

# SLOHS EXPRESSIONS

OCTOBER 2023 | DISCRIMINATION FEATURE | SAN LUIS OBISPO HIGH SCHOOL



*Don't coexist. Photo courtesy of junior Addi Woods.*

## The Down and Dirty of Religious Discrimination

REPORTER ELLA STANIEC

Here at San Luis Obispo High School, many students are discriminated against for various reasons, but one of the more prominent ones is religion.

Growing up in church and being surrounded by those with similar beliefs to myself, I never was left out. That all changed in middle school.

I had this group of friends who, when I told them about my faith, decided that I was less than them. They would constantly make negative comments about my beliefs. Sometimes they would go out of their way to make sure I was not included in events.

I went from feeling I was loved and accepted, to feeling like I wasn't normal.

From being left out to straight up being ignored, I felt that my faith was holding me back.

I became isolated, and I closed myself off.

Studies show that around 20 percent of high school students have gone through what I have. While that may not feel like a big number, that is 20 percent of kids feeling like they cannot be accepted because of what they believe in.

These high schoolers deal with an insane amount of pressure to 'fit in the box' of modern society, even if that goes against their religion.

Religion is a touchy subject, some may feel unsafe talking about their beliefs in public, others don't want their friends and peers to see them differently. This needs to change, people should be able to speak up for their beliefs and themselves.

I didn't begin to talk about my religion again until recently, I even still struggle to bring it up in fear of being judged. I don't want to be ignored

again. I want to be able to express myself in my beliefs and show others that it is okay.

My religion has given me a sense of self-belonging, and to have been told that that was all wrong. That crushed me. It was like being told that me as a person was wrong.

This is the problem with modern culture. We preach the 'love everybody' campaign but the second someone disagrees with us, we don't care about their well-being.

When I was first left out because of what I believed in; I wasn't angry, I was more confused. What I couldn't understand is why someone would do that, why someone would purposefully go out of their way to show that my religion wasn't welcome.

That confusion turned into depression. I felt that no matter what I did, I would never be treated normally because of my faith.

Eventually I began to realize that the way that others perceive me shouldn't matter. I realized that my beliefs are just that—mine. My religion and my way of thinking may not align with others, and that's okay!

Even though I came to terms with my faith and started to talk about it again, that feeling of worthlessness still follows me. Whenever I am not invited to something I always wonder if it's because of what I believe in.

Everybody should be treated with respect, no matter their beliefs. Just be a nice human being, it's not that hard!

Sources: [sagejournal.com](http://sagejournal.com), [citizensadvice.com](http://citizensadvice.com), [nationallibraryofmedicine.com](http://nationallibraryofmedicine.com)

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# Is Tiktok Destroying Attention Spans?

REPORTER GIBRAN COVARRUBIAS

Every student at San Luis Obispo High School is aware of the highly popular and influential app TikTok, and the controversy it has sprouted since its initiation.

One of the many critiques that TikTok and its mother company ByteDance have faced is their negative influence on young teens, specifically the possible attention span issues students experience from short-form media.

"My attention has gotten a glow down from TikTok and I end up getting bored easily now. It's definitely been an issue in school," said freshman Julian Tarver.

Students should be aware of the potential side effects short-form videos have on their minds, especially when fifty percent of users surveyed said a video longer than a minute was 'stressful.' It's frightening to imagine a world where a minute feels like an eternity to some.

The addiction to short-form content has become even more of an issue when social media apps like Instagram and Snapchat started developing their own versions, many stating that it makes it more difficult to not only pay attention in class, but outside of it as well.

"It's been harder to pay attention during class since TikTok became a thing. There's so much content that it's hard to not find something interesting," said freshman Thaddeus Hough.

These issues lead us to wonder: Should students be allowed to use apps like TikTok when the consequences are so severe?

"We deserve and have the right to choose for ourselves, and each student should find for themselves what works and what doesn't to succeed academically. For many, that will include leaving TikTok and Youtube Shorts behind, but for some, it is not a concern," said 2022 SLOHS graduate Arantxa Covarrubias.

It's clear that the pandemic only increased TikTok's popularity and decreased student's willingness to learn. It's up to students to absorb and put effort into their academic life, not TikTok.

For all SLOHS students struggling in school ever since the short-form video crave, deleting apps that lead to procrastination is a good place to start.

Sources: [theoxfordblue.com](http://theoxfordblue.com), [sciencetimes.com](http://sciencetimes.com)



Put your best foot forward in your favorite pair of Birkenstocks. Photo courtesy of junior Cate Tucker.

# The Epidemic of Birkenstocks at SLOHS

REPORTER JR MOCTEZUMA

Birkenstocks have become a staple in the daily wear of San Luis Obispo High School students. Since the end of the 2022-2023 school year, Birkenstocks' popularity has been skyrocketing at SLOHS.

"Anyone who likes being outdoors, and even my mom, can wear Birkenstocks. They're universal," said senior Chloe Jordan.

Birkenstocks come in a plethora of colors and styles, such as the Amsterdams, the Arizonas, and the Bostons. People can wear them with anything: jeans, shorts, jorts, or even sweats. The different styles are what make them appealing; they can seemingly be worn anywhere – from school, to work, to the beach, or just to run quick errands.

"Personally I wear the leather bostons, they're super easy to clean and really easy to get into. I can wear them to work or even to a more formal setting because of their sleek look," said 2023 SLOHS graduate Ipek Karagozlu.

Apart from being a stylish shoe, Birkenstocks, due to the soft cork sole, are enjoyable to have on. Students wear them because they're extremely comfortable. They are excellent shoes for when students want a break from their usual sneakers.

With Birkenstocks being so diverse, lots of athletes around the SLOHS campus wear them.

"The whole volleyball team wears them after we are done practicing; they're easy to slip on after," said junior Riley Moerman.

Birkenstocks, although great, might be considered an investment because of the price point.

"I think the price is fair. At first, it seems pretty expensive, but Birkenstocks can last up to twenty years," said senior Shannon Lucero.

Of course, not everything about this shoe is perfect. Although most people share the same positive opinions on Birkenstocks; some say they are too easy to slip into.

"I like my Birkenstocks a lot, but sometimes they slip off and I accidentally step on the backs of them," said senior Ava Rider.

But as long as you find the perfect size and color that is perfect for you, they are incredible shoes.

Trends come and go but Birkenstocks seem like they are becoming a staple in students' closets. More and more people are starting to wear them and they don't seem to be leaving anytime soon!

Source: [birkenstocks.com](http://birkenstocks.com)



Bliss Cafe offers all kinds of tasty foods. Photo courtesy of senior Karl Karsh.

# Bliss Cafe Is A Vegan Hit in Downtown SLO!

OPINION EDITOR KARL KARSH

Students and staff at San Luis Obispo High School are all familiar with the array of attractions in downtown SLO. Among the many shops and places to eat, there's a quaint vegan restaurant called Bliss Cafe.

On its website, it states that Bliss Cafe wants to offer food that "uplifts, enlightens, and invigorates". All of the food that is served is organic, fresh, local, plant-based, and made from scratch. "My brother David and his partner opened Bliss Cafe in 2011, and I joined two years later. The cause to help people become more healthy and have a positive impact on the planet is really great," said math teacher and co-owner of Bliss Cafe Kyle Fintel.

The food isn't the only thing that makes Bliss Cafe special. Maintaining a carbon-neutral lifestyle, Bliss Cafe utilizes non-plastic silverware. "We do our best to spend extra

money on compostable things. We're also currently pioneering a 'bring your own container' program that the county encouraged restaurants to start doing. That way we can save dishes and plastic," said Fintel.

This creekside haven is a perfect place to get any kind of vegan treat. From entrees such as burritos, salads, and pancakes to smoothies and cafe elixirs, Bliss Cafe has it all.

"The Protein Buddha has been my number one favorite from our menu for a long time. Our family eats that almost every day and we hardly ever get tired of it. I also love the Lemon Love Salad and dressing. My mom made that salad for my friends and I growing up," said Fintel.

If you haven't eaten at Bliss Cafe yet, go give it a try! Support a hidden gem in our community.

