

SLOHS EXPRESSIONS

MARCH 2023 | WELL-BEING FEATURE | SAN LUIS OBISPO HIGH SCHOOL



Eating isn't always easy. Illustration courtesy of Design Editor Owen Blackwell.

My Bittersweet Experience With ARFID

Editor in Chief Karl Karsh

Statistically, 208 students at San Luis Obispo High School will develop an eating disorder by the age of twenty. Personally, I have been and still am one of these students.

As I grew up, many things around food began to change for me. My eating habits became abnormal, as certain textures and tastes began to overwhelm me. My disinterest and dislike of food increased drastically over the years, and the more I focused on food, the more my self-image became distorted.

A few years ago, I discovered a label to match what I was experiencing. The eating disorder I have is called Avoidant Restrictive Food Intake Disorder, or ARFID.

ARFID affects about 1.5 percent of adolescents, which is nearly the same as the 1.7 percent diagnosed with anorexia and twice that of the 0.8 percent dealing with bulimia. ARFID is similar to anorexia in that both disorders involve limitations in the amount and/or types of food consumed, however ARFID doesn't involve distress about body image.

Along with having ARFID, I have also been diagnosed with Autism Spectrum Disorder (ASD) since the age of 12. Current research recognizes that autism is seen in those with ARFID at higher rates than the general population rate of 1.5 percent. Estimates of co-occurring ARFID and ASD range from 12.5 percent all the way up to 33.3 percent.

I can definitely recognize where my autism correlates with ARFID.

Being autistic, I not only have difficulty with change, but anything to do with my senses is enhanced and often overwhelming for me. This applies to lights, noise, physical touch, and more, including what things feel like texture-wise.

I can't help but wonder if I developed ARFID because I am autistic. I already struggled with food and whether or not I liked it because of the texture and taste. This could easily evolve into an eating disorder.

I used to eat a greater variety of things when I was younger. I was a people pleaser as a kid, forcing down anything I was given in fear of being a disappointment if I didn't.

I have mainly lived with my mother throughout my life, and because she is vegan, I grew up eating a lot of nutrient-dense dishes with vegetables and legumes. These dishes were easy for me to eat when they were separated on my plate and weren't heavily seasoned, however my mother usually liked to mix various ingredients together.

It got to the point where I began to throw out what I was supposed to eat and I started to lie to people around me in order to skip meals. I felt guilty about going behind my mother's back, but the less I had to eat, the less stressed out I was.

I was in a terrible place for a while. The only thing I could think about was food. I needed to know what I was going to eat and the exact time and place I'd eat it.

If I didn't know what or when I was eating, I'd rather just not eat at all. It was too anxiety inducing to not know if I could handle a meal or not, versus being able to plan around it.

I still feel this way, and it's hard for me because others frequently find my obsession with food and/or meal times annoying.

Over the years, however, my mother has become more accepting of my struggles and we now come up with a meal plan for the week every Sunday. Sometimes, if my mother is making an ingredient-heavy dish, she'll either take some ingredients out or cook them all separately and just mix them on her personal dish.

Though I don't always enjoy the food I eat, I am able to regularly eat meals most of the time, which is important.

Having ARFID hasn't been a positive experience, but the one thing it has done is help me become more aware of my needs. Because of the ARFID label, I can better understand myself and why I act the way that I do.

Dealing with and recovering from any eating disorder isn't easy, but it is possible. Even if I can't technically be "cured," I can certainly improve, and that fact is what keeps me going.

Sources: feast-ed.org, behavioralnutrition.org, eatingdisorderhope.com, cdc.gov

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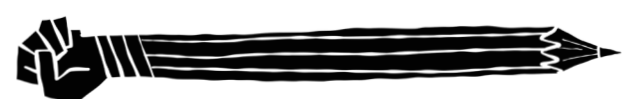
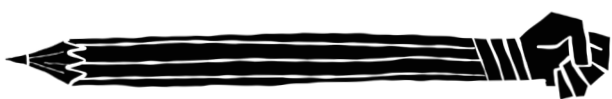
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College Decisions Are Approaching and Seniors Are Anxious

Opinion Editor Jane Culbreath

Senior year is notoriously difficult. At San Luis Obispo High School, seniors are applying to colleges, maintaining good grades while plagued with senioritis, and ultimately making a decision that defines the next four years of their lives.

For many seniors, college acceptances are rolling in from California State Universities and public out-of-state colleges. For others, the agonizing wait continues. Cal Poly SLO and the Universities of California, more commonly known as the UCs, don't roll out admissions until late March. Similarly, most private universities do not send out decisions until April 1. Regardless, seniors are reflecting on the anxiety of application season and what this decision means for their futures.

Some students have already committed to a university. One such student is senior Sean Halderman, who was accepted into and committed to Boise State University, a public four-year university in Idaho.

"I don't have a 'dream school,' but Boise State University is my first choice and I plan to continue my education there to study business. I have goals of owning my own business," said Halderman.

Select athletes have been recruited to universities to play on their sports teams. Senior Nicole Immoos decided to commit to the University of Redlands to play soccer and major in liberal studies.

"I was worried about officially committing to the University of Redlands because for the longest time I thought I was just going to go to Cal Poly or play at UC Santa Cruz for soccer. But, when I got the offer from the coaches at Redlands I knew I had to take it because I already loved the school and location, and I'd get the opportunity to play," said Immoos.

Immoos' decision to commit to the University of Redlands for soccer was made more difficult by her acceptances to CSU Monterey Bay, CSU Channel Islands, and Cal Lutheran University. She explained that applying to colleges is "a stressful process because of the pressure you feel about the impact each part can have on your future."

Some seniors applied for early action or early decision to colleges. Applying early action means students will apply before the regular deadline and receive a decision well before the regular response date.

Early decision applications, however, are binding. This means if the student is accepted, they must withdraw their other applications and commit to that school.

Senior Erin Che is an early decision applicant to the University of Pennsylvania, and she was accepted in a binding commitment. She hopes to major in economics with a focus on multinational management or finance.

"I was pretty open to a variety of schools, but my top choice was the University of Pennsylvania because of its business school and urban feel. I'm super grateful and excited to have been accepted to UPenn," said Che.

A large fraction of the senior class is still waiting on decisions from Cal Poly, UCs, and other private universities. Senior Rowan Steins has been accepted to the University of Oregon, Loyola Marymount University, and Western Washington University, yet he is patiently waiting to hear back from UC Santa Cruz and UC Santa Barbara.

"I'm not stressed about waiting to hear back because I've already gotten into some that I like. I want to major in oceanography, marine science, or environmental science, and I want to find a career in scuba diving or ocean science," said Steins.

There is a lot of pressure to get into prestigious colleges, and the application process is overwhelming for many students. Steins offered this advice to next year's seniors: "Don't be as stressed as I was. I think I just spent way too much time worrying about it and procrastinating and it wasn't worth it."

Every senior will end up at the school where they belong. To those waiting for acceptances, stay patient! Good luck seniors!

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American Tanks in Ukraine Are a Big Deal; Here's Why

Reporter Sean Williams

The United States is getting increasingly involved in the Russia-Ukraine war, and it has been the topic of discussion for Americans all across the country, including at San Luis Obispo High School. A total of 31 American M1A2 Abrams tanks will arrive in Ukraine within the year.

"I think they're worth being sent to Ukraine. It seems like when one country takes over another country, people should maybe take note of that. I wish it didn't have to cost us a lot of money to build tanks and it risks us getting more involved in a conflict," said U.S. government teacher Jim Johnson.

The 31 battle tanks, which cost approximately ten million dollars to manufacture, are being supplied to the Ukrainian government. Some problems that American officials have with this is that the M1A2 Abrams is an extremely difficult tank to use properly, and the Ukrainian Army has not used them before.

"I know that Ukrainians believe that they will be helpful, but I think that what seems to be more meaningful is that by the U.S. sending weapons, that essentially puts pressure on Germany to send the Leopard tanks, which the Ukrainian military is sort of better equipped and more familiar with," said American government and history teacher Seamus Perry.

The United States has provided 51.27 billion dollars worth of humanitarian, military, and financial aid to Ukraine as of January 16, 2023, with 24.52 billion being military

aid. The United States has provided Ukraine with the most total, humanitarian, and military aid, but the European Union has provided the most financial support, with 32.52 billion dollars.

The United States, Germany, and the United Kingdom are supplying tanks to Ukraine. All of those countries except Ukraine are in the North Atlantic Treaty Organization (NATO). Article five of the NATO treaty states that if a NATO ally is the victim of an armed attack, all members of NATO must consider it as an attack against all members. This means that if any country was to attack or invade a country that is a member of NATO, all other countries within NATO must assist the victim of the attack and respond.

Article five has been activated only once, after the attacks on September 11, 2001. NATO's increasing inclusion in the Russia-Ukraine war is risking the organization becoming involved in a full war with Russia.

"I would assume that diplomats are aware of the dangers that sending our weapons presents. And I think that they are probably working to mitigate or eliminate those risks," said Perry.

The M1 Abrams being used in Ukraine also gives Russia a chance to see how their tanks fare against American tanks. Keep an eye on the news for updates on the Russia-Ukraine war.

Sources: *statista.com*, *ncbnews.com*, *armedforces.eu*, *nato.int*



Gregory Ross (right) with his wife Ashley Sill Ross (left). Photo courtesy of Economics teacher Gregory Ross.

Zombies, Economics, and Travel: Who Is Gregory Ross?

Arts & Entertainment Editor Olivia Cusick

Gregory Ross is San Luis Obispo High School's economics teacher. Economics is one of the last credits required for seniors to graduate, so Ross is one of the final teachers most students will have.

Ross is a fan favorite for most students. With 16 years of education experience, several years of travel experience, and a growing family, students get more than just economics from the class: they learn life lessons.

Expressions interviewed Ross about life, economics, and travel.

Expressions: Why did you become a teacher?

Economics teacher Gregory Ross: I became a teacher because there's too much ignorance in our society, and I want to do my little part to help make the world a better place by reducing the amount of ignorance.

Expressions: Where is your favorite place you've ever traveled to?

Ross: It's hard to pick one. I love Eastern Europe and Southeast Asia. It's pretty awesome. South Africa is excellent, and so is South America. They're all great. Every place you visit is going to give you a different experience and a different perspective on culture.

Expressions: You've traveled to many countries and experienced many different cultures. What would you say is your favorite food?

Ross: I love street food. Anything made fresh on the street. We don't really have that in America because of health and safety regulations, but in most countries around the world, you can get excellent local food for really cheap.

Expressions: What is one country that you would love to go to next?

Ross: I would love to go to China. I've just always wanted to go. There's so much history there and so much to see. I love Chinese food.

Expressions: How has having a baby changed your life?

