

SLOHS EXPRESSIONS

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The Expedition through the Decades
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The Effects of School Shootings at SLOHS

By Reporter Talia Doane

San Luis Obispo High School has never had an active shooter on campus, but that doesn't mean there hasn't been a threat.

According to calculations by injuryfacts.nsc.org, there is a 0.00179 percent chance of getting killed in a pedestrian accident, which means there is a 0.00166 percent higher chance of getting killed by walking down the street than being a victim of a school shooting.

Just because there may not be a big chance of being in a school shooting doesn't mean it isn't an issue. The number of people killed or injured from mass school shootings in the US over the past 18 years has been more than in the entire 20th century.

Over the course of 46 weeks, there have been 45 school shootings in the U.S., meaning that there was an average of one shooting per week. Out of those 45, 32 of them have been at kindergarten through 12th grade schools, causing many staff members, students, and parents to worry.

"As a teacher, I think about school shootings almost constantly. As a parent, I can't imagine the horror and terror that I would feel and how consumed I would be with fear. I know that we as a staff have trained for school shootings, lockdown drills, etc. I try to keep that in mind when I start to worry about what might happen," says teacher and parent Trina Casteel.

One of the most haunting shootings took place at Sandy Hook Elementary, with 26 victims on December 14, 2012. The organization Sandy Hook Promise has since made it their mission to create a culture engaged in preventing shootings and violence in schools. "School shootings are an awful and unimaginable thought to have. Recent threats have made this terrible thought a lot more personal for students in SLO. It makes me question why the government doesn't see this as a serious threat and has not done more to help prevent them in the future," said senior Brooke Jacobs.

Recently, threats have been made at SLOHS and Laguna Middle School, which turned out to be pranks from social media app Tik Tok.

"I think that school shootings are nothing to be joking or making pranks about; they are a very serious matter. I feel pretty safe here in SLO, but I would worry more if I lived in another city where school shootings happen more often," said sophomore Emmersen Hill.

The news of school shootings is affecting students and staff at high schools across the country, SLOHS among them.

Do Students Vote Like Their Parents?

By Reporter Jayde Malzone

As the 2020 election approaches, San Luis Obispo High School students are starting to pay more and more attention to politics, and some are even trying to figure out who they might vote for. Though students may know what their political views are, they might not know why.

"My parents influenced my political views by showing me each path and not forcing me to think a certain way. They let me choose my own way of thinking but led me in the right direction," said junior Tanner Van Brasch.

Majority of students agree with their parents on political views. Being raised in the same space, families tend to have the same opinions on gun rights, global warming, or presidential elections. After all, many parents have the advantage of being their children's first source of political messaging. It is natural for them to have the same view.

Parents seem to be the number one influence in a child's life, and the trend seems to continue throughout political views as well.

"My immediate family are all Democrats, including myself. I think that politics and government are extremely essential things to be taught in school. We are the next voters and leaders, so understanding how it all works is crucial," says senior Hannah Weiss.

Seven in ten U.S. teens say their ideology is the same as their parents, while 21 percent say their views have become more liberal.

"My family always discussed politics around the dinner table, so in some sense I knew what was going on even as a young kid. I didn't pay extra close attention to it until I worked on my first campaign after high school," says SLOHS government and history teacher Seamus Perry.

It seems that most politically involved students have been educated and influenced at a young age by their parents, a trend that continues even throughout other generations.

"During the 2016 election is when I got involved and interested in politics," says junior Benjamin Handy.

Handy also mentions that his family discusses politics with him and that they share the same Republican views.

The students and teachers at SLOHS seem to mostly identify with their parents views, and though younger generations continue to become more liberal, parents' influence covers more than just personality, habits, or intelligence. Students tend to vote like their parents do, and that can impact elections.

Is Heidi Really Mighty? An Interview with SLO Mayor Heidi Harmon

By Reporter Evan Clausen



To figure out how informed San Luis Obispo High School students are about local politics, *Expressions* surveyed various students about the identity of the current mayor. When interviewed, both junior Kaylor Jones and freshman Charlotte Sawyer

knew her name, but admitted to knowing very little about Heidi Harmon's political background and beliefs. Jones explained that she "seemed chill," while Sawyer claimed to find Harmon, "a little intimidating."

"I saw her at Ascendo. She was in a meeting. She looks nice though," said Sawyer.

In the hope of bringing more information about the mayor to the students of SLOHS, *Expressions* decided to go to the source herself, calling Mayor Harmon for an exclusive interview.

Harmon answered a series of student-selected questions, the first of which asked what an example of a mayoral duty might be.

"If you look at our charter, which is what our city is guided by... the only two things that are actually in the city's charter are to preside over meetings and to go to ribbon cuttings. But certainly, I do a lot more than that. It's a pretty expansive role."

Harmon explained that she first ran for office in 2014, but has been an activist for the past fifteen years. She serves on several committee boards, such as the Air Pollution Control District, and often has individual meetings with community members who have concerns or ideas about what they want to see in the city.

When asked whether she faced adversity as a rising female polit-

ical figure, Harmon said this:

"It's tough. People can be cruel, and I think a lot of that is based in misogyny. Just last night I got a Facebook message from someone which told me to 'F--- off.' I think people have really lost their ability, if they ever had it, to be able to have a conversation about difference without being angry and divisive about it. It's pretty disappointing."

