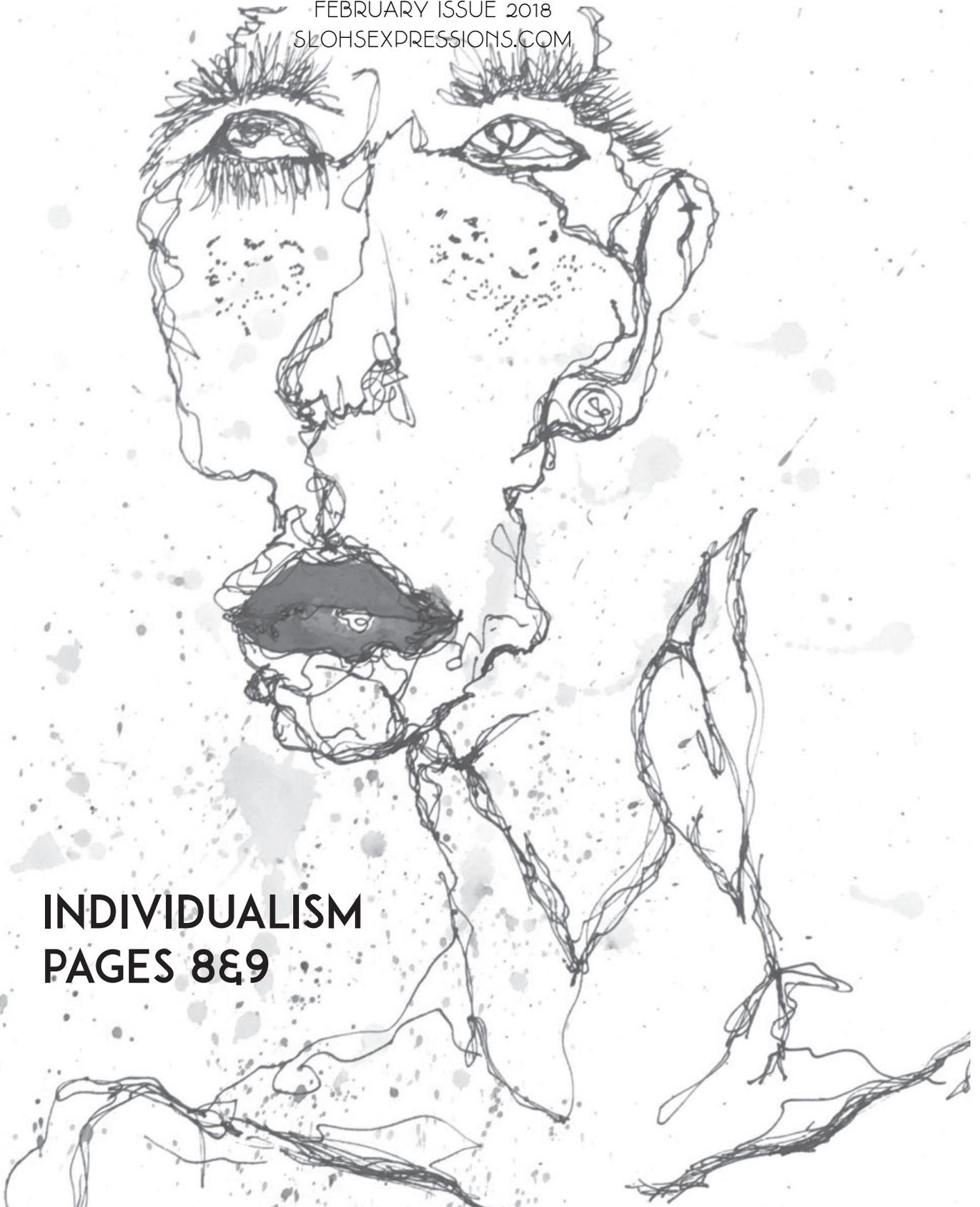


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FEBRUARY ISSUE 2018
SLOHSEXPRESSIONS.COM

