

College Choices, page 2



Youtube taking over, page 3



A new cafe in town, page 4



Lady Lion in football, page 6



The best drivers, page 7

The voice of Liberty High School students



The Lion's Roar

Liberty High School
850 Second Street
Room J17
Brentwood, CA 94513

Issue 3

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FREE

Battle of the Bands: letting the music speak

By Brittany Frerking
Lead Editor

The roaring of fans filled the Allan E. Jones Performing Arts Center on February 7, 2014. Battle of the Bands was kicked off with an introduction from hosts Michaela Pippin and Kaurie Engle. First up was Sucker Punch. Their first song was "Man in the Box" by Alice in Chains. The four boys rocked out as they belted out the heavy metal tune. Af-

ter their final song, "For You" by Staind the crowd rose out their seats and roared with approval. Next up was Business as Usual. They were unfortunately missing their lead singer/ auxiliary drummer. The show went on and they performed with a man down. After their performance many people were surprised at how well they handled themselves without a key member of the band. Three out of the four songs they sang were originals. The one song they performed that was not an original of theirs was "Mad World" by Tears for Fears. Following them

was The Clever 5, featuring lead singer Idara Akapaka. They performed songs from Stevie Wonder to Maroon 5. Idara belted out her signature high notes while her band mates played smooth sounds. Then there was the crowd favorite, Pyrite Sidewalk. Like Business as Usual, three of their songs were originals. They performed the popular White Stripes song, "Seven Nation Army." They had all the girls screaming with excitement as they worked the crowd. To wrap up this musical battle was Record Line. They were the only band to perform all original songs. In the end there could only be one winner. That winner was Sucker Punch! It makes you wonder what goes into putting something like this together. I had the privilege to get that information from Mrs. Laura Carreon. "It was hard to find com-

mitment, but it was not hard to find bands," she stated. She also stated that they needed to make sure the facility was available, the technological and student needs were met, there was enough

advertisement for the event, and the bands had equipment, songs, attire, and appropriate musician skills. She believes the event was a success, and is happy they met their maximum goal.



Pyrite Sidewalk jams to their hard-rock tunes Photo by Brittany Frerking

A good cause: giving blood

By Samantha Cheshire
Staff Editor

Giving back is just what the Red Cross Drive is all about, but are the restrictions too much? Liberty High School's blood drive on January 23rd was a success. There were many brave donors at Liberty High School who all gave 1 pint of blood. Overall, you have to be healthy, be at least 17 years old, and weigh at least 110 lbs. If you are female, you must: be at least 5'5" and weigh at least 150 lbs. If you are male, you must: be at least 5'1" and weigh at least 130 lbs. Height and weight requirements are in place so you have all of the right nutrients that you need and you have some to give, if they take all that you have then you can get sick and need blood transfusions for yourself. Senior Mikey Santos, explains why he gives blood, "My great grandpa had cancer and needed a lot of blood transfusions so I just feel like its good to give blood."



Photo by Samantha Cheshire

Some people give blood because of family, some people do it because they want to. Some people don't do it at all, because they don't like needles. "I'm deathly afraid of needles, I always have been," Junior Loretta Segura, says. However, the most common restrictions are medical conditions, illness, sexual preference, sexually transmitted diseases, and medical treatments. Some people think that the restrictions are too overwhelming, and harsh but they are put in place to protect those who will receive the blood. "My sister needed blood transfusions because she had sickle cell," Senior Wiltla Venson, states. If you are not eligible to give blood, they have various other options that can keep you involved in the Red Cross Blood Drive process. For example, you can make a financial donation, volunteer, help host a blood drive, or even send an Ecard inviting others to donate.

Johnny Garlic's Brentwood is now on the map

By Ryan Frerking
Staff Writer

The click of the stove top, the clash of the pans, the constant chop of vegetables, chop, chop, chop. This is the rhythm and rhyme of the kitchen at Johnny Garlic's new location at The Streets of Brentwood. Started in 1996 in Santa Rosa, CA at an old chicken and waffle house by CEO Steve Gruber and Food Network's very own Guy Fieri, Johnny Garlics has been kicking out classics and one of kind creations for 14 years and has come a long way. This restaurant has many things to offer including a house special of wild game known as Hunter's Creation, a wide ranged menu with fresh, local produce delivered daily,

In this modern and elegant place, guests can eat and relax.



and a highly qualified team of staff. We often don't find places that offer a high variety of exotic game like that of Johnny Garlics. With a fresh delivery of it a couple times a week by Cisco Distributing, the kitchen staff is able to create and switch up Hunter's Creation every so often. The most common exotic meats used are ground buffalo and the shank of venison. If you think that sounds interesting that is just the tip of the iceberg. Johnny Garlics also has a wide ranged menu with mouth watering starters, entrees, plus desserts. Yelp reviewer Sarah B. recently stated, "Service was great, food is crazy

good! Totally what I was expecting. It can get a little pricey, but you definitely get a generous portion." She rated it five stars overall. Even though the staff is very professional and polite, their attentiveness to customers' does need a little more work. They almost are there, but still need to tweak some things. "Our ideal goal of a perfect service is every guest leaving perfectly happy with meals coming out in a ten to fifteen minute window." -Jason Scarboro, Manager. If you like good, exotic food and average service then go to Johnny Garlics today.



The one who started it all, Guy Fieri. Photos by Ryan Frerking

Breaking News

Community college may be the right choice for you

By Laura Gomez
Staff Writer

Many myths regarding community colleges lead students to question the 'greatness' of these colleges. However, not many students know the truth or the reality regarding community colleges. Many are taught that they should not attend a community college due to beliefs that are influenced by others. The truth is that community colleges are not an awful idea; they are also not as 'easy' as individuals think they are. The first myth is that students attend community colleges because they are not accepted into a four-year college. In reality, there are a variety of reasons for which students decide to attend community colleges rather than a traditional four-year college. The number one reason for which students make such a decision is because of tuition fees and the cost of a four-year college compared to the cost of a community college. For example, the estimated undergraduate student budget for California residents attending UC Berkeley was \$33,320. Meanwhile, out of state students paid \$56,198 per year for the 2013-2014 Academic year. Therefore,



Photo Courtesy of youvisit.com

students would rather pay approximately \$2,544 which is far less expensive than what was mentioned above. In addition, attending a community college would allow students to work and to have time to save money without compromising their education due to the flexible schedules that are offered. Another common community college myth is that of having few credits transferred once a student decides to switch schools. When a student intends to transfer to a four-year school, the student must make sure that he or she is selecting the adequate classes. Then, the student should meet with a counselor or an adviser before or during the first semester. Once the student has selected the adequate classes, the student may even be ahead of students at their new school. Thirdly, some individuals believe that the quality of education must be worse if it costs less to attend. The classes offered at four-year schools and community colleges are nearly identical. This is due to the fact that some college faculty members also hold teaching positions in other four-year colleges. Kathleen Brill, a staff writer for the Washington Post stated, "Some classes are even more challenging because professors are motivated by their students, who often display more drive than their four-year counterparts."

