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The Lion's Roar

The voice of Liberty High School students

Liberty High School
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FREE

Great Wolf Lodge ready to pounce on Brentwood?

By Yasmine Cardenas
Copy Editor

Brentwood is howlin' for the possibility of a new resort. The Great Wolf Lodge has reached out to the City of Brentwood as a possible home for the hotel. Although, not set in stone, Brentwood looks forward to the activities this venture could bring. The Great Wolf Lodge is a hotel that includes an indoor eighty-four degree water park exclusive to guests. The park includes water slides, thrill rides, and other family-oriented activities. If the Great Wolf Lodge does, in fact, come to Brentwood, it will be the 16th location to include the resort. "There is a lot both sides don't know yet, but the most important part is the sides have started the discussion, and that is where we are at," says Brentwood City Manager Gus Vina who reported to the Brentwood Press. However, things are still in the

works, but this venture could spark economic growth and many opportunities. Brentwood is known for U-Pick season which draws thousands of people from the Bay Area and beyond. With the possibility of a new hotel, Brentwood is confident that they would draw an even larger crowd. With the addition of the establishment, there are hopes of creating hundreds of new jobs for the residents of Brentwood. Locals of Brentwood believe that this is just what the city needs. "I think it is a great addition because we need more activities for young people," expresses Liberty senior Lexi Scriven. She added, "The facility would make way more money and more people would go," on the fact that the water park access is exclusive to hotel guests. Liberty junior Gianni Robleto, agreed that it would



A Great Wolf Lodge resort serving more customers in one of many fun-filled areas. Photo courtesy of Great Wolf Lodge

be a great addition to our small town and believes everyone should enjoy the experience. With so many residents feeling hopeful, Mayor Bob Taylor also has confidence that this will be big, not just for the city of Brentwood, but for the county as

a whole. "Obviously this is a really great asset to the city in regards to jobs, prosperity, and bringing people into the area. It's too early to really understand the ramifications of the whole development. This

is a very exciting time for Brentwood and Contra Costa County as a whole," says Mayor Bob Taylor in *East County Today*. Overall, things are still in the works to make this a reality for the citizens of Brentwood, but the prospect is great.

Farewell President Obama

By Cheyenne Hicks
Co-Editor

What will his last month in office bring?



President Obama giving a speech at the 2016 White House Correspondence dinner. Photo courtesy of Chris Gardner

Election Day has come and gone, and after eight years in office, President Barack Obama will have to say goodbye to the Oval Office and all things pertaining to the job. According to the 20th Amendment, "The terms of the President and Vice President shall end at noon on the 20th day of January." So, what is it the President does when moving out and preparing for normal

life? One can imagine the amount of packing that must be done. Sources at *TeenVogue.com* say that the Obamas will continue living in DC due to youngest daughter Sasha still attending high school there, and they plan to move out as quickly as possible into a more modern, modest home. The program known as Obama-Care could be a legacy of this

administration, but it is still not determined whether President Elect, Donald Trump will abolish the healthcare bill completely, or if he will keep some parts of the act. Social media coordinators will also be in the process of transferring all prior platforms from Obama's name to the new respective POTUS. A satirical video made by the Obama ad-

ministration displays Obama and Vice President Joe Biden discussing future plans, Obama confiding in Biden on his concerns for staying busy. They toss arounds ideas like golf, or movie watching. Perhaps these are the activities Obama will partake in after his term is up, but one thing is for certain: President Obama is most likely looking forward to some rest.

Who let the chicks out? Chick-fil-A coming soon

By Nicole Schaffer
Staff Writer

It's a bird, it's a plane...no look, it's Chick-fil-A restaurants hopefully coming our way. Most have heard that there are two Chick-fil-A's coming to areas nearby. One being in Pleasanton and the other one being in Brentwood. To be a resident in one of the cities with a newly implemented Chick-fil-A is making citizens overjoyed with high hopes. "This is the best news I've received in a while because I'll be able to go often and not have to drive a distance," quoted Marco Antonio, a junior at Liberty. Though what the ecstatic people may not know

is that the Brentwood Chick-fil-A, likely to get built near Wendy's on Lone Tree Way, may not be opening unless the company finds a partner to do business with. Contrarily, the Chick-fil-A in Pleasanton opened on Hopyard on November 17th, which is housed approximately thirty five minutes away, thus giving one Liberty student high hopes. "Chick-fil-A gives me life and I am very excited that they will be putting one in so close so I don't have to drive so far!" exclaimed Liberty junior Cassidy Harrison.



Will Chick-fil-A make a nest in Brentwood? Photo courtesy of Hilbers Inc.

Fun Facts About Chick-fil-A:

- The restaurant chain was founded in 1946.
- Every restaurant is closed on Sundays for religious reasons.
- The restaurant's signature sauce is actually three sauces combined.
- The company has sold over 3 billion sandwiches since opening.

-foodbeast.com

BREAKING NEWS

Refugee family adopted by local church

By Rebecca Brantome
Staff Writer



St. Anne's Catholic Church in Byron, Ca. Photo courtesy of St. Anne's Church

For the Catholic Church, the year of mercy means giving a lending hand to those in need. However, local Catholic Church, St. Anne's, is taking this to the extreme. For this jubilee year of mercy, the Bishop of the Oakland Diocese has

asked every parish to collect funds for a refugee family. While the family did arrive from Afghanistan on October 14th, they came a little sooner than expected. Jeanne Russick, one of the co-chairs of St. Anne's Refugee committee ex-

claims, "It happened so fast!" Russick confessed that they were supposed to have one month to prepare for the families arrival. However, they were unprepared when the family arrived one week after being notified. The Timory Family at Oakland International that Friday night, a Family of six that includes four children. The eldest is a seventeen-year-old girl, then three boys, ages: four, twelve, and fifteen.

"I got them from the airport, and they actually spent the night at my house..." she explained.

However unprepared they were, the parish made haste and got them a house located in Antioch. She states that the reason they were able to get everything done was due to the incredibly positive response and help from the community.

Cathy Sanocki, the other co-chair for the Refugee committee commented, "Everyone came forward." Sanocki affirmed that every piece

of furniture in the house was donated and nothing donated was taken for granted. Russick expresses her gratification from all the volunteers who help donate furniture, and help move it into the house.

Andy Sherman, one of the volunteers, helped move furniture and clean the yard at the house before the family moved in. He explains how its small community and that doing what you can to help makes a big difference.

"I like to do what I can to help out," Sherman says. He asserts that the best ways for people to help out would be by volunteering and showing support at this time.

Sherman expresses his sympathy for the family, "I had no idea what it would feel like." He couldn't begin to understand what a family in this situation was feeling.

"It's amazing thing, we're so grateful!"

The family of six from Afghanistan

was welcomed into the community with open arms. The Diocese has asked that every parish supports a refugee family for at least three months; however, St. Anne's chose to go above and beyond and pledged to financially support them for six months.

"I don't think they'll need help for that long," says Russick, "The dad already has a job and we expect that they'll do pretty well."

According to Sanocki, the father is a civil engineer and has been hired by another parish member to work at his construction office.

