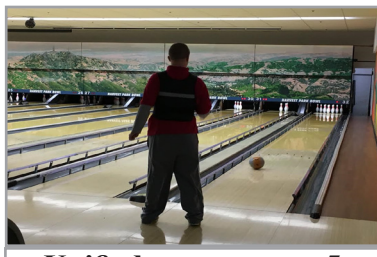




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2nd Place award-winner from the American Scholastic Press Association



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

The great compromise: district and teachers come to agreement



Liberty Education Association President Hillary Pedrotti speaks at a LUHSD board meeting.

Photo by Ruth Roberts, The Brentwood Press

By Sami Gibbs
Staff Writer

Disagreement upon disagreement. Argument upon argument. Protest upon protest. The LUHSD and Liberty Education Association (LEA) had come to a standstill on distribution of the extra money in the LUHSD funds until earlier this month. Teachers, administrators, parents and students came together to protest against the district's refusal to give raises of the requested amounts to the teachers from Liberty, Heritage, Freedom, Independence and La Paloma High Schools. According to records, the district's annual budget has increased over \$18 million in that last two years, exceeding the state

required minimal reserve of 3% by over 13.5%-18.6%. This calculates to a total of \$9.8 million per year that is not being spent but is reportedly going "to be of use over time". The Liberty Education Association was asking for a 12.5% raise, split up over a three year period. This percentage was based on cost of living increases over the past eight years. Due to stalled negotiations, teachers had been only working their contract hours. As a result, students were not able to receive help before school, after school or during lunch. Additionally, teachers were not chaperoning or attending school events, like dances. This had a prominent impact on student life. With anger towards the situation at the time, Liberty sopho-

more Brady Peterson exclaimed, "I find it difficult to keep up with some of my homework, and not being able to seek help from my teachers during lunch anymore has worsened the situation and my understanding of the subject." But, this all recently came to an end. On February 1, an email from LEA was sent out to the LUHSD staff and teachers with tentative changes: A salary increase of 5% beginning on July, 1 2015 and an additional increase of 2.5% beginning on July 1, 2016. Other possible advancements include a 5% extra duty pay schedule for club advisors and an annual stipend of \$750-\$1000 for those with a Master's Degree or a Doctorate Degree. There was a ratification meeting on February 4, 2016, where teachers and counselors voted on the proposals; they passed with about 90% voting "yes." Although the situation has been resolved, most would agree that teachers and other staff showed support and unity in many ways, such as the purple LEA shirts seen around campus. It seems that the motto most of the teachers had was that the least they could do was bring awareness and attention to the disagreement, and wanted to do so until a final agreement had been made in their favor.

Mr. Key, a primary advocate for the raise, could be seen wearing a 4XL Liberty Educators Association (LEA) shirt in support for the cause. For over two weeks, he had worn his shirt every day-without fail. When asked if he was ever going to change into his regular shirts, Key exclaimed, "Oh no! I will be wearing this shirt until the right decision has been made. I sometimes sleep in it too..." Mrs. Cailotto, a Liberty teacher, expressed her passion on the district's refusal to increase teacher salaries when she stated, "Nothing is more important to a student's success in the classroom than having talented teachers. Therefore, keeping and attracting high quality educators should be the number one priority." Another teacher, who has decided to remain anonymous, has the same opinion: "We have a lot of teachers who live far away and are pushed away because of financial differences. We are pushing talented teachers away because of low salaries." Perhaps the biggest supporters for the cause weren't the teachers. It has been shown through social media that students and parents value the hard work and compassion that our teachers show time and again. A student

from Heritage, with the username @TURNTIANNA, started a trend with tweeting #LUHSDTeachersAreAPriority. Students from all schools joined in with heartfelt compliments to specific teachers, meaningful "Thank You"s, and anger towards the LUHSD Board. In a recent calculation, over 200 tweets were made with hundreds more retweets and likes. Some postings include a Liberty student with the username @madiereppert tweeting "...they care and wake up earlier than most to make sure we all get a proper education." Additionally, @smelliott_id99 tweeted, "These are the people inspiring and guiding our future leaders. Don't let greed permeate pub. education." In response to the initiatives taken by students and parents, teachers have expressed how grateful and appreciative they are. Mrs. Cailotto exclaimed, "Knowing students and families appreciate all that we do, going above and beyond for our students, makes it all worthwhile." If you are interested in "going above and beyond" then attend a future LUHSD Board meeting, since most meetings are open to the public for anyone who feels the need to speak on subjects regarding education here at Liberty and throughout the school district.

Humans of Liberty

By Rachel Ueda
Staff Writer

Our campus is filled with unique individuals, however, it's easy for many of us to feel lost in the sea of people. That's why Kaily Bigely, a member of Liberty's Leadership, came up with the idea "Humans of Liberty". It's an account on Instagram that imitates the famous blog "Humans of New York" created by street photographer Brandon Stanton. His blog captures bits and pieces of the everyday lives that surround him. By documenting short stories and pictures about anyone and everyone that catches his eye, Stanton has broken up the monotonous rhythm of city life and turned it raw genuine art. The same idea is being applied to "Humans of Liberty". Kaily Bigely explains that although she had heard of "Humans of New York" what really inspired her was "Humans of Loara High School". She expressed that, "We just want real. We want to capture the essence of Liberty students and their different

personalities and backgrounds.". Right now, Kaily Bigely, Kyra Gallego, and Livvy Sanabria, or leadership's publicity commission, are searching for individuals who aren't often recognized on campus, but Bigely says they aren't opposed to coming up to random strangers and asking them questions, commenting, "I feel like it would make it really authentic". So far they have posted a story on one of our seniors, Hannah Richardson and the swim school she founded in Nicaragua. However, they do plan on posting one to two times a week once they get accustomed to the works of their new project. When asked if students are welcome to make suggestions on who should be featured next, Kaily responded with a very enthusiastic "yes, yes, yes!", and students or staff can contact them on Instagram or Twitter. Bigely believes that this project is very powerful and hopefully this spotlight will help acknowledge some of the amazing characters that make up our student body.



Sather Gate at UC Berkeley, the number one ranked public school in the United States, yet received a record number of applicants in 2015.

Photo courtesy of Dmkkd.wordpress.com

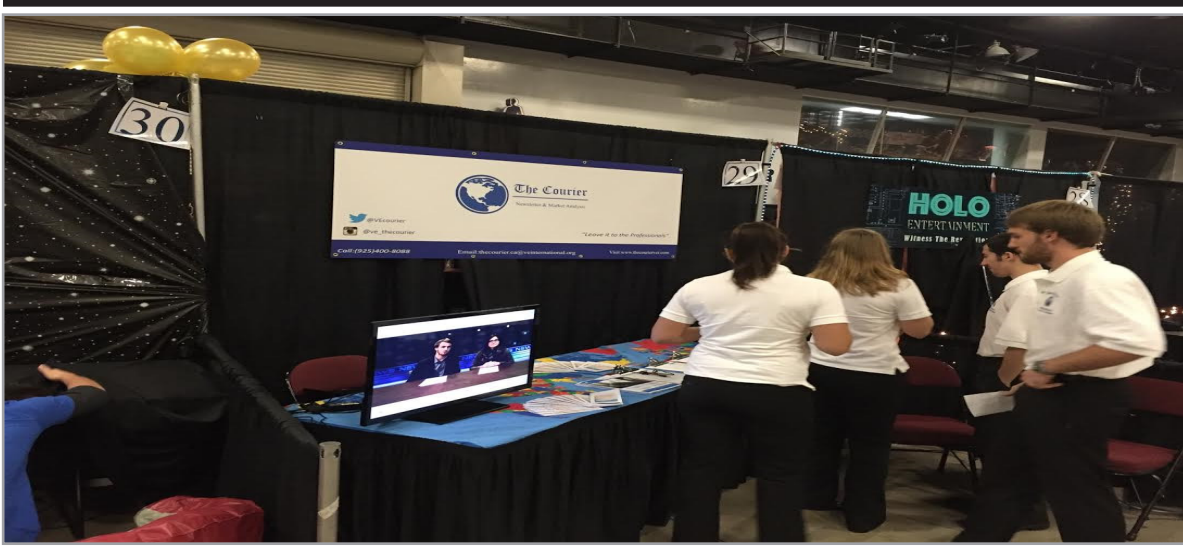
The best of the best: What UCs are seeking out more and more

