

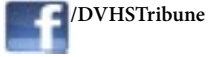


# Wildcat Tribune

VOLUME I ISSUE XII

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/DVHSTribune



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### ALSO IN THIS ISSUE...

- Poll Results: *Is Academic Dishonesty Justified?*
- #TheStruggleIsReal: Who has it harder at prom?
- *Wondering where it all started? We look back at the origins of prom.*
- More "HEY YOU'S"

and more!

### WEEKEND WEATHER:



FRIDAY



SATURDAY



SUNDAY

WEATHER COURTESY OF WEATHER.COM

## Conquering Sleep Deprivation

By Michael Shi  
Web Editor

The next time you see a swimmer, go up and hug them, because they are deprived and destitute creatures in need of one of the fundamental aspects of existence. No, I'm not talking about a social life. I'm talking about sleep. Here at DVHS, I'm sure we're all extremely busy and barely have time to catch some rest, but swimmers may have it worse than most. When I was on the swim team, I had morning practice in addition to afternoon practice, often waking up at 4:00 a.m, just to spend hours in the frigid water. Add on homework and other extracurriculars, and I had far less sleep than I would have liked. But some people take it even further—there are students at Dougherty who survive on only a few hours of sleep every night or constantly pull off all-nighters. Crazy, right? Lack of sleep is a big problem for many students, and it is in their best interest to try to find a solution.

We've all heard the irritatingly pervasive "teenagers need nine hours of sleep every night!" argument, but is it really true? According to the National Sleep Foundation, we "need about 9 1/4

SEE "SLEEP" PAGE 2

## The Great Debate: To Cheat or Not to Cheat?

By Professor X  
Wildcat Guest Writer

By Student Y  
Staff Writer

I went to a football school. It's top ten and football is a big deal there. One fall afternoon, tickets were being given away to first come. I was probably 1,800 of 3,000 and we all should have been in some library or some class.

As the line shortened and people began to worry, 200 people cut. Then 100 more cut. I wanted to go to the game—it was against Oklahoma—so I cut too.

The people behind me started shouting and yelling. The man next to me said, "I can't do this—it's not *right*." He left, I stayed. He watched the game on T.V. I saw a glorious victory. His conscience was clear, mine haunted me all week.

More than half of teenagers claim that they have cheated on a test during the last year and 34 percent have done it more than twice (*Josephson Institute of Ethics*). It is an epidemic in our culture and is a symptom of a shift in priorities and morals.

Stanford University provides incoming freshmen (and freshwomen) with a fact sheet about cheating. It includes many possible reasons for the recent increase in cheating: it's a campus norm, lack of a campus honor code, penalties are not severe, faculty support of academic integrity policy is low, little chance of being caught or increased competitiveness within a community.

It's possible that many of these circumstances are present at Dougherty Valley, but it's certain that the final cause is present. Dougherty Valley is a competitive school. Many students feel a daily pressure from home, peers, personal expectations and instructors that they need to excel at a task that may or may not have immediate relevance within their life.

What is it that causes us to override our own moral codes? I've always thought the drive to desperation and breaking of moral behavior (especially from the DVHS student body) was a mystery. From kindergarten we are taught several basic rules: share your toys, use your words, don't eat the glue etc. But cheating is an issue so frowned upon that nobody even explicitly tells us it is wrong—we are simply expected to know that. The same way no one teaches you that taking your

clothes off in public is necessarily wrong. You just kind of figure it out.

So given that our perception of cheating is fairly ambiguous, why are people so surprised when it

happens? Honestly, I've witnessed student desperation reach the point of no return and I think it's time someone spoke up. The fact is that when over-

achieving students like us live in a po-

larized environment that tells us academic success is the ultimate end goal, why is it suddenly a phenomenon when students take up destructive behaviors to achieve it? It makes me physically sick to think that the people who are supposed to be guiding us are, in fact, completely ignorant of the psychological hell each of us experience on the journey to get the A. Most of us at this school would do anything—honestly, anything—to nab a perfect transcript to send off to the college of our dreams. *Stop acting so surprised that this has become a problem.*

It's irrational because from the beginning we are indoctrinated to believe that everything we must do is for college. Become the president of this club, start this charity, play this sport, juggle this



