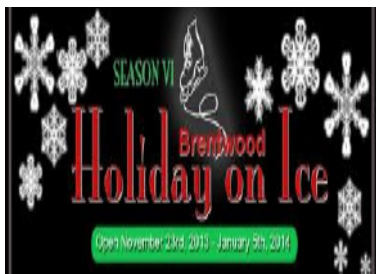
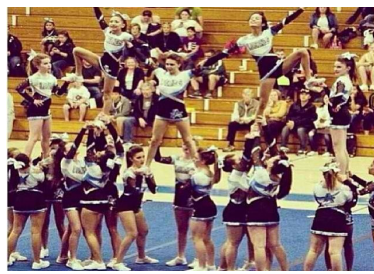




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The voice of Liberty High School students



# The Lion's Roar

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

Issue 2

December 12, 2013

FREE

## A Glee-ful evening

### Derik Nelson, from Fox's hit show 'Glee,' takes a chance on Liberty High

By Rachel Macdonald  
Guest Writer

Excitement was pulsating from the crowd. So strong that it was as if there was a buzz in the air. If anybody had even come close to the venue they would feel the energy from inside. As loud blended chatter filled the auditorium each



Photo by of Rachel Macdonald

person was waiting for the same person. Derik Nelson. On his first solo tour, Taking Chances, Derik played at select high schools across the west coast. So who is this Derik Nelson and how did these people hear of him? Derik is the lead guitarist on the hit television show Glee. Just like the show his performance was a success. The performing arts center was ¾ of the way full. The show opened with fog as the band entered the stage with Derik following after. Quite literally the crowd lost their minds, with screaming as far as you could hear. He opened with the song Take Chances which is the song his tour is named after. People were itching to leave their seats and run straight to the stage. After a good twenty minutes of an enchanting and engaging performance he had the house lights turned on. This way he could see all the people who came to see him. He also allowed everyone to run up to the stage and

enjoy it like a real concert. Derik was truly charming and he connected very well with the audience. As one of the parents put it "He brought the audience in. I felt part of the show." At one point two of our own Liberty students were literally part of the show. Derik stopped the show to call up Kayla Erickson and Gabriela Montagino. Gabby had sold the most tickets and Kayla was the reason that the concert even happened. They both got signed shirts and a free CD. So how did Kayla even know to invite Derik Nelson to our school? How did that happen? Well it was completely by accident. She happened to stumble upon his You Tube channel which lead to his website, and from there she learned about the tour. "I just took a chance and sent in our school's name. I honestly

didn't expect anything but I got an email the next day!" And to think it was all by chance. After a phenomenal show the crowd was begging for more. The hype was even more durastic than before the show had started. One particular girl was so filled to the brim with excitement and hunger for more that if she had spoken at a more rapid pace she would have broken the sound barrier. "OH EM GEE! I've never seen a man have so much passion on stage!" she squealed. A favourite song that most of the audience shared was Sunday Morning. Rest assured this all carried on through the meet and greet. This entire tour was created to fund the arts programs in schools and we wanted to know why Derik decided to do this. He tells, "I want to make sure high school programs have what they

need. It definitely came through personal experience of playing music my entire life an through high school." We asked, "Are you naturally charming or do you plan everything ahead of time?" He responded in laughter and followed with "Thanks. No. uhhh... It's the flow of the show. It just happens." Again he laughed. Speaking of the flow of the show, when keyboardist Brian was asked about the pre-tour events he mentioned their first rehearsal was the first show. Glad everything worked out! Bryan also let us know that the band as is now was actually created when Derik, Bryan, and bassist Jack were in college together. When speaking with Jack about the band he stated, "I started it. I introduced Derik to Brian." He said this right as Bryan walked past, commenting "He likes to take credit for starting the band." They both laughed and then everyone finished off speaking and closed up the night with warm goodbyes as the crowd slowly shuffled their way out. Interested in hearing what you missed? Check out Derik Nelson at [deriknelson.com](http://deriknelson.com) and be sure to give Brian a listen as well. He's a full time composer whose music can be listened to by going to [brianhargrovemusic.com](http://brianhargrovemusic.com) or [soundcloud.com/b-theory](http://soundcloud.com/b-theory).



Photo by Rachel Macdonald

## K-9 SOLDIERS OVERSEAS

By Austin Trenholm  
Staff Writer

The time has come to celebrate the smallest but mighty heroes, which are the dogs. They are a man's best friend and a helpful ally. During scorching hot summers and freezing winters we have the canines to thank for, their bravery

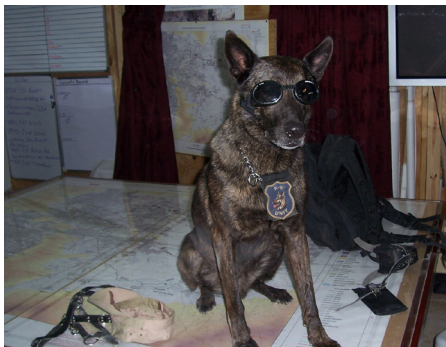


Photo courtesy of Michael Trenholm

There are many different people who support the dogs of the military, like our own veterinary science teacher, Mrs. Madsen. She began to participate in Operation Creekside, which began our support for Military K-9 Outreach. Operation Creekside is an organization that helps and supports our troops and dogs through donations. Mrs. Madsen came into interest with these projects because her family has been part of the military and she loves animals. As a member of Operation Creekside Mrs. Madsen presents that, "We collect donations such as protective gear for the dogs, dog treats, dog toys, and doggles (goggles for dogs) and ship it over to them." In addition to her contribution, her veterinary science students write letters to various companies to get donations for the dogs and have pack days to get all the different materials into boxes to ship the supplies to the troops.