By Matthew Cailotto
Staff Writer

The hours of study time may go up in high school. Not because of classes getting harder, but because the record number of UC applicants has been broken repeatedly for the past twelve years and continues to today. The number of UC applicants has risen 6.4 percent overall for 2016 as opposed to 2015. In the future, UC colleges are expecting roughly 5,000 more students in the fall of 2016. UC Berkeley has recently had a record number of over 100,000

applicants. But why study more? Since more students are applying to UC colleges, they will likely have to look elsewhere because of the large amount of competition for spots at the UC colleges. Competitive students will be going for spots at "less prestigious" schools, which overall makes open college spots in California more competitive. However, because of the large amount of applicants, UC's have agreed to add more available undergraduate spots by 2018. The problem with that is, where the UC colleges are going to put all of those new students. Undergraduates usually start their first

years of college living on campus. Abraham Oved asked, "Where are we going to put them?" UC campuses will have to create new dorms to be able to house an increased amount of undergraduate freshmen in the future. Not only will the number of dorms have to go up, but the amount of teachers and classrooms will have to go up as well, which will cost tons of money for the universities. One thing is certain: an increasing number of UC applicants is a good thing, since it shows that more students are striving to become more educationally successful.



The Courier in action at the Bakersfield trade show, trying their best to sell their product.

Photo by Troy Dias

Virtual Enterprise takes on the Bakersfield trade show

By Troy Dias
Staff Writer

There aren't many ways to experience what it's like to run a business without the risks and consequences of failure. However, there is a way for young entrepreneurs to experience the virtual simulation of a business that feels very real, called Virtual Enterprise. During this class, students create, design, develop, and manage a company. The money, aside from grants, is virtual and so are most products but the work the staff puts in is very real. Liberty has their own V.E. class with their own company called The Courier. The Courier is a newsletter subscription and market analysis that other companies can purchase to help make them more

successful. On January 13-15th The Courier's staff took a trip to Bakersfield for a trade show. This is the time that companies look forward to because they get to see all their hard work in action. During the trade show, companies set up booths displaying their companies and also compete against each other in friendly competition. It is also the time to sell their products to individuals of other companies. Beth Decker, the adviser of the class, said, "The best part of the trade show is getting to see all of the companies the hard work put into action." The Courier had a few complications, such as not signing up for all possible competition events due to paperwork errors.

They still managed to do exceptionally well for a first year company placing 5th for novice booths and an honorable mention in salesmanship. LHS senior Lindsey Heaney closed 25 sales at the trade show, three times more than the next best Courier salesman and the company made a total of \$24,000 in sales. The Courier will be attending another trade show in Oakland very soon. When asked what they would do to prepare for next trade show, Nathan Reinders, the CEO of The Courier, replied by saying, "All we have to do is refine what we've done so, polish it up a bit and add a little more flash to it which isn't hard to do." We wish them luck in their next upcoming trade show.

The grand grant of the Robotics Club

By Joseph Sanchez
Editor

Dreams were fulfilled when the robotics club was granted \$1000 from Lawrence Livermore National Security, LLC (LLNS) as part of their 2015 annual gift program, and everything changed for the LHS Robotics Club. "With that money we are registering for the FTC (First Tech Challenge), a national organization of robotics which hold competitions," said club advisor Mrs. Ruddick. Ruddick also says that they are going to get a TETRIX competition set, electronic modules, sensors, and a control and communication set. All of these will allow them to design and build their own robots which can sense and communicate with cell-phones and joysticks. For the FTC competition, they must create two robots which act as partners, that are able to gather balls which are mixed with blocks and then climb a ladder. At the top of the ladder they will have to dump the balls in various containers and the higher the container they put the balls in the higher the points. Next, their robot will have to push a button for additional prizes that were caught

and put into another bucket. All of this is done while being timed with others in the arena watching. Currently, the club is in their primary stages of the club: acquiring funding, organizing, getting ideas, and communicating. Mrs. Ruddick also says that the club is in the process of ordering parts. Now that this club has been granted \$1000, more people are joining and are more eager than ever. They have a paraprofessional, a counselor, Liberty's Tech expert, and are being mentored by the team at Heritage High School who has welcomed them to come by and shadow their process. For the future of the club, it needs members who will join this year and will be available for the next couple of years. "I would love to see freshmen because they would be available for three years, really forming the club and making it solid," Ruddick adds. She also explains that she really wants young leaders to come in and guarantee that the club continues, because currently most of the leaders are seniors who will be leaving. Whether it's the excitement, the now upcoming FTC, or becoming the next generation of robotics club, it's a really good time



All the hype around hover boards comes to a close as the new law of age comes to action. Photo courtesy of mashable.com

2016 and the laws that come with it

By Michaela Callahan
Copy Editor

From minimum wage, to the high school exit exams, things are changing for many teens all across California. No matter how one may feel about these laws, everyone must follow them. The most recent trend that is rolling across California, is the hoverboard. These laws have caused an immense amount of controversy everywhere. For that reason, taking effect on January 1st, 2016 there will be laws limiting teens from how much and how far they may ride them. From now on, in order to publically ride a hoverboard one must be at least sixteen years old and be wearing a helmet. Another rule, is that the hoverboard may not run faster than thirty-five miles per hour. If one operates this machine while under the influence, the fine will be \$250 dollars. Whenever the hoverboard batteries explode and you need to

replace it, you are in luck because another law taking effect on January 1st, 2016 was an increase to the minimum wage, increasing from \$9 dollars to \$10 dollars per hour. If you are having trouble figuring out how you are going to spend \$40 extra dollars a week, do not worry, because you will have extra time because you will not have to study for the High School Exit Exam. As the exam was only testing up to eighth grade math and up to tenth grade English, the state has mandated that the tests do not agree with the new Common Core standards. There is talk about making a high school exit exam implementing Common Core standards, however a test has not been made at this point. There are so many laws taking effect in 2016, that will change the lives of many Californians. Ignorance is not an excuse to not understand the new laws of 2016, it is important to know the laws and follow them, of course.

In memoriam: David Bowie

By Samuel Zehnpfennig
Staff Writer

With a sort of haunting finality, David Bowie's "Lazarus," which was released with the album Blackstar on January eighth (Bowie's birthday), begins with the line: "Look up here, I'm in heaven." Two days later, he died of brain cancer. David Bowie is often cited as being a "musical chameleon," adapting his style to musical trends at the time, but this moniker often undermines his influence of music. His impact on pop music has been undeniable, and his skills to turn his music into artistic pieces reflective of not only himself, but the culture of the time. David Bowie was born as David Jones in Brixton, London, back in 1947, and began playing the saxophone when he was 13. He later changed his name to Bowie, after Davy Jones from the Monkees became an international star. After his graduation he would play saxophone for several bands and release a few singles before releasing David Bowie after singing on with Dream records. Perhaps Bowie's prevalent theme of science fiction is indicative of how he always seemed ahead of his time. Nowhere is this more prevalent than in his persona of Ziggy Stardust. Having already made a name for himself with his self-titled debut album and The Man Who Sold the World, Bowie started doing Ziggy Stardust while promoting Hunky Dory. Ziggy was a "pre-fabricated" rock-star whom Bowie sold to his audience, to the point where the two became almost indistinguishable. Ziggy Stardust was, contrary to

popular conception, not an alien but a disciple of an alien who would be the salvation for a dying earth, whom Ziggy called the "Starman." Throughout the years, Bowie would do multiple other personalities. There was Aladdin Sane, who was a sort of reincarnation of Ziggy, and is widely recognized for his lightning bolt across his eye. The Thin White Duke was created out of Los Angeles, which reflected his growing paranoia resulting from a cocaine addiction. Afterwards Bowie moved to Berlin, where he sobered up and began doing the Man Who Fell to Earth, which was fitting that he played an alien among humans, considering he probably felt alienated during those first few months in Berlin. However, his multiple personas gave him a minor case of schizophrenia. This identity crisis would inspire (at least partially) his song

