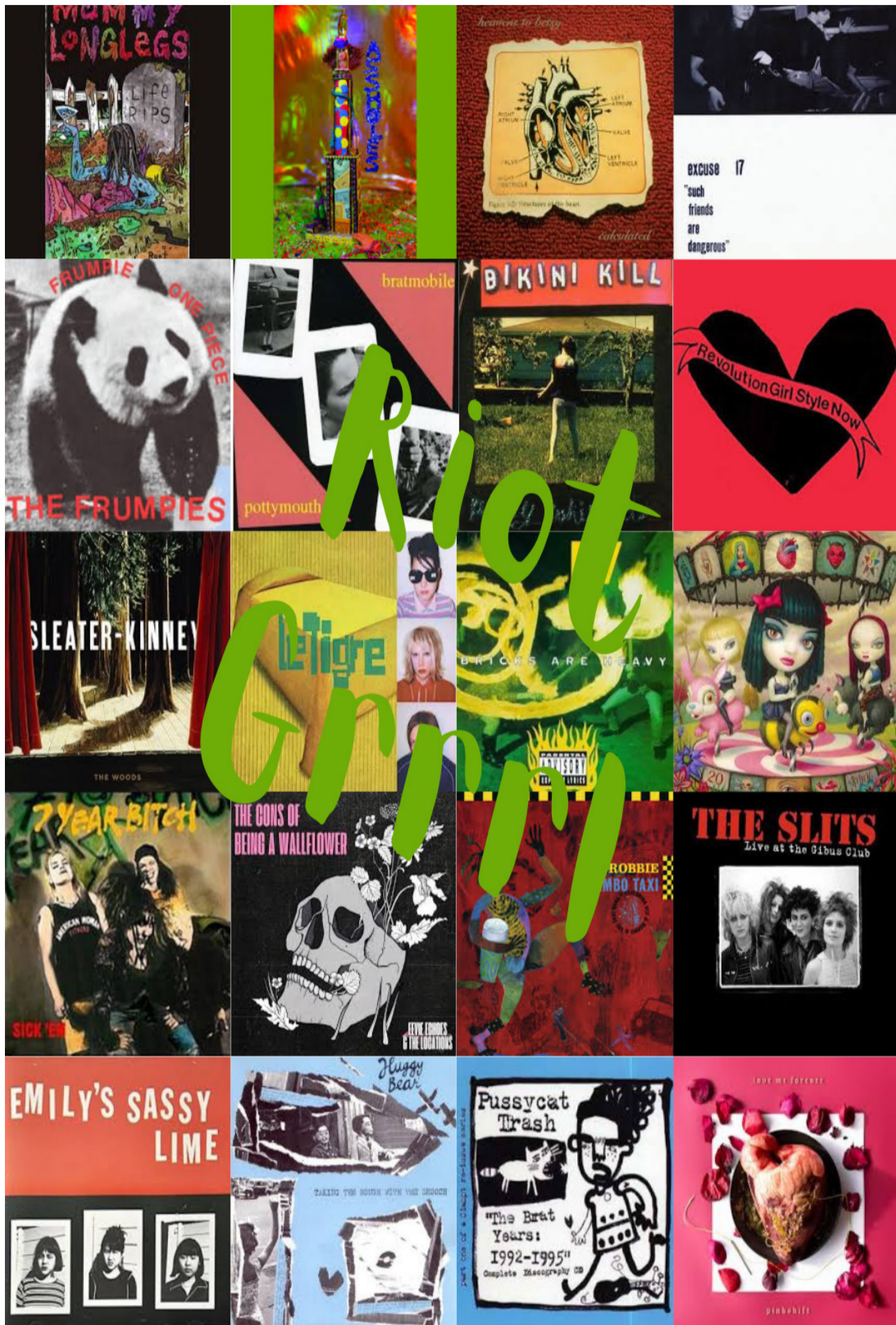


SLOHS EXPRESSIONS

FEBRUARY 2025 | MUSIC FEATURE | SAN LUIS OBISPO HIGH SCHOOL | 1499 SAN LUIS DRIVE | SLO, CA 93401



riot grrrl takes third wave feminism by storm. Photo collage courtesy of freshman Irelynn Zurbach.

The riot grrrl Albums That Inspired a Generation

REPORTER IRELYNN ZURBACH

Punk music is about politics, at least that's how it started. Punk music is an opportunity for all people to come together and be free to write, say or think whatever they want without the fear of the government or anyone to take away their freedom of speech.

Punk is often concerned with anti-establishment and anti-authoritarian views. They aren't brought together because they are similar, but because they are collectively seen as different.

"To me, punk rock is the freedom to create, freedom to be successful, freedom to not be successful, freedom to be who you are. It's freedom," said singer/songwriter Patti Smith.

A branch of punk music is a style called 'riot grrrl'. riot grrrl pushes the feminist movement and centers the needs of a new generation.

Starting in the early 1990s, some of the people who originally started this movement think that

even the spelling of 'riot grrrl' should be disputed.

"Back before riot grrrl, punk was a very male dominated thing. And the notion was that women can't be punk. But then, in the early 1990s girls were like, 'hey, we're punk. We want to make music,'" said freshman Daisy Winter.

There is no one way to be considered riot grrrl. As long as someone considers themselves and their music to fit the genre, they could be riot grrrl. Bands like "Bratmobile", "le tigre" and "Bikini Kill" all create punk-style feminist music.

"I feel like music needs to be more meaningful. I like how radical riot grrrl music is. I feel like most music people listen to is about love or whatever," said freshman Sailor Langley.

Yet, riot grrrl vanished almost as quickly as it materialized. The bands either too scared to 'fall off' or get sucked into the mainstream. But its influence has yet to falter, books including the young adult novel "Moxie" and the movie "Lady

IN THIS ISSUE:

PEOPLE & CULTURE (2 & 3)

- Child Development Teaches Important Lessons
- Why is Economics Required? Is it Worth It?
- Are Protests Anything More Than a Lot of Noise?
- What Could Budget Cuts Mean For SLOHS?

OPINION (4 & 5)

- Staying Fun: Students Need to Climb More!
- Who Should Pay for What in a Relationship?
- Teachers Should Never Use the N-Word in Class
- The Dying Party Scene: Do Teens Party Anymore?

FEATURE (6 & 7)

- What are the Niche Music Tastes of Students at SLOHS?
- Country Music: The Most Hated Music Genre, but Why?
- "Pinkerton" is Truly the Best Weezer Album Ever
- Who Are The New Faces Of Pop Music?
- Are Friday Night Funkin' songs really that bad?
- Glorified Noise-Makers: Artists Deemed "Overrated"

HEALTH & SPORTS (8 & 9)

- Students at SLOHS Share Some of Their Wacky Dreams
- Norovirus: The 0.1% of Germs That Can't Be Killed
- THC: Helping or Hindering Cognitive Function?
- Monroe Check-in: Girls Basketball is Killing It!

ARTS & ENTERTAINMENT (10 & 11)

- The Variety of Art at SLOHS from I to AP
- Let's Play Games!...During Class?
- Is "Percy Jackson" an Accurate Depiction of Greek Mythology?
- Which New Video Games are SLOHS Students Getting Excited About?

BACK PAGE (12)

- What Does Your Favorite Song Say About You?

Editors

People & Culture
Roslyn Risner
Opinion
Joey Bernardo
Feature
Mallory Cushing

Health & Sports

Back Page
Vyolet Burrus
Arts & Entertainment
Cadence Flickinger
Web
Aidan Field

Reporters

Peyton Bonn
Leah Davis
Mariann Doring
Alex Durrant
Megan Elzer
Janette Flores Martinez
Amy Funk
Charles Gillmore
Samantha Gomez
Xavier Lara
Maddox Lee
Oliver Lyons

Advisor Scott Nairne

Lucia McCarthy-Zirion
Emerson Oetman
Vaughn Otto
Chase Phillips
Sloan Retsek
Ava Rhodes
Anika Richard
Leo Ruiz
Julien Sheetz
Hunter Temple
Irelynn Zurbach
snairne@slcusd.org

Sources: nonconformist-mag.com,

Child Development Teaches Important Lessons



SLOHS Child Development teacher Kristi Burleson's methods lead children through developmental milestones. Photo courtesy of Burleson.

REPORTER SAMANTHA GOMEZ

A Career and Technical Education (CTE) pathway that is a great option for San Luis Obispo High School students who want to enter a job which they need to work with children.

In the child development classes, students take notes on what they believe is important to know about children. This is based on the information that they were taught in lessons about children's growth. *Expressions* decided to interview the child development teacher Kristi Burleson in order to see how her classes can help students learn responsibility and the weight of caring for kids.

Expressions: What do you teach in Psychology Child Development?

Child Development teacher Kristi Burleson: In the Child Development class, we cover a lot of different, but interrelated topics that all relate to what skills and knowledge you need to be able to take care of, or at least interact with, young children. We cover the time frame of a child's life from the neonatal time period through about the age of five, which is right about when most kiddos enter into Kindergarten.

Expressions: What do you teach in Child Development and Tiny Tigers?

Burleson: We discuss 'best practices' for how to raise young children. Things like reading out loud, dancing and singing together, playing as much as possible, eating fun and healthy meals, and most of all being spoken with! ...I

can only guide them [SLOHS students] to knowing that they have freedom of choice in how they move forward, and they have the opportunity to say, "My upbringing doesn't define me, and I can overcome generational trauma if I decide to make a change"

Expressions: What is the most challenging part of teaching Psychology Child development?

Burleson: There are topics and concepts we study that can trigger some past hurts and potential trauma for high schoolers as well. We discuss postpartum depression and anxiety, which affects up to forty percent of women after giving birth. There are a lot of high schoolers who have known people who suffered from PPD [Postpartum Depression] and PPA [Postpartum Anxiety], or who know other high schoolers who struggle with depression and anxiety. These are common psychological illnesses in our society, but we don't often address them or discuss them in groups, which is why it's an important and meaningful conversation when we discuss the severity and impact that they have.

Expressions: What is the most challenging part of teaching Tiny Tigers?