Sources: [blisscafeslo.com](http://blisscafeslo.com), [visitslo.com](http://visitslo.com)

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# Fall 101: A Guide to Baking, Movies, & Activities



*The perfect fall lineup. Illustration courtesy of junior Addi Woods.*

PEOPLE & CULTURE CO-EDITOR ADDI WOODS

Bid farewell to hot beach days, tropical vacations, and refreshing cold drinks. Summer is officially over, but that means that one of the best times of the year is upon us. There are countless advantages to fall weather, so San Luis Obispo High School students should know how to enjoy it in the best way possible.

"Fall is by far the best time of the year. How could you not love the cozy weather, the seasonal treats, and the best movies? If you don't love fall, then you're not doing it right," said junior Sofia Waggoner.

Here is a step-by-step guide on how to enjoy this fall season.

**Step 1.** Bake one of the many infamous fall treats. The options are endless with anything pumpkin spice or with apples.

"I always get more in the baking mood when the weather gets colder. Pumpkin spice treats just hit different when you're all cozied up. My favorite easy thing to bake is the Trader Joe's pumpkin bread mix," said senior Ainsley Stephens.

With a quick google search, the fall-related recipes are endless. The hard part is just deciding which one to do. Some of the best are apple cinnamon crumb muffins, snickerdoodles, apple crisp, and of course, pumpkin anything; pumpkin bread, pumpkin pie bars, and pumpkin cheesecake truffles (recipe on the back page).

**Step 2.** Fully embrace the fall mood with either a classic cozy movie or a scary movie. Some of the best cozy movies for Fall are "Fantastic Mr. Fox," "When Harry Met Sally," "Dead Poets Society" (tear-jerker warning), "Hocus Pocus," and "Twilight."

But, if you're more in the mood for a scare, be sure to watch "Halloween," "Barbarian," "Friday the 13th," "A Nightmare on Elm Street," "It," and "Scream."

"I prefer scary movies over other fall movies any day. They set the perfect mood for Halloween," said junior Emma Knight.

**Step 3.** Visit a local seasonal activity. Luckily, San Luis Obispo has a wide variety of activities to choose from.

Students can go apple picking at Avila Valley Barn, SLO Creek Farms, or Gopher Glen Apple Farm. They can also visit the pumpkin patch at Brookshire Farms, SLO Creek Farms, or The Pumpkin Patch. If students want a seasonal scare, be sure to visit one of the many local haunted houses, specifically The Haunt in Atascadero and Nightmare from Main St in Paso Robles. Or, for a classic activity, visit the corn maze at Brookshire Farms or River "K" Pumpkin Patch.

"My favorite place to go is The Haunt in Atascadero. They do a new theme every year and it's always like a horror movie brought to life," said junior Alex Boudreau.

Also, be sure to stop by Spirit Halloween on Madonna Road to check out their wide variety of costumes and decorations.

**Step 4.** Combine all of the best parts of fall and have a themed night with family or friends. This night can include pumpkin carving, baking, apple cider, and a movie marathon.

"Be sure to complete the night with the iced pumpkin cream chai latte from Starbucks. This drink alone makes fall the best time of the year," said Waggoner.

Be sure to enjoy the countless activities that the new season provides.

Sources: [enjoyslo.com](http://enjoyslo.com), [ediblesanluisobispo.com](http://ediblesanluisobispo.com)

## SLOHS vs French Electives from a French Foreign Exchange Student



*The various class options at SLOHS. Illustration courtesy of junior Chalres Sibout.*

REPORTER CHARLES SIBOUT

San Luis Obispo High School elective courses are very different from the courses in European countries. Instead of dealing with large subjects like math and English, SLOHS classes are often manual and very specific. Classes like this are not taken seriously at all in European countries; they are seen as leisure and if you want to practice, it is during free time in addition to classes, and they will not be counted when applying to a college.

In the United States, the system is different, and electives are not seen in the same way. This leads us to ask the question, are elective classes useful for SLOHS students?

"I think that elective classes are as important as regular classes because math, English, science, and history are all pretty generic. We can use them sometimes in day-to-day life, but these sorts of active classes can be hobbies or lifestyles

in the future," said Auto II student and senior Roman Engelmeier.

The majority of SLOHS students are in at least one elective class. Before arriving here, I would have thought that elective classes should not be related to school and academic study but now that I can observe it, I don't have the same opinion.

"I think that the elective class allows the pupil to discover new subjects to which they would not have thought about and they can develop them in the future. In France, we have only regular classes. It is good to prepare for college but it is poor in diversity," said French foreign exchange student and senior Baptiste Gaydeine.

It is important that the pupils of SLOHS have the possibility to do elective classes. Those classes also used to exist in European countries but they are no longer valued in school. So I think to be able to keep this diversity of class at SLOHS is important.

## From Barbie to Shaggy: The Creative Options of Halloween are Endless

REPORTER TÉA FISCHER

Halloween is one of the most popular holidays in the United States, and people at San Luis Obispo High School are already planning their Halloween costumes. The classic, go-to costumes are the typical witch, zombie, clown, pirate, devil, and angel. But now, with new characters from films that just came out, some expected new costumes are: Avatar, Barbie and Ken, Wednesday, Ariel, "Guardians Of the Galaxy" characters, and many more.

"Halloween is a way for me to be someone from a movie or TV show because it's like a game. You get to live a different life for a day. For example, I want to dress up as a character that was in the medieval time period. Like Merida, Lucy from 'Narnia', Elizabeth from 'Pirates of the Caribbean', or Katherine from 'The Vampire Diaries,'" said sophomore Sadie Fischer.

Not everyone goes out and buys costumes, though. Sometimes those costumes can be found in someone's closet.

"Every single year I throw on a green v-neck and some tan pants and say 'I'm Shaggy,'" said 2023 SLOHS graduate Zachary Oates.

Whether people like it or not, dressing up for Halloween is fun. Dressing up also is a way for people to temporarily escape their sense of self. It's proven to be psychologically relieving.

"I like dressing up because it's basically the one day of the year you can do that without being jud-

ged," said senior Grant Svendsen

Last year, math teacher Ethan McSwain showed up to school completely surrounded by cardboard, painted and constructed with intense detail to look like a Formula 1 car. Students might not have recognized him in his wig of tight brown curls, but his bright red cardboard Ferrari zooming through campus couldn't be missed.

"Well I guess I do try pretty hard, but I don't do it because I'm obsessed with Halloween or anything. There are definitely those people who really love the spooky scary part; the black and orange decorations and jump scaring people, but, for me, it's just an excuse to be creative. So when I get the yearly excuse to think about a topic, show, or hobby that I really like, I get excited and hyperfixate about making something from scratch. I'm definitely a little competitive with myself, too, so it's hard to fight the urge to try and one-up myself from the previous year. Not sure I'll be able to do that this time though," said McSwain.

Halloween is a fun holiday to get people excited. Seeing what other people come up with, while also putting their own spin on it, is amazing.

Be sure to dress up this year, Tigers!

Sources: [specialtyfood.com](http://specialtyfood.com), [lombardohomes.com](http://lombardohomes.com), [marketsplash.com](http://marketsplash.com), [blog.gitnux.com](http://blog.gitnux.com), [ucbjournal.com](http://ucbjournal.com), [thriveworks.com](http://thriveworks.com)

# Tiger Pride Shows Itself on the Front Lines



*The United States Marine Corps at Camp Pendleton, 1978. Photo courtesy of SLOHS parent Robert Staniec.*

REPORTER ELLA STANIEC

For some students at San Luis Obispo High School, the idea of joining the United States Military has crossed their minds, but for others, the thought of constant mental and physical stress is too much.

Even through all the hardships, soldiers have to have a sense of selflessness. They have to be willing to go out on the front lines and fight the battles others cannot. Some join for the honor, some for the fame, and others so they can make the world a better place.

“I always wanted to help people. I wanted to do a physical job of helping people. I felt that the military was the best plan of action,” said 2023 SLOHS graduate Aidan Maples.

The ability to wake up at ungodly hours of the day, to be able to get up and run until failure, to carry injured teammates across the line of fire— all take discipline, perseverance, and guts, which the military has.

“It greatly improved my self confidence, and I learned to ‘embrace the suck’ as the saying goes. Both of those things lead me to be more motiva-

ted and disciplined, especially when doing hard or boring tasks,” said 2021 SLOHS graduate and Army SPC Zackary Hill.

