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The voice of
Liberty High School
students



The Lion's Roar

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

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Which president will preside?

The first female president, the third President Bush, or maybe even the first independent?

By Richard Montalvo
Editor

Rev up your DVRs and tape up your mailbox, the 2016 elections are rapidly approaching us. This election, so far it seems like there is a wide range of candidates from all across the spectrum, from Jeb Bush to Hillary Clinton, Rand Paul to Bernie Sanders, and much, much more. With all of these names out there, however, one has to wonder where they stand and who could best represent America. Hilary Clinton, who was Bill Clinton's first lady from 1993 to 2001, is a woman's rights activist and, if elected, the US's first female president. She headed the Task Force on National Health Care Reform during her husband's presidency, but the group didn't produce anything beyond a complicated plan that was abandoned on September 1994. Jeb Bush, son of George H. W. Bush and brother of George W. Bush, became governor of Florida in 1998 until 2007 and started considering presidency in December 2014. He is known for



Many want to be the 45th president. Only one will succeed.

Photo courtesy of nytimes.com

his work on Florida's educational system, efforts to protect the environment, and improvements to Florida's economy. Bernie Sanders, an Independent party senator from Vermont, has been described by U.S. News as "the real thing", comparing his talks about redistribution of wealth, a single-payer health care system, and more to a siren song. "There's no denying the lure of that." These are just a few out of the

many, many candidates running for the highest spot of power in the US. They all seem to have their perks and downfalls, and, of course, their own ideas on how the country should be run. Some of them have even been involved in scandals and have been featured in a decent share of criticism. Hilary Clinton, for example, has been under fire due to allegedly sending official E-mails from her personal E-mail account in

a scandal dubbed "Emailgate" (of course), and has been ridiculed for her simplistic campaign logo. "So what lucky 3rd grader on the Design the Hilary Clinton Campaign Logo contest?", ponders a user on Twitter. Rand Paul has been under fire due to a rather unfortunate choice of words he made regarding disability insurance, and was caught plagiarizing within a book he wrote and within multiple speeches of his. Jeb Bush has

been in his own fair share of scandals, usually involving family matters. Bernie Sanders has been criticized for how he responded to the VA whistle-blowing scandal, seeming to defend the system. And the list goes on and on and on. With all of this baggage, it seems like it'd be pretty difficult to choose someone who deserves to run this country, but many seem to already have made their decisions. Sam Coleridge, a student, notes that Bernie Sanders would make a great president because he would be "the first independent party president, [and] he has ideals that help the working class and to better America." Some even jokingly say that Kanye West should be president, as Mikaela Calios, another student notes. Not everyone has an idea, though, such as Wayde Musgrove states. "There's not enough information yet to make an educated decision." It's difficult to say who should be president. All one can do is hope that whoever does become president helps this country instead of hinders it.

Ditch senior ditch day?

The impact on the school that many do not think about

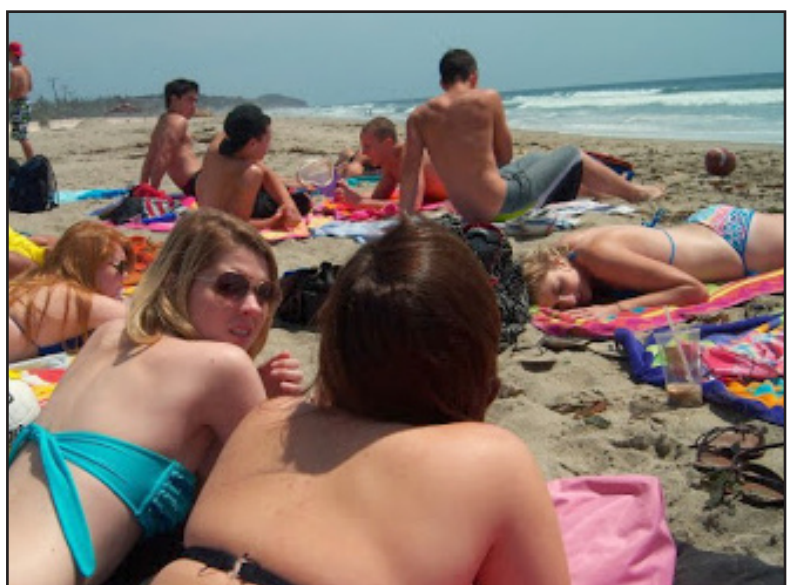
By Madison Trimble
Editor

Senior ditch day is all fun and games - until the school loses money. Getting away from school