Students were also curious about Harmon's plan to handle the homelessness issue in San Luis Obispo, and she assured *Expressions* that she's working to make a change.

"Homelessness has grown significantly, last time I looked at the numbers California had at least 25% of all the people living unsheltered in the country... it's no doubt really a challenge. As of now, the resources are actually pretty limited as to what we can do, but we have put about a million dollars into a homeless shelter. The governor of California recently granted us some money, and I'm hoping we can use it to expand the shelter and open up an addiction services shelter so folks who are struggling with addiction can have some avenue for healing."

Harmon explained that she always wears a rose to remind such nay-sayers of her femininity, as she believes that the flower is "undeniably feminine" and shows that a female can fill the position of mayor just as well as any man could.

Harmon admitted that she wished she could spend more time with the students at SLOHS, as she currently makes frequent visits to local grammar schools to speak to students and inspire them to be their best selves. When read some impressions of her, she was pleased to hear that she was seen as "chill."

She hopes to spend more time in the future working with the students of SLOHS to make sure they receive all the help they need and have successful lives after high school.



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VEGANISM: A TREND MACHINE.

By Editor Alexis Haas



Veganism is slowly becoming mainstream, even at San Luis Obispo High School. Many students at SLOHS are becoming vegan and follow the strict regimen of not eating or using any animal products, including all cheese and milk options.

Veganism, however, is now more of a trend than a lifestyle. Articles are read and written about how this trendy diet can help people lose weight, help support animal rights, and help people live a healthy lifestyle, but they are ignoring part of the picture.

What isn't mentioned in any article is that one can live a healthy lifestyle while still consuming animal products. That means they can eat meat and still be considered healthy. It's one thing to know what something is supporting and what one believes in, but it is another thing to hop on a trend one thinks will make them look "cool." And students are feeling the pain.

"Having a vegan dad is like having a family member that's allergic to all your good customary home cooked meals. Going out to dinner with a vegan becomes a chore instead of something to look forward too. I've heard some vegans say 'eating meat hurts animals and hurts the environment as a whole' and as far as I'm concerned, nowadays the majority of people aren't going out and hunting their own food, their driving their gas guzzling cars to the grocery store to purchase prepackaged meat. If one person stops purchasing meat from the store, it just means more meat will go to waste. It's not like you can put the life back into the package," said junior Nick Overby.

Humans have eaten meat since the dawn of mankind. Some complain about imbalance in the number of fish in ecosystems, but the fishing laws put in place for most edible fish show there is no prob-

lem. The same argument is used about the number of livestock on our planet, while in truth the number of cows has remained steady in recent years.

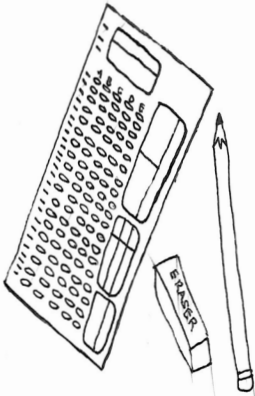
"I am vegan because I don't want to hurt animals for food. I believe that in modern times it is very easy to get the nutrients we need to survive without taking the life of another animal. It is also a more sustainable lifestyle and by eating plant based you are contributing to less water usage and less pollution," said senior Brooke Andris.

The argument of saving the animals, although valid, does not dispute the reasoning that animals are bred to be eaten. Our ancestors were hunters and gatherers, they ate meat and plants. If eating healthy is the goal, then do not hop onto a vegan diet solely for the reason your friend is doing it. Eating healthy while consuming animal products is the best option. Some students at our school are vegan for personal or religious beliefs. This can be completely understandable, since it is a personal choice that they have thought-out thoroughly. To these people it is not just a trend, it is a legitimate lifestyle choice.

The entire trend machine that Veganism has become has nothing to do with the ecological or health benefits that come with not eating animal products. The trend's sole focus is on what other people around are doing. It has become a trend machine that everyone is hopping right now, even in our own SLOHS backyard. Veganism is a trend machine that shouldn't exist.

Sources: Vegansociety.com
worldin2019.economist.com





College Board; Stealing Students' Money Since 1899

By Reporter Addie New-Schmidt

For students at San Luis Obispo High School, applying to college is not only a lengthy and stressful process, it's an expensive one. College Board, a nonprofit company, offers an array of services many students purchase as part of their application process. Yet despite the company's nonprofit status, College Board made \$139,917,497 in net income in 2017, according to publicly available tax forms.

College Board charges high fees for tests and other services, exploiting students' desires to get into college and making an excessive profit in the process.

"I wouldn't say [College Board's services] are required, but [they're] definitely expected because they reinforce your grades and hold more weight since they're standardized. Also, since everyone is taking them, it might hurt you if you don't," said senior Lulu Dai.

Dai's statement holds true for most other students looking to apply to college. Most 4-year schools either require or strongly recommend test scores. Students not only pay to take the SAT, which is \$49.50 without the essay and \$64.50 with, but also an additional \$12 for each official score report sent to schools, which many require. AP tests cost \$94, with a \$40 late fee for students registering after early November. If students are applying for financial aid, some private schools require the CSS Profile, a College Board service that charges

\$25 to register and an additional \$16 for each college the report is sent to. These costs add up, and with many students taking multiple sittings of the SAT or multiple AP tests each year, College Board's profits add up too.