However, some may not recommend joining the military, or just recommend doing your own research before.

Combat on the front lines may not be for everyone, but what happens behind the scenes is just as important.

There are many job opportunities in the military, from communications specialists to medical assistants.

“I think so many people don’t understand the privilege we have in this country. A lot of countries have mandatory service, male or female. I think people don’t have appreciation for what we have here until you see what’s happening in other countries,” said United States AirForce Lt. Colonel Jana Reed.

Any job helping others is respectable, but serving your country on the front lines is the most honorable of all.

So Tigers, consider giving the military a try. You never know what could happen!

## Graduation Grows Close and Soon I’ll Have to Grow Too

FEATURE EDITOR ALMA TINOCO

I’ve attended schools in the San Luis Obispo Unified School District since I was five years old.

Throughout elementary school, middle school, and high school I’ve been painfully aware of the fact that in the year 2024, my public education will be over and I’ll have to think about being an adult.

That day is in approximately 244 days, and I feel unprepared to consider moving out, choose my major, and go to college where I’m expected to choose classes that can dictate the rest of my life.

I don’t just feel unprepared— I’m scared about growing up, reflecting on the past years and wondering if it’s all been a mistake.

As a senior, the next few months of my life and the lives of those around me will focus on preparing to take a leap of faith into the world of college. I feel like I’ve barely touched the realm of high school, despite attending one for what’s been almost four years.

In a mid 2000s study, a majority of respondents described their high school experience as a ‘great time’ in their life, and that leads me to beg the question— did I miss out on something? Nothing extraordinary seems to have happened that will make me reminisce about the so-called golden years, and yet I continue to age without memories to look back upon fondly.

But should this valuable time be spent focusing on the connections, or should it be spent ensuring that my future follows a straight path (hopefully) devoid of misery?

In my final year of high school, is it too late to be questioning everything? Unaware of what I want my life to be like, I have the luck of joining one-third of Americans who admit to having no plan after graduating high school. I can go to Cuesta College, save money for two years and attempt to figure out what I want to do with my life before transferring, or I could choose any other route once I’m legally an adult.

People my age have to consider that there’s an element of freedom unbeknownst to the underdeveloped adolescent mind that can be explored once the legal age is reached, and that is terrifying.

The stereotypical idea of going to college and eventually moving out and working a nine to five, coming home to a possibly empty apartment, and eating last night’s leftovers while meaningless entertainment plays in the background could be thoroughly avoided if I so choose to make a change in my life right now. If I wanted to, I could even go to clown school after I graduate— I just have to make the decision to choose what I want in my life for that. I’m not ready to make that kind of decision, and I feel like I’m supposed to be.

To my fellow senior, is it not just me who finds it so unreal that the

safety net of childhood is dissolving and decisions will truly set a course in life for the next following years?

As of 2022, over 43 million Americans have some form of student loan debt. In 2020, a majority of 18 to 29 year olds still live with their parents, and a good portion of young adults who do move out end up moving back in at some point in their lives. In a 2021 study, 12.2 percent of college graduates regret their major, choosing to study a career in hopes of a comfortable life.

These are all realities that any senior is susceptible to soon, which makes growing up and moving on from high school all the more daunting.

As high schoolers it’s easier to make decisions and have them work out, but soon life altering changes will not have guaranteed support. There’s no promise that things will work out the way they’re intended to.

At times I wonder if I could have done more to secure a better future for myself. I could have taken another language class, done more community service, completed a CTE pathway, taken more AP classes, made more social connections— anything to ensure I don’t stay stuck at home unhappy, with a diploma that ultimately symbolizes nothing but years of mistakes and regrets.

Even if I could take back the past four years and do things differently, it won’t promise a future life of stability and contentment.

There’s still a chance that my life might turn around for the better before I graduate. I could figure out what I love to do and pursue a promising career and craft out a serene life, or it could remain painfully mundane and full of questioning until I walk across a stage and ponder what comes next.

At some point, I have to quit asking myself ‘what if?’ and accept the fact that no matter what decisions I make, there will be no certain plan for my life and that things will simply just happen. I think that might be part of growing up, not knowing what’s going to happen next and learning to embrace the new and explore the unknown. The idea of having no direction scares me, but there’s still time to grow and adjust to the challenges that might spring up later in life.

I don’t want the final months of my high school experience to be dictated by what could have been and what possibly could be.

Seniors, reflect on everything that has happened in the past years and know that there’s no going back to the security and structure that has been established in years prior. Be proud of the good that has happened so far and learn from the mistakes to come.

Here’s to hoping that the next chapter of our lives proves all statistics wrong. Make the most of the following months, Tigers.

Sources: [gallup.com](http://gallup.com), [nypost.com](http://nypost.com), [bls.gov](http://bls.gov), [pewresearch.org](http://pewresearch.org), [credit.com](http://credit.com), [ungvanguard.org](http://ungvanguard.org)

# Linux is Better Than Windows



*Linux is the best virtual machine. Photo courtesy of junior Sage Meeks.*

REPORTER SAGE LAMACCHIA-MEEKS

All computers have to use an operating system, and most students at San Luis Obispo High School have never thought much about their operating system, using the default options: Windows or MacOS. Both are great and have their advantages, but both are pricey and can have some heavy requirements on your computer.

Linux in particular is the fast, super customizable, and free option we all need.

Linux has been known as a hard to learn system only for programmers or hackers for a long time.

When you think of Linux, what likely pops into your head is a hacker with a bunch of green scrolling text, Matrix style, but it hasn't been like this since the 1980s.

Now we have many different distributions of Linux, such as Ubuntu, which can be set up in a few minutes with beautiful desktops and no need to touch a command line just like Windows and MacOS.

"A few Linux distributions are less user-friendly than Windows/MacOS; they may require some time for adjustment. Although it requires a short learning curve, everyone should be able to figure out how to use Linux. Many online resources help with the process," said junior Hunter Dorf, who has used Linux for four years.

After you invest that time into it, Linux opens up a whole new world of what is possible on computers without some of the restrictions that MacOS and Windows employ. Though this does mean it also loses some of the advantages of these operating systems.

"Mac has THE best ecosystem because everything is focused around the user's experience to compatibility," said junior Christopher Kaml.

Proprietary applications like Adobe, Microsoft Office, and some video games with kernel level anticheats like Valorant, Fortnite or Destiny 2 cannot be used or played on Linux. That doesn't mean you can't edit photos or make spreadsheets though, you just have to use alternative software, such as Krita instead of Photoshop, or LibreOffice instead of Microsoft Office.

These alternatives are free and open source.

For video games Linux has a couple options: WINE (Wine Is Not an Emulator) or Proton, which are compatibility layers..

The most important advantage of Linux is the amazing amount of customizability that it offers.

It has different basic systems like Linux Mint, which is made to ease Windows users into Linux, and Kali Linux, used for penetration tests and cybersecurity (or just looking like a hacker).

There's also Arch Linux, my personal favorite, which you build from the bottom up, choosing to add only what you want so it's as fast and minimal or as dense and complex as you want.

"I think it's useful to people outside of tech, particularly people with older hardware, if they're just going to be browsing the internet and doing email and things like that. I think it's a perfectly fine, good way to use old hardware and not have to throw it out. I think the difficulty I guess would be getting it set up. You'd have to be pretty hard pressed to notice a lot of differences between the graphical user interface on a modern Linux version and Windows or MacOS," said computer science teacher Steven Crow.

Windows holds the title of most desktop computers at around 70 percent, but that also means over 70 percent of viruses and hackers are targeting Windows desktop. This means that just by using a Linux system, you are making yourself safer than on Windows and have no need for a third party antivirus.

"Most distributions are faster and more secure than Windows. They also have more customizability, which allows them to become streamlined for many tasks and jobs," said Dorf.

While Windows has 70 percent of desktops, Linux is running on over 95 percent of the top one million servers and 100 percent of supercomputers. This means that almost every email or text you send, and any website you visit, is using Linux.

Linux and most of its apps and services are completely free and open source, which means you can see, use, and change any programs as you see fit. Anyone can make improvements to the system and share it to the world, and the rest of the community can make sure it's safe before it's released.

