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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 T-13  
Brentwood, CA 94513

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May 15, 2023

FREE

## Sand Creek scores a new sports venue



The view from Sand Creek Road, seen above and at right, will look much different in the coming months. Photo by Jeremy Cheatwood



Photo by Jeremy Cheatwood

By *Jeremy Cheatwood*  
Staff Writer

There is a new chance for people to practice sports with the new sports complex that's coming to Brentwood On Sand Creek Road. There have been multiple meetings for the

construction this year in March to give opinions about the new complex. Unfortunately, construction is starting next year in 2024.

The city is going to focus on building mainly soccer and baseball fields but will also try to include other sports in this construction. Contra Costa News

has stated on their website, "There is a 51-page PowerPoint which includes an overview of the existing site, preliminary park elements, such as multi-use fields and amenities, grass vs. turf considerations"

All of this work for the fields won't be cheap for Contra Costa County but it might be worth it. According to East county.net, it states, "The council simply chose the firm to begin the process

in which Verde Design, Inc. secured \$1.945 million contract which included a 15% contingency."

Concerns, however, have been voiced that there will be an increase in traffic along Sand Creek Road, since the plan only includes one entrance and exit point from the parking lot. Concerns have also been voiced about the addition of a hotel near the Sand Creek Road freeway exit. Residents are worried about overcrowding in nearby restaurants, as well as a possible increase in crime.

The official plan for the new complex shows its location on Sand Creek Road, and features a new soccer field, baseball field, tennis/pickleball courts and picnic areas.



Photo courtesy of Verde Design



This rendering shows the proposed La Quinta Inn to be built on Sand Creek Road.

## Anti-LGBT legislation passed in Tennessee



Drag Queen Vidalia Anne Gentry protests the anti-drag bills administered in Tennessee. She delivers a speech that dissects how in no way are drag performances obscene, even though they are described to be by some.

Photo courtesy of John Amis/AP Images for Human Rights Campaign

By *David Arnone*  
Staff Writer

Although America has long prided itself on its freedom, some say recently passed bills seem to infringe on those rights, especially for those who are a part of Drag culture. "Tennessee Gov. Bill Lee has signed a bill banning drag shows in public spaces, a measure that will likely force drag shows underground in Tennessee" (npr.org).

Drag shows have been an integral part of some communities' culture as far back as the 1920s. They have served as a form of expression and art for those rejected by the larger society. Drag balls, which are performances taken place as a way for minority populations to live a fantasy they cannot in the real world, originated in New York in the 1970s. In the balls, there are dance competitions known as "voguing" and kinships that are formed known as houses.

"These spaces were a place of celebration and freedom, where for one night, people could forget their problems in an

unforgiving world" (historyhit.com). There is confusion surrounding the wording of the bill, which states that it bans "obscene performances," even though drag performances do not include nudity or other elements considered obscene. If drag performances were to take place after the bill is made into effect, fines starting from \$2,500 and imprisonment for up to six years would be administered. Along with the drag bill, legislation banning gender-affirming care for transgender youth has also been signed, despite the serious mental complications on the youth in this situation.

"Almost 60% of transgender and non-binary youth in Tennessee seriously considered death by suicide in the past year and 25% attempted it, according to a 2022 national survey conducted by the Trevor Project" (opendemocracy.net).

Many are also concerned about the idea that once one state passes laws like these, other states across the country will follow suit.

**If you or someone you know is struggling with sexuality or gender, you can reach out to The Trevor Project by:**  
Text: 678-678  
or  
Call: 1-866-488-7386



Photo courtesy of Jay Janner

Photo courtesy of Jane Osborn

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Upcoming events:

- May 15th-19th: Senior Spirit Week
- May 24th: Spring Dance Recital
- May 30th: Band Awards Night
- June 9th Senior Grad Night

# BREAKING NEWS

May 15, 2023

## All beauties, no beasts: A preview of LHS Senior Ball

By Brianna Burns  
Staff Writer

High school can be filled with many memorable and exciting experiences such as Senior Ball which is approaching for Seniors at Liberty to help celebrate their last year.

Some of the key details you need to know about this day are that it will be held on May 20, 2023, at the San Francisco City Hall. The price to get a ticket is \$55 unless it is a bid for someone else outside of Liberty, then it is \$80. For the students attending that don't have a ride for themselves, there are a couple of other options to consider such as BART, and other public transit. Senior Class Advisor, Mrs. Spainhower, explains, "The venue is less than a five-minute walk from the BART station, so this is an easy and cheap option for all students (and is super fun with a group.) It runs past midnight so you can also get home easily and have no traffic on the way there." This option covers many of the worries or complications that some of the students attending are having.

Additionally, there will also be food provided and different activities for those who want to have a little bit of rest or have more interactions with oth-



Photo courtesy of Corey Spainhower  
The grand staircase inside of City Hall is an ideal location for photos with dates and friends.

**"This is the first year we have had a real prom since 2020, so I think it will be amazing!"**  
- Mrs. Spainhower



Photo courtesy of Corey Spainhower

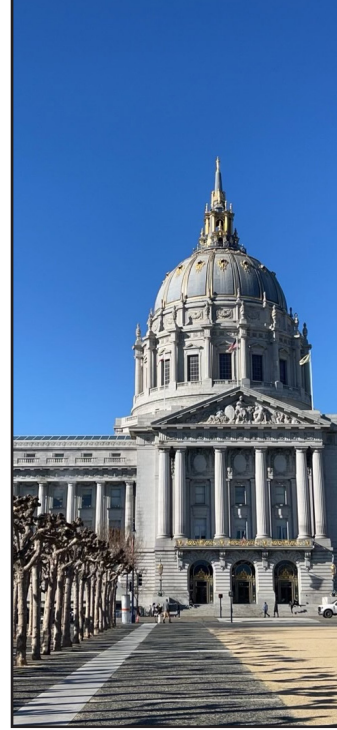


Photo courtesy of Corey Spainhower  
At this time of year, the trees lining the exterior of City Hall should be green with spring leaves.



caricaturists, photobooth, pool tables etc." She also stated that this year will be different because "This is the first year we have had a real prom since 2020, so I think it will be amazing! We also worked really hard to get the price of tickets down so more can attend. The venue is absolutely beautiful with lots of photo opportunities." Which can be seen in the photos shown.

Lastly, one of the last details about this day is that the theme is "Beauty and the Beast." Meaning, the decorations will have to do with the fairy tale and will have the colors that are associated with it the most.

However, the question "Do we have to stick with the colors according to the theme?" might occur in your mind. Mrs. Spainhower replied with "Nope! Wear whatever makes you feel good!"

Spainhower is, "We will have great food and lots of fun activities for those who don't want to dance or need a break: blackjack, roulette,

## A.I. and the "art" of winning

By Gabbie Munoz  
Editor-in-Chief

With the rise of A.I. taking place over the last few years, many people have expressed their fears about it. From jobs being stolen, to a complete robot take over, there is a hesitance about its quick rise to the spotlight. Artists are especially weary of its rise in popularity due to its new ability in making art in only a few seconds.

Websites and programs like DALL-E2 (one of the busiest image generators) use images uploaded to the internet to train the A.I. This could lead to thousands of artists having their art used to help train these algorithms, which are essentially stealing their jobs. This was seen in the app called Lensa, which for only \$7.99, would make 50 custom A.I. photos for the customer. But the app came under backlash after many artists claimed that their art was used to help train the algorithms without their



Jason M. Allen's AI-generated art piece, "Theatre D'opera Spatial", earned him a 1st place ribbon and a prize of \$300 at a Colorado State Fair.