If the entire senior class ditched, the school would lose \$6,914.86, which would pay for...
203
trips to Santa Cruz and back
432
IMAX movie tickets
769
Netflix subscriptions
1,824
bags of Doritos
13,829
Jack-in-the-Box tacos

for a day is probably a relief for each student, but what doesn't cross their minds is how each individual senior contributes to the revenue the school receives. Seniors effect this revenue because they each have their own ADA, which is defined as Average Daily Attendance revenue. ADA is calculated by the number of days of school a particular student attends divided by the total number of school days that year. This number is then multiplied by a particular amount of money, differentiated by state, which then results in the total ADA for that student. The average ADA at Liberty High Schools is \$2,322.65 per student per year. "This is a lot of money missed out when seniors ditch," began Mr. Morris. He noted how parents not only allow this kind of behavior, but encourage it. The loss in money effects the school in a negative manner because now there isn't as much money for items such as books and photocopies. There are already limitations to

the amount of copies teachers are allowed to make due to financial issues. Also, many of the textbooks are falling apart more every time they are opened up. But each senior takes away from the money that could be put towards the remedies of these problems. Furthermore, the salaries of teachers are influenced by the yearly ADA and, since senior ditch day lowers this average, money is being taken away from teachers who don't deserve it. Liberty senior Rubi Mena stated, "I am aware of the money loss, but it's been a tradition for so long that the school should already be prepared for such money loss. It happens every year so it's not like it's a surprise." It is evident that even though students are aware that senior ditch day effects school revenue, senior ditch day is a tradition that most likely will continue. The school is accommodating these seniors for them to just not show up. Money is put into these seniors on a daily basis and the seniors bring money to the school



A typical senior ditch day scene in California.

Photo courtesy of jesialex.blogspot.com

when they attend. When seniors show up, they are paying for their own necessities in a sense, but when they ditch for a tradition, the school is wasting their money. In addition to the loss of revenue, senior ditch day can put students at risk. Mr. Morris explained how "school is a safe place" and when students attend school their parents can relax knowing their child is safe. Once the student

has ditched, they are no longer safe and are at risk of danger. Even though senior ditch day is a long held tradition, it does negatively impact the school more than most students probably assume and also may put their own wellbeing at risk. Therefore, this tradition should really be thought about and analyzed before students decide whether or not it is worth this negative effect they are causing.

Cornfest cancelled, causing cheerless children



Families of all sizes loved the rides and Kids Zone at Cornfest, which was cancelled both last year and this year so far.

Photo courtesy of Ashley Ann

By Emily Lutes
Staff Writer

Cornfest has been a Brentwood tradition since 1991. However in 2013, it was canceled, changing the summer for all of Brentwood residents. Cornfest was an annual 3 day summer festival which consisted of rides, vendors, fireworks, delicious local foods, and created many loving family memories and traditions. The Cornfest usually took place the weekend after the Fourth of July. Each year, Cornfest had over 40,000 people attending the event. In 2012, a Guinness World

record was broken for the most ears of corn being husked at the same time, in one place. Over 650 people participated in the event to put Brentwood on the map again. Since this festival has been ended parents, teens, and children have felt a piece missing. John Limas, a sophomore at Liberty shared, "I miss Cornfest because Brentwood is boring without it. Cornfest is what really brought the community together and Brentwood isn't the same without it" Cornfest was canceled because of the loss of profits it experienced during its last two years. In 2013, the amount of people who attended

Cornfest dropped by 40% and the festival lost about \$40,000 in income. The main purpose of Cornfest was to raise money and split it with non-profit organizations. With an event that had over 800 hours of planning put into it with a large amount of lost income, it was not realistic to continue. The Chamber of Commerce letter from 2013 announced that Cornfest was being canceled in 2014 stated that "In order to distribute money to local organizations, Cornfest must bring in more money than the costs to put on the event. This year, that did not happen. In fact, this is the 2nd year in the last 4 years where

expenses exceeded income. After careful consideration and agonizing dialogue, the Cornfest board has determined that there will be no Cornfest in Brentwood for 2014." As of now, the future of Cornfest is unknown. If there is more funding for the event and more volunteers, there may be another event in the future. In the meantime, however, Brentwood has started other events to take place of Cornfest such as "Taste of Brentwood", which is in May. The Taste of Brentwood is a scavenger hunt to visit different restaurants in Brentwood to be put in a drawing for \$100. Last year, another event to take place of

Cornfest was the Harvest Festival. The Harvest Festival was a free, smaller scale event that consisted of music, food and a kids zone. "Cornfest was a great way to get outside and have fun with the entire community and there aren't a lot of events where you can do that," shared Calista Nelson, a sophomore at Liberty. After speaking to many Liberty students, it is extremely obvious that the student body misses Cornfest. Every student interviewed has gone to Cornfest at least once. Cornfest will be missed but never forgotten.

Ah-choosing the right allergy treatment for you

By Ryan Frerking-Ramos
Senior Staff Writer

Red, rubbing, and runny... these are the three irritating "R's" when dealing with allergies, but thank goodness there is one "R" that can defeat them: remedies. There are many types of remedies when dealing with the seasonal symptoms. Some people like home remedies because they have been passed down by generations and are cheaper than running to the store to get over the counter medications. However, if those fail sufferers most likely will be going to over the counter medications, which can be helpful too. Ultimately, if all of those don't work because a person's allergies are so bad they look like they did thirty rounds with Rhonda Rousey or Floyd Mayweather, their best option is to consult a doctor immediately. Many home remedies have become very popular over the years and

can be a first step in allergy relief. A favored home remedy in the Brentwood-Oakley area is their local honey. They say, "A spoon a day will keep the sneezing away". The honey is available at most fruit stands along Walnut Street near Marsh Creek Road and Camino Tassajara heading toward Vasco Road. It can also be found at Health Nut at 161 Chesnut Street in downtown Brentwood. If those household theories aren't their forte or don't work for the sufferer, then the next sense of relief would be over the counter medications. There are many types that have come out for this purpose like Zyrtec, Claritin, and Allegra. These are available at a neighborhood CVS or Walgreens store. If people are not sure which one to get they'll need to ask a pharmacist for help. Most important of all, if the allergies won't let up after trying these, then they need to consult your doctor.

