

SLOHS EXPRESSIONS

JANUARY ISSUE 2017
SLOHSEXPRESSIONS.COM

Girl * Power

Breaking Stereotypes

Girl * Power

Gender EQUALITY

The image features two young women standing side-by-side in front of a chain-link fence. They are both wearing overalls over a light-colored shirt. The woman on the left is wearing a white t-shirt and a light-colored, short-sleeved, knee-length dress. The woman on the right is wearing a light-colored, long-sleeved, ribbed sweater and a dark-colored, denim-style overalls. They are both smiling and looking towards the camera. The background is a chain-link fence with trees and a building visible in the distance. The entire image is overlaid with white, hand-drawn graffiti. The words 'Girl * Power' are written in a cursive font at the top, above the women's heads. 'Breaking Stereotypes' is written in a large, bold, sans-serif font on the left side. 'Girl * Power' is written again in a cursive font on the right side, near the women's feet. 'Gender EQUALITY' is written in a large, bold, sans-serif font at the bottom right. There are also various abstract lines and shapes drawn around the text.

EXPRESSIONS

JANUARY 2017

3

Staff Editorial: Altruism

**4 & 5****News**

SLOHS Web Filter

Wolf PAC

Donald Trump Quotes

Minimum Wage

**6 & 7****Opinion**

Gum vs. Mints

Why you should move to Soledad

Are protests effective?

**8 & 9****Feature**

Gender bending teens

The need for feminsm

Gender stereotypes on campus

10 & 11**Sports**

SLOHS beach volleyball

Spotlight: Callum Bolger

Alternative sports teams

SLO Hikes

**12 & 13****Arts & Entertainment**

Best of 2016

**14 & 15****People**

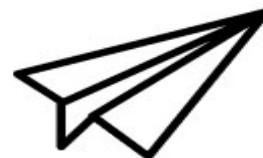
Fintel's return

Embarassing moments

After the accident: James Raj

**16****Back**

Is 'Love Trumps Hate' exclusive?



Staff Editorial: Altruism

We take for granted the safety and luxury that we live in. Shelter, healthcare, and an abundance of clean food is guaranteed to us while we indulge in Starbucks in the morning, Chipotle at lunch, and expensive technology for entertainment at night. Step out of this oasis and you find over three billion people living on less than \$2.50 a day. Many of them can't afford simple necessities or support their families to live any sort of a quality life. In this light, we seem like spoiled kings. On top of that, the whole building and delivery of a simple bed net that could save a child from suffering and possibly dying costs a measly ten dollars. Let's consider two simple questions: do we care? If we do, how can we help?

In a sense, it is obvious that we do care. We frequently sacrifice our own well-being to help those around us. Yet, at the same time, we squander much of our time and money rather than allocate it to those in dire need. Would we risk our life running into a burning building to save a child's life? Most of us would. However, would we do the same to save a million dollar piece of artwork? Now it's not so clear, but it should be more clear. You could donate the millions of dollars to

life-saving charities and save hundreds of lives instead of just one. This thought experiment proposed by William Macaskill is an attempt to hold a mirror up to a flaw of our nature: we see the immediate threat, but don't see the crisis happening in the world. If we want to do the most good, we must transcend this emotional glitch.

Being raised in a society where material wealth is praised much more than helping others, the idea of donating may seem like a very nice, but undesirable way to use our money. However, upon introspection, we may see that the happiness gained from deeply enhancing the lives of horribly unfortunate, impoverished people can be far more gratifying than the ways we typically spend our money. All those video games, clothes, and restaurant meals lose their value quickly, but knowing you have helped prevent a young child from suffering from malaria, tapeworms, or extreme poverty promotes satisfaction that lasts. If that's not convincing, ask yourself this question: are you someone who cares more about satisfying your own selfish, temporary desires, or someone who takes responsibility for your incredibly lucky place in the world, and uses your advantage to

help alleviate the suffering of the people who were unfortunate enough to be born in a different place than you? Do you fully realize that you are truly caught between saving a baby in a burning building and choosing to indulge your petty wants?

Once you have made up your mind to contribute, it can be hard to choose where to put your hard-earned money. On top of the hesitation arising from the sheer number of organizations to consider, the fact that some charities are thousand times more effective than others should cause donors some anxiety. Lucky for us, organizations like GiveWell and The Life You Can Save have taken the time to rigorously inspect the evidence behind many charities and report on which ones really do the most good. Their websites give breakdowns of each charity, explaining why they recommend them and where the money is going.

If you feel inspired to make some life changes to help others, don't let that slip away. No real changes are built off of a momentary feeling. They require us to continuously make an effort to be concerned for others. If you do this, not only can you live life with a deeper purpose, but you can truly change the world.

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Quotes from our President-elect

By Sean Kucer

"I don't think Ivanka would do that [pose for Playboy], although she does have a very nice figure. I've said if Ivanka weren't my daughter, perhaps I'd be dating her."

"You know, I'm automatically attracted to beautiful — I just start kissing them. It's like a magnet. Just kiss. I don't even wait."



"The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."

"I have a great relationship with the blacks."

sources: townhall.com, twitter.com, nytimes.com, observer.com

Minimum wage is on the rise



By Rae Odom

Minimum wage has recently been in the attention of the news with dates now surfacing relating to increases throughout California. On January 1, 2017, the rate increased from ten dollars to ten dollars and fifty cents, and then to 11 dollars in January of 2018. This will continue to increase by one dollar each year until 2021, capping out at fifteen dollars. *Expressions* interviewed San Luis Obispo High School students with jobs about how this rise will affect them and their general thoughts on this topic.

"Well I'm excited for minimum wage to go up so I'll be getting paid more and making more money. I think this system will work out and be successful," said senior Carly Donk.

Protests funded by the Service Employees International Union and low-wage and fast food workers demanding a \$15 wage have been prevalent over the past three and a half years and this increase can be seen as a success.

"Ideally, I think that it should be raised more rapidly, but that wouldn't go over well with the inflation of the economy," said junior Cole Bumen.

