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EXPRESSIONS

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Connie Moore
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Opinion Editor

Sawyer McSorley
Arts and
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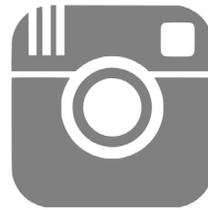
**Sabrina Marks/Zane
Leslie**
Web Editor

Adviser: Scott Nairne

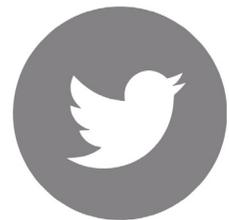
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HIKING LAWS IN SLO

Photo Courtesy of: Ellie Janette

By Joanna Padron

According to the City of San Luis Obispo Space Regulations, “open lands where public access is permitted shall be open to the public from dawn to dusk. It shall be unlawful to enter or remain within such lands between one hour after sunset and one hour before sunrise the following day without approval from the director.” Although this ordinance was technically passed in 1998, it has only recently been strictly enforced. The increase of security questions have begun to rise as students feel their ability to do safe outdoor activities before dawn and after dusk are threatened. These consequences seem to more directly affect students and workers of San Luis

Obispo County who can only hike before or after school during the weekday, when hiking trails are closed. *Expressions* reached out to those who partake in outdoor activities, to see how it’s affected them.

Expressions: How do you feel about this nighttime hiking law?

Senior Harvey Hubley: It takes away the fun in hiking. Nighttime hiking is much more adventurous than during the day.

English Teacher Michael Lara: Hiking at night gives a different experience with nature--new things to learn and think about.

Senior Shannon McCreary: I get it for hikes like Bishop’s from the Foothill trailhead, but night hiking Madonna and Poly Canyon is fun.

Expressions: Will the working class and school-attending individuals be more affected than others?

Hubley: I don’t think it will cause a huge problem, but working individuals will still be more harshly affected.

Lara: People with day jobs will be prevented from experiencing nature.

McCreary: With the illegality and daylight savings, it’s virtually impossible for people who work till five to hike.

Expressions: Does this law directly affect your outdoor schedule?

Hubley: Yes, because the evenings are when I have free time.

Lara: Yes.

McCreary: Yeah, after school the suns already starting to set, so that makes hiking only possible on the weekends.

What is Net Neutrality and Why Should you Care?

By Zane Leslie

On December 14, 2017, the FCC (Federal Communications Commission) voted in favor of Chairman Ajit Pai’s proposal to abolish net neutrality. It will allow all ISPs (Internet Service Providers) to ignore the protected barriers of Title II. Title II gives the FCC the authority to prevent big ISPs like AT&T, Verizon, and Comcast from censoring content and throttling connection speed. If the FCC decides to remove this, we will have internet conditions similar to those of North Korea: limited websites, little to no privacy, and high price tags to unblock services and content you already own.

Although net neutrality was defended once before in 2016, as soon as it was saved, it was back in the frying pan.

Industry-funded opponents in Congress were already doing everything they could to bypass the barriers placed by the FCC. It was unsuccessful until 2017, when Ajit Pai, a former Verizon lawyer, was elected by President Donald Trump to be the chairman of the FCC. With Verizon in the hotseat of the FCC, net neutrality began to crumble from the inside. Because of this, your ISP will have the ability to censor, remove, promote, and change whatever content they want, whenever they want. The aftermath will be especially devastating for human rights campaigns. People of color, the LGBTQ+, and religious minorities potentially face censorship from ISPs. In the face of a possible national uprising, some companies have attempted to comfort their users with the promise of staying unchanged.

With all of the cons associated with the outcome, it is important to recognize the pros. Pai believes that due to the fact that ISPs are restricted from making money from their infrastructure, they are not able to improve their services to combat the high bandwidth usage from their consumers. With Title II gone, ISPs will be able to adjust the pricing and delivery of data and services. This allows the Federal Trade Commission to intervene with the newly instated practices and publicly disclose them, preventing any breaks of transparency. With all the money gained, infrastructure will be upgraded, connection speed will increase (likely for a price), and users will be able to selectively pay for services they want.

Sources: www.bbc.com/news/blogs-trending-42353745

EATING DISORDERS AT SLOHS

By Sophie Yasumoto

San Luis Obispo High School seems to do a lot of talking about preventing mental health issues: anxiety, depression, bipolar, etc. But one group of disorder that isn't openly discussed is the eating disorder [ED]. The most common eating disorders are bulimia nervosa, a disorder in which a person binges and purges to avoid weight gain, and anorexia nervosa, which causes a person to be obsessed with their weight and what they eat. Why does SLOHS focus on other disorders but not the ones that are slowly killing someone? What can we do to prevent the "pretty" disorder from happening?

"I think it's talked about in a much more intimate way," said Principal Leslie O'Connor. Unlike anxiety and depression, people with EDs aren't liking to come out and say, 'Hi, I'm dealing with an eating disorder.'"

"There's not many scripted words to say to someone with an ED like there are for other mental disorders," said anonymous junior and former ED sufferer.

People can express concern for people dealing with an ED by suggesting talking to a school counselor or even a professional that specializes in the ED recovery process, but you cannot force someone to eat.