"The Man Who Sold the World." In the song, our narrator (presumably Bowie himself), encounters a sort of doppelganger, who is strongly implied to be a split personality of our narrator (exemplified when he changes the line from "I never lost control" to "We never lost control"). While the song was released with the album in 1970, it grew in significance following the literal death of Ziggy in 1972 and Bowie's ever changing identity. In the end, Bowie practically became his personas. In "Lazarus," we see him literally levitate off his bed as he gives one final performance. It's fitting that we, meaning the general public, have this image of his death: a great man levitating off his deathbed, instead of a dying old man. We're peering into his head to see the legend that he, and all of us, see him as. As he says in the song: "Ain't that just like me?"



Bowie admiring the audience during his Heathen tour in Chicago, 2008.

Photo by Adam Bielawski



The interior of a Tesla Model S Photo courtesy of <http://gearpatrol.com>

Cars that drive themselves but don't wreck themselves?

A look into self-driving vehicles

By Ian Sullivan
Copy Editor

Electric and hybrid cars are both widely thought to be the most modern cars on the road today. However, the past decade has been a veritable golden age for new car technology; particularly self-driving cars. While the Google self-driving car may be the most famous for driving around the streets of Mountain View, California and Austin, Texas, many other companies have jumped head first into the world of autonomous vehicles. Tesla, BMW, and Mercedes are just a few of the car companies that have been caught up in the race to create the first truly autonomous automobile. Self-driving cars, once thought to be in the realm of science fiction, may be closer than we thought. Tesla's CEO, Elon Musk, has claimed many times that he believes self-driving cars to be the future, and that they will be something that is normal in the future. "I think [autonomous driving]'s just going to become normal. Like an elevator. They used to have elevator operators, and then we developed some simple circuitry to have elevators just come to the floor that you're at, you just press the button." This is not just idle talk either; Tesla's new 7.0 software update has given its cars a form of advanced cruise control that- while not being completely autonomous- is a hefty

step forward for the auto industry. However, huge car companies are not the only ones creating the technology for self-driving cars. According to an article by John Brandon of Inc.com, Cruise Automation- a tech startup in San Francisco- has developed a sort of "eye" to put on the roof that has sensors all around its circumference and is connected to a computer in the trunk that controls everything that a human driver should. Brandon also points out something interesting about the safety concerns that have plagued the driverless car craze. "The system can think faster than any human, "sees" without blinking, never gets tired or irritable or intoxicated--and is never, ever tempted by a smartphone." However, a report from USA Today reports that driverless cars get into accidents about five times more compared to conventional ones. Yet these accidents have all been very minor and each has been because of a human error on the part of another car, this still is enough to put off some to the idea of having an autonomous car. The DMV has also cleared autonomous cars of wrongdoing in these accidents. So, is Elon Musk right? Will all cars be non-dependent on their drivers in twenty years? The general consensus from a number of sources is a resounding, yes.

The culture of Street racing in Brentwood

By Hanah Ingle
Staff Writer

Have you been hearing the roaring of engines, the "vroooms" screeching of car tires late at night? Well, if you haven't heard, the fad of street racing has hit the Brentwood area and police officers are not happy. Police officer Sgt. Mark Ormsby commented on the matter, "They're not only putting themselves at risk, but putting spectators at risk. If they lose control and veer into the crowd, now the spectators are in harm's way as well as the driver." Though police officers find this very dangerous and reckless, and they are not wrong, racers aren't ignorant about their sport and understand the dangers that come along with driving at such high speeds. "I will NOT race with someone in my car, no way, never," says street racer and Liberty High school student, who asked to be identified as T.G. "I know what I am doing is stupid, and I should be the only one to pay if something happens." When teen street racers were questioned about passengers beside them while racing they all had

the same answer. "I never drive stupid when I have a passenger in my car," says SM "Usually it's my girlfriend and I couldn't live with myself if I did something that got her killed." One experienced racer reported "the rules" every racer should go by to keep safe and to stay out of trouble: "Don't race on frequently busy streets, day or night, especially if there is a school in the area; If you want to act cool in front of your friends, you shouldn't be racing. If it's not your car, you shouldn't be racing it, and know your area...if you don't know the road or the area, you are asking for big trouble and, use common sense." But if drivers are caught while street racing there is a price to pay. A first offense of this crime could cost from a minimum of 500 to maximum 1000 dollars in fines; For a second offense, you will have to pay a fine and the court can order a period of impoundment or immobilization on your car; third, you will be charged with a first degree misdemeanor, you must pay the fine, your license will

be revoked for up to two years, a law enforcement agent may seize and attempt to forfeit your vehicle, and possible jail time. So why do they do it? "I race because it's a rush. I don't do drugs, so racing is my high for that moment," says Freedom student Z. Another aspect of racing is the cool cars. "They're definitely spending too much money on outfitting their cars," sighed a girlfriend of a street racer SM. When asking street racer Z about his car and other cars he has seen, he states, "Doing body jobs, superchargers, engine swaps, cold air intakes, exhaust systems, paint jobs, stuff like that is popular. Making the car look nice is pretty much essential in this game. The sky's the limit as to how much we spend on our cars, I've probably put about \$4,000 worth of "mods" into my car. At \$10,000, I've invested about 20% of the original cost back into the car. However, it is not uncommon to see kids dropping \$10,000-13,000 on high performance motors, suspension, and styling enhancements."

Winning the lottery: blessing or curse?

By Alondra Ibarra
Staff Writer

Your head is spinning and everything seems surreal. You have the winning numbers and everyone around you now seems to want to be your friend. A second ago, you were a middle class individual but now you are a millionaire. Lottery winners across the country experience these thoughts as their world changes drastically before their eyes. People may wonder where these winners are now. Are their lives perfect or have they fallen into pieces? For instance, Carmelo Mercado, who was one of the first firefighters to arrive at the scene where the Twin Towers, were bombed. retired because of illnesses related to the bombing. Three years later, Mercado went through a tough economic crisis but his luck turned around. Middle-aged Mercado bought a scratch-off ticket and won five million dollars. In-

stead of going wild and spending it all Mercado used his money to pay off all his debts and live a nice and calm life along with his family. Mercado confessed the *New York Post*, "I couldn't believe it, to be honest with you. I did not sleep for two days after it happened. My mind went totally blank." Winning the lottery for Mercado was like a reward for his service as firefighter, but for many other individuals, winning the lottery is a complete downfall. For example, William Post, who won around 16.2 million dollars in the Pennsylvania lottery in 1988, started out with debt long before buying himself an airplane and a restaurant with his winnings. Shortly after winning the lottery, Post's ex-girlfriend sued him and won a share of his winnings. If it wasn't bad enough for Post, his brother hired a hit man to kill him

in hopes of also getting a part of his money. Overall, William Post ended up with million dollars of debt and with a couple of years in prison for taking a shot at a bill collector. According to the *Washington Post*, William Post revealed the following: "Everybody dreams of winning money, but nobody realizes the nightmares that come out of the woodwork, or the problems." He later confessed, "I was much happier when I was broke." Over all, winning the lottery ended Now think to yourself: what would you do if you won the lottery would you change or continue living your life calmly? When LHS senior Sean O'Connell was asked, his response was that he would travel and invest his money. Again, no one is completely sure of what they would do if they won the lottery until it finally happens and neither do they know if they will end like Mercado or Post.

