



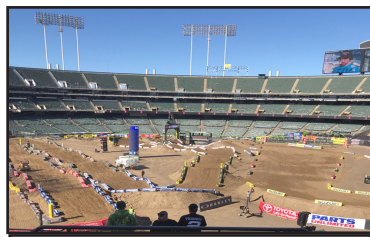
No band director, Page 2



Spring break fun, Page 3



Want to be a ref? Page 6



Supercross, Page 5



Celebs for President? Page 8

2nd 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 J17
Brentwood, CA 94513

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FREE

Net Neutrality to be no longer neutral

By Nolan Spjut
Staff Writer

How FCC's new decision on disabling Net Neutrality will affect students



Pai, Clyburn, O'Reilly, Carr, and Rosenworcel of the Federal Communications Commission voted 3-2 along party lines to repeal Net Neutrality. This undid an Obama-era first established in the United States in early 2015. Photo courtesy of Alex Wong

Many words may be used to describe the Internet – “vast”, “useful”, “varied”, “interesting”, or “versatile”, to name a few – but “neutral” will no longer be one of them. The Federal Communications Commission’s vote to repeal Net Neutrality on December 14th of last year, lead primarily by Chairman Ajit Pai, has raised a lot of discussion; but what people are aching to know is how it will affect them. Net Neutrality is a regulation that previously prevented internet service providers from throttling internet speeds or raising prices to access certain kinds of websites and media. This has been a source of concern for consumers across America who fear that their access to internet may be restricted by their Internet service providers at their discretion. Among these uncertain consumers are students,

who worry about the potential impact of this deregulation on their future education and jobs. When asked about her opinion on the topic, Liberty senior Vanessa Holly said, “I personally plan to get into the technology business myself and I’m not rich, so college is going to be rough if I’m forced to pay extra for something I would consider a necessity.” This seems to be the most common sentiment among high school students. Holly expressed similar concerns when asked about how the vote will affect her future job, with the added thought that those who can afford better options may potentially advance further, even if they’re less qualified. She added, “If worse comes to worst, that just means that teachers will have to accommodate online resources. Students should be given equal opportunity

in their curriculum.” Ajit Pai, however, has gone to great lengths to assure the general public that the repeal of Net Neutrality is nothing to be worried about. In fact, he claims that it will help Americans by increasing competition between Internet service providers, leading to the creation of better options. “Americans will still be able to access the websites they want to visit,” stated Chairman Pai, “they will still be able to enjoy the services they want to enjoy.” Of course, the complete effects of the vote are still speculative at best. There’s been very little time for any change to occur from the removal of Net Neutrality, so Americans can only theorize about the potential benefits and potential drawbacks that it will have on the future of our students and our job market. It’s only a matter of time until changes are made.

YouTube monetization issue ensues

By Trevor Aitchison
Staff Writer

The First Amendment is a controversial subject, now even more when it comes to YouTube. For certain individuals, recording and publishing YouTube videos is a source of income, and the main source of income from those videos comes from advertisements. Regarding YouTube, monetization is the authorization of advertisements on YouTube videos, and when doing so, YouTube charges advertiser fees, and distributes a portion of those fees to the creator of the video. In recent events, YouTube is now ‘demonetizing’ videos they deem as an obstruction of their community guidelines, preventing some YouTube channels from getting paid. “While our policy of demonetizing videos due to advertiser-friendly concerns hasn’t changed, we’ve recently improved the notification and appeal process to ensure better communication,” said a YouTube spokesperson. One YouTube channel owner, who goes by the name of “Eight Thoughts”, has had his two previous videos demonetized, with one video taking officials at YouTube 24 hours to review, and the other taking 12. The YouTuber ‘Eight Thoughts’ described it as, “ridiculous.” In addition to this, YouTube has resort-

ed to using artificial intelligence to assist them in their monetization reviews. For other channel owners, such as Philip DeFranco, creating YouTube videos is a substantial source of income. DeFranco has recently been hit with demonetizations, thus restricting him from receiving payment. “When you take away monetization for a YouTube channel, you make the channel unsustainable to run as a full time job, especially when it appears that the implementation of removing monetization is scattered and not hitting all YouTube channels equally”, explained DeFranco adding, “YouTube is my home. Without YouTube I wouldn’t have a career.” Jordan McIntosh, another YouTuber and a student here at Liberty, stresses the same issue. He explained that his videos are unfairly demonetized, in an interview with *The Lions Roar*: “I understand why they do it, their goal is to prevent ads that land on content that is inappropriate and the methods they use to do so are extreme and target groups that they shouldn’t”, he said. The company of YouTube continues to defend their actions, stating they are simply just enforcing the existing rules of their community guidelines.

Pennies for Pets debuts at Liberty

By Isaiah Horat
Staff Writer

Not only does a pizza come as a prize, one may experience fuzzy feelings like the animals in need. Pennies for Pets, a new non-profit organization starting right here at Liberty will raise money to help pay for desperately pet supplies such as: food, beds, toys, rescues, medical bills, etc. Sarah Stell, Liberty senior, takes pride in being the creator of Pennies for Pets. Aside from being an active member of FFA and 4-H, she has volunteered many times at animal shelters with her father and has fostered animals herself. Stell points out, “I have seen a severe decrease in the ability for these animal samaritans to care for the furry creatures to the fullest extent”. In an e-mail sent out to teachers she explains why she would like to start a fundraiser for homeless animals, detailing that the goal is to raise enough money for four animal organizations: Antioch Animal Shelter, Spirited Sanctuary, Hold Your Horses, and Cat Support Network. Some of these charities sent aid to horses and livestock during the recent wildfires in California. Sadly, these organizations don’t usually receive exactly what they need in order to do their job as

effectively as possible. Sarah has personal connections to Spirited Sanctuary and Cat Support Network; she bought her first horse from the owner of Cat Support Network. This is why she chose these organizations and is also why she knows, first hand, the serious situations these “good samaritan organizations” are dealing with. For example, to neuter a cat can be \$50 or more while spaying can

be \$75 or more per cat. These are basic needs for any animal shelter and is why Pennies for Pets offers. This cause for goodness won’t stop at Liberty. If all goes as planned, this fundraiser will start February 12 and end March 2. She hopes to find support from all of Liberty by making it a competition during 7th period for whatever class is able to raise the most money to help provide these pets with healthier lives.



While most seniors are winding down their high school activities and commitments, Sarah Stell has helped non-profit organizations.