Ross: Having a baby is the hardest thing. You have to give up a big part of yourself to be the best parent for your kid, and that takes a lot of commitment and sacrifice. I wouldn't wish it on anyone who didn't want it.

Expressions: What sparked your passion for zombies?

Ross: My dad was a prepper. When I was a little kid, he would bring me along on these prepping activities. We would go strand ourselves in the forest and see how long we could survive on found objects. It's not really about zombies, it's more about surviving the apocalypse, regardless of the scenario.

Students in economics with Ross aren't just learning about numbers and graphs, they are also learning about life.

SLOHS Administration Has Plans to Prevent Fights

Reporter Sean Williams

In the United States, high school fights are not uncommon, and San Luis Obispo High School is no exception. What is our school doing to prevent these fights from happening?

"A significant part of the learning that occurs at school is social, and we know that having conflict is part of that. We want our students to learn how to problem-solve and handle conflicts in healthy, safe, and nonviolent ways. We strive to build trusting relationships so that students can let us know if they have a concern about themselves or others, and sometimes students post concerns they have through Text-A-Tip," said principal Rollin Dickinson.

10.4 percent of ninth-grade students in California have been in a fight at least once, and in San Luis Obispo County, it's about the same. That percentage lowers in higher grades.

Text-A-Tip is a program that allows students to anonymously contact school officials to report an incident or to prevent a crime from occurring. Although Text-A-Tip does not immediately trigger a response, it helps stop and prevent fights. The problem is, if a student used Text-A-Tip to report a fight, chances are an adult already out on campus would notice the fight, rendering the service useless. However, if a student used it to notify personnel before a fight breaks out, it might have a better effect.

"We do our best to keep people from serious harm. Yes, typically security and administrators help to break up fights, but teachers can be of help in those situations as needed," said campus security officer Gabriel Rodriguez.

Minors in high school can be charged with assault or battery, regardless of age. The consequences of fighting depend on the seriousness of the fight, the cause of the fight, if there were weapons involved, how it was started, and other factors. School punishments, including detention, suspension, or expulsion, are subsequent consequences. Most of the time, fights where police officers get involved are typically extremely violent or fall under the category of a hate crime.

Juvenile courts focus on rehabilitation, rather than punishment. For example, a minor charged with a crime may receive additional assistance, such as therapy and education, while an adult charged with a crime only receives the punishment. The goal is to stop minors from continuing to commit crimes. Anyone involved in a fight that is eighteen or older, even in high school, will be charged as an adult.

Avoid fighting, as it does not benefit anybody. If there ever is a fight, keep SLOHS safe and report it immediately.

Sources: kidsdata.org, iecriminaldefense.com, hoffmanlawoffice.com

Is SLOHS' New 200s Building Safe?

Reporter Zara Sedek

Construction has continued for a long time at San Luis Obispo High School, and all students have been eager to see the results. With all the preparation and work that went in, did they make sure that the new building is safe?

"We are fully equipped with fire extinguishers, CO2 monitors, and sensors. We also have new fire detectors that are super high-tech, which can even pinpoint the exact location of the fire. Construction-wise, we have gotten way better. If an earthquake were to happen, we are seismic safe," said assistant principal Bernardo Salcido.

SLOHS has been working very hard to make sure the classrooms, old and new, are fire and earthquake safe. This should help keep all of the students safe. But what about the new building?

Recently, there have been concerns about the glass walls surrounding many of the new classrooms and whether that would be safe in case of an emergency such as a school shooting.

"All the classes will have blinds for safety drills and emergencies to cover the glass. The blinds are opaque, so you can't see through them. The idea going into construction was to make the school more open, accessible, and inviting to our community. That's

why we chose to put glass in the cafeteria as well," said Salcido.

The classrooms will be equipped with blinds to cover the glass, making the new building safer than it already was. The campus is definitely well-watched and secure. But do the students who attend it feel safe?

SLOHS' campus has drastically changed in the past years to ensure the safety of students and teachers alike. The most monumental changes include the move of the front office from the center to the very front of campus and new additions of cameras covering almost all of the school.

"Administrators are always walking around campus, the buildings are pretty secure, and the Text-A-Tip line definitely helps as well. So yeah, I would say I feel safe here," said sophomore Jude Johnson.

SLOHS is working to make sure that the school is not only as safe as it can be, but also beautiful. The modern touches in the new building include a glass wall covering the front side of the north wing and black dividers in the cafeteria. All of this is well thought out, and it is clear that SLOHS really does care about the school's safety as well as its appearance.

Sources: sanluisobispo.municipal.codes



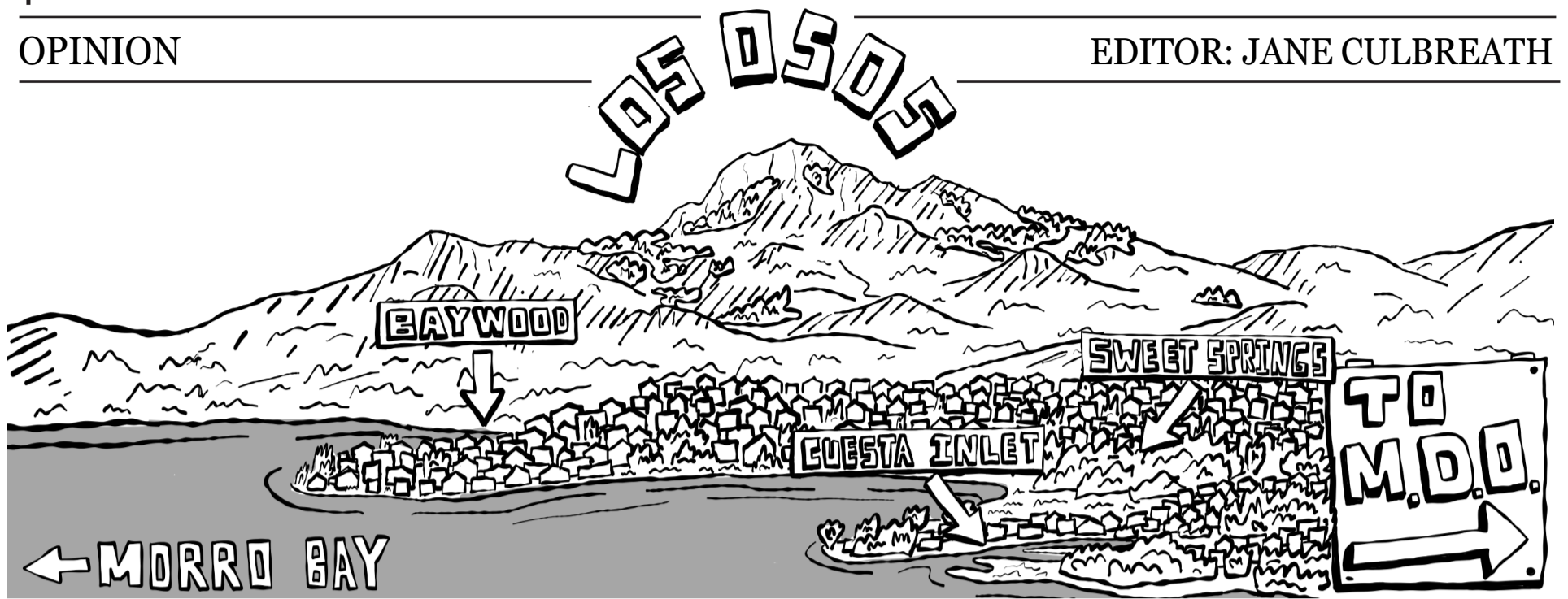
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So much to explore! Illustration courtesy of Design Editor Owen Blackwell.

Los Osos: The Most Underrated Town on the Central Coast

Design Editor Owen Blackwell

Beautiful groves and quiet shores, craggy peaks and much much more! Home to many San Luis Obispo High School students and several recreational opportunities, Los Osos is the most underrated town on the Central Coast.

“I think it’s one of the most beautiful towns in all of California because you have the state park right there with beaches and mountains and there’s just a lot of room to explore,” said junior Diego Senn.

Montaña de Oro State Park, also known as MDO, is home to world class mountain biking, amazing hikes, and rugged beaches. It is located directly south of Los Osos, just a short drive away from the center of town.

“My favorite thing to do in Los Osos is mountain biking or running out in MDO. It is such a cool open

space to recreate,” said junior Silas Buhcanen.

Many students in the SLOHS Mountain Bike Club ride the trails in MDO. Hazard Peak and Oats Peak are two great mountain biking routes.

“I will go mountain biking up Oats Peak or Hazards Peak. Those are my favorite trails,” said Senn.

Hikes like Coon Creek Trail and Valencia Peak can also be found in MDO. On the other side of Osos is the Los Osos Oaks State Reserve. A shady path beneath towering and ancient oak trees winds through this little known gem. Nature abounds in Los Osos, and there are many cool spots to explore.

“I ride my bike all around and you can also go for hikes. I really like Sweet Springs. It’s in the middle of town but there aren’t lots of people,” said sophomore Rafa DiNunzio.

Los Osos also boasts some very special coastal access. From Cuesta Inlet, students can paddle-board, sail, or kayak across the bay and to the sandspit.

“Spooners Cove is pretty sick. It’s a great place to hang out and has beautiful scenery,” said Buchanan.

Beaches in Montaña de Oro, like Spooners Cove, boast impressive tide pools and unforgettable sunsets.

Natural beauty abounds in and around this little town. While students can spend money on bikes or paddle boards, hikes and beaches can be explored at no cost. All students need is a willingness to try something different and explore a new place. There is something for everyone, and all students should come to experience what Los Osos has to offer.

A Message to SLOHS Students: Respect Your Parents

Reporter Adam Bolivar-Stone

By the time a San Luis Obispo High School student has graduated, their parents have spent over three hundred thousand dollars on average to raise them. The number one goal for most parents is to raise their children right.

In recent years, America has become home to one of the most entitled cultures on the planet. An example of this can be found in the many teenagers across the country that are oblivious to their parents’ importance.

“They give birth to you and raise you from the beginning of your life until you can drive. Most parents, or at least to an extent, teach you how to live and do basic things that others probably cannot,” said senior Aidan Maples.

For most students at SLOHS, parents have been

present since day one. Within the first year, parents are paying for their child’s healthcare while physically keeping them alive by feeding and changing diapers. Raising a child includes many expenses, not to mention the actual amount of money it costs to give birth to a child. By the teenage years, no kid has their diaper changed, but the general care that parents provide doesn’t go away.

Apart from the physical aid parents provide, they also have good intuition and hopes for their children.

“My parents put trust in me with my social life. They don’t interfere too much and they aren’t fully absent. They know how to find that balance,” said sophomore Vanessa Guerro.

Unfortunately for some people at SLOHS, some feel that their guardians are not suited for parenting.

