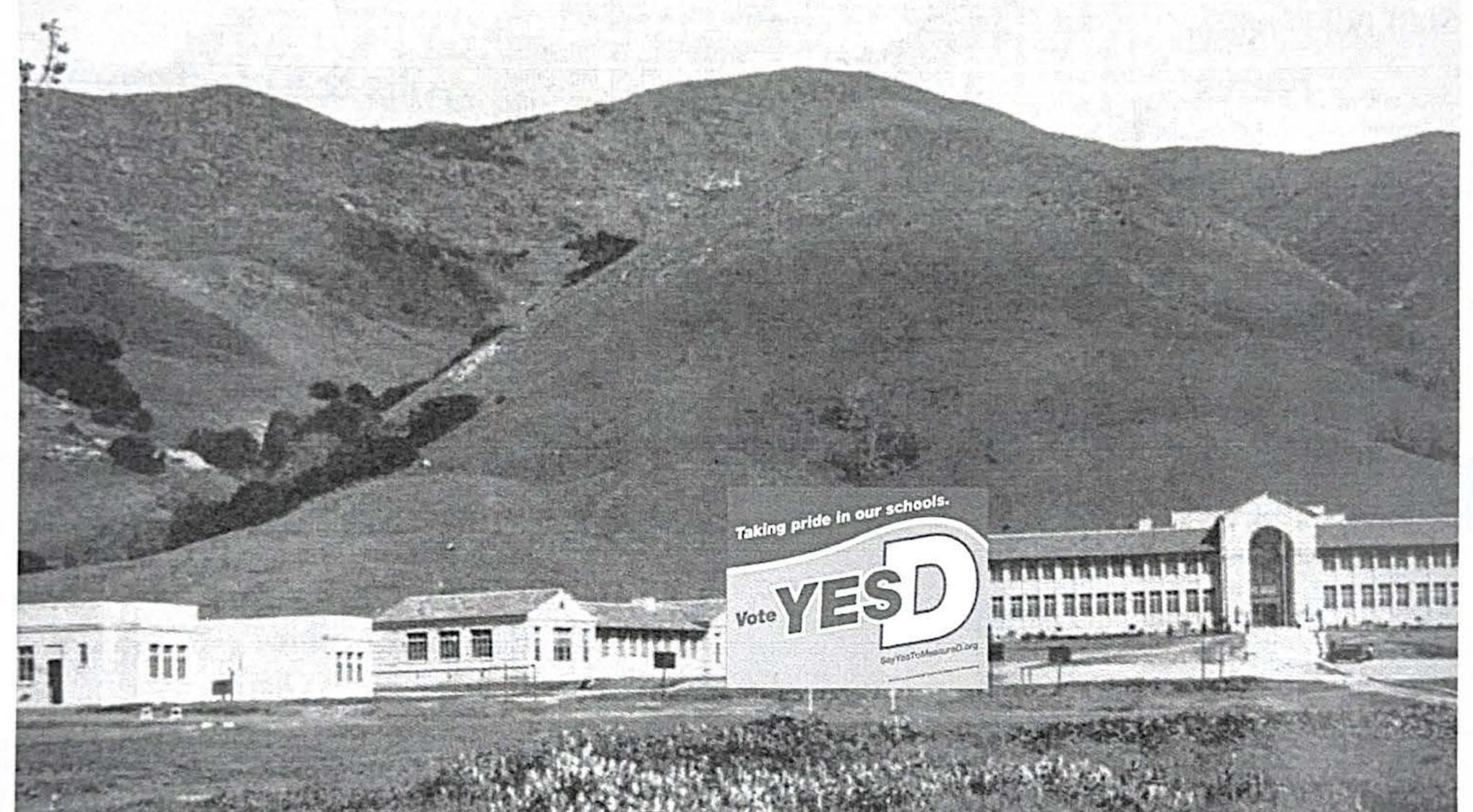
EXPRESSIONS EXPRESSIONS News Magazine

Volume I, Issue I

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SLOHS, 1930



If Measure D passes, and the seven year construction is complete what will San Luis Obispo High School | like in 2021?

Cover story

The Measure D Bond has been an ongoing process attempting to improve San Luis Obispo High School. Measure D was drafted to raise money to build new rooms, update sports facilities, modernize old rooms, and make the environment for learning an overall better experience.

Continued on page 8

3 Staff Ed: Ferguson

News

- 4 Edibles and dabs
 California drought
- 5 Apple watch
 Dangerous places to bike

Opinion

- 6 Ice bucket challenge Stop using racist slurs
- 7 I am not a centerfold What's going on?

