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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

Issue 1, Volume 32

December 12, 2019

FREE

December deviation: Liberty's final exam schedule change

By *Bella McMeans*
Staff Writer

Finals week is an incredibly stressful time for already overwhelmed high school students. As this semester closes, Liberty High will be making some big changes to the upcoming finals schedule.

The new schedule will be implemented on December 17th through the 19th, when school will begin promptly at 8:15 a.m. just as in years past. However, this finals schedule will include

a "zero" or "Tutorial" period before the first day of exams commences. The concept behind the tutorial period is to give students a chance to study and review material before important tests. Liberty AP Human Geography and U.S. History teacher, Mrs. Darling, said, "I don't know what to think of the new schedule. It's a good idea to give kids more time to prepare, but I'm not sure how I'll organize the class. I'm going to have a mix of AP and non-AP students, but I'm sure it will be perfectly fine."

Mrs. Darling is referring to how students are placed in their tutorial periods. Each student has been assigned one of their current teachers for their tutorial period and placed into a class with a variety of students, not just with those who they normally have class. Students can check their Aeries grade portal and view their new tutorial period in addition to their normal class schedule.

LHS senior Grace Johnston stated, "I think it will be alright, but the extra period seems useless."

Although some students like Johnston appear cautious of the new schedule and feel that the study period will be chaotic with so many students arranged into classrooms, others see it as an opportunity to calm their nerves and review study guides.

The new schedule is a result of the need to implement more instructional hours into the school year; since there are now three final exam days instead of four, more hours can be counted toward student learning time in the classroom.

Final Days Schedule

Time	Day 1
8:15 – 9:19	Tutorial
9:26 – 10:47	1
10:47 – 11:02	Break
11:09-12:30	5
12:30-1:00	Lunch

Time	Day 2	Day 3
8:15 – 9:36	2	6
9:36-9:49	Break	Break
9:56-11:17	3	7
11:17-11:47	Lunch	Lunch
11:54-1:15	4	8

The new finals schedule includes three days of testing instead of four; the days also end later than they have in years past.

Blackouts during wildfire season are California's new normal... But what if the power gets shut off during school hours?

By *Adelle Senneca*
Copy Editor

Imagine sitting in a classroom listening to a teacher's lesson when all of a sudden the power goes out. With the power outages affecting California schools this is something that could happen to schools in Brentwood.

At Liberty, if the power went out while class is in session then class would most likely continue. Mrs. Harper believes, "The safety of students is the primary concern." Therefore, administration would make their decision based on what they believed would be the safest option for students. If the school was notified of a power shut down prior to school being in session then the district office would have to make the decision of shutting down the school until a later date.

Consequently, if the school is closed for a few days, administration would then have to look at how many instructional minutes Liberty lost and from there, possibly petition for a waiver from the state or make up the minutes that were lost. According to Mrs. Harper, the new finals schedule gives Liberty a "bigger buffer" if this incident were to take place. Any deci-



Learning by flashlights could very well be the reality of what a power outage during the school day could look like for Liberty High School students.

Photo by Adelle Senneca

sion made will be determined on the scenario that takes place. 1,400 schools have lost power since the end of October due to these power outages, and students are being affected. Liberty student Summer Far-

age was affected by the power outages in Discovery Bay, stating, "I didn't realize how much electricity affected me until I didn't have it. I couldn't dry my clothes, use my microwave, or even turn on the lights in my room." Stu-

dents were greatly affected by losing power for one day, and one can only imagine how students are handling having no power for multiple days. If worse comes to worse, Liberty seems to be ready.

Convicts countering combustion

How CA inmates are assisting in the fight against wildfires

By *Valeria Leon*
Staff Writer

California's widespread fires have engulfed a state already lacking resources, and stranded departments in their time of need. When these catastrophic events occur, people rely on California firefighters to contain, control, and extinguish. However, there's a group of firefighters in California who do this and go unrecognized, the inmates of the California Detention Center and Rehabilitation (CDCR).

The inmates who are part of the volunteer firefighting program are paid \$2 a day, and \$1 an hour when fighting active fires, and also getting the chance to earn time off their sentences.

According to CDCR, this program saves the state of California between \$90 and \$100 million a year. This, however, does bring up concerns with people that the financial benefits of cheap prison labor could incentivize mass incarceration.

Inmate firefighters are volunteers and are "Evaluated individually to ensure that all those selected for the camp program are willing to be team members with nonviolent behavior, even if their original conviction was for a violent crime," states CDCR representative Vicky Waters. Volunteers must have "minimum custody" status to participate in the firefighting program, which means they are not considered if they have committed arson, rape, sex offenses, or if they have any active warrants or ongoing medical issues.

The firefighting program is meant to be a stepping stone for rehabilitation after and while inmates serve their sentences. "The fire camp program helps inmates build skills in firefighting, including positively working in a team environment," says Waters. "It can be an important part of an inmate's rehabilitation while they are serving their sentences with CDCR." Unfortunately inmates don't get to use the experience they gained from the CDCR program to apply for a similar job when they are released. Inmate firefighters rarely get firefighting jobs when they are released, since most fire departments require firefighters to be a licensed EMT, and EMT certifying boards typically deny applicants with a criminal history.

This year alone roughly 14,000 firefighters battled the Mendocino fires and more than 2,000 of them were inmates. According to a local ABC affiliate, roughly 200 inmate firefighters assisted with the Butte County Camp fire that occurred this August, with many more expected as the fire season picks up again next June.