"An allergy is the immune system's response to a foreign substance that's not typically harmful to your body. These foreign substances are called allergens. They can include certain foods, pollen, or pet dander. They elicit a response from your immune system," informs George Krucik, MD, MBA in an article with healthline.com. Many doctors will advise and explain to the patient what their individual case is. After, they can prescribe accordingly if needed. Allergies are a real pain and can be a hassle through the spring and summer time. Thankfully, there are many types of remedies that can help and if they don't a doctor should be contacted. Looking like they've done thirty rounds with some of the greatest modern day MMA fighters is no way to spend the day. Show allergies who's the boss and may they not aaaa-choose you.



Some over the counter medications can help fight allergy symptoms.

Photo by Ryan Frerking-Ramos

Growing the small-town farming business through cloud technology

By Joseph Sanchez
Staff Writer

Companies such as Yahoo, Steam, and Apple are the modern day magicians: one second they're in a garage then the next they're in an office complex, and just like a magic trick we wonder how it's really done. And for Alvaro Ramirez, the CEO of eHarvestHub, he strives to be the next rabbit from the hat, the next magic trick, the end result being success.

eHarvestHub provides an affordable way for farm growers to trace their produce, giving growers the edge in

competing in the industry. It's available to all growers mid to small, and is the only traceability solution that meets the Produce Traceability Initiative standards (PTI). So what do these growers have to say about this new affordable service? CTO Jose Sanchez, says that the farmers highly appreciate what eHarvestHub has to offer. "The biggest thing they say is... It is truly solving a problem to a very fragmented business process. It is not just an app for one thing but solves many problems and makes the supply-chain much more efficient," Jose adds. eHarvestHub aims to remove

the middle layer within the supply chain to allow farmers to sell directly to the retailer through an eHarvestHub marketplace.

So where does the company stand currently? "eHarvestHub has built a traceability system to allow the farmer to track their product forward through the supply-chain." Jose responds. Now this is critical, as the FDA and most retailers are requiring them to be traceable or they cannot sell. So for the small to mid size farmer, eHarvestHub gives them what they need to go against the bigger farms.

What obstacles is eHarvestHub

facing currently? Jose explains that building up their systems fast is their biggest obstacle. Reading the market, knowing when to raise capital from Angel Investors and/or Venture Capital (VC's), are just some of the many obstacles tech start ups face and eHarvestHub is no exception. Contrary to other start-ups, the founders and the focus team are dedicated adults, they understand the market, which thus far has proven successful for eHarvestHub. Most of the the team that Jose Sanchez works with has a background in building Wal-Mart's and other companies supply-chain

tools meaning that they have plenty of experience. eHarvestHub has caught the attention of investors who love the team and their vision. And what are eHarvestHub's biggest successes so far? Jose explains that having their traceability software in the cloud allowing farmers from here in California or even places as far as Nicaragua to use their platform. eHarvestHub also secured a commitment from a bay area retailer to use their traceability platform and has asked them to work with the retailer's farmers located in California and Mexico so they can also use the platform.



Orange is the New Black is an original series on Netflix.

Photo courtesy of contemporarycondition.blogspot.com

From Monrovia to Paris: LHS teachers from around the world

By Faye Gilmore
Staff Writer

It is reported that there are around 6,500 different languages in the world and around 196 distinct countries. That is a lot to experience, and for students who have wondered what it would be like to visit just a few of them (or who have plans to venture out with friends or family after graduating or during the summer), there are a few teachers such as Mr. Oji, a teacher from Liberia, a country in the continent of Africa and Madame Etesse, who comes from France, who have sufficient experience abroad for the curious at heart. In case the reader is unfamiliar with geography, Liberia is located on the southern part of western Africa and is among the smaller countries which are part of the African Union. However, because the depiction of the continent on most maps is somewhat skewed, Liberia is bigger than one would initially imagine. Ranking in as the thirty-ninth biggest country out of the fifty-four in Africa, it is actually about one-fourth the size of California (which equates to 43,000 square miles versus 163,696 square miles). Liberia's capital, Monrovia, derives its name from the fifth US President, James Monroe. History connoisseurs tie this president to the Monroe Doctrine, which promoted a mindset that helped the US continue expanding westward,



Monaco is the second smallest country in the world, most known for hosting various car race championships and for its status as a constitutional monarchy.

