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Long Beach Aims to Be a Bike-Friendly Community

By Kaelyn Bruno Staff Editor

The City of Long Beach has been paving the way for a more bike-friendly community.

Wider and more protected lanes have deemed Long Beach among the most bicycle friendly cities in America, and is being compared to cities such as San Francisco, New York and Portland, Oregon.

Most drivers are aware that they share the road with bicyclists, but rarely honor that fact.

This is why, in recent years, city officials are making it easier for bike riders to enjoy the greater Long Beach community by focusing on safety, green practices, and exercise.

By raising money in state and federal grants, Long Beach can establish a bike lane infrastructure.

However, many parallel parking spots will be removed to provide a wider and safer bike lanes. Unfortunately front parking for many restaurants and boutiques will be removed.

One specific and unusual adaptation of a bike lane is what is called a "bike corral."

Bike corrals are large bike lanes that are in between parallel parking spots and the curb, parallel to the sidewalk.

These can be found in downtown Long Beach near the courthouse, police station, World Trade Center, and neighboring hotels and businesses.

The effect on parking is going to be imminent, as frustrated drivers try to maneuver their way around bike lanes.

"As an enthusiastic bicyclist I feel much safer now that Long Beach has taken these measures to increase safety. Now I can ride my bike without being afraid of being hit by a car," commented senior Daniel Eneyew.

In addition, 2nd Street has a green painted strip in the right hand lane to accommodate bikers.

The oddest aspect about all the new bike lanes is that they are at least five to six feet wide. That's enough space for a Smart Car to drive down.

Despite questions that have come up about what the city should be focusing on instead of bicycle lanes, this new project could bring positive publicity to the city.



PHOTO BY JEANETTE RAMIREZ

MARCHING BAND PREPARES FOR HOLIDAY PARADE

Millikan marching band prepares for the upcoming Christmas Parade on Saturday, Dec. 3. This weekend's annual Belmont Shore Christmas Parade is held from 6 p.m. to 9p.m. on Second Street, in the Belmont Shore area. ASB will be walking along side with the band as they spread holiday cheer.

Millikan Speech and Debate Students Enter Competitive Season

By Amira Latif Staff Editor

They practice meticulously, whether speaking in front of groups, speaking in front of mirrors or even speaking to the wall

Millikan's speech and debate team has several important

competitions coming up, and that means hours of practice

The team completed the novice competitions which

took place Nov. 19 and is looking forward to the varsity competitions on Dec. 10.

"These are the first real competitions of the season so we're all excited," says Millikan debater, Allison Michel. "These competitions help us get ready for the spring, which is when we have state qualifiers and-hopefully-the statewide

competition."

Each speech goes through a long process of checking, criticizing and revising so that it can be as close to perfection as possible. After that, students work on their delivery.

A competition day starts at are able to speak 6:30 a.m., when students travel to the site of the competition. are able to speak comments Scott. "I want [t

season so we're all excited," says Millikan

debater. Allison Michel.

Once there, they sign in,

In the first round, team-

This year, the team mem-

get their numbers, and register

mates separate to present to the

judges who rank them. Then

they regroup, and wait for the

bers hope to accomplish what

Millikan speech and debate

to meet their judges.

junior Alyssa Scott did last year, which is to go to the state competition. Scott is now president of the Speech and Debate

"My hopes are that we improve our speaking skills and are able to speak without fear," comments Scott.

al important to the site of the competition. "I want [teammates] to know that it is okay to be ner"These are the first real competitions of the" vous. Regardless

okay to be nervous. Regardless where you start, as long as you're content with where you are, it's fine.

The speech and debate team

has big plans this year for both varsity and junior varsity, planning to compete in various competitions all throughout California.

The speech and debate world may be an ecstatic, fast, fun, nerve-wracking world, but it's where future leaders are created.



PHOTO BY SUMMER CULBRETH

DRACULA CAPTURES CROWDS ATTENTION

Dracula was shown for the last time this year on November 19 in the Millikan auditorium. In the last scene, Lucy, who was played by Saffron Brauer, is united with her love, Jonathan, played by Tommy Doughty.

