see some of these phobias as weird or irrational, without realizing the debilitating effect they have on people. *Expressions* interviewed some students about their phobias and how they deal with them.

Expressions: What phobia do you have?

Senior Anna Walden: Claustrophobia (Fear of confined places).

Senior Zach Wise: Musophobia (Fear of rats).

Sophomore Kara Hoover: Masklophobia (Fear of mascots).

Expressions: What do you think caused

this phobia?

Walden: Anxiety and feeling like I'm trapped in a space.

Wise: My mom's super afraid of rats and I picked it up from her.

Hoover: When I was little, the first time I went to Disneyland "Tigger" hit me and ever since then I thought all people in animal suits were creepy. It's also just that you don't know who is under the mask but they can see you.

Expressions: How does this affect you on a daily basis?

Walden: Things that used to be easy are much harder now, like taking tests and going on airplanes.

Wise: If I encounter a rat, I freak out and sometimes I'll scream. I would try to get away from a situation involving a rat as fast as possible.

Hoover: Whenever I go to farmers market

downtown, I avoid the bear "Downtown brown". Also I'm going to Disneyland this week and I'm not going to let the mascots touch me or take any photos.

Expressions: How do you deal with it?

Walden: Breathing exercises.

Wise: I try to avoid a situation involving a rat at all costs.

Hoover: I just avoid the area and sometimes give the mascots a mean look.

Expressions: What experience involving your fear stands out to you?

Walden: When I went to homecoming I got anxious. Going on airplanes, and the ACT was awful.

Wise: I was at a party, and some girl bare handed a dead rat and was carrying it around to everyone. It absolutely terrified me and made me consider leaving.

Hoover: Whenever the mascots reach out to me I get scared.



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THE BAND IS MARCHING ITS WAY TO SUCCESS

By Rae Odom

The San Luis Obispo High School Marching Band has been in the spotlight this year, competing and winning first place in numerous competitions. The band consists of 82 members that meet before school and during school for rehearsal, and after school or on weekends for competitions and concerts. This commitment seems daunting compared to other clubs, but to its members, it's necessary in order to be successful, and enjoyable because they are surrounded by some of their best friends.

Most members of the band can attest to this incredibly open and inclusive environment. This is a large reason for the growth in size of the band this year. People can clearly see how much these students enjoy playing music, and through that make some of their closest friends.

"My favorite part of band is the inclusiveness and how everyone is part of it and it's a big family," said junior Noah Galpert.

"We have many outstanding players, mostly our section leaders and drum major, which help lead us to all be better musicians in many ways," said senior Heidy Hernandez. The addition of so many new players seems like it would be a setback, but it has been everything but.

"They are all doing wonderfully! We're incredibly proud of all the work they put into the band," said senior Breanna Chambers.

This year the band has been incredibly successful competitively, getting the opportunity to travel to competitions all across California. The band has won first place in parade, best music, and auxiliary in the Atascadero band competition. They were awarded second place in field show and first place for best parade score at the Selma competition.

"We competed against about 17 other bands and we didn't get home till until one in the morning," said Chambers.

They also won second place in the drum major and field show competition. The abundance in awards that the band is receiving is adding to the overall excitement of the group, boosting morale more than ever before.

This success is due to the group's ability to work together cohesively, as well as their stand out players that lead them morally as well as musically. There are many standout musicians in the band, one being junior Cisco Delagarza.

"Cisco Delagarza is a saxophone god and I really enjoy everything he is playing," said junior Noah Galpert.

The band's success will continue throughout the rest of the year, with its members excited for their upcoming events and concerts.

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