A very common myth is that all community college students are "grown-ups". According to the American Association of Community Colleges, the average age of a community college student is 28 and only sixteen percent of the students are 40 or older. In addition, some community colleges including Los Medanos allow high school students to enroll in classes. Therefore, do not be surprised to see some younger faces walking around campus. Lastly, many people believe that the degree earned at a community college will not get someone as far career-wise as a degree from a four-year college will. This assumption is not true due to the fact that many recognized people attended community colleges on

their paths to success. Fashion designer Calvin Klein, Oscar winners Morgan Freeman, Clint Eastwood,

LOS MEDANOS COLLEGE

Photo Courtesy of american-school-search.com



Photo courtesy of www.dvc.edu

The future of shipping: Amazon drones deliver

By Leo Dagle
Staff Writer

Could package-delivering toy helicopters be another step forward towards what we all imagine as the future? Maybe. However, Amazon seems very sure of their "Octocopters", AKA drones. So sure, in fact, they state in a FAQ on their website that "One day, Prime air vehicles will be as normal as seeing mail trucks on the road today". Disregarding all skepticism, this could be a plausible business move for Amazon even though they are the number 1 online retail store. But could they really go through with this? Despite much public concern with flying regulations and possible vandalism of Amazon property and products, they do not seem all that concerned with possible problematic situations. "We'll be ready to enter commercial operations as soon as the necessary regulations are in place" Amazon says last December. "Safety will be our top priority, and our vehicles will be built with multiple redundancies

and designed to commercial aviation standards" Amazon also says. Actually, the drones have very quick delivery times. 30 minutes or less after you order your product. But there is a catch of course, you can only order certain items on Amazon that fit the bill. And of course you can only order items that the drone can carry. But wait, there's more ; you have to be a Amazon Prime member to use the Amazon Air delivery option. So when will we really see fleets of Amazon air vehicles delivering packages? Definitely not this year. On that same FAQ Amazon says, "We hope the FAA's rules will be in place as early as sometime in 2015. We will be ready at that time."



Photo Courtesy of Amazon.com

Quick ways to conserve water

By Alicia Evans
Lead Editor

Play your part, be water smart!

Wise Water Use

Photo courtesy of www.nelsonmandelabay.gov

Save yourself from the flu

By Kassidy Connors
Staff Writer

Has the bird flu migrated our way? Many people think that they are going to be infected by the H5N1 avian influenza (bird flu) disease, but it is actually not a threat to us in North America. H5N1 is a respiratory disease that usually affects birds, not humans. People are not likely to get this disease but those that have displayed symptoms have varied from minor eye infections and normal flu-like symp-

toms to pneumonia or even death. There has only been one report of H5N1 in North America reported from Canada. The Canadian traveler contracted the disease while in China. "The risk of getting H5N1

The winter with no rain

By Madison Hughes
Staff Writer

California is facing the worst draught on record. "I have experienced a really long career in this area, and my worry meter has never been this high," said executive director of the Association of California Water Agencies (a statewide coalition).

There has not been enough rainfall and snowfall to maintain adequate levels of water in the reservoirs that we get our water from. Supply has not kept up with demand, causing this draught. The draught is affecting almost every citizen of California and even more.

Water rationing may become necessary, and signs of water rationing will be visible throughout the community. This means people would have to take shorter showers, not water their lawns, etc. If you go over your permitted amount of water you will pay higher rates and face potential fines.

If the draught gets severe enough, criminal charges may be pressed on those who go over permitted amounts of water. Activities, such as swimming at the local water parks, will become more expensive and water fountains may be shut off. City, county, and state taxes will be raised to be able to offset the water costs to the municipality. All food will become catastrophically more expensive. There may be less people participating in recreational activities due to having to pay for the more expensive groceries and water bills.



Photo courtesy of modbee.com

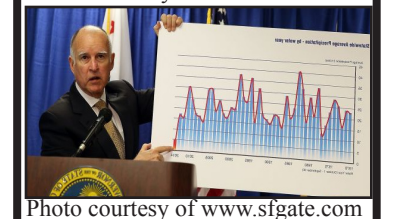


Photo courtesy of www.sfgate.com



Photo courtesy of health.syr.edu

is very low," states Health Minister Rona Ambrose. "This case is not part of the seasonal flu." There have been six countries affected by avian influenza, Bangladesh, China, Egypt, India, Indonesia, and Vietnam. While this seems like a lot of countries and people at risk Dr. Theresa Tam states, "It is actually much rarer than we had ever thought. This is the first case in this whole continent." The H5N1 avian influenza bird flu disease is not contagious from person to person.

The Purge Project: One man's decision to let go

Would you give up your iPod? Your cell phone? And more? This man did.

By Emily Wylie
Staff Writer

In our society we are constantly barraged by commercials trying to get us to buy products. We give in to them so easily that some of us are so caught up in all of the new and cool clothes, TV, and electronics that we don't take the time to look around and interact with people. Such a man that created the talking baby commercial persuading people to get insurance, is doing something unimaginable: Tor Myhrven is giving away one personal item away for a whole year as a New Years resolution; he calls it "The Purge Project".

Some might think he's crazy, but he's doing it for a good reason. "This is not a commentary on consumerism," he says. "The Purge Project was just for me. To see what I really wanted, and really needed." A recent study by UCLA found that Americans are stagger-

ing under the weight of their stuff. There are 2.3 billion square feet of self-storage in America. Myhrven explains, "You realize what are those trigger point of things that are truly important to you, and what are the things that are just stuff." Each Sunday, Myhrven posts seven items he owns on Facebook that he has chosen to give up, (It must be on a social media so he can't back out). All of his items are up for grabs by his friends and family on Facebook. The first person to ask for something wins the prize and Tor will send it to the person on his own dime. His most expensive giveaways are worth about \$300.