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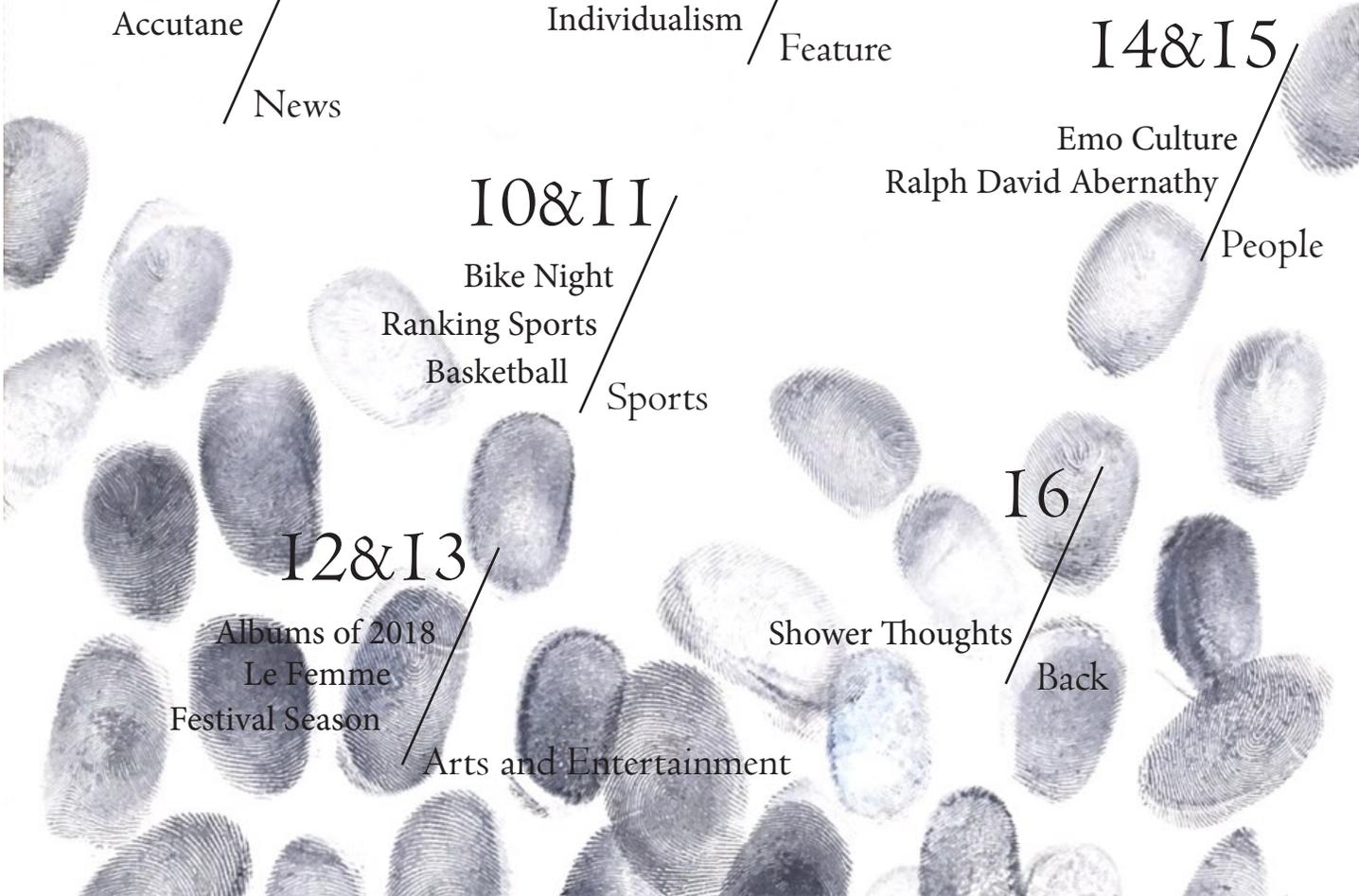
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Photo courtesy of Luca MacDougall

SLOHS Solar Panels Fulfill Purpose

By Nathan Hensinger

Since 2012, San Luis Obispo High School, along with many other schools on the Central Coast, has become home to solar panels. We all know this, but what do the panels really do?

When this question was asked to Principal Leslie O'Connor, he pointed out something very interesting.

"One of the things you have to understand is that the solar panels are not owned by us. They are owned by SunEdison [the company who built them]," said O'Connor. Even though they are on school property, neither SLOHS nor San Luis Coastal Unified School District have physical possession.

Instead, the district has a power purchase plan, also known as a PPA. What this means is that a company builds the

panels on someone else's land. Then, the landowner agrees to buy the power they produce at a rate cheaper than the current standard. The company benefits from tax credits and the selling of the power. All the while, the owner of the contract receives cheap energy with no additional maintenance cost.

This is such a good deal for SLCUSD that the district took out a full 25-year plan. In 2012, it was projected that the installation would save SLOHS \$8 million over the next 25 years, and will produce 85 percent of the site's energy needs. Though the actual energy yields are hard to find, *Expressions* can say that these promises have at least been held up.

The future of the panels seem pretty certain at this point. The parking lot that they inhabit currently seems to be unaffected by Measure D. The company that SLCUSD contracted with (SunEdison) did go out

of business and was bought twice, but the contract has remained unchanged.

The most important event on the horizon is in 2037 when the lease runs out. At this point, the school could either buy them or have the contractor take them down. The District Assistant of Business Services Ryan Pinkerton could not give a direct answer on the district purchasing them, but he did say "it is becoming more affordable to buy out the lease. Once we buy out the lease, though, we would be responsible for the maintenance and service."

Whether the district will take this leap is still unknown.

Currently, public opinion on SLOHS is fairly positive towards the panels.

"I like them, because they provide shade for my [truck]," said junior Chad Lincoln. As time goes on, we can appreciate their existence and the environmental message they send.

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Is Accutane Right For You?

By Caitlin Grierson

Accutane is a medicine containing Vitamin A that is used for severe forms of acne. Accutane reduces the amount of oil that is released by your facial oil glands. The medication is effective for clearing nodular acne because generic medications tend to fail at treating it. If the acne gets untamable and unmanageable, Accutane is proven to control breakouts. If a health care professional believes a patient's acne is especially harsh, then it may be prescribed. Accutane is also known for having strong side effects, both mentally and physically.

The use of Accutane during a pregnancy can cause major birth defects. Some people can have an allergic reaction to the medication. The allergic reactions range from hives; difficulty breathing; and swelling in your face, lips, tongue, or throat. There are more serious side effects that can also show up when using Accutane. People have reported that Accutane can cause psychiatric side effects such as depression, suicidal thoughts, aggression, psychosis, mood swings, violent behavior, hostility, bipolar disorder, and obsessive-compulsive

disorder. Many people experience "brain fog," or feeling spaced out. San Luis Obispo High School *Expressions* wanted to ask a student about their experience and opinion on their useage of Accutane.

Expressions: How long have you been using Accutane?

Anonymous: I used Absorica, a name brand prescription form of Accutane with lipids, for about ten months. There was around a half year gap in between the two times I went on the medication.

Expressions: Did you have a good or bad experience with Accutane?

Anonymous: My first time through went relatively stress and worry free. The second time, however, I endured a contrastingly negative experience.

Expressions: Did Accutane clear your skin from breakouts?