BREAKING NEWS

December 12, 2019

Hit the snooze button: Law mandates change in school's start times

By Katherine Mund
Copy Editor

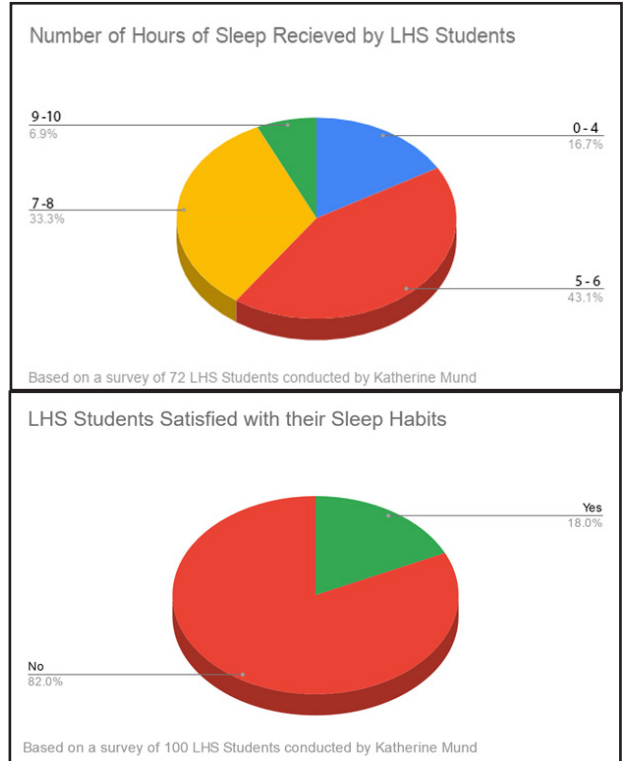
Waking up to the buzzing sound of your alarm, you groggily press snooze. If only you had five more minutes...

Now, this can be a reality, with a new California bill that pushes back school start times. The proposal is requiring middle schools start no earlier than 8 A.M., and high schools to start no earlier than 8:30 A.M. California Bill 328, also known as the 'Later School Start Bill', was passed on September 13th, 2019, by the California State Legislature. Currently, the average start time for California middle and high schools is 8:07 A.M. The new bill would not

only allow students an extra amount of sleep, but also help bus schedules run more smoothly. With many middle and high schools beginning at different times, bus routes and school loops will be able to be kept more clear and timely. Additionally, experts have found that starting school later can reduce health problems such as sleep deprivation and depression, as well as increase school achievement levels. It's a fact- better quality sleep means better performance in school, and more importantly, better emotional health all around. The bill is expected to go into effect for the 2022-2023 school year. Start times will not take zero periods into consideration.



Teens will soon be able to get a few more minutes of sleep, thanks to the "Later School Start Bill." Photo by Katherine Mund



Talent show touts success

By Jamison Capio
Co-Editor

From comical acts performed by Liberty's very own improv team to live band performances by Liberty's very own teachers, the Freshman Leadership Class hosted their first event of the year, "Liberty's Got Talent!" last month on November 14th.

With 198 people in attendance, the evening's hosts were James Eaton, Dylan Johnson, Alexa Olivan, and Jaidyn Scriven; they followed up each performance with audience-interactive jokes, fun facts, and other tidbits of information regarding the next performer.

Notable performances included those of Daniel Coker who dulcetly performed "Where Were You in the Morning" by Shawn Mendes on the piano; the improv team who performed interactive acts with the audience; Mr. Lemos, Mr. Gonzalez, and Mr. Mauro, who performed a rock band performance; Taylor Sylva who sang "To Make You Feel My Love," dedicated to her boyfriend Max Cappello; and Josh Velazquez, who performed an advanced piece on the piano.

According to Mr. Lemos, "We all like to perform and the school wanted teachers, plus, I'm currently in a band and Mr. Mauro and Mr. Gonzalez had been in bands before. Mr. Gonzalez and I actually performed for a choir concert last year." Lemos added, "The week of the show, we practiced together on that Tuesday and Wednesday, that was it." Liberty Leadership teacher Summer Rodriguez disclosed that, "The money raised will be paying for Kindness Month that takes place in February and March."



In her third year competing in Liberty's Got Talent, dancer Ava Partida performs Comptine D'un Autre Ete

Photo by Jamison Capio

Liberty High School CONSTRUCTION UPDATES

- Student Parking Lot: **Completed**
- Stadium Renovation: **Completed**
- Stadium Athletic Facility: **Completed**
- Maintenance/Bus Yard: **Completed**
- Aquatic Project: **Est. June 2020**
- Additional Parking Lot: **Est. June 2020**
- Cafeteria/Atrium & Two-Story B-D Wings: **Begins June 2020**



After the first rally in the new stadium at Ohmstede Field, Principal Harper Tweeted: "Welcome Home LIBERTY!!!! Our first rally in our new Lion's Den!!!! #LionPride".

New year, new law: For-profit prison ban leads California on new path of prison reform

By Gavriel Curameng
Co-Editor

As 2019 comes to a close, so will the for-profit prison system currently used by California.

Governor Gavin Newsom signed Assembly Bill (AB) 32, which bans the California Department of Corrections and Rehabilitation from leasing private, for-profit prisons, which includes federal detention facilities. This system consists of contracts between the California Department of Corrections and Rehabilitation and a private company to run a state prison.

Starting January 1st of the following year, the department will not be allowed to renew or create any lease

with a private, for-profit facility. Part of the new law requires California to phase out all for-profit prisons by January 1st of 2028. According to the *Los Angeles Times*, 1,700 CA prisoners are in private facilities, out of the 114,800 total.

"These for-profit prisons do not reflect our values," claimed Newsom. In his inaugural address, he stated a goal to end the "outrage that is private prisons in the state of California once and for all."

Proposed by Assembly-

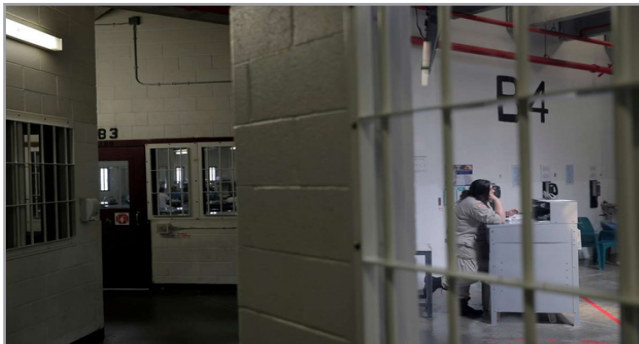


Photo by Carlos Avila Gonzalez of *The San Francisco Chronicle*

Above shows one of the private facilities, Central Valley Modified Community Correctional Facility, which closed from their ended contract with the California Department of Corrections on September 25.

member Rob Bonta of Oakland, AB 32 was originally announced as a ban on private prisons, but was amended to include immigra-

tion detention facilities. "We've all seen the current humanitarian crisis play out along the southern border," asserted Bonta. "No human being deserves to be held in the horrific conditions we've been seeing in these for-profit, private facilities. It's clearly not enough to focus our legislation on prisons alone."