Photo by
Isaiah Horat

February 27, 2018

The band will still come marching in

By Allie Cone

Co-Editor

Some of the most iconic musicians are entirely self-taught. Names including Jimi Hendrix, David Bowie, and Louis Armstrong never had one lesson. Soon, these artists and the Liberty Band kids will be one in the same. Upon former band instructor, Ms. Hurst's retirement, and Mr. Perkin's short lived stay, the band department will be without a long term instructor. Because band is such a niche subject with tons of essential prerequisites for the job, Liberty will be implementing a long term substitute until someone can fill the marching boots of a permanent band instructor. Assistant drum major, Havana Mabutas shares that she and drum major, Jason Childers lead concert band and Symphonic band class whenever there is a substitute. "It was a little rough making the transition between teachers who had very different teaching styles and ideas, but my biggest concern was whether we'd keep our traditions

like band camp," added Havana. Traditions such as the Louis Armstrong Award are essential to band seniors. Honors and scholarships dedicated musicians have worked toward sense freshman year can potentially go down the drain without a director, who experiences the students' full capabilities, to choose the winners. Through all the confusion, the band department looks to the leadership of their own elected student council, especially to band president, Christina Le. "Next year, I hope that our band gets someone who cares about the program and the students. Especially the students. Band is a home for everybody here." claims Le. Liberty has put finding a new band instructor a main priority. Le hopes that "next year we can rebuild the foundation to have a strong, stable place to be. I hope next year's leaders can help the new director ease into our traditions and keep band full and happy."



The Marching Band is visibly uniformed both in their clothing and within their music, but it is questionable if that will continue to hold true without a consistent band instructor.

Photo courtesy of Liberty High School's website



A clip from the AATI program displays an unknown object in the sky, something many could assert that it is an UFO.

Photo courtesy of CBS News

They say the truth is out there... on UFOs

By Lily Aiwohi

Co-Editor

ly a century, especially with the creation of Area 51 and incidents like the suspicious aircraft crash in Roswell, New Mexico in 1947. Although the task force was only active for a decade in the early 2000's, the amount of data collected has convinced former Pentagon officer Luis Elizondo that there may be a true security threat to the United States. The United States government funneled over 22 million dollars into the program throughout its existence until funding was cut in 2012. Elizondo

wrote in an open letter to Defense Secretary Jim Mattis, stating, "Despite overwhelming evidence at both the classified and unclassified levels, certain individuals in the Defense Department remain opposed to further research on what could be a tactical threat." Elizondo was always an outspoken critic of the classification of the AATI Program and advocated for the open release of documents and information indicating the possibility of alien life; and since his retirement from the Pentagon, he

has joined a privately-owned business to continue his exploration of the unknown. Whether there's actual concrete evidence of extra-terrestrial life hidden among AATI's classified files or not, this confirmation has certainly given conspiracy theorists and believers everywhere some hope. It's easy for one to wonder what the millions of dollars in government funding went toward. As Elizondo said on CNN, "My personal belief is that there's very compelling evidence that we may not be alone."

Aliens, UFOs and classified programs, oh my! The Pentagon has officially confirmed the existence of the Advanced Aviation Threat Identification Program (AATI): a

covert task force dedicated to the collection and analysis of UFO sightings nationwide. Conspiracy theorists have suspected the existence of such a program for near-

Fire, fury, and a "nuclear button"

By Austin Belcher

Copy Editor

In light of recent North Korean nuclear weapons violations and provocations from the regime, President Donald Trump, who has attacked the reclusive nation on social media several times before, let out a series of tweets comparing his so called "Nuclear Button" to that of Supreme Leader Kim Jong Un's. This begs several questions; is there actually a nuclear button? How does the President call a strike? What even is a nuclear weapon? To answer these questions, some background information is needed. In 1939, at the beginning of World War 2, many of the world's brightest minds collaborated with the U.S government to produce a weapon of magnitude never seen before by mankind, a nuclear weapon. Six years after the beginning of the "Manhattan Project", the program put forth its prototype. In the early hours of July

16th, on a secret Arizona military base, a low yield fission device was tested, marking the first nuclear detonation on Earth. Less than two months later, an American B-29 bomber dropped nuclear weapons on the Japanese cities of Hiroshima and Nagasaki, killing over 100,000 people and prompting surrender from The Emperor of Imperial Japan. This event designated the first and only use of these weapons of mass destruction in war. At the time, head scientists and government officials alike believed that other countries would eventually obtain these weapons, however they thought this was at least a decade down the road. When the Soviet Union tested their first atomic bomb just four years later in 1949, the international community was shocked. These weapons alone prompted the beginning of the cold war, a time of tension between

Western powers and the USSR. During this forty-four year standoff between the two world superpowers, tens of thousands of nuclear weapons were built, and several other nations were able to acquire this technology through nuclear proliferation. This process consists of the spread of nuclear technology and fissile material, such as Uranium and Plutonium, to "Non-Nuclear States". It has become a huge problem and there are several treaties preventing this occurrence. Yet, it still happens. "How can this issue be prevented?" I asked Bill Scanlin, an engineer at Lawrence Livermore Labs during majority of the span of the Cold War. Where he was in charge of the nuclear weapon design as well an advisor to generals in Washington D.C. over their use. Throughout his career, Scanlin witnessed many nuclear detonations, where he would analyze the data and adjust the design to fit the military's needs. He stated that nuclear proliferation is a hard thing to prevent, however "restricting access to the fissile material" is one of the only ways to prevent the spread of these weapons of mass destruction.

After the end of the Cold War, treaties were signed prohibiting all of testing of nuclear weapons, to help curb proliferation. However, Scanlin disagrees with the complete ban. He used an analogy to give his opinion, "It's like starting a car; you don't leave it in storage for fifty years then expect it to run!" He claimed that The U.S should be able to test "a few a year" just to ensure the arsenal remains adequate for the worst case scenario. Today, only nine countries are believed to harbor these weapons, in chronological order of acquisition; The United States, Russia, The United Kingdom, France, China, Israel, India, Pakistan, and the most recent being North Korea. In January of 2018, President Trump tweeted; "North Korean Leader Kim Jong Un just stated that the "Nuclear Button is on his desk at all times." Will someone from his depleted and food starved regime please inform him that I too have a Nuclear Button, but it is a much bigger & more powerful one than his, and my Button works!". In this post, Trump boasts of his "Nuclear Button" being much larger and

genuinely operational, however he is merely using a metaphor for a much more complicated process. If the President were to call a nuclear strike, an Officer who is with him at all times, would take supplies out of a briefcase commonly referred to as "The Football" for its obscure oval shape. The contents of this case include authentication cards, strike options, and many other strategic documents. The President would be read a code that he must respond to correctly to authenticate the launch, from there, encrypted messages would be broadcasted to either missile silos or submarines to carry out the orders, where they will be validated, then proceeded with, all in under fifteen minutes. Nuclear war is detrimental, so I asked Scanlin how we can prevent countries such as North Korea from obtaining the technology to hit the United States or their neighbors with a nuclear armed missile. He asserted, "We hope for sanctions to work, but they don't always... many administrations have tried to deal with this problem and none have succeeded... there is always a military option."

February 27, 2018

Lion's Cafe: A review of Brentwood's Vampire Penguin

By Jamison Capio
Staff Writer

You're at the Streets of Brentwood and you stumble upon what seems to be a typical dessert place called Vampire Penguin, which seems to be oddly enthralling, so you tell yourself you'll check it out next time. And then next time comes, and then you say next time over, and over, and over. It becomes one of those restaurants you would like to eat at but never got the chance to. Well, I had the chance and if you're thinking about going: go. The store is located at 2545 Sand Creek Rd, right in the middle of the Streets of Brentwood. The store's hours are 12-9pm Sunday through Thursday and 12-10pm Friday and

Saturday. The store opened summer of 2017.