Burleson: I think the greatest challenge for me in teaching Tiny Tigers is remembering that high schoolers are high schoolers and I can't (and shouldn't) expect perfection from them every time. Providing the preschoolers with an amazing preschool experience ([ASL teacher Kristen] Nusbaum once called Tiny Tigers

"magical" when her daughter, Fiona, was here, and I've remembered that word ever since as what I want to strive for in our program!) is of the utmost importance to me, but as a person, I have to remind myself that my high schoolers are also fallible people too - and we are all going to make mistakes, figure it out, ask for forgiveness, and move on with new learning having taken place.

Expressions: Why would Tiny Tigers be important for students?

Burleson: They learn how to "see a need and meet a need" as they watch others also struggle. They learn to be a part of a community working together for the common good of others (in this case, the preschoolers). They learn to use their loud teacher voice to give instructions and also their quiet, compassionate words when comforting a crying four year-old who misses their mom or dad. They learn how to be vigilant in being aware of potential dangerous situations, and learn what it means to put someone else's interests before their own. They also learn how to be frustrated with their peers and have to still work with them and be respectful towards them. They learn how to give negative feedback and tell someone out loud when they think they're doing something wrong.

The greatest part of going to SLOHS is the multiple opportunities to explore a variety of career subjects. Learning and working with children is one of the many paths a tiger can walk through.

Why Is Economics Required? Is it Worth it?

REPORTER MADDOX LEE

In 2025 there are more people online teaching about the economy than ever. With that, is there actually a reason for economics to be required here at San Luis Obispo High School? If so, what are the benefits of taking the class, and how do they compare to online classes and videos?

In 2022, 47,809 economics degrees were handed out with an average salary of \$113,579. It seems like a no-brainer to make the class a requirement but nowadays things are changing.

Are these courses actually worth it?

"I have taken online courses and to be perfectly honest I never really learn anything. I learn enough to pass the test and then forget it all. I am hoping that students will learn things in my class that they will be able to use for the rest of their lives," said economics teacher Gregory Ross.

With the average age of a millionaire being 57, it's kind of obvious that most of the wealthy population graduated from school taking economics during their highschool, possibly college years. That's not to say that all people finish their education.

22 percent of millionaires never finished college, and even a quarter of the world's billionaires dropped out of school. Some of the richest people in the world dropped out of high school, for example, billionaires Steve Jobs, Bill Gates, Richard Branson, and Mark Zuckerberg.

Students might get the impression that economics and education in general is unnecessary for success. However, these are very rare occurrences and dropping out of school is not the best option.

So then, if online courses aren't worth it, what does economics put on the table? "In econ we've learned a lot about how businesses function and what they do to maintain profit and success. We also learn how the economy works on a global scale and how the world stays running. Ross also talks a lot about life skills and how to plan for our futures," said senior Nolan Connelly.



Students exchanging money for goods and services. Photo courtesy of freshman Maddox Lee.

There are two types of economics taught here at SLOHS, macroeconomics and Microeconomics, but what's the difference?

"Micro focuses on smaller markets. Like, why do gas and egg prices fluctuate? How do tariffs or excise taxes affect prices? Why is there a minimum wage etc. In macro, we look at the US or world economy from a zoomed out perspective. The involvement of the president and congress on policies that affect our economy to influence inflation, unemployment and economic growth," said Ross.

Many students at SLOHS agree that economics is a worthwhile class that everyone should take. Take the class and get ready to be the next "Wolf of Wall Street."

Source: yahoofinance.com

Are Protests Anything More Than a Lot of Noise?

REPORTER ALEX DURRANT

Dating back to the Boston Tea Party, political activism has enabled radical change and social justice. However, unlike previous generations, the various ways, and culture surrounding protest have pushed students at San Luis Obispo High School to play a different role in politics.

The advent of social media, paired with divisiveness in American politics, resulted in an evolution in how protests are organized, and why people participate.

"A protest should be aimed towards calling attention to an issue, promoting productive solutions and finding common ground. Publicizing both before and after protests is necessary to spread awareness about whatever issue is at hand. It's also vital to ensure the goal of the protest is clear . . . Opening up communication between protesters and those in power is also necessary, so not just making your voice heard, but working with others to make a difference," said senior Lana Goodman.

In the past, protests have necessitated a well organized base. The Wheels of Justice Campaign, for example, was well carried out by the American Disabled for Attendant Programs Today (ADAPT) which led to the passing of the American Disabilities Act (ADA). Well organized movements such as these have

historically shown the best chance of success.

"Even when protests are not entirely effective in directly changing a policy, it is equally important to raise awareness and media attention about these topics in order to work toward those changes in the future," said senior Annika Miltner.

Unlike the protest movements of the 1960s, the internet and access to social media has massively changed communication and organization. In many ways, digital connection has helped expand the reach of activists, and spread awareness about important issues.

In a famous example, social media played an influential role in the Arab Spring in the early 2010s which organized demonstrations on an international scale. Many authoritarian governments maintain control over internet access, in order to prevent similar networking from occurring.

"It is a lot easier to get people together by spreading info via social media, and many protest efforts are done on the internet themselves. This allows for an even larger scale of engagement, which I think is great for their ability to make a significant effort toward meaningful change," said Miltner.

Aside from organizing, the internet can also be used to coordinate "digital sit-ins" where users around the world shut down



School wide walkout on May 12, 2022 after the overturn Roe v. Wade. Photo courtesy of SLOHS alumni Berlyn Ellsworth.

websites via "automating clicks", which create server overload. More individual protest movements have also been utilized by hackers, which use the internet to bring down corporate or government servers as a form of political activism.

On the other hand, the use of social media can sometimes hurt, more than help expand awareness about important issues. Speaking from experience at a past school some point out that protest movements can be transformed into "in-vogue trends" diminishing sincerity behind issues.

"This protest-chic cosplaying diminishes the authenticity and impact of activism, reducing it to a

performative, superficial display rather than a meaningful stand . . . prioritizing social media validation weakens the power and sincerity of the message you aim to convey," said AP Government teacher Josiah Cameron.

In a school like SLOHS, it can be difficult to generate participation needed to generate national media coverage.

Sometimes it can be unrealistic to expect a single protest to end deeply systemic issues.

Despite this, activism can still act as an important way to raise awareness over specific issues.

Sources: britannica.org, adapt.org

What Could The Budget Cuts Mean For SLOHS?

PEOPLE & CULTURE EDITOR ROSLYN RISNER

Every year brings new experiences and challenges to San Luis Obispo High School, and now, with the district enacting a \$9.2 million budget cut, more difficulties may be facing SLOHS and surrounding district schools.

On February 4, it was established that there will be teacher reductions, increased classroom sizes and possible counselor cuts throughout the district in order to make up the budget deficit. Even with these cuts, which were voted on further on the 18. The cuts have been made, so what will happen now?

"We had promising discussions about finding cost-effective solutions that preserve the heart of the program and assist us in lessening the impacts on K-12 programming," said SLCUSD superintendent Dr. Eric Prater.

Knowing that most programs will remain intact is comforting, but large budget cuts could still hurt students and teachers across the district. So why are these huge cuts happening in the first place?

"Our district needs to resolve its structural deficit. One of the primary factors is that school districts received significant one-time funds after the pandemic, and those funds are now, by

design, gone," said principal Rollin Dickinson.

Almost every school district in California got immense federal and state funding following the Covid-19 pandemic, roughly \$25 billion state-wide. Now, five years later the payouts are rolling back and with them a lot of additional resources schools may have adjusted to having.

"The need for the cuts is a result of the devaluation of Diablo Canyon which will eventually be closed, and the spending of Elementary and Secondary School Emergency Relief (ESSER) funding that was meant to cushion students impacted by learning loss during the pandemic," said Laguna Middle School teacher Mila Vujovich-LaBarre.

A budget cut of this size may disturb many, as it's hard to imagine everything staying the same with millions of dollars cut from our district funding.

"We are confident that student learning and high achievement will remain central to the work we do and what we celebrate at our great school," said Dickinson.

It is still up for discussion what exactly will be affected by these budget cuts. As well as how exactly the district plans to make up these budget cuts, the idea of selling schools which

are not currently in use has been brought up, in order to close the gap. Some predictions have been made as to what changes may be noticeable for students.

"My prediction is that class sizes will rise, and teachers who are serving as "Teachers on Special Assignment" (TOSA's) will be back in the classroom. That will serve as a "domino effect" on the teachers who are in the SLCUSD on a temporary work contract, and they will sadly, most likely not be rehired," said LaBarre.

Despite these assurances, the budget cuts still could affect student lives. Just because administrators say little will change, doesn't mean certain valuable programs that have been perceived as "extra," aren't still in jeopardy.

"Students and parents are always welcome to share viewpoints and provide feedback at Board meetings or through other venues," said Dickinson.

Remember, all people in the district have important responsibilities to fight for programs and show how truly important they are.

Don't sit back doing nothing, Tigers! If worried about a certain program that you see as a benefit now is the time to let the district know.