People need to realize what is and what isn't a necessity in life. It's almost as if we rely on object to make us happy, when really we should distance ourselves from things that aren't that important.

Instead of giving your items away to your friends, another idea could be to give them to people in need.



Tor Myhrven, the creator of "The Purge Project."

Photo Courtesy of adage.com

Congratulations

to Logan Allen, winner of
The Lion's Roar's
caption-writing contest!

Logan was the recipient of a
10.00 gift card to
Willy's Bagels.

New apps of 2014

By Nate Silver
Staff Writer

"Apps". Whether free, cheap, or expensive, everybody has them. Everybody wants them for unique and exciting games to pass time, or little gadgets that can be used for everyday life. This new year means some new "apps" for 2014. A popular one is the Deer Hunter 2014 by Glu Games Inc and is free. In this game you are able to customize your weapons from pistols, assault rifles, shotguns, and even sniper to be able to successfully hunt animals from duck, deer, wolf, bear, lion, and even elephants. Another great app is the Pro Camera 7 app that lets you control more aspects of your pictures than the bare bone stock iPhone version; you can shoot shots rapidly, choose your focus and exposure points, and even use a self timer for high quality selfies all at the price of \$0.99. Some of the top apps as of now is Ironpants commonly known as a knock off of the huge up rise of the addicting Flappy Bird game where you spend who knows how long tapping your screen helping a poor bird who can't properly fly by itself. While there is no other point of the game but maneuvering the bird through Mario like green pipes, it seems to be extremely addictive. And some online reviews of the game state "beware this game will ruin your life and don't say you haven't been warned". Seems a little harsh for such a harmless looking game. Yet luckily we still have some of the greats like Subway Surfers, Minion Rush, Fruit Ninja, Temple Run, Jetpack Joyride, Candy Crush and many more. The truth is most apps come and go one year Flappy Bird will be very popular, and the next another

witty game takes over for a while and then the next and then then next and so on. In contrast, some apps, although rare, will always be entertaining. So keep on playing and using apps that will continue to make your days a little less boring.

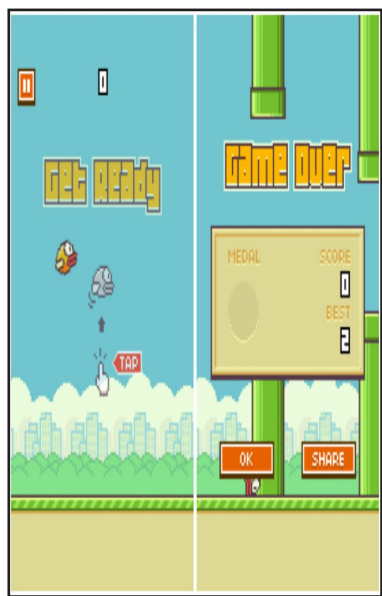
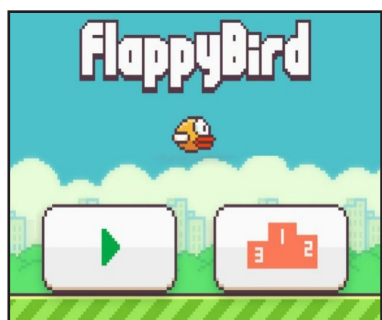


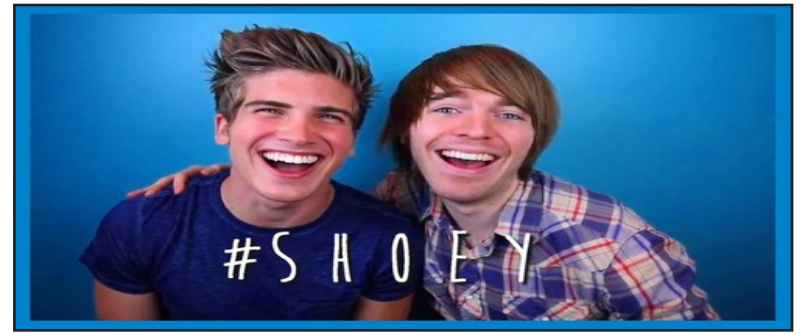
Photo courtesy of Mashable Will Fenstermaker



Flappy Bird is one of the most popular apps right now.

Photo courtesy of belgium-iphone.lesoir.

Is Youtube the new Hollywood?



By Samantha Cheshire
Staff Writer

Photo courtesy of joeygracefashions.tumblr.com

Lights! Camera! YouTube? YouTube is making a big difference in peoples lives these days, like giving YouTube stars jobs. Yes, you can make money by simply making videos. If you make videos on YouTube and they are successful then YouTube consultants will contact you and ask you if you would like to be a YouTube Partner. YouTubers earn their success by how many views, likes, and subscribers they gain. Famous YouTubers can make more than \$100,000 per year based on those factors alone. One million views just on one video could earn them about \$800-\$8,000. Smaller YouTube accounts (200,000-500,000) still get paid for making videos, naturally not as much compared to the bigger accounts. Some people think it's one in a million to make it big on the internet, but sometimes all it takes is a viral video. Usually, it takes a few years to get 'big' and 'famous.' PewDiePie, Smosh, Jenna Marbles, TheFineBros, EpicMeal-

Time, CollegeHumor, ShaneDawsonTV, Joey Graceffa, DailyGrace, MirandaSings, PsychoSoprano, Bethany Mota, Our2Life (O2L), and Tyler Oakley are just a few big YouTubers with around 1 million or more. YouTube careers can range from gamers, beauty gurus, comedy, pranking, skits/parodies, and singing. Some YouTubers even become actors or actresses, for example Shane Dawson, he recently sold his own TV show to NBC. And that's just one major success story. Another major success story is Joey Graceffa, he now has over 3 million subscribers, started his own web series TV show, and has his own gaming channel. PsychoSoprano or MirandaSings has almost 800,000 subscribers and now does live shows all over the world! Although these people are famous because of YouTube, some people say they were just lucky but the next big YouTube star could be you! Believe in yourself, and you can accomplish anything.

