

# The Anaconda High School

# Straygler

## VOL:22

## NO:11

### Stay Informed



#### Ways to Help Anxiety By Izabell Roggeman

Anxiety is a burden that troubles many people in different ways. Some may feel their chest is caving in or tensing up. Others may feel their pounding heart and nervous system spike and go haywire. Some ways to manage and reduce anxiety are:

- Stay in the present. Thinking about what the future may hold can cause the mind to think of every possible scenario and cause stress which inflicts anxiety in the situation.
- Remind yourself what's happening. Anxiety causes the body to feel like it's dying and shutting down, try to remember it's just an anxiety attack to help calm yourself down.
- Breathe in and out. It will help slow down and re-center the mind.
- Follow the 3-3-3 Rule. Three things you see, three sounds you hear, and three parts of your body. It'll help slow down thoughts and bring back reality.
- Keep yourself busy. Whether it's a hobby, task, chore, or simply just standing up straight to release tension on the chest and upper body.
- Stay away from sugar. Researchers have shown that sugar can increase and worsen anxious feelings.

If the feeling is constant and more painful than it should be, make an appointment to check in with a doctor. They may be able to find medications to help you personally or see if it results in something more serious.



#### The History of SpongeBob SquarePants by Ava Walker

Stephen Hillenburg graduated from Humboldt State University in 1984 with a degree in marine biology. He was teaching the subject at California's Orange County Marine Institute. In 1989 Hillenburg created an unpublished educational book about life under the sea for his students called "Intertidal Zone." It was a comic book. He then thought of the book as a show, and later began developing the book into a television series in 1996 and it was then pitched to Nickelodeon in 1997. The book is now the show we all know and love, SpongeBob SquarePants.



#### My Easter by Lindsay Trainor

My Easter started off with my little sister thumping down the stairs to wake me up, so she could open her Easter basket. I woke up and immediately wanted to go back to sleep. I slowly walked up the stairs to find my dog wagging his tail, very happy because he got a treat. I made my

way past my dog to the living room and found my Easter basket. I got a nice new pair of shoes and giraffe socks. After we opened our baskets, we waited 3 hours for my sister and her fiance to show up. The second they walked through the door, my sister started complaining about not getting an easter basket and in response her fiance gave her a look of disappointment. We ate a lot of food and talked. After we finished breakfast, I was on my way to get ready to go see my dad. Around 5 I went to have dinner with my dad where I was bullied by my brothers. Being bullied by a 1 year old and a 6 year old really isn't ideal. After what felt like forever, I went home and fell asleep. I hope your Easter was more interesting than mine.



### **Oceans** by Bonnie Hale

**Y**ou may wonder what is happening in the ocean right now. Global warming is causing sea levels to rise, and is threatening global population centers. Many nutrients used end up in the coastal waters. Which results in oxygen depletion that kills marine plants and shellfish. Factories and industrial plants discharge sewage and other runoff into the oceans. This is really bad for the environment. Although invisible to us, every teaspoon of seawater contains more than a million marine bacteria. These tiny microbes play pivotal roles in governing the chemical cycles that control our climate and shape. What can we do as individuals to help save our environment? The answer is easy, take a green friendly approach in your everyday life.



### **Penny Farthing** Elisha M.

**T**he penny farthing was a bike which was invented in 1871 by James Starley. The front wheel was extraordinarily large compared to the bike wheels today. Which is why the penny farthing is also known as the high wheeler. The bike had a much

smaller back wheel to stabilize the bike. The way they were designed made it much more comfortable to ride over rough terrain. They were dangerous and difficult to ride. The penny farthing was mostly ridden by the elite of the time. The high appeal of the penny farthing started the earliest examples of cycling. In the 1880s, this bike fell out of favor due to a new bike that was faster and safer. Would you ride one if you got the chance?

