



Reviving Pictures With Purpose

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Five Easy Ways to Create Healthy Habits

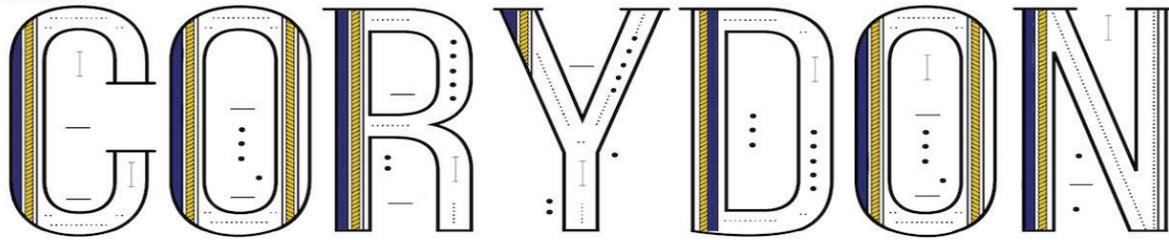
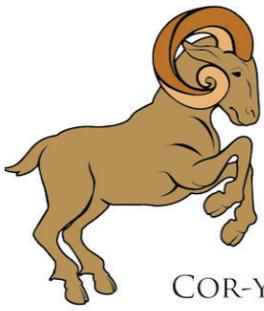
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Girl's Basketball Dunks the Competition

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60 YEARS AND COUNTING



MILLIKAN HIGH SCHOOL, LONG BEACH
COR-Y-DON (KOR/IDEN) NOUN. IN PASTORAL LITERATURE, A NAME FOR A SHEPHERD OR RUSTIC

Robert Andrews Millikan High School
2800 Snowden Avenue Long Beach, CA 90815

Volume LXII
<https://millikancorydon.weebly.com/>

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February 2019

Winter Formal Was Out of This World



PHOTO COURTESY OF MILLIKAN ASB

Formal took place on February 2 at the California Science Center. Many Millikan students danced the night away and looked at exhibits. Junior Nicholas DeLucca was crowned Formal King, and junior Lauren Gallagher was crowned Queen.

Millikan Juggles Jeopardy



PHOTO BY NICOLAS RAMOS

PEACE senior Jonathan Ellens (right) won the tournament with 18,900 points. Other finalists included QUEST junior Madeline Jones and PEACE sophomore Pablo Diaz. Here, family members and show hosts pose in the photo with the contestants.

By Nicolas Ramos
News Editor

Jeopardy took Millikan by storm for the first time ever.

“Jeopardy was amazing, it was like watching the real thing,” says

MIT junior James Whitney. “I liked it. Jeopardy was fun,” says MIT freshman Brooke Scott.

Co-Principal Michael Navia says, “I always love Jeopardy because it celebrates knowledge of the students. The preliminaries

were also fun to watch.”

The music and sound effects were that of actual Jeopardy, as well as the podiums the competitors stood behind, adding to the immersion.

The grade level finalists competed on January

Millikan’s Campus Construction

By Isabella Talavera and Danielle Paulson
Copy Editor and Staff Reporter

Millikan is currently constructing a new 1000 building. This two-story building will be located next to the 800 building and will take over part of the softball, west athletic fields and parking lot. This building will include special education classes, a mock courtroom, and a new art gallery.

Construction began in December 2018. The end date is uncertain, though, it is estimated to be completed in two years, according to Co-Principal Michael Navia.

“I think it’ll be a great [addition] since...the last update we had was the 800 building about twenty years ago,” Navia says. “I think it will teach students and teachers new things, and I think the new building is a great thing.”

However, since construction began, girls and boys soccer has had to take turns in using the remaining soccer field. Administration clarifies this trade off is always equal, but athletes do not feel this is accurate. The construction has also forced girls softball to travel off campus

to El Dorado Park in order to practice, while baseball gets to keep their field on campus. One may argue that it would not make sense for softball to practice on the baseball field, because the fields have different layouts and dimensions.

For softball and baseball to be considered equal, shouldn’t baseball have to travel off campus as well?

Millikan’s athletic director, Coach Lorene Morgan states, “Our justification for girls softball having to travel off campus is that they are going to be receiving a brand new field, whereas baseball is not.”

Despite this, construction will not be delayed. Assistant Principal Shannon Young says, “We’ll provide a place for them [to play]. It doesn’t mean that there aren’t any fields for them.”

The opposite has happened for the boys’ tennis team at Millikan. Since construction has begun, not only have both the boys and girls tennis teams lost their playing field, but the boys tennis season has been impacted.

Overall, the 1000 building is intended to improve the quality of education offered at Millikan and will do so as long as these renovations continue.

17 and the preliminaries were January 15 and 16.

The final champion was PEACE senior Jonathan Ellens, only after he won a tiebreaker round against QUEST senior Lily Levanthal.

Millikan’s Dean Kyle

Heinrich says, “It was a tremendous success. The students did well in representing themselves.”

Jeopardy will return to Millikan next year for anyone who wishes to participate. Keep on the lookout for more information.

TIME Magazine Features Brave Journalists



By Paris Blanco
Page Editor

As 2018 came to a close, TIME magazine named their Person of the Year. The 2018 Person of the Year candidates hit particularly close to home.

As a journalist myself, seeing a group of journalists, also known as “The Guardians” (named by TIME), who have been targeted for their work, sparked my interest.

For background, “The Guardians” include four distinct groups depicted on four different magazine covers.

