



Forbidden fruit. Graphic by Opinion Co-Editor Owen Blackwell.

Sex Should be Neutral: Why Virginity is Fake

OPINION CO-EDITOR JANE CULBREATH

“Are you a virgin?”

This question plagues lives daily, and for many at San Luis Obispo High School, it can be confusing. What does it mean to be a virgin?

For hundreds of years, the concept of virginity has been used to measure one’s sexual history and, most often, to shame people. Differing views throughout society can create uncertainty and doubt about whether one should have sex or not. What is important to remember is that it is a *highly personal decision*. This confusion, however, can be confounded with other factors such as the actual definition of virginity. According to Merriam-Webster, a virgin is defined as “a person who has not had sexual intercourse.” The top definition of sexual intercourse is “heterosexual intercourse involving penetration of the vagina by the penis.” For LGBTQ+ students, this makes the concept of virginity even more complicated.

“Sex isn’t just one thing,” said senior Stella Tabuenca.

Sex can mean many different things to different people. For some, it is strictly heterosexual and penetrative. For others, different sexual acts can be equally important.

In addition, virginity fits the mold of the context it is placed in. For those in religious or conservative communities, it is something to keep and cherish, yet in a public high school setting, many are encouraged by their peers to lose it.

“I’ve grown up in a religious atmosphere, and so the youth group I went to definitely put a lot of emphasis on waiting until marriage, because that is their personal set of beliefs. Growing up hearing that made it something to be ashamed of. There’s a lot of stigma around it in the church. Personally, I veered away from that, but it definitely shaped how I view virginity,” said senior Emily Niebuhr.

One’s upbringing can be a large factor in their perception of virginity, and while some people may stray away from those ideals, others stick with them.

“In my high school community, I’ve just seen a lot of people really shame people for being a virgin. Honestly, if it’s not for you, then it’s not for you. Don’t have sex. But, I definitely think that it should be between a special person and yourself,” said senior Enrique Ernstrom. “The community I grew up in was a very strong Christian household, so they believe, and I personally believe, that sex should be held to the confines of marriage. When it comes down to it, you have to decide and weigh the factors. I think a lot of people in high school have a different perspective than I do, because they don’t have the same upbringing.”

Not only is the concept of virginity seen in different lights by different groups, but it is also enforced inconsistently depending on gender, further delegitimizing its significance.

“I think men are encouraged to lose their virginity because it is seen as an accomplishment for them, whereas for women it’s viewed more shamefully. If a woman does it she is viewed as a sl**, or like it is something she shouldn’t be doing,” said Niebuhr.

The percentage of Americans who have never had sex is consistently higher for young women than young men between ages 15-18, illuminating the differences in expectations for men and women.

“Historically, we all know that women are viewed as some blossoms of innocence. I think that for women, it’s difficult to figure out what to do because it seems like there’s a lot of variables, and you have to follow the rules, or people are going to judge you.... If you’re a virgin, that’s cool. Doesn’t matter. Just be a virgin. It only matters to you,” said senior Mutalé Malama.

Sex, when and why and how, should be a decision made free from the judgments of others. So, why do we place so much cultural significance on a concept meant to shame people?

Sources: World Health Organization, Centers for Disease Control and Prevention, National Survey of Family Growth

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What Was SLOHS Like When Principal Rollin Dickinson Attended as a Student?

REPORTER JOSIAH MCCARLEY

Let's take it back to 1997, the year that Princess Diana died in a car crash, when the first book in the "Harry Potter" book series was published, and Tiger Woods became the youngest golfer to win Masters at age 21. Also in this year, our principal Rollin Dickinson was a student here at San Luis Obispo High School.

SLOHS has changed a lot over the 25 years since then, *Expressions* got some insight to what the school and culture were like back then.

Expressions: What was the difference in the vibe of the campus?

Principal Rollin Dickinson: The vibe then was sweet, playful, hard working, and sort of laid back at the same time. I think we were a little bit more wild than the current bunch. You just spent more time interacting, playing, making funny games, and going camping on school nights.

Expressions: What was different about SLOHS when you were a student versus now?

Dickinson: We would have live bands play once a week at lunch on the upper lawn, and things like that were pretty great. The gates and fences were different. I think SLOHS has always had this sort of laid back spirit of freedom about it. That was all the more evident when there were no gates and all the offices were just up on the hill in the center. So you'd just have

random community members walking on campus all the time and walking their dogs through the school.

Expressions: Where would you go for lunch?

Dickinson: We would go to Frank's, Taco Bell, Kona's on Foothill, or a lot of us would just stay on campus.

Expressions: What was your favorite school event?

Dickinson: I definitely liked the dances and the games. We had an event called the 24-hour relay when I was here, which was on the football field. It was a 24-hour party and it went overnight. It had live music, games, and a hypnotist. It was pretty amazing.

Expressions: What was your favorite class as a student?

Dickinson: I'd say my English classes. When I was here, the English classes were really intense and they were really hard. You read twelve novels in an English class. We just went for it and a lot of us got really into it and started reciting lines from the poets and philosophy. We carried around like these little hipster books of poetry in our back pocket. We just kind of got into it, so I really liked my English classes.

Even though SLOHS has changed a lot, it still has a great community. Be sure to follow Dickinson in making the most out of your high school experience.

Lonely Car Rides for a Year After Your License? Not for SLOHS Students



Not drivin' alone. Photo courtesy of People & Culture editor Addi Woods.

PEOPLE & CULTURE EDITOR ADDI WOODS

San Luis Obispo High School sophomores go through the excitement of finally getting a license after they turn sixteen. After months and months of hard work and dedication at working to get a license, many can't wait to pick up their friends to go for a joyride. But those dreams are crushed by the California law that drivers have to wait a year after they get their license before they can drive other passengers under the age of twenty.

The penalty is potentially having their license revoked for thirty days after a second offense and revoked for six months after a third offense.

"I don't necessarily agree with it, but I also think the point of it may not be to actually make kids drive without friends because that is unachievable. Instead, I think it may simply be to make kids drive safer with friends since the only way it may be enforced is through the breaking of other laws," said senior Kyran Blau.

Drivers breaking the law can only get in trouble if they get pulled over for breaking a different law, like driving in the bike lane or not having their headlights on at night.

"I think it's a good rule, but there are definitely reasons why it could be useful to not have it. Like if people needed to take someone for specific reasons or for emergencies. But I think it's good because when you first get your license you need to be able to have that individual time to get better," said senior Matthew Davi.

Davi's parents made him wait the full year, but some parents do allow their kids to drive others.

"Some of my friends' parents just let them drive other people if the other person's parents are okay with it. I think the law is kind of stupid because it's inevitable that it's going to happen. And you already do so much to actually get your license. Like you have to complete all of the online permit courses, get your permit, do all the hours of driving, and then get your license. Having to wait an entire year is just so excessive," said junior Ainsley Stephens.

Many students believe that changing the waiting period to six months is more realistic for high school students to follow. In other states such as Colorado, Nevada, Washington, and Oregon, new drivers are required to only wait six months to drive other passengers.

To all the sophomores that will be getting their license this year, remember to stay safe whether or not you decide to wait the full year.

Sources: *driversed.com*, *insure.com*

SLOBotics is Back!



The Robotics Club is working on big things this year. Photo courtesy of reporter Vyolet Burrus.

REPORTER VYOLET BURRUS

The SLOHS Robotics Club is a really great club for those interested in computer science and technology, but most students have no idea that this club exists. This year the students in the club are working on building frisbee golf robots for the 2022-2023 VEX robotics competition.

To better understand this group of innovative students, *Expressions* interviewed a few members of the club to learn more about their experiences and reasons for joining the Robotics Club.

Expressions: How long have you been involved with the robotics club?
Sophomore Gwen Robinson: Since the very end of last year. I basically joined like a couple weeks before school ended.

Freshman Noah Spiering: This is the first year doing it, but I did a [robotics] camp two years ago.

Senior Alex Knight: Since freshman year.

Senior Joseph Lipper: Last year was my first year in the robotics club, but I've been doing robotics since sixth grade.

Expressions: Why did you get involved with the robotics club?

Robinson: I guess robotics was just something random that I thought would be fun.

Spiering: Because I like robots and I'm weird. I also like building stuff.

Knight: I joined with my friend Andy, we've been doing stuff like this forever. We like to build stuff like model airplanes and random things that we can tinker with, because it seems like a fun thing to do.

Lipper: I thought it was a cool club and I've always been interested in robotics so it seemed like it'd be fun to do.

Expressions: What is your favorite thing about the club?

Robinson: I think it's fun to build robots. We also get to hang out with people who also like building stuff.

Spiering: My friends do it, and I get to do it with them. I also get to make robots that look cool and scary.

Knight: It's fun to hang out with friends, and just to come up with ideas and then be able to build them so quickly.

Lipper: I really like the teamwork aspect and how you all work together to build a project.

Expressions: What do you plan on accomplishing this year in the robotics club?

Robinson: Probably going to the world competition with our robots.

Spiering: I want to make a good robot for the [robotics] festival, but I really just want to win.

Knight: Hopefully getting a good score [at the competitions].