"I had a student a few years ago that dealt with an ED. She thought that just water was an acceptable thing to eat. I kept talking to her counselor here at school, and her mom, who was in denial. She was afraid to eat in public and whenever she did eat she would throw it up. I remember the day she ate a whole banana in front of me and then came to me the next day and said that she didn't throw it up. It was a huge turning point," said American Sign Language teacher Kristen Nusbaum.

"I didn't feel in control of really any part of my life. It got to the point where I would eat and

then make myself throw up. It just made me feel better and [like] I had control of my body. Looking back, it was one of the worst things I could do to myself. I lost a lot weight and I thought I looked good. People noticed but didn't think a lot of it until my mom made me weigh myself, and I was twenty pounds underweight. I viewed this as a good thing. My older brother approached me about it and told me that if I continued to live this way I could die, and that hit me really hard," said the anonymous former sufferer.

There are resources available for people with EDs, but, unfortunately, admitting you have an ED isn't something that most people feel comfortable with.

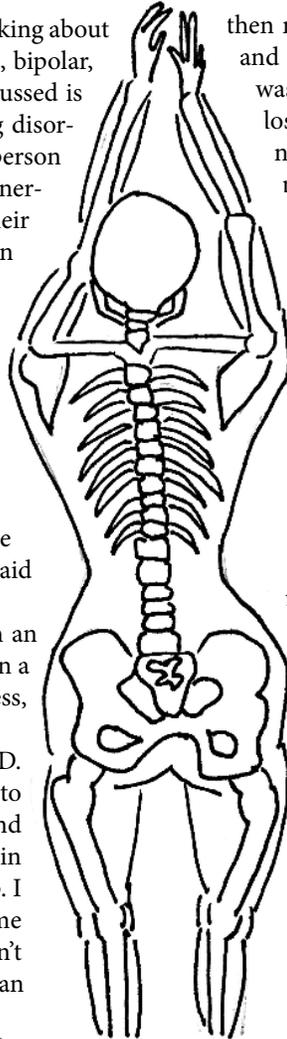
"Being able to develop relationships with the staff is important for students, so they feel comfortable with talking to an adult, which leads to students reaching out for help and being brave enough to talk about the crisis. As a faculty, we should be trained to recognize the symptoms and refer students to a professional. Talking to someone is key. The adults in the system need to be trained well and be first responders," said O'Connor.

Eating disorders are still a taboo topic, and it might take a while for victims to come forward and admit that they have a problem, but getting the ball rolling about the topic can save people's lives.

National Eating Disorders Association hotline (800)-931-2237

www.nationaleatingdisorders.org

Illustration Courtesy of: Connie Moore



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SLOHS Students: Slaves to the Clock

By Molly Foster



Illustration courtesy of Molly Foster

This is the present. You are aware of time moving forward. You see the digits on your phone clock change. Today consists of a morning, afternoon, and night, which will feed into days, weeks, months, and years. It seems second nature for most San Luis Obispo High School students to divide their life into these neat time intervals. In fact, it is so natural to do so that we don't stop to think how time is ruling our lives. We are slaves to the tick-tock of a clock.

"I don't believe in the past or future. What is happening now is all that exists, everything else is just memories. I feel like when I am unconscious and asleep, that time never passed because I have no memory of it," said junior Zoey Nitzel.

In Albert Einstein's theory of relativity, time and space are not separate, but instead molded together to form one entity. Combined, they compose the fourth dimension, which is beyond the normal human experience. This translates into a concept called the Block Universe, where a static block of space-time in which any passing of time, or passage through it, is a mental construct.

The manner in which we record time falsely feels as if each moment flows into the next, creating a constant cycle of the present. Life feels like a succession of events that continually move forward.

However, this illusion is called linear time. It states that the concept of time is simply a projection of the human brain. Each moment experienced exists forever because past, present, and future all coexist. Everything exists as every single potential or possibility simultaneously.

The past is a present idea in your head called memory. Although you may have memories, the act of remembering them occurs in the now. Present thoughts of the future, like dreams or goals, are present thoughts about present thoughts. Everything that joins together falls apart. Once shattered, a glass cannot reassemble, just as words that are spoken can never be unspoken.

Man-made perceptions of time hold many flaws to the natural occurrences of the universe, one of them being Time Dilation. This theory explains why you seem to run out of time when you scramble to meet a deadline or appointment on time, but time won't pass fast enough when you are waiting for a meal at a restaurant. There is no constant point that is a single frame of reference for everything else.

"Time affects everything in my life. It's a constant anxiety just hanging over my head. I am so jealous of my cat because he has no concept of 'time.' Even if I am a couple seconds late to class, my teacher will mark me tardy. My brain doesn't always keep track of time. And it makes me wonder, do a couple seconds really matter? No. They don't. But humans make it count," said Nitzel.

Since linear time is a human construct it may be consciously manipulated, rather than allowing it to control your actions. Instant manifestation is recognizing the patterns of Time Dilation and consequently learning how to shape their reality through interrupting and triggering patterns of time. Everything is connected and interwoven. The fabric of reality is made up of relationships between each living thing.

