

Corydon



MILLIKAN HIGH SCHOOL, LONG BEACH

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

57 Years of Publication

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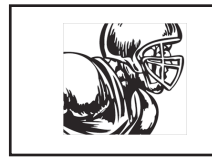
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Unvaccinated Students Raise Health Risks

Vincent Ngo
Staff Editor

Some parents have not vaccinated their kindergarten-age children for childhood diseases. And due to the lack of vaccination, measles and other avoidable diseases are re-emerging.

High vaccination levels eliminated outbreaks of highly contagious diseases such as chicken pox, whooping cough, and polio.

Shannon Stokley, an epidemiologist at the National Center for Immunization and Respiratory Diseases, describes the classroom as “a perfect condition” for the spreading of germs and diseases.

Some people use herd immunization as a way of protection from diseases they are not

immune to. Thus, people who are not vaccinated prevent this protection from those who cannot develop certain immunities. California has also seen several cases of whooping cough epidemic as well as the measles outbreak due to the lack of vaccination.

Marianne Traugher, Millikan school nurse, says that most students at Millikan are vaccinated, although, four percent are not. The effects of non-vaccination on campus have been minor.

Traugher says that many diseases, including tetanus, can affect the non-vaccinated.

More and more parents are beginning to turn away from vaccinations and is becoming a concern among the people of California.



PHOTO BY JULIA KOWEY

Homecoming Pageant Nominees Stride to Stardom

Alyssa Contreras and Gary Lewis campaign for the Millikan Homecoming Pageant which took place on September 23 at lunch time in the gym. Seven couples are currently running for homecoming queen. Winners will be announced on October 10 at half-time at the football game against Cabrillo.



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**Students Outraged
by Higher Prices at
Student Store**

**Downey's Marching
Band Hazing
Scandal Raises
Concern**

**Millikans Tennis
Team Takes Off**

**Meet This Year's
Corydon Staff**

TAP Cards Change Bus Transportation

By Frank Carrillo
Staff Editor

For students using Long Beach Transit, things are changing.

People now buy regular bus passes for an allotted time. Soon, however, TAP cards will be required when purchasing a Long Beach Transit 30-day student reduced fare pass.

These cards are electronic passes that can be used to purchase and load bus passes.

Long Beach student passengers must get a K-12 Student

TAP Card application to get a TAP card. They must also use their student ID with the card.

There is no charge for the TAP card itself, however, a visit to an LBT pass sale location is needed to load the card with the desired fare. LBT pass sales locations nearest to Millikan in-

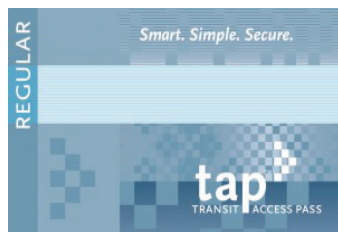
clude the station on Carson St. and the information center at the Lakewood Mall. There are many other locations. You can also purchase one online at taptogo.net.

These cards will be used instead of regular bus passes because it will be easier to prepay with the amount of money for the number of days you will be using the bus. This is seen as a better design for the Long Beach transit.

Also, the Metro, such as the BlueLine in Long Beach, is also going to use the same system.

TAP cards also provide an eco-friendly solution to regular bus passes because they eliminate paper receipts.

“I think these TAP cards are going to be a great new way for the bus system,” says PEACE junior, Alvin Avina, “This change will definitely benefit the Long Beach Transit.”



Bringing the World to Millikan

By Vincent Ngo
Staff Editor

**US Ill-prepared for
Pandemic**

Investigations across the US show that thousands of doses of antiviral medicines are about to expire. Another warehouse says that their stock has already expired.

A federal investigation shows that the Department of Homeland Security is ill-prepared for a pandemic such as the Influenza virus, or anything worse, such as the Ebola outbreak.

