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Rams Get Grant

By Lesley Sim
Front Page Editor

Millikan and Lakewood have just been awarded one of 38 grants, as announced by co-principal Dr. Jeffrey Cornejo. The \$2.8 million grant will be split between both Lakewood and Millikan.

The money will be used to continue the support of all small learning communities on campus. A similar grant several years ago helped to first establish SLC's. Now Millikan serves as a model academy for other local school districts.

Get in the Loop

By Maricruz Sanchez
Editorial Editor

Most have heard by now of the new computer network called School Loop, which will help to make our school function at maximum efficiency.

School Loop is a faster way to check grades and to keep up on any missing assignments. One day you may wake up really sick and unable to come to school. School Loop will assist you again by listing all assignments you missed that day.

School Loop is also a good way to be able to communicate with your teacher if you have a question or need to send an e-mail.

"I think it is a better program than last year's," said Janet Sandoval, grade 12, "because it takes less time to access my grades."

New Bookworm on Campus

By Jessica Daniels

Ass't Editorial Editor

Interim librarian Nancy Slusher is looking forward to working with all students at Millikan. She has worked at six different schools. The first one was Western High School.



“Everyone here is so friendly and helpful,” says Slusher.

She became a librarian because she has always loved reading books and doing research.

“I was already a reading specialist, so it almost seemed natural.” She enjoys reading historic fiction and biographies. Her favorite author is James Mitchener. As a child, she read all the Black Stallion books.

Besides reading she also likes outdoor activities such as hiking, bicycling, and traveling. Slusher will be at Millikan High School until a permanent librarian is hired. “Nobody knows how long I’ll be here, but I’m ready to stay!”

Start Fresh, Man

By Maria Carbonell

Staff Reporter

A new school year means new people, new classes, new teachers, and maybe even a new you.

Now is your chance to better yourself. It’s like another New Years resolution. It’s a great time to break bad habits like procrastinating, not doing your homework, going to bed too late, not studying for tests, and all those other behaviors you regret.

This is a time to make new friends. Join some clubs, participate in class discussions, and volunteer your time to help others. You know that kid you always see at school who just stands in the corner talking to himself? Take some time to talk to him. You never know, he could turn out to be one of the most interesting persons you’ve ever met.

Just as Ben Franklin said, “Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better [person].”

It’s a new school year. It’s best if you just start fresh, man.

Advice to Freshmen

“Do not put off what you can do today for tomorrow.”

“Manage your time. Always set aside time to study. And get a good night sleep each night.”

“Be yourself. Don’t try to squeeze into the ‘cool’ crowd.”

“Ask for help when you need it. Even if you’re afraid it’s a stupid question, raise your hand. There is no such thing as a stupid question.”

The Lurking Monster Among Us

By Lesley Sim

Front Page Editor

Making sure you are up to date on vaccinations is a big part of the annual back-to-school routine.

Doctors now recommend that all teens receive a full course of vaccination against the following diseases: diphtheria, tetanus and pertussis; measles, mumps, rubella; hepatitis B; polio; human papilloma virus (HPV) for girls; chickenpox (if you have not yet had the disease); and meningococcal disease.

Surprisingly, it is the latter that worries public health officials. Meningococcal disease, also known as meningitis, is a serious bacterial infection that can lead to death or permanent disability within hours but it is preventable with a vaccination.

It strikes nearly 3,000 Americans each year. Teenagers are at increased risk for infection by factors that many Millikan students are exposed to.

Those factors include having close personal contact with other teenagers, irregular sleep patterns, weakened immune systems that may be caused by hectic extracurricular schedules, and/or dormitory-style living situations (such as camps).



Early symptoms of the disease are similar to the flu and can include high fever, headache, stiff neck, confusion, nausea, vomiting, exhaustion and a purplish rash.

Leslie Appel, science department chair, highly recommends that all high school students--especially seniors going to college--get their Meningococcal vaccine. Studies show that college students living in dorms have six times greater risk of getting the disease.