Vampire Penguin has a very friendly and welcoming vibe. I was approached with warm greetings and kind smiles. While I was deciding what to order, I was in a quandary just at the sight of their wide variety of food they have to offer. The menu consists of Boba drinks, crepes, ice cream, and poke. The tasty deluxe strawberry cheesecake that I went for was priced at \$10. The other shaved ice desserts they have to offer are priced at around \$7-\$10, and they offer sizes at small (12 ounces), and large (24 ounces).

I would say their food is fantastic. The deluxe strawberry cheesecake was bigger than I anticipated, but I

would also say that about 20% of it was just plain shaved ice unless you mix it all together. During my visit I was able to ask some questions to the kind lady that served me; I asked her what her favorite item on the menu was, and her opinion of Vampire Penguin.

"My favorite item would have to be the Strawberry Banana Nutella Crepe," employee Jeanne revealed, "and I honestly think it's a really good place, and I feel like it's a chill place for people to go. Like, I see a lot of families coming here with their kids and their kids really enjoy the food".

Although their menu may be a bit pricey to some, I believe it's definitely worth it if you're looking for a great place to dine in for a snack or dessert.



Vampire Penguin's delicious deluxe strawberry cheesecake is a big hit.

Photo by James Capio

Watch out, reality bites

Teens learn life lessons with new school program

By Luisa Martinez
Staff Writer

Loads of white envelopes come into a mailbox. Each envelope is labeled words many adults dread reading every month: the phone bill, car bill, water bill, electric bill, and health insurance bill. The feeling of money spiraling out of an adult's bank account is eternal. They sigh at the thought of financial struggles and the sensation of stress attacks their body. Wouldn't it be nice to know ahead of time how to prevent this experience? Fortunately, various schools, including Liberty High School, offer a workshop called "Bite of Reality". This is a game similar to the game of "Life", but more interactive. It encompasses a hands-on

simulation that appeals to teens while giving them a taste of the real-world's financial realities.

For freshmen only, on March 5th and 6th (Monday and Tuesday) of 2018, it will be held at Liberty

High School's new gym for the first time and will be paid for by The Federal Credit Union. Fresh-

men will be asked to download an app to participate and tablets will be available for any students with no phone. A total of four sessions will be played, two sessions each day for two days. Lion's Crew, teacher volunteers and some community members will be there to help. Liberty High School teacher Ms. Kohler comments her thoughts as to how the game will benefit the freshmen, "It will be a really good learning experience because most adolescents aren't really aware of the bills their parents are paying." "Bite of Reality" reveals to students the actuality of adulthood and teaches them financial responsibility. They "buy" houses and are told what they have become as adults. It delivers freshmen a taste of how life will be outside of high school.



Daffany Diaz, above, is one of three hundred seniors at Tustin High School learning more about how to manage money wisely.

Photo courtesy of CU Insight

It starts with a kiss...

The scary truth behind domestic violence

By Aaron Flory
Staff Writer

Nearly twenty people every minute fall victim to domestic violence by an intimate partner. This shows an ongoing and, frankly, disturbing problem that has been affecting the world for centuries.

Domestic violence is no laughing matter. Anyone, young or old, can be affected by or fall victim to domestic violence. In a study conducted by the School of Social Work at the University of Washington and the Center for Social Research at Lehigh University, an estimated 3.3 to 10 million are exposed to domestic violence in their home. A recent editorial released by the *New York Times* showcases the reasons and causes of abusive households; Sara Shoener shares her research when she says, "One of the most common barriers to women's safety was something I had never considered before: the high value our culture places on two-parent families." Shoener claims that one of the main causes of abusive households is,

in fact, the stigma placed on single mothers to stay with their intimate partners, no matter what happens. She explains that the reason single mothers who experience assault keep in contact with their abuser is because of the belief that a two-parent family is more successful than a one-parent family.

This belief is supported by a study released by Pew Research Center, which states, "In 2011 all households with children reported an average yearly income of \$57,100. Single mothers who were divorced, separated or widowed earned an average yearly income of \$29,000." This statistic shows that single parents are more susceptible to financial hardship than

two-income, or two-parent, households. Abusive households deliver a drastic pile of side effects on students as well. "The behavioral responses of children who witness domestic violence may include acting out, withdrawal, or anxiousness to please," states an article written by the Domestic Violence Round Table, where they also theorize that children who are affected by domestic violence or abusive households often carry their abusive behavior onto their children, creating an endless and disturbing cycle of abuse and violence. If you or someone you know needs child witness to violence information, please see your school counselor for more information.



One third of domestic abuse victims will never leave their abuser.

Photo courtesy of Courier Mail

On a budget for spring break? A library card is the ticket to free and cheap fun

By Alegra Nelson
Staff Writer

With Spring Break coming up, it's officially time to start planning what to do with friends, but money doesn't exactly grow on trees. Money always seems tight, but the program Discover & Go shows great museums, art galleries and other Bay Area attractions at free or discounted prices. The source partnered with libraries so that any library cardholder in the Bay Area can utilize this program. Visit the website ccclib.org, click on the Discover & Go link under the 'Quick Links' tab, which resides on the homepage, and log in

with a county library card. Once on the website, the options can be organized by date or venue. The discounts vary from free passes for two to discounted family passes, to discounted age passes. Some options even offer a gift shop coupon along with venue passes, but quite a few passes come with certain restrictions regarding when and who. Venue selections contain a wide variety of cities and places: an Asian Art Museum in San Francisco, The Ruth Bancroft Garden in Walnut Creek, Powerhouse Science Center in Sacramento, even the Sacramento Zoo. So if you're looking for a fun spring break on a budget, consider looking into the Discover & Go program.



The Sacramento Zoo is one of the many destinations people can visit with the Discover & Go program.

Photo courtesy of L Wade Brown

February 27, 2018



Groundhog Club handler John Griffiths holds Punxsutawney Phil during the 131st celebration of Groundhog Day.

Photo courtesy of Gene J. Puskar

History of Groundhog Day

By Nayeli Ayala
Staff Writer

If you have no idea how Groundhog Day came to be, you are not alone. Most people don't know how it started or even why and when. When a few students were asked if they had any idea where Groundhog Day came from, most said something similar to: "I know what Groundhog Day is, but don't know where it came from" like Carla Martinez, a senior at Liberty. The tradition goes back to the early 1700's. The Native Americans considered animals like the groundhog their "honorable ancestors" and they greatly respected them. After German settlers arrived in Pennsylvania in the 18th century, their tradition of "Candlemas Day", a Christian holiday

that said the weather on February 2nd dictated whether there was to be six more weeks of winter or if spring would start early, seemed to combine with the Native American admiration for the groundhog and thus Groundhog Day was born. The holiday takes place just between the winter solstice and spring equinox.

