

Viking Chronicles

New Brighton Middle School Journalism Class

Remembering Becka Lindquist by Lilly Berti (With Jack Bloemker)

Becka Lindquist was a very special person with many best friends. Though I have the privilege of saying that she was one of my best friends, there were many others who felt the same way.

One of the qualities that caused Becka to be loved so deeply by so many is that she was always there for her friends. At any time no matter how busy she was, she'd be there if I needed her. She always knew I hated being alone. I had to walk home eight miles one day, and even though I'm sure she didn't want to go so far out of her way, she went with me. It took two hours and she knew that. She didn't care though. She wanted me to be safe and have company. I'm sure she would've done the same for so many others.

Reliability and loyalty were just two of many amazing characteristics that Becka possessed. She was generous, kind, smart, athletic, funny, passionate, and knowledgeable. For example, she often brought people cookies without ever expecting anything in return. She gave from her heart and demonstrated her kindness and generosity with her actions.

Becka expressed her passion in many ways. When she talked about something that she loved, she became very happy and shared her excitement about that topic in great detail. Becka's passion for music and sports was something that drew people to her. In fact, she made many wonderful friends who shared her love of music and sports.

With her wonderful personality came many talents. When you saw Becka throw a football, you knew she could probably throw better than any boy at this school. She always showed her love of sports and whenever she tried something new, she picked it up fast. She was very talented at most anything that interested her.

Becka's presence could light up a room with her sense of humor and positive energy. She almost always had a beautiful smile on her face that made so many people feel happy in her presence.

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Don't Bee a Buzz Kill- Save the Bees! by Emma McCain

You may not know it, but bees are crucial to life on earth! Not only do they make honey, but they pollinate plants so we can have a beautiful environment and a wide variety of food. There is a decrease in the bee population now, and we need to fix this problem.

The website beeinformed.org states that, "Beekeepers across the United States lost 44 percent of their honey bee colonies during the year spanning April 2015 to April 2016, according to the latest preliminary results of an annual nationwide survey." The bee decline is extremely problematic, because if the bees keep dying, eventually humans will have few bees left to help them.

Bees assist people in many ways, and according to elitedaily.com, "Bees perform a task that is vital to the survival of agriculture: pollination. In fact, one third of our global food supply is pollinated by bees." If the world didn't have bees, there would be a much smaller selection of food. If bees become extinct, we would lose most watermelon, grapes, apples, mangos, coffee, lemons, raspberries, almonds, and much more food! On the website <http://honeylove.org/list-of-food/>, there is a list of almost 100 foods we would lose if bees were to become extinct!

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Farewell Interview with Ms. Lindeke by Paris Korol

Our wonderful special education teacher, Ms. Lindeke is retiring at the end of this school year and will be greatly missed. She has worked with dedication and drive for the length of her career. We all hope that she will have a lot of fun during her retirement. Recently I had the great privilege of interviewing her and I learned a great deal about her.

Question: How long have you been teaching?

Answer: I have been teaching for 26 years.

Q: What made you want to become a teacher?

A: I did not start off wanting to become a teacher, but several teachers in my life thought I would be a very good teacher. They said I had a lot of enthusiasm and really liked the way I interacted with children and adults. I was also at a point in my life where I was looking for something different to do that would make me feel appreciated and where I was making a difference.

Q: What do you teach and what do you enjoy about that role?

A: I teach reading, writing, math, and study skills during Learning Center to 6th, 7th and 8th graders. I think I like the reading class the best because it is so amazing to see the progress that students make in the three years of middle school.

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Another NBMS eighth grader, Jack Bloemker, said of Becca: "I'm convinced that I won't meet another person like Becca. Sure I will meet people who are honest, or reliable. Sure I will meet those who care about me, but not quite like Becca did. Though our blood was something we weren't bound by, she was just as much considered family as my own mother or father. She showed me what a best friend was; before her, I never knew what it was like to have someone that generous, kind, selfless, or considerate in my life. For those who didn't know her well, I can assure you that her beauty on the outside was reflected just as much if not more so on the inside. For those who did know her well, I'm sure you can agree. She was my true sister. I love you Becca, rest with peace."