Photo courtesy of pixabay.com

while meanwhile preventing invasions from outlying countries like Spain, after the Revolutionary War. Liberia is also home to Cape Mount, located in the country's northwest region and recorded on average to have the most rainfall in Africa. On the other hand, France is a country nestled between Spain and Belgium, and its border shared with Spain hides a little-known fact. Andorra ranks 195th largest out of 249 flagged nations currently existing, and if you were to glaze over a map of the region, an untrained eye would barely know it was there. The same applies to Monaco, which, despite its small size and location on the Mediterranean coast of France, is also a sovereign flagged nation. Readers might be familiar with Monaco due to its popularity with race car competitions, one of its past queens, popular American actress Grace Kelly, and its reputation as the second-smallest country in the

world. Two things these micro-nations have in common include their French influence, being in terms of architecture and culture, as well as the language itself (though French is primarily spoken as secondary languages in both places). Aside from this, did you know French is also spoken in Canada as a dialect called Québécois? French is also spoken in many regions of Africa, and even in Switzerland and Liechtenstein, which is another one of Europe's smallest countries. It comes to mention that next year, Liberty just so happens to be visiting Spain and France. Those interested may see Madame Etesse in room N-5 and inquire about specifics- just bear in mind that one may very well experience a bit of "flamenco dancing" as disclosed by Madame Etesse. It is anticipated to be a very entertaining trip, and for those who plan on going, keep an eye out for Monaco and Andorra-blink, and you just might miss it!

The Netflix best thing

By Scott Scruggs
Staff Writer

TV shows these days are all on the same topics. Most shows are either about a group of friends living in a big city or about vampires and ghosts. You might have heard of Netflix or your parents are subscribed to it, but did you know, Netflix has their own exclusive TV shows? Netflix exclusive TV shows are different and unique. Also, they have zero commercials. This sounds a lot better than regular TV. Netflix delivers programming via streaming video as well as DVD rentals which is how they originated. Netflix has delivered over 1 billion DVD rentals. Netflix has original programming that fits the needs for everybody in your household. Netflix original programming includes drama, re-

ality TV, children's programming, documentary specials, and many other options. Some of the programs you may have heard of are Orange is the New Black, Richie Rich, Daredevil (Marvel), Bloodline, and Veggie Tales in the House. Orange is the New Black is one of the hottest new shows on TV. Netflix is a local company headquartered in Los Gatos founded in 1997. Their revenue continues to increase yearly. Netflix can be acquired in over 40 countries and has received numerous awards for their original programming. They received the Academy Award for the original program "The Square" which aired in 2013. Netflix is becoming more and more popular. Is ABC, NBC and CBS a thing of the past? Netflix TV shows are the next best thing.

Are diet sodas really soda-licious?

By Troy Dias
Staff Writer

Diet sodas are carbonated drinks that, instead of using sugar, use artificial sweeteners such as aspartame. But how many people do you know that have actually lost weight from switching to diet drinks? Probably not many. These drinks are calorie free which should technically help people lose weight and prevent diabetes. However, any evidence of this

being true is completely nonexistent. In fact, drinking diet soda has more consequences and a higher chance of these consequences actually occurring. Although diet drinks do not leave residue on your teeth, since plaque needs sugar to grow and companies use artificial sweeteners, there is a negative side. "Artificial sweeteners found in diet soda have been found to increase sugar cravings because it is not a natural source of sugar

and the brain continues to seek the "real deal," said Marissa Puleo, a registered licensed dietician. Even though diet sodas sound bad, regular sodas also have their disadvantages. For example too much sugar is linked to high blood pressure and risk factors for heart disease. The American Heart Association recommends limiting all sugars to no more than about 6 teaspoons of sugar a day if you're a woman and no more than 9 teaspoons if you're a man. A 12-ounce can of cola has about 8 teaspoons. Therefore, drinking regular soda is fine as long as you properly fit it into your diet. Considering all this information, which is healthier? Both diet and regular soda have pros and cons of their own. The only way to really determine which is healthier is to weigh the list of pros and cons and decide for yourself because each person is different and may have variations such as their diet, preference, or conditions, such as diabetes. Even though one may be healthier than the other, in the end it doesn't really matter which one you pick because they are both unhealthy. If you really want to lose weight you wouldn't be drinking soda in the first place. Instead of trying to fix our already unhealthy drinks, try one of the naturally healthy drinks that already exist, such as water.



Is this the way to lose those extra five pounds? Studies say the answer is no.

Photo by Kristina Busch



Jason and Rachel Kennealy strike a pose for the camera

Photo courtesy of Summer Rodriguez

Senior Ball 2015

An evening of elegance at the Bentley Reserve in San Francisco



PADA students in the stairwell at the Bentley Reserve

Photo courtesy of Summer Rodriguez



Women from all over the world stand up for feminism.

Photo courtesy of www.patheos.com

Feminism: does it still represent equality?

By Lauren Mennuti
Staff Writer

Feminism is defined as the advocacy of women's rights on the grounds of political, social, and economic equality to men. With such a simple definition, why do people get carried away with what they think it means and only listen to the stereotypes of feminism? When feminism began, women advocated for suffrage movements, or the right for women to vote. As more women became feminists and joined the popular movements, women gained more rights. Though women clearly have more rights today, they still do not have everything a man has and are still treated and seen as unequal in many countries today. For example, feminism is needed because of the unfortunate statistics that women are only paid 77 cents to every dollar a man makes and that one out of every six women will be sexually assaulted in their lifetime. In addition, women in many other countries are not able to leave their own home without a man. When the basic ideals of feminism are just equality, it is hard for feminists to understand why there is a lot of hate surrounding feminists movements and why so many people believe the stereotypes surrounding it. Firstly, feminism is not about hating men, it is simply about equality. If women