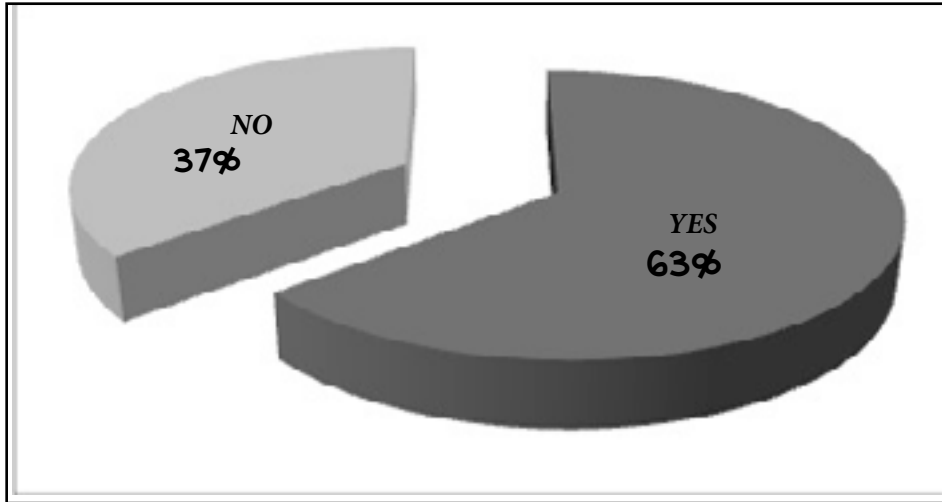
STUDENTS! Ever wonder what teachers really think about the things you do?

The *Wildcat Tribune* proudly presents the end to your constant quandaries. Here, an anonymous Dougherty teacher (Professor X) debates a topic with an anonymous student writer (Student Y). Ink flies, opinions rage and they'll leave it up to YOU to decide. If you have a topic to suggest, or want to be the next Professor X or Student Y, email us at [dvhsheyyou@gmail.com](mailto:dvhsheyyou@gmail.com).



SEE "CHEAT" PAGE 3

## POLL: “Academic cheating is unjustifiable under any circumstances.” Do you agree?



**NEXT POLL:** “Prom: Who has it harder—girls or guys?”

Check back next issue to see results!



**PLEASE  
RECYCLE  
ME!**



## SLEEP

hours... to function best.” For some of us, that goal is ludicrous and unattainable—we can’t remember the last time we broke five hours. For others, we’re at a more comfortable seven-ish hours. Either way, these low amounts may feel fine, but there are negative consequences that can become quite severe. Lack of sleep can lead to aggressive behavior, depression, memory loss, limited cognition, weight gain, illness and even acne! If you’re tired, you may perform poorly on critical tasks like testing or driving, or simply feel like crap. So get off Reddit and sleep, because it’s good for you.

But what if you’re too busy? What if you just don’t have the time to get a good nine hours in? Fortunately, there are a few options that may interest you.

Naps are great. After a long day of tests and stress, there’s nothing better than passing out on your couch for an hour. But be mindful of how long you nap. Your sleep actually has phases, and if your naps are longer than half an hour or so, you will enter deep sleep, which is harder to wake up from. That explains the times that you woke up from a nap feeling even drowsier than before. If you do have time and want to feel better-rested, a 90-minute nap will usually allow your phases to pass so you feel more recovered. Short naps will allow you to power through those dreaded all-nighters as optimally as possible, but I think the esteemed *Onion* puts it best: “Pulling an all-nighter requires energy

and focus, so get a good seven or eight hours of sleep before you begin.”

There is also polyphasic sleep, meaning you sleep multiple times a day, as opposed to monophasic or biphasic. There are many theories and methods of achieving this, aiming to minimize the time asleep while still remaining healthy and functional. The various sleep models include more generous ones, such as a biphasic model consisting of a six-hour sleep period complemented by a 90-minute nap, as well as more unforgiving routines like the “Übermensch pattern,” which constitutes a 20-minute nap every four hours, meaning six naps or two hours of sleep per day (yes, it’s real, but I don’t recommend you try it).

