

Corydon

MILLIKAN HIGH SCHOOL, LONG BEACH

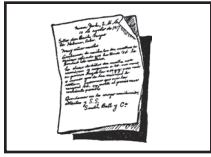
Cor - y - don (Kor/iden) *noun.* in pastoral literature, a name for a shepherd or rustic

59 Years of Publication

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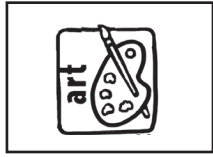
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Issue 4
February 2015



**The Wait for College
Is Almost Over**

Page 2



**COMPASS Artfest
Lights Up The Night**

Page 3



**Wrestling Team Pins
Hopes on CIF
Individuals**

Page 4

CalGrant Opportunities Available to Seniors

By Hector Renteria
Staff Editor

College acceptance letters are already being given out to students. With that in mind, how will students pay their tuition?

The deadline for the FAFSA is March 2. Students who attend college in California can also apply for the Cal Grant.

Cal Grant is a government-funded program that gives tuition money to students who attend college in California.

The Cal Grant is divided into several different categories and requirements for students that apply.

First, there is Cal Grant A that provides students up to \$12,192 for tuition and books for UC's

and CSU's. Up to \$9,084 is given to students who will be attending any private school in California.

Other Cal Grants include Cal Grant B and Grant C. There are also A and B Competitive Awards.

Requirements to be recognized include US citizenship, California residency, financial need base, family income and assets below established ceilings, minimum GPA requirement, acceptance at a college in California, and many others.

For a list of full requirements or information, visit www.Cal-Grant.org or receive information regarding the Cal Grant by visiting the College and Career Center at Millikan in the 300 building, room 323A for help.



Construction In South Lot Nearly Complete

PHOTOS BY OSCAR SALINAS- VIGIL

Construction in the south parking lot began just after winter break in January. The construction is almost over, however. The south lot, like the north lot which has already been completed, had solar panels installed in an attempt to generate solar power. According to Principal Jeffery Cornejo, the construction should be finished in March.

Staff Welcomes New Secretary



PHOTO BY CHARLES BLANCHARD

Ninete Rosa began working as the new school secretary in January. She is a Millikan alumni.

By Charles Blanchard
Editor-in-Chief

Ninete Rosa, a former Millikan graduate, steps in as the new school secretary. She started her position in mid January, after the recent retirement of Millikan's previous secretary Susan Cuff, who worked at Millikan for 14 years.

After graduating from Millikan in 1993, Rosa attended Los Angeles Harbor City College, and then went on to

become a labor studies major at Cal State Dominguez Hills.

Rosa has worked in the Long Beach Unified District for 14 years. She worked at Jordan as the sports secretary, and also in Millikan's activities office. She says she is glad to be back.

When asked what her plans for the year were, she stated, "My plan here at Millikan is to work hand in hand with our teachers, staff, and students to continue to make this the great school it is already."

IN MEMORIAM

Former Student in Fatal Crash

By Ryann Albin
Staff Reporter

A former Millikan graduate was involved in a fatal car crash. Her car was discovered by her who is a member of the Long Beach Police Department.

Ashlee Armond, a 20-year-old woman and former Millikan graduate, was found 10 feet under water, just east of Silvera Avenue. Armond was driving home from a friend's house that night.

The next morning her car and body were found under water and she was pronounced dead on the site. Investigation revealed that Armond failed to stop at the end of the road, and drove into the riverbed. Police believe that her death was accidental.

Her aunt said that she will mostly remember her niece by her sense of humor and quick wit. Most people would say that her humor and smile would light up a room wherever she went.

Students With Perfect Attendance Recognized

By Kendall McCormick
Ass't Editor-In-Chief

Millikan students have a new incentive to come to school every day. Students will now be automatically entered into a drawing based off of their attendance, giving them a chance to win a gift card for having perfect or improved attendance.

Assistant Principal Kai-sha Irving, and attendance clerk Brenda Cassman, started a new monthly drawing at Millikan to reward school attendance.

The first drawing was held in November. Students with perfect or improved attendance during the month of October received a \$10 Starbucks gift card.

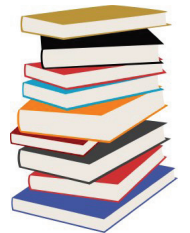
The new award program is to encourage students to attend school every day.

