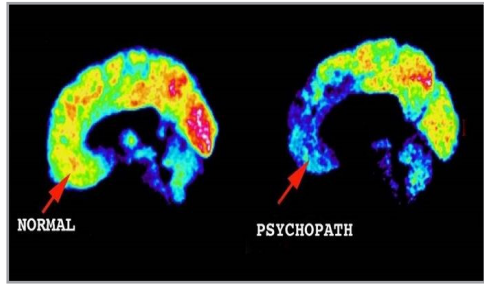


# In this Issue...



Inside a serial killer's mind Page 4



Almond moms are unhealthy Page 5



B/C wing growing pains? Page 8

1st Place award-winner from the American Scholastic Press Association



# The Lion's Roar

The voice of Liberty High School students

Liberty High School  
850 Second Street  
Room B-111  
Brentwood, CA 94513

Issue 3, Volume 35

May 24, 2024

FREE

## Speechless: the decline of literacy after COVID

By Marina Hernandez Rodriguez  
Staff Writer

Most would assume that everything went back to normal after COVID-19; however, many families still deal with the aftereffects of the virus. For many low-income families, life never stopped moving. In the struggle to adjust to the loss of jobs and rising prices, education was pushed to the back burner. As a result, literacy rates in America quickly started declining. With the rise of technology and dependence on cell phones in the classroom, many teachers worry about the effects on the future of America. This problem began before the pandemic struck, however, after COVID

about 60% of low-income students still have reading problems. That percentage is double what it was before COVID. Black, Latinx, disabled, and low-income children were all more susceptible to reading problems after COVID. Children's attention span began to decrease, as well. Basic skills like reading have been negatively affected by the decline of attention spans. The Hechinger Report interviewed Andrea Yon, a teacher at Willinston-Elko Middle School in South Carolina. Yon has been a teacher for seven years, and speaks of the rise of classroom boredom. After assigning 20 minutes of silent reading, she says, "They're looking up after three to five." There are serious consequences to falling behind in reading as early as elementary school. It can create problems



The choice between picking up a book or a phone has become easier, and students are opting out of reading for the more "exciting" option. Photo by Marina Hernandez Rodriguez

in a child's future, altering their ability to learn other subjects at the same level as their classmates. For example, many

students who fall behind in reading are more likely to earn less money, drop out of high school, and become

involved in the criminal justice system. Furthermore, Peggy Carr, of the National Center of Education Statistics emphasizes, "We've never seen a significant decline like this before." The literacy decline has brought forth questions about how capable teachers are in teaching the fundamental components of reading, especially in high school. Phonics, the most important subject when learning reading, refers to the sound letters represent and how those sounds blend to make words. This technique was taught in schools for decades, before being removed from American curriculum in recent years. There is now much talk, especially amongst elementary schools, about bringing back this concept. It is still unclear if phonics instruction will trickle up to the high school level.

## PADA's 2024 Senior Project

By Kristiana Zaste  
Staff Writer

The 2024 senior PADA class is working hard on this year's city project. They are hoping to complete this project sometime in May. Once finished, the sculpture will be moved to the corner of Sand Creek Road and O'Hara Avenue to be revealed to the public. This statue went through the approval process with the City of Brentwood

and creating a budget to present to the city council. The students also created models of the fish and a maquette to present to the city council to allow them to get a feel for what the final project would look like. The students of PADA finally presented to the Brentwood city council on the evening of January 24th and were approved to begin the building process of the statue. The sculpture's original designer, Rafael Gonzalez, gave some statements

many different art mediums such as mosaic, metal work, ceramics, and spraypainting. The senior students this year are being directed by Jacob Edwards who recently took over the senior PADA class again. He was quoted as saying, "It has been an awesome experience being the senior PADA teacher this year. I did it in 2016, but did not help with the approval part with the art commission and city council. This was my first year going through the whole process." Many students spent their personal time contributing to this project as well using after school time and free periods. PADA senior Diego Lopez mentioned, "It's been a good and fun experience to work on this project and learn new and interesting skills like welding."

Another student, Michael Venzon, also commented, "The project has impacted me personally by broadening my horizons of art and design, along with giving me new ideas to bring into my personal work." The final project will be moved and revealed early to mid May, which is much earlier than past PADA years. Every year PADA students do this project as a way to gain more experience in artistic careers, and get a feel for how this would look for students who choose to pursue a future in the art industry as well as give back to the community in a fun and creative manner. Overall, this project not only benefits the senior PADA class, but it can make big impacts within the community as well. Students are taught valuable skills and life lessons that they can continue to use throughout their lives. It is a widely enjoyed event when these projects are created and shared and provide meaningful artwork to the community and helps develop an artistic culture within Brentwood and Liberty.



Diego Lopez demonstrates his newly-learned skill of welding to build the base of the project. Photo by Kristiana Zaste

and will depict Chinook salmon as a way to show how they used to migrate through that area during spawning season. PADA students first presented three designs to the city art council and the council then voted on and approved Rafael Gonzalez's design to move on to the next step in the approval process. From there, the design was revised and worked on by the students to improve the presentation as well as work out details such as the size of the sculp-

ture on his thoughts about his design and how it felt to have his artwork chosen. "It felt nice to be chosen, it feels like the culmination of what I've done and learned in PADA from having the fishes visible from multiple angles and the simple shapes used in the tiles we've made daily sophomore year. It was nerve-racking the first time because honestly I wasn't 100% confident in my design against others more artistically talented than I am." The final product will be shown with



## Rock On: East Bay metal singer visits Liberty High music class

Mr. Taylor's History of American Pop Music welcomed Mr. Chuck Billy, the lead singer of the band Testament amid their unit on the East Bay thrash metal scene. Students were able to ask him questions about his influences, experiences, and thoughts on music then and now. This was their first ever in-person guest speaker in the class this year.



Photos by Kristiana Zaste

### Hear us roar some more!



Follow us on Instagram!  
@LHSLionsRoar



Read our issues!  
Scan QR code with mobile device to see our issue archive

### Upcoming events:

Senior Safari - 5/24

No school: Memorial Day - 5/27

Final Exams - 6/3-6/6

Graduation - 6/7

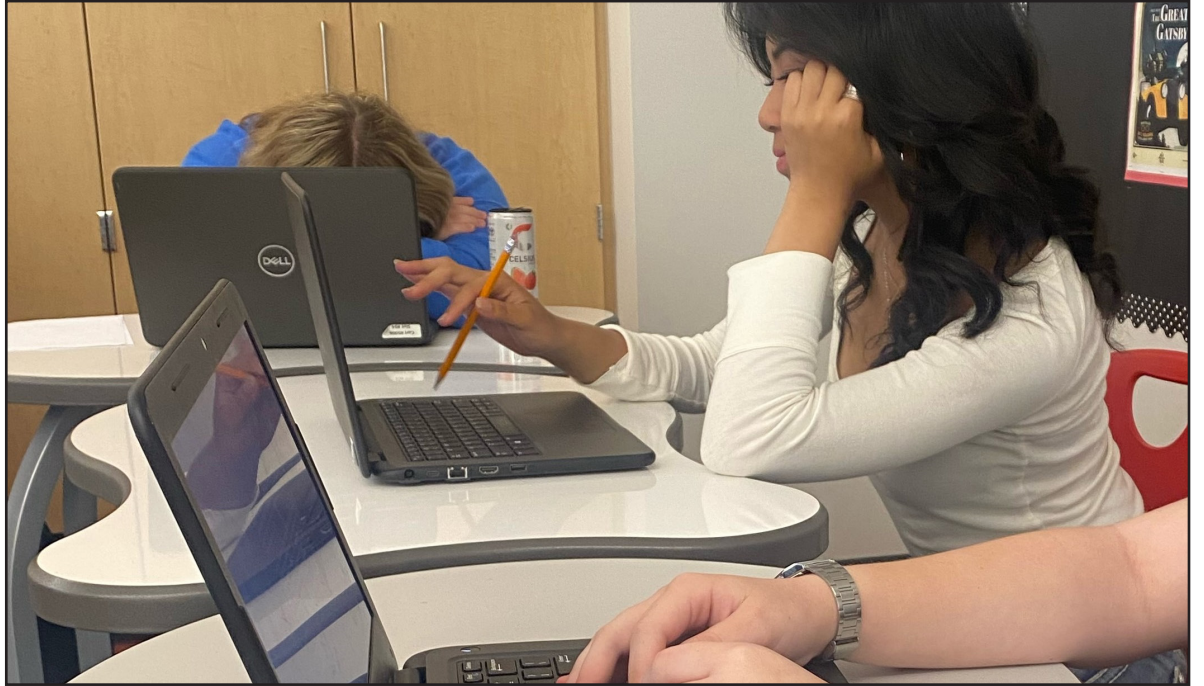
May 24, 2024

## Eclipse excitement

By Addysan Ambrus  
Staff Writer

A partial solar eclipse occurs around once every five years for California to see, and they can happen in different shapes and sizes. A solar eclipse is a fun experience to enjoy with classmates, friends or even family. During a solar eclipse, the moon passes between the sun and Earth, casting a shadow on Earth that either fully or partially blocks the sun's light in some areas. According to the AlaskaPublic.org, over 30 million Americans traveled to see the most recent solar eclipse on April 8th. Some classes in the B-wing at Liberty got special sunglasses for viewing, and watched the eclipse along with other students and classes. This event is important in helping scientists decipher the sun's structure and explosive events, finding evidence for the theory of general relativity, or discovering new elements.