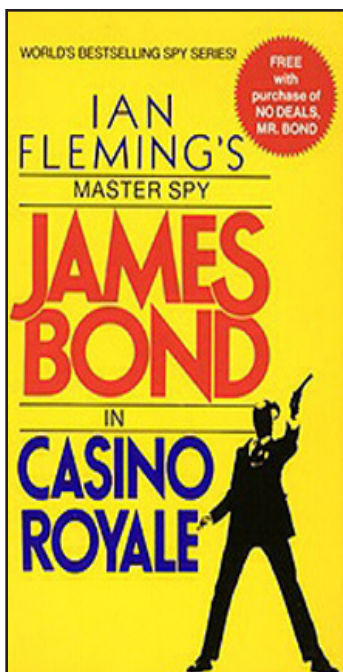


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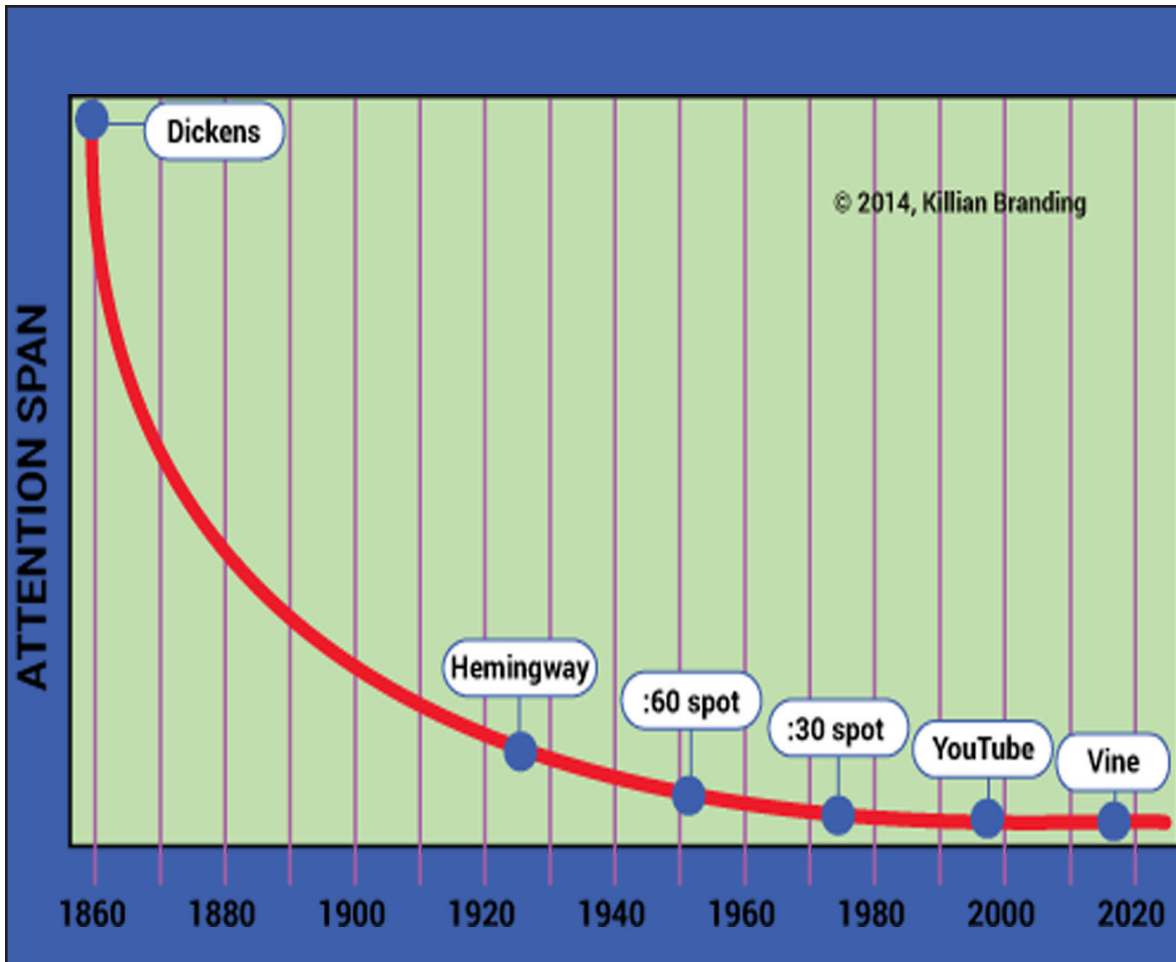
Movies that actually started as books

By Jayson Phoebus
Staff Writer

Everyone knows that one guy, that when you're talking about a movie, says "Oh the book was so much better than the movie." Whether or not you agree with them there is a common theme amongst movies made out of books. Usually the film falls short of the book for the fans of the novel, and those who haven't read the novel will say how great the film was. Most of the film adaptations of books are well known as such, however, there are many movies you probably didn't know were books first. Some titles like *Lord of the Rings*, *Harry Potter*, and *The Hunger*

Games are well known as books who were turned into blockbuster movies. However, movies like *Jurassic Park*, *Die Hard*, and the James Bond film *Casino Royale* overshadow their literary counterparts in a major way. The titles of the book and the movie are often the same; on the contrary, the famous movie *Die Hard*, was a book called *Nothing Lasts Forever* by Roderick Thorp, which breaks that pattern. With these movies, the special effects really bring the pages and paragraphs to life and the movies can often be great adaptations and draw in major amounts

of money. Which is probably why it's so popular to make the switch from a good book to a good movie. The three above listed movies all did quite well in the box office and the main cause of that is using the right parts of the book and using cinematic magic in just the right amounts. *James Bond: Casino Royale* did a great job turning the book, *007 Casino Royale* by Ian Fleming into the action thrilling movie with Daniel Craig playing the MI6 agent. Whatever the film industry has planned for making novel inspired films, as long as the quality is there, the fans will go.



As new technology evolves, attention spans continue to decrease.

Photo courtesy of www.killianbranding.com

Technology: destroying future generations

By Madison Trimble
Editor in Chief

Imagine: you walk into a grocery store and as you walk up and down the aisles to retrieve what you went there for, you realize you are surrounded by children on their parents' phone watching a movie or playing a game. Technology is now a distraction for parents to use on their children. While it may seem beneficial at the moment it is hurting their child more than helping. There are several effects of technological use in children including: unhealthy sleeping patterns, abnormal brain development, shorter attention span, radiation problems, and unusual behavior in society. Sleeping patterns are strongly affected through the use of technology, especially usage right before bedtime. The main cause of this is cognitive stimulation causing one to not be able to fall asleep easily and once they are asleep, they will not sleep well. According to *Power Down before Sleep* by Heather Hatfield, "As your brain revs up, its electrical activity increases and neurons start to race -- the exact opposite of what should be happening before sleep. A second reason has to do with your body: The physical act of responding to a video game or even an email makes your body tense," explains Rosekind." In addition to affected sleeping patterns, abnormal brain development is being caused due to the viewing of television in children before age two since their brains are still greatly developing. It is difficult for some adults to make sure they do not begin to think that what they are watching is their reality, imagine how children without fully developed brains must feel. The article "Why to avoid TV before age 2" by David L. Hill explains that "if 'you are what you eat,' then the brain is what it expe-