The very first recorded documentation of the holiday is from a diary entry of Pennsylvania colonist James Morris in 1841. This paper can be found today at the Pennsylvania Dutch Folklore Center at Franklin and Marshall college. Next time a holiday comes up that you don't know much about, consider looking a bit into its history. You might just stumble upon a fascinating tradition and a story you'll never forget.

The roots of Black History Month

By Maya Morales-Cartwright
Staff Writer

If the discoveries and inventions of Black Americans were taken away, there wouldn't be potato chips, many household objects, or even traffic lights. For a long time, black people weren't allowed to have patents, which gave them freedom of copyright to their developments. Inventors like Lewis Latimer and George Washington Carver showed immense integrity despite the hatred and opposition to having the freedom to invent and discover. Black History month is the celebration of the achievements of black individuals and the appreciation of black roots in American history. Black History Month initially started out as Black History Week. Founder Carter G. Woodson wanted to encourage black people to learn more about their culture and heritage because he felt that they were "overlooked, ignored and even suppressed by writers of history textbooks and the teachers who use them." Black History Week began the week of Abraham Lincoln and Fredrick Douglass' birthdays, then it was eventually

expanded to the whole month of February.

Student Krislyn Bertrand states, "I think Black History Month is a very educational way for people to learn and appreciate black culture."

In fact, roots of black culture are everywhere. Hip-Hop and Rap has become more popular in mainstream music, many artists rap about their struggles as black Americans, much like African village story tellers would while they played their handmade instruments and told stories of their families and their struggles. Almost all music genres have stemmed from gospel, notably Rock'n'Roll, the Blues, and R&B. Braids originated in Africa but have inspired other cultures for thousands of years. The media has described braids that celebrity's wear as 'new' and 'trendy' when in reality, they've been used as a protective style for black hair that date back 5,000 years in African culture. The braid patterns and hairstyles expressed the person's status and was considered a social art. Celebrating this month is an act of acknowledgment and appreciation for all the influences that black culture has had on many lives.

Lights, camera, action

Ten singers compete for the ultimate prize of Liberty Idol

By Adelle Senneca
Staff Writer

The 16th annual Liberty Idol hit town on January 26th. Liberty Idol originated in 2003 by Liberty's leadership class to raise money for charity. Each year there are ten contestants who participate in a singing competition to win a two hundred dollar check. In order to win this generous prize, one must pass the first phase where the judges narrow down the ten contestants to five, sing a second song, and then it's up to the audience to vote on the final winner.

The show is meaningful for so many people. Sophomore Patrick Schneider has participated in Liberty Idol for two years and has made it to the top five both times. He says, "It's very fun to participate in Liberty Idol because of the new people you meet and get to know." The positive energy in the theatre is evident as the show is kicked off with all ten contestant's performances. When the performances ended, the audience anxiously waited for the judges to make the cuts for the final round. Ms. Rod walked onto the stage and announced the final five contestants: Kaitlynne Allen, Shianne Pringle, Josh Velazquez, Victoria Gregory, and Patrick Schneider. The five contestants each

performed their song of choice and at intermission the audience chose the winner of Liberty Idol. After intermission, all the contestants came out on the stage and sang a group song: "This is Me" from *The Greatest Showman*. Just as the last song finished, last year's winner Marcus Delgado walked out with an envelope.

Victoria Gregory's name was called as the 16th annual Liberty Idol winner. She states, "My experience in being apart of Liberty Idol was an unforgettable one. It may be a competition, however, I try not to see it that way. We are all one big Liberty Idol family." This was Victoria's third year participating in Liberty Idol. She received her reward and shared that she plans to use her winnings towards

college or just save it for a rainy day. Her advice to future contestant is: "To prepare their songs ahead of time and don't get super competitive because then it's not fun for anyone. Other than that I will say the best thing you can do is to have confidence. Believe in yourself as a person and as an artist and you will do so much better than you think. That I can guarantee."

This year, Liberty's leadership class decided to donate the money to the district-wide Liberty Transition Program to help them recover from the recent break-in to their greenhouse. All of the tools and supplies will be replaced as well as repairs to the damages done to the greenhouse. Funds raised from Liberty Idol are donated to a different group each year.



All contestants applaud Gregory as her name is called as the 16th annual Liberty Idol.

Photo by Adelle Senneca

Seasonal Affective Disorder: More than just the winter blues

By Dylan Davidson
Staff Writer

When it comes to depression, people can endure its symptoms at any point in the year. These can have little to moderate effects, but for people with seasonal affective disorder (also known as SAD) depressive symptoms intensify dramatically in relation to change in season. Starting in the fall and continuing into the winter months, seasonal affective disorder drains energy and causes severe mood swings; it can even impact performance in work and school. SAD isn't limited to any particular stereotype and can affect people of all ages.

Brad Young, a Liberty High School junior, has been struggling with seasonal affective disorder for

most of his life. Since his diagnosis in 2013 he's learned countless ways to identify and cope with seasonal affective disorder. Young describes it as, "not a huge or catastrophic change from standard depression, but still very noticeable and exacerbates the usual symptoms of depression." Brad and his mother both share the disorder. Having the disorder run in the family and having either bipolar or major depressive disorder are the strongest risk factors for the disorder. Interestingly enough, another strong risk factor is living near the equator; this is most likely due to the reduced amount of sunlight during the winter and the longer days during the summer months. When it comes to SAD, there are two alternate versions pertaining weather: the summer and winter variations respectively.

The summer and winter variations only differ in symptoms and still have the same causes. The winter variation symptoms are akin to oversleeping, appetite changes, weight gain, and an overall lack of energy. These symptoms can be attributed to an almost hibernation-like state. The summer symptoms are similar in some aspects but are slightly different. The summer symptoms are as follows: trouble sleeping, poor appetite, weight loss, and agitation or anxiety.

About 4 to 6 percent of people may have a less hindering form of SAD, while another 10 to 20 percent of people may have a more mild form of the disorder according to the American Family Physician. SAD usually only affects people after the age of 20, and rarely before that, but there have been a large amount of documented cases.



Seasonal affective disorder causes millions of Americans each year to enter a depressive state during the winter months.

Photo courtesy of The New York Times

February 27, 2018

The newest trends in yoga and pilates will have students singing,

Never had a “zen” like me

By Nafisa Tarin
Staff Writer

After a long week of finals, long hours of work, doing all the housework, going to school, one needs to relax. It's necessary to calm not just the mind, but the body as well. Yoga originated from the Sanskrit word “yuj” which means “to unite or integrate”. Nowadays, yoga is getting recognized and used more worldwide. Yoga is seen as a daily exercise for many, such as Moba Azim, who states, “If I don't incorporate yoga in my daily routine I feel tired and incomplete for the rest of the day, I can't go without yoga, it's now a part of my day.”

Yoga is extremely convenient now; paying big bucks for a yoga class or signing up for a gym membership is no longer the only

option. Achieving fitness goals is as easy as downloading an app, and there are tons of apps that will guide aspiring yogis, such as Yoga Studio: Mind & Body and Daily Yoga - Yoga Fitness Plan. Through the use of this app one is able to access yoga anywhere at any time. One's own personal yoga class at home, work, the park, is just a tap away, thanks to technology.