wanted to spread their hatred of men, they would be supporting misandry, not feminism. In fact, there are many men who are feminists and speak out about feminism. For example, President Obama has openly discussed how he is a feminist and that he wants equal opportunities for both men and women. Recently, actress and UN ambassador Emma Watson made a speech in which she addressed feminism and defended what it truly stands for. In addition, at the VMA's, singer Beyoncé performed with the word "feminist" written boldly on the screen behind her to make statement and show her support toward feminism. Because feminism isn't just something that is a thing of the past, many women and men of all ages today are feminists and believe in gender equality. For example, Liberty High senior Madie Shaewitz says that in regards to feminism "I was raised under the impression that I am equal to all and deserving of everything a man is given." As well as stating how with the support of feminism she is "able to go to school, have a job, drive a car...things that seem like basic rights but are limited to many." When it comes to social media websites, like Twitter, there are many misogynistic, anti-feminist accounts and "hashtags" that exist. For example, recently the tag "#feministsareugly" was trending

on Twitter. Because feminism has become this much of a misconception, people have stooped to the level of calling feminists ugly to just further prove their lack of knowledge on the topic. There is also a twitter account that supports "meninism", which is composed of extremely sexist and hateful tweets and unfortunately has hundreds of thousands of followers. The word "meninist" is supposed to be the male version of feminism and gender equality; however, it doesn't make sense due to the fact that men have and had more rights than women, thus the reason why feminism was created. Though many non-feminists believe that feminism is being taken too far, it just becomes more apparent that it is the other way around and that they are the ones constantly spreading negativity and hate about a movement and belief they don't properly know the meaning of. Overall, the need for gender equality is extremely necessary in our culture and world. Because women are seemingly equal in America, does not mean that every problem regarding gender inequality has been solved. Even if the US did achieve gender equality, feminism is still necessary for the women in other countries who do not even have a say or a right to speak out about feminism and all it has done and will continue to do for the empowerment of women.

The Lion's Cafe

The smoke, the mesquite, and the sweet scent of meat

By Ryan Frerking-Ramos
Senior Staff Writer

The smoky meat, the secret sauce, and the right rub: these are the perfect ingredients for taking the top prize at a high stakes BBQ competition. Most BBQ enthusiasts know this, but it is especially known by Harry Soo and his team at Slap Yo' Daddy BBQ. Starting in 2008, after seeing "The Bucket List" with Morgan Freeman and Jack Nicholson, Harry Soo made a list of things to do before he died along with his co-workers. He joined the California BBQ Association in March of that year and found many supportive mentors who encouraged him to enter his first contest. Aside from joining the CBA, he also joined the Kanas City BBQ Society and gained a little equipment. He named it Slap Yo Daddy because in the south BBQ is so good you want to slap someone and he is a proud daddy. He also was featured on the TLC hit series BBQ Pitmasters in Season 1 alongside big names like former world champions Myron Mixon and Johnny Triggs, and smaller names like Lee Ann Wooden of Wood Chicks BBQ. Slap Yo' Daddy is also a holder of many titles. "I

was stunned to win Season One of TLC's BBQ Pitmasters. I'm from California and was the fish-out-of-water underdog among the 7 teams of fulltime pro cooks which included three World Champions. I took my fair share of friendly jibes from the other top barbecue teams ready to show me how real BBQ was done since I supposedly hailed from the California land of tofu and artichokes. Boy were they surprised when in Episode Eight, I won the season finale in Texas cooking ribs against some of the best rib cookers in the world!" Their best competition categories include: chicken, brisket, and sirloin. "Our farthest competitions are places like Hawaii, Canada, and London," stated Harry Soo in an email interview. Are you looking for recipes? They can be found on his website www.slapyodaddybbq.com under the recipes tab. They also have signature dishes, including hot n' sizzling seared ahi tuna with a very tropical Maui onion dressing and smoky bacon wrapped pineapple mozzarella rings. It takes very specific ingredients to be successful in a BBQ competition and we can all be inspired by the simple view of a movie. For more information, go to their website.



Slap Yo' Daddy's signature dish: seared ahi tuna with a maui onion sauce.

Photo courtesy of www.slapyodaddybbq.com

Virtual Enterprise: new class offering becomes a reality

Mrs. Decker to teach new class for 2015-2016 school year



Virtual Enterprise Holds Fall Kick-Off for local high school entrepreneurs

Photo courtesy of www.noozhawk.com

By Ryan Frerking-Ramos
Senior Staff Writer

Coming in the 2015-2016 school year at Liberty High School, a new class will arise with mass impact, the Business and Technology Academies' Virtual Enterprise course. The class will be a mock version of a real life corporation or product manufacturer. It is 100% student lead. At first, the class will do research of constant trends and business ideas that are profitable, and will then choose which sort of mock-business they want to run. This program is worldwide and uses a virtual online bank that gives them fake money. The class will be for seniors only that are enrolled in the Business and Technology academy. The class will be ran by Mrs.

Decker, who has business experience of her own. "I actually started a company in my garage making children's furniture, custom stuff." Over a five year period, Decker's business got so big and busy that she had to move into a warehouse. Her furniture has been seen on TV in people's houses. When her youngest was four she shut down her business and became a teacher, so she could be home for her kids more because she was traveling so much. This experience makes her a great fit to teach the class. The class received a \$20,000 dollar grant. This will allow them to build a great virtual business or product and give the students the best possible experience they could ask for. Looking for more information? Go see Mrs. Decker in E-3 today.

