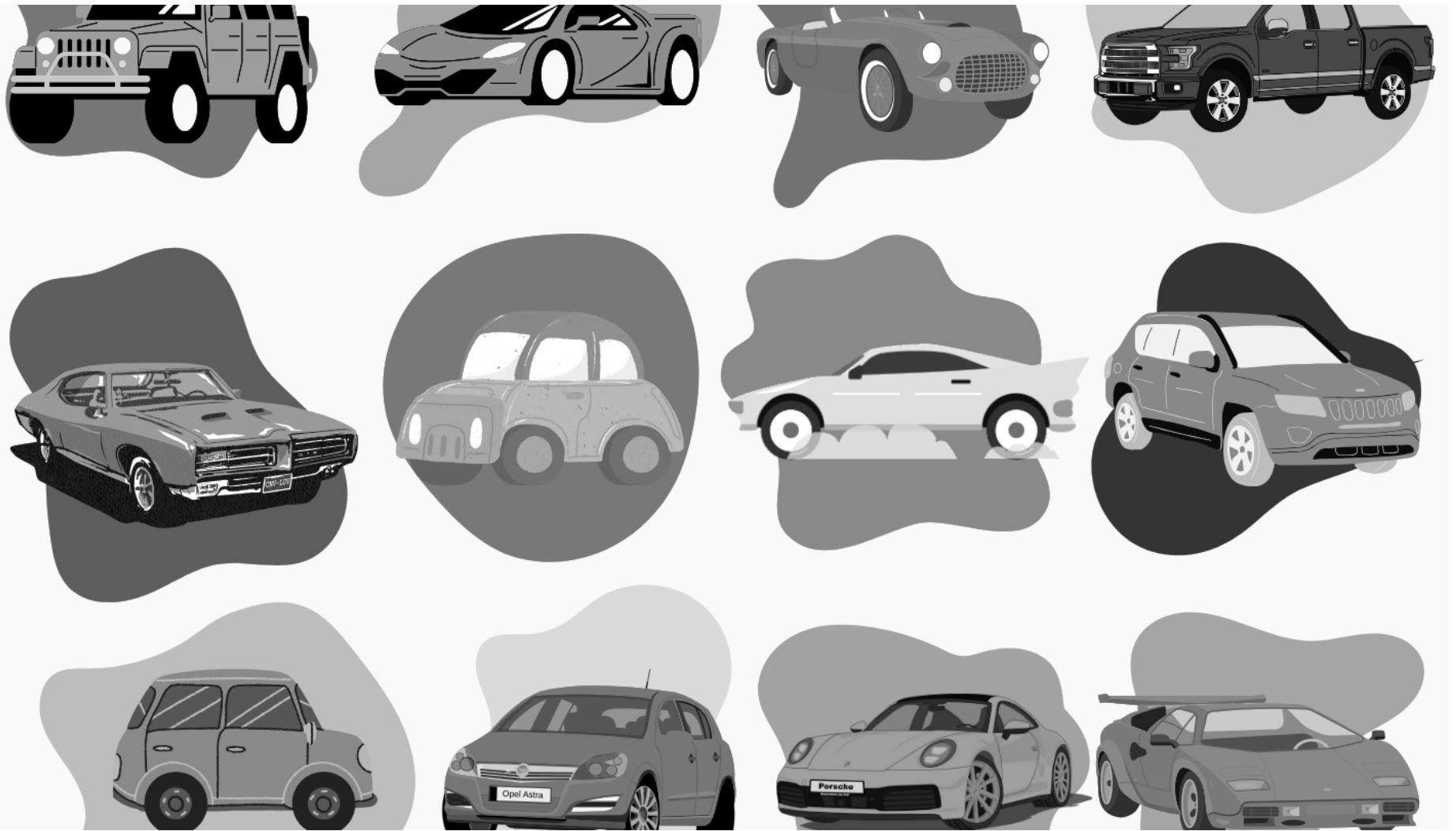


SLOHS EXPRESSIONS

NOVEMBER 2023 | WEALTH FEATURE | SAN LUIS OBISPO HIGH SCHOOL



SLOHS students love their cars cars cars. Graphic courtesy of sophomore Vyolet Burrus.

Is The Cost of Owning a Car Worth The Burden?

HEALTH & SPORTS EDITOR VYOLET BURRUS

As students at San Luis Obispo High School start to think about getting their license and driving, they must consider the costs associated with maintaining a car. With monthly payments, gas money, insurance, and other miscellaneous fees, having a car can be quite costly.

Buying any car (even used) typically costs thousands of dollars, and afterward, it can add to the already large monthly payments if the car is on a loan.

Purchasing a new car is out of the question for most students and their families, which is why many opt to buy a used car or take the family car.

"My mom needs a new car with better gas mileage so I'm getting the one that she has now," said sophomore Ava Rhodes.

While some parents may be generous enough to buy their child a car or pay for gas money and other expenses, most students have to take up a job in order to make their car payments.

"I'm going to get a job to pay for gas and any expenses that come up. I currently have a temporary job so I'm saving pretty much everything I'm earning in case I'm unable to find a [permanent] job," said Rhodes.

With gas prices at an all time high in California, most people with their own car pay upwards of 6.50 dollars per gallon in San Luis Obispo, causing a daily commute to become expensive quickly. Students can pay anywhere from one hundred to four hundred dollars monthly just in gas money, and these prices are only continuing to increase.

Aside from gas money and the price of the car itself, all car owners are required to pay for car insurance. Furthermore, car insurance is typically higher for teenagers due to their little credibility and lack of experience. The costs range from one thousand to two thousand dollars annually, on average.

Smaller fees include vehicle registration, licensing, and taxes, that can come in at just under a thousand dollars a year, but depending on the condition of the car, students may have to pay for repairs. Whether it's repla-

cing a tire, oil changes, typical wear and tear, or something as expensive as replacing an engine, maintenance fees are just another thing students need to consider if they want their own car.

In order to afford all expenses, many students pick up a job and lean on their parents for support, but not all students can afford the high expenses.

"We have had some car troubles, and the cost of repairs is sometimes hard with a low income family. I am currently trying to get a job to help out my family and have side money," said sophomore Chris Clanin.

Instead of getting a license or purchasing a car, students may opt to use public transportation to reduce driving costs as well as environmental pollution. That being said, most students would rather pay more money for a more efficient means of transportation instead of using public transportation.

"I wish we had better public transport. If students started using the public buses and walking, all the expenses and problems that come with cars would begin to diminish, but no one wants to take a bus or walk, even if they can," said senior Mars Huebler.

With inflation and the rising costs of owning a vehicle, public transportation may be the solution to cheaper transportation. However, there are other ways to minimize the costs of owning a car.

More and more Americans are purchasing electric cars in order to save money on gas and maintenance fees. On the other hand, used cars can also be a safe alternative for students if the car is reliable and the price isn't too expensive.

In order to cut costs, students must be smart about the car they purchase, especially in regards to how much money they spend on gas.

Tigers, it's time to start schmoozing those parents and if that doesn't work, maybe it would be wise to look for a cheap used car or a means of public transportation.

Sources: way.com, caranddriver.com, nerdwallet.com, cnbc.com

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Santa in November? Photo courtesy of Canva.

PEOPLE & CULTURE EDITOR ZARA SEDEEK

For some San Luis Obispo High School students, it's beginning to look a lot like Christmas. However, others wait till just days before Christmas to get into the holiday spirit. When does the Christmas season officially start? Is November too early for peppermint mochas and Christmas trees?

Expressions decided to interview students on when they think the Christmas season starts.

Expressions: When should the Christmas season officially start?

Sophomore Olivia Martinez: The holiday season starts after Halloween, on November 1. A lot of people say that Christmas should start after Thanksgiving because two months is just too long, but I think of Christmas as a season. Everyone should do what they want and what they feel is acceptable but I personally love the holiday season and I think that it's a good time if you're willing to get into the spirit.

Junior Jude Johnson: The Christmas season officially starts on the first day of December no matter what.

Sophomore Zoe Fuji: It should start officially on December 1, full blast.

Sophomore Hudson Zurbach: The Christmas season should start

when you feel the mist in the air and the fog around your fingertips.

Expressions: Are there Christmas items in the store too early in the season?

Martinez: Costco is doing a bit too much because they already have Christmas stuff selling before Halloween. I do think that after Halloween, stores should start bringing Christmas items, but there has to be enough time to enjoy fall and Halloween stuff too.

Johnson: Yes, stores put Christmas items on their shelves way too early. They should wait until at least after Thanksgiving so that people have time to simmer down after stuffing themselves and then have enough time to buy things before the busy Christmas rush comes around.

Fuji: Nope. I would visit a Christmas store in July if it was found socially acceptable.

Zurbach: No. Cold equals Christmas, and it just turned cold so that means it's time for Christmas!

Expressions: When should people start decorating their houses for Christmas?