Sources:

Space.com

huffingtonpost.com

How SLOHS Treats Birth Control

By Maya Hampsey

San Luis Obispo High School has a particularly good program for students' reproductive health education due to the resources available in SLO County, such as Community Action Partnership SLO (CAPSLO) and The Center. Health teacher Daniel Monroe structures a mandatory class which discusses all the options available to students regarding reproductive health. Guest educators from CAPSLO also come in on the day he teaches about birth control.

"They bring in the birth control and let students hold it and see it," said Monroe.

However, despite the progressive sounding nature of this program, the curriculum continues to stress abstinence above all other methods of birth control.

"They [CAPSLO] preach that abstinence is the only form of birth control that is 100% effective," said Monroe.

While this is true, abstinence is only one of many ways to avoid sexually transmitted diseases and pregnancy, and is often taught in a way which shames sex or makes it seem to be something unnatural and dangerous. Monroe made sure to assert that he never told his students that one method of birth control is better than others, or that they needed to practice abstinence.

"Every individual is different, and every relationship is different. Whatever you are choosing to engage in or not engage in, both people in the relationship have to be comfortable with what is happening. They both have to be willing," said Monroe.

Despite the effort Monroe puts into teaching his students how to be safe and make smart decisions regarding their reproductive health, many students still feel unsure about the topic and are hesitant to ask questions due to social taboos.

Freshman Kayla Alltucker, a student of Monroe's, said "it's a pretty weird topic." Alltucker stressed the fact that birth control cannot be discussed with just anyone, but "if there are friends you feel comfortable with, I bet they'd understand."

Unfortunately, some women still feel as if birth control has a stigma attached to it that makes it difficult to discuss.

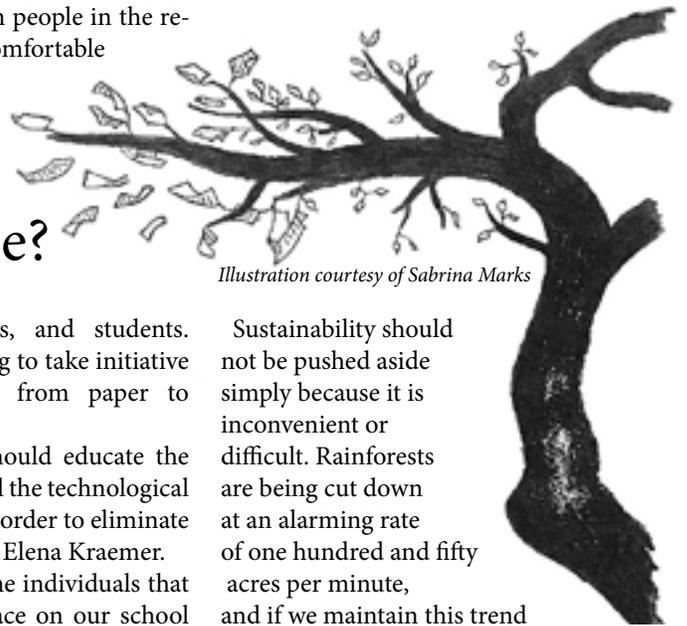


Illustration courtesy of Sabrina Marks

Is Paperless Paperwork Possible?

By Andrew Gater

Although San Luis Obispo High School has taken some major steps to lessen our environmental impact, we have yet to eliminate one of the largest opposing factors to our goal of sustainability. To put it simply, "we use a lot of paper," said sophomore Leanna Vendegna.

Over the past couple years, the use of technology has drastically reduced our school's impact on the world around us, but this technology can be further used to eliminate our paper usage all together. SLOHS would not be the first school to go paperless. In fact, many other schools have already done so with relative ease.

"I went to a paperless school where we just used Google Classroom and it worked well," said senior Environmental Club Co-President Emma Andersen.

To become paperless, it would require the utmost cooperation between

administration, teachers, and students. Some students are willing to take initiative to ease the transition from paper to paperless.

"We [the students] should educate the teachers on how to use all the technological advancements we can in order to eliminate paper waste," said senior Elena Kraemer.

However, there are some individuals that believe paper has its place on our school campus.

"When I went paperless, computers would sometimes malfunction and students got extremely distracted. I don't have to use paper. I would rather use something like an iPad, but I find that what we do in class is easier done using paper," said English teacher Jane Hawley.

Although the convenience of paper is undeniable, we have come to a point where our earth is in dire need of our help. As students, we must act responsibly and stay on task so that we are granted the opportunity to use these privileges as alternatives to paper.

Sustainability should not be pushed aside simply because it is inconvenient or difficult. Rainforests are being cut down at an alarming rate of one hundred and fifty acres per minute, and if we maintain this trend it won't be long before all of the rainforests are used up and destroyed. This not only would reduce the oxygen in the atmosphere, but kill an innumerable amount of animals. Our planet does not have a voice of its own, so as inhabitants of Earth we have a duty to stand up for it.

"We only have one Earth; we can't disregard it like it's expendable," said Andersen.

Going paperless may be extremely difficult, but it is possible and something we should strive towards. As long as we keep it as a goal for our school, the Earth will be sure to thank us for it.

FROM PERSONALITY TO PARIAH: SHOULD PREDATORS BE OSTRACIZED IN SOCIETY?