The solar eclipse is a rare cosmic coincidence, when the moon and sun appear to be the same size. The solar eclipse can also be a very pretty occurrence. Additionally, Zodiac signs have been believed to have an impact on the solar eclipse. It has a great influence on the signs Aries, Libra, Cancer, and Capricorn. After the eclipse it can be a new chapter for these signs. The 2024 solar eclipse is also a significant event due to its wide path of totality crossing North America. Many people across the US were able to see the eclipse in full darkness. A sophomore at Liberty High School who watched the eclipse says, "I saw a sliver of the sun that was orange and everything else through the glasses was dark. I thought it was really cool because this only happens once in a while and I'm glad I got to witness it." While a solar eclipse can be very pretty, it's important not to look directly at it to avoid future vision problems.



Advanced placement courses allow students to boost their GPA with a C grade or higher, or gain college credit with an exam score of 3 or higher.

Photo by Addie Homer



Students gather outside of B wing to watch the solar eclipse, through special eclipse glasses.

Photo by Kristina Busch

## AP Exams: paper to digital

By Addie Homer  
Staff Writer

Distant sounds of lead scraping against exam papers are drowned out by the brand-new click-clacking of keyboards and the hum of a Chromebook's mechanics. The bright glow of the computer screen illuminates hundreds of hardworking students' faces. This is only the start of an education led entirely online with AP exams going digital. Many students at Liberty High School and in the Liberty Union High School District take Advanced Placement (AP) classes. At the end of each year these students collectively take a corresponding AP exam on which they are scored on a 5-point scale. These exams, aside from during quarantine, have always been on paper. However, in 2025, nine of these course exams will be converted to digital exams according to the College Board. This includes AP African American Studies, AP Computer Science Principles, AP English Language and Composition, AP English Literature and Composition, AP European History, AP Psychology, AP Seminar, AP United States History, and AP World History: Modern. With most modern education being

transferred to digital; it is no surprise the College Board decided to make this switch. They stated in a recent release, "They remove the need to manage paper exam booklets on exam day and reduce the risk of exam security issues and lost exam responses," which offers a reasonable explanation to their formal shift. Ultimately, the transition of paper to digital exams directly affects the testing students. When asked her opinion on the matter, Liberty senior, Alyson Nobriga, stated the switch will initially cause a lot of issues like FAFSA testing did this year with delays, glitches, and incorrect calculations on student education and potential grants or loans. Nobriga has taken five AP exams in the past and would prefer to continue testing on paper. Technology tends to malfunction, and there will not be time for this "error" during AP exams which typically run on a tight and strict schedule. There are many pros and cons amongst the transfer. Oppositely, Liberty senior Richard Zheng explained, "I believe that the switch will allow students to think and answer more quickly and effectively... I anticipate it will increase performance," Zheng has taken seven AP exams, and believes he would do

better with an online test. But students are not the only ones the change will impact. Similarly, AP English Literature and Composition teacher Mrs. Rodriguez explained that students are used to digital assignments, and that they might struggle with basic aspects, but overall will likely have minimal issues and even more so benefit from the change. The practice process for the exams will also be converted to be digital, so the transition will be made mainly in class. With the adjustment comes the issue of how one could use their new platform to cheat. When it comes to the topic of cheating Rodriguez elaborated, "The thing about the College Board, is that they have created/implemented what are called 'Locked Down' browser settings... one cannot go off the page while taking, or even have another tab open. In this way, cheating will become much harder." With this knowledge, the assumption can be made that the system will be possibly more secure than paper exams. Overall, AP exams becoming digital will be an adjustment for students and teachers alike, and after initial testing, even more AP courses' exams will transfer to online testing as well.

## FFA's new feathered friends

Under the lead of Ms. Johnston, the vet science class has been incubating eggs over the last three weeks, and they recently hatched. The chicks had been living in F-3. This is one of the many hands-on projects that FFA has done throughout the year.



Photo courtesy of Sophie Johnston

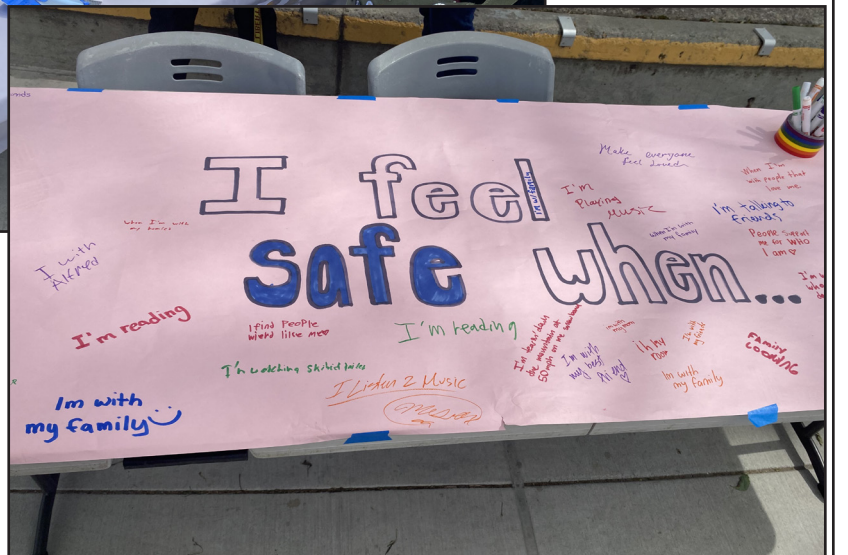
## Students "speak out" on Day of Silence



Photos by Frankie Brown

On the April 12th LGBTQ+ Day of Silence, many tables were set up in the quad to raise awareness. One table held LGBTQ+ literature and magazines, and gave out free bracelets. The table also gave recommendations on LGBTQ+ authors.

Students wrote about when they felt safe, both on campus and at home. Another booth gave out rainbow ribbon pins, which were worn around campus to show allyship.



May 24, 2024



Causally walking to the bathroom, Alyssa finds herself scrolling through endless TikToks. She doesn't realize someone has been behind her the whole time, waiting to strike one day. Photo by Jenny Dzul

## Life 360 and Snap Map Apps that are used to stalk

By Jenny Dzul  
Staff Writer

You're walking home late at night: the moon is glistening above the stars, and you're admiring from afar, until you get that sinking gut feeling. Your steps become faster, your palms begin to sweat, your throat closes up right as you enter your home. You realize you weren't alone: someone was watching you from afar. Most would believe that sharing your location via cell phone with trusted people is a safe decision, because they would know your whereabouts if something grim were to happen. But sometimes these modern location services, such as Life360 and Snapchat, have become highly dangerous to many underage students. Location tracking isn't always innocent as it can be used as a tool for unsavory people to stalk others. Nowadays, most teens have social media, and Snapchat has become one of the most used communication apps. Nearly half of all the teens in the U.S. use the app. Through Snapchat, users exchange pictures and videos called

'Snaps,' which are meant to disappear after they're viewed. Snapchat has many features, from lenses to filters and a feature called 'Snap Map.' Snap Map places the users location on a virtual map that is visible to other Snapchat users. When using the Snap Map feature, users can choose who can and cannot see their location. On the other hand, Life360 is an app solely for location, created specifically for families to stay connected and safe. The app can be used to track loved ones and receive notifications if they need help. Life360 only allows users to create a "circle" of family or friends. However, the primary concern is allowing the right individuals to have such private information. It can be dangerous for an underage teen to share this type of information on Life360. For instance, Alejandra Ochoa, a junior at Liberty High School, spoke about her experience with these apps. "The summer going into my freshman year, I got a notification of a boy who added me on Snapchat; I didn't think anything of it, it said that we had more than two mutual friends, so I added back. Turns out about three hours later,

## Cancerous Ceramics?

### The possible dangers of teaching ceramics classes

By Romy Williams  
Staff Writer

No one has ever wondered if the Pythagorean Theorem will end them, or tossed and turned all night fretting if the War of 1812 is out to get them. But for Ceramics teachers and students alike, these over-the-top scenarios are much closer to reality. The silica dust created by crushed up pieces of ceramic tile can lead to many health problems. According to cancer.org.au, working with ceramic clay can cause a plethora of health problems, with some being fatal. "Exposure to silica dust can lead to the development of lung cancer, silicosis (an irreversible scarring and stiffening of the lungs), kidney disease and chronic obstructive pulmonary disease." The extreme health risks, although warned on the boxes of clay Liberty gets from Leslie Ceramics, are not mentioned to students when they enroll in the class. However, there might not be much need to. Students who work with clay for small amounts of time every other day of the year don't have to worry about their art projects impacting their health.