At the signing ceremony, Governor Jerry Brown explained that even though this in-

crease may not make sense economically, it is necessary from a political standpoint. Governor Brown made it clear that this is necessary because it binds the community together and makes sure that parents can care for their kids easier and better.

"For high school students minimum wage is enough, but for people trying to live off of it it's hard for them to have a happy and healthy lifestyle. Single parents struggle to live day to day and have to work more to provide for their family. Raising the minimum wage would allow time for people to catch up in life and receive more income for their expenses," said senior Sierra Dana.

Wolf PAC: The Road to Representation

By Logan McNichols

If the 2016 presidential election tells us anything, it is that money has a huge influence in our political system. Hundreds of millions of dollars were spent in support of Donald Trump and Hillary Clinton's campaigns. Without this immense amount of spending, it is unlikely that they would have had the publicity necessary to win, which is true of all candidates running for higher office. A large portion of these funds are contributed by corporations. Wolf Political Action Committee is an organization that is set on taking moneyed interest out of politics.

"Candidates don't stand a chance at achieving office without accepting the support of self-interested companies," said senior Jacob Scurria. Through Super PACs, corporations can contribute an unlimited

amount of money in support of a certain candidate, thus giving them a clear advantage in a close political race.

"My belief is that when you have somebody donating massive amounts of money they're expecting something... some kind of policy that is going to benefit them," said government teacher Jim Johnson. This is incredibly important for San Luis Obispo High School students, especially for those who want to have any kind of future in politics, and for the rest of us who want to be fairly represented.

Wolf PAC's plan is to add a Free and Fair Elections amendment to the constitution that reads, "Corporations are not people. They have none of the Constitutional rights of human beings. Corporations are not allowed to give money to any politician, directly or indirectly. No politician can raise over one hundred dollars from any person or entity. All elections must be publicly financed." Amending the

constitution is no simple matter. There are two ways that this can be done. Either the congress can propose it to then be ratified by a three fifths majority of the states, or the states can hold a nation convention to propose it. From there it must again be ratified by three fifths of the states. Wolf PAC doesn't believe that congress will ever propose it, because too many congressmen are relying on corporate funding for their political success.

They do however believe that they can get a national convention. Two thirds of states need to be in support before this can happen. Right now, our own state California, Vermont, New Jersey, Illinois, and Rhode Island have all called for a convention. That means that they still need 34 states to join in. It will require much more support.

To learn more about Wolf PAC and find out how you can help, visit www.WolfPAC.com.

"Sorry, this page is blocked."

Inside the Web Filter at SLOHS

By Zane Leslie

The web filter at SLO High has gained quite the infamy over the years. The student base has, unsuccessfully, made their disapproval of the web filter very clear, stating such an echoed plea for certain news, gaming, and social media sites to be unblocked. *Expressions* reached out to students to find out how our school feels about the web filter, as well as the reason behind the program.

"Some sites shouldn't be blocked like sites that are useful to projects, but it (the web filter) should be a thing.

Teachers should be able to remove sites from the filter if they need to," said junior

Jake Fletcher.

In a call with the Instructional Services of Technology or I.S.N.T. I got a chance

by school districts around the state. He explained to me that, "the web filter is not under the control of any one person",

but instead "an algorithm that selectively chooses sites that falls under categories and deems them unfit for school usage." The workaround that he proposed was that if a person or peoples sees a site as unlawfully blocked, an administrator can remove it from the list if he/she sees it fit.

"We should have it so people don't do malicious things on our network. But at the same time, if we can't access resources at school, we have more work to do at home and that just piles up with the rest

of our homework," said junior Devlen Rourke.



In The Ring: GUM VS MINTS

By Sam Wendt

By Zach Wise

There are two main options when it comes to keeping breath fresh post-brushing: gum and mints. Every high school has that one person whose popularity is based on their generosity with gum. Capitalizing on high schoolers' insatiable desire for the substance, this "gum person" is always remembered fondly by their peers. There's a reason no one remembers the "mint person". Mints are fundamentally unreliable and inferior to gum.

At a basic level, gum is more effective at freshening breath than mints. The malleable nature of gum allows it to work its way into oral crevices, removing food and bacteria that are inaccessible to mints. A mint is nothing more than mediocre, sugar-free candy.

Mints are notoriously short-lasting and limited in flavor selection. Chewing gum is a much more long-lasting, flavorful, and overall enjoyable experience.

"You can't blow bubbles with mints. Mints are boring," said senior Cole Hanvey.

In addition to freshening breath, gum has also been shown to improve test-taking performance. According to an article on livescience.com, "the chewing motion gets blood flowing to the head, the researchers suggest, where it improves memory, according to how quickly a test-taker can recall information."

SLOHS students can attest

to the gum's academic enhancement properties.

"Gum is the reason why I am a 4.7 student. Because it makes me focus on tests," said senior Jenna Lee.

Offering gum to a friend or stranger can completely

In the argument of gum or mints, mints are clearly the superior breath freshener. The strength of mints allows you to keep your breath fresh long past the dissolve period while leaving behind nothing in return. When I want my breath

becoming a real factor. If gum is swallowed the wrong way, it can lead to symptoms as severe as death.

"I cannot stand the texture," said senior Sam Kukol. Gum is among the most unnatural textures in the world, and mints serve as a much more effective substitute to this sickening substance.

Gum is a near permanent substance in the sense that even after it has been chewed, it remains, posing a problem to the environment. Any of us who have walked through a large urban city can see the destruction this causes, with thousands of disgusting, unappealing looking black splotches all over the ground. With mints, this permanence is not a factor whatsoever. Once you finish using a mint, it's gone, and all that remains is the freshness you used it for in the first place. People often continue chewing their gum after it loses the flavor, successfully removing the freshness that it initially provided. With mints, you get the freshness, and none of the hassle.

There are so many different varieties of mints each with their own specific appeal. Some versions of Lifesaver mints light up and crackle sparks when you chew them in the dark. Is there any type of gum that sparks in the dark? Not that I know of.