Also, make sure to be as consistent as possible—if you sleep three hours one night and seven the next, it does not equate to five hours each night (who would’ve thought that the things learned in math can’t be applied to real life?), so it’s best if you try to fall asleep and wake up

around the same time. Perhaps a polyphasic model works for you, or perhaps you prefer a straight seven or eight hours. Just make sure you stay healthy and happy.

Unfortunately, the system is conspiring against us. All humans have a biological clock, or Circadian rhythm, commanding them to sleep and wake in a pattern that fits the 24-hour day and that fluctuates sleepiness in accordance to the time. However, there is research indicating that teenagers have a biological clock that is

not in tune with most school schedules. Our sleeping patterns shift, meaning our bodies demand we sleep and wake later so that we feel tired in the morning and alert in the evening. The Center for Advancing Health states that “delaying school start-times by an hour or more increases the amount of sleep adolescents get and improves their performance in school.” But this seems unlikely to occur, and it seems we must do our best with what we have.

There are many among us who are plagued with problems in our sleep. If you are having serious trouble falling asleep, and it is impairing your well-being or functionality, you should definitely go see a doctor. There’s also something called sleep paralysis, which is pretty much what it sounds like. I’ve experienced it before, and it’s not very fun. Some victims have reported terrifying visions, and in the folklore of many cultures, it is described with pleasant experiences such as “being eaten by a demon” or “a spirit sitting on your chest.” To combat sleep paralysis, simply adopt a healthier, less erratic sleeping schedule, or avoid sleeping in the supine position (on your back, which is believed to make it easier for sleep paralysis to occur). If you are seized by a bout of sleep paralysis, focus on wiggling your fingers and toes, which may allow you to regain control of your body more quickly and get rid of those pesky demons.

Whatever your situation, you should aim for as much sleep as possible. You’ll soon notice the beneficial effects it brings upon all aspects of your life. I wish you luck in finding your ticket to a better night’s sleep.

Lack of sleep can lead to aggressive behavior, depression, memory loss, limited cognition, weight gain, illness and even acne!

from Page 1

# Looking Back at Prom's Origins and History

By Paul Shin  
Tribune Writer

As my Facebook is flooded with pictures and videos of people asking their dates to prom, I think it is time to answer the ultimate questions: *Where and when did prom first originate? What is the function of prom?*

The term "prom" was first coined as a shortened version of "promenade", which is a formal dance that allows guests to display their fashion and dancing skills. Prom was first introduced in the 1920s in colleges and kicked off in the 30s.

Prom was first created to teach teens the necessary skills to participate in high

class formal events. For most, prom was their first formal event and adults wanted to teach them how to eat and dance in a formal setting under adult supervision.

Prom was a small event, usually held in a gym decorated with streamers. Dancers attended usually in their Sunday wear, back when church was an occasion to dress your best. Prom grew bigger in the 1960s, with teens renting lavish dresses and suits and hiring transport services to drive them to expensive restaurants before being dropped off at the dance, which, in recent years, has upgraded from the gym to private institutions.

Before, prom was a way for teens to assimilate into formal events; now, prom is



PHOTO COURTESY OF IZMARIEAUTHOR.COM  
Who doesn't love the Molly Ringwald 1986 classic *Pretty in Pink*? Or her vintage fashion?

a source of anxiety for many teens who know grinding as their only dance move.

## CHEAT

They are asked to memorize and reproduce this task still without seeing a connection to their visible and livable daily lives. Students are then asked to quickly reproduce these tasks and feel failure if their mastery does not come within a single examination.

This pressure provides students with the ethical claim that cheating is an acceptable outlet because little alternative is available for the levels of success that "quality" universities require.

But this claim fails. It fails because it's a result of students being unable to live within the present. Do DVHS students believe that cheating is wrong? Absolutely. Do they believe shoplifting is wrong? Absolutely. Therefore we do not have a complete crisis of morals. But we do have a crisis when a future self is set as a justification for the unethical cheating action. When students believe that they have no other option to achieve the college of their dreams, they result to an action they would otherwise deem unethical. By fusing this "future successful person" into cheating actions of eye shifty-ness, cell phone expert photographer or amateur tattoo artist, they are shorting their present self, and all of the negative emotions that come with cheating, towards a self in the future

who may not exist, and that's a travesty. A common hackneyed Buddhist saying may apply here: "Do not dwell in the past, do not dream of the future, concentrate the mind of the present moment".