The display cases outside of Mr. Edwards' classroom show off the work of his ceramics students; these works of art can create dust that can be hazardous to his health. Photo by Romy Williams

Cancer.org.au reports, "Not all exposed workers will develop lung cancer; cancer risk increases with long-term or repeated high-level exposure." But they should be worried about their teachers. Ceramics teachers, like Jake Edwards who've been working with clay for 19 years, have more reason for concern over their health. But Edwards himself expresses a very calm and nonchalant opinion about his working conditions. He brought up, "You can get cancer doing anything," and feels that teach-

ing ceramics is worth the risk. Despite seeming unbothered, Edwards still takes necessary precautions, just to be safe. He makes sure to keep both doors open while sweeping, in order to have ventilation while stirring up plumes of respirable dust. While the students are at no major risk, it is important to inform them of the potential health problems that working with ceramic dust can lead to, as well as to set into place some more precautions for the teachers who are inhaling silica dust day in and day out.

he sent me a picture of the outside of my house." She continued to say it made her extremely uncomfortable and she blocked him immediately. After this incident, Alejandra's perspective was shifted, and she started to take more precautions about sharing her location. She now only shares her location with some of her close loved ones. Moreover, the scariest discovery about stalking is that about two-thirds of men and women who were stalked were stalked by people they thought were loved ones.

## From "doll" to "pookie"

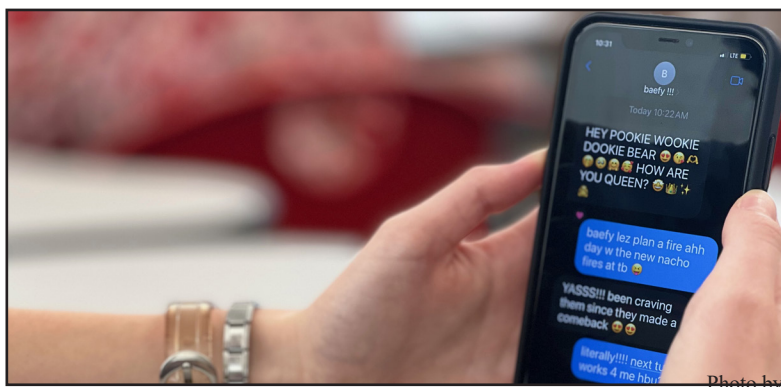
### How slang starts and spreads

By Loujain Habibi  
Co-Editor

Terms of endearment, disguised insults, simple abbreviations and vulgar expressions all fall under the same category: slang. With records dating back to the 1700s, slang has existed for centuries, but the advent of the Internet in the late 1900s enabled the rapid spread of slang, especially in the world of teenagers. Slang is defined by Oxford Languages Dictionary as, "A type of language that consists of words and phrases that are regarded as very informal, are more common in speech than writing, and are typically restricted to a particular context or group of people." While records remain unclear, most historians trace slang back to the 1700s. For instance, in the 1740s, slang was used by the "underclass of thieves, and beggars, and the itinerants who often associated with them," as was mentioned in Jonathan Dent's, the Senior Editor of Oxford English Dictionary, article "The rise and rise of slang." The creation of the Internet has made slang spread easier and to more people. "Some internet slang originates from the news, movies, TV programs, or online videos," stated the study titled "Good Slang or Bad Slang? Embedding Internet Slang in Persuasive Advertising," published by the National Library of Medicine. "Internet slang is novel, humorous, and interesting, and it possesses qualities that attract attention, particularly that of humor." Music, politics and the Internet are the main sources that slang has developed

from and a few of the ways it spreads, as was mentioned by the educational site Wonderopolis in the article "Where Do Slang Words Come From?" Since Gen Z has grown up with the Internet, slang is especially used by the generation. "It seems like a way to connect with your teenage self," noted Majid Chaudhry, a Senior at Liberty. Sophia Cantin, a Sophomore at Liberty, explained how, "Slang is just an easier way to communicate with friends

In her article "Why Slang Is More Revealing Than You May Realize," Katy Steinmetz wrote that, "Much American slang has gone mainstream after being invented by African Americans," which demonstrates how slang spread from the African American subculture to the American culture as a whole. The same thing has happened with Gen Z creating slang that has spread in American culture. In 2023, Oxford Dictionary chose "Rizz" as its word of the year, and in their announcement ti-



According to a survey conducted by Preply, an online language learning marketplace, in 2024, 94% of Americans use slang in some way. Photo by Loujain Habibi

and make inside jokes." In the article "Slang | Origins, Uses & Examples in Linguistics," D.W. Maurer and the editors of Encyclopaedia Britannica explained how, "Slang, then, is produced largely by social forces rather than by an individual speaker or writer who, single-handed...creates and establishes a word in the language." They continued how, as subcultures create and use slang, it begins to "invade" the dominant culture.

led "We Added 690 New Words to the Dictionary for September 2023," Merriam-Webster added 690 slang words - including "Rizz," "Simp," "Bussin'" and "Beast Mode" - to their dictionary. Slang has become a way for people to connect to others in their generation, and as it continues to spread, it will keep on connecting people in the simplest of ways- through a shared language.

## No cooks in the kitchen

### What happened to Culinary Arts?

By Valeria Gonzalez  
Staff Writer



For now, whisking is a skill that students will not be learning at Liberty High. Photo courtesy of Tasting Table

Culinary arts are a way to teach students a basic need in life: cooking. However, Liberty High School no longer has such classes for students to take, which raises the question, what could be the reason for the class no longer being taught? Culinary arts is the art of cooking, preparation, and presentation of food. The classes were taken as an elective that gave students the chance to learn new skills. Although the main principle was to create dishes, leading up to that was learning the safety of knowing how to use kitchenware with precaution. As with any other courses, obstacles can be anywhere; in this case culinary arts had too many complications to keep the course available. So, could it have been? An issue with money? A complication with students? What could be the real reason for culinary arts to be unavailable? Michael Mauro, Liberty teacher described, "The reason that I stopped teaching the class was because the class was extremely demanding of my time outside of school hours... It was difficult to handle as a single teacher. Budgeting the class was extremely difficult as well. There was only a certain amount of money that could be used to fund 6 classes cooking projects. It was tricky to cook as much as we could with our budget. While I tried to do the best that I could with what funds,

equipment and time I had available, it still seemed to leave the students disappointed." Mr. Mauro was the teacher who taught culinary arts until the issues started to settle in. Cooking may not be as cheap as it would seem for a couple people, supplying for a classroom full of students around 33 to 36 students make it even harder to have a low budget, especially for 6 classes. The issues were increased as the teacher, Mr. Mauro, had to prep for projects for his students which took up his personal time. The amount of money given to supply the class and the projects taking up the teacher's time were problems for the class to stop operating. As well the lack of satisfaction from students. "The feedback I received from students was rarely anything positive, but usually centered around how they don't cook enough, and how boring class was while learning how to be safe in the kitchen, how to successfully and safely use kitchen tools and how to properly, successfully cook different types of food," Mr. Mauro also mentioned. However, there are some students who still express interest. "I would sign up for that class because I mean, it would be fun and good to learn new recipes. It would benefit students so they can learn a new skill and try new foods because we won't always have to rely on our parents," remarked the Liberty sophomore Michelle Marin Onofre. Culinary arts may be another way of showing independence and responsibility by demonstrating that students are responsible enough to create meals without any help. Not only would this class be helpful for learning a new skill or a new hobby, it can also help students find out if they should go in the career of culinary arts. It would help those who want to pursue the career path of cooking and it would look good when the student applies for jobs or colleges. As school budgets vary from year to year, it is possible that the class could be offered again at some point in the future.