By Delaiah Hastie

In the past few months, the news has been inundated with stories of well known faces being accused of sexual harassment, assault, and inappropriate workplace behavior. Former republican Senate candidate Roy Moore from Alabama, who has been accused of pursuing relationships with girls as young as 14, as well as sexual harassment and assault, has yet to be prosecuted and was allowed to continue running in the December 12, 2017 special election where he lost to democratic candidate Doug Jones.

However, other popular figures, such as major movie producer Harvey Weinstein and "Today Show" host Matt Lauer, both accused of sexual harassment, have been fired, sued, and ostracized by audiences. It seems as if a tipping point has been reached, and most sexual predators are finally being held accountable for their actions.

"I am disgusted, livid, and truly saddened. There are truly no words that can adequately express the distressed emotions I feel. So many people believe they are entitled to overpower and dehumanize other beings," said senior

J'aime Sawyer.

Victims of sexual harassment and assault will have to deal with the effects and the trauma from the actions of somebody else for the rest of their lives. For decades, predators got away with horrendous actions while people looked the other way. When we don't hold them accountable for their actions, we are siding with them, instead of believing and supporting the victims. This is one reason that this problem has been perpetuated for years in all different areas and professions.

With this new flood of allegations and subsequent consequences for the perpetrators, there seems to be many who are reluctant to place blame or are using the age old "boys will be boys" rhetoric to excuse the actions of these people.

"Having this many people come out and have their voices be heard gives others who have been hiding in the dark the strength needed to come into the light," said sophomore Jayde Malzone.

The process of forgiveness in these situations is often long and delicate. Many people have mixed feelings towards forgiving the accused. Some believe that the responsibility lies on the victims, while others believe the predator should be shut out forever. The victims of this assault,

the ones who were directly impacted, can choose to forgive in order to move on and be free, or not. It is completely up to them. As for the rest of the world, choosing to forgive is a personal decision, and not necessarily a bad one, as long as we don't expect the victims to move on just because we have.

The culture in which we live is experiencing a very important change. We can no longer accept excuses for people who choose to take advantage of others and abuse their positions of power. Rapists and predators must be held accountable for their actions, including losing their jobs and accolades. What they have done to the people they have chosen to victimize is unacceptable, and they should not be treated the same. They have proven that they cannot respect their fellow human beings or the word "no." When people begin to say that they are being treated too harshly, they need to step into the shoes of the victims: the people whose lives have been forever changed. Imagine how these people feel when they see their attackers, when people begin defending them, or when the blame is put on them. Compared to what they are going through, is being fired and held accountable all that bad? I think the answer is clear.

REPORTING SEXUAL HARASSMENT AT SLOHS.

By Jena Naficy

Sexual harassment is an incredibly prevalent issue in our society, and knowing how to report it at San Luis Obispo High School is a process every student should understand. With help from knowledgeable and understanding administrators and counselors, students can help not only themselves, but also students around them by reporting cases of sexual harassment/assault. *Expressions* interviewed Vice Principal Julie Mamo to explore the issue from the perspective of a staff member.

Expressions: Who is the best staff member to speak to as a student reporting sexual assault?

Vice Principal Julie Mamo: Students can talk to any adult on campus. All our teachers and staff members are trained and prepared to help students.

Expressions: What is the school's policy on reporting these cases to the police?

Mamo: After it's reported, we look through all the facts to determine whether or not we should involve the police.

Expressions: What support is offered to students who report sexual assault (i.e. counseling or therapy referrals)?

Mamo: The school has counselors and professional therapists and psychiatrists.

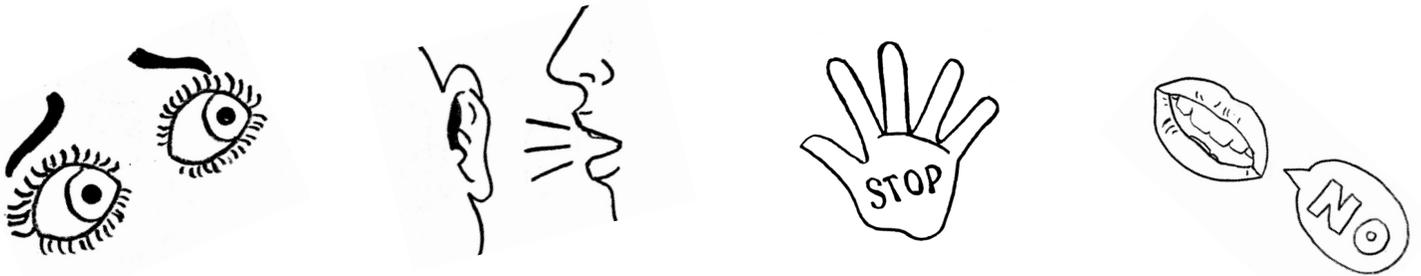
If the student is comfortable with it, we also like to call the parents.

Expressions: Have these issues been reported at SLOHS in the past, and have they increased in recent years?

Mamo: Of course it's become a more popular issue, but here at school we haven't really seen an increase in reported cases.

Expressions: Can you talk about the most recent case of sexual assault where one student was expelled and the other student's expulsion was overturned by the district office?