Martinez: People should start decorating their houses for Christmas after Halloween, but I guess it depends on if they like fall decorations. I'm not huge on decorations in general, but I think that Christmas decorations do bring the spirit.

Fuji: Personally, I do it when I come home from Thanksgiving. Never too early to get the house smelling like cinnamon and vanilla.

Expressions: When should Christmas music come in on the radio? Do you like Christmas music in November?

Martinez: Christmas music is definitely acceptable in November. Christmas music puts people in a good mood, so honestly any time of year is a good time for Christmas music!

Johnson: Christmas music should start playing on radios after three weeks of November because the Christmas spirit is just the best. Not earlier than that though, because you don't want to be tired of Christmas music before Christmas actually happens.

Fuji: It should appear lightly during the week of Thanksgiving, but following it, it should be a full blast. I want to be completely submerged in Christmas music up until January first.

Zurbach: Christmas music should be on the radio annually, if we have to listen to country all year, then we can listen to Christmas music all year.

The holiday season is a time for joy and festivity, regardless of when it officially starts. It's meant for people to enjoy the things that most define the season, like peppermint, Christmas trees, and cheery music. So, no matter when it may start for students, be sure to indulge in the fun that comes along with the Christmas season.

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To Drive or Not to Drive, That is the Question...

REPORTER TÉA FISCHER

Teens at San Luis Obispo High School aren't feeling the motivation that their parents once had about driving. When students' parents turned sixteen, they were immediately on their way to take their driver's test, and drive wherever they wanted. However, it seems like teens are in no rush to drive.

"I got my license nine months late. I don't know why, I think it was procrastination," said senior Roman Engelmeier.

Some high school students have zero interest in getting a driver's license, and services like Rideshare and Uber get them to where they need to go. Others however, get discouraged when realizing the long and tedious process they need to go through to receive their driver's license.

There are a wide range of reasons why teens aren't getting their license; it's too expensive, too scary, too busy, they prefer transportation elsewhere, they prefer more environmentally friendly options, too stressful, or they just don't want to get off their phone.

According to the Washington Post, phones are the reason why teens feel less motivated to drive in the first place: When hangouts can happen anytime online, there's less urgency to meet up with friends in person.

The percentage of sixteen-year-olds getting their license was 46 percent in 2021, however, this number has now dropped to 25 percent.

SLO is such a small city, is there really any need for students to drive?

"More and more people are choosing sustainable ways of transportation: biking, walking, scootering. I think it's great that most teens aren't getting their license," said junior Leo DeTurris.

However, driving is a necessity when you live further than SLO.

"I live forty-five minutes away, so driving is definitely a necessity," said senior Charles Banta.

SLOHS english teacher Scott Nairne even jokes about how his father took him out of school on his sixteenth birthday to get his driver's license in 1987.

"Once you're able to drive by yourself, you can go anywhere you want. Don't wait. Start driver's ed as soon as possible," said Engelmeier.

Parents in the 80s had more ways to drive. Times were different then and ways of driving were easier and more exciting.

"When I was sixteen we had a driver's ed class and when we finished we'd get a certificate. So there wasn't any "permit test" we had to take. Once we got the certificate we'd take that to the DMV and we'd get our license there," said a SLOHS parent.

When deciding to get your license, or not, take the advice from these students. In the words of Roman Engelmeier, "Get it!"

Sources: *usatoday.com*, *theweek.com*.

Tigers, Get Ready for Trimester One Finals!

REPORTER ASIA JADE HAGANS

Finals at San Luis Obispo High School are a few days away and students are feeling queasy and uneasy. Not only are finals a week earlier than usual but students will have to endure one more week of trimester two before going on Thanksgiving break.

"Finals are not too stressful but I think it's stupid that this year they're doing them a week earlier and making us have one week of trimester two before going on break," said sophomore Vyolet Burrus.

Finals begin on November 7 and end on November 9. Period five finals are on Tuesday, periods one and two are on Wednesday, and periods three and four are on Thursday. Friday is a day off for students and marks the end of trimester one!

"I think that proper note-taking will make it easier to study," said senior and AVID student Kaylee Edwards.

AVID students spend the whole year practicing and studying for academic success and have developed many ways to keep focus.

"In AVID, we are constantly preparing for academic excellence. Finals week approaching doesn't

really change that preparation process. I believe that grades being "final" just puts a little more urgency on the student's end," said AVID teacher Kyle Harmon.

According to a recent *Expressions* poll, 15.9 percent of students said they didn't know about finals and 26.2 percent said they somewhat knew it was coming; that leaves 82 students who have not received information from their teachers.

"Finals are questionable, I didn't know when finals were and nobody told me anything about them," said freshman Joshua Lau.

About 70.5 percent of students said they will be studying for finals and some are already taking the time to begin. For students out there who don't know of any study strategies, here are some ideas from fellow peers: make and review note cards, take practice tests, hire tutors, look at Khan Academy, make Quizlets and review, review past work, take Cornell notes, watch YouTube tutorials, get enough rest, pray, and manifest.

Good luck with your exams, Tigers!

Sources: *slohs.org*, *Expressions* poll of 195 students on October 6

What are the Boundless Benefits of Bilingualism?



The power of languages is infinite. Graphic courtesy of junior Emily Kohler.

REPORTER EMILY KOHLER

Are we unable to communicate? While about half of the human population speaks multiple languages, only twenty percent of Americans are bilingual. At San Luis Obispo High School, we need to be putting more of an emphasis on languages.

"It's really useful to be able to speak two languages. I think that people can really benefit from speaking multiple languages, especially people who can speak Spanish in California," said junior Francesca Osgood.

Multilingualism can have practical benefits that allow students to better communicate with others within their community and beyond.

"It's all about communication and appreciation. I really like the fact that I speak Spanish because it gives me an opportunity to communicate with more people," said English Language Development teacher Beth Meyer.

Language learning helps to give people a better understanding of the world around them, which is an important characteristic to have, especially for a young person developing their worldview.

Speaking another language can even help students academically.

"Knowing a language is good when you want to learn a new lan-

guage from the same linguistic family. Knowing French is really helpful to me right now because I'm learning Spanish and they both stem from Latin roots," said junior Anika Hibble.

Some students, however, feel they have derived little to no academic benefit from their linguistic capabilities.

"I feel like knowing Tagalog has had no effect on my academic performance. Knowing two languages makes me happy, but I don't think it's made me any smarter or better at school," said senior Cassiopeia Mamaradlo.

Although this may be true for some, speaking multiple languages has a myriad of invisible benefits, from greater understanding of other cultures to delayed onset of cognitive diseases like Alzheimer's.

By putting more of an emphasis on languages in schools starting at the elementary level, we can increase biliteracy. Studies have shown that someone who starts learning a new language before the age of ten will have the best chance at fluency.

So, Tigers, when you're complaining about the language you're required to learn here, think about the benefits instead.

Sources: *nclia.ed.gov*, *nclia.nlm.nih.gov*, *census.gov*

Do SLOHS Students & Staff Enjoy Starbucks' Seasonal Menus?



The seasonal sips showdown at Starbucks. Graphic courtesy of junior Addi Woods.

REPORTER TALIA GARRETT

During a school day at San Luis Obispo High School students and staff are often seen walking around with a Starbucks drink in hand. As the season transitions, there are new autumn and winter menus that draw in excited new customers.

"My favorite seasonal menu is either the fall one or the winter one, but mostly the winter one because my favorite drink is the Caramel Brulée Latte. And my favorite fall drink is the Iced Pumpkin Spice Latte," said freshman Teagen Henderson.

Although students and staff have enjoyed the fall drinks this season, they are getting excited and ready for cozy winter drinks.

"People have the chance to get their favorite drink extremely easily. The seasonal menus are great be-

cause they let people try something new and get into the season vibe," said freshman Noelle Wellman.

Even though Starbucks seasonal menus are beautifully designed and advertised, a large number of people still seem to dislike it. The Starbucks fall seasonal menu has drinks with very unique tastes, ranging from the "Apple Crisp Oat Milk Macchiato" to a normal pumpkin spice latte.

"I don't like the Starbucks fall menu because I think there's a lot of hype over the pumpkin spice lattes. I don't like pumpkin anything so I don't really appreciate it," said choir teacher Rick Robbins.

Many Tigers believe these seasonal beverages are amazing, especially because they assist Tigers with embracing the cold weather.

The new fall and winter drinks add extra joy to the upcoming colder months!

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Divorced Families Experience the Holidays Differently



Divorced families destroy childhood and the way children feel about holidays. Graphic courtesy of senior Téa Fischer.

REPORTER TÉA FISCHER

Thanksgiving and Christmas are just around the corner, and many San Luis Obispo High School students are getting excited. However, others are not.

Some find holidays to be dreadful, stressful, or depressing. There are a lot of people who have divorced families, and holidays make their situation harder for them.

Divorce is more common than people let on. Half of all marriages end in divorce, and it not only affects people here at SLOHS, but those elsewhere, too.

