



## Ram Spirit in Quarantine

By Kira Nygaard

*Staff Reporter*

Since the Coronavirus has hit Long Beach and schools have been closed, however, Millikan ASB has gone out of their way to connect with students. Our very own Millikan High School has always had an amazing school spirit. From the loud football games to the advertising and support the community brings, Millikan students let the world know their “Ram Pride”.

Despite being in isolation and having to take advantage of home learning opportunities, the Ram spirit has not declined. ASB has been doing a great job of using social media to promote school spirit as well as keep in contact with the students.

In the first weeks of quarantine, it was arranged for there to be a “stay at home spirit week” with activities such as “Miss You Monday”, “Taco Tuesday”, “Whatcha Watchin’ Wednesday”, “Thankful Thursday”, and “Furry Friend Friday”. In order to share their updates, students would post on their Instagram stories and tag @ramhiasb. Other days supporting different foundations have been arranged by ASB to help critical care workers and families who are in need during this scary time.

While we are apart, the Ram spirit reigns strong through connections we all took for granted before.

*Screenshot of some of the staff from the online spirit week highlight on the @ramhiasb Instagram using the hashtag #millikanminute*

## Construction Continues

By Ella Ackerman

*Assistant Editor*



Since the early weeks of March came with news of an announced national emergency in the US and the C.D.C. recommending gatherings being limited to 50 people (guidelines have since changed), a lot has changed for almost everyone. All non-essential personnel are told to stay at home as schools and workplaces figure out doing work from home. However, some things have not changed.

Construction continues at Millikan High School. The renovations to the track/field move forward, with the field being upgraded to the turf, and the track to all-weather material.

As students and teachers adapt to learning at home, our school continues to improve.





Namaste At Home  
By Jai'La Du Rousseau  
*Staff Reporter*

During the COVID 19 stay at home order, it's easy for students to become overwhelmed. Balancing school work with this new way of life can be stressful. Some students have found that online school is more demanding than being in class. To help ease the worry, students have been focusing on creating a new schedule for themselves.

“We have to learn how to manage our time all over again,” stated PEACE senior, Dylan Brown. Many students have found that being at home causes them to be less motivated to engage in schoolwork. As much as we would like teachers to go easy on us, school still goes on.

Therefore, creating an organized schedule encourages students to get more done, while reducing stress. Many students have found that incorporating self care into their schedule has become very helpful.

A handful of Millikan students explained that taking breaks in between assignments to listen to “soothing” music or spend time with their families made the situation less difficult.

It is important to do the things that both school and life require of you while finding time to care of yourself mentally and physically. Taking breaks to do things that make you happy and calm can be very beneficial during this stressful time.



## Fallback Plans for Fall 2020

By Nick De Lucca

*Co-Editor-in-Chief*

Amid the uncertainty of the future of the COVID-19 pandemic, many high school seniors have been confronted with the idea of starting their first semester at a college or university online.

In early April, Boston University became the first college to announce their plans to discontinue in-person classes until 2021. Many colleges including California State University Fullerton were also quick to announce their preparations to stay closed into the next fall semester. However, their plans remain tentative depending on the state of the virus.

If the virus does somehow manage to disappear, we could see in-person classes resume or a modified version of it with social distancing in place according to [Insidehighered.com](https://www.insidehighered.com).

MBA Senior Megan Nyguen, who will attend Cal State Fullerton, stated, “I was pretty excited to start learning in a brand new campus. Honestly, I’m a little disappointed; I didn’t have a proper senior year and I might not get to experience a proper fall semester as a college freshman either but it’s all in good intention so I understand.”

A majority of the universities have been hesitant to announce Fall 2020 online classes but are constructing plans for many different scenarios to be prepared no matter what condition the nation may find itself in.



## How Are the Quaranteachers Doing?

By Isabella Talavera

*Copy Editor*

While students have to deal with online schoolwork and keeping up with all their active classes during the current COVID-19 quarantine, teachers are trying to balance teaching and personal lives.

Most, if not all, teachers are using a combination of Google Classroom, School Loop, and Google Hangouts/ Zoom to reach out to their students to give lessons and plans.

“I really have been working on connecting with my students. I want to make sure that everyone is okay and that I am doing what I can to support them,” says COMPASS teacher Matthew Vann, “I have spent this week lesson planning and trying to figure out how best to move to the new Credit/No Credit system without completely compromising academic integrity.”

Teachers are also fortunate to keep working, even if it’s from home. Many teachers are home with their families, many including children. Some teachers have younger children that they need to help teach in addition to their normal lesson planning, whereas others may have older, high-school-age children.

In addition, teachers are occupying themselves with hobbies. Some of these hobbies include reading, listening to music, playing games, or going on walks, as seen with some teacher takeovers on the @ramhiasb account on Instagram. One takeover example is assistant principal Macy Jelinowicz.

If you’re ever wondering what your teachers are doing, don’t be afraid to reach out. Everyone’s in this together.

*Photo credit: Jennifer Goldman MBA Spanish 1-2 teacher Jennifer Goldman uses a piece of shower board, wood scraps, and wheels as a makeshift whiteboard for her digital online lessons.*