According to TIME Magazine, Immigrations and Customs Enforcement (ICE) acting press secretary Bryan Cox claimed the ban would hurt California residents that would

"theoretically have to travel greater distances to visit friends and family in custody."

In 2006, California became increasingly dependent on the private prison system, as overcrowding in state prisons required the use of the private system. Over time, the state became less dependent, due to decreased amount of prisoners from policy changes. Reuters noted that three private prisons in California are set to close in 2023. They also stated that ICE is set to lose four private detention facilities.

"By ending the use of for-profit, private prisons and detention facilities," mentioned Bonta, "we are sending a powerful message that we vehemently oppose the practice of profiteering off the backs of Californians in custody."

December 12, 2019

Meet Dr. Francies, Liberty's newest administrator

By Marcel Grisard
Staff Writer

As a new year dawns at Liberty, students and staff welcomed Dr. Lamont Francies to the campus this school year; however, he isn't any ordinary assistant principal.

According to Dr. Francies, he has a master's degree in counseling, as well as a doctorate degree in multicultural education. In addition, he became an assistant principal because he "wants to help kids from marginalized communities, disadvantaged backgrounds, and be an advocate and give them a voice, also be a bridge between that community and parents."

Dr. Francies said he chose Liberty because he lives local and heard wonderful things about academics at Liberty. He wanted to provide a different cultural lens for staff and students. Furthermore, he mentioned that he loves his job and that it is "fulfilling and rewarding to be able to see the change you make in staff and the students."

In addition to being Liberty's assistant principal, Dr. Francies is also a pastor. He claimed that "I'm not a worker who pastors, I'm a pastor who works." Here, he noted that his true calling is pastoring. He also mentioned being a pastor and assistant principal both connect, as they both involve caring for people and building relationships. He also asserted that he needed to know boundaries, knowing when to be an assistant principal and when to be a pastor.

Many students on campus have noticed his distinct apparel. According to Dr. Francies, he wears a suit from a distinct memory from his early 20's. An older African American pulled him off to the side and told him, "You are a young black professional and you have to stand out, and you don't dress for the part you have you dress for the part you want." He carries this advice, as he now wears a suit, but also for students to know that he's a respected young professional and what people wear conveys a message to others about who they are.



Standing proudly by his desk, Dr. Francies' office is located at the Den-2 office, in B-2. He has taken an active role in connecting with both students and teachers alike, through staff development and student committees.

Photo by Marcel Grisard



A trained service professional, Diane is responsible for helping Sadie Kun with her daily activities, whether it be at home, at school, or in public.

Photo courtesy of Sadie Kun

Liberty's four-legged student: Paws up for service dog, Diane

By Kira Logan
Staff Writer

Although most people can agree that seeing a dog throughout their day can bring a smile to their face, Sadie Kun gets a different type of glee around her service dog. This LHS junior and her service dog Diane walking to class during passing periods has become their pattern. When asked about her service dogs age, Kun mentioned that she got her service dog nearing the end of 7th grade, which racks up to almost 4 years of Diane's unwavering support, love, and company.

"I have livestock at my house, so once I realized how much being around them helped, my family and I thought a support dog would be a good idea," Kun emphasized her need for Diane. She summarized her need for her support dog by emphasizing that before she had Diane, it was harder and harder to get out of the house. Kun has anxiety around large crowds of people, and before Diane, going outside seemed very unappealing. However, Kun still

dodges from some distracting comments every day.

Diane is undeniably a rare sight on our campus, so ignoring some repetitive comments is routine to Kun. "Ignoring some comments I hear everyday is a necessity for me," she said, "like 'Oh there's a dog!' is a common one." Nonetheless, they hold their head (and tail) high throughout the LHS campus. As bringing their dog to school is a common dream for students, the logistics can be broken down into a routine. Kun specified when and where Diane gets to have her doggy time, and how Diane is acclimated to all of her classrooms.

Kun continued to explain how well trained Diane is, and how she knows where to place herself in all of Kun's classes. Diane usually sleeps under a table, near to Kun, in case she needs to reposition herself to help calm her anxiety. However, during Kun's TA period, Diane enjoys running around and releasing all of her energy on the grassy areas on campus, while Kun runs errands for her teacher. This way, Diane can let her enthusiasm out so later on she can better focus on Kun's

needs. Currently, Kun does not stress over having the responsibility of taking care of Diane. However, this wasn't always the case.

"In the beginning I got stressed because some days I forgot to bring her supplies with me," she stated. "Now it's like carrying your phone around, it's almost reflexive." Kun reveals how comfortable her and Diane are together and how Diane is able to know when to locate herself specific to Kun's needs. She mentioned how Diane has helped her as much as she thought it would when she first received Diane. Some of the training Diane received had surprised Kun, because she didn't realize how many helpful tasks were taught to Diane and dogs just like her. For example, when Kun is at a counter in public, Diane knows to stand behind her so it creates a barrier between herself and the people behind her. Small acts like this can help calm Kun down and Diane knows when and where to help Kun feel as calm as possible.

Although it would be a dream for many to have household pets come with them to school, Diane has a unique purpose that serves Sadie Kun every day.

Through a new lens:

African-American history class teaches history from different perspectives

By Alegra Nelson
Copy Editor

Imagine a class dedicated to learning about African American history. Well, Liberty now offers this new history course.

Liberty has had expanding diversity of history classes, from music history to film. Now, there is a class that solely focuses on African American history. According to Mrs. Thigpen, who runs the class, stated that "[I was] lucky enough that Mrs. Harper asked me to teach the class." She believes in the inclusivity of the class that makes it feel no different than teaching her world history classes because history is still history.