Becca was an incredible person. She's what made my world a little bit more wonderful. Her beautiful smile and bubbly laugh was contagious. She could turn my frown into a smile with that laugh or just a few words. She brought out a side of me I never knew I had and it was my best side that only she knew how to bring out. Becca was one of two people who knew who I truly was. There wasn't one thing I would be afraid to tell her because I trusted her completely.

Becca was loved deeply by many and will be missed greatly, but she will live inside all of us who knew her best and whom she inspired to be our best selves.

Interview with Ms. Work by Ashland Mackenzie

Q. What is your family like?

A. I have an older brother, parents, and a husband. My husband and I have lived in Santa Cruz for 17 years, and the rest of my family lives on the East Coast. They are all funny, adventurous and supportive!

Q. What do you love most about your job?

A. The students!

Q. Describe your teaching style.

A. I want to encourage my students to be critical thinkers and problem solvers. I want them to work hard but have fun while doing it.

Q. What is your educational background?

A. I went to Lehigh University and then Evergreen State College for my undergraduate studies, where I earned a Bachelor of Science degree in Ecology. I later earned my Masters degree in education at UCSC.

Q. How are you enjoying your time at NBMS?

A. I love being here! The students are great and I really enjoy working with my colleagues.

Q. What interests do you pursue outside of the classroom?

A. I like to do triathlons and marathons, but because of my hip injury, I can't participate in those at this time. But I also love to grow food in my garden and cook.

Q. What is a skill you'd like to learn and why?

A. I really want to become fluent in Spanish so I can communicate with as many people as possible.

Q. Tell me about a challenging situation you had in the classroom and how you solved it.

A. Teaching big classes makes it difficult to spend a lot of time with each student individually, so I try to have them work collaboratively so that I can work with them as a team.

(Ms. Work Interview, Continued on p. 4)

Dear Future Eighth Graders by Emily Carr and Ashland Mackenzie

Emily's perspective -When I was in the sixth grade, since I was the youngest out of all the grades and I wasn't exactly used to that coming from being a fifth grader (oldest grade), it was a big change. I didn't know what to expect in middle school from students or teachers. Since the sixth graders were separated from the older kids, what else was I going to think other than, "Uhh older mean kids?"

I'm in the eighth grade now and let me tell you that it's all good! Yeah some kids can be mean at times, but you can definitely deal with it. When I was a sixth/seventh grader, teachers would often tell us how eighth grade would be different and that we would need to work extra hard to get high grades. That gave me a lot of unnecessary anxiety. Yes, of course, eighth grade is different than earlier grades in some ways, but not the classes. In eighth grade, we just learn different things at a little bit higher level, so don't stress about failing. The good news is that if you do try your hardest, you will succeed!

Ashland's perspective-When I was in sixth and seventh grade, I thought that eighth graders are so cool. I couldn't wait to be one because we are at the top of the school and I thought that we'd be superior to all of the younger grades. As an eighth grader, I will tell you this isn't true. Sure we may be older than you, but that doesn't mean we are mean and boss people around. So if you're worried about going into an older grade, don't worry. From a sixth or seventh grade perspective, eighth grade can be scary, but it's actually not as scary as you think. It's really similar to the younger grades, but with older students and new teachers with some new subjects. My point is, don't stress over it because it's not as scary or hard as you would think it is.

Our experience in the eighth grade has been positive. This is the best year that we've had at NBMS. The students and teachers have all been good. When you come into eighth grade, it'll be just fine, so don't worry and enjoy a new and exciting stage of life.

Q: What are the day-to-day responsibilities of teaching your class?

A: The day-to-day role is making sure every student feels safe, organizing lessons for all the different levels in my classes, writing up individual education plans, managing the students and staff in the classroom, enjoying interactions with the students, and a whole lot more little things that make a classroom run smoothly. No two days are ever quite the same in my class and that is the fun part of teaching this type of class.