Yoga has many different forms and methods, and people might be surprised by the great lengths one will stretch to make yoga an exciting experience. For example, many will say a dog is their best friend. A dog and its owner share a home together, create an inseparable bond, and can potentially share a workout routine. With this trend, people and their pooch-

“I can't go without yoga, it's now a part of my day.”
-Moba Azim

es are able to create a spiritual bond with pet yoga. Pet yoga is not limited to dogs; ranch animals such as horses can find their inner Zen too. Modern yoga is constantly innovating to make an inclusive environment for every type of person.

Babies scream, fight, and throw tantrums; now anyone can bring out their inner child out in a yoga studio. Tantrum yoga centers around yelling, kicking, and chest pounding. Although tantrum yoga seems like a contradiction, many find it highly therapeutic.

Twenty-first century yoga is more than controlled breathing and self-reflection. Yoga is a lifestyle for many, it helps one have a more balanced mindset and outlook on life. Step out of the box and find the style of yoga that fits one's lifestyle.



Yoga class in Ms. Lamb's room is a place for LHS students to learn poses like the Downward Dog.

Photo by Nafisa Tarin

Super athletes, Supercross

By Cody MacDermott
Staff Writer

Braapppp! That's the sound of 20 or more motorcycles carving through the dirt. Supercross racing involves off-road motorcycles on a man-made dirt track consisting of large jumps and obstacles including two classes: 250cc and 450cc. The “250cc” and “450cc” are the sizes of the engines on the different motorcycles. The 450cc motorcycles are much faster, and the more experienced rider's rep the 450cc motorcycles. The tracks usually take place inside a sports stadium. The first supercross race held on a track inside of a stadium took place on August 28, 1948, at Buffalo Stadium in Montrouge. The racers of these events are participate because of their passion for extreme sports. These riders must practice and train daily to become the best racer on the track. Before



A trail of obstacles at Oakland Supercross on February 3rd, 2018, is prepped and ready to throw excitement to the crowd.

Photo by Cody MacDermott

the races, visitors may purchase a “pit pass” to get access to visit the rider's stations and possibly get an autograph.

Now, it's race time, loud shouting, fireworks, and engines lighten the mood of the crowd. An announcer lists all of the riders participating in the current class one by one.

A student who attended the Supercross in Anaheim this year, Joey Frakes, states that he felt “excitement throughout the whole race.” Joey also recalled the winner of the 250 west class was Joey Savatgy, and the winner of the 450 class was Eli Tomac. Both are very impressive riders. However, Eli competes on a bigger and faster bike. Supercross is a fascinating event full of an adventurous spirit. Anyone willing to reflect the intense energy of the track should consider attending in the years to come.

Breaking bobsled barriers:

First female bobsled team from Africa debuts at PyeongChang Olympics

By Sami Gibbs
Editor-in-Chief



In their uniforms they were able to afford through their GoFundMe Campaign, the athletes represent Nigeria with visible pride.

Photo courtesy of She.Leads.Africa

The 1993 film “Cool Runnings” depicted the true story of a group of Jamaican men becoming a national bobsled team, eventually furthering their sport to the Winter Olympic level, despite the constantly heated region and monetary issues. Despite all odds, they prevailed and are still the topic of one of the biggest success stories in sports history. As the 2018 Winter Olympics ensued in PyeongChang, South Korea, there was another “Cool Runnings” story developing with the Nigerian Bobsled team debuting as the first Bobsled team from Africa as a whole. Akuoma Omeoga, Ngozi Owumere and Seun Adigun are all Americans of Nigerian descent, representing one of eight African nations as they competed. All three athletes stress that their situation is much different from their other fellow competitors already, but especially considering they are representing a country they are not native to. This, though, didn't hold them back as they have all grown in a household where their parents stress the importance of Nigerian culture and pride in their traditions. Adigun is even

quoted in the *Chicago Tribune* as saying, “Although we're American, we're also Nigerian... it's okay to be both and it's okay to represent where you're from...” But how did they actually begin this journey of bobsledding? It started out with Adigun recruiting her friends, and fellow track stars, and in gathering supplies from hometown, Houston, Texas' Home Depot to create a bobsled. The decision to take up this task was purely spontaneous, but as the three began practicing and consequently becoming more devoted and competitive, they had to recognize the sacrifices of potentially going to the Olympics. One of them being that in order to represent their country, Nigeria, they had to utilize their dual-citizenship in traveling there and quitting their corporate American jobs. Dedication and drive weren't the only factors into this “team” actually becoming a team; they launched a GoFundMe campaign in order to pay for the expenses of practicing in snowy weather and in buying better equipment.

Although the GoFundMe helped them obtain their \$75,000 goal, they also gained recognition from people all over the world; they soon became endorsed by VISA and Under Armor and were even included in a short film featuring themselves and were on the *Ellen Show*. After all of this, they began their first race on January 2017, just a little over a year since the birth of their journey into the “unknown”. By November of that year, they qualified for the 2018 Olympics. In discussing their underdog accomplishment of becoming qualified for the competition between the best athletes in the world, Adigun said, “We really became that representation of what it means to be innovative and to be able to just do things without being limited...” adding, “This is about the people that we're trying to represent and the sport were trying to help grow.” Beyond the Olympics, they have already accomplished much of that objective through their hard work and dedication.

February 27, 2018

Want to be a referee? How to call the shots on the field

By Sawyer Stoddard
Staff Writer

Zebras, umpires, and stripeys: all of these are names the referees get called. The whole fate of the game is almost always in their hands. But how does one take on such an unusual job?

First, an aspiring referee needs to at least have a high school diploma to even apply to be a high school referee. Also, one needs to have some experience with the sport he or she chooses to referee. Without experience, the job will likely be a lot harder than it really has to be.

When applying, the whole process is online and people fill out an application; nearly a month after applying one will find out if he or she has been accepted or rejected. If accepted, people will be in a classroom, and will



Two professional referees have most likely undergone sport-specific referee training to hold their position. Photo courtesy of Getty Images

need at least eighteen hours of in class training. In the classroom, people will be learning hand signals, code words, and gestures to players of the sport chosen. Usually after classroom training, one will go out and practice what was learned and actually field and put to the test. High school referees make approximately fifty six dollars for each varsity game, and for a JV game they make about thirty nine dollars.

“You cannot be a referee without confidence and certainty that your preparation and study give you the authority and standing that will validate you and, more importantly, protect you,” explains a Maryland referee, on that being a referee takes a lot more than it seems. One would need to handle all the pressure, quick thinking, intense parents, and at times, uncontrollable athletes.



LHS senior headed across the pond:

Jayson Phoebus
to play soccer in
England

Football is a game known to Americans for using a goalpost, brown ball, and touchdowns, but not for Jayson Phoebus. For him, football will be what he currently refers to as soccer, as he has been accepted to the University of Chester in England, and will be playing soccer for the International Academic and Sports Academy.