Sources: ca.gov, ksby.com

BOOBOO RECORDS

Vinyl · CDs · DVDs · Books · Apparel · Turntables & More
 978 Monterey Street, SLO
 805-541-0657 · booboorecords.com

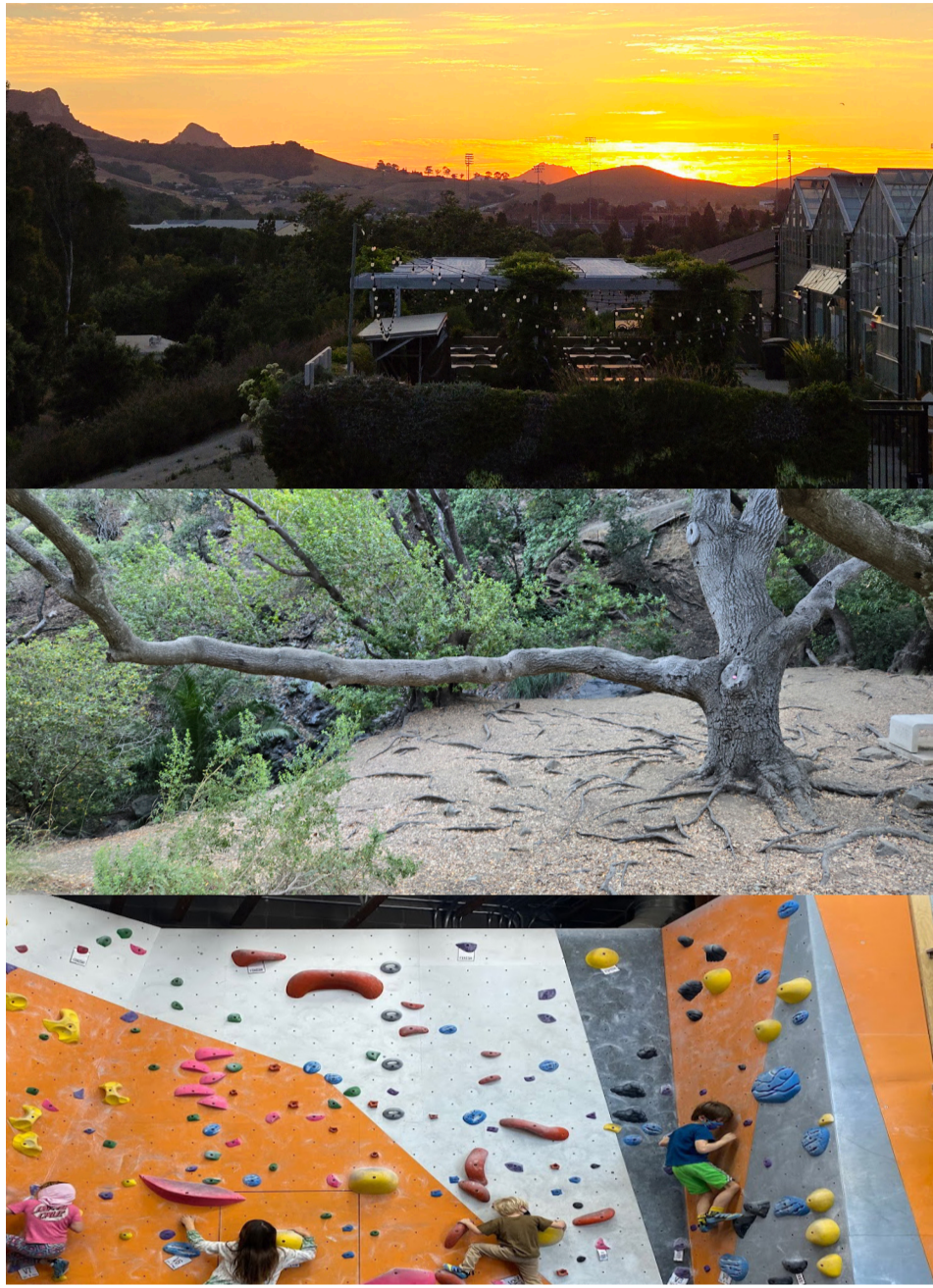
PAUL CUSHING
AGRONOMIC TURFGRASS SERVICES

Soil & Water Analysis
 Construction & Renovation
 Spraying Services

PCTURFPRO.COM

PC

Staying Fun: Students Need To Climb More!



There are plenty of beautiful climbing spots in SLO. Photo collage courtesy of freshman Megan Elzer.

Who Should Pay for What in a Relationship?

FEATURE EDITOR MALLORY CUSHING

In today's complex world of teenage relationships, San Luis Obispo High School students are caught between who should pay the bill in a relationship. The norm for splitting the check has changed drastically over the span of only a few years. Many couples have to set these expectations at the start of the relationship.

Every couple has to find out what works for them, they need to be open and honest so that one does not resent the other for always being the one to pick up the bill.

"Splitting the check is kinda helpful, most times we just trade on and off. Sometimes she'll drive and then I pay for the food, or I'll drive and she pays. It just means I'm not going to be poor," said senior Luke Lochungyu.

A study conducted by OnePoll, polled two-thousand Americans who have been in a relationship. It found that 56 percent believed the bill should always be split on the first date.

"I think it's nice if your girlfriend offers to pay, but I feel like it's our obligation as the guy to pay," said senior Luke Oetman.

A select minority of teenagers view splitting the check with a 'Baby-Boomer' perspective.

Data from the dating app Hinge taken in 2020, showed that only 29 percent of female users ages eighteen to twenty-five, expect men to always pay for dates.

"My boyfriend is very generous, he insists that he pays for my meals or my drink or whatever, but I try to pay whenever I can but he always insists on paying. It really goes to show how he cares for me and goes above and beyond in the way he treats me," said freshman Olivia Harmon.

The person who asks the other on the date should be the one to pay since they were the one who indicated the meetup, whether that's the guy or the girl. Grabbing the bill can make the other person feel loved and cared for.

Talking to your partner about who pays for what is the most important thing, so you can make sure you can focus on more important things in the relationship.

The next time you grab for the check after dinner, make sure you know what you're getting yourself into!

Sources: [medium.com](https://www.medium.com)

REPORTER MEGAN ELZER

San Luis Obispo High School students do not climb things anymore, whether it be a tree, a fence, or a building, they simply aren't interested in climbing it.

This is a problem connected to our school, work, and the technology surrounding us. Climbing is a good way for physical activity, as it's simple and promotes flexibility and stress management.

As SLOHS students keep gaining schoolwork and technology keeps progressing, it has become even more difficult for children to exercise.

"I think it is the root of a bigger problem. Technology, social media, etc., have taken over young people's lives," said health teacher Dan Monroe.

This doesn't mean that climbing wasn't a part of our childhoods. Many kids in San Luis Obispo have fond memories of scaling trees and monkey bars.

"I really liked climbing trees when I was younger," said senior Riley O'Connor.

Often more than not, teenagers have a more prolific and active life when they are younger. Children depend on their caretakers for shelter and sustenance, as well as physical activity.

While high school students are busy with an increased school load and a lack of childhood ignorance, technology has also played a big role in this shift from playing outdoors all day to staying inside.

"Teenagers are so addicted that they would rather just sit and scroll on their phones instead of going out and doing something active with their friends such as rock climbing and other physical, outdoor activities," said Monroe.

Only 6 percent of American children play outside unsupervised, and the number of kids who walked or biked to school decreased from 71 percent to twenty percent in 2005.

Physical activity also changes dramatically from middle school to high school in that sports become more prominent in a teenager's life; why should we run around on the street when we can do it on the track and field, why should we throw a ball with our dad when we have already been doing that during practice?

This is also a distinct but important shift that certainly alters the middle school to high school experience, as sports, schoolwork, jobs, social status and technology keep becoming more prominent in a student's life, the more we won't be able to play for fun, and the more we won't be able to climb things for fun.

Thankfully, there is San Luis Obispo's Pad, a climbing center that many students enjoy. While students aren't allowed to climb things on campus, the Pad presents the perfect alternative.

"Our mission is to build immersive, self-reliant, and interdependent experiences, spaces, and opportunities through climbing, community, fitness, and love," said the Pad.

The Pad has locations in both San Luis Obispo and Santa Barbara.

Get out in nature and climb trees, rocks, boulders, and more. This city has so much to offer, just go outside!

Tigers, get out there and start climbing! There's many options out there.

Sources: ecohappinessproject.com, thepadclimbing.org



Students fighting over who should pay for some food. Photo courtesy of junior Aidan Field.

Teachers Should Never Use the N-Word in Class



There are a ton of books read in SLOHS English classrooms that contain the N-word. Photo courtesy of junior Aidan Field.

REPORTER OLIVER LYONS

In San Luis Obispo High School English classes, many pieces of older literature tend to be covered. Why? Honestly, not sure. Either way, since these books were typically written many years ago, the language used within them is something considered inappropriate in today's day and age.

The most glaring example is the loose use of the n-word, more specifically the hard r. No matter the situation, the n-word should never be used in the classroom, especially by teachers.

"I've heard some teachers say the word and also [some] skip the word," said senior Vincent Puente.

Most, if not all, of the main English teachers on campus are white. In fact, the most common ethnicity of high school English teachers is white (72 percent).

The best example of a book the n-word is written in is "To Kill a Mockingbird," which is read in freshman English classes here on our campus. Even so, some more modern books include the word as well.

"There's, in my opinion, no circumstance in which a teacher should read [the n-word] aloud, nor should any student," said English teacher-

Brian Moss.

While many find the saying of these words unjustifiable, and it frankly is, some disagree with the sentiment. The usage of these derogatory terms were simply part of the history of our world.

Even if it isn't respectful to use nowadays, it's just another word, right? "I do definitely think that it should be allowed, only because it shows the history of our time and what they did back then and how they saw things back then," said Puente.

As much as it is proof of history and old customs, and this can be a relatively valid reason to let it be read, it doesn't change the fact that it was a term used as a slur; it is for the specific sake of being derogatory.

The exact definition of the word in question is an "insulting and contemptuous term for a black person".

All that to say, in the end, the only people allowed to say the n-word should be black people, as it is the term they have reclaimed.

The only time it should be used in the classroom in any regard is if it's on an audiobook recording and the reader is black. Otherwise, it should be left untouched.

Sources: zippia.com, merriamwebster.com

The Dying Party Scene: Do Teens Party Anymore?

REPORTER VAUGHN OTTO

If San Luis Obispo High School students were to ask their parents about their high school experience, the majority would say it was one of the best times of their lives, parties, social gatherings, people outside, school spirit was at its peak, overall it was way more communal experience.

In this day and age, with the phone epidemic, teens are significantly less social and often spend more time on their screens than actually outside with people having fun and making memories.

"I try to make plans almost every weekend whether it be just getting all the bros together and hanging out, or planning a full day activity," said junior Mason Lebed.

Students at SLOHS are designating seeing each other only for the weekend, as for many

students, the weekend is much more convenient for meeting friends.

Teens before the 2010's were on average hanging out after school and on weekends daily, whether it'd be going to malls, the movies, or simply driving around listening to music. Now it seems after school students go home and sit on their phones.

"Parties are a rare occurrence here at SLOHS, I really wish people would throw them more but I totally understand why people aren't whether it'd be because of parents, or simply not wanting their house to be trashed," said senior Myles Payne.