riences, and video entertainment is like mental junk food for babies and toddlers." He describes how children are programmed to learn through people interaction, like facial expressions, tone of voice, and even body language, but not a television screen which can negatively affect the brain development. Technology also causes children to have shorter attention spans. This is caused by children beginning to need instant gratification when finding whatever they want whenever they want. When this does not happen, they not only get frustrated but they stop paying attention to the situation as they find a distraction from the problem. "A recent study by Microsoft Corporation has found this digital lifestyle has made it difficult for us to stay focused, with the human attention span shortening from 12 seconds to eight seconds in more than a decade," according to Lizette Borrelli's "Human Attention Span Shortens To 8 Seconds Due To Digital Technology: 3 Ways To Stay Focused." If it only took about a decade for the attention span of people to drop four percent, it will be a mere four seconds by the time young children are in high school. While long term radiation from cellphones worries people of someday getting cancer, it has not been scientifically consistently proven at this point. That does not mean that it may not be causing cancer and it is advised that children have limited cell phone time to prevent this radiation beginning at an early age. At the moment, there is a lead to how non-ionizing radiation, (cell-phone radiation), can be harmful through heat. "A recent study showed that when people used a cell phone for 50 minutes, brain tissues on the same side of the head as the phone's antenna me-

tabolized more glucose than did tissues on the opposite side of the brain" (www.cancer.gov). Along with all the health issues that come along with the use of technology, many children cannot sufficiently participate in society because of the fact that they grew up glued to their cellphones and other technological devices. For example, children, including some in high school, cannot write in cursive, tie their shoes, nor read a clock unless it is digital. All people want is human interaction and students feel as though they get that through texting, blogging, etc. yet "people still feel alternated, or alone because they're not spending time with real people," Liberty High School teacher Mrs. MacDonald expresses. There are many problems in the educational aspect of children's lives due to the way they are growing up with technological advancements. Technology in school is not always better when it comes to understanding material. "E-books are absolutely dreadful," proclaims Mrs. MacDonald due to the fact that students cannot physically write notes which helps students remember what they learned due to muscle memory. E-books are great when it comes to outside of a school environment according to Mrs. MacDonald. While there are many downfalls to the use of technology in the development of children, there are of course some advantages. "The effects of technology on children are complicated, with both benefits and costs. Whether technology helps or hurts in the development of your children's thinking depends on what specific technology is used and how and what frequency it is used," Jim Taylor, writer for Psychology Today.

What's it like to transfer to a brand new school? Liberty students reflect

By Emily Lutes
Staff Writer

Imagine walking onto campus not knowing anyone or anywhere, with everyone being intimidating and loud. That is exactly how a new student at Liberty would probably feel when they walk onto campus for the first time. Being a new student is usually a hard and uncomfortable transition but those who undergo it always come through with friends and an amazing outcome. Conor Park, a senior at Liberty, reflects on his transition from Calasanctius College in Galway, Ireland to Liberty High School in Brentwood, California. He explains, "At first it was rough, not knowing anyone and having to make friends, it was weird because I was so close to my old friends and I had to start all over." Not only is making friends a hard transition but also the classes and new teachers can be a rough start because the lessons and teaching styles are not always the same in different school

districts. Conor explained that in Ireland the classes were very different because teachers were strict on phones and they also had to wear uniform. "Classes went from 9am to 4pm each day and there were 9 periods. We had small and big break, small break being after third period and a 50 minute break after 6th period." He concluded with, "Although the transition was hard and new I love my new life and I wouldn't want to change a thing." In conclusion, being a new student is something not everyone goes through but those who does end up going through it has to deal with a lot of stress but overall the experience is an eye opening one. New students learn to step out of their comfort zone and make a name for themselves and while doing so they are able to meet many new people and learn more about themselves, which is an uplifting experience.



Being the new kid in school can leave students feeling alone in the crowd.

Photo courtesy of <http://youthministry.com/flipping-missions/>

Summer's coming; Who's hiring?

By Cheyenne Hicks
Staff Writer

All of your friends want to go to the movies or go bowling, but you don't have money, and your parents are over giving you money. Now it's time to get a job, but where do you find a place to work? Being a teenager you're faced with new responsibilities, and jobs tend to be a good way to learn management skills, also a little cash never hurt anyone. In our general vicinity of Contra Costa County many jobs are hiring teenagers, as they are perceived as fresh faced and eager

to learn. Jobs in Brentwood include: T.J. Maxx, Krispy Kreme Doughnuts, and Home Depot. However in Discovery bay hiring is: CVS, Safeway, and Subway. And finally Oakley: Carl's Jr, Auto Zone, and Ace Hardware. There are many other jobs that are hiring and can be easily contacted through websites like, www.snagajob.com, and www.indeed.com. Keep your eyes peeled for jobs opening up near you, and don't miss out on the opportunity to benefit yourself financially.

Athletics

Air Jordan vs Chef Curry Can the Warriors beat the Bulls' all-time record?

By Jack Harris
Staff Writer

The Golden State Warriors are trying to strike gold this year as they try to beat the record of the 1996 Chicago Bulls for the most wins in a season. Twenty years ago, Michael Jordan, along with Scottie Pippen, led the 1996 Chicago Bulls to a 72-10 record and later went on to win the NBA Championship. No one would have ever thought that another team could surpass the 1996 Chicago Bulls as the best team ever...until now. Not even a year ago, the Golden State Warriors won their first championship in over forty years. This year they are trying to repeat the success they had last year. The Warriors started the year off with a 24-0 and ended the mid-season with a 40-4 record which

is the best in NBA history. Many people have said that this year the Warriors could end up as being the best team in NBA history. The 1996 Chicago Bulls are known as the best team ever led by the best NBA player ever, Michael Jordan. He led the Bulls to a 72-10 record and then helped win the championship. Other than Jordan, the Bulls had other key players such as Scottie Pippen and Dennis Rodman. The Bulls changed the way the NBA is played; teams would love to play slow and give the ball to the big man to score but that's not how the Bulls played; they were a fast, guard-heavy team. The Bulls were a great team overall with good shooters, big

men, solid defense, and maybe even the greatest player of all time. There are a lot of similarities between the Warriors and the Bulls; for example, Steve Kerr was a member of both the Bulls and Warriors when he was a player in the NBA. He played for the Bulls back then as a point guard known for his shooting and is now the head coach for the Warriors. They both started half way through the season 40-4. They both have all-defensive first team players in Dennis Rodman and Draymond Green. They also both have two of the greatest players in NBA history: Stephen Curry and Michael Jordan. So who would you choose as the best team ever, the Golden State Warriors or the Chicago Bulls?



The ultimate matchup: today's basketball superstar, Steph Curry, vs. Michael Jordan of the 1990's. Photo by espn.com



Unified Sports team member Jake McBride rolls for a strike at Harvest Park Bowl.

Photo by Ashley Gates

LHS Unified Sports: *the fast lane to a positive athletic experience*

By Nick Duarte
Staff Editor

Pins falling, your team behind you to support you at every second: these are the things that most Unified Sports students hear while bowling at Harvest Park Bowl this quarter. Here at Liberty, the Unified Sports program is well known, yet at the same time, not many people know exactly how it works. Unified Sports unifies students with and without disabilities through sports and whole-school involvement activities that provide them with the knowledge, experience, and skills necessary to create and sustain school communities that promote inclusion, acceptance, and respect for all students. All of this is amazing to know we have. This quarter, the students will be

focused on bowling. "The students love the program and the sports offered. In past years we only offered basketball and bowling. The addition of soccer was new this year and students really enjoyed it," said Ms. Gates, the director of the Unified Sports program at Liberty. Ms. Gates says that the students love the sports they get to learn and that the kids are there more for the teamwork and fun rather than the competition. Ms. Gates loves to be involved in the Unified Sports program and she stated that, "It not only helps raise awareness and build relationships between students with and without disabilities, it also allows students to feel like they are part of something very special, which they are."