Lipper: I'm the president, so I want to make sure everyone has a good time, and can succeed, whatever that means for them, whether it's getting the robot to drive, or winning a competition, or an award, or even just making friends.

The Robotics Club meets Mondays and Thursdays from 3:45 to 5:30, come join the club!

From Gardening to Officiating Weddings: Simon and Johnson Plan for Retirement and Reflect on Their Time at SLOHS

REPORTER KEVIN RODRIGUEZ

San Luis Obispo High School is sad to lose two teachers, AP Government teacher Jim Johnson and AP English Literature teacher Ivan Simon.

Expressions talked to them to find out what their retirement plans are and their thoughts on SLOHS.

Expressions: How long have you taught here?

AP Government teacher Jim Johnson: This is my eleventh year teaching at San Luis Obispo High School.

AP English Literature teacher Ivan Simon: This is my fortieth year. I've been at San Luis Obispo High School since 1994, but I've been teaching since 1983.

Expressions: What classes have you taught here?

Johnson: I've taught AP Macroeconomics, AP US Government, College Prep Government, College Prep Economics, and Study Skills. And for ten of my eleven years I was the ASB activities director here.

Simon: I've taught ninth grade English, eleventh grade English, American history, AP US History, AP Literature, AP Language, and probably a few other classes I can't remember.

Expressions: What are your plans for retirement?

Johnson: When I was an activities director, there was a ton of stuff that I had to do outside of school: dances, rallies, lunchtime stuff, before school and after school, weekends. When I retire from this, I'll work on stuff that I like to do. I like working on my house, traveling, gardening, hanging out with my friends who don't all live in this area, and I want to do some woodworking stuff. I just want to explore all those fun things that I don't have time to do now.



From left to right: James Johnson and Ivan Simon. Photo courtesy of the SLOHS website.

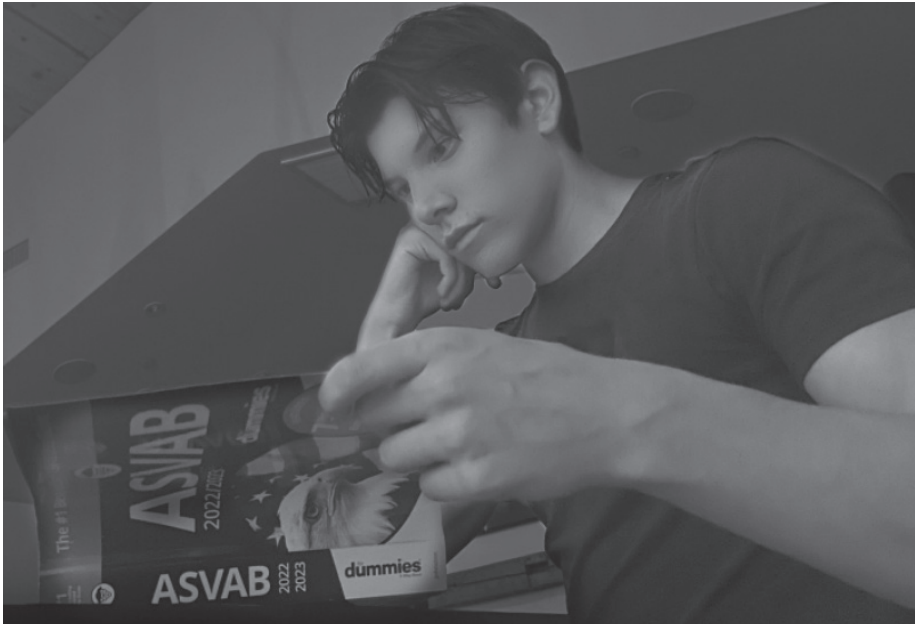
Simon: Performing marriages as a licensed minister of The Church of the Latter-Day-Dude. And traveling wherever Maestra Caminada would like to go to run marathons (she will run, not me), reading *The New York Times* every morning and all the books I have wanted to read but have not had the time for. Writing a "tell-all expose block-buster" on the behind the scenes goings-on within the San Luis Coastal Unified School District. Going through forty years of news clippings, photos, articles, and other random items that I have collected because they amused, intrigued, and/or infuriated me during my teaching career.

Expressions: What are your thoughts on SLOHS?

Johnson: I've seen the facilities get better, so that's nice. And I've seen the athletic program improve totally. When I came here we didn't win a lot. Now we seem to win a lot.

Simon: I think that it's a welcoming environment. People feel comfortable, maybe at times too comfortable. I think that the school is trying its best to reach out to as many students as it can. My concern is that we don't lose the ability to hold students accountable. Sometimes when we think we're trying to be helpful in the long run, we're failing to prepare students for life.

SLOHS Students Are the Future of the Military



Senior Donovan Franciskovich studying his military book. Photo courtesy of reporter Adam Bolivar-Stone.

REPORTER ADAM BOLIVAR-STONE

Seniors at San Luis Obispo High School are preparing for one of the biggest life transitions. For many students at SLOHS, transferring to a community college like Cuesta is what's appropriate for them. For others, it's going out of state to a four year university. But for a small percentage of students, immediate further education does not lie in their path.

Expressions investigated the future of our military personnel.

Expressions: How did you decide to join the military?

Senior Donovan Franciskovich: I'm in it for the money. The bonuses that the military offer are very tempting. My parents also gave me the suggestion.

Senior Andrew Jarvis: The military helps you out with student loans, and the loans to go to a four-year college are too expensive.

Expressions: What benefit about the military do you like the most?

Franciskovich: The pathways that branch from the military. A misconception about that military is that it's all boots and ground. In the military you can enlist and finish your career with skills that are applicable to civilian jobs. Not to mention further assists like zero percent interest loans and veteran discounts.

Jarvis: I get to focus on improving my physical strength, do something I'm passionate about, and make new friends who may have the same interests as me

Expressions: Is your family supportive of you joining the military?

Franciskovich: My parents are extremely supportive of me joining the military.

Jarvis: My parents are not too supportive of me joining the military. They have an image they want me to fulfill. I want to be a paratrooper. My parents want me to specialize in technology.

Expressions: Which branch of the military are you joining? Why?

Franciskovich: I am looking to join the Navy. I've always been a strong swimmer and I have a passion for the water.

Jarvis: I am still stuck between choosing the Army or Marines. I can rule out the Navy, Coast Guard and Air Force because I dislike their physical training. As of now, I am leaning more towards the Marines because it seems like the most physically demanding branch.

Expressions: Will you still go to college after or during the military?

Franciskovich: I am looking to pursue college while I'm in the military.

Jarvis: My plan is to go to college while in the military. But then again it also depends on how good my work ethic and drive is in the future.

Expressions wishes our ambitious future military students good luck.

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Measure D: New Construction Does Not Fit the Needs of a Growing Student Body



The student section is crammed to an extreme every Friday. Photo courtesy of Digital Media teacher Zachary Roper.

REPORTER LAUREN WEYEL

Measure D was approved in 2014 and allowed the San Luis Coastal Unified School District to use 177 million dollars for a massive improvement of schools. The student population of SLOHS has grown from 1,410 students in 2014 to 1,650 students in 2022. These improvements have been monumental in many ways, yet some of the changes have fallen short of the needs of a growing school population.

This is what needs work:

“If the new band room is bigger, it’s marginally bigger. When the whole band is in there, it’s definitely a struggle. We have to push back the chairs every day to make space for our stuff,” said senior band member Caleb Scuri.

Originally, improvements to the band room were not included in the budget for Measure D (which is an oversight in itself), and the new instrument locker room and band room were included later on. While the new storage is an upgrade, the actual band room is not built to fit 124 students and their instruments during class.

There are also not enough math classrooms in the building that is a little over three years old. First year math teacher Ethan McSwain has to travel to four different math classrooms during other teacher’s prep periods.

Administration tried to account for a growing student population when planning the math building. Former SLOHS principal and current District Administrator Leslie O’Connor said, “Originally, that building was going to be eight classrooms. We wanted to have more classrooms, which is why we ended up making the blueprint bigger. Now there’s 12 classrooms in

that building.” For two years “there was an even number of teachers and classrooms,” but now there are 13 teachers -- a number that is currently higher than predictions and not forecast to go down.

As for the stands, O’Connor said “we’ve got more capacity up there,” but students say they are not feeling that new space.

“I thought the stadium was going to feel bigger, but it just isn’t. So many more students go to the games this year, so the student section is always crammed,” said senior Phineas Lloyd-Moffett. While the jumbo-tron and lights are a fun addition to football games, many wonder why the choice was made to allocate such a large portion of funds to this project.

The new construction has come with plenty of benefits. O’Conner explained, “Updated classrooms were our number one [priority].” The 100s building has large classrooms that accommodate the growing class sizes, as well as TVs and air conditioning for convenience and comfortability.

The administration building is in the front of the school instead of located strangely in the middle, making SLOHS much safer. The track has nine lanes, which means it can now hold CIF events. There is a brand new theater to host productions and events. The band locker room has plenty of space for instruments and uniforms.

While it is important to acknowledge the major benefits that we experience as a highly privileged school district, it is also important to acknowledge the things that fall short.