Ten students are chosen for having perfect attendance, and two for having improved attendance. Reward drawings are held monthly.

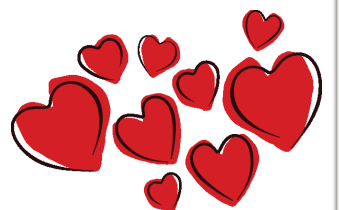


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Words of Wisdom from Seniors: Finals Edition



What Song Reminds You Most of Valentines Day?



Meet the Corydon Staff

Dear Editor

Why I Left

I wanted to clarify the reasons that I left the senior guest speaker on the first day of CAH-SEE testing.

I did not leave because I am a crazy man-hater with no sense of humor, or because I was trying to pull a wild stunt to get remembered. I left because I was offended, uncomfortable and unwilling to sit and watch someone perpetuate a derogatory message masked as comedy in a public school.

The speech was insulting and wholly inappropriate, and leaving was a personal choice.

I didn't pay to go to a comedy club and watch a professional boundary-pusher use humor to draw attention to gender differences.

When a grown man is telling high school boys that the best way to compliment me is to ask if I've lost weight, that is not respect. When he calls every girl "destroyed," that is not respect. Claiming that the problem with an entire gender is that they talk too much, and that the only thing they need to do to get a man is to learn to cook is the utter antithesis of respect.

I understand that in time, it could have become inspirational, but the preceding message would have tainted any words of wisdom.

Should I have sat idly by, laughing uncomfortably as an authority figure gave hundreds of teenagers permission to treat each other as objects to be won over with pretty words and impersonal attention?

Nayla Lee
Grade 12

Agony of The College Apps

I really like how Mindy Ngo brought up many realistic questions seniors ask themselves while filling out college applications.

I also enjoyed how she stated other places that seniors can visit for help with applications. I visited the Career Center many times but had never asked about the FASFA. Until today I didn't even know what it really meant.

Stevy Candari
Grade 12

The Wait for College Is Almost Over

By Hector Renteria
Staff Editor

The most nerve-wracking weeks that most seniors go through is when they are waiting for their college acceptance letters.

Imagine going home after school, asking if the mail came, and nothing important arrived. Or compulsively checking your e-mail but finding none from colleges.

Waiting for a simple letter can change the life of a student.

But when the letter or e-mail does come, and it's what you expected, it's a huge relief.

HEALTH NOTE

Frequency of Fast Food Lowers Academic Performance

By Fabiola Rojas
Staff Reporter

Figuring out what to do after school with friends is not hard, considering the convenient fast food restaurants located within walking distance from every school.

Consequently, consumption of fast food every now and then is typical for students.

However, researchers at Ohio State University did a study of about 11,700 children measuring the frequency of fast food they consume.

Even small increases of fast food consumption are associated with significant decreases in

Students, like Nancy Garcia, MBA senior, described the day she got her first letter of acceptance. "I saw my e-mail and I noticed that San Francisco [University] came up. I got accepted and I was truly surprised," Garcia said. "I

Jose Lopez, MBA senior, tells what that feels like.

"It's an anxious time for me," he said. He applied to schools like Cal State Long Beach (which he was admitted to) and Cal State Dominguez Hills. "Hopefully something comes up in the next few weeks [for Dominguez Hills], but I'm not giving up hope."

Lopez agrees that it takes time for colleges to look at students one-by-one, especially considering the fact that hundreds, maybe thousands, of students apply to a local or popular school.

But the wait can also be "unbearable," Lopez admits.

"I applied just to see if I could get in [to San Francisco University] and, unexpectedly, I did."

-Nancy Garcia

applied just to see if I could get in and, unexpectedly, I did."

However, a lot of students are still waiting for their acceptance letters, especially from private colleges.

academic test results because the diet is high in fat and cholesterol, which results in poor memory.

Habitual fast food eaters,



those who consume fast food on a daily basis, found their test scores were about 20 percent lower than students who don't regularly eat

fast food.

Researchers took into account other factors such as fitness, broader eating habits, and socioeconomic status, which are associated with fast food consumption and poorer academic performance.