“Despite my father not being present in my life, it really hasn’t affected me much, although I have never really had another guy to talk to at home. I wanted a father as a kid, and at age eight it came true, but he was a nightmare. He affected my life more. So I haven’t really met a good father yet,” said senior Jay Martinez.

This unfortunate fact means some students are forced to become independent at a young age.

Tigers, make sure to thank parents for everything they’ve done. There may come a time where students have to care for them or they may simply no longer be here.

Source: washingtonpost.com

Red or Blue Aside, No Politicians Should Be Idolized

News Editor Erika Spargo

In this modern age of radically polarized politics, the treatment of politicians as celebrities is prevalent now more than ever. Memes, merch, and magazines with the faces of Nancy Pelosi, Bernie Sanders, and Donald Trump are everywhere. Thanks to social media sites like Twitter and Instagram, politicians have been able to create fan bases for themselves, especially through teens like San Luis Obispo High School students.

The result? We treat politicians like idols, allowing them to gain immunity from criticism and accountability, further turning politics into a laughable subject.

“I think when we idolize someone, we have the possibility of being disappointed. But more importantly, if we idolize a politician, there is a risk of just ignoring what we know or feel is correct and just accepting the idolized politician’s views,” said government teacher Jim Johnson.

Alexandra Ocasio-Cortez, a New York congresswoman widely known as AOC is one of the best examples of this phenomenon. AOC, Ilhan Omar of Minnesota, Ayanna Pressley of Massachusetts, and Rashida Tlaib of Michigan have coined a term for themselves— “the squad.” The four democratic congresswomen of color are idolized by countless young

Americans who see them as trailblazers for climate action, healthcare for all Americans, and other causes. People fail to see them as what they are— employees doing the job appointed to them. Why should we applaud them for that?

AOC also notoriously streamed herself on Twitch playing the game Among Us, garnering 5.5 million viewers and causing people to flock to Twitter with undying love and loyalty for the young congresswoman. Instagram users post edited videos of her, with captions like “AOC supremacy,” “congresswoman cutie,” and “#thebaddestb*tch.”

We have started to form parasocial relationships (one-sided relationships where one person extends emotional energy, interest, and time, while the other party is completely unaware of the other’s existence) with politicians, putting them on a pedestal with no regard for what their jobs actually entail.

President Barack Obama is seen by countless Americans as the model politician. T-shirts and posters with Obama’s face on them are progressive American staples. But according to the Bureau of Investigative Journalism, Obama oversaw more strikes in his first year of presidency than Bush carried out during his entire presidency. A total of 563 strikes targeted Pakistan, Somalia, and Yemen during Obama’s two

terms, and between 384 and 807 civilians were killed in those countries.

Politicians are people before all else.

They make mistakes and have their own motivations, whether it be selfish or selfless. Obama made numerous strides for human rights, but shouldn’t be overly glorified for it, because he is also the person who ended the lives of hundreds of innocent people.

As sad as it is, in a world where most people are not very informed on political issues, it’s remarkable that politicians’ brands can reach the masses through pop culture.

“To an extent, I do not think this is so bad. The fact that people care enough about politics to idolize politicians instead of a singer or basketball player— that has an upside to it. I personally would rather idolize a politician who is trying to help others than someone who can play basketball well or act in a movie,” said Johnson.

There is no such thing as a perfect politician, just as there is no such thing as a perfect person. Americans must look at politicians objectively and hold them accountable for all of their actions— not just the ones that appeal to us.

Sources: thebureauinvestigates.com, cnn.com

The Cheeseburger is the Best School Lunch

Reporter Che Brocco

San Luis Obispo High School students have the privilege of being able to get free lunches every day by providing a valid student ID. These lunches have a large variety of nutritious meals and can turn out to be pretty tasty. The one meal that stands above all other meals, however, is the classic cheeseburger.

The conversation about school lunch is very important and controversial because personal taste preference is subjective. The school cheeseburgers have the options to be customized by adding toppings like onions, lettuce, tomatoes, and mustard. These options can add a personalized form of flavor to the already delicious food.

"The cheeseburgers have a slightly hard patty with good bread, definitely best enjoyed with a lot of ketchup," said sophomore Jehu Galindo.

The average high school cheeseburger has around two hundred fifty to three hundred calories with a solid average of 19 grams of protein. Students often compare the cheeseburger to the chicken sandwiches, but the cheeseburger patties are significantly healthier than the chicken patties, with more protein and calcium.

Burgers pack in a lot more nutrients and flavor than other lunch staples such as the drumsticks. Due to their larger size, the burgers have more calories and nutrients than other options.

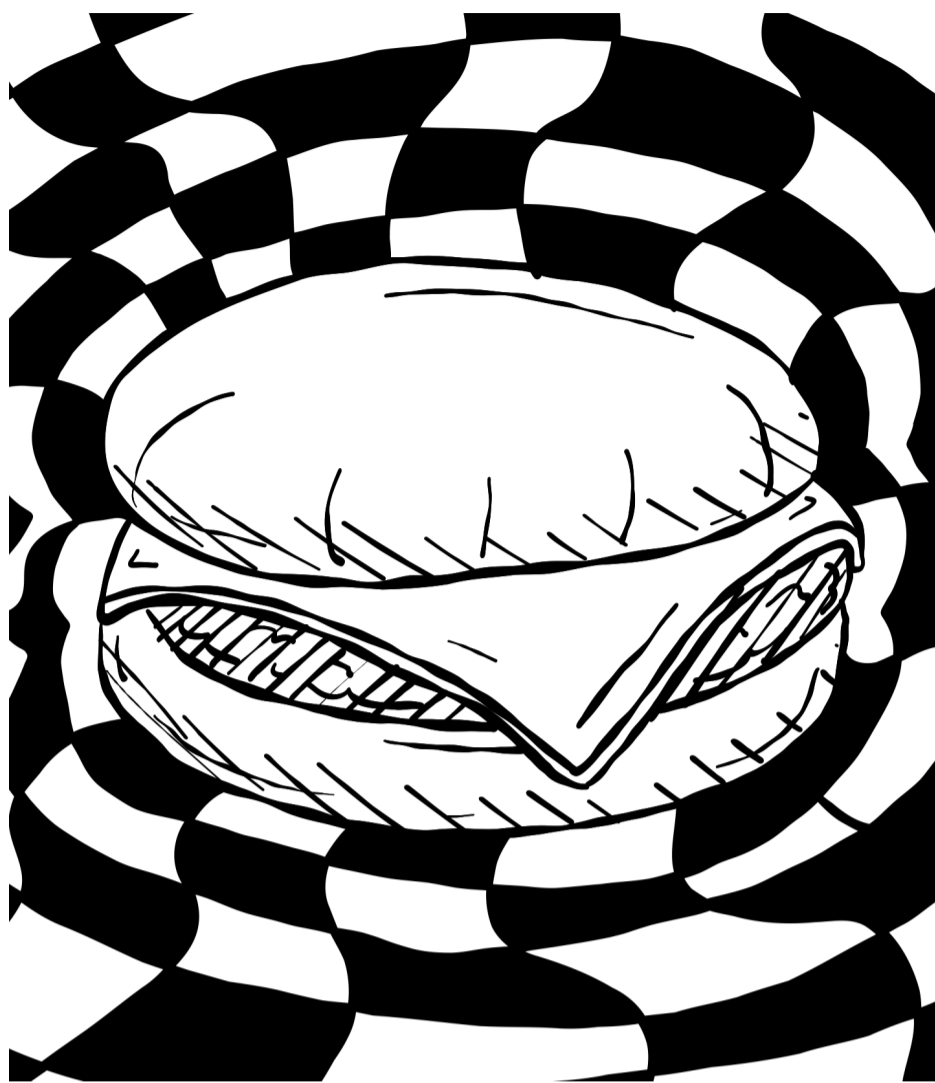
Some people, however, believe the burgers have hard patties in comparison to the chicken patties.

"The school burgers are ridiculously dry and stale, I avoid them at all costs," said sophomore Alina Cimbur.

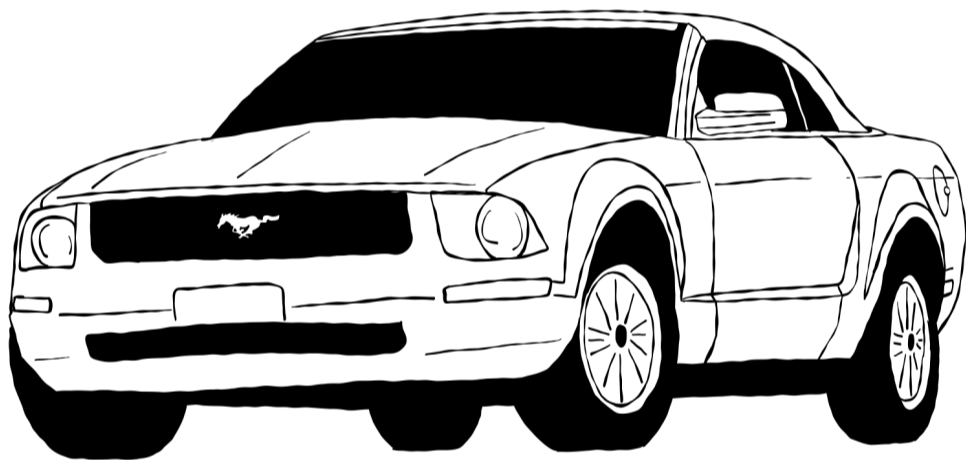
While this may be true in some instances, hardness of the burger does not determine its overall taste. Even though it can be hard, it still is very enjoyable compared to other meals.

Though taste is subjective, the burger objectively provides the most nutrients for hungry students. The school cheeseburger is a great, free option to help students get through the tiring school day, and it will provide nutritional value and energy. Next time the cheeseburger is available, hop in the lunchline and enjoy a delicious and nutritious meal.

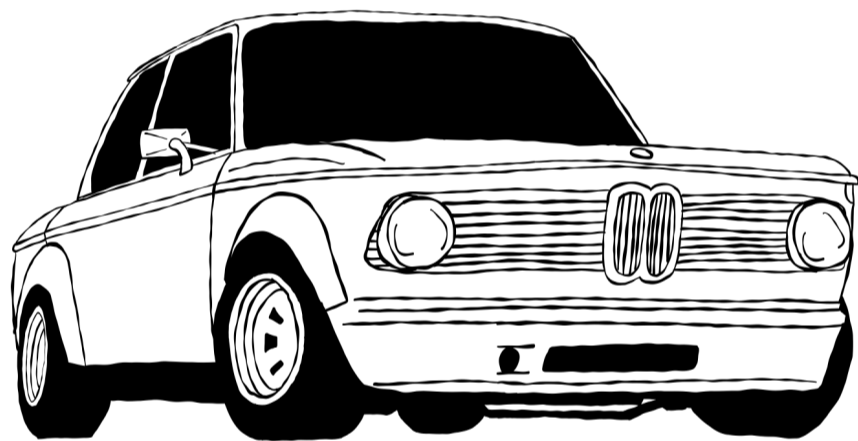
Sources: nutritionvalue.org, mynetdiary.com, schoolnutritionandfitness.com



Better than McDonald's. Illustration courtesy of Design Editor Owen Blackwell.