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Letters

Red Cross Club Is Back

I love the idea of bringing back the Red Cross Club.

Being part of a family involved in foster care, I've directly seen the need for love among many families in Long Beach.

It's beautiful to see students using their power and abilities to bless those in need by providing children and their families with safety kits, a holiday party, and Christmas gifts.

Helene Lueb Grade 11

Cyber Bullying Becomes a Pandemic

The article really made me realize that the messages and information that people share on the Internet can be accessed by anyone, regardless of any privacy setting.

Latif is right about the increasing problem of cyber-bullying and its effects, but I think students should also be cautious about anything they put on the Internet.

One mistake can lead to a lifetime of problems, and once it's on the Internet, it can never be erased.

Linnea Goodman Grade 11

College Column

I think that the Corydon should have a section dedicated to colleges.

I envision this section to have profiles of little-known universities.

It should contain public colleges that not many people know about or private universities that have a lot of funding for scholarships or grants.

Joseph Cullison Grade 11

Dracula Strikes Millikan

Thank you for writing an article about 'Dracula.' Sometimes students tend to overlook high school productions and categorize us as the "drama geeks," but there is so much more that goes into a show than just jazz hands and cheesy monologues.

Long hours, extensive rehearsals, hard work, and little sleep are all part of the regular routine when it comes to putting on a show, but the final product is well worth the blood, sweat, and tears.

Sarah Towler Grade 11

College Application Stress Plagues Seniors

By Kaelyn Bruno Staff Editor



It's that time of the year again. Thanksgiving, Christmas, then New Year's, and right in the middle somewhere are college application deadlines.

Seniors are scrambling to send out those applications that could determine what they do for the rest of their lives.

Or at least that's how our dramatic teenage minds see it.

In reality, it's just a time to make wise choices and explore opportunities.

PEACE senior Alana McKean says, "I feel prepared to leave my family and friends to

Tt's that time of the year again. pursue my independence as a other class," says QUEST senior Jessica Duffey. "Having six APs"

However, unlike McKean, some seniors don't even know how to do their own laundry or cook anything other than Top Ramen. Fear of leaving the nest is within us all.

The main reason why everyone feels it as a stressful time is because we're getting loads of homework that "prepares us for college." However, it feels like busy work, consuming time which could be better spent filling out applications.

"It's like having a whole

other class," says QUEST senior Jessica Duffey. "Having six APs and applications is a full-time pain."

As application deadlines come to an end, everyone rushes to get theirs submitted.

Since most of it is done via Internet, computer systems crash and students get frustrated.

Like applications, scholarships are a large workload. But steering away from college debt is a good investment.

The good news is that all this strengthens your immune system for college-induced anxiety.

Sleep Does Not Exist

By Anna Leon Staff Reporter

In high school, students have high expectations to complete, such as maintaining a high GPA and participating in sports, clubs, performing arts, and other extracurricular activities.

"How do they do it?" some may ask. Frequent late nights spent at the desk, that's how. Is this okay? Should students be expected to swap out sleep for math problems?

Sleep is vital to living a long, healthy life. Studies from the Archives of Neurology and Psychiatry demonstrate that sleep deprivation has been linked to schizophrenia.

Hallucinations and "psychotic -like symptoms" have been recorded from lack of sleep.

KidsHealth.org also reports that teens require about eight-and-a-half to nine hours of sleep every night. The study shows that teens actually require more sleep than adolescents or adults.

"I get on average six hours of sleep every night," says senior Emily Luchtman.

Ramifications

You don't need to have a PhD to figure out that lack of sleep will make you fatigued and unfocused in class.

To stop the cycle, students should do two things: do homework the day it's assigned and take an afternoon nap beforehand.

Taking a 20-minute nap can perk you up as much as a cup of coffee.

If you allow yourself those 20 minutes to rest, you will be more productive afterwards.

If you don't take a nap, and head straight to homework, you will most likely be sluggish since you are tired and exhausted from your day at school.