Anonymous: For both rounds, my face only cleared up during the final couple months of the medication. I remained just as dry, however. Since finally stopping the medication, my condition facially has bettered overall, but I still do become decently spotty if I don't take good enough care of myself.

Expressions: Did you have any physical side effects of Accutane?

Anonymous: I dealt with joint pain that

was bearable except when exacerbated by the carrying of heavy equipment.

Expressions: Did you notice any change in your mental health?

Anonymous: The first time through, the severity of my default pessimistic mindset certainly worsened, but that was about it. During the second cycle, I experienced the same, but along with a sizable decrease in self-confidence, despite my improving appearance, that unexpectedly stayed low following the termination of my prescription. I also believe I suffered minor brain damage, leaving me with a slight speech impediment, a slowed ability to interpret the spoken thoughts of others, and a greater inability to verbally express my own. Please, even if you've seemingly tried every western "remedy" out there and are still overwhelmingly disappointed with the way you perceive yourself appearing to others, do not resort to Accutane. I stress this particularly to those not fans of needles, being that one is required to endure monthly blood draws. Save yourself the money, the annoyance of taking a pill every morning and evening, and the poor mental and physical health. All are better preexisting.

Source: www.drugs.com



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Capitalism: The Rash of Greed

By Molly Foster

San Luis Obispo High School students are mere pawns in the capitalist economic system of the United States. Our lives are controlled by large corporations who focus on personal gain. Every billboard and advertisement subconsciously affects your decisions on how to dress and what to eat. This is the game of capitalism: manipulating the people with an unquenchable desire to buy more.

The lines between consumer marketing and propaganda are blurry. As Communist countries produce “biased” news sources and media propaganda, as viewed by Americans, we forget that their “bias” news is just another form of billboards, commercials, and other advertisements that constantly appear surround us. The American Dream is finding safety in material things, such as a home, car, etc., when safety itself is an illusion designed for humans to feel comfortable in the chaos.

Self-interest leads corporations to maximize profit, no matter the expense. In order to destroy any rivalry between alternate systems, capitalists use money to abolish opposing ways of life. Indigenous communal land and the destruction of nature falls under one of the many potential threats to systemic greed and conquering of land. Controversies like the Dakota Access Pipeline are just the surface of many injustices. In this controversy, the oil industry was the mechanism in which profit was accumulated and the collateral damage was violating sacred burial grounds and risking contamination of all that the pipeline transverses.

“I believe that capitalism benefits those who work the hardest. Those with higher levels of education and work more will be granted better wages than those who haven’t had as much education or work less. Personally, I think it’s a fair way to go about our economy,” said junior Jack Sullivan.

While those who work hard may reap the rewards, there are predetermined factors, such as race, gender, ethnicity, disability, or religion that drastically minimize or maximize the chances of succeeding. Capitalism enforces the division in social classes. Higher education availing to better salaries is a vicious cycle in which those lacking the means of pursuing it are forced into poverty. For example, if one lacks the money to go to college, they will most likely resort to working low wage job and struggle to live comfortably. Those in higher positions don’t break a sweat metaphorically or physically, merely owning the means of production, yet paying their workers low wages.

“I think having larger corporations hold power is good from a certain standpoint. Large corporations boost our economy and create cheaper prices for consumers by their large presence and infrastructure in the US and globally,” said Sullivan.

Private ownership of capital enables firms to gain monopoly power in product and labor markets. Firms with monopoly power can exploit their position to charge higher prices, and in turn cause inflation. When large corporations fortify their establishment, they either buy out all rival businesses, or drive them out of business.

Capitalism is devastating the earth for profit, maintaining the one percent, brainwashing the public, and spreading the greed disease.



Illustration courtesy of Sabrina Marks

The Overdiagnosis of America's Youth

By Nabeel El-Sayed

illustrations courtesy of Joella Holmes & Jena Nacify

Xanax, Zoloft, Ambien, Adderall, and Ritalin. These are just a few of the most commonly prescribed drugs in America. A large majority of American youth, including San Luis Obispo High School students, are prescribed something or have been at some point in their life. Although many mental ailments are legitimate and warrant treatment, many teens are often misdiagnosed and quickly thrust into the unforgiving world of addiction.

The National Institute of Mental Health estimates that five percent of adolescents suffer from major depression. However, according to Gallup Polls nearly double the amount of teens (nine percent) say they have been prescribed medication for depression at some point. These statistics and more begin to illustrate how American teens suffer from over-prescription. However, these facts are not meant to delegitimize prescription medication, as it certainly can be helpful.

"My medication has affected me extremely positively because I struggle a lot with anxiety and depression and it helps tremendously," said an anonymous senior.

Although many teens benefit from their prescriptions, pharmaceutical companies tend to perpetuate negative relationships with kids.

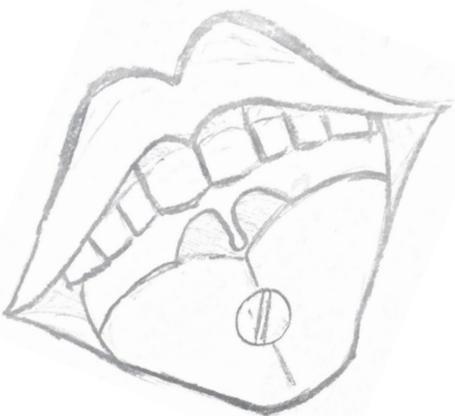
"I think pharmaceutical companies target youth," said senior Dennis Rubottum,

"The companies think they can make money and whatever happens to the users happens." Incentivized by money, big pharmaceutical companies are greedy in supplying medication to doctors. The issue is systemic. At every level, you have someone trying to make profits at the expense of others, oftentimes leading to

up in an era where pills were literally popping, many of these parents are too quick to diagnose. A teenager in today's society could be feeling the all-too-common pressures of high school and teenage angst before these feelings tend to snowball. Because of the intense stigma around mental illness, what starts as an issue that many kids experience turns into a worried parent seeking help, ultimately causing an unwarranted prescription. It turns into a self-manifested mental illness.