Vaccinations are the best way to prevent meningococcal and other diseases that could affect you. Most vaccinations have minimal side effects and can save you and your

family time, money, and discomfort in the long run.

PAGE 2 OPINIONS

A Red Light for Cell Phone Use

By Thomas Willett
Editor-in-Chief

Gov. Schwarzenegger got his share of sneers and applause when he passed a new bill on September 13. It states that as of July 1, 2008, it will be illegal for those under 18 to drive while using cell phones. He claims that it will help decrease fatalities and distractions on the road. What could've led to such measures?

Teenagers may account for only 6% of drivers, but they cause 16% of accidents, which is the number one cause of death of teenagers.

There have also been nationwide reports of teenagers who have died in collisions while using cell phones.

Ford Motor Co. says that teenagers using cell phone-related devices are the cause. Experts say that the phones are causing distractions that lower reflexes and make teen drivers four times more dangerous.



The Traffic Safety Administration has said that 16-year-olds have a greater crash record than 18-year-olds. The record is also 10 times greater than drivers between 30 and 59, because 16-year-olds are more distracted while driving.

But English teacher Carolyn Glose feels that we shouldn't just blame younger drivers. "If the call is that important, all people should take the time to pull over to chat."

California State Senator Joe Simitian is responsible for introducing the bill. His goal is to decrease accidents and make teenage drivers more aware. He hopes to achieve this by banning cell phones as well as text-message devices and laptops.

The bill also prohibits hands-free devices, unless in case of an emergency. One of the only things not mentioned is any penalty against using commercial systems such as Onstar.

Sophomore Anna Willett feels like the law is for the better. "I feel that this law will help cause less accidents due to using a cell phone while driving."

Those who get caught will be penalized with a \$20 fine for first offense and \$50 for subsequent offenses.

Sophomore Chance Hall feels that they're taking it a little too far. "If I need to call my parents for something important, they should be able to answer their phone in the car."

While its efficiency is unknown, here's hoping that you aren't caught reading this publication while driving. It would just seem ironic.

Burned for Money

By Karen Dewey
Staff Reporter

Bride burning is exactly what it sounds like.

Most Americans are unfamiliar with this particular type of domestic violence, but in countries like Pakistan and India it's a common practice.

A bride's family is required to send a dowry of items and cash to the family of the man she marries unfortunately. The dowry is often a motivation for the groom and his relatives to hold the new wife hostage to demand more money. Or they simply kill her and remarry for more profit.

A commonplace murder method is to douse the woman in kerosene and set her on fire, claiming that a kitchen accident caused her death.

In 2005, the National Crime Records Bureau report that one woman dies every 77 minutes in India.

Many women are kept alive but beaten and tortured as a means to extort more cars, jewelry and money from their families. These victims are usually too afraid of facing the social consequences of running away from their abusive homes.

Although India has prohibited dowries since 1961, the law is poorly enforced, as women are culturally regarded as having little independence and are reliant on their husbands. The government of Pakistan currently has no laws preventing dowries.

The cause of such indifference is, unfortunately, deeply cultural, because it's part of a society where power is granted to men. Women may protest, but little good will come of it unless the men, with their greater influence, begin to value human rights. Those governing patriarchal nations must take responsibility themselves to end the violence against you women.

Freshmen Do Find Their Way

By Yesenia Espinoza
Staff Reporter

Going into the first day of school for a freshman is scary and confusing. Everything seems to be larger, starting with the kids and ending with the campus. When I arrived that day, I could not find my classes. Thankfully there were people there to help newcomers.

I also didn't know anybody at this school so I had to make new friends. For the first week or so I missed my middle school where I used to know just about everyone. But as time passed, I got more familiar with the new students and with high school itself. It was a bit scary but exciting. It was a good chance to meet new people and start off on the right foot.

Too Late to Sleep

By Jessica Daniels
Ass't Editorial Editor

Studies have shown that more than half of teens today are not getting enough sleep. Teens need at least nine hours of sleep each night.