Q: What are the schools where you have taught?

A: I taught my first class at McKinley Elementary in Fresno for 16 months (a year-round school) and then in the PADT (Pre-adolescent Day Treatment program) at Kratt Elementary in Fresno for seven years. After teaching in Fresno, I wanted to come back to my hometown so in 1999, I moved back to the Santa Cruz area and was hired to teach at New Brighton Middle School and have been here since that time.

Q: What are some activities you like to do after school and why do you enjoy doing them?

A: After school gets out, I work out at a private gym three days a week to try to stay in good shape, (yes, I pump iron). After that, I like to take my son home and fix a nice dinner. I usually spend the evenings hanging out at home or going shopping. I may also be reading, playing computer games, household chores and the like. Fridays, I enjoy going out to the movies with my friend. I love action and sci-fi movies and historical dramas. I'm not a horror movie fan but did end up seeing the latest Resident Evil movie by mistake. When I have the time, I will dance to just about any type of music. I also learned to scuba dive and love to do that when I have the chance. My biggest joy is taking care of my son who is very dependent on me because of his disabilities.

My immediate family is my 37-year-old son, Brian, and me. I have taken care of Brian for his entire life. He is in a wheelchair and does not talk or walk and needs help with all everyday matters. However, he is the best-behaved man I know.

Q: Would you tell me more about your family?

A: I come from a large family of seven children of which I am the oldest. My parents had moved into the Santa Cruz area back in the late 40's and early 50's and so all the children were born in Santa Cruz at the old Dominican Hospital just down the street from Shopper's Corner. My parents had an interesting way of naming all of us...all the names started with a "K"...Kristan, Kevin, Keith, Kenneth, Karen, Karleen, and Kelly-Ann. My parents owned the Aquarium on the Santa Cruz Wharf for many years before it was torn down. This is where I learned about marine life at a very early age.

Q: What College did you attend to get your teaching credential and how did you like it there?

A: I attended California State University, Fresno to get my Liberal Studies degree and then went back to get my teaching credential and finally my Masters Degree in Special Education. I like the university in Fresno because while I was there, I didn't have a lot of distractions like the beach. It was also a school with great school spirit. In addition, it was only a few miles from where I lived, which also made it very convenient for me.

Q: What was the most interesting part about working at NBMS?

A: The most interesting part about working at NBMS is the variety of students I have worked with while here. I have worked with students with many different types of learning challenges, so every year is always a little different.

Q: How are you feeling about leaving NBMS to retire?

A: I will miss the staff and students at NBMS. I have developed some wonderful friendships over the years and will always remember hanging out with several teachers at the Renaissance Faire, getting wood from the woodshop teachers, watching some amazing lessons in the science classes, and just sitting down and chatting with fellow teachers.

Q: Do you have any plans for what you're going to do in your retirement?

A: As for my plans after retiring, I have given myself one year to get my home and garage in order and then I may be helping a good friend with his web site. I also plan on visiting Florence, Italy in October of 2018. I will still have my son to take care of and may have more time to help my father, who is now 86 years old. All in all, I'm looking forward to a few more hours of sleep but really think that retirement for me is just going to be another chapter in a life that never really traveled the mainstream.

Teacher Interview: Mr. Heisinger by Zach Akin and Emily Carr

Q: Why did you decide to become a teacher?

A: *Growing up, I participated in many activities and education was highly valued by my family. I was involved in sports, music, leadership, and I enjoyed working with kids. The combination of my experiences and the desire to help others led to my going into teaching. I pursued credentials in math, English, elementary education, and obtained a graduate degree in education. I also have coached basketball and baseball.*

Q: What do you like most about your job?

A: *I enjoy interacting with students, learning about their interests, and seeing them improve and grow academically.*

Q: How has your experience been at NBMS?

A: *NBMS is a fabulous place to work. The people here are supportive, professional, and dedicated, and the students and families are great.*

Q: How do you feel about homework, do you feel it's effective?