Source:
debate.org



brighten their day. Each piece is a beacon of human kindness, an opportunity to bring happiness and fresh breath into someone else's life.

Bubble Gum Alley is no doubt one of the most well-known landmarks in San Luis Obispo, attracting people from all over the world. Why do they do it, you ask? To pay their respects to gum.

Have you ever heard of Mint Alley? I don't think so.

to genuinely smell good, I go for the mints over gum ten times out of ten. The only time that I ever turn to gum as a form of refreshment is when there is no mint available.

Aside from gum's already irritating consistency, it provides a choking risk. When one intakes a delicious mint, the choking hazard is almost non-existent because even if it becomes lodged in your throat, it will dissolve before

Are protests effective?



By Lexi Smith



The past controversial election brought on a wave of protests from disgruntled citizens. Many San Luis Obispo High School students took part in them. With the streets of San Luis Obispo filling with the chant “not my president,” one can’t help but wonder if it will do anything.

Throughout the course of history people have turned to protesting as a way to voice their discontent. Several instances have included the lack of labor laws, the civil rights movement, and women’s suffrage; all proved to be quite influential. Recently the question of how effective they are has been brought up.

“The anti-Trump protests only would have been successful if they were happening before the election, now they are just bitter because their candidate didn’t win,” said junior Hayden Shannon. Protests often don’t culminate in an immediate change, their purpose is more to keep an issue in front of the public eye and to bring support and awareness to a cause. Having more supporters for a cause will result in a higher probability of change.

The upcoming inauguration of President-elect Donald Trump is causing a large disturbance in many ethnic and social groups, and they are exercising their First Amendment right by gathering for protests across the United States.

“It was a very liberating feeling and there was no harm done here in San Luis Obispo. I can’t stand it when people say we are whining or to just move on because I have a constitutional right to be able to take to the streets and voice my opinion; therefore, I am going to exercise that right when/ if I feel it is necessary,” said senior Cami Love.

Protests often get a shown in a negative light because they have a history of turning violent. There are people that believe so



strongly in a cause that they are willing to use violence to get their message across. History has proven to us that protests do not need to turn violent to be effective. In 1930 the British tried to impose a salt tax on India, and Gandhi peacefully protested and marched two hundred and forty miles

over twenty days with an ever growing wake of people. He was then arrested which brought national awareness to the cause and led to his release. This protest was not effective immediately, but it drew attention to India’s struggle for independence which was eventually reached two decades later.

“The recent protests for the Dakota Access Pipeline showed us that protests do work, and that people’s voices when they come together are heard,” said junior Rutik Shinglot. When there is a cause that so many people feel so strongly about, it is worth it to have your voice heard.

Why You Should Move to Soledad

By Zach Wise

As students of San Luis Obispo High School, we are often left wondering what’s next in our lives. When this all ends, and we go off on our own, where will we settle down and end up spending the rest of our lives? Well luckily, I have the answer to that question, because your next home should be in Soledad, California.

A must-stop place on every trip through the area shows the allure that Soledad already is providing for people all throughout California. I personally have not once passed the Soledad area without at least stopping at one of their many conveniently located Starbucks. There’s nothing better than a nice cup of joe to start the morning, and this is something Soledad certainly is not lacking.

Soledad also offers so many exciting things to do around the area. For those seeking adventure, the towns of Monterey and Santa Cruz are well within an hour drive. You can spend an amazing day in the aquarium, walk along Cannery Row, and be back at home in Soledad in time for dinner. Santa Cruz is an already established adventure destination, and having it within an hour from your home base is most certainly an advantage.

From the world famous Soledad water tower, to the beautiful surrounding mountains, very few places can compare. If you ever start to believe Soledad may not be the place for you, take a dip in the nearby Salinas River and tell me you still feel that way. I know my many visits to Soledad have been life changing, and I hope the place holds the same magic to all who journey there in the future. So, next time you find yourself seeking something greater than the life you already have, perhaps the next San Francisco, Soledad, should be where you consider setting up fort for the long hall. I guarantee you will not regret it.

GENDER BENDING TEENS



By Stephen ZagRodny
and Danielle Halen

Since the very first toga, there has always been a distinct separation between masculine and feminine clothing. San Luis Obispo High School is no exception. However, while most students tend to follow the fashion standards aligned with their gender, there are some who decide to take a risk and blur the lines.

Many students conform to the standards of their gender. Knee length shorts are for boys; skirts are for girls. Guys have short hair, girls wear makeup. There are some students, however, that have the courage to wear whatever they want, without regard to social norms.

"I kind of just wear what's comfortable for me," said senior Chase Gargano. "I don't think clothes have a gender, and I don't believe that they should."

One reason so many students conform to the standards is the fear of negative reactions from their peers.

"I used to get bullied a lot in elementary school for the way I dressed...But even if people have a negative opinion about the way I dress, I don't let it affect me because those opinions don't matter," said Gargano.

It's been noted that it's considered more socially acceptable for a woman to dress in the clothing assigned to men than it is for men to dress with women's standards. It's an obvious double standard. Women can wear men's clothing and be seen as normal, while men wearing women's clothing are seen as odd and out of place.

"I think there is a fear to show femininity because it's sometimes associated with weakness and being submissive," said sophomore Alaina Stephens when asked about this double standard.

To understand this double standard, *Expressions* Opinion editor Luca MacDougall, and juniors Lexi Smith, Stephen ZagRodny, and Danielle Halen broke the gender stereotypes around clothing for a day.

"I got a lot of confused looks," said MacDougall, who donned a jumpsuit and long sleeve. "Some people gave me a side-eye glance as I walked by, but a lot of my

friends complimented the outfit and said I looked good."

Smith, who wore men's jeans with high socks and a long sleeve shirt, noticed the double standard between girls' and guys' fashion.

"Crossdressing as a girl was significantly less shocking than as a guy, but I still received a few comments and awkward looks," said Smith.