Clearly things have definitely changed. High school seniors who gather with friends in person "almost every day" dropped from 44 percent in 2010 to 32 percent in 2022, according to Monitoring the Future, a national survey of adoles-

cents. Social outings for the typical eighth grader dwindled from about two and a half a week in 2000 to one and a half in 2021.

"There's times where I spend weeks on end without seeing my friends, and we just play video games instead," said an anonymous student at SLOHS.

Phones and other technology has definitely played a massive role in reducing the amount of time friends spend together in person. With social media, it's much more appealing for students to sit home and watch videos instead of spending time with people.

Despite this, students are definitely missing out on having fun in person.

Get out there, make plans, and start hanging out with friends again!

Source: thehill.com

Disclaimer: Official Student Publications

"The San Luis Obispo Coastal Unified School District is committed to upholding the rights of each student to free expression, as guaranteed by the First Amendment of the United States Constitution, Article I of the California Constitution and the California Education Code. Consistent with California Education Code section 48907, students will publish only legally protected speech, which does not include obscene, libelous or slanderous material, or unwarranted invasions of privacy. Students will also refrain from publishing material which so incites students as to create a clear and present danger of commission of unlawful acts on school premises or the violation of lawful school regulations, or the substantial disruption of the orderly operation of the school. The views, opinion, and content expressed herein are those of the student author(s). Therefore, the content may not necessarily reflect the official policies, opinions, or positions of the San Luis Coastal Unified School District, its schools, administration, faculty, staff or the Board of Education."

What Niche Music Do SLOHS Students Like?

REPORTER ALEXANDER DURRANT

Everyone knows the stigmas. Metalheads are loud and violent. Swifties are 'entitled' (not my words); and people that listen to classical music are both posh and pretentious. Opinions based on these harsh stereotypes make it harder for others to enjoy their music. The existence of these genres (which are very often misunderstood) is an overlooked interest of students at SLOHS.

"J Pop and anime has been ridiculed too harshly for a very understandable yet uneducated reason. . . Anime isn't all that sus cat girl garbage all your phones have been feeding you, it's just it became so easy for corporations to mass produce garbage that all the good stuff like "Erased and Stine's: Gate" got clouded and you have to go digging to find it," said an anonymous SLOHS senior.

Japanese pop (Jpop) music is often defined by its signature tempo, distorted guitars, and high performing lyricists. Some of the more popular Jpop artists include Creepy Nuts, Myth & Roid, and LiSA (some names are lost in translation). The lyrics are impossible to understand, and therefore make effective background music for studying. The same anonymous SLOHS student has also noted that 'french rap' is an equally valid alternative.

"I'm personally a fan of that early 1920-1950 style of music. It has this static quality that I really love listening to while I'm studying. A lot of their music has this sort of slower rhythmic feel to it, that you don't really get with some of the newer music you listen to," said a second anonymous senior SLOHS student.

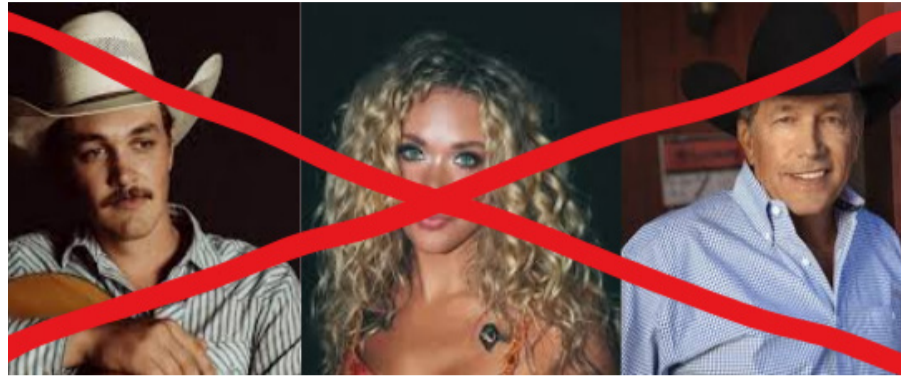
Favorite artists from this time period include the underrated "Ink Spots" (1932-1940s), the big band stylings of "Bobby Darin", and "Bing Crosby" classics. Some of its more popular uses in modern media include the video game soundtracks from Fallout, which is heavily based on the aesthetic of early 1930s to 1950s music.

"My taste in music is about musicals, specifically EPIC right now, it's a musical about the odyssey, it [feels] very electric," said freshman Noah Jones.

The official concept Album of "EPIC" is a Broadway style soundtrack based on the Odyssey. The artist behind this concept art is Jorge Miguel Rivera-Herrans. Herrans pulls the bulk of his inspiration from video games/animations and attempts to utilize a non-traditional approach to songwriting that blends storytelling, and dissonant mediums.²

In defining musical taste and genres, American culture has created obstacles to enjoyment. The dislike of artists based on first impressions has prevented potential listeners from niche genres. In moving past these stereotypes, students have the opportunity to expand both musical horizons, and enter new and existing genres.

Country Music is the Most Hated Genre



Some of country music's oldest and newest stars aren't appreciated in this day and age. Photo collage courtesy of freshman Sloan Retsek.

REPORTER SLOAN RETSEK

Country music is one of the most popular genres in America, yet many San Luis Obispo High School students hate the music coming from this genre.

"Growing up and in high school, it was NOT cool to listen to country, so those of us who did, listened and talked about it in private," said agriculture teacher Jaime Stapf.

With country music having to be concealed from the public, because of dislike towards it and the people who listened to it. Is a very good reason why the prejudices to country music haven't changed much from in the last few years or there hasn't been a decrease of prejudices.

"Well I just think it's dumb and they want to be like the rest and listen to rap. People want to just go with the flow, you know?" said sophomore Reagan Eaton.

This seems to be the popular case amongst teens. They like

whatever is popular and don't like what isn't popular. In this case they like rap music and hate country music because it isn't popular. Good music goes bad in this day and age because of the trends social media and life are showing.

"I don't necessarily have anything against it, I just prefer different styles of music. I think it usually just sounds the same over and over again, and has the same motifs and no nuances in the writing" said sophomore Tessa Roos.

The same thing over and over again is a popular reason for dislike towards country music. Girls, drinking beer, and trucks over and over again, but country music is so much more than that. It can have deep and emotional topics that people can really relate to.

Next time country music gets hated on unnecessarily make sure that the reasons are valid because country music is good and should be respected all around our campus.

Rugged and Raw: "Pinkerton" is Truly the Best



"Pinkerton" reigns supreme over the original "Blue Album". Collage courtesy of junior Vyolet Burrus.

WEB EDITOR AIDAN FIELD

At San Luis Obispo High School, students' ears are often filled, capped with white airpods or wired headphones. Students find peace, entertainment, or an escape with music.

"I listen to Weezer and Led Zeppelin, stuff like that... growing up, my parents had a record player," said sophomore Will Folden.

But with modern technology, and the fact that almost all music has been digitized, students are able to listen to a diverse selection of songs and albums, like Weezer's "Pinkerton."

"Pinkerton" was Weezer's sophomore album, their second release after "Weezer" (The Blue Album). "Pinkerton" is a classic, yet at its release, it was hated.

"The 'Weezer' album is what defined their sound and garnered them most of their fan base, and while the 'Pinkerton' album was such an abrupt switch with their sound, I think it's a lot more raw, expressing the sound the band actually wanted," said junior Vyolet Burrus.

Before "Pinkerton", Weezer gained notoriety for their unique pop-rock style. "The Blue Album" was a carefully curated album, a highly produced amalgamation of rock, pop, and emotion.

"Pinkerton" was different. When lead singer Rivers Cuomo and the rest of Weezer wrote "Pinkerton," the intent wasn't necessarily to replicate the success of Weezer's first album, but to be themselves.

"When we went to make our first album... we were nervous and we wanted to sound good... and it came out sounding a bit sterile," said Cu-

mo in an interview with The End.

"Pinkerton," by contrast, was purposefully recorded to sound raw and intimate. When listening to the album, the listener gets the impression that each person and instrument is competing to be the loudest thing in the song.

If their first album is considered clean and polished, then "Pinkerton" is borderline disturbing.

In "Across the Sea" the singer sniffs the fan-mail of an eighteen year old girl and imagines her masturbating. In "Pink Triangle" the singer lashes out at a woman in grief at the fact that she is lesbian, and thus unavailable to be in a relationship that was perceived to be perfect.

"Pinkerton" documents the honest and emotional feelings of the worst part of someone.

This album doesn't provide a solution or conclusion, rather it circles back to the original problem.

Track One, "Tired of Sex" follows the singer as he laments their inability to find true love whilst participating in endless, meaningless sex. The album eventually comes full circle, with "Butterfly." The singer confesses their guilt and inability to build a relationship or anything meaningful.

The album is able to encapsulate the fact that the singer is both a victim of their experience, human sexual desires and their rock-star lifestyle, and yet also fully complicit to perpetuate their own suffering.

The album is able to be dense with meaning and complexity, whilst also being a pleasure to listen to.

Each song is enjoyable to listen to and students can enjoy Weezer's hybrid genre, a combination of rock, pop, and punk.

"I think the songs are kind of crazy in this album, with how much they cover and the stories they tell, but that's what makes it so good. What other band is grieving over a woman being a lesbian or singing about their hollow one night stands? The band sounds great in both of these albums, but they're so much more bold in 'Pinkerton' and I love that," said Burrus.

"Pinkerton" is an explicit, loud, and ugly album, but that's what makes it a masterpiece. It is the definition of music being art and not simply entertainment. This highly regarded album is now known as one of the first of its kind.

There are so many great albums, and with streaming services and the internet, students can access an almost infinite amount of songs. Be adventurous and give albums like "Pinkerton" a try.

Sources: rollingstone.com

Who Are the Newest Faces in Pop Music?

ARTS & ENTERTAINMENT EDITOR CADENCE FLICKINGER

Music is a key part of San Luis Obispo High School culture, and as the music industry evolves, so do its most recognizable artists. In this new era of music, one of the most highly discussed topics related to new artists is the new faces of pop music.

With the rise of video social media apps like TikTok and Instagram, one hit wonders have become quite common. However a few artists have made it clear that they can stand out and become a notable force for pop music.

“Billie Eilish is awesome! I love what she did with her new album, everything off the album is great, I listen to it on repeat. I really like the vibe she’s leaning into,” said freshman Zandora Staley.