She desires the class to expand on knowledge the students already have about American history. The class is designed to walk through it from a different perspective. One student, Jaliyah Jordan, claimed she took the class "to know more about my culture and my heritage." The class has received the support of many staff members like Dr. Francies, Liberty's new assistant principal, as well as Mr. Burstein, who has been a help with books. He and Mrs. Thigpen have gone through textbook

options and he has even done his own research and presented some to Mrs. Thigpen.

The class does not have textbook since the chosen book was discontinued. The class has been allowed to photocopy pages from the textbook Mrs. Thigpen read over summer, which the class was based on. However, Mrs. Thigpen has finally found a book that has online resources like the other history books the school has. She still teaches from the book through photocopies and class discussions. Many people come to visit the class to get a peek at what the students are learning and to hear the discussions they have.

The course can be heavy in material and contains sensitive topics, but it is all about being mature and comfortable with one another in the class. Mrs. Thigpen compliments her students for being able to act so mature when talking about difficult topics, such as slavery. Many teachers, students, and faculty are excited for this new class to grow and prosper in teaching all students about African American history being American history. Mr. Burstein felt "hopeful [that] we continue to offer courses that explore other cultures and promote multicultural education."



Photo by Kristina Busch

Although a textbook has not been purchased for the class as of yet, Mrs. Thigpen uses quality online materials in the class. Here, Isariah Carson, Kendall Adams, and Meyene Akpakpa collaborate over some of these materials during class.

December 12, 2019

Career Spotlight:

The unusual choice of working in the funeral industry

By Emma Williams
Staff Writer

The funeral industry usually isn't the first thing that pops into a child's head when asked "What do you want to be when you grow up?" However, contrary to its morbid cultural image, it may hold a lot more opportunities than one might think. The concept of death is tedious in discussion already, so the idea of working for an industry that revolves around it may be unfathomable for some. Putting that aside, it might be an interesting and unique career opportunity.

"A culture that denies death is a barrier to achieving a good death," mentioned Caitlin Doughty, author and mortician. Doughty is the creator of an organization called "The Order of the Good Death". This organization strives to introduce mortuary and death-related practices, whilst answering questions and getting rid of common misconceptions. This platform is used to educate people on the many aspects and sides to becoming a mortician. The term "mortician" is usually used as an umbrella term describing the multitude of specific professions dealing with

death, including funeral directors and licensed embalmers.

"Funeral Directing is mostly doing a lot of paperwork," explained Amber Carvaly, a member of the Order of the Good Death.

A funeral director's job consists primarily of filling out death certificates, burial permits, and other essential forms. This helps the whole process go much faster. An embalmer however, is most likely what you traditionally think of when imagining a member of the funeral industry.

"Being on the job as an embalmer is extremely labor intensive," noted Carvaly.

Amber explains that an embalmer's job is to prepare the bodies for funerals and cremations, as well as burials. They must do some heavy lifting, along with being around chemicals all day and wearing a set of personal protective equipment (PPE). Although before one becomes a worker in the funeral industry, some education is essential.

"If you want to be an embalmer you will have to go to school and complete your education there, and then pass the National Boards exams in Arts and Science," claimed Carvaly. "If you



According to the Bureau of Labor Statistics, there were roughly 53,000 funeral service workers in the United States in 2018.

Photo courtesy of US Urns Online

want to be a Funeral Director you can probably apply immediately and start working upon acceptance at a funeral home"

Carvaly herself attended Cypress College, one of the two mortuary schools of its kind in California. American Rivers, the other mortuary school, costs \$0 for tuition, however there is still book and housing fees. Cypress Col-

lege costs around \$1,140 for in-state students, and \$6,156 for out-of-state students.

On the other hand, the average wage of someone who works in the funeral industry is around \$49,483 per year for funeral directors, and around \$45,060 per year for embalmers. They usually work an average of 40 hours per week, making from \$14 to \$40 per hour.

"My favorite part about being a funeral professional is giving back to the community," stated Carvaly. "Helping those who are truly in need while going through a death."

The funeral industry may seem like a scary, cold profession, but those employed can spend their careers helping a large number of people find peace and comfort in a time of mourning.

The history of decorating Christmas trees: How the fir tree came to be

By Trevor Aitchison
Staff Writer

Bright, beautiful, thriving, and alive. What better way is there to celebrate the Christmas season by accessorizing the provider of life on Earth? This is the start of a great question, whose bright idea was it to start the tradition of decorating Christmas trees?

The first Christmas tree was thought to have been decorated by Martin Luther in the 16th century. However, the evergreen fir tree was used to celebrate Christmas by pagans for thousands of

years. But nobody is really sure when Fir trees were first used as Christmas trees. In the Northern hemisphere, the shortest day and longest night of the year falls on December 21st or 22nd and is called the Winter Solstice. Many ancient people believed the Sun was a god and that Winter came every year because the Sun god had become ill. Solstice was a big deal because it meant the sun god would begin to heal. Evergreen trees were a reminder that all plants and the summer season would

come back to flourish.

However, not all Christmas trees are alike. Some regions of the world have improvised when working with their trees. In New Zealand, The Pohutukawa tree is decorated and displays fascinating red flowers. In Eastern Europe, Christmas trees look and are decorated like ones in America, except that they are occasionally hung completely upside down, mounted on the ceiling. Even slight differences, such as real fruit being used as ornaments

in France and candles being hung from the branches in Germany, creates lots of diversity in Christmas tree traditions.

In the modern world, there are an infinite amount of ways to decorate this tree that has been influenced throughout history. The Christmas tree represents unity, where families come together to celebrate the birth of Jesus Christ, and even give gifts to one another that are first placed under the iconic fir.



Photo courtesy of Denny Manufacturing

Flourishing Christmas trees stand out in the winters night, ready for sale.

Brentwood's helping hand during World War II

By Kaity Walters
Staff Writer

Brentwood is a notoriously small town, but that has not stopped its residents, both young and old, from contributing to major events, such as World War II.