Photo courtesy of Jason Allen

consent. There are also instances of A.I. work, which sparked debates online. Many artists claim that it shouldn't have won, since the winner, Jason M. Allen, used a program that makes

AI generated art with only a few words (NYT). Which brings up the question on if A.I. images should actually be considered art to the masses? Many claim that it shouldn't, since there is not an artist behind the work putting in the time and creativity to make it. While the winner of the contest stated, "Art is dead, dude. It's over. A.I. won. Humans lost" (NYT).

This occurrence is only making artists more worried. Many artists online use commissions to be able to make money from their talents. But with A.I. generators on the rise, many artists are worried that people will no longer want to submit commissions for art if they can get an A.I. to do it for free.

With A.I. only rising in popularity everyday its prominence in media will only get larger and its moral ground will only get more skewed. It's up to its creators to establish what is right and wrong in the world of A.I., especially when it comes to taking away opportunities from other people.

### Tea-Time for Teacher Appreciation



Photo courtesy of Mr. Huckaby

Admin celebrates LHS teachers for teachers appreciation week, with a 'Mad Hatter' themed tea party on May 9th.



### Congratulations to Jon Heinz, who was named Liberty High School's new Athletic Director.

Heinz stated, "Those of you who know me, know how much I truly love sports and the life-long lessons gained from participating in them. I'm really excited to help out our student-athletes, coaches, and admin. Please also know that I will be here to support you with all your athletic needs and concerns."

May 15, 2023

## Staff review:

# This season's best sunglasses

By Michael Davidson  
Copy Editor

As the weather heats up and the sunlight stays shining for most of the day many people focus on the sunscreen and cool fashionable hats for their activities but many forget the simple needed protection for your eyes, such as sunglasses: A fashion statement and a usable item for enjoying fun outside activities. To figure out the best sunglasses for spring and summer use there needs to be a multiple stage test and a variety of sunglasses to test. I have devised a rating system on a scale from 1 to 5 in each category to test three sunglasses. The first being function, how the sunglasses perform with filtering light, how they hold on the face, and the gaps around the eye sockets. Next is Fashion (this is quite

subjective, keep in mind) meaning how they look in summer styles. Third quality, general manufacturing condition and durability. Finally cost, the amount each pair costs for a brand new pair. The first sunglasses I decided to test were the Ray-Ban Olympian, a black pair of oval lensed glasses that used to be my grandfathers, so I did not buy them but they are still in mint condition and were only a bit dusty. For the first test, function, they score a 4/5: they filter light very well but are small and have a bit of gap around the lenses making them uncomfortable when the sign is at just the right angle. For fashion they are 3/5. The Olympian is a nice style but it does not really fit in with a summer fashion sense. As for quality, they score a 4.5/5. They are well constructed and aren't flimsy, but the nose bridge holders are a bit finicky

and don't fit my nose perfectly, and moving the clips makes it feel like they might break if flexed too far. A new pair of these glasses are \$174 and they do come with a case and cloth for free, which gives a score of 2/5 since they are quite expensive. Overall, the glasses score 3.375/5 which is low for how high quality these glasses are. I tested the Dollar Tree knock off Ray-Bans which I have used for quite a while but I bought new ones for this test in early March. I used these glasses in harsh light environments. These dollar tree glasses worked surprisingly well in terms of function with very minimal light gaps and none that let sunlight in. They filtered quite a bit of light and scored about a 3.5/5. For fashion they score a 5/5 since they do go with normal summer fashion. With quality they score a 3.5/5 as they feel very plastic like, and are not adjustable

to the face at all. They feel as if they could be broken easily. When I had purchased them, I had noticed a bit of glue on the lenses, showing a less refined manufacture quality. As of cost, they score a 5/5, this is because they are 1.25 per pair and easy to replace and are always in stock year round at every Dollar Tree I have ever been in. Overall they scored 4.25/5, this was unexpected for these glasses considering where I purchased them. Next, I tested the wallmart fishing sunglasses which are supposedly designed for fishing specifically. They score a 3.75/5 for function with no gaps at all and they filter light marginally better than the Dollar Tree pair. As for fashion, they score a 4/5 they are in with summer styles. With quality they score a 4/5 since there are no defects present and do flex a fair bit. Not seeming fragile and easy to break.



Sunglasses are a good accessory to use during the change of seasons.

Photo by Michael Davidson Jr.

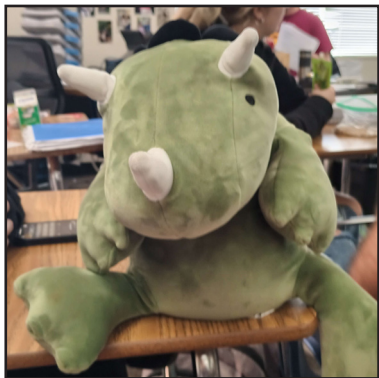
In cost these glasses are a bit more than the last at just below \$10 meaning they score a 4.5/5. Overall they score a 4.06/5, which was about where I thought they'd be. They are a middle tier pair of sunglasses that would be best suited for use while rough outdoor activities.

# The uplifting effect of weighted blankets

By Sam Vallis  
Staff Editor

What is better than coming home from a long day of tedious demanding classes and driving in troubling traffic to watching your favorite show with your favorite drink and a weighted blanket to top it all off? Do weighted blankets have a psychological effect on humans? How does the feeling of a weighted blanket make a human feel?

What is a weighted blanket? A weighted blanket is exactly what it sounds like, a blanket with weight to it. What makes it heavy? The material inside a weighted blanket can range from little plastic pellets to glass beads. The fabric is also a significant factor for weight. Depending on the person, you can choose what material you want. There are options like micro fiber (cooling fabric, good for people who sweat in their sleep), soft, silky, anything that fits ones preference. Another plus to weighted blankets, there is not just one option with how much the blanket weighs. A weighted blanket can weigh



This weighted stuffed dino can be found in the local Target for \$20.

Photo courtesy to Ekko Vansant



People of all ages can benefit from weighted blankets.

Photo courtesy of Stock Images

up to 10 to 20 pounds, depending on personal preference. Unfortunately for weighted blankets, it will cost a shiny penny. On most websites, the cost may be up to \$30 to \$65. There are some outlets for cheaper ones on shopping websites such as Amazon. Though do keep in mind that lower price may reduce the quality of the product. If it is not a blanket that one is looking for, a new "must have" has been lurking on the internet. Weighted plushies, found on Amazon or in stores like Target. A 12th grader here at Liberty High, Ekko Vansant

owns one of these plushies. They claim that the plushie was just \$20 at Target here in Brentwood. Ekko was asked if the price was worth paying for the product, they responded with, "I'd say it was worth it wasn't too expensive, and I totally would have spent more on it if I had to." Now, what is the purpose of a weighted blanket? What kind of people is it targeted to? For those who may struggle with severe stress or anxiety that may interrupt sleep, a weighted blanket is proven to be a problem solver. Even for people who do not struggle with

