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2nd Place award-winner from the American Scholastic Press Association



# The Lion's Roar

The voice of Liberty High School students

Liberty High School  
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FREE

## Liberty High academy funding in jeopardy

By Reece Watkins Nelson  
Staff Writer

School academies: they've been designed to help students achieve more in school, graduate, and/or get accepted into colleges they want to enroll in. But, in the presence of a possible cut to school funding in Senate Bill 1070, some California schools face risk of losing their academies, even right here at Liberty High School, where funding for the PADA Academy is in question. SB 1070 was a provisional opportunity that gave schools in California a base fund of \$20,000,000 from the Community College Reversion Account for Career and Technical Education. Using this bill, new technical career pathways like academies were designed to decrease dropout rates, prepare students for life in the real world, and to get to college by building off of original



PADA's newest art project found in the L-Wing will hopefully not be the last piece of art they complete.

Photo by Sami Gibbs

activities, and formulating new ones. But now, with limited time left, this bill is in danger of being cut off from the education system. So now, pupils of education who want to enroll in an academy like PADA are at risk of not getting as much of a full-potential program. This is unless heavily repetitive fundraising attempts are made towards the program that still might only let them barely get by. On the other hand, California simultaneously is also stressing importance on the emphasis of student preparedness for their future life in college or careers. However, there is still hope for these academies; PADA students have been sending in letters to state legislators about the SB 1070, and explaining how it helped them and/or others prepare for life and col-

lege. "Many of the academy staff members and supporters have been writing letters to our local assembly representatives and senators, hoping to get the funding back," stated Kandy Aldana, head of the TLC Academy. Furthermore, if these letters get through to the minds of many, especially those of the California legislature, they might increase the chance of the state keeping the bill in the May revision of the state budget. Any citizen of the state of California can send in letters for support and continuation of SB 1070.

In conclusion, many find academies essential and even a gateway for students to find a way out into the real world. Educators and students alike will have to wait for now in order to find out their fate regarding their program's continuation.

## Senior students take over City of Brentwood Annual Youth in Government program in its tenth year

By Emily Lutes  
Editor

Leslie Knope, Ron Swanson, Tom Haverford, and April Ludgate are a few of the well-known names of Pawnee's fictional Parks and Recreation department in Amy well-known television show. In Brentwood, Youth in Government event allows senior students from Liberty and Heritage High School to take over various city departments. The departments consisted of community development, parks and recreation, city council and other various roles such as city manager and even the mayor. The events began with students going on a tour of Brentwood. The tour consisted of an insider's view of the water treatment plant, police station and John Marsh house. Casey Schneider, who represented Public Works, explains, "It was cool seeing the inner workings of the city! The best part was the water treatment plant because there

are so many steps that go into making usable water." The day ended with an in-depth look at the department each student was assigned to. This allowed each senior to receive a hands on experience with hours of meeting the directors or managers of the departments.

Liberty students were selected to apply for the event by Psychology teacher, Gina Capelli, who explains that she chose students who were recommended to her by Government teachers and English teacher Mrs. Rodriguez. She also explained that she aimed to get "the best of the best."

One week after the tour of Brentwood and City Hall, students had a week to make presentations in order to have the mock city council members and mayor vote on a mock funding plan. Senior Izzy Sanchez, who represented a city council member, explained that



Liberty and Heritage High School seniors pose after the mock city council meeting, a night filled with excitement and nervousness.

Photo courtesy of Todd Lutes

the hardest part of acting as a city council member was knowing what

to say, since she wasn't able to plan out anything the night before.

Youth in Government allows high school seniors to gain exposure.

## The future of LUHSD cheer

By Jessica Renner  
Staff Writer

Peppy chants, big smiles, and shiny pompoms. There has always been constant debate whether cheer is a sport; however, cheer was officially recognized as a sport in California as of 2015. This has caused the guidelines to be changed, throwing the future of Traditional Competition Cheer (TCC) in the balance. A few different issues have arisen now that cheer is a sport. Some

of the issues include funding, the length of the season, and conflict with school. Stunt cheer has been proposed as a solution, where teams compete against each other and have a unique scoring system. However, cheerleaders have several concerns with this new program. Jessie Bell, a Liberty High School cheerleader states, "I'm torn because I feel like it conflicts

too much with TCC." Furthermore, cheerleaders fear that stunt cheer will take the creativity out of the cheer program. Recently, cheerleaders and parents have been trying to prevent the stunt program from being put into action. Giana Pooni, another Liberty High School cheerleader admits, "I feel that it will really limit our cheer teams' creativity and it

won't make us be able to grow and improve." Nevertheless, at a district board meeting on March 8, several cheerleaders, parents, and members of the community attended to support the preservation of the current cheer program. Additionally, a petition went out in the hopes of gaining 500 signatures. It received almost 900 signatures and even additional support.



## Alumni Success Stories

*How two Liberty graduates are making a name for themselves*

By Allison Whent  
Staff Writer

We should all be telling ourselves everyday three inspirational words written by Liberty High School alumni and blog owner Shelby Conn: “As I Can.” These words represent her motto for her stand in suicide prevention and awareness. For Conn, it all started with the loss of a very dear friend of hers who was only fifteen years of age. With people so blatantly ignoring the facts at hand, Shelby decided to start her blog “As I Can.” She hopes to raise awareness for the cause she believes so strongly in.

She explains the name “As I Can” had been chosen because, “I think it is important that each day we do as we can and not as we should.” Her blog “As I Can” is not only for emotional support for herself or people who also knew her beloved friend, but also for anyone whom it may help. Eventually, Conn proclaims that she will be selling suicide prevention and awareness merchandise designed by Artist Marcos LaFarga, and all proceeds will be donated to The American Foundation for Suicide Preven-

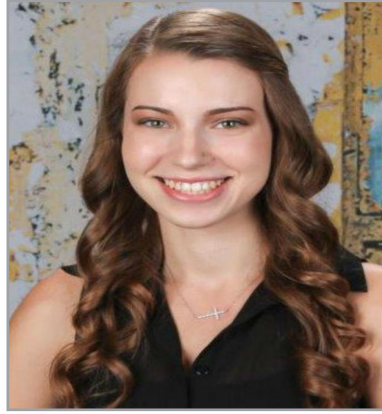


Photo courtesy of East Bay Times  
LHS Alumni Shelby Conn

tion. “As I Can” also includes inspirational quotes, ways to talk with friends and loved ones who are also experiencing similar feelings, along with a section where the blog’s viewers can read other’s personal stories, and share their own. Conn believes she has put her heart and soul into this blog, and continues to repeat those three little words as she lives on, carrying on her friend’s memory.