CHECK US OUT



@NewspaperSLOHS

Photo illustration by Michael Grasseschi

MEASURE D

INFO

Sports

- 10 New football coach Fall sports
- 11 Expressions surfing guide SLO hiking

People

- 12 FFA takes on nationals International Club
- 13 Swag Masta commissioners

I would've been on time...

Arts & Entertainment

- 14 Riff Raff tiptoes to the top Cheap eats recipes
- 15 Local bands playlist SLOHS dopplegangers

Back

16 New year, new teachers

New year brings new teachers

Kailen Erickson and Ella Jackson Staff Reporters

San Luis Obispo High School hired six teachers in 2014. *Expressions* interviewed special education teacher Stacy Lightfoot:

Expressions: How many years have you teaching?

Lightfoot: 16 years.

Expressions: Can you give three of the most interesting/weird/fun facts about your subject?

Lightfoot: Study Skills...I get to work with lots of different staff, grade levels, and teach/reteach every subject. I am also a program specialist in the district.

Expressions: Where did you work before

this?

Lightfoot: C.L.Smith (Elementary School).

Expressions: What was the weirdest job

you've ever had?

Lightfoot: Cashier at the Golden Donut.

Expressions: Where did you go to college?

Lightfoot: I graduated from Cal Poly SLO

got credential from Northridge Expressions: How old are you?

Lightfoot: 40 years old.

Expressions: Hair and eye color? Lightfoot: Brown and brown.

Expressions: Any interesting first impres-

sions of SLOHS?

Lightfoot: SLOHS is friendly and full of enthusiasm.

Continued on page 16

Expressions

Staff Ed: Ferguson should not be forgotten

Izzy Kramer Opinion Editor

There is only one race: the human race. The only way to combat racism is to stop talking about it. Race no longer matters. We have heard variations of these phrases time and again, all with the same purpose: to avoid discussing racism. In actuality, racial prejudice is alive and well in America, despite what many claim.

One of the most recent examples of racism occurred in Ferguson, Missouri when white police officer Darren Wilson shot Michael Brown, an unarmed 18 year old African-American. It was not long before citizens of Ferguson took to the streets in peaceful protest (their motto: "Hands up, don't shoot").

Almost instantly, the town's police force closed in, and it became clear that their motives were not nearly as peaceful. Protestors were shot at with rubber bullets, teargassed, and harassed by officers- all in the name of "safety".

The ongoing events in Ferguson call attention to a myriad of issues: the militarization of law enforcement, police brutality, and racial profiling, to name a few. Regardless of what actually happened when Brown was shot, the situation has been completely mishandled.

Race is a factor in this case. Of the 521 arrests

by Ferguson police in 2013, 92.7 percent involved Black people. However, only 21.7 percent of Black people had contraband on their persons (compared to 34 percent for white arrestees). The number of routine vehicle stops/searches in the same year totaled a shocking 4632 for Black citizens, compared to 686 for white citizens. One could claim that this is due to the higher number of African-American youths in Ferguson, considering people ages 18 to 29 are more likely to be pulled over. This is not the case: contrast the 2193 Black young adults pulled over with the 251 whites.

Ferguson's population is 67 percent Black, but it has a 94 percent white police force. The first protestors were mostly Black people voicing their exhaustion at the relentless barrage of racial profiling and police brutality. When Officer Wilson killed Brown, he was adhering to an inherently prejudiced method of assuming guilt based solely on race.

The criminalization of Black people is no accident. It helps fuel the myth that they are somehow predisposed to violent, lawless behavior- that they are less than human.

An autopsy conducted on Brown's body showed that the teenager was shot six times. The bullets entered his right arm and the top of his head, possibly indicating that he was in a position of surrender. The shots seem to be fired from far-range (there

was no gunpowder found on Brown's body). If the autopsy proves conclusive, this would disprove the claims of Wilson- namely that he only fired his gun after Brown charged at him.

The posthumous treatment of Brown in the media has been inappropriate and disrespectful. There have been efforts to depict him as a thug- a heavily racialized term in itself- and the New York Times stated that he "was no angel." This thoughtless treatment simply would not occur if Brown had been white.

Michael Brown was murdered extra-judicially, and did not deserve to die. Brown's death was not the first, and it will not be the last. It is crucial to remember not only Brown, but Rekia Boyd, Oscar Grant, and Eric Garner (a few of the many lives lost to anti-Black police brutality). We must remain vigilant of the ongoing events in Ferguson. To quote African-American journalist Joshua Alston, to forget would mean that "we live in a world where black people don't live, we just wait to die."