First gaining public attention in 2015, American singer Billie Eilish has grown to a new level of fame as an artist. While she’s been in the industry for close to ten years, Eilish has made it clear she’s here to stay. With the release of her 2024 album, “Hit Me Hard and Soft”, Eilish received seven Grammy nominations this past year.

But when it comes to iconic style, no one does it better than American singer Chappell Roan. Roan’s drag-inspired looks, catchy songs, and an ‘I don’t care’ attitude scream pop star. Her 2024 song “Good Luck Babe!” amassed over one billion streams on Spotify alone. While it seems as if Roan was an overnight success, she spent over a decade trying to kick start her career and building connections within the industry.

“As a queer person, [Roan] being openly queer is great! Seeing someone out there, just being themselves, it’s really inspiring to me to see someone that I look up to embracing themselves,” said freshman Evie Olivera.

When it comes to a new star with a long running career, someone that may come to mind is American singer Sabrina Carpenter. Carpenter got her start on Disney Channel’s “Girl Meets World” show in 2014. After her contract with Disney ended, Carpenter released her 2022 album “Emails I Can’t Send”, gaining new fans along with it.

Carpenter’s real fame came when she opened for American singer Taylor Swifts’ “Eras Tour” shows in late 2023 to early 2024. Later in 2024, Carpenter dropped her album “Short N’ Sweet” which has since then collected over five billion total streams on Spotify.

“I [first found Sabrina Carpenter] from Disney when I was like seven since she used to be an actress. But for her music I mostly found her from her new album,” said freshman Grace Tuttle.

Opening for “The Eras Tour” seems to have been a great idea since American singer Gracie Abrams gained mainstream popularity after her tour appearances.



Artists (from left to right) Chappell Roan, Billie Eilish, Sabrina Carpenter, and Gracie Abrams are just a few of the rising stars to the pop music scene. Photo collage courtesy of freshman Cadence Flickinger.

“I ran into one of [Gracie Abrams’] songs when listening to Spotify, and then I started hearing her on TikTok and loved it,” said Staley.

Abrams’ refreshing folk-pop sound received widely positive reviews from the public. Her songs such as “I Love You, I’m Sorry” and “That’s So True” took over social media and gained hundreds of millions of streams in less than a year. Some claim her fame is not deserved as her parents, American director JJ Abrams and Katie McGrath, have large industry connections. But good music is good music no matter who made it.

Pop music is mostly a female dominated genre, however recently there has been a surge in male stars. American singer Benson Boone had several viral songs in 2024; Australian singer Troye Sivan has gained popularity as well as touring with English singer Charli XCX. American singer Bruno Mars has made a comeback in the last year after releasing songs like “Die With A Simile” and “APT”.

These stars are only to name a few. Other rising icons include Tate McRae, Olivia Rodrigo, Tyla, and many more. It looks as if pop music is headed in the right direction.

Sources: flexdog.com, thecomuniquechs.com, miamistudent.net

Are Friday Night Funkin’ Songs Really That Bad?

REPORTER AMY FUNK

Rhythm games are quite popular at San Luis Obispo. Games like “Project Sekai” and “osu!” are usually brought up. However, one certain rhythm game which has a somewhat divided opinion is “Friday Night Funkin’”.

“Friday Night Funkin’” or “FNF” for short, is a rhythm game created by the “Funkin’ Crew,” a team consisting of talented artists, programmers, and composers.

The first demo of the game was released on October 1, 2020 for the Ludum Dare Forty-seven Game Jam. The game continued to receive updates and news as late as September 12, 2024.

Most “FNF” songs follow the pattern of focusing on the character’s vocals as the main part of the song, with the instrumental made to support it. This allows for unique and catchy sounding music, as the vocals rarely have lyrics, and simply being the sounds.

“[I like FNF songs] because of the patterns and the artistic variety that comes with it.” says sophomore Thomas Spears.

This style of music incentivized many composers to create modifications of the game, adding new songs, characters, and even new stories. A popular song, “Silly Billy” from the “Hit Single” mod, uses lyrics in the final act of the song, sparking interest with lyrics in many other mods.

However, these songs aren’t for everyone. Opinions on “FNF” songs tend to be divided, with some people saying the vocals make the songs more catchy, while others saying it’s annoying or ruins the song.

“I would recommend it to some people, [however] I understand it’s not for everyone.” said Spears.

If students haven’t tried listening to “Friday Night Funkin’” songs yet, Tigers, Try them out! You might like them!

Sources: newgrounds.com, itch.io

Glorified Noise-Makers: Artists That Are Deemed “Overrated” by SLOHS Students

REPORTER EMERSON OETMAN

The students at SLOHS have very different music tastes, which can spark controversy over talented singers. Between artists who sing like they’re half asleep, industry-plant pop princesses, and music that sounds like boiled, unseasoned chicken, a plethora of rising artists can be deemed “overrated”.

“Country music is slightly overrated, because I feel like everyone here really likes it a bit too much. I would say Billie Eilish is a little bit overrated. I think her voice is great, but all of her songs are kind of similar and have the same tone. Rappers too, like Lil Peep. Everyone’s obsessed with rap, which is just okay. Same with Ariana Grande, and I just don’t see the hype,” said senior Bronwyn McDiarmid.

Country music is one of the most commercially successful genres in the U.S., with artists like Morgan Wallen and Luke Combs dominating the charts. However, critics argue that modern country has become formulaic, relying on repetitive themes of trucks, beer, and small-town life. Some feel the genre has lost its roots, favoring pop-infused production over the storytelling and authenticity that defined legends like Johnny Cash and Dolly Parton. As a city with a lot of vineyards and agriculture, country music is certainly popular in San Luis Obispo (SLO), especially

since a lot of students grew up listening to it.

Despite its popularity, a lot of students have some criticism about rap music. “I’m gonna say Kanye West, yeah. His music is overhyped and all he uses is cuss words,” said junior Sofia Rodriguez Pierson.

Kanye West is a very controversial figure in the music industry. His influence spans hip-hop, fashion, and popular culture, but discussions about his legacy often spark debate. Some hail him as a musical genius, while others argue that his acclaim outweighs his actual contributions. Pierson’s favorite artist is Olivia Rodrigo, and thinks eighties rock is the most underrated music genre.

The concept of an artist being “overrated” is inherently subjective. Factors such as personal taste, cultural impact, and the evolution of music styles play significant roles in these perceptions. While some listeners may feel certain artists receive undue praise, others find deep connection and value in their work.

Ultimately, the diversity of opinions enriches the musical landscape, fostering discussions that highlight the multifaceted nature of art and its appreciation.

Sources: npr.org, houstonpress.com, thetimes.co.uk

Monroe Check-in: Girls Basketball is Killing It!



The Varsity Girls Basketball team with coach Dan Monroe in Santa Barbara for a tournament where junior Ali Abercromby was named to the all-tourney team. Photo courtesy of @slohs_girlsbasketball on Instagram.

REPORTER LEAH DAVIS

This winter season has been very competitive for the San Luis Obispo High School Girls Basketball team. This team has been dominating with lots of wins off and on the court, and they could not do it without their beloved coach Dan Monroe.

Expressions talked to Coach Monroe and asked him a few questions about basketball and coaching and this is what he had to say:

Expressions: How long have you been coaching Girls Basketball?

Coach Dan Monroe: This is my fourteenth season as the head Varsity Girls Basketball coach.

Expressions: Is this a good year for the girls basketball team?

Monroe: We are having a phenomenal season. We are currently 20-4 overall and 5-0 in league. We are four wins away from capturing the program's first league championship since 2003. We are also five wins away from

winning more games than any SLOHS Girls Basketball team in thirty years!

Expressions: What are your future goals for this team?

Monroe: Continue to build off of the solid foundation that we have created this season. As I mentioned above, a league championship is a big goal but also a deep run in the CIF playoffs is another goal we have set for ourselves.

Expressions: What has been your proudest moment this season?

Monroe: Man, this is hard. There have been so many! Probably after our [game on January 24]... We won our twentieth game of the season when we won only twelve games all of last year. We also swept through the first round of league and we only won two league games all of last season.

Expressions: Have the girls been working hard to do their best this season?

Monroe: This group has shown up everyday in practice with the mentality that we are

going to work hard, push each other and make our teammates better. Hard work in practice has translated to hard work in games. No matter what the outcome of the game, whether we have won or lost, no team has outworked us in any game this season.

Expressions: The varsity team seems like a very close knit group of girls this year. How does that affect the way they play together?

Monroe: It is everything! This group is so close on and off the court and I do believe that is the main reason why we have been so successful this season. Do we have good basketball players? Sure. But the chemistry and comradery that this team has built is different than any other team I have ever coached. They support each other, they believe in each other and they celebrate each other's successes before their own.

The team has been killing it this season and the coach could not be more proud. Keep it up lady Tigers, *Expressions* wishes the team luck!

THC: Helping or Hindering Cognitive Function?

REPORTER ANIKA RICHARD

Weed has been legalized for individuals over the age of 21 as of November 8, 2016. Here at San Luis Obispo High School, teachers, psychologists, and even some students have their opinions. With this wave of medicinal use cannabis comes questions as to its effects on the brain, especially for developing minds.

Weed is said to produce many effects on the brain, including a sense of time warping, with impaired thinking, movement and thoughts. How dangerous is it really? Do they oversell its effects to scare children away?

"Yes, I have seen dramatic mood changes that coincided with beginning to use marijuana. I have also noticed a general lack of motivation, which appears as laziness, in many others," said SLOHS psychologist Aryn Jorgensen.

This effect has also been noted on the Centers for Disease Control website page about the use of THC, which stands for tetrahydrocannabinol.

"The only drastic change that I've seen ever happen to people who use THC is when they misuse it. Too much THC makes people very paranoid and I've seen people even get super nauseous and twitchy," said an anonymous senior.

Especially in the young and curious minds, it is easy to overuse it, and that makes the drug dangerous. Do people recognize that it is a heavily addictive substance?

"No, it seems that most marijuana users I have encountered do not recognize that it is a problem and have little desire to stop," said Jorgensen.

This can be a slippery slope as it is a passive addiction, and can lead to heavier addictions later in life.