"What I have seen working here for 20 years is a constant rise in the anxiety of students," said English teacher Scott Nairne, "I think a lot of it is kid and parent driven, as well as our culture in California, and prescription medication is not going to help that issue."

We live in a world where massive companies profit off mental illness stigmas perpetuated by mass media. There are real illnesses that require real treatment, but the over-medication and misdiagnosis of America's youth is clear. Teens across America are having similar experiences and share more common ground than one may think. It can be scary navigating through young adulthood, but we are often too quick to jump to conclusions concerning ourselves, and medication is not the answer.



to misdiagnoses and over-prescription.

Where we stand with prescription medication is also simply a product of societal progression... to a fault. Teens who were around when big pharmaceutical companies started gaining traction are now the parents of our generation. Growing



A 2 A.M. Defense of Pop Music

By Lauren Hatcher

“I hate pop music” he says with disdainful, holier than thou scoff
 He’s barely known me three hours, but he assumes my response will mirror his
 “But pop music isn’t a real genre” I want to counter
 Because it isn’t
 For a “pop genre” to exist, there must be stylistic commonalities that define and limit it
 It must be static
 Pop music’s only lawmaker is society, which is intrinsically dynamic
 If anything, it’s a timeline of songs loved by the masses from Beethoven’s 9th to Roll Over Beetho-
 ven
 Furthermore, I’d argue, why should we dismiss such a large portion of our musical heritage as
 juvenile or unintelligent?
 If a song elicits such a positive emotion from so many, why should we wish to condemn it?
 But I digress, I would require at least a few more hours of sleep to fight that battle
 So I simply nod my, let him share his passionate hatred for Britney Spears, and remain silent

5/25

By Lauren Hatcher

I forgot how nice the sun feels
 My bare feet on Spanish tile
 Photon after photon
 Hurtles through
 Outer space
 At speeds incomprehensible to me
 Escaping the fiery surface
 Traversing the silent void
 Alive for just nine minutes
 Just to greet my face

Today

By Molly Foster

stalin was born in haiti,
 died before his second birthday.
 the world ended when the
 21st century began.
 you left your house
 five minutes early for work and
 fell deep into
 an infinite abyss;
 and a girl 100 years from now sits
 holding a globe of the present,
 when nothingness swallows
 she almost loses her grip.
 but that’s the nature of It

How do You Express Your Individuality?

By Stephen ZagRodny

Freshman Quique Ajanel: I express individuality through my hair, which people tell me to cut but I like it like this.

Senior Greta Carlson: Through dancing.

Senior Ellyse Cappellano: I do what I want when I feel like it.

Senior Adelynn Peterson: I express creativity through the 3D art I make in AP Studio.

Freshman Quinn Brussel: Through my athletics, mainly mountain biking, it's a way for me to be myself and show individuality.

Sophomore Lily Nunes: I have a small business making scrunchies. I like that I help people feel confident in themselves and their style.

Senior Lauren Hatcher: In my free time I like to play guitar and write songs.

Freshman Evan Clausen: I dance so I get to be creative through that, but I think I talk creatively and uniquely too.

Sophomore Basil Lloyd Moffett: I express myself by adding creativity to school assignments that would otherwise be kind of boring.

Senior Grant Thorshov: I express myself through visual media, I tell stories through film.

Junior Brooks Lee: I love to paint murals and satirize important aspects of today's society.

Senior Ellie Vendegna: I am creative through how I form and develop characters when I act.

Junior Clea Wendt: I notice little things that interest me and they don't have to be big crazy things, but I find things that I like.

Junior Sam Simard: Through having a unique style.

Sophomore Mona Kearns: By doing the things that I love and surrounding myself with people that share the same interests.

Freshman Allie Ryan: I change up my style on a day to day basis and I'm very outgoing so I participate in a lot of extracurriculars that others don't do.

How do Your Childhood and Brain Affect Your Personality?

By Molly Foster

Fingerprints aren't the only thing that makes San Luis Obispo High School students unique (assuming your fingers aren't detached or severed). Many factors filter into behavior, beliefs, and how you perceive the world; including childhood, the chemistry of your brain, and society. Either subconsciously or intentionally, individualism is rooted in the influence of others and inner workings of your mind.

In his novel, "Beyond Good and Evil," philosopher Friedrich Nietzsche said, "At the bottom of us, really 'deep down,' there is, of course, something unteachable, some granite of spiritual fatum [personal fate or destiny], of predetermined decision and answer to predetermined selected questions. Whenever a cardinal problem is at stake, there speaks an unchangeable 'this is I.'"

An inherent sense of self is part of every individual at the core. This explains how there is a natural, primitive, reaction to situations which can be embraced or overruled by morals and rational thought.