Sources:

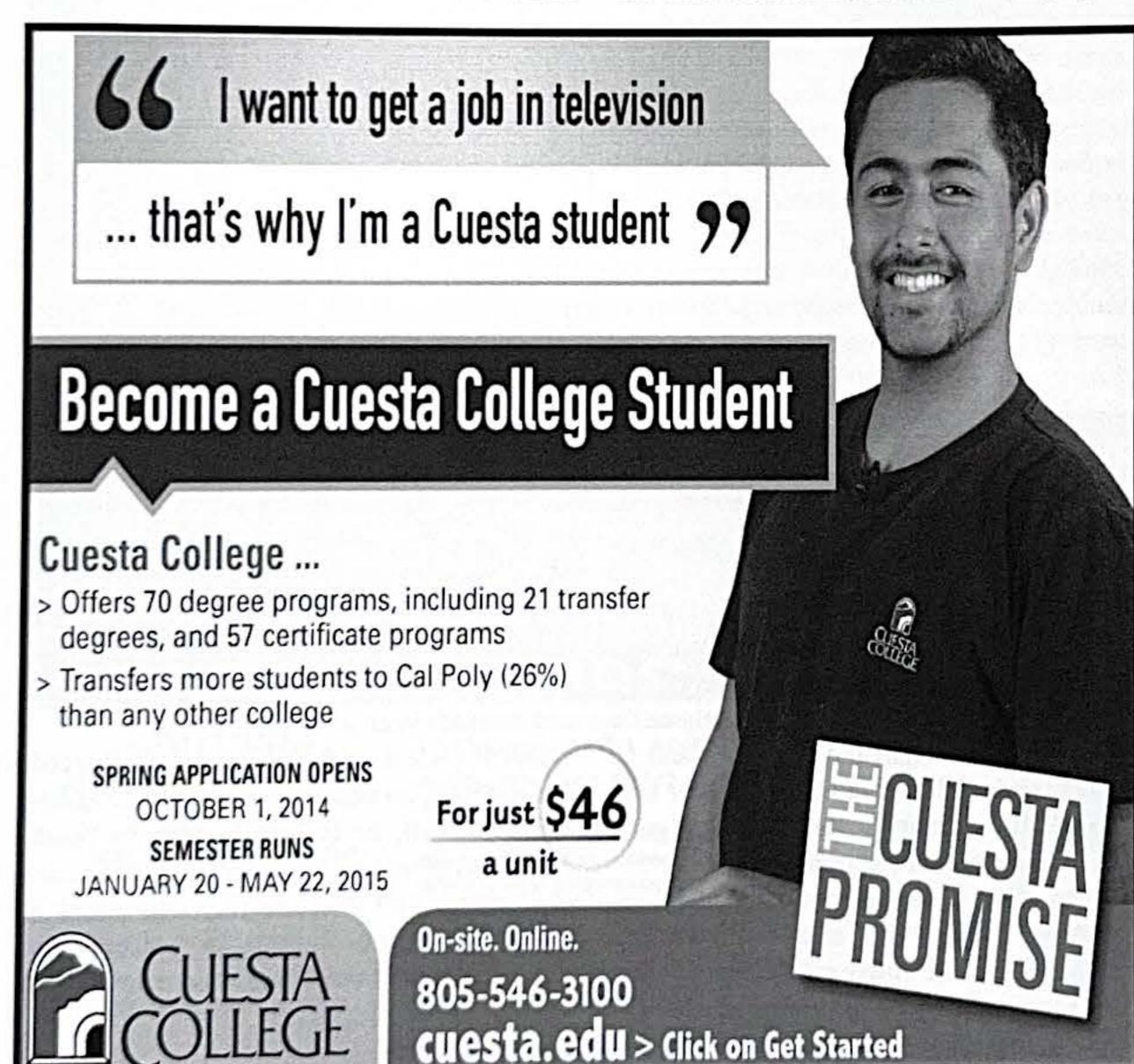
Washingtonpost.com

Racial profiling report, Missouri Attorney General's Office

Huffingtonpost.com

Nytimes.com

Usatoday.com



SLOHS Expressions

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an issue at SLOHS? Are "edibles" and "dabs

Jibreel Abdul-Cader Staff Reporter

During the San Luis Obispo High School administration's individual class address, Dean of Students Nick Frost prompted each class to "Raise your hand if you have heard of dabs or edibles." A question murmured through each of the stands, "Are edibles and dabs an issue at our campus?"

Edibles, for those who aren't aware, are commonly in the form of a high calorie treat such as candies, brownies, and cookies which contain marijuana. These are considered dangerous because there is no way of telling the tetrahydrocannabinol content. Some edibles have higher amounts of THC, the main active ingredient in marijuana, than what is expect-

Shey Dorji Staff Reporter

As we near the end of another extremely dry year in California many concerns abound at San Luis Obispo High School regarding the multi-year drought.