**China Likely to Support US
Against ISIS**

China may seem like an unlikely candidate to help support the US in the fight against ISIS, but after ISIS listed China as an open threat, the country can no longer wait in silence.

Chen Dingding, an assistant professor of government at the

University of Macau, says that if ISIS gains more influence, there is a possibility that they will invade Chinese territory.

Responding to a reporter, Hua Chunying, China's foreign ministry spokesperson, said that China hoped that "with joint efforts of the international community, the countries involved will soon restore stability and order, achieve reconciliation, peace and development."

**Liberian Man Who Brought
Ebola to US Is to Be Prosecuted**

Thomas Eric Durncan, a Liberian man, unknowingly brought the Ebola virus to the US.

Duncan returned to Texas from visiting his sick family in Liberia, and became ill a few days later. He is currently being quarantined in Dallas.

Binyah Kesselley, chairman of the Board of Directors of the Liberia Airport Authority, says he is to be prosecuted.

Advice for Incoming Freshmen

By Hector Renteria
Staff Editor

Real life begins in ninth grade. In ninth grade, you begin to understand yourself, your first-world problems, and maybe even some hardships. Ninth grade year is not a year you should slack off to, either. Some people struggle in later years of high school because of how they spent their early years.

Begin with high determination as this will help build good habits of doing homework and class work and will boost grades.

Remember, this isn't middle

school. High school teachers expect students to be mature and take responsibility. The workload will be substantially larger too. Behaving maturely can show teachers that you're to be taken seriously.

“Incoming freshmen, don't slack off. Freshmen year isn't something to be taken lightly.”

Get to know other people around campus. Cliques exist in high schools, even at Millikan. Find students who share common traits with you.

Don't hang around a bad crowd who brings down other

students, either.

Alan Catalan, a Millikan senior, reminisced about his days as a freshman and wished he could've done better. “Incoming freshmen, don't slack off. Freshmen year isn't something to be taken lightly. And take some AP classes next year.”

Irineo Mendez, a junior, says that he should have been involved in more school activities. “I should have joined a club during both my freshman and sophomore years. Colleges will be looking into that, so I will take advantage of it this year. And freshmen should too.”

The Lay-Down on Sleep

By Julia Kowey
Staff Editor

Summer has come to an end, and it's back to early mornings, piles of homework, and tired eyes.

According to the National Sleep Foundation, most teens need between eight and ten hours of sleep a night. However, a study by the Journal of Adolescent Health found that almost two-thirds of high school students get less than seven.

Not getting enough sleep can result in stress, limited ability to concentrate and problem solve, aggressive behavior, weight gain and accidents caused by drowsiness.

“It's common knowledge that sleep is needed for day to day function,” says Dr. David Rapoport, director of the sleep medicine program at NYC School of Medicine. “What isn't common

knowledge is that it really matters-- it's not just cosmetic.”

According to Time magazine, over time, sleep deprivation can have serious consequences. We sacrifice a night of sleep here and there and always say that we'll “catch up.” Luckily, it is possible to make up for sleep debt (though it can take a very long time) but most Americans are still chronically sleep deprived.

Teens, by nature, have less melatonin, a chemical that works as a sedative to help you fall asleep. This is what often causes teens to not feel tired and end up not falling asleep. Many teens feel that they don't have enough time to sleep, but it is important to rest your body and replenish your strength.

There are ways to make the sleep you do get more restful. First, limit the amount of TV you watch in the evening. Avoid caf-

feine, exercising, and eating or drinking too close to your bed time. Take a warm shower before bed. Try to establish a regular sleep pattern and make your room as cool, dark and quiet as possible.

Using technology before bed stimulates us and interferes with our sleep, yet 95% of Americans use some type of electronics like a computer, TV or cell phone a few nights a week at least one hour before bed, according to a 2011 National Sleep Foundation survey. Reading a book or listening to relaxing music may be a better alternative to surfing the Internet late at night.