"I've spent around \$900 [on College Board's services], not including this year's AP tests or sending score reports," said Dai.

While the amount is startling to hear, Dai's expenses aren't unique.

"To this current date, I've spent \$702.5 on College Board's services," said junior Ved Kenjale.

College Board continues to alter their services to increase their profit. This year they moved the AP test registration date to November, forcing students to register for tests months earlier than usual. At that time, many students aren't sure whether they want to take the test or, if they're seniors, whether the college they'll attend will accept their scores. College Board hasn't given an official reason to the public for the date change, but Vice Principal Julie Mamo had an explanation from College Board

"Through research, field testing and data, AP determined that students remain en-

rolled and take the AP exam in May if they register and pay for the exam in the fall," said Mamo.

College Board is presumably using this explanation to claim that the change is for students' benefit, but the reality is it's going to make them more money. According to Mamo, there's been a ten percent increase in exams purchased as of December 12. Many schools offer even more AP classes than SLOHS does, so College

Board is making even more money at other high schools across the nation.

It can be argued that College Board is offering genuinely helpful services.

"I've spent around \$900 [on College Board's services], not including this year's AP tests or sending score reports," said Senior Lulu Dai.

Many students do receive college credit for their AP tests and SAT scores are used by most colleges in their admissions process. But College Board is overcharging students. Their CEO made over \$1.3 million in 2017 and 17 other top employees made over \$250,000. If they divided their 2017 profit by the total number of students who took the SAT (1.7 million), they could give each student \$81, more than covering the cost of SAT registration. College Board needs to stop pretending they're a nonprofit and lower their prices.

"I think 'Lift Yourself' by Kanye West was the best song of the decade. My favorite show was 'Game of Thrones'. The best moment of the 2010s was Hillary's election. In 2020, I look forward to experiencing first hand the deterioration of our relationship with Kim Jong Un and his nuclear arsenal," said senior Max Waldorf.

A wrap of the 2010s in Five Quotes

By Reporter Brooke Larson



"Best personal moment? My kids went from being kids to adults and I turned 50. Best professional Moment? Being selected to speak at the Fifty Day Dinner and then being a finalist for Teacher of the Year. The decades seem to go faster but more gets packed in," said math teacher Blake Bristol.



"I would describe this decade as 'momentous.' The best moment would be Greta Thunberg's sailing across the Atlantic and speaking at the UN Climate Conference. I hope that the upcoming decade will be a decade of positive change for our climate and environment," said Latin teacher Tom Weinschenk.

"My favorite song of the decade was 'Voice Mail' by Shordie Shordie. My favorite memory from this decade was being in auto, I am looking forward to meeting new people in college during 2020," said senior Drake Rucks.



"Tik Tok, it's just addicting," said junior Savanna Oberg.



170 years later and it's still known as the best decade: 1850s

By Reporter Phineas Lloyd-Moffet

As San Luis Obispo High School students enter into a new decade, many students are wondering if it will be the best decade of their lives, or maybe history all together. The 2020s, however, will have to be an absolutely incredible decade if they're going to steal the best decade title from the current holder: the 1850s.

The 1850s are great for so many reasons, like the fantastic books written in that period. Classics like "The Tale of Two Cities," "The Scarlet Letter," "Moby Dick," and many others were written in the 1850s. Many of these books are required in English classes, proving their excellence.

The 1850s also marked the beginning of the Industrial Revolution, and many very useful inventions were made in that era. The sewing machine was invented by Isaac Singer, something everyone, indirectly or not, benefits from every day. Most people's clothes are made with sewing machines, and not having them would be a pain. Many advancements in train technology was made in the 1850s, beginning a new era in transportation. Other notable inventions include the washing machine, dishwasher, and the elevator.

Maybe most importantly, in 1859 Darwin published "The Origin of Species," one of the most influential books ever published. In "The Origin of Species," Darwin states his theory of evolution, something that changed people's perspective for the better. Evolution is the idea that instead of animal and humans being created, they evolved from previous organisms. This discovery changed how the world thought about science and things in general, and it happened in the 1850s.

In American news, the 1850s were great as well. The great place we live in, California, was made a state in 1850. The Gold Rush was in full swing, resulting in new cities like San Francisco, and many great brands like Levi's and Wells Fargo. The gold rush also created a solid economy in California that would last far past the 1850s. Oregon and Minnesota were also made states in the 1850s, which are some pretty influential states.

In the end, the 1850s were absolutely incredible. They had many useful inventions, great books, and world changing ideas. How could we possibly forget about their influence.

It's the 1850 baby!

Illustration Courtesy of Iain Van Kleeck

Heading into the Future with “2020” Vision

By Reporter Phineas Lloyd-Moffet

As the new decade begins, San Luis Obispo High School students are increasingly reminiscent of the decade that just passed. But students also wonder what the future will look like: Will the world burst into flames? Will we be controlled by robots? Only one person knows. And that person is me.

The year is 2040, and the world is very different than it was a mere twenty years ago. Everyone is driving the new self-driving Tesla trucks, known to be one of the best looking cars in years. Pigs are the most popular pets, with a new breed called the Tiger Pig being the most popular. The Tiger Pig, with stripes like a tiger, is the actual size of a tiger, appealing to many younger children.