The most well known “Guardian” recognized is Jamal Khashoggi, a Saudi Arabian dissident and *Washington Post* reporter who was allegedly murdered in

the Saudi consulate. Also apart of “The Guardians” is the staff of the Capital Gazette who lost five members in June 2018 when a shooter opened fire at their office.

Maria Ressa, founder of the Philippine news website *Rappler* is also recognized. *Rappler* has been under attack by the president of the Philippines. Reuters journalists, Wa Lone and Kyaw Soe Oo, are also recognized because of their imprisonment after reporting on the massacre of Muslim men.

I believe the TIME magazine’s choice in recognizing journalists is admirable. It brings attention to the passion and sacrifice journalists have for their craft and communicating the truth. Additionally, it also

brings attention to the lengths some governments are willing to reach to hide the truth. Withholding the truth creates distrust between a country and its citizens.

It is in my strong opinion that everyone should have the power to speak up. Journalism is a job where a person should not have to fear the consequences, especially when they report facts.

I especially support and I am proud of the widespread fight for free expression.

Journalism matters because it supplies truth and knowledge to the people. In my opinion, journalism is part of many factors that prevent complete government control and those who suppress the truth should be held accountable.

Does Technology Obscure Learning?

By Emma Sharman
Copy Editor

The answer to the question above generally depends on the student. Many would argue that the negative impact of technology in the classroom is far less significant if the student is responsible and disciplined enough to avoid excessive screen time.

Let’s be honest though, many high school students are self-proclaimed procrastinators, and even the most responsible individuals can be easily sidetracked.

When schools encourage the use of technology, restrictions are placed on a multitude of websites, deeming them off-limits; but a large portion of distracting sites (such as *Cool Math Games*) remain fully accessible to students.

According to QUEST sophomore Mika Altstatt “A lot of people get sidetracked and go on websites that don’t pertain to school.”

Altstatt adds, “I like to finish my work in class so I can avoid homework as much as possible.”

The circumstances are similar for Sunny Hills High School in Fullerton California 10th grader Christian. At Sunny Hills, students are issued

personal Chromebooks. They receive a computer provided by the school that they get to use in school and take to use at home for the entire year.

“It’s so easy to reach a distraction through [technology]. Right now I can point out multiple kids that aren’t getting any work done because they’re on [the Chromebooks],” Christian remarks.

Despite the fact that students get to take the computers home, there are still plenty of websites that are off limits, so many that it makes it difficult to research for projects, and yet students still manage to become distracted by off-topic material.

“I never find myself distracted because I would rather use my personal computer than a school computer for most things that would be considered distracting anyway,” Christian states.

So consequently, the answer to the question remains the same under these circumstances. Christian finds himself surrounded by distracted peers, but does not find himself distracted due to technology.

The new question becomes: will you admit to being distracted by technology from time to time?

Reviving Pictures with Purpose

By Hannah Torres
Co-Editor-in-Chief

Have you ever taken the time to look through your parents’ or family member’s photo albums?

Unlike the days when pictures were only in print, today, photos are taken in such excessive quantity that their significance has plummeted.

Before the development of any handheld smartphones, society was forced to invest in either digital or disposable cameras.

These devices only had a limited amount of stor-

age space and in the case of disposable cameras, you couldn’t even see the picture until you had the roll developed days later.

For this reason, people had to choose which moments of their lives deserved to be documented on their camera roll or hung up on their bedroom walls.

Back in the day, there was no need to take the perfect picture for the greater good of one’s feed.

Today, high school students feel the need to hold photo shoots of themselves on the weekends, accumulating thousands of pic-

tures in the name of vanity.

I have 3,391 pictures on my camera roll. However, I admit most of them are snaps of homework assignments or notes.

My point is that pictures taken in excess decrease in emotional value. It’s become too easy to take a picture with instant retakes at your fingertips. Not to mention, it’s extremely unlikely that these pictures will ever be printed from their digital format.

Canadian photographer and current blogger, Freaktography, from the Huffington Post comments, “...

photography today thrives online. Even though the effectiveness of a social media platform depends on every photographer’s goals and objectives, it definitely has proven to be a valuable medium for promoting many businesses.”

COMPASS Senior and freelance photographer Alessa Beal-Lopez says, “I feel that it’s hard for people to take the time to enjoy pictures anymore, such as photography in a museum. However, I believe that if pictures weren’t of any value, a platform like Instagram would no longer exist.”

Kids of future generations will never feel the satisfaction of holding a photo album filled with their baby pictures unless their parents uphold an outdated tradition.

Although I share my personal criticisms, I can’t control the direction in which society is headed. People will continue to take pictures of their trendy breakfasts and insist on calling it art.

Pictures were once a privilege that few held. We should continue to value their beauty and scarcity as we once did.

We didn't hear from enough of you last issue. We are **increasing** the raffle prize. Be sure to fill out the letter to the editor form in your Loop Mail to win!

The Corydon encourages its readers to submit letters of commentary on any school issue. We reserve the right to edit letters for content or space. All letters must be signed with the writer's full name and grade level and sent to Mrs. Pircher's mailbox.

Letters to the Editor

Issue 3

It was so great to see the expansive range of topics that were covered in the December issue of the Corydon. You covered controversial topics such as the abolishment of I.C.E. and the turnout of the 2018 mid-term elections and even a poll on when kids should be told Santa Claus isn't real. It is clear that the members of the Corydon publishing team are extremely passionate in their writing and truly wish to spread the news to our student body.