MUSTANG GT



BMW 2002

High schoolers know what's up. Illustration courtesy of Design Editor Owen Blackwell.

This is the Criteria that Determines the Coolest Cars

Reporter Taylor Nelson

Students at San Luis Obispo High School own cool cars. There is a plethora of categories that could make a car "the best." A car's greatness is defined by its speed, sound, performance, and aesthetic. Many students have seen cars on campus that please them in one of these ways, but some cars at SLOHS perform well in every aspect.

The best car is one that performs well on the street, does not break the bank, and looks aesthetically pleasing.

"I like having a manual car. I think it makes it way more fun to drive. I also like all the modifications to it that have been made," said senior Ava Jacobs, the owner of a 2007 Ford Mustang GT.

In order to be the best car, it has to have the right components. It doesn't get much cooler than a five speed manual Ford Mustang with a 4.6 liter V8 capable of three hundred horsepower. This car is one of the last cars that really embodies the American muscle car persona.

Although there are cars that could outperform the horsepower, there are few that could fit into the category of affordability, which is one of the biggest factors for a high school student. These cars can be easily found for around six to eight thousand dollars and get about fifteen to twenty miles per gallon on the gas tank.

"I love cars because there's so much you can learn from them, and the community behind them is great," said junior Ben Otto, the owner of a 1975 BMW 2002.

There is something to be said about classic cars as well. Classic cars may not perform as well as more modern cars, but they look amazing. The design techniques, machinery, and vision of the automotive industry in the 1960s and 1970s were very aesthetically pleasing. They weren't well educated about aerodynamics or safety, but they understood what would make the car sell, so they put everything into the looks of the car.

More mature adults may argue that the best car is one that gets you from place to place with as little gas usage as possible, but they've lost their ability to determine cool things relevant to the younger generation. Teenagers are the best determiners of what is popular because they are more involved with social trends.

The coolest cars have to excel in areas including power, looks, and performance. Has the excitement and aesthetics of modern cars completely deflated? When will car manufacturers make something that pleases everyone?

Regardless, teens will continue to search the market for the best, most affordable, and coolest cars. SLOHS students will undoubtedly be the most stylish drivers on the streets of SLO.

Source: kbb.com

Disclaimer: Official Student Publications

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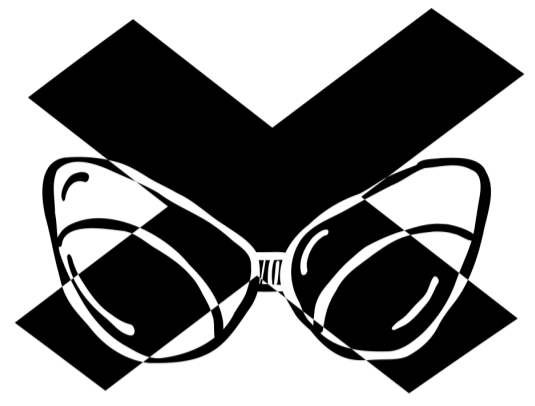
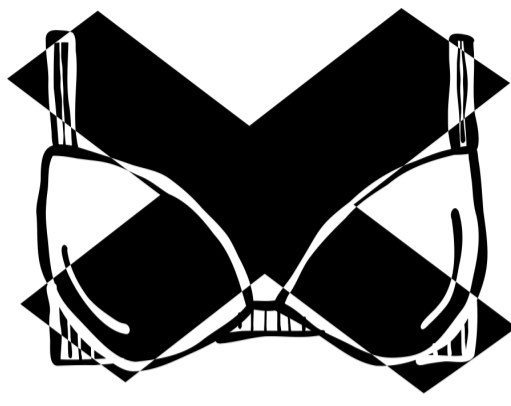
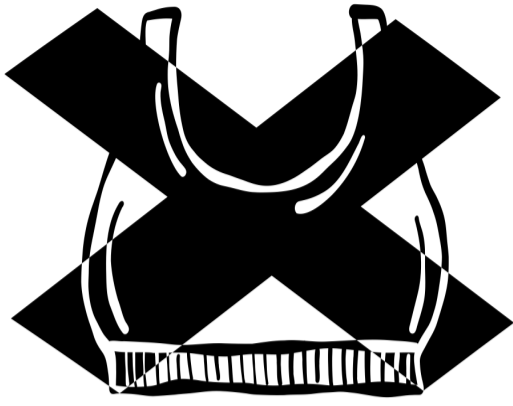


Illustration courtesy of Design Editor Owen Blackwell.

Free the Titty: Are There Benefit-tys?

Feature Editor Alma Tinoco

Ever since the invention of the modern bra in 1914, it has become the standard for it to be part of everyday life. It's expected to be worn by all of those with breasts out of a societal standard that it is unprofessional or promiscuous not to do so. What good comes from wearing a bra and how do students at San Luis Obispo High School feel about being free of it?

The modern bra was created by Carresse Crosby as a more comfortable replacement for the many undergarments women wore underneath their clothing, such as corsets. Crosby made the brasserie out of two handkerchiefs and some pink ribbon before a ball as her corsets were stiff, tight, and the corset cover poked through her gown. Crosby's creation was the talk of the party and led to success until she sold her patent to the Warner Brothers Corset Co. at her husband's insistence.

The corset was eventually banned by the War Industries Board as a way for women to carry out physically demanding factory jobs more comfortably. With the banning of corsets and the severe metal shortage caused by the second World War, bras quickly replaced the corset.

As fashion changed with the course of history,

bras changed shape to conform with the trends of society. But as modern times aren't defined by one singular style anymore, is the bra now constricting rather than freeing?

"I like wearing a bra because it kind of hurts for me to go without one. It's just become so normal and I'm comfortable with the ones I wear. [For those who don't wear bras], you're living your life and you're just letting your body breathe," said junior Cassiopeia Mamaradlo.

Modern health myths contribute to the need for bras, as many people born female grow up hearing that without it their breasts will sag or that with it their breasts will be trained to stay perky. These myths are supported by the fear of not fitting the body standard that is reinforced by pornography and social media influencers. The sexualization of breasts and the insecurities caused by it prevents people from understanding that bras aren't all that necessary.

"I think it's important to not wear a bra because, personally, I feel a lot more comfortable and a little less constricted by society. I feel a lot more confident when I'm not wearing a bra," said junior Sophia Mueller.

Genetics and age play a key part in the appearan-

ce and health of a person's breasts— not bras. Breast sagging, also known medically as ptosis, is attributed to the normal aging process. The glandular tissue of the breasts are replaced by fat and the supporting ligaments are stretched out over time.

Hormone changes also play a part in the structure of breasts, but the only time that bras can contribute to the appearance of the breast is in larger chests. The density of larger chests can cause micro-traumas in the supporting ligaments, accelerating the sagging process. Without the support of bras, people with heavier chests can be prone to back pain as well. However, the absence of a bra is unlikely to actually affect a person as there are several other factors that come into play. The role of a bra is to provide physical support for those who feel they need it, however for those who are comfortable without it, it isn't a necessity.

The decision to wear a bra should be based on comfort, not shame or a belief that it contributes to one's physical health. For those who feel more comfortable without a bra, consider going braless and help relieve the negative stigma surrounding freeing the nipple.

Sources: *health.com*, *npr.org*



Meditation and yoga are forms of spiritual practices all sportsmen can participate in. Collage courtesy of senior Malibu Uzunlar.

The Benefits of Mental Exercise to the Physical Form

Reporter Malibu Uzunlar

Balance is something that a lot of individuals strive to have in their lives, and in our day and age, the majority of the people search for health and wellness in physical training and sports, including some at San Luis Obispo High School. A healthy mind is found in a healthy body, or as the ancient Latin saying goes; "Mens sana in corpore sano."

The importance of emotional wellness has been scientifically proven with various ways of mental gymnastics and spiritual practices showing to significantly improve one's physical conditions too. With more people in touch with their hearts and minds, athletes are performing better on the field or on the court. These truths also happen to align with the SLOHS sports teams and their coaches, with some of them having their own mantras and totems they like to do as an extra boost of performance when they're in action.

"I had a friend from my soccer team who became a yoga teacher. We would create this ball of energy in our hand as a method of meditation before games to clear our minds and focus on the game. I also do yoga nidra, also known as non-sleep deep rest by myself too. It definitely contributes to my performance," said math teacher and girls' soccer coach Ryan Perez.

Experiments show that meditation and other spiritual practices like yoga significantly decrease the production of cortisol, which is confirmed to be a stress and anxiety inducing hormone under intense situations.

Big athletes all around the world, such as Michael Jordan, have also admitted to meditating at least 10 to 15 minutes a day. A lot of soccer legends such as Pelé have also stated that they believe in the luck of their favorite jerseys or using the same bathroom stall before each match for the maximum amount of

luck and mental stability.

"As a good luck charm, I always make sure my cleats are triple-knotted. I think it brings me success. Although, I also think that charms and superstitions are just placebos, but some people believe in them and it helps them," said Perez.

LeBron James is also known for doing yoga and breathing exercises on the regular as a two-hundred fifty pound NBA player, showing there should be no limitations or excuses to get in touch with one's inner health.

Even if some think that such practices are nothing but superstition or placebos for improving performance, there is no doubt that mental power is the best assist to three-pointers towards athletic success.

Sources: *boazfeldman.com*, *ehow.co*, *sportsnaut.com*

How Do Sports At SLOHS Affect Female Athletes?

Reporter Diana Pruett

57 percent of high school students play a sport, which would equate to around 898 students here at San Luis Obispo High School playing a sport. These students must learn to balance sports, education, a social life and their mental health.

High school alone can cause negative effects on students' mental health, but participating in a sport often amplifies this.

"Student-athletes report experiencing negative emotional states more often than non-student athlete adolescents," stated a recent study done by the National Athletic Trainers' Association.

Many sports focus on athletes' bodies, as it has become the norm to look a particular way for sports. Athletes are eager to perform well and look the part, creating a vicious cycle of body image issues. This focus on looks takes away from the sport itself and can stop people from participating in fear of not having the "traditional" body size.

"My sport has very negatively affected my mental health and body image so much so that I eventually quit because I could not handle it anymore," said previous cross country runner and sophomore Evelyn Heffner.