According to Academy Director John David McCarthy, their mission is “To provide student athletes with an internationally recognized university degree as well as a professional soccer experience and opportunity.” Phoebus will be able to play year round in the professional soccer academy while also earning his degree.

Phoebus signed his acceptance letter in the Career Center after school on Friday, February 9th.

Stand up for the standouts Prep2Prep Sports names LHS players to their all-NCS team

By Micah Butler
Staff Writer



Zane Hinojosa (Top left) runs the football in an attempt to gain yardage to bring the Lions one step closer to scoring a touchdown, Nicholas Einess (Top right) gets major league hit on an opposing team's player preventing him from gaining yardage.

The cold month of January was no match for the hot streak that some of Liberty's football players have experienced this past season, as Prep2Prep Sports announced their All-North Coast Section Football Honors.

First-Team Defense honors went to LHS junior Nicholas Einess, also named the BVAL Defensive Player of the Year. He made big plays all

over the field; using his size to his advantage, his quickness enabled him to chase down ball carriers. Einess had 130 tackles, being a defensive anchor in the Lion's lineup. Einess also racked up five sacks, two blocked punts, and earned a touchdown by returning an interception.

Named to First-Team Offense was senior Zane Hinojosa, a wide receiver for the Liberty Lions, who



Photos courtesy of www.prep2prep.com

had an astonishing finish to his high school career, being a record holder in all single season and career receiving categories. Hinojosa added fifty-four catches for 1,128 yards and thirteen touchdowns, to top it off. He said that being recognized as an All-NCS recipient didn't hurt his chances of getting discovered by college scouts. Hinojosa is looking to attend the University of Nevada, Reno, and

also holds an offer from the Division III Pacific University in Seattle, Washington. When asked if he was excited about his honors, Hinojosa responded, “It was cool.”

Additionally, Second-Team Defense honors went to Liberty senior Devon Willis; Third-Team Offense honors went to Tyrell Sturges-Cofer, Payton Zdroik, and Sione Vaki. Honorable Mentions were awarded to Estevan Davila and Max Lawrence.

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Frosh boys basketball pumps it up

By Ali Bischof
Copy Editor

Winter is upon us, but the sweat, heat, and steam make it seem as if it's summer time. The LHS frosh boys basketball team took on a new type of training for their season. This is called circuit training, which consists of various amounts of stations for the athletes to take part in. These stations are made up of squats, bench press, dead lifts, calf raises, wall sits, and pushups. The boys do as many reps as they can in a certain amount of time, repeating each station twice. Freshman Jacob Wells states, “I like the training, I think it's helpful for the basketball team and our season.” Throughout the season it's vital for ath-

letes to always be on their best game. It's important to eat healthy and be fit. This program is beneficial towards being in shape and healthy due to the muscles that are working throughout the training. They are always in action and when it comes to game time, so this helps with endurance.

Coach Bryan Beaver tries to squeeze in this type of training at least two days before game day. Wednesday is usually when they're in the gym training hard. Coach Beaver prefers to have a good amount of rest time in between their circuit training and game days in order to prevent injuries.

Though the circuit training is very beneficial towards strengthening the

boys, there can be some disadvantages that come with it as well. Freshman, Robert Reyes claims, “The training is helpful towards our basketball team, because it's working our muscles and getting us stronger. However, one disadvantage about it that it's hurtful on our backs.” The pros to this workout aim toward the upper and lower body strength the training creates. Not only does it help with one's level of fitness, but it can help prevent injury. Also, if one is injured, it's a good form of rehab for muscles to slowly start to heal.

The Liberty freshmen boys basketball team will continue to train hard to ensure Liberty's future varsity basketball team will be strong as can be.



A glimpse into Liberty's weight room, where Liberty basketball teams strength train for their sports season. Photo by Mason Padilla

February 27, 2018

Burning questions on marijuana's legalization

By Stephanie Snodgrass
Staff Writer



Start desensitizing yourself to the concept of this substance now, your neighbors can own up to six plants at a time.

Photo courtesy of Max Pixel

At the start of 2018, forests weren't the only things burning in California. As of January 1st, the use of recreational Marijuana was legalized in California. But while people are exploding with triumph over the legalization of the "devil's lettuce," this opens the door to a brand new array of issues. Starting with the burning question that still remains; what will happen to the thousands of people currently incarcerated on charges of possession of illegal marijuana, if it's now legal? People have taken to Twitter to criti-

cize the justice system for this reason alone, because the decision of this was not thought out clearly. Many also believe that people with these charges on their record, are entitled to have them dropped. This is just one major issue that has caused the most impact, because it also shines light on the fact that many of these people are from minority groups, and many wonder if they will receive fair treatment. Along with this, in relation to job regulations, will testing positive on a drug test for marijuana ruin the chances of an in-

dividual getting a job? According to an article from the *New York Times*, marijuana was previously considered "a Schedule 1 drug, the same category as heroin". However, now that it's legal, what makes it any different from somebody who recreationally drinks? Not to mention, California has not yet formulated a standard measure for marijuana impairment when it comes to being on the road. Overall, this law is going to consist of a lot of trials and errors; hopefully overall it will benefit the country in the long run.

Opinion Poll:

Do pennies still have a purpose?

By Orson Jiang
and Briana Kennett
Staff Writers

The penny has been in circulation through the U.S mint since the late 1700's. Since then, there have been more than 11 unique designs featured on the penny. The penny may look like it is made completely out of copper however, it is actually only 2.5 percent copper and more than 97 percent zinc. The majority of people don't bother to save up or store pennies and since they are worth so little in today's economy, they are thrown away or disregarded. Most people feel embarrassed or looked down upon if they were to bring a great amount of pennies in a store to purchase something. The pennies also weigh a great amount and carrying them around can be frustrating to drag around. While the penny is useless in most situations and worth nearly nothing, it is still necessary to pay exact change. In society, items which can be bought include taxes and the penny can be helpful if people need a few cents in a pinch. 1.5 cents to create.

Students at LHS were polled and asked the question: "In today's society, does currency like the penny still make sense?"