Joshua Terlaje
Grade 12

Issue 3

I love seeing the polls on the Corydon. It's always interesting to me to see what other people think. I think you should do an article based on the new building and the pros and cons. A lot of people are upset and confused by it and would probably like to learn more.

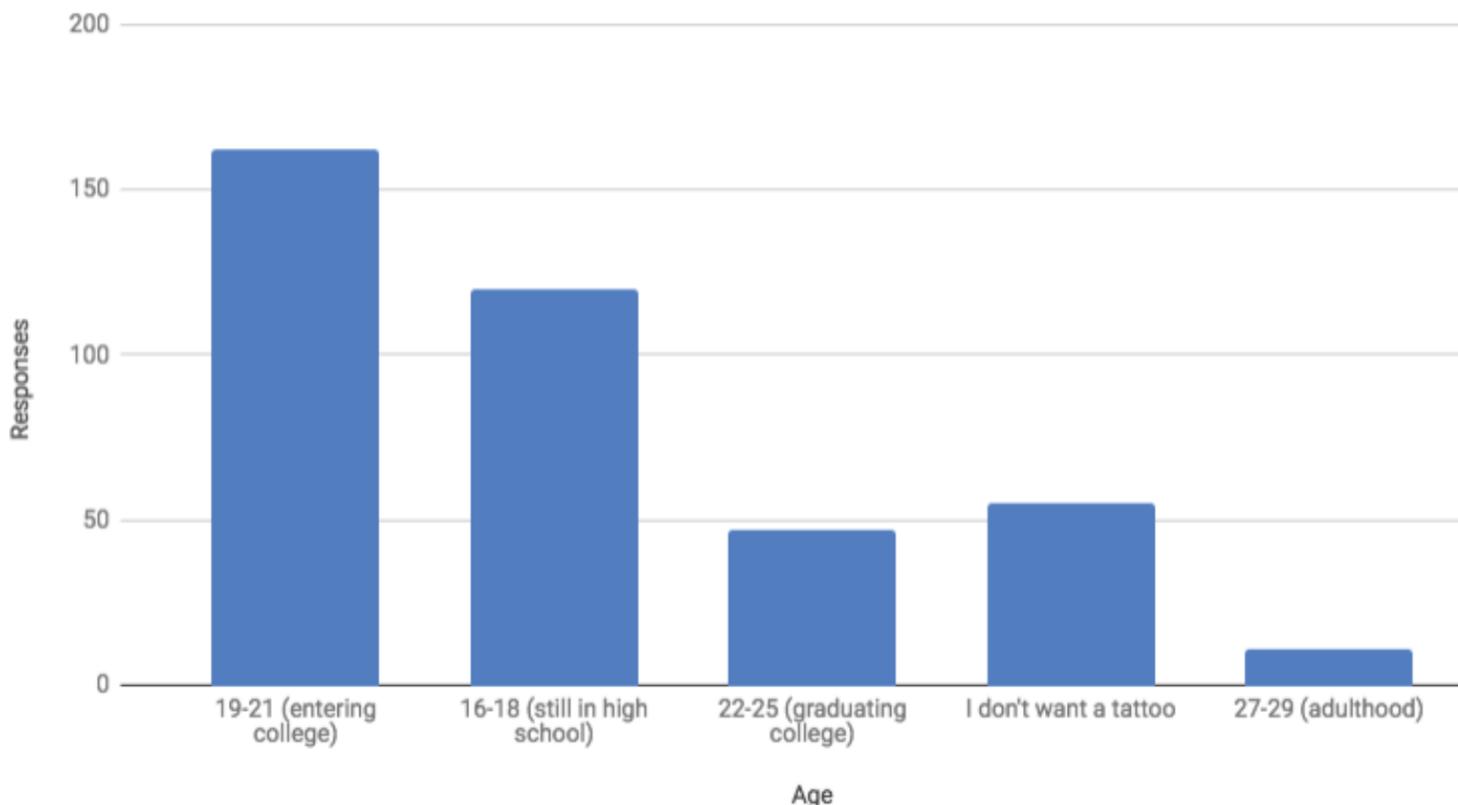
Isabella Towne
Grade 9

Editorial Page

Adding the graphs and pictures into the newspaper really adds some flare to the overall topics that you are writing about. I also like how you put the letters to the editors on the side margins because not only does it fill up the space nicely, it also give insight to the readers of what everyone else thinks about the newspaper as well.

Natalie Paulson
Grade 9

In regards to your personal beliefs, when is the right age for you to get your first tattoo?



Don't Table the Tattoo Talk

By Nick DeLuca
Editorial Editor

In a majority of states, to get a tattoo as a minor, all that is required is expressed permission from a parent or guardian.

Before you think about permanently inking your skin while still in high school, remember that with that tattoo comes future consequences and more than often, regret.

Since your skin has not finished developing and you may still be growing, your tattoo can become distorted much sooner than expected.

Plus, with aging later in life, your skin will begin to wrinkle as your once bright and exuberant skin art will turn into a dull and blotchy

patch of color. Have you thought about that?

Along with the aging process, if your tattoo remains visible at all times, it may affect your chances at getting an internship or job.

According to a study done by salary.com, 76% of their 2,700 respondents felt that a tattoo hurts the applicant's chance at being hired.

The frontal lobe in your brain, responsible for cause and effect decisions and social behavior, doesn't finish developing until you're 18 years old so keep in mind you change as a person from your time in high school to adulthood.

Don't let your early tattoo serve as an unwanted reminder of your bad decisions.