# Twisted thoughts: Inside the mind of serial killers

By Kayla Murcay  
Staff Writer

Jeffery Dahmer, Ted Bundy, John Wayne Gacy: what do these people have in common? They were all cold-blooded killers. But why did they kill? To start, according to psych-neuro.com, "Studies have suggested that the vast majority of serial killer and psychopaths have several factors that result in their behaviors. Elements such as genetics, childhood, and traumatic or abusive background all have a contributing role in these people." This indicates that there are many similarities for why psychopaths are the way they are. However, not every killer had a rough upbringing. There is research proving that there are neurological differences between a "normal" human brain and the brain of a killer, so rough upbringing or not, there is a difference between the two types of brains.

Continuing that thought, also from psych-neuro.com, "In several cases patients have been shown to have reduced prefrontal gray matter, amygdala abnormalities, and asymmetric

hippocampi areas." Additionally, according to scienceleadership.org, "The 'normal' brain is eliciting an emotional response, while the scan of the psychopath's brain is completely inactive in the frontal lobe. Within the frontal lobe is the amygdala, which control emotional responses, and the hippocampus which is responsible for memories and emotional ties. These portions being dark, shows that in the brain of a psychopath, they not only don't feel emotions, but they don't have any emotional ties, memories, or responses at all." The amygdala is the part of the brain that processes emotions, so when the amygdala is unstable or has abnormalities, it may result in emotional blunting, unstable decision making, anxiety, and issues with memory. The

hippocampus is the area of the brain associated with memory, so when the hippocampus is impaired, the person would experience memory loss, spatial disorientation, and emotional disturbances.

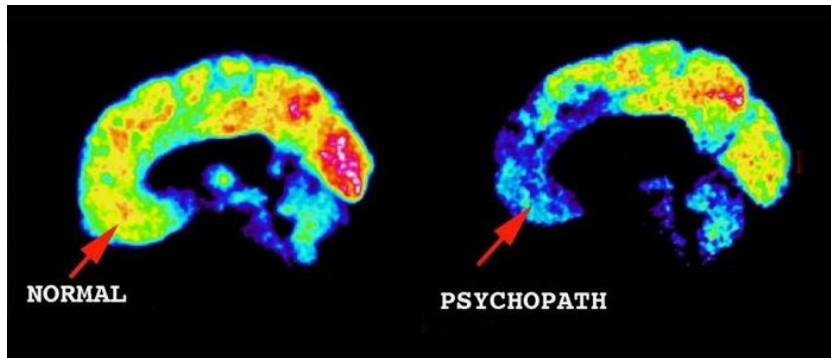
While it is not a serial killer's fault they were born with a brain that dissoci-

ates them from society, emotions, and empathy, it does not excuse their decision to take someones life. The brain can change throughout one's life due to traumatic stress. According to ncbi.nlm.nih.gov, "Preclinical and clinical studies have shown alterations in memory function following traumatic stress, as well as changes in a circuit of brain areas, including hippocampus, amygdala, and medial prefrontal cortex, that mediate alterations in memory." This reveals that, not only can someone be born with disruption to their brain, but disturbance to the mind can happen over time as someone goes through or is recovering from a traumatic experience.

An example of this would be John Wayne Gacy. According to biography.com, "He suffered alienation at school, unable to play with other children due to a congenital heart condition that was looked upon by his father as another failing. He experienced frequent seizures and blackouts as a teen

and was regularly in and out of hospitals, though his father accused him of faking the ailments for attention. Gacy later realized he was attracted to men and experienced great turmoil over his sexuality." It was also reported that Gacy had suffered non-consensual sexual assaults at ages five and eight. Gacy revealed that most of the beatings and abuse from his father would take place in his basement, which ended up being a location he buried his victims. As was mentioned earlier, not all serial killers had a rough childhood. Dennis Rader, also known as the BTK killer, had a typical childhood. Reports shared that, throughout Rader's childhood, he masked his disturbing ideologies while secretly and brutally killing stray animals. Shared in more depth from biography.com, "The oldest of four sons, he enjoyed a seemingly normal childhood, reportedly masking such disturbing behavior as hanging stray animals."

To sum everything up, there are multiple causes as to why somebody would want to hurt others. This could be from an abusive upbringing, from abnormalities or an imbalance in the brain.



There are many neurological differences between a "normal" brain and the brain of a psychopath, such as the frontal lobe being inactive for psychopaths. Photo courtesy of Science Leadership Academy



There are three types of dye: Cellulose fiber dye, protein fiber dye, synthetic fiber dye that is used to make red-colored clothing. Photo by Mia Ramirez

## Red at first sight

### How this color affects the brain

By Mia Ramirez  
Staff Writer

A painting of stunning flowers, so realistic that they seem soft to the touch. The vibrant colors overwhelm the senses, with the deep red of a rose being the most overwhelming of all. Why did the red rose caught the eye so fast? In an article entitled "Color Psychology: How Red Color Affects Your Behavior, Emotions, and Mood," Roonpashree Sharma explained how, "The red color meaning is associated with excitement, passion, danger, energy, and action." Sharma added that, "Red is quite a primary color used by brands such as YouTube or Coca-Cola. Brands use red to induce excitement and compel users to act." In everyday life, red is used for advertisements, school colors, clothes, accessories, and home furnishings. Red is seen as bright, loud, and elegant.

There have been many studies on why people are more attracted to red. The American Psychology Association conducted a study showing men wearing different colored shirts, the main color red, and asked the testers which person they found more attractive. The men in the red shirt were deemed more attractive.

Additionally, the "Red nail theory" has taken off on social media. Women test out the theory by getting their nails painted red and seeing if they get more attention from men. Besides painting their nails red, people also wear red clothing. Sarah Adina, a sophomore at Liberty, says that she gets more compliments when wearing red. People tell her that, "red is your color."

The same happens to men when they wear red. Conor Hanson, a sophomore at Liberty, mentioned how, "More people notice because it is a more vibrant color."

## A Look into Liberty's Muslim Student Association club

By Ella Follett  
Co-Editor

As of this year, Liberty High School senior Marie Bouso started a Muslim Student Association (MSA) club, making it the first Muslim club on campus.

Marie Bouso began the process of creating the club last school year, in early 2023. She created the club for Muslim and non-Muslim students to have a space to come together to learn about this minority at Liberty.

Bouso recalls that, at the start of the club, "Some obstacles were trying to garner in people to join our club," along with the amount of work put in to get the club running.

Ehsaan Mouhamad, a sophomore at Liberty, heard of MSA through an officer during his freshman year, to which he says, "I wanted to have something like the MSA club in my life to help me become a better person," proceeding to take interest in the club.

Liberty's MSA club has maintained to

carry the same amount of interest as it did in the beginning of the year, which has been minimal; however, Bouso says the officers as well as members interact well with one another during meetings.



Pictured above are President Marie Bouso of MSA on the left, Secretary Marwa Majeed in the middle, and Vice President Eeman Del Torre on the right after a successful club meeting. MSA club meetings take place in room E-6 on Fridays during lunch.

Muslim club on campus, as he wished to start something similar, and to include prayer rooms to people of any religion.

MSA participated in every food fair hosted this school year, offering henna to students. On February 24th, MSA took part in the Lunar New Year Farmer's Market event in collaboration with Liberty's Culture Shock club, offering henna designs. MSA has also collaborated with LMC and Heritage High School for an Eid Social, which took place at Veterans Park on April 27th. Mouhamad, who attended the Eid Social event, mentioned that, "I really enjoyed playing volleyball and seeing a lot of familiar faces."

Bouso hopes the popularity of the club increases in the future, and she wishes for more peers to enjoy various cultural clubs offered by Liberty's campus, including MSA. However, Bouso is conflicted on whether or not this wish can be achieved, which depends on the students at Liberty.

Photo by Ella Follett

Bouso hopes the popularity of the club increases in the future, and she wishes for more peers to enjoy various cultural clubs offered by Liberty's campus, including MSA. However, Bouso is conflicted on whether or not this wish can be achieved, which depends on the students at Liberty.

## Removing the stigma behind 504 plans

By Frankie Brown  
Editor-in-Chief

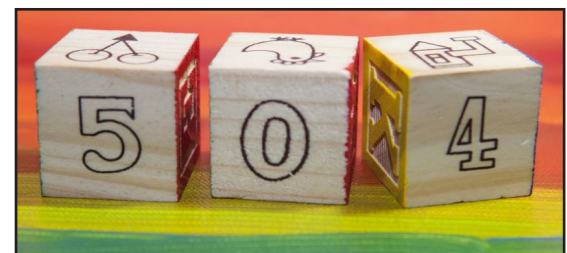
More students need academic accommodations than one might think, but many turn down the opportunity to take them because of the stigma surrounding 504 plans. However, 504 plans are a private, useful tool that can help students succeed.