In music news, K Swish, formerly known as Yung K Swish, is crushing the charts with his new hit single, “I Was Cool in high school I swear.” K Swish’s popularity first started with his album “2040: My year,” which broke many music records. Massive K Swish fans, known as “Kswishies,” follow him around on tours, causing many riots.

There have been many advancements in food as well. The trend of being vegan has disappeared, but a new trend has started, called zero. If you are a zero you don’t eat anything, therefore saving the planet. Many more sane people’s diets include granola, causing more granola companies to pop up. One of the top granola companies, which regularly competes with Amazon, was created by SLOHS teacher Gregory Ross, fulfilling his lifelong dream of owning a granola company.

A new form of art has emerged, called Fruittowall. Fruittowall consists of glueing or taping fruit to a wall and selling it for copious amounts of money. The idea became popular because of 2019’s banana-taped-to-wall-art piece, which sold for over one hundred thousand dollars.

The new iPhone came out, the iPhone 34. The iPhone 34 has 34 cameras on the back, giving the clearest picture ever! It sells for \$3,434, which is on the cheaper side of tech nowadays.

No one truly knows what the future will bring us, except of course, me ;)

“UGH AS IF” THAT’S THE BEST DECADE

By Reporter Fiona Stevens

At San Luis Obispo High School, students are able to express themselves through their fashion, attitude, and interests. There are many different styles which flow throughout the campus. Certain students favor current fashion trends, while others don’t bother with them and prefer the styles of past decades. The decades that most influence trends today are the 1960s to the present.

“My favorite decade by far is the 1970s. I really love the fashion and music, it’s inspired a lot of my tastes today. I love bell bottom jeans and Led Zeppelin, which were two major parts of the 1970s. I love the 1970s because there are some comparisons that can be made to today. I really think it’s interesting that in the 1970s that we were protesting for peace about the war and now in 2019 we’re protesting about peace for the climate crisis. I hope that our protests will be successful,” said junior Isabella Hoffman.

Other people think that the best decade is the 1990s. Iconic shows such as “My So Called Life,” “Friends,” and “Freaks and Geeks” came out in the 1990s, plus the fashion and grunginess of the decade is still recognizable 30 years later.

“My favorite decade is most definitely the 1990s, the culture and music that were brought along into that decade really interest me for some reason more than the others,” said sophomore Ryan Schisler.

Fashion is one trend that has endured throughout the decades, as well as music and culture. The fact that protesting has been going on since the 1970s is impactful and empowering because it means that people have been dedicated to the cause for over fifty years.

“My favorite decade is the 1990s or 2000s for the fashion and culture, music-wise and fashion-wise. The styles I’m into today are heavily influenced by those decades. Personally, I don’t think these decades account for my personality, but I do love cinema personalities of the 90s, like Cher and Dionne from the movie ‘Clueless,’” said sophomore Lil Daane.

Whether it is movies, style, or attitude, people love to reminisce about the past. Creating a personality and aura based off of a decade is quite popular and can definitely be seen throughout the student body of SLOHS.

Can Girls Soccer Repeat Last Year's Record-Setting Season?

By Reporter Ella Mendoza

Last season, San Luis Obispo High School's very own varsity girls soccer team ended their season with a bang. They placed first in league and moved on to become the first SLOHS girls soccer team to win a California Interscholastic Federation (CIF) championship. They also became the first SLOHS sports program ever to win a Division 1 title, setting high expectations for this season.

"I think our biggest challenge will be adjusting to all of the new talents on the team and growing our chemistry," said sophomore captain Riley Wilkerson.

The girls will have to prepare to take on tough competitors.

"The biggest opponents we will face will most likely be Arroyo Grande (AG). They always have a strong program. Valley teams such as Clovis North and Buchanan are also always tough to play," said Wilkerson.

The team beat AG in their final league game last season in pen-

alty kicks to secure first place in league. They will have to battle against them again this season to repeat their success. Luckily, they're ready.

"Our coach has been implementing fitness into every practice and every drill so that we can be as in shape as we were last year. We also will continue to strive to be better until we reach the championship game of CIF and state," said senior captain Bailey Frost.

In her final high school soccer season, Frost hopes the team will thrive and achieve all of their goals.

"There's a lot of new talent this year and I'm excited to see everyone grow. I expect our team to go far into CIF," said senior captain Franki Phelan.

The girls are expecting a great outcome this season and will continue to work on the pitch to improve every day.

The Effects of Height in the World of Sports

By Reporter Carson Leedom

At San Luis Obispo High School, student-athletes vary significantly in height. We have some athletes who have to jump to touch the doorway, while others have to duck so they don't hit their heads. In each sport, there are certain heights that are desirable. Height can be either an advantage or disadvantage in the world of sports. *Expressions* wanted to see how athletes' heights affect their performance.

Expressions: What are some benefits of being tall/short in your sport?

Junior basketball and football player Christian Jones (6'9): I have a good advantage with my reach in both football and basketball. It allows me to block defensive linemen easier and block people's shots.

Senior basketball and volleyball player Anne Overland (6'1): I'm usually taller than everyone defending me, so it is easier to score on them in the post.

Junior tennis player JJ Niven (5'7): I am very quick and can be sly with my movements.

