

# CORYDON MAY 2008

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## PAGE 1 NEWS

### Life's a Beach and Dayrit Cleans It

By Haley Nielsen

Staff Reporter

If you happened to be on the beach on the corner of 54th and Ocean in Long Beach on Saturday, March 22, you may have noticed something different. It was clean!



Edwin Dayrit, a Millikan QUEST student, organized his senior project “the Long Beach Clean-Up” for approximately 470 volunteers. Over 400 were Millikan students.

Dayrit believes the hard work he put into his beach clean up was a success. “I started planning this event at the beginning of the year and started advertising about two months ago.”

He explains how he did it. “I raised about \$2,000 by myself through networking and presenting my intentions and the event to companies and businesses. Four of the many companies I went to answered my call for help, donating support and money. My four sponsors were Southwire, Yagasaki Dental Center, The Long Beach Water Department, and the Rolling Hills Family Dental.”

Mr. Lind, QUEST Senior Project teacher, states, “EJ’s beach cleanup was the project of the year. He used all of his skills to pull off a really big community event. He found corporate sponsors, he got many volunteers through his study of volunteerism, he organized, prepared, and planned the entire day to perfection. This kind of project represents everything this class is about.”

Dayrit says he would’ve been happy if 100 people showed up and was overwhelmed by the turnout. He was disappointed, though, that he was unable to provide t-shirts and refreshments for all of the volunteers because he was expecting only about 200 people. Dayrit says he couldn’t have achieved any of it without the help of Millikan students as well as the Long Beach community.

### Don’t Cheat if You Can’t Take the Heat

By Lesley Sim

Front Editor

College provides more opportunities and students feel pressured to cheat in order to be admitted to the ‘best’ universities. Students fear that not cheating will put them at a disadvantage. Students today use an array of high-tech gadgetry to cheat. The Internet provides web sites devoted to the best cheating practices and tutorials.

Not only is today's technology making it easier for students to cheat, but our society has developed a culture that allows the means to justify the end. Students have the impression that it is okay to cheat as long as their cheating results in a good grade.

In addition, stories in the news—dishonest athletes, politicians, and even parents prove that people are ready to behave unethically. One parent, for example, created fake sympathy to get hold of Hannah Montana tickets.

Everyone sees cheating differently. Some feel it is necessary to have the ideal successful life but some realize that learning the material is the real success. However you see it, cheating is happening, more than ever before.

## PAGE 2 EDITORIAL

The Latest Trend  
By Maria Carbonell  
Staff Reporter

Nowadays, you'll find Starbucks, the Coffee Bean, and other coffee houses full of teenagers. This is a great example of the latest growing trend: teenagers gulping down coffee and other caffeine-filled energy drinks.



Many parents tell their kids not to drink coffee because it will stunt their growth. Doctors, however, say that statement is false.

What coffee does have is caffeine, which is a stimulant. It speeds up your brain and nervous system, and can be found in a variety of plants such as tea leaves, kola nuts, and cocoa beans.

Drinking small amounts of caffeine will make your heart beat faster, cause you to urinate more, and make you lose your appetite. A larger amount of caffeine intake, it can cause headaches, shakiness, sleeplessness and difficulty concentrating.

Caffeine does, however, have its advantages. It makes you more alert. Maybe this is why so many teenagers drink coffee and energy drinks.

"I have a lot of homework to do and energy drinks help me stay awake. And a caramel frap helps me stay awake in the morning," states sophomore Matt Espiritu.

Katherine Chua, an employee of the Coffee Bean, states, "When I was a kid, my parents would never let me drink coffee. Now it seems as though everyone, even elementary kids, are drinking it."

According to the Coffee Association of Canada, the number of teenage coffee drinkers has increased by 25% over the past two years.

“It makes teens feel grown up,” states math teacher Tom Lawler. “Kids try to keep up with the latest trend, not only to have the brand clothes, jewelry, and technology, but they also need a cup of Starbucks in hand.” Over the past decade, coffee drinkers went from adults to college students to teenagers to preteens. Hopefully it won’t reach little kids.

Let’s Revisit Gandhi’s Vision

By Jaden Netwig

Staff Reporter

Mohandas Karamchand Gandhi pioneered the Indian independence movement from British colonial rule, and was the shining figure of political and spiritual leadership of the 20th century.

Gandhi has indisputably impacted the world in a way that no figure ever has. What is questionable in his enduring legacy, though, is his social vision for India.

He desired a considerable technological and industrial regression of India, back to a time of simple village life, characterized by the absence of materialism and an embrace of Hindu spiritualism.

He was noted to have hand-spun his own clothes using an archaic version of the modern spinning wheel, the charkha. This device, which became the central symbol on the flag of the Provisional Government of Free India, came to epitomize his fervent renunciation of the Western lifestyle and modernity in general.

His intensely spiritual (and often superstitious) nature influenced his assertions concerning the connection between Indian communities and their related surroundings.

He believed that the cycles of livestock and crops played an important role in determining human life.