A lack of sleep is a serious matter that can affect behavior and cause learning difficulties and moodiness. A loss of sleep can eventually lead to diabetes, heart disease, obesity, depression, and a shortened life span.

Students should establish good sleep habits early in life. Yet most wake up tired and Also teens have trouble focusing in class.



Multitasking is another big issue of decrease in sleep. With all the activities after school , part time jobs, homework, television, video games, phone calls, text messaging, and late night parties, teens tend to burn the candle at both ends .

Many high schools start as early as 7:15, which means students have to be up by six o'clock. Also, if you have a zero period you have to get up even earlier. Some teens make up for lack of sleep by getting more rest on the weekend. However, they have a hard time falling asleep on Sunday.

Yvette Henry, a senior at Millikan says, "I probably get about six to seven hours of sleep." She believes that school starts way to early. "When I get home, I am tired already from not getting enough sleep the night before."

But keeping a regular schedule allows you get enough sleep. It also helps get the body used to waking up at the same time every morning.

Letters to the Editor

Millikan is Over Populated

Lately I've been noticing a problem that affects me as well as other students. It seems that this year the school is very overpopulated. I remember as a freshmen there was so much space in the school but now I can't even get to class without crashing into other student. To many students might cause problems. What if Millikan gets to the point where too many students are attending the school. It could be a safety hazard. Its nice to know that so many students want to attend Millikan but too many interfere with our environment at school.

Ana Speedone, 11th grade

Lack of School Sprit

I feel that our school spirit is lacking, Though ASB is working hard to revive the Millikan spirit, it doesn't seem to be working I know that there are certain constraints against the ideas that are presented in ASB, but it is extremely frustrating to be stuck in a box. I feel that our administrators ask too much of ASB to have the majority of our ideas shot down. So I think that in order to improve the spirit we need a little more space to move and work with everyone should revive the spirit.

Allison Lakomski, 11th grade

Save Water Millikan

Los Angels is in a drought and I'm concerned that people aren't aware of this. Although this school in particular isn't using up all the water, people at home may be. When I see people washing their cars in the street as opposed to on the grass where water can be recycle to nourish plants I get annoyed. We really have to start conserving water and stop being selfish. Turn off the water when you are brushing your teeth the knob is meant for you to have water on demand. Take this opportunity and make a difference.

Melody Kohn, 11th grade

True Life: I Want to be an Internet Star

By Kenneth Pickems

Feature Page Editor

Going online these days does not mean chatting with your friends anymore. It has become a way to be the star of your own show.

In recent years, more video sharing sites have become available. Myspace, Facebook, and Youtube are just a few that are well known. This in turn has created the growing trend of wanting to be famous either on, or through, the Internet.

Nowadays, teens are getting crazier about what they will do on the Internet for attention.



Internet videos often portray teens in their “everyday life” doing “everyday activities”. But do teens really think they are going to become famous from their online antics?

Freshman Mintra Timchai thinks so.

“I spend most of my free time on the Internet. Mainly Youtube and Myspace. Myspace is my Internet homepage but I try not to close it so that I do not have to sign in and out all the time,” Mintra proudly states. “My friends and I dress up and post random videos on Youtube and wait anxiously for comments from viewers. It’s hurts pretty bad if we don’t get any comment’s within five minutes of the video posting. That just means we have to step up our antics for the next video.”

In college, she wants to major either in acting or psychology.

There are psychological effects to these online antics. Teens begin to think that they have more power through the camera lens than they do meeting face to face.

“Kids too shy to do an oral presentation at school will head home and post a video of themselves provocatively performing in barely- there clothing,” reports Family Circle writer Gay Norton Edelman. Teens are also leaving themselves vulnerable and open to be judged by anyone who happens to stumble upon their video.

The best way to approach the problem of wild online behavior begins with parents. They can help find other means of appropriate communication for their kids. Appropriate communication within the lines of common sense, of course.