Senior soccer Gabby Schroeter (5'1): For soccer, it is easier to get around people, especially taller defenders because they are usually slower.

Expressions: What are some of the negatives of being tall/short?

Jones: People look at me and assume I am slow and can't move my feet well.

Overland: People assume that I can't be fast or quick on my feet because I'm tall.

Niven: If someone lobbed the ball over me, I would have to turn and run to recover.

Schroeter: Being small, it is kind of intimidating to go against taller players, especially when you go up for headers because they have the advantage.

Expressions: What are different stereotypes for being tall/short that you hear?

Jones: I hear a lot of stereotypes. The most common ones that I hear are, "how's the weather up there," and "please tell me you play basketball."

Overland: I hear that tall people can jump, and they say you should play volleyball or basketball.

Niven: You hear short kids are annoying, but you also hear that they are quick and some are gritty.

Schroeter: I hear how short people are all over the place and usually pretty quick.

Expressions: If you could choose to be tall or short which would you choose?

Jones: If I had to choose between being tall or short I would choose to be tall to the max!

Overland: For athletics I would choose tall but everything else I would want to be short.

Niven: I would probably choose tall because being tall has some more benefits.

Schroeter: I would probably choose to be short because I feel like people underestimate me.

A Profile of SLOHS Sports Funding



By Reporter Addie New-Schmidt



Illustration Courtesy of Sophia Silacci

For student athletes at San Luis Obispo High School, the inner workings of how their sports are funded can be somewhat of a mystery. From overnight tournaments to uniforms and equipment, the costs of playing add up, but it's not always clear what's funded by the school and what students have to pay for on their own. *Expressions* set out to hear from students and the administration about how funds are allocated.

"There's not a set amount of funding for each sport. The head coach of each sport works directly with myself and we take care of all needs for that specific program. Speaking generally, our athletic department is very well taken care of," said athletic director Jeff Brandow.

Many of the needs Brandow references aren't one's students immediately think of, like uniforms or equipment.

"We pay about \$50,000 a year for referees. And every year the referees get a raise, so every year that [cost] goes up. We spend roughly \$50,000 a year on hotel costs alone, that doesn't include the vans, gas, or meal money. We pay \$15,000 to \$20,000 a year in tournament entry fees—all team sports that go to tournaments have their entry fees paid for. Whenever a team travels overnight we allocate meal money for all student athletes and coaches per day, we spend roughly \$5,000 a year on that as well," said Brandow.

The fact that SLOHS pays for these expenses is unique to the school. According to Brandow, it's unusual for high schools to cover many of these costs.

"If you look at other schools, for example Arroyo Grande, they don't pay their teams' entry fees, they don't pay for hotels, they don't pay for meal money," said Brandow.

But the reality of athletic funding isn't always communicated clearly to students. Many teams feel as if their sports are under-prioritized or get less funding than others. There's been a persistent belief, for example, that girls tennis is required to purchase their own uniforms while boys tennis uses school provided ones.

"We have to pay roughly a hundred dollars each year for uniforms whereas the boys team has shirts, shorts, and jackets provided by the school," said senior varsity girls tennis player Paige Lund.

According to Brandow, however, this isn't quite the case.

"We [the athletic department] have to provide everyone with uniforms, but if students or parents want to keep the uniform they have to pay for it," he said.

It's this policy that leads some teams to purchase their own uniforms, which they can keep at the end of the year, rather than use ones provided by the school that must be returned. That choice, according to Brandow, is typically student led and driven by team captains or seniors. Boys tennis used to have a similar policy of purchasing their own uniforms, but changed back to school uniforms a few years ago.

As an overall policy, the athletic department prioritizes uniformity and consistency for the funding of SLOHS's 24 varsity sports.

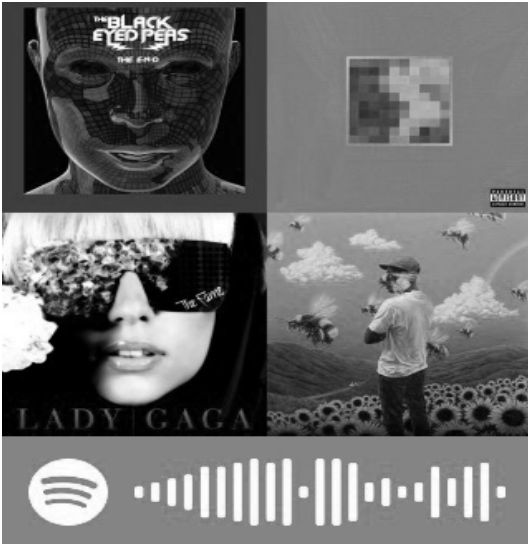
Brandow emphasized the school's commitment to making sports accessible to all students, saying, "If kids have any type of need related to athletics, we one hundred percent take care of it. We go above and beyond to make sure that money is not an issue or hindrance in keeping someone from participating"

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This Decade Slaps.

By Reporter Jayde Malzone



The last 10 years have been different for every student at San Luis Obispo High School, but everyone has been listening to the same slaps and baps. As the 2010s come to an end, SLOHS students are looking back on the iconic songs that have defined this iconic decade.

“I have listened to Kanye West the most,” said senior Malia Patti. Since 2010, Kanye West has hit number one three times, won a Grammy, and released his multi-million dollar clothing line.