Linux is fast, free, and has more features and customization than any other operating system. So, when will you make the switch?

Sources: [gs.statcounter.com](https://gs.statcounter.com), [ubuntu.com](https://ubuntu.com)

# Let's Hope for a Happily Ever After in Hollywood

REPORTER GIBRAN COVARRUBIAS

Across the globe, and specifically at San Luis Obispo High School, people have had their eyes glued onto the ongoing strike between Hollywood actors and writers and the Alliance of Motion Picture and Television Producers (AMPTP).

Beginning on May 2, writers across Los Angeles united in demand of increased compensation, better residuals, staffing requirements, protections from artificial intelligence job interference, and more in what is known as the SAG-AFTRA strike.

Many have strong opinions for and against the writers strike, but the answer is clear: studios have the finance to pay their writers more than what they're getting.

"If they're mistreated, then it makes sense for them to want more money," said freshman Jacob Fucillo.

After months of protest, the Writers Guild and major studios have reached compensation, with Hollywood now putting their focus on the actors who have continued their own strike.

Numerous people have shared their horrifying experiences in Hollywood with the awakening of the strikes.

94 percent of women working in Hollywood have stated that they experienced sexual harassment or assault in Hollywood.

It's clear that at some point, things needed to change. Actor Kevin Spacey and other celebrities with power in Los Angeles have been accused of exploiting young actors, especially women, for their own desires.

It was time for a change in Angel City.

Not everybody is in support of the strikers, though.

"I think they're doing it because they're greedy, not out of justice," said freshman Jackson Corcoran.

Everybody can have an opinion, but sometimes it can be obvious that one side is in the wrong.

In this case, it's obvious that Hollywood writers and actors who can barely support themselves, much less their family, deserve and have earned computation in return for their work in the business.

The effects of the strike are already being seen. Blockbuster movies like "Dune 2" and the upcoming "Lord of the Rings" movie have been delayed due to the strike.

Fans everywhere are wondering if their favorite upcoming movie will be delayed as well. It is justified and fair for fans to be upset at studios, producers, and even writers and actors.

However, it doesn't take much searching to figure that despite the disappointing delays, people should be rooting for the strikers, not against them.

Despite the writers guild ending, the injustices and problems of Hollywood are not over.

Students should look at Hollywood and think about other issues that are worth fighting for. It's admirable to do something that could help the world for the best.

Sources: [forbes.com](https://forbes.com), [theguardian.com](https://theguardian.com), [washcoll.edu](https://washcoll.edu)

# Is the Stigmatization of Piercings and Tattoos a Problem?

REPORTER KI JOUET

Piercings and tattoos are on the rise in popularity for San Luis Obispo High School students, and along with this, there comes a stigmatization towards them.

Even so, these styles continue to be an important part of many teen's self expression and personal style.

In a study from 2002, the National Library of Medicine found that approximately 27 percent of high school students had piercings and eight percent were tattooed.

Though these may not be large percentages, piercings seem to have gotten more common, and with a noticeable amount of SLOHS students having these styles, it is important that they are not being overly stigmatized.

Work establishments often have policies that require tattooed individuals to cover up their tattoos if they are in certain areas and either remove or hide piercings.

"I knew my employers wouldn't be angry that I had a tattoo, because as long as it's not on your face, hands, neck or feet it doesn't really matter as long as you can cover it up while in a professional workplace," said senior Adelaide Burgess.

Although this may sound reasonable in a more professional job, something as simple as personal style shouldn't be a huge factor in people's work life, and shouldn't be considered unprofessional in the first place.

"I think they can be judged pretty hard. But if you're good at your job, and you're doing what you're supposed to do, you should be able to express yourself the way you want," said senior Asia Jade Hagans.

Even if these styles are becoming more accepted in work for teens nowadays, approximately 76 percent of employees in the U.S. say that they feel having piercings or tattoos hurts your chances of getting a job.

With tattoos being such a permanent decision and now 36 percent of America's 18-25 bracket being tattooed, the acceptance of such style aspects is extremely important in making a large group of people feel comfortable enough with their chosen look while feeling like their door to opportunities is closed.

However, a big source of the anti-piercing and anti-tattooing sentiment more often comes from parents and family members.

Obviously tattooing is simply not legal for teenagers in the majority of cases, but piercing is as long as it is done with the permission of a parent or guardian.

Despite this, many parental figures refuse to allow their children to get them, viewing them as inappropriate or simply ugly.

If a person is able to have a certain style that they choose and which makes them happy, neither work nor family should treat that as something to be judged or hidden.

Legal piercings and tattoos in the end are merely fun styles that some people choose to have, and shouldn't be cause for any stigmatization.

Sources: [nationallibraryofmedicine.com](http://nationallibraryofmedicine.com), [stapaw.com](http://stapaw.com), [pew.com](http://pew.com)

# Competitive Victimhood Plagues Our Generation



Who will win the race for attention? Graphic courtesy of senior Erika Spargo.

NEWS EDITOR ERIKA SPARGO

In 2010, Stanford psychologists conducted an experiment in which they randomly assigned 100 people into two groups. The first group was told to write an essay about a time when they were bored. The other group was told to write about a time in their life when they felt like something was unfair. After they wrote their essays, both of the groups were asked if they would like to help one of the psychologists with a simple task. Those who wrote the essays about being wronged were 30 percent less likely to help the researchers than those who wrote the essay about being bored.

It seems that our society has fostered a culture in which people are incentivized to beg for pity. Coined "competitive victimhood" by modern sociologists, this phenomenon entails knowingly privileged people to claim that they have been oppressed in one form or another.

"I have seen people at school who wear a cast or a brace on their leg and walk around with a limp, not because they're actually seriously injured, but because they want attention. It's unnecessary and they do it once a week," said senior Maggie McKay.

Why is this an issue? Not only is it ignorant, but it also silences actual minorities, increasing the chances of their stories being dismissed as attention-seeking.

An example of this situation can be seen in none other than the GOP. During the 2016 presidential election, countless Democrats came forth with their first-hand experiences on deportation, police brutality, and Donald Trump's counts of misconduct. In response, the Republican party claimed that they had been wronged as well. They claimed that the left was coming to take all good things. They claimed that a "war on Christmas" had begun as non-denominational corporations switched their signage to an inclusive "happy holidays". In 2020, Republicans insisted that the

COVID-19 vaccine was a scheme created by the left to harm them.

Competitive victimhood is also noticeable in left-wing rhetoric. During 2020, when organizations like Black Lives Matter and Stop Asian Hate were rising in popularity, so did women's equality groups. Almost as if in response to anti-racism, many upper-class white feminists found it to be the perfect time to demand equality for themselves as well. It was as if to claim membership in the group of the oppressed, demanding pity for themselves.

"I think that people cross the line between genuinely telling their story and seeking attention when they invalidate other people and their experiences, or take away from the group trying to raise awareness," said junior Eliza Flushman.

As the years progress and more people come forth with the experiences of oppression they have faced, it seems that double the amount of people fabricate or exaggerate their stories to get on the same level.

During the #MeToo movement, countless women came forth with their stories of sexual harassment and assault. In response, men claimed that they were the real victims, as false allegations had apparently gotten out of hand. Stealing the spotlight away from people by creating false narratives for attention is immature and unethical.

So why is this culture of competitive victimhood harmful?

"It can draw the attention away from people who are actually struggling and invalidate their experiences. It makes people who are genuinely struggling feel like they're just doing it for attention because they're used to seeing other people do that for the same reason" said McKay.

Instead of trying to prove themselves to be victims as well, true allies of social justice causes should let the oppressed tell their stories.

Source: [nytimes.com](http://nytimes.com)

# Lack of Diversity is Dividing Students and School Culture at SLOHS

REPORTER ASIA JADE HAGANS

California is one of the most diverse states in America; it houses metropolises like Los Angeles and San Francisco, a vast array of cuisines, unique multicultural events, and San Luis Obispo High School.

San Luis Obispo is settled between these two large metropolises and is also home to Cal Poly, a well-established university. The town comes across as diverse; in reality, the majority of the town's visual diversity comes from tourism and Cal Poly's main demographic is 53.8 percent white.

This town has shown little growth in this department; with 88.3 percent of its population being white alone. Other groups are nowhere near that range. In SLO, the Hispanic population is around 24.1 percent and any other minority group is below five percent.