In a time where Brentwood's population was 1,638 people, they seemingly did not have much to offer to the war effort. However, Brentwood residents were eager to do their part. Doctor Harry A. Geyser, Liberty High School's sports physician, joined the U.S. Army's Medical Corps. He was not alone in enlisting. Liberty High School had a Cadet Corps. Class, which prepared those enrolled at LHS for war through elementary military training.

Liberty High School's 1943 yearbook is dedicated in part to the students fighting in the war, as it states; "We dedicate this page to the boys of Liberty Union High School who are now in the armed forces. We are proud of them."

Students did not solely fight in the armed forces in order to help the war effort. They harvested crops, went through essential war activity classes, contributed to the Red Cross, and sold War Stamps and Bonds. Their efforts resulted in the purchase of an ambulance. Girls enrolled in the Commercial Department to train to be a better secretary, many hoping to be employed by the government. They learned to type. These girls helped register selectees for the Draft Board.

Liberty High School's former principal, E.G. Nash acknowledged his students in the school's 1943 edition of the yearbook, as he is quoted as saying, "I know we all realize that we have a job to do to win this war and everyone of us has resolved to do his utmost." Even today, when Brentwood's population is 63,800, several students from Liberty High School will enlist in the military after going through the Junior Reserve Officer Training Corps program, as the possibility of war is still very real.



Many propaganda posters were posted across the United States during World War II. Many women were encouraged to take on jobs during the time period. Photo courtesy of History.com

LIVE ACTION
Candyland:

All for class spirit points!

Friday, December 13 in the New Gym at lunch.



Photo courtesy of Hollywood Reporter

Feeling festive? Your 2019 holiday TV viewing schedule

Friday, December 13:

The Santa Clause
(Freeform, 12:30 pm)
The Santa Clause 2
(Freeform, 2:45 pm)
Home Alone
(Freeform, 6:45 pm)
Home Alone 2
(Freeform, 9:15 pm)

Saturday, December 14:

Rudolph the Red-Nosed Reindeer
(CBS, 8:00 pm)
The Polar Express
(AMC 5:00 pm)
Tuesday, December 24:
A Christmas Story
(TBS, 8:00 pm)

Wednesday, December 25:

Santa Claus is Comin' to Town
(Freeform, 4:50 pm)
Dr. Seuss' How the Grinch Stole Christmas
(Freeform, 4:50 pm)



Watching *The Polar Express* on Saturday night is just one way to lift someone's holiday spirits.

Photo courtesy of Rail Events Inc.

December 12, 2019

49ers' fight for first

By Austin Belcher
Editor-in-Chief

Many longtime faithful 49ers fans nostalgically recall the teams climb to the top in the early 2010's, after a nearly decade struggle. Their blaze to greatness was led by the incorporation of a Jim Harbaugh coached team, lead by a stellar defense, and an offense with unrestricted potential. However, their quest for a Super Bowl Title was cut short twice, falling to the Baltimore Ravens 34-31 in Super Bowl XLVII, and getting shut down by the Seattle Seahawks' defense late in the NFC Championship the following year, by a score of 23-17. Since their mini-dynasty's rise to the top in their three years of playoff con-

attention, the San Francisco red and gold look nothing like the team of their latter days. With the loss of their entire powerhouse linebacker set, nearly all of their defensive and offensive units, Jim Harbaugh left for Michigan's record high offer of seven and a half million dollars, making him the third highest paid college coach in history. With the ousting of quarterback Colin Kaepernick from the league, the 49ers have suffered the woes of four consecutive rebuilding seasons, marked by records sub .500, and finishing a measly 4-12 last season. However, a new spark of hope has emerged for the ailing franchise. Quarterback Jimmy Garoppolo spent a majority of the last season with an ACL injury after a fateful week two game in Kansas City. Since his return this season, the 49ers have accumu-

lated a 11-2 record, only losing to the Seattle Seahawks and the Baltimore Ravens. Bolstered by new head coach Kyle Shanahan, rookie defensive end Nick Bosa, powerhouse George Kittle, and a multitude of young talent brought on by the front office, the 49ers currently lead their division standings, and remain in the number one spot in the NFC West. Shanahan has suffered a volatile career, marking record losing seasons in his time with the Washington Redskins, but looks to a bright future with the 49ers. After their week five 9-0 win against his former team, Shanahan exclaimed, "Guys we're just getting started, alright...Let's keep this...going." With three more games to go, San Francisco looks to clinch the NFC West, a title previously taken by the rival Seattle Seahawks, and move into the playoffs to settle unfinished business.



Photo courtesy of 49ers.com

Quarterback Jimmy Garoppolo spikes the football after a one yard quarterback-sneak touchdown in their week-six win in Los Angeles.

The physical demands of band

What does it take to participate in marching band? More than one might think



All of Liberty's bands' conditioning is put to the test during the homecoming parade every year. Photo courtesy of Liberty Band

By Ariana Arreguin
Staff Writer

Liberty's very own marching band dedicates their time to a seamless performance by practicing constantly during and after school hours. Marching band season is in the summer, where students rehearse music and march six hours a day for five days. Students learn to build up endurance in the hot summer heat, mastering the skill of playing music, while simultaneously marching. Band director Mrs. Kellogg says, "Students are required to attend a three hour practice from 6-9 in athletic wear twice a week. On game days and other events, students are required to show up in uniform with specific marching shoes." Some students carry light, thin

instruments but other carry around base drums and trombones that may weigh on average, more than fifteen pounds some even weighing 35 pounds. Carrying around heavy instruments in full uniform can be tiring so it is vital to come prepared. Bringing water to events is encouraged but parent volunteers provide water stations for students to take a break if needed. Mrs. Kellogg finds importance in teaching proper health care to students, urging them to eat prior to events and maintain hydration. She says, "I try to teach everyone about taking care of themselves because it really is physical, we are out here in July in a hundred-degree heat so I try to educate them that just having water the day of isn't enough" Just as health is important, so is time

management. Students are expected to arrive to class prepared with their instrument and ready to work. Free time to complete homework or talk to friends occurs through breaks in between songs, or after practice. With an upcoming football season and events like parade competitions up ahead, students return from summer vacation and are expected to use their time efficiently. Students spend about 180 hours practicing outside of class from July to December, making for a busy season. Band member Isabella Ybarra says, "I have to sacrifice a lot of my time. I make sure to clear my schedule every Monday and Wednesday but it's worth it. We are all so committed to bringing the best we can every day and work hard."