Sanocki also commented that the family is in need of a car to help the father get to and from work, and for the children to get to school.

The ultimate goal is to help assimilate the family with the hopes of financial stability in the near future. Russick and Sanocki again thank everyone who volunteered their time and for coming together in such short notice.

R.I.P. Vine: a memoir

By Joseph Sanchez
Co-Editor

When Vine first debut in 2013, it soared in popularity, gaining traction practically instantly. Stars were created, millions upon millions of six-second videos were produced, but Vine flew too close to the sun, and lost it's wings.

On October 27, 2016 Twitter announced that they are shutting down Vine According to TechCrunch. But why would they shut down a successful platform though right? Well, here's the truth; Vine struggles to be profitable reports Paste Magazine. With advertisers not having much incentive to provide advertisements over platforms such as Instagram, and FaceBook according to Paste Magazine, Vine just did not pay the bills for Twitter at the end of the day.

But it's not just the lack of profit that led to Vine's downfall, but also that the major stars of Vine wanted contracts that would from

their perspectives, improve the platform. Business Insider details that It would add new product changes for the creators and users, add a more direct line of communication with the company for the creators. But the factor that led to the contracts never coming to fruition was the 1.2 million dollar tied to each of the star's contracts to produce twelve Vines per week. In the end, twenty-one stars offered up these contracts with the intent to leave if the refused. When this proposal headed back to Twitter, to essentially pay \$25,200,000 to keep their big-hitters on the platform, Twitter considered it, but never paid out the contracts, and as a result, twenty one Vine stars practically ditched the platform, with more leaving or hardly if ever utilizing the platform.

And as for management, this vine does not keep swinging. The Verge

reports that Rus Yusupov, Vine's creative director was laid-off, as part of Twitter's previous year's wave of lay-offs. and In 2014, Dom Hofmann had quit for a new start-up, so Jason Toff led Vine before quitting for Virtual Reality projects at Google this year. So while Vine was left destabilized, Snapchat, and Instagram videos came in like a tidal wave, decimating Vine in all aspects of the platform, Snapchat had a personal touch to sharing photos and videos, and Instagram had ten seconds as opposed to Vine's six.

So what does Vine's lost of traction mean for Twitter? Simple, changes to Twitter itself, because if Vine is gone, then Twitter still has to last. Phys.org Speculates that new leadership is coming, and depending on the new leadership, Twitter will have substantial changes, for better or worse is still unknown, but for the company, their goals should be

focused on the better. As for the present, Business Insider reports that Twitter plans on tackling their issue of abusive behavior with a new set of tools to combat harassment and trolling. Business Insider also reports that Twitter plans on adding a new timeline with more options to fit your needs.

So for those worried about Vine dying out, keep in mind that if Twitter drops Vine, it gives them much more possibilities with Twitter, to make it a better platform, and possibly Vine will be baked into Twitter at some point in the future as Phys.org points out. So if Vine goes away, it can come back.



Vine's tidal wave of success meeting darkness. Photo courtesy of Philogb.com

Apple Music raises the bar by lowering price

By Nick Nelson
Staff Writer



Apple Music or Spotify?

Photo courtesy of talkandroid.com

It can be an unnecessarily difficult task to choose between the various music streaming services

such as: Apple Music, Spotify, and Amazon Music. The service quality and deals that they all offer are

very similar to one another in many ways, in terms of music quality and variety, as well as prices. But soon, Apple Music may be making the task of choosing between them and their competitors a much easier process for potential subscribers; Apple Music plans on lowering the current prices substantially for their service. According to Digital Music News, "Apple could cut subscription prices down by as much as 20%." As of now the price of an individual subscription for Apple Music is \$9.99 and a family subscription which accommodates up to six people is \$14.99. A 20% cut would equate to prices dropping to an individual price of \$7.99 and a family price of \$12.99. Both prices of \$7.99 and \$12.99 are arguably the lowest prices they can offer considering that in order to drop

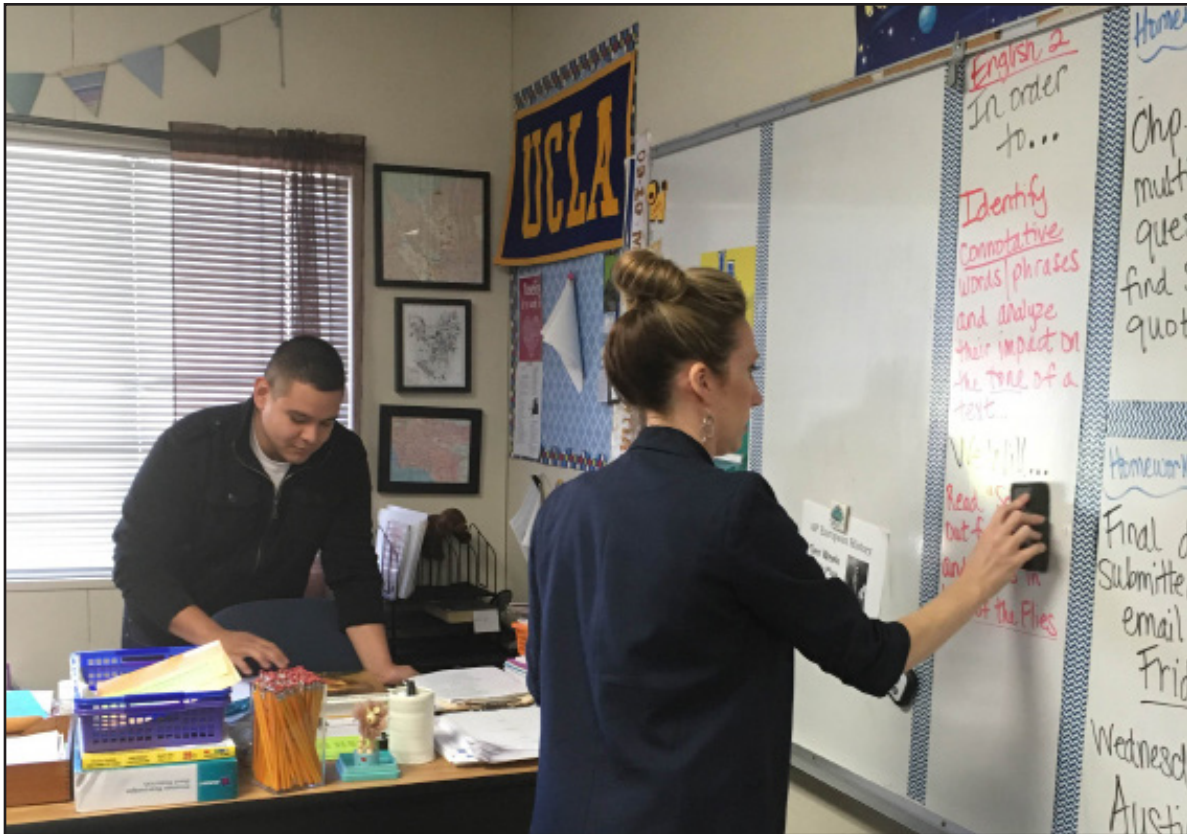
them that far they would have to pay the difference to all the major labels on Apple Music. The labels on Apple Music refuse to subsidize the price cut because they want their pay up front and as a result, most are not very fond of Apple being in debt to them, especially since Apple's main competitor, Spotify is currently strapped with huge debts to the labels on their service. Apple's motivation for seriously considering making their price more affordable is mostly to stay competitive with other music streaming services, but especially Spotify, their biggest threat. Apple Music is a relatively new service, as it was just launched in June of last year and Spotify has been around since the October of 2008. But despite it's young age, Apple has experienced extreme success