A September 9 info graphic put out by the United States Drought Monitor shows that 82 percent of California is in an extreme drought or worse. Exceptionally high temperatures inland of San Luis Obispo have made the drought much worse in places like Paso Robles and Templeton.

This past winter, many ski and snowboard trips to the Sierra Nevadas had to be cut short or canceled due to little snowfall. As of July, Lake Nacimiento was at only 19 percent capacity and Lake San Antonio was at four pered, which can result in an overdose.

Dabs is the process of inhaling a vaporized cannabis oil concentrate through a complicated method. An overdose involving cannabis can result in a "bad trip"; extreme cases of paranoia, panic attacks, and nausea.

Expressions interviewed a sophomore at SLOHS, who wanted to remain anonymous, about his understanding and views on dabs and edibles.

"I've had a few experiences with pot brownies and cookies." They are rising in popularity, "Because of how portable and inconspicuous they are," said the student.

Expressions talked to Frost about the current drug issues believed to be on SLOHS campus. When asked if there really was an issue at SLOHS, Frost said, "There is a drug

cent capacity.

San Luis Obispo County is calling on us to conserve the precious water that is left by fixing any broken appliances like faucets and toilets, and the lack of water has even prompted people to stop washing their cars.

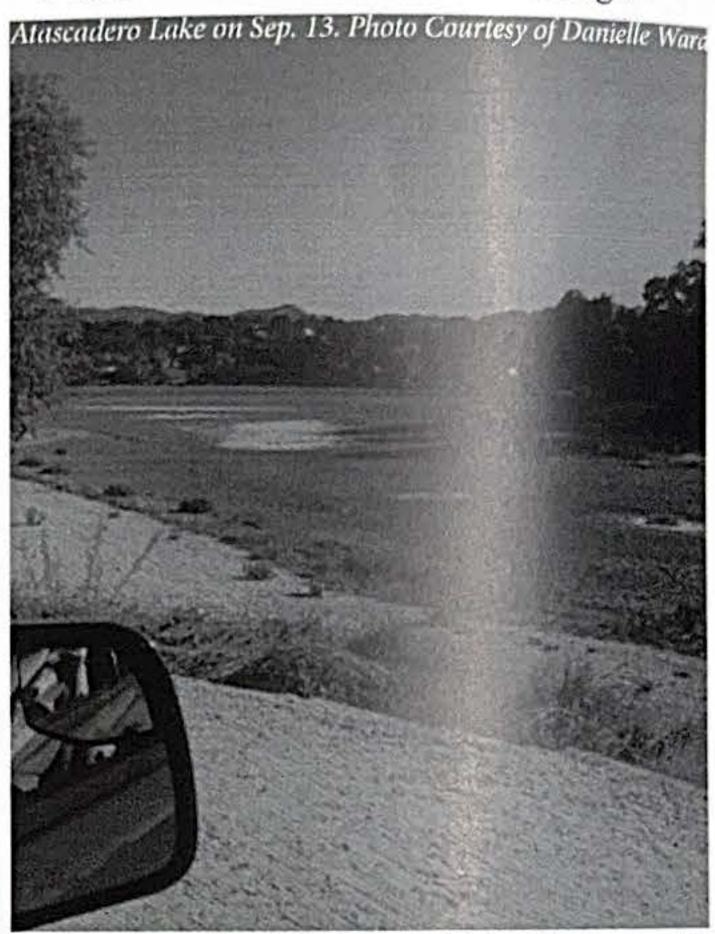
"I have noticed how dirty some cars have become, because people are no longer washing their cars at home," said sophomore Sofie Janette.

Fortunately, there could be hope for California this coming winter. In a recent article from The San Luis Obispo Tribune, local meteorologist John Lindsey talked about early indicators of a possible El Niño winter moving in. Although El Niño is by no means guaranteed rainfall, this winter has the potential to begin reversing this devastating drought.

issue in our society of many different kinds of drugs, including drugs that are legal that people die from taking."

"We have had instances of drug use, of edibles, of marijuana, prescription pills." said Frost. Administration intends to combat drug usage on campus through training staff and bringing awareness to students and their parents.

During a Student Council Meeting, held on September 24, principle Leslie O'Connor said that if students didn't respect their privileges and drugs continued to be an issue on SLOHS campus, he would make it a closed campus. Expressions asked Frost if a closed campus could become a reality. Frost said, "If it became a huge issue all the time... Yeah. What I want to see is a behavior change."



Bone Dry: Atascadero Lake has been hit hard by the drought.