"I definitely got stares, and even a comment from a teacher," said ZagRodny, who sported a crop top and skinny jeans.

"This teacher reminded me that my outfit goes against dress code, which was interesting because I've seen many of my female friends wear an identical outfit without any issues."

"Everyone just sort of acted the same to me," said Halen, who came to school in male attire.

This gender bending experiment highlights the double standard and stigma in everyday fashion. Although there was no directly negative confrontation, it's obvious that the gender norms in fashion are prevalent at SLOHS.

GENDER EQUALITY; *How feminism levels the playing field*

By Haley Block

San Luis Obispo High School has a wide expanse of different feminist viewpoints. *Expressions* recently interviewed multiple students to hear their differing feminist beliefs and to find out how has feminism affected their lives.

The progression of womens' rights throughout history has been drastic. From gaining the right to vote in 1920 to advocating for equal pay, there has always been an issue of inequality. Feminists have taken the lead in supporting women's fight for equality.

"I think feminism is a vital part of society. However, many people don't actually know its purpose and therefore give it a bad name," said senior Whitney Burns. The definition of feminism is the advocacy of womens' rights on the grounds of political, social, and economic equality to men,

according to the Oxford Dictionary. In society this seems to be distorted at times, with feminists being viewed as man-hating, uptight individuals. This viewpoint is simply untrue, the main point of feminism is the fight towards equality, and it's disturbing to hear that women are labeled negatively for simply wanting what's right.

"My main view on feminism is that I strongly believe a woman should be seen as an equal with a male. Neither sex should be seen as greater nor inferior. I do not want to live in a society or community where I am looked down upon or seen as lesser because of my gender. We have made a lot of progress as a country in addressing and changing this culture, however I feel as if we took a big step back in the presidential election," said senior Cami Love.

Feminism is not exclusive to women, it is a movement that is catalyzed by both women and men. We asked a few male students about their feminist viewpoints.

"It's affected my life in the way that it has given me more awareness into the challenges that women face everyday that I never will. I don't know how my views came to be, I've always seen everyone as equals, regardless of the factors they can't control," said senior Maxim Dahan.

"I developed my views living in an extremely open and accepting household. My parents choose not to inflict opinions on me that they expect me to follow, but they have rather taught me the lessons I require to be a morally sound individual," said sophomore Clea Wendt. Along with households, public figures have a large influence on people's views of feminism as well.

"You can roll your eyes all you want, but yes, Hillary Clinton has influenced my views on feminism. She is an advocate for all women on this earth and reminds me that I am capable, I am worthy, and I am strong," said Love.

GENDER STEREOTYPES ON CAMPUS

By Liliana Turner

Gender identity is defined as one's innermost concept of self as male, female, a blend of both or neither. One's gender identity can be the same or different from their assigned sex. With the gender you define yourself as, comes many stereotypes, or gender roles.

Stereotypical characteristics of women can include, sensitive and submissive, and can be expected to do domestic chores, and have nurturing jobs. When it comes to stereotypes for men, they can be considered tough, closed off, dominant, and expected to provide.

In 2016, fashion, central figures, and social media are becoming more progressive when it comes to breaking out of gender stereotypes; but that doesn't mean they still

don't exist. With the constant pressure to fit in from the media, peers, and parents, these stereotypes become an expectation that burdens San Luis Obispo High School teens.

An anonymous survey about gender stereotypes was given to four classes at SLOHS. Some of the yes or no questions on the survey included, "Do you feel pressure to conform to the roles of your gender?", "Should a man be embarrassed if his wife makes more money than him?", and "Would you think it would be weird if you saw a guy at school wearing makeup?". 82 percent of students who took the survey said no, they don't feel pressure to conform to the roles of their gender. 98 percent of students said "no", a man should not feel embarrassed if his wife makes more money than him. This shows that we may have more of a welcoming, accepting campus.

27 percent of students said "yes", it

would be weird if they saw a guy at school wearing makeup. Some quotes from the anonymous survey included positive ones such as, "I have little opinions, do whatever makes you happy."

Others felt that it was unnecessary, "No one cares if a man or woman does something, we're past that period. Stop this dumb stuff about making everyone equal, everyone already is equal."

In regards to one of the other questions asked, "Do you think a guy should take Fashion Design at SLOHS?", a student left the interesting comment, "If a guy did take Fashion Design, I would probably think he was gay. That bias isn't fair and I wish I could get over it."

Hopefully if we open our minds and challenge the traditional stereotypes our society has set for us we can have a loving environment for everyone.

Callum Bolger Runs This Town

By Zoey Nitzel

While the San Luis Obispo High School cross country season is long over, senior Callum Bolger continued training for nationals after running a record breaking 14:57 at a five kilometers race in Clovis. Now that nationals are over, one question remains: what's next?

"I'm going to take a break for a little bit. Then, this January I'll kick it up a little bit in preparation for the next track season," said Bolger. After graduation, Bolger will be attending Stanford University.

"I've been recruited by them, so I'm going to be on the cross country and track and field team." The pride Bolger has brought to our school will remain as he represents SLOHS during his time at Stanford.

"I definitely want to be able to reach his accomplishments, if that's possible. I think he has a shot at the Olympics, or at least NCAA's championship," said junior Caius Cowgill.

"I don't see anybody out on a run as much as he is. Nobody goes as far, nobody goes as fast. He's a real inspiration." Bolger's commitment and accomplishments have greatly influenced his teammates.

"I'm thinking about the Olympics but the Olympics are more focused on track and field. Last track season I had a really good time, so going into the future I'm going to focus more on track," said Bolger.

As our prized athlete ends the cross country season with a bang, it's a good to know that he had a positive run at SLOHS. It's obvious Bolger has a great future ahead of himself.

Beach Volleyball At SLOHS: The Ball is in our Court



By Matteo Cicognani

San Luis Obispo High School currently has a mens beach volleyball club team that meets after school during first trimester. At the moment it has eight players, but if it ever became a school sport, many more students would be willing to participate.