"It's very difficult for anyone to try and stop addiction and I find it rarer for them to be able to come to that conclusion themselves. The people I have tried to help didn't go so great, it is quite difficult and I think recovery is something most non-addicts will never truly understand how difficult it is," said the anonymous senior.

Addiction is a difficult subject, but it must be talked about, especially in the context of passive addictions such as weed.

"I implore more people to research this subject, there's so much stigma and misinformation, even for the people who use it constantly and recreationally, don't understand or know," said the anonymous senior.

Education and research is a great best friend when it comes to substances, and can alert the public of the very real, very intense effects.



Products containing weed and THC may be tempting for some, but there are many downsides that outweigh any benefits. Graphic courtesy of senior Hunter Temple.

"The latest findings are shedding light on how biological brain differences may influence cognitive effects in adolescent users, how cannabis can interfere with pharmaceutical medications for depression and other mental health issues, and the potential mental benefits for older adults," said American Psychologist Association psychologist Heather Stringer.

These effects are still being studied, along with many others, such as how the brain processes THC.

As a general rule, however, it is safe to say that cannabis can impact thinking and functioning, and even have long term effects on brain development if overused. Do research, talk to trusted people, and most importantly, be safe in the choices you make.

Sources: gavel.io, cdc.gov, apa.org

If Dream is a Wish, That's Concerning: Students at SLOHS Share Some of Their Wacky Dreams



Dark angel Latin teacher Chad Timm haunts his student's dreams. Graphic courtesy of senior Hunter Temple.

REPORTER EMERSON OETMAN

Whether it be some scary, recurring dream or a wacky and silly one, San Luis Obispo High School students have had some very... interesting dreams. Dreams are strange windows into the subconscious, often mixing reality with the absurd in ways that leave one scratching their heads.

For students, whose lives are

often filled with stress, deadlines, and caffeine-fueled all-nighters, dreams can take on especially bizarre forms. From encountering teachers in alleyways to swing dancing with the royal family, here are some of the weirdest dreams students have reported having.

"I was dreaming that the royal

family, like, the British one, came to San Luis Obispo and we were at this ranch. It was when Kate and William were really young and they had their first kid, George, but he was still a baby. He was in this medieval stroller thing, and I was told to take care of him for the day. They really wanted to go to Madonna to swing dance with my parents. But for some reason, cars hadn't been invented yet. So there was just this weird, old car that was the first car ever made and it was really sketchy. We were gonna take that to Madonna to go swing dance. Of course, it also had to be pouring rain. Everyone teleports into the car and I'm left with George and his freaking stroller. You know when your mom's in the car but she won't unlock the door because she can't find the button? That's how miserable we were, and the whole time I was thinking that this is literally the heir to the throne right over there. And then I woke up," said junior Kate McGuire.

What an odd dream. McGuire claims to remember dreams at least once a week, but has to try to remember them.

Another student describes a more... unsettling dream.

"We were in some dark, creepy alley, and Mr. Timm was like, a dark angel or something, and then he got arrested and he was pushed up against the wall," said junior Elliot Swanson.

Swanson reports remembrance of dreams about three times a week.

The next dream features magic, and themes from a popular game.

"I was in New York and my family and I were staying in a fancy hotel. I was taken downstairs to this basement place to practice magic. The teacher was pretty strict though, so if you messed up, you would get chained to like one of those minecarts from 'Minecraft' and was rolled away to a back room that was behind the teacher. I remember seeing one girl mess up something, and she would get seated in the cart and never seen again. One day, I messed up and so I was supposed to get sent to the back, but apparently my magic was stronger and I opened a portal to get out of the basement area. I remember running through the hotel and the teacher was after me with a massive flood of water. I teleported again to outside of the hotel and then ran around New York City with the flood still following me," said senior Sofia Peinado.

Strange dreams remind people of the mind's endless creativity, blending fears, memories, and imagination into surreal experiences. While their meaning remains a mystery, they connect everyone in unexpected ways, proving that sometimes, the wildest adventures happen while sleeping.

Source: valleysleepcenter.com

Norovirus: The 0.1% of Germs That Hand Sanitizer Can't Kill

REPORTER SLOAN RETSEK

Norovirus aka the "stomach bug" or the "stomach flu" has been going around San Luis Obispo High School this season and has claimed many students as its victims.

Norovirus is an extremely contagious virus that causes diarrhea and vomiting. Medical professionals don't necessarily know the cause but a very likely one is a strain called GII.17. This once uncommon strain has now become quite popular causing seven of the ten outbreaks in the states.

"You throw up a lot, I threw up like ten times, and after you just feel really weak," said freshman Arden Brandow.

Last January a large number of students got sick and missed school. 1,095 students last January were reported to be absent from sickness, most likely a majority from norovirus.

"I had a tournament and everyone on our team got it. I was out for like a week. I just felt really gross. I couldn't get out of bed because I was either too cold or too hot," said freshman Ariana Fisher.

Between August 1, 2024 and January 15, 2025, there were 1,078 norovirus outbreaks along with this high number. The total number of outbreaks reported during the 2024/25 seasonal year is above the range reported between 2012 and 2020 seasonal years and between the 2021 and 2024 seasonal years.

"I can tell you since the beginning of the school year, the health office has seen: thirteen students with complaints of diarrhea/constipation, 270 students with complaints of stomach pain, forty students with complaints of vomiting," said SLOHS school nurse Grace Van Doren.

With contagious diseases catching fire in the United States we as people have to make sure that they are taking the right steps to protecting themselves, especially with the fact that there is no real cure to this virus. The main precaution is to wash one's hands with soap and water for twenty seconds because normal alcohol based hand sanitizers don't kill the virus.

As the winter months and sick season come to an end, be cautious and careful to not catch norovirus or any sicknesses that are spreading around campus.

Sources: yalemedicine.org, cdc.gov

Your Central Coast One-Stop-Shop for Gaming and Comics!
Deck Boxes - Dice - Card Sleeves - D&D - Warhammer - Miniatures - MTG - WotC
Comic Books - Action Figures - Graphic Novels

GAMES
Games Workshop, Clix, D&D
CCG Headquarters
MTG, Pokemon, & More
Video Games - New & Old

NEW & USED GAMES
Trade-Ins Accepted!
Cash or Store Credit
Buyer Always on Duty

COMICS & GRAPHIC NOVELS
New Comics Every Wednesday
1000's of Back Issues
Graphic Novels

ACTION FIGURES
Comic & Fantasy Related
DCI SANCTIONED DRAFTS
Every Friday Night at 5 p.m.!
Special Tournaments

565 Higuera Street, SLO - (805) 544-Nemo

BECOME A FAN!
Add us on Facebook for special updates, coupons, & give-aways!
[Facebook.com/CaptainNemoGames](https://www.facebook.com/CaptainNemoGames)

Magic Boosters \$2.99
FREE PARKING ALL AROUND STORE
Tons of Dice!
T-Shirts too!

FNM DCI

SLO's ORIGINAL INDY MUSIC STORE

Cheep Thrills
since 1971

Vinyl Records
• Largest selection of New & Used Vinyl Records
• From 7" to 12", 33's to 45's, LPs to EPs, and more!
• Low Prices - Tons of Used at \$1.99 - \$2.99

Video Games
• Consoles, Games, Accessories, Parts & Repair
• NES to Wii / PS1 to PS3 / Xbox / 360 / Sega
PSP / Gameboy/ DS / PC Games
...and Tons of Other Great Stuff!
Cables, Connectors, Hook-ups, Carrying Cases,
Cassette tapes, Band T-Shirts & more

CDs
• All categories and styles - Rock to Rap,
Country to Metal, & tons more!
• Huge selection of Used CDs - Starting at \$2.99

DVDs
• Largest selection of Movies
• SLO's only Movie Specialty Store
• Lots of great like-new Movies - As low as \$2.99

NO TRADE-IN REFUSED

WE REPAIR DISCS!
CD, DVD, PSP, VHS

FREE PARKING
ALL AROUND STORE

Gift Cards accepted from any major retailer of music*
Trade-Ins Accepted - Buyer Always on Duty!

563 Higuera St., SLO - 805.544.0686
Add us on Facebook for special updates, coupons, & give-aways! [Facebook.com/CheepThrillsSLO](https://www.facebook.com/CheepThrillsSLO)

The Variety of Art at SLOHS from I to AP

REPORTER SAMANTHA GOMEZ

Students at San Luis Obispo High School are required to take at least a few courses of art classes and each individual has a variety to choose from. At this school students can choose Art I through III, AP (advanced placement) Art History, and AP Studio 2D (two dimensional) art.

Expressions decided to interview a large range of art students and staff to get a view of what each art level has to offer.

Expressions: What are you doing in art class?

Art I junior Jacob Gill: Expressing my artistic skills with my boys and having a great time.

AP Art History senior Bella Ernst: Right now we are learning about early/post impressionism and art nouveau, so art like the “Starry Night” or “The Scream.”

AP Art History senior Molly Bakst: Currently, I’m working on my portfolio for AP 2D Art.

Art History teacher Amanda Bockelman: Art one is the basics of drawing, painting, & printmaking. Some of my favorite projects are the scratchboard, linoleum block print, & watercolor. Art History is an AP class that covers art history from prehistory to the present.

Art I-III and AP Studio 2D Art teacher Michael Norton: Art II is designed as an extension for a continuous exploration of the concepts covered in Art I. In Art III, the students will continue experimenting with different mediums, techniques, and artistic styles to produce work that begins to integrate a personal style. The development of personal portfolios is covered as well. In AP 2D design, students develop an inquiry that guides artmaking through practice, experimentation, and revision of materials, processes, and ideas while demonstrating 2D art and design skills through drawing, painting, graphic design, sequential art, photography, collage, printmaking, illustration, industrial design, animation, etc...

Expressions: What is your favorite part of art? Why?

Gill: Doing art in all classes with my boys and it’s like a reset of the mind while doing art.

Ernst: I like learning about the different stories behind each piece of art and when we do interactive activities.

Norton: The best thing that can happen to me as an art educator are the times when you see students even surprising themselves when completing a project. Sometimes you can be your own worst critic and not like what you create or think that you’re no good at art. It’s all worth it as an educator when you see the students become more confident with their art making and proud of what they produce.