Sleep should be a priority on every high school student's list. However, studying for that physics exam should be too.

Procrastination is all too easy when thinking those assignments aren't due for two days.

It is crucial to stay on top of your homework so you can sleep more, and be more focused in class.

Control your schedule today to sleep well tonight.

By Santiago Landeros

Millikan School Spirit Varies from Rallies to Games

By Taitu Negus Staff Reporter

When it comes to football games, dances, and school carnivals, our school is known to have school spirit. However, when the events actually take place, it seems as if there is no spirit left.

There is usually a rally during lunch if there is a game being played that week. Marching band, cheerleaders, Kidettes, and the dance squad come out to do short routines, and they do not disappoint.

The crowd is hyped and looks forward to whatever event is going on that night.

Junior Gabriela Diaz says, "Our school rallies are better than games because students do not make an effort to participate in anything."

Although rallies are lots of fun, some games can seem disappointing.

It's not even the fact that the team may have lost, it is the lack of enthusiasm that's shown. Even if the team is not the greatest, school support should be.

At a previous football game, not much spirit was displayed. Cheerleaders simply followed their routines, not portraying the same authentic spirit that was seen at the rally.

Marching band merely played songs that don't seem to match the event.

"I went to a Millikan footbal game, and I didn't feel that energetic about it," junior Stephanie Martinez says.

When the people that are "starring" in the show appear to be uninterested in the whole affairs, the crowd does not feel interested either.

You can't win every single game, but there are more opportunities to succeed, and having supportive school spirit can help encourage all teams.

Now in Our 55th Year of Publication

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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 Room 833. The Corydon is also available on the Millikan website: www.lbmillikan.schoolloop.com



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He Put His Art into Beach Walk

By Anna León Staff Reporter

Tf you wonder who created the stylish Beachwalk T-shirt for this year, thank Dominique Roberts.

Because of his talent, Roberts was selected by COMPASS teracher Mary Massich to create the design. But he was reuctant to take on the project.

"He's an excellent visual artist who has unique ideas and has a strong understanding of the mission of the [Orange County] Children's Clinic," savs Ms. Massich.

Roberts soon let go of his reluctance. "Once Ms. Massich made me realize how awesome it would be to see everyone wearing my design, I agreed to do it." he said.

Before Roberts designed his t-shirt as the Bob-Marleyesque shirt it is now, he looked at past designs for inspiration. He saw the reoccuring motif: the sun. So he incorporated it into his de-



PHOTO BY ANNA LEÓN

Roberts proudly shows off his accomplishment, designing the Beach Walk shirt. He tried to continue tradition by keeping the sun.

sign, but with a fresh take.

Roberts could draw before he could write his name. At the age of four he began by "scribbling"

on paper.

He is currently in his second year of AP Studio Art, which requires creating 12 breadth pieces and 12 concentration pieces.

The breadth pieces are the ones that can be inconsecutive and best display the student's talents. The concentration pieces have to be consecutive and have a theme to them.

Finishing up his breadth pieces, Roberts will continue on to his concentration pieces this year. At the end of the year they will be submitted to the College Board for evaluation.

Roberts hopes to refine his skills at an art university. A few he is considering are The Art Institute in San Francisco. Academy of Art University (also in San Francisco), and Cal State Long Beach's fine arts program.

"I've always had to move around. I've never had a permanent home," he mentions, which is why the San Francisco schools are appealing to him.

Millikan's Academies Achieve Certification

By Kaitlyn Martinson Staff Reporter

Earlier this year, Millikan's COMPASS and PEACE academies earned the Linked Learning certification. Linked Learning is a high school improvement program that makes school learning exciting and challenging for students.

Ms. Gombrich, the lead teacher for PEACE, was honored and relieved when the new academy received this certification.

The district recommended PEACE to go through the certification process. "Our initiatives were to get students ready for college and jobs," Gombrich said.

PEACE teachers worked hard to become certified. They set learning standards, contacted business partners, and embedded service learning into their curriculums.