“It has definitely affected my ability to see my dad. I see him substantially less, but he is still there for me and very helpful whenever I need it. It affected my relationship with my mom as well because I had absolutely believed it was her fault throughout the first year or so. I believe it affected my mental health even further than I had noticed myself,” said an anonymous senior.

Some people think divorce isn’t bad, or that it doesn’t affect a child, but they would be wrong.

Studies have found that children of divorced families experienced lower levels of wellbeing, regardless of scholastic achievement, conduct, psychological development, self esteem, social competence, and relationships with other children.

“My dad did something bad that would have gotten him arrested and imprisoned. He had a choice between staying here, in this country, or being deported and possibly never coming back, so he left. When he came back, they filed for divorce because they no longer loved each other, and my dad was cheating on my mom,” said an anonymous freshman.

Tamara Afifi, a professor in the Department of Communication at the University of California Santa Barbara, went on TED Talk and spoke about the impact of divorce on children because she wanted their voices to be heard.

Her mentor did a study that showed the impact and the effect on children of divorce might be getting bigger. The mentor looked at analysis of children whose parents got divorced in the 70s, 80s, and 90s.

He noticed that there was a high impact of children affected in the 70s, decreased in the 80s, and went up again in the 90s.

He thought it was because the reasons of divorce are different than they used to be. Reasons for divorce in the 1970s was because of adultery, or cruelty, or other reasons. However, now, we’ve noticed people are getting divorced for personal happiness and lack of commitment.

It’s for that very reason that children could be harmed.

“It’s stuck with me and changed a lot about me,” said an anonymous freshman.

Divorce is something people don’t understand. It doesn’t just affect a child’s mental being, but physical being.

The way that parents fight affects children’s bodies.

In Afifi’s TedTalk, Afifi sat down with a twelve year-old boy and asked him about his parents divorce. He told her his stomach hurt a lot.

He would go to bed and his stomach would hurt. He’d wake up to go to school and his stomach would still hurt. He would have a really hard time concentrating, and mentioned that his parents would fight a lot.

After this moment, Afifi started doing research on children’s physiological reactions to their parents’ conflict. She looked at hormones, heart rates, and skin responses to their sweat. One thing she looked at was their spit to tell how stressed their body is.

I bring this up because what she did was have children sit down and talk about something stressful about their parents relationship. She would take their spit before and after the interaction to look at how their body was responding to something stressful related to their parents.

She found that students with really high anxiety levels’ bodies were unable to calm down after an interaction.

With all of this being said, imagine how much harder divorce is for kids during the holidays. It’s opening a can of worms that’s better left sealed.

Splitting holidays can be draining for a child. Not to mention it changes their perspective on holidays.

“There will always be some form of conflict during the holidays. You can’t ever get a break, so I’ve never enjoyed holidays. I honestly dread them,” said an anonymous freshman.

Holidays are a time to be with your family and to spend time with one another, and you don’t get that it can be hard. If you don’t see one of your parents during the holidays, it doesn’t feel special anymore. It just ends up reminding students that their family isn’t as happy as others.

Even though some people don’t quite understand what it’s like, some empathize with what they go through.

“I think constantly moving from one house to another would be a living nightmare,” said a recent *Expressions* Poll respondent.

Holidays are special, and a time to be grateful for what people have. A happy family is worth being grateful for-- a lot of people don’t.

Sources: *forbes.com*, *youtube.com*, *kellylegalfirm.com*, *Expressions Poll of 51 Students on October 6*.

Should Students Really Go to The Movie Theater?

REPORTER SANTIAGO AMAYA

For years, movie theater experiences have been a part of most teenagers’ lives at San Luis Obispo High School.

A common theme among movie theaters is the crazy prices.

For example, in America, a large popcorn in the average cinema is anywhere from six to ten dollars.

Although a small number of people may think the prices are fair because of the high quality viewing experience the theater provides, others may think it’s too expensive, especially for families and individuals who aren’t high-income.

“Movie theater prices are just too high because when you go to the movies to have a good time with friends or family, you always end up getting robbed by the snacks and drinks, and even the tickets. Movie theater experiences always end up getting ruined because of money,” said freshman Alex Sincoff.

Some people who work in the movie industry say that the prices are high because they use a lot of their money to make the theater modern, nice, and comforting.

They say it’s important to keep the movie industry strong, even if stream-

ing platforms at people’s own houses are more common.

“Movie theater prices are high because we profit mainly off of the snacks since that’s our biggest source of income. Even though the ticket prices are high too, most of the income made from them is put back into the hands of movie theater companies because we also need to pay for the rights of each movie,” said junior and Downtown Centre Cinemas employee Baron Foreman.

From an average American’s perspective, movie theater prices are without a doubt, unfair.

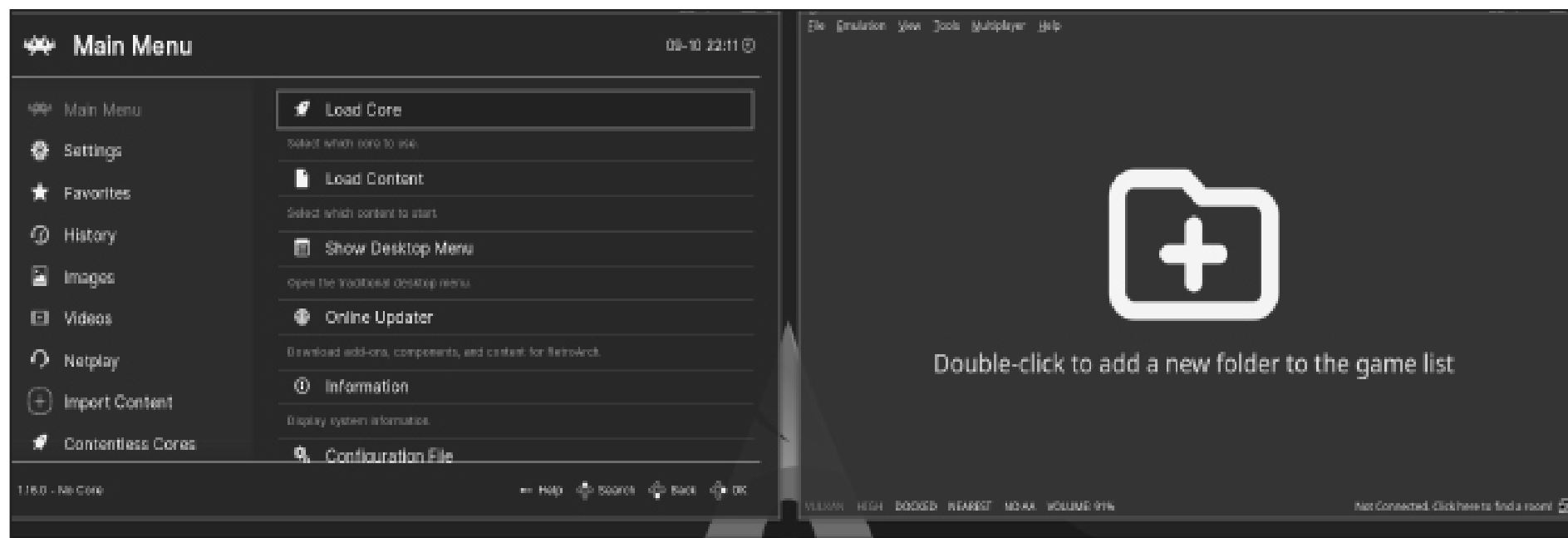
This year, an average movie ticket price is \$10.53. But some students believe that overall, the prices at movie theaters aren’t too absurd.

“The prices at movie theaters aren’t too bad when looking at it from the perspective of the movie theaters. Movie theaters have reasonable explanations for the prices but I can understand the frustration of most,” said senior Olivia Maxwell.

No matter how expensive movie theaters may be, it will always be an enjoyable experience for SLOHS Tigers, so go watch a movie!

Source: *sofi.com*

SLOHS Students Don't Need Gaming Consoles, Just Emulate!



Some of the popular video game emulators are RetroArch, Yuzu, and Dolphin. Photo courtesy of junior Sage LaMacchia-Meeks.

REPORTER SAGE LAMACCHIA-MEEKS

Many San Luis Obispo High School students want to play arcade games or older video games. These games may not be accessible, whether they're no longer being sold or manufactured, the price is too high, or you can't meet the physical requirements for something like a full arcade cabinet. A great way to get around this is emulating the game on hardware you already own.

Emulators are software that allows you to run games or apps for other hardware than what you're using. They pretend or emulate the physical hardware for a console as software.

For example, a PlayStation emulator like ePSXe can play PlayStation games on your desktop or phone.

"I like a lot of arcade games. I even have a few cabinets myself, but for someone that can't get cabinets, emulating the games is a great way to play games like Pacman or Donkey Kong," said junior Chase Philips.

Some game developers don't have the time or resources to create a game from scratch which leads to ROM (Read Only Memory) hacks.