Upcoming Events

Track:

March 9 vs Heritage (home)
April 6 vs Antioch (home)
April 13 vs Pittsburg (away)

Boys Tennis:

March 24 vs Freedom (home)
March 29 vs Heritage (away)
March 31 vs Antioch (away)

Swim & Dive:

March 11 vs Pittsburg (home)
April 7 vs Antioch (home)
April 13 vs Deer Valley (away)

Boys Golf:

March 3 vs Livermore (away)

Softball:

March 1 vs Bishop O'Dowd (home)
March 5 vs Tracy-West (home)
March 8 vs Foothill (home)

Boys Volleyball:

March 8 vs Mission San Jose (away)
March 29 vs Dougherty Valley (away)
April 5 vs Deer Valley (home)

Baseball:

March 1 vs College Park (away)
March 3 vs Clayton Valley (home)
March 15 vs De La Salle (away)

.....
 3rd Annual
Donkey Basketball:
Tournament
 Benefitting
Brentwood FFA
 Tomorrow, February
 27th
 at 6:30 pm
Stonebarger Gym
 Players include Mr. Carey,
 Mr. Stantz, Mrs. Kimbrell,
 and many more.
 Come see who will take
 home the Golden Donkey
 trophy!

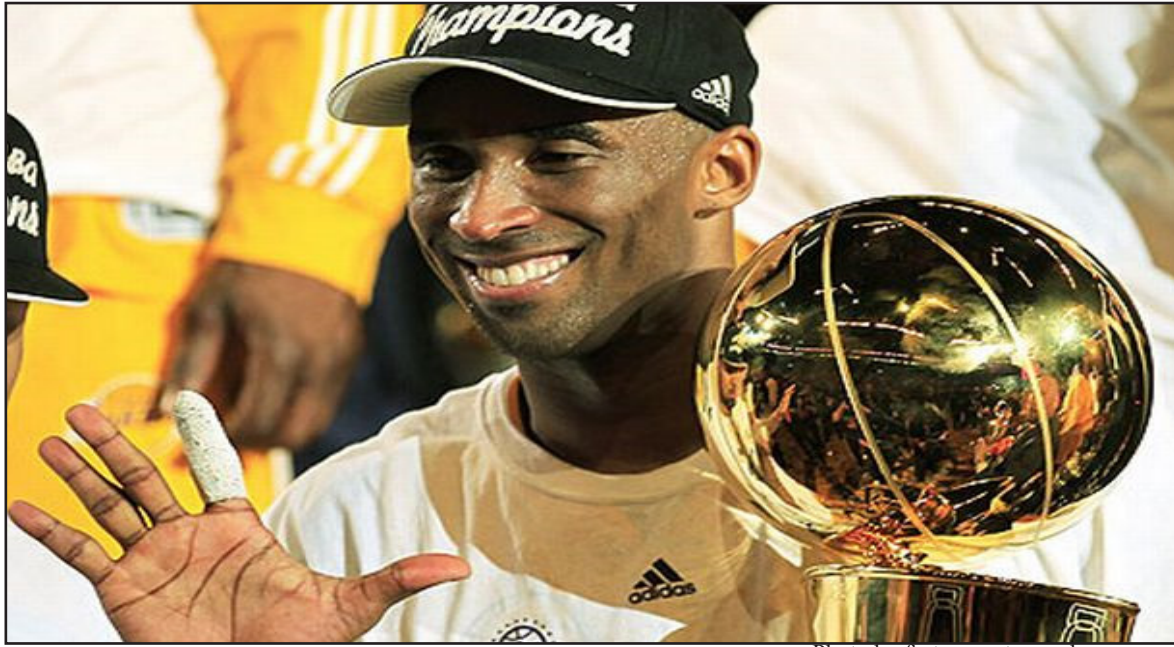


Photo by frotonsports.wordpress.com

Bye Bye Kobe

One of basketball's greats to retire at the end of this season

By Joshua Rush
Layout Editor

Getting 33,084 points, 1916 steals, and 635 blocks isn't luck; it's the skills that Kobe Bryant brought to the NBA in 1996. He has been a gift to the league ever since he was drafted 1st round 13th pick. He has worked his hardest day in and day out but it hasn't always gone his way. One of the reasons Kobe Bryant didn't retire earlier was because he injured his shoulder in the middle of last season and had to be out, due to surgery, for 9 months. All together, Kobe Bryant has had 20 injuries in his whole career and 3 surgeries. This shows that even through many injuries and obstacles, you can still have a great career.

Other sports writers say that Kobe should have retired earlier and others say he should not have retired yet. But Kyle Ruff, Liberty High School varsity basketball player states, "I feel that Kobe Bryant retired at the perfect time because he was able to have a perfect farewell season." Since Kobe is one of the best players to play in the NBA, he has been put into some tough spots in his career. He has been trusted to make last second shots, game-winning free throws and clutch passes where the needs weren't met. Another great player, Michael Jordan, once said, "I've missed more than

9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." Kobe has changed the way the NBA has been, being an inspiration to not just fans, but to other players. He has been in the league for 19 years and has broken NBA records. He was the youngest player to reach 30,000 points in his career. Kobe played every game like it was his last. He proved that even through injuries, you can still succeed.

For updates on the latest and greatest around campus, follow us on Twitter

@LHSLionsRoar

Athletic placement test

How do coaches decide who to place on JV and who to place on Varsity?



The varsity letter: the ultimate prize for aspiring athletes.

Photo by Kristina Busch

By Nicole Schaffer
Staff Writer

Losing a game, getting injured, and not being able to play in a rivalry game are athlete's worst nightmare, but playing all game, getting a scholarship, and playing on a national team are an athlete's dream. Before achieving any of these dreams, one goal that one must achieve is making varsity for the school, but what is considered when placing an athlete on JV or Varsity? "Well, coaches consider many things when choosing athlete's to be on JV or Varsity, but some are skill, effort, care, attitude, and grades," pointed out Mr. Cunningham. Coaches may not consider all of those factors, but what they have to consider is that seniors cannot play on JV.

Even if a player makes JV or Varsity, the player can still play with either team. It is on a week-to-week bases, which means one week a varsity player can guest play with JV or visa versa. Coaches do keep records, so they do know if anything goes on including parent or student conversations with a coach. Some coaches do have trouble or pressure with parents, but it does not change a coach's decision. Most coaches give athlete's an equal chance to make either team. As a result, not all coaches follow the same guideline when considering whether an athlete should be on JV or Varsity; but most do consider skill, effort, care, attitude and grades.

Let's get physical: new PE electives coming next year

By Emily Muniz
Staff Writer

To graduate, a student must complete two years of physical education, but that doesn't mean that one simply stops performing physical actions after that. Liberty High School currently offers five classes,

other than physical education, to students wanting to stay fit and healthy. Recently, Liberty has announced that four more classes will be offered. "Advanced athletic training" is open to 10-12 graders, but it's designed for varsity athletes. As described by Mr. Stantz, "It's a highly intense training class. The base training is dedicated in aiding balance, agility, and stamina. Mr. Stantz will be the instructor. In addition, Mr. Stantz is also starting up another class called "Team Sports" open to grades 10-12. "This class is for the team oriented student. Team sports will include, but not limited to, soccer, volleyball, football, baseball, and softball," according to Stantz.

The third class will be put into motion by Ms. Gonzalez. "Fitness in Motion" will incorporate kickboxing, rope work, cardio, core strengthening, and resistance band work. This class will benefit any 10-12 grade students who are interested in various strength training exercises. Finally, Basketball Techniques and Tactics is the fourth new offering for next year, headed up by Mr. Heinz. Anyone in 10th-12th grade can sign up. More on current fitness classes offered at Liberty can be found in the course catalog, or online at www.libertyunionschoolwires.net.



During 5th period PE, sophomore Lily Awohi serves up some heat.

Photo by Emily Muniz

Athletic Spotlight:

Liberty's wrestler Bryar Edwards

By Brady Peterson
Staff Writer



The LHS wrestling team is not the end of the line for this athlete's career.