Students also played a key role in helping PEACE get qualified. "The students gave feedback on Linked Learning and got involved in the community to provide information," Gombrich said. Many students also participated in panels and answered many questions regarding the PEACE academy.

Though the certification process was hard, Gombrich believes that it does pay off and that the students will be greatly benefit.

"Programs will definitely grow through this process," Gombrichsaid. "It provides a deeper experience and gears students to get jobs and survive the econo-

QUEST plans to become certified in the near future.

From Engineer to Encouraging Educator

By Joyce Ramos Staff Reporter

Tkept reading in the media **L**about how the kids of America are in trouble," says QUEST teacher Jean Davis. "Fewer students decide to take a career in science and math as the years pass," she says.

This problem is what motivated this intermediate algebra teacher to leave her profession as an electrical engineer to become an educator.

Davis received her electrical engineering degree from Vanderbilt University in Nashville, Tennessee in three and half

helped her graduate so quickly.

Later she obtained her MBA in two years by attending night classes at Pepperdine University in Malibu, California.

Davis then worked for 15 years as an electrical engineer

"It was totally worth it. Teaching is my most rewarding career."

until 2000 when she became a math teacher.

Davis believes a good math teacher breaks things down into small steps and is willing to do vears. Advance Placement credit hard work but also be creative.

"My goal was to encourage kids, in particular girls, to pursue math and science careers," she says. She is in her third year of teaching at Millikan.

In Davis's outlook, teaching also requires being enthusiastic. "It's an acting job where you have to be on stage all the time," she says.

Her current goal is to be able to get students to pass algebra in a year so they won't take it more than once. She also wishes to encourage students to take AP mathematics courses.

As for the career she gave up, Davis says, "It was totally worth it. Teaching is my most rewarding career."

Agiu Is a Natural for 'Dracula'

By Libby Berry Staff Reporter

cting seemed like a ludi-Acrous idea to Agiu freshman year when his music teacher asked him to audition for a role in 'The Sound of Music', the current production at the time.

After acquiring a background role in the play, Agiu started working his way to the top. He did everything from participating as an extra in 'Flowers for Algernon', to cleaning the inside of vacuum bags for the shows.

He eventually started snagging lead roles in Millikan plays such as Atticus in 'To Kill a Mockingbird', Pip in 'Great Expectations', and Count Dracula in 'Dracula' and has now participated in nine productions so far.

One of his greatest roles at

Millikan has been the iconic lead in 'Dracula.' "To be able to step into the shoes of a character that is not only important to my historical background but also to pop culture is astonishing."

Agiu's family immigrated from Romania in 1989. He can speak Romanian and has a great understanding of Vlad the Impaler, the historical Romanian figure that Dracula is based on.

After, Agiu admitted, "I know that I will miss all of the small things about the show like the blood sucking jokes, the stepping on capes, stakes not working, and teeth falling out. You know, the fun stuff!"

Agiu is president of Millikan's Improv club and has participated in competitions at CSULB, LBCC, and Fullerton

Need Some Good Gift Ideas for the Holidays?

Gents!

By Santiago Landeros Staff Editor

Think choosing the perfect gift **▲** for guys is difficult? Think again!

Call of Duty: Modern Warfare 3 (\$60)

Possibly the most anticipated video game of 2011. Many want to continue the old ways of running around the war zone and shooting enemies on a quest to rank up levels.

Battlefield 3 (\$60)

Easily one of the most realistic looking video games ever. Battlefield 3 surpasses the king of the First Person Shooter world, Call of Duty, and provides a breath of fresh air to those who have been receiving Call of Duty year after year.

Sports Tickets (\$9-\$75)

Every guy likes at least one sport and getting him some tickets would surely make him smile. You can buy tickets for CalState Long Beach basketball games for as low as \$9.

Sports Apparel (\$20-\$80)

Whether he likes Barcelona, the Los Angeles Lakers or Detroit Lions. Getting him a jersey, t-shirt or cap of his favorite team should make his day.