A study conducted in 2013 also showed that nutrients like iron, which are lacking in most fast food, are essential for the development of a child's brain.

Some cannot resist the craving for a burger and fries, or taking advantage of a combo's price, but be aware of the negative effects fast food can have. Instead eat whole grains, vitamin rich foods, and healthy fruits and vegetables.

'Selma' Director Makes Strides in Film Industry

Sophie Morrison
Staff Editor

As the winners are celebrated during the film awards season, many times the achievements of the other nominees are overlooked. But for LA native Ava Duverney, just being nominated is something to celebrate.

Duverney, who was nominated for a Golden Globe for her work directing 'Selma', the movie chronicling Martin Luther King Jr.'s Civil Rights campaign that marched from Selma to Montgom-

ery, Alabama, is the first African-American woman to be nominated in the category.

Born in Los Angeles and raised in Lynwood and Compton, Duverney attended Saint Joseph High School in Lakewood and went to college at UCLA, where she studied both English and African American studies.

In 2008 she made her film debut with the documentary 'This Is the Life', but didn't garner major success. Her second feature film, 'Middle of Nowhere', which won her the Best Director Award at the

2012 Sundance Film Festival, made her the first African-American woman to do so.

Her latest project, 'Selma', which she co-wrote with Paul Webb and directed, has been well received by critics, and recently was nominated for an Oscar for Best Picture.

Although Duverney herself was not nominated for an Oscar, her talent for storytelling is evident to anyone who sees 'Selma', and Duverney's strides forward for female directors--especially those of color-- has left an indelible mark

Why Do We Keep Upgrading Our Phones?

By Jamar Moore
Staff Reporter

Society is always changing with new technology and new ideas, but change isn't always good. For example, it may be good that we now have phones that can talk, connect to the Internet, provide directions, and much more.

However, it is not good that society is so obsessed with those phones that we stand in lines three-days-long for slightly better versions of them.

It may be good that those phones have new features each time, but it's not good if those new features are obvious cash grabs.

We're being suckered into believing we need something more than we actually do.

Take the tablet for example. We all love our tablets, but they have no specific purpose other than being a bigger alternative to a smart phone. They exist so we can do the goofing around we do on smart phones on a bigger screen.

I know you're probably expecting "Oh, you kids never get off your phones, and blah blah blah." It's been said billions of times before. In fact, despite the controversy behind them, I'm actually in favor of smart-phones.

Sure, we're constantly being persuaded into the latest products with minimal improvements, but we wouldn't be getting suckered into them if it wasn't something that we almost couldn't live without. This generation has become centered around smart phones, using them for calls, texts, GPS, games, and all sorts of various apps that can create easy conveniences for your daily life.

This is why it's such a tragedy when a phone is broken or taken away. The smart phone is essentially used for entertainment, but also used as a resource.

People want the better version of something that's a big part of their life, no matter how miniscule the difference is.

Keep in mind smart phones have become a focal point of our lives and can certainly be useful, but there's no need to constantly upgrade the device you have.

Corydon Staff



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

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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

Corydon Now Online
at lbmillikan.schoolloop.com/Corydon

Zumba Club Will Add Jazz to Your Day

By Mindy Ngo
Staff Reporter

Each year, QUEST seniors must do projects to challenge themselves. This year, Lizeth Vazquez decided to teach Zumba classes for her project.

Zumba is a Latin aerobic dance that includes elements of Salsa, Hip Hop, and Merengue.

"I incorporate my passion for Latin dancing into a workout. This encourages participation from students and staff in a contemporary aerobic workout that involves dancing," Vazquez says.

"It's a fun work out that really gets your blood pumping and

your sweat going. I like it because it doesn't feel like a workout. It's just having fun with friends," said Eddieberto Infante.

This is one good way to stay fit and have fun. Vazquez creates a healthy environment by having smoothie parties right after each session.

If you are interested in joining the club, stop by the rowing room (located between the small gym and the bungalows) on Thursdays at 2:40 p.m after 7 and 8 period.

You will need a towel, water, workout clothes, and the right attitude. For more information please contact Lizeth Vazquez through School Loop.