When SLOHS students were asked what they think is the most influential genre of the decade, they came to a unanimous answer: rap.

Rap and hip hop are the most influential genres for senior Kellan Barry. Over the last ten years, a hip hop song, artist, or album has been at the number one spot 35 times, spending a cumulative 68 weeks at that spot.

“Tyler the Creator is the artist of the decade,” said senior Rell Morgan.

Tyler the Creator has crossed SLOHS students paths in one way or another. With top hits such as “See You Again” and “EARFQUAKE,” Tyler’s influence seems to be unmatched.

Expressions asked students what songs they would put on a ‘playlist of the decade’ and compiled them onto a Spotify playlist, which you can access by scanning the code above. As we wrap up the decade and reflect on all of our favorite songs, nostalgia seems to hit us all. The playlist may hit you harder than you expect

Basil’s Half Page

By Columnist Basil Lloyd-Moffet

Aristotle once said that “Poetry is finer and more philosophical than history; for poetry expresses the universal, and history only the particular.” If we really want to investigate the universal, however, we should turn to reality TV, not poetry. Poetry was really just a precursor to reality TV: if you think about it lightly and ignore a lot of the poem, “The Lady of Shalott” is basically about a woman watching reality TV (her mirror is her television) and then getting sad when her TV gets crack’d from side to side.

Simply put, reality TV is a much more effective vehicle for existential contemplation. For example: Want to learn how to connect with your roots in an increasingly modernized and plastic world? Watch reality TV show “Vanilla Ice Goes Amish,” where “pop icon Rob Van Winkle, a.k.a. Vanilla Ice, will travel deep into the largest Amish settlement in the United States while on a quest to learn the lost art of hand craftsmanship.” There hasn’t been an episode since 2014 (maybe competition with “Amish Mafia” and “Breaking Amish” did him in), but this author would like to believe that Ice has just committed to the Amish lifestyle even more, and is now busy making more “Pimped Out Patios” (Season 2, Episode 4) in the Pennsylvania hills. Want to learn about the nature of beauty, and the relationship between physical appearance and attraction? Look no farther than two dueling shows, each representing polar opposite ends of human desire. On “Mr. Personality,” strangely hosted by Monica Lewinsky, all the male bachelors have to wear masks. It was canceled after just five episodes, and, perhaps most disappointingly, none of the masked men ended up being Bill Clinton.

Competing with this show is “Naked Attraction,” which is exactly what you’re imagining from the title. Contestants stand completely naked behind a wall, which rises slowly to unveil more and more of their bodies. The lucky bachelor or bachelorette has to choose one person before the wall complete rises, and they go on a date! It’s weird, it’s full frontal nudity, and it is still shown on British public television.

The relationship between wealth and romance has also been explored by the show “Joe Millionaire.” In this bold and pioneering work of art, twenty women were told that they were dating a millionaire who had recently inherited a lot of money. The millionaire, of course, wasn’t really a millionaire— he was a middle-class construction worker. This was revealed only to the final contestant; if she decided to stay with him anyway, they’d be surprised by a millionaire dollar check, and if not, she’d go home empty handed.

Questions about public policy and finance have also been raised by the show “Labor Games.” Women in labor were asked a ton of trivia questions, and if they did well enough they could win a college scholarship for their new child. It’s truly ethical capitalism!

Speaking of children, issues of ancestry and heritage have also been examined by reality TV, most bizarrely in “Who’s Your Daddy.” Modeled on “The Bachelor,” this show had one adopted woman try to guess which candidate was really her biological father. Instead of saying “Will you accept this rose,” the woman said “I feel like you could be my father.”

Reality TV has shows our impressive capacity for self-deception and ignorance. On “I Wanna Marry Harry,” dozens of girls vied for the attention of a British red-head pretending to be Prince Harry— the show was canceled after accusations that the girls were only pretending to be taken in by his royal character.

From just this small sampling— and I mean it, small— you can basically answer all of life’s questions. You can also design what is undoubtedly the ultimate reality TV show: Prince Harry, giving birth in Amish Country, naked with a mask on, trying to figure out who his real father is.

Is Netflix Falling Behind?

By Reporter Evan Clausen



Netflix has millions of people streaming each day from all corners of the world, and San Luis Obispo High School students are no exception. Since the launch of its streaming service in January 2007, Netflix has undoubtedly been the powerful giant of online streaming services. However, with the rise of new streaming options like Disney's Disney+, many are beginning to speculate whether Netflix is starting to lose its spot at the top.

"I think that Netflix was definitely the number one streaming service of the past seven years, but it just doesn't compare, you know what I'm saying? It's just not quite there anymore," said sophomore Noah Clausen.

He believes the wide variety of content presented by the Disney platform is its most appealing draw, claiming it to be superior to that of Netflix.

"What do you want out of a streaming service? Do you want charisma? Do you want good films? Do you want a good show? Disney+ offers a wide variety of Star Wars, Marvel, Pixar movies... it's

got it all," said Clausen.

Some attribute the decline in Netflix's dominance to the steep price per month that it charges its subscribers. As of December 2019, Netflix charges \$8.99 per month per subscription, a notable increase from the \$6.99 subscription required for Disney+, and an even bigger increase from Hulu's \$5.99 per month. In addition, Netflix charges higher rates for HD quality and multi-screen use.