By Tristan Walsh  
Staff Writer

Doom may sound like the end of the world but not in this case. Founded right here in Brentwood, Liberty Alumni and best pals Mauricio Segovia and Joseph Rios have just created an outstanding clothing line called “Doom” back in January of 2016. Both, Segovia and Rios’s intentions are to bring their own ideas into the streetwear culture but in a comfortable and fashionable manner. They aren’t looking for others opinions but others who like their style as well. Segovia and Rios focus on what they like rather than what others like. If no one likes an idea or they dislike it themselves they try

to improve it for future reference. According to Rios, “It’s cool seeing people around wearing something I created.” He loves knowing more people like their streetwear style than not. Meanwhile, Segovia explains that, “We just focus on designs we thought would still be worn for a while and can be looked at by people and still think of us as a streetwear brand.” Styles range from their logo to a skeleton hand rolling dice; their clothes are so simple that it makes them very fashionable. Either on their Instagram or website, people can order their clothes online or in person. With lots of ideas and enthusiasm,



Zack Hodge models one of Doom’s hoodies.

Photo by Mauricio Segovia

Mauricio and Joseph still stand strong with many more designs to come and in hopes to become bigger in the long run.

**Joy for Jordy Love Lock Life Celebration**  
Bring your own lock with a message to Slifer Park in Discovery Bay on April 26th at 6 PM to honor and remember the life of Jordon Almgren

## Coachella culture: what this year’s event brought for festival-goers

By Rebecca Brantome  
Staff Writer

The hot desert sand, the bodies converging near one another, the endless drumming of sound, rhythm, music. This year’s Coachella was expected to start with a bang, with the most attendance in history. Coachella was once again be hosted at the Empire Polo Club in Indio, California. Founded in 1999 by Paul Tollets, Coachella has become one of the largest promoters for music in its industry. With a variation in genres from rock to indie to electronic, there was expected to be more than 300 pieces at the festival. Although

this year’s anticipated headliner, Beyoncé, had to cancel her appearance, leaving ticket prices to plummet twelve percent, the organization recently announced Lady Gaga to fill her set. Other performers included Radiohead, Kendrick Lamar, The XX, Justice, Lorde, Bon Iver, Banks, Phantogram, Bastille, DJ Khaled, Marshmallow, Tove Lo, Kiiara, PNL, DJ Snake, Dillion Francis, Mac Miller and Martin Garrix. The festival was organized into two, three-day weekend events. The first week started Friday April 14th and con-

cluded the 16th, and the second week began April 21st and finished the festival on the 23rd. Pricing this year ranged from \$399 for general admission to \$899 for VIP tickets, not including parking, on-site camping, and food. An estimated one hundred-ninety eight thousand tickets had been sold, which is the capacity for the event; this would bring in an expected gross profit of \$84 million. Not surprisingly, the festival is a huge spot for celebrity appearances. The most common Coachella celebrity veterans are Paris Hilton, Vanessa Hudgens,

## Antioch’s anime oasis: AHS holds successful annual convention

By Jeanae Torres  
Editor

Fans of pop culture would go far and wide to have the pleasure of attending a convention like Sacanime or Comicon. These conventions are an oasis for people who share common interests like in comics, video games or anime. When attending a convention, they hold several functions like a marketplace for rare merchandise, a meeting place, gallery and record keeper, and news outlet.

admission and seven dollars with any student ID.

“It was really awesome to see that a school club could put together something as large as a convention by themselves. I had a lot of fun going and checking it out, and would definitely go again!” exclaimed Tabitha Thomas, Liberty senior. An accepting atmosphere for all minorities and subcultures, ASAHicon held no criticism towards



As explained by Hanna Johnson, Liberty alumni and first time goer of a convention, “When I attended ASAHicon, I saw items such as handmade and fandom related goods like buttons, bows and commissioned art.”

Yet, more often than not, these conventions are too far away to attend on an average weekend. The Anime Society of Antioch High thought of a solution for said predicament, hold a convention themselves which made April 1st no joke for anime fans. All while pricing at ten dollars for average

things that would often be seen as unusual in public, like dressing up as unusual, colorful characters.

Amanda Turner’s first time at ASAHicon was memorable as she recalls how she “enjoyed how everyone was really kind to each other and really supportive of all the cosplay. It was really small so you were able to talk to the vendors and really get to know the people who were attending.” All in all, the Anime Society of Antioch High does not intend to make their 9th annual convention any bigger than the last.

## The secret monopoly that you have to see to believe

By Joseph Sanchez  
Editor

One thing that we truly value in life is freedom, and freedom in its most primitive form is choice. Our choices are what define us, so we make sure to make the right choices that best represent us. Fashion is a perfect example of this, but there is one area of fashion that behind the scenes, isn’t giving you options: the eyewear industry. According to truTV’s television show

“Adam Ruins Everything”, a single company, Luxottica, controls 80% of the eyewear industry. When a single company has control over distribution, production, and retail of a product this is known as Vertical Integration. As a result of Luxottica’s virtual monopoly over the industry, you can expect to pay hundreds of dollars on a name brand of eyewear by the same com-

pany who produces the far cheaper alternatives. Axford states: “What Luxottica is really selling you is the illusion of choice.” This illusion of choice is further illustrated by the fact that practically every store that sells sunglasses are owned by Luxottica, and according to “Adam Ruins Everything,” that means that other companies starting out in the eyewear industry have to play by

their rules, which means higher prices of up to 20 times production costs. “Everything is worth what people are ready to pay,” states former Luxottica CEO, Andrea Guerra on “60 Minutes,” June 15, 2014. But with this information coming to light, Luxottica came to their defense that “manufactures 27 brands, only seven of which are actually owned by us.” They also

further state that they are only responsible for 10 percent of frames sold around the world. So if people are given the illusion of choice, are they by turn given the illusion of freedom? When it comes to the eyewear industry that for the most part seems to be the case. True freedom is knowing the truth, and by knowing the truth are choices hold that much more weight.



## Local sensory deprivation experience could allow you to *Float your problems away*



Sensory deprivation soars in popularity as athletes such as Steph Curry use it to recover after games.