A: *I believe homework is a good opportunity for students to work independently in an environment that allows for more focus.*

Q: What other grades and subjects have you taught? How do you like teaching 8th grade?

A: *Most of my teaching experience has been 7th and 8th grade math, but I have also taught English and English learners. I enjoy teaching 8th graders.*

Q: What do you hope to achieve by being a teacher?

A: *I hope to help students see the relationship between effort and perseverance and success later in life.*

Q: Have you ever thought about a different career? If so what?

A: *I also have worked in real estate and financial services. I have a real estate broker's license and insurance licenses, but my career focus is and will continue to be on teaching.*

Q: Tell me about your family?

A: *I have two great kids, both grown and on their own. My beautiful daughter lives in Los Angeles and works in social media marketing, and my talented son lives in Sacramento, goes to school and works. He does standup comedy and is on the path to becoming a movie director.*

Q: Where did you grow up? What was it like?

A: *I grew up in San Jose before it became Silicon Valley in a modest neighborhood with lots of families and kids. I was out playing sports and very active most of the time, which was a lot of fun.*

Q: What was a childhood dream of yours?

A: *I excelled in sports as a child and envisioned becoming a professional athlete in basketball or baseball.*

Q: If you could live anywhere, where would you live? Why?

A: *I love Maui for the warm weather, the clear ocean to snorkel and swim, the beauty of the tropics, and the magic of a tropical rainforest on one side of the island and a desert climate on the other. It's a great place to vacation.*

*(Ms. Work Interview,
Continued from p. 2)*

Q. Why did you choose to become a teacher?

A. *I was first a wildlife biologist because I wanted to do something that made a difference. I felt that if I was a teacher, I could make a bigger difference because I was working with so many people.*

Q. What do you want to be doing in five years?

A. *I plan to still be teaching, and I hope to have gotten through my injuries enough to where I will be training for and competing in triathlons again.*

Q. If you could travel anywhere, where would you go and why?

A. *I'm going to Iceland this summer with my husband. We are going backpacking, and I want to stand in the rift where the two tectonic plates are being torn apart.*

Q. What are you going to miss most about the 8th graders this year?

A. *Their fun personalities and their humor!*

(Buzz Kill, Continued from p. 1)

According to *time.com*, "Population levels of more than 700 North American bee species are declining as habitat loss and pesticide use continue at a breakneck pace, according to a new report." In other words, the bees are dying from the spray of pesticides on plants that they pollinate. According to the website <http://www.hiveandhoneyapiary.com/>, "There are some pesticides that kill the bees directly. This occurs when bees are on the flowers at the time of application of the insecticide, and the bees die instantly. Some other types of pesticides allow the bees to return home and then they die." On a happy note, here are a few easy actions you can take to help the bees:

1. Plant bee-friendly plants like sunflowers and yarrow.
2. Never use chemicals on your plants!
3. Buy local organic honey.
4. Don't kill bees on purpose.
5. Give bees water. Just putting a bowl of fresh water outside is fine.

If you want to go even further than the above, become a beekeeper!

If you don't like how something is turning out, change it! "Be the change that you wish to see in the world," and don't be a buzz kill!