After hearing these consequences, if you still feel compelled to get a tattoo, at least make sure there's a significant meaning behind it and not just the name of your high school girlfriend.

COMPASS Junior Juan'Nique Campbell, who plans on getting a tattoo her senior year said, "I believe that high school is the correct time for a first tattoo. As long as your parents approve there's no problem. Most high schoolers already recognize that tattoos are permanent and make wise decisions with designs."

Campbell added, "[You know you're ready to get your first tattoo] when you want to make a commitment to something personal like a belief. For ex-

ample, people usually get animals or an adopted sign to symbolize something they love, appreciate or are not afraid to show off."

In a poll taken by students at Millikan, 41% of students felt the right time to get a tattoo was between the ages of 19-21.

Thirty percent of students felt it was acceptable between the ages of 16-18 while still in high school. Twelve percent answered between the ages of 22-25, 3% between the ages of 27-29 and fourteen percent answered that they didn't want a tattoo.

I recommend taking the majority's response into consideration and waiting until after high school to get your first tattoo.

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Corydon Staff



Corydon (Kor/iden) n. In pastoral literature a name for a shepherd or rustic

Now in Our 62nd
Year of Publication

To anonymous:

I love you. You are the most beautiful being I've ever laid my eyes on. You always brighten my day when I'm down, and you always give me this warm feeling of love. I hope you have a nice Valentine's Day!

You are a great friend and you're always there for me when I need you! You'll be the greatest marine biologist in the future!
-Dev

Dear Angie,

Man I don't know what I would do without you! You're my favorite person ever. I love you so much bestie! Happy Valentine's day!

Thank you to Adeline, Emery, and Anahi for being amazing friends!
-Kimberly

I just want to express how much my appreciation extends to the greatly missed, Ms. Cathcart. What an impeccable and understanding teacher. Thanks Ms.Cathcart!!!
-Emily Fleishman and Karleen Antonette



Valentine Shout Outs!

The Millikan Community Spreads Love One Message at a Time.

Shout out to all those hard working teachers and staff at Millikan! I hope you get lots of love this Valentine's Day! You deserve it!
Love,
Appreciative Students

My dearest Rachel,
My love for you is limitless, the domain of which is unbounded by any circumstance. Though it may not be differentiable, in my heart I know the slope of my admiration will forever increase. We've had our concave ups and concave downs, but I know in the end I'll always be able to find "u". You're my sweet lil angel!
With love,
Caroline Lunt

Shout out to Maddie O'Neill, the coolest person I know!
#NumberOneWeirdo
-Mary

Happy Valentine's Day Aves!! You mean everything to me and I love you so very much!!

I'd like to shout out Lizeth Hernandez for being such a hilarious friend and a caring one as well. She's always making everyone laugh and deserves the best.

I love everyone in my group of friends so much, you guys mean the entire world to me!
-Matt M.

Dear Ashlyn Woolwine,
You are such a funny gal and I love being around you. You're like a sister to me and my love for you is immense. You are so dedicated to helping others and always up to have a good time. I love you.

Mr. Lopez, you are the best teacher ever, and don't listen to the haters- keep rocking to Afrika Bombataa.
-Your Physics 2 Class.

Dear Lily's Jar Salad,
Thank you for the memes and FST help. If you ever need someone to boil your potatoes you know who to call
-FST Buddy

Happy Valentine's Day, Natalia! You are an amazing friend and I hope that we remain friends throughout high school and continue on through life. You make me laugh and I love spending time with you because you're funny and sweet! So enjoy your Valentine's Day and stay chill :)
-Kenadi

To all the Marching Band friends that I have made over the past months, I love you all and i can't even imagine my life without you guys!
-Michael Torres

Kylie,
I love you with all my heart and soul!! You're my soulmate<3
-Michaela

Chloe,
You're such a great friend! Thanks for our crazy adventures and good laughs! Much love.
-Tori

Emma Torres,
I am so glad to be able to call you my cousin and bestfriend. I will always be here through thick and thin. Happy Valentines Day.

Happy one year Jay! Luv ya so much!!!
Xoxo,
Sam

Jenna, Carlina, Rachele, and Anami thank-you for being the best friends ever. :) <3-Love, Julie

Shout out to Bryce Hall for making me laugh with the Mether Jokes. From the big boi Jayson Adair

Jennie & Savanna,
Friends are like four-leafed clovers, Hard to find but lucky to have! Thanks for laughing and making amazing memories that will last a lifetime!
Love,
Olivia

Dear Ram Wrestlers,
This was an amazing season and if yours is still going then you better rack up some pins and wins. I love you all so very much and shout out to my fave seniors Edith & Hailey.
Truly,
Tru

Lucy,
Happy Valentine's Day! Thank you for everything you do for me. I cannot truly express how grateful and lucky I am to have you as my twin sister and I hope we stay the best of friends forever. Because why be just sisters when you could be twins? ;)

Alexis,
I love you with all my heart I really do; you mean everything to me. You're my one perfect cinnamon roll and don't ever forget that!<3

Dear Alex Avalos,
You may be an Ava-loss to everyone else, but to me, you're an Ava-win.
Sincerely,
Best Friend Meg.

Dear Alex Avalos,
Thank-you for being the best vihuela player I've ever worked with
Love,
Your Favorite Mariachi Player

All my love to Sara, Kyra, Sally, Carolyn, Elyssa, Alexis, Seth, Kate, Savannah, Shayla, Katie, Prairie, Sydney, & Matt.
<3
~Kaley

Brooke,
I see you everyday in the halls and I wish you were mine. I think you are the most beautiful and smart and funny girl I've ever met.