Photo courtesy of <http://www.float-tanksolutions.com>

By Lily Aiwohi  
Copy Editor

If you're feeling as overwhelmed as most teenagers are, you may want to consider taking a trip to the nearest sensory deprivation tank; sensory deprivation is a soundproof and salt water filled tank that functions as alternative medicine treatment. Liberty teachers Mrs. Rodriguez and Mrs. Capelli visited a spa called Reboot Float Spa in San Francisco and Oakland. Whether you've tried it before or not, it's an experience they would both recommend. "I would describe it as ultimate relaxation...Almost every time I've floated, I've fallen asleep and it

is the best sleep I've ever had." Ms. Rodriguez says. The spa plays calming music for the first and last few minutes of your session to help you relax and in between, you're floating in complete silence. After a while, it becomes difficult to distinguish the skin-temp water from your actual skin. Ms. Rod hoped that "floating would alleviate some of the stress [of teaching] as well as positively impact my health." There are numerous health benefits of sensory deprivation, including the alleviation of insomnia, headaches, stress and skeletal-muscular issues. For some however, isolation can be overwhelming and cause even more anxiety than they already had.

"I felt like I might mess up and use the wrong soap or press the wrong buttons," Mrs. Capelli tells. With so much new technology around you, it can be stressful to figure it all out. But as a bonus, many famous Warriors players go to the same spa located in SF. Floating is a perfect solution to an athlete's sore muscles and stress. Mrs. Capelli would especially recommend it to them. Despite the initial stress, she also said "The floating part (once I got into the pod) was really relaxing." So, whether you're experienced in isolation, an athlete, or not, sleep deprivation may be just the way to go. And who knows, maybe you'll run into Steph Curry too.



Photo by Cheyenne Hicks

## **Lions Café:** *A colorful meal at Kabuki Sushi*

By Cheyenne Hicks  
Editor

Food is the most positive way to reinforce friendship, and generally is a good time. A meal often enjoyed amongst friends is sushi. Sushi is filling on its own, but if you can't seem to satisfy your hunger, there is something better. That is all you can eat sushi. At the Japanese restaurant, Kabuki Sushi in Antioch, California, it had a wide variety of sushi you can either buy, by the roll or simply go for the unlimited sushi deal for 24 dollars a person. While the restaurant offers sushi such as The Lion King roll which is deep fried with baked salmon on top, or a Green Dragon roll with shrimp tempura

and avocado on top, they also feature a different supply of meals. These include items like noodles, fried oysters, or entrée meals that contain chicken teriyaki, salmon teriyaki, and beef or pork. The staff maintains a fairly attentive behavior along with the quickness at which the food is served. The ambiance was modern with bamboo, strung lights throughout, and an aquarium of fish as soon as you walk in the door. It has a small dining area with a more intimate feel to it, and has the appearance of being extremely clean from wall to wall. Prices range from 11 to 30 dollars making the restaurant not only affordable, but you will leave knowing it was all worth the money.

*Best wishes to the following students who have been busy attending the California FFA State Conference, held April 22-25th:*

- Cole Afanador
- Jared de Fremery
- Alexandria Hanlon
- Paige Henson
- Sophia Hightower
- Colton Huelsmann
- Bella Krassow
- Sarah McGary
- Matthew Monge
- Haley Neri
- Hannah Neri
- Carah Nolan
- Olivia Shelton
- Kaylee Siemer
- Michael Siemer



Is it really worth it to take that peek?

Photo courtesy of <https://www.publicschoolreview.com>

## **You're only cheating yourself** *Cheating in high school education*

By Dominic Stenger  
Staff Writer

With only fifteen minutes left until the test ends, you only finished half the test and have drawn to a blank for the rest, you look over and see that the student over is finished, with no choice left you copy it all and hope not to get caught, yet the teacher notices and takes your test immediately giving a zero. This is a recurring event that many think they can get away with, yet, most the time they don't. "During many different tests and different classes I've noticed plenty of students who go for a last ditch effort to save their test by cheating yet I don't think I have ever seen it work, not only is it risky, it's just dumb," local student, Andrew Cardinale, states. Some students continue to cheat despite it only worsening their future tests and education. Each time we choose to look at some-

one else's test rather than studying beforehand, a habit grows, until finally that is the normal action for each and every test. Teachers put together special study guides and study sessions for the students to use to get help beforehand to prepare for the test, why not stop for an hour or two and get some help and lessen the chance of flunking that test or being forced to go against common ethics. Liberty student, Anita Pang, explains, "It's unfair to the kids doing the work since they actually tried to understand the information and the kids cheating aren't willing to learn anything themselves, and they're getting the same grade as the kid who spent the time to do their work." Why should one student receive the same grade without doing any of the work as the student over who did all the work, as time goes on students who cheat are not cheating the system or the work they are truly cheating only themselves and their future education.

## **"Mine" blowing legends of Empire Mine Road**

By Stephanie Snodgrass  
Staff Writer

Imagine.. you're treading down a narrow road that seems to go on forever. You're alone, but you feel like someone, or something is following you. The abandoned ruins that were once buildings, are now covered in graffiti, and ominously creek with every gust of wind. You've heard all of the stories about the terrible accidents that have happened on this road, which sends chills through your body. At the end of the path, you arrive at a vacant space, where something grand once stood, and your heart drops to the pit of your stomach. Based off of the accounts of many people, this is a common experience on the notorious Empire Mine Road. Although it's not exactly clear when this road was built, there have been various incidents on this road over the course of many years, starting from 1995, when a man was

found stumbling on the road, covered in blood. The man's angry ex-girlfriend sought out vengeance by slitting his throat, breaking his jaw, and stabbing him in the back. By 2005, over thirteen fires had been started on the road, ten of them being arson, which is what ultimately lead to city officials closing off the road. Aside from the incidents that were documented, many people have developed theories about hauntings associated with Empire Mine Road. An abandoned slaughterhouse stands on the side of the road, and dozens of hikers and cyclists have mentioned that they heard clanking of chains, and the sound of footsteps coming from it. And in the more theatrical side of the spectrum, some believe that the road leads directly to "the gates of hell", which is a pretty strong claim, but this is spoken of by many. Not everything can be proven, but if you want to see for yourself, don't forget to bring a friend.



# CAMPUS LIFE

## Choosing your prom dress: what goes on behind the scenes



The Beatles revolutionize the idea of album covers by introducing psychedelic art into their album covers.

Photo courtesy of [https://wn.com/Beatles\\_albums\\_to\\_be](https://wn.com/Beatles_albums_to_be)



Of the sea of options available of prom dresses, the choice always comes down one.