"[SLOHS has] made some great strides towards diversity over the years, but we're not the most diverse campus," said paraeducator and crossing guard Roy Bean the III.

SLOHS has a somewhat better diverse demographic but its community is still lacking. The vast majority of students are white, coming in at 58.1 percent; 30.3 percent are Hispanic, 5.8 percent are Asian, and 0.7 percent are African American. Any other minority class is grouped below 0.7 percent.

Other small towns like Pasadena and Eastvale have grown exponentially with diversity, so why hasn't SLO? Isn't this lack of growth affecting SLOHS and its students?

"ASB is mostly composed of white people and just a few Hispanic kids," said senior Anissa Lopez, "I think what [POC] start to realize or so it seems, [is] they see people who don't look like them and are like 'Oh, it doesn't feel like a safe space here so I'll stick to my own thing.'"

When on campus, students don't intertwine with other racially different students often. It is rare to actually see people of different ethnic backgrounds together.

"I feel like we [POC] feel different to where it's like you can't really think of yourself with others. We're all in our own cliques and we never really join together. We definitely don't talk to each other or hang out," said senior Jamie Collins.

Because of SLOHS' demographic, many students feel like their words and actions don't have any true meaning; people feel as though they can say anything without any repercussions.

"When I was a student here, ASB did 'Poser Day' where whatever isn't your normal style, everyone comes to school like that. A lot of random people portraying stereotypes of different people. It could be portrayed as a little [racially ignited]; definitely culture appropriation," said Bean.

ASB did something similar to 'Poser Day' during the 2022-2023 school year called 'Rapstar vs. Popstar.' As for words used on campus, students hear N-word usage every day.

"I hear the N-word come from a lot of other races other than black [students], which even me myself, I don't like to use that word. You'd think if someone that wasn't of that race says that word, they'd at least be conscious that someone of color was right there [but they aren't]. People would be more conscious about the way they speak if there are more of us here," said Collins.

There are some ways in which the school could bring cultures together and diverge attention away from racial negativity to positivity. Many grade schools celebrate cultural events like 'International Day', 'Dia de los Muertos', and 'Culture Feast'; students can share their food and show off their attire with each other.

"I know a lot of people don't take [Black History Month, Hispanic Heritage Month, and Asian American and Pacific Islander Heritage Month] seriously so I think celebrating those and actually paying more attention to that would bring other people into awareness. It's definitely beneficial. I know some schools do 'Culture Day' where you dress up. That would be fun," said Lopez.

Since SLOHS has clubs like MEXA Club, Culinary Club and other heritage clubs, there shouldn't be much of a problem putting together some sort of festival or event.

"Food is something that brings people together. People can be of different race, color, creed, sexual orientation, or whatever, but when you put a good plate of food in front of people, it brings people together, [it] brings happiness," said Bean.

SLOHS prides itself on having people attend from all diverse backgrounds. It would be a great experience for not only the students, but the staff too if the school board would allow these festivities to happen.

Let's team together Tigers, to make our school an immersive experience—not a toxic one.

Sources: [census.gov](http://census.gov), [worldpopulationreview.com](http://worldpopulationreview.com), [schooldigger.com](http://schooldigger.com)

## The Sound of Discrimination: Why Linguistic Racism is Bad For Campus Culture



Hello! Graphic courtesy of senior Erika spargo.

PEOPLE & CULTURE CO-EDITOR ZARA SEDEEK

Spanish, French, German, Chinese, and Arabic. These are only half of the languages spoken at San Luis Obispo High School. Students who are bilingual, or even trilingual, are scattered around our campus, but do they feel discriminated against?

Language discrimination comes in many forms. Students teasing, harassing, or making decisions based on accents or languages spoken is only one example. It can manifest in subtle ways, such as when someone frowns or speaks in a condescending tone upon hearing an accent.

"I find it so devastating that humans are discriminated against because of the way their voice sounds. It is not fair and it never will make sense to me," said junior Lily Niven.

In more extreme cases, discrimination can lead to "othering", where non-native speakers are excluded from a group, or to people making derogatory comments about their native language or discouraging them from speaking it.

Although the United States has never had an official language, 31 states have designated English as their official language. Arizona, which has one of the highest Latino populations in the country, has even cut back on bilingual programs in public schools. As a result, immigrant children are often fully immersed in English from the start of their education, even if they have never been exposed to the language at home.

"I have noticed that if a student has a very heavy accent then teachers will sometimes have a hard time understanding their questions and will try to move on without making a bigger effort to understand what they are asking - therefore they give less detailed or relevant answers. This is pretty rare though and I definitely don't notice it very often," said senior Zoe Elliott.

It is disheartening that discrimination against language can occur from both students and teachers, especially in classroom environments where students should be encouraged to feel at ease while developing their vo-

cabulary.

Regrettably, situations like these are prevalent and can significantly impact a person's well-being. For instance, someone continuously mocked or belittled because of their accent may start feeling ashamed of their culture or background, leading to isolation and low self-esteem.

A 2010 study showed that adolescents who felt discriminated against by school peers were more likely to report speaking and reading English less than "very well."

However, some students who speak other languages or have accents don't actually mind the attention they get, whether it is good or bad. Having the confidence to brush comments off is a great skill and takes immense self-confidence.

"When people hear my accent, they usually smile or laugh. For me my accent is good, and language discrimination doesn't affect me. I love my language," said French foreign exchange student and senior Baptiste Gayne.

But how can we as a campus change this situation for students who are experiencing discrimination? Teachers can become more culturally sensitive and aware. Students should also be educated by their peers and adults in their lives about the diversity of languages around the world and within our own countries.

We should view languages as opportunities to explore and learn about other cultures, rather than as barriers to communication. It's essential to remember that we are all part of a multilingual community and can benefit from embracing linguistic diversity.

It's crucial to acknowledge that everyone has the right to speak their language and deserves respect and dignity, regardless of their accent. By educating ourselves and others about the harmful effects of language discrimination, we can strive towards creating a more inclusive and accepting society for all.

Sources: [nea.org](http://nea.org), [nih.gov](http://nih.gov), [magazine.tedxvienna.at](http://magazine.tedxvienna.at)

# Tigers Are Committing to College Athletics Early

REPORTER TALIA GARRETT

At San Luis Obispo High School, there are hundreds of student athletes, and many upperclassmen are committing to play their sports in college. Committing early to play a sport in college often leaves students feeling accomplished and proud.

“Whenever I see someone that’s committed early I feel super proud because I know they worked so hard towards this goal and to see them finally reach it is extremely rewarding. Almost always I’m just super excited for them since I know they are going to improve so much as an individual and have so much fun,” said 2023 SLOHS graduate Nicole Immoos.

Student athletes put lots of time and effort into the sports they play. Committing to college to play a sport that they enjoy must feel very rewarding. Overall, there are lots of benefits to committing early both academically and mentally.

“I think committing early takes off a good amount of stress academically because I don’t have to worry about getting perfect grades in order to get accepted into college. However, I feel like it almost puts more pressure on me athletically because people might expect me to be flawless due to the fact that I’m committed,” said junior Laela Burgess.

Committing early to a college can help athletes focus on improving their athletic skills, with less stress of perfect grades. However, it can also increase the stress and pressure on student athletes to live up to a high standard.

“My main piece of advice for people is to not rush the process and to make sure they like the school for more than just their particular sport,” said Immoos.

Committing early is a big decision for many. Making sure they like the school’s campus, academic programs, and that the college is right for them are key things for committing athletes to keep in mind.

“I’m happy about committing, I’ve always known I wanted to go to Cal Poly,” said junior Addison Crosno.

These student athletes all seem to be satisfied with their choices. It’s important for students to put themselves out there for colleges if they want to commit to a sport early.

Committing for a sport may be rough, but it can also lead to so many great things.

Source: [ncaa.org](http://ncaa.org)



*Tigers? More like dogs. Photo courtesy of digital media teacher Zachary Roper.*

## SLOHS Football Brings the Heat to Their Games

REPORTER SANTIAGO AMAYA

Football has gotten off to a great start at San Luis Obispo High School, and with the Tigers reaching the midseason mark, the stakes are getting higher!