anxiety or stress, it is just nice to have to relax more. Vincant claimed that "It makes me feel grounded and safe in a way." In the article, "5 Benefits of a Weighted Blanket", it claimed, "A weighed blanket can help you relax and de-stress," and for those who do not have an anxiety disorder, "Even if you do not have an anxiety disorder, occupational therapists say you will probably still notice you feel good under a blanket. A 10th grader from Heritage High School, Evan Vance, who works in set crew for the Heritage Rising Stars was asked how he feels coming home to a weighted blanket after a long night either rehearsing or a show. He said that "After coming home and falling asleep with one, it's very soothing." He went on to mention how he falls asleep instantly after falling into bed, clarified that he sleeps better now than before he owned one. Are there any downsides to owning a weighted blanket? There is an instance where weighted blankets can grow unsafe. If one owns a weighted blanket and feels like they are getting crushed when using it, it becomes unsafe. It is recommended that when buying a weighted blanket, make sure it is only 10% of your body weight. In "5 Bene-

fits of a Weighted Blankets," it is stated "If someone weighs 150 pounds, they should a 15 pounds weighted blanket." When purchasing a weighted blanket, at first it may take time to adjust yourself to the new weight while you are trying to sleep. In the article, "Pros and Cons of a Weighted Blanket," it mentioned, "Just like any new habit, it takes time to adjust to sleeping under a weighted blanket." Vincant was asked what they think about weighted blankets, and if they help with sleep at all? Vancant said, "When I am moving, it tires out my arms, it's great in theory." The article recommended only sleeping with it partially on you for the first few days, then slowly covering yourself fully to adjust easier. Another con is that a weighted blanket are not easy to travel with if you like to travel lightly. Weighted blankets are of course, weighted, so traveling with one is known to be quite difficult. Overall, there is something for everyone, and if weighted blankets are a no go, there is no harm in that, There are many alternatives for those who need a little comfort in their life. If a weighted blanket is what one needs in their life, there are a lot of good deals out there on good websites.

# Students with military parents

## A sacrifice or blessing?

By Jasmine Harrison  
Staff Writer

Imagine you're comfortable with your current friends; then "boom", you have to transfer to a new city and school because your parents are members of the military. You find friends that make you happy at your new school and suddenly you have to move again. Sooner or later you find yourself traveling around the country, struggling to find and keep a group of friends because of your mom or dad's occupation. It is well known that military students are most likely to transfer schools due to the job that their parents hold. Statistics also show that "Kids in military families average six to nine moves before they graduate high school" (militaryreach.auburn.edu). Studies also show that 1.1 million school-age kids have parents who are active duty military, which means that they are working full time as a uniformed member of the service, for a period of two-six years, or longer if they re-enlist. With this being said, the course placement and credit transfer for the children of these parents is the biggest



Children with parents who serve in the military are known to selflessly serve their community, most likely modeling after their parents.

Photo courtesy of Military Parent Technical Assistance Center

challenge in the process of transferring to different school often, along with students struggling to catch up due to misplacement. "Schools are required to accept standardized test results from other states, and place kids at the appropriate academic level. But advocates say some schools aren't aware of the requirement or don't follow through," according to americanhomefront.wunc.org. Students also tend to

struggle with their mental health because of the huge impact that deployments have on it. "Children in military families experience high rates of mental health, trauma, and related problems. Military life can be a source of psychological stress for children. Multiple deployments, frequent moves and having a parent injured or die is a reality for many children in military families" (nccp.org).

**"Children in military families experience high rates of mental health, trauma, and related problems. Military life can be a source of psychological stress for children."**

"The military lifestyle exposes them to frequent relocations, changes in schools and communities, prolonged family separations, parental deployment, post-deployment physical and psychological injuries of their parents, and post-deployment reintegration difficulties of military families. As a result, military children are at risk for behavioral health problems, including anxiety, mood, and substance use disorders" (ncbi.nlm.nih.gov). With this information it is clear that military students have a lot on their plate and never know what to expect in their everyday life.

### LIBERTY SENIORS MOVING FOWARD

**What are good gifts for these upcoming graduates?**

Graduation is a big deal to high-schoolers, so what will make it more memorable? Nothing is better than having a few souvenirs to keep around for after graduation is over, so what are the best gifts?

**A memory book:** Find a small book and fill it with pictures of high school highlights.

**An Audiobook subscription:** A new graduate will have a lot of time to spare, why not pass it by listening to some of their favorite books?

**Some headphones:** To listen to music while doing chores around the house or their new college dorm, even more convenient if Bluetooth!

**A personal safe:** This is to keep their saved money or any other important documents safe and sound, locked away.

May 15, 2023

# The untold truth about lying

## People know it's wrong-so why do they do it?

By Keisy Reyes  
Staff Writer

The words "Love" and "Lies" both start with the letter L. One can be strong and healthy and get easily ruined by another. Humans lie all the time. It is something that happens thousands of times a day. The consequences of lying are taught at a young age, but it continues to be a part of people's lives. As normalized lying has become, it still causes damage and can ruin relationships. In fact, there could be endless reasons why someone decided to lie. Some do it to protect others, not hurt their feelings, or even manipulate them. Others do it to present a good image, social acceptance, or for their own protection and privacy. In most cases, it might be small white lies that are told to avoid upsetting someone. While other lies about important topics go much deeper and hurt others. There are many explanations why people lie, but it doesn't justify it. Lying can become extreme once someone finds comfort to use lies as their way of living.

The article "Understanding People Who Lie" by Everyday Health states, "While the person delving into compulsive lies feel secure, the lies often hurt and damage relationships, family, and friends. Compulsive lying is an addiction and becomes difficult to stop once it has become a way of life."

Without a doubt, lying does nothing but harm. If one gets caught lying, they become untrustworthy. Pathological liars are seen as manipulative and selfish. Lying in a relationship or friendship can be a deal breaker and a common reasoning for a breakup. It can



Even the closest friends are capable of lying. Humans normally lie twice a day.

Photo by Keisy Reyes

make the other person uncomfortable and have difficulties trusting the liar. Moreover, Ariana DeLuna, a 10th grader at Liberty, states, "When someone lies to me, it makes me feel sort of betrayed and I question why they felt the need to lie." She further explains, "If it was a white lie, I don't think it is worth ruining a relationship, however,

if it was an intentional lie to hurt me, then I would have second thoughts." Despite the fact that lying can be so easy for some, the process the brain goes through to create a lie isn't. 3 parts of the brain work together to form a lie. The Frontal lobe has the ability to suppress truth. The Limbic system deals with anxiety and that guilty feeling after we lie.

Lastly, the temporal lobe retrieves memories and helps with the imagery of the lie. According to "This is Your Brain on Lies" by Mindful.com, they say "Lying triggers emotional arousal and activates the amygdala, but the level of arousal and conflict diminishes with every additional lie told, making it easier to lie."

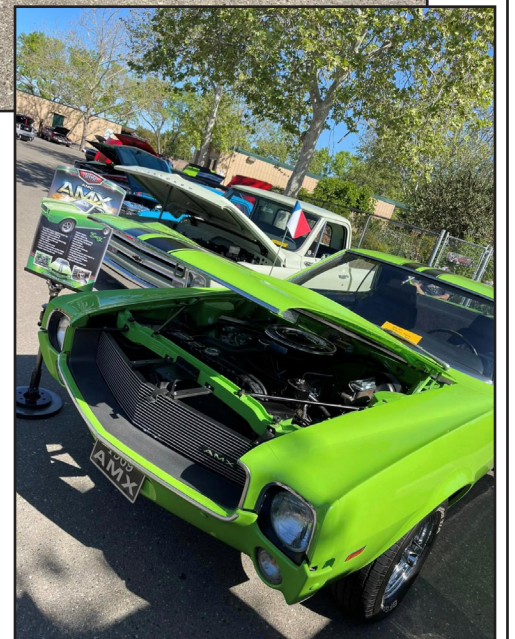
In contrast to not being able to see what goes through the brain when making a lie, some people can tell when someone is lying to them.