SLOHS students aren't getting enough sleep

Emma Jane Haas Staff Reporter

San Luis Obispo High School students are exhausted. Many students at our school are active participants in sports, clubs, Associated Student Body, and other extracurricular activities; some even have jobs. This makes for a very busy schedule, especially when combined with homework, and getting up early every day. One solution to this problem could be to do what the American Academy of Pediatricians is suggesting and make the school day start and end an hour later. Expressions went out and talked to students about

their views on sleeping during high school, or lack thereof.

"Students on average definitely do not get enough sleep. Part of the reason is students are not educated on how much sleep they should actually be getting on a nightly basis which is between eight and nine hours and 15 minutes each night," said Health teacher Dan Monroe. The majority of students do not get a sufficient amount of sleep each night.

When asked if she gets enough sleep, senior Mara Basich-Pease said, "no." She has a packed schedule filled with Cheerleading, club soccer, FFA Leadership, and Harvard Model Congress, as well as AP classes. Although she does believe students don't get enough sleep." When asked if she would like to change the schedule to make it start and end later, she said "I like to sleep in the morning but sports would start so much later and end so much later so I guess not."

ASB President John-O Roberts also agreed that students do not get enough sleep. In addition to ASB, he is a participant in Youth and Government, and is enrolled in AP classes, keeping him very busy. When asked if he would prefer to change the schedule, he said, "that would be difficult considering CIF regulations for sports, but from an academic standpoint, yes."

Photo courtesy of Time.com

News

Apple Watch announced for 2015

Jack Sistek Staff Reporter

Alongside the new iPhone 6, iPhone 6 Plus and iOS 8, Apple introduced the Apple Watch on September 9, its first entry in the wearable tech market. The watch is slated to go on sale early 2015 and will retail for as low as \$350. Whether or not the watch will appeal to high school students is yet to be seen.

Like the new iPhone, it will be offered in two different sizes. However, it will also be offered in three different models, with a choice of six different types of straps. The three variants include the standard Apple Watch, Watch Sport and the Watch Edition, which features an eighteen-carat gold casing. The standard Watch has a stainless steel casing and the Watch Sport, an anodized aluminum casing. Apple claims that the straps will be easily interchangeable.

Dangerous

places to bike



Due to the tiny screen Apple has included a digital crown dial to aid with navigation. The dial harkens back to the click wheel used on the old iPods. The watch will also include a heart rate monitor and accelerometer to go along with iOS 8's new fitness features.

The gold-plated Watch Edition is rumored

to cost up to \$5,000. While this hefty price tag may seem shocking, this specific model is meant to compete in the luxury watch market against models from companies like Rolex.

Regardless of the size, casing, and strap configuration, Apple has assured its fans that each watch will have the same features.

there is really no room for a bike on that street. I try to avoid really busy streets like Broad, Foothill, and Higuera," said Latin teacher Tom Weinschenk, an avid biker.

Weinschenk also cautions students to be vigilant when riding near parked cars.

"One of the most dangerous places for cyclists are parking lots, because for some reason, when you are in a parking lot, people just don't notice that you're there," said Weinschenk.

Other dangerous areas include the intersections of Monterey at California and Olive at Santa Rosa, which are close to freeway onramps and off-ramps, resulting in increased speeds and distracted cross-traffic. SLOHS junior AnnaSara Bridgeford has personally encountered many of these cycling hazards yet has managed to stay safe.

"There is definitely a lot more distracted driving downtown," said Bridgeford

Be sure to keep a cautious eye when peddling SLO.

J'aime Radding Staff Reporter

Every morning, the San Luis Obispo High School bike racks are lined with bicycles. For many students, biking is their main mode of transportation; often biking to and from school, home or other destinations like downtown.

Since October 2007, San Luis Obispo has been awarded the League of American Bicyclists' "Silver" ranking for bicycle-friendly communities. However, the city remains the seventh most dangerous California city for cyclists. So, where should you be wary? A recent collisions map, printed by The Tribune, reveals most SLO bicycle accidents occur at the intersections of Olive at Santa Rosa, California at Monterey, Santa Rosa at Walnut, Chorro at Monterey, and Chorro at Higuera. All these intersections are well-traveled by SLOHS students.

"You have to be careful on Higuera, because

Bikes, bikes, everywhere: The SLOHS bike racks are filled with alternative modes of transportation during school.

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Opinion Ice Bucket Challenge: is awareness enough? Editor: Izzy Kramer

Mia Rolph People Editor

Remember those last couple months of summer when everyone was dumping buckets of ice water on their heads? How about the resulting social media explosion of videos and activism? Anyone with an internet connection and a functioning cerebral cortex remembers the converging arguments of water conservationists, philanthropic teenagers in bikinis, and the usual abundance of inadequately informed surfers of the airwaves. Here's another question: Who remembers what this challenge was for? The response: ALS awareness.