Gift Cards (\$10-50)

Take the pressure off of yourself and buy him a gift card. Any gift card will do, because it's up to HIM to decide on what to buy. Some popular ones are: Gamestop, Starbucks, Target and Active.

Simple, easy and most importantly, affordable.

Ladies!

By Rosanna Ly Staff Editor

ometimes it is just so hard for a guy to please his girl during the holiday season.

The last thing you want is to give a gift with no thought put into it. The situation tends to go downhill form there.

Here is a list that may help you keep your lady happy over the holiday season.

TOMS Holiday Collection (\$48-\$89)

TOMS Holiday Collection is the perfect gift for anyone on your shopping list. Festive charity shoes are the perfect comfort for her cold feet.

Perfume \$59-\$89

The top perfume choices for a girl for the holidays would have

to be Princess by Vera Wang, Oh, Lola by Marc Jacobs, and Viva La Juicy by Juicy Couture. These perfumes have a wide variety of gift sets, body lotions, and body sprays. Bath and Body Works also has a nice selection

Jewelry (\$45-\$100)

Tiffany's offers beautiful sterling silver necklaces for under \$100. Juicy Couture has charm bracelets, necklaces, bangles, and earrings all under \$100.

Spa Gift Certificates (\$59-\$80)

Get two \$59 gift certificates at Costco from SpaFinder for the price of \$80. Treat yourself and your lady to a nice spa day during the holiday season.

Coach (\$22- \$98)

Gifts from Coach, such as Poppy Duo Roller Ball Perfume sells for only \$22. Wristlets, coin purses, and other accessories are under \$100.

Music (\$10-\$40)

An iTunes gift card or t-shirt of her favorite band or artist from Hot Topic cannot fail. A sweeter gesture is loading tunes that remind you of her onto her iPod.

Other (Prices May Vary)

If these gifts suggestions still aren't cutting it for you, another suggestion would be to buy her a dozen of roses and candy, perhaps even written love letter. Be warned, however, that stereotypical gifts do not always live up to their infamy.

A gift card to her favorite place, whether it be a clothing store, her favorite restaurant or coffee shop sometimes causes more excitement than shoes or chocolate delights.

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MHS Cheer Squads Ramp Up Competitive Edge



PHOTO COURTESY OF KATELYN TRUE

Varsity cheer perform aerobesque's at a Friday night football game at Millikan. The squad's difficulty level in stunting is one of the factors that makes them a winning team. Varsity walk-on coach Travis Ledbetter hopes the team "Lives

By Anna León Staff Reporter

ancing, lifting, cheering, run-Jning, flipping, and shouting. These are the elements that go into a competition routine for the Millikan JV and varsity cheerleading squads. Millikan High School is known for its competitive, yet traditional, cheerleading team.

"Girls who are competitive cheerleaders come to Millikan," notes Ms. Palsgrove, cheer advisor of seven years.

Every year the squad partakes in several competitions. They also perform in the Belmont Shore Christmas Parade each year.

Varsity captains and seniors Dymond Collier, Malia Moy, Melissa (Missy) Allen, and Megan Weissman all agreed on how much enjoyment cheer gives them, despite the fact that it's time-consuming.

"We've been doing it our whole lives and we love it," said Allen. All four seniors plan to cheer in colleges ranging from

Cal State Long Beach to the University of Hawaii at Manoa.

Having practice every day afterschool, and sometimes on weekends, definitely cuts in to school work and social life. To balance things, JV captain and sophomore Kaitlyn McBennett advises to stay focused.

"When you're at cheer think of cheer, when you're at school think of school," she says.

Cheerleading's competitiveness has increased over the years. This year a new tumbling requirement was added on top of the one already in place.

Students must be able to master a backhandspring in order to be on varsity. In order to make the competition squad cheerleaders must have a standing tuck, which can be thought of as curling into a ball with your knees tucked in and flipping in the air-with no hands touching the ground.

The approaching season has no effect on the girls' readiness to

Racing Rams Finish Fast

By Amira Latif Staff Editor

The boys cross country team I made a very tough transition from Coach Thayer last year to Coach Najera this season. "It was very hard losing Coach

Thayer. I spent three years with him and it was tough to lose all the motivation and support that he gave us. We had plans this year with Coach Thayer but they didn't really follow through," said Daniel Eneyew, varsity runner.