with it's streaming service reporting having about fifteen million paid subscribers as of June 2016. Spotify has over 100 million subscribers but only about 30 million of them are paid. So if you think about it, Apple is catching up to them at a very rapid pace, especially considering the fact that they're aiming to one day obtain 100 million paid subscribers. It's going to be crucial for Spotify to find a way to make themselves competitive, or things may not be looking too good for their company in the future. Apple is moving full steam ahead, rapidly progressing towards becoming the best music streaming service in the country and it's going to be very tough time for competitors trying to slow the company's momentum, whether they decide to put the price cuts into effect or not.

CAMPUS LIFE

Sharing classrooms: *Is sharing overbearing?*

By Sami Gibbs
Editor In Chief



Long-term sub Mr. Guerrero teaches AP European History while English teacher Mrs. Busch prepares for her next class in J-17.

Photo by Sami Gibbs

Growing up, a child's biggest obstacle is sharing their toys with someone else. Flash forward to present and you'll find out that many Liberty teachers are forced to share their classroom with other teachers. It's been observed by most students that classroom sharing is prominent on campus, but even more so this year as opposed to years in the past. According to Liberty Administration, over twenty classrooms are shared amongst teachers and staff on campus. The year prior, only about ten classrooms were shared. Most people would question the importance of the attention towards this circumstance, but to Liberty students and teachers, this has proven to be a nuisance to their everyday work and education. Like most teachers who share a classroom, they have more pressure on them in order to be even more prepared and organized. Sharing a classroom means also sharing supplies, and in some instances, the same desk and computer. Teachers now must adapt to their surroundings and organize their area of work in such a way where it does not interfere with their peer/peers. Liberty Leadership advisor and English teacher, Ms. Rodriguez reveals that she has to prepare her English class two days prior, and teach "cold".

"I'm constantly rushing in and out, across campus and back and entering class at the same time my students are," recounts Ms. Rodriguez. She also admits that this constant rushing around campus has caused injury to her last year. Liberty teachers and staff aren't the only ones who have been affected by the classrooms. It has been shown that students also feel that sharing classrooms has in some way disrupted their education. For many students, it is often times difficult and confusing to find their teachers on campus when additional assistance is necessary for them. "Although it's a minor distraction, having multiple teachers in one classroom makes the academics of junior year that much more difficult. I also feel badly for the teachers who have to share because it is added effort to their jobs," states Liberty junior Rachel Christensen. Since last the 2015-2016 school year, Liberty has had additional classrooms in the process of being built. This has been an ongoing circumstance and work is likely to be finished by second semester of this school year. As a result, the prospect of having fewer teachers forced to share classrooms is a thought that's on everyone's mind. According to Liberty Administration, this prospect is a likely one and further efforts in condensing this circumstance are likely to occur.

A new series by LHS' video production class: *"Marsh Creek" is coming soon*

By Anthony Sanchez
Staff Writer

When asked about our favorite TV shows key things come to mind: characters, plot, and overall greatness. Many would say that they invest themselves in the universe that has been created for them, but now, imagine that coming from your school's video production class. This year, Frank Pappas' ROP class is producing a whole new TV show, "Marsh Creek," from the ground up. The actors and crew are all students from his class, which makes this project that more ambitious. Mr. Pappas

has strong goals for this show and has a plan to get there: first, is how the show will be broadcast. "I'm thinking Vimeo, maybe YouTube but I'm trying to avoid YouTube for a lot of reasons. But in my mind YouTube also makes a lot of sense; most likely one of those two online platforms," Pappas explained. Considering this, the class is also planning to advertise their show to the students as much possible through morning announcements, though this is not made specifically for a certain audience.

"We will promote it to the school population absolutely, but we are not making it specifically for the school population," said Pappas. When the show eventually airs its first episode, the plan is to have the show be successful from not only the school populace, but also other people that may watch the show from around the world. Also, Mr. Pappas plans to have this show run for a long time. "We want this show to run for more than one year, we want it to run for a couple of years. Two years minimum but ideally four years" he said. With the idea of having a show run for longer than two years, the production value and equipment also come to mind. Pappas explains, "We are going for as high quality as we can from a practical standpoint. We do have time limits and obviously budgetary constraints, significant budgetary constraints. But we are using a 4k DSLR camera, [and] using a digital audio recorder with

high end microphones. If we have to reshoot stuff because it is not good enough, we will do it. We already have written six episodes." An important note about the equipment though is that everything was purchased by the Liberty Film Club; the school did not help fund for this equipment to be used. So finally, what truly inspired for this show to be made, and what can people expect? "What really inspired me to do this was watching the show "Twin Peaks" again, about a year or so ago. I forgot how phenomenal that show actually was, it inspired me to try and do something that style," Pappas expresses. This is the first time that Mr. Pappas has had the chance to make a show of this scale. In the past, he had done sitcoms and other small productions, but nothing of this scale. The show has no specific release date, but it will hopefully be done by the fourth quarter. In the meantime, people can all wait in suspense and see what this show has to offer for everyone.



Nate Silver aids in the filming of "Marsh Creek". Photo by Anthony Sanchez

Teen pregnancy on the decline

By Allison Whent
Staff Writer

Teen pregnancy is a reality across the U.S. but as of late, the teen pregnancy rate is at one of its lowest. In 2007, the teen birth rate had started to plummet further, and faster than it had in recent years. 2014 was an all time low for teen pregnancy. Eileen Pattern from PewResearchCenter confirms, "The teen birth rate has been on a steep decline since the early 1990's." For example, in the 1990's, teen pregnancy was at its peak before dropping, setting a record. "The teen birth rate has declined almost continuously over the past 20 years," The Office of Adolescents Health states. Why has the teen pregnancy rate gone down? The U.S.'s teen pregnancy rate is still one of the highest out of the most developed countries. There are many contributing factors to the U.S. drop in teen pregnancy, such as birth control and the recent teachings of contraceptives. These have contributed greatly to the decrease over these last few years. Teaching kids and young adults about contraceptives may have played a bigger role than birth control.