ROM hacks are fan made reskins or remasters for games. They are often only sold or distributed as software, so they must be used on emula-

tors unless you burn it to a disc yourself.

"I don't often play emulated games, but I have in the past. Unless the game is very recent or still able to be purchased from the developers, emulation doesn't hurt the devs. It's okay to emulate or pirate games that are no longer public because it is the developers decision at that point to stop getting a profit from the game," said sophomore Bridger Jensen.

Some companies such as Capcom and Sega are okay with emulation and some support it.

Other companies, especially Microsoft and Nintendo, have very public statements about not supporting or wanting people to use emulators for their products.

"If the game is more recent and still on the shelves and you don't own the game, then it is very wrong to emulate it because you are taking money from the developers by not paying them for their work," said Jensen.

There's no longer a need to buy physical consoles or games. Emulators are the gateway to a better gaming experience for everyone.

You can finally play those old games from your childhood again, all thanks to emulators.

Sources: dolphin-emu.org, ppsspp.org, ign.com

Thanksgiving Is the Cause of Back Pain and Heartache



Turkeys always sell out super fast, so why worry about buying one? Photo graphic courtesy of senior Asia Jade Hagans.

REPORTER ASIA JADE HAGANS

Thanksgiving sucks.

That's honestly all there is to it- the holiday sucks.

It's super time-consuming, it's always filled with drama, and the food isn't even that good. I'm not the only one at San Luis Obispo High School that thinks that.

"The food and traditions surrounding Thanksgiving can be fun at times, but often the long and strenuous time spent cooking can be stressful, especially when there's pressure to do so," said junior Lucy Field.

My mom breaks her back every year to make a large Thanksgiving dinner, and it's never a fun process.

Imagine waking up at 6:00 a.m. just to cook until 12:00 a.m. for three people.

This isn't an exaggeration. My mom cooks all day.

Who wants to wait until 12 a.m. to eat dinner? Not me!

I enjoy food. I'm a food connoisseur and I don't prefer waiting until I'm asleep to eat. Sleep eating is not the move.

"I usually get sick on Thanksgiving or around that time, so I don't really have good memories from it," said sophomore Taryn Weller.

Another thing that sucks about Thanksgiving is that people lie.

I was having a great time, but then I got COVID-19 last year at a Thanksgiving dinner because the person hosting didn't want to tell people their kid was sick. It wasn't just me who got sick either, and the parent even tried to blame me.

I wasn't sick until I left their house!

The only time this holiday is remotely fun is the break period we get from school and when other people cook, but even then you can't trust what they bring.

What if they bring turkey stuffed with mayonnaise and soggy stuffing, or macaroni and cheese with nuts and cranberries? What if they bring a salad or blue cheese ice cream?

Did you know that 46 million turkeys are killed each year for Thanksgiving?

46 million are killed in a year!

Thanksgiving food is also overrated in general. Think about the leftovers; holiday leftovers take ages before they are finally cleared out.

Every holiday leftover is the equivalent of eating spaghetti for a week because your parents made a big pot.

In a recent Expressions poll, SLOHS students said they liked Thanksgiving for the food, family quality time, and fall atmosphere.

Stores get rid of fall decorations as soon as American singer-songwriter Mariah Carey starts playing on the radio, and you can eat turkey all year round. The same goes for mac n' cheese and ham!

It's an unpopular opinion, but what else can be said? Thanksgiving is useless!

Source: foodispower.org

Disclaimer: Official Student Publications

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Increasing Prices Increases The Difficulty of Living in SLO

REPORTER ANJA REED

Gas and food prices are skyrocketing all over the world, and these rising prices even have consequences at San Luis Obispo High School. This skyrocketing is known as inflation, defined as “a general increase in prices and fall in the purchasing value of money.”

The national average cost of living for a family of four in the United States is \$85,139 per year. According to Martian Movers, this already high price is even higher in San Luis Obispo, where the average cost of living for a family of four is \$104,733 per year.

This cost of living covers housing, food and transportation, all of which are drastically increasing. According to *The Tribune*, in June, San Luis Obispo County had the most expensive gas in the country--\$5.03 per gallon.

Sadly, even that price has now been passed as one gallon of gas in SLO costs on average \$5.93.

Inflation is the reason behind this insane pricing, and has severely impacted families who live all over the county. Both SLOHS staff and students have been heavily affected by the increase in gas and food prices, as shown in a poll conducted by *Expressions*.

In the same poll from SLOHS, some students stated that their families are living paycheck to paycheck--and sometimes even struggling to get their family's daily necessities.

“It makes it so that when getting groceries we have a tighter budget and we have to not spend as much money on the weekdays before pay day,” said an anonymous student.

According to The U.S. Department of Agriculture, the price of food at the grocery store was three percent higher in August 2023 than it was in August 2022. Prices of restaurants increased by six and a half percent during this same time period.

“Gas prices have affected our ability to do anything outside of school or everyday life. We never go anywhere anymore, not that it is a necessity but it does feel that we have cut back on certain luxuries,” said a recent *Expressions* poll respondent.

Inflation not only affects a family's economic standpoint, but sometimes even their social and emotional views.

“[My family has] struggled a bit for the past few years. Trying not to show it thinking people will judge you is worse than not having excess money,” said a recent *Expressions* poll respondent.

Even with this disheartening reality of our economy, there is hope in the power of youth and young voices. Get out there and be the change, Tigers!

Sources: languages.oup.com, martianmovers.com, sanluisobispo.com, gasprices.aaa.com, ers.usda.gov, *Expressions* poll of 40 students on October 6 *thicaes interi, untem*.



Does money matter in school? Graphic courtesy of reporter Zach Wallace.

Is Money a Factor in Academic Performance?

REPORTER ZACHARY WALLACE

With inflation rising in San Luis Obispo, students at San Luis Obispo High School have been wondering-- does wealth affect students' performance in school? This factor can put millions of students at a disadvantage to their peers, and can change the outcome of their education.

The amount of money that a student's family makes can have a big impact on their education.

About 21 percent of students in the nation live in a low income household. These students start off at a handicap compared to their friends and classmates. This can significantly affect grades of students and prevent them from completing higher levels of education.

The biggest issue for students in poverty is not having access to what they need for school. These students might not have a quiet place to study, not have an internet connection, or are lacking general school supplies. Lower income families also might need their children to work around the house more often than the higher income families; preventing students from spending time studying or working on classwork.

“When we had online classes, lower income students might not have had an internet connection and they might not have had access to a computer to do homework on,” said freshman Andrew Black.

The issue is that this ends up turning

into a cycle. Students in lower income families might not have the funds to attend schooling after high school. On average, college graduates make 1.2 million dollars more than non graduates over their lifetime. Now their kids are also at a disadvantage. It is difficult to break this loop, and one who does will have to work much harder than someone who grew up with money to get to the same spot.

So how can this cycle end? The best way is to give students the supplies that they need through their school. Schools can provide internet, computers, and a place to study and learn even after classes are out for the day. Giving students essential resources can really help out their grades and their academic path.

“You can be not smart and you wouldn't be able to pay your way to getting smarter. You can give a kid a tutor but if they don't study it's not going to help them learn,” said freshman Alec Hill.

Not everybody thinks this is true however. Many point out that this isn't the only factor; the student still has put in effort and try their hardest either way.

Despite this being true, money is still one of the biggest factors in academic performance.

Tigers, do your best to help out students who might be at a disadvantage and know that you might be at a privilege, so don't take it for granted.

Sources: all4kids.org, aplu.org

Inflation Is Driving Out Low-Income Students

REPORTER TREY WALTER

Inflation. It's everywhere and everybody and their grandma knows about it. Prices for everything are constantly rising, and in San Luis Obispo, it feels as though prices get higher day by day.

“It is outrageous how much inflation is affecting people,” said freshman Oscar Fenton.

The average price of a home in SLO today is upwards of one million dollars. The average price of a home in America is just over four hundred thousand. This is a major difference.

“A lot of low income families who were leasing or renting houses or apartments in SLO can't afford to pay rent any more,” said freshman Kieran Mallon.

Gas prices are becoming higher and higher as well. Today you can find gas prices higher than six dollars in SLO. With gas becoming more expensive, it's not uncommon for residents who can afford it to drive electric cars.

“We got an electric car because it's cheaper to use because gas is so expensive,” said freshman Hollis Dickinson.

Similar to home prices, the average cost of living in SLO is very high and

it's rising. It is currently in the top six percent of most expensive cities in America.

The cost of living in SLO for many is around 46 thousand dollars annually, around eight thousand dollars higher than the national average of \$85,139 per year for a family of four.

“A lot of things are going up in price, not just gas but things like clothes and food, too,” said Mallon.

These inflated prices are pushing many low income families out of SLO. It doesn't help that the majority of apartments located in SLO are being taken up by Cal Poly students.

Around 25 to fifty percent of many neighborhoods are filled with apartments and rentals housing Cal Poly students. They take up a lot of where low income families would otherwise stay.