Their most recent win was against Cabrillo High School, and SLOHS is currently placed at a 3-3 record. The new freshmen team is also making waves.

“I think our freshman football team is doing really well so far. Currently we’re 3-0, so we’re off to a great start,” said football athlete and freshman James Maxwell.

Besides the statistical performance of the SLOHS football program,

many players who are new to the team and/or sport have said to have experienced a great welcoming atmosphere to the team.

“It’s been a pretty good experience, the football program at SLOHS has been great at welcoming new players, integrating them into everything and making their presence known,” said football player and freshman Albert Lister.

With only a few games left in the season, these Tiger athletes have been working hard everyday for that weekly Thursday/Friday win. The next team to approach Tiger territory is Morro Bay High School on October 6 for the Homecoming Game. This will be a great game that students will not want to miss.

Make sure to show support for these fellow Tigers by donating money for their sporting events, or attending their games!

## New Technology is Enhancing Athletics at SLOHS

REPORTER SAGE LAMACCHIA MEEKS

As time moves on, so does technology, but does San Luis Obispo High School sports follow with the times or are they still in the Stone Age?

In professional sports, new technology is being used to make the sport more fun for both the players and viewers, as well as more fair.

“Football is using one piece of ‘new tech’ this year, and it is the Hudl Focus camera in our stadium. Hudl Focus is an automated motion-tracking camera that films our games for us,” said Football coach and P.E. teacher Patrick Johnston.

As technology improves and becomes more accurate so do sports, allowing for more fair games and better entertainment for the viewers.

Football isn’t the only sport at SLOHS with new tech. The new pool came with tech integrated into it for the Water Polo and Swim teams.

“We use the Colorado Timing System with integration for Water Polo and Swimming. We also have a sound system for announcing at meets

and water polo games. We have a radar gun to track shot speed for how fast an athlete can throw a ball,” said Boys Water Polo coach and P.E. teacher Grant East.

High school teams are very important to the world of professional sports. High school is where most professional athletes will start really improving and catch the eyes of college scouts if they’re lucky. The same is true for the technology used in professional sports.

“Sideline replay has been legal in the high school ranks for the last ten to eleven years, and we have used it ever since it became legal to do so. Sideline replay gives us the ability to watch plays that just happened moments prior, and make necessary corrections with our players on the sideline. If you can believe this, high school was the first level to allow sideline replay. We were actually ahead of the NFL on that. Tech helps sports, it gives instant feedback, analytics, and other useful information that helps coaches coach,” said Johnston.

Most students don’t know, but Tiger New Net-

work (TNN) also live streams many of SLOHS sports games and competitions on YouTube. Technology is a great way to advertise more sports, with Snapchat and Instagram having school specific stories. However not all teams have Instagram accounts to promote their games. This isn’t the only way technology is useful in sports.

“I think tech is a good thing, a lot of times sports can come down to human error. At the high school level, we are dealing with volunteers to help run events and they don’t always know rules and aren’t as brought into the process. It’s nice to have the support of technology to help have games run smoothly and make up for some of that human error. Tech also helps track great information and measure athlete improvement,” said East.

It’s great that SLOHS is keeping up with the times, and even paving the way for future technologies. Sports innovations help games stay fun and fair.



## Let's Check in With Girls Golf!

REPORTER ANJA REED

Now that the school year has started, fall sports at San Luis Obispo High School are under way. At multiple tournaments, SLOHS girls have consistently placed second in the league, and it seems that they will continue doing well throughout the rest of this season.

"Our prediction is to place second throughout all of our league matches. However, we're not too far behind Arroyo Grande and definitely have a chance to come in first at a few matches. We're excited to keep battling AG for that first place spot!" said golf captain and senior Siena Boscaro.

The girls are also hoping to play well enough to make it to the CIF tournament at the end of the season.

"Looking ahead, we have seven seniors on the team this year. Our goal is to make CIF as a team. That means five or six Varsity players have to shoot 95 or better in the League Championship tournament on October 16 at Hunter Ranch Golf Course in Paso Robles," said head coach Wes McKee.

Sophomore Sofia Pierson is currently ranked second in the league and has played very well at tournaments so far.

"We have been runners up to AGHS all tournaments so far this year but have come quite close! Still working to get the win," said sophomore Sofia Pierson.

While facing tough competition from other schools in the league, the SLOHS girls are playing very well.

"The team is currently ranked second in the Mountain League. Seven of the Top 25 players in the Mountain League are SLO Tigers," said McKee.

With many successful tournaments behind them, the SLOHS Girls Golf team are in for an amazing season.

Here's to a successful season for SLOHS girls golf! Send love and support, Tigers!



Let's celebrate these devoted seniors! Photo courtesy of @slohs\_girls\_golf on Instagram.

## MLB Player Shohei Ohtani's Career May Be in Jeopardy

REPORTER ZACHARY WALLACE

Major League Baseball pitcher and hitter Shohei Ohtani is up for a new contract this upcoming year, and it is guaranteed to make waves at both San Luis Obispo High School and around the world. Pitchers are usually terrible at hitting, but Ohtani is the best hitter in the MLB and one of the best pitchers.

There is one problem though; he recently injured his shoulder badly enough to possibly end his pitching career. The question is, will his contract be affected?

"He might not be as great of a pitcher; it might affect how other teams want to sign him in the future," said freshman Jake Giordano.

Injury is a big problem in baseball. From SLOHS players to the MLB, arm injury is extremely common. It plagues most baseball players at one point or another and it has recently hit the best of them all, Ohtani.

This injury has come at the worst time possible for Ohtani because it takes his pitching out for the rest of the season right before he gets traded.

It also reflects on baseball as a whole because people need to continue to help players stay healthy. The MLB has improved on this a lot in the past thirty years but it is not perfect and continues to be a problem.

"Injuries are inevitable in sports, particularly in one built around explosive actions — firing a pitch, unleashing a swing, bursting out of the batter's box. It has also underscored how far behind some experts say baseball is compared with other sports in terms of injury prevention, particularly given the sharp jump in muscle strains," said journalist James Wagner.

Injury is also a problem for SLOHS players in general, but especially for pitchers. The shoulder and the elbow are vulnerable parts of the arm when throwing and often end up getting injured. This is usually caused by bad mechanics or overuse.

Ohtani's injury will definitely affect his career.

"I think he's one of the best baseball players ever and especially to do it in this generation when the competition is at an all time high. I think he's a really unmatched pitcher and his hitting is one of the best," said Giordano.

Continuing to improve player safety in the future will be important and will hopefully prevent injuries like this in the future in the MLB and at SLOHS alike.

Source: [nytimes.com](https://www.nytimes.com)

## SLOHS Cross Country is Dominating the Competition!



Running with fire at their heels! Photo courtesy of photographer Mark Greenelsh.

REPORTER SANTIAGO AMAYA

This fall is an exciting time for Cross Country runners at San Luis Obispo High School, with many new and returning athletes joining the team.

While it looks like fun from the outside, many runners seem to have different opinions on the topic.

**Expressions** interviewed current Cross Country runners to get an inside view of how the program is run.

**Expressions:** Would you encour-

age students at SLOHS to participate in Cross Country?

**Cross Country runner and freshman Anderson Hales:** Yes, I would say for incoming freshmen it's a great way to make friends, and it's a very good team with a great community.

**Cross Country runner and sophomore Carly Meeks:** I would definitely encourage students at SLOHS to do cross country! It is an amazing experience and everyone is so welcoming.

**Cross Country runner and freshman Samuel Carlson:**

Yes, because it gets you into really good physical shape.

**Cross Country runner and sophomore Ezra Hales:** I would encourage other students to join Cross Country because it is a really challenging but rewarding sport that's good for your body.

**Expressions:** Are you planning on staying in Cross Country for the next few years of high school?

**A.Hales:** I am probably going to be running with the team for one more year, but it's a great way to make new friends.

**Meeks:** I'm planning on doing Cross Country all four years of high school, this year being my second. I couldn't imagine not being a part of the team.

**Carlson:** It depends, I already go to the gym so it depends but I think I might because it will keep me in good shape.

**E. Hales:** I plan on doing Cross Country all four years of high school because it is something I really enjoy and appreciate.