“It’s a nice space, but it just doesn’t fit our needs,” said Scuri.

Source: ballotpedia.org

Instagram Infographics Solve Nothing

CO-EDITOR-IN-CHIEF ERIKA SPARGO

On #BlackoutTuesday in June of 2020, millions of people, including teens from San Luis Obispo High School, posted a black square on their Instagram accounts to show support for the Black Lives Matter movement after the murder of Minnesota resident George Floyd and following countless protests. My feed was filled with endless black squares with the hashtag in the caption, and I couldn’t help but wonder, what is this actually doing? It seemed to me that the flood of black squares was drowning out critical information that was actually contributing to the movement itself—which brings us to a large-scale issue.

Where do we draw the line between genuine allyship and performative activism? Where do we distinguish protest and distraction?

Countless students repost infographics on their social media stories, not necessarily with the hope of spreading awareness about the issue, but rather to avoid seeming politically unaware, similar to #BlackoutTuesday.

“I feel like I see a lot of those Instagram infographics that people put on their stories, or they’re like, ‘we need to fight for (insert minority groups) for their rights’, but then they’re not willing to donate their time or their money. It’s a lot of talk and not a lot of action,” said SLOHS Young Democrats club president and junior Alida Laursen.

Performative activism is formally defined as activism done to increase one’s social capital rather than their genuine devotion for the cause. In other words, it’s when people let it be known that they are not racist, or sexist, or homophobic, etc, without actively seeking to change these racist or sexist or homophobic structures. In other words, people want clout.

This issue can be seen outside of our phone screens as well. During Pride Month, hundreds of corporations throw a rainbow on their merchandise and say that it represents LGBTQ+ pride. Ironically, their sales skyrocket in the following weeks, proving that companies experience financial gain from none other than being “woke.”

Identifying and consciously avoiding performative activism is not impossible. Before reposting something online or buying a mug with a pride flag on it with the intention of spreading awareness, ask yourself whether this is actually contributing to the cause. Creating viable differences would include donating to reliable foundations, fact-checking information you spread, and participating in petitions and protests to oppose legal actions that limit people’s rights.

Effective allies are not focused on their images. They are committed to creating tangible changes.

Source: bmc.org

Illness is a Death Sentence for Students’ Grades

REPORTER LAUREN WEYEL

San Luis Obispo High School senior Kaia Blackwell was out of school for four days. Her grades plummeted.

After the COVID-19 pandemic, SLOHS started firmly pushing the “stay home when you are sick” policy to avoid spreading the virus and other illnesses. On the surface, it makes sense -- no one wants to be sitting in class next to a sniffing and coughing student, waiting for the plague to claim them as its next victim. Sick students wouldn’t want to be in school, struggling to learn through their illness.

So why are students still showing up to school while sick?

“I feel like I have to be in school so that my grades don’t drop and so I can be there for people who need me in my activities, like band,” said Blackwell.

This is a common feeling for students, especially those in Advanced Placement classes who feel like they will be left behind if they have to stay home for even a day or two.

“My grades dropped significantly in my three AP classes, and even after working hard the week I got back, I wasn’t able to raise my grade in one of those classes” said Blackwell.

While grades suffer significantly when students are sick and have to stay home, it’s not impossible to recover them. Junior Scott Yoshinobu’s grades were barely touched when he was sick for three days.

“I just happened to not have that many assignments on the days that I was gone, which helped significantly,” said Yoshinobu.

Students can also keep up with their classwork via Google Classroom, which teachers got much more adept at using after the COVID-19 pandemic. But despite help from technology, there is no substitute for being in class. Expecting teachers to create a whole lesson plan online for students who are stuck at home (on top of their normal lesson plan) is unreasonable, and it’s doubtful if students would even use that resource.

Placing the pressure entirely on students to catch up on schoolwork is equally unreasonable. Teachers should listen to students’ needs on a case-by-case basis and possibly even waive some assignments if necessary, but students need to be equally willing to work with their teachers to reach agreements after being sick.

Recovering from an illness is more important than a few days of school, so students should not feel like they will be penalized due to an illness or circumstances beyond their control.

Students' Political Opinions Are Not Silenced

OPINION CO-EDITOR OWEN BLACKWELL

Many students at San Luis Obispo High School have heard adults in their lives talk about schools indoctrinating and influencing students and not allowing certain opinions or beliefs. That isn't the case at SLOHS. Teachers succeed in making sure students feel safe sharing their diverse opinions and beliefs in class discussions.

Making sure students are comfortable sharing is something SLOHS teachers do by not letting their personal bias influence discussions.

"Teachers lead discussions in a way that is free and open," said senior May Ritter. In most students' experiences, this has been the case. Many students feel free to share, but some students feel pressure from teachers and other students to hide their opinions.

"I completely disagree with most of the people in my classes. They probably would get mad if I said my opinions and my reasoning behind them. Some teachers assert their beliefs and they encourage you to have certain beliefs. Last year, my Spanish teacher, Señora Caminada, was talking about the abortion walkout and encouraging people to go," said senior Brady Svetich.

Teachers need to ask questions that are worded in a way that leaves them

open and avoid pushing their own views on students. Students, likewise, should not make jokes and comments that demean other students. Here at SLOHS, the majority of students and teachers are respectful.

Sophomore Calvin Trapp said that "students are able to express freely," and that is what creates a diverse and welcoming campus.

In-depth conversations can definitely be hard to have when students have differing opinions, but unless we have them, any sense of safety or security is false. Misunderstanding and animosity brew under the surface.

"The admin here has really encouraged teachers to make sure we bring up topics that allow for diversity of opinion, and in comparison to other schools that I've worked at, I think that they do a pretty good job here," said English teacher Sholeh Prochello. This is evident when you walk into any of Prochello's classes, which are filled with a wide variety of students who engage in great discussions.

In multiple classes, students can witness and participate in good conversations between Christians and atheists, xenophobes and immigrants, communists and capitalists, many of whom hate each other's opinions and beliefs, yet still are able to have meaningful, respectful conversations. SLOHS is a microcosm in a great wave of intolerance sweeping the nation, and it is up to teachers, parents, and students to keep it that way.

Sorry Roper, Metal is the Best CTE Pathway

REPORTER JOSIAH MCCARLEY

San Luis Obispo High School has many good Career Technical Education (CTE) pathways, but none can top the metal pathway. The metal classes are an absolute must-take for anyone who likes getting their hands dirty while making things.

SLOHS has one of the greatest metal shops in the state. Being able to use such a great facility and such high quality tools is an opportunity students should absolutely take advantage of.

In addition, it is taught by one of the best teachers at SLOHS, Welding and Manufacturing teacher Timothy Fay. Fay has an abundance of real world experience and skill. He can also make any lesson entertaining.

"Mr. Fay has taught me new skills and provided me with outlets for my creativity in the form of metal projects," said senior Matthew

Hartford.

Not only is it a very fun class, it's also a very practical one, giving students the skills necessary to get a welding job right out of high school, with some welders making up to \$63k a year.

Senior Brodrick Hill is already taking advantage of this and cashing in on his skill by working at a local welding shop.

"It has taught me many different life skills and has steered me toward a great career. It is cool because sparks, arcs, smoke, and fire! I got a job welding by working hard in the shop and asking Mr. Fay if he knew of anyone in need of an intern. The metal pathway has shown me an incredible, well paying career," said Hill.

Welding is a great opportunity for all students. Don't wait, go talk to your counselor!

Source: bls.gov



Good times stacking dimes! Photo courtesy of reporter Josiah McCarley.

My Parents Took the Fun Out of High School

FEATURE EDITOR ALMA TINOCO

Students at San Luis Obispo High School will have their fair share of new experiences as they navigate their teenage lives. Going to dances, games, and doing activities with friends are all stereotypical and expected things of high school aged teens, but how are these experiences affected when a student has strict parents?

"My mom used to be super strict. She works in the medical field, so she was strict about quarantine, and I couldn't even see my friends at the park. She talked to my aunt, though, and she started realizing that being strict takes a toll on my mental health and my well being, and she started encouraging good grades, but she also knows that I'm doing my best and that I'm a rock star student," said senior Christian Cuevillas.

While not all strict parents are entirely authoritarian, the ones that try to control an entire aspect of their teens' lives interfere with the personal growth and independence that is supposed to be established during high school. Relationships can be ruined by a parent that feels like they need to know every detail of their child's friendships. In the end, strictness often leads to kids being sneaky.

Parental authority often does not end at controlling their kid's social life. For many, it extends to academics.

"Strictness has definitely affected how I view my grades. B's could be better, and even A-'s can be less than satisfactory. Basically, anything that isn't an A or A+ isn't good. It adds way more stress! They're a bit looser in terms of socialness. They let me go out more with friends, but nothing

past sunset," said junior Alexis Palmaymesa.

There seems to be a belief amongst parents that having good grades is the equivalent of having a "good" kid. All parents want what they consider a "good" child and will carry out methods to ensure they have the idealized version of their spawn. The need to perfect a child is nothing far from downright controlling.

Despite the appalling puppeteering that some parents feel the need to perform, stricter parenting does bring some benefits.