## Saving energy may not be working

By Richard Montalvo  
Staff Writer

In these harsh economic times, everyone is looking to find some way to save a buck. The Liberty High Union School District is no different. They seem to take a rather strict policy on conserving as much

energy as they can by doing thing such as turning off the electricity at night, installing solar panels, and even sending someone in before the school breaks in order to make sure every computer, projector, and alarm clock is unplugged so its not wasting energy. But are these practices doing more harm than good?

Mrs. Simon can tell you all about an issue of her own; her air conditioner gives her the cold shoulder. "My classroom is cold most of the day. Even students complain. The heat turns on and will go as high as 70. Once it hits 70, however, the fan turns on and blows cold air. The hot air does not kick back on until the temperature goes below 68. It takes a long time for the thermostat to get down that low even though cold air is continually blowing." Mrs. Simon's cold classes might be a bit of a downer, but at the same time,

students seem to be generally understanding towards the school's energy saving practices. Mauricio Baltrons states, "I feel like it's a positive and exemplary system that all schools should follow. It's saving the school money while at the same time saving the world." So is there really a problem? According to a large amount of research and studies performed since the 1930s, even small changes in temperature can impact student performance. But, judging from popular opinion, there seems to be nothing wrong with it. Students might complain that their classes are a little cold, but in the end it seems to be a necessary evil. With our energy sources quickly running out, it seems like these sorts of energy-saving practices are measures we should take if we want to continue living comfortably years from now.



Photo Courtesy of Trulia.com

# Breaking News

## History in our backyard

By Mauricio Baltrons  
Editor

Nestled within the golden grassy hills of Byron, California is a ruined hotel with a hair-raising past. The Byron Hot Springs Hotel has been a glamorous resort, a residence, an army interrogation center, and a monastery all within its antique existence. It has been ravaged by multiple fires, sold several times, and undergone countless reconstruction attempts. But today, it exists solely as a crumbling sepulcher—an invisible reminder that Byron was not always the sleepy town it is now. Like a family heirloom, the ho-

tel has had several different owners and served many purposes. In 1863, the Risdon family (although they were not the first to discover the site) saw potential in the springs and quickly filed for a land patent of 160 acres, with the hot springs at the center. Because salt springs are an uncommon occurrence, it was an extremely attractive stake



Photo by Eli Mesina

for other prospective buyers. Subsequently, the Risdons were constantly bombarded with purchasing offers, all of which were politely declined. But in 1889, the Mead family finally persuaded the Risdons into selling. The Meads developed and converted the land into a lavish hotel, which only lasted until 1901 before burning down. A second hotel was built in 1901 and had relative success until 1912, when it was also wrecked by fire. In 1913, a third hotel was opened. This time, the hotel saw

camp for German and Japanese prisoners of war. Despite the filthy connotations “interrogation camp” brings to mind, the camp actually utilized the hotel’s comfortable accommodations (like granting prisoners access to the hot springs) in hopes of exploiting the prisoners’ newfound trust. Once the war ended in 1945, the building was leased to a Greek Orthodox church to be used as a mission. Economic hardship in the 1950s led to an endless cycle of buying and selling of the area. Each different owner planned to restore and revamp the springs, but financial issues and cultural sensitivity to the location subdued all ambitious strategies. Given its colorful past, Byron Hot Springs Hotel is a perfect candidate for refurbishment. Nonetheless, the presently deplorable condition of the structure makes it a risky monetary investment. For example, the three story building would require approximately \$648,990 in reconstructive fees alone. Doing so, however, would be taking from the cattle that have come to make residency of the shambled edifice. Those who are curious or brave enough to explore the area must find off-site parking and walk to the entrance on Hot Springs Road. A partly occluded makeshift-sign reading: “Danger - No Trespassing,” and a rusty barbed-wire fence mark the beginning of the trail. After about a mile of trudging through rough terrain and cow-pies, visitors will arrive at the site. Cautions of a vigilant and irritable groundskeeper begin to sound preposterous when touring the property, as it is clear

## ATTENTION!

New club on campus!

By De'Varryia Smith  
Staff Writer

Do you like to solve crimes? Is one of your favorite shows CSI? Then have we got a club for you! This year, Liberty hosts a new Forensics club for all aspiring mystery-solvers. The club meets on Mondays in E-6 and is advised by Mrs. Hubbard. “I think that this is a good club mostly because it has something for everyone,” she says. “Each student can choose what they want to do.” At the moment, there are approximately 15 students involved in the club. Their activities range from fingerprinting, mini-mock crime scenes, and even fundraisers. Anyone who is at all interested in a future as a Crime Scene Investigator, or even just think that forensics is fun and general, should check it out!



Photo Courtesy of Dayjobs.com

no one has tended to the dump grounds for what appears to be a long time. The premises are simple, yet surreal: severed palm trees line a crudely formulated border of the area, chunks of concrete carpet every room of the hotel, and no wall is void of eye-catching graffiti. The structure itself consists mainly of several derelict rooms and two sweeping staircases that circumnavigate an elevator shaft, barren of any elevators. The hauntingly peaceful landscape is as immersing as its history would suggest.

According to a syndicate of somewhat credible sources, rumor has it that the current owner has plans to develop the property. Still, it remains a popular destination for “urban explorers”, rather than construction crews. Financial bindings, nevertheless, will most likely inhibit the landmark’s evolution into a museum or hotel. Regardless, residents of the Bay Area will continue to be taken back by the rich history that is buried deep beneath the concrete slabs that litter the springs.

hello,  
schooltime.

BACKPACK, LUNCH BOX, SNEAKERS, HAT, SUPPLIES, UNIFORM, NEW CLOTHES...

Checking off your list of school needs is as easy as 1,2,3. Before the bus takes them off to school get them geared up, looking good and ready to learn at...