Class of 2020 class officers overcome obstacle course



Photo courtesy of @LHSLionsSports

Three of Liberty's senior class officers accomplished the Army obstacle course last week with LHS Athletic Director Ryan Partridge. Shown from left is vice president Curtis Gaines, secretary JT Brooker, Coach Partridge, and class president Drew Willis.

Liberty High School
Class of
2020
On Ice

12.18.2020 | 6 PM
Got A Party Skating Rink
Corner of Second And Oak Street

Pick up and turn in
your waiver and ten dollar payment by 12/17 in
D3

DECK the PARK
Holiday Festivities @ City Park, 6-7:30pm

FRIDAY
20
BYC TACKY CHRISTMAS
JOIN THE BRENTWOOD YOUTH COMMISSION FOR AN UGLY SWEATER CONTEST, KARAOKE, AND CRAFTS.

ATHLETICS

December 12, 2019

Rel-apps to help relax

By *Leila Haddadin*
Staff Writer

Take a deep breath, close your eyes, and let all of life's stresses fade away. Everyone needs to let go and relax from time-to-time, and meditation is one of the methods people use to do so. It differs depending on the person and how they want to go about it, a few methods being mindfulness or just breathing. There are classes people can take, programs to do at home, and even free apps one could easily get on their phone.

There are seemingly countless different apps on the app store, but three were randomly selected for the sake of this article. The first one is called Deep Meditate. It's set up in a way that makes it easy to find specific features, as there is a bar on the bottom split into separate categories including: home, meditate, music, sleep, and profile. There are different choices depending

on what type of meditation one wants, but nearly half of them are locked and require payment. Downloading the separate lessons along with music is an option, but payment is required for that as well. There are ads that pop up every so often that play before one can get to the actual content, but that is small compared to what the app offers for the free bits.

The next app is called Deep Calm. Unlike the app above, this one is solely for music to meditate to. There are both nature sounds and instrumentals, like the previous, and there are separate categories depending on what one wants the music for: yoga, sleep, or relaxing. There is also a hot category for more popular songs. The music amount is limited, but there is an option to set the length as long, or short, as one pleases. There are little to no ads, and it is overall very simple to use. Another prominent feature is the continuation of music playing, even if the

app is closed on the device. One would have to go back and manually turn it off before the timer is up.

The third and final app is called Waking Up. This one is set up similar to the first one, including the bar at the bottom, although this one has home, theory, practice, groups, and timer listed. A majority of it is locked and can only be accessed by premium users. Unlike the other two, this one doesn't have any music-- only lessons. There is a sidebar to access one's profile, settings, and reminders, where there's the option to have a daily reminder set.

The only completely free app out of these is called Deep Calm, although it is the one that offers the least amount of features out of the three.

Meditation can help people with anxiety or general stress gain control of their emotions and calm down/clear their mind. Even if a few of these are limited, they may be a good start for some.



Even while at school, Liberty student Clarice Economos proves that meditation can bring peace. Photo by Leila Haddadin

Physical benefits of meditation

- **A healthy heart:** Psychosomatic medicine published a study that meditation reduces the amount of lipid peroxide in a person's heart.
- **A stronger immune system:** According to a study by the University of Wisconsin-Madison, meditation improves the function of the immune system.
- **Enhanced quality of sleep:** A Dutch study found that ten minutes of meditation a day for two weeks led people to have a better quality of sleep.
- **Support for female health:** Meditation has been proved to help women with their symptoms caused by their menstrual cycles.

OPINION POLL:

Which basketball team will make it to the NBA finals?

By *Nia Green*
Staff Writer



"The Portland Trailblazers because they work well as a team."

- Kylee Gregory (11)



"The Clippers because Kawhi Leonard works well with the team."

- Ella Bond (11)



"The Lakers because LeBron James is the best in the NBA."

-Jelani Jones (10)



"The Cavaliers because even though they lost a few players, they are still pretty good."

- Gabriel Raze (9)

Don't Forget: Tomorrow is Class Color Day



Seniors wear red
Juniors wear blue
Sophomores wear green
Freshmen wear yellow



Upcoming Events:

Girls Soccer:

12/16 Vacaville	Home	7:00 pm
12/20 Kimbrall	Home	5:45 pm
1/14 Pittsburg	Away	6:00 pm
1/16 Freedom	Home	6:00 pm

Boys Soccer:

1/14 Pittsburg	Home	6:00 pm
1/16 Freedom	Away	6:00 pm
1/21 Heritage	Away	6:00 pm
1/23 Antioch	Away	6:00 pm

Boys Basketball:

12/12 Stonebarger	Home	TBD
1/3 Bencia	Home	6:00 pm
1/14 Heritage	Home	7:00 pm
1/17 Deer Valley	Home	7:00 pm

Girls Basketball:

12/17 Dublin	Away	7:00 pm
1/2 Stonebarger	Home	TBD
1/14 Heritage	Home	5:30 pm
1/17 Deer Valley	Home	5:30 pm

Wrestling:

12/20 Lou Bronzan	Home	11:00 am
12/21 Lou Bronzan	Home	9:00 am
1/7 Heritage	Away	7:00 pm
1/14 Antioch	Home	7:00 pm

December 12, 2019

Viewpoint of *The Lion's Roar*:

Climate change should not dictate our future family size

By Austin Belcher
Editor-in-Chief

Generational conflicts have been to blame for almost all differences between youth and their elders. As many blame the Baby Boomers (individuals born between 1946-1964) for economic issues, societal divides, and political tensions, one issue is most notably valued by the new younger generations, that of climate consciousness. While the older population tends to steadily hit the right side of the political spectrum, the new younger generations are across the board on many issues, but especially favor more left leaning policies on environmental protection. While the debate may still be out on the reality of climate change and its root causes, many are wasting no time to take action. Some hyper-activists go as far as to propose child-

limiting policies like those instituted to control population in China. Regardless of its effectiveness or not, this measure is blatantly a tremendous burden on one of the most basic freedoms of the American dream, that being the creation of a family. Whether couples desire one child or seven, that choice is their choice. Limiting reproduction all together is the work of dystopian science fiction works, and only ever instituted by totalitarian socialists. Offspring reduction policies would be incredibly unpopular all across the political spectrum. Americans are definitely not ready for that type of government interference in their reproductive lives, nor will they ever be. Any government infringement into this domain would be widely condemned and opposed by any freedom loving American. If we truly intend to reduce our carbon footprint and curb pollution, we need to search for a way that doesn't burden, nor limit, an entire population.