Health and Well-being

Ten Reasons To Meditate by Seven Hannum

- 1. Stress Relief:** Meditation is a very good way to relieve stress. One way it does this is by increasing the thickness of your prefrontal cortex. It also helps you become more aware of yourself and can help you pay more attention to stuff that is happening around you.
- 2. Sleep More:** Meditating for just ten minutes a day is shown to help improve sleep. Meditation is also one of the ways insomnia, which is a type of sleep disorder, is treated. Even if you don't have a problem with insomnia, meditation will increase the quality of your sleep.
- 3. Get Closer to Your Goal:** Many of us have a goal whether it is a big one that may take years to achieve or a small goal that can be fulfilled in less than a week. Meditation will help you move closer to this goal. Meditating will make your brain integration stronger. Brain integration is how strongly the different parts of your brain are wired together. A strong connection between the parts of your brain will cause you to be more creative and it will help you quickly deal with and solve problems. All of these skills can help move closer to achieving your goal.
- 4. Let the Little Things Slide:** Meditation causes a different response to problems rather than the ancient “fight or flight” instinct. A study by Benson Henry Institute at Massachusetts General Hospital has shown that meditation causes a different response to problems called the “relaxation response.” This helps you not get caught up over the little things and it also helps with heart rate and blood pressure problems.
- 5. Help Depression:** Meditation has us look at negative thoughts and helps let them move past. This makes the negative thoughts less powerful, which then makes us more positive. Meditating can help relieve many symptoms of depression and help you live a happier life. It was shown on a population of people with depression that meditation had the same or more effectiveness as antidepressants.
- 6. Gain Inner Peace:** The act of meditation allows you to cleanse your system of all the “junk” you accumulate over the day. All of the stuff that happens throughout the day can leave you and your body in a highly stressed mode. Meditating helps soothe this feeling and makes you feel peaceful.
- 7. Control Your Emotions:** Emotions are a good thing to express, but you want to make sure you do it at the right time. Meditation helps us notice our thoughts and see what emotions they trigger. This gives us more power over them and allows us to control them better. Gaining power over your emotions is a useful skill to have and can help in all parts of life.
- 8. Make Better Decisions:** Meditating gives you a time to sit and think without any distractions. This allows you to think about the benefits and consequences of your decisions. It will help you think about what will be best in the future, not just what seems best in this very moment. Making the correct decisions can have a huge impact on your life and improve it greatly.
- 9. Help Memory:** Meditating has been proven to improve memory. So if you're one of those people who have notes all over the place reminding you of what you have to do, meditating would be a good choice for you. Meditating clears your mind of distractions and lets you focus on the important things that have to be remembered.
- 10. Get A Fresh Start Every Day:** Meditating puts your mind in a state of peace. It stops your daily “momentum” and it allows you to let go of yesterday's problems. This will give you a new outlook on life every day and make your life more positive.

Living a Happy Life Without Regrets by Christian Buse

Near the end of their lives, many people express their most important and deepest emotions about how they lived their lives as they look back on them. For example, Steve Jobs said, “Non-stop pursuit of wealth will only turn a person into a twisted being, just like me.” He died looking back on life realizing that he would have been happier if he had taken some time every day to just love the people around him and enjoy life. He worked so much that he never got to do some of the things he most wanted to do in life. Even the richest people on Earth can die failing life in their own eyes. While he was tremendously successful in many areas, Steve Jobs regretted many of his life decisions because he didn't spend enough time with loved ones, he worked too much, and he rarely lived in the moment. We could all benefit from living our lives the way Steve Jobs wished he did.

Spending time with loved ones is essential to being happy. Without your family and friends, you have little support in life. They can even give you advice that might dramatically change your life forever. You can also help them in return, which will likely make both you and them happier. So the more time you spend with loved ones, the tighter your bonds will become, and the happier you will likely be.

(Regrets, Continued on p. 9)

How to Cope with Loss by Preston Skiscim

Whether you're a child, a young adult, or an elderly person, losing someone you love can be traumatic and painful. Even a pet dying can be overwhelming to some. For example, the dog that I have lived with since I was born just passed away at the age of 14. It was one of the hardest things to go through, but I was able to move beyond my pain and process my feelings with the help of some useful coping strategies. Here are some mechanisms to help cope with loss:

1. *Let out all the emotions that you can.* Try not to hold on to anger or sadness; it's okay to cry.
2. *Try to get enough sleep.* I get that it doesn't sound like a good problem solver, but it can benefit you more than you realize. When you get enough sleep, you process emotions more easily.
3. *Avoid suppressing the pain with drugs.* In addition to illegal drugs, people sometimes use prescription drugs to deal with difficult emotions, but if you can find other avenues to confront your pain rather than masking it, that will help you move through your pain more quickly and completely.
4. *Get counseling.* What's great about counseling is that even though it helps to talk to friends, counselors are trained to hear about your personal problems and help you solve them.
5. *Keep up your daily routine.* It can be helpful to focus on the present and that includes your job if you're an adult or school if you're a child. Staying in your normal routine will often help you feel like your life is getting back on track after grieving the loss of a loved one.