THE STREETS  
OF BRENTWOOD

AEROPOSTALE  
ALL AMERICAN SPORTS FAN  
AMERICAN EAGLE  
BANANA REPUBLIC  
CHARMING CHARLIE  
THE CHILDREN'S PLACE  
DELIA'S  
DSW SHOES

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EXPRESS  
GYMBOREE  
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MAINLAND SKATE & SURF  
NO FEAR  
PAC SUN  
R.E.I  
SUNGLASS HUT  
TILLY'S  
ULTRA COSMETICS & FRAGRANCE  
WHITE HOUSE I  
BLACK MARKET  
AND SO MUCH MORE...

## Krispy Kreme At Your Fingertips!

By Laura Gomez  
Staff Writer

You walk into a brand new donut shop right across the Streets of Brentwood. You order an Original Glazed donut, but it melts in your mouth so quickly that you order more donuts. As you order your donuts, you notice that you are in Brentwood’s new Krispy Kreme donut shop. You tell yourself “These donuts are the best, and I will definitely come back. But, before I leave I have to purchase a dozen more donuts.”

Clearly, that is what residents of the local area have been doing since Krispy Kreme opened its doors on October 24th of this year. Kimmy, one of the managers of the donut shop spoke about the opening of Krispy Kreme and what has been going on since then. Kimmy stated, “On a daily basis maybe like 600 or 700 people visit Krispy Kreme.” Krispy Kreme has served many people and it has become the most popular doughnut shop around the local area since it is the first Krispy Kreme within Brentwood. Me a n w h i l e, Krispy Kreme has three managers and twenty-two employees for a total of twenty-five individuals who help donut-lovers with their desired orders. “I hear the most popular donuts are the Original Glaze, the pumpkin spice, pumpkin cheesecake, and chocolate and maple,” stated Kimmy.

Donut lovers are sure to visit Krispy Kreme all times of the day. The manager also informed us that there will be more holiday donuts coming our way during Christmas season. So if you have not visited Brentwood’s most recognized donut shop, get a ride to pick up your delicious mouth-watering donuts.



Photo Courtesy of Krispykreme.com

## Season's greetings from the other side of the world

By Ale Velez  
Staff Writer

While it is time to start bundling up the blankets and drinking some hot chocolate, other places of the world are piling on the sunscreen and getting ready to head to the beach. For example, in Australia November is the season of spring, while most of the country is getting ready for the winter. However, in Brazil, March through November is a drier climate, compared to December through February which is rainy, hot, and humid months.

Some activities that locals do around this time in Australia include, snorkeling in the Great Barrier Reef, surfing waves averaging six feet tall, watching the sunrise from a beach on the Gold Coast, and even Tree Top Walks through dizzy heights of forty meters to look over the dense forest. Meanwhile, in places like Brazil people are going to soccer matches with family and friends, visiting local markets to get produce and other goods, even taking buggy trips on the North coast, and also river-rafting on the Iguassu falls. Even though places of the world differ in climate changes, some things that we have in common include having a good time outside in the nice weather, and even indoors on colder days.

However, in places closer to the United States, temperatures may be not far off from what weather we are having now. Places like Canada which has temperatures in the low thirties and high sixties. Canada today might be skiing, snowboarding, and even starting up their fireplaces just like us. In California, we are truly lucky to have all kinds of weather, but in mild intakes. Whatever the weather may be like in different places around the world, we sure have many activities to enjoy during the cold months to the hot temperatures. But for now, let's keep warm with blankets, crank the heater, and put on some jackets.

Overall, locals should take advantage of living in the Bay Area, where it's easy to go to the snow in only three hours, and have a Delta close by to go fishing and boating. We are lucky to have landmarks which make it possible to enjoy all four seasons.



This is what Lake Wakatipu, New Zealand looks like all throughout December. In fact, the water remains at 86° Celcius and only drops to 60° during the evening. Photo streamed from Flickr

## The gift of life: organ donation

By Mallory Muniz  
Staff Writer

Imagine your life abruptly ending tomorrow. How would you feel about your organs living on in someone else's body?

Currently there are more than 120,000 people in the United States waiting for an organ or tissue transplant. This massive number could be drastically reduced if more people were aware of the organ donating process. In fact, there were only 14,000 active organ donors recorded as of 2012. Organs are scarce. Sadly, an estimated eighteen people die each day waiting for a transplant.

The first step to donating is simply signing up. Anyone- regardless of age or medical history- can register to be an organ donor. Signing up is not limited to getting or renewing your driver's license; it can happen at any time. The process is as easy as answering yes or no. Those interested can find information online or by requesting a form available at most DMV locations. Additionally, becoming a donor does not cost anything to the donors or their families. Should you pass under circumstances in which you suffer a severe brain injury or traumatic accident, hospitals are required by law to notify a local Organ Procurement Organization (OPO). The OPO will evaluate you based on your cause of death to determine if are eligible to donate. If so, they will check for means of authorization and whether or not you are a registered organ donor. If, and only if, the OPO has authorization, the United Network for Organ Sharing (UNOS) will match your organs with possible recipients based on a variety of factors such as: blood type, medical urgency, time on the list, and proximity. Once the match(es) are found, you will be brought into surgery and have your organ(s) or tissue(s) is removed. Incisions are surgically closed and the process does not interfere with any post-mortem service, such as an open casket funeral.

Lindsey Chan, a seventeen-year-old senior here at Liberty High School, understands the significance of being a donor as both of her parents are. When asked if she has ever considered becoming a donor herself, she replied that she plans to be. "What better way to die than to save the lives of others in the process," she said. "People will remember you in an honorable way, and you will take comfort in knowing that you improved someone's life even after you are gone."

To be an organ donor means that you are willing to part with the functioning portions of your body you no longer need to someone else in order to help them live better. What an empowering feeling to know that you might possibly save someone's life.