Photo courtesy of <http://fashion-district.org>

## Leaving your mark with cover art

By Marcus Henderson  
Staff Writer

Music is the universal language of all people. It helps people connect with strangers, assists people in finding an explanation for their emotions, and provides answers to questions that words simply can not. One thing many people fail to realize is that music is less about content, and more about sensation. That's why acquired tastes exist, because the average person determines the quality of music by the way it makes them feel. For this reason, album artwork is one of the most important aspects of an album. An album's packaging can define its impact almost indefinitely. Many artists are aware of the importance of artwork and make it evident when they release their projects. The group that initially set the agenda for groundbreaking cover art was none other than The Beatles. In 1966, they set the trend with the release of their LP Revolver. Appointing the illustrations of Klaus Voorman and the photography of Robert Whitaker, Revolver ushered in the psychedelic era forcefully. Its name was even agreed upon while all four

members worked on a psychedelic painting. Since then, artists of every genre have highly prioritized cover art within their creative processes. For example, in 2009 when Jay-Z released the Blueprint 3, he utilized a projector, and a variety of instruments to create an unconventional masterpiece. This cover shoot was one of the most expensive, and lengthiest of music history. One of the main reasons that artwork is so important is that it helps an album leave a mark. Vinyl's and LP's with impactful covers increase in value everyday. A super-rare variation of The Beatle's iconic Sgt. Peppers cover featuring the faces of 40 Capitol Records executives crudely pasted onto the original photo was recently put up for auction. Valued at over \$100,000, it is said to be the world's most expensive album cover. Enjoying music is completely subjective, because it's based on how the content effects the senses. This is true with art as well, the way the artwork of an album stimulates one visually can determine how much one enjoys the auditory aspect of it. The coexistence of music and art is incontestable, and as more artists learn this, it is likely that more examples will be displayed.

## The story of working for Snapchat

By Joshua Allen  
Staff Writer

Imagine arriving to work on a bicycle admiring the exquisite sunrise of Venice Beach, as people jog by and walk their dogs. You arrive to the headquarters of an app that millions of social media users access to start your day. Bay Area native Darryl Cythers is currently a Program Manager at Snapchat that experiences these types of things almost every day. According to Darryl, an average day at work for him isn't so bad. Darryl starts work at 7:30 and starts work by checking his email, preparing a PowerPoint, and making calls with vendors to discuss products. According to Darryl, almost every second of the day he gets to enjoy the scenery that Venice beach has to offer. "I really enjoy working with a view of the beach" says Darryl, which is one of the favorite things about his job. As Darryl discusses his PowerPoint at around 9:30, he takes any sort of feedback

from his co-workers. "There's a lot of energy in my work area. It's always a positive vibe" says Darryl. However, there are negatives about working at Snapchat. Since Snapchat is a big company, everyone moves fast and consistent. "I don't like the fact that you have to adapt to working at a very fast pace." This is one of the cons that Darryl has to deal with. Occasionally at around 11:30, Darryl roams around Venice to have lunch. Then it's back to work. Finally, to end the day, Darryl checks in with his boss to know what to expect for next time. "My boss wants to clarify everything for upcoming work days." Working from 7:30am to 5:50 pm may seem exhausting at times, but when having positive energy around the area, there's nothing to complain about. Darryl genuinely loves working at a company that millions of users know about, especially at an area like Venice Beach. Darryl finally gets to rest at home with his family as another positive day awaits.

By Allie Cone  
Staff Writer

Prom season immerses teens into the glittering promise of the best night of their life- so far. The glitz and glam of it all is illuminated by the often undetected preciseness of the formalwear industry. The behind the scenes preparation of formalwear stores to insure perfection for each student's prom should not be overlooked. It all begins in Atlanta, reports Michelle, manager at Tux of Class in the Eastwood

Plaza Shopping Center on E 18 Street in Antioch. In August, a runway show displays garments of the new season. Major designers and companies are featured, and dresses are chosen and shipped to California- just in time for Prom season. Tux of Class has been a successful family owned business for decades, which leaves the store quite busy, especially around prom season. When it comes down to it, many of places have a huge selec-

tion of dresses. This leaves customer service, shopping experience, and personalization to be key factors in deciding where to shop. "We won't sell the same dress to the same event," shares Tux of Class manager. "It's so we keep it special for each girl, each school, and each event." Keeping things personal and memorable are priorities at Tux of Class. Tux of Class Manager, Michelle, closes with one final point. "Support your local businesses, they're here to make it special."

## Life as a twin sister



Can you guess who is who? On the left is Claire Finn, and on the right is Emma Finn.

Photo by Elizabeth Leon

By Elizabeth Leon  
Staff Writer

They shared a womb together, were born together, and ever since then, they do everything together. They are one of Liberty's sets of twin sisters... sophomores Emma Finn and Claire Finn. They both state the pros and cons of being a twin sister. They both agree that the most annoying thing is when people get their names wrong and don't even try to guess which is which twin. People will only see the similarities between them instead of figuring out how the sisters have differences from each other. Emma states, "No we don't

have a sidekick ability to know exactly where the other twin is at all times." That is a stereotype that can get annoying to them. Claire and Emma love that they are never alone. They will always have each other's back when they need each other the most. They have each other to talk to about anything, and their favorite thing is to mess around with other people. Both girls steal each other's clothes, and have learned to share mostly everything with each other. Claire states, "You have a built-in best friend." There will always be lots of pros and cons to being a twin sister or twin brother, whether it's identical twins or fraternal twins.

Come out on  
May 6, 2017  
to support  
**Heritage, Liberty,  
and Freedom  
students at**  
*Life  
Skills  
Prom*  
downtown  
parade  
starting at  
5:45 pm

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## Transgender athletes *The new frontier in school athletics*

By Jayson Phoebus  
Staff Writer

Girls and boys sports have been traditionally separated due to biological differences in height, muscle mass, and bone structure. However, the line becomes blurred when an athlete identifies with a gender other than the one they were born with. The regulations for transgender athletics is an issue that must be handled with care to ensure that all students and athletes are comfortable in school; this is so they can be successful in the classroom as well as in athletic endeavors. With that in mind, how do schools approach transgender people in sports? According to Liberty High School Athletic Director Curtis Cunningham, most schools in California are very inclusive and allow for transgender athletes to participate in their sport with the

gender with which they currently identify. This includes providing alternate locker rooms, which has been a controversial topic across the nation. This controversy stems from the concern for the non transgender athletes' comfort who participate in the sport alongside the transgender athlete. Another controversy in heavy debate at the moment is the overall fairness of having transgender athletes participate in sports where they have a distinct advantage over their competitors. One example of this situation happened in Texas, where a transgender boy named Mack Beggs was forced to wrestle against girls due to state legislation dictating that athletes were to wrestle in the gender consistent with their birth certificate.