In conclusion, express yourself, try to get enough sleep, avoid suppressing pain, receive counseling when you're ready to talk about it, and keep up your daily routine to help cope with losing someone you really loved. I used the first three strategies myself, which helped me out, and I hope these tips work for you as well.

Benefits of Getting a Job at a Young Age by Jacob Higgins

There are many benefits to getting a job at a young age including having the ability to save more money for the future, becoming more responsible and disciplined, and providing future job and education opportunities.

Many people our age are saving money to achieve their goals and a great way to do that is getting a job. According to *Teenagers and Part-Time Jobs: Benefits, Drawbacks and Tips*, "50 percent of American teenagers hold informal jobs, such as babysitting or yard work, by age 13." There are many ways to get paid, but some of the best jobs for middle school students include pet sitting, babysitting, yard work, and more. If you are looking for "official" jobs that often pay minimum wage, they are very difficult to find because many businesses don't hire students under 15 or 16 years old. Therefore, it might be helpful to focus on the informal jobs because most of the time, you'll get paid more than doing a minimum wage job.

Another advantage to receiving a job is the responsibility and discipline that you will develop. You learn to show up to work on time, manage your time efficiently, and follow through with what's expected of you. Many people also learn to work hard and focus on their work for sustained periods. Young people who show self-discipline and work hard might receive a raise and/or additional responsibilities.

Doing jobs at a young age can also help with your future in many ways. Money isn't the only benefit from working at an early age. You can also increase your likelihood of going to the college of your choice by including your work experience on your college application. This will show how dedicated and well-rounded you are, and will only help you in the future.

Clearly, there are many advantages to working at a young age. So if you feel so inspired, think about what types of jobs you would enjoy doing and pursue them. With summer on the horizon, what better time than now to start looking for your first job or your next job!

The Santa Cruz Shark by Paris Korol

Survival wasn't likely for the 10-foot great white shark stranded at Pleasure Point in April. Many people saw this shark and it caused a lot of commotion. Mark Schwartz was one of the first witnesses who saw the stranded shark. Schwartz saw the animal during his regular walk at East Cliff Drive about 5:15 p.m. Friday, April 7.

According to the Santa Cruz Sentinel, Schwartz stated, "At first, I didn't know what it was. I thought maybe it was a dolphin. When I got close, it was clearly a shark. It was flailing and there was a photographer at the water. I bet he got some interesting photos."

As time went on, more and more people came to see the shark. Later, Gary Buthman said, "I've been here 50 years, and that's the first time I've seen something like that."

Marine Mammal Center volunteers, wardens, firefighters, rangers, and California Highway Patrol officers were part of the attempted rescue operation. However, as the shark was trying to get back out to sea, the tide was getting lower, which made it harder. Additionally, the waves that day were really big, so the shark kept getting thrashed and washed ashore again and again. After rescuers hauled it back into deeper waters twice, it ended up beaching itself again.

"The swell keeps washing it back in after we released it twice," Sean Van Sommeran of the Pelagic Research Foundation told the Sentinel. He believes the shark was sick. After the great white shark beached itself for the second time, over 50 observers came to watch it.

Sadly this shark died a short time later and researchers took the shark away to the Pelagic Shark Research Foundation. A team of veterinarians came up from Southern California to perform the necropsy. There were no external signs of trauma to the shark, so crews believe it most likely died from an infection of some kind. They found that the shark already had become very ill when it arrived at Pleasure Point. Also, being repeatedly thrashed on shore didn't help.

All animals have a life cycle and this is just part of it. We are all so lucky we get to live in a place like this where we get to see wildlife in action.