Mamo: No. Student confidentiality is incredibly important so I cannot say anything about this issue.



SEXUAL HARASSMENT ON CAMPUS.

Due to privacy and legal reasons, we were not able to publish the article originally intended for this page. *Expressions* interviewed multiple students about their experiences with sexual harassment on campus, and we wish to underscore the prevalence and severity of these acts at San Luis Obispo High School.



Photo Courtesy of: Nate Higgins

This jersey and shorts combo makes for a great uniform for the boys basketball team. The v-neck makes for a flattering neckline, and the hint of gold creeping up from the back leaves fans begging for more. However, while the continuous gold stripe from the armpit to knee creates unity, the slight difference in tones of black (the jersey being a blue-based black and the shorts, red-based) make for a distracting pairing. From the use of text, to the slim cut of the singlet top, this uniform brings a level of class and sophistication to the court that other schools just cannot compete with.

Boys soccer has clearly embraced minimalist details in this year's uniform. The simplicity of the solid white monochrome emphasizes the bold tiger emblem and each individual's number, resulting in a calming jersey design. The sleeves get especially exciting with the subtle yet powerful ribbing near the shoulder. However, the ensemble really gets muddled with the team shorts. From the quality of the fabric, to the awkward length, the unique spirit of soccer is lost in these generic and overly simplistic shorts. While the overall uniform has some serious downfalls, this is a huge step up from last year's frosted tips.



Photo Courtesy of: David Romeo

"Little Bo Peep" meets "Baywatch" with the girls water polo team's uniform. While the basic black one piece lacks flare, it's plainness is contrasted by the invigorating caps. The headwear is reminiscent of Little Bo Peep's bonnet or the trends of the Amish community and adds a reformed feel to what could otherwise be seen as a more revealing uniform. However, what stands out the most in this morally ambiguous outfit is the traditional bow, tied snug under the chin. This sultry and sweet statement takes a typically wild look and puts a puritan twist on it.



Photo Courtesy of: Ivyde Malzone

The girls soccer team clearly had Ernest Hemingway in mind with the strong presence of ombre on their jerseys. The transition from black to white in their tops is a clear reference to his novel, "The Sun Also Rises", and this literary tie in shows the dedication to academics that these soccer stars hold. The shorts nicely complement the jersey as the length creates visually delicious portioning. While some may claim this uniform is boringly simple, Expressions believes that the true genius in this uniform lies within its intellectual references to classic literature.



Photo Courtesy of: Isabelle Mendoza



Photo Courtesy of: Yearbook

The boys of San Luis Obispo High School wrestling are back at it again with the classic shirt and short combo. These iconic pieces always make a bold statement in the ring. The skin tight uniforms highlight the athletic build of these star athletes. However, the most exciting element of the look is the cap, giving head protection a spiffy makeover. From the elegant use of the tiger color scheme to the cohesive fit of the cap and jersey, this uniform lets our wrestlers out shine the other teams.

Ranking: Winter Sports Jerseys

By Stephen ZagRodny



Photo Courtesy of: Lily Svetich

Girls basketball is channeling their zen in the team uniforms this year. Their neutral white color scheme makes for a relaxing and pure vibe that brings clarity and peace to the players' minds. The snug fit of the jersey, paired with looser shorts, allow for the athletes to perform in their most natural and primitive form. Obviously, the team is subscribing to the belief that a tranquil team is a winning team, and we'll have to follow their season closely to find out.

Penvenne Commits to Cal Berkeley

By Oliver Hicks

While many San Luis Obispo High School student-athletes enjoy and excel in the sports they love, very few are offered the opportunity to pursue athletics at the collegiate level. Senior Galen Penvenne is one of these students, having recently committed to swim at the University of California, Berkeley, next year. *Expressions* decided to sit down with Penvenne and ask him a few questions about his background in swimming and the process that ultimately led him to Cal Berkeley.

Expressions: How long have you been swimming?

Senior Galen Penvenne: Eleven years.

Expressions: Did you play any other sports growing up? Why did you ultimately prioritize swimming?

Penvenne: When I was little I played as many sports as I could and was never very interested in swimming. In middle school and in my first two years of high school I got very into water polo, wanting to play in college, and got a little more serious about

swimming, as it is a good supplement to polo. After having a very good high school season my sophomore year, I realized I really liked to race and have more direct control over the outcome of a race than that of a game.

Expressions: How many swimsuits do you own?

Penvenne: Speedos, around twenty. Racing suits, only seven because they wear out after a few meets.

Expressions: Take us through your daily routine.

Penvenne: On days that I have morning practice I wake up at 4:20 a.m., make my breakfast and leave my house a little after 5 a.m. I swim 5:45-7:00 a.m. which is usually 3500-5000 yards then I head to school. After school I go to a coffee shop and do my homework until I have to go to practice at about 5 p.m. I swim 5:30-7:15 p.m. in the evenings, which usually consists of 4000-7000 yards. On weekends we swim Saturday morning 8-10 a.m., which is usually longer or a race or test set. Sunday I

try to run, surf, or swim a couple thousand [yards] on my own.

Expressions: What was the college recruitment process like for you? What did you do?