The voices in your head: The power behind positive thinking

By Richard Montalvo
Staff Writer

Think back to one of your more depressing days. Perhaps you scored lower on a test than you expected. Maybe you took a look at your grades and had a panic attack. Or maybe your friend blew you off for another friend of theirs, ruining your day's plans. There's something in common with all of these memories; it's possible that a simple perception change could have made them better. Don't believe me? Look at the facts. Goodhart DE studied the psychological effects that are associated with positive and negative thinking over stressful event outcomes. College students were given an event-outcome evaluation questionnaire that was designed to create either positive or negative thoughts about the outcome of recent stressful events. Their well-being was then analyzed both immediately after taking the questionnaire and eight weeks later. While the students who had the positive questionnaire did not keep the positivity for the eight week delay, they immediately reported a higher well-being after the questionnaire. What does this mean? It means that your perception can be changed for the better. And Recently, on June 25th, 2013 at the Weizmann Institute, it was proven that sudden waves of brain activity leave a sort of mental "mark" for a

minimum of 24 hours after it has taken place. Along with this, when we think about certain things, it can cause long-term change in the way our brain's cells pair up with each other, which is a concept known as "neuroplasticity". This means you can change your perception of items in such ways that can effect you for a long, long time. Becoming a positive thinker isn't that hard. But, then there's a new question out there: How do you change your perception? Or, at least, your mood, which changes your perception? There are many strategies, but there is one I've used that seems to work and has floated around for a while known as the Circle of Excellence. Here's how it works: First, imagine a circle right in front of you. Give that circle a color, and do whatever you'd like with it to make it visually attractive. Then, pick a word or short phrase that symbolizes an appropriately powerful state. It could be "Woohoo!", "Yes!", or many other possibilities; use what works for you. Now, recall a time when you've felt like you were doing your best. Perhaps it was the one time you scored perfect on a test, or you successfully wooed a girl. Use a really good memory to do this! Now, imagine yourself back at that time. Use your senses in that memory; the sights, the smells, the sounds, the feelings... Also notice what you were doing and thinking at the time. Now, as you feel like you're in

that memory more and more, take a deep breath, say the code word, and step into the circle. While you're in the circle, relive that moment you were thinking about, intensify the memory in your mind, and get all of those good feelings from doing something well. Now just imagine another circle that looks similar to the first, and repeat what was done earlier with a different memory, with all of the feelings from the first circle still there. Then, do the same with a third circle and a third memory. You probably feel a lot better, don't you? That is a method for making yourself feel better created by Dr. John Grinder, a linguist, author, management consultant, trainer, and speaker credited for co-creating neuro-linguistic programming, which is essentially mental therapy through words. It's not that hard to be happy; you just have to know how to get there!



One good thought can change everything.

Photo courtesy of www.bestmotivationalspeaker.com

Goodwill... the Nordstrom of thrift stores?

By Mallory Muniz
Staff Writer

Why pay retail? There is an increasing amount of people who are finding their name brand choices at their local thrift store. If you found the perfect pair of Miss Me jeans priced for \$12.99 at a thrift store versus the wholesale cost of \$110.00, would you buy them? Of course you would! With the economy the way it is, it only makes sense to be a smarter shopper. The idea of "thrifting" has been present in our culture as early as the 1900's. One of the most prominent names in this field is Goodwill Industries. This non-profit organization's mission statement is dedicated to providing opportunities to those outside the economic mainstream. Since its inception, Goodwill Industries has funded programs in various communities that offer job training and services to prepare people for job success. Additionally, they offer after-school activities for youth and young adults of all ages. It is difficult to maintain these programs; therefore, the price points are somewhat higher in an effort to offset these costs. Goodwill's inventory is largely obtained by donations from the community. In some cases, Good-

will is purchasing overstocked or clearance items from major retailers such as Target and Payless Shoe Source. Fashion bloggers have reported that there have been instances where Goodwill prices are more expensive than the clearance items they bought. It appears that inflated pricing occurs mainly at the Goodwill Industries. Through comparison shopping, it was found that the smaller thrift stores had far better pricing than that of the Goodwill store itself.

One savvy "thrifter" sophomore Claire Raines notes that it is smarter to seek out other thrift stores besides Goodwill. "Although the Goodwill name is what comes to

mind when you think of a thrift store, there are many other locations where you are certain to get more bang for your buck!" Goodwill seems to be aware of this as they have responded to several fashion bloggers stating that they frequently rotate goods, offer weekly sales, and incentive reward programs for their customers. So while Goodwill strives to remain competitive in the "thrifting" market, its main objective is to support the programs that it provides to communities across the globe.



Goodwill is committed to bettering the community through job training and services.

Photo courtesy of dekalbcountyonline.com

School stranger danger: Are we really safe here at Liberty?

By Mauricio Baltrons
Editor

Heaven forbid Liberty High School ever be met with a threat as terrible as a gunman. Or an arsonist. Or even a kidnapper. However, one must take into account that the world is filled with uncertainty and school safety cannot always be guaranteed. Nevertheless, school safety should be a top priority on the mind of every teacher, administrator, maintenance personell, and student. With everything that's been going on around us, one can only question their safety. And questioning one's well-being is not an act of duress or paranoia, but one of circumspect. Let's begin with what has been going on right here at Liberty. Remember how in January there was a fight between students almost every other day? Although the school cannot release the actual number of fights that occurred on campus (was anyone counting?)

it can be said that more fights took place at Liberty than at any other school within a twenty mile radius. While you may feel that a fight between two people does not affect you, you have to realize what it does for the school climate. An increased number of fights tells students that violence is an effective means of solving their problems because the school has a difficult time controlling them. When a school demonstrates a level of ineptitude in preventing fights, the school also demonstrates a level of insouciance when it comes to such matters. Granted, these fights were mostly snuffed out within a few minutes of their inception, the mere fact that they took place is alarming. Now let's take a look at Liberty's layout. On the surface, there are approximately seven open entrances to the main campus: two by the P.A.C., one by the lion statues, another by the main cafeteria, and the remaining four alongside the base-

ball field. For only four main campus supervisors, seven is a tough number of bases to cover. Of course, few would dare enter the school through the main entrance, but that still leaves at least two entries. (Not including the enfferably easy fence to scale behind auto-shop). To test the possibility of someone getting on campus through these "holes in the fence", we asked a former student to walk onto campus during school hours and see if he/she was stopped and asked for identification. Six out of seven times, the student easily made it onto campus without being stopped or questioned. In addition, the student was even able to stop at a few classrooms on their way to the office. While this may not have been the best way to test our school's safety system, it was the quickest and most effective method. Nonetheless, six out of seven times that parent was able to walk right onto campus and possibly endanger the welfare of each and every student here at Liberty. Even though we are far from suggesting that Liberty is an unsafe school, there is no harm in reviewing the steps our school takes to ensure our well-being. Remember that if you even feel unsafe or in danger, please tell a teacher or an administrator on campus who you trust to properly handle your situation. Also, keep in mind that you as a student are part of the solution to a safer school.