Parents who have successfully molded their child to their standards may receive comments that they are well behaved. Children of stricter parents try to comply with what they know will temporarily satisfy their caregiver. While this sounds like a positive thing, those who experience it know the draining and negative toll this takes on the mind. What's the point of keeping up good appearances if nothing is ever good enough?

The only way this facade works is when fear is involved, and even that fails when the fear of authority is overcome. While there might be positive benefits to a more restrictive life, the repercussions outweigh them. There are several reasons why parents choose to go the dictator route, including cultural reasons and personal experiences. Despite that, there comes a time when overly controlling parenting stops working, especially when it's at a high school age.

Let teenagers discover themselves without the burden of expectations.

Source: psychcentral.com

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“Minions: Rise of Gru” is Unbelievably Awful

REPORTER LEONARDO DETURRIS

Recently, the fifth installment of the “Despicable Me” franchise was released for the world and students at San Luis Obispo High School to enjoy.

“Minions: Rise of Gru” is shockingly bad. I remember a time when the “Despicable Me” movies had at least some plot and meaning, rather than fart and butt jokes every few minutes.

Admittedly, the movie isn’t terrible, but it is most certainly overrated.

IMDb gave the movie a rating of 6.6/10, concerningly high considering they hardly give out good ratings. Rottentatoes.com, a critic review aggregator, gave the new Minions movie 71/100 tomatoes. Another movie they gave a 71/100, is “Forest Gump.” I don’t think the two are even comparable.

This movie is nothing more than a ninety minute long, dragged out cliché. From horribly bad hippie jokes, to even worse pointless montages. I really believe half the budget of the film went towards buying the rights to songs that had no business being corrupted by being included in such a movie.

But, the worst thing this movie has done to me, is force me to hear others talk about how great it is. I can only imagine that the people who claim that this movie is terrific have never seen an actual movie or are being highly sarcastic. Those people argue that the movie circles back to being funny for being so bad, but I’d rather just watch a good movie instead of laughing at how bad it is.

Luckily, I’m not the only person with this sentiment.

“Well, [the movie’s] just not that funny.” said Sophomore Sebastian Allegreta.

This movie also doesn’t deserve its box office success. This movie is the fifth highest grossing movie of all of 2022, beating out much better movies like “Elvis” and “Spider-Man: No Way Home.”

Instead of watching the minions, watch real movies. Go watch things like “Gandhi”, “The Imitation Game”, or any Wes Anderson movie. Watch anything, but the abomination that is “Minions: Rise of Gru.”

Source: rottentatoes.com, imdb.com, boxofficemojo.com

Crocs are the Bane of High School Existence

REPORTER PLUTO RIOS

Some students at San Luis Obispo High School choose to wear Crocs, shoes that burn the eyes of people who interact with them.

Crocs are ugly, not recyclable, bad for the environment, and over time they will damage a wearer’s feet.

Crocs unveiled their design in 2002 at the 43rd Annual Fort Lauderdale International Boat Show in Florida. Crocs are oval shaped pieces of Croslite, a closed-cell resin made from polymer. There is a misconception that Crocs are recyclable because the texture feels like rubber, but Crocs are not made out of rubber and therefore can’t be recycled.

The Croslite is neither entirely made of rubber nor does it contain plastic. Crocs are made of a foam resin material which is a polymer known as ethylene-vinyl acetate (EVA). EVA has some properties of plastic, thus making products with EVA not recyclable.

Since Crocs are made out of closed-cell resin Croslite, sweat just sits in the shoe and this can cause slipping while wearing them. Unless Crocs are washed daily, the sweat build up can cause nail fungus and athlete’s foot. Think about it, a student going out to stores or to school and having their feet be all wet and sticky from their sweat not absorbing into the shoe. Honestly, nobody really has the time to be washing their dried sweat infested shoes.

Slipping isn’t the only safety hazard of Crocs. Long-term Croc-wearing can cause tendonitis, plantar fasciitis, and hammertoes from the width of the shoe. General healing time for these is two-six weeks while overall healing time is 6-12 months. That is a long time to be wasting on doctor visits and the pain one has to endure while having wack foot problems.

“There’s holes in [Crocs]. Did they run out of materials? Why are there holes?” said freshman Frankie James.

Crocs are wide and oval shaped as well as having 13 holes on the top of the shoe. Yes, the 13 holes are there for ventilation; but it does not stop the possibility of slipping from built up sweat. If someone is not wearing socks with their Crocs everyone can see their feet. About 12 percent of adults and 19 percent of teens have podophobia, the fear or dislike of feet.

“I don’t really care about style. Crocs don’t really go well visually with anything, so I just decide not to even try to look stylish or have ‘a style’, ” said freshman Bob Meyers.

If someone likes Crocs for their comfort or style (or lack of it) they should try Ymurray Short Rain Boots, Clarks Jillian Jewel Wedge Sandal, or Sperry Original Float Boat Shoe.

Anyone can wear Crocs if they want, or not if they don’t want to; but the growing popularity of Crocs will mean more people trying to recycle their Crocs, with many of them ending up in the landfill. This will only help fuel climate change.

Sources: kidadl.com, bustle.com, urewow.com



These shoes don’t croc my world. Photo courtesy of reporter Pluto Rios.

Students Hate School: They Can Change That

ARTS & ENTERTAINMENT EDITOR OLIVIA CUSICK

The concept of hating school is not a new one to students at San Luis Obispo High School.

It’s easy to resent. Similar to having a job, school is draining. A student is expected to work hard, with more and more homework starting in middle school when a student is about 12 years old.

“Learning itself is good when stimulated through interesting activity to accumulate knowledge, but school doesn’t succeed in having me retain the information or being fun,” said sophomore Levi Ammerman.

SLOHS daily schedule consists of five seventy minute classes. On the trimester system, each class lasts about 13 weeks. With a trimester system, classwork is heavy, to the point where if a student misses a single day, work can pile up.

With California’s senate bill 328, SLOHS starts thirty minutes later, at 8:30 rather than 8:00, and ending at 3:40 rather than 3:10.

“I know it’s a new law, but I am not fond of the time we get in now. The time this new schedule forces us to get out is very hard to cope with” said junior Jackson Meyer.

Despite all the stress that school can create, life goes on.

“School is a good way for me to spend my time, both socially and academically. I feel like I am becoming an educated member of society while also having the opportunity to socialize everyday,” said senior Sophia Campbell.

A balance of class schedules is important. Taking lots of AP classes can be more of an ego boost than actual preparation for college. Recognizing this and taking college prep courses, can drastically decrease students’ stress.

Students should also enroll in a variety of classes, trying different pathways can be constructive to a student’s well being. “I think everyone should take art class or something like that, because it’s therapeutic,” said senior Morgan Howland.

Students should take courses which empower them to learn, rather than burden and burn them out. At the end of the day, enjoying high school is in the student’s hands.

Stop Book to Movie Adaptations, They're Not Good

REPORTER CHARLY ELSTON

Everyone has that favorite book that they can't wait to see brought to life onscreen. The idea of seeing the characters they've grown to love in all their splendor is certainly alluring. However, time and time again, fans are disappointed, including fans at San Luis Obispo High School.

Book to movie adaptations shouldn't even be attempted anymore.

"I really think there are some [adaptations] that really fail to recognize what the book is about," said English teacher Serena Enzerink.

Book to movie adaptations cannot manage to capture the same majesty a book can. Take "Artemis Fowl", a beloved book by many, the movie earns only an eight percent on Rotten Tomatoes. The amount of internal dialogue simply does not fit the film format, and should have not been attempted.

"So many of the good little scenes, the little treasures, [are lost]," said freshman Eve Greenwood.

Perhaps the most well-known example of a bad adaptation is "Percy Jackson and the Olympians." This adaptation disregards the book, completely ignoring the original plot.

"As a six-year 'Percy Jackson' fan, I'm so disappointed. I was so devastated when I watched [the movie]," said Greenwood.

Attempting to condense such a fleshed-out, vibrant, over three-hundred-page story into a mere one-hundred and nineteen minutes was their first mistake. Ignoring the author and the source material was the second.

"A lot of the time, the producers are doing [the movies] for money," said Greenwood.

Book to movie adaptations are a sloppy cash grab with little to no regard to the original text. Because of this, the esteem held for them should be greatly reduced. The creators don't care if fans are happy or not. They care if they profit off of it.

However, book to movie adaptations do satisfy certain audiences.

"They connect [both the book and what's onscreen]. The storyline goes into the story from the book, and the characters have the same traits," said freshman Fernando Rios.

Not everyone can be pleased; however most of an audience should be.

Seeing favorite characters come alive onscreen isn't a fruitless hope. While some movies can do the books a small amount of justice, TV series can provide the faithful adaptation fans seek.

"I haven't watched the newest adaptation from 'Lord of the Rings' yet, but I could see that going really well because there's so much world-building from Tolkien," said Enzerink.

Unlike movies, television gives creators more space to create a faithful adaptation of a book. Movie adaptations do not yield the results fans crave, so companies need to stop trying to make money off of them.

Source: rottentomatoes.com

SLOHS Needs to do Something About Their Ridiculous Food Lines



So many people. Photo courtesy of reporter Sefton Strickland.