Penvenne: The recruiting process, I think, was easier for me than it is for most. I was able to find three schools that fit very nicely both academically and athletically, which made it so that when it came time to make a decision it wasn't very stressful because there were no bad options.

Expressions: How did you end up choosing Berkeley? Did you have any other offers?

Penvenne: I was deciding between UC Santa Barbara, Harvard, and UC Berkeley. I ended up choosing Berkeley because it was the team of guys that I fit in with the best.

Expressions: What are your goals going into college as a student-athlete?

Penvenne: As far as academics go, I'm hoping to get into the physics major and graduate with a BA in physics. For swimming, I'm hoping to get into NCAA's freshman or sophomore year.

The Dominance of SLOHS Soccer

By Max Lober



Photo Courtesy of: Yearbook

San Luis Obispo High School has consistently dominated in soccer. In the past two seasons, both boys and girls soccer has gone on to compete in CIF division two and three playoffs. Since the season has kicked off, the two teams have once again started to dominate opposing teams with unbelievable win-loss records. *Expressions* decided to interview key varsity players to get their insight on how they continually manage their opponents.

Expressions: What do you do to help your team be successful?

Sophomore Bailey Frost: I work hard on and off the field whether it's a light practice or hard practice, easy game or difficult game.

Junior Branden Dolezal: I try to push my teammates in practice so we do the best in our games.

Senior Emily Lemiere: I always bring a positive attitude.

Expressions: Has the loss of last year's seniors affected how the team plays?

Frost: Last year we had an amazing group

of seniors. Grace Park was our top scorer, Kristina Smelser kept us together in the middle, and Rylie Johnson never let us down in the back. We have felt the loss of our seniors this year, but our team has come together so that we can easily fill those spots.

Dolezal: Not really. Obviously we lost some key players, but the younger players have really stepped up to fill those roles this year.

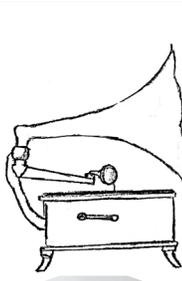
Lemiere: It's been hard to lose them, definitely, but people have really been stepping up to fill the missing spots.

Expressions: What is your prediction for this year?

Frost: Our goal as always is to win league. This team is so strong and capable of so much, and we are confident in our abilities to accomplish what we are striving for.

Dolezal: I think we could win both league and maybe even CIF. Winning CIF is something I think we have never done before.

Lemiere: I believe we will win league and go far in CIF.



Best of

Pop Album: **Lust for Life** by Lana Del Rey

Lana Del Rey's "Lust for Life," delivers optimistic messages about love, politics, and self discovery. The album shows Del Rey's journey of realization while the world goes into turmoil. Del Rey uses old Hollywood vibes along with collaborations with artists including Stevie Nicks and The Weeknd to create an album that is both nostalgic and modern. "Change," exemplifies the meaning of the album as Del Rey describes her struggle to be honest, capable, and stable, while staying confident that change will occur.



R&B Album: **Ctrl** by SZA

In her debut album "Ctrl," SZA exhibits her musical talent both vocally and artistically. SZA delivers the message on the importance of being comfortable with being a powerful woman. In her tracks, SZA includes phone calls from her mother and grandmother that showcase the strong women who have inspired her throughout her life. Collaborations with rappers including Travis Scott and Kendrick Lamar prove that a woman can take the lead on an R&B track instead of singing as the one being featured. Songs like "20 Something," and "Supermodel," empower women, specifically women of color to be confident in who they are.



Country Album: **The Breaker** by Little Big Town

Little Big Town's newest album "The Breaker," is chalked full of melancholy ballads, such as radio hits "Better Man," and "When Someone Stops Loving You." The Grammy nominated album explores themes of heartbreak, longing, and moving on. Comprised by the original four musicians, Karen Fairchild, Nina Schlapman, Jimi Westbrook, and Phillip Sweet, "The Breaker," is a delight to country fans both young and old.



Alternative Album: **Humanz** by Gorillaz

Gorillaz' album "Humanz," is their first in seven years after the band took time off to make other music and do personal things for their lives. The wait was worth it though, as "Humanz," touches on politics and how much the world is unexpectedly changing. The collaborations make the album so unique with features by artists such as De La Soul, Vince Staples, and Kelela. Gorillaz is famous for their use of technology to create unique songs; "Humanz," showcases this talent extremely well.



Rap Album: **DAMN.** by Kendrick Lamar

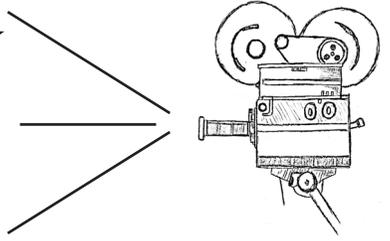
Kendrick Lamar's fourth studio album, "DAMN.," was rap's most impactful release of 2017, with hit tracks "LOYALTY.," "HUMBLE.," and "DNA." being only a portion of those making it on the hip-hop charts. On "DAMN.," Kendrick fights an internal battle, struggling with his fame, his past, and the current racial tensions in America. This album is not as thematically clear as Lamar's past albums; instead, it blurs the lines, acting as a portal into Kendrick's consciousness.