504 plans are designed to make sure that students have "equitable access to a learning environment," according to edsources.org. They provide a tailored list of reasonable accommodations for any student who might need them. In order to qualify for a plan, a child must have a permanent physical or mental impairment that could hinder their ability to succeed in school. They

are most commonly for students with ADHD, Autism, Dyslexia, Dyscalculia, anxiety, and hearing/vision loss. Some students with diabetes have 504 plans, since they may need to leave the classroom to test their blood sugar. Some other accommodations for students could include preferential seating

in class, more time on tests or assignments, or sitting in a separate testing environment.

Some students believe that others would make fun of them for having accommodations, but most accommodations are private and are kept confidential by teachers. Others worry that it's difficult to attain them, but the first step is to request a meeting with an Assistant Principal or Counselor, who can review the student's situation and determine if accommodations are needed, and if so, which ones would be best for that student.



Around 85,100 students (1.5%) in California currently have a 504 plan. Photo courtesy of 123RF

May 24, 2024

## “Almond moms” may not be as healthy as they sound

By Hannah Grossetete  
Copy Editor

It is a hot sunny day in June, a little girl runs inside after playing outside all day long. She is famished and begs her mom for a filling snack; her mom pulls out her hand to reveal a fist full of... plain almonds. Parents, just like anyone else, are victims of diet culture. The difference is, the little eyes that peer up to them, take in every piece of information as fact and internalize the possibly harmful messages that follow.

Almond moms, though recently gaining their popularity in November of 2022, was a term originally coined by author Rebecca Walker in her 2005 novel, “To Be Real: Telling the Truth and Changing the Face of Feminism”. In her book, she defines almond moms as moms that “are fiercely devoted to both their kids and to their professional lives- and manage to juggle them with poise and grace”. This definition has developed since its creation, with the help of social media platforms, primarily TikTok. An almond mom is now defined as “a parental or authority figure who has “some form of eating restriction,” according to Dr. Amy Lee, Head of Nutrition for Nuci-ficand, an expert in weight control, obesity and nutrition. Some experts have been clear that they believe almond

moms are simply a social media fad, and others counter this with the notion that the term “almond mom” is simply a harmful gateway to a serious eating disorder, with even more harmful impacts on the children involved.

Through the notorious rise of TikTok, younger generations (primarily Gen-Z) have turned the “almond mom” into a rapidly spreading trend. Gen-Z has begun the hashtag #Almondmom, to share and impersonate the characteristics of their mothers’ eating habits and turned it into a comedy skit, used to spread information about the harmful effects of this parenting style. Though the trend has become humorous, it only masks the true impacts of this practice. Generation Z has done a fantastic job with making people feel comfortable enough to share their traumas in a more comfortable format, humor. But one must not forget what this still is, trauma.

When food restriction is showcased to children in any format, it can carry into their adult lives and has the potential to develop into an eating disorder. Abby Vladika, a nurse practitioner, went on record with OSF Health Care to state, “When patterns are developed at a young age – sometimes even as early as five, six, or seven years old – and we emphasize and focus on negative aspects of food, that can create a pattern that follows children. So, when you are

talking about foods with kids, you want to emphasize healthy choices,” says Vladika.

Children are known to pick up everything from their surroundings, and in this case, they might be picking up harmful eating habits that can last a lifetime. The conditioning around food becomes more about restriction and physical appearance, opposed to fueling one’s body with nutritious and filling foods that help provide the necessary tools needed to live a happy and healthy life.

The impacts of almond moms cannot be definitively answered, as it is relatively new. The long-lasting effects on both the children and adults involved cannot be determined without proper time and research. However, one does understand that when exposed to harmful eating habits at a young age, it has long-lasting impacts such as eating disorders, anxiety, and depression.

Parents, ultimately, are people too; they are allowed to experience struggle and rise above them for the sake of them and their children’s lives. Research is a key factor in raising self-sufficient, healthy children. As well as open communication with their children and experts, to find what works best for them and their family.



The diet industry makes \$60 billion per year, feeding off of peoples peoples insecurities and is often spread intergenerationally.

Photo by Hannah Grossetete

## A summer in Paris: The 2024 Olympic games

By David Leon  
Staff Writer

With the summer season just around the corner people from around the world wait in anticipation to see the spectacle of athletic performances and shows of athleticism and sportsmanship in the upcoming 2024 Summer Olympics. This year the Summer Olympics will take place in France’s capital, Paris. From July 26th to August 11th athletes from around the world will participate in a show of sports events to represent their countries under the City of Lights. Around 10,500 athletes from around the world will compete in their own respective sporting event to win the gold medal.

This year the summer Olympics will host 329 events across 32 sports. However, this year Skateboarding, Rock-climbing, Breakdancing, and Surfing are taking roster spots in the 2024 summer Olympics meanwhile Baseball, Softball, and Karate are sports that will not be returning from the 2020 Tokyo Olympics. Ticket prices range from \$26 for events like qualification rounds and nearly 3,000 for prime seats at the Opening Ceremony. This year’s Summer Olympics will mark the 100th year since the event has been held with Paris. To add to the specialty of the event each of the Olympic medals will be embellished with an original iron piece of the Eiffel Tower, around each piece of iron from the Eiffel Tower will be a ring of Gold, Silver, or Bronze. Not only will the medals have the Eiffel Tower on them, but Paris has had to prepare; the Paris metro price has been doubled, hotel and AirB&B prices have skyrocketed, and Paris locals are preparing for major traffic headaches during the anticipated opening ceremony.

also the ribbon itself having the lattice (a structure consisting of strips of wood or metal crossed and fastened together with square or diamond-shaped spaces left between) pattern of the Eiffel Tower printed onto the navy-blue fabric; These beautiful medal were designed by the Chaumet Paris jewelry house. This year athletes are competing for medals, fame, recognition, but also money. For those skilled enough to get a gold medal in athletics will be receiving a \$50,000 from the World Athletics making it the 1st sport to award prize money for an Olympic Title.

The Paris 2024 Summer Olympics main theme is “Unity in Diversity” as a show that the Olympics serve as a platform for bringing together people from diverse backgrounds, cultures, and nations in a mutual respect and understanding. This is also supported by the 2024 Paris Olympics colors being blue, red, green and purple to represent French art de vivre, a combination of several elements that take root in the history and culture of France. Tony Estanguet, the President of the 2024 Summer Olympics and Paralympics, as well as a three time Olympic champion states in an interview with Olympic sports reporters that the slogan for this years Olympics “Games Wide Open.” He stated, “Let’s open the emotion of sports,” as well as, “Let’s open the games to all energies” and, “Let’s open our eyes to the current challenges.” Although it is an exciting event, Paris has had to prepare; the Paris metro price has been doubled, hotel and AirB&B prices have skyrocketed, and Paris locals are preparing for major traffic headaches during the anticipated opening ceremony.

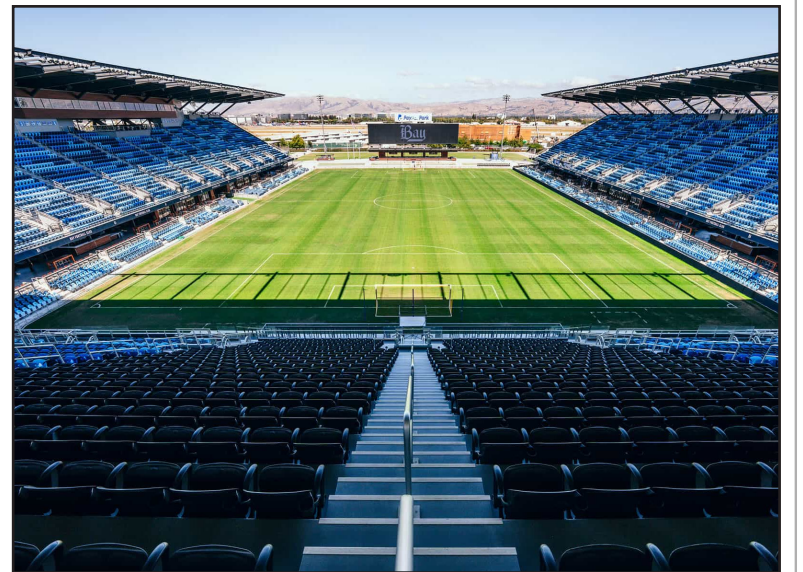
## History in the making: First women’s pro soccer team in the Bay Area

By Maddie Banchieri  
Staff Writer

“This team is born out of the Bay. It’s time we do it our way”. Founded just last year, The Bay Football Club has been breaking barriers as the first women-founded, player-led, women’s soccer club in the Bay Area. Created by women’s soccer legends: Leslie Osborn, Aly Wagner, Brandi Chastain, and Danielle Slanton, The Bay FC has proven that there is more to The Bay than just the game.