"Beach volleyball is a growing sport in the NCAA. For that reason, it is also growing at the high school level. There are more and more high schools that are putting beach volleyball courts on their campuses. I think this would benefit volleyball players and Physical Education classes that want to use it for sport or just for fun exercise," said chemistry teacher and current coach of the club team and indoor men's volleyball team Braidy Halverson.

"It would be really cool to have courts on campus, and it would be even better if they would let them be accessible to students after school. Also, California has a really good weather for it, which is really important," said senior Marko

Sajjic, current player of the school club team.

The only negative side to a fifth period beach volleyball team would be that, "a new sport needs a lot of money. I don't think that the cost could be worth the benefit. Also, there are actually clubs for girls outside of school," said history teacher Marci Beddall, coach of the girls volleyball team.

Last season SLOHS took part in a four local high schools league called Channel Conference. More than four categories were available, divided by the skills of the teams. That means that a lot of experience on the court is not a requirement.

If an 805 league was created there would be lots more games and tournaments. Schools could have more players and students could have the possibility to try this sport that is spreading through colleges.

A beach volleyball team could help students to a get a scholarship for colleges such as Cal Poly, that currently has a girls' division one beach volleyball team. The addition of a beach volleyball team would be very beneficial for SLOHS.

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Should “Alternative” Sports Teams be Added to SLOHS?

By Zoey Nitzel

San Luis Obispo High School has many competitive sports, both single player sports and team sports. However, some students want to add an alternative type of team. Hockey, gymnastics, and lacrosse are sports students have been interested in adding to SLOHS.

Sophomore acrobat Hannah Marchbanks said, “I think they should add acrobatics at SLOHS because it’s a sport that a lot of people do. It would be cool for everyone to be a part of the school and do their sports.” Some students grow up playing certain sports, only to find out that their high school doesn’t offer that particular sports team.

There are colleges that have hockey, and

gymnastics (similar to acrobatics) teams. Some even offer scholarships for those sports. Offering these sports in high school would encourage more students to continue playing into college, and maybe even pursue their sport as a career.

“I started playing football my freshman year, so that took up most of my time. But, if they offered hockey I would have kept playing,” said sophomore Jack Medlock. Many students have stopped playing sports they enjoyed simply because our school doesn’t have a team for it.

Lacrosse is also a commonly played sport among SLOHS students, or at least is used to be. Lacrosse was offered throughout middle school by a youth organization but many who played it had to stop when they came to SLOHS. Many students don’t have time for an after school sport. If it were

offered as a sport to take at our school, an actual fifth period class, players wouldn’t have to choose between schoolwork and a sport they’ve played for years. It’s unfortunate SLOHS does not offer school-sanctioned teams for some of these “alternative” sports.

Performing art sports such as gymnastics/acrobatics, aerial silks, and dancing all let one express creativity in a physical form. While SLOHS has a dance team, gymnastics and aerial silks are both very different and deserve teams of their own.

Money may be a concern when discussing adding new sports to SLOHS. Equipment, space to practice, and new coaches, are all things to consider. One can recognize why SLOHS would be hesitant to make such changes, however alternative sports teams would be a useful and beneficial addition.



SLO County Hikes you Haven’t Heard Of

By Liliana Turner

Many students hike and take pictures at the top of Madonna Mountain and Bishop’s Peak, but there are plenty of hiking trails barely anybody knows about. Our county is full of many different landscapes, plants, and wildlife to explore and students should be aware of the different hikes available.

Elfin Forest (Los Osos, CA) This is an easy hike, more of a stroll, full of more than two hundred species of plants, and 165 kinds of animals. This trail is famous for its tiny species of California Live Oaks, that grow tall everywhere else, hence the name “Elfin”. It’s definitely worth it to bring your camera while walking around this miniature forest.

Reservoir Canyon (San Luis Obispo)

Reservoir Canyon is a little more well known, but just as special. There is a waterfall, cave, and a swing that overlooks San Luis Obispo.

“I really like the swing because the view is really amazing. You should probably bring water and a snack because it’s a really hard hike if you want to go to the top,” said Sophomore Molly Foster.

Cuesta Ridge Botanical Area (San Luis Obispo) This is about a six-mile trail, off west Cuesta Ridge Road.

“There’s a ton of really cool hiking trails that branch off of it and have really cool views of SLO, Morro Bay, the dunes, and North County,” said Junior Cole Bumen. There are many panoramic views, including all of the Seven Sisters. For this hike,

you should definitely prepare by bringing a lot of water and comfortable clothes.

Shell Beach Bluff (Shell/Avila Beach) This is an easy trail for everyone. It begins in Shell Beach and has an awesome view of Pirate’s Cove. It also can turn into the Ontario Ridge Trail, which is a nice loop with ocean views. Bringing a bathing suit is a good idea for when you reach the beaches at the end of this trail.

Ancient Oaks Forest (Los Osos) The Ancient Oaks Forest is located right when you get into Los Osos on Santa Ysabel Avenue. There will be a sign that says “Ancient Oaks Forest”. Here you can be surrounded by oak trees.

“My favorite part about this trail is all the trees, and that it’s really hidden,” said Foster. This forest trail is also great for picnicking.

The best of 2016: Music

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ By Emma Jane Haas ☆ ☆

2016 has brought many changes- we (almost) elected the first female president, swimmer Michael Phelps retired, and Leonardo DiCaprio finally won that Oscar he has been waiting for his entire career- but through all of these changes, one thing remains constant: the steady flow of new, innovative, creative, entertainment. Celebrate the end of 2016 with these movies, tv shows, and albums selected by the *Expressions* staff.