Best New Artist: **SZA**

SZA, born Solana Imani Rowe, took 2017 by storm with her debut full length studio album "Ctrl." Although she has been releasing music since 2012, this year saw her full potential as an R&B artist. SZA is not afraid to tackle tricky topics like depression, toxic relationships, and feminism. SZA is the first female artist to be signed to Kendrick Lamar's label, Top Dawg Entertainment. 2017 was SZA's breakout year and she isn't going to be stopping anytime soon.





Illustrations courtesy of Sawyer McSorley



Best Indie Film: Lady Bird

This film, written and directed by actress turned first-time filmmaker, Greta Gerwig, follows a teenage girl named Christine “Lady Bird” McPherson in her last year of high school. The movie showcases the tumultuous, but loving relationship between Lady Bird and her mother, as well as frankly portrays the struggle of growing up and discovering oneself. With an outstanding performance from Saoirse Ronan, “Lady Bird,” is an honest and relatable look into the pain, joy, and confusion of being a young adult.

Best Drama Film: Murder on the Orient Express

“Murder On the Orient Express,” rekindles the classic Agatha Christie novel written in 1934. Set in the late 1920s, the plot follows detective Hercule Poirot, played by Kenneth Branagh, as he solves his most challenging case yet: a murder committed upon a train where every person aboard is a suspect. The travelers on the “Orient Express” include Johnny Depp, Daisy Ridley, Josh Gad, Judi Dench, Michelle Pfeiffer, Leslie Odom Jr., and Penelope Cruz.



Best Action Film: Baby Driver

Directed by Edgar Wright, “Baby Driver” is heavy on the gas pedal and big with the heart. “Baby” played by Ansel Elgort is a getaway driver mentored by crime boss “Doc” [Kevin Spacey]. Trouble ends up coming to town for our hero when Baby meets the love of his life diner waitress Deborah [Lilly James]. This movie hosts some blazing fast chase scenes with great camera work to boot. It will have you rooting for baby as he tries to balance his new girlfriend with his life of crime. Is he slow? Find out in “Baby Driver”.

Best Animated Film: Coco

“Coco,” tells the story of a 12-year-old Mexican boy named Miguel who wants to be a musician when he grows up. Unfortunately, his family hates music because his great-great-grandfather left his family for music. Miguel’s family tells him to give up his dream. After running away, he is accidentally transported to the land of the dead. He looks for his great-great-grandfather for help to return to home and be a great musician.



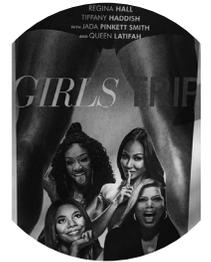
Best Horror Film: Get Out

This horror film directed by Jordan Peele focuses on the interracial relationship between Chris Washington and his girlfriend Rose Armitage. During their visit to the Armitage family estate to meet Rose’s parents, Chris receives awkward treatment from both the Armitages and their party guests. Chris believes this is due to him being African American, and after some unnerving encounters with Rose’s parents and the groundskeeper, this trip to meet the family morphs into a terrifying fight for survival.

Best Comedy Film: Girls Trip

Girlfriends Sasha, Lisa, Ryan, Dina, played by Queen Latifah, Jada Pinkett Smith, Regina Hall, and Tiffany Haddish respectively, embark on the adventure of a lifetime. They take a trip to New Orleans for the annual Essence Festival which celebrates Black excellence in music, film, fashion, television, and many other artistic outlets. Along the way, the girls rediscover their wild sides with enough romance, drinking, dancing, and brawling to rekindle and strengthen their sisterhood. Making over \$137 million in box office funds, “Girls Trip,” is both a heart warming comedy and what should be the newest title on your “must see” list.

Photos courtesy of Kara Hoover



Photos courtesy of ?

Teachers: The Fashion Icons of SLOHS

By Stephen ZagRodny



Expressions: What are some words you'd use to describe your personal style?

English Teacher Jane Hawley: Minimalistic.

Expressions: What is your signature item of clothing/favorite thing to wear?

Hawley: Doc Martens and anything black or velvet.

Expressions: Who or what is the



Expressions: What are some words you'd use to describe your personal style?

Spanish Teacher Leif Hanson: It's hard to separate the surfer in me from anything else. I like to look professional, but I also like to be comfortable. The result is a casual yet functional blend of light breathable cotton and durable denim. Also, I really like to support the school and wear Tiger gear whenever I can.

Expressions: What is your signature item of clothing/favorite thing to wear?

Hanson: I have a couple of really nice collared shirts that my wife got me. I don't know if I have a signature item, but I really like Johnny Cash. Therefore, anything black always looks sharp.

Expressions: Who or what is the inspiration behind your style?

Hanson: Surfing, Aerosmith, Johnny Cash, and David Grohl of the Foo Fighters. All those things have influenced

inspiration behind your style?

Hawley: Daria Morgendorffer, Tina Belcher, and Velma Dinkley.

Expressions: How has your style evolved since you were in high school?

Hawley: I had no style in high school, but that's probably a good thing. Look up photos of early 2000s fashion. You'll see what I mean.