There are several problems with this answer. Far too few people have a thorough understanding of what ALS is, or what it stands for. Amyotrophic Lateral Sclerosis (ALS), com-

monly referred to as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects the nerves and spinal cord. As it progresses, the patient loses control of motor muscles until he or she loses the ability to breathe self-sufficiently, and eventually dies.

Raising money and awareness for this destructive disease is an undeniably noble cause, and the Ice Bucket Challenge has accomplished both.

The viral social media campaign started organically through an affected family in July 2014, raising over 114 million dollars so far. This money goes toward finding a cure and serving ALS patients and the community surrounding them, but not every saintly dollar saves the life of a suffering child, as some well-meaning impulse givers assume.

Seven percent of the money the ALS Asso-

ciation receives in donations goes to the salaries of organization administrators. Research and patient services, the denominations of the budget that most directly affect ALS victims. get 28 and 19 percent respectively. This is less than half of the donated dollar.

It is important for people to realize that charity is not as pure in real life as it is in our minds. In real life the administrators of notfor-profit organizations must be paid, money must be spent on television advertisements and publicity, and no matter how many people are aware of ALS, there is still no cure for the disease.

Sources: Usatoday.com ALSA.org

Administration	7%	Graph data courtesy of ALSA.org
Research	28%	
Community Outreach	20%	
Education	33%	
Fundraising	14%	

Ice cold data: ASL expense report tells a different story.

Stopusing racist slurs

ALS Expenses

James Higgins Staff Reporter

There are many unrefined parts of the English language. Much of it sounds poor out of context, but makes sense at a certain place or time. There are, however, some words or phrases that should never be used. One of the most underrated problems in today's common vernacular is the use of the "N-Word".

Everyone knows the history behind the short-but powerful-word, but it is constantly dropped like any other vulgar term. The N-Word is not just a six letter cuss word. It symbolizes much more than that. Behind the term lies one of the darkest parts of North

American History (no pun intended).

Centuries of horrific abuse are summed up into that one word. Though it has lost some of its effect, the N-Word is still the worst thing you can call a black person.

This does not mean it is acceptable to use it when not directed at someone; the word holds too much power to be used as a normal curse word.

While one may not be aware of the power the slur wields against people around you, someone else might be. That burden should not be passed on to another person.

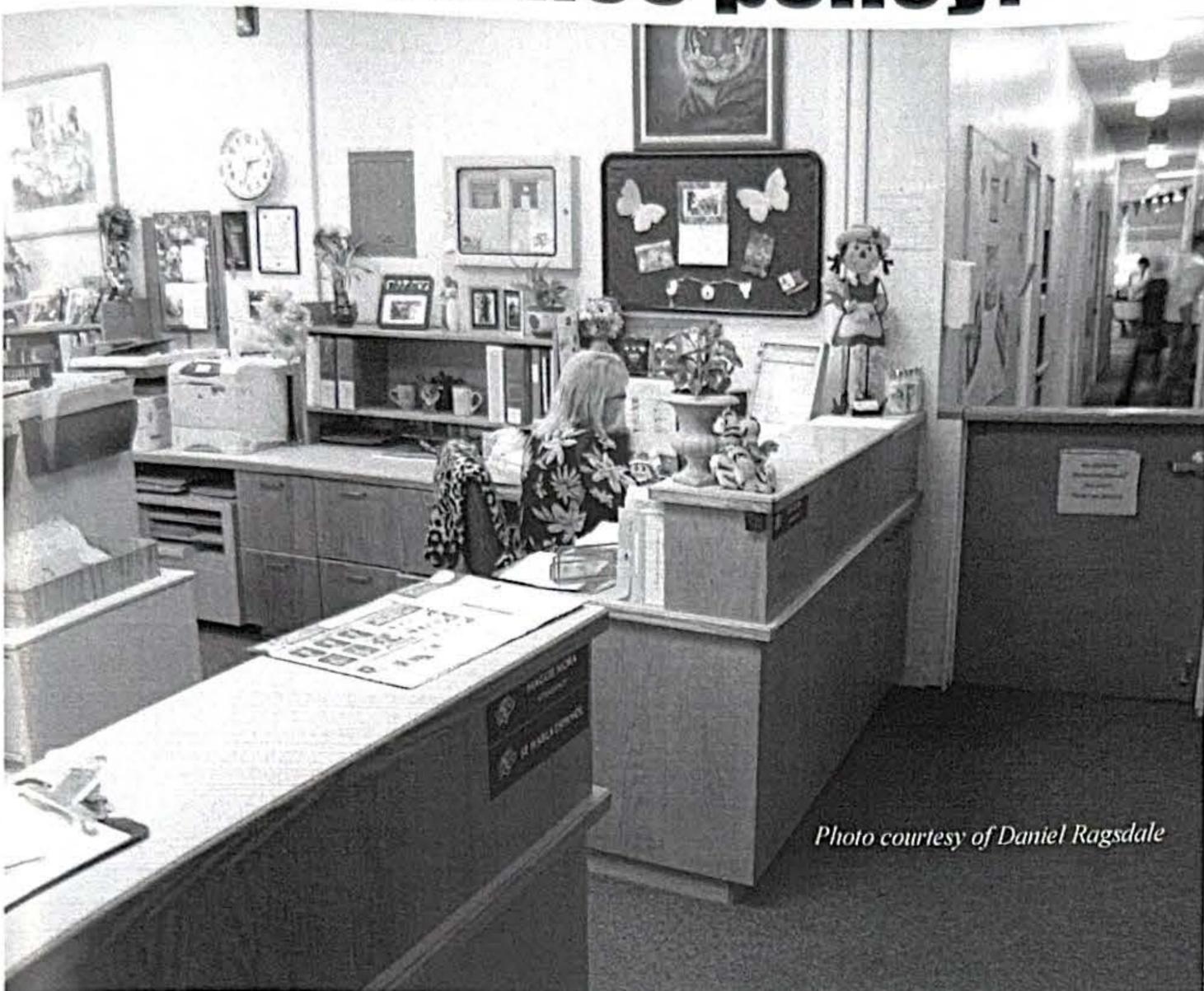
In today's society, the interpretations of the word can become confusing. Due to the racist history of the word, it can be hard to decode its usage correctly. Since the occasions for its appearance vary so much, deciphering its intent can be nearly impossible.