The ultimate individual is one who disregards all security and faces the void. In absence of authority, they will seek to give their life meaning, using their individuality as a guide. However, most seek comfort in the ideology and ways of life of

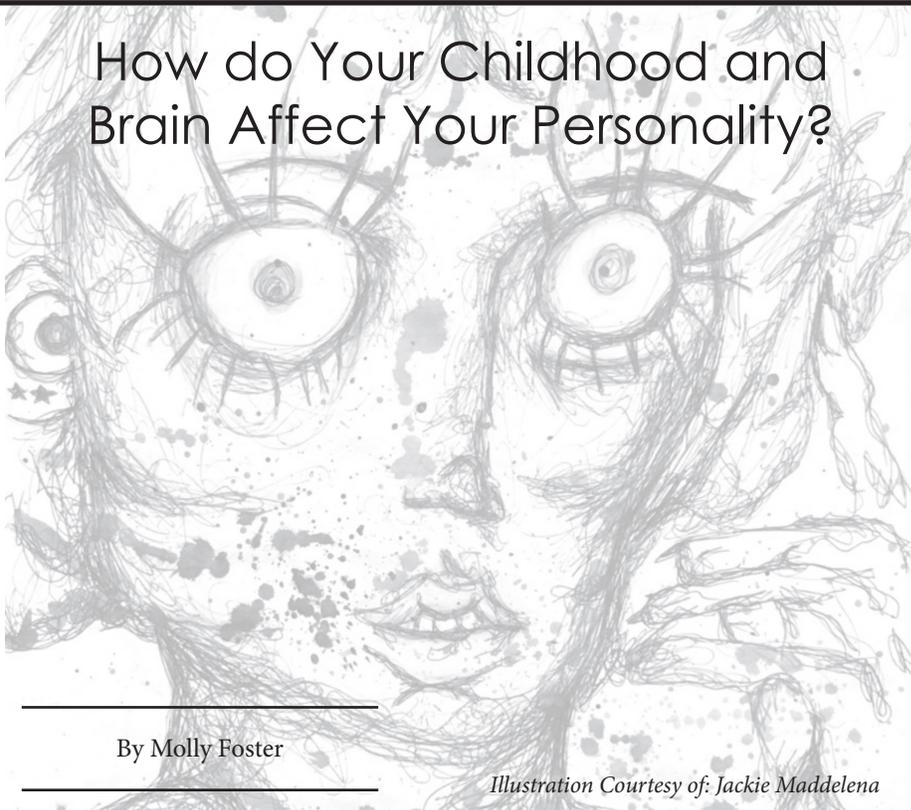
the mass, or "herd," in fear of straying and finding that life is meaningless.

Experiences and the ability to access memories at any time shapes our future actions and reactions. Our parents and families' beliefs were once considered our own before the cognitive effort to stray or adopt them.

When asked how her experiences as a child and cultural influences affect her today, junior Hannah Fowler said, "When I was a child I did a lot of activities, some of which I did not like. I didn't like swimming, but now I love it. I really enjoyed singing and I'm really glad that my dad signed me up with a local choir when I was three years old. Choir has really shaped the person I am today. It has made me more sociable and more confident and I met some of my best friends there. In elementary school I was timid and shy and had a hard time talking to people and had a few close friends. I feel like in middle school I was forced to come out of my shell and meet new people. I'm still kind of quiet but I'm no longer an introvert."

As creatures who adapt to new situations, our personality is malleable to our experiences and changes over time. However, an innate nature created through ego and 'I' are forever present.

Illustration Courtesy of: Jackie Maddelena



SLOHS HARDEST SPORTS

By Nathan Hensinger

Here at San Luis Obispo High School we take pride in our athletics. Day in and day out, athletes at this school put in the work for the goals of the team and self-improvement. Sports are challenging at many levels, being mentally, physically, and time consuming. To highlight the sports that possess these qualities, *Expressions*, is interviewing a few of the students that face these particular strains.

Mental ability may not be the main focus of most sports, but it is a component. One sport that takes a little more thought than the rest is baseball. Baseball is a competitive spring sport, and *Expressions* asked junior Brooks Lee why the sport takes so much brain power.

Expressions: What makes baseball such a mentally challenging sport?

Junior Brooks Lee: All the statistics and the strategic ability you need to have to ei-

ther win or fail.

Expressions: Have any of the mental qualities of baseball crossed over into school work?

Lee: It allows me to focus ten times harder than if I wouldn't have played. This has allowed me to have success in school.

Most sports measure physical exertion, but which is really the most taxing? A lot of people would say that water polo takes the cake. Though it is an unconventional sport, few would want to attempt its rigorous practices or violent games. *Expressions* interviewed senior Andrew Gater to find out more.

Expressions: What makes water polo such a physically challenging sport?

Senior Andrew Gater: It's a mix of a lot of different movements. There's a lot of legs, or egg beating. There's also a lot of swimming, cardio, and wrestling underwater.

Expressions: What makes games so violent?

Gater: You're just trying to win, but since this sport is underwater there is a lot more you can get away with without being seen. This allows people to get away with more physicality.

Last but not least, time commitment. Any student knows time is a valuable resource, and anything that takes up time is a huge burden to bare. Golf takes up more hours than any other pastime, and we got junior Jeffrey Perry to tell us why.

Expressions: How long is a typical day of golf?

Junior Jeffrey Perry: About five to six hours.

Expressions: What was the latest you have gotten home from golf?

Perry: The latest was about 9:30 pm. It was against CIF teams down in Lompoc.

Phenomenal Start to Boys Basketball

By Max Lober

The San Luis Obispo High School boys basketball team is already off to an incredible start. They have successfully taken down cross-town rival Mission College Prep, which had not been done since 2011. With high hopes of bringing home their first league title since the 2008-09 season, *Expressions* decided to talk to a few players about their potential journey to the top of the standings in both Pac-8 and CIF Division 4AA.

Expressions: What have you done to prepare yourself for this season?

Senior captain Will Compton: We started working out early in the summer and ran individual development programs throughout the end of summer, which included lifting, shooting, and conditioning. Going into Fall, we played games and practiced daily, concentrating on condition and improving daily.