Some signs to watch out for are breaking eye contact, fidgeting with hands or legs, stuttering, and voice changes. This body language comes from them being nervous and anxiety building up. In addition, touching their nose and having their hands crossed are common signs to see in someone when lying. Lying might feel necessary sometimes depending on the situation, but the truth is always better. It is not worth ruining strong relationships of any kind over lies. Importantly, DeLuna points out that, "If a person had good intentions, they wouldn't have lied to me. I would definitely not trust them as much as I did before."



## Getting revved-up

Liberty High School's Auto Club held their annual Sunrise Car Show on April 22 at Independence High School. All types of vehicles were on display, and patrons could also enjoy refreshments from local food trucks.



Photos courtesy of ContraCosta.news

# Generational trauma: How Gen Z turns their trauma into trends

By Kei Jones  
Staff Writer

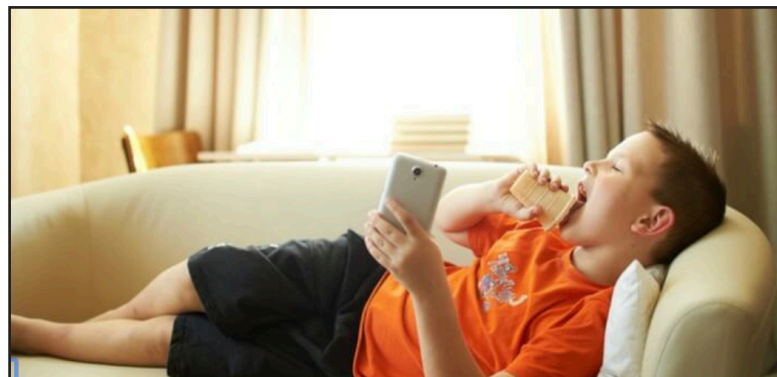
Anxiety, depression and suicide are everyday jokes with Gen Z. But why have these terms become so normalized? One possible answer is generational trauma. Generational trauma is defined as the transfer of traumatic experiences or stressors from one generation to the next," (talkspace.com). If that's the case, who's to blame for the trauma Gen Z (1996-2010) has now.

A good start would be American millennials (1979-1995). This is the generation that came before Gen Z, who's also responsible for raising most of it. One of millennials' top values is respect, especially towards older adults. This is why so many parents may use the catchphrase "don't talk back" or "respect your elders". Millennials valued this practice so much that they were willing to go to any level to enforce it, including the use of corporal punishment. Corporal punishment, also known as "spanking", is a discipline method where parents hit their kids in order to correct bad behavior. While it may provide temporary results, corporal punishment can cause some serious damage. According to Child&Familyblog.com, "Corporal punishment generally, even at a low level, leads to increased anxiety and aggression in children." When teaching kids to "never talk back" and to obey the rules out of the fear of being hit, it's obvious anxiety will occur. Gen Z is the most anxious generation up to date (Healthmatch.io) and the "speak when spoken to" attitude has definitely contributed to that. How can kids have social confidence when from day one they're taught to not advocate for themselves and their inferiority to

those who are older than them? They can't, which is why many laugh and dismiss anxiety as a joke.

But one thing Gen Z can do is make an impact. While millennials have tried to keep the "respect older people just because" cycle going, Gen Z has broken out and created the new "treat every being with respect until less is deserved" cycle. Walking over minorities is not something that will be tolerated anymore, nor prejudiced comments disguised as "jokes". Gen Z has shown their support towards social justice movements like BLM, stop asian hate, feminism and the LGBTQIA+ community. These movements were developed through minorities who have had enough with being silenced. Social media apps (also created during Gen Z), give communities who have been silenced a space to have a voice like never before. This is most likely why Gen Z is more socially conscious and politically active than others, (unit-edwaynca.org). The punishment Gen Z has created for digital and personal disrespect can be brutal. It's new, vicious and unforgiving. They call it cancel culture.

Every generation has its signature way of holding people accountable. Gen Z's is cancel culture. Cancel culture can be described as a "movement that removes celebrities or influencers status based on an offensive behavior or transgression", (pewresearch.org). Depending on the weight of the offense, a simple "sorry" won't fix things. A celebrity's platform can be completely removed if they say or do something out of line. Gen Z will not let prejudice slide anymore. In a way, "cancel culture" can be very beneficial. It gives the opportunity for people with bigger platforms to be held accountable, their "status" not taken into consideration.



A lot of times, gen z kids will get distracted easily by their phones. 55% of gen z use their smart phones for five or more hours a day and 31% feel uncomfortable if they are without their phone even for 30 minutes or less. (shoutoutuk.org)

Photo courtesy of MyTroubledTeen.com

An example of "cancel culture" being used for good is a situation with artist R Kelly. The singer was accused of sexual abuse. According to bbc.com, "in 2022 he was jailed for 30 years after being found guilty of eight counts of sex trafficking and one of racketeering in New York." Once the news spread out, it was over for the former R&B icon. Despite him winning 3 grammys and dropping hits like "Ignition", "I believe I can fly" and "step in the name of love" the world no longer wanted anything to do with him. He would no longer sell 75 million records. After that, he was no longer known as a hit artist but a disgusting criminal. A lot of that is due to "cancel culture". The world held him accountable by taking his mic away. This is a great way to use "cancel culture" however, cancel culture isn't always so beneficial. In life humans are bound to make mistakes. The important thing to do is acknowledge and learn from them. When pop star Lizzo was under fire for unknowingly using a slur in her single, "GRRRLZ" she immediately changed the lyrics in her song and made a public apology. She

had used the word "sp-z" which comes from the term "spastic", a term very offensive in the UK, but, the American artist had no idea, (nypost.com). Even after Lizzo apologized and removed the lyrics from her song, she was still temporarily canceled. Receiving hate and anti black comments from online users. This is "cancel culture" gone too far. There's a difference between holding someone accountable and projecting hate. If Gen Z can differentiate between the two, generations after them can be affected.

Once people start harassing, threatening, embarrassing or targeting someone online it is no longer considered "cancel culture" but cyberbullying. Unfortunately, this practice was started by Gen Z. People have been going online and saying their true unfiltered thoughts, even though it's harmful to others. It's easy to bully someone when you're protected by a screen or fake digital profile. If Gen Z is not careful in putting this fire out, it could easily pass to the next generation. Gen alpha (2010-2025) is the generation after Gen Z. They are the "first generation to

really grow up in an all digital environment, (iberdrola.com). This is why it's extremely important to make sure Gen Z eliminates cyberbullying completely. Gen alpha is still young and has full access to the internet. It can be hard to tell who someone really is once they're not in person. A person will never know if they're cyberbullying a 45 or 6 year old. It's also important to make sure this isn't passed to gen alpha because then the cycle will just continue. The only question now is, how can a generation break the generational cycle? It can be a very tough process especially if one doesn't understand what generational trauma is and how it affects generations. Psychology-today.com recommends breaking generational trauma with these few steps. "1. Open up a conversation with your parents about their lived experiences and how they coped Notice any embedded patterns, attitudes, or narratives from your family that you continue to portray. 2. Talk through these areas with a trusted friend, family member, or therapist and consider an alternative way of coping or communicating. 3. Cultivate a sense of empathy and compassion for your family and the struggles they endured. Despite their flaws, many of our ancestors worked hard so that we could have a better life. This, too, should be celebrated and embraced. Recreate a new narrative that you want your children to embody and believe about their family, themselves, and the world." In the end, One generation will always pass their trauma onto the next. However, it is important to recognize and break these bad habits before they're passed on. Of course this is not an easy process but every step one generation doesn't take is an extra step for the next.