One of the many easy access points for an intruder to get to.

Photo by Mauricio Baltrons



Photo by Matt Albright

The Lion's Cafe

A delicious meal right out of the savannah
The newest mom and pop on the block: Dad's Cafe

By Matt Albright
Staff Writer

It is the mom and pop stores that add a certain level of class, community, and originality to any town. Here in Brentwood we have restaurant in abundance, and amount then there is Dad's Cafe. It's a great little place, in a very easy to get to location, right next to Burger King in the Safeway center, and is overall a good place to sit down and have a bite to eat.

The atmosphere and friendly staff of Dad's Cafe was what really sold it for me. The interior follows a simple cafe theme that exerts a very relaxing feeling, and I was greeted by a very friendly staff that is attentive, on point, and eager to please. Then, there was the food.

It was... okay. I got a cup of clam chowder and a barbecue burger, plain as always, and didn't exactly feel super moved by the food. It was clam chowder and a burger with bacon and barbecue sauce. Nothing more, nothing less. One thing that astounded me, however, was the price. I could order four things on the menu, enough to feed most of my friends, and still not break twenty dollars at the most. So, while the food wasn't mind blowing the service and the atmosphere makes this a great place to hangout and meet before and after school.

Student body meets city council

Provided by
Gina Capelli

The Liberty High School Social Studies Department, along with the Brentwood Lion's Club and the City of Brentwood, sponsored the 7th Annual Youth in Government Day on February 25, 2014. The activity involved 20 of our best and brightest. These students participated in an intense, day long immersion into the lives of our city leaders, culminating with participation in the Brentwood City Council meeting on February 25 and a Mock Council meeting on March 5, 2014.



Photo courtesy of teamelitehomes.com

Mayor - Dustin Schuette
Council - Amaris Martin
Admin - Fernando Sims
Admin - Elizabeth Kennedy
Admin - Angela Nidua
Attorney - Danielle Aquino
Attorney - Miles Harris
Police - Joe Castle
Police - Heather Towns
Finance - Kayla Bondoc
Comm Dev - Diana Aguilar
Finance - Anastasiya DeWolf
Admin - Mikayla Kutsuris
Parks - Lidia Mendoza
Parks - Alexis Ballew
Parks - Sydnie Gruss
Public Works - Lindsey Rothrauff
Public Works - Quinn Seabury
Public Works - Tito Santos
Fire - Arianna Hernandez



Mayor of the city of Brentwood, Bob Taylor

Photo courtesy of brentwoodca.gov

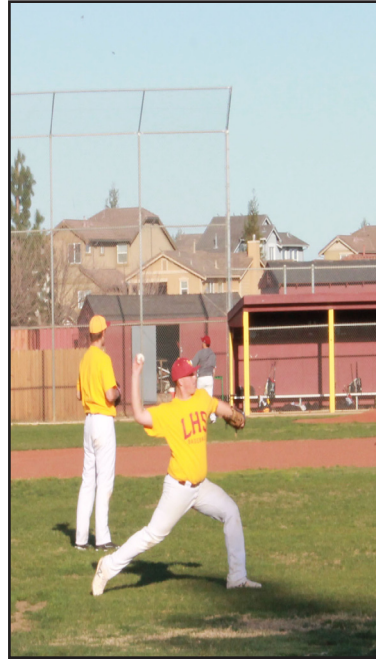
Liberty's annual dodgeball tournament continues next week.

Come to the old gym at lunch to find out who will triumph and who will be eliminated.

Ready, set, throw

Baseball season begins at Liberty

Baseball season got off to a slightly rocky start; Liberty's varsity team lost in their season-opener vs. Clayton Valley, 3-1. However, hopes are high that the team's work ethic will help them succeed in the long run.



Throwing some heat: Liberty senior Nick Marcelli warms up his pitching arm during varsity baseball tryouts.

Photos by Kristina Busch

Congrats

COACH WALTERS

The Positive Coaching Alliance is a national non-profit developing "Better Athletes, Better People" by working to provide all youth and high school athletes a positive, character-building youth sports experience. This organization annually gives Double-Goal Coach Awards to 25 youth and high school sports coaches from throughout the U.S. who embody the ideals of striving to win while also pursuing the even more important goal of teaching life lessons through sports.

Today the Positive Coaching Alliance announced 75 finalists from across the United States. Our very own Jeff Walters is one of the 75 finalists. The national winners will be announced on March 4.

Congratulations to Jeff! He is a talented educator, an excellent coach, and a wonderful person. Wish him luck; we hope he wins one of the 25 national awards.

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2014 will be full of exciting events and experiences. To support our spring athletic teams, all you have to do is check out these...

Upcoming Sporting Events

--Feb. 28 & Mar. 1, BoysTenn @ Freedom Tournament

-Mar. 1, Frosh Baseball v. California

-Mar. 1, Var Softball v. Dougherty Valley

-Mar. 3, Boys Golf @ Gambetta Invitational

-Mar. 4, Var/JV Softball v. Washington

-Mar. 5, Track/Field v. Heritage

-Mar. 6, Var/JV/Frosh Baseball v. Amador Valley

-Mar. 7, Var/JV Baseball v. Rancho Cotate

-Mar. 7, Var/JV Softball v. Granada

-Mar. 8, Var/JV Softball v. West

-Mar. 8, Track/Field @ Port City Invitational

-Mar. 10, Var/JV Softball v. Northgate



My teacher did WHAT?