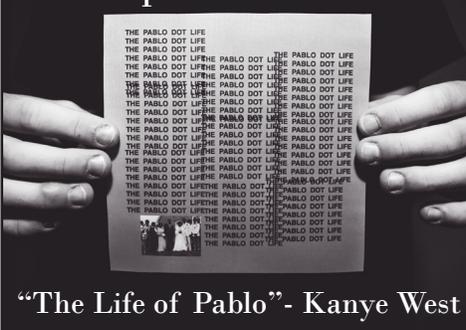
Best Indie Album



“22, A Million”- Bon Iver

It has been over five years since Justin Vernon last put out an album as Bon Iver, but on September 30, “22, A Million” was finally released. Not only are the titles, such as “22 (OVER S∞∞N)”, unconventional, the entire album is unique. As always, Vernon uses his hypnotic falsetto to create a lulling, melancholy tone that will draw in any listener.

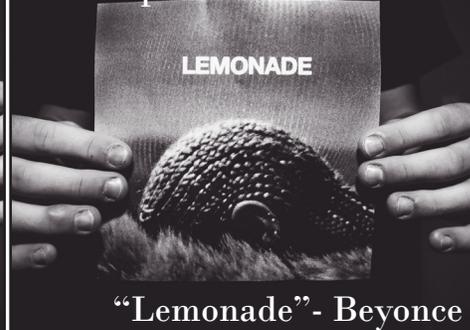
Best Rap Album



“The Life of Pablo”- Kanye West

“The Life of Pablo” is without a doubt, Kanye West’s most creative album to date. While it has a more messy feel than past albums like “Yeezus,” this organic tone adds to the album’s originality and is a large part of what makes it so enjoyable to digest. With contributions from artists like Kendrick Lamar and Chance the Rapper, “The Life of Pablo” is a dynamic, gospel, masterpiece.

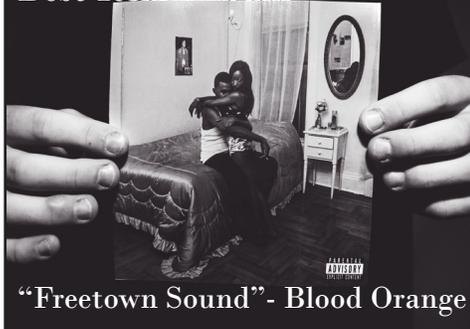
Best Pop Album



“Lemonade”- Beyoncé

Despite being arguably two of the most famous people on earth, up until recently, Beyoncé and Jay-Z’s relationship had been private and left out of the public eye. In “Lemonade,” a deeply personal “visual album,” Beyoncé shatters this wall, with a truthful, powerful account of what it feels like to be cheated on. Songs like “Don’t Hurt Yourself” show her incredible vocal range.

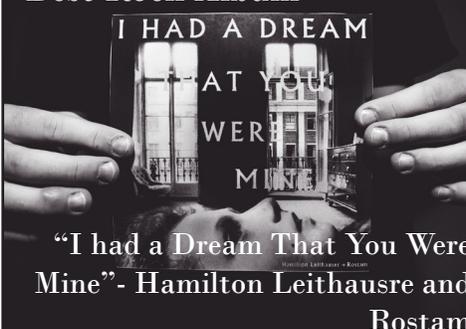
Best R&B Album



“Freetown Sound”- Blood Orange

Singer, producer, and songwriter Dev Hynes has outdone himself with his newest album, “Freetown Sound.” The album, a comment on the trials of the Black Queer community, is made strong with a talented ensemble of women, all with idiosyncratic, eclectic voices. “Freetown Sound” is an eighties influenced gem with a powerful message: accept everyone.

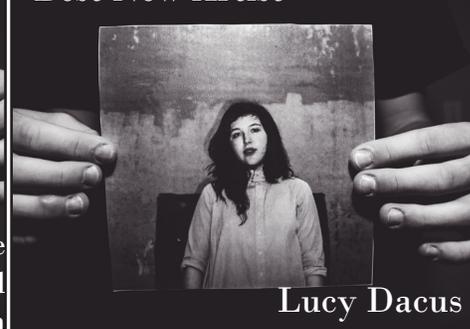
Best Rock Album



“I had a Dream That You Were Mine”- Hamilton Leithauser and Rostam

“I Had a Dream That You Were Mine” is a powerful indie-rock album, with clear influences from bands like Dr. Dog and The Beatles. Rostam Batmanglij is the pianist and Leithauser is the vocalist. The title is a perfect representation of tone throughout the album: a kind of desperation and longing for the idyllic scenes we dream. The nostalgic sound of the first song “1000 Times” draws you in from the first line.

Best New Artist



Lucy Dacus

In her debut album “No Burden,” Lucy Dacus has created an organic, new sound. Her voice, paired with some drums and an electric guitar, is low and smooth, and her lyrics, coupled with unpredictable melodies, are relatable and candid. Stand out songs include “I Don’t Wanna Be Funny Anymore” and “Troublemaker Doppelgänger”.

Films, and Television



Data Compiled by Lisa Halverson and Maliah Miller
Photos by Matteo Cicognani



This summer, a new show, abundant with love triangles, adorable kids, superb acting, and an eighties punk rock soundtrack hit Netflix and immediately gained popularity among children and adults alike. The show's success is no surprise, due to the thrilling story line and strong cast. Although part of the charm of "Stranger Things" is its nostalgia, it is still unexpected and original.

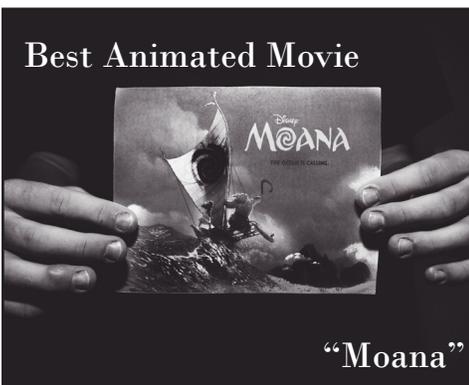


"Moonlight" tells the story of a young black man through three phases of his life: childhood (Alex R. Hibbert), his teenage years (Ashton Sanders), and adulthood (Trevante Rhodes). The true genius of "Moonlight" is director and writer Barry Jenkins's stunning cinematography, unexpected soundtrack, and brutally honest script that makes the audience care about every character, even the ones that appear to be bad people.