These were the results:



"Yes, because it is still a form of money." *Kayla Butler, Grade 9*

"No, the penny doesn't have much value." *Jahaira Chavez, grade 11*

"No, because we do not need the penny anymore." *AJ Ewing, grade 10*

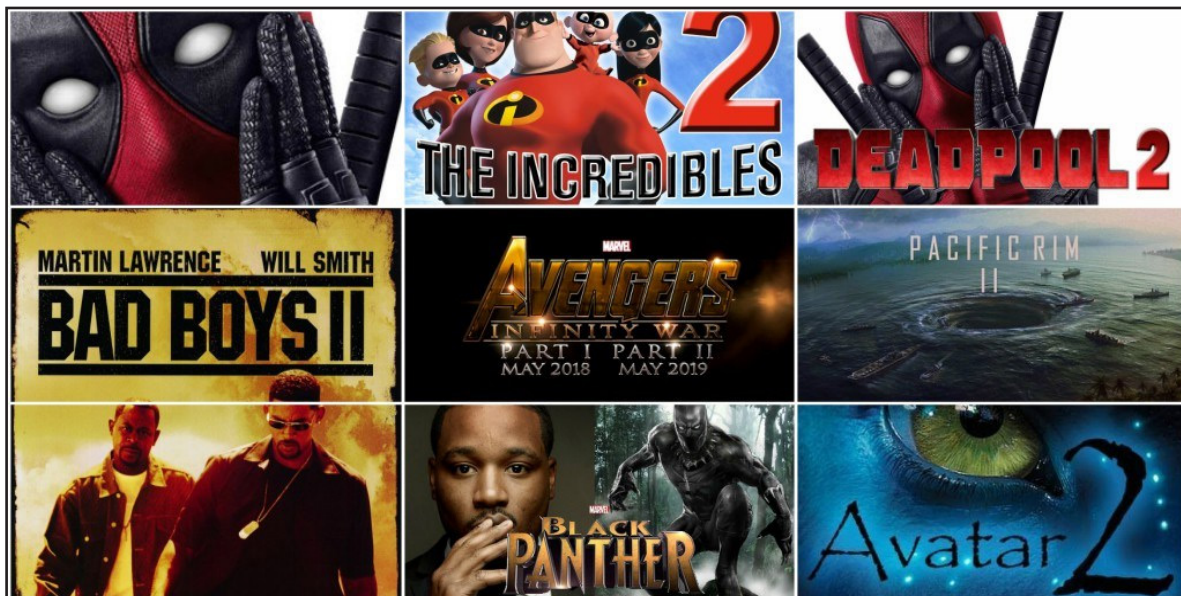
"Yes, we still need the penny for exact change." *Angelina Sunseri, grade 12*

Big screen build-up for 2018

By Logan Siordia
Staff Writer

Grab a bucket of popcorn and buckle up, because this new year will be a great one for cinema-goers worldwide. 2018's movie lineup is ready to pack the punch in the action department, with new and anticipated additions to be added to our favorite series. Movie lovers will be feeling every emotion while they're planted on the edge of their seats, like nostalgia from the comeback of everyone's favorite childhood idol in *Mary Poppins Returns*, and fear as they cower at the sights of *The Predator*. Though every movie has something spectacular to share, there are a few top picks that the students of Liberty High School will crowd the theaters to see; These are the most anticipated movies of 2018. 1. *Avengers: Infinity War*: The Avengers make a return in a long-anticipated war against quite-possibly the most evil Marvel villain of them all-- Thanos. Action is waiting to emerge from behind the screen in a fourth movie directed by Marvel's iconic Russo Brothers. This

movie is set up to become a fan favorite for Marvel comic book lovers, as well as fans of its cinematic universe. It will feature nearly every superhero that has made an appearance in the previous movies, drawing in everyone to see their favorite character in action. *Avengers: Infinity War* has ten years of built up anticipation, ever since *Iron Man* in 2008. The trailer for the movie has broken the record for most watched trailer of all time, with over 230 million views in the first 24 hours of its release, making it the top pick for the new year. 2. *Incredibles 2*: Though the film's target audience lies with young children, many adults and teenagers have been waiting 14 long years for a reappearance of everyone's favorite superfamily. *Incredibles 2* follows Elastigirl as she fights crime on her own, while the rest of her family struggles to maintain a normal life, after discovering that their youngest member, Jack-Jack, has his own secret powers. Samuel L. Jackson makes a return as well, voicing Frozone alongside the iconic superfamily. The trailer earned 113 million views in the first 24 hours of its release, crown-



Examples of upcoming highly anticipated movies coming to a theater near you.

Photo courtesy of Getty Images

ing it the most viewed animated trailer of all time. Be prepared, the teenagers might just outnumber the kids at this showing. 3. *Jurassic World: Fallen Kingdom*: The third installment to *Ju-*

rassic World looks to be an intense ride from start to finish. Starring actor Chris Pratt, the team hurries to save the dinosaurs from an extinction level event quaking their island. The trilogy is a

soaring success, being a throwback to the classic *Jurassic Park*. Visual effects in the trailer blew us away, and the beauty of it all will be exciting to see on the big screen in 3D on June 22nd.

He said vs. she said: The "talking stage"

Our writers provide both the male and female perspective on the controversial relationship phase

By Charlis Vega
Staff Writer

It's the question that's always asked by your friends when you're seen with someone laughing and flirting, the question you don't even know how to answer because it's got a completely different meaning to everyone but the main teenager definition is when you like someone and they like you back, but you guys are still just flirting and or your crush isn't ready for a committed relationship. These three words slip out of your friends mouth and it makes you question whether you are just friends having a good time or if you guys might actually like each other. "Are you talking?" those words make everything so difficult and confusing for most teenagers. I believe that the talking stage is absolutely ridiculous and just a made up stage for boys so they don't have to rush into a committed relationship. Yet they still give a girl the satisfaction of knowing that maybe soon they are willing to be in the relationship and it could go somewhere with the predating title of "talking". Letting a girl be able to

tell her friends "oh, me and him are talking" and flaunt it off like it's an accomplishment. But honestly, do we really need to be the generation that can't decide on commitment and where we stand with each other? Do we need an extra step to put before we let someone have our heart? Like come on guys that's why we get to build on that before we date. Oh, and believe me, even with how absurd I think these words are, yes I use this term myself because it's used so often in everyday teenage life that's become a part of a high schoolers vocabulary. If you were to ask your parent, granted they are single, about their dating life I think they would say how they met a really nice person at work or at the store, somewhere simple and they would say how they are just friends until one of them were to define the relationship. As to where my mom says, "Char, how come you don't have a boyfriend?" and I either reply "mom, boys at my school are mean and suck" as every teenage girl says when they don't want their mom pestering them about relationships or I say "I'm talking to someone", that is if I am of course, and she always re-

plies what does that even mean?" and for like the billionth time I reply, "it's a dense thing us youngins say when we like each other but need more time before we date to even see if we actually can stand each other." And she laughs because she thinks I'm joking which is honestly sad and it needs to change; quite frankly it makes me insecure and over think whether my crush actually likes me. This stage may just be one of the worst a teenager will ever experience and it could be fixed if teenagers could be honest from the beginning and say how they don't want a relationship.

By Mason Padilla
Staff Writer

As you grow up you begin to get attracted to other human beings with a different type of affection. In high-school is where this mainly happens, a pair of beautiful young peers begin to interact with one another and they start to feel a certain way about each other. As the developing relationship goes on the two do not know where they stand

with each other. The pair confuses each other and this is known as the "talking stage". The talking stage is good to get to know one another and go on dates and interact. The talking stage should only last about 1-2 months, after you guys should come to a conclusion on the relationship. If the pair can still not come to a conclusion its because one is not committed or is scared. Usually in this case the girl can never make up her mind and this confuses the guy, therefore the talking stage will continue with confusion. According to Anthony Orgoglio, "I think the talking stage can be good to get to know the person you like. Only thing not to do is get to attached and the girl break your heart". The 'talking stage' is a great platform to know if you are compatible to one another. It reduces the hurt factor of getting your heartbroken because you are not just jumping into dating each other. This will give you time to figure out what you want. For a relationship to work after this stage you have to be exclusive with one another. At the end of the day if you can figure out what you want with the other person the talking stage shouldn't be that difficult.