When you think of a teacher, you probably think of someone who knows everything about quadratic functions, someone who enjoys adjective clauses, or a person who can quote the Second Amendment. But believe it or not, many of your teachers were athletes who competed at the college level. Check out the list of Liberty staff college athletes below:

Who?	What?	Where?
Mr. Ambrose	Track and Field	CSU Chico
Mr. Beaver	Football	Los Medanos and Cal State Hayward
Mr. Beyer	Baseball	Azusa Pacific University
Mrs. Busch	Dance	Cal State Stanislaus
Mr. Edwards	Wrestling	Sierra College
Mrs. Ghannadan	Swimming	SUNY Plattsburgh.
Mr. Groseclose	Football	Los Medanos College
Mr. Heinz	Basketball and Baseball	Shasta College
Mr. Hutslar	Football	University of Arkansas at Monticello
Mr. Jacot	Baseball	Cal State Hayward
Mrs. Johnson	Swimming	CSU Chico
Mrs. Kimbrell	Basketball	Moorpark College
Ms. Lapriore	Volleyball	Saddleback Community College
Ms. Marks	Wakeboarding	UC Santa Barbara
Mr. Mundy	Track and Wrestling	Diablo Valley College
Mrs. Osborn	Volleyball	Indiana State University
Mrs. Overly	Cheerleading	San Jose State
Mr. Reinders	Football	Azusa Pacific University
Mr. Smith	Track	San Francisco State
Mr. Williamson	Track	Sacramento State



Arizona's Nick Johnson (13) shoots against Washington's defense.

Photo courtesy of www.philly.com

What is all the madness about?

By Evan Yoshino
Staff Writer

If you're wondering what all this hooplah is about this coming March, then you need to be informed of March Madness.

March Madness is every NCAA College Basketball Team going head to head in a game of sudden death.

After teams are eliminated there is a collection of the most elite teams that have made it to the "Final Four". This is what makes or breaks the teams as they go head up against each other.

Nevertheless, March Madness is one of the most-watched sports events in history.

"Millions of people play brackets every March, so why not take a shot becoming \$1 billion dollars richer for doing so?" says Warren Buffet, CEO of Berkshire Hathaway.

Because of this, people place bets to create brackets to predict the winner for the year, but Arizona is the number one team according to recent polls. But there is still a chance for any team to make it to the "Final Four".

Correction

Staff at *The Lions Roar* would like to bring attention to incorrect information provided by our previous December issue. Titled "Once a lion, always a lion: Liberty celebrates 100th anniversary of alumni game", the article does not accurately chronicle the game and scores.

The correct information is as follows: Varsity and J.V. both won their games versus the alumni. The freshmen lost their game versus the alumni by one point.

Although the author takes full responsibility for the mistakes, they would also like to note that the information was provided by a third party.

Thank you for your understanding.

Lady Lion dons helmet and shoulder pads

By Mauricio Baltrons
Editor

What's your favorite sport? Wrestling? Baseball? Mixed Martial Arts? Maybe Cross Fit? If you were to present Allisun Capocci with these options, she would be likely answer with an enthusiastic "all of those and more!". Capocci, a junior here at Liberty High, enjoys pushing herself to her limits and taking things to the extreme. And as Larry the Lobster would tell you: there are no limits. Upon following that sacred credo, Capocci has proudly declared that she intends to be a part of the 2014 Varsity Football team

"I believe that a football team is like a family and anyone should be allowed to be part of that family," affirmed Capocci. "Furthermore, I want to show other people that they can do anything if they let go of their fears".

Furthermore, contrary to popular assumption, Capocci does not plan to simply be a kicker or a punter. In fact, Capocci plans to play as either a lineman, safety, or receiver. "The whole process makes me a little nervous, but not to an overwhelming extent. I know I'm going to have to prove my strength, but everyone has to at some point," Capocci announced.



Smiling brightly for the camera, Allisun Capocci is very excited for the upcoming season.
Photo by Mauricio Baltrons

Undeniably, Capocci has earned an astounding amount of support from her friends here at Liberty. Like Grant Mathias who stated "I'm happy to welcome anyone on the team," when asked how he felt about having a member of the opposite sex on the team. Yet, perhaps the most commendable display of approbation has come from none other than Coach Jeff Walters himself: "I expect the players to treat (Capocci) with the same respect they should treat each other with."

No matter where the next obstacle may be located-be it on the football field or in the classroom-Allisun Capocci is ready for it. Her choice to join the football team is both admirable and adventuresome. However, in hopes that one does not patronize or over-exalt this Lady Lion, we recommend you meet her for yourself. Just don't do anything that may instil umbrage between you two; I mean, she does MMA you know.

Opinion

The odds aren't always in your favor

An editorial on wealth by LHS senior Muhamad Tarakji

We are currently living in an age where the rich are shamed for their success, and others are glorified for their lack of ambition. We live in an age where we tax people if they have a job, and tax them more if they have a good one. We live in an age where those who fail are given welfare, many of which contribute less to society than the middle class does, and take this country for granted.

Some people nowadays believe that if someone made money, he made it at the expense of someone else. The more the rich have, the less other people have. It's almost like the economy is a pizza ready to be sliced. The bigger the piece someone takes, the less there will be for the rest. However, this is not the case.

Bill Gates for instance, didn't take money from anyone

by making Microsoft. Instead, he made the world richer. Instead of taking his part of the pizza, he made dozens of pizzas with his business smarts. Entrepreneurs create things. Good entrepreneurs become rich. Some people, however, will say otherwise. In addition, many 'poor' people nowadays have access to free healthcare, technology, and cars that rich people dreamed of having decades ago. In fact, statistics show that 72% of Americans below the poverty line have two cars. However, some will say the fact that a gap exists between the rich and the poor is simply 'unfair'.

Freedom isn't fair, if fair means equal. When people are free, some will be more successful than others. Some people are smarter, luckier, or just even better looking. Globalization and free-market capitalism multiply the effect of

smarts and luck, allowing some people to get a lot richer than others.

Besides, unlike a lot of other countries around the world, we live in land full of opportunities. A poor person can become an influential individual in his society if he wanted to. Look at Benjamin Franklin. Look at Jim Carrey. Look at Daniel Craig. Opportunity allows people to take risks and make changes to one's life. Opportunity is what will allow an individual to achieve great things.