The struggles of *sleepless students*

By Jayson Phoebus
Staff Writer

On any given school day, hundreds of teenagers are walking around LHS like zombies out of "The Walking Dead." Sleep deprivation is slowing them down both mentally and physically. This is the everyday life of many high school students across the nation as they do not get the sleep necessary for their optimal level of performance in or out of the classroom. According to The National Sleep

Foundation, "Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep; one study found that only 15% reported sleeping 8 1/2 hours on school nights." Sleep is the body's way of refreshing, repairing, and even processing things for memory. A frequent complaint among high schoolers is that that they aren't able to remem-

ber important details from their day. During sleep, the brain moves important information and experiences from short term memory into more permanent areas. According to Björn Rasch and Jan Born, writers for the American Physiological Society, REM sleep, or the deepest sleep, is the portion most important for memory processing. REM sleep can be achieved by a

variety of strategies, such as turning off devices one hour prior to bedtime, dimming artificial lights in the evening, and even just getting some solid exercise before bed. Camila Renner, a junior at Liberty, spoke about how her sleep schedule is affected by her AP classes. She told of nights where she had four to six hours of sleep a night and had trouble

staying awake in her classes. Sleep deprivation also impacts athletic performance. Recovery times on injuries is slowed with athletes' lack of rest and the frequency of injury increases exponentially, according to Fatigue Science. These statistics simply go to show how important it is for the teenage athlete to get his or her necessary sleep hours.

New club on campus: LHS' Lion Heart Club

By Janilyn Manibusan
Staff Writer

Not only is there a brand new club at Liberty, but there are brand new opportunities never offered before! The Lion Heart Club was created by Brooke Graham to help improve our school and community. Not convincing enough? Well, what if the more community service hours you serve to help our community, you also get to TRAVEL and help many other communities as well? What sounds more amazing than travelling and helping others along the way? It's also a great opportunity to complete the community service hours necessary for graduating high school. "In the 6th grade, I wanted to travel and give back to the community as well", was Brooke Graham's heart warming explanation of how she came up with the idea of the Lion Heart Club. But what would

you physically do during the Lion Heart Club? A representative of the Lion Heart Club, Clarke Elliot said, "We would mostly do community service hours around Brentwood, working at food banks, and even working at retirement homes." Also, the Lion Heart Club is working very hard to reach their goals for their first year. Rumor has it that they're soon going to be doing community service at the beach to help reach their main goal, which is building homes in Costa Rica. Mr. Roman, the advisor of the club explained, "My goal is to get students to experience serving the community or communities." The club and himself are also considering fundraising as well. They also want to help abroad. In the end, they want to build empathy for students. The Lion Heart Club is located at E-12 on Thursdays at lunch. Socialize, help others, and have fun.



In February, freshman Avery Morton will play the role of Mary Poppins. Photo courtesy of <http://www.getreading.co.uk/>

"Mary Poppins" lands at LHS this February

By Jeanae Torres
Co-Editor

All the work going into making a musical can be quite atrocious but Brentwood will be receiving a spoonful of sugar to make the medicine go down. The show is opening at Liberty this upcoming February 24th; come witness "Mary Poppins". As the Technical Director, Hanna Johnson explained, "Mary Poppins will be: magical, entertaining, different than what Liberty has done in awhile." LHS Playmakers really emphasizes how "for every job that must be done, there is an element of fun." This will be Mrs. Dixon's last show after teaching theater for 25 years. She is ecstatic to get things going. When it comes to theatrical talent, the unexpected happens; people from unlikely plac-

es can come out of nowhere. Against the odds, two freshmen took the lead roles of one of the most important shows Liberty has put on in a long time. "You're always auditioning," Director, Helen Dixon affirms. It doesn't matter who you are, your action define you and what role you'll receive in a show. It takes good character to be a good character. This admittedly surprised the freshmen stars. "I turned around, and Dixon was standing there with the Poppins hat. She slowly walked towards me with the hat and put it on my head. I was so stunned. I think at that point she said, "You are going to do a great job," and that's when I really knew it was me," reminisced Avery Morton, Mary Poppins-to-be. This was just one example of how dreams came true. Anything is possible in theater, You may never know what will happen.

Christmas Cheer or Drought Fear?



Photo courtesy of bostonmagazine.com

By Tanner Kephart
Staff Writer

Many people would say that it is a tradition around Christmas time to go and get their own real Christmas tree. They enjoy it especially because it is not only exciting for the person getting the tree, but also for their kids getting to have that experience that not a lot of people can have. But for many people this could change drastically due to California's water shortage. Although this doesn't just apply to California, it is affecting the whole state and forcing some cities to cut down trees in the town instead of going to higher elevation to get a good tree. For people wanting real Christmas trees, this problem that states and cities have been facing for a while can have a big effect on the amount, cost, and the variety of the trees. Most of the trees that people want to take home are too dried out to purchase or take home. Debbie Livingstone, owner of Summit Christmas tree Farm states "If you don't get rain during the winter, you don't get a really good growing season." Furthermore she goes on to explain that if they farms aren't receiving enough water then they are losing a whole year's worth of growing. It's not just the trees that are being affected by no water, but it is the tree seedlings that aren't receiving enough moisture for them to develop into healthy Christmas trees. In addition to unhealthy trees, the drought is also affecting the income and business of these Christmas tree farms. Farms have to lower their prices for the trees that they already have cut or are waiting to be cut; as not a lot of people are going to pay full price for a Christmas tree that isn't fully grown or is too dried out. This could be a big problem because farms could go out of business due to not receiving enough income to support their farms and supplies that they need to make sure that the trees can grow to their full potential.



To receive more information on the Lion Heart Club visit Mr. Roman in room E-12.

Photo by Rachel Ueda

Lion's Cafe A little taste of Mikado Bistro

By Emily Lutes
Co-Editor

Fresh sushi rolls, steaming hot tea and great customer service are a few qualities that come to mind when I think of the restaurant Mikado. Off of Sand Creek Road the Asian Bistro, Mikado thrives off of the happiness of its customers. After going to Mikado and asking the server, "What is your most popular dish?" I was brought out a steaming, delicious hot platter of Sweet and Sour Chicken with a delicious roll of Mikado Sushi. I knew at that moment that I was in for a treat. The Sweet and Sour Chicken was steaming with flavor

while the Mikado Roll was drowned in a sweet sauce that tasted like nothing I have ever tasted before. Once I began my meal, I was surprised with how amazing everything tasted, especially the sushi. The server explained that they serve about seventy different sushi rolls that allow all types of customers to be content. Alongside my meal I was able to try Mikado's hot tea and Miso Soup that went perfect with the roll I ordered. The hot tea and soup really allowed the sushi's flavors to stand out. After eating this meal I realized that this restau-



A fresh plate of sweet and sour chicken is served.

Photo by Emily Lutes

rant must be recognized for its service. The inside of the restaurant is decorated with style and holds a clean and chic look inside and

out. From the food, to the employees, to the beautiful décor, Mikado is the perfect place to experience a quality meal for a decent price.

Be prepared: finals week is coming

By Lily Aiwohi
Copy Editor

Stress, anxiety, and depression: These are all feelings students deal with at one time or another. Finals week, from December 19th- December 23rd is notorious for the toll it takes on high schoolers, but there are easy ways to avoid the pressure. For starters, Cocoa

N' Cram is a Liberty tradition that has been relieving freshman stress for years. It will be held sometime later this week so stay tuned to the announcements for further details. According to student Skyler Ligon, her best advice is to "Take naps and watch Netflix." Something most of

us forget in the midst of cramming is the importance of study breaks. Doctors confirm that a ten minute break per hour can increase focus and improve recall the next day. When the next day comes and it's time to study some more, grab a beneficial snack. Buzzfeed sug-

gests: "Chocolate? Boosts energy... [and] endorphin levels." Having a guilty-pleasure snack doesn't have to feel so guilty after all. In addition, it's no secret that most teenagers are familiar with the art of procrastination. Senior Tony Trotter warns against it, ad-

vocating the benefit of spreading out study sessions. More material stays in one's mind if it isn't read over in five hours straight. At the end of the day, finals are a rite of passage that can prepare students for future experiences, good or bad.