Despite the rise of new options, Netflix still maintains a base of loyal fans. Junior Rory Svetich likes Netflix best, praising its download feature most of all.

"I can download videos without having to pay an extra fee," said Svetich.

He also enjoys the wide variety of Netflix originals, believing them to be the best of all the streaming services.

While Netflix still remains stable going into December of 2019, it will be interesting to see what comes of the streaming titan as we enter the new year.

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The Jack of all Trades - Washmuth

By Reporter Kayla Craft

Lisa Washmuth, the jack of all trades, teaches four different classes at San Luis Obispo High School. From child development to fashion design, she does it all. She also has been the head of Tiny Tigers, a preschool ran through SLOHS, and currently oversees Family, Career and Community Leaders of America Club (FCCLA), a club which helps students develop a personal leadership style and learn employability skills.

Expressions wanted to look further into how Ms. Washmuth began her career as a teacher and what she loves about her job.

Expressions: What do you love about teaching?

Family and Consumer Science teacher Washmuth: I love connecting with students and creating a spark of interest in students. I love to see the lightbulb go on when they have figured out something or learned something new. I love to see student's creativity and love learning from that creativity myself.

Expressions: Out of all the classes you have taught at SLOHS, which is your favorite and why?

Washmuth: Interior Design. That was my emphasis in college. I have always been interested in space planning and creating spaces that are interesting, effective, and visually appealing. Even as a child, my mind was rearranging spaces so they would look and work better.

Expressions: When did you know that teaching would be the right profession for you?

Washmuth: I was on disability from my job with UPS and finally had the opportunity to be a parent volunteer in my daughters 1st grade class. When they said I could not go back to my job with UPS, I realized that I loved working with children in the classroom. I had a bachelor's degree, so I went back to school for my multi-subject teaching credential.

Expressions: How did you end up teaching at SLOHS?

Washmuth: The year my mother died and my brother was diagnosed with ALS made it easy for me to walk away from a full time, very stressful teaching job, and come to SLOHS as a part-time Family Consumer Science teacher. I was able to combine my love of teaching and my love of interior design into one job.

Expressions interviewed some of her students;

Expressions: Tell us about Ms. Washmuth and how she has influenced you.

Senior Niki Lauritzen: Ms. Washmuth made me join FCCLA and now I am the treasurer. She's scary, but the key is to not be scared of her, then she isn't.

Senior Trevor Marks: I like Ms. Washmuth because she's really upfront and helps you when you need it.

Beating the Traffic:

SLOHS Student's Sprint to the Parking Lot

By Editor Kathryn ZagRodny

It's the final minutes of fifth period at San Luis Obispo High School, and this can only mean one thing; The Hunger Games are about to begin. The sounds of binders and notebooks being shoved into backpacks and pencils and pens being zipped into pouches can be heard as every student frantically checks the clock. Once the sharp buzz of the bell is heard, it's every student for themselves.

Like ants pouring out from a destroyed ant hill, students rapidly sprint out of their classrooms in a desperate effort to beat the treacherous parking lot traffic. Running through puddles, jumping over potholes, and skirting around slow freshmen, some students give it their all, knowing that every person passed is one less car in front of them, and every second saved is one less minute they will have to wait in traffic.

"In my fifth period, I usually stand by the door, and then once the bell rings I rip that door open and I'm out. It's like the Olympics, it's like Usain Bolt going down the runway," said junior Ben Jackson.

The trouble is that more and more people have a desire to beat the traffic, meaning more and more people are sprinting to their cars.

"Everyone runs, it's not just one person," said junior Lindsey Cannon.

If students do not wish to get caught in the gridlock of pure insanity and pubescent drivers that is the SLOHS parking lot, they must not only run, but run the fastest. This turns the end of the school day into an exposition of athletic talent that can only be compared to the Olympic finals.

If the number of people who rush to beat traffic continues to increase at the exponential rate it does now, some alterations to the current layout of the parking lot will be necessary to promote better traffic flow.

"The parking lot should be better structured and easier for people to get in and out of because after school it's very jam-packed," said Cannon.

With all this construction going on, it feels as though adding another entrance or exit should be considered to increase the ease and flow of the lot. But until that day, all students can do is either succumb to the agony of traffic or send it as hard as they can.

"Get those good pair of legs working and start running," said Jackson.

Creative Students at SLOHS: Maggie and Enrique, A Highlight

By Reporter Jayda Monreal



Photos Courtesy of Jayda Monreal

San Luis Obispo High School juniors Maggie Zuniga and Enrique Ajanel are widely known for their talents in two different creative outlets. Zuniga has been singing and acting since a very young age and has recently played roles like Donna in “Mamma Mia” and Ariel in “The Little Mermaid. Ajanel has been drawing and creating art for a very long time, and uses his art as a form of expression in school and in his personal life.

Maggie’s theatrical interest began as a young child.

“My mom is a musician, so I grew up hearing her write her songs, and then also when I was a kid, my favorite movies were Disney movies, so I really liked all the songs from them,” said Zuniga.

Ajanel also started at a young age.

“When I was really young I always used to love cartoons, like comic strips in newspapers and stuff, and I wanted to replicate that, and then it kinda just progressed from there,” said Ajanel.

Zuniga loves to preform partially because of the audience’s reactions to her work. Even while actors are preforming, they often draw from the audience’s reactions and facial expressions.