Had Hindus not worshipped cows perhaps some starvation of Indian people could have been prevented.

The rejection of progress, coupled with the religious dogma typical of Gandhi, created a calamitous atmosphere for Indians seeking solace in inspirational leadership.

Thankfully, his sphere of influence in these matters did not take hold, and was transcended by his political genius and revolutionary spirit.

Assessing all facets of major historical events, both the good and bad, paints a more cohesive picture of human history.

Mohandas Gandhi is an excellent example of this a founding father and the savior of a struggling nation. At the same time, he was a spiritual guru capable of expounding the most harmful societal myths.

### When You Have to Cram for That Exam

By Hope Ferguson

Staff Reporter

Cramming for exams isn't right. But sometimes it's all that you can do with the schedule you're running on. It's hard to take in and remember all the information studied. Here are a few tips to help you cram for your exams.

1. Eat to give yourself energy to study, but try to avoid a lot of sugar. It will make you hyper and will make it harder to study. An apple is better at keeping you focused and awake than caffeine.
2. Find a well-lit place with no distractions, but don't get too comfortable or you may fall a sleep.
3. Since time is limited, you have to choose what to study. Don't try to learn everything. Focus on what will get you the most points on the exam.
4. Focus on the main ideas and learn key formulas. Skip the details for now and only come back to them if you see that you have time after you have learned the key points.
5. Write down the main ideas on a sheet of paper and keep studying from that. Repetition is important.
6. Highlight the important points in your notes and text and focus on that.
7. Read the chapter summaries. If there are no chapter summaries, then skim through the text and write down key ideas.
8. Study from past tests, review questions, homework and study guides.
9. Take at least one five-minute break an hour so that you can gather your thoughts and let your brain relax.
10. Try to get at least three hours of sleep before the test so that you don't fall asleep in the middle of it.



Don't forget to set your alarm!

PAGE 3 FEATURE

## Vision's Last Is Not Least

By Thomas Willett

Editor-in-Chief

Visions staff continues to expand their promotion of the arts in the Long Beach community. They have gained participation from other schools, and even influenced Wilson High School to hold their own Open Mikes.

To celebrate Millikan's accomplishments, Visions members plastered flyers on walls, released a new t-shirt, and held their traditional parade to announce their final Open Mike, which was held on April 18 at the Black Box Theatre. It was hosted by juniors Kendall Brinkley and Paul Murufas.

Murufas began the night on a high note, saying, "We've had a fun year. Let's try and make this the best Open Mike ever!"

With its positive energy, the audience welcomed readers despite their nervousness. With the diversity of topics, it was rare that people knew what to expect next. That's what makes Open Mikes an experience that many recommend.

As the staff finishes up their 2008 magazine, they look back on the year with pride.

## Keeping Up Is Easier Than Catching Up

Haley Nielsen

Staff Reporter

Do you keep up with your homework? When it comes to school, many students do not realize that the effects of slacking off can have consequences in their future. It is important for all students to think about their future, which may include college. Many colleges are interested in seeing that students take school seriously.



If you are behind in school, it is important to remember that it's never too late to change your habits.

Arthur Hitchcock, a 10th grader, explains how he manages school. "I would have to say that an easy way to keep up your grades is to not necessarily stress out on homework but to learn what's on the test and try your hardest. But my strategy is to just try to do everything because anything is better than a zero."

Kali Muralidharan, in 11th grade, describes what she did to bring up her grades. "I worked hard, studied, and used extra credit. Hard work and extra credit can help to keep you afloat. Also, don't ever give up because in the end anything is possible."

If you are one of the many students who have found themselves falling behind in school there are many ways to break bad habits and improve your performance.

Getting into the habit of turning in your work on time is a major factor that can change your grades dramatically. Not wasting time and procrastinating helps you see results in your grades.

In an informal poll, four out of five students said they have slacked off at one time or another, which resulted in a downfall in grades. Eventually the realization hit and they realized that they needed to change something in order to go back to getting decent grades.

Therefore, if you find yourself falling behind in school, make the effort to catch up. Make time to talk to your teachers as well as to ask for help. Your grades will change when you do.

Throw Your Rice in the Air  
By Khalysa Marshall  
Staff Reporter

The fourth annual Cambodian New Year Parade kicked off on Sunday, April 6 with a colorful sea of floats, community groups and dancers in traditional costume.

The theme this year, “Cambodia Town For Diversity,” brought more than 80 participants to the city’s biggest and best parade yet. A large group of Buddhist monks started the festivities with a ceremonial prayer that was meant to bless the New Year of the Rat. Organizers said that participation by representatives from the Cambodian government was a first this year. The county’s Ministries of Tourism, Culture and Fine Arts and the Council of Ministries attended



Sundays event was peaceful as the parade moved along Anaheim street and poured into MacArthur Park for a celebration.

#### PAGE 4 SPORTS

Seniors Ball It Up  
By Kyle Ng  
Sports Editor

Congratulations are in order for Millikan ASB for creating a lunchtime event that faithfully draws a crowd each week.