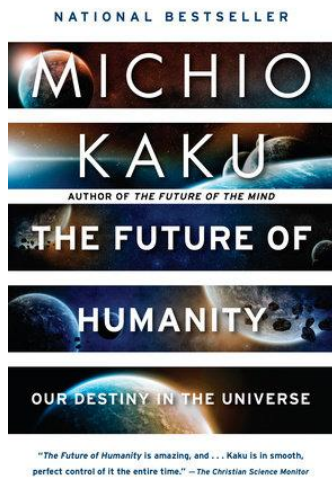
## ***Entertainment Corner***



### **What Came First: The Chicken or the Egg?** by Joselyn Fullmer (aka J-Money)

**T**his is one of the most debated questions of all time. So, which is it? Well, that depends on how you look at it. If certain religious beliefs stand true and God put all the animals on the Earth at the same time in the Garden of Eden, then it stands to reason that the chicken came first. Handmade and hand placed by God himself. I'm not saying that I don't believe that, but that is only one possibility. Evolution is another. So, if evolution is the truth, then we ask again, which came first: The chicken or the egg? It's harder to pinpoint the answer from evolution. Did today's chicken "fully" evolve as a chicken or an egg? Technically, today's chicken is still evolving. Everyday and every egg. So the egg came first, until another egg came along. But the chicken is the one laying these eggs. So the chicken came first. Or, the chicken came first, until the egg hatches, then it's the egg. But after the egg hatches, it's technically a chicken, so the chicken. However, since each chicken is different, the egg. Until it hatches, then the chicken because it lays the egg. Makes sense, right?





## Theories about the future of mankind by Taylor H. Murray

Some people in the world would think or say, *what will happen in the future for mankind?* There are theories about it and questions. Here are some interesting questions that the website Scientific American and I have come up with:

- *Does humanity have a future beyond earth?*
- *When and where do you think we will find extraterrestrial life?*
- *Will the entire world one day have adequate health care?*
- *What is the chance humans will survive for the next 500 years?*
- *Are we any closer to preventing nuclear war?*
- *Could we one day replace all of the tissues in the human body through engineering?*
- *Can we feed off the planet without destroying it?*
- *Will we ever colonize outer space?*
- *Will we discover a twin Earth?*
- *Will we ever figure out what dark matter is?*
- *Will we get control of intractable brain diseases like schizophrenia or autism?*

One of the questions, *“Will we discover a twin Earth?”* I doubt that we will discover a twin Earth, but if we do, it will be inhabited by a different species like aliens or something like that. Another thing, if we do colonize on the moon or on another planet, we would have to send a lot of resources to the moon or the planet, but those materials might burn or melt before even reaching its destination. There are many things that we might or might not know about from the future but when we do, we would definitely want to find out what it is and know why.



## Glass Animals by Dez Brown

The Glass Animals are a British indie rock band. They are led by singer, songwriter, and producer Dave Bayley. The group also features his childhood friends Joe Seaward, Ed Irwin-Singer and Drew MacFarlane. Bayley wrote and produced all three Glass Animals albums. Some of my favorite songs by them are “The Other Side of Paradise,” “Take a Slice,” “Heat Waves,” and “Pork Soda.” Their songs are extremely unique. I’ve never heard anyone like them. Their voices are unconventionally beautiful and work perfectly in cohesion with the instrumentals and lyrics of their songs. Their instrumentals are unique too. They sound calmly aggressive, like the eye of a tornado. It gives the vibes of being safe, but witnessing chaos, and bringing chaos into you. That’s the best way I can think to explain it. I love their music so much.

“The Other Side of Paradise” is from their album “How to Be a Human Being.” My interpretation of the lyrics is that the narrator feels abandoned and wants to convey what the person who abandoned them is missing. This was the song that introduced me to- and made me fall in love with- the Glass Animals’ music. “Take a Slice” is also from their album. “How to Be a Human Being.” I interpret the lyrics as someone being unwilling to make a decision. The vibes of the song make me think of someone that’s cocky and full of themselves. It feels lazy and careless. Like someone who couldn’t care less about anything. I love this song for so many reasons, most of which I can’t explain. I just love it. In conclusion, if ever you’re looking for something you can’t get anywhere else, give Glass Animals a listen. You won’t regret it!