“Me personally, I can't go out to eat without spending upwards of twenty dollars,” said Fenton.

With prices of nearly everything skyrocketing in SLO due to inflation, it can be financially difficult for many people.

Sources: mustangnews.net, livingcost.org, zillow.com



Financial stress only continues to grow. Graphic courtesy of senior Erika Spargo.

Seniors Struggle Under the Weight of Financial Pressure During Applications

BACKPAGE & CONTENT EDITOR ERIKA SPARGO

With generous financial aid offered to countless low-income San Luis Obispo High School graduates, it's hard for many students to turn down the offer of attending a four-year university. But for a large portion of students, financial struggles remain the primary concern when it comes to thinking about life after high school— and not just in terms of tuition.

In an affluent community like SLO, most students have never even considered the price of college when beginning the application process. Many students are told by their parents to apply wherever they want, regardless of the price.

For around forty percent of SLOHS' graduating class in 2023, Cuesta College was the way to go. Many of these students decided to take advantage of the Cuesta Promise of free tuition with the hopes of transferring to a University of California after two years of attendance. A vast amount of Cuesta students chose this path because of the unbelievable price tag on four-year state school tuition. By attending Cuesta College, many students also reap the benefits of living rent-free, tuition-free, maintaining a steady job, and an associate's degree.

"I've been working full time throughout high school, and I knew that college applications cost a lot of money. With the limited time and money I had available, I thought it would be for the best to save myself the stress of applying to a bunch of schools by attending Cuesta. My ultimate goal is to avoid taking out any sort of loans," said SLOHS graduate and Cuesta College student Olivia Cusick.

Even for seniors who choose a four-year college, most students also don't consider the secret costs behind getting into a top school. To get into a competitive college like UCLA or UC Berkeley, students must have outstanding grades, extracurriculars, and essays. All of this takes hours of dedication, some of which can be hindered by students who have no choice but to allocate their time to their job or family.

Many seniors pay for private counselors who review students' applications and give personalized advice to get them into top schools— a luxury that the majority of students can't afford.

"Many families are paying thousands for private counselors, which can be extremely helpful to students and raise their chances of acceptances. Not all students have the financial privilege of being able to afford these counselors, which widens the gap between students from different socioeconomic backgrounds," said senior Chloe Jordan.

As opposed to affluent seniors who apply to up to twenty colleges, most seniors limit their applications due to the boggling fees. Even state schools in the UC system charge an \$80 application fee— per school! California State University application fees are not far behind, at \$70 per school. And yes, some students do qualify for an application fee waiver, but it doesn't take away from the fact that it is extremely expensive to even try to get into college. Plus, the fee waivers require a lengthy process of paperwork from the student's parents to prove that they need it, which discourages most students from doing it at all.

"The application fees forced me to be more selective with the schools I choose to apply to," said Jordan.

This leads one to the question— even with financial help, is college admissions truly fair? It seems that the cycle of low-income students opting for the "less optimal" choice per societal standards still remains the most common occurrence.

Fair admissions can't truly be fair until we reach equity for low-income students.

Source: calstate.edu

How Are Students in San Luis Obispo Making and Managing Their Money?

REPORTER JR MOCTEZUMA

A huge amount of students at San Luis Obispo High School are making money in various ways, some working part time jobs and others running their own businesses. *Expressions* interviewed several students on campus on how they are managing the money they earn.

Expressions: What do you do to make money?

Senior Cal Lanier: To make money I create assets such as logos and overlays for Vtubers. A Vtuber is a livestreamer who uses a virtual avatar instead of their own face, because of this it's important they have strong branding!

Junior Brayden Penrod: I work at Lokum and I sell candy to old men. I get paid around 22 dollars an hour, as a manager.

Junior Treyce League: I work at a cheese and deli sandwich place called the Central Coast Creamery, and I make 18 dollars an hour with the addition of tips.

Senior Elias Miles: I have a part time job at Homegoods to make money, and I also design online maps to make money as well.

Junior Bronwyn McDiarmid: I just babysit. I would say I make 17 to 18 dollars an hour.

Junior Sofia Sison: Well for money I like to serve people if you know what I mean ... I make them coffee and I serve it to them.

Expressions: What are the disadvantages and advantages of working and attending school, how do you manage your time?

Lanier: Currently attending school doesn't hinder my ability to work, since I have multiple classes where I can work. I don't have any specific ways I manage my time as I'm a very go-with-the-flow person.

Penrod: I drink a lot of energy drinks and the money I make motivates me, and I don't really focus on my homework.

League: I have my days set working at the beginning of the week, and when I know there's band events, so I still have time to go to the gym, do band, and hang out with friends.

Miles: Working and attending school is a huge struggle, it's difficult to manage my time and keep a good sleep schedule when I have seven hours of school, and then four hours of work almost every day. Another thing is that with my friends also having jobs, they almost never line up to hang out or do anything. In order to manage my time I usually only make plans on the days I am guaranteed I don't work, and won't even make an effort to try to plan anything during weekdays.

McDiarmid: I would say babysitting you have to focus really hard on keeping the kid entertained, it's kind of mentally draining, I try to manage my time by not babysitting when I have important things going on at school.

Sison: I work during the weekends so I don't really have time to do homework, and planning to hang out is hard, and I'm always tired.

Expressions: How do you manage your money? Do you spend it or save it right away?

Lanier: I try to save a lot of my money, not for anything specifically, but just to save it.

Penrod: All my money goes towards car parts and Monster energy drinks.

League: Well I usually take a hundred from my paycheck and put it in my savings, and then the rest I use to pay off stuff for my car, and I try not to eat out too much.

McDiarmid: I would say I save fifty percent of what I make and then spend the remainder.

Sison: I save all of the checks, and then I split my tips in half, one half goes into another savings account, and the other I use to spend on whatever.

Miles: Personally, I don't try to save money unless there's something I think I need. I don't make an effort to budget or save my spending, rather I just spend money if I find something I like. I don't restrict any money, as a matter of fact I don't even have any savings. But I will be reasonable and not just spend money [on what] I don't need.

Expressions: What is the money you're making going towards?

Lanier: Lego sets. All my money goes to Lego sets and other random things like video games and some art.

League: I'm saving mostly for a future apartment, and things that will benefit my career path in the future.

Miles: The money I'm making right now isn't going to any one item, there isn't really anything expensive I want at the moment, most of my money is just spent on food. Once I find a bigger item that I really want I usually do make an effort to not spend as much money as I might casually spend.

McDiarmid: I would say just casual spending money on things I don't need but I want.

Sison: Well my paychecks go into my savings which I use to pay off my car, or pay for college, and the tips that I save up are usually if I'm saving up for shoes or if I want to spend money for a trip.

Having a job is an impressive task, especially while balancing school work, social life, and home life. Having a job creates valuable skills that only can be applied to their classes but also later on after graduation.

Fall Sports are Ending, How Did the Season Go?

REPORTER TALIA GARRETT

As we start November, the San Luis Obispo High School fall sports are wrapping up their outstanding season.

This water polo season has been very active and intriguing. They made some unforgettable memories, and gave it their all!

"Our team is improving a lot, we have a lot of practice each week and are constantly working on new drills and plays," said water polo player senior Teagan Haley.

The Golf team has also been doing amazing because they are really stepping up to their full potential and working their hard.

"Our team has improved so much, we work super hard to improve our game. This season, our varsity played super well and achieved second place in almost all our matches," said golf player freshman Hayley Tsau.

Football season went well for all of the school teams, coming in fierce this season. Football has been getting a lot of support from the Tigers at their home games and even away games.

"In three of our games, we placed 35 plus points, which is pretty good. We've also beat the rival school, and the coach is really proud of us for that," said football player freshman Santiago Amaya.

Cross country has been really strong during this fun season. There were a few hard races, but all in all, it's been very successful.

"I think we are improving as a team, everyone is progressing by getting faster," said cross country runner senior Grant Svendsen.

Volleyball has been very exciting. The teams have been on a long winning streak, and have been working hard with each other to improve by a lot!

"The team has improved at a steady rate. We have more connections, which translates to trust on the court. I enjoy this sport a lot, it's something I look forward to every day," said volleyball player freshman Alison Meas.

Tennis was very strong this season; the closeness of the teams allowed them to support each other throughout the season, pushing each other every step of the way.

"Our team has made big improvements up until now. I have always enjoyed tennis, it's a really satisfying sport to play when you are constantly working on strategies, new ways to play, and getting to bond with teammates in the process," said tennis player freshman Rio Petri.

Tigers have been doing amazing all season long. Let's carry all of this enthusiasm into the winter season!

New SLOHS Wellness Center is Now Open in P10!

REPORTER ROSLYN RISNER

With the new addition of the Wellness Center, a mental health specific counselor arrives at San Luis Obispo High School.

ADHD, anxiety, behavior disorders, and depression are the most commonly diagnosed mental disorders in children and teens. Due to this, it is imperative that mental health is prioritized for teens.