May 15, 2023

## Mirror, mirror, on the wall: How does acne affect us all?

By Mia Torres  
Staff Writer

Entering the stage of puberty brings along many physical changes to one's body, but few compare to how having acne can alter it.

Acne is a major change in life that many go through, and whether many learn to appreciate it or not, it can be one of the hardest periods of their lives that they must endure. Acne is a skin condition that causes pimples to appear on one's face, where the pores on their skin end up clogging. There are many types of acnes such as fungal acne (yeast builds up in one's hair follicles and are itchy as well as inflamed), cystic acne (pus-filled pimples and nodules and they can cause scars), nodular acne (this is a severe type of acne and it causes pimples to surface one's skin and have nodular lumps under the skin), and more. Acne appears most commonly around people's face, forehead, chest, shoulders, and upper back. It is very normal for teens to have acne and continue to have it into their adulthood, but there are also mental health issues that come along with this transition.

Unfortunately, teens' self-esteem lowers severely due to acne. Many tend to pay great attention to it, and they



Acne is a normal experience most people go through at some point in their life. Breakouts can be caused by hormones, diet, stress and anxiety, and more. Photo courtesy of Susana Rameriz

often feel as if they are ugly, unwanted, unattractive, and weird because of the backlash they receive. Having unblemished skin is the goal everyone strives for, and in the process many who do happen to have flawless skin end up taunting or making fun of those who do not.

Upon asking Liberty high sophomore Yahaira Moscoso about her thoughts, she stated, "I feel like teens make fun

of people who have acne because think about it. We're almost online every day and most people have filters on, and it makes them look like they have the perfect skin but when they see someone that doesn't have the "glass or clean" skin look they think it isn't normal, but acne is very normal.

I think it should be normalized more." 30-50% of teens go through psychological problems associated with acne.

Since acne is most commonly visible in the face, it causes discomfort and a struggle with self-esteem. There are many myths that surround acne that are not true. Some myths include that if you do not stress, one's acne will clear up; that one's diet does not affect acne; that there is a "right" way to pop a pimple so on and so forth.

Liberty sophomore Sofia Henderson explained, "Some myths people make

about acne is that the person isn't clean. That the person is ugly, and acne is ugly. These myths are untrue, and in fact acne is something people should embrace because it makes people who they are, and they shouldn't let people define them based on the texture of their skin."

These misconceptions can often harm teens and their mental health because they believe that they are being portrayed in a negative light.

Often, teens don't want to leave their houses because they are ashamed about the acne they have. They don't want to go to public places because they are scared that people will judge them for having acne.

At the end of the day, there are solutions to curing acne. There are dermatologists one can go to so that they can get recommendations for skincare products or prescription medications. Having the right skin treatment for one's skin is also helpful. Creating a healthy diet can also be beneficial as well as having a skincare routine.

Liberty sophomore Victoria Calderon concludes, "Probably try going to a dermatologist... just try to develop a routine within your budget that can help you depending on your skin's needs as well as eating well, not picking at your face, getting better sleep, and being more hygienic."

## "Fore" the love of the game

### A profile on Liberty golfer Tyler Craig

By Anthony Correa  
Staff Writer

The game of golf was invented in Scotland in the early 15th century, but many state that a version dates back prior to that. Golf didn't become mainstream in America until 1894 when the United States Golf Association was founded, thus resulting in a modern-day golf following in the United States. Tyler Craig, a junior who plays golf for Liberty High School, tells his story and why he plays the game.

Craig claims, "My dad is who got me into it, he played in high school."

When Craig was younger, his dad would take him to the links to either watch or play. But when Craig became a freshman, he started to take it seriously and wanted to join the Liberty golf team.

Craig claims that one of his inspirations is "Tiger Woods... watching him, he's super inspirational... what he's done is almost inhuman."

Tiger Woods is arguably one of the greatest athletes to ever walk; his pure domination of this sport is evidence alone. Craig explained that Woods is a huge influence and inspiration, not only to him but people around the



According to back2basics.golf, it can take someone brand-new to golf up to two years to just become proficient at the game. LHS' Tyler Craig seems to have sped up this timeline.

world.

When asked about if golf gets in the way of school, Craig replied that he doesn't really mind having to do late night homework sessions and it's just part of being a school athlete; but he has an unscheduled period on A days which gives him extra time to have some lunch and get ready for practice. "It gets in the way of school, but it is what it is... comes with playing sports, doing late night homework," Craig says.

In addition, he stated that he has hopes

to play in college and maybe even professionally. Golf also has a sentimental value to him as a person.

He explained, "My Grandpa gets to come and watch most of my matches... it's cool that I get to have a special connection with him just through golf... we also get to play each other."

He stated that having his grandfather there watching him play makes him feel good. Craig responded that he's grateful to experience these moments with his grandfather, because he knows they won't last forever.



Photos courtesy of Lindsey Craig/Lion's Pride Yearbook

### GREAT GOLF FACTS:

- \*Golf was created in 1457
- \*The first women's golf game was played in 1811
- \*The chances of getting a hole-in-one are 1 in 12,500

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June 22-July 8  
12- 3PM at Liberty High  
See Mr Balderrama in S-09  
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**LIBERTY Dance Team Tryouts**

Tuesday 5/16: Tryout Clinic  
3:30 Stonebarger Gym

Wednesday 5/17: Tryout Clinic  
3:30 Stonebarger Gym

Thursday 5/18: Optional Practice  
3:30 Stonebarger Gym

Friday 5/19: Tryouts  
3:30 Stonebarger Gym

Sunday 5/21: Team Announced

**Congratulations to the Lady Lions' Stunt Team for qualifying for the CIF State Championships!**

---

The girls competed to be State Champions on May 12th & 13th at Crescenta Valley High School in Southern California.

## Hustle for the muscle: Gym culture and teenagers: How does it impact them?

By *Ella Follett*  
Co-Editor

Amongst teenagers, gym culture is a rapidly growing community that has gained attention through the use of social media today.

Social media platforms such as Instagram and Tiktok have different gym culture-related content that is consumed by teenagers, such as workout plans, calorie counts, and gym-fashion schedules.

Gym culture can be defined in multiple ways: some might say it's toxic and some may say it is friendly. According to Insider, the fitness culture on Instagram can have potentially harmful content: Oftentimes when an influencer posts his or her weight-loss progress or overall body, others can view it and their own self-esteem may decrease.

Aliyah Koya, a junior at Liberty High School, believes that gym culture is a friendly environment where people are

respectful towards others, and understand where everybody comes from. She also says that insecurity is not a part of gym culture and that "A lot of people are just intimidated or insecure when they first start..."

Fashion is a large part of gym culture, especially on social media sites where some can view the fitness clothing being worn by others they look up to.

Koya says that the fashion in gym culture is just another way to get along with those around you. She says that, "I love buying new sets and talking to other girls about their outfits."

So for some people, fashion they see on social media can be a positive way to continue connecting with the gym community. However, the high cost of trending brands like Lululemon can marginalize people who can't afford it. On the social media platform TikTok, the gym culture seems to strive to change the toxicity of negative gym culture. A popular influencer, Joey

Swoll, is someone in Tiktok's gym culture who makes that change. He says that it is his mission to change that toxic culture and to call people out on it.