The Bay FC competes in the National Womens Soccer League and is the first women team to come from the Bay Area, winning 2 out of the 5 games played their very first season. With social media platforms as active as ever, The Bay FC is climbing up the sports ladder, and is gaining the recognition it deserves, being wholly focused on diversity and equity through their fans.

According to their website, the BayFC is a team that “defies convention and transcends culture”, the goal this team seems to seek is much more than a game of soccer. They strive to promote diversity and encourage fans of all different



July 2023, the Bay FC team announced their PayPal stadium agreement, that is located in San Jose. It holds 18,000 seats and is home to the San Jose Earthquakes soccer team.

backgrounds to come together in their love for football.

The combination of the players and coaches love for the game and the fans excitement and involvement is the mixture for a truly amazing program. Bring-

ing people together and representing the Bay Area in a way that positively impacts the community, all through the game of soccer, is becoming something to be proud of.

“We are the Bay. We came to play.”

## New rule introduced in volleyball



Volleyball players quickly adjust to the double contact rule, Photo courtesy of Scott Larson representing its new plans and improved skills per round.

By Jiro De Jesus  
Staff Writer

While most people think that volleyball is a simple game, the revelation of an unfamiliar rule can immediately change one’s perspective. Volleyball is a multiplayer sport where half the players group up into teams and are divided by a net like tennis. The goal is to earn points by spiking the ball against the net and making sure it reaches the opponent’s side. Besides spiking, passing and setting are also the most important rules of

the game, to take control of the ball. If a team loses or doesn’t make it, the opponents earn a point and serve the ball. The game lasts with teams exchanging turns until one team earns more points than the other.

Currently in 2024, there is a new volleyball rule in which the NCAA (National Collegiate Athletic Association) admitted and legalized double contacts, particularly in women’s volleyball. In addition to that, high school BVAL teams have adopted this rule. The purpose of it is to touch the ball at least twice in an ef-

fort on a team’s second contact when it’s being served or when the ball hits two areas of the player’s body successively during tryouts with other players. This rule could change the method of playing volleyball as it would alter the way players act on the court and coaches control the game. Not only that, but it has led to opposing viewpoints as some claim that it would ruin the future of volleyball due to the lack of benefits.

An interviewee from the NCAA shares that it’s not significantly beneficial for the volleyball team due to violations. Moreover, according to Nebraska News Service, players could face difficulties adjusting to the rule such as the lack of muscle memory, development, and slow trajectory if poorly trained at a young age.

The rule was created to extend the game and bring entertainment. Also, it helps athletes show their ability to handle the ball, improve play and athleticism, and have the chances to compete against one another.

May 24, 2024

## Fighting in silence: the mental health struggles in combat sports

By *Nicholas Howard*  
Staff Writer

In the area of combat sports, where strength, skill, and showmanship collide, lies a nuanced and often overlooked dimension: the mental health struggles of fighters. While the spectacle of combat captivates worldwide, a look at the lesser-explored realm where the fighters' battles extend beyond the ring ropes, sheds light on the profound impact of mental health issues in sports entertainment.

Boxing and MMA represent the pinnacle of the "Fight and Win" mentality of traditional masculinity with their raw passion and instinctive attraction. Although this deeply embedded cultural narrative motivates athletes to excel, it can potentially spiral out of control and become a high-pressure environment for mental health problems. Pushing this narrative to its extremes is equivalent to the stressful outcomes of placing strict expectations on oneself.

British professional boxer Tom Brennan expressed, "I believe that becoming a fighter requires a unique individual. The daily sacrifices and the mental and physical challenges involved are not endeavors everyone



After a devastating defeat to Vyacheslav Senchenko, Ricky Hatton is comforted in the embrace of a member of his corner team. Ricky Hatton, the former two-weight world champion, made a highly anticipated comeback to the boxing ring in 2012.

Photo courtesy of Reuters

is prepared to undertake. It's an inherently demanding pursuit." Research from The Centre for Male Psychology highlights how irrational beliefs, such as the absolute need to win, are associated with suicidal thinking among athletes. The intense pressure to conform to societal expectations of toughness and resilience amplifies these struggles, as seen

by 4-time World Champion and 2-time Division Champion, Danny Garcia, who's admitted that he suffers mentally at times. "I was going through some mental things. I felt a little dark... I went through some anxiety, and depression and I did my best to stay strong," Garcia has stated. In the boxing world, where vulner-

ability is often perceived as a weakness, mental health issues remain shrouded in silence. Fighters are praised as heroes for their physical strength but suffer in silence because expectations contradict the reality of emotional suffering. Moreover, articles like "Mental Health in Boxing: Fighting the Longest Hardest Fight" shed light on the pervasive na-

ture of mental health issues within the sport. The pressure to endure physical punishment and overcome seemingly overwhelming odds can take a significant toll on a fighter's mental well-being. The expectation for fighters to embody the archetype of the "tough guy" reinforces a culture of silence surrounding mental health struggles, further complicating efforts to seek help and support. The statistics can be alarming. In 2022, 23.1% of U.S. adults experienced a mental health condition, according to *Forbes Health*.

In male-dominated arenas like boxing, where vulnerability is equated with weakness, the prevalence of mental health struggles is amplified. Yet, the culture of silence persists, sustaining a cycle of suffering and isolation.

High-profile boxers like Tyson Fury and Ricky Hatton have bravely broken the silence surrounding mental health, sharing their own battles with the world. "Mental health has got to be the biggest battle I've ever fought with, more than any opponent," Fury has said. Their openness has sparked crucial conversations and challenged the stigma surrounding mental health in sports. To combat the culture of silence and support fighters' mental health, there is still work to be done.



Photo courtesy of Liberty\_hs\_softball Instagram

## Softball Success

For the first time in 29 years, the Liberty High School softball team has officially claimed the coveted title of BVAL Champions for 2024.

To add to their success, members of the team scored honors as BVAL League MVP and League Pitcher of the Year; five players were also all-league First Team recipients. Additionally, coach Brandi Macias was nominated as a finalist for West Coast Preps Softball Coach of the Year.

## Energized or endangered

Energy drink consumption puts teens at risk

By *Marwa Majeed*  
Staff Writer

Although energy drinks may seem like a quick fix for tired teens, their effects can be more harmful than energizing. These drinks carry significant dangers to the health of adolescents, including increased anxiety and sleep disruptions. Let us unpack the dangers lurking behind the flashy labels.

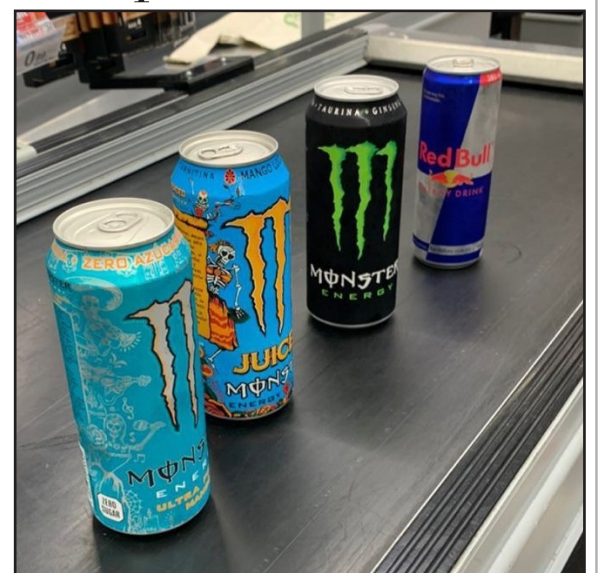
A teacher at Liberty High, Dominic Adams has stated, "I think that energy drinks are extremely harmful for teenagers because they have very high levels of caffeine in them, which is one of the most addictive substances. This high level of caffeine intake can affect students sleep patterns, mood, and diet. These beverages are also expensive."