Want the latest and greatest info about what's happening on campus and beyond?

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@LHSLionsRoar

Goodbye Liberty, hello UC Irvine



Future anteater Idara Akpakpa signs her letter of intent to play volleyball at U.C. Irvine

Photo by Ryan Frerking-Ramos

By Hayley Reyes
Staff Writer

Being an athlete, one of the best things that could happen to you is to get a college scholarship and have the chance to play the sport you love in college. For an athlete, the chances of getting an athletic scholarship are an astounding 2%. Few athletes will continue playing

the sport they played in high school while transitioning into college. "It took a lot of practice and just working on my individual skill," stated Idara Akpakpa. Idara, a senior here at Liberty High School has just signed to attend UC Irvine next year. Idara started playing volley-

ball when she was in 7th grade for her middle school team. Needing to take her game to the next level, her parents put her in club volleyball, where her coaches had worked with her to continually make her a better player. All of these factors, on top of hard work, endurance, and

perseverance, landed her a college offer and being a part of the 2% of student athletes getting a college scholarship. "I can't wait to play with them for the next four years!" Many athletes and parents expect their child to go on to college with the pressure of getting

a scholarship at a young age. But in reality, the probability is very low. You must have exceptional grades, and excel at your sport and have the entire package. As the seniors at Liberty who got college scholarships did, you must work hard and be extremely dedicated.

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Mark Canha do it all?

Oakland As newcomer makes a promising start



Mark Canha smashes a ball scoring in a run on opening week at the A's stadium.

Photo courtesy of Craig Calcaterra

By Joshua Rush
Staff Writer

Mark Canha... The name everyone will hear for years to come. The rookie from the A's has had a great season since he has started. He has already had 22 hits 3 doubles and 3 homeruns in his first 20 games against the Astros, Mariners, Angels and many more. He was a member of the Miami Marlins in

2010 and got traded to the Athletics in 2014, which the Marlins probably wish they hadn't done. His strengths are the bat and the ball. He can hit like it was the first thing he did when he was born. His weakness is fielding. He isn't bad at fielding, it just isn't his strong suit. Most people are better in the

field than at the plate but that's what is so special about Mark Canha. People said that he is just going to be the next star on the Athletics. Fans are hoping he will have a good season and will be watching him until he retires. Good luck Mark Canha; As fans can't wait to see what you will accomplish.

Put me in coach: a profile on Dawnell Kent



Volleyball coach Dawnell Kent, center, rallies her team during a time-out.

By Katie Peele
Staff Writer

Bill Gates once said, "Everyone needs a coach. It doesn't matter whether you're a basketball player, a tennis player, a gymnast or a bridge player." Coaches are essential to learning new skills. Dawnell Kent is a volleyball coach at Liberty High School as well as a personal trainer. She works hard to live a healthy and active lifestyle. Kent didn't choose to become a personal trainer. It chose her. While she was in college, the gym recruited and her paid for her certifications and continued to pay for her education. "Originally I was just a personal trainer for fun, now I get paid to do what I love!" she exclaimed. She maintains her healthy lifestyle by staying educated on nutrition and health. The more she learns the more she wants to be healthy. Her clients push her to

stay fit and make healthy choices because they look up to her and she wants to set an example. "Free time? What is that?" She jokes. Between training and coaching, Kent doesn't have much free time. But when she does she spends her with her daughter outdoors. Together they go hiking or they ride horses. She feels her daughter is a person who motivates her to stay healthy as well. "I have the most important person watching my every move." Kent does admit that sometimes she splurges on her diet. She can afford to eat unhealthy every so often. Her "unhealthy" though is different than other's ideas of unhealthy. Her splurging is usually on high-quality ingredients that actually include sugar. She swears she would never eat fast food or any-

thing that is harmful to the body. Working out can become a chore but Kent keeps it fun. She leads by examples by enjoying every exercise she does. While working out with her clients, she plays good music, laughs a lot and encourages her clients to try new things. She also keeps the workouts competitive by challenging her clients. Kent has helped coach at Liberty for nine years and she believes her experience has grown tremendously. "My players teach to me as I to them. I think being receptive to learning is one of the keys to coaching. If I could afford it, I would coach for free!" Every year, Kent works to make coaching her students and clients a learning and enjoyable time for everyone involved.

Young talent takes over 2015 NBA playoffs



Houston Rockets star James Harden looks for his first NBA championship in 2015
Photo courtesy of cbssports.com

By Alex Einess
Staff Writer

Although the talent of exciting young players drives the intrigue of the NBA playoffs, it tends to be veterans who win championships. Of the last 20 NBA champions, 19 have had at least two players with finals experience. This year, though, the pattern may be changing. Although the Spurs made the playoffs for an unprecedented 18th time in a row, they were knocked off in seven games by a young, talented Clipper team led by Chris Paul. The elimination of Tim Duncan, Tony Parker and Manu Ginolbi leaves the Cavaliers LeBron James and the Wizards Paul Pierce as some of the only stars with major finals experience left in the playoffs. The door is open for young superstars like the Clip-

pers' Chris Paul, the Hawks' Jeff Teague, and the hometown favorite Steph Curry to step up and claim the championship. Their electrifying style of play excites fans, and ensures even casual fans whose teams are not in the finals will tune in. This would offer a major boost to NBA ratings, as well as help shape the future of the league. This year could perhaps end the dominance of established teams like the Spurs and Lakers, start a new one of high scores such as James Harden and Blake Griffin. The league never has a shortage of young stars, and maybe now they will produce more NBA championships than ever before. The only thing left is for these young, gifted stars to step up and grab the spotlight.