Options After High School

By Michelle Ponce

Career Center Supervisor

Eight months- - that's plenty of time! Or is it?

If you are graduating in eight months, now is the time to filter through the last 12 years and prepare for your future. Deciding what to do in your next endeavor can be fun as well as overwhelming.

Are you considering college? The military? Trade or vocational school? Work?
If so, prepare yourself now. The Career Center is here to help.

Most college applications are due by the end of November and nearly all applications can be done on-line. On-line applications provide complete accuracy and an immediate confirmation.

Application workshops are available in the Career Center starting in October. Also, the Career Center provides access to on-site visits by college admission representatives. If you are thinking about trade or vocational school, then use the Internet to locate the school of your choice. Contact the admissions representative for more information. Most applications are due in the Fall.

If you think that the military is right for you, there are five military branches to choose from: U.S. Air Force, U.S. Army (and Army National Guard), U.S. Coast Guard, U.S. Marines and U.S. Navy. Each branch has a personal contact to help answer questions. You may schedule an individual visit in the Career Center. Check with your recruiter regarding the ASVAB test as it is required to join the military.

Choosing to work after graduation can provide a foundation for areas of interest. Many employers even hire students directly out of high school.

In time you will find that furthering your education will provide an open door for other opportunities. To find the right job, research companies that interest you. Develop a resume and practice your interviewing skills.

Congratulations on your accomplishments and continue to follow your dreams.

Millikan Gets Tropical

By Kenneth Pickens

Feature Page Editor

If you were not around Millikan at the end of August, then you missed the hottest party in town. On August 28, incoming freshmen got a look at how their fellow classmates “party” at the Link Crew Luau. There were roasted weenies and other goodies, and a D.J. But the party was in full effect when everyone started doing the limbo.



Freshmen orientation, usually August 23-24, is when the new students are assigned to Link Crew leaders. The Link Crew leader’s job is to help freshmen get acquainted with the school and begin to get to know their classmates.

“When we were freshmen, I never even saw my Link Crew leader again after orientation,” says Melissa Soriano. “The new method this year allows for the freshmen to keep in touch with their leaders.” During the Luau a water fight broke out that freshmen Vichuda Soonthorn described as “hot”.

“This year the luau turned out to be such a huge success.” says Andrea Itson, coordinator of the luau and art teacher. “We plan on having many more in the years to come with high expectations.”

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SPORTS

Walking the Extra Mile

By Kyle Ng

Sports Editor

The Millikan Advanced Dance Team started the year off by participating in the annual Avon Walk in Los Angeles.

During the weekend of September 15-16, 17 dancers cheered for participating walkers. The team also performed two dance routines at the event.

Perhaps you saw a dancer or two walking around campus asking for donations. In return, donators received a pink cancer awareness ribbon or a sticker.



The donations, which totaled around \$700, will go toward researching a cure for breast cancer. The money will also help with patients expenses such as hospital bills.

“The road to fighting breast cancer will always be a tedious emotional, draining one,” commented Nali Knox, a senior in advanced dance. “But with each given day, and the growing number of men and women who support the fight, I believe that one day, women who contract this terrible cancer will be so optimistic about their future, that they’ll consider it along the lines of the common cold.”

You can continue to support the dance team as they perform at rallies, home football games, the Dance Spectrum, the winter concert, and the spring dance show.

Millikan Mashes Downey

By Kyle Ng
Sports Editor

The rain did not turn out to be a factor in Robert A. Millikan High School’s 48-40 win Downey. Millikan held a 41-14 lead over Downey as the teams went into the locker rooms at the end of the first half. In the second half, Downey’s defense came to life and held off the Ram’s offense until junior quarterback Jake Holtz connected with wide receiver Kierre Beverly for a 15-yard touchdown pass. Beverly had eight receptions for 133 yards and two touchdowns that night.

Holtz tossed for 18 completions for 204 yards. He also carried for 37 yards, one of which for a touchdown.