As some teenagers might disagree with Adams, research shows that the stimulant properties of energy drinks, particularly caffeine, can disrupt adolescents' sleep patterns, leading to insomnia or poor sleep quality. This can negatively impact their overall health, cognitive function, and mood. Not only that, but consumption of energy drinks has been associated with increased risk of mental health issues including anxiety, de-

pression, and stress, especially among teenagers who consume them regularly. "Energy drinks are only harmful if you drink too much of it, as in 1-2 every day but 2-3 every week is okay. Although I do not like energy drinks that much, I do not drink them often but when I do it helps me stay energized." Zeynep Ozturk stated, a freshman at Monta Vista High.

Although there are some people like Ozturk who are not as addicted to energy drinks as other teenagers, a study published in the journal *Pediatrics* found that in the United States, about 30% to 50% of adolescents and young adults consume energy drinks regularly.

"I used to be all about energy drinks until I realized how bad they are for you. Not worth sacrificing my health for a temporary energy boost," said Junior



At every grocery store, you might see a teenager buying energy drinks, whether it is 8am or 3pm.

Sana Amirzada at West Park High. While some who go against energy, they also drink caffeine daily. Coffee helps people get energized but there is caffeine in energy drinks as well. Research says caffeine blocks adenosine receptors, consuming it close to bedtime can interfere with sleep onset and quality, leading to insomnia or disrupted sleep patterns.

## Congratulations

Former Liberty students inducted into this year's 2024

LUHSD Athletic Hall of Fame

*Jorge Moreno from class of 1975:  
Basketball and Football*

*Wally Wisner from class of 1979:  
Football and Track*

*Melgoza Family from class of the  
70's & 80's for various sports*

May 24, 2024

## Teacher's Pet

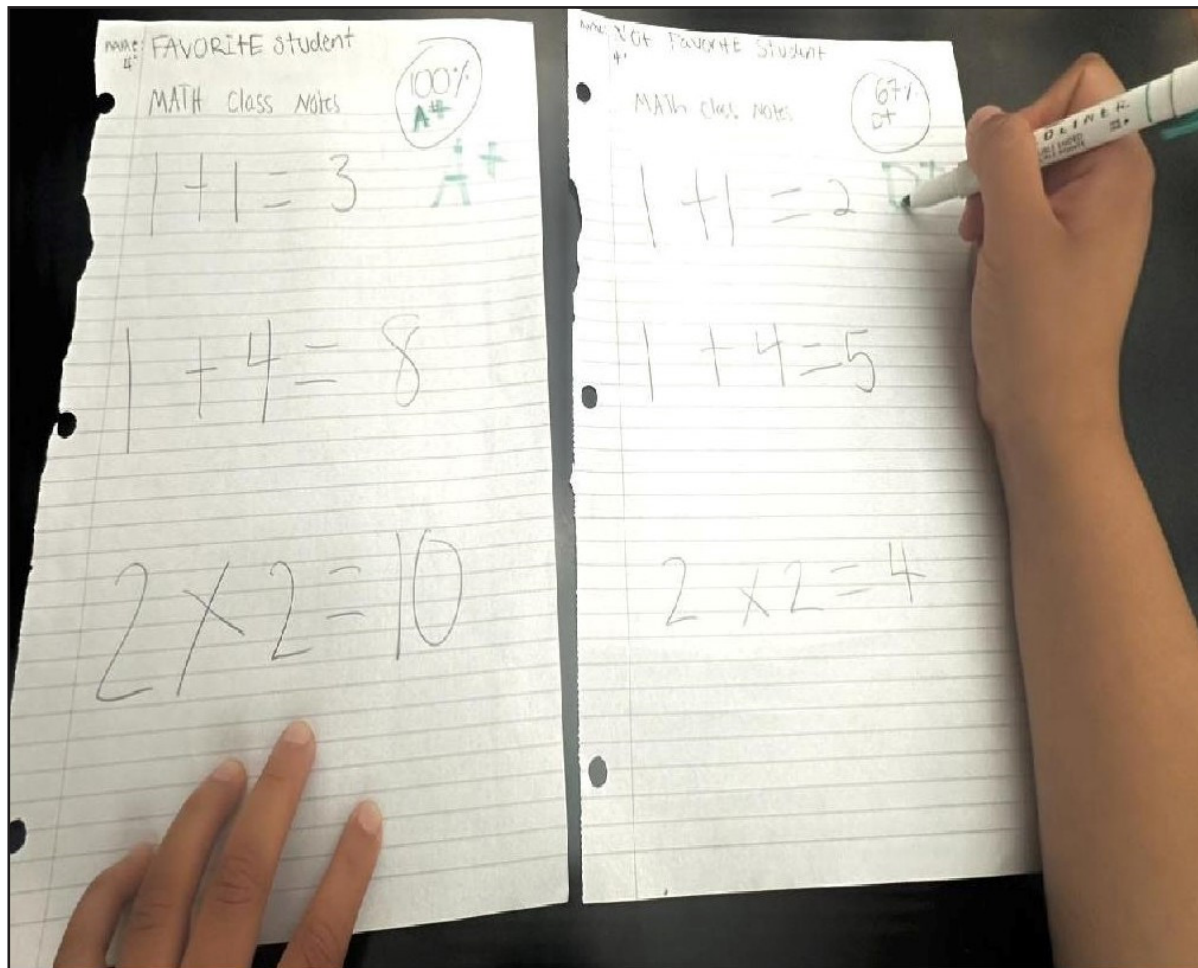
### Favortism of certain students is unfair

By Dilrabo Absadikova  
Staff Writer

Along with the dynamics of the classroom, people often question; Do teachers really favor students? People often say teachers are lenient and nicer to the students they favor. Behavioral actions also tend to lead to the teachers' perception of how they view the students. It is extremely unfair when teachers favor some students over others. However, what determines the decision of who the favorite student is? "I think teachers have favorites because some students are naturally friendlier and more outgoing. They talk to us, ask us about ourselves, share their outside interests with us, etc..." English and Film Lit teacher, Mrs. Cocksedge said.

She continued, "I like students who are friendly and responsible. I like students who take an interest in the material I am teaching them. I like students who are organized and turn in their work on time. Most importantly, I like students who are quiet and respectful of the classroom rules."

Some say that it is just human nature to "like" certain people more than others. It is possible that humans gravitate toward people who have similar personality types to themselves. But is that fair in a classroom situation in which everyone is supposed to be treated equally?



Receiving an "A" for effort, even when someone doesn't really know the material can happen when he or she is the teacher's "favorite."

Photo by Dilrabo Absadikova

Mrs. Cocksedge, a teacher at Liberty High School who has been teaching 24 years total, says teachers like a positive attitude and students with respectful behavior because it shows their dedication for education and determination to succeed. She implies that students

are often liked for their actions and how they present themselves, however all students are treated fairly, there are just students that stand out often. "I have heard a lot of complaints from

the students about how teachers treat them differently, or how they are singled out or "persecuted" by a teacher, but I have never seen it firsthand." However, she states that, "I do not like

when students make mean or insulting comments to or about their fellow students; I don't like it when students think I don't notice when they show up for the first 10 minutes, leave to "use

the restroom", are then gone for 40-50 minutes, and return at the end of the period expecting to still be marked present."

"I really like students who, after they get in trouble in class, come and apologize to me. That shows both respect for me and also that they are maturing and learning to be an adult."

Mrs. Cocksedge says how she does not like it when students act disrespectful because how an individual puts themselves out there is how others perceive them. She mentions bad behavior but she highlights how the mature thing to do to make up after those actions is a sincere apology to a teacher. Teachers favor students who create a positive environment and own up to their actions.

"Building a relationship allows for fear and uncertainty to fade, and trust to develop. They learn that I do allow for mistakes, I allow extra time on assignments, and I can help them when they are struggling."

Mrs. Cocksedge talks about how she has never witnessed teachers favoring students firsthand, but she believes it has been something several students had experienced before. This, unfortunately, can lead to a student feeling negatively toward both their teacher and the class that he/she teaches. These negative feelings can have long-lasting impacts on student grades.

Overall, teachers should remember that students are young humans, and they make mistakes very often. Making mistakes in behavior should not lead to a decision about whether or not someone is "liked." Students can tell when they are not the teacher's pet, and it is not a positive feeling at all.

## Congratulations Principal Huckaby



Photo courtesy of Flickr

Liberty High School Principal Efa Huckaby was announced as the California State ACSA (Association of California School Administrators) Secondary Administrator of the Year, for both Delta Charter and the state of California. He will be recognized in November at the ACSA State Conference.

We congratulate Mr. Huckaby on this amazing honor.