Sophomore Carson Leedom: I have

worked out with my club team, 6 Man Basketball, and went to tournaments in Oakland, Las Vegas, and Los Angeles. When I was not with my club team, I was with the SLOHS kids playing together and practicing.

Senior Macarthy McConnell: As a team we decided to get as many gym hours as possible, especially in the off-season, in order to keep moving forward in our progression as a team.

Expressions: Last year, you only won four league games. What has changed since then?

Compton: The level of commitment and dedication to winning. Players on the team simply care more about winning than past players and are willing to work harder as a result. The team expectation for effort and buy in is higher than it ever has been before.

Leedom: Not to talk bad about last year's team, but this year our team has the desire

to win. Last year our team just folded in close games. Anything is possible, it is just how much we want it and how hard we are willing to work for it.

McConnell: Our team chemistry. This year we are playing more as a team than we ever have before.

Expressions: Is it possible to emerge from this year as CIF champions?

Compton: Right now, we are continuing to focus on league play. We are certainly poised to make playoffs, and I am confident that we are capable of making a deep playoff run. If we continue to improve through the second round of league, and are playing at peak level in CIF, I see no limit to what we can achieve.

Leedom: Yes, we have a very good chance at winning league and moving really far into CIF.

McConnell: Absolutely, as long as we continue to play as a team and trust our coaches.

BIKE NIGHT!!!!

By Oliver Hicks

If you ever find yourself aimlessly wandering the streets of downtown San Luis Obispo on the first Thursday of the month at 9:30 p.m., you might find yourself in the middle of a pack of wild bicycling hipsters, local celebrities, and of course San Luis Obispo High School students. Bike Night is a monthly event where hundreds of SLOcals get together for a night of costumes and gleeful howling. Beginning at the Mission plaza, bike enthusiasts from around the city gather around a single, widely dressed leader with a megaphone who hypes up the crowd before the mass of riders take off to the streets. What follows is about an hour of hot-lapping downtown with periodic breaks in front of the Bank of America on Higuera. Here, people wait for their fellow bicyclists to catch up before taking off again. Among those in the crowd are unicyclists, fixies, Tall Bike Posse members, families, and various Cal Poly or SLOHS students. Large speakers are encouraged, as bike night is always facilitated by upbeat music serving as a soundtrack to the wild ride.



that SLO had an entire event dedicated to them I knew I had to check it out. What I found was a monthly event that each time surpassed the month

a frequent participant in the monthly event and local bike enthusiast.

Bike Night began in the early nineties as a form of political protest called "Critical Mass," originating in San Francisco but soon spreading to over 300 cities around the world. It has since transformed into a family-friendly celebration of cycling, physical activity, and community building. It is best characterized by its iconic themes such as "Gender Shifters" or "Animals from Your Dreams," each one encouraging a special type of homemade costume.

Most importantly, however, is its signature call--one that rings throughout the pack for the entire duration of the ride. To participate, simply yell out "Bike Night!" and watch as a chorus of fellow cyclists respond, the familiar chant bouncing from rider to rider as it makes its way through the streets of downtown SLO.

"The Bike Night chant makes the scene ten times better because it boosts the energy and creates a unique and unifying environment. I think everyone should go because it's a rowdy time with funky and outgoing people," said senior and amateur cyclist Elena Kraemer. Photo Courtesy of: Ollie Hicks

"I've always loved bikes, and when I knew

before. If you ever have the opportunity to partake I highly advise it. Look for me on my big blue tandem bike blasting all the hyped crowd pleasers," said senior Cole Bumen, who is

the Sub Est. 1972

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The Most Anticipated Albums of

2018

By Andrew Gater

Last year was an eventful year in the world of music. The albums released in 2017, such as Kendrick Lamar's "DAMN." and Lana Del Rey's "Lust For Life", were incredibly impactful on many students here at San Luis Obispo High School. Although 2017 will be a hard year to top musically, 2018 is shaping up to introduce some of the most anticipated albums of this decade. *Expressions* interviewed local music fanatics to see what projects they were excited for.

Expressions: Which artists are you thrilled are releasing new music this year?

Senior Ellie Vendegna: Justin Timberlake! His new album "Man of the Woods" was released February 2nd.

Senior Cammy Piette: I'm excited for Post Malone's and Pouya's new albums.

Senior Noah Galambos: I'm very excited for new music from Jacob Collier and from the group KNOWER.

Senior Camryn Goodwin: Ty Segall released a new album earlier this year called "Freedom's Goblin".

Expressions: What aspects of these new projects are you excited for?

Vendegna: This new album is supposed to be more earthy and inspired by nature which is different from any of his previous projects.

Piette: I'm expecting a variety of songs from Post Malone which I'm eager to hear.

Galambos: Collier and KNOWER have both transitioned from being solo artists to more of a live band setting recently which I hope continues in 2018.

GORILLAZ

Goodwin: This album has some songs that are super unique compared to songs he has previously produced.

Expressions: Do you feel like the upcoming music of 2018 will be better than last year's releases?

Vendegna: I think the same pattern of artists experimenting with different sounds will continue into this year and lead to around the same tier of good music.

Piette: I feel like this year will be a big year for rap, although I can't say if it'll be good.

Galambos: Although sometimes unlikely, I'm always hopeful that new music will be better than old music. Innovation is really what I'm hoping to see.

Goodwin: Yes, artists are getting the chance to be more innovative than ever before.

Expressions: On what platform do you plan on purchasing/streaming this album?

Vendegna: Spotify.

Piette: Spotify and Soundcloud.

Galambos: Depending on how much I enjoy the music, I will either stream it off Spotify or Youtube or I will buy it on CD or Vinyl.

Goodwin: "Freedom's Goblin" is only available on Apple Music so I have to listen to it on Youtube.