Expressions: What is the most challenging part of art? Why?

Ernst: The most challenging part of the class is remembering important details about each work of art.

Bakst: Sometimes nothing comes to mind. Learning how to use new mediums and techniques is also difficult and can be frustrating.

Expressions: Why should students do art class?

Gill: Art class is dope because it is a calm period that you look forward to in your day to kind of have a nice class to rest your mind but challenge your art skills. Take it with your friends.

Bakst: AP Art is different from other classes because instead of doing assignments, you create a portfolio of pieces related to a topic that you come up with yourself.

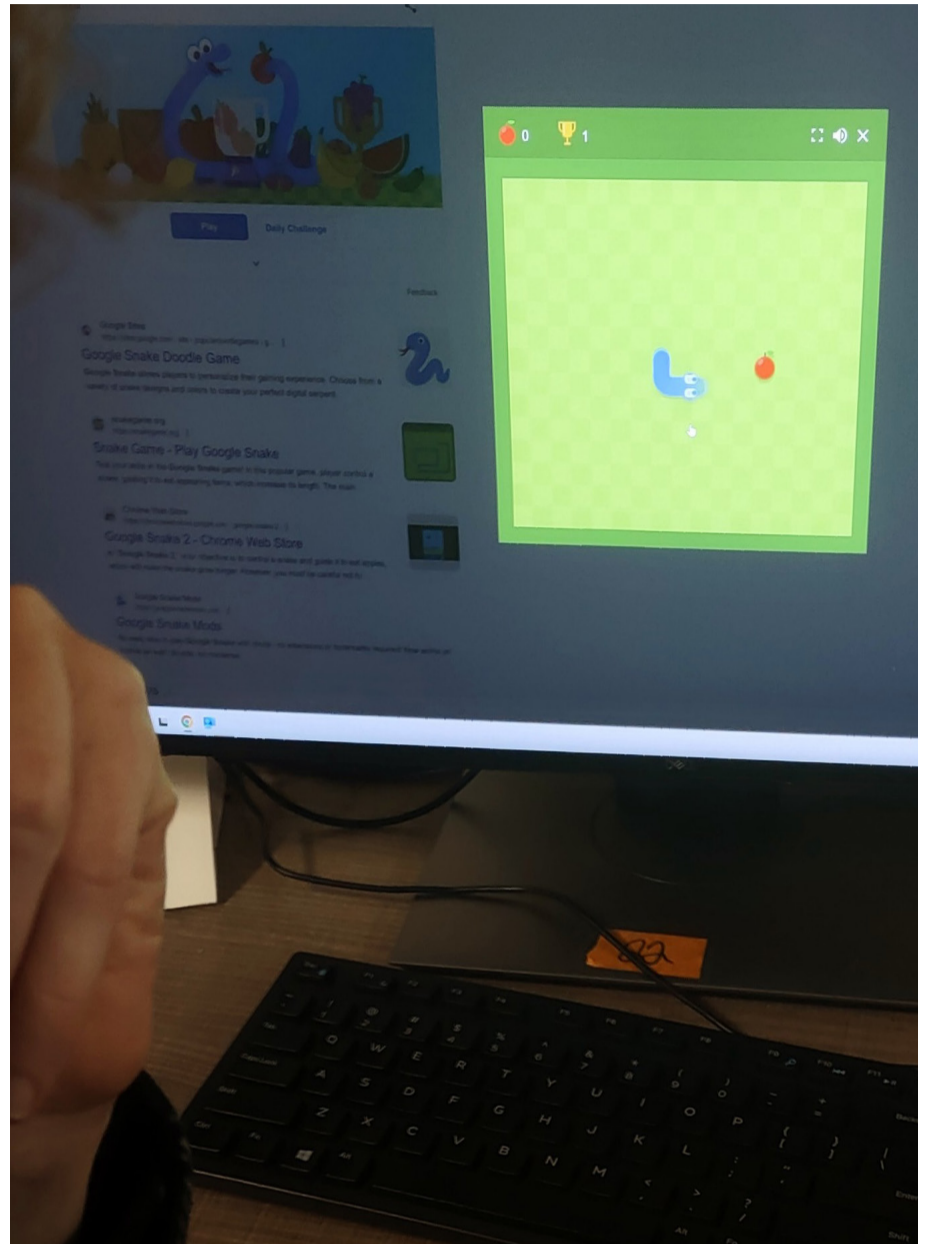
Bockelman: All of our art classes give students the opportunity to communicate visually in so many different media. It’s a nice change in the day to be in a studio based class.

The choice of placing an art class in their academic plan is up to SLOHS students knowing the pros, cons, and everything in between.



The different types of art classes range from art I-III, AP art history, to dimensional art. Photo collage courtesy of senior Samantha Gomez.

Let’s Play Games! During Class?



SLOHS students love to play “Google Snake,” an easily accessible video game on the internet. Photo courtesy of senior Chase Philips.

REPORTER CHASE PHILIPS

Throughout the long, boring, tiresome days of school here at San Luis Obispo High School, some students prefer to entertain themselves by playing games on their phone or computer during their downtime. Surprisingly, many more students have been deciding to play their games during class instead.

Students sometimes feel like they need to relieve stress from their classes, especially when going over tough material. Some even tend to switch between games and working on classwork to achieve a balance between being on task and keeping their general happiness high.

“It can give students a break from the work that they’re doing and kind of help them reset their mind. I feel like it depends on what time it is. If the teacher gives you time to [play video games], then you should do it, but if you’re supposed to be doing something else, but you’re doing a game, then I think it shouldn’t belong in class,” said freshman Eli Spannbauer.

There’s always a time and place for everything, especially when it comes to gaming in class. Although playing games can make students happier, there’s a great and simple instruction that could be used in any situation: if one is supposed to be working then work on classwork, but if one is finished with their assignments then they can use that freetime to play games.

“[It happens in] the core classes, and honestly, a lot of elective kids just want to be on their phones a lot,” said freshman Luke Miller.

Gaming during the core classes would be understandable but surprisingly many kids still want to be on their phones during the special and usually fun electives at SLOHS.

“It can definitely throw off your whole thought process. You can get distracted easily, especially when there’s an assignment that you really don’t want to do,” said Miller.

Perhaps gaming could be another form of procrastination and progressing in a video game could be a way to feel productive one way or another.

“Video games at home in general are good ways to relax or be with your friends but there’s always a time and place for it,” said Miller.

Some students seem to have both similar endings to the argument, there’s always a time and place.

However, while a certain number of students believe that playing video games in class can be used to switch between work and stress-free activities, others seem to see that gaming in class can easily distract students and get them off task.

So is this an addiction or just a coping mechanism to get students through the day?

Is the “Percy Jackson” Series an Accurate Depiction of Greek Mythology?



“Percy Jackson” art next to ancient Greek mythology art. Photo collage courtesy of freshman Irelynn Zurbach.

REPORTER IRELYNN ZURBACH

Not enough people know that Greek Mythology is considered a religion, even though it is often slandered for being fictional. Most San Luis Obispo High School students had the ‘Greek Mythology’ unit in sixth grade if they went to one of the elementary schools in the district.

Common reasoning for mostly being fictionalized is that Greek Mythology has often been made into fictional works, like the book “Percy Jackson and the Olympians” by Rick Riordan.

“I think the [‘Percy Jackson’] books are based in Greek Mythology, but the point of the series is to put a modern spin on the story,” said freshman Cleo Van Gundy.

The books generate polarizing and radical opinions on both sides. One person could believe that “Percy Jackson” is a mockery of Greek Mythology and another would get all of their Greek Mythology knowledge from these books.

But generally these books aren’t made for educational purposes, they were written for the purpose of revamping and renovating these old stories.

“I think since Greek Mythology is so old, the story is up for interpretation anyway,” said Van Gundy.

Many of the written narratives about Greek Mythology were represented very well in these books, for example book three of “Metamorphoses” by Ovid depicts Narcissus as a self obsessed man who dies looking at his own reflection. He is represented the exact same in “The Mark of Athena” where he is entranced by his own reflection in the celestial bronze and refuses to give it up.

“Notably with Perseus, Zeus goes down and makes one of the ladies have Perseus. Then Zeus just disappears. He’s not the one giving Perseus items, Athena is,” said freshman Naomi James.

The relationships between the gods are modernized for sure, but still accurate. A grotesque part of Greek culture was incest, relationships with family members. Because of this, taboo became very intertwined into the stories.

Riordan modernized the literature just enough so that the incest wouldn’t be a defining factor. He created boundaries between people with the same godly parent and did not spend too much time harping on the intimacies between the gods.

Greek Mythology has always been at least somewhat fictionalized, the stories often retold by word of mouth. The longest game of telephone, watered down for kids and then made realistic, or more accurately made inappropriate again for adults.

The “Percy Jackson” books aren’t one hundred percent accurate, but people shouldn’t be reading “Percy Jackson” books to learn about Greek Mythology, but to hear a story about just how far the mythology goes.

“Percy Jackson” may not accurately tell the stories from thousands of years ago, but they keep common themes that people can see in many stories today. Heroism, respect and the fact that all actions have consequences are commonly seen in all kinds of media.

Mythology inspires almost all fantasy stories today, so read some Greek mythology!

Sources: fivebooks.com, britannica.com, thecollector.com

Which New Video Games are SLOHS Students Getting Excited About in 2025?

REPORTER MEGAN ELZER

It’s undeniable that video games are extremely popular here at San Luis Obispo High School, both for teachers and students. Video games are an enjoyable pastime for students, regardless of grade level.

There are many gaming platforms for students to play on; whether it’s on an Xbox One, a Nintendo, a PlayStation, or on Steam. There are also countless games available for purchase on these platforms, from classics like “Super Mario Bros” and “Pokemon,” as well as famous video games like “Roblox” and “Fortnite.”

“I don’t have a whole lot of time to play, but when I have some downtime I like to see what’s going on with current games since we teach some of the concepts of video game design in my classes. I recently got an Xbox One and some games, including ‘Avengers,’ ‘Star Wars Jedi: Fallen Order,’ ‘Fallout IV,’ ‘Cyberpunk 2077,’ and ‘Elden Ring.’ It’s been cool seeing how far gameplay and graphics have come since I first started gaming in the 1980s with an Atari 2600!” said digital design teacher Zach Roper.