Photo by Kristina Busch

Speed, strength, quickness, stamina, mental toughness, and confidence are some of the attributes that you need to have to be a great wrestler. Liberty High School's wrestler, Bryar Edwards, uses these attributes when he is at his wrestling matches. "I got inspired to wrestle because I could not play any ball oriented sports because I had a problem with my cornea; so I was interested in combat sports such as wrestling," Edwards explained. He plans to attend the Air Force Academy and wrestle there when high school is over. Edwards said, "For wrestling, my diet is eating lean meat, fruit, vegetables, and a lot of water. I cannot drink any soda throughout the week." Edwards explained that for his

pre-game ritual, he likes to bounce around and pace back and forth to loosen himself up before his matches. Edwards also illustrated, "I like to stand off on the side and watch the other wrestlers wrestle and really just focus in to prepare myself for my matches." Edwards gains his confidence for his matches by just knowing that he gets the opportunity to go out and wrestle every single day. This is Edwards' tenth year of wrestling and he wants to continue in this sport that he has been dedicated to for all these years. Overall, Edwards has faced adversity in his life because he wasn't able to play all the sports other kids were able to play, but he found a different passion and enjoys the opportunity at hand.

Opinion

Get Trumped

By Sean O'Connell
Editor

Donald Trump: the man, the myth, the legend. A presidential candidate whose name can make some cry tears of joy or just cry in general. You can't deny his economical prowess; he is a billionaire and there are only 1,645 billionaires out of a world of 7 billion. Anything Donald Trump does causes the media to chastise him, most of the time for good reason, but sometimes he doesn't deserve the criticism. People don't like him because he is brash, slightly racist, has affection for walls, and his hair. What is amazing is that it sounds like no one will vote for him, yet he

leads the polls. He is the complete opposite of a politician and all of the other candidates say that if he becomes president we are screwed. But talking about him even badly is not hurting; any press is good press and his name is in the back of everyone's mind. When voters are at the polls he'll get votes from people who believe he is the best candidate. People who don't know much about the election are voting for the name they recognize, or vote for him jokingly. Donald Trump makes good move after good move and is doing better in the polls for many reasons, we only wonder if he can keep the Trump train rolling or if it will hit a wall.



Photo courtesy of nbcnews.com

The Lion's Café A taste of Doré Bakery

By Daja Zuniga
Staff Writer

If you want the experience of an afternoon lunch in France you should check out this place. It's a place that sells, pastries, cookies and little tarts; it's called Doré Bakery. Doré, which is French for golden, lives up to its name, making great pastries for a great price. I arrived at Doré on a Wednesday afternoon; it seemed like I just walked into to an actual bakery in France. The smell of croissants and sweet tarts filled my nose. My first sight was a bright display of colorful and delicious looking pastries. I was

quickly and kindly greeted by a young woman who took my order. I ordered a turkey pesto panini, a chocolate croissant, and a cup of coffee. I was given the croissant right away and I couldn't help but eat it while she was making my panini; it was golden and flakey, the chocolate inside just melted in my mouth as soon as I took the first bite. I patiently waited for my turkey pesto panini and it was worth the wait; the bread was nice and crunchy yet the inside was delicious and creamy. My overall experience was amazing and I only spent a little over ten dollars.

The Boy Review

By Madison Fagundes
Staff Writer

As children, our worst nightmare was that our toys would come to life, but what if it actually happened? In the new movie, *The Boy*, Greta Evans (Lauren Conan) is on the run from her past. In a desperate need for money, she takes on a job as a nanny for the Heelshires, but the job takes an odd turn when the child turns out to be a doll... or is it? After many strange encounters with a supposedly possessed doll, Greta and her new friend Malcolm (Rupert Evans) discover that

there was never a haunted doll, but a much more sinister being. As compelling as this movie was, it wasn't what I would consider a 'horror film'. It had very few jump scares, and a lot of details didn't add up. For example, the set of rules for the doll version of Brahms was completely unnecessary, and made the plot twist much more confusing. However, the acting was spectacular, and made the viewers feel like they were in the movie with them. Although this movie has its downfalls, it is definitely a must-see for anyone who likes to be scared.

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.



Photo Courtesy of The LA Times

#OscarsSoWhite:

The controversy over this year's Oscar award ceremony

By Alec Douglas
Staff Writer

The Academy Awards, also known as the Oscars, was established in the year 1929 to award actors and filmmakers in their cinematic achievements each year. In 2015, the Oscars attracted controversy for its lack of diversity in their nominations. Current president Cheryl Boone Isaacs, a black woman, said that they will try harder to diversify their nominations. On a January morning, the 2016 nominations were announced; history repeated itself and the hashtag #Oscarssowhite was once again trending stronger than last year. Celebrities such as Jada Pinkett-Smith, George Clooney, Matt Damon, Spike Lee and Reese Witherspoon showed their disappointment in the lack of diversity while Fox News reporter/actress Stacey Dash and Presidential candidate Donald Trump are defending the Academy's nominations by saying that "White people don't even get nominated for BET Awards". Now black actors are calling for a boycott and for this years Oscars host, Chris Rock, to step down. Does the Academy give equal attention to people of color as much as they do Caucasian people in the film industry? The Academy of Motion Picture Arts and Sciences consist of 6,000 academy members, 94% being white, 77% male, 23% female, 2% black, 2% Latino and .5% asians/natives combined with the average age of these voters being 63. To put this in perspective, the academy is whiter than the state of Utah, Nebraska, and Montana. Out of 2,947 Oscars awarded, only 31 of them have been given to black actors and filmmakers including Denzel Washington (twice), Halle Berry, Morgan Freeman and Jamie Foxx (who was nominated in 2004 for both best actor and supporting actor). The BET awards have a better track record of nominating white people than the Oscars do with black actors in the past decade with

Eminem, Justin Timberlake, Sam Smith and Macklemore getting nominations and even wins while Sandra Bullock won an NCAACP award for the *Blind Side* (Sorry Mr. Trump, but your ignorant comment was wrong). The Academy is not racist but there is an obvious problem with the lack of diversity in the voters. Not just the color of their skin, but with most of them being much older than the average moviegoer. There's a bit of a detachment from the modern world we live in now. Having more Black, Mexican, Asian and female voters could help bring more unique and diverse nominations to the table than that of a 63 year old white male. The hashtag is not just bringing awareness to the lack of people of color being nominated, it is bringing awareness to a much larger diversity problem in the film industry as a whole, not just the Oscars. After seeing all the films nominated for best picture, I think that they are pretty much all deserving of their nominations, but there are probably one or two films that felt like they were made just to win an Oscar instead of being a great film. There were three great films that were snubbed from Oscar nominations; the films were *Straight Outta Compton*, *Creed* and *Beasts of No Nation*. *Compton*, being based on the true story of the influential rap group NWA, *Creed* being a sequel/spinoff to the *Rocky* franchise and *Beasts* being based on true events in West Africa. These films were critically praised and felt as if they were going to get nominations at the award show but *Creed* only got nominated for best supporting actor (Sylvester Stallone) and *Compton* being nominated for its screenplay (written by a white male and female). Not to say these talented people didn't deserve the nominations, but it seems to be that the academy forgot to acknowledge that both of these films were fanatically directed by F. Gary Gray (*Compton*) and Ryan Coogler (*Creed*) while also having great dramatic performances from Jason Mitchell (Eazy-E in *Compton*) and Michael B. Jordan (*Creed*). Now just because these

actors and directors are black doesn't mean they should be nominated, if that were the case then Kevin Hart would be nominated for every movie he's in (The guy plays the same character in every movie he stars in), but these filmmakers and actors showed great talent and put much needed heart into their films to tell an emotionally compelling story. This not only goes for black actors and filmmakers, but for people of different race and gender in filmmaking that love making movies just because of the passion they have for it. A person I know said "Black community leaders should focus on getting black people educated so they can compete with whites and get the jobs based on talent, not color of skin". As a black filmmaker myself, you don't need an education to make a movie. Anybody could make a movie. It just takes hard work, an imagination, and patience to make it actually worthwhile to watch. I'm still in high school and I've won awards for my films that are very low budget and are based on techniques I've seen on Youtube videos and movies I've grown up with. The film festivals I've submitted my films into only know my name and nothing about the color of my skin so I guess I must stand out to them in some way, right? Directors like Quentin Tarantino (*Pulp Fiction*) and James Cameron (*Avatar*) didn't go to film school and they won Oscars for films that are called some of the best ever made. Although it seems as if diversity in movies are lacking, film like the latest *Star Wars* give more hope for future movies. Casting a female actress, a black actor and a Guatemalan actor as the leads of the biggest film franchise of all time really speaks a lot for characters, such as Finn and Poe, that were written without a specific race. The actors weren't chosen because of skin color but because they had the talent Disney was looking for to lead the franchise for a new generation. Considering the characters were highly praised in the film, I think we are getting closer to having more diversity in movies.