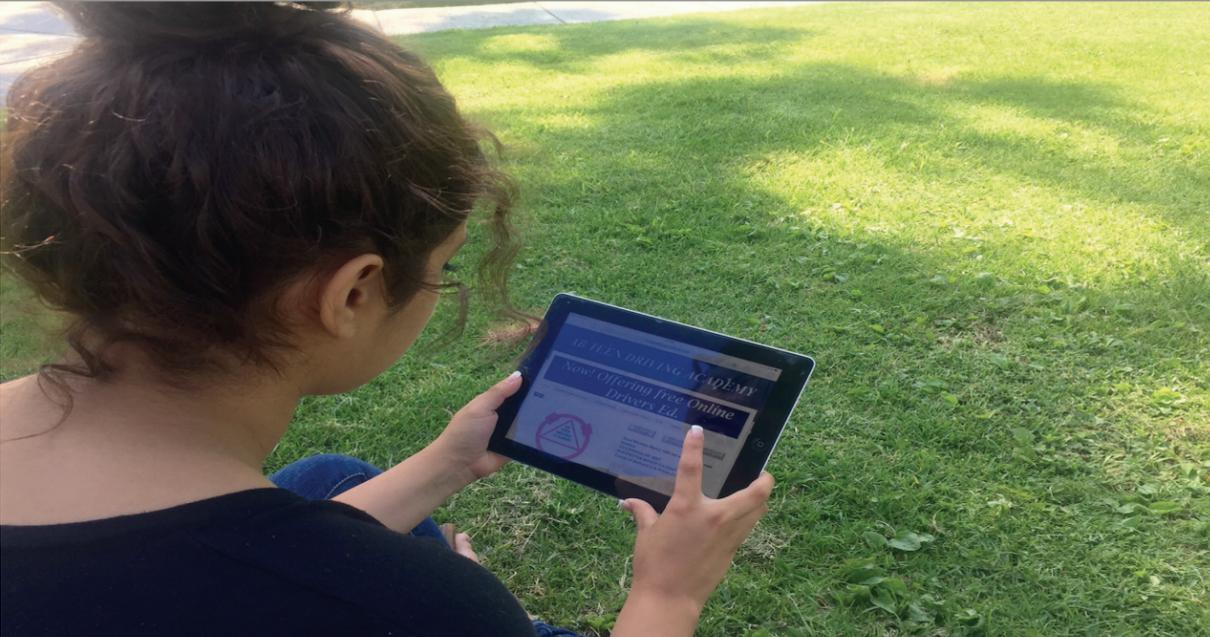
To the Formal King,
You are such a stud it's a crime. I can't imagine trying to take on high school without you. Thanks for keeping me laughing and for being the kind of best friend everyone wishes for. Love you very much.
-Hannah

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THE GOOD OF 2018

BY CHANCE PAXTON



On Feb 6th, The Falcon Heavy, the most powerful rocket in history, was test launched.

On Feb. 26th, Ava Duvernay became the first female director to gross over 100 million dollars with her release of 'A Wrinkle in Time'.



From Feb. 9th - Feb. 28, the PyeongChang 2018 Olympic Winter Games allowed North and South Korea to come together under a unified team

On Apr. 27th, Thanos and the entire Marvel Cinematic Universe showed in cinemas, leading to Infinity War garnering 2049 billion dollars



On Jun 12th, President Donald Trump and Kim Jong Un met for the North Korean summit, ending with North Korea denuclearizing.

On Jul. 10th, a soccer team of 12 boys and a coach were freed from the Tham Luang Caves in Thailand after being trapped for 17 days



On Aug. 15, Crazy Rich Asians was released, sporting an all asian cast and garnering 30 million dollars

On Nov. 6th, 36 women joined The House of Representatives, breaking the record for most women in the House.



LAUSD Teacher Strike

By Elizabeth Dodd
Copy Editor

On Monday January 14, 32,000 teachers and staff members, in the Los Angeles Unified School District, went on strike. This left 600,000 students without teachers.

LAUSD had 400 substitute teachers and the students were expected to go to class everyday. If they didn't, they were marked with an unexcused absence.

Teachers and staff were marching for smaller class sizes, fair salaries,

as well as more counselors and nurses throughout the district. Hundreds of thousands of students were left without their teachers to get their point across.

According to Assistant Principal Shannon Young, "I do support [the reason the teachers are on strike] because they are asking for lower class sizes and I believe lower class size would lead to better education. I believe that more support staff would decrease the stress and anxiety levels in students.

She also states, "The last

thing is an increase in pay, and with the amount of work teachers do, they do deserve to be paid accordingly."

Even though they were standing up and fighting for what they wanted, this strike ensued problems with students and their families. Some parents did not want their children at school because of the strike, which might have caused them to miss work if they couldn't find someone to watch their kids on such short notice.

The strike ended on January 22. LAUSD teachers and staff returned the next day.