In contrast, a female junior at Liberty High School, says that Tiktok has the potential of being positive but currently isn't. She says that, "Because of the beauty standards pushed by popular influencers and celebrities I think that the culture was made into a toxic place..."

But to others, gym culture does seem to be changing positively. Julio Peixoto, a senior at Liberty, describes gym culture as, "Sort of a brotherhood, it brings people together;" and overall he believes that this culture is great.

Gym culture is changing on platforms such as Tiktok and Instagram, it may be a toxic place or a place where others are seeking to make a change and view this culture as friendly and a community where those are brought together.



In gym culture, bonding with others around you can help create a supportive environment. As of 2019, only 16% of teens had gym memberships, but this number has likely increased since the end of the COVID pandemic. Photo courtesy of myzone.org

## The chemicals in makeup can be damaging to one's health



While some brands claim to be chemical free, the FDA found the highest levels of the lead in lipsticks made by three manufacturers: Cover Girl, L'Oreal and Revlon.

Photo by Colette McMeans



Photo courtesy of theweddedbliss.com

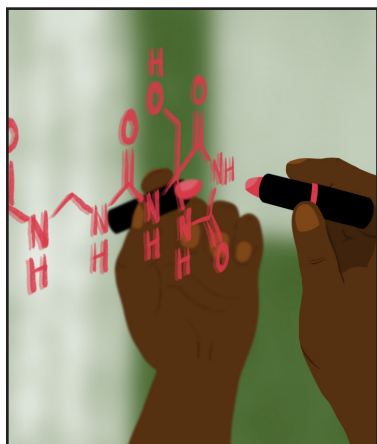


Photo courtesy of Lydia Zuraw

By *Colette McMeans*  
Staff Writer

There are a lot of high-end makeup brands that people use in their everyday routines. Many girls and boys enjoy using makeup, but do they know what's in their products? Many top makeup brands use chemicals that most can't even pronounce or understand what it is. There are dangerous chemicals in makeup products that can even cause various side effects, including cancer.

Many harmful products found in makeup are mainly used in powders, like eyeshadows and setting powders, but that doesn't mean it's not in cream or liquid products either. "The nation's most popular "natural" brand, Burt's Bees lipsticks test positive for traces of lead, and their soaps and lotions have artificial ingredients that have been shown to disrupt human hormones" heragenda.com explains. Fenty Beauty is another popular brand that has talc in it along with Maybelline, Urban Decay, Revolution, MAC, and Bobbi Brown. Talc has asbestos in it which is why it is cancer-linked. "Talc is used in everyday products like deodorant, eyeshadow, powder, foundation, and supplements. It is added for different functions like to absorb moisture or prevent caking, increase opacity, and smooth or

soften formulas" stated switchnatural.com. There are plenty more chemicals in makeup that can cause side effects like sulfates, parabens, phthalates, synthetic colors, fragrances, triclosan, and toluene.

Bella Probst, an LHS student, states, "I would still use products on my face even if I knew it could give me ill side effects in the near future." Probst's

*"I would still wear makeup, even if the products could give me cancer."*

reasoning behind this was because the products make her feel pretty, and everything could possibly give someone cancer. Does this go to show that if a product can make you feel pretty then who would care about it causing you trouble in the future? Dianne Pacia is another LHS student who has agreed to what Probst has said. "I would still wear makeup even if the products could give me cancer" stated Pacia. Why are people willing to take this risk? Many attribute it to the high standards set by the beauty industry which are seen online daily through social media platforms.

### Side-effects of common chemicals in makeup:

**Sulfates:**  
Reduced lung function  
Increased risk of ER visits  
Hospitalization

**Triclosan:**  
Contact dermatitis  
Skin irritation  
Increase in allergic reactions

**Parabens:**  
Disruption of hormones  
Harm to fertility/reproductive organs  
Birth defects  
Increased risk of cancer

**Toluene:**  
Eye/nose irritation  
Tiredness/confusion  
Dizziness/headache  
Anxiety/insomnia  
Muscle fatigue  
Nerve damage  
Skin inflammation  
Kidney/liver damage

LIBERTY HIGH SCHOOL

# POWDER PUFF FOOTBALL

MAY 17, 2023

JUNIORS VS SENIORS

OHMSTEDE FIELD

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Planet Fitness is located at 4863 Lone Tree Way in Antioch

May 15, 2023

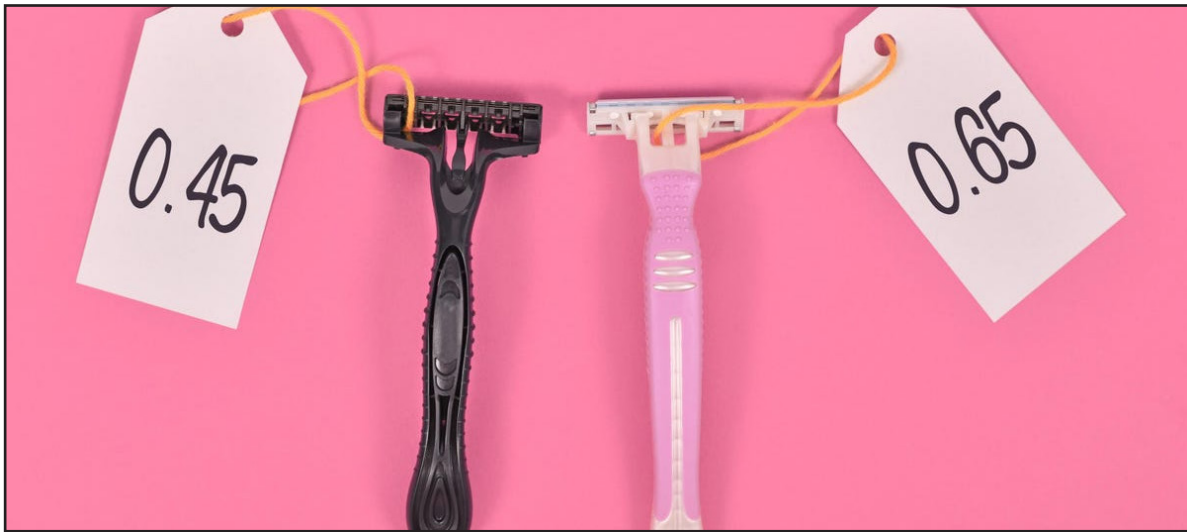
## The “Pink Tax”: the fake product of the patriarchy

By Michael Davidson  
Copy Editor

The “pink tax” is the theory that female products cost more than male products, simply because they’re pink, which is associated with femininity. Although many see the “pink tax” issue as a byproduct of the patriarchy, this is an oversimplification.

People who speak about the pink tax use statistics that show how much more women spend on hygiene products than men. However, these studies do not account for the differences in these products.

A common example would be razors. For example, a full mens’ shave kit with aftershave, shaving cream, and three razors markets at about \$17, while a similar set for women is \$23. It’s not much more expensive, and women’s razors are made differently from mens’ and have moisturizing material surrounding the blades.



On average, women in California spend \$47 billion more per year than men on the same toys, hygiene products, and clothes.