The first transgender male NCAA Division I athlete, Schuyler Bailar, poses after practicing his swim laps.

Photo by Sydney Altschular

As a result, he won the girls wrestling state championship, while taking doses of testosterone as part of his treatment which many claim was an unfair advantage. In support of the argument, Dr. Brandon Mines, assistant professor at Emory University's Department of Orthopedics had this to say about the issue: "Testosterone and anabolic steroids are

in the same family and have the effect of increasing muscle mass and strength gains." With this in mind, questions are being raised about a possible change in policy in favor of a more inclusive policy for the state of Texas in regard to transgender athletics. However, the bill was voted on by members of the organization that governs

high school sports, called the UIL, and was passed with 95% of the votes in favor of the current policy. This puts change in doubt, at least for the moment. Time will tell if more cases such as Beggs will sway other states to make changes to their policy regarding the their transgender athletics.

### Opinion: one LHS soccer player explains

## What it's like to have to sit the bench

By Nicole Schaffer  
Staff Writer

You are down 1-0 at the half on your championship soccer game. Nobody has given up hope, your blood, sweat, and tears are on the field with you. All the hours you spend preparing for this moment will pay off. The crowd goes wild, you win the game 3-2. Nothing could have gone better, except you actually stepping foot on the field being eligible to play. Injuries suck. My varsity soccer teammates suffered a few injuries throughout the season and experienced the same thing, I wasn't the only one. We sat on the bench cheering each person on, knowing they could and

would pull it off. At the beginning of the season, I was starting every game, but was taken away from me when I got hurt on my birthday. I was crossing the ball and the opponent ran up and slide tackled my knee, causing it to twist and hit the ground. I knew something was wrong with it right away, but I tried to shake it off; it didn't work. A few months later I had surgery to repair the injury, which was difficult because I had to be on crutches for two months before being able to put any pressure on it. Recovery is a long process, but it is the journey ahead of you that will impact you. It gets hard for every athlete to watch their team play and not be a part of it. You may feel helpless,



Pictured below coaches, Nicole Schaffer was still a member of a winning team, despite her injury.

Photo courtesy of the Brentwood Press

frustrated, and may be worried about what might happen in the future. However, they are still your family.

You want your family to succeed no matter the circumstance. All athletes get hurt no matter what

age. It is the matter of time when that will occur and how serious it will be.

## Reality behind skipping meals: *the unhealthy way to lose weight*



Skipping any meal to lose weight is unhealthy, and life threatening. There are many other solutions to losing weight besides skipping meals.

Photo courtesy of Iluvesports.com

By Cade Sautter  
Staff Writer

Imagine getting ready for a long normal day of school. You get showered, dressed and ready to run out the door. You feel like you are forgetting something important, when you realize you completely forgot your delicious breakfast. All day at school, your stomach makes loud noises, and you can't control the roars. It can become a habit to miss breakfast and forget to bring lunch to school. Skipping meals can become a bad habit, which brings physical and emotional problems to people everyday. Unfortunately, many people may think skipping meals is an effective way to lose weight, but that is not the case. Carson Sautter, a freshman at Liberty High School, explains, "I do not like when I forget to eat breakfast. This occurs on a rare occasion, but it makes my day miserable when it does happen." He goes on to explain that he wishes he cared more about

breakfast, because it is an important meal to start your day off on the right foot. According to the National Institutes of Health, skipping a meal will make you want to eat more food than you should in the next meal. Binging can occur, which will negatively impact your body. Skipping meals greatly lowers energy levels to complete daily tasks. If you don't get the proper amount of food in your body, your brain won't receive the nutrients it requires. People may become irritated very easily. For teenagers who feel like they don't have time in the morning for breakfast, they should either try waking up earlier to ensure they eat, or make their lunch the night before as opposed to the morning of. Overall, when the proper amount of food is not consumed, problems will arise. Make sure to eat proper amounts of food during each meal so you can go on to live each day with the fullest amount of energy possible.



# ATHLETICS

## Rival gyms help stay In-Shape

By Cyrus Soheili

Staff Writer

You finally decide it's time to get yourself in the gym to perfect your upcoming summer body but you can't decide if you want to put your trust into In-Shape for Delta Valley to help get you there. Delta valley and In shape have been in a local competition between students at Liberty High school. Some students are very dedicated to delta valley and some to inshape, taking their gym very seriously. When you get to the hard facts like better equipment, better prices, and atmosphere you can come to a solid conclusion but no matter what there will be preferences to certain people. For example delta valley has very updated equipment and what are said to be amazing fa-

cilities. On the other hand you are required to sign a contract which holds you into a membership for x amount of time. As for Inshape the equipment/machines are said to not be as refined as Delta valley's but you are not required to stay in a contract with In Shape and can void the membership at any time. Said by Jacob Hicks, "In Shape has less variety but is also really great for the price of the memberships." As for Delta Valleys case, "Delta Valley has all the equipment I need for a good workout and more." Said by Jared Cronk. Now that we have got the thoughts of people from both sides it's up to you decide what gym you feel is a better choice for you.



The local gyms are often used by Liberty students. in order to train, get fit and even have fun.



Photos courtesy of Christine Hoffman and executivesuitesbrentwood.com



School buses often transport school teams to sporting events, but not Liberty's baseball team. courtesy of wickededge.com

## Liberty baseball swings and misses with lack of transportation

By Cody MacDermott

Staff Writer

The wheels on the bus do not go round and round. Frankly, there are no wheels at all for Liberty Baseball teams. The main question that has been going around has been: why does baseball not have a bus for transportation? Why are parents responsible for getting players to the games? Answers to these questions were gathered from Liberty's Athletic Director and he stated, "Our District Transportation Department is a consortium, operating transportation for schools in Brentwood, Discovery Bay, Byron, and Knightsen. One bus per school day is released for the entire high school district, and driver availability further limits the likelihood of having a bus available. This means, that for almost all athletic trips, we are bound to book with an outside carrier. This greatly increases costs and somewhat limits our ability to book transportation due to budgetary constraints. I have made an effort in the last four years to increase the number of bus trips for our programs, but to transport

each program for their full road schedule is beyond our abilities from a financial perspective." The baseball players then started to wonder why they don't have a bus and started to ask the question: "If we players raised enough money, could we have a bus?" Many baseball players asked that, but Howie Hicks said, "Every school besides ours has a bus and I feel like that is very inconvenient for the parents, especially if we cannot drive ourselves to the games or our parents have work; so we should get buses because it makes sense and football has one, so why not us?" The final question that has spread throughout the baseball environment has been: How do you (parents) feel about having to drive the players to the game? Baseball mom Cindy MacDermott states, "I do not personally like that I personally have to take time out of my own day. It is almost a waste of time and I would rather pay extra for the players to have a bus to each game."