REPORTER SEFTON STRICKLAND

As a result of free lunch, the line for food during break and lunch at San Luis Obispo High School is unreasonably long. Many students struggle with the long wait times taking up their very limited free time within the school day. The lunch line at SLOHS is a daily annoyance and an inefficient use of time for all students and staff.

The line is just terrible on all levels. Because of how packed together the students and staff are, it's entirely unsafe.

The line takes up an absurd amount of our limited free time within the school day. Personally, by the time I make it down to the cafeteria after first period Automotive Technology, most of the food is gone and the bell for the end of break has rung.

Most importantly, it's ugly. Seeing all those people squashed like herded cattle is off-putting. While standing in the line, I feel suffocated, breathing the air of all the students around me.

Along with my opinion, *Expressions* interviewed others for their viewpoint.

Expressions: How do the long wait times affect your free time within the day?

Freshman Luke Michel: I barely get any breaks throughout the school day. I spend most of my day in class or in this line.

Senior Liam Streeter: I just stopped getting breakfast. It takes up my whole break in the mornings.

Math teacher Steven Arata: In terms of planning, you just have to know that there's going to be a long line. Staff doesn't have to wait in line, but we do have to think about it.

Expressions: Does the lunch line motivate you to go off campus at lunch?

Michel: I never go off campus, but since the wait is so long, I feel compelled to walk to somewhere close.

Streeter: Definitely, it takes me longer to wait in line than it does to get to my car, so why would I ever wait in line?

Either way, SLOHS needs to do something about the long wait times for food. Whether they break up the line into multiple smaller lines or just start putting the food out with no lines, it's time for admin to come to a solution.

Is the New Bell Schedule Better?

REPORTER KEVIN RODRIGUEZ

California senate bill 328 is making schools in start no later than 8:30 a.m. Does this new bell schedule help San Luis Obispo High School students get more sleep? *Expressions* talked to two students about the new bell schedule.

Expressions: Is the new bell schedule better or worse?

Senior Caileigh Hostetter: Worse. Personally, I get to school at the same time given that I've had. My parents have to use their car, and so I still have to get to school before they get to go to work. Then I'm just here for another half hour after school, so it feels like I lose half an hour of my day, and I am spending another half hour at school every day instead of doing something else.

Junior Gavin Gould: Honestly, I like the new Mondays because it really gives us a lot of time to prepare before school. But honestly, I don't really see a difference. It's just the same amount of time that is just going later, which I think can be pretty annoying to some kids.

Expressions: Was the bell schedule a necessary change?

Hostetter: Why would it be a necessary change? It worked for years. A lot of other schools in the area still have the earliest starting time. I don't understand why we are starting later and why that would be a necessary change. Now some people can just sleep in later and stay up later. It is just a half hour change of schedule. But that half hour change of schedule does put some of us out of sync with where our parents have to go to work.

Gould: I wouldn't say it wasn't necessary. It was not as different as it was before. Kids are still showing up late to school, so I don't really know [how it] fixes anything.

Expressions: Did sleep improve with the new bell schedule?

Hostetter: No, I don't think the bell schedule has any impact on my sleep given that I go to sleep at the same time every day except when I have insomnia or extra homework.

Gould: Sleep? I woke up at the same time every day. It's just more time before school.

The new bell schedule is still the same with school ending much later than before.

Who Runs the Cheer Team? Seniors!



Tiger senior cheerleaders are ready to take on the school year! Photo courtesy of cheer coach Lisa McDonald.

REPORTER AVERY MACHAMER

Welcoming the new school year comes along with welcoming the new San Luis Obispo High School seniors of the cheer team! Seen all around campus in their uniforms on game days, cheering at the rallies, and performing at the halftime shows. However, their dedication to the team and time investments often get swept under the rug.

So who are the senior cheerleaders; and what expectations should students have for the 2022-2023 cheer season?

Expressions interviewed four out of the eight senior cheerleaders to get to know the cheer team, and what their plans are for the 2022-2023 school year.

Expressions: What is your role on the cheer team?

Senior Lola Gantenbein: I am the team captain. I've been cheering at SLOHS for four years.

Senior Savanna Henderson: I am a base, and our role is to lift the flyers with the back spots who hold the girls' ankles. Other than that, I participate in dances and jumping.

Senior Mia Fraysier: I am the captain of stunting.

Senior Lucy Gibbs: I am a tumbler, a back spot, and a flyer.

Expressions: What expectations do you have for this season?

Gantenbein: I think it's going to be a fun season because we are looking to get more involved with things like ASB and more events at the school.

Henderson: I think we are going to do some really advanced stunts and pyramids this season, mainly because everyone is starting to get in shape for stunt season, which I think is going to go really well.

Fraysier: I really want to work on stunting for the team, have better half-times, and overall just improve the things we are working on currently.

Gibbs: I think this season we are going to prioritize working together as a team.

Expressions: What excites you about cheerleading?

Gantenbein: We are doing halftime shows for the first time since my freshman year, which is really exciting.

Henderson: I was really excited to try something new and get physically stronger.

Fraysier: I'm super excited for the homecoming game because it's my favorite and has always been super fun. Especially because JV gets to cheer with us.

Gibbs: Definitely performing. I really like to perform in front of big crowds.

Expressions: How do you stay motivated?

Gantenbein: What motivates me is when the crowd is really upbeat and encouraging. I'm also motivated by trying to be the best version of myself.

Henderson: Getting out of my comfort zone motivated me in a fun way.

Fraysier: I stay the most motivated through my teammates and their encouragement.

Gibbs: Probably by pushing myself; I get most from my own self-motivation.

Students are Playing Sports Outside of SLOHS

REPORTERS ATTICUS DRAKE AND AIDAN FIELD

San Luis Obispo High School offers a variety of different sports for students. With sports being a period five class, it is now easier than ever to get involved in a school-run sport. However, approximately half of the students at SLOHS aren't in any school sports, so how are they staying healthy? It's important to acknowledge that sports aren't for everyone; not everyone has the flexibility or the time to participate, leading many to seek fitness off-campus.

In the United States, there are over forty million people who participate in mountain biking and over two and a half million people who surf.

The SLO Scoters, the local mountain bike team, has around thirty riders annually. With the rising local interest in mountain biking, this number is only going to increase. The Scoters compete in cross-country style races across California and are one of the best Division two teams in the state. These races are similar to cross-country running races in that they primarily consist of traversing a relatively flat landscape without significant or sudden elevation changes.

Junior Isla Irwin, a member of the Scoters for the past three years is one of the team's top riders. When asked about her experiences with mountain biking, her answers were overwhelmingly positive. "The mountain bike community is super welcoming as long as you're following the rules and being courteous to others. The population of women on bikes is really

small in SLO, but the few who get out there are good at what we do. It'd definitely be super fun having a more inclusive range of riders", said Irwin.

Irwin also goes out surfing almost every day.

According to the county of San Luis Obispo, SLO county has around one hundred miles of coastline. With San Luis Obispo High School's close proximity to the ocean, some students head to the beach for their fitness.

"The community for competitive surfers is tight-knit and everyone is kind, but it is not an exclusive group. To be part of this community you need to prove that you are 'worth your salt'. Anyone can join; nobody is excluded no matter what walk of life you come from," said junior and competitive surfer Jackson Meyer.

Adolescents aged six to seventeen should get around an hour of moderate to vigorous exercise daily. That guideline is relatively unachievable for those not participating in school sports, many struggle to find the time when balancing school, homework, and family business. Only about a quarter of teens in the United States get the recommended amount of exercise they need in a day.

As these more obscure, outside of SLOHS sports are brought to light, it is important to branch out and step outside one's comfort zone. These communities are very welcoming and even if one is not interested in the competition aspect of it, they make great hobbies.

Sources: Heart.org, Cdc.gov, Slocounty.ca.gov, Forbes.com, Imbacadana.com.

A Look into Addiction: It can Crush Loved Ones

REPORTER VIOLET BURRUS

Despite the fact that addiction can be detrimental to a person and their health, it is even more damaging to the relationships and the life that they've established for themselves. On average, three hundred and twenty students at San Luis Obispo High School have been affected by someone close to them with an addiction at some point in their adolescence. When someone becomes addicted to a certain substance, everything that's ever mattered to them, including their family, becomes less significant.

"I'm actually kind of scared of him, and now I'm just kind of nervous about [alcohol] in general," said SLOHS freshman in regards to a family member suffering from addiction.

Watching a parent or a family member suffer the effects of addiction can be incredibly confusing for a young child, the consequences following them into adulthood.

Emotionally, a child will never be the same after seeing someone they love give in to the brutality of addiction. Some children could believe that it's their fault and start to isolate themselves, with strong emotions of shame, guilt, and self-blame. Others might find themselves becoming the parent in order to make up for the unpredictable environment that has been created.

Studies show that children who grow up with a parent addicted to drugs or alcohol are actually more likely to develop substance abuse disorders in their adulthood. Other times some children are so deeply scared that they avoid drugs and alcohol completely.