Photo courtesy of donors1.org



By Evan Yoshino  
Staff Writer

Christmas is right around the corner and coming fast! To celebrate, The Streets of Brentwood and their associates will be holding their annual Brentwood on Ice. This is a great local attraction in this little town. Surely, this will be a great family attraction and for friends as well. This is the seventh year that Brentwood on Ice has been held in the Streets of Brentwood. For \$15 with a skate rental patrons may enjoy hours of frosty ice skating while festive Christmas plays faintly in the background.



As seen in this photos, patrons come from far and wide to spin on the ice. Maximum fun capacity: unlimited.



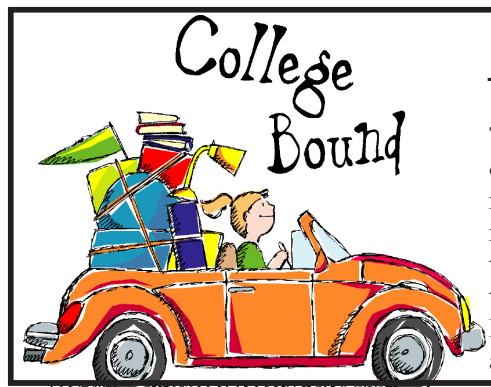
The winter air seems to magically alter the appearance of the Streets of Brentwood.



Be sure to visit the Streets of Brentwood and revel in the holiday cheer!



All photos courtesy of brentwoodholidayonice.com



## ATTENTION SENIORS:

The Local Scholarship Application is **NOW** available online at our school website! Please go to [www.libertyunion.schoolwires.net](http://www.libertyunion.schoolwires.net) and then to the Student Info Tab. Click on "College & Career Center," then click on "scholarships." There you will find the 2013 -2104 Local Scholarship Application. Please complete the application online, then print and submit all copies to Mrs. Perkins by February 7th. If you have ANY questions or trouble accessing the application, please see Mrs. Perkins in B-3.

# Campus Life

## Sleeping without Sandman



Photo courtesy of Google Images

By Sam Cheshire  
Staff Writer

The reason why you're falling asleep in class? There is a disease sweeping the nation. It is infecting teenagers all over the world: about 30% of teens have insomnia and don't even know it. Insomnia is a fancy term that defines the inability to sleep. There are some tricks one can do to aid ones insomnia. For example, making sure your room is dark; not using electronics and keeping a schedule are some ways.

However, sometimes this isn't enough for the average teenager. When most teens cannot fall asleep, most people stay up or worry about not falling asleep which doesn't help.

"I have trouble falling asleep," Brittany DeFazio, a junior at Liberty remarks. "But I do not always feel tired."

In addition, dealing with these problems can be a difficult thing to do.

"I just deal with it." Haley Schwitters, a senior at Liberty stated. But some people can't just deal with it because it's harder on their body and brain.

The body and brain are two of one's best tools in life, but when they are damaged; your life could change for the worse. If you're missing sleep, your grades could tumble or you could become cranky.

Being "cranky" can come from different things that happen in life, but the biggest thing is being sleep deprived or getting up so early.

"I'm tired all the time, maybe because I get up so early," Haley Schwitters said.

Sleep schedules are very important for your body and brain. Sleep schedules is like training your body for a marathon. You have to train your body if you're going to get up early or late all the time. Your body can become tired or weak if not trained properly. It sounds crazy but it really does help.

Being tired, sleeping in or not finding a sleep schedule that works for you is just a few things that make insomnia much worse than it already is. If you think you have insomnia, you should really try to sleep earlier, take better care of yourself and don't worry about not sleeping because it can take a toll on your body and even your life if it's not taken care of and under control.

## Transsexual student finds acceptance at Liberty High

By Elijah Mesina  
Staff Writer

Imagine if your body betrayed you. If you were born one gender, but felt like you were supposed to be another. For one Liberty student this scenario has become her reality. "I used to play with dolls as a kid," said Nikki Contreras, a Liberty High School junior who was born in San Leandro, California. Born a male, she never felt that she was meant to be a boy; she always did feminine



11th grade student Nikki Contreras poses for a shot

Photo by Elijah Mesina

things that society and her parents viewed as unacceptable. "I used to put a towel on my head to give myself a 'feminine aesthetic'". In addition, her parents had always told her that her behavior was not acceptable and she decided to act 'normal'. However, Contreras eventually got tired of living a lie. She started putting on make-up and the more she put on, the more comfortable she felt. At the turn of her eighth grade year, Contreras went to Adams Middle School and had a lot of issues with her self-identity

and how others saw her. Once she entered high school, she decided to come out as a trans-sexual woman. I say I'm a trans-sexual woman; the difference is that being 'transgender' is mental and 'trans-sexual' is physical... I've had work done." When she was asked about how she deals with bullying, she said "It would be unfair for me to call them names, we can't put each other into different categories." She just shrugs it off and deals with the bullying.

## 2013 Brentwood Regional Community Chest Canned Food and Toy Drive

### Event:

More than 500 families from Brentwood, Byron, Discovery Bay, Knightsen and Bethel Island are presented with food (including a full holiday dinner) and age-appropriate presents for their children. This program is largely dependent on the generosity and support of individuals, families and businesses in our community.

### Dates:

Friday, December 20th, 2013, 4:00 P.M. to 10:00 P.M.  
Packing event in Brentwood Elementary Cafeteria

Saturday, December 21st, 2013, 7:30 A.M. to 1:00 P.M.

Distribution event at Brentwood Elementary

### Volunteer:

Volunteers are needed and welcome for both the packing on Friday and the distribution on Saturday morning. Volunteers are needed throughout both days. Anything from volunteering the entire two days to a part of one day is welcome and appreciated. Families, clubs and teams often participate as a group. Board members are available to validate volunteer hours for students. Parents may bring children to help as long as they are supervised. It is not necessary to sign-up prior to volunteering.