COMPASS Artfest Lights Up The Night



PHOTO BY JULIA KOWEY

Front woman, Hunter Allen, of the closing band, Better Heroes, electrifies the stage with her signature hair flip. The band closed a night of music, painting and temporary tattoos. The Visions event, held under the bleachers on Friday, Jan. 31, is a crowd favorite, attracting many members of the Millikan community. Deidre Wood, co-founder of Artfest said, "Mr. Vann and I created the event to express art freely and to create a safe place where all can interact with music and art"

See video of the event at lbmillikan.schoolloop.com/Corydon

Commercial Success of Valentine's Day

By Britney Atkins
Staff Reporter

Most people on February 14 want the biggest bear, the most chocolates and even want those wonderful smelling roses and heart-warming cards.

But how much money is spent? How many cards and chocolates are being produced?

According to Weau, an online newspaper, on average, about one billion Valentine's Day cards are exchanged in the US each year. That's the second largest seasonal

card-sending occasion of the year after Christmas.

On average, men put out \$130 each on candy, cards, jewelry, flowers and dates. That's more than double what women spend.

About 8 billion candy hearts will be sold this year, which is enough candy to stretch from Rome, Italy to Valentine, Arizona 20 times and back again.

Worldwide, over 50 million roses are given for Valentine's Day each year.

But, in the end, it's all about making loved ones feel special.



TEACHER FEATURE

Millikan's New Math Addition

By Kendall McCormick
Ass't Editor-In-Chief

Nataly Villacres is a math teacher new to Millikan's staff this year. In fact, this is her first year teaching and she is very excited to have joined the staff. She teaches both geometry and AP Statistics in Room 312.

She was born in Southern California and has lived there her entire life. She grew up in Downey and attended college at CSULB. Villacres did her student teaching at Millikan High School

and loved it from the start.

She liked all of the teachers she worked with. She also thought the students were nice and hard-working.

Villacres always knew that she wanted to be a teacher and she "can't imagine doing anything else."

She says, "I've always had great math teachers." They supported her and noticed that she was very good at math. This is what inspired her to become a math teacher. She remembers them telling her that the best

math-centered job was to teach.

One of Villacres' favorite things about Millikan is the variety and number of Advanced Placement courses offered. She thinks they are great and that they are really helpful in getting students ready for college.

Her advice for current high school students is to recognize that "not everyone learns the same." She thinks studygroups are helpful for retaining information and encourages every student to ask questions instead of staying quiet.

BOOK REVIEW

Fangirl Provides Modern Protagonist

Sophie Morrison
Staff Reporter

Fangirl, Rainbow Rowell's critically acclaimed 2013 novel, tells the story of a girl flourishing in the Internet culture of Millennials. This unusual and innovative novel will delight fans of Young Adult fiction as well as lovers of Rainbow Rowell's previous books, *Attachments* and *Eleanor and Park*.

The story centers on Cather Avery, or Cath, a disgruntled college freshman who's never

been without her twin sister Wren.

Cath harbours a secret passion writing fan-fiction based on her favorite series of books. Her writing is read online by thousands of fans, but she keeps it a secret.

Her first semester starts out rocky, as she doesn't get along with her upperclassman roommate, Reagan, and never sees her sister, Wren, due to her excessive partying. She slowly acclimates to her new environment, thoroughly



enjoying her fiction writing class, where she excels.

As the semester progresses Cath becomes amicable with

Reagan, and develops a friendship with Reagan's friend Levi. As she becomes closer to Levi she begins to share her stories with him.

Cath's newfound enjoyment for college life is all put on hold when her father, who struggles with a mental illness, is admitted to the hospital after he has a psychotic episode at work. Cath immediately returns home, and begins to feel the same disinterest for school she felt at the beginning of the year.

While at home Cath realizes

that her issues at school are directly connected to her issues with her sister and that she can only be truly happy if she and her sister resolve them.

This book, an outlier in a genre known for only telling stories of people in extraordinary circumstances, is easy to relate and connect with. Cath's very human qualities make her a protagonist readers can identify with, and the theme of college apprehension is something high school students can very much appreciate.

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AND VIDEOS ONLINE!

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Wrestling Team Pins Hopes On CIF Individuals

By Frank Carrillo
Staff Editor

As the whistle blows, and cheers erupt, the victors hand is raised.

Millikan hosted the 2015 CIF southern section wrestling dual meet on Feb. 7.