Students that are highly committed to their sport often put their worth into it and even a bad day can affect their mental health. Athletes thrive off of validation as well as awards, and without these positive moments students can lose confidence.

Athletes often get messages about their bodies from social media or coaches that emphasize specific diets or weights. Female athletes in particular face more issues relating to their body image as a consequence of stigma around women being muscular and attention placed on looking acceptable. Although many student athletes feel pressured to look a certain way, not all do.

"I have had coaches talk to me about the way I look, even indirectly when coaches often tell tall players they are big. It doesn't seem big, but it definitely affects you. I have had coaches even use the phrase Big-Mama-Jama," said basketball player and senior Carys Villani.

Athletes also want to score the most points, shave off time or block the most goals. When these actions are not successful many female athletes turn to changing their appearance. This process is very dangerous as athletes may turn to unhealthy coping such as over exercising and not having adequate nutrition, which can lead to injuries and poor overall health.

Here at San Luis Obispo High School there are many student-athletes who may be struggling but there is support such as counselors, coaches, parents and the athletic director. Not all sports can have a negative effect on body image, and some help empower students and improve their overall confidence.

Sources: globalsportmatters.com, pewresearch.org, embarkbh.com



New Planet Fitness gym! Photo courtesy of freshman Che Brocco.

How Does SLOHS Like the New Planet Fitness Gym?

Reporter Che Brocco

San Luis Obispo High School students have an array of gyms to choose from, but recently a brand new gym has been added to San Luis Obispo's arsenal of options. Planet Fitness has opened a new gym in SLO, and students are taking advantage of its brand-new machines to keep themselves in good shape.

Planet Fitness has many different weight machines all with customizable weight settings, which allows people of all strength levels to be able to train specialized muscle groups. The gym doesn't just have weight machines, it also features lots of cardio machines from treadmills to exercise bikes.

"I have been working out at Planet Fitness for around a year now. I used to go to the Planet Fitness in Arroyo Grande, but now that the new one in SLO has opened, it has made it so much easier to work out with my friends," said sophomore Kai Monge.

A major part of the appeal of Planet Fitness is its great price for a membership. Planet Fitness has a monthly fee of ten dollars for full membership and also has a higher level membership called the "Planet Fitness Black Card" which allows members to bring a friend for free. The low cost of a membership is quickly drawing in SLOHS students.

"I really like the location of Planet Fitness. It is by Vons, which is a great spot for grabbing a quick snack before or after a good workout," said sophomore Isaiah Hernandez.

Planet Fitness is a great option for anyone at SLOHS who wants to affordably get in shape at their own pace, with great machines built for every muscle in their body.

If anyone is looking for a new gym in SLO, they should consider the purple and yellow-themed Planet Fitness on Broad Street.

Source: planetfitness.com



Basketball star Carys Villani waiting for a free throw. Photo courtesy of junior Diana Pruett.

Bad Body Image is the Weight Teens Really Need to Lose

Reporter Dante De Sio

Is there too much pressure on San Luis Obispo High School students to stay fit? Today, 73 percent of high school girls and 69 percent of high school boys have body image issues. Is this because they aren't living a healthy enough lifestyle or are they being fed unrealistic images of what they should be?

From movies and advertisements to social media, it is hard to look anywhere without being force fed some product or information. However, one of the most harmful and prominent examples of this toxic culture is the promotion of unrealistic physical standards for teenagers, the worst being the act of body shaming. It is a common tactic in advertising to draw viewers in through endorsements and complement, along with playing on how the audience feels about the person in the ad compared to themselves.

"I believe teenagers are bombarded and oftentimes overwhelmed with the barrage of messages being spewed on social media. This continuous cycle of information leads to an exuberant amount of engagement highlighted by TikTokers Charli D'amelio, Bella Poarch, etc, in which adolescents feel like they must dress, look, act, and/or talk like them. This is unhealthy and hinders the 'worth' that each student brings with them as an individual," said Physical Education teacher and SLOHS Football Coach Jack Greer.

Youth in America get their exposure to social media platforms at quite a young age. In fact, 12.6 years is the average age that children sign up for their first social media accounts. However, children younger than 12 can be seen with their own devices all over the country. What they see can shape their maturing brains for the rest of their lives, including what the perfect body image is.

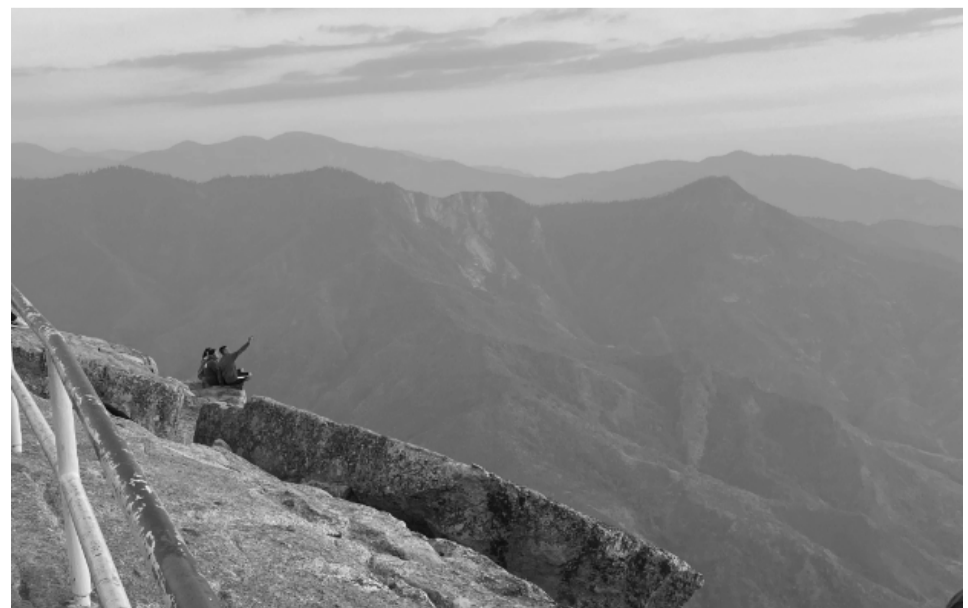
"I feel that [social media] influences people from a very young age to feel that they are not beautiful and they are not in the beauty standard, so they cannot be loved and it's a horrible stigma that's being created and is being greatly influenced through social media," said freshman Bruce Chan.

However, SLOHS does take steps to deal with issues such as these. Students can always feel free to text-a-tip when needed if they wish to remain anonymous. For those who don't feel safe to do so, SLOHS has done its best to provide counselors, teachers, and staff that truly care about students and are always willing to do their best and resolve any problems students have.

"Be proud of yourself and your accomplishments and get off these dangerous platforms!" said Greer.

Remember, SLOHS is a safe place for its students and is here so that they can be their best selves. While the dangers of the influence of social media are certainly present, we are stronger together, and that includes in SLOHS.

Sources: everydayhealth.com, cnn.com, commonsensemedia.com



Feel the freedom that comes with peace of mind. Photo courtesy of freshman Dante De Sio.

The Truth About Mental Illnesses

Reporter Dante De Sio

Four in 29 teenagers in the United States today, just like those who attend San Luis Obispo High School, suffer from serious depression. Meanwhile, one in four adults currently have a diagnosable mental illness.

Many reasons for mental illnesses are just as concerning as their results. These include abuse, inherited genes, addictions, and isolation.

Today, the biggest mental illnesses that can be found in the U.S. are depression, bipolar, and anxiety disorders. Currently the U.S. is tied for the second most depressed country in the world, topped by Ukraine; and there is no group more at risk than teenagers.

“[Mental illness] impacts family life greatly. When you have a loved one you really care about and you see that they’re struggling, that’s gonna weigh heavily on you as an individual, especially when it’s someone who’s close to you,” said health teacher Daniel Monroe.

There are many forms of mental illness, and many of them have been extremely twisted in people’s eyes due to how they are represented in film. When the word psychopath comes up, many would instantly picture a cold-blooded killer to the likes of Michael Myers or Patrick Bateman. In reality, psychopathy is very simply the lack of empathy and remorse. While psychopaths are typically deceitful, they are not all murderers as we have been misled to believe.

Similarly, many shows also tend to romanticize mental illnesses, an example being depression. Shows such as “This Is Us” and “Glee” depict depression as something desirable, while in reality it has led to the causes of more than seven hundred thousand suicides in the US each year. With roughly 334 thousand people living in the US in 2023, an estimated 83,558,463 could have serious depression, which in turn affects their relatives at home.

“I think it would cause a lot of stress and anxiety for those individuals because I think you’re now taking your focus away from what you’re trying to focus on in your daily life, your goals, aspirations, and dreams, every day. And now you’re shifting that focus onto a family member that is struggling with depression,” said Monroe.

Anxiety is also an issue not far removed from schools and workplaces. In US colleges one in three students suffer from anxiety. This can deeply affect the quality of work, sleep, and their personal lives. But, all these problems could be addressed starting in high school.

“I’m sure I would be able to get help from an adult from SLOHS. Honestly though, I don’t think I would reach out,” said sophomore Ariel Gatti.

SLOHS is working to create a safer, more comforting campus environment for all students, and that includes being able to see someone for help.

“I would encourage everyone to realize that there are people at school on this campus. There’s great resources in the community, people that want to help. The biggest thing is to just understand that there are people out there that care about you that want to help you, and you have to just kind of let them in a little bit,” said Monroe.

There are many great resources online and in the community to learn and deal with mental illnesses, and all are available to everyone. No matter what, teachers and students are always here to help at SLOHS.

Sources: worldpopulationreview.com, mhanational.org, thezebra.com, census.gov, mayoclinichealthsystem.org

Do Students Get Enough Sleep?

Reporter Vanessa Alamilla

Sleep is something every human being needs. It’s what keeps the brain functioning, but do San Luis Obispo High School students get enough of it? The average sleep time students get varies on things such as daily activities, jobs, sports, and more.

On average 13 - 18 year olds should sleep about eight to ten hours per night to feel the full effects of a good night’s sleep. When people get enough sleep, they have an overall better mood, well-being, and better brain function, allowing them to perform better in school and work and generally have less stress.

A big reason that students in that age group sleep less than the recommended amount, is due to the fact that they’re up doing homework, sports, extracurriculars, and other activities that can interfere with the amount of sleep they get.

When asked about the expanded schedule this year that supposedly gives students more time to rest, sophomore Beck Williams was very adamant about how unbeneficial it actually is.

“I sleep less. I find that school is a partial reason for it,” said Williams.

This year SLOHS has implemented thirty extra minutes into the new schedule. The purpose

was to allow students to get more sleep.

The school start time has officially changed from 8 to 8:30 am, after a new law passed with studies that prove students are not fully awake at eight.