### **Radiohead** by Dominic Willis

**R**adiohead is an English rock band that was formed in Abingdon, Oxfordshire, in 1985. The band is made up of Thom Yorke, Ed O'Brien, Philip Selway, Jonny Greenwood, and Colin Greenwood. Jonny and Colin are brothers, and everyone in the band met while they were going to Abingdon School. Radiohead's first album was "Pablo Honey", which was released in 1993. The album's most popular song was "Creep," the song "Creep" is also Radiohead's most popular song of all time. While "Creep" is a pretty good song, I personally believe it's a little overrated. I don't think "Creep" is a bad song, I just think Radiohead has so much more to offer and they have many other songs that should be played on the radio more. The band uses really unique sort of sounds in their music to give it maybe a sort of creepy vibe, which I think is really good. For example in their album "Kid A", "Untitled v1" is a song that sounds kind of broken in a really interesting way. It sounds like all of the audio equipment is breaking, and it gives a really creepy but cool vibe. It sounds like it would go in a horror movie, and fit a lot of different kinds of scenes perfectly.

Their songs aren't all like this though, Their song "How To Disappear Completely" was in Thom Yorke's opinion, "The most beautiful thing they ever did." The song is slow and very beautiful with relaxing instrumentals and vocals. When Thom Yorke was asked about the song he said, "That song is about the whole period of time that OK Computer was happening. We did the Glastonbury Festival and this thing in Ireland. Something snapped in me. I just said, That's it. I can't take it anymore. More than a year later, we were still on the road. I hadn't had time to address things. The lyrics came from something Michael Stipe said to me. I rang him and said, I cannot cope with this. And he said, 'Pull the shutters down and keep saying, I'm not here, this is not happening.'" Radiohead is a very unique group and another one of my favorites of all time. I definitely recommend checking them out, their music is breathtaking.



### **Modern Baseball** by Rowdy Barber

**I**'m gonna take a break from writing about death, violence and metal music, and write about my favorite band of all time Modern Baseball. I have more emotional attachment to this band than any other. They are an American emo band from Pennsylvania. The two founders of modern baseball Jake Ewald and Brenden Lukens (Bren) met in highschool. Bren had a huge crush on Jake's sister. Jake and his sister were in a Paramore rip off band and Bren went to one of their shows to see her, and on his way there he stepped on a pile of dog poo. Luckily, Jake had an extra pair of shoes on him at all times in his car. He gave the shoes to Bren and they decided to hang out and "jam" one day. While hanging out, they found a book in Jake's basement titled "Modern Baseball Techniques." That's when they got their band name. Then they met a guy named Ian Farmer at a party. He was covered in Cheeto dust and wouldn't shut up about a "Ska" band. The three boys then recorded their first full length album "Sports" with Ian on bass, Jake on drums and guitar, and a few vocal performances and Bren on guitar and most vocal performances. My favorite song on this album is probably "Coals," and the song I'm most emotionally attached to is also "Coals."

**W**hen it came time for concerts, they picked up a slightly older Sean Huber (drummer). The band's first show was either \$3 admission or a picture of Michael Jordan. The band released their second album "Your Gonna Miss it All." It is their most popular release and probably their best. The album has Jake singing half of the songs and Brendan singing the other half; they are also both on guitar. Ian is on bass and Sean is on drums and sings a verse in their most popular song "Your Graduation." My favorite song on this album is "Rock Bottom" and the one I have the most emotional attachment to is "Pothole." After this album came out, Jake's grandfather died. Jake felt like his grandpa was holding his entire family together; his girlfriend helped him out a lot. So that's what he wrote most of the songs about on

their next full length album “Holy Ghost.” Holy Ghost is by FAR the album I have the most emotional attachment to out of any album ever. That is due to the latter half of the album, Bren's half. The album was split up into halves based on the rap duo “OutKast,” “The Love Below,” and “Speakerboxxx.” Bren's half of the album deals with his horrible mental health at the time. Very much shown in the song “Just Another Face.” His BiPolar disorder was making him think that his fellow band members were abandoning him. While in reality they were very worried about him. “It got to a point where he was just locked in his house all hours of the day everyday,” Jake said. He was only self harming and smoking all day every day. Eventually, he went up to the roof of his apartment and contemplated jumping. Jake texted something dumb but funny to Brendan. However, he did not jump and found support in family and friends. Brendan was self admitted into a treatment program.

**M**y favorite song on this album is “Just another face,” and it is also the song I have the most emotional attachment to ever. Modern Baseball has been on a hiatus since January of 2017. Sean is living his own life, Bren keeps to himself and is very private, and Jake and Ian are in a band called Slaughter Beach Dog. That is why MoBo is the best band ever Modern baseball > The Beatles!