Sleep may not seem like the most important priority, especially with all the homework, sports and other activities that consume our current lives, but just getting a few more hours a night can improve grades, performance and overall mood.

Roving Reporter
What Advice Would You Give to Ninth Graders?



“I think they should take advantage of block schedule to get their work done.”
Zolt Brown Dunn, Grade 10



“Freshman should stay on top of their work to not fall behind. It's easier to stay above ground than to climb out of a hole.”
Steven Galvez, Grade 11



“I wish I had taken more classes as a freshman to finish my credits much faster. I would also tell them to get to know people and join a sport!”
Robert Morales, Grade 12



“Get involved in activities with people you enjoy. Be organized and have a working habit to stay that way. And finally, get enough sleep!”
Monica Taylor-Fitoussi, Teacher

Parking Limited in North and South Lots

By Oscar Salinas-Vigil
Staff Editor

Senior drivers were informed that they will not be able to park in the north or south parking lots because of construction that will last to 7-8 weeks. Only staff members will be able to park on campus.

The completed renovation will provide shade and solar panels. Cabrillo and Lakewood high schools will undergo the same kind of renovation.

This project will be profitable for Millikan because

it will provide free, eco-friendly electricity. The cost of the construction will be less expensive in the long run than paying for electricity.

Solar panels along the back side of the 800 Building were installed a while back through a grant awarded to the science department.

In the meantime students may park their vehicles at their own risk. “We as the Millikan community will not be responsible for any damage or tickets to any car,” said Principal Jeffrey Cornejo.

Student Reflects on 9/11 Memorial, Terrorism Abroad

By Kendall McCormick
Staff Reporter

I got the opportunity to visit the 9/11 Memorial and museum in New York City twice this summer and was able to learn a lot about the attacks, the president's and the country's response to the tragedy, and terrorism in general.

There are two immense fountains where each of the Twin Towers stood, and all of the victims' names are engraved around them. Both fountains are black and identical in shape, built on

the exact spot of the 9/11 destruction. They are surrounded by other city buildings. The size of the fountains alone relays a powerful message and the unceasing sounds of the water add to the mournful atmosphere.

I listened to the sound of the rushing water, I read the names of the deceased, and thought about all the people who lost their loved ones thirteen years ago. It was a very compelling moment and a rush of emotions flowed through me.

The museum is respectfully done and holds a lot of informa-

tion about how the events of 9/11 unfolded as well as information about the victims. A great deal of the museum is dedicated to the many who lost their lives that day and some displays include people's reactions to the tragedy.

One part that stood out to me was an exhibit of handmade cards made by young children, written in the aftermath of 9/11. They supported the families hit by the disaster and their lost loved ones. This represented the overwhelming strength of the United States and how we came together after the horrific event. It is definitely

an emotional trip through the building.

Yet since September 11, 2001, terrorism has remained a leading issue, especially over the past several months.

There have been a number of reported plane crashes, and terrorism has been suspected in more than one of the incidents. It started with the disappearance of Malaysian Airlines Flight 370 in March of this year. The airplane fell off radar and has been missing ever since. Experts have speculated about the involvement of terrorism.

Towards the end of July, another Malaysian Airlines flight went wrong. A passenger plane carrying 300 people was shot down in Ukraine. A surface-to-air missile hit the plane over the Donetsk region of Ukraine near the Russian border. Foul play is almost guaranteed in this incidence.

The U.S. has been involved in the ISIS threat in Syria and Iraq. These recent attacks prove that there is still a lot to be done regarding our effort to halt terrorism. Way too many innocent people are being brutally killed.