Expressions: Are there any artists this year that you don't want to hear new music from?

Vendegna: I think Maroon 5 should take a break this year.

Piette: Daft Punk.

Galambos: Nope, the more music the better!

Goodwin: There aren't any artists in particular that I would single out.



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SLOHS Arts Department Presents: "La Femme"

By Maya Hampsey

During Art after Dark this March, San Luis Obispo High School art students will have their work on display and for sale at Art Central on Monterey Street. The exhibit titled "La Femme" centers around themes of femininity and women. The gallery will not be taking a commission and the proceeds will be given to the women's shelter.

"We wanted to keep it very open to the student's interpretation of the significance of women in their lives. They can focus on a historical aspect, a political one, the relationships they have to women in their lives, the roles of women in society, how they are sexualized, it's all up to the students," said art teacher Amanda Eedle.

Many of the students in her ceramics three class have already started working on their projects, and were eager to explain the meanings behind their creations. Senior Lizzy Pittarelli is making a mother nature sculpture depicting the fertility of the earth, and senior Elena Kraemer is making a mother tree to highlight the growth and nurturing aspects of femininity.

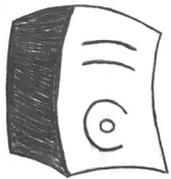
"I am making porcelain lingerie to symbolize the sexualization of women. I chose to work with porcelain because it is a deli-

cate and expensive medium which correlates to the wealth and extravagance seen in fancy expensive bras," said senior Sarah Borgardt of her artwork.

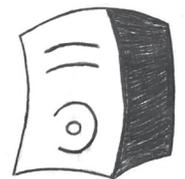
Another provocative project is that of senior Lexi Smith who is making clay tampons dripping with red resin to fight the stigma and shame placed on menstruation.

Not only do these projects tackle social stigmas, but they also tackle important injustices and inequalities that women face in their everyday lives, such as sophomore Paige Lund's project, which is a giant ceramic quarter, cracked unevenly to represent the wage gap. Other notable projects include senior Luca Zovich's female Oscar and junior Anika Meyer's mother and child figure, which was originally designed for her mother.

Eedle's class is not the only one participating in this project. Countless other art teachers have also presented the opportunity to their students. The results will be stunning and hopefully start important conversations about women. Come see the exhibit on March 2 and check out the work of our amazing SLOHS art students.



Concert Season



By Sophie Yasumoto

Concerts are a fun event that most San Luis Obispo High School students are fans of and, luckily for them, lots of big names in music are back in action. For the first time in four years, Taylor Swift will be headed back on the road for her much anticipated "Reputation" tour and the New Zealand native, Lorde, is going to headline her first ever North American tour starting March 1. *Expressions* sat down with a couple of regular concert go-ers to see which concerts they are excited for this year.

Expressions: What concerts are you looking forward to this year?
Senior Anna Betts: Lorde or Billie Eilish.

Senior Jackie Maddalena: I got my tickets to the musical festival Coachella and I'm most excited to see Cardi B, Kygo, and REZZ live.

Junior Maya Nitzel: I'm hoping to see some of my favorite small bands play like Pancho and the Wizards or Hot Flash Heat Wave. Not many bands that I like have released tour dates so I'm not totally sure but I would like to go to a lot more this year.

Expressions: What concerts are planning on going to if any?

Betts: Although they sell out really quickly, I would like to see

Lorde or Billie Eilish.

Maddalena: I'm definitely going to go to the Datsik concert at the Freemont and then A\$AP Ferg is coming to my favorite venue in LA.

Nitzel: I haven't planned on attending any yet because tour dates haven't been released and I usually don't buy my tickets until super last minute. My dad really wants to take me to The Eagles though.

Expressions: If you could choose one big artist to perform in SLO, who would you choose?

Betts: Lana Del Rey.

Maddalena: Skrillex.

Nitzel: I would love Arcade Fire to come here.

Expressions: Are you more of the musical festival type of person or stadium concert type of person?

Betts: I like concerts a lot. I love how crazy they can get and how you're in a crowd of people that like the same music as you.

Maddalena: Coachella is the first ever music festival that I will be attending, so I'd say I'm more of a concert go-er.

Nitzel: Concerts because they are more small and intimate which is what I like.

EMO CULTURE IS NOT DEAD

Originating in the 1980s and gaining mainstream popularity by the early 2000s, emo culture is defined by all black clothing, hair brushed down and over one's eyes, and bands like "My Chemical Romance" or "Fall Out Boy." While many aspects of emo culture have since died off, there are some that still practice the rituals and rites of this iconic subculture. *Expressions* wanted to see if emo culture was still alive at San Luis Obispo High School.



Resident emo expert and senior Grace Berscheid gave us insight on each question to how a true emo would respond, allowing us to verify whether or not this culture is still alive.

Expressions: What is your favorite color?

Emo Expert Grace Berscheid: Real emos will say black or dark blue. Maybe blood red.

Junior Allyssa Calsada: Black and blue.

Senior Kaylob Santos: Black.

Senior Michelle Mckown: Black.

Expressions: What's your favorite type of music?

Expert: Dark, emotional, and loud are three qualifications for emo music.

Calsada: Probably heavy metal.

Santos: Punk.

Mckown: "My Chemical Romance".

Expressions: Who is your favorite Disney villain?

Expert: Most villains score pretty high on emo scales but by far the most emo is Claude Frolo from "The Hunchback of Notre-Dame".

Calsada: Maleficent.

Santos: The Boogiemán.

Mckown: Jack Sparrow.

Expressions: Is the glass half full or half empty?

Expert: It is always empty for real emos.

Calsada: Neither, it's all a construct.