The offensiveness of the N-word is not strictly condemned to black people. Many non-black people who have personal relationships with people of color can be offended by its use. If the people around them are unaware of this relation they tend to drop the word a lot more frequently.

One solution to this problem is to make an statement telling people of your situation. This, however, should not be necessary.

Due to the volatile nature of the slur, people should refrain from the usage of the N-Word even if there are no black people present.

What's going on with the attendance policy?



Attending attendance: an inside look at the office finds secretary Joy Golin hard at work (as usual).

Daniel Ragsdale Staff Reporter

Attendance has always been a big issue at San Luis Obispo High School (SLOHS). To counter students skipping class, the attendance policy at SLOHS has become much stricter over the past few years. While the more stringent policy has helped, it has not been clearly laid out by the administration.

A letter was sent home by the administration outlining the changes to the attendance policy and emphasizing the need for parents to excuse their students before the end of lunch, should the student not be returning to school. If the student was not excused, they would receive a cut and be forced to attend Saturday school.

I strongly opposed this change to the policy and was also confused as to why a single cut fourth period resulted in Saturday school, when normally it would take three cuts to receive Saturday school. I also opposed parents being unable to excuse the student.

Dean of Students Aaron Black clarified that the attendance policy change was to alter the assumption that students can leave school at lunch and have their parents excuse it later.

Truancy is constituted by three or more unexcused periods or days. While truancy levels were at 65 percent from 2012-2013, they fell by 15 percent from 2013-2014.

According to Black, students' leaving after lunch has long been an issue, but since the changes to the policy, no students have left fourth period without their parents excusing them by the end of lunch.

"Nothing has changed from an attendance standpoint. We're responsible for [students], and when [they] leave campus... it's our responsiblity. We're enforcing a check-in policy that has always been in place, but hasn't always been enforced. You have to check out, you can't have someone call for you... Come up to the office, we'll [call] a parent, and get you home" said Dean of Students Nick Frost.

Black also clarified that Saturday school is given on a case by case bases, not in every instance. This new information completely changed my opinion on the new changes to the policy, but brought a new wave of constructive criticism.

Significant changes to the policy such as these may be necessary, but should always be very clearly stated, in order to limit students' confusion.

I am not a centerfold

Holly Schultz Sports Editor

From "Fifty Shades of Grey" to Playboy, pornography is exposed to boys at the average age of eleven. They aren't just watching porn. They're learning from it. Impressionable high school boys everywhere are getting most of their information about sex from porn.

Male-centric porn gives examples of unrealistic sex for boys and leaves girls feeling pressured to consent due to what's "normal".

I'm tired of boys thinking it is okay to treat me like porn star. High school boys cannot assume that just because they have seen something online, that their partner will be "into it".