But maybe you don't believe that mumbo-jumbo. Then believe the hard facts. Research also claims that cheating is associated with dishonestly later in life. In a survey of 154 college students, Southern Illinois researchers found that students who plagiarized in college were also more likely to cheat on spouses, engage in illegal activities or "fudge" workplace documents (*Ethics & Behavior*, Vol 17. No 3).

I'm not sure how students rationalize, "I'll cheat now, but I'll be a moral person later." I'll assume it's to get into a college that will make their lives successful. But I can't help but think about medical school, Ph. D programs, résumés, job recommendations and copyright infringement. These all help people be successful too. Can cheating happen here?

Students need to have enough moral fortitude to live in the present instead of constantly putting themselves into a world of the future. In this moral fortitude, they may find that the completion of a task ethically can lead to a successful moment that leads to a successful life.

workload, write this book in the process, whatever it takes. I don't think cheating is an excuse for laziness. I don't think cheating is a sign that students don't care about their future. I think students at Dougherty see cheating as an **escape**. And who blames us? Some of us sleep less than three hours a night and still deal with stacked classes and extracurriculars every day. Some of us aren't lazy; we're *exhausted*.

In all honesty, we aren't the only ones cheating. We are also being cheated. Cheated out of a truthful perception of reality and academic futures by our parents, teachers and peers. Cheated out of the truth that we don't have to be Ivy league alumni, CEOs or surgeons to be successful and happy. Cheated out of ability to choose our own futures, and falter early so that later we don't find ourselves in lives, careers, places that we hate.

We need to challenge the distortion that our futures are so warped to include only the absolute academic elite at the top while everyone else exists in the dregs of society. If you are truly successful, you won't need to whip it out and wave it in front of people's faces. You aren't that special. Your parents are wrong.

I am not a straight A student. I have not discovered a cure for cancer. But every weekend

from Page 1

I put on a suit and debate students from all over the country. I am a loud, proud, raging feminist who will kick your butt in any discussion about foreign policy. And yet when I tell others that I want to study chemistry or engineering in college, I am met with quizical looks, because the only 'obvious' path for me is to become a lawyer. There is no 'obvious' or 'correct' path, so stop cheating yourselves out of opportunities. Stop letting others tell you that you are worth nothing more than your SAT score or your GPA. Numbers are infinite calculations of arrangements set up to add value to things that would otherwise have none.

To all those that are surprised or disgusted by academic dishonesty: you shouldn't be. Instead, do something useful and challenge the distortions in front of you. Realize that if such a degrading academic practice can happen somewhere as uptight as this school, that means there's a problem with this system and those who enforce it. Cheating is not a symptom of a morally corrupted student body—it is a cry for change.

Please Note: An unabridged version of this article can be found at [www.thewildcattribune.com](http://www.thewildcattribune.com).



## "HEY YOU!"

HEY YOU, HEY WUSSUP???

HEY YOU, Let's dance all night to the best song ever...

HEY YOU, Ms. Wilson! You are the best English teacher! Thank you for all of your hard work!

HEY YOU, JK, you are good at the saxophone!

HEY YOU, AM, your obsession with OTH is adorable.

HEY YOU, Yeah, you, Galaviz. Thanks for being my Co-BFF4E!

HEY YOU, Sakkis, you rock my socks off with your World Geo curriculum.

HEY YOU, A&E writers, there's way too much criticism for good movies and books. *Ender's Game* and *The Fault in Our Stars* were both fantastic. It's frustrating to hear them degraded in print. Maybe try a poll instead?

HEY YOU, IC god, you're cute.

HEY YOU, Ray, you really scare me when you are in the parking lot or in the halls.

HEY YOU, I'm on an all-carb diet. I

*Got something to say to someone? Too shy to say it to their face?*

*Send a "HEY YOU" to [dvhsheyyou@gmail.com](mailto:dvhsheyyou@gmail.com) or submit via our website or Facebook. Staff & teachers welcome too!*

For more "HEY YOU'S" check [www.thewildcattribune.com](http://www.thewildcattribune.com).

can't go to Taco Bell!

HEY YOU, CE, I love and appreciate you more than I show.

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Comments? Suggestions?  
Letters to the Editor?

Send them our way at  
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## The Tribune Evaluates: Top 10 Reasons It's Harder to Be a...