Seniors:

FAFSA deadline is March 2nd!

Need help?

See Mr. Ehret or Mrs. Norwood-Smith in the Career Center

Opinion



Brad Young



Kristy D'Almada-Remedios



Robert Taylor



Wendy Tinoco

Opinion Poll: The above freshmen were asked... *Do you feel ready for sophomore year?*

By Giovanni Martinez
and Troy Dias
Staff Writers

As it gets closer to the end of 2015-2016 school year, it's also almost time for freshmen to start picking classes for their sophomore year. Since it's almost time for freshmen to become sophomores, my fellow classmate Troy Dias and I, Giovanni Martinez, asked several freshmen how they feel about their upcoming sophomore year. Wendy Tinoco said she is "Not ready" for her sophomore year. She's not ready for her sophomore year because during her freshmen year she picked up a bad habit of procrastinating towards her school work. However, she also said she wants to take AP biology her sophomore year because she finds learning about genes very interesting. Also, she would like to join the TLC Academy for she would like to become a teacher someday. Brady Young said he is ready for his sophomore year. He's ready because he's been in school for so long

that he's got the hang of it, and also he got used to Liberty High School so it's pretty easy for him now. The classes he plans to take his sophomore year are Sociology, and Literary Analysis through Film. Keeping with the same pattern, Kirsty D'Almada Remedios said she thinks she's ready for her sophomore year as well. She thinks she's ready because she is used to being under pressure from taking very advanced classes and she's always busy so she feels ready for it. She plans to take AP Psychology, Pre Calculus and Intermediate Art. Robert Taylor also said he feels he is ready for his sophomore year. He feels ready for it because he plans to take Strength and Fitness and 3-D design. Many of the freshmen spoken to gave credit to Lion's Crew and their teachers for helping them adjust to life in high school.

He said, she said:

The male vs female perspective

Our writers sound off on how guys and girls view Valentine's Day

By Ryan Frerking-Ramos
Staff Writer

In an all-time classic "Wonderful Tonight" by Eric Clapton the opening lyrics are, "It's late in the evening; she's wondering what clothes to wear. She puts on her make-up and brushes her long blonde hair. And then she asks me, "Do I look all right?" And I say, "Yes, you look wonderful tonight." This is how some people both male and female picture their perfect date whether it's the first or the hundredth. However, all that can disappear once a year on the fourteenth of February. Valentine's Day is nothing but a Hallmark holiday because things that day are expected, but wouldn't it be more pleasant and appreciated as a surprise any other day? The day puts a strain of relationships and is nothing, but a cash cow for florists and big corporations. Love isn't a total bite though, it can blossom. I'm not in a relationship at the moment, but I have grown up around many successful ones. In my house, there is quite an age gap between my mom and stepdad, but at the end of the day they look at each other like it is love at first sight. They've been married for 10 years and together for a total of 13 years. The unfortunate reality is, not all relationships are suc-

cessful. Although, I believe in love and that there is everyone out there for somebody. I believe in love at first sight and that somebody's soul mate is waiting. It may sound weird because I am only in high school and you may be thinking I don't know what I am talking about. Everyone has opinions, but people also have hope and faith. I choose to hang in there and stay positive. In 2015, the average person who celebrated Valentine's Day spent \$142 on that special someone according to the National Retail Federation. With expectations so high, it makes it stressful. Anytime of any year you can give the gift of love in any form. Why should we ruin that affection on one day? I'm not saying you shouldn't do something nice, but keep in balance. Love everyday like its Valentine's Day. If you choose to celebrate, make it come from the heart instead of the internet. Get to know your significant other. Whether cupid shoots his arrows or the hallmark holiday brings havoc, I believe in love. It is all around and everyone deserves it. Don't limit it to one day a year, but make it span over all 365 days. Do what your heart desires and have a good one.

By Meghan Frasier
Staff Writer

Chocolate, tears, and loneliness. What do these things have in common? Some people may think of a breakup, but most girl's minds fly directly to Valentine's Day. Sure, this day of love and relationships is nice in the Hallmark cards, but only when you have a significant other to share it with. It definitely has its pros and cons. If you have a special someone to spend it with, Valentine's Day may very well be your favorite holiday. You can go to dinner, wear your favorite outfit, and exchange gifts with your boyfriend/girlfriend. While deciding on the perfect gift for your Valentine, it's always worth it when you see how much they love it. My favorite part about spending Valentine's Day with someone is picking out a stunning

outfit and planning flashy, glamorous makeup to really wow your date. But Valentine's Day isn't always hearts and flowers. Sometimes it's a really depressing holiday for people who don't have anyone to share it with. Personally, if I don't have a special someone to spend the day with, I grab a group of friends and go do something fun! You could all dress super cute and go catch that new action movie, or totally veg out and stay at home with that 90's chick flick you've been wanting to see. Valentine's Day doesn't have to be about an inseparable couple, it can also be about a loving friendship. No matter what your Facebook status is, just make the best out of the day and have fun!

Not so typical teenagers

As teenagers, we are aware of what adults have to say about us. It is no secret we are thought of as lazy, disrespectful, delinquents. We may be at times, just like anyone else, but it's not fair to have those negative labels stamped on our foreheads. When our parents were adolescents, the world was a little bit different. For one, kids weren't as overprotected. Parents didn't have total accessibility to their kids like they do today with the use of cell phones. Instead, teens would have to rely on themselves when out and about, which helped create a sense of confidence. Teens at that time also had less to stress over. A teenager could get a part time job at minimum wage and be able to pay for college. Today, a teen would have to work full time, and will spend a great deal of their life paying off student loans. On top of that, it was much easier for our parents to get jobs. Now, the playing field is much more competitive. Today, many businesses will not hire teenagers because of their lack of maturity, availability and experience. But not every teenager is a bad student or unreliable. We are expected to deal with life-changing decisions and responsibilities, yet these labels are attached to us without anyone giving it a second thought. These generalizations need to stop. Being young, adults say we don't have the right to question authority and we have to respect our elders. So, we respect adults, but they get to disrespect us by labeling and stereotyping us as a group? Adults say all teens are lazy, addicted to technology, and can't communicate face to face. However, no two people are the same. We just want to be seen as individuals. In a perfect world, every teen would be treated respectfully 100% of the time. They would also do all their homework and never miss curfew. We all know this dream, although nice, is very unrealistic. Teens are not adults, so they shouldn't necessarily be treated just like them; however, teens shouldn't be treated as children, either. All we ask is that adults understand how our world is changing and treat us like actual people, not delinquents who will never graduate. A long time ago, adults were teenagers, and someday, teenagers will be adults. If people were to just remember what it was like during their teenage years, they might be a little more accepting. We know our parents aren't here to ruin our lives and, believe it or not, we're not here to ruin everything for adults too.

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