**Expressions:** What is the team environment like?

**A. Hales:** It is super fun, the coaches are great, and there's a lot of really chill upperclassmen and it's just a really fun time.

**Meeks:** The team environment is unlike anything else at SLOHS, we truly are a family. I've made some of my closest friends out on runs.

**Carlson:** It's a lot of nice people that are always willing to support you if you need help with form or anything else they will always help.

**E. Hales:** The team environment is amazing and probably the best part about the sport. Everyone is super supportive and there's tons of traditions and cool things we get to do because of it.

**Expressions:** What made you decide to join Cross Country?

**A. Hales:** My brother had done it for a season and said it was super fun, so I decided to join. I also like to be active and be fit. It keeps me in great shape for my other sports.

**Meeks:** I knew running was something I loved and would help me with soccer conditioning so I signed up! I fell in love with running and have fully focused my attention on it.

**Carlson:** My parents made me but it's making me a better person physically.

**E. Hales:** I decided to join Cross Country because my dad did it when he was in high school and I had done it in middle school. Also, it is really helpful for other sports like soccer so you get in shape and have good endurance.

Cross Country this year has been a blast for all runners, new and old. Consider trying out for Cross Country next year!

# October is Blasting With New Action-Packed Games!



**New games are here! Illustration courtesy of senior Asia Jade Hagans.**

REPORTER ASIA JADE HAGANS

October is finally here with a little surprise for campus gamers at San Luis Obispo High School.

After being blessed with “Mortal Kombat 1”, “Payday 3”, and “Cyberpunk 2077: Phantom Liberty DLC” in September, 53 video games are being launched this month starting October 3.

“I am super excited for October’s release [because] there’s gonna be so many new games. [I’m] most excited for “Assassin’s Creed Mirage”, I’ve always been a fan of the Assassin’s Creed series. I first played Assassin’s Creed Unity and I just fell in love with stealth and parkour,” said game enthusiast and junior Sage Meeks.

There are games that are being hyped up more than others; though people are already expecting many of them to be total flops.

“Probably “Lies of P” [will flop]. It looks a little bit sketchy to be honest,” said junior Eden Furlong.

Each platform has its own release date set specifically for them, but luckily, the majority of the games will be cross-platform and playable across all consoles. Here are some of the major games dropping this month:

- Total War: Pharaoh - No date (PC)
- Disgaea 7 - Oct. 3 (PC, Switch, PS4/5)
- Hellboy: Web of Wyrd - Oct. 4 (PC, PS4/5, Xbox One, XSX/S, Switch)
- Warhammer 40k: Darktide - Oct. 4 (XSX/S)
- Wargroove 2 - Oct. 5 (PC, Switch)
- Assassin’s Creed Mirage - Oct. 5 (PC, PS4/5, Xbox One, XSX/S)
- Sword Art Online: Last Recollection - Oct. 6 (PC, PS4/5, Xbox One, XSX/X)
- Detective Pikachu Returns - Oct 6 (Switch)
- Roblox - Oct. 10 (PS4/5)
- Forza Motorsport - Oct. 10 (PC, Xbox)
- Honkai: Star Rail - Oct. 11 (PS5)
- Lords of the Fallen - Oct. 13 (PC, PS5, XSX/S)
- Iron Meat - Oct. 17 (PC)
- Sonic Superstars - Oct. 17 (PC, PS4/5, Switch, Xbox One, XSX/S)
- Wizard with a Gun - Oct. 17 (PC, Xbox Series X/S, PS5, Switch)
- Gangs of Sherwood - Oct. 19 (PC, PS5, XSX/S)
- Inescapable: No Rules, No Rescue - Oct. 19 (PC, PS4/5, Xbox One, XSX/S)
- Marvel’s Spider-Man 2 - Oct. 20 (PS5)
- Super Mario Bros. Wonder - Oct 20 (Switch)
- Just Dance 2024 - Oct. 23 (Switch, PS5, XSX/S)
- Cities: Skylines 2 - Oct. 24 (PC, PS5 XSX/S)
- Mineko’s Night Market - Oct. 26 (PS4/5, Xbox One)
- Dave the Driver - Oct. 26 (Switch)
- Alan Wake 2 - Oct. 27 (PC, PS5, XSX/S)
- Naruto x Boruto: Ultimate Ninja Storm Connections - Oct 31 (PC, PS4/5, Xbox One, XSX/S, Switch)

Remember, these are only some of the amazing games launching this month so make sure to check out what’s available in-game stores. Get to gaming Tigers!

Sources: [gamerant.com](http://gamerant.com), [kotaku.com](http://kotaku.com), [thegamer.com](http://thegamer.com), [ign.com](http://ign.com), [pcgamer.com](http://pcgamer.com)

## The “Gilmore Girls” Phenomenon

REPORTER EMILY KOHLER

With the advent of autumn, San Luis Obispo High School students are already shopping for cozy sweaters, sipping pumpkin spice lattes, and settling down to watch Gilmore Girls.

The Bush-era TV show has become a cultural staple among members of Gen Z, more so than when it initially aired.

So why has Gilmore Girls become so famous among younger audiences?

“I think that small town feel is everything that people want to see. They enjoy watching something that’s a little bit more pleasing in terms of the events that are taking place. Even aesthetically, the show is very pleasing,” said AP World History teacher and Gilmore Girls fan Kelsey Arata.

Gilmore Girls was created to be a feel-good show, from the quaintness of Stars Hollow to the witty, fast-paced dialogue loaded with obscure pop culture references. Many also look up to the relationship between dynamic duo Lorelai and Rory, whose relationship is more akin to that of best friends than mother and daughter.

Perhaps it’s also the relatability of the characters that makes the show so lovable. Anyone

watching can see themselves in at least one of the many colorful characters, whether they see in themselves the giving nature of Sookie or the sharp wit of Emily.

“I feel like I definitely relate to Paris Geller because she’s always striving to be high achieving and I’m definitely that way also. I guess it’s the same with Rory Gilmore, so I would say I relate to her as well,” said junior Alani Kiaha.

People often use characters like Rory Gilmore, who has her nose in a different book every day and constantly runs off to go study, as motivation to do their schoolwork. Others see the frenetic and intimidating Paris Geller as a mirror image of their own anxious attitudes, or look up to her dedication toward her education.

Gilmore Girls hasn’t only experienced a revival in popularity at SLOHS.

“There’s not a day goes by that I don’t have a 14-, 15-, 16-year-old girl telling me that they’re watching it now,” said Yanic Truesdale, who played the role of angry Frenchman Michel, in an interview.

Though some of the pop culture references may be outdated, the enduring popularity of Gilmore Girls shows a timelessness achieved by few TV shows.

## Watch These Fall Movies



**It’s movie time. Illustration courtesy of sophomore Zara Sedeek.**

ARTS & ENTERTAINMENT EDITOR CATE TUCKER

The leaves are changing in some parts of the world. Whether one likes Rom Coms or Horror, it’s movie watching season. *Expressions* have some recommendations for San Luis Obispo High School students.

“My favorite horror movie would have to be a tie with ‘Scream Six’ and ‘Smile’. They are both very well made and I like being scared which both do well at, they get my heart going,” said senior Faith Hartford.

Part of the fall season also means Halloween. The “Scream” franchise is classic in that section. In the first movie, a high school student picks up a phone call that ends up being a killer. Throughout the other movies the characters, in different circumstances, have to deal with a killer in a scream mask. Watch on Prime Video, Apple TV+, or Vudu.

“The Age of Adaline” shows actor Blake Lively playing Adaline Bowman never growing older for almost eighty years. She tries to make sure no one finds out who she is, until she crosses

paths with someone who reminds her of an old love. This is available to watch on Netflix, Max, and Amazon Prime Video with subscriptions.

A good classic rom-com for the pumpkin spice season is “When Harry Met Sally.” It starts with Harry and Sally graduating from college and taking a car trip from Chicago to New York where they argue about if men and women can be platonic friends. Then ten years later they meet in a bookstore and they test that theory. Watch on Prime Video.

“My favorite movie is ‘When Harry Met Sally’. It’s a cozy movie so it’s especially good to watch for this fall season,” said junior Phoebe Draznszak.

“The Lake House” is about two people who live in a lake house but two years apart. They are able to communicate through letters in the mailbox. They start to fall for each other but wonder if they will ever meet. Watch it on Prime Video, Apple TV, or Vudu.