Expressions: What are some words you'd use to describe your personal style?

Math Teacher Blake Bristol: Comfortable, casual, for the need at hand. Sometimes a tie and slacks make me feel the role of a teacher, but they're not as comfortable as shorts and a t-shirt.

Expressions: What is your signature item of clothing/favorite thing to wear?

Bristol: Levi's 560 Jeans if it's below 65 degrees, shorts if it's

High school has always been a place for students to express their style, creativity, and individuality through what they wear. However, students aren't the only ones who show their personalities through fashion. Many teachers at San Luis Obispo High School have a distinct look, and *Expressions* was intent on learning more about these fashion icons on our campus.

my style in one way or another. My hair is long and I have some pretty meaty chops. I think the inspiration comes from a combination of hard rock and surfing. Oddly enough, however, I have no piercings or tattoos, and the only jewelry I wear is my wedding ring. I'm actually very, very, very conservative.

Expressions: How has your style evolved since you were in high school?

Hanson: In high school, I was really surfed-out. I would only wear surf shirts or surf contest shirts. I rarely wore anything but shorts and Converse high tops. My style has changed pretty radically since my high school days. I have a bunch of suits that I will wear if the occasion presents itself, and I haven't worn a pair of high tops in years. When I go on a date with my wife, I like to style out. I never styled in high school.



above 65 degrees, Asics running shoes, T-shirt, and a baseball hat.

Expressions: Who or what is the inspiration behind your style?

Bristol: The weather.

Expressions: How has your style evolved since you were in high school?

Bristol: Since I still basically weigh the same but have a 2 inch bigger waist, I'd say I wear baggier clothes now than I used to.

Jack Attack: Meet the Legends

By Andrew Martin

Deep Mistry, Indigo Birdsong, Vatsal Bhatt: unique names are common at San Luis Obispo High School. With over fourteen hundred students in attendance, it can be easy to feel lost in such a big pond of nomenclature. Making yourself known to the world is difficult enough for students with unique names, so imagine having to compete with someone who has an equally bland name as yourself every day!

This is the struggle for SLOHS juniors Jack Martin and Jack Martin, who have to make up for what they lack in monikers with personalities. *Expressions* decided to ask them a few questions to find out exactly what being a Jack Martin is all about.

Expressions: What is your middle name?

Jack T. Martin: Turner.

Jack R. Martin: Roland.

Expressions: What do you like to do when you aren't at school? Do you participate in any extracurriculars?

Junior Jack T. Martin: I play a lot of golf

Junior Jack R. Martin: I play a lot of tennis, I cry by myself at night, I'm on the Improv Team. I also do robotics, and I'm on the United Way Youth board, so I do a lot of community service.

Expressions: What is your favorite subject in school?

Jack T. Martin: History.

Jack R. Martin: That would have to be AP Computer Science Principles.

Expressions: How much wood could a woodchuck chuck if a woodchuck could chuck wood?

Jack T. Martin: That question has been asked too many times, and, to be honest, I don't know the answer.

Jack R. Martin: Given the average size and age of a woodchuck, it would

probably be able to chuck--per minute I'd probably say about twenty wood.

Expressions: Do you believe in magic in a young girl's heart?

Jack T. Martin: No.

Jack R. Martin: Well, this is hard for me to answer because I'm forever alone, but no. It depends on how young, because I despise little kids since they are evil, but besides that I don't know.

Expressions: How would you distinguish yourself from the other Jack Martin on campus?

Jack T. Martin: I would say that the other Jack Martin is a little more of a communist, while I would consider myself more of a socialist. A Bernie Sanders socialist, he's more of a Lenin, Marx communist. Also, he's blonde, and I am not.

Jack R. Martin: We are opposites in many respects. For example, while he will walk somewhere, I will scooter there.

Expressions: What is the

dankest meme format?

Jack T. Martin: That is a question for the other Jack Martin.

Jack R. Martin: In the basic concept of 'dank', I would say something that combines an edgy video with a well timed piece of music, followed by a series of various images with shifting colors. It's all about surreal memes.

Expressions: Who was the better dictator: Mussolini or Mao?

Jack T. Martin: Mao.

Jack R. Martin: Mao.

Expressions: If your life depended on it, would you rather play Mr. Weinsbank in handball or Mrs. Decker in basketball?

Jack T. Martin: Mrs. Decker because I used to play basketball and I think I could win.

Jack R. Martin: I would rather play Mr. Weinsbank. I'm a little scared of Decker.

Image courtesy of Andrew Martin



Predictions for 2018

By Jena Naficy



Walkmans and candy necklaces



Webkinz



communism



old and new media

illustrations courtesy of Jena Naficy

tour guide paradox



i was somewhere
had come back from nowhere.
my head turned upside down,
my stretch marks grew darker.
the next slide was dizzy.

a dark room where the sun melts thoughts into my scalp and
dripping from my lips
these places look so familiar
a million hummingbird's hearts
humming to the rhythm of the
the earth, she sighs.

my mother sighs wondering where i've gone.
when i'll come back from this dream.
i can't tell you what it felt like to dip my hairs into the honey
because all that's left is grey.

By Molly Foster

illustrations courtesy of Molly Foster



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