CORYDON ONLINE

Find BONUS stories on our NEW website at:

millikancorydon.weebly.com

Social Media:

@MillikanCorydon

THE SAD OF 2018

BY CHANCE PAXTON

California received a total of 8,527 fires that burned 1,893,193 acres of land



80,000 people died from Influenza during the 2017-2018 season

A total of 113 people have been either injured or killed due to school shootings



On Mar. 14, scientific pioneer and famous theoretical physicist Stephen Hawking died at the age of 74 due to ALS

On Aug. 25, Arizona senator and war hero John McCain died at 81 due to a brain tumor



On Sep. 3, beloved Cartoon Network show Adventure Time finished its 8 year and 238 episode run

On Nov. 12, beloved creator Stan Lee died at 95 due to congestive heart failure



On Nov. 26, SpongeBob creator Stephen Hillenburg died at the age of 57 due to ALS

L.A. Sports Are Back in Action

By Nick DeLuca
Editorial Editor

Over the years, the city of Los Angeles has accumulated 105 professional sports championships from 11 major league teams.

Three seasons ago, the St. Louis Rams relocated their franchise to Los Angeles, marking 21 years since the last L.A. football team. The Rams had previously spent 48 years in Los Angeles before moving to St. Louis.

After a dismal four win season in 2017, the Rams racked up 11 wins last season and reached the play-offs, ultimately being eliminated in the first round.

Two seasons ago, the Chargers relocated to Los

Angeles after 56 years in San Diego, winning nine games. However, they did not qualify for the play-offs. The Chargers previously spent one season in Los Angeles in 1960 before moving to San Diego.

This past season, the Rams won 13 games and lost only three while the Chargers won 12 games and lost only four. Both teams participated in the playoffs. The Chargers were eliminated in the second round and the Rams made it to the Super Bowl. However they lost to the New England Patriots 13-3.

Whether it's the new line of coaches, the young talent, or the new location, the city of Los Angeles has experienced a

revival in the National Football League after a few disappointing seasons.

Not only has Los Angeles been successful in football this year, the Los Angeles Clippers have won 24 games and the Los Angeles Lakers have won 25 games, both in play-off contention about half-way through the season.

The Dodgers have made it to the World Series two years in a row. The L.A. football club finished third in their division last season. Also, the Anaheim Ducks finished second in their division last season.

Los Angeles sports teams have set themselves up for success and look to bring more championships home to the city of angels.

Educational Democracies

Noah Devine
Web Editor

For years parents, educators, and students have been searching for a new way to educate the youth of America. With stagnant international scores and rising stress levels, the need is apparent, now we just need a solution. Democratic Education may just be the answer.

Democratic Education is one in which democracy is both a goal and a method of instruction.

It brings democratic values to education and includes meaningful participation, personal initiative, and equality and justice for all.

Dana Bennis, Chief Learning Officer of the Institute for Democratic Education in America states on their website, "Democratic Education sees young people not as passive re-

ipients of knowledge, but rather as active co-creators of their own learning. They are not the products of an education system, but rather valued participants in a vibrant learning community. Democratic education begins with the premise that everyone is unique, so each of us learns in a different way."

This is implemented using practices such as self-directed learning, shared decision-making, individualized and project-based work, or student-chosen internships in the community.

Additionally, meaningful youth voice forums providing students with the opportunity to be part of educational planning and decision-making. This could take the shape of student councils and student-teacher-administrator committees.

Young people lead-

ing reform efforts in their schools and communities is another key aspect of educational democracies. This could take the form of a protest for less homework or a walkout for more after-school programs.

The goal is to go outside the box of standardized one-size-fits-all education, so that young people are enthusiastic, active learners, which is a huge draw for parents, educators, and students alike.

"In the long-term, it helps develop well-informed citizens who work toward creating a democratic, vibrant, and just society. In the immediate term, it nurtures self-determined and caring individuals who enjoy learning for the sake of it," says Bennis (according to craticeducation.org).

For more information visit democraticeducation.org.

Hear What HEAR Club Has to Say

By Chloe Pullman
Sports Editor

HEAR Club, which stands for Human, Environmental, and Animal Rights, is a club created to support animal rights and the belief that all animals should be treated fairly. They also believe all humans rights are important and we need to be protecting our Earth against the dangers caused by us.

We need to preserve it because it works to preserve us.

HEAR Club also focuses on human rights, which is how to better ourselves, whether it's by changing our diet or being simply more socially aware. Co-Presidents of the

club, juniors Malerie Hurley and Nina Knox say, "If you are interested in being educated on the issues that face our world today, we'd love to have you in room 322 at lunch on Thursdays."

At a meeting on Jan. 10, the group discussed sexual harassment and the truths about women coming forward and

what needs to change.

The club also worked on calculating their carbon footprint, educating

themselves on their environmental effect on the world. These conversations

led by Knox and Hurley, inspire the club to educate others on topics discussed.

If you want to add to these discussions then visit the club in room 322 on Thursdays.



Summer School Expectations

By Andrea Prado
Front Editor

When students think of summer school, most think of dedicating a month of their summer vacation to retake a class they earned a failing grade in. Others believe it's an opportunity to take advantage of the preparatory classes that can help get a head start on the official course in the fall.

Why not offer courses that students can apply to the real world and

still appeal to their real needs and curiosities?

Why not offer classes that allow students to create everyday products with ceramics, or learn CPR techniques that can help save a life?

Millikan may soon have the answer to those questions with the introduction of interest-based summer classes.

There are three kinds of classes that may become available to LBusD high school students who

enroll in summer school: credit recovery, original credit, and enrichment.

Credit recovery classes are self-explanatory; they allow students to make up credit that they did not receive during the school year.

Original credit classes, such as Pre-Algebra and Pre-Geometry, allow students to take classes that will prepare them for the following academic school year.

Enrichment courses, the official classification for these classes, appeal to stu-

dent's interests but students don't necessarily receive credit for taking them.