"I have observed that the more public provisions were made for the poor, the less they provided for themselves, and of course they became poorer. And on the contrary, the less that was done for them, the more they did for themselves, and they became richer." – Benjamin Franklin.



Photo courtesy of www.history.com



Photo courtesy of blog.allstate.com

Who's a better driver: you or grandma?

Open campus: why not?

By Ale Velez
Staff Writer

Having breaks between classes is great, but having breaks off campus is even better. The situation at Liberty High School is that you either have to get a town pass to leave off campus, or risk your freedom by possibly getting caught by school administrators on a golf-cart; then it's game over and you have O.C.S. Although we may not have an open campus here at Liberty, in places like France, schools have a two hour lunch break where students can either eat off campus or at home. However, some may ask, 'Why doesn't Liberty have an open campus?'. Most common answers include teenagers are irresponsible, reckless, and immature to have that

kind of freedom, thus becoming a liability for the school itself. But, it's this kind of responsibility that make the students feel as though they are being treated like an adult, and mature enough to go wherever for lunch, and come back. Consequently, some concerns that the principal, Mr. Walsh had were "Safety of the students is the main priority," and that "driving hazards



Photo courtesy of sfgate.com

would likely occur due to having a short amount to go to student parking, drive to a restaurant, eat, and come back trying to find a parking spot." For example, in New York, a place called Smithtown, in Long Island, there was one of a number of districts on Long Island and around the country that had recently closed their campuses at lunch time due to parents concern over

traffic accidents, and in some cases truancy. This, 11,000 –student district stopped allowing students to go out for lunch, but on November of 2005 a car accident occurred that killed two Smithtown seniors, and a third teenager. Since then, Long Island has re-evaluated or tightened their open-lunch policies in recent years, according to school officials and parents. Maybe sparing lives of students from potential car accidents over lunch is worth having, rather than an open campus. Even though we don't have an open campus right now at Liberty for now, just get a town pass and save the stress of getting caught and going to O.C.S, or even worse.



Photo courtesy of mspj.com

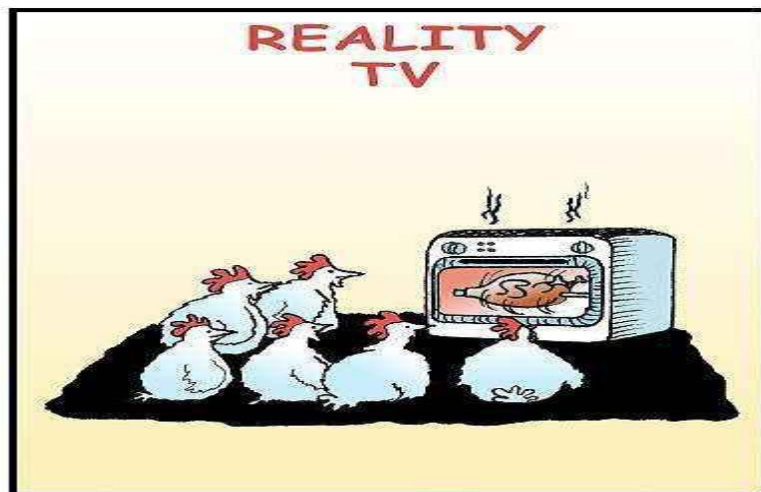
By Alicia Evans
Lead Editor

You're finally sixteen. You know everything. There is nothing more you want to do than ask for the keys and drive your little heart out. But even though you do know everything, there may be one thing you do not know. Senior citizens are better drivers than teenagers. But they are old and can barely see; maybe they even forget where they are driving sometimes; sorry to tell you they are a safer choice to be behind the wheel. Both teenagers and seniors are 5.5% more likely to get in a fatal accident than middle aged people. Beginners on the streets have inexperience which causes the number one death for teens. In the case of seniors, the safest driving age is sixty-four to sixty-nine years old, even though they do have a lot of experience they drive less which helps them in the area of accidents. Next time you decide to grab the keys, you may want to get some tips from your elders!

Reality TV is distorting our reality

By Alec Douglas
Staff Writer

The world of television is something we have not had for a very long time. Television has been around for almost 100 years. It has been through many changes such as color, format, and rating laws. In the last couple of years, a new form of television has become all the rage: Reality TV. The point of this form of television is for you the viewer to take a peek inside the life of a celebrity couple, friends, or family. Examples of this are "Keeping Up with the Kardashians", "Khloe and Lamar", "Jersey Shore," "Here Comes Honey Boo Boo", and the smash hit "Duck Dynasty".



Claudia Reinhardt

Now I do watch TV like any other human being, but there is a point when I watch any of these shows that I think my IQ levels are slowly lowering the more Honey Boo Boo Child or Uncle Si spout their famous catchphrases. So the question is this: is real-

ity TV entertaining or a waste of space? The answer is, it depends; you can find some entertainment in some of these shows. Duck Dynasty does have some funny moments and Honey Boo Boo, while stupid (very stupid), gets an occasional laugh from me. I can't say

the same for shows like "Keeping up with The Kardashians," "Khloe and Lamar," and "Jersey Shore." I can't stand these shows because they are people with no talent and do not contribute anything to society other than being attractive.

These shows go under a category I like to call "Rich People Problems". I call it this because these so-called "Celebrities" have problems only rich people would have, like trying to buy a new Lamborghini because the last one didn't have the right color, or finding out where to throw the \$500,000 party. I watch these shows thinking to myself, "This is considered entertainment? Watching rich people live the good life?" Then I realize that people watch these shows to experience something they haven't done in their real lives. It creates a link between reality and fantasy for them. Perhaps one day we will find a reality TV show that will actually mean something to society than rather frying our brain cells.