Some effects of bad sleep include an increased risk of developing dementia, heart disease, type two diabetes, obesity and even cancer. If bad sleep habits continue into adulthood, SLOHS students may face the consequences.

“I sleep around six hours per night. I can definitely say I stay up late doing homework. The thirty minutes added to the schedule doesn’t even really do anything,” said junior Mae Cubanski.

Sleeping six hours is scientifically not enough sleep, not even for grown adults. Overlooking the benefits of sleep can be harmful and may include lifelong risks.

SLOHS students should try their best to get the scientifically recommended amount of sleep. It may require a bit more effort, but it’s definitely worth it.

Sources: hopkinsmedicine.org, the74million.org



SLOHS’s very own gym. Photo courtesy of reporter Adam Boliver-Stone.

A Breakdown Between Calisthenics and Weight Lifting

Reporter Adam Boliver-Stone

The teenage years are a great time to start building muscle, and for students at San Luis Obispo High School, many are starting to do so.

For many individuals there are two healthy ways to build muscle: weight lifting and calisthenics. Weight lifting involves weights including bars, dumbbells and weight stacks.

Calisthenics revolves around using body weight to exercise, typically in the form of rhythmic motion.

For SLOHS students, finding a place to do either type of exercise is no problem.

Within San Luis Obispo there are a variety of gyms that a student can go to weight lift with ranging prices. Kennedy Club Fitness starts at 65 dollars a month, Headstrong Fitness at 75 dollars a month, and the new Planet Fitness located on Broad Street starts at ten dollars a month.

No equipment is needed for calisthenics, meaning students can workout virtually anywhere.

“Calisthenics is different because you don’t have to go to a gym and put yourself under strain,” said senior Marcus Rudnick.

Weight lifting and calisthenics both have in-

dividual pros and cons that make them unique.

Weight lifting puts more stress on bones, meaning the bones will become a lot stronger. Calisthenics don’t challenge the bones as much, but provide more relief on joints and the cartilage that resides in them.

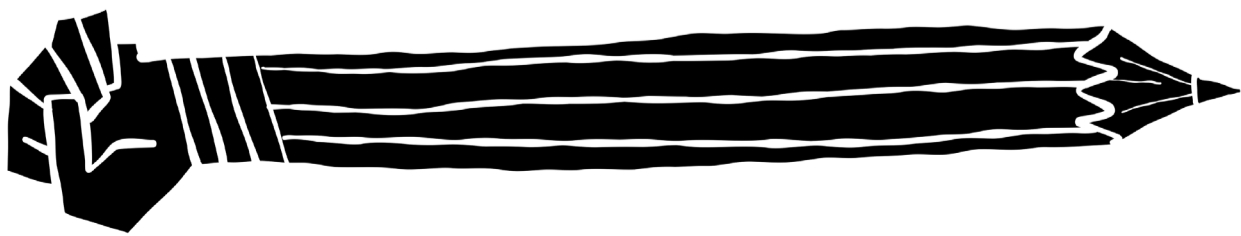
Many weight lifting exercises focus on a specific muscle, isolating all other muscles while doing an exercise. However, when performing calisthenics, the body will use a variety of muscles.

“There’s typically a smaller chance of getting injured with calisthenics because you’re not loading weight, unless you’re hanging off a bridge [which is] pretty cool,” said Rudnick.

So which exercise is the best? There’s no right answer. Both are acceptable ways to get fit and they can do wonders for your mental and physical health.

SLOHS students’ bodies are at their physical peak. Whichever exercise procedure students wish to choose, both will result in a better version of themselves.

Sources: muscleandstrength.com, familydoctor.org, ncbi.nlm.nih.



Does Tracking Steps Even Matter to SLOHS Students?

Reporter Faye Niven

Tracking steps is probably something everyone has heard of, but do students at San Luis Obispo High School actually do it?

A step tracker records steps taken in a set period of time, oftentimes by peoples' smart phones and watches. There, the information is stored and can be seen and observed.

While many believe that ten thousand steps a day is required to be healthy, research has shown that seven thousand steps a day is also a good amount, and it can actually decrease the mortality rate of sixty-year-olds by fifty percent.

The same percentage applies to younger people taking eight thousand steps a day.

"I would encourage people to work with a dedicated fitness coach to make a healthy plan. Just going for a number of steps does not take all the variables into account. Keep it simple [and] try to move your body regularly," said Cross Country and Track and Field Head Coach Adam Basch.

It is not important to track your steps, as long as one has a good way of staying active. If a person doesn't reach ten thou-

-sand steps a day, or even seven thousand, there is nothing wrong with that. The only thing that is important is to stay healthy and to look after oneself.

"I think people [track steps] more than ever now with the new technology. It is especially common with runners to check mileage, but I don't think most people pay too much attention to it, especially kids," said Track and Field athlete and junior Graham Keeling.

For people who run, or would like to increase their step count, there is a simple way of doing that.

Every other week one can add a thousand steps to their current daily amount, until the desired amount is achieved. If that means going on an extra walk, going for a run, or jogging in the gym, expanding one's step count can always be a good thing.

Tracking steps can be a great way to keep track of a student's physical activity, but it might not always be necessary. Stay healthy Tigers!

Source: jamanetwork.com

Staying Fit is Vital to Stay Healthy, Athlete or Not

Reporter Nolan Connelly

From the brand new track to the weight room, San Luis Obispo High School has many facilities and athletics to help students stay in shape. However, the question begs an answer, what workouts are athletes actually doing and why?

Sophomores Owen Fawcett, a member of the football team and thrower for track and field, and Jacob Schuetze, a member of cross country and the distance track team, shared some of their thoughts and personal workout routines.

Expressions: What's your personal workout routine?

Fawcett: Right now I'm in track and field so it's kind of like alternating between bench, front squats, and back squats. We also do deadlifts and cleans and clean pools and stuff like that on [any] given day.

Schuetze: We run everyday, Monday through Saturday. Usually we have a long run Monday and workout Wednesday. Before [the daily runs] though, I do a warm up so I don't hurt myself, [and] stretch parts that may be bothering me.

Expressions: What do you enjoy about working out?

Fawcett: It's kind of nice to get your energy out after school. So when you go

home you can just focus on homework and stuff like that much easier. It's also fun to lift, [and] get stronger.

Schuetze: It's just fun to be outside and get good exercise in. We run to lots of cool areas. Also the team aspect of it; there's not a single person I dislike on the team. They're all amazing people, [and] they're all really supportive and just great to be around.

Expressions: What hurdles have you had to overcome?

Fawcett: It's pretty hard to stay motivated over the offseason during winter and lift by yourself.

Schuetze: I did three sports last year and for the entirety of most of those sports I had this knee pain. It started in cross country and it wasn't too bad, it just hurt after races and hard workouts. It got worse over the soccer season. Then when track started there [were] a couple of weeks where my knees hurt so bad I could barely run.

SLOHS's talented athletes work very hard everyday to stay in shape. Whether a student is athletic or not, working out and playing sports can be very beneficial to staying healthy.

Freshmen Are Taking Over Varsity!

Health and Sports Co-Editor Vyolet Burrus

San Luis Obispo High School offers a variety of sports to students of all grades, but among SLOHS's student body there are a select few freshmen who are able to make it to varsity with the upper-classmen.

The class of 2026 has a total class size of 417, and only around five percent of the freshmen involved in sports are talented enough to make it on the varsity team. **Expressions** decided to interview a few of these freshmen in order to get a better look at what it takes to get to varsity.

Expressions: How long have you been playing your sport, and why did you start?

Varsity Basketball Athlete and Freshmen Hayden Brandow: [I've been] playing since I was four. My dad kind of just brought it onto me and I enjoyed it.

Varsity Cross Country Athlete and Freshmen Carly Meeks: I started doing cross country [last] summer, because [SLOHS does] summer training. By the end of the [cross country] season, I'd probably only been running about four months. I was close family friends with the past Cal Poly track and field coach, so when he passed, I was inspired to do cross country.

Varsity Soccer Athlete and Freshmen Sophie Bastidos: Since I [was] about five, so nine years. I started [playing] to see if I liked it, and it ended up being the thing I love to do.

Varsity Water Polo Athlete and Freshmen Lana Engelskirger: I started when I was in sixth grade, but then COVID happened so I stopped for a year and a half. I started back up at the beginning of eighth grade, so I've been [playing] constantly for about a year and a half now. My dad just signed me up.

Expressions: How is playing at the high school level different from other times you've been on a team?

Brandow: When I was in middle school, I was bigger than everyone and more athletic than them, so it [was] easier. But now, I'm playing against people older than me, and I'm less dominant.

Bastidos: I feel like there's more support from the coaches and players and from the school as a whole, so it's really cool.

Engelskirger: Playing on a club [team], it was a lot different because I

was on a co-ed team, and I was the only girl on it. In tournaments, [the boys] didn't guard [me] as hard as they would [a boy], so I got really confident because I could score a lot. When I joined an all girls team, it was a lot different; they're a lot more physical.

Expressions: What is the team environment like?

Brandow: Sometimes [people will get upset] if we lose, but other than that, we work really hard and we get along really well.

Meeks: We're all a family. I've never felt a closer connection to any team before.

Bastidos: It's very fun, it's very light hearted, we definitely make a lot of jokes.

Engelskirger: I'm really close with everyone on the team. I feel like I have another family.

Expressions: What is the hardest part of being on varsity?

Brandow: Probably the physical aspect of it; [I'm] playing against people that are three, four years older than [me].

Meeks: The hardest part is [when] you're [running alone] in front of the pack and there's no one out there.

Bastidos: I would say homework honestly. There's not a whole lot of time to get my homework done [with] some of the classes that I have, and that can make it pretty difficult.

Engelskirger: [Definitely] understanding the game more because of my reaction time to the fouls.

Now that I'm at a higher level, I feel like I'm learning the game more, and I know what to expect and what to do.

Expressions: What does it mean to be on varsity as a freshman?