Though the idea is still early in development, students have already proposed dozens of classes that they would be interested in taking.

Some of the more popular suggestions include American Sign Language, yoga, auto mechanics, and wood shop.

Millikan lead counselor Lolo Saldana says, "I don't know if we have

the money or resources for some of the classes [like auto mechanics]. As of now, it's the matter of the school and the district to approve these classes."

Millikan will release more information about the enrichment supplementation at the end of February.

"We're excited about this opportunity," says Saldana. "We hope students take advantage of the summer classes, even if they don't receive credit for them."

In Need of Good News

By Sara Steichen
Feature Editor

Since the turn of the 24 hour news cycle, we get updated on news around the world at an alarming rate. Not only that, but the stories usually highlight negative news because that is what people have come to expect and find important. After all, if it bleeds it leads. However, we need to acknowledge when good things happen as well.

Nifty Neuro-Stimulators

Engineers at University of California, Berkeley developed a neuro-stimulator to deliver treatments for patients suffering from diseases such as Epilepsy or Parkinson's. The device is named WAND, and it may take years of small adjustments by doctors before it is at its prime, but results look promising.

Fish Can be the Key to Cure Blindness

Zebrafishes' natural ability to regenerate their eyes might help scientists at Vanderbilt University find a way to reverse blindness. A cell type found in most immune systems can be used to accelerate the regeneration of tissue in the retina. This may prove to be good news for those who suffer from both vision-loss and complete blindness.

Clean Water for All?

A team of engineers from the Department of Energy of Politecnico di Torino in Italy invented new, low cost technology to convert ocean water into fresh water. This can be used to help people in natural disasters that leave water sources unattainable, such as earthquakes or droughts. It can also be used to help create floating gardens in overpopulated areas, which would benefit millions.

The Wondiwoi is Back!

The wondiwoi tree kangaroo was thought to have gone extinct since its first and only sighting in 1928; however, it was recently spotted. The first photograph of the animal was taken as well. Scientists are still studying and finding out more about the animal. To find the picture of the kangaroo and updated information, go to National Geographic.com.

Improve Team Proves to be Supreme

By Dayquan Moeller
Copy Editor

If you're looking for something to do at lunch, you can take a trip to room 921 to see Millikan Improv Club perform every Friday.

The club consists of around 14 Millikan students who are divided up into two groups: The A-Team and C-Team. "I have never been in a drama club and I have never been in a play, but performing with people who have has taught me the Do's and Don'ts of performing," says Izaiah Olague.

In addition to their shows at Millikan, the club has taken their talents off campus to compete with other schools in the Long Beach area.

On January 11 the club performed a friendly competition against Poly and Lakewood's respective improv teams, leaving the night as winners. "Performing against Poly and Lakewood was really awesome," according to sophomore Robin Swanson, who states that there is a community not only at Millikan but between schools.

5 EASY WAYS TO CREATE HEALTHY HABITS



By Emma Sharman

INVEST IN A RESISTANCE BAND OR A PAIR OF LIGHT WEIGHTS

Resistance bands can cost as little as five dollars on Amazon, depending on the level of challenge you're looking for. The same thing applies to a pair of dumbbells. The heavier the weight, the more expensive the dumbbell is going to be. Here's an example of an easy full-body workout using a resistance band: <https://youtu.be/RdyMsECmhGQ>.

SPEND A SHORT TIME EXERCISING AT LEAST 3 TIMES A WEEK

It takes approximately 21 days to form a habit. Spending just 15 minutes doing circuit exercises (jumping jacks, burpees, leg lifts, pushups, planks, bicep curls, crunches) as often as possible within those 21 days will help you to remain consistent with exercise in the future. Even if you just spend 15-30 minutes after finishing homework or before taking a shower. This will help you stay fit in the future



STRETCH

It is incredibly beneficial for your blood circulation to stretch after dragging yourself out of bed in the morning and will help to wake you up. Just a quick two-minute stretch should do the trick, but if you can, it's even better to spend 5 minutes reaching for the sky, trying to touch your toes, or even just sitting in bed rolling out your shoulders or arms.

LEMON WATER AND GREEN TEA

One glass of ice-cold lemon water or a cup of green tea within 30 minutes after waking up in the morning will give your metabolism a major boost, which will help you burn more calories throughout the day.

Remember: Do not sacrifice your mental health to have the "perfect body." To be beautiful is to love and accept who you are.

THINGS TO REMEMBER ABOUT YOUR DIET

THE "DOS" OF EATING FOOD

Do...

- Consume more protein
- Consume more greens (spinach, kale)
- Drink plenty of water and tea (particularly green tea or earl grey tea, they're great for your metabolism)



THE "DO NOTS" OF EATING FOOD

Do Not...

- Try to exclude any particular food group entirely (Do not cut carbs! Your body needs them for energy!)
- Don't diet; instead, develop sustainable healthy eating habits.
- Trick yourself into thinking that extreme dieting is sustainable.

THINGS TO REMEMBER ABOUT EXERCISE

DON'T BE AFRAID TO LIFT!

Things to remember about using weights:

- In order to build muscle mass, you're eventually going to need to use weights. (The heavier the weight, the more you'll gain!)
- In order to keep your muscles lean and toned, you do not necessarily need weights. (Your own body weight or a resistance band will do!)
- By using lighter weights, you can achieve more toned muscles without building excessive muscle mass. (Try 2 or 3 pounds).



IF WEIGHTS AREN'T REALLY YOUR STYLE...