Corydon Staff



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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
atlbmillikan.schoolloop.com/Corydon

Ayumu Grill Astonishes Guests With Flavor

By Frank Carrillo
Staff Editor

The tangy and sweet orange chicken with freshly cut chives creates a symphony of aromas that signals deliciousness. Ayumu Oriental Grill is a diverse restaurant. The sushi is great and definitely worth mentioning but what truly is

memorable is the teriyaki chicken plate. It has a good blend of sizzling chicken with teriyaki sauce on top and a nice helping of vegetables and white rice. The sushi at Ayumu is pretty good, but it's not the place to go if you want top quality, sensational sushi. There is a variety of stir-frys as well, and not just limited

to teriyaki-style. Beef is also available, and it would be a crime if I didn't mention the shrimp plates. Looking for something sweet? Try some of the *bobas*. My personal favorite is honeydew, although there are many to choose from, such as watermelon, mocha, and the not-so-popular avocado flavor. The restaurant itself also

has a classy look to it, and is very clean. In my opinion, cleanliness is a top priority when choosing a place to eat, right next to having delicious food. Most items are not too pricy at Ayumu, but there definitely are some expensive offerings. So, if you are feeling like a high roller, go ahead and try some of their more expensive dishes, such as

the \$8.99 salmon teriyaki plate, or the chicken and ribs plate at \$8.99. The restaurant is open from 11a.m.- 8:30 p.m. and is closed on Sundays. To-go orders can be placed by calling (562)-420-2895. Ayumu is fairly close to Millikan, located at 6424 E. Spring St. The restaurant is less than a 5-minute walk from



Back To School



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**NOTEBOOK
PENCILS
HOMECOMING
CLUBS**

**SPORTS
GRADES
MILLIKAN
UNIFORM**



BOOK REVIEW

Running Through the Maze

By Sophie Morrison
Staff Editor

In a time when dystopian novels are a dime a dozen, *The Maze Runner* brings a fresh new perspective. This innovative trilogy by James Dashner brings a new twist to the typical hero novel: the hero does not know his mission. Both the reader and the protagonist, Thomas, are in the dark about how he should save the world. The novel begins in a place called The Glade, a green field connected to a large maze. The boys who inhabit the glade have no memory of their lives before, and have no direction on how to escape.

The Gladers run their own community, motivated by the chance to escape via the maze. Thomas, the newest to be dropped into The Glade, wants desperately to be a "runner",



someone who runs through the ever-changing maze attempting to find an exit. He quickly learns that this job has major

repercussions, as the maze is filled with monsters called Grievors who prevent the runners from exploring the maze at night. Thomas' arrival becomes a catalyst for change, and the relationships between the gladers and their strategies for escape become heavily influenced by him. The Gladers become dependent on the small clues and memories Thomas is able to uncover. These books, and the next two books, *The Scorch Trials* and *The Death Cure*, are equally captivating and fast paced. *The Maze Runner*, unlike many young adult novels, appeals to teens of all ages and genders.

Meet Dennis Funes, Millikan's New College and Career Planner



BY CHARLES BLANCHARD

Dennis Funes encourages students to stop by the College and Career Center. He is there all day, Monday-Friday in Room 323A.

By Charles Blanchard
Editor-in-Chief

For juniors and seniors, the process of applying to college is a constant topic. It can be extremely difficult, and at times confusing, with deadlines, applications, and choosing majors. But it can now be slightly less stressful with the help of Millikan's new college planner. Dennis Funes, a UCSB graduate who majored in psychology/sociology with a minor in education, has joined the staff to assist college-bound students. The most common questions involve filling out college applications (including the common app), applying for financial aid and scholarships, choosing a major, and even choosing the right school.

Funes believes that college is a fresh start. Students who may not have done well throughout high school can perform much better in college. "If you are accepted to the college it shows you are able to perform in a different environment," says Funes. The most difficult part of adjusting to college life, he says, is being on your own and having to keep up with deadlines. His best tips for all college-bound seniors and juniors are to be organized and to avoid procrastination. The process will be much simpler with those two factors in mind. Funes can be found in the College and Career Center located in Room 323A at the southeast side of the 300 Building.