### Donate:

Starting the second week of November, barrels and bins will be located throughout East County for donations of non-perishable food and new toys. Barrels are located at local banks, post offices, local businesses, Brentwood, Byron and Knightsen elementary and middle schools, as well as many other locations. All donations to the Community Chest stay in East County. Tax ID #94-73204667

### Families:

Families in need can apply to participate at one of the scheduled sign-up events listed below. There are a limited number of participants and families are encouraged to sign-up early. All spaces may fill up prior to all sign-up events being held. Applicants need to show proof of identity and residence; (Driver's License or ID card and utility bill, PG & E, Phone, water or garbage, etc.)

Brentwood Senior Center, 193 Griffith Lane

Tuesday, November 12 • 6 – 8P.M.

Friday, November 15 • 3 – 5P.M.

Saturday, November 23 • 11A.M. – 1P.M.

Thursday, December 5 • 9:00 – 11:30A.M.

Wednesday, December 11 • 2:30 – 4:30P.M.

Contact: For general information please contact Lill Pierce at 925-813-1320.

## Holiday Recipe: Chocolate Trifle

### Ingredients:

- 1 (19.8 ounce) package of brownie mix
- 1 (3.9 ounce) package of instant chocolate pudding mix
- ½ cup of water
- 1 (14 ounce ) can of sweetened condensed milk
- 1 (8 ounce) container of frozen whipped topping, thawed
- 1 (12 ounce) container of frozen whipped topping, thawed
- 1 (1.5 ounce) bar of chocolate candy

### Directions:

1. Prepare brownie mix according to package directions and cool completely. Cut into 1 inch squares.
2. In a large bowl, combine pudding mix, water and sweetened condensed milk. Mix until smooth, then fold in 8 ounces whipped topping until no streaks remain.
3. In a trifle bowl or glass serving dish, place half of the brownies, half of the pudding mixture and half of the 12 ounce container of whipped topping. Repeat layers. Shave chocolate onto top layer for garnish. Refrigerate 8 hours before serving.



Photo courtesy of tasteofhome.com

## The Lion's Cafe

*A delicious meal right out on the savannah*

By Matt Albright  
Staff Writer

A new hot dog place, aptly named 'The Doghouse' opened up in Brentwood across the way from The Game a few months ago. After months of passing it by, I finally decided to stop in and give it a try. And I am rather glad I did! The Doghouse, while having a rather colorless interior, nonetheless provides free internet, a large flat screen TV, and a open and spacious room for everyone to relax when they want to enjoy a good old fashioned American frank (or if you're feeling rather not-American, you can pick from their available sausages as well). They also, awesomely I might add, offer a



Photo by Matt Albright

meal just for Liberty students! If you have your student I.D. on you, they offer a meal: a plain beef hot dog, a bag of chips, and a Coke for only \$5.00! This all comes together because the service as friendly as can be, the lady that served me not only helped me through their well put together menu, but did it all with a smile. The only vice I could have is the size of the dog, I got a plain cheese dog. And even though it was delicious, there were times when it felt like I was eating a piece of cheesy bread, instead of an actual hot dog. Regardless, The Doghouse offers even more variety to the restaurant scene in Downtown Brentwood, which everybody should check out.

## Minors in the majors: Going for Olympic gold before graduating high school

By Nathaniel Silver  
Staff Writer

From the amazing snowy mountains, the graceful ice rinks, to the half pipes, athletes from all over the world will be competing in winter sports with decades of history behind them, and some sports that will make history in decades to come. This years Winter Olympics will be held in Sochi Russia, and is scheduled to take place on February 7, 2014 through February 23, 2014.

There will be fifteen different winter sports going on at this years Winter Olympics. For the past

two Winter Olympics the USA and Germany have received the most medals and praise from their countries, so those are some countries that you could keep an eye out to come on top. The Winter Olympians need to train their entire bodies both physically and mentally for their upcoming events. For example Biathlon competitors spend hours at the shooting range doing target practice to work on their breathing control, and long hours doing laps in the pool after long trips on roller skis. Biathlon competitors do this everyday in prepa-

ration for competition day. With many of these sports the competitors have to go through extensive training to be able to compete with the top athletes in there sport, and to proudly bring glory to their country. Some athletes can make it to the Olympics at age 16 since that is the age cutoff, and this 17 year old Andrew Astalos will be speed skating for team USA, along with 17 year old figure skater Gracie Gold who placed second in January at the US Nationals and is favored to be the new "American skating prodigy". Someone also racing

their way to the Olympics at the young age of 17 is Mikaela Shiffrin a downhill skier who is ironically making her way up to the Olympic level of downhill skiing. Many people will be looking forward to watching this years Winter Olympics, as for 2010's Winter Olympics 190 million people watched the games. So bundle up, and get cozy for 2014's Winter Olympics.



17-year old figure skater Gracie Gold shows off her amazing skills. Photo courtesy of Charlie Neibergall - AP Images



17 year old downhill skier Mikaela Shiffrin hits the slopes. Photo courtesy of Mikhail Metzger - AP Images

## Behind the curtain of protein

By Trevor Robinson  
Staff Writer

Many people today think of protein drinks and supplements as muscles in a bottle. Diet fads advise people to take protein to build muscle and reduce fat. But, this amazing nutrient does not just build muscles. Protein can affect the whole body.

For example, although protein helps build muscles, it also gives you energy throughout the day. If you take it in the morning it can jump start your body, help your metabolism and give you energy. This amazing nutrient can help your body in many ways. How does protein affect muscles and the body? When you work out, you tear your muscles. This tearing opens them up. When you drink protein after lifting weights or working out, the protein fills and repairs the tiny rips. This makes the muscles grow in size. To build muscles, you need to make sure you are consuming enough to support the needs of your body. If you consume too little protein, your muscles will not be able to repair themselves and you won't see them grow.