Tiny Houses by Christian Buse

There are a wide variety of tiny houses ranging from 700 square foot foundation homes to 150 square foot homes on wheels with an average price range of \$75,000 in California and as low as \$15,000 in other parts of the country. Here in Santa Cruz, with the price of housing going up after the big tech boom in Silicon Valley, it makes sense for people who otherwise wouldn't be able to afford a home here to consider buying a tiny house.

While tiny houses are small, they also open you up to a whole new lifestyle. This happens because tiny houses don't have as much storage as a big house. So you have to accept and embrace the minimalist life. Also with tiny houses not being as spacious as big houses, they encourage you to go outside and enjoy the beautiful day. You can even use that saved money from not buying a larger house to travel the world, which is something many people would love to do but can't. Additionally, if you buy a tiny home on wheels, you can travel the country while also enjoying the comforts of home.

Whether your goal is to save money, help our environment, or enjoy the flexibility of traveling while in your home, living in tiny houses provides many opportunities and a great deal of freedom. So why not consider it?

Some television shows about tiny houses include Tiny House Nation and Tiny House Hunters

Minimalism by Ava Adamsen

Our world today is "stuff-oriented." Every day, people spend billions of dollars on products. We buy shoes, makeup, clothes, and technology: We indulge in things that society has manipulated us into thinking we need.

Minimalism is a lifestyle in which you cleanse your life of unnecessary possessions and living space. You can reduce what you have by looking at all your belongings, and justifying every single one to yourself. Say you have 16 pairs of shoes, only five of which you wear. Letting go of those extra 11 pairs is a major part of the minimalistic lifestyle. From shoes to clothes to trinkets, you repeat the cleansing process. Look for emotional and utilitarian value. From the mass, select the few items that mean a lot or are useful to you. Repeating this process will help you begin to free yourself of unnecessary possessions.

Others turn toward space saving as a form of minimalism. Tiny houses are a growingly popular way. Tiny houses are very compact houses that range from 200-700 square feet. There are many benefits to tiny houses. The rent or mortgage on a house can be crippling, yet the expenses of tiny houses are very small. While the average cost of a home in the U.S. is upward of \$188,000, the general price of a tiny house is \$10,000 plus the cost of the land, which is less than what's necessary for larger homes. These houses also have a smaller environmental impact. Because of the size, the heating and cooling footprint is greatly reduced. Again, because of the small size, it is far less expensive to power a tiny home on solar energy versus a "normal" sized home. Clearly, there are many advantages to this form of minimalism.

Another form of space saving is multi-use furniture. Especially in small spaces, it can be hard to find room for all the necessities. Space saving furniture looks relatively normal, but it folds and twists into different pieces of furniture. For example, a murphy bed is a bed that is in a cutout in the wall. You pull a handle and it folds out onto the floor, then you have a bed that can be put away while not in use. Another example would be a loft bed with storage space underneath. You can sleep on the raised bed and have a desk or drawers underneath. Pieces like these can be extremely helpful when furnishing a tiny home.

For a variety of reasons, minimalism is a great way to cleanse and purify your life. Whether it be saving money, making space, or even helping the environment by using and buying fewer products, it can make a difference in your life and the lives of others.



The Cypress Model is Tumbleweed's most popular tiny house.



Sports and Entertainment

The Asian Babe Ruth by Logan Johnson

Lately, several, if not all, teams in Major League Baseball (MLB) have been extremely interested in Japanese superstar Shohei Otani. He is not only the best pitcher in the NBP (Japanese league), but a great hitter as well. This is why many scouts, news sites, and fans call him the Asian Babe Ruth. For those who don't know, Babe Ruth played from 1914 through 1935. He started off as an ace pitcher for the Boston Red Sox, but the New York Yankees saw something other than pitching in Ruth. They traded for him, and put him in the starting lineup where he thrived, hitting 714 home runs, which is now third all-time, but which was the home run record by more than 500 home runs at the time.