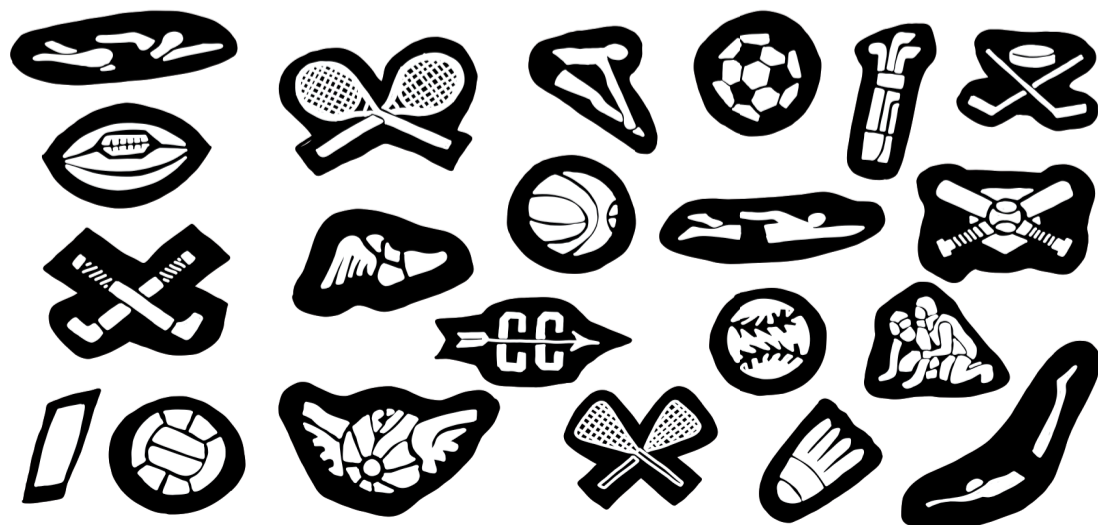
Brandow: I've spent my whole life working at basketball, so it especially means a lot to be on varsity as a freshman.

Meeks: I was pretty proud of myself, but it just inspires me to work harder and get better.

Bastidos: It was an accomplishment. I felt good about it.

Engelskirger: Being on varsity as a freshman shows that I was working really hard, it's a goal and I set the bar for myself, I feel like it was a confidence boost.

These freshmen have dedicated themselves to their sports and they've accomplished a lot during their first year here. SLOHS can't wait to see what they do next!



So many sports to choose from at SLOHS! Illustration courtesy of Design Editor Owen Blackwell.

The “Super Trouper” Seniors of “Mamma Mia!”

Arts and Entertainment Editor Olivia Cusick

San Luis Obispo High School Performing Arts Company’s spring musical “Mamma Mia!” is about to premiere. For seniors, this may be their last chance to perform with the company.

The 2023 revival of “Mamma Mia!” has the largest cast the company has seen under director Noelle Eben. With such a large cast, a lot of seniors are involved.

Expressions spoke with these seniors about “Mamma Mia!”

Expressions: How did you get involved with SLOHS Performing Arts Company?

Senior Lucy Moseley (Ensemble): It’s something I just always wanted to do. And then last year, I just did “Wizard of Oz” and it was super fun.

Senior Carmen Joines (performing Lisa): I started last year with “Wizard of Oz”. I usually have free time in the spring, and I really like performing and singing, so I decided to try out.

Senior Stella Tabuenca (performing Donna Sheridan): During COVID-19 I started taking classes with Actors Edge. So that was TV and film acting, and I really enjoyed that. So I tried theater acting and really liked that.

Senior Lucy Mendoza (performing Rosie): I’m in choir, and there was this girl who

was going to audition, and I really hated her. I decided to audition just to spite her. I like her now, so it’s fine. Because of the show, I talked to her and she’s just great. I love her now.

Senior Avery Machamer (Ensemble): I started my freshman year. I was in “RENT”. My parents really encouraged me to do it, and I’ve always loved musicals.

Expressions: How are you enjoying the show?
Senior Kate Edwards (Ensemble): I like it. It’s very physically active which I think is really fun. I’m making a ton of new friends. I think everyone should come to see the show.

Senior Sophie Kirby (performing Sophie Sheridan): It’s a lot of fun. I’ve wanted to do this show since I was four. I’m very excited.

Expressions: How do you feel about your time with SLOHS Performing Arts coming to a close?

Senior Mark Rourke (performing Sam Carmicheal): It makes me sad, but what can you do? I’ve had my time. I’ve made the most out of it. I’m glad I did it. In my sophomore year, I did this online show [“Much Ado About Nothing”] and it was really fun to do. I met a lot of good friends, and then I did “Clue”. It’s been a great experience.

Senior and SLOHS Performing Arts

Company President Lindsay Smith (performing Ali): “Mamma Mia!” is the quintessential summer show and I’m just so glad to do it. It’s really weird because I have been in the program and every single production for the last four years. I’ve been president the last two years. It’s weird that it’s coming to a close. This has been my life for the past four years, and I’m glad to do such an adorable and fun show, but it’s also so bittersweet to say goodbye.

Expressions would also like to thank the other seniors involved in the production; current ensemble members Bryant Graciano, Jane Culbreath, and Olivia Cusick, stage manager Katie Karleskint, technical crew members Gavin Wren and Liam Streeter as well as the entire cast and crew of “Mamma Mia!”

SLOHS Performing Arts Company shows wouldn’t be possible without the hard work of director Noelle Eben and all the students’ dedication.

Support these hard-working actors and technicians by watching “Mamma Mia!”

“Mamma Mia!” opens on Friday, March 10 at 7 p.m. Showtimes for other dates and more information can be found on Instagram, @slohs-performingarts or at slohsdrama.com.

From Karaoke Bars to Grammys, Filipinos Are Taking Over The Music Industry



Come and sing on the karaoke machine. Graphic courtesy of News Editor Erika Spargo.

Health and Sports Co-Editor Aidan Field

Be it the Mayflower or Ellis Island, San Luis Obispo High School Students’ families came to the United States for many different reasons and in many different ways, but for many, it all started with the ending of the Spanish-American war. This singular war led to a series of events that somehow culminated with albums like “SOUR,” “24K Magic,” and a significant portion of today’s music.

“I think it’s cool when I see people from the Philippines in pop culture. It’s like representation,” said junior Shannon Lucero.

The ending of the Spanish-American war brought an end to Spanish colonization in the Philippines but brought forth a new era of American colonization. This new era continued the cycle of colonial exploitation and bloodshed but it also exposed many Filipinos to American culture for the first time.

As the U.S. continued to hold on to the archipelago as a colony until 1946, they ingrained American pop culture, the English language, and music into Filipino life.

In the seventies, the invention and wide-scale adoption of the karaoke machine in the Philippines heavily influenced and exposed Filipino culture, which was already

technicolor machines, and those down on their luck would stumble into karaoke bars.

American control over the islands also brought forth strong trade relations between the Philippines and the global west which continues to this day, this continued the cycle of importing music and culture into the Philippines. This is also a product of the colonial mentality that still lingers today, the commonly held belief that everything American, everything in English, and everyone lighter skinned was better than anything Filipinos had.

This meant that Filipinos were singing American and European songs into their karaoke machines. Many of these karaoke machines were made and distributed in the late 1970s and early 1980s, so songs popular then still continued to be sung in the Philippines decades after those in the global west had forgotten them.

In particular, bands like ABBA, Journey, and Queen were extremely popular in the Philippines. They’re arguably the most influential non-native bands in the Philippines. To this day modern bands in the Philippines still credit ABBA and other bands as their inspiration and they all greatly influenced OPM (Original Pinoy, slang for Filipino, Music).

musically inclined now, had a convenient way of bringing that culture into everyday life.

“Well, a lot of the Filipinos I know are musically inclined. Most of them are really good singers and just a lot of our pop culture revolves around singers,” said senior Christain Cuevillas.

Filipino children were brought up singing, poor families would find an escape by turning on their

American colonization also brought forth huge waves of immigration to the U.S, specifically California and Hawaii.

“I actually immigrated here with my mom when I was like one and a half,” said Cuevillas.

Together with one-way plane tickets, hope, and suitcases, Filipinos also brought their karaoke machines and musically involved culture.

“Like every single party we have we bust out that karaoke. All of my relatives have a karaoke machine,” said Cuevillas.

Californian Filipinos and their proximity to Hollywood also gave many a head start at stardom. Often, Filipino-Americans who find success in the music industry are the children of immigrants, whose parents didn’t have the opportunity to pursue a career in music themselves. Those parents introduce music to their children through their karaoke machines, and soon enough a star is born.

The heavily influential band, Journey, has its current lead singer as Arnel Pineda, who was born in the Philippines and got his start there singing covers of American hits.

For many Filipino-Americans and other groups of the Asian-American and Pacific Islander, also known as AAPI, community success in America usually coincides with assimilation and the adoption of white American culture. But strangely, Filipinos who find the most success in America and other western countries are those who embrace a major aspect of Filipino culture: music.

Artists including Beabadoobee who was raised in London but born in the Philippines have credited their inspiration to OPM. Beabadoobee has also begun to include some aspects of Filipino culture into her music. Most recently Beabadoobee filmed a music video in her hometown of Iloilo city in the Philippines.

Filipino-Americans and bi-racial Filipino-Americans like Olivia Rodrigo, Steve Lacy, Bruno Mars are now some of the most recognizable faces in American pop-culture.

It’s also important to recognize that moving to another country isn’t as glamorous as the most well-known examples show to be.

While listening to “Gemini Rights” or watching “High-School Musical,” acknowledge how American pop-culture was a product of American colonization and exploitation, but also a product of resiliency and dream chasing by those who crossed an ocean to find a better life.

Sources: [pbs.org](https://www.pbs.org), [history.state.gov](https://www.history.state.gov), [biography.com](https://www.biography.com)

Grammys, Emmys, Oscars; What's the Point?

Health and Sports Co-Editor Aidan Field

Months after huge films come out, sudden remarketing of movies on billboards and television pop up hinting at the start of the season. San Luis Obispo High School students know awards season all too well. Somehow awards shows end up televised just like major sporting events with months of preparation and anticipation, but often this leads students to wonder, what's the point of it all?

The first awards show was the Academy Awards, also known as the Oscars, which had its first event in May 1929.

The original purpose of film awards shows was to advance and improve the film industry.

Nowadays, awards shows are massively publicized events with millions of watchers around the world. For the networks, like most things, awards shows are made to turn a profit. Host networks receive millions in advertiser revenue, and with control over some aspects of the event, these networks can boost their own programs.

However, it's usually a very different story for movie production companies. When a film receives an award or nomination, it creates buzz around that film or show. People might decide to go ahead and watch that piece of media and earn huge amounts of revenue for production companies. It also establishes some prestige for companies. This applies to music, plays, shows, and, of course, movies.

Although, most media that receives awards aren't the same media that teenagers and especially SLOHS students consume. Content that receives awards is usually mature content, for movies and television, this usually falls under the genres of dramas and period pieces.

Those shows aren't really geared toward teenagers. This can often leave SLOHS students in the dark during award shows, turning teenagers away from them.

"I don't find too much of an interest watching awards shows, just because they are not too entertaining to me," said freshman Selene Ramirez.

Sometimes this can lead to pure confusion. Most recently during the Grammys, a song titled "Just Like That" by Bonnie Raitt won song of the

year. This was a song that most young people haven't heard and from an artist that many have never heard of.

The 2023 Grammys also nominated the song "ABCDEFU" by GALE, a song widely mocked and criticized online. For many, this seemed like a ploy to try and make the Grammys seem more relatable to younger consumers, but many interpreted this as being out of touch with younger generations.