Steph Curry looks to cap off an electrifying year with an NBA title.
Photo courtesy of Yahoo.com

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Opinion

Senior smackdown Administration gets tough on graduating seniors

By Shelby Conn
Editor

We are seniors; and many of us are already 18; yet we are still being treated like a child who is told that he cannot have dessert until he finishes all of his dinner. As the end of the school year comes to a close, the school tightens the leash on seniors even tighter. They continually threaten us seniors with the punishment of not going to senior ball or not walking at graduation. If we do not attend the necessary senior meetings then we face these harsh consequences. At one of the senior meetings a beach ball was confiscated for being thrown around the PAC; administration was furious. I think most of us can agree that they overreacted just a smidge; considering that following the beach ball incident they threatened to take away the senior "privileges" men-

tioned above from anyone caught with a beach ball. If you make one wrong move then it's no graduation for you. It seems to me like the school doesn't know how to handle this senior class, so they just plan on taking everything away until we obey. While I do understand that if students are caught doing something serious, like fighting or using illegal drugs, then I do believe that they should be reprimanded; but if they don't come to a meeting does that really deserve a punishment? What if you had a doctor's appointment scheduled? Now if you are a freshman, sophomore, or junior reading this, don't think that this won't affect you sooner or later; because trust me, it will. Senior year should be about freedom and it should be our time to shine, but instead it is about meetings and filling out forms, forms, and more

forms. I just hope for the freshmen, sophomores, and juniors that the administration finds a better solution to these problems. Now, I am not trying to start a student uprising; this is not the Hunger Games and we are not District 12. But I am suggesting that the school put their heads together and think of a better way to maintain order within the senior class. How about positive incentives? If there is anything I learned from Mr. Lopez's economics class it is that incentives work! Maybe administration could bring breakfast snacks to these mandatory senior meetings; that would certainly motivate me out of bed in the morning. One thing I do know is that threatening teenagers does not work; if you tell us not to do something then it makes that something all the more tempting.



Picture of the talented singer Courtney Barnett. Photo courtesy of www.clashmusic.com

Courtney Barnett A new voice to the music industry

By Rachel Macdonald
Staff Writer

Most have agreed that by this point they're sick of constantly hearing about "the next Bob Dylan", but for once it's almost accurate. When listening to Australian artist Courtney Barnett, through her deadpan vocals and stream of consciousness lyrics, one's mind can't help but wander back to Dylan. Barnett just released her first full length album titled *Sometimes I Sit and Think, and Sometimes I Just Sit*. Her lyrics are a wide range of funny, serious, witty, honest, and more. Barnett has a way of making the mundane enticing. Although the album features talent in every aspect, it is her lyrics that are the talk of it all. She is being praised for being the new "lyricist of the decade." The album as a whole is very standout but the individual song that seems to be taking the conversation is "Pedestrian at Best". Many people who have been asked about this album have chosen this song as the one that stuck out to them the most. Listening to the song myself, it felt like a mash up of Bob Dylan, Kate

Nash, and Patti Smith. She carries elements most prominently from those three artists. Since her words are the main topic of discussion, I asked LHS Rock History teacher Paul Taylor why they stand out in his opinion. He answered, "She truly is Dylanesque in that she toys with phrases and her verbiage and lyrics just keep coming and coming. All along, without being ironic." Her storytelling abilities are the main factor in the success of this album. Another song on the album that seems to take carry it is "Depreston". The name itself is clever, combining the words "depressing" and "Preston". Preston being the depressing town she is in. This song in particular hold elements of everyday life and seemingly unimportant observations about it that Barnett brings a sense of importance to. The album should be listened to as a whole. Although it is not necessarily one that follows different aspects of the same story throughout the songs, it does all connect in the way each individual song deals with aspects of life in a way the listener can only view it through Barnett.

Avengers returns... but do sequels live up to the hype?



The cast of *Avengers: Age of Ultron*.

Photo courtesy of www.abc.net.au

By Joseph Sanchez
Staff Writer

When someone you love says goodbye, you beg and plead for them to stay but you know within yourself what must be done. You give your final goodbyes and watch as they fade away. After waiting for up-most of a year they come back, you would expect some change, some new qualities, a new person. But upon reveal, they're the same, only their outfit has changed, but beneath those clothes is the same old skin, the same old heart. My point is, when something leaves you would expect their return to bring change not stay the same under a new suit. When stories end, their sequel should be meaningful something that continues a story, not relies on what worked before

and not hide change under a sequel title. Thankfully not all movies are like this, but the ones that are, come as brutally obvious that they are in fact not continuing a story just rehashing old tricks. Today on May 3, 2015 I saw *Avengers: Age of Ultron*, and I'm glad to say, it progressed the story of the *Avengers* in a great way. So to me it seems that we are going to see a lot of great movies are going to come out in the future. But with new movies come the upcoming sequels, will they progress a story or just use what worked before? Now for some movies using what worked before is great because some movies have the "Return" effect, meaning an old character returns and a whole new story happens creating a unique story. For some movies,