ATHLETICS

Since Kobe Bryant has retired, many fans are wondering...

Now what?

By Brady Peterson
Staff Writer

Buzz... Buzz... The final buzzer on Kobe Bryant's last game goes off. "The Mamba" is out of basketball, but is looking to start a new era in life. ESPN.com's Ramona Shelbourne said that Bryant "does not miss the game not even a little bit." This shows that Kobe Bryant does not have feelings of emptiness even though he is not playing basketball anymore. Liberty High School student Ulysses Contreras stated, "I miss Kobe; as a young kid I loved watching him play."

Overall, it seems that fans are still not at peace with Bryant's retirement because they really miss him. Ulysses Contreras explained, "I think this year was a good retirement year for Kobe because he believed he could play more years but his body was not the same as previous years. And as much as he loved the game, it was time for him to say goodbye to the NBA." Laker fans will always have a place in their heart for Bryant and they know that if he was still playing, he would not be a big asset to the team and would not really be needed.

In a recent interview with Ramona Shelbourne, Bryant expressed, "I have really enjoyed life after the NBA." He is showing that his focus is not basketball anymore. He has always been a family man, but now he gets to spend even more time with his family and build bonds bigger than basketball: on Instagram, Bryant posted, "we are expecting our third baby girl!" Bryant shows that he is having a good time in life after the NBA and he wants to continue to enjoy life one step at a time.



Runner Yelena Soboleva was suspended from the 2008 Olympic Games.

Photo courtesy of Anja Niedringhaus

Pushed to their limits: Athletes and eating disorders

By Miranda Fagundes
Staff Writer

Athletes do a lot to achieve all of their great accomplishments. Most of these great athletes have practice for multiple hours every day, insane workouts to maintain their fantastic bodies, and a very strict eating routine. Because of this, many Olympians and professional athletes are prone to getting a major eating disorders such as anorexia and bulimia. In addition, gymnastics, diving, body building, wrestling, figure skating, dance, and running are all at high risk to get an eating disorder because they have extremely strict diets. As a wrestler in the 11th grade, Colby Smith states, "During wrestling season there is, like, nothing I'm able to eat. I am supposed to lose weight and can only really a lot of white meat, like chicken, and lots of pasta, but everything I eat has to be nonfat; so technically there isn't much good food I get to eat for a

while." Athletes that are having to lose an extreme amount of weight to be able to look as people expect them to, and to make them faster and better at what they do are more prone to getting an eating disorder called Anorexia. This eating disorder is where people are obsessive about their weight and body image so they worry about what they eat. This disorder is most found in females and about 4% of people with this disease end up dying because of complications. Also, it is quite interesting to find out that Anorexia is most common in Germany and there has been about 1,500,000 reported cases in the year 2015 and has a rate that is rising as well. Also, German Olympians are very prone to eating disorders because of their extremely strict eating guidelines. Therefore, even after the amount of deaths and major health problems that have been causes of eating disorders people still tend to not take them seriously and don't realize the real harm it does to people this present day.



Kobe Bryant celebrates over an amazing win with his fellow teammates

Photo courtesy of Jayne Kamin-Oncea

Jose Canseco shines as a Pittsburgh Diamond

By Austin Kenney
Staff Writer

Major League, World Series, best in the world: this isn't necessarily what you think of when talking about Pittsburgh baseball. However, Jose Canseco, former Oakland A's outfielder, has joined the Pittsburgh Diamonds. Jose recently signed with the organization for the rest of the 2016 season. "Wow, good for him, I respect how much he wants to play and the work he puts in to stay in shape", stated Cameron McNeely, Liberty student and baseball fanatic. Although Canseco is getting up there in age, he has been working very hard to keep his body ready for any opportunity to play. The 52-year-old has a deep love for baseball which makes it extremely hard for him to leave the game. Playing baseball is very special to him and will always hold a special place in his heart.

"Who would have thought that Jose would still be playing? That's good though, I'm glad to see he is still doing what he

loves.", added Evan Lonsdale. Nevertheless, Canseco is a special player trying to do what he loves most, all while having a great time.



Jose Canseco at Pittsburgh Diamonds practice, waiting to bat.

Photo courtesy of Loren Elliot

BVAL All-League Fall 2016

League Champions

Girls Cross Country – Liberty
Boys Cross Country – Liberty

Girls Cross Country

MVP-Kai Bohannon, Liberty

First Team: Liberty – Kai Bohannon, Madison MacPherson, Julia Gonzalez, Alyssa Dalke, Brittany Bennett, Makena Bohannon.

Second Team: Liberty – Jesse Hardman

Boys Cross Country

MVP- Elliott Portillo, Liberty

First Team: Liberty – Elliott Portillo, Micah Delgado, Benjamin Smith, Andrew Macklin

Second Team- Liberty – Michael Sudweeks, Dominic Zuniga

The outrageous cost of attending a pro sporting event

By Cade Sautter
Staff Writer

It's time for the big game, the opposing team kicks the ball off, and away they go! The game is full of cheers, booing, suspense, and chaos. Yet, at the end of it, you had a great time. Although, where your parents look at the total price of everything that was bought, they are in shock. Today, tickets to pro-sporting events are not an easy buy for the average family. As a matter of fact, these ticket prices are slowly, but constantly rising. For example, the average cost for a family of four to attend an MLB game after purchasing food, souvenirs, and tickets is \$211.48. As of 2016, the ticket cost alone is approximately \$31.82 per person. Ticket prices in the MLB have increased a whopping total of 334% since 1957. Parking fees at the stadiums themselves are a pain to everyone. If you and your family want to support the Giants at one of their games, plan on spending \$30.00 to park near the stadium. Another example is the average cost for a family of four to attend an NBA game. After all desired purchases are made, they can expect

a total around \$333.58. As of 2015/2016, the approximate single ticket price is \$50.30. Parking fees to attend a Warriors game are similar to a Giants game, ranging from \$25.00-\$35.00. Connor Morgan, a junior at Liberty High School, explains, "I went to a Warriors game during the 2014-2015 season when they won the championship. It cost about \$80.00 for where I sat." Connor also explains that he paid an additional \$95.00 for a Stephen Curry jersey. Lastly, the dreaded NFL ticket is the most expensive in professional sports. After a family of four has made all their desired purchases, they can expect to pay \$628.90, approximately. As of 2016, the approximate price of a ticket is \$85.71. If you and your family want to park close to Levi Stadium to attend a 49ers game, you can expect paying around \$40.00 for parking. Overall, there are many factors that affect the prices of attending pro-sporting events. Maybe it's the opposing team, day of the week, even the weather. Nevertheless, attending these games are extremely fun, but have major prices to be paid.