### • Guy Around Prom Time

By Michael Tobin  
Web Editor

1. *The "promposal" pressure:* Similar to guys getting down on one knee, wedding proposal style, the "promposal" is a big deal. Consider how one guy asked my neighbor: one Saturday, she awoke to find a note and a red rose taped to her car's window. The note instructed her to follow the roses, which were intermittently taped to light posts and stop signs down the street, eventually leading her to a park bench with a big sign asking, "WILL YOU GO TO PROM WITH ME?" Guys are expected to ask in unique and special ways.

2. *The vulnerability problem:* Guys, not girls, need to publicly express their feelings, leaving themselves at their most vulnerable to a probable rejection and subsequent public scorn. Can't say enough on this topic.

3. *The incredibly high rejection rate:* It seems more girls are deciding it's better to go solo than to say yes to us poor guys. Need we tell you the rejection is HUMILIATING? The huge spectacle required makes rejection even worse. And of course, you can't ask a girl privately, because you look lazy or cowardly.

4. *The familial expectation:* Parents expect that their sons should have a prom date—yet

they don't seem to grasp that the vast majority of the time most girls reject guys who ask—unlike when they were younger and people dated more casually.

5. *The lack of a safety net:* Unlike for guys, it's socially acceptable for girls to go to prom with their female friends and no date. But for guys: no date = no prom.

6. *The two left feet problem:* While girls look great doing anything on the dance floor, we can't say the same. How are we supposed to fix that in 4 weeks?

7. *The "how to split the costs" problem:* Guys are expected to pay for most prom expenses, and if he doesn't cover more than 50%, will it look like he's more worried about the money than the date?

8. *The "prom date's dad" problem:* Do girls have to worry about meeting the guy's parents? Are you kidding? Everyone loves girls...in fact, on average, parents probably like their date more than their own son.

9. *The "Cinderella moment":* Apparently girls expect prom night to be magical...like when Cinderella went to the ball. Need we remind you? Pulling that off requires a fairy waving a magic wand.

10. *Yes, the "Cinderella moment" again:* The pressure to pull off this is so intense, it deserves the top two spots.

### • Girl Around Prom Time

By Esra Ozturk  
Staff Writer

1. *The chances of being proposed to:* Let's be honest; the amount of dates get snatched faster than you can ask, "Who do I want to go with?". It's not only tough to be asked, but to be asked by the *right* guy, not some random boy you've seen twice in the hallway.

2. *The Dress:* Undoubtedly the second hardest part after finding a date, and the most important part for a girl. What will it look like? Where can I find it? What color should I wear? Both straps, one strap or strapless? Short, high low or long? The options are limitless.

3. *The Expenses:* Even for those fortunate enough to have a date willing to pay for their ticket, a girl always ends up spending an immense amount on prom. The dress, hair, makeup, bus ticket, prom ticket, shoes, nails and more always causes a deep hole in one's wallet.

4. *Planning:* Every appointment has to be made in advance, and structuring them to be ready by a set time is stressful enough to make any girl want to tear her hair out.

5. *The parents:* Whether the pictures are taken at your house or at your date's, there's one thing for certain: There will be parents there. As awkward as it is for guys to meet dads, it's

even worse for girls who hope their parents don't embarrass them in front of their dates.

6. *Dancing:* All girls are expected to be great dancers, especially when a guy has "two left feet", meaning the girl has to pick up the slack.

7. *Eating on Prom Day:* This is always a problem for girls who are afraid of not being able to fit into their dress or spilling something on their dress. Even more awkward if it's your first time eating in front of your date... can you say nerve-wracking?

8. *"The Cinderella moment":* Prom is always more important to girls than guys. If the night isn't magical, it's the girl who's upset. Girls feel the responsibility of making their night easy by making their date happy, and caring that weight around isn't easy.

9. *Backup plans:* What if my date cancels last minute? What if they mess up my hair and I have no time to fix it? What if my dress isn't altered in time? Girls have to prepare for the worst while guys just rent a nice tux and show up.

10. *Picture perfect.* A girl's biggest fear is to get all dolled up and end up with pictures that don't capture how stunning she looks. Prom photos are the only way to capture the memory, and it takes a girl almost all day to get ready for this big night!