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Donald Gordon Leads Football Team to Victory

Vincent Ngo
Staff Editor

Running back Donald Gordon, a senior, opened the football season starting with a 335-yard, six-touchdown performance against Artesia, which ended in a 50-7 win for Millikan.

In his first touchdown of the

season, he plowed through four tackles and bolted straight to the end zone.

Employing a vicious spin move, he shredded through defenders. He says it's his "signature move."

Yet Gordon knows he has some flaws. "I think my blocking could've been a lot better," he says.

Donald Gordon already has one scholarship offer from San Jose State.

This season so far, the Millikan varsity football team won their games against Artesia, Aliso Niguel, and Western, and has suffered one loss to Downey.

The Homecoming game will be this Friday October 10 against Cabrillo at home.

Boys Water Polo Rises from Water With a Win



PHOTO COURTESY CATHY NYBERG

The varsity water polo team defeated Downey on September 16, with a final score of 12-8, Ben Neppel makes the shot.

Marching Band Hazing Shocks Millikan Musicians

By Alyssa Newkirk
Staff Reporter

A few weeks ago, Downey High School Marching Band was put under investigation after news of hazing occurred at the school's band camp.

The mother who brought the news to light stated, "I placed my daughter into the school district's hands, and I felt like nobody protected her."

Claims have been made that a girl, age 14, was blindfolded and had her wrists taped together. "I was hit with a small broom," she said later.

"They also made us walk the school blindfolded, including where other teams were practicing."

Downey says they a zero tolerance policy for incidents like these and that there has been no report of bodily harm or injury.

"I'm disappointed in the students that thought this was okay," comments Renee Bhatia, Millikan's music director. "It's also alarming that it's so close to home. But I looked at it as a wake-up call to discuss the issue with my own students to prevent it from happening on our campus."

See extended version of this story at lbmillikan.schoolloop.com/Corydon.

By Charles Blanchard
Editor-In-Chief

League which begins Thursday October 9.

Millikan boys water polo triumphed in Moore League last year earning second place after a defeat to Wilson. This year the team is ready to up their standings and win gold.

This season, Millikan finally defeated St. John Bosco. They also defeated Pacifica High School on September 12 and Downey on September 16, putting The Rams at 3-0.

According to Andrew Ingram, varsity player and QUEST junior, the team's biggest competitors this year are Poly and Wilson. Ingram hopes to defeat the teams and triumph to Moore

Millikan's team trains diligently after school every afternoon and has morning practice every Monday, Wednesday, and Friday from 6:30 to 7:15. Their coaches want to make sure the team is well trained and able to defeat any schools they play against.

The team beat both Poly and Lakewood last October by two points each time. They also defeated Buena Park but suffered losses against La Habra and Mission Viejo.

The team plays two away games including their first league game against Jordon on October 9 and La Mirada on October 10.

Badminton Takes a Hit

By Hector Renteria
Staff Editor

Millikan's badminton team disbanded this year because they have no coach.

Last year, the team made it to CIF finals to face Marina High School. But now the former players feel decimated because their sport is no longer available at MHS.

"I am saddened that badminton will no longer be available for the first semester," said Victor Cabrera, a senior at Millikan and former player. "I was excited to continue playing for the team and exert my new skills on the court."

Formerly, badminton was short on players, having only the minimum number required to make a team.

Allen Keo was the original coach for the varsity badminton team. However, because he was

a college student he left to continue studying.

Dr. Jefferey Cornejo recently stated that Millikan needs a coach who is devoted to the sport like former coach Allen Keo. "We need someone who is willing to coach the team and someone who really enjoys doing it."

Cornejo also stated that there is a new prospect who can coach the team but the CIF application process is closing and the application has not yet been approved.

Former players have been participating in a silent protest whereby they wear their badminton shirts to support their cause.

Cornejo says that Millikan is doing everything it can as of right now. There is neither any financial problem nor any personal problem about this situation.



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