Overall, it’s a great time of year to binge some movies. If you haven’t watched any of these autumn classics go check them out.

# BookTok is Making Teens Interested in Reading



A table submerged in popular BookTok books at downtown SLO Barnes & Noble. Photo courtesy of sophomore Roslyn Risner.

REPORTER ROSLYN RISNER

BookTok is a community of readers on the social media platform TikTok where people share reading recommendations and talk about popular books, so what opinions do students at San Luis Obispo High School have?

There are pros and cons to BookTok, as with everything. One of the more obvious pros is that it increases teens' and young adults' interests in literature and reading.

In October of 2022, two thousand young adults were surveyed on the topic of BookTok. 59 percent said that BookTok or book influencers had 'helped them discover a passion for reading', while more than 55 percent said they turned to BookTok for recommendations. Moreover, 68 percent said BookTok had inspired them to read a book that they would have never considered otherwise.

But of course, everything has cons. One that is a main concern of some people regarding this topic is the simple lack of diversity in the books BookTok glorifies.

"I don't think BookTok promotes a diversity of books. I've noticed it's primarily books with a straight romance that are featured and the same books over and over again and you don't see a lot of diversity or representation in the genres," said sophomore Charly Elston.

While it's great for teenagers to be reading more, some students say the books found on BookTok aren't

always enriching.

"I think BookTok is fine in moderation, but it can develop into toxicity online," said Elston.

Others may argue that anything can turn into toxicity online, and in reality, a lot of online communities do.

Since it's not going away, and books like these are always going to be popular, maybe libraries should just embrace it, to get more teenagers reading is a goal that many adults in literature have.

"I'm very interested in having a rotating display of current 'BookTok' faves in the school library. We have many of the suggested titles and I'm very interested in supporting reading for both academics-sake as well as for pleasure. So much time is spent in front of screens & BookTok might be an opportunity to grow readership & reach more potential readers," said SLOHS librarian Nikole Dowler.

This is a common thing in the literature world, a dedication to do anything to get more teens reading.

BookTok is a community that is a good base for encouraging readership and the diversity can certainly be improved. With the hope that as the group grows in mind BookTok could have a very bright future. As long as it stays a fun platform and grows in diversity, it will stay out of the dark side of the internet.

So, Tigers, when SLOHS gets a BookTok table in the new library, go and check it out!

# Was The Wait For "Utopia" Worth it?

REPORTER TREY WALTER

The highly controversial recording artist Travis Scott dropped his new album "Utopia" after his five year absence following the tragedy of Astroworld where ten people were killed. The album was highly anticipated by critics. Many students at San Luis Obispo High School hold strong beliefs about Travis Scott and his new album.

"I think it's really good. He's a very talented artist and it's like, at least top three in his discography," said Travis Scott expert and freshman Santiago Baltodano.

There's absolutely no denying that Travis Scott is a fantastic artist with a lot of good songs, but a lot of people think his new music is not satisfactory. Is it fair to compare this album to Scott's most popular album "Astroworld"?

"Astroworld" is often mentioned as a masterpiece, so it would be otherworldly for Scott to successfully top his best album. His last album reached number one on the US Billboard 200. Even so, Scott did have over five years to write this album and many are brushing it off as a cheap knock-off because of this.

"I think that Travis Scott took way too long to make an album that was half as good as his last album," said freshman Ethan Chen.

People say that his album isn't

as good because of Kanye West's influence on his album. People also say that this new album was just Drake with Scott on it.

"There are some songs that are overrated," said freshman Brady Slowik.

Many students like Brady at SLOHS carry the opinion that "Utopia" was simply overrated.

Scott's controversy could have something to do with some people's opinions on his music.

"Travis Scott is satanic; that's not cool, you should listen to non satanic artists like Lil Uzi Vertical or Playboi Carti," said Chen.

Other artists have also come out with new albums that have no controversy behind them, so maybe this could be taking away from people's views on the album. Lil Uzi Vert's new album could be the reason that people think "Utopia" is overrated, but this could also just be an excuse.

Whether it's because of his controversy or because he couldn't top his last album, some can agree that his new album "Utopia" is overrated. But Scott is a great artist, and many fans will love his new music.

Tigers that haven't listened to "Utopia" just yet, set aside some time to hear this new album. After all, beauty is in the eye of the beholder, and some may find this beautiful.

Sources: *americansongwriter.com, theroot.com*

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# Pumpkin Cheesecake Truffles Will Get You in the Fall Mood

REPORTER TESSA ROOS

These Pumpkin Cheesecake Truffles are creamy fall treats that are delicious and definitely worthwhile to make. The undertones of graham cracker nicely complement the pumpkin's sweetness. The sweet sugar and spice dusting really brings out the fall spirit. Once one molds these tiny treats into mini pumpkins, they may just be too cute to eat! Put on a good show, get a Starbucks Pumpkin Chai Latte, and enjoy these truffles!

**INGREDIENTS**

- 1 tablespoon butter
- 4 ounces cream cheese, softened at room temperature
- 1/2 cup canned pumpkin puree
- 1 (14-ounce) can sweetened condensed milk
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup graham cracker crumbs
- 1/3 cup white chocolate chips
- Orange food coloring, as needed, optional
- Granulated sugar, as needed, for rolling
- Chocolate chips, for topping



*Yummy fall treats! Photo courtesy of freshman Tessa Roos*

**INSTRUCTIONS**

1. Combine the butter, cream cheese, pumpkin, sweetened condensed milk, and pumpkin pie spice in a skillet over medium heat. Stir constantly until thickened and well-combined. Stir in the graham crackers and white chocolate chips until melted and smooth. Add a few drops of food coloring if desired.
  2. Continue to stir until the pumpkin cheesecake mixture releases from the sides and bottoms of the pan when stirred. (If in doubt, cook a bit longer-- it's better for it to be thicker than too thin.)
  3. Pour over a butter-greased baking sheet. Spread into an even layer and refrigerate until firm (two hours to overnight).
  4. Rub butter on your hands to prevent sticking and roll the chilled pumpkin cheesecake dough into one-inch spheres.
  5. Pour granulated sugar into a shallow bowl and roll the truffle balls in granulated sugar to coat.
  6. Using a toothpick, make ridges along the sides of the pumpkin truffles. Top with chocolate chips to look like stems. Serve immediately or refrigerate until ready to serve.
- Prep Time: 30 mins  
Cook Time: 15 mins

Sources: [hostthetoast.com](http://hostthetoast.com)

# Play UnJumble!

BACK PAGE EDITOR ERIKA SPARGO

Play *Expressions'* newest word game by unjumbling the letters below to form regular words. Solve the cartoon joke by rearranging the seven underlined letters from the solved words. Find the answers at [slohsexpressions.com](http://slohsexpressions.com)

<b>GIEMA</b>	<b>EFCRO</b>
_ _ _ _	_ _ _ _
<b>UCCBI</b>	<b>SYDIA</b>
_ _ _ _	_ _ _ _
<b>VOEGL</b>	
_ _ _ _	



Mr. Ghost decided to go on vacation to \_\_\_\_\_.

\_\_\_\_\_

# Student Art Shines in All of its Many Forms

REPORTER ROSLYN RISNER

Many students at San Luis Obispo High School are artists. Art is a great way to express creativity and make work that students can be proud of. Art is a broad term used to describe painting, poetry, and everything in between.

*Expressions* asked students for submissions of artwork they are proud of and why they enjoy their craft.



Senior Jullianna Virgil's painting of an abstract eye.

"With my art, I like to express who I am as a person, and how I see the world," said Vigil.

Sophomore Abby Wren's drawing of a vole sits eagerly.

"I like art because it helps me express my creative side and I can draw whatever my mind thinks of," said Wren.



Sophomore Mila Shih's wire sparrow sits atop a small log, created in AP 3D art class.

"It took about seven hours to make, surprisingly! It's my first time working with wire, so it was tough at first but it was super fun once I got the hang of it," said Shih.



Freshman Emily Thompson's frog sits calmly in a puddle with lily pads and tiny fish, all within a person's hands.

"Art is not just a way to communicate visually, but a way to express yourself," said Thompson.