Will reading *Parents Magazine* even be necessary? According to the UN, about 360,000 babies are born each day. However, this number could change drastically if future generations are limited in the number of children they can have. Photo by Gabriel Rector

COLLEGE & CAREER CENTER NEWS:

Seniors:

The Local Scholarship Application is available on the school website. Questions? See Ms. Salinas or Ms. Orozco in B-3.

Applications are due January 14th by 4PM in the Career Center.

Freeze and watch *Frozen II*

By Rebecca Vega
Staff Writer



The making of *Frozen II* was officially announced in March of 2015. Photo courtesy of IMDb.com

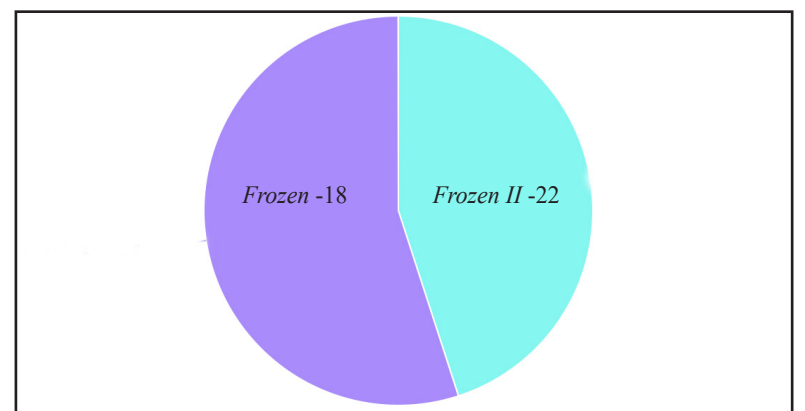
The *Frozen* cast is back and is better than ever. Elsa and Anna experience a whole new adventure that changes everything. I highly recommend this movie because of its humor and the fact that it gave me much nostalgia. The sequel explored more of the girls' past: viewers find out details about how Elsa and Anna's parents met, where Elsa's powers came from, and what Anna's role will be in the kingdom of Arendelle. It intertwined perfectly with the

events in the first movie and kept me on the edge of my seat as the essential climax was unraveled. Additionally, the *Frozen 2* soundtrack was a mix of a playful and happy but also had a more bold and spirited tone than the first soundtrack. The animation in this movie was exhilarating, from the shockingly realistic oceans to the glamour of Elsa's magic. The directors also did an excellent job of portraying the pureness of sisterhood. The two main characters, Elsa and Anna, had a bond like no other and the innocence behind that was exquisite. Ultimately, I would give this movie a five star rating due to its utmost virtuosity.

"I highly recommend this movie because of its humor and the fact that it gave me much nostalgia."

-Rebecca Vega

After polling 40 people on whether they enjoyed the original *Frozen* animated movie or *Frozen II* more, 45% voted for *Frozen* and 55% voted for *Frozen II*.



Lashing out on lashes

Keep the trend going, or make it stop?

By Emily Redman
Staff Writer

Eyelashes: a beauty trend for both young and old that has people going great lengths for lengthy lashes. From mascara to glue on falsies, and now, newer options like magnetic falsies and lash extensions, men and women are able to choose different ways in which to style their lashes. The makeup industry has become a controversial subject as the feminist movement rises. Other people may argue that alteration of lashes is unnecessary or excessive; one may see any modifications done for the purpose of beauty or self-image are seen as egocentric.

People pay between \$60 and \$80 every few weeks to get eyelash extensions with an estimated \$100 initial charge. An average set of drug store glue on lashes can cost anywhere between \$5 and \$20. Depending on the financial status of the person these costs could be seen as a burden. Another issue that is seen is the rising number of cases of "lash lice," the buildup of bacteria and debris on the lash line that causes an overproduction of mites in the eyelashes. A moderate amount of mites is normal, but when lashes are not kept clean, they overproduce to compensate. To avoid this, a gentle soap can be used to keep out dirt and oils. Quality upkeep false lashes are

perfectly safe. In my opinion, people should have the right to choose what they do with their appearance without judgment. The world is transforming in new ways; as a result, people need to transform their sense of tolerance. Especially something as minimal as eyelashes should be up to the person and his or her own taste. Lash extensions and such are not things that should be forced on people in order to be seen as beautiful, but if they want to wear any type of lashes, they should be free to do so. The beauty industry is all about choice, and people should be free to wear their eyelashes as they wish.



Magnetic lashes, seen here, are easy to use, add definition without feeling heavy, and can easily be removed. They adhere to the skin after applying magnetic liner to the eyelid.

Photo by Emily Redman

School construction is impacting learning

By Mary Grace Contreras
Staff Writer

They come almost every day of the week, start work early, and even stay late sometimes; construction workers are starting to impact daily life around Liberty High School. The construction around the school started around December 2018 (about a year ago), and since then, there has been many disturbances throughout each day. As a result, many students and teachers are affected by the issue.

Some may argue that the construction is worth it and will bring good additions to the school, while some say that it will make Liberty High School appear more appealing and improved.

“I think it’s a good thing,” Liberty chemistry teacher Mr. Sakogawa discusses, “they’re improving the school.” Since the constructions next to J-Wing are for the new aquatic center, it stirs excitement for people as its completion approaches.