### Who will win the fight to be streamed on Netflix on July 20th?

Mike Tyson: 93% Jake Paul: 7% Out of 25 responders to poll conducted on May 17, 2024

## Opinion: Failure is not an option

By Michael Davidson  
Copy Editor

For both boxers, Jake Paul and Mike Tyson, losing would be immensely embarrassing and would be catastrophic to their image. If Paul should lose, he would be losing to a boxer who has been retired for nearly two decades and who is 58 years old. Critics of the fight use claims of this being an unfair bout due to Tyson's age. Should Tyson lose, he'd be losing to a boxer in his prime and who has a record of 9-1 with 6 knock-outs; many claim this disparity in age will become a big factor in the fight and to many enthusiasts of boxing it makes the fight inaccurate. Claiming that the once great sports icon (Tyson) is at the same fighting ability after two decades with no professional fights is a weak claim and is doing a great disservice to fans on both sides.

Though, the false immense confidence of the Paul fans to immediately write off Tyson's ability is foolish as well. In recent years, Paul has been criticized as following boxing as a fad and someone who is not taking it seriously. He has been accused of screening the fighters he fights against and only fighting inexperienced boxers that have no real ability or experience. Whereas Tyson has been called one of the greatest boxers of all time. Provided he wins, Paul will earn the respect that he seeks.

## A break-down of the “Bat-Wing”

### Teachers and students have moved in to the newly constructed buildings, but is the change everything they had hoped it would be?

By Ayden Curameng  
Staff Writer

As the metal chain-linked fences are removed, the two-story expansion of the new building is revealed. Excited to move into their new classrooms, students and teachers began to occupy the building once they came back from spring break. Technically there are two new buildings, the one curved like a boomerang is the B-building, and the one side with the new bathrooms is the C-building. Many students call this new area the “bat-wing” not only because of its curved shape and classrooms labeled with “B,” but because of its modern features that, in a way, resemble Batman’s Batcave. The elevator and glass doors are some of these new additions to the campus of Liberty. However, its real impact can be seen in how teachers and students have reacted to the new space, both positively and negatively. All the construction happening at campuses over the district comes from the massive \$122 million “Measure U” bond that included a list of promised improvements and new additions to the campuses of Liberty, Heritage, and Freedom High School. It was passed in 2016 by East County voters and eight

years later, its completion at Liberty is marked with the unveiling of the new building on campus. How are students and teachers reacting to this new change? “For someone who’s not amazingly organized, having all these compartmentalized and new things in place is just nice,” economics and government teacher Mr. Dodson comments. When talking about his new classroom compared to his old one in the J-wing he lists that, “...the air circulation is better, it has new carpet, it’s better lit, it’s cleaner, it has new desks compared to the old ones.” Dodson recounts that some of the equipment and desks in the J-wing date back to the 50s. This further proves that this newly constructed building has undoubtedly adapted well to both students’ and teachers’ needs. However, the major question about the new building is its safety concerns. Glass doors and a more of an open space vibe for students is the new look for Liberty’s new building. Yet, many people question if this new aesthetic is worth the possible dangers it elicits. Students and teachers are both worried that in the case of attempted assaults on campus, what prevents the attacker from simply shattering the glass doors and entering the classrooms? This concern

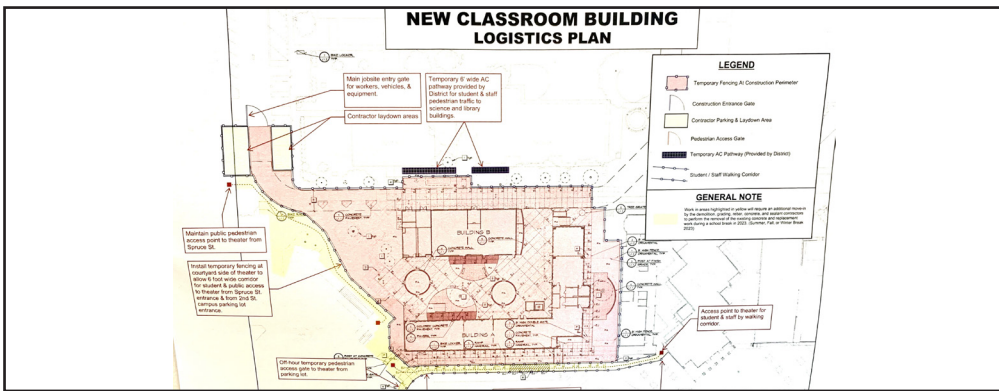
especially comes from those on the bottom floor, which is a completely valid and justified point given that they would be the most vulnerable to an attack. Even though some are simply advocating for blinds to cover the windows, glass is still glass and can easily break compared to the metal red doors on most classrooms across campus. Therefore, it is necessary for the administration and the district board to address this concern because nothing is more important than the safety of students and staff. Despite the apparent visible weaknesses in the building’s structure, it does not diminish the perks and advantages that are abundant. Nonetheless, these new buildings, the “Bat-Wing,” and its construction are truly something to celebrate. Everyone likes “new,” and just like walking into a new house, it feels different, but in the best possible way. More open space for the theater, new classrooms, and the sublime view from the second floor are all great improvements to the campus of Liberty High School. If the issues of safety with the glass doors and walls could be addressed, it would make the forum to learn even more solid; then, education and student culture will only continue to build and elevate, year after year.



The new B and C buildings on campus are finally open for students and staff to work inside. New landscaping, an elevator, and staff work space are just a few of the features. Photo by Ayden Curameng



The opposite side of the area features two large science classrooms as well as student bathrooms. Photo by Kristina Busch



Before B and C Wing were physically completed, they were merely concepts on paper. It took approximately four years to bring the project to completion, with teachers moving in during Spring Break of this school year.

## Premium sound, premium experience: Why Spotify Premium is worth every penny

By Toby Bartling  
Staff Writer

The harmonic symphonies of music vibrate through headphones everywhere, immersing the listener through each beat and rhythm. The angelic voice of Whitney Houston or the funky beats of Elvis Presley or even the famously unique sounds of Queen all share one common factor: bringing magic to the people who are listening. Although, that true, beautiful bliss of music is so easily ruined by the looming quote, “Want a break from the ads?” An interruption like that can truly lay the sweet feelings of musical harmonies to rest so quickly. This is exactly why Spotify Premium is the perfect solution to this problem, an answer that provides all anyone could ever need a streaming



Listening with friends in real-time is one of the many features of Spotify Premium, which comes highly recommended by the author. Photo by Toby Bartling

platform at the tips of their fingers. From the high-quality audio to the offline streaming, Spotify Premium has everything anyone could need in a streaming platform. With prices equal to its competitors and discounts for college students, the possibilities are truly endless. It’s a personalized radio, and there are no limits to what can be listened to whether it be podcasts, albums or EPs. “...You can listen to your music anywhere if you have it downloaded. It’s just a lot more convenient when you’re in a situation where you want background music to be able to play whatever you want,” says LHS sophomore Morgan Haney, who’s had a Premium subscription for multiple years now. With no ads, the listening experience is boosted ten-fold. People with a Premi-

um subscription are able to do common tasks like studying, working and even sleeping with no interruptions. The lack of ads makes the worth of paying ten dollars a month worth it. “You don’t have to listen to any ads trying to convince you to buy it once you have it. Also, you don’t need to just listen to music on shuffle which is nice,” Haney states. The pros of getting a Spotify Premium subscription have always out-weighed the cons. With the minimum cost of five dollars a month, Spotify provides several opportunities like: offline and ad-free listening, high audio quality and limitless organization of songs, like repeating, rewinding and queuing specific songs. With these in mind, it’s never been more worth it to get a Premium membership than now.

### The Lion’s Roar Staff:

- Adviser:  
Kristina Busch
- Editor-in-Chief:  
Frankie Brown
- Co-Editors:  
Ella Follett  
Loujain Habibi
- Copy Editors:  
Michael Davidson  
Romy Williams  
Hannah Grossetete

### Staff Writers:

- Dilrabo Absadiikova
- Addysan Ambrus,
- Maddie Banchieri, Toby Bartling,
- Samantha Benson, Jenny Dzul,
- Isabella Campos,
- Ayden Curameng, Jiro DeJesus,
- Valeria Gonzalez, Ryann Griggs,
- Marina Hernandez Rodriguez,
- Addie Homer,
- Nicholas Howard, David Leon,
- Marwa Majeed, Rylee Marcelino,
- Joy Mariano,
- Kayla Murcay, Mia Ramirez,
- Mia Rodriguez, Evan Thomson,
- Tanner Wieland, Kristiana Zaste

**Follow us on Instagram**

**@LHSLionsRoar**

### Editorial Policy

The opinions and views on the opinion pages are not necessarily those of Liberty High School, or the Journalism class adviser.

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.