With new services being provided, SLOHS is taking a necessary step towards improving students' mental health.

"We all deal with changes and stressors that challenge us. Sometimes our past strategies and current support system are enough to deal with these stressors and sometimes we need something more," said Wellness Center staff

member Austin Miller.

This year SLOHS has hired two mental health specific workers: Miller, who is a full time staff member of the Wellness Center, and Amanda Greenfield, who works with SLO County Behavioral Health.

"The Wellness Center is designed to provide an additional layer of on-campus support for students when new ideas or strategies might be useful. A student might be a good fit for Wellness Center support if a student is struggling with feelings of anxiety, anger, grief, depression, family stress, substance use, and more," said Miller.

SLOHS's counselors do a lot of important work, but it is difficult for them to give attention to all the students who need mental health counseling.

"We can't always wait for teens to come to us for help; instead, we need to reach out and give them the information and resources they need to support each other. We need to help them learn about their own mental health and motivate them to participate in treatment," wrote Mental Health First Aid USA in 2019.

The Wellness Center hosts many workshops that any student can sign up for. These include: strategies for stress, mindfulness, healthy relationships, communication skills, know-thyself and substance use and mental health workshops.

Other services can be accessed through each student's counselor. These include group counseling and one on one support.

The Wellness Center is currently located in P10, but is soon to be moved to the old library.

Victor Wembanyama is a Legend in the Making

REPORTER GIBRAN COVARRUBIAS

Basketball is a cornerstone of not only culture in America, but worldwide as well. Many of the National Basketball Association's current stars are international players, with players like Giannis Antetokounmpo and Nikola Jokic being familiar to San Luis Obispo High School basketball fans.

One name in particular stands out above the rest. Many students have heard of his incredible height, but it's much more than size that has analysts drooling over the 7 foot, 4 inch athlete Victor Wembanyama.

"It's gonna be an exciting feeling to watch him play against other stars like Stephen Curry. It's gonna be a blast to watch a 7'4" giant shooting three-pointers and effortlessly dunking on the competition. It's gonna be insane," said freshman Kalil Rouissi.

The excitement for the French prodigy hasn't slowed down, with multiple analysts claiming Wembanyama has the potential to become the greatest player in the history of the game. Fox analyst Chris Bousard, along with others, stated his beautiful dribbling skills and impressive shooting as reasons for Wembanyama to already be considered as one of the most talented players without playing a single minute in the NBA.

"I'm not saying that I think he's going to be the GOAT. I'm just saying that's the ceiling," said

Bousard.

Tigers also seem to have high hopes for the nineteen year old.

I don't think he'll be the best player of all time, but he has a high chance of ending his career as a top fifteen to twenty player, and become a must-see TV type of guy," said freshman Issac Burgess.

Despite initially positive feedback from former players and current superstars, there are still many questions regarding the level of competition and whether he'll be able to transfer his skills into the NBA.

Injuries could also be a large concern considering his towering stature could lead to potential finger and leg problems because they're generally longer and thinner than average humans. Either way, Wembanyama has already become an influential figure and one of the league's most marketable players, and even as a rookie many expect him to tear up the sports world.

"My guess is he'll average around twenty points per game and double digit rebounds. The San Antonio Spurs aren't very good, so they're gonna have to rely on him a lot for scoring and defense," said Burgess.

Wembanyama is looking to become NBA's next superstar and cement his legacy as one of the most legendary athletes of the 21st century. The NBA season begins on October 24, so look forward to seeing him, and be proud to be a part of Wembanyama.

Field Day
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GO TIGERS!

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Meet the Head Coaches of SLOHS Fall Athletics: Johnson, Steinmaus, Johnston, McKee, Heidbrink, Meaney, East, Kienow, & McDonald!

HEALTH & SPORTS EDITOR VIOLET BURRUS

San Luis Obispo High School has a great athletics program with skilled athletes and supportive coaches, but who are the people behind these fearless athletes?

Expressions sat down with the head coaches of every fall sport to get to know the people who have led their teams to a successful season.

Cross Country coach Jimmie Johnson has been coaching cross country for four years at SLOHS. He has coached youth volleyball and softball in the past, and overall has been coaching for around twenty years. Johnson started running ten years ago after he had a knee surgery that required him to quit softball, and he got involved with SLOHS' Cross Country team during the pandemic. Since then, he has been grateful to have the opportunity to work with SLOHS students outside of his math classroom.

"Our XC teams have enjoyed a lot of success in the years I have been part of the program, however, success is not what I am most proud of. I absolutely love when any of our athletes set attainable goals and work smart to achieve them. That is one of the beautiful things about Cross Country: everyone can improve significantly if you stay focused and give it time," said Johnson.

Cross Country coach Nancy Steinmaus started coaching cross country while in graduate school at UC Davis before she became the head women's and men's coach at MiraCosta College for ten years. She has coached at Cuesta College, Laguna Middle School, and at SLOHS since 2018. In high school, she played volleyball and ran track, but she did not blossom as an athlete until she was a junior in high school. Steinmaus later ran cross country and track at UC Davis where she earned many awards that allowed her to race as a professional du-athlete around the world where she would receive more honors. Her proudest moment as a coach was in 2021, when SLOHS Boys Cross Country won the state championship despite being underdogs and having to fight for every inch of the course.

"Running became the foundation for challenging myself, being a fit and healthy person, and being part of something bigger. It is not easy to be a runner, and even though we have fun and joy, running can be just hard," said Steinmaus.

Football coach Pat Johnston has been the head football coach at SLOHS for ten years and he also coached as an assistant coach at Cal Poly for seven years. At Carmel High School, he played football and baseball, and he was able to earn a partial scholarship to play football at Cal Poly. While he is most passionate about football, Johnston also assisted with SLOHS' baseball and golf programs in the past.

"I have many proud moments, but one that stands out was the 2018 season when a group of players that hadn't won many games got to experience a successful winning season and saw their hard work pay off," said Johnston.

Boys and Girls Golf coach Wes McKee started coaching college students in the late 80s when he played golf for Fresno State College. Seven years ago, he started as an assistant coach for Boys Golf at SLOHS, but for the past three years, he has been the head coach for both Boys Golf and Girls Golf. McKee played varsity golf for four years at SLOHS and was awarded a scholarship from NorCal Junior Golf that allowed him to play at Fresno State.

"I'm proudest of the quality young men and women our program has produced. If they continue to play golf, competitively or not, we have done our job," said McKee.

Girls Tennis coach Michelle Heidbrink is new to SLOHS this year but she has coached high school tennis in Palm Desert and college tennis at the University of New Mexico at a division one level. Heidbrink has been playing tennis since she was five, and not only was she ranked top ten in Southern California, but she was ranked top eighty nationally. Her skill allowed her to get a full ride to play for the University of New Mexico where her team won the Mountain West Conference.

"There is nothing in the world I know better than tennis, and nowhere I feel more comfortable than on a court or at a tournament. Seeing this team come together as a whole this season has been awesome. Watching them fight and believe in themselves and each other has been amazing, and seeing their faces after sweeping teams they thought were better than us is always fun," said Heidbrink.

Girls Volleyball coach Kennedy Meaney has been coaching at SLOHS for eight years, the past five years as the head varsity coach. Meaney is a SLOHS alumni and during high school, she played volleyball and water polo all four years, with the addition of softball her freshman year and swim her senior year. She continued to play volleyball in college at California Lutheran University and became a physical education teacher because she loves all sports. She is incredibly thankful for being able to watch her players grow and develop over the years she's been at SLOHS, and she feels lucky to be a part of their high school journey.



The fall athletic coaches led their teams to victory. First row: Johnson, Steinmaus, and Johnston. Second row: McKee, Heidbrink, and Meaney. Third Row: East, Kienow, and McDonald. Collage courtesy of sophomore Vyolet Burrus.

"Volleyball is the best sport: it's totally team oriented, it's fast paced, and it's a physical game where you dive for balls and get a monster swing or block. It's the best atmosphere to be inside a loud gym with your sideline doing outrageous cheers and the student section getting wild," said Meaney.

Boys Water Polo and Boys Swim coach Grant East has been coaching water polo for four years at SLOHS as well as Swim and Dive for the last two years. Altogether, East has spent the last seventeen years coaching aquatics at both SLOHS and Paso Robles High School. During high school, he competed in Water Polo, Swim, and Dive where he was an All-League champion in all three sports. At California Lutheran University, East was swim captain his senior year and held seven school records. Over the years, his most significant moments as coach are having an athlete get a scholarship to play division one water polo in 2019, winning league title in Boys Swim last year, and beating Arroyo Grande in water polo after only having won once in the past 23 years.

"I played most sports growing up except football and tennis, but in high school and college it was all aquatics so I stuck to what I know. Coaching aquatics is a year round job so there really isn't any room to coach other sports. Our boy's work hard and want to grind so it's great to stick with them year round and through swim and water polo," said East.