Santos: Always half empty. It's never half full.

Mckown: Half empty.

Expressions: What inspires your fashion?

Expert: Emo's will usually take inspiration from goth and darkness.

Calsada: Just dark. Dark everything.

Santos: Black flannels.

Mckown: Marilyn Manson.

Expressions: Would you rather be pale or tan?

Expert: Pale is the clear answer here.

Calsada: Pale.

Santos: Pale, really pale.

Mckown: Pale.

Expressions: What are your thoughts on the future?

Expert: Emos know that life sucks and they've accepted that.

Calsada: I don't think about the future.

Santos: Death. We're all going to die.

That's how life works.

Mckown: There is no future.

Expressions: What do your parents think about your lifestyle choices?

Expert: If your parents aren't afraid of, or for, you then are you even emo?

Calsada: My mom doesn't think I'll make it any further.

Santos: They're scared and nervous around me.

Mckown: That I'm rebellious.

By Stephen ZagRodny

After consulting with experts and side by side comparisons of these responses to the true emo response, we have ranked the emo culture at SLOHS: 8.4 out of 10 tubes of black lipstick. It is clear that emo culture at SLOHS is alive and well.

Illustration courtesy of Jackie Maddelena

The Man in the Shadows: Ralph David Abernathy

By Grace Berscheid

Ralph David Abernathy is an important, yet rather overlooked part of our history. He was an African American, homosexual, civil rights leader, and activist. Born on March 11, 1926 in Linden, Alabama, he was a Baptist minister who, with Martin Luther King Jr., organized the historical Montgomery bus boycotts. He co-founded the Southern Christian Leadership Conference (an African-American civil rights organization, also known as SCLC), and was a major civil rights figure, serving as close adviser to King and later assuming SCLC presidency. Later returning to the ministry, Abernathy died on April 17, 1990, in Atlanta, Georgia, after a long life of fighting for human rights. “From what I know about him, I’m super thankful for the part he played in the civil rights movement with Dr. Martin Luther King Jr. and the Montgomery Bus Boycott, and I feel he is underappreciated in his activism”, said junior Ella Livingston.

In 1954, when Martin Luther King Jr. became a minister at nearby church, Abernathy mentored him, forming an incredible bond before moving on to become leaders of the Civil Rights Movement. In 1955, the pair founded the Montgomery Improvement Association and organized a yearlong bus boycott. Their actions were triggered by the arrest of Rosa Parks, who had refused to give up her bus seat to a white man. The boycott caught the country’s attention but also brought along a retaliation of violence; Abernathy’s home and church were damaged by bomb blasts.

Despite this imminent danger in 1957, he and King helped found the SCLC. King was president; and Abernathy eventually became vice president. A few years later, Abernathy hosted a rally for the Freedom Riders, who were black and white activists who traveled by bus to protest segregation in the South.

Abernathy was arrested with King 17 times and was always by his side, including when the civil rights leader was assassinated on April 4, 1968. Abernathy continued in an effort to keep King’s spirit alive, becoming president of the SCLC. He also spearheaded the Poor People’s Campaign of 1968, which included a march on Washington that led to the creation of the Federal Food Stamps Program.

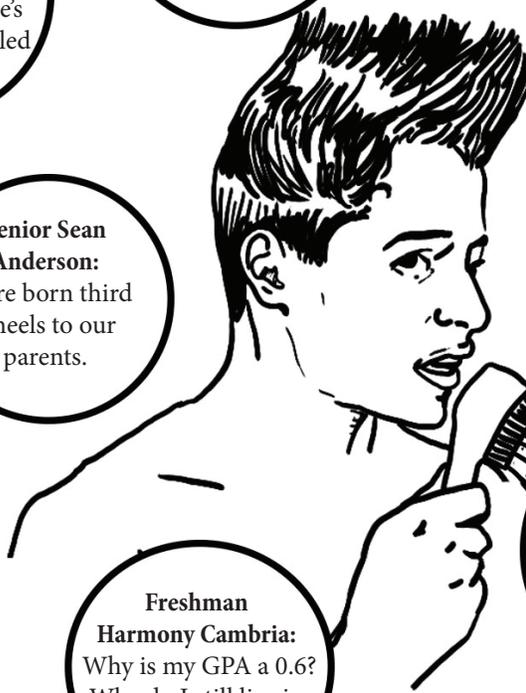
In 1977, Abernathy relinquished his role as SCLC president and ran for a seat in the U.S. House of Representatives. After failing to be elected, he focused on his work as a minister and speaker. In 1989, his autobiography *And the Walls Came Tumbling Down* was published.

King himself said in his last speech, “Ralph David Abernathy is the best friend that I have in the world.”



SLOHS Shower Thoughts

By Max Lober



Sophomore Dane Truer:
Why aren't there lowercase numbers?

Freshman Celia Lober:
Why is it called a grapefruit if there's already a fruit called a grape?

Sophomore Logan Todd:
Are my shoes clean?

Junior Kevin Jess:
If we don't study the mistakes of our future, we'll be doomed to repeat them for the second time.

Senior Justin May:
What is failure? Why does society have to base success on wealth and education?

Junior Kahlil Harrigan:
I think I'm a rapper. I rap songs and pretend I'm Quavo.

Junior Clea Wendt:
Why is it cacti for the plural but cactus for the singular?

Senior Sean Anderson:
We're born third wheels to our parents.

Sophomore Greg Armstrong:
How come you can drink a drink, but can't food a food?

Senior Madi Sandoval:
At one point in time you're the youngest person on earth.

Freshman Harmony Cambria:
Why is my GPA a 0.6? Why do I still live in a mobile home?

Illustration courtesy of Celia Lober



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