Consent is hardly ever portrayed or sexualized in porn. When women are defined as sexual objects, instead of sexual subjects, boys think it is okay to treat women poorly. Being submissive is constantly fetishized in media and teaches boys that consent is not always necessary.

Just because I didn't say no, that does not mean yes. High school boys need to understand that porn is not real sex, and that it blurs the line of "consensual" and consent because it focuses on the narrow lens of mens' pleasure.

Not all pornography portrays women in negative light. This is not an attack on all pornography, but a request to change how men perceive what they see in porn.

Source: Citizenlink.com

Letters to the editor are welcome and will be featured on the opinion page. Contact snairne@ slcusd.org

Kailen Erickson Staff Reporter

The Measure D Bond has been an ongoing process attempting to improve San Luis Obispo High School. Measure D was drafted to raise money for SLOHS to build new rooms, update the sports facilities, modernize old rooms, and make the environment for learning an overall better experience.

Chairman of Ctizens for Bond Measure D Brian Clausen is working hard to pass a bond that will refurbish all classrooms, build a new office near the entrance of school, and transform the existing office into a student union. He also wants to turn the current cafeteria into a performing arts center for theater students, build a swimming pool, and change the track to make it suitable for all weather. The cost of the bond is \$177 million. \$60 million of which will go towards SLOHS. In order for Measure D to pass, we need a 55 percent yes vote. Clausen said, "the telephone polls indicate a strong, good vote, but even if polling went well... if people don't vote we might be in trouble."

Principal Leslie O'Connor has been immensely involved in Measure D as well. He is interested in using it to create a better learning environment. If O'Connor could choose only one thing to change about the school, it would be "To improve our facility in our classrooms, specifically." The conditions of our school's classrooms are terrible, and "windows that open, airflow through classrooms...operating whiteboards, smart boards, good lighting, and comfortable seating" would be amongst said improvements, O'connor said. Along with updating classrooms, his other top priorities would be "our science and industrial arts facilities." It can be difficult to work in a stuffy area or do a science lab with the wrong tools.

O'Connor understands what it will entail to make this school fully functional. The construction of this project, if it passes, will take approximately seven years to complete. This means that the construction has the potential to be disruptive to students and neighboring areas. O'Connor said, "I believe that anyone working within the school district...anyone whose children goes to the schools in the school district... and anyone who thinks we have good schools... [would think it] wise to continue to invest in our schools." O'Connor is working hard and investing time and energy towards Measure D passing so SLOHS's future students will be learning in cooperative facilities.

Our task as students is to educate the public about Measure D and let people know how it will affect them, their families, and the community. Our high school would be impacted greatly if Measure D does or doesn't pass.

MEASURED

INFO

Source: The Tribune

About...



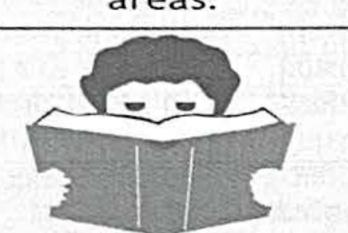
Is what Measure
D is currently
polling at

25%

'Polling was done of the community as a whole earlier [in summer 2014] before the bond measure was formally submitted' -Chairman of Citizens for Board Measure D Brian Clausen

7,500

Number of K-12 Students in San Luis Obispo, Los Osos, Morro Bay, Avila Beach and unincorporated areas.



\$177 Million

Total amount of money going to San Luis Unified School District in Measure D



\$60 million Amount going to SLOHS



\$60 million Amount going to MBHS



PB, CLS, and

\$57 million

Amount going to rest of schools in the district

POTS:

"if we get the money from the school bond this year, what is something you would like to add to the school?"

Michael Grasseschi Staff Reporter



"Bathroom renovations and a pool. Besides that, there's not much that the school needs, in my opinion. I haven't been at the school for a long time, so I couldn't really say." Freshman Anna Frauenheim



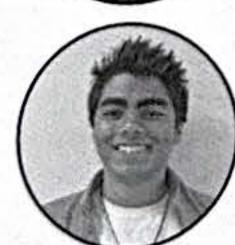
"I would want them to add a pool. That would make it easier for swimmers and water polo players to get to practice instead of taking the bus to Sinsheimer pool. I mean, iPads for everyone would be sick too, instead of using textbooks."

Sophomore Humberto Zamora



"A coffee shop! Or better bathrooms, AC in every classroom, better computers, Wi-Fi, and nicer desks."

Junior Lisa Figueroa



"I would build a huge waterpark and a wave pool with a pumping left-hand slab." Senior Mila Dorji