Girls Water Polo coach Ken Kienow has coached water polo at SLOHS for two years and prior to that, he has coached the SLO Water Polo Club as well as some mountain bike coaching. Kienow has been playing water polo since junior high, and after high school, he played on Cal Poly's club team for a year. He loves the sport because of how dynamic and physical it is as well as the level of fitness it takes.

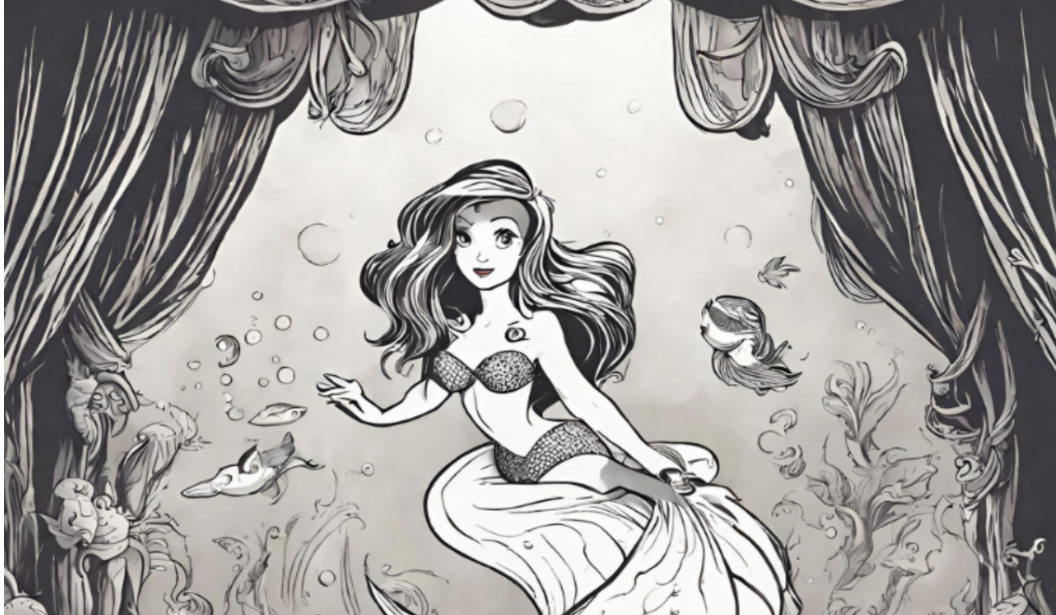
"The SLOHS girls team works exceptionally hard and is a very dedicated group of girls. I admire them immensely. They're juggling so much and it's just really impressive how driven and amazing and inspiring and responsible they are. They're great people and I'm proud and thankful to be their coach," said Kienow.

Cheer and Stunt coach Lisa McDonald has been coaching cheer and stunt at SLOHS for four years, but she has spent nearly fifteen years coaching the two sports altogether. While she ran track and field, McDonald has always loved cheer and has been cheering both on the sidelines and competitively since junior high.

"[I was so proud] last year, when the Tiger Stunt team beat Paso, a previously undefeated team for several years. Tiger Stunt won both league and section, undefeated, and the team competed at State which were all firsts for the program!" said McDonald.

All coaches deserve to be recognized for their tremendous hard work and dedication. SLOHS is proud to have these coaches as prominent figures in the athletics program.

SLOHS Theater Company's Spring Musical "The Little Mermaid" is Springing into Action



"The Little Mermaid" is under the stage. Graphic courtesy of sophomore Zara Sedeek.

REPORTER TESSA ROOS

San Luis Obispo High School Theater Company's fall play "Noises Off" has just ended with a bang. SLOHS also just had its auditions for the Spring Musical, "The Little Mermaid". Voice auditions were just held Monday October 30 in the SLOHS theater from 4:00 p.m. to 6:30 p.m., dance auditions were Tuesday October 31 and Thursday November 2 from 4:00 p.m. to 6:00 p.m., and callbacks were Friday November 3.

There was also an informational meeting on Wednesday October 18, where auditions were discussed more in depth.

Being a part of productions can be a very exhilarating experience for students new to theater or SLOHS.

"I am very excited to participate in the upcoming musical, and am very excited about the overall show. 'The Little Mermaid' is so fun and colorful," said freshman Sadie Badger.

If you're not as ambitious as Badger or acting/singing isn't your thing, be sure to come see the production to show school spirit, Tiger pride, and support.

The musical cast will have a sixth period for rehearsal.

In trimester two, Noelle Eben, theater director and English teacher, is teaching a 6th period Intermediate and Advanced Theatre class after school. The goal is to have the entire musical cast and select crew members enrolled in this period then they will rehearse during the class.

This course is a part of the CTE Professional Theatre pathway. Students enrolled in 6th period will get both performing arts elective and CTE credit.

Students will be graded and attendance will be taken in Aeries just like any normal class.

We've all grown up watching "The Little Mermaid" as children, whether it be cowering in fear from Ursula or watching in awe as Ariel combs her hair with a "Dinghopper". With the recent release of the live action movie, SLOHS students are excited to see how the musical turns out!

"Musicals are so entertaining to both watch and participate in. They are also a great way to exercise, because sometimes the dances can get a little intense," said senior Jamie Collins.

Musicals are so much fun for all parties, whether you are the lead, townsperson number two, or just coming for a laugh.

"The Little Mermaid" is a classic movie, beloved by many.

"I have wanted to be a part of the cast for 'The Little Mermaid' forever! I also will most likely be watching the movie a couple thousand times to get into the fun, and creative mindset of this show," said Badger.

Tons of students at SLOHS are jumping out of their seats with anticipation to participate in this show. Students and staff are so excited to watch and participate in this fun-loving musical.

If you didn't get cast, make sure to get your tickets when they come out because they will be gone as quick as Ariel's voice when she made that promise to the Sea Witch!

Source: SLOHS Theater Google Classroom

Drake's Album, "For All The Dogs" is out!



Give "For All The Dogs" a listen. Graphic courtesy of junior Addi Woods.

REPORTER GIBRAN COVARRUBIAS

The highly anticipated studio album "For All The Dogs" by Canadian singer and rapper Drake is starting to pick up traction across the San Luis Obispo High School campus, but is it worth a listen?

Drake's previous solo studio album, "Honestly, Nevermind" was a large disappointment for both critics and fans alike. The clunky trap beats and corny lyrics undermined the album's larger topics, and "For All The Dogs" was anticipated as the redemption and return of Drake's previous glory.

"The album was pretty disappointing, although for recent Drake standards it was at least an improvement. Each song is really hit or miss, and there were a lot more misses than hits," said freshman Hayley Tsau.

Although there are definitely some mixed feelings, Drake fans have been delighted by the project, many saying it's in the conversation for best album of the year and praising it as a return for the five time Grammy winner.

"It's a bit too long but I really like it. I think he could have spent more time on the album since it did feel a little rushed, but overall it was

great," said Drake expert and freshman Santiago Baltodano.

The album also attempts to incorporate Drake's five year old son, Adonis, to help strengthen their public relationship after Drake had previously received backlash for "hiding" his son from the public eye out of "shame", something he subtly addresses throughout the album.

The album has multiple features from different rhythm & blue and hip hop artists who help add contrast to Drake's more formulaic rhythm and rhyme. Currently the most popular songs on Spotify are "Slime You Out (feat. SZA)" and "First Person Shooter (feat. J. Cole)", both great tracks and highlights of the album.

While Drake's persona and entertainment have led him being seen as overrated, it's fair to say he has produced multiple enjoyable projects, many fans will love his new music.

Despite mixed feelings surrounding the album, music is subjective and all in the eyes of the beholder. Tigers that haven't given "For All The Dogs" a listen, an hour is enough to get the full experience.

Sources: pitchfork.com, rollingstone.com

A Way to Reunite Art with SLOHS Campus

REPORTER KI JOUET

The San Luis Obispo High School campus is not only a place of learning and student spirit, but as some may have noticed, also home to a number of artistic elements.

However, many of these creative aspects have not been taken care of in recent years. Many have been left empty.

This includes many of the murals along the art building's corridor which have been left empty for close to two decades now.

This has left the space feeling empty and unfinished for far too long. At this point, it needs to be fixed.

"We do have one from last year that we're planning on hanging up. But we definitely want to finish this. There are plans to eventually have more seniors [complete some], and [fashion design teacher] Miss Avery wanted to do one that had a fashion design on it," said art teacher Amanda Bockelman.

The areas that do have art, while more interesting than their counterparts, have been the same for a long time and have grown to be a little outdated for our current student population.

As many of the small murals were created by and for specific graduation classes, having this tradition return can give seniors in the coming years feel like they have contributed

to the campus atmosphere in a lasting way. Seniors from previous years had this opportunity.

"We have [a mural] that was done by Olivia Dunn, and she graduated as a part of the class of 2020. We still have that one to put up," said art teacher Michael Norton.