Packed with amazing performances and the greatest action scene ever put to the big screen, "Captain America: Civil War" is truly a comic book fan's dream. From a teenage Spider-Man to a sensational debut performance as Black Panther by Chadwick Boseman, this movie is a perfect conclusion to the epic "Captain America" trilogy.

By Aric Sweeny



"Moana" is a refreshing, new kind of Disney movie, one that focuses not on a distressed damsel's quest to find Prince Charming, but instead, on a Polynesian teenager's mission to save her homeland. Complete with beautiful visuals and a soundtrack by "Hamilton's" Lin Manuel Miranda, "Moana" is an inspiring, uplifting movie both children and adults will enjoy.



Taking a simple plot and turning it into something incredibly complex, "Don't Breathe" offers authentic scares and a legitimate thrill. It tells the story of three thieves that break into an old man's home in search of his money; spoiler alert: it doesn't end well for them. "Don't Breathe" is the best horror film of 2016.

By Aric Sweeny



The opening scene of "Captain Fantastic," in which Ben (Viggo Mortensen), his son Bo (George MacKay), and his other children traipse through a forest deep in the Pacific Northwest, truly shows you what you are in for: an intense, interesting, funny film about the importance of family. Complete with an eclectic rendition of "Child O' Mine," "Captain Fantastic" is sure to entertain.



Fintel finally returns to SLOHS

By Sean Kucer

Lately, it's seemed like the world is falling apart. Christmas break has ended, and Donald Trump is about to traumatize us by being sworn in as president. But, thankfully, we can let go of all our worries and go back to enjoying life to the fullest, as legend and math teacher Kyle Fintel is back from his trimester-long paternity leave, prepared to douse us with even more wisdom than before.

"You get to go right back to being a kid again. I'm 36 now, so you get set in your ways, get set in your routines, get a little older, get a little crustier. When you have a baby, you can dance in the living room; you can sing even though your voice sucks because you don't care who hears or whatnot; it's just like two kids playing and making it up as they go. For me, that was just so, so cool," said Fintel on his initial

experience with parenthood.

"I wake up to my baby smiling in [my] face in the morning, and him kind of giggling," said Fintel describing a common morning in his new life. Beyond this joy, however, Fintel has uncovered some deeper parts of the human experience through parenting.

"When you have a kid, you definitely



feel the common bond between all human beings. When you go through that experience of the child coming through, you realize that all the other parents went through that; we are all doing the same thing, we all want to take care of our kid

and want it to be happy and healthy and warm and all that good stuff. So now I see why mature adults are so good and steady... It's not really me vs. you anymore, it's just as long as I have my house and my family, I'm happy. Competition goes out of your brain and all you really care about is your baby," said Fintel explaining the profundity of having a child.

Although he admits to some added vulnerability and fear for his child, Fintel said, "part of my practice is to let fear come and go, so I try not to let fear dictate."

Although Fintel enjoyed his leave, he is happy to be back.

"It's felt really nice to get back into a regimented routine. I think work and a regimented routine is really healthy for a person. It was cool, I mean to sit down and have breakfast, to take a nap, have lunch, etc, but I'm kind of glad that I'm required to come back to work, because it kind of pushes you to be someone better."

SLOHS Students' Most Embarrassing Moments

By Rae Odom

We have all done things that we aren't proud of. Whether it's peeing your pants in a third grade choir performance, or falling down the red stairs, we all have those moments. *Expressions* interviewed San Luis Obispo High School students to find out their most embarrassing moments in their lives thus far.

Junior Nate Higgins: In 7th grade in band I had ripped my underwear pretty much all of the way off. I was standing up at the front of the classroom writing on the board and Quinn Trahan pantsed me and pretty much the entire class, includ-

ing the teacher, saw my whole bare butt.

Freshman Nick Jackson: I was at a baseball stadium and I hugged what looked to be my father, only to realize that he wasn't and his wife and children all witnessed it and, yes, it still torments me.

Senior Maggie O'Hare: Last year at the powder puff game someone asked me who won the Civil War, I said Japan. I still get made fun of all the time for it but it's pretty funny, but makes me feel pretty dumb.

Junior Hannah Ryan: I was a freshman and decided that during passing period I would try to slide down the railing of the red stairs and instead I hopped on the railing and flipped over it backwards making

a huge scene in front of everyone. At least I'm always careful on the red stairs now!
Sophomore Clea Wendt: When I was 6, my family was visiting the Grand Canyon and we were staying in a camp ground. My brother and I saw some Easter eggs so we kept looking for them in the woods. My mom found my brother, but I went further into the forest. The entire park was closed because they had to check cars as they went out to make sure no one kidnapped me. Everyone leaving the Grand Canyon had to deal with the hassle of getting their car searched. It was such a big ordeal.



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An interview with James Raj

By Sam Wendt

After his crippling bike accident last year, senior James Raj was left with an inability to move three fourths of his muscles. Raj took the first trimester off of school to recuperate and adapt to his radical lifestyle change. Upon his long awaited return, *Expressions* interviewed Raj to see how he has dealt with overcoming such an immense challenge and get an idea of how he is handling his return to San Luis Obispo High School.

Expressions: Explain the incident that resulted in your injury.

Senior James Raj: My injury occurred near the end of summer break. I was on my way to work at Tennis Warehouse. I was a few hundred yards away from Tennis Warehouse when my bike's brakes suddenly locked up. I fell straight down headfirst into the ground. The road itself that I crashed on was very flat, so we think that the bike must've malfunctioned. The brakes are still locked up at this moment. At first when I was lying on the ground I thought that I wasn't injured at all because I couldn't feel anything painful, but then I realized that I couldn't move anything as well and realized that I might be paralyzed. Within about thirty seconds and a car drove up and saw me on the ground; they called 911.

Expressions: What has been the hardest part of dealing with your accident?