Photo courtesy of Getty Images

Some argue that female’s clothes are considerably more expensive, but again, this is an oversimplification. When cost is broken down, female’s

clothing brands spend much more on advertising than men’s brands. Women’s clothing is advertised in magazines and on billboards, and costs for

these ads can run between \$150,000 to \$300,000 per advertisement. Many companies, especially female-targeted brands, spend large amounts

of money on marketing, PR, and advertising. This is unaccounted for by those who believe the pink tax is a real issue that women deal with. They believe that the pink tax was created to make money off of products that are pink or geared towards females.

All in all, the pink tax is a logical fallacy because it says that identical products cost more for women than men, but it doesn’t take into account the differences in the manufacturing and marketing of the products.

For all intents and purposes, the pink tax is oversimplified and not an actual issue.

If women truly believe themselves to be victims of the patriarchy in this way, they just shouldn’t support the companies they believe to be perpetrators. They should study the real reasons why women’s products cost more than men’s and support companies that make products for reasonable prices.

## The battle of gender-based validation

By Kaelyn Finnigan  
Staff Writer

Validation can build relationships with people. With intentional or non-intentional gratification, the closest friendships can form.

For many women, the phrase “male validation” holds more meaning than female validation. Women are often seen as sexual objects to men, and that is how some women find their worth.

To men, female validation has much of the same effect, but it isn’t seen as needed to feel good about themselves. Female validation can make a man feel good about himself, and the validating woman can often give “motherly” vibes. However, there is a pattern with men receiving compliments from women and believing all women love them, and that is how the “player” ar-

chetype is created.

Receiving female validation can help a man become more confident, but it is a slippery slope. Confident men believe they can do anything they put their minds to, and can help men become their best selves. Over-confidence, though, is often an issue.

A sophomore at Liberty, when asked, claims that, “With girls, it’s just a compliment that you’d normally get, but with guys, it’s something that makes you feel better about yourself.”

Validation makes men and women alike feel better about themselves, but as it is such a common thing in society, those who go without it feel hopeless in building relationships.

Alyvia Aiello, another student at Liberty, noted that, “Men are validated for just doing good in life, but women are validated on their looks. Women’s



Male validation can lead to women changing themselves to fit society’s “ideal woman” archetype.

Photo courtesy of Getty Images

achievements aren’t rewarded as men’s because we are expected to do better, it’s more like meeting an expectation.”

Society wants women to always be pretty and perfect, while keeping good grades and having a good personality.

Men are required to be somewhat attractive.

Once a woman isn’t the “ideal” version society demands, they don’t receive any validation and are cut off from the dating pool. When a man isn’t somewhat fit, people view him as lazy and childish.

With that in mind, male and female validation isn’t only about the effect it has on people, but about the content of the validation being rewarded. For men and women, it’s often similar, but sometimes not similar at all.

There are multiple types of validation that can be given, and most are socially acceptable and not harmful. Giving validation can create friendships. Calling someone pretty or handsome makes them feel good about themselves and attribute those emotions to the complimenter.

## Don’t swipe left on social media Why keeping the minimum age at 13 is the right match

By Aize Idehen  
Staff Writer

Social media has become an integral part of the daily lives of people across the globe. With the rise of various social media platforms such as Facebook, Instagram, Twitter, and Snapchat, the age to have a social media account has been a topic of debate. Recently, law makers have suggested that the age limit to have a social media account be increased to 16, from the current age limit of 13. However, the age limit should remain at 13.

First, changing the age limit to 16 would be moot because many young people under the age of 16 are already using social media platforms, even if they are not legally allowed to have an account. According to a survey by Pew Research Center, about 81% of American teenagers aged between 13 and 17 use social media platforms, and 46% of teenagers aged between 13 and 14

use social media platforms. This shows that young people are already engaging with social media, regardless of the age limit of the app.

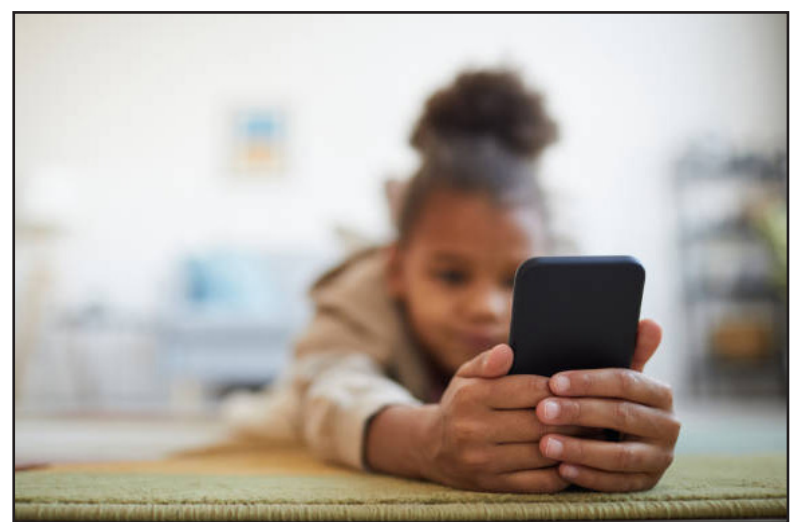
Furthermore, increasing the age limit could lead to further privacy concerns. Young people would want to continue to use social media, and would use fake information, which could compromise their online privacy and safety. This would make it harder for parents and guardians to check their children’s online activity, which is essential in today’s world. Most, if not all doctors would recommend parents check their children’s social media presence for their safety.

In addition, social media platforms are already improving their policies to protect younger users. For example, Facebook- which also owns Instagram- has introduced strict privacy policies to protect younger users. Instagram’s new features include automatically limiting certain features for younger users and

introducing new privacy settings to give them parents more control over their account. Similarly, Snapchat has introduced a “For the Parents” section to educate parents and guardians on how to use the platform safely.

Finally, social media platforms have become a crucial part of our lives, and increasing the age limit could have negative impacts on social and emotional development. Social media provides young people with an opportunity to connect with their peers, explore their interests, and express themselves. Restricting their access to social media could hinder their social and emotional development, which could have long-term effects on their mental health.

In conclusion, it would be best for the minimum age to be on social media to remain at 13. As the world becomes more dependent on technology, young people need to learn how to use social media responsibly. As the American Academy of Pediatrics states, “the goal



Over ninety percent of teenagers between 13 and 17 use social media.

Photo courtesy of Getty Images

should be to prepare children to navigate the online world, not to shelter them from it.” Social media platforms have made significant efforts to improve their

policies to protect younger users, and parents and guardians should check their children’s online activity to ensure they are safe.

## Lions’ Cafe: A review of Safeway Starbucks

By Tapanga Lewis  
Staff Writer



Photos courtesy of Yelp.com



With Starbucks stores everywhere, every location must be different. From the drinks to the workers, all Starbucks are unique. But what makes them different?

The atmosphere of the Starbucks in the Safeway on 2nd Street is certainly different. It’s conveniently placed, and feels more like a small coffee shop than a corporation. The wait times are better than other Starbucks in the area, even in after-school rush hours. The workers are polite and have great customer service skills.



Most importantly, it’s very clean, which is a stark contrast to the other locations in the area.

This Starbucks checks all the boxes: it’s conveniently close to Liberty and nearby neighborhoods, and the atmosphere and experience are a solid ten out of ten.

May 15, 2023



A study done for financial firm Jefferies found that 80% of people aged 22 to 35, who had recently quit their jobs, supported four-day work weeks. Photo courtesy of iStock Photo

## The unsustainability of the five-day work week

By Frankie Brown  
Copy Editor

The five-day, forty-hour work week has been a staple of cultures across the world for centuries. However, with rising depression rates in working adults and lowered productivity, researchers are questioning the sustainability of this schedule.