In order to continue this project, not only motivation but funding is also needed. It is a necessity to continue this project.

"It would be cool if we had funding for it specifically, because right now we would have to be taking it out of our normal classroom funding, but we really just need more boards so that we can assign seniors to finish and design them," said Bockelman.

This type of project could even be an interactive assignment for the different art classes nearby, so that the students can not only create the art, but experience it everyday as well.

"I eat lunch in the art quad almost every day, and I feel more artwork would really brighten up the space and make it more welcoming to hang out in," said senior Kyle Platte.

Fixing this issue and bringing new life and color to the corridor could not only be a fun and creative experience, but will also serve to make SLOHS a more welcoming and creative campus for Tigers.

Source: rollingstone.com

“Scott Pilgrim Takes Off” is a Must Watch



Scott is taking off! Photo courtesy of junior Cate Tucker.

FEATURE EDITOR ALMA TINOCO JUAREZ

Based off comics created by Bryan Lee O'Malley in 2004, “Scott Pilgrim vs The World” is an iconic 2010 film which many students at San Luis Obispo High School are aware of—and should take an interest in streaming an animated adaptation of on November 17. “Scott Pilgrim Takes Off” is Netflix’s addition to the media of the Scott Pilgrim series, and is eagerly anticipated by fans since the announcement of its debut.

“I am seriously hyped for the new animated series, I have seen the movie and read every one of the books,” said senior Ashlyn Trahan.

“Scott Pilgrim vs The World” is the popularized version of the Scott Pilgrim story, as the film is defined by its cast of well-recognized actors like Michael Cera and Aubrey Plaza, as well as its unique cinematography and peculiar plot. The film however is not a true adaptation of its origin, as O'Malley's comic series was unfinished during production. While the movie did an excellent job at retaining the comic and video game elements of its source, fans have expected an animated version of the series for years that furthers the story in ways the movie couldn't.

“I'm hoping the new series will be more similar to the books. There are a lot of great missed plot points the movie couldn't get to,” said Trahan.

The storyline centers around Scott Pilgrim—a 23-year old bass player who must fight and defeat the seven “evil” exes of the girl of his dreams, Ramona Flowers, in order to date her. The movie, however, rushes the redemption of central characters like Flowers and Pilgrim as the comics focus on the idea of how they're not great people but are working

to amend things with those they've wronged and become better for each other.

“It'll be cool to see how the animation fares against the live action,” said junior Talia Ramezani.

“Scott Pilgrim Takes Off” which is animated by Japanese animation studio, Science SARU, aims to further the development of characters and plot not so thoroughly explored in the movie. According to “Scott Pilgrim vs The World” and “Scott Pilgrim Takes Off” director Edgar Wright, the animation is not meant as a straight book adaptation.

“I think it would be cool to see some of Ramona's backstory and her perspective as well. I love her independence and I think it would be great to see that in the series,” said junior Annika Miltner.

While integrating more elements of the Scott Pilgrim books, the animation will expand on something that neither movie, comics, or even game have truly touched— Ramona Flowers' past and the people connected to it. Previous media skims on Flowers' previous relationships, despite her “evil” exes being a focal point in every version of the story. The animation reveals the flaws of a romanticized Ramona, as well as hopefully reveal why the antagonist characters seek revenge and are condemned as evil.

Overall, the elaboration of the Scott Pilgrim story, eye-catching animation, and full returning cast lineup are bound to make “Scott Pilgrim Takes Off” a success. Unsure what to binge next? Then check out “Scott Pilgrim Takes Off” after its release, Tigers!

Sources: netflix.com, engadget.com, theringer.com

The “Breakfast Club” is Still One of the Greatest



Sincerely yours, the Breakfast Club. Photo courtesy of photographer Annie Leibovitz.

HEALTH & SPORTS EDITOR VIOLET BURRUS

“The Breakfast Club” is one of the most iconic high school films of all time, and despite being released decades ago, the film still influences students at San Luis Obispo High School.

The movie, which was released in 1985, was directed by filmmaker John Hughes and features five stereotypical high school students who are required to spend their Saturday in detention.

“The Breakfast Club” is a great movie because it captures the stereotypical high school experience so perfectly” said English teacher Sholeh Prochello.

John ‘Bender’ is the rebel, Allison is the neurotic basket case, Brian is the brain, Claire is the spoiled princess, and Anthony is the jock. As the day nears its end, the students uncover more information about one another that diverts their typical cliches.

The characters come to realize that they all have problems, especially problems with their parents. The jock is pressured by his father to be the best he can, and the brain is pressured to have straight As. The princess and the basketcase are ignored by their parents, and the criminal is abused by his father.

They start the day as cliches, each with their own stereotype, but they learn that underneath all of it, they're much more.

“The Breakfast Club” is timeless, I was a freshman in high school when it came out. I saw it a bunch of times, just like any other John Hughes movie. That guy made great movies with completely relatable characters living completely relatable lives,” said English teacher and ASB advisor Craig Stewart.

Even though the movie is shaped around stereotypes, it also subverts the audience's expectations for the characters and shows that people are more than the social groups they belong to.

Furthermore, most of the movie was unscripted, and Hughes let the actors adlib some of the scenes. Because of this, the ac-

tors were able to give more depth to the characters, which allowed the audience to relate to them more and further enhance the quality of the movie.

While no one can deny the film's greatness and teenagers today can still relate to the movie, certain scenes have not aged as well.

Claire, the princess, is repeatedly insulted because of her popularity and rich background, and she's also questioned about her virginity and ‘purity’ throughout the film. The rebel also takes it upon himself to insult all the characters and despite having positive character development, his actions at the beginning of the film are concerning. The movie also plays into typical beauty standards by having the popular girl makeover the goth outcast.

“Allison's makeover was bad on the account that it undermines her character and personality. It makes her seem exactly like Claire and although they are friends, their differences are what make them interesting,” said sophomore Ella Blair.

The movie beautifully ends with the characters befriend each other and some even developing relationships with one another, showing that teenagers aren't defined by the surface level stereotype they seem to fit.

The brain, Brian, captures the film's message perfectly when at the end of the film he says, “[They] see us as [they] want to see us, in the simplest terms, in the most convenient definitions. But what we found out is that each one of us is a brain, and an athlete, and a basket case, and a princess, and a criminal.”

“The Breakfast Club” is an amazing film with relatable characters, a great plot, and an amazing soundtrack.

Whether it's a difficult relationship with their parents, pressure to succeed, or being influenced to act a certain way, all teenagers can relate to the film in some way or another.

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This or That: The November Edition

PEOPLE & CULTURE EDITOR ADDI WOODS

The fall season is full of great options to pick from, but those decisions need to be made by San Luis Obispo High School students. Circle the things you prefer to find out what your perfect fall day matches you.

THIS OR THAT

HOT COCOA	APPLE CIDER
APPLE PIE	PUMPKIN PIE
THANKSGIVING	HALLOWEEN
PUMPKIN PATCH	APPLE ORCHARD
HAY RIDE	CORN MAZE
HAND OUT CANDY	TRICK OR TREAT
FLANNEL	SWEATER



If you circled four or more items on the left side, you love getting cozy in front of the fireplace and making some warm baked goods to enjoy. If you circled four or more on the right side, you love horror movies, pulling pranks with your friends, and getting dressed up!

This Apple Butter Is The Perfect Fall Spread

PEOPLE & CULTURE EDITOR ADDI WOODS

Students and staff at San Luis Obispo High School deserve a sweet fall treat for all their hard work. This apple butter is the perfect reward to put on anything and everything. It doesn't take much work to make, just a while to simmer--but it will make the whole house smell amazing.

- Ingredients:
- 5.5 lbs soft, sweet apples
 - 1 cup brown sugar
 - 3/4 cup granulated sugar
 - 1 tbsp ground cinnamon
 - 1/4 tsp salt
 - 1/8 tsp ground cloves
 - 1 1/2 tsp vanilla extract

Apple butter is a versatile and tasty spread! Graphic courtesy of Canva Magic Media.

- Recipe:
1. Core and slice apples into small pieces (about 1/4") - you do not need to peel the apples.
 2. Place apples pieces in the basin of large slow cooker/crockpot.
 3. In a medium-sized bowl stir together sugar, brown sugar, cinnamon, salt, and cloves until well-combined.
 4. Pour sugar mixture over apple pieces and stir until well combined.
 5. Place lid on crockpot and cook on low heat for 10 hours.
 6. Once 10 hours has elapsed, use a blender to puree apples until smooth and no chunks remain.
 7. Add vanilla extract and return the puree to the crockpot.
 8. Turn the crockpot on to low heat and cook for another 2 hours uncovered, stirring occasionally.
 9. Store in the refrigerator in an airtight container, where it will keep about 2 weeks.
 10. Enjoy as a topping on anything from bread to pancakes!

Source: sugarspunrun.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.


E H C K E	E B H N C	N Y I W H

O I P T V	L Y Y H S



Mr. Egg finally decided to visit _____.





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