With a crushing victory against Montebello High School, the Rams advanced to the semi-finals against Downey High.

The Rams went toe to toe with Downey. The tension amplified as it came down to the last match. Downey secured their victory with a pin against Millikan, ending the dual 30-37.

Though the team was defeated at CIF, the wrestling team is the Moore League Champion of 2015, claiming their 15th Moore League title.

“Championships are only acquired by a team that is focused, hardworking, and has a developed brotherhood,” says Zain Ali, senior varsity co-captain. Ali has been part of the team for four years.

Ali isn't the only one proud of the team's accomplishments. Daniel Lopez, assistant coach, says, “Embrace the moment for

a lifetime of memories.” Lopez is proud of his athletes and what they have achieved this season.

So far, the varsity team has a record of 34 wins and four losses.

Fighting all the way through his matches is the most important thing for junior Christen Robledo, a varsity wrestler. He says, “A moment of pain is worth a lifetime of glory.”

The Rams also headed out to Santa Ynez High School for the annual individual tournament on Jan. 16, placing first with several champions: Amalique Acuna, Erik Osorio, and Luke DelPinto. Millikan held the leading score with a total of 295 points, with runnerup Santa Maria High with 198 points.

Millikan's MIT individual tournament was a tremendous success with the varsity team coming out on top with champions Matt Zaldana, co-captain Andrew Lane, and Luke Del-Pinto.

Millikan shattered the Poly Jackrabbits on January 15, 69-3.

The match of the night was without a doubt the 195-pound bout with varsity captain Andrew Lane and Malik Livingston of Poly. Livingston had bested Lane last year at Moore League finals.



PHOTO COURTESY OF JACKIE RECINOS

Varsity senior Hector Valenzuela attempts to pin his opponent from Orange Lutheran High School on January 31 at Millikan's annual MIT individual tournament. Valenzuela says “Hard work beats talent when talent doesn't work hard.”

Lane was down 0-5 but triumphantly recovered toward the end of the second period. At the end, Lane was up 10-5, securing his win after the third period.

Lane says “Treat your team like they are your family.”

Millikan wrestling dominated Wilson on Jan. 8 with victories on all levels, including the girls.

Varsity came out swinging, having an impressive lead at the start of the dual.

At the end of the day,

Millikan swept Wilson 61-12.

“In wrestling, it's not a sport, it's a life-style,” says Enrique Sanchez, varsity Senior, “Hard work can beat skill at any moment, it just depends on how far you are willing to take it.”

Boys Soccer Enter In Moore League

By Britney Atkins and
Fabiola Rojas
Staff Reporters

Millikan's boys soccer team charged into Moore League with victories against Lakewood, Compton, and Poly in one week. They aim to capture their eighth

consecutive Moore League title. So far, they have an overall record of 21-2-4.

Team captain Jesus Vargas says, “Our strategies are to play as a team and follow Coach Petkovic's plan for a game.

If we play with a self-centered attitude, it won't work out.

The most important part of the game is to build teamwork and communicate with each other.”

Along with learning from their mistakes, Vargas believes there are talented teams throughout the district, especially Cabrillo and Jordan, who are their greatest competition.

Girls Water Polo Ends Season

By Charles Blanchard
Editor-in-Chief

The girls water polo team is currently competing to enter into CIF with their previous games ranking them 5-8. They are also approaching the end of the season and are finishing up the Moore League this week.

Last year they placed third in CIF.

The team hoped to beat their biggest competitor, Poly, whom they lost to by one point against last year. Sara Manan-gon, varsity player and QUEST junior, says the team is learning

to not just play, but play to win.

The girls proved their devotion this season by practicing every day after school and in the morning on Tuesdays and Thursdays. During their morning practices they balance out swimming, weight lifting, and water polo.

The team is currently in third place behind Wilson and Poly. They have had one loss and no wins so far in the Moore League competition, but are competing against Poly at home on Thursday February 12. The team hopes to win against Poly to rank in second place in the competition and move onto CIF.

Athletes Honored at Century Club



PHOTO COURTESY OF COACH MORGAN

QUEST Junior and Tennis player Danny Nguyen at the Century Club for an Athletes Award Ceremony where he and other students were recognized for their exceptional performance in the sports they play.



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