Many addicts don't even realize the drastic effects they can leave on

their families and others around them. It can be especially difficult to admit when they're in the wrong or even when they themselves have a problem, which in turn is why most addicts don't accept they have a substance problem to begin with. Unfortunately, instead of trying to get help, addicts sometimes try to fight their addiction on their own, which often results in unsuccessful attempts, downward spirals, and painful withdrawals.

"It's just hard. He's not accepting any help. He still thinks he can do it on his own, but it's become way bigger than that," said the same SLOHS freshman. "Sometimes he's better but then he starts spiraling again. We're trying our best to help him out, but there's not really much we can do."

The problem with addiction is that it's an overpowering disease that can completely change someone's values and morals. Addicts have trouble seeing what they did wrong, and can be oblivious to the effects their actions have created.

"When you become an addict, you have lost all control of the amount that you use, how often you use it, and it's essentially taken over your life," said health teacher Daniel Monroe, "[The substance] essentially becomes your number one priority over everything and everyone."

Entire relationships are destroyed because of addictions, and the people closest to addicts become shattered and broken down by the consequences of their actions.

Oftentimes addicts are more dangerous to their families than they are to themselves.

Source: addictioncenter.com

Driving High Can Make You Die; Don't Even Try

REPORTER JUNIPER PATRICK-MIERNICKI

It is no secret that teenagers break rules, and the students of San Luis Obispo High School are no exception. While it's obvious that many illegal activities (like driving drunk), can lead to disastrous outcomes, driving high can give the illusion of a safer option. However, given the effects weed can have on your mind and reaction time, driving while smoking, or being driven by someone smoking, can lead to serious injury or worse if things go bad.

When asked if they would ever consider driving high, one student said, "I don't think so, because it's very scary. When I'm impaired like that, it's difficult for me to be aware. Even making food while I'm high is very difficult. So driving, which takes a lot of focus, would just be off the table for me."

Following alcohol, marijuana is the most common drug associated with impaired driving, and high schoolers are at an especially high risk with one in three reporting having smoked at least once.

Many SLOHS students have never driven high themselves, but have experienced riding in a car driven by someone under the influence of marijuana. One student recalls that, "The person had a really high tolerance so it wasn't that scary, but I could definitely tell they weren't making the clearest decisions. Maybe they were turning early, or waiting at a stop light too long, small things, but still, you can tell."

One SLOHS student admitted to having driven high before, and though they hadn't gotten hurt or in trouble, they said they wouldn't do it again. "I feel guilty doing it, it doesn't feel good, you know? It's like, I could seriously hurt someone. Just don't risk it."

Car crashes are the second leading cause of death for U.S. teens, and when most students have only been driving for a year or so, automobile

safety is more important than ever. It may seem a minor deed to smoke before or during driving, but the risk is too great, regardless of the driver's tolerance.

Marijuana has negative effects on judgment, motor coordination, decision-making, and reaction time; all of which are vital components of safe driving. Consider these risks before driving high. Stay safe tigers.

Source: CDC.gov



Don't even think about it! Photo illustration courtesy of reporter Juniper Patrick-Miernicki.

Failing Forward is Important for SLOHS Athletes

REPORTER NICO AEBISCHER

San Luis Obispo High School has a great athletics program, with various sports teams experiencing success early in the fall season. But sports aren't just about winning, they also provide valuable experiences and lessons.

Every sport has its challenges, and in every sport, teams make constant errors. This might sound like a negative thing to say, but in reality, it is important to acknowledge these mistakes. What matters is that athletes do their best to learn from these mistakes, not dwell on them. In other words, athletes don't just fail, they fail forward.

"You're always making mistakes, there's always something you can improve on [in] every play," said senior and cornerback on the football team Joey DiCarlo. "When we watch film, that's kind of how we watch ourselves [play], how we find out what we need to improve on."

One reason why watching film is valuable to athletes is that it gives them the proper time to reflect, not only on what went well, but what did not. It's easy to look back at what went well and notice it, but sometimes it's harder to figure out why it went well, and more importantly, what you need to work on.

With failure, on the other hand, pinpointing why something went wrong and what needs to be practiced more is much easier, thus more

growth is gained.

Varsity Cross Country runner and junior Nolan Roemmich talks about how he deals with his less successful races.

"Trying to look back on the race at what I did wrong, [I make] sure I fix it for my next race, [which] helps me feel like I'm gaining instead of losing from the race," said Roemmich. "An example of this could be trying to run my first mile a little bit slower, so I have more energy to push in my last mile, or maybe running with a different group of people that will push me to run faster times."

But it's not just SLOHS athletes that feel mistakes and failures are important aspects of getting better, professional athletes feel this way, too.

"I've missed more than nine-thousand shots in my career. I've lost almost three hundred games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed," said ex-basketball player Michael Jordan.

This attitude towards failure doesn't just apply to athletics, it also holds a great deal of truth when applied to everyday struggles, including the challenges of being a student. So whether it's getting an "F" on a test, not knowing what to write for an essay or anything of that nature, do what athletes do: fail forward.

Source: inc.com

High School Isn't Like the Movies



Fact or fiction? Photo courtesy of junior Kennedy Beltram.

REPORTER KENNEDY BELTRAM

Mainstream media has had a long history of portraying high school incorrectly. Because of this, San Luis Obispo High School students may have experienced a reality check after starting their freshman year. There are many different tropes in film that give students the wrong impression about what high school will be like. The media tends to over exaggerate the good, as well as bad aspects of high school.

Rather than just being good or bad, real life can be a combination. Movies like "High School Musical" show the teen years as easy going and simple, whereas films such as "Mean Girls" present high school as an unwelcoming environment where one's value is based solely on popularity.

"Everybody has a different high school experience. It's not always singing musicals, but it's also not always getting slammed against lockers. There's always a medium," said junior Mitchell Damron.

Most movies portraying high school tell kids that life is easy school work and happy endings. Characters can struggle or go through difficulties, but at the end of the movie, all problems are resolved.

"Some movies show that high school is just perfect all the time and never really show the struggles in classes. It just shows kids that life is

perfect and everything works out. Sometimes it does, but not all the time," said senior Paloma Smith.

Sometimes romanticization isn't just making things seem better than they are, sometimes it's the opposite. Media can often take normal situations and dramatize them into huge atrocities.

"Movies make it look scary, like it was gonna be really difficult to make friends and everybody was going to hate you, but it's actually fine," said Damron.

Students fearing the cafeteria is a well known trope. Kids walking into the lunchroom faced with each clique at a table is a common cliché. Many forms of media depict the new kids or the loners as eating in the bathroom, isolated.

"At lunch in the movies there's a table for the popular people and then a table for the losers. But in reality at lunch there's no popular people and losers, everyone just eats with their friends. In the movies everyone is focused on drama, but in reality no one really cares," said senior Alessia Licciardi.

Media depicting high school incorrectly can have a negative effect on students. This is because at the end of the day, for most people high school is not amazing nor terrible. It is just a normal period in their life, full of triumphs and failures.

What Podcasts Are Students Listening To?

REPORTER ATTICUS DRAKE

With COVID-19 case numbers dropping, San Luis Obispo High School students are dropping many of the habits they picked up during lockdown. Listening to podcasts, however, is a hobby that isn't going anywhere for many SLOHS students.

Podcasts, whether listened to as a news source or as entertainment, are a great way to spend one's time. Similar to TV shows, there is a seemingly never ending number of podcasts that one can listen to.

Podcasts that go behind the scenes on things like movies and TV sets have taken off. "Corridor Cast" a very popular show, found on major media networks like Apple Podcasts.

"The podcast mostly talks about whatever project they're working on at the time, so I get to see kind of the behind the scenes. It's pretty informative and entertaining," said junior Rilo Rippens.

Many others listen to podcasts based around their hobbies. Senior

Bode Breese, an avid mountain biker, listens to the "Pinkbike Podcast", produced by popular bike media company Pinkbike. Breese listens because it keeps him informed on mountain bike news. The show's tips also help his riding skills improve.

"I learned that Christopher Blebins overdosed on tumeric [unverified]... it taught me how to corner my mountain bike better," said Breese.

Podcasts that are more news focused are also popular as well. They have evolved from weekly uploads that are an hour and a half long to daily, fifteen minute uploads, similar to nightly news. Over 45 percent of Americans get their news from podcasts.

Listening to podcasts is a stress-free hobby, as they are available on many different major media platforms and are even accessible on the web.

It seems as if SLOHS students have discovered a pastime that they are not interested in stopping.

Sources: [pewresearch.org](https://www.pewresearch.org)

Concerts are Back in 2022



SLOHS students rock out to singer Harry Styles. Photo courtesy of senior Avery Machamer.

REPORTER AVERY MACHAMER

San Luis Obispo High School students attended a significant number of concerts over the summer. Since COVID-19 restrictions have loosened in the past year, concerts and music festivals have opened up recently becoming increasingly popular.

Expressions interviewed a few concert enthusiasts to listen in on what SLOHS students have to say.

Expressions: How many concerts have you been to, and what artists did you see?

Senior Logan Johnson: I've been to about six concerts. I saw singer-songwriter Harry Styles twice, TV Girl, Djo, and a few others. I saw a random one at the fair too.