## Saving lives, one shift at a time

By Austin Kenney

Staff Writer

### A rigorous day as a teen lifeguard

Being a lifeguard is not a job for the faint of heart, it requires rigorous training to where it sets you up to be prepared for anything, and is also teaches you important life skills. "Being a lifeguard can be very stressful but also very rewarding. Being a lifeguard, you scan the waters to make sure that everyone in the pool is safe, and if someone is in need of serious help, you have the knowledge and ability to help them. Not only do you protect people in the pool, but we are also educated in how to administer first aid outside of the

water", explained Liberty student and lifeguard Gillian Gash. These stressful situations are normal for a lifeguard because there is always a potential dangerous situation waiting to happen. These situations, however, set them up for success as there are always ready for everything." We have to learn CPR, water rescues, rescue breathing, how to assist a spinal injury during a course and then we have to pass an exam. Then every Friday, we have an hour of in-service training", she explained further. The extensive training also helps train lifeguards

for the real-life situations. They are taught the right techniques and are shown how to save a life which is important when becoming a lifeguard. "The best part is helping people in need", meanwhile she said, "The worst part would be the long hours in the sun." Being a lifeguard brings the satisfaction of knowing you can save someone's life and teaches you valuable life skills. However it isn't the right job for everyone as there are long hours in the blazing summer heat.



Being a lifeguard is a summer job that gives teenagers a great opportunity to work, tan and also save lives.

Photo by Charles Eckert

## Coach Sam Rosenberg: Teacher by day, coach by night

By Emily Lutes

Editor

Mr. Rosenberg, government and psychology teacher, lives a double life as a strong coach of both the girls and boys tennis teams. Mr. Rosenberg touches on his history of tennis as he recalls, "My tennis career really started when I was five, I used to just throw a ball and hit it at a wall and from there my parents started taking me to courts and letting me play." At age ten, he won his first real tournament and became sponsored by Babolat, a well-known tennis brand. With his sponsorship, he began practicing with trainers and really taking

lessons. He explained some of his favorite memories: "When I was fifteen, I was in the local paper as 'The Next Andy Roddick' because my serve was just like his." At age sixteen, Rosenberg explained that he played the second best tennis player in the nation at the semifinals, after a very close match, he lost. That tournament had Charleston College notice him and offer a scholarship but after recent injury he ended up leaving and working for his cousin. His senior year, he transferred schools to Loomis-Chafee, a well-known private high school, to play tennis.

Soon after he graduated college, he began working at Liberty as a psychology and government teacher. The school then asked if he would coach tennis and he excitedly took the opportunity. He explained that he also runs Tennis Club, which allows any student the opportunity to play tennis and have fun throughout the year. On top of teaching multiple classes, coaching and advising a club, he still has time to do what he loves most, spending time with his pug, named Biggie.



# OPINION

## Cultural appropriation in Vogue: A fashion faux-pas



American model Karlie Kloss portrays stereotypical Japanese culture in the *Vogue* diversity issue

Photo courtesy of: *Vogue Magazine*

By Yasmine Cardenas  
Copy Editor

From fashion week to the models that walk the runways in couture, *Vogue* magazine is there to bring the styles of the season and the highlights from collections of every top designer. For models to grace the covers of *Vogue*, it is a huge step in their careers. However, models must be aware of cultural appropriation. Cultural appropriation is the act of adopting elements of one culture by another culture. It is a concept that is harmful and demeaning, one that is not new in the fashion industry. *Vogue* has been under fire recently for their diversity issue that came out in March. The issue had portrayed caucasian model Karlie Kloss

in traditional Geisha makeup and clothing. The shoot portrays stereotypical Japanese culture. There are many beautiful Japanese models that would have been perfect for this shoot but instead they chose a model to portray a culture that is not her own. Kloss did make a public apology on Twitter. One apology cannot make up for the many instances in which this has happened. The 2015 November issue of *Vogue Italia* pictured model Gigi Hadid with tan skin, fuller lips, and wearing an afro. The spread received major backlash because the magazine had portrayed a model who is half Palestinian and half Dutch to wear an

afro which historically reflected “black pride” during the Civil Rights movement. Another incident happened with *Vogue France* in their 2009 October issue where Dutch model Lara Stone, was shot in black face. Black face has been a common concept used in many ads. Most do not realize it is extremely offensive and it historically relates to minstrelsy, which is very racist. *Vogue* should incorporate more diversity in their magazine by: hiring ethnic models would make the difference and respecting cultures as they are. Fashion should be used to connect people of all different ethnic backgrounds not to appropriate one culture over another.

## Teachers regard for student's mental health in school

By Sami Gibbs  
Editor-in-Chief

A problem that is too commonly apparent is the range and extent of mental health issues, primarily in teenagers. Issues ranging from depression and anxiety are too often exacerbated by external sources, such as the pressures of high school. As academics are getting extensively more competitive, some teachers are continuing to put additional pressure on their students. This along with the lack of education regarding dealing with mentally ill students contributes to an inflation of those issues and a disconnection between teacher-student relations. As someone who has suffered from both depression and Generalized Anxiety Disorder, I have a firsthand microscopic look into the depths of the issues on this situation and I have a personal theory: some teachers just don't get it, and in some ways I don't blame them. History has shown us that there is a lack of knowledge and regard for mental illnesses, as many see them as personality traits rather than a medical issue. It hasn't been until recently that just a tad bit of light has been shown upon the reality of the deprecations of mental illnesses. It's only reasonable to assume that by listening to the same information for years or conversely being oblivious to it, that the information will be embedded into one's mind. But times have changed and medicine has changed too. Despite these circumstances and the lack of real, credible info that was given regarding mental illnesses, I, as many other students do

too, feel that there is a fundamental issue with the lack of knowledge and empathy teachers have towards students' health issues. “Depression isn't an excuse to not turn in a homework assignment” is something others have heard from teachers, including myself. Well yes, I can't always blame my depression as the source of me not completing my homework (although I almost always complete assignments despite my health issues), but if I'm having constant triggers and unhealthy thoughts and habits, then I am going to take a step back and prioritize myself and my safety first. After all, students have always been told that our health and safety is the number one priority during our educational career. In retrospect, while this teacher and teachers alike obviously displayed a lack of empathy and knowledge, a teacher who is properly trained would have likely handled the situation otherwise. Not all Liberty teachers contribute to this issue as many do understand and have empathy towards students struggling with their mental health. The bigger picture is simply that Liberty teachers are trained extensively on how to properly adapt their teaching style and mechanisms for students with learning disabilities. I only wonder the kind of difference that could be made if teachers were provided the same opportunity to be educated and trained on how to adapt their teaching style and mechanisms for students with any kind of mental health issue and disorder.