Things to remember about resistance:

- Resistance will probably not help you gain much muscle mass, but if your goal is just to tone up, they're fantastic!
- They can also help with stretching techniques and increased mobility.

Freedom of the Press Around the World

By Paris Blanco
News Editor

Freedom of the press has been, and most likely always will be, an important part of society.

Globally, 31% of countries have free press, 33% do not, and 36% are partly free (Freedom of the Press Report).

Countries with some of the highest press freedoms include Finland, Netherlands, Norway, Denmark, New Zealand, and the U.S.

Recently, freedom of

the press has been at one of its lowest points. According to the latest Freedom of the Press Report (2017), press freedom globally declined to its lowest point in 13 years in 2016. This is due to threats towards journalists and media outlets by major democracies.

Additionally, various countries have experienced significant gains and declines in press freedom.

Some of the countries that experienced the most declines are Poland, Turkey, Burundi, Hungary, Bolivia,

and Serbia. Russian and Chinese governments have established almost complete control over domestic media. Also, countries in the Middle East and Sub Saharan Africa have tighter laws on online speech.

On the other hand, governments in Afghanistan, Argentina, Panama, and Sri Lanka have moved to improve media environments and better their relationship with the press.

As for the United States, it has been one of the most press friendly countries

due to the First Amendment. QUEST sophomore Brenden Burge says, "I can express my political opinions to anyone and I don't have to worry about being imprisoned by government forces because of my political stance." For the most part, journalists have been able to work without fearing for their safety.

However, press freedom in the U.S. has been in a decline. Before the Trump presidency, the rise of the internet weakened long established media organiza-

tions. In 2016, there was a slight drop in how comfortable journalists felt due to the harassment of journalists at various Trump rallies.

Nevertheless many are fighting back to avoid a further decline in press freedom. This is being done by supporting independent newspapers and the rights of journalists.

Please note that all information in this article is from the Freedom of the Press Report by Freedom House.

Millikan Varsity Dribbles to the Goal



PHOTO COURTESY OF JESSE OAKES

Millikan Varsity Girls soccer plays against Lakewood diving for the ball. With hard work and practice, the team feels confident heading into CIF, and some players have described their season as physically taxing, awaiting the CIF game. The team also adds that, despite the hard work it has been a great game to play and a fun season. When a player dives for a ball, it's exciting, they are pushing their team towards a win, despite the hurt that may come after, a player adds.

Wrestling Dominates League

By Nicolas Ramos
News editor

Millikan's varsity wrestling team of 20 members is undefeated in their league, having beaten Poly, Wilson, and Cabrillo. They still have to compete against Lakewood, Compton, and Jordan.

With their streak and rigorous training, they plan to go on and defeat those schools, too. They train everyday until 4:30 p.m., conditioning and improving upon techniques.

"I'd say we are still doing very well as a team and we have a very good chance of winning Moore League this year too," says Wrestler Andrew Guerra, a QUEST sophomore, confirming they are both a strong team.

Winter Percussion Showcases: The Clockmaker

By Chance Paxton
Copy Editor

As the Marching Band competitive season comes to a successful close, with the band becoming state finalists for the first time in Millikan history, many band members are looking for another outlet to express their marching skills in a new and competitive setting.

Winter Percussion is this outlet many are looking for, allowing both band members and newcomers to march in a less populated, but still competitive marching setting for the duration of the school year.

Winter Percussion is peculiar in the regard that there are no wind instruments present in the show. Winter Percussion places a strong emphasis on the other aspects of marching

band: showcasing the skills and musicality of the drum line and the front ensemble.

These shows are far different from the shows performed by typical marching bands in the beginning of the school year. Instead of performing a 100 man show spanning the length of the entire football field, members of winter percussion march a more condensed, 20 man show, they perform inside a gymnasium on top of a mat that is only about 50 feet.

The 2019 Millikan Winter Percussion show is titled 'The Clockmaker'.

Although the first competition is on February 16, members of the Winter Percussion ensemble are hard at work practicing every Tuesday, from 5:30-9:30 p.m., and Thursday, from 4-7 p.m., practicing their show learning

techniques for marching and adapting to a new competitive environment.

"The pieces are slowly coming [together]," Says Max Pearl, a Millikan alumni turned cymbal instructor, "and I, as well as the rest of us, are really excited to see how the show comes together."

The Millikan Winter Percussion also competes on February 23, March 9, April 13 and their finals on April 23.

"I believe that this season, our group will put forward one of the strongest and skillful shows to date," says Sophomore COMPASS student Devin Hemmans, who plays the cymbals for the Winter Percussion drumline.

Millikan hopes that members in Winter Percussion do their best in competitions to come.

Girls Basketball Dunks the Competition

By Isabella Talavera
Copy Editor

The Millikan girls basketball teams are going strong after having won two tournaments and winning games in Moore League.

They emerged victorious from the San Diego Tournament and the Whittier Tournament, and are halfway through Moore League.

"The team works hard. They're committed and driven, and there's good talent. We have young players and good success," says Morgan.

Coach Morgan is very confident in their ability to win their games. "They have the ability to bounce

back from loss," She adds.

The girls have done well in Moore League by placing second, but they recognize that they have things to work on.

"I'm decent on defense, but I have to work on offense,

and I'm good at passing,"

QUEST freshman Amy Walker explains. "But basically, I feel good."

So far, they have lost twice against Poly, but Coach Morgan says that they were good games, and now they're preparing for their next games.

The team has been rigorously training competing throughout January and February.