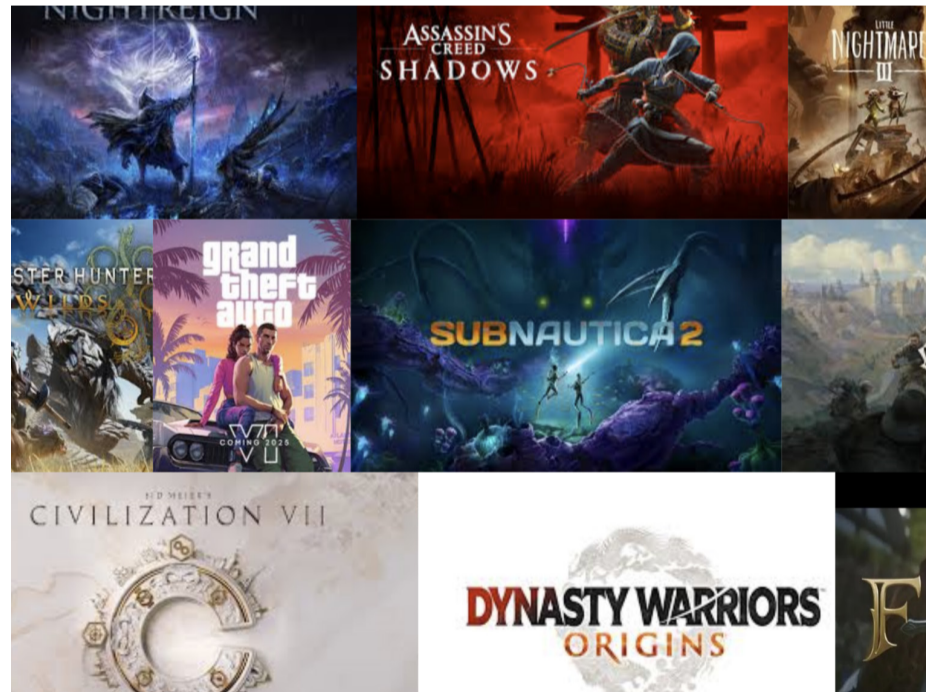
As it’s the new year, tons of new video games will be released! These include “Subnautica II,” “Grand Theft Auto VI,” “Little Nightmares III,” “Elden Ring: Nightreign,” “Civilization VII,” “Assassin’s Creed Shadows,” “Monster Hunter Wilds,” “Kingdom Come Deliverance II,” and much more. All these games will expand on their related universes and fix bugs and gameplay issues from past games.

“Most of the people in my graphic design class are excited for ‘Little Nightmares III,’ ‘Grand Theft Auto VI,’ and ‘Elden Ring: Nightreign,’” said senior Brandon Stokes.

“Elden Ring: Nightreign” is a cooperative action role-playing spinoff of “Elden Ring,” it is similar to battle royal games in which it is made to be played with teams of three, to defeat the day’s boss. “Grand Theft Auto VI” will be set in the fictional open-world state of Leonida and is expected to follow the criminal duo of Lucia and her male partner.

While “Little Nightmares III,” like its prequels, will be a puzzle-platform horror adventure video game, it will be following the new child protagonists, Low and Alone. All three games are among the most desired upcoming video games in 2025, but that doesn’t mean the list doesn’t stop there.

These video games will be released in 2025, but other video games coming out include: “Kingdom Come Deliverance II,” a role play game continuation of the first one set in the middle ages, and “CIV VII,” a strategy game where players recreate civilization as a country/empire. As well as “Split Fiction,” created by the Hazelight studios, who made “It Takes Two” and “Wanderstop,” produced by Ivy Road, the same people who made “The



A ton of new video games are coming out in 2025. Photo collage courtesy of freshman Megan Elzer.

Stanley Parable” a famous narrative-driven video game that explores the themes of reality and making your own story.

“The video game that seems the most interesting to me would be “Doom: The Dark Ages,”” said senior Charles Flores.

“DOOM: The Dark Ages,” is an action FPS prequel to the critically acclaimed “DOOM” and “DOOM Eternal,” where players follow the rise of the protagonist, the Doom Slayer, as he becomes the last hope against hell.

Students are super excited about the release of these video games, as they perfect the good, expand on their respective worlds, and build new ones. However, due to so many new video games being released this year and being unable to discuss them all, it’s recommended that gamers do their research on these respective titles.

Source: pcmag.com

What Does Your Favorite Song Say About You?

DISCLAIMER: The content in this article is entirely satirical. The entries are meant for entertainment purposes only. Zero parts of this article should be taken seriously or acted upon. Resemblance to actual events and real situations are purely coincidental. Only consult professional resources for serious help and genuine issues.

REPORTER LUCIA MCCARTHY-ZIRION

They say a person's face can tell a lot about how they look. Well, I say that a person's favorite song can say a lot about who they truly are inside. And I bet many students at San Luis Obispo High School will be surprised about who they truly are inside.

If your favorite song is...

“Pink Pony Club” by Chappell Roan, you are prone to dangerous situations and have an appetite for destruction. You may commonly be seen sporting clip on ties and devil horn headbands, and many of your friends see you as the ostrogoth of the group. You are destined to lead a reckless and careless life at the height of modern society. You will dine with queens and superstars, but none of it will ever be enough. You just don't know when to stop, do you? If you were to be crowned as royalty, you would demand that fish lead your royal parade underwater. Which is totally not a feasible act, and this is why you would be beheaded within a week. Keep in mind that this royal parade does take place in the seventeenth century. Obviously.

“Russian Roulette” from the “Steve Jobs” movie, you are a social butterfly with deeply rooted anxiety. You care deeply for your friends, and they know it. You can walk into a room and make people feel instantly relieved. You were a lonely child, and now treasure every decent soul you meet. You may be surprised to find that they treasure you back. You are a gemerald in the rough, unlike anyone else in the solar system. Rock on pal, rock on.

“Tomorrow” from “Annie,” we all know you're just pretending to be a theatre kid. Pretending is all you seem to do. Give it a rest, and be yourself. Everyone else is already taken. You just pretend to be obsessed with musical theatre because theatre is what your siblings and parents did before you. Now go! Fly like the wind! Follow your true passion of computer science! And don't look back until your entire wardrobe is composed of thigh-high socks and crop tops, you pretty little compsci femboy.

“Loser, Baby” from “Hazbin Hotel,” many may initially think you are wise beyond your years. This is because they initially think you are five years old. Congratulations, you surprise many acquaintances with your mental age! Because you have the emotional maturity of a ten year old. You probably think Roblox is life, but you really need to get outside. Do you even remember what the sky looks like? No, skibidi fortnite is not clever. And no, your homework is not complex calculus. Clean your room and take a shower, because you desperately need it.

“My Way” by Frank Sinatra, you are destined to live a shallow and fruitless life. You have a hard time keeping friends, because you are fake and selfish. You take information at face value, never stopping to question how or why, and you're probably going to abandon the ones you claim to love most. You are the face of capitalism, consuming and consuming with no care in the world for those about you. You'll never be self-aware enough to recognize it, but you are the reason you can't find love.

“Space Oddity” by David Bowie, you are inherently curious, and extremely gullible. Your sister told you in the fifth grade that every human was sculpted by the ancient god, Todd Howard, with ‘human clay’ and you have made it your religion. However, gullible as you may be, you are a clever and silly person that people like to hear laugh. You're a bit of an oddball, but you don't know that everyone laughs at you behind your back, but that's okay. Just keep rocking your superman cape. Tom Sawyer must have used some premium polymer on you.

“I'm Just Ken” from “Barbie,” you are a good friend but a terrible roommate. You are self-righteous and consider your daily activities more important than the mounds of dishes littering the kitchen counter. Although you haven't cleaned your room in weeks, you make up for it by being a supportive friend to your roommates. This leaves them feeling conflicted, as they don't know if they should despise you for leaving all of the laundry for them to clean, or adore you for always being there during their most difficult times. And then they remember to hate you because of your good looks and unwavering charm that leaves all members of your preferred gender throwing themselves at your doorstep. It gets pretty annoying for your roommates but good for you.

“Hey, Soul Sister” by Train, you are deeply troubled and are unhealthily connected to the past. This is your favorite song because of a critical memory or troubling past connection to the song. You may put on a happy face, but inside you are rolling in your early

grave, incarcerated mercilessly in the prison of your own bones. You should seek psychiatric help, before *The Fear* consumes you.

“Party in the USA” by Miley Cyrus, your heart screams for revolution. Although you may not know quite what you want to re envision, you know that something's gotta change. You take great pride in posting political comments on both Facebook and Instagram, and you desperately wish someone would come along and take perfect care of the government. You think that if you post often enough, somebody will swoop up and take control, swinging the tides in your favor. But this knight in shining armor will not appear. Your favorite activities, you tell yourself, are long walks and spending time in nature. But of course, this is just a pleasant fiction you tell yourself to keep your self hatred at bay.

Check out the Spotify playlist below by scanning the QR code to see what songs suit your fancy!





Central Coast Public Radio



Local News
Great Music
Live & On-Demand

Listen 24/7

KCBX.ORG

San Luis Obispo.....90.1 FM



Follow us on social local music & ticket giveaways



THE SLO FILM CENTER

THE CENTER OF INDEPENDENT FILM IN SAN LUIS OBISPO

**NEW RELEASE INDIES,
THROWBACK FILMS
AND SPECIAL EVENTS
WEEKLY!**

JOIN OUR ANNUAL MEMBERSHIP

\$79 FOR STUDENTS!

PALMIE MEMBERSHIP

\$99 general, \$79 students each year. Receive 6 free admissions + \$1 off tickets + a free small popcorn with each visit + birthday reward + discounts + more!



VISIT WWW.THEPALMTHEATRE.COM

VISIT OUR WEBSITE FOR SHOWTIMES, TICKETS, AND TO SEE OUR MARCH LINEUP OF FILMS!



JOIN US ON BARGAIN MONDAYS FOR \$9 TICKETS ALL DAY!