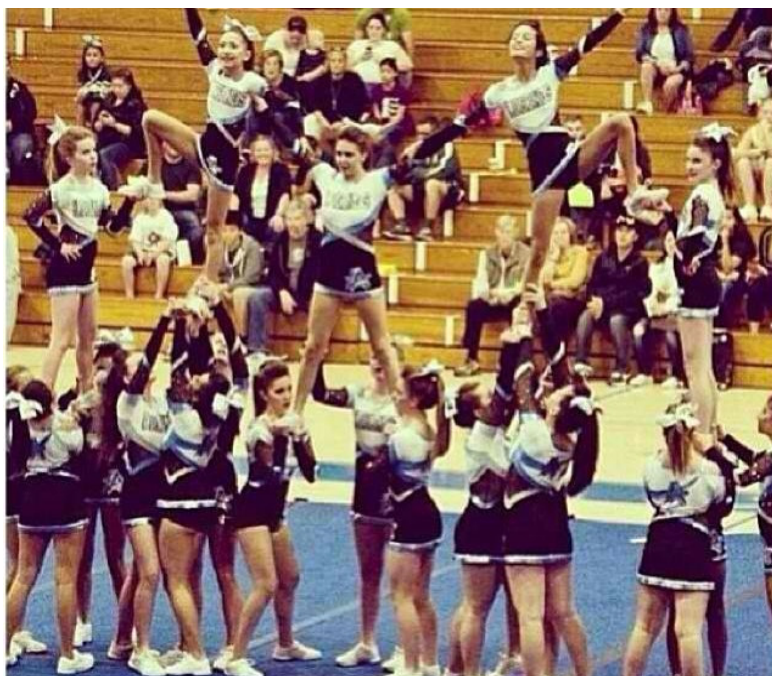
However, if you eat too much, the excess protein turns to fat. So, how do you find the right amount? Finding the right amount of protein is easy. First, take your weight. Then, divide that number by six. The number that you get will vary based on your weight. That is, if you and a friend weigh different amounts, you should get different numbers. The number you get from dividing your weight by six will be the amount of grams of protein you need to consume after a workout. If you're getting into protein and building muscle you should also study the protein that you're consuming. There are some really good proteins out there and some proteins that are questionable. You may ask why this is important. You want protein to make it to your muscles. If you have questionable protein, it can stick to the interior of stomach and not get to your muscles. It is also good to study the protein you have; there are a few notorious types of protein that can cause cancer and different issues with the body. Some protein powders and supplements have additives that are actually outlawed by high school, college, and professional athletic competitions. Therefore, it is very important to research the type of protein that will best meet your nutritional needs. Even with the addition of protein to your daily diet, you can't expect to be the size of hulk the day after you drink it. It takes a lot of blood, sweat, tears, and protein to build muscles and mass.

## Let's get fired up!

### LHS students compete in off-campus cheerleading

By Cassidy Connors  
Staff Writer

2,4,6,8 who do we appreciate? Cheerleaders! Many people think being a cheerleader is easy, but what they don't know is competition cheer is a year round sport that requires more than a loud voice. Sarah Cisneros states, "You have to have good grades just to be eligible practice and compete." She also says that it is important to always have a positive attitude, be respectful, and to always be loyal. Sarah cheers for Legends Allstar and is on level two. Their season has just begun so they have only had one competition and received third place. Legends Allstar's next competition is in April. According to Sarah, like any other sport, cheer isn't always easy. She says, "It is very difficult dealing with the stress of performing in front of so many people and working so hard to get one routine right for the next competition."



Sarah Cisneros and her team's hard work pays off as they finish their routine.

Photo courtesy of Sarah Cisneros

### Upcoming Sporting Events:

- 12/13/13- Varsity Girls Basketball @ Liberty
- 12/13/13- Varsity Boys Basketball @ Liberty
- 12/13/13- Varsity Boys Soccer @ Livermore
- 12/13/13- Junior Varsity Boys Soccer @ Livermore
- 12/14/13- Varsity Girls Basketball Stonebarger Tournament @ Liberty
- 12/14/13- Varsity Boys Basketball Stonebarger Tournament @ Liberty
- 12/14/13- Varsity Boys Soccer Tri-Valley Tournament @ TBA
- 12/14/13- Varsity Girls Soccer @ San Leandro
- 12/14/13- Junior Varsity Girls Soccer @ San Leandro
- 12/14/13- Varsity Wrestling @ Natomas
- 12/14/13- Junior Varsity Wrestling @ Concord
- 12/17/13- Varsity Girls Basketball @ Granada
- 12/17/13- Junior Varsity Girls Basketball @ Granada
- 12/17/13- Freshmen Girls Basketball @ Granada
- 12/18/13- Varsity Boys Basketball @ Granada
- 12/18/13- Junior Varsity Boys Basketball @ Granada

# Liberty Athletics

## Once a lion, always a lion: Liberty celebrates 100th anniversary of alumni game

By Mauricio Baltrons  
Editor

One hundred years ago, Liberty High School students played a basketball game that would change history. Now, this was no ordinary basketball game. It not a team scrimmage, nor a game against a rival school; but something much more interesting. One hundred years ago, those students played an epic game against old friends-alumni. This became known as the Alumni Game. Since then, Liberty has held on to that tradition of playing against past students in a match that leaves spectators riveted and engrossed. "I think what makes Liberty's alumni game so special is the fact that it's always a competitive match, yet friendly at the same time," shared Nathan Scott, a previous Liberty Basketball player. "There's nothing abrasive about it; it's

just pure fun for everyone". Just as done in the past, there were three games played consecutively. First, the freshman team took on current teachers. Those such as Mr. Walters, Mr. Hutslar, and Mr. Stanz were most noted on the court. Thought the Freshman played their best, they lost 31 to 49. Next, the Junior Varsity team took on alumni ranging from 5 to 10 years past. Old faces like Matthew Webber and Demarcus Hall of six years past were there to pummel Junior Varsity in a 30 to 64 match. "It doesn't matter whether we win or lose the game, because that's not the goal of the Alumni Game. The purpose of the game is to welcome those who attended Liberty in past years and to be forever remembered that they are part of our family,"

elaborated JV player Kyle Metzler. Lastly, Varsity basketball met the most recent alumni in the court. What was a closely matched game from the beginning turned into a two hour-long saga. Alumni turned the tables towards the very end of the game and snatched a 23 to 36 win. It's important to remember how much the world-Liberty-has changed in one hundred years. The basketball is much smaller, players no longer wear bright pink singlets, and the student demographics have fluctuated greatly. But even with all that change, Liberty can boast the time-tested quality of tradition.