Saturday April 29th  
9am to 2pm

Liberty High School Auto Club Presents:  
**GRADE A+ CAR SHOW**

\$20 Donation for Car Entrance  
Check in at the bus loop @ 8am  
(Front of Liberty)  
850 Second Street, Brentwood  
Student Built Awards!  
Vendor Area

## Opinion Poll

### What's one thing freshmen love about themselves?

By Cheyenne Hicks  
Editor



Movie poster for the upcoming film *Dunkirk*

Photo courtesy of:  
<http://movienewsplus.com>

## *Dunkirk* movie never been “done” before

By Anthony Sanchez  
Staff Writer

Many of the best war films, such as *Saving Private Ryan* and *Black Hawk Down* have a reputation of being great war movies because of how they accurately portrayed the source material while also delivering a great narrative at the same time. Since the film *Dunkirk* has been announced and teased, people speculate if the film will be as impactful as its predecessors from the same era. Though now that more information has been released about the film, *Dunkirk* shows lots of potential to become a classic. Many interviews have been done with the director, Christopher Nolan, in which he gives more information about the film's plot and significance. From an interview done by Fandango, they asked Nolan what may surprise fans the most when watching the movie: “I think people who know the story of *Dunkirk*, in particular, may be surprised by the intensity of the experience. It's a very suspenseful story and we really try to do justice to that. The pacing is relentless, and the story and action scenes are extraordinarily intense. I think the lean, stripped-down nature of that, and how fast it moves, and what it puts you through in this short space of time... I think it has a different rhythm that I've worked in before.” Fandango also asked Nolan on why he chose this story in particular, “Well, one of the things I loved about the real-life story is it involved so many different aspects and so many different geographies. You had troops on the ground, on the beach, trapped and facing a choice between annihilation and surrender. You have people

coming across on boats, braving the waters of the English Channel. You've got the Navy on their Destroyers – all these different things to explore visually, and then trying to technically create the action in a way so that you really feel the intensity of it -- you really get inside it. That to me was an interesting challenge, and one I spent a lot of time developing.” In addition to the film being historically significant and action packed, there are many other things that the fans should look forward to as well. Many renowned actors will be in the film such as: Tom Hardy, Cillian Murphy, and a surprising addition to the cast, Harry Styles. Naturally, this has caused even more hype for the film since Harry Styles was formerly a part of the famous band “One Direction”. Even people that may not have been fans of the band are still interested in this casting choice because this is his first time being in a dramatic film. Along with the actors causing immense hype for the film, the movie's score is also something to be very excited for. The person working on the music for *Dunkirk* is none other than Hans Zimmer. He is responsible for the music of other Christopher Nolan films such as the dark knight trilogy, *Interstellar*, and *Inception*. For many fans, it's not a surprise that Hans is scoring yet another Nolan film since every soundtrack becomes a global phenomenon among many music enthusiasts. With the world anticipating what to see next from the film. The film will be released July 21st 2017 and will hopefully be showed to the world for years to come.

Thomas Sudweeks: “I love that I enjoy helping others.”

Katherine Mund: “I love my body. It took a long time to accept myself, all bodies are beautiful.”

Gabe Otero: “I love that I give out as much love as I can.”

Hannah Herrera: “Sense of humor, and personality.”

Diego Colmenares: “Something I love about myself is definitely my hair.”

Jacqueline Villalobos: “I love my confidence in myself.”

Aliza Ybarra: “I love my eyes a lot. They're my favorite feature.”

## Editorial Policy

The opinions and views expressed on this page are solely those of the authors, not necessarily the journalism class, its advisor, or Liberty High School.

*The Lion's Roar* gladly welcomes letters to the editor; they will be edited for the linguistic accuracy, good taste, and space. They may be up to 400 words in length, and are due no later than three weeks before publication to [libertyslionsroar@gmail.com](mailto:libertyslionsroar@gmail.com). *The Lion's Roar* staff reserves the right to adjust or reject letters to the editor for any reason.