Senior Lucy Moseley: I think I've been to about four or five concerts in total. I've seen Djo, Pat Benatar, They Might Be Giants, and a few others.

Expressions: What concerts did you see over the summer?

Johnson: I went and saw Harry Styles at Wembley Stadium in London, which was amazing.

Moseley: I saw 5 Seconds of Summer in Concord, California.

Expressions: Who are you planning to see in concert in the future?

Johnson: I really want to see the Strokes perform in the future.

Moseley: I'm going to see a band called Sun Room in about a week, and

then I'm going to see Harry Styles in November in Los Angeles! I also wish I could've seen Queen perform.

Expressions: What is your favorite part about seeing concerts?

Johnson: Live music is always amazing because it has a very different and unique energy compared to recorded music. It gets a great community together, because generally people who like the same music taste have similar interests. You can meet new people and make new friends at concerts. It's a lot of fun.

Moseley: It's just a really fun environment, and it's really exciting to go to a concert when you can sing along to all their music, because you get to enjoy it in a new setting. The live format is really fun to experience.

Expressions: Who was your favorite artist to see in concert, and why?

Johnson: Wallows, probably because they have amazing energy and they're just a really fun group to see live.

Moseley: I really enjoyed seeing Djo! Clearly, the thrilling experience of getting to see students' favorite artist in concert has become quite popular recently.

"Black Panther 2": Who Is the New Lead?

REPORTER KENNEDY BELTRAM

Due to the tragic death of Chadwick Boseman in 2020, many San Luis Obispo High School Marvel fans are left questioning who will take on the role of Black Panther.

Boseman has been playing the title character since 2016, when he appeared in "Captain America: Civil War." "Black Panther: Wakanda" has been in the works for many years; however, due to Boseman's passing, the film is set to take a different turn than originally planned.

It has been confirmed by Marvel that the role will not be recast, so that leaves two options. A new character will be created, or an existing character will take on the role. SLOHS students have mixed opinions on what would be best.

"I think they should use a different character to become him. Either [M'Baku] or [Killmonger]," said junior Kadin Trahan.

In the first movie, M'Baku battles T'challa to compete to become Black

Panther. In the end T'challa remained victorious and became king. Killmonger died at the end of the movie so it's unlikely that he would be resurrected to take on the title role.

Many fans believe that Shuri will become Black Panther, because that is how it happens in the comics. Her entire life, she is outshaded by men and is not seen as equal. Her brother then falls ill and she is forced to help him recover. During that time, she consumed a heart shaped herb that allowed her to take on the full power of Black Panther.

"I feel like Shuri should just take over the role as Black Panther. I mean, she's his family. The roles will be reversed gender wise, but I think she can still play a good part," said sophomore Parker Harrison.

Who Marvel chooses to become the new Black Panther will not only affect the character, but the legacy of the movies. SLOHS students are excited to see the new film and are anticipating the reveal of the new Black Panther.

How Are Actors Preparing for SLOHS Performing Arts Company Production of “Radium Girls”?

REPORTER NICO AEBISCHER

With “Radium Girls” premiering on October 27, there is a lot of work for the San Luis Obispo High School Performing Arts Company to get done, especially for actors.

“Radium Girls” is a play written by D.W. Gregory and first produced in the year 2000. The play is based on the lives of the women who worked painting watches with radium, an extremely radioactive and luminescent element. At the time, people had yet to understand the dangers of such a new and exciting material, a lesson that some had to learn the hard way. Theatre requires a lot of preparation, and the production of “Radium Girls” is no exception.

One of the hardest things actors need to do is memorizing their lines, but how?

“[Memorizing lines] is a weird process, and everybody kind of does it differently,” said president of the SLOHS Performing Arts Company and senior Lindsay Smith, who plays the role of Irene Rudolph in the upcoming play. “It depends on the role, [but] you just run them all the time.”

Memorizing lines isn’t the only thing actors need to have memorized by opening night; they also need to know other things, like their blocking.

“Typically, [a] large chunk of rehearsals is us blocking scenes, which is just figuring out where we are going to go [and] how we are going to move set pieces,” said Smith.

Usually, SLOHS actors get a three-month period to get ready for and learn plays, but for “Radium Girls” in particular, there is only a two-month preparation period.

With so much time being spent on the play, actors need to figure out a balance between their school lives and theatre.

“It is definitely a struggle to balance theatre with other aspects of my life. On top of theatre, I also have my homework I have to finish, and I’m always scared of getting sick, because that would mean having to miss rehearsals and shows,” said sophomore Frida Vega, who plays the role of Sob Sister in the upcoming play. “Usually, if I am doing theatre, I’m not doing many other extracurricular activities because my rehearsal dates conflict with that. I would love to join Dungeons & Dragons club, for example, but unfortunately a lot of the rehearsals conflict with the meetings for D&D club.”

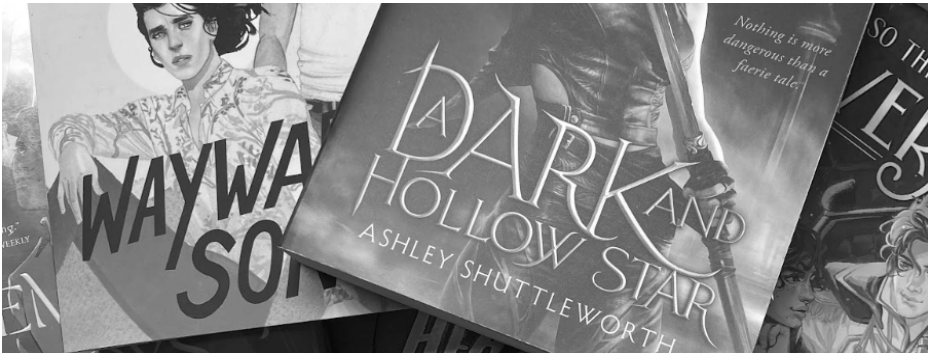
Although theatre can be a lot of work, the sacrifice is worth it.

“Theatre is such a fun experience. You get to meet a whole new community of people, and it can help improve your skills in public speaking and telling stories in an interesting and effective way,” said Vega. “I would definitely recommend joining.”

Whether or not joining is of interest to students, watching “Radium Girls” in the new SLOHS theatre should be.

Source: slohsdrama.com

Looking for a Great Book? Here’s Some LGBTQ+ Books to Read



LGBTQ+ books exist! Photo courtesy of reporter Charly Elston.

REPORTER CHARLY ELSTON

LGBTQ+ Representation in books can be one of the most liberating, freeing, and exciting experiences for readers. This is why diversity is so important; it shows people that it’s okay to feel however they feel. It’s so important to have these books in libraries, including the one at San Luis Obispo High School.

“[LGBTQ+ books] inspire you to be yourself,” said freshman Sally Morelos.

So what LGBTQ+ books are SLOHS students recommending?

“A Dark and Hollow Star” by Ashley Shuttleworth. A series of murders has occurred, which might alert humans to the faeries’ presence. Four teenagers hesitantly band together in order to discover the murderer to prevent the threat imposed on both the human and faerie worlds. It includes both a lesbian romance, and a non-binary character.

“May the Best Man Win” by ZR Ellor. Jeremy Harkiss is a transgender student in his senior year of high school. He’s just broken up with his boyfriend, Lukas Rivers, and is finally getting comfortable with his gender identity. But both he and Lukas are competing for Homecoming King, and their feelings for each other haven’t completely disappeared.

“Before we Disappear” by Shaun David Hutchinson. The year is 1909, at the Alaska-Yukon-Pacific exposition in Seattle, Washington. Jack Nevin and Wilhelm Gessler

both work for rival magicians performing at the exposition. The difference? Jack’s employer took him in and helped him survive. Wilhelm was kidnapped by the magician he works for in order to exploit his magic. Magic isn’t the only thing in the air; Jack and Wilhelm quickly fall for each other, and Jack is determined to free Wilhelm from his captor. This book is full of beautiful language, and is rather immersive.

“The Drowning Summer” by Linn Herman.

“It’s this mystery of these people who start drowning and these two girls trying to figure it out because this happened when they were childhood friends, when they tried to summon the spirit, and then they basically try to figure this out, and then they fall in love in the process. It makes me feel represented, and I like mysteries, and I like fantasy-mystery stuff,” said freshman Selma von Bischofinck.

“Red, White, and Royal Blue” by Casey McQuinn.

“It was cute and fluffy, light-hearted to get you through these hard times,” said SLOHS librarian, Saegan Anderson.

Fake friendship turns into far more between Alex, the son of the president of the United States, and Henry, the prince of Wales, in this gay romance. Alex harbors serious distaste toward Henry, causing political tension. In order to remedy this, they’re set up as fake friends, and fake feelings turn real and intensify toward each other.

Happy reading, Tigers!

Is it Basic to Like Taylor Swift?



The basic love. Photo courtesy of Health & Sports editor Cate Tucker.

HEALTH & SPORTS EDITOR CATE TUCKER

Throughout recording artist Taylor Swift’s career, she has undoubtedly amassed a large following, but with popularity comes the “basic or not” argument.

At San Luis Obispo High School there is a stigma around liking Taylor Swift: those who like her are basic. Is that necessarily a bad thing? Is it even true?