The Liberty boys get ready to carry on the alumni game tradition.

Photo courtesy of Sandy Overly

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### Bending like Beckham: The Special Olympics comes to Liberty High School

On November 15th, Liberty hosted a soccer game for the Special Olympics. The stands were filled with students and fans alike, supporting the players for both teams.

"At one point the entire home side of the football field was filled with students and staff; it made my heart swell with joy. It meant so much to our kids to have everyone there. I am so grateful and proud to be apart of this Liberty family. You all mean the world to me, and I am thankful to have all in my life."

-Mr. Micheal Mauro  
LHS Lifeskills Teacher



Tony Gutierrez, Jonathan Brooks, and Elizabeth Cardoso come together to try and retrieve the ball from the rival team.



Sanam Azamey, Tony Gutierrez, and Jonathan Brooks hustle to defeat their rivals.

Photos by Ryan Frerking-Ramos

# Opinion

## Be more than a title

By Mauricio Baltrons  
Editor

Homosexuality has become a hot trend in our cutting-edge society. We see it in the form of teenage girls "experimenting" with bisexuality; young, heterosexual boys mockingly engaging in "homosexual activities"; a sudden cultural obsession and awe with gays and lesbians. Most can agree that after such a tiresome struggle to find a place in this rigid society, it was understandable for "gay culture" to then intertwine with that of the contemporary. Yet, it must be recognized that sexuality has become too sensational in our everyday lives. In speculation, sexuality-being gay, lesbian, or bi-has recently become the most prominent factor in a person's life. I cannot stress enough that the amount of emphasis on those titles receive is absurd. In an effort to be accepting and understanding, the public has become too fixated on anomalous sexualities and has begun to patronize those who identify with them.

However, society is not the only one to blame here. Logically speaking, the LGBTQ community (we) does this to itself. Because it seems to be all we talk about, we degrade ourselves to a three letter word: gay. For that reason, one might think "being

gay" is the only thing going on in our lives. Notwithstanding, gays and lesbians across the nation have been coaxed into becoming "the gay stereotype", for that is what mainstream society expects and accepts of homosexuals. Gay men must be fashionable and haughty, while gay women must be masculine and ride motorcycles. I mean, have you seen Modern Family? Even Glee? The way the gay characters dress, you would think they are about to have a fabulous brunch out on Rodeo Drive. As feminists would complain that Sofia Vergara sets unrealistic standards for women, I contend that "gay characters" set too uniform and demeaning of standards for homosexuals. It is ridiculous and unfair that gays

should have to exemplify a clichéd "version" of themselves to be loved and adored by a society that is often unsure of its own sexual preferences.

It doesn't end there. Remember how I said we (gays) "degrade" ourselves? You were probably all like: Uh, no I don't? Well, in 2004, a rather prestigious high school's GSA (Gay-Straight Alliance) in New York, New York posted a list of testimonies on their on-line forum. There is one particular testimony that reads (and I quote): "Ever since I started going to \_\_\_ High, the only thing that was ever on my mind was my sexuality. It is who I am, nothing more and nothing less. People need to put a bigger focus on others who are be-

ing themselves". Just so I do not come off as anti-gay, I will stick to the facts here: this guy attends the number one high school in America and all he has to say for himself is that he's gay. Granted, the photo that accompanies the testimony depicts a boy holding a math book and a compass, still; the testimony itself does not constitute a proper representation of the smart, nice person he probably is. Probably.

In conclusion, it is simply time for the world to take a step back and look at what a foolish band of pariahs we have made ourselves. Not only have we taken "gay culture" and run blindly with it, but with stereotypes in general. Hipsters, hicks, skaters (boy, that word sounds archaic mentioning it

*"Sexuality has become too sensational in our everyday lives."*



Photo courtesy of thecelebritycafe.com

## Not your usual chocolate chip

By Leo Dagle  
Staff Writer

We all love our comforting snacks even if we pretend we don't.

Those of us who have a particular taste for sweet and salty edibles will appreciate Lays newest product of holiday chips, which are coated in chocolate.

My experience with this new blend of sweet and salty chips has had me further investigating really the worth of eating high calorie snacks. And trust the nutrition box, this is just as high as you can get as far as snacks and calories go.

But I know most of us don't really pay attention to these things so lets get right to it : The chips taste wonderful. They have the chocolate and potato thing down to a 't'.

Even with the occasional chip with too much or too little chocolate don't seem to make the slightest difference in overall satisfaction.

The interesting part is that Lays seems to be targeting the female snacking market, according to Lays marketing director. Apparently there is some sort of large au-



Photo courtesy of anthonypeoples.wordpress.com

dience of women who particularly enjoy chocolate covered snacks.

Now I'm sure many of us are wondering where they can be found and if they are really just for the holidays. For now these chips are a bit of an experiment run to see if the general populace will buy enough to make them worthwhile as far as profit goes. If you happen to have the rare craving for some chocolate potato flakes, you can head down to your local grocery store, and start snacking.

Want the latest and greatest on what's happening around school?