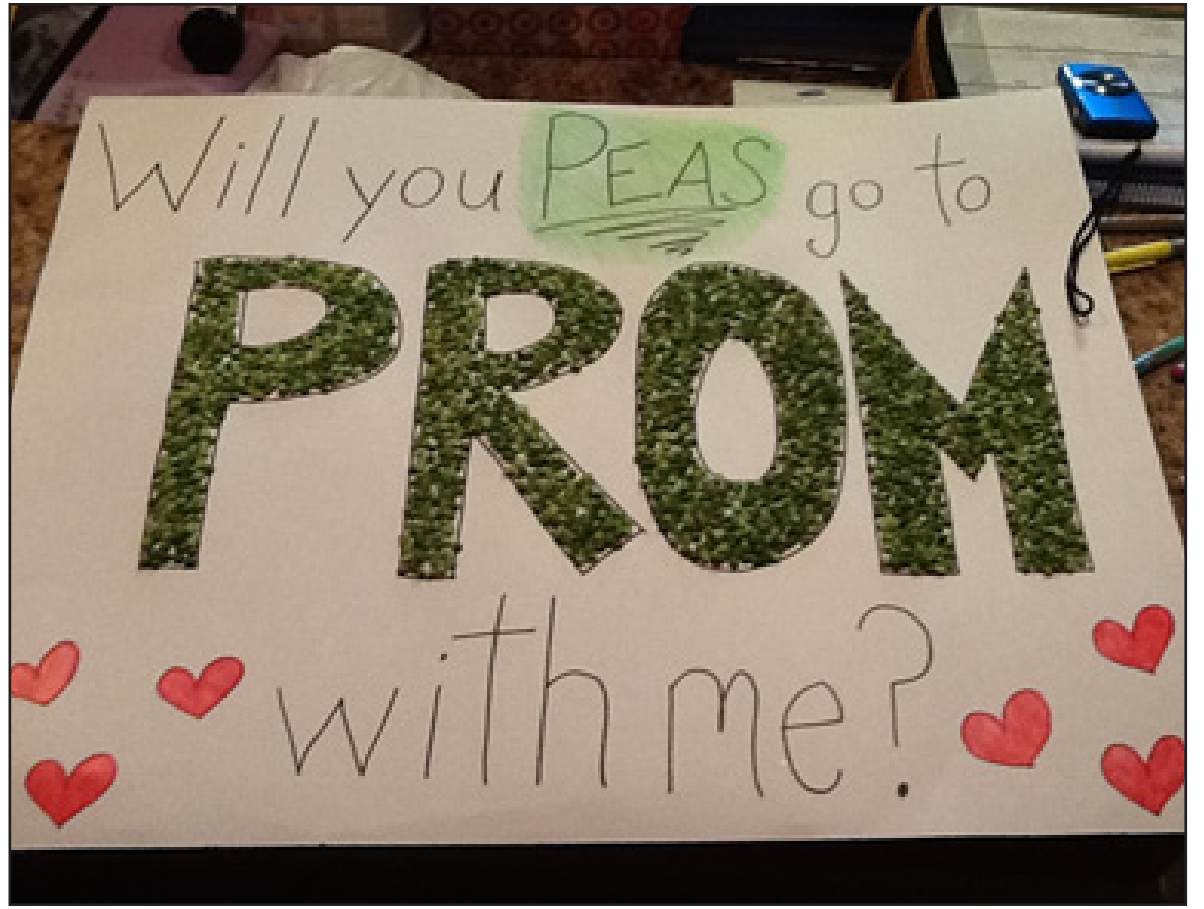


## You, me, prom?

By Tanner Kephart  
Staff Writer

Whether it's the guy asking the girl or the girl asking the guy, they are both asking the same question; "Will you go to prom with me?" High school proms have been around for a very long time and it is a tradition to ask someone to be your date. Now, your date can be whoever you want it to be, whether it is your girlfriend/boyfriend or even just your friend. The main goal is to have fun with whomever you asked. Even though it may seem like the easiest thing in the world to ask someone to be your date for the prom, it really isn't all that easy. Of course you could make it easy on yourself and just ask the person, but most people enjoy the fact that they can be creative with how they ask. There is a vast range of how you want to ask someone to be your prom date with these ideas ranging from making a poster or even just giving the person flowers. In

my opinion this is the easier part of getting ready to ask that person to be your date. Most of the time you are going to ask someone you know or are at least friends with. The most nerve racking part in asking someone to prom is actually asking the person. I tend to get on the nervous side when it comes to asking someone to prom because you never know if they could say no and am also not fond of being put on the spot. It is harder for the guy asking the girl than the girl having to say yes or no. Liberty senior, Josh Shifflett, explains, "I like asking my girlfriend to prom because it makes me happy when I ask her. Yes I still get nervous when asking, but I don't know why. I just enjoy the fact that I get to go to the dance with her." Although it is scary, it does not take away from the fact that it is always fun to ask someone and be asked by someone to prom. One way that the stress of asking someone could



In the spirit of prom, people often come up with creative ideas to woo their potential date. Photo courtesy of Pinterest

be reduced is planning ahead to ask someone. By planning ahead it won't be as stressful and you'll

have a lot more time to think about your ideas. Either way, the nervous part of asking someone still

makes it fun because it is filled with excitement and eagerness to be together for the guy and the girl.

## Little league, little ego

When your young athlete is rewarded for every action, it has a consequence

By Shaun Flory  
Staff Writer

At the end of the season in little leagues across America, you will often find a ceremony with trophies for every member on the team. This might lead you to think that the team took first place for the season, but that is not the case. The trend in recent times is for every member of every team to be awarded a participation trophy, even if the team loses every game. This generation is being taught that no matter what effort is put forth, a trophy will be waiting as a reward. This may be sending the wrong message to young kids, because in life there will be disappointment and you don't always have success with everything you do. It creates a sense of entitlement that everyone deserves a trophy no matter what, and takes away the motivation to work hard and earn the reward and recognition through

great effort. Participation trophies for losing teams reward individual effort for a mediocre performance. In their minds, getting a trophy is like someone telling them that when you lose at something you will be rewarded for the effort you put into the team, no matter what the outcome is. As the Louisville Women's Basketball coach Jeff Walz bluntly stated after a recent loss, "Right now, the generation of kids that are coming through, everybody gets a damn trophy, okay? You finish last, you come home with a trophy. You kidding me? What's that teaching kids? It's okay to lose. And unfortunately, it's our society. It's what we're building for. And it's not just in basketball, it's in life. Everybody thinks they should get a job. Everybody thinks they should get a good job. No, that's not the way it works. But unfortunately, that's what we are preparing

for. Because you finish fifth, you walk home with this nice trophy, parents are all excited? No. I mean, not to be too blunt, but you're a loser. Like, we're losers, we got beat. So you lost. There is no trophy for us." What Walz means is that when the smallest actions are rewarded, your mind is programmed to believe that you are entitled to a reward you didn't earn. As he said, "It's ok to lose" but not all actions should be rewarded. An alternative would be to have the coach take a picture with each player and have him write a letter about how each player did throughout the season. Getting a reward is something you receive for being outstanding and playing at a higher level for whatever sport you play. Having you and your team show that you work well together, even if you don't win every game, should be a reward in and of itself.



Photo courtesy of Covergirl

## Getting ready in the AM: How much time is too much?

By Savana Greninger  
Staff Writer

Imagine getting up at 5:00 a.m. every morning just to get ready for the day. School starts around 8:00 a.m. so what is it that takes so long? The answer is simple: makeup. From a young age, people are pressured into making themselves look presentable to go to school or to do other activities. Both girls and some guys get up earlier and earlier to do a simple or full face of makeup. For example, after asking senior girls how long they take to put on makeup in the morning, the average answer was about 45 minutes. This routine included moisturizer, two primers, color correcting concealer, foundation, contouring powder and highlighting powder, and that's just for ones' skin; it doesn't include eye makeup or lipstick application. This time consuming trend has influenced millions of people to put on more and more makeup every day. From makeup tutorials online to models in magazines, girls and guys alike are trying to compete

with what they see on a daily basis. Some girls argue that taking this much time to get ready every day is a way of pampering themselves, a way to dedicate time to themselves, and no one else. But the amount of time used to put on makeup could be used in so many other constructive ways: getting extra sleep in the morning, eating a decent breakfast, or actually interacting with other people. Overall, the problem is that teens and young adults are taking their morning makeup routine to the extreme. There is nothing wrong with taking a little time for yourself, but if this trend continues to grow, the "bar" is going to keep being set higher and higher, and people will soon be spending hours upon hours simply trying to follow along with what YouTube is telling them they need to do. There needs to be a healthy balance between the time spent on morning makeup and the time spent living our lives outside of the home.

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7:00 pm  
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