Raj: The hardest part is probably being extremely dependent on other people for very basic needs. I have to depend on others for things as simple as picking up a dropped pencil to things as necessary as preparing food so I can live. The second hardest thing that I've had to deal with is the loss of my hand function. Honestly, I would be a happy man knowing that I could never walk again, but still have full ability of my arms and upper body.

Expressions: How has your life changed since losing the ability to walk?

Raj: A crazy amount of stuff has changed, but probably the biggest thing is not being able to go to so many of the places I used to be able to go to. Anywhere that

has stairs but no ramp I can't get to. A lot of stores and basically anyone's house I can't get to either. Also not being able to play sports, or do basically any form of exercise has been really different. As weird as it sounds, I miss the feeling of being completely exhausted and tired from exercise.

Expressions: What have you learned from this experience?

Raj: I guess the biggest thing I've learned



is that you can still have a super awesome life even without having three fourths of your muscles. I've met a lot of really cool people who have had a similar experience as I have and they seem to be having just as fun and meaningful life as anyone who has full function of the body. I'm not saying that it's not hard at times, and that it can really suck, but I guess we're all called to do hard things in life.

Expressions: Have there been any positive aspects to your recovery process? How have you grown as a person?

Raj: I guess just to be very grateful for what I have. Even though I've lost a lot, I can think of so many other people dealt with more difficult situations in their lives and handled it in a very awesome way. Just being thankful for what I have

everything that I do have has really made life a lot better. I don't think this is something that wouldn't have happened without my injury.

Expressions: Who has been most helpful in your recovery process?

Raj: Definitely my mom. She's helped me so much in so many ways it's hard to even name off all the things that she's done for me. She's taken care of me in every way which has allowed me to gain back my strength in so many ways. She's driven me to every therapy and has just been an amazing encouragement in my life. When I've been discouraged she's been there to encourage me in so many ways.

Expressions: What does the future hold in terms of your recovery?

Raj: My injury is considered incomplete so there is a chance that I could gain back a lot of my function. However, that chance is pretty slim. Most likely I could gain back some of my upper body function and core muscles. As far as my legs only time can tell. Generally, people with my level of injury gain back significant recovery within 1 to 2 years. You have a pretty good prediction of how much you're going to get back by the first year though.

Expressions: What is some advice you would give to your fellow classmates after overcoming such a life-changing event?

Raj: Perspective on life is so important. I don't care who you are, but at some point in your life you'll face terrible circumstances. At that moment of loss, you can either focus on what you don't have or you can move forward and acknowledge all the good that's been in your life. I'm not trying to diminish true hardship and suffering. Life can be really terrible at times. But having a right and realistic outlook on the world, and your place in it, can really change the dynamic in the way you live your life, regardless of your circumstances.

Is “Love Trumps Hate” Exclusive?

By Shannon Donahue

Hillary Clinton and Bernie Sanders supporters alike have recently been protesting Trump’s presidential win with the motto “Love Trumps Hate.” Supporters of this concept push for the acceptance and love of everyone, and have especially been embracing those of the Muslim faith, the LGBTQ+ community, and immigrants. However, some groups have recently not been feeling the love, such as Republicans or conservative Christians. The opposite applies to Trump supporters, who wouldn’t touch “Love Trumps Hate” with a ten-foot pole. Both sides need to further open their minds; the Republican Party needs to ignore the political stigma around love and the Democratic Party needs to expand their platform to include everyone in practice.

For the short answer- yes, the “Love Trumps Hate” movement is exclusive. Its ramifications are unevenly applied, and half of America is expertly ignoring the need for love during this time of political tension. Both sides of the political spectrum are to blame for the hate in America’s post-election society.

There is no argument of the point that an uptick in hateful rhetoric and activities has affected America since Trump’s win. The more immediate issue, however, is the loveless atmosphere pervading San Luis Obispo High School’s campus. Tension between students

rose to high levels after the election, with a majority of the student body mourning Hillary’s loss. The minority of students who felt that the election went favorably also felt the pain when disheartened Hillary supporters became prone to lashing out in anger against the party that defeated their candidate. November 9 was difficult for everyone.

“After the election, I felt like Republicans were seen as terrible people,” said senior Lorin Tapp. It was surprising that the supporters of the party that advocated the acceptance of all people no matter their views or beliefs would so quickly turn around and speak hatefully. Both Trump and Clinton supporters at SLOHS struggled to love those who disagreed with them politically. Kudos to the liberals for trying to take the higher road, but it’s now time for conservatives to ignore the ‘Hillary-ness’ of love and acceptance and to respect everyone’s political views.

The passion SLOHS students hold for their political parties and candidates is what makes each of us unique, and we should never conform to certain political ideologies to save from hurting someone’s feelings. There is, however, a line to draw where we don’t let our political views destroy the relationships and the friendly atmosphere we have cultivated on campus.

This is what we need to realize as fellow students. Politics should never take precedence over the respect we owe to our peers- so be kind to others, even if they disagree with you.

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- 1 **THINK BEFORE YOU CLICK**
Exaggerated or provocative headlines are often “clickbait”! Don’t be a victim of bad information.
- 2 **WHO ARE YOU AGAIN?**
Check the “About or About Me” page, THEN leave the site and search the person or organization to see what others say about who they are.
- 3 **INSPECT THE URL**
Look carefully at the URL, especially the ending. Fake sites are adding “.co” and “.lo” after what looks like a legitimate URL.
- 4 **CHECK IT OUT**
Check other stories on the site, and see who else is running the story, especially sources you know to be legitimate. Do *all* the stories lead back to the same (potentially bad) source? Watch out!
- 5 **VERIFY YOUR SOURCES**
Triangulate by verifying with multiple sources and look at sites that investigate hoaxes. Snopes, Factcheck.org, Politifact, and Hoax Slayer are good ones to try
- 6 **GET OUT OF YOUR COMFORT ZONE**
Read from a variety of sources, and know who/what is behind those sources. Use the academic databases found on ETC Portal for research.
- 7 **SHARING ISN'T ALWAYS CARING**
Don't share something based on a catchy headline. If you haven't read and verified it, don't spread it!