When the lights go down in San Francisco, in the Giants stadium they light up the night for all baseball fans.

Photo courtesy of
Trey Ratchiff

Colin Kaepernick takes a knee during election

Will his actions impact his career and the 49ers?

By Reese Watkins-Nelson
Staff Writer

You are heading to Santa Clara to see your favorite football team, the 49ers. When you enter through those giant stadium doors with an awe-struck face, the scents of garlic and frying foods intertwine in your nose, bringing a satisfied yet hungry look on your face. Even though your team is not having, nor was expected to have a great season, you still go to support and experience an adrenaline filled action-packed show on turf. You finally get to your seat, and just then, everybody stands up, removing their hats and putting their hands

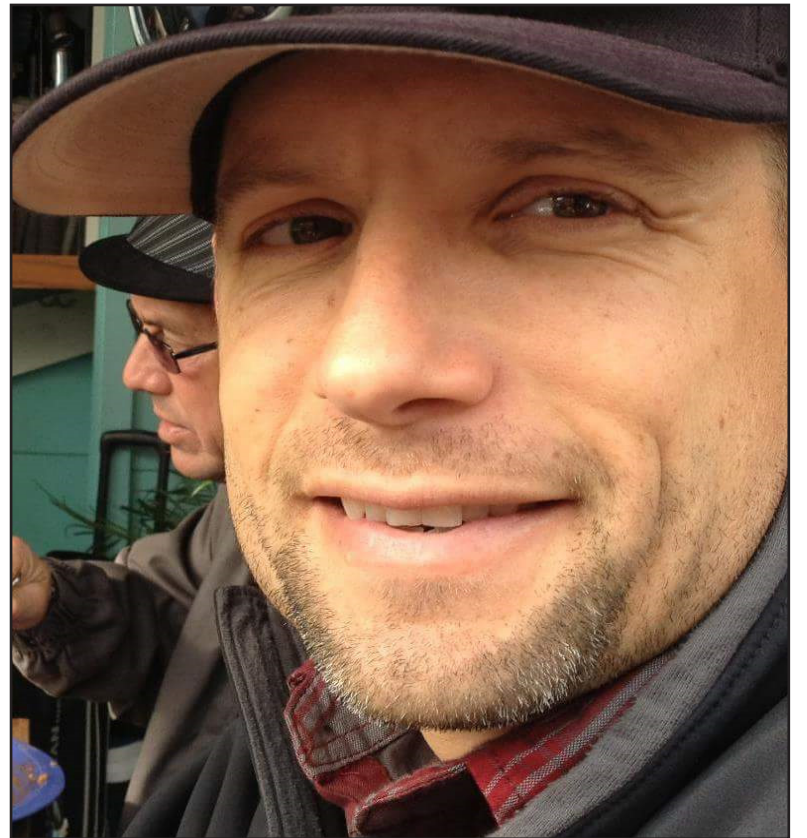
across their chests whilst facing towards the American flag. The National Anthem overflows every loudspeaker in the stadium, enchanting it with a spell of patriotism, but as you look down on the field, there's one particular person "not participating" in this pre-game ritual. Your once so beloved cherished quarterback Colin Kaepernick, seems to be taking a knee, furthermore only worsening the 49ers and especially Kaepernick's reputation this season. From these events, the 49ers massive fanbase across the country and even some sports analysts have raised



Colin Kaepernick takes a knee during the National Anthem, causing controversy.

Photo courtesy of
Daniel Gluskoter

questions about the future of Colin Kaepernick with the 49ers. "49ers and Colin Kaepernick agreed to a restructured deal," Adam Schefter stated on Bleacher Report. This restructured settlement makes it so Kaepernick's last four years are wiped from his contract, and have now made it one-year with another optional one to his discretion. From that, all the speculation of him going to the Broncos which occurred in early to mid 2016, was swept away, and now he has one or possibly two years left to prove himself worthy in this league. "I'd be shocked if he's on the 49ers before the season ends" Jay Glazer of FOX reported. Throughout the offseason, and somewhat regular season of 2015, Kaepernick has been fighting uphill battles to try and stay on the team from all the major setbacks he's gone through. For example, there were the three surgeries consisting of his thumb, his non-throwing shoulder, and then his knee, and even in most recent news, not voting in this year's presidential election. After this particular incident, many people were furious with him, and want him to stop the protesting now, only adding to the amount of reasons for the 49ers to get rid of him. Overall, despite all this drama and debate, the ending outcome is unfortunately that his career is still smoke and mirrors according to most staff members on the 49ers, and even to some analysts in the NFL.



CONGRATULATIONS

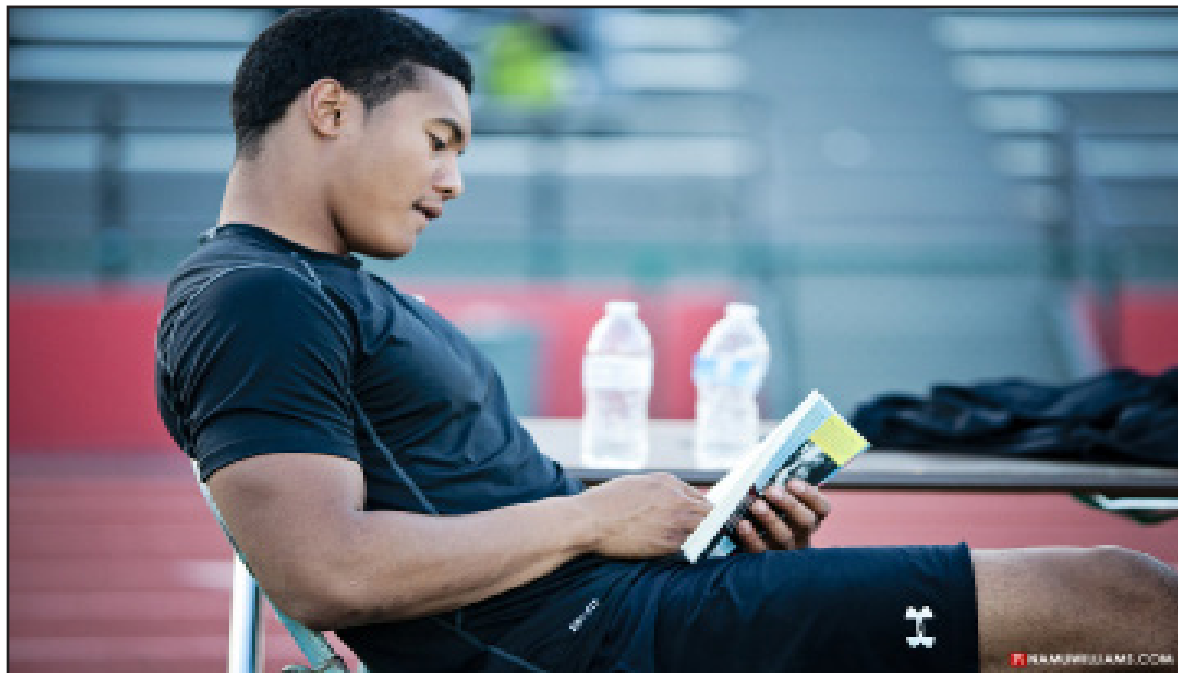
to

**Liberty High School's Athletic Director,
Mr. Curtis Cunningham**

The California State Athletic Directors Association has nominated Cunningham for the North Coast Section Norm MacKenzie Rookie Athletic Director of the Year Award. The award is given to a person who has worked as an Athletic Director for five years or less; nominees must also have made impactful contributions to the lives of students they work with. According to LHS Principal Pat Walsh, Cunningham "certainly fits the bill."