Get up-to-the-minute updates on what is happening around campus and much more by following us on Twitter:
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Opinion

He Said, She Said

Advice from the male and female perspective
How do guys and girls feel about the "friend zone?"
Our writers sound off

By Matt Albright
Staff Writer

You unlock this door with a bold question, and then you are put into a dimension of pain, a dimension of want, a dimension of awkwardness. Brace yourselves for we are about to enter... The Friendzone! A sentence some would consider worse than total rejection, the Friendzone is infamous for taking friendships that one person wanted to turn into something and ruining them, even if it's used in the best intentions. A zone that, when put into it, can make one person that wanted to make a companion out of the other hurt emotionally, and force then into the awkward position. This zone is most

commonly used by girls, as guys can usually consider friendliness as attraction. And from experience, I can tell you two things. One; this zone can lead to some of the worst emotional pain possible, and does indeed run friendship. And two; there is nothing that can be done to get out of it unless you put in massive amounts of effort. Often has this happened to me, and often have I put in that effort, and often have my endeavors failed utterly. As guys, we must simply learn to stomach the friend zone and try to preserve the companion we have made, lest it fall into an awkward pit and ruin any chances we have to make something in the future.

By Brittany Frerking
Lead Editor

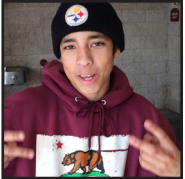
Boys may not like the Friendzone, but we ladies do not mind it. Boys are like puppies, they follow you around until they get the hint. There is two ways this can go. It can go the way the you want it and tell them you just want to be friends. They may feel rejected at first, but if they are truly your friend they will accept it. If they turn into a raving lunatic you did the right thing. It can also be used to your advantage, but

this is not one I recommend, or endorse. You could tease them and lead them on. They will get you gifts and take you out, but what they do not know is you are using them to get what you want. I mean, we are always talking about how guys use us girls, but what about us? Why can we be a double standard, but they get put in the "dog house" for it? The "friendzone" is where no guy wants to be, but most of them are.

What's Going On During Spring Break 2014?

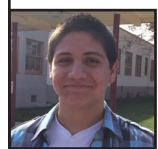
By Cole Parsons
Staff Writer

"We all know that Spring Break is glamorized as an amazing two weeks of craziness and fun, in exotic places with friends or family! According to some Liberty students, you can't really beat a night at home with the family having a movie night! For me it's relaxation time, but maybe not for others."



Mexico is, apparently, where it is at. I'm not completely sure what "it" is, but I'm assuming that it is just a good time. Matthew Diaz told me that he was heading there during spring break, and where ever Matthew goes a good time follows

You can find so much cool stuff at flea markets! Yana explained to me a few of the crazy treasures that she has found while at flea markets like the one in Napa that she plans on going to, as well as a nice restaurant that she really likes!



Not knowing what you are going to do over break can be almost like a spontaneous adventure! According to Ivan Vazquez he has no idea where he is going over break, and that is half the fun of it

Another spontaneous adventurer! Lyssette Zamora thinks that she is just going to stay home most of the break and just relax, but she says that she will tag along go where the wind takes her!



Battle of the sexes: Are men superior to women?

By De'Varryia Smith
Editor

We ladies have come a long way in terms of rights and privileges. We're able to vote, hold jobs, and we've even begun making our presence known in the government. Yet do not let this upward spiral fool you, because while we have indeed climbed higher, there is still much we need to fix. Women in this day and age are still oppressed, and many times we are silenced, allowing the mistreatment to occur unhindered and under everyone's noses.

Take the work force, for example. Sure, we're able to hold many of the same jobs as men. But even today, women still don't get nearly the same payment for doing the exact same tasks. According to the Huffington Post, in late 2013, women only earned 77 cents on average to every dollar earned by men. Of course, many will say, "That's only a 23 cent difference! What's the big deal?" To which I reply with what most adults say about pocket change: it adds up. But the common workforce isn't the only setting affected by income disparity; many areas of entertainment are too. Take a moment to envision one of Hollywood's most prominent faces and: that of Angelina Jolie. A woman of such beauty and talent surely isn't victim to being skimped in pay, right? And with a salary of \$30 million, placing her as the top paid actress in the US, that is a very believable delusion. However, when placed next to Robert Downey Jr., America's top paid actor with a salary of \$75 million, things are a bit easier to put into perspective.

A difference of 45 million dollars between two people doing the same job, except one is cursed with being a woman.

But that's not all. An area that needs INCREDIBLE improvement is the viewpoint of women and sex. Yes, everyone, I'm talking about "slut-shaming."

You've heard it before. "[Insert name here] is such a slut! She's had sex with everyone! She so needs to learn to say no. She's so gross!"

Yet what do the guys who also participated get to hear? Because after all, it takes two to tango:

"Man, you got with all three of them? No way! Dude, that's awesome! You gotta tell me how to get as many chicks as you!"

See something wrong here? For some reason, in regards to sex, when connotated with males, it's "normal", "expected", because "boys will be boys" who "only are after one thing." But when girls are concerned, it's "slutty", "provocative", "unladylike". We tend to overlook the fact that, in many cases, the decision to engage in sexual intercourse is a two-way street, and both parties should be held accountable for what happens, not just the woman for "being promiscuous".

But what about cases of rape, or situations where one party's right to consent was blatantly ignored? Unsurprisingly, while this does occasionally happen to men, this occurs with women at a startling rate. In fact, 1 out of 6 women in America will have been the victim to attempted or completed rape in their lifetime, as reported by the Rape, Abuse, and Incest National Network. And the responses to such cases are absolutely disgusting. Because we have individuals claiming that if she was dressed a certain way or behaved in a certain manner, she was "asking for it". There are legitimate cases between girls aged around 11-14 years old being called "predatory", or accused of coming on to men that were old enough to be their fathers.



Photo courtesy of ynaija.com

Is this supposed to be reassuring to me as a woman? That we've turned from a society that practically kept women in cages into one that labels mere children as sexual deviants? Into one that claims a woman's right to say no to sex only goes as far as where her dress hits her legs, or how many drinks she'd had that night? Because I hope not.

Things need to change. Women need to stop being viewed as trophies or sexual objects. Because we are people, too. The world, whether many want to admit it or not, would not function without us. Women are needed in society, and not as backup dancers gyrating in the back of a music video.

As actual, functioning members of society, who should be able to do the same jobs as men without worrying about a pay drop. Who should be able to walk down the street wearing whatever they please without being worried about who may have less-than-chivalrous intentions.

Like I said, we've certainly come a long way. But we definitely have a very long way to go.

"Women are needed in society, and not as backup dancers gyrating in the back of a music video."

Liberty High School does not discriminate on the basis of race, color, national origin, sex, or disability.

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