mainly comedies they don't really have a deep story to continue so they use what worked and expand, which is fine but that's why for me I don't particularly get into comedies, because I like enjoying a deep storyline and being there for the ride. Perhaps my metaphor was just a bit extreme, but that's how I see movies, books and other writing, as a person that you expect to see change after a while and that bring a very interesting story to tell. In the end it's personal preference I can watch anything but I can only get invested in certain films and their sequels. So are sequels worth it? For the most part I believe so, because the return effect is a really good effect in movies, because sometimes someone returning the same is a blessing.

Editorial Policy

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Barnett's new album cover.

Photo courtesy of www.abc.net.au

He Said, she said

Advice from the male and female perspective

The differences between male and female humor

By Emily Gonzalez
Staff Writer

A big part of why guys and girls are so different is because of their sense of humor. Don't get me wrong, some of the funniest people I know are guys; but sometimes I do not think their sense of humor is funny. Guys crack jokes more often than girls, but some jokes are inappro-

priate which girls do not find as funny as guys do. Girls on the other hand, aren't always joking around. According to psychiatrist Allan Reiss, girls tend to share funny stories as a narrative while guys are more likely to use one-liners and prefer slapstick humor. I believe that guys can take jokes too far and jokes can end up insulting people. Boys

and girls also have jokes within their gender. For example, girls joke about "that time of the month" and boys laugh when they see their guy friend get hit in the crotch. Overall, boys and girls have their own sense of humor but each should know their limits around the other gender because we don't always find the same things funny.

By Sean O'Connell
Editor

What is funny? Is it someone making sassy remarks about someone's shoes or hair, or two guys playing tetherball with a beehive? See, the second one is the most funny to me and I believe most guys think it is too, because it is our type of humor. Guys are aggressive; I mean we have fights and guys have been

fighting wars since people have existed. I can guarantee you the Romans, the barbarians, and soldiers in Afghanistan have had fun when the war was stopped, even for a little bit. Slap-stick humor is one of my favorites; I could watch "The Three Stooges," an eighty year old show, a hundred times and it would still be funny to me. I like comedians as well, like

Kevin Hart, Bill Burr, and Louis C.K. They talk about relationships, day to day life, kids, and things they did as a kid. There are also good female comedians like Sarah Silverman and the late great Joan Rivers but they are just not my style of humor. I think girls like observational humor or enjoy shows like a roast. Well, we all have different tastes.

Opinion Poll:

Senior advice to freshmen

By Tiana Williams, Devyn Bennet
Staff Writers

"Don't mess up freshman year! It counts more than you think." -Taylor Hewins

"Do your homework." -Brittany DeFazio

"Don't take on more than you can handle with sports, clubs, and classes." -Savannah Spinola

"Be on track to graduate." -Garrett Pugh

"Stay on campus." -Keanu Igou-Teixeira

"Don't let your grades go down; it's very hard to make up credits." -Melanie Padilla

"Don't ditch, you will regret it!" -Angelo Bejarano

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We are afraid: Let's do something about it

our staff ponders campus safety

Brentwood: the quiet, family-oriented community; a place where you can see t-ball games every weekend, and where many people leave their doors unlocked when they run to the store.

Is this reputation an actual reality? Or are we living in a dream-land, where our visions of perfection are clouding our ability to see the problems right in front of our faces?

We come to school every day, not even realizing that we are trusting that the school will protect us from danger. But when that security is threatened by serious events, it's the school's duty to prevent it from happening again.

Schools should be a place of safety where kids should not worry about being injured. With about 2500 students, and over 100 staff members, there is a lot of ground to be covered by only four campus supervisors, who are seriously overworked. Coming or leaving the campus is not hard for a stranger or student, with more than six easily accessible entry points on the campus. Student safety has become an issue in the month of May. We have had a multitude of incidents at our school: three of Liberty's current students were assaulted by a person who is not a student here, yet that person was able to make it onto campus with a weapon; more unauthorized access occurred when a grown woman came onto campus at lunch to confront students about an emotional event that recently took place off-campus. Perhaps campus

safety is an issue that needs to be discussed.

Students may be against an increase in school security because they want privacy and freedom; many also believe it will cost more money that the school does not have. But how much is student safety really worth? Making the campus a safer environment will decrease the amount of violence that occurs at school. Precautions such as checking lockers will ensure that students do not have dangerous paraphernalia inside. It is a privilege to have lockers on campus and to have a campus that is built around student safety.

Also, hiring additional campus security, 3rd party or otherwise, should be a priority in a place that is completely open for anyone to enter, whenever they want. Teachers are playing the role of security more and more often these days; have they been trained in how to defend themselves? Have the campus monitors received training? The adults are just as much at risk as the students are.

Finally, has the school asked the student body how they feel about this issue? It would be nice to see a community-wide assembly to gather concerns and ideas as to how to solve these problems.

In the chaos of it all, one must remember that let loose last from Pandora's box is hope, and in spite of all that is happening, there is still the possibility that things may be improved.

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