Running back Jonathan Sanders ran 156 yards, earning one touchdown for the team. Running back/wide receiver Joshua Skillern ran for 33 yards and had 20 yards receiving. He had two touchdowns.

Kicker Brian Covey made all six of his extra point kicks in addition to going two for two in field goals.

The next Millikan home game will be against Jordan on Friday, October 5.

Support Your Sports

By Kyle Ng
Sports Editor

Millikan Nation, get ready for another action packed year of sports! Our athletic teams have been gearing up all summer to represent our school as they compete against the likes of Long Beach Poly, Wilson, Lakewood, Jordan, and Cabrillo.



Our varsity men's water polo team clinched the championship in the Millikan Classic in early September. In the previous season, the team had a tough emotional loss against Poly for the Moore League title.

Other sports to support include football, basketball, wrestling, baseball, softball, and track and field. You can also check out badminton, tennis, swim, golf, gymnastics, volleyball, and cross-country.

Make this year a memorable by being part of the action!

Polo Players Practice for Poly

By Kyle Ng
Sports Editor

With the Moore League title on the line, the Poly Men's Water Polo team better be ready to take on the Rams as they face off on Thursday, October 4, at the Millikan natatorium. The match is set to begin at 3 p.m. This game kicks off the Ram's Moore League play.

Another crucial game for the Millikan team will be against Wilson. Wilson High School is known for its aquatic program, with some athletes set on competing in the Olympics. Millikan will face them on Thursday, October 11. The match will be held at the Belmont Aquatic Center and is set to begin at 3 p.m.

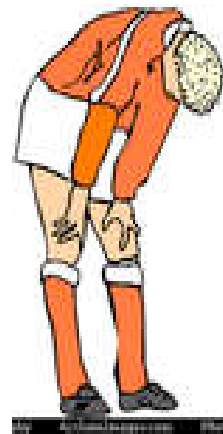
Is Exhaustion a Killer?

By Kyle Ng
Sports Editor

It was 11 o'clock and temperatures rose to around 90 degrees during the first sweltering practice of the year. Tragically, a 16-year-old offensive lineman died during his morning football practice at Arnold O. Beckman High School in Irvine. Kenny Wilson, a junior, was working out and doing drills, when he suddenly collapsed, losing consciousness. Coaches and trainers administered CPR before an ambulance arrived at the scene shortly after.

On the way to the hospital, Wilson suffered cardiac arrest. He was later declared dead at Western Medical Center in Santa Ana. Aside from football, Wilson was a wrestler and sang bass for his church choir. At school he was known for his personality and his smile.

Wilson is one of many athletes who have tragically died during sports practices. This past September, Dana Hills High School freshman Megan Myers collapsed while running cross-country.



In a study done by Fred Mueller, a professor of exercise and sports science, the deaths of 31 athletes between the ages 11-17 have been caused by heat stroke since 1995, five of which occurred in 2006. In similar circumstances, Minnesota Vikings lineman Korey Stringer died of a heat stroke during practice in 2001. In 1999, 16 year old Fountain Valley player Steven Scotty Lang collapsed during practice. Should exhaustion be a new fear for high school student athletes and their parents?

Wilson's sudden death could have been prevented with an increase of breaks, as well as an additional emphasis on hydration. Coaches should watch how hard they push their athletes. A good athlete is a healthy one.

Staying cool and hydrated will keep oxygen flowing to the brain at a regular rate, which will keep your bodily systems healthy and running.

How does the Millikan football staff push its players?

"Water (hydration) is the key element to the prevention of heat stroke," says Coach Diego. "We encourage our players to drink water continuously."

He also mentioned that the team is very fortunate to have a number of girls help serve water during the so called "hell week."

Other things the coaching staff is doing to avoid problems is sitting players out or sending them to a trainer if they ever feel uneasy during practice. They do not allow any "suck it up and get tough," kind of stuff as Diego called it.

Another way they try combats the heat is by having practice later in the day, at a much cooler 3 p.m. However, the coaches still push their teams as hard as they safely can.