On the other hand, school construction interrupts teachers and classes. For example, due to the constant construction noises near their classrooms, those who



In addition to frequent immutable noises due to construction, poor air quality can cause irritation in the eyes and nose, cause a shortness in breath, and other respiratory conditions.

Photo by Mary Grace Contreras

have classes in the J-Wing are often bothered, especially in the mornings.

Because of the construction noises, their class times are interrupted, wast-

ing precious minutes of instruction out of their days. In addition, P.E. classes

that were scheduled to have activities in the softball fields, baseball fields, tennis courts, and stadium are being restricted to enter because of the ongoing constructions. As a result, P.E. teachers have a hard time finding a place on campus to resume physical activities.

“It’s a pain in the neck,” Liberty P.E. teacher Mr. Ambrose explains, “but you have to be patient.”

The ongoing construction around classrooms may also be impacting the health of many teachers and students. Teachers and students who have health problems are exposed to the air polluted by construction sites. The construction sites produce dust that pollutes the air at school. People who walk by the construction sites can inhale polluted air and harm their health and well-being.

It is said that construction will continue to occur until 2023. Affected members of the community should consider preparing themselves for the future. The construction that is happening around Liberty High School disrupts a lot of class time, taking away time that could have been used for learning or physical exercises.

Lion’s Cafe: A review of Brentwood’s Sip and Scoop California



Not only does Sip and Scoop offer gelato and baked goods, but they also offer a wide variety of Italian ice.

Photo by Ysenia Inguanzo

By Ysenia Inguanzo
Copy Editor

Upgrading from a small truck to a grand store front, Sip and Scoop California has earned popularity through its delicious treats and amazing service.

Located at 234 Oak Street, Sip and Scoop is in the heart of Downtown Brentwood, open for those wanting a quick bite, a rush of caffeine, or even a late night snack.

The cozy café instantly invites you in with wide open doors leading to a display of yummy bakery items. Next to that is an even bigger display of gelato, Italian ice, and special toppings.

The atmosphere was lively yet relaxed. Festive decorations adorned the café to bring in those holiday vibes. Not only did they have homey decor, but they had coloring books, crayons, and board games for entertainment.

Upon walking in, I was greeted by all the employees and served immediately. The worker remained patient despite my hesitance to come to a final decision.

After much thought, I decided to go with the birthday cake gelato and pumpkin bread. The birthday cake gelato is a creamy sweetness with sprinkles and chunks of cake. Although birthday cake can be any flavor, the gelato had the distinct taste of vanilla cake with vanilla frosting.

I don’t normally enjoy pumpkin bread, but their pumpkin bread had the perfect balance between pumpkin and cinnamon. The added crumb topping was like the icing on the cake, it brought other flavors so the pumpkin wasn’t overpowering.

Considering the quality of the food, Sip and Scoop is fairly priced. A mini cup of gelato is \$3, a regular cup is \$5, and a large cup is \$10. The pumpkin bread was \$4.50, a decent price considering its size.

Overall, Sip and Scoop California is living up to the hype. The gelato is smooth, the baked goods are sweet, and the service is speedy. I recommend anyone to try it if they have not done so, you will not be disappointed.

He Said, She Said: The Male vs Female Perspective Are males are funnier than females?

By Drake Daley
Staff Writer

Whether we choose our side of the gym during a game or split up into two, guys and girls constantly are put up against each other. This time, it’s about comedy and when it comes down to it, men funnier than women and science has proven it.

Recently, a study by Dr. Greengross came out claiming that on average, 63% of men are funnier than the average woman. They came to this conclusion after reviewing 28 previous studies with over 5000 participants, as reported by the *Daily Mail* on October

30, 2019. When you think about it, it makes sense. A quick Google search shows that a lot of the top comedians are in fact guys like Dave Chappelle, Chris Rock, and Jerry Seinfeld, but why is that?

The study goes on explaining that humor plays a pretty significant part in finding a girlfriend, because humor is deemed a commonly attractive trait. Humor is a sign of being intelligent, and in the past, this trait meant a lot more when finding a partner. For example, during the hunter-gatherer era of human evolution, intelligence was rare, as we were not nearly as advanced as we are today. Guys in previous decades had to be funny in order to attract

a girl. Some people have argued that this could also be because society forces girls to not be perceived as funny. This claim was also addressed by the creator of the study, Dr. Greengross: “There is, however, minimal evidence to support the view that our society suppresses women from producing and exhibiting humour.”

Of course, this does not mean all men are funnier than women. Tina Fey, Ellen DeGeneres, and Amy Schumer are examples of funny women who can be funnier than most men, but on average, guys make up most of the comedy. The victor of which of the sexes is funnier goes to the guys.

He said:
“...men are funnier than the average woman...”



Research shows that if a woman is into a man, she will laugh at a man’s jokes, even if they aren’t funny.

She said:
“...a boy might not understand the girl’s humor...”

By Ysabella Palomares
Staff Writer

There comes a time when a girl has to laugh at a terrible joke that a boy just said. If the girl doesn’t laugh at the boy’s joke, the boy will get mad, annoyed, or even start to ignore the girl completely. We still laugh at the joke even if it’s not funny at all. Yet from a recent study, it claims that boys are funnier than girls. When this study took place, a person was asked to write

a funny caption for a cartoon. The caption was then judged by others. The captions written by boys were found funnier than the girl’s captions. The researchers of the study noted, “The fact that men, on average, appear to be funnier than women, does not imply that every single man is funnier than every single woman.”

As a girl, telling a joke to a boy can be difficult, due to the fact that a boy might not understand the girls humor. When a boy tells a joke and the girl does not laugh, they may perceive it as

if the girl does not understand the joke. Then the boy explains it, even if the girl does get it. This is mansplaining. My opinion on this whole study is that this is a total joke. It no longer matters if a boy is funnier or not. We have bigger problems to think about. Why waste money on a study that does not benefit any cause? We, as girls, have to remember that this a growing world, and unnecessary studies will continue to occur. When the time comes to hear another bad joke from a boy just remember, it’s okay not to laugh.

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