“I feel like some people don’t like Taylor Swift just because she is deemed as basic. I know people that when I play a Taylor Swift song they think it’s good, but when they find out it is Taylor Swift, they say never mind,” said sophomore Madi Torres.

Swift launched her career as a teenager and many high school students have found that they can relate to her music. When it comes down to it, she knows how to write songs that can appeal to many. In interviews she has said that she will TAYLOR (no pun intended) her songs to make them more popular and relevant to the current music.

Taylor Swift has around fifty-eight million monthly listeners on music app Spotify, making her the ninth most popular artist. On another music app, Apple Music, she has thirty-eight million monthly listeners, making her the fifth most popular. Does the fact she has so many monthly listeners make it basic? Some students would argue being basic isn’t necessarily a bad thing.

“There is nothing wrong with

being basic and liking what other people like. Even though I would consider Taylor Swift a basic artist, that doesn’t mean her music isn’t good,” said sophomore Emily Kohler.

Ninety percent of teens aged 13-17 use social media and 75 percent of teenagers have an active account. So trends and artists can spread quickly. Many artists, including Taylor Swift, are able to spread faster and become more popular via social media.

There is a stigma around being basic: many feel a desire to be normal, but still a unique person.

Sometimes people forget that it is “normal” for everyone to like the same shoes, or the same artist. But even still, some students feel Taylor Swift is just another disappointing artist.

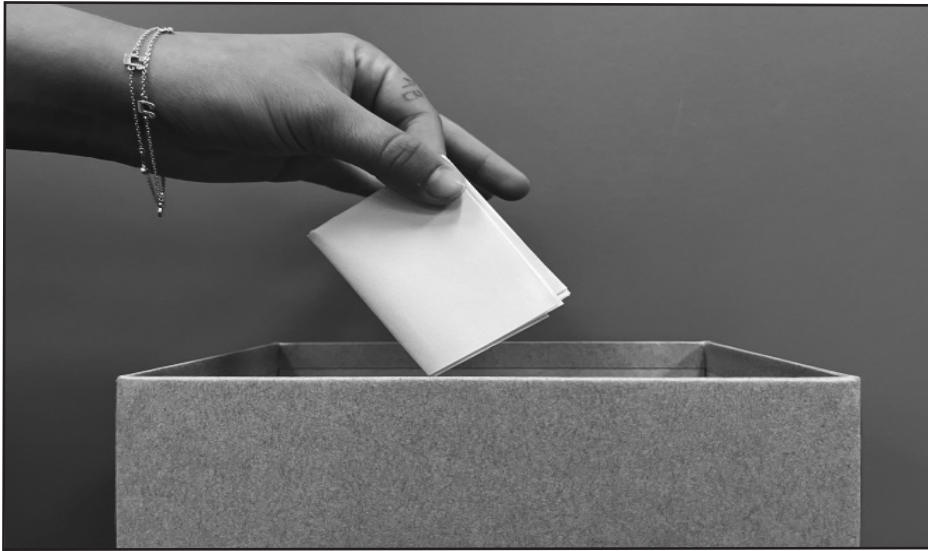
“It feels watered down. It feels like there’s no raw emotion, maybe it seemed [raw] at first, but in my opinion, it’s just her whole strategy for getting popularity,” said sophomore Will Stenzel.

Many Taylor Swift fans are teenagers, so Swift shows up in teenage-based demographic websites such as “Teen Vogue”.

Despite the debate on the talent and audience of her music, Taylor Swift remains a popular conversation topic among teens at SLOHS. Music that is basic or not, shouldn’t matter to students, and they should listen to what they want!

Source: aacap.org

An Election is Coming: Here's What SLOHS Students Should Know



SLOHS student casting a fake ballot. Photo courtesy of reporter Leonardo DeTurris.

REPORTER LEONARDO DETURRIS

This November 8, there will be a general election for a numerous amount of local and statewide positions.

Here are some steps San Luis Obispo High School students can take to be prepared.

On a local scale, within SLO, important positions that will be voted on are the mayor and city council members.

In addition to that, the aforementioned positions will be voted on in other towns within SLO county. Then lastly, and less locally, school board positions as well as house seats will be voted on.

According to Census, only 1/3 of high school students are registered to vote, and according to SOS, youth voter turnout in 2018 was only 27.5 percent.

Many kids aren't participating in our democracy, and there's a gaping hole in one of the country's voting demographics.

In order to vote, students first have to register to vote. Sixteen and seventeen year olds can pre-register, so they don't have to register when their time comes.

The deadline to register or pre-register for this election is October 24, or fifteen days before the election.

Pre-registering and registering in California can be done online, at registertovote.ca.gov, students who want to learn more about the registration process, can go to the Secretary of State's website, sos.ca.gov/elections/voter-registration.

Another important part of every

election is knowing who the candidates are.

Researching candidates to decide who to vote for is a valuable part of the voting process.

A good tool for this research is the slocounty.ca.gov website. It's easy to navigate towards election candidates, and conduct further research.

Since this election is not a national election, all positions up for election are within the state.

Erica Stewart, who was appointed by former mayor Heidi Harmon to fill her place after she left her position, is the current mayor of SLO, and is running to keep her position. Her opponents are former firefighter Richard Orcutt, entrepreneur Jefferey Specht, and artisan recycler harbinger Donald Hedrick.

The students of SLOHS's opportunity to weigh their opinion is here.

Students have an opportunity to make their voices heard. Across San Luis Obispo, according to slocounty.ca.gov, there are more than fifteen polling stations where people can vote. All stations can be found by going to the county website.

On November 8, across the state, local elections will take place to shape our government. In SLO, people will have the opportunity to vote for the mayor, members of city council, and important SLCUSD board positions.

Remember to register and pre-register to vote!

Sources: census.gov, slocounty.ca.gov, sos.ca.gov

Introducing the SLOHS Film Club



Smile! Photo courtesy of reporter Adam Bolivar-Stone.

REPORTER ADAM BOLIVAR-STONE

San Luis Obispo High School is home to many exceptional clubs that focus on creativity; Film Club is one of many.

Film is a creative medium characterized by teamwork. The final result is not the work or imagination of one individual. It's a collaboration composed of many different backgrounds and identities.

Creating a film requires a team. The team has a variety of different jobs. This gives students a wide range of opportunities to develop a new skill.

"It's a unique experience in the sense that lots of people are going to learn different things like editing, shooting videos, managing money, all while learning more about film theory," said Vice President of Film Club and junior-Leonardo Eulate.

Film is a perfect hobby for anyone who is interested in expressing their

creative side.

Along with the films students create, they are also going to be exposed to their peers' films, giving them the chance to influence others and have others influence them.

"The club is super inclusive. Nobody is gonna be judged. It's a fantastic way to get to know each other," said Eulate.

Film Club is a perfect environment for inspiration. Each year individual members of Film Club are tasked with producing a film based on a broad prompt.

Last year the popcorn theme was a big hit. The club hopes to continue that theme this year.

The club also has big projects that incorporate everybody into one project. This year, Film Club is being assigned a Halloween themed movie.

Film Club meets on Tuesdays at lunch in room 506. Everyone is accepted, so feel free to join!

What Happened With the Senior Prank From Last Year?

REPORTER SEFTON STRICKLAND

Many students may have seen or heard about the mysterious vandalism at the end of the 2021-2022 school year at San Luis Obispo High School. Students and staff walked into campus one day to find two washing machines filled with cement in the quad and a tangled mess of school chairs and benches. This was the result of a senior prank.

Expressions interviewed SLOHS Principal Rollin Dickinson and an anonymous participant to find out exactly what happened.

Expressions: What was last year's senior prank?

SLOHS Principal Rollin Dickinson: The week before graduation, a group of seniors in ski masks came to the campus late at night and brought in two dishwashers and then filled them with cement. They also stacked up picnic tables from across the campus into a makeshift pyramid. Approximately twenty students were involved in this prank. Including the removal and dumping fees, it would have cost the school thousands of dollars to clean up the mess.

Anonymous Participant and 2022 SLOHS Graduate: Towards the end of the year, everybody was talking about senior pranks, but nobody was actually doing anything. The idea was brought up amongst our friend group and I worked out some of the logistics.

We went and bought the two dishwashers and bought bags of cement, and then about a week before graduation, about twenty of us all went down to the quad and filled them with cement.

And we also messed around with some of the benches and chairs around campus.

Expressions: Why did you do this?

Graduate: I wanted a story. Senior pranks are always pretty legendary. Whenever I get old, I want something to tell my kids about.

Expressions: Did you find out which students were involved, and how were these students punished?

Dickinson: I, of course, investigated the situation, which is district policy if vandalism occurs. I ended up determining many of those who were involved. I had conversations with them about what happened and also about what we could do to make amends and move forward.

Graduate: They had speculations and figured out who a few of us were, me being one of them. They were going to make us pay for the damages, but we were able to clean up the mess with our own truck and the school's forklift. So in that sense, we were punished fairly. But administration also made us clean up chairs and such after graduation, which we thought didn't make sense.

As a community and a culture, students must try to move towards end-of-year jokes that can be enjoyed by all.