**Follow us on Twitter:**  
**@LHSLionsRoar**

## LHS Teacher Poll

*"What was the worst holiday gift you've ever gotten?"*

By Madison Hughes  
Staff Writer

"A vacuum for Christmas from my husband."  
-Ms. Osborn

"A toiletry kit when I left for college, which looked pretty sweet and had some cool accessories. What was wrong, you ask? The nose hair trimmer had been used. So I asked my uncle and he replied, 'I was curious how it worked, but I only used it that one time to try it out.' Eeeewwwww!"  
-Mr. Ortega

"From my husband- It was a custom-made ring to represent motherhood with my children's birthstones. They were the wrong stones, wrong size, and altogether ugly. But I tried it on anyway and got it stuck. Then I had to hold my hand up and oil my finger to get the ring off. UGH!"  
-Ms. Flora

"My aunt gave me for Christmas a car visor organizer (cups, glasses) when I had no car...also in the box was car seats, car wax, and air freshener. I was 13."  
-Mr. Cornwell

"A really UGLY holiday sweater. Orange! Who does orange for Christmas colors?"  
-Ms. Abono

"A floor mode food processor with missing attachments and documentation."  
-Ms. Smith

## He Said, She Said

*Advice from the male and female perspective*

*How do guys and girls view holiday gifts for significant others?  
Our writers sound off*

*By Matt Albright  
Staff Writer*

Price. That's always a huge factor in Christmas gift shopping, while I always opt in to make gifts yourself—there are times when it's just not appropriate. Christmas is one of those times.

Now. Bros. Guys. Dudes. I know why you would get an expensive gift, and now I want you to take those guy thoughts of your head and shove them somewhere else. This is Christmas, a time for love, family, and friends. Not stupid guy thoughts.

So, gift pricing should depend wholly on long how you and your partner have been together—you dang well get them something nice if you've been dating for a year, but you better not fork over a \$100 gift if you been dating a week, cause, from experience? That just screams obsession, when you give her jewelry and you met literally two weeks ago you are basically selling "I can't live with out you!"



Photo courtesy of serendipitybeyond-design.com

*By Brittany Frerking  
Lead Editor*

Ladies do you feel like you are spending too much on your boyfriend for the holidays? How do you know?

People everywhere this year will be shopping for their significant other.

I have heard from several girls they have already spent from \$50.00 to \$125.00 on their boyfriends.

In my opinion that is a bit excessive. I mean how do you know that you are even going to be together by Christmas?

What if they spend less than that on you?

What happens if they do not get you anything?

If I was shopping for my boyfriend I would spend a maxi-

and, ESPECIALLY for teenage girls, they are afraid of commitment and will duck out first chance they get.

A certain 'balance' needs to be struck, if you've been dating for a few weeks, between twenty and forty dollars is to be expected, something nice, but not 'oh my god I want you to be mine forever'. Like a stuffed animal, or some makeup. No clothing though. ONLY get girls a gift card for their favorite clothing store. Trust me. If you two have been together for longer than a year at max, that is usually when you can go all out. But, at the most? \$100 - \$150, no more, no less. Getting them a \$200 gift, even if you two have been together for a long time, can still be rather creepy for them to receive.

With that done, I give you a salute and pat on the back. Good luck!



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

## A brief look at 2014 box office premieres

*By Alec Douglas  
Staff Writer*

The year 2013 is coming to a close. The movies that came out this year were very hit and miss. We had movies that were disappointing (Iron man 3, A Good Day To Die Hard, and The Hangover part 3,) and movies that held up to expectations (Man of Steel, Gravity, and This is The End). But now, the year 2014 looks to be an astounding year with movies that range from Action, Drama, Comedy, Sequels and Remakes.

Captain America: The Winter Soldier is a movie that I was excited to see (even though Iron Man 3 left a bad taste in my mouth), but after I saw the trailer to this movie I was 100% hooked. The action looks great, the story looks like it is set deeper in reality than most other marvel movies, and the villain looks like a great threat for the hero to face. So I am very excited to see this movie on opening day.

Now, the movie I am definitely going to see is at midnight is The Amazing Spiderman 2. I love heroes like Batman, Hulk, Cap-

tain America but Spiderman is my absolute favorite. When I saw the first Amazing Spiderman I thought it was better than the original classic 2002 Spiderman movie because



I felt Peter Parker/Spiderman was written more realistic and relatable. The sequel seems like it will have a more emotional story concerning his parents. To me a movie can have good special effects and lots of action but if it doesn't have a strong and engaging story the movie has failed.

goofy and more story driven I am interested to see where this new chapter in the franchise takes moviegoers.

Say what you will about the Fast and Furious franchise but

I think it is a series that has gone really far. Starting off as an ordinary summer popcorn fest about underground car racing and now to be a franchise about international terrorism and bank heists is really impressive to me. Even though I am excited to see the 7th in the series slated to be released in 2014, I feel as though this should be the last after the tragic death of Paul Walker as it would not feel the same as it did in the others. Paul Walkers charisma and action scene

stunts (which he did on his own and without a stunt double) were one of the many reasons why I loved the franchise.

So here are some of the highlight movies of 2014. Some may be good or same maybe bad. I just hop that they reach their full expectations.

## All that matters is pride



*By Alicia Evans  
Lead Editor*

Photo courtesy of @freedom\_oneteam

Pride Matters! A motto spread around school like wild fire, but must have missed our school district as a whole. Ring, Ring, Ring... the Bell Game was a loss, but that didn't matter to us as a whole. It surely mattered to Freedom as they took the win and disgusted our student body.

Pride is being especially proud of a particular quality or

skill, which sums up Liberty. Not only is our school proficient in athletics and academics, but we have some of the best teachers and students in our district.

Freedom... Tsk tsk... their "Lion Funeral," where not only students, but coaches participated in beating down a more-than-life-size Lion, backfired on their statement.

The love we have for our school and team goes far beyond a win. Although it is disappointing a school in our district would act this way towards us, but it makes me and many others proud that we can be Lions.

Make sure you wear your Lion attire regularly because the Lions are not only a school, but a family.

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