Not only does the work week create a mental burden upon workers, the resources used throughout the week deplete the environment. Jenna Barret from *First Page Strategy* puts it simply: the consumption of natural resources required to keep the lights on and machines running in workplaces is hurting the environment. Combined with the fact that most workers complete all daily tasks in about four to five hours, there are multiple hours of extra environmental damage.

Usually, additional work is given to workers in order to fill in the extra hours. Parkinson's law states that the amount of work we have will expand to fit the time we have to complete it. The reason forty hour work weeks are

a thing is because there is simply time to fill.

At Buffer, a social media management company, they completely moved to a four day, thirty-two hour workweek. After a year, company leadership surveyed employees and found that around 93% of employees are just as, if not more, productive without the extra day.

Remote working is additional proof that the four-day work week is more beneficial. Around 45% of workers in the US are working from home, making their own hours. Studies found that employees working remotely worked about six hours a day, four days a week. Many argue that the five-day work week is better since workers return to work on Monday feeling refreshed, with renewed focus. However, the belief that workers return to work feeling refreshed is due to the normalization of the current work week.

The five-day work week does not spur productivity, it increases burnout. The current work week is only adding to the day-to-day stress workers face.

Viewpoint of *The Lion's Roar*

## Gun control

### Should existing psychological evaluations be improved?

Guns have become easier to obtain than most health care, as a federal license is not required for gun ownership. This easy access raises concern for citizens living in a country that is slowly being consumed by violence.

psychological evaluations and/or background checks.

Current gun regulation laws include: being at least 21 years of age, not having a criminal record, passing a written test, and having a court rule you men-



There have been 184 shootings in the U.S. as of May 1st, Photo courtesy of JP Photography 2023 (ABC News).

Shootings have become a tremendous issue, more now than ever before. A statistic from *ABC News* revealed that, "The United States has faced at least 163 mass shootings so far this year, according to the Gun Violence Archive. There have been more mass shootings than days in 2023." It is apparent that guns continue to find themselves in the hands of unstable individuals who go on to perform gruesome acts. This calls for society to make changes in how accessible guns are to the general population, such as increasing the intensity of

tally competent. In California, there is typically a 10-day waiting period for approval to own or possess a firearm. The Department of Justice can temporarily delay gun transactions, but only for 30-days following the initial transaction. However, a background check is not enough because the harm done by guns may be the perpetrators first offense.

Moreover, current background checks do not do a good enough job of truly evaluating the mental state of the purchaser. It was found by *Columbia*

## 'They never left'

### What is an inner child, and how can you deal with it?

By Loujain Habibi  
Copy Editor

Upon hearing the phrase "inner child," most would imagine the youthful giddiness attached to certain childhood memories: the cheerful tune of the ice cream truck growing louder as it approaches, leaving behind soft taps as ice cream melts down a cone held by grubby fingers and hits the pavement. However, the true meaning of the phrase digs deeper, delving into the conscious and unconscious minds, and what often causes an inner child to develop leaves the phrase tainted with abrupt realization.

The inner child is: "A person's supposed original or true self, especially when regarded as damaged or concealed by negative childhood experiences" (*Oxford Languages Dictionary*). Negative childhood experiences cause trauma (a distressing or disturbing experience) that carries on through the inner child. When asked about if the definition of an inner child fits the phrase, Chelsea Sanchez, Liberty sophomore, expressed, "When I think of an inner child, I think of innocence and times when I was happy, when I had no problems and I could just play around."

Like many others, Sanchez believed

the phrase held a light-hearted meaning. The term inner child was coined by psychologist Carl Gustav Jung after he examined his personal childlike inner-feelings and emotions. Jung suggested that there was an inner part of us that influences what we do and the decisions we make (*The Wounded Inner Child* by Shirley Davis). Concepts introduced by Jung include the extraverted and introverted personalities, the collective unconscious, and archetypes (*Encyclopedia Britannica*).

'The Innocent' archetype was described as, "...the spontaneous, trusting child that, while a bit dependent, has the optimism to take the journey [of life]. The Innocent, fearing abandonment, seeks safety. Their greatest strength is the trust and optimism that endears them to others[...]" Their main

*Psychiatry* that, "About half of mass school shootings ended with the perpetrator's suicide." This reveals the amounts of mentally unstable people who were able to purchase dangerous firearms. This alone should establish the need for more extensive psychological evaluations.

Many disagree with the idea of more extensive gun control and psychologi-

cal evaluations before each firearm purchase, stating how over 16 million sales were stopped by pre-existing mandatory background checks in the U.S. Still, the amount of firearms used in crimes is on a rise, most of which are purchased illegally. Roughly 600,000 weapons used in 2020 were trafficked from another state than the one they



Most assume children are blind to the hardships of life, but many are not. The hardships they are told they are too young to understand plague their childhood and haunt them throughout their lives. Photo courtesy of iStock Photo

and has a strong connection with the divine).

An inner child makes its appearance when something triggers the repressed childhood trauma they hold. The appearance can be triggered during parenthood, when someone has a child of their own who says or does something that reminds them of the trauma they developed at the exact same age, or during adolescence when an innocent trip down memory lane in the middle of class brings to surface a traumatic experience. Usually, the trigger happens as a result of an inner child wound. In the article *4 Types of Inner Child Wounds and How to Heal Them*, Jack Rourke states the four types of inner child wounds are: the guilt wound (makes it challenging to ask for favors and set boundaries), the abandonment

were used in. About 380,000 weapons used were stolen, and 43% of convicted criminals purchased illegal firearms for the use in a crime. There was a 90% increase in illegal firearms used in crimes from 2019 to 2020.

Psychological evaluations and/or background checks must be improved so as to stop this gun violence from spreading further.

wound (makes someone feel excluded), the trust wound (makes it difficult to trust self and others), and the neglect wound (makes it harder to let go of things; can get angry easily or have low self-esteem as a result). Although inner child wounds are more likely to occur due to growing up in a dysfunctional home, children who come from 'good' families can develop them too.

Although some underestimate the consequences of a repressed inner child, it is important to accept the existence of your inner child to heal the trauma they carry. In the article *What Is Inner Child Work?*, Mary-Lauren O'Crowley of Symmetry Counseling stated, "When we can identify negative beliefs that were developed in childhood, challenge those beliefs, and offer ourselves a different perspective - one of hope and understanding - we create a space for healing and growth." Similarly,

Rourke mentioned that the key to healing a wounded inner child is recognizing the signs, so as to address the issues and create positive changes moving forward.

A possible way to heal your inner child mentioned by O'Crowley is visualization; imagine a time in your childhood when you were scared or helpless, and allow yourself to feel those emotions rather than push them away. Notice

what your younger self needed, such as closure, and find a way to provide those needs. One way to provide them is by turning your attention inward and speaking to yourself by asking what your inner child needs, or reminding your inner child you are loved, seen, and heard. Additional ways to heal an inner child, according to Rourke, are: get in touch with your inner child (to recognize and accept what caused you pain in childhood), talk to someone (particularly a professional), write a letter (to your inner child), or try meditation (to help deal with certain feelings if they come up).

The first step to healing your inner child is acknowledging you have one, therefore it is vital to accept the existence of your inner child so that the trauma they carry can be resolved.

Psychological evaluations and/or background checks must be improved so as to stop this gun violence from spreading further.

Psychological evaluations and/or background checks must be improved so as to stop this gun violence from spreading further.

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