Are our standards too low?

Requirement to participate only a 1.5 GPA



Balancing grades and activities can be rough, but should we expect more from ourselves?

Photo courtesy of theodysseyonline.com

By Cyrus Soheili
Staff Writer

You think you can make it to the big time: you've got college scholarships lined up out the door, but it all vanishes. Why? The required GPA for LHS students to participate in sports or activities is a lack-luster 1.5. This is very subpar considering the required GPA for college athletes is 2.0 and you must graduate in the top half of the class if one wants the honor

of scholar-athlete. Now with this in mind, how are we setting a goal for our students to be successful or even make it to college? "Our students need the education to succeed in life," says Hunter Karbowski, student athlete. We should be setting the bar higher than 2.0 so when students get to college, the new challenge is not such a struggle. Ultimately, if athletes don't

go "big time" which happens way more than not, they absolutely need an education so they can support themselves and overall contribute to society. The biggest smack in the face a young man or woman could face is pushing for dreams and nearly accomplishing them, but a number on a piece of paper keeps the person from doing that.

Please don't stop the music

Liberty Lions missing DJ Hightop

By Allie Cone
Staff Writer

Homecoming means dressing up, taking photos, great music, and long standing community tradition. However, 2016 was the fateful year to break a decade long tradition as Liberty was forced to face the music - without DJ Hightop. Upon his absence, the student body raised questions. Is he dead? Did he quit? Is the lion pride no longer in his heart? The answer is simple: he was merely partying with someone else that night. Hightop himself reports that leadership did in fact try to book him for the slot, but he was booked for a Bar Mitzvah. Liberty Junior Emilio Lopez comments on the dance, stating "I didn't like this new DJ whatsoever. He played a group of songs of the same genre in chunks. It was very unnatural. DJ Hightop played

amazing music, I did miss him." However, Hightop's absence should only be temporary. He hopes Liberty will welcome him with open arms and dancing feet. "Looks like I won't be back until next years back to school dance," Hightop remarked, "I can only be where I'm wanted, and for ten years I've been wanted at Liberty. It feels good to be wanted." DJ Hightop elaborates on his line of work explaining it to be similar to retail, stating that one could give the greatest service, and a crowd still won't be happy. He then addresses the entire student body concerning his performance; he stated, "Please recognize my efforts to make every student feel like they count." DJ Hightop will continue with his strong philosophy of playing music for everyone, and hopes to be back at Liberty soon.



Liberty's favorite music mixer, DJ Hightop, will hopefully soon return. Photo courtesy of Wix.com

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Like in the movie Meet the Parents, it can be stressful to meet the family. Photo courtesy of YouTube.com

He said, she said

The male vs female perspective

We tackle the subject of meeting your significant other's family during the holidays

By Shaun Flory
Staff Writer

By Stephanie Snodgrass
Staff Writer

Many boys are nervous when they ask a girl out for the first time, let alone meeting their parents. Imagine it's Christmas Eve, and you are on your way to your girlfriend's house. As you park your car you suddenly feel this sharp pain in your stomach, and you feel pretty dizzy and can barely focus. That is the nerves kicking in for the first time meeting his/her parents and family friends. It can be a really scary experience to meet someone's parents that you don't know. While shaking the hand of a parent you may find yourself freezing up to the point that no words will come out of your mouth. You have no idea what they are thinking about you. "Will they like me? Am I good enough to be dating their daughter? Will they approve?" Some of you may be really confident and have no fear, but in my experience, when I shook my girlfriend's parents hand for the first time, I felt very insecure. It was very important to me that I make a good first impression. Even though I was nervous and didn't know what to say, I think I did pretty well. They were extremely friendly and welcoming, which made me feel comfortable and at ease. What I can take away from this experience is that no matter how nervous you may be about meeting your girlfriend/boyfriend's parents, it shows that you have courage, and respect for their daughter/son. Most importantly, making a good first impression always pays off.

It's that time of year again, when you automatically become obligated to show up to various social events, and rehearse how you'll answer the awkward questions that are routinely asked, such as "How's school?" or "Are you dating anyone?". But when it comes down to meeting your boyfriend/girlfriend's family, it can quickly become one of the most stressful situations to prepare for. Especially knowing that many judgments are made based off of first impressions, many girls have to worry about things like maintaining perfect table manners, or being able to answer questions in the most appeasing way possible. It's actually so stressful, that there are thousands of articles online written to teach you 'tips and tricks' on how to act when meeting the parents. As if all social skills are suddenly lost around adults. But the pressure is definitely understandable. Personally speaking, I get anxious just talking to people at cash registers, so I could only imagine how it must feel to be put under that kind of pressure. On top of that, you never really know what to expect from the parents, until you meet them right then and there. And depending on how judgmental they are, you then have to worry about how much food to eat off of your plate, and how you should sit to make yourself look as skinny as possible. So many factors to consider, it almost sounds like a beauty pageant.

Editorial Policy

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

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

POPs

Clothing Recycling Fundraiser

When? December 17th 9am-12pm
Where? Drop off at LHS in front of the school

Please bring clothing, purses, belts, shoes or linens in neatly-tied plastic bags.

For more information, visit www.californiaclothing.net

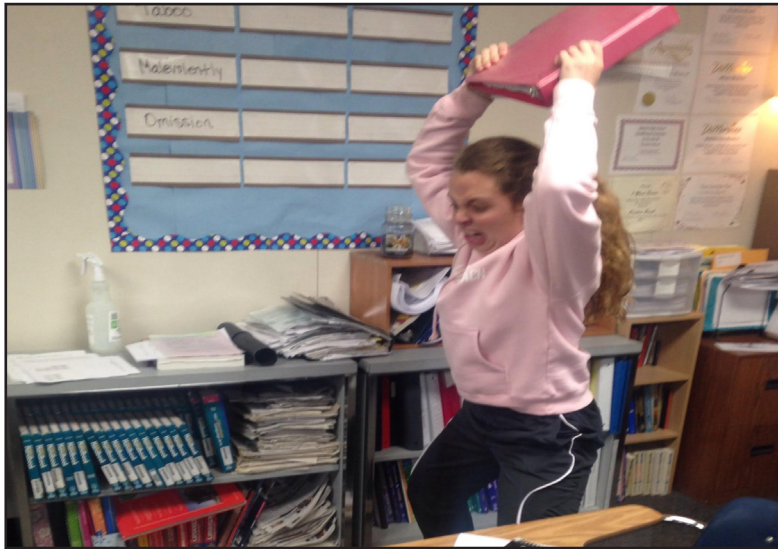
Attack of the AP classes

By Cody MacDermott
Staff Writer

AP classes will destroy your social life. For example, if you take AP Art History, the most difficult AP class, students are assigned an estimate of two hours of homework every night. In addition, Christina Sisneroz states “I do not have time to hang out with friends on one day over the weekend.” Christina also says that she has given up sleep, friends, and her piece of mind. AP classes give you an advantage to get a head start for college and give students good recognition on your transcript. How tough are AP classes? As heard from Cyrus Soheili, AP classes are very hard and takes effort and you must pay attention in order to suc-

ceed. Do all high schools have AP class opportunities? Many around the United State’s high schools do have AP classes but the students that are home schooled do not have the opportunity. The downfall of AP classes are that they do

not give you extra credits for high school and they are not the same as college courses, they are only to prepare students. On the positive end of taking AP courses is that students will be ahead of the game when they reach college.