Senior Ballers is the final campus event that student council puts on for the year. It is a basketball tournament that pits teams of seniors (and some juniors) against one another. The tournament is a single game elimination, similar to the NCAA Finals Tournament. Teams this year include the Geek Squad, the X-Factor, the Aces, Rough Riders, and the Semi-Amateurs.

The crowd is encouraged to root for and come up with cheers for their favorite team and show their support.

Do People Tire of Race-ism?

By Thomas Willett

Editor-In-Chief

In April, many gathered in Downtown Long Beach to experience the Grand Prix. Like any other sports event, there was plenty of comraderie from fans eager for a good race. But still there are some who don't consider it a sport.

NASCAR athletes rely on their car and some say that their hardest job is turning the corners.

"I think NASCAR is a sport because there is more than turning the corners," says sophomore Anna Willet, "They work hard year long to prepare for upcoming races."

Like football, drivers compete for the main prize, the championship. The drivers work to create a strong team, including a pit crew that helps to keep the cars in good condition.



There is much risk in an average race. Where others have half-times and breaks, the majority of the racer's time is spent in constant motion, usually going about 200 m.p.h., sometimes in 100 degree temperatures. They also have to be assertive to cut off other drivers, which sometimes end up in accidents, including one in 2000 that killed Dale Earnhardt.

NASCAR is more popular than most people think. Like other sports, it has loyalty from fans that wear team colors. An average race has attendance equal to the Rose Bowl. While many still don't consider NASCAR a sport, just consider what makes a sport a sport: competition and commitment. Many will continue to disagree, but they will only be going in circles.

Stay Fit, Millikan!

By Maria Carbonell

Staff Reporter

If you've ever dreamt about beating an athlete in a race, you might as well give up now. Athletes are stronger, faster, and fitter than most of us. And they should be, since they're

constantly competing against other schools in sports. Athletes must work out constantly, and most importantly, they must eat their fruits and vegetables.

Fruits and vegetables help athletes stay fit and maintain energy. Many athletes are encouraged to eat a variety of foods such as bananas, oranges, and potatoes so they will receive the necessary amount of potassium to help reduce cramping.

However, fruits and vegetables aren't enough to keep an athlete in shape. The night before a game Coach Morgan, the girls basketball coach, encourages her girls to carbo-load.

Carbo-loads are when a person loads up on lots of carbohydrates the night before the event. The carbohydrates act as a "second wind" while performing a rigorous activity. Basically, it's like an extra lifeline; when you think you're about to pass out from the difficult activity, you get this rush of energy and you feel like you can keep on going.

Another way athletes stay in such great shape is by drinking plenty of water. Keeping your body hydrated is important, especially if you're working out or playing a game.

Of course, just eating healthy won't get you as fit as an athlete. You must also train your body to do rigorous activity. The men's volleyball team at Millikan has to do a "pretty, intense workout," as Allen Martinez, the outside hitter, says. "We have to do our warm-up, which consists of running and push ups and all that other jazz. Then we scrimmage. That's when we play against each other. And sometimes we condition. And that's more intense than the warm-up and scrimmage put together."

If you eat right, and do some "intense workouts" maybe you'll be able to beat an athlete. Someday.

An Athlete Worth "Howelling" About  
By Kyle Ng  
Sports Editor

Can name that curly blonde haired swimmer who stands at 6'-5", 210 pounds?

Isaac Howell, a Millikan senior, started swimming at age 10 for Lakewood Aquatics. At age 13, he transferred to his present club, Fullerton Aquatics Sports Team (FAST).

As for his involvement at Millikan, Howell has been on the varsity swim team for his junior and senior years. Before that, he swam on Valley Christian High School's varsity team. However, when he transferred to Millikan his sophomore year, he was not allowed to compete due to CIF rules.

"The Millikan men's swim team consists of a great group of guys," explains Howell. "If we all work our hardest and swim fast, we can finally take away the league crown from Wilson!"

Howell explains that his involvement with FAST has been a very important part of his swim career.

“I practice with my team about 20 hours a week,” he says.

“I have competed at national meets across the country. I love my club and all the people that I’ve met through the program.”

In the fall, he will be attending his top choice school, University of California at Berkeley.

As for his personal interests and hobbies, Howell enjoys making money by creating custom shoes. His favorite ice cream is chocolate marble from Fenton’s in Oakland.

“I ate three pounds of it to get a t-shirt, so I guess that was a little excessive,” comments Howell.

As for his tastes in music, Howell explains, “Muse! I’ve seen them play live twice and witnessing them perform has, literally, changed my life.” He states that their combination of musical genres and styles is genius.

“I would consider myself a fanatic; just one notch below an unhealthy obsession.” Recently, Howell was noted for his performance at the Wilson Invite by being named, most out standing swimmer.

Like most other athletes at Millikan, Howell displays a lively character and reputation not only highlighted by his athletic ability in swim, but also by his academic excellence and positive lifestyle outside of school.