“I really like the faces of people when I perform. Recently I got to play a role that a lot of little kids enjoy, and so it’s just really nice getting to see these three-year-old girls excited to see me, and it just makes people happy and that’s what I really like,” said Zuniga.

The process that goes into creating a piece of art can also be complicated, but Ajanel explained the parts that he personally enjoys most.

“I like adding a bunch of different details and elements with different colors and then have them all come together and create something meaningful on a page,” said Ajanel.

As an actress, Zuniga is inspired by many different people, but she narrows it down to two.

“Some of my favorites are [actors] Andy Mientus and Lea Salonga. Mientus because he works to make creative things more accessible to all different types of people including deaf people. And then Salonga because she has played so many roles that have inspired me and a bunch of other young people,” said Zuniga.

Ajanel is more inspired not by specific people, but by the art he sees around him.

“Pretty much any art that I see I can get some inspiration from. Like I’ll say that I liked certain things that that artist did or maybe I didn’t like certain things as much. But also just looking at the real world and trying to figure out how I can represent it in a different sense than the literal,” said Ajanel.

Both Zuniga and Ajanel’s forms of expression are very similar to each other in some ways, like their personal dedication, but very different in others.

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Too Tired, Too Tardy

by Reporter Fiona Stevens



Illustration Courtesy of Sophia Silacci

At San Luis Obispo High School, school starts at 8:00 a.m. Students are often too tired to be in class at that time, and end up being tardy. Teenagers are supposed to get eight-ten hours of sleep each night to be healthy, but with a job, a sport, or just a lot of homework this can be nearly impossible.

California Governor Gavin Newsom signed a law in mid-October making it illegal for all California schools to start before 8:00 a.m. Public high schools' start time will be pushed back to 8:30 a.m., and middle school classes to a time of 8:00 a.m. This law will be in place starting July first, 2022. However, the law does not include zero period courses, so students can legally still have classes starting as early as 7:00 a.m.

"I think that it will help students get a little bit more sleep,

and make it easier to get to school on time, but I think that it should be later. Nine o'clock would be better, maybe even ten o'clock for some students. A problem might occur for students who don't drive because parents could work typical hours, causing a burden on parents getting their kid(s) to school," said special education teacher Trina Casteel.

Parents that commute to work or can't take their kid(s) to school at a later time would struggle, but hopefully students will be more awake and present during class.

"I'm glad that that is now a law and school has to start later. I'm always tired during class, but I hope that dismissal time doesn't get pushed back. I would rather be here earlier than later," said junior Natalie Stevens.

Below is a maze, representing the long and arduous process that students often go through to get from bed to school.

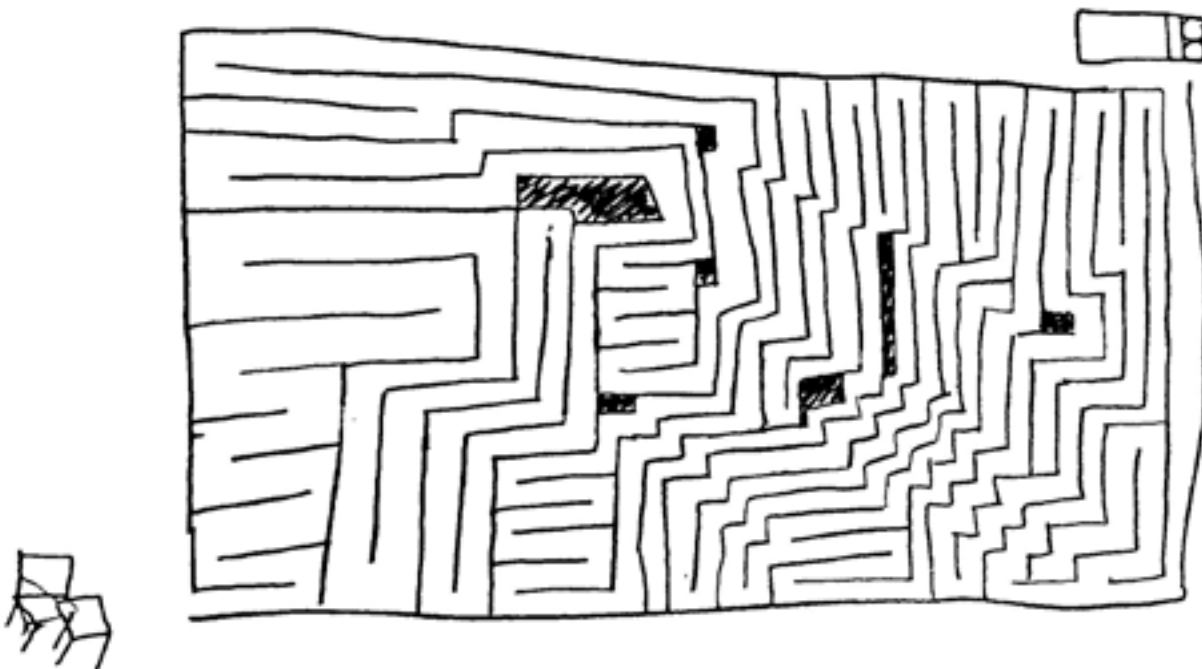


Illustration Courtesy of Clio Nelson