"Coach Najera did the best he could to fill the hole he left behind," continued Daniel Eneyew.

But even with this tragic loss the team still pulled through and wasable to bring the best to their game.

Freshman runner Cody Salter broke Millikan's freshman record with a time of 16: 12.

Pablo Cardenas, broke his personal record with three mile times of 15:11 minutes and ran second place individually in Moore League.

JV player, David Ly and Daniel Eneyew agree that through the training Najera has given them, they were able to maintain second place in Moore League.

At CIF, in Mt. SAC, the varsity boys team placed ninth in their heat, despite having arrived at the course 15 minutes before their race because of abusing complication.

Again, all this was done with Coach Thayer in mind. He had to step back from his coaching career because his son, passed away after fighting a battle with brain cancer.

Despite the setbacks thrust upon the team, these running rams still manage to finish as winners.

Calimquim Takes Judo Skill to Cape Town

By Sydney Scott Staff Editor

Tillikan senior Calimquim had the opportunity to compete in this year's 2011 Junior World Championships on the USA Judo Team in Cape Town, South Africa.

Vanessa

division.

Out of 88 girls, Calimquim the ranked in 20 of her

"At the world championships, I feel as if I fought my best," she says. "There's nothing I would have changed during any of my matches."

Calimquim has been participating in Judo since she was seven years old, and has been ranked number one in the country for a lot every time I travel, comthe past four years in the female 96 pounds/44 kilogram division.

She also participated on the USA team at the Pan American

"There's nothing I would have changed during any of my matches."

> Championships, and other Junior World Championship teams. She won a medal on each team.

Judo has taken her far. She's traveled to El Salvador, and Morocco. She believes that it's always tough to go on the long flights and to keep up her weight.

But she also adds, "I learn

petition wise, and for myself. I think traveling to other countries often helps me realize what I have and teaches me to be

> thankful for what's already in front of me."

Judo won't stop in high school for this senior. She plans to go to a four year college, while still competing. She's been offered scholarships

for Judo at San Jose State, and Texas A&M, and also has been offered to study in Japan and train with the Judo team there.

Calimquim proudly states, "I don't plan on quitting judo ever. It's made me into a stronger and better person."

Success Is Sweet for Cindy Nguyen

By Kaitlyn Smith Staff Reporter

indy Nguyen, a junior this year at Millikan, is no stranger to being under pressure. She has been playing tennis for nine years and says she was "born on the courts."

When you watch her play, this is evident. Nguyen's hard work and dedication comes through on the court, and all of her matches seem to be won effortlessly.

Nguyen carried the varsity women's tennis team to second place in Moore League, until she was paired with the other top singles player in the league: Jessica Cedillo, a student at Wilson.

I was sort of nervous but calmed down because my team was there supporting me," she said.

Nearly the entire MHS tennis team turned up at the Billie Jean King Tennis Center on Nov. 3 to cheer her on at the match, and made her signs as well, showing how tight-knit and supportive this team truly is.

Nguyen's final scores were 6-1 in the first round and 6-3 in the second.

"I felt pretty stoked to finally earn a title of my own. I feel like I made people proud and [I'm] excited that I represented Millikan," Nguyen said of her win.

Nguyen credits her success to her coaches and her dad "My hard work really payed off and I'd like to thank my dad, family and friends, [former coach] Bernadette Barretta, and [current coach] Torie Frapwell.

Nguyen has made her team and her school proud. She will continue to be a valuable asset to the tennis team her senior year, and she plans to compete for number one singles in Moore League next year.

She would like to say thank you "to everyone who came to watch me play and everyone who made me signs. Words cannot describe how special you made me feel!"



PHOTO BY KAITLYN SMITH

Junior Cindy Nguyen proudly displays her first- place medal at the Moore league Women's Tennis Finals at Billie Jean King Tennis Center on Nov. 3.