Portraying the confusion the "talking stage" brings, (from left) Trevor Atchison, Dylan Davidson, and Charlis Vega create symbolic imagery.

Photo by Mason Padilla

February 27, 2018

Celebs for president: courageous or concerning?

By Hugo Perotti
Staff Writer

Today, celebrities hold more influence over the American public than ever before. The introduction of social media and reality T.V. shows like *Keeping up with the Kardashians* has given regular people a glimpse of how celebrities live their extravagant and luxurious lives. Celebrities often use social media to captivate their followers with inspirational speeches and showcase their seemingly perfect lifestyles. The problem however, is not that celebrities are marketing themselves in this way, it's that members of the mainstream media and political establishment are now characterizing certain celebrities as model politicians. After Donald Trump shocked the world in 2016 by beating Hillary Clinton for the presidency, many big name celebrities have said they are considering running for president in 2020. While some political analysts are ecstatic for the potential star power and name recognition someone like Oprah Winfrey or Kanye West would bring, others like senior Jessie Arabalo aren't so sure. "I'm not

sure if either of them [referring to Oprah Winfrey and Kanye West] have prior political experience so I would have said I'd rather them not." The lack of political experience has always been perceived as a weakness in U.S. politics. However, a Gallup poll from 2016 shows that public trust in political leaders hit a new low of 42 percent, and is part of a larger downward trend. The numbers suggest that people are more likely to see the lack of experience as a positive because it may be a sign that a candidate is not a corrupt career politician. Although the peoples' desire to hold their elected officials accountable is a remarkable thing, I fear the current trend of blindly supporting celebrities might be throwing the baby out with the bathwater. After Oprah Winfrey's recent speech at the Golden Globes, the Internet went crazy. Social media feeds were flooded with posts urging her to run in 2020, and even floated the idea of Tom Hanks being her running mate. Though Oprah delivered an inspiring speech for



Taking a stand for the #metoo movement. Oprah Winfrey delivers her much talked about Golden Globes acceptance speech.

Photo courtesy of Paul Drinkwater

Why Gerrymandering is the worst

By Reese Watkins Nelson
Copy Editor

Gerrymandering: a word so goofy that it sounds like it's coming from a Dr. Seuss book, but so detrimental to America's government that its effect can influence the outcome of elections. For some Background on the issue, Gerrymandering is the practice of altering district outlines to gain a certain political advantage over opponents, and has been done since the founding of the United States. Furthermore, with Gerrymandering two key techniques come into play that political officials utilize for undermining or overpowering voting districts that are called packing and cracking. This is where you either pack votes into a single district or dilute them into several districts. Some historical cases of where it has been seen can be with James Madison, our 4th president, in which his political opponent Patrick Henry tried altering a supporting district to prevent him from winning the election. Another one occurring also in 1812, this is when Gov. Elbridge Gerry, where Gerrymandering got its name from, attempted to pass a bill where it specifically designed a district to help gain a political advantage. Overall, both cases were deemed unconstitutional due to it

threatening our basic principles of democracy, and has shown itself as a type of "political robbery" towards the public. Continuing on with this concept, this still poses a threat to our current society as well, ranging from the shape of numerous districts across the country, to the GOP having a political advantage in the year of 2016. In addition, the reason why the GOP had a notable advantage was due to that republican districts were 3x as numerous rather than democratic ones within the United States. "Republicans also had a geographical advantage because their voters were spread more widely across suburban and rural America instead of being highly concentrated, as Democrats generally are, in big cities" The Associated Press provides in an article. So forth, even if a majority of democrats voted within house elections overwhelming the republicans, the "packing" method of democratic districts was sure to minimize their voting capabilities of having a strong presence amongst local, state, and even national government. "The outcome was already cooked in, if you will, because of the way the districts were drawn," John McGlennon

states, a professor at William & Mary College who teaches government and public policy. Building upon that, the outrageous drawing of different voting districts around the US shows what extremes people go to to get a political advantage over rivaling parties. Some examples which show the wacky efforts of Gerrymandering most effectively are districts like WV3, Penn-7, NC-12, and much more. "If these districts are unconstitutional, if they do unfairly treat voters, than voters have already voted in three elections under unconstitutional maps", a senior official at the Brennan center for Justice exclaims. To conclude, Gerrymandering has merely been covered only just recently in legal matters, and it's time for a change. The political advantages/disadvantages Gerrymandering constructs must be taken upon from the people of America, to shed light on an injustice that threatens the very existence of democracy. Contact a local congressman, concoct a petition, possibly even take it to court personally, whatever is done can secure a better future for the honesty & fairness of our local, state, and national government.

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Life as an exchange student: my perspective

By Line Jensen
Staff Writer

I don't think that anyone could imagine how it would be to move across the world; be away from everyone and everything they have ever known at only 16 years old, and let a life changing year long adventure begin. But I do. My name is Line; I'm 17 years old and I'm an exchange student from Denmark. I left everything behind to come over here for a year to study and experience a new culture and a new way of life. It was a culture shock when I arrived. I knew it was going to be different, but I could never imagine that it was going to be like this. The biggest difference is the school. I'm used to calling my teacher by their first name, I'm in the same classroom all day, I have at least 3 breaks at a minimum of 15 minutes. My school days start at 8 but only two out of five days are until 3 pm. So, coming over here and being in school from 8:15 until 3:00 every single day is hard. I had a hard time adjusting in the beginning. I had to translate everything my teacher said in class to Danish, just to translate it back to give her or him an answer. The first two weeks or so I didn't really ask any questions in class because I had a hard time calling my teacher by their last name, I know it sounds weird but trust me, it's hard. But probably the biggest difference of all at school is the dress code. I'm not used to the school rules about dressing; we could wear what we wanted. Our teachers could have an opinion about it, but we could wear it anyway. Then there's the after school activities. Over here it's all



New to Liberty, Line Jensen glows like a beacon of sunshine.

Photo by Kristina Busch

about school spirit and supporting the school teams, so from my experience all sport is school related. We don't do that at all. People that are good at a sport would still be on the varsity team, but they would be playing for the city and not the school. And all the school spirit is so fun to experience because even though we have city teams, people don't come to see them play. Another thing that I have noticed is the food. From what I have heard and seen, people buy a lot of store bought meals or premade meals. And how much time there is used at the dinner table surprises me. Compared to Danish people that can sit at the dinner table for about an hour after they are done eating (we usually talk about how the day have been and what's going to happen the next day) it's weird to sit down for 10-30 minutes, eat, and then leave again. But it's been a great experience; I learn a lot of new things, I get to know a whole bunch of new people with great life stories and interesting things to tell. It's a life experience that I'm very lucky to get. I appreciate it every day and I'm so excited to tell all about it when I get home.