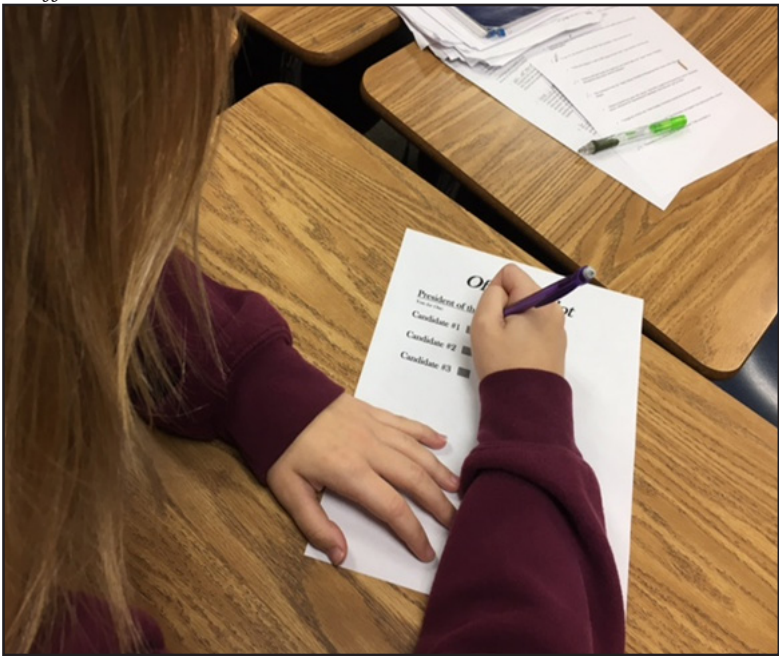
The stress of advance placement classes can lead to irrational behavior.

Photo by Lily Aiwohi

Who are they vo-teen-g for?

Should teens get to vote if their GPAs are high enough?

By Joshua Allen
Staff Writer



Could voting for President at age 16 be a possibility? Photo by Joshua Allen

One privilege given to a kid, can change the world. There are many teens that are responsible. Responsible enough to drive, to watch their house, and even to babysit. But are they responsible enough to the point where they should be allowed to vote, depending on their GPA? According to many

students, it sounds like a great idea. Although, adults may be a little iffy about this whole idea. Students that attend Liberty High School were asked the following question, “Should students be able to vote depending on their GPA?” three students were asked this question.

Eventually, junior Yasmine Cardenas responded by saying, “No. A GPA doesn’t determine political knowledge.” The student also added, “It doesn’t even determine your level of maturity.” Sheridan Belorde had two responses and she stated how 16 years would be an appropriate age to vote, and that there are many immature students that have political knowledge. These responses coming from these students sound very similar. Two adults were asked the same question. They followed up with the same response and included more information to their answers. “Absolutely not,” said Kevin Allen. “Just because you’re a good student doesn’t mean you know how the system works.” Marveta Allen later responded, “I’m not sure about a GPA but age 16 would be a good age to vote.”

In conclusion, several people had similar opinions, but different views. Many people agreed that a GPA does not determine political knowledge and that students should not vote depending on their GPA.

Opinion Poll:

Would you rather date someone you know, or get to know the person you’re dating?

By Elizabeth Leon
Staff Writer

“Someone you know, because you don’t want to date a crazy person.” -Adrian Soto, grade 12

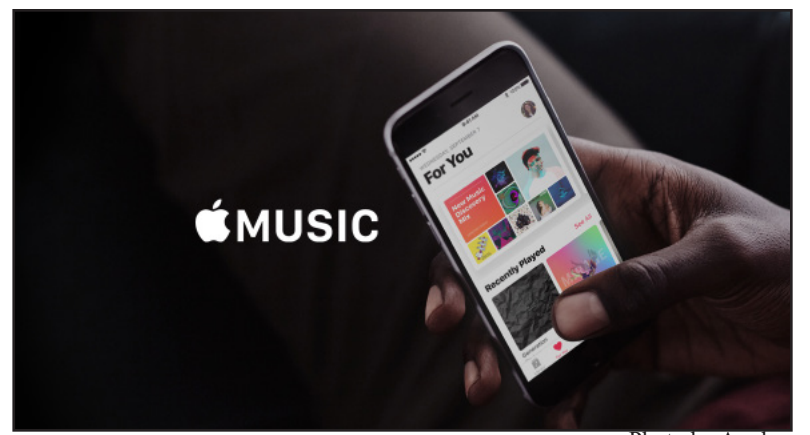
“Get to know them, because it’s better.” -Perla Camacho, grade 12

“Get to know them, because knowing someone already can ruin your friendship.” -Aryana Vierra, grade 10

“Someone you already know, because you already know everything about the person.” -Sebastian Alvarez, grade 10

“Get to know them, because it’s always nice to meet new people in life.” -Alejandra Leon, grade 9

“Get to know the person, because I don’t want to date a friend and ruin our friendship.” -Alexis Alvarez, grade 12



Apple MUSIC

Photo by Apple

Streaming services killing the album industry

By Marcus Henderson
Staff Writer

Music is a concept that will exist long after the last of humankind has passed on. However, its packaging is something that has changed over the years, and will continue to evolve in the future. Music streaming, in the last four to five years, has taken the industry by storm. It has always been the “American way” to create tools that help make everyday activities more convenient, but also more satisfactory. Streaming services, like Apple Music, Spotify, Pandora, SoundCloud, etc., make it easier for consumers to enjoy their favorite artists instantly from their many different devices. For music fans, this is amazing. These days, you don’t have to leave your seat to explore thousands of different artists, genres, albums, and composers. Conversely, for the manufacturers who for years have distributed highly demanded compact discs, this raises brows.

This past April, famous recording artist Kanye West’s seventh studio album reached number one on the Billboard top 200 chart. The album, The Life of Pablo, earned a whopping 94,000 album units. However, unforeseen by many, only 28,000 of those units were credited to physical album sales; the rest were streaming units. This is becoming a trend in the industry. High streaming units diminishing the shame of low physical numbers. This summer it was reported that compact disc sales fell by 11.6 percent. Digital album sales also fell but at a slightly lower rate. Studies show a high correlation between fading physical sales and burgeoning streaming opportunities. In summary, it seems that modern music consumers will continue to see the decline of physical album sales in the future, and their children might even witness the death of the compact disc as a whole.

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