Many teens just don't find an interest in awards shows or the awards certain pieces of media gain.

"I've never watched award shows because it's just not something I'm into. I just watch movies for fun. I've never really looked to see if a movie has gained any awards before watching it," said freshman Esther Rezendes.

It's not just younger people losing interest in things like this. Viewership for awards shows have been declining for years now.

One thing behind this could be the rise of streaming platforms and the transition away from television.

Even with lower ratings, awards shows almost always go viral and create buzz because of their controversial nature.

"There are so many different views and perspectives of different movies. Everyone has their own likes and dislikes and different people have different favorites and ideas of what deserves what," said Ramirez.

Awards shows also go viral when things go wrong. Last year when Will Smith slapped Chris Rock, it led to massive amounts of news coverage and discussion. Even though this gave the Oscars some publicity, it greatly overshadowed the awards given at the event.

Awards shows will likely continue to ignore younger audiences until teens make up a more significant part of the consumer market. That won't happen until teens have more disposable income.

Critics' opinions don't represent everyone. There is nothing wrong with consuming content that makes the viewer happy.

Sources: *history.com*, *hollywoodreporter.com*

Spinning Round and Round: The Return of Vinyl



BooBoo Records is waiting for you: CDs, Vinyl, and posters galore. Photo courtesy of reporter Vanessa Alamilla.

Reporter Vanessa Alamilla

At San Luis Obispo High School, students have recently taken an interest in vinyl records. The trend of records has skyrocketed and increased by a whopping 41 percent since 2021.

"People have recently been into 'vintage' type of stuff such as thrifting and more, and it also gives people a physical copy of something they can give to others and pass down to different generations," said senior Milla Rucks.

As thrifting regains popularity, many old trends have come back. Vinyl music is just one classic media that have begun to resurface.

BooBoo Records and CheapThrills are both downtown SLO shops where customers can buy a variety of records, as well as CDs, posters, and other merchandise.

"As convenience with listening to music has expanded, people have begun looking for more artistic representations of it. This brought us to vinyl records. Although less convenient, the rustic element creates an atmosphere that amplifies the experience of the music," said Cheap Thrills employee

Aidan Douglas.

Vinyl records were first launched by recording company RCA Victor in 1930. More modern music devices began to show up in the 1980s, which ultimately paused the vinyl market until the late 2010s.

Compact Discs, or CDs, took over the music industry, causing vinyl sales to hit record lows.

But now, the vinyl has returned.

Artists have seemed to catch on to the popularity and big artists such as Kendrick Lamar, Billie Eilish, Adele, Taylor Swift, and more have all sold a large number of records.

"My brothers and I used to listen to music on vinyl records. I very vividly remember The Eagles being one of the first records I listened to. It brings back a lot of good memories," said senior Michelle Estrada.

Vinyl records are more than objects and can bring a sense of nostalgia to some.

Sources: *variety.com*, *thevinylreviewers.com*

Get Pumped! The Best Music for Working Out

Reporter Juan Matrinez

Workout regimes have been around for many years and many San Luis Obispo High students don't like working out in silence: listening to grunts and metal slamming isn't always ideal.

"If I'm doing heavy workouts, I usually listen to hip-hop to get me amped up. On easier workouts I listen to indie music to get me in a relaxed mood," said junior Nathan Gonzalas.

Music can be a great motivator, getting fitness fanatics in the right headspace to move and work their bodies.

"When I'm in the gym I like music that makes me angry, whereas outside the gym I like calm and relaxed music," said senior Reed Kimball.

The most common workout music played in gyms is techno, upbeat pop music, or hard rock. Music is an amazing motivator, and the emotions it conveys can push people to do that

final set.

Several tests have been done to prove the connection between music and endurance. One test proved that endurance increased by upwards of 15 percent with more intense music.

"I like high-tempo music because it makes me feel pumped up and full of energy to go when working out. If I'm listening to slow music I feel like falling asleep," said junior Jack Buschre.

Slow music seems to be less desirable when working out, which makes sense with the slowest music allowing listeners to relax.

When working out, high-tempo and fast-paced music are the best motivators to finish the set.

Sources: *gyminsight.com*, *reidhealth.org*



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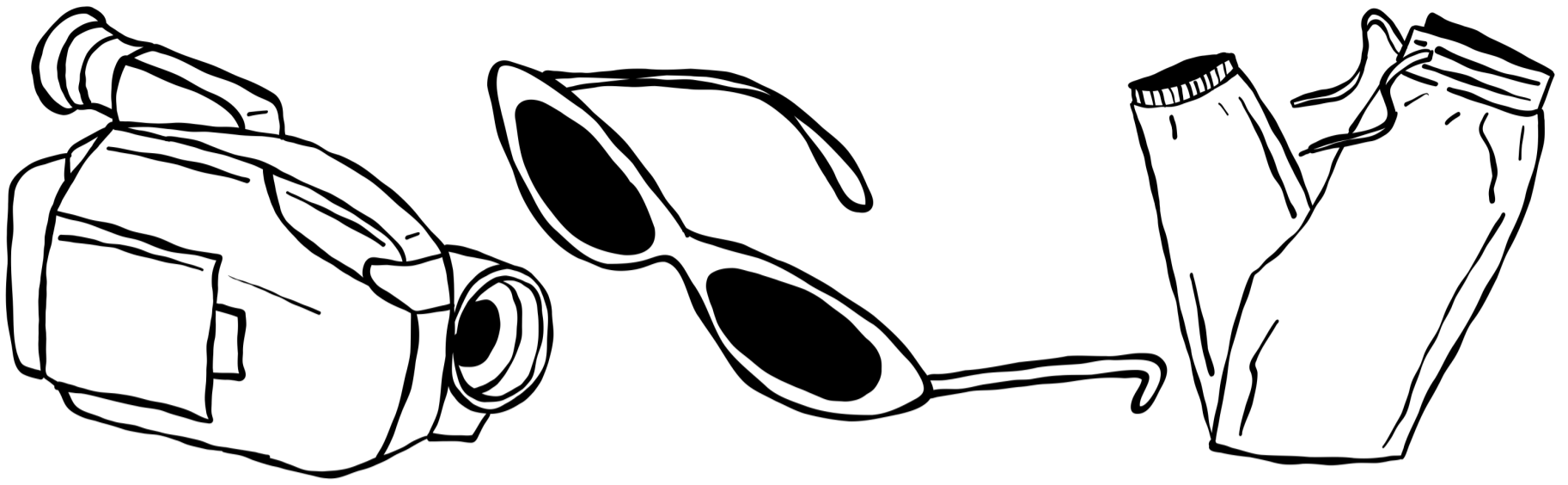
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Camcorders, thin sunglasses, and sweats are Gen Z staples. Illustration courtesy of Design Editor Owen Blackwell.

A Culture of Self-Expression: How Gen Z Trends Have Changed Society

Reporter Zara Sedeek

Generation Z has been the trailblazer for countless trends over the years, but what have been the most prominent ones? What have San Luis Obispo High School students been interested in over the course of their high school years?

Gen Z consists of anyone born in the years 1997 to 2013, making them around 11-26 years old. This means that some of them are just becoming adults and making their way into the world.

“Gen Z is super cool. I mean, we can come up with some dumb stuff and we are really indecisive, but we are also one of the most interesting and fun generations ever. We are good at coming up with new trends, but on the downside, we also get off of them really easily,” said freshman Gabe Jantos.

Gen Z is embracing self-expression, which is potentially helping them find where they belong. They have become very influenced by social media, and things like their aesthetics can make a comfortable

place of inclusion. An aesthetic can be described as a set of principles concerned with the nature and appreciation of beauty, which is what Gen Z is all about. Some favorite Gen Z aesthetics have been cottagecore, dark academia, and Y2K.

“I think some [aesthetics] are a little strange, but a lot of them are actually really cool. If I had to choose my favorite, I think I would say boho,” said freshman Claire George.

Clothing wise, Gen Z has been rocking brighter colors and daring looks. They have regained boldness in their style. Although every person has a very different style, some top trends have been sweats, platform shoes, low waisted pants, bright bags, and mod print.

“The pants where the legs fan out [has been very popular recently]. Actually, I think it’s coming back because my mom used to wear that kind of thing,” said freshman Charly Elston.

Gen Z is not only making new trends, but also bringing them back. Wired headphones, yoga pants, skinny sunglasses, Uggs, and camcorders are only the start of what is becoming “trendy” again. This could be due to embracing the 1980s, 1990s and 2000s aesthetics, which have become quite a popular option in the world of fashion, perhaps attributed to TV shows set in those decades such as “Stranger Things.”

Gen Z is very different from any generation before them. They are diverse, individualistic, inclusive, undaunted, and unafraid to show their true colors, making the trends that sprout in this generation are all the more interesting.

Sources: bloggingtips.com, explodingtopics.com, news24.com

Is George Santos a Fraud or a Favorite?

Reporter Max McGraw

San Luis Obispo High School has witnessed a politically charged America in recent years. Students have seen a lot of turmoil and confusion, with crazy events like the presidential election of 2020 and the capitol riot that took place on January 6, 2021.

According to the Pew Research Center, as of May 1, 2022, only about twenty percent of the public are reported to have trust in our current government. A new politician from New York’s third district may decrease that number even further.

George Santos is the newly appointed New York representative who ran a campaign based on some wild claims. He had an outstanding (and unknowingly fabricated) resume where he said he attended Baruch College and went on to work at the Goldman Sachs law firm, as well as running an animal rescue charity.

He even boasted that he saved 2,500 animals.

It was only after his election that these outrageous claims were brought to the light in an investigative article published by the New York Times. People found that Santos had lied about nearly everything, and it was even discovered that Santos committed check fraud in Brazil.

Now that Santos is elected in office, his term is supposed to last for two years, but there have been many calls for him to resign. There are also

some who think he should stay, led by House Majority Leader Kevin McCarthy.

SLOHS students have various opinions on the future of George Santos.

“I think that the biggest thing for getting new people into office is having politicians that value honesty. How can you expect someone to make decisions for people if they can’t be clear about what they have done?” said junior Ares Aguilera.

Many students wonder if someone like that should remain in a position of power after being exposed for his lies.

“I don’t think he should stay in office. He’s kind of just misleading people about what kind of person he is,” said senior Sullivan Medici.

Although most people undoubtedly shake their heads at Santos’ fraud, some fear that this could become a new trend in politicians in the coming decades with the battle over what is true and what isn’t.

As seniors across the country graduate and become registered to vote, they will become a political force to consider on the national stage. Whether the arguments lean more liberal or conservative, it will be up to them to determine who is worthy of the role of representation in our government.

Sources: nymag.com, theguardian.com

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