Otani, who will turn 23 in July, is such a great phenom on the mound as well as the plate, scouts say that he could potentially reach a \$300 million dollar deal with an MLB team. In the past season, 6'4" Otani went 10-4 with a 1.86 Earned Run Average and 11.2 strikeouts per nine innings. He also threw the fastest pitch ever in NBP history at 102 miles per hour, and - oh yeah - he hit 22 homers while posting a .322 batting average in 382 plate appearances.

A question that many people have is what league he will play in. A major factor for Otani is that he wants to pitch and hit, which may limit some of his choices. A National League team (where pitchers hit) could be convincing. On the other hand, would an American League team let Otani be their designated hitter or play the outfield, in addition to joining the rotation? Two American League teams are the unofficial frontrunners to sign Otani and have been recruiting him since high school: the Boston Red Sox and the New York Yankees. Coincidentally, these two teams with the second and third highest payrolls in all of major league baseball, are the teams that Babe Ruth played for.

"I am very high on him," said a top American League executive. "He is really (bleeping) good. He has youth, athleticism, a sound delivery and tools - I am talking big tools. You see other guys with his tools and it just doesn't come across as easily or as athletically as it does with him. If you have scouted him, you remember where you were when you saw someone dominate hitters the way he does" (NY Post). While hitting and pitching are much more difficult in the major leagues than in the Japanese league where he's been playing, Otani will at the very least still be the first or second starter in any rotation, as well as a solid designated hitter or outfielder.

To learn more, Sports Illustrated, ESPN, and 60 Minutes have all done detailed pieces on Otani.

Beauty and the Beast Movie Review by Ayden MacKenzie

Beauty and the Beast is a terrific adventure of love and bravery that was based on the older animated version of the movie. Belle, a French girl who lives in a small village, is portrayed by Emma Watson. The Beast, played by Dan Stevens, is a cursed prince who was turned into a beast by an enchantress. The complex, intriguing story comes together with an explosive plot, terrific music, and colors that will create an uplifting experience. This movie differs from the original in a few ways, which sculpts this new version into an even more fascinating one.

Disney movies have shaped much of my childhood as well as many other childhoods. This movie recreates the magic of the first movie in an even more realistic way with modern-day actors and actresses. The way they made this movie cost a lot of money: The budget was \$160 million, partly because of the A-list actors and partly because of the huge, complex sets like Belle's home village. Although it was expensive, all of their decisions came together to make a magical movie.

The characters in this movie are some of the most iconic out there. Belle is a girl who lives in a small village who desperately wants to be a part of something bigger. The Beast and his servants live in the castle nearby Belle's home village. Even though the castle is close, it's still difficult to find. The Prince had no love in his heart, so everyone in his castle was put under a spell, turning him into a beast and his castle servants into household objects, although they remained alive. The flamboyant Gaston wants nothing more than to marry Belle, but Belle doesn't want to marry him. The villagers are generally kind, but they are also conservative and fear change. This leads to some pretty upsetting actions by the villagers and Gaston, as they are very afraid of anything that's very different from them.

The entire movie is a very cinematic, action-packed, and whimsical experience. The plot in this movie is exciting and captivating. The Beast needs to learn to love someone and earn her love in return if he wishes to lift the spell upon his castle. So when Belle ends up in the castle, all the servants hope that this can happen before the last petal of the enchantress's rose falls. If this were to happen, the curse would remain on the castle for eternity.

As you probably remember from the original movie, *Beauty and the Beast* is an amazing experience. From the immersive music that makes you feel like you're there in the movie to the strong emotions and magical plot that fit perfectly with the cast, I strongly recommend you see this majestic movie.

Editorials

Paying SeaWorld to Abuse Their Animals by Kanisha Solorio

Orcas, also known as killer whales, have been living in captivity for years, and as cute as they are and as much as we love them, paying customers of sea parks are supporting the companies and amusement parks to mistreat them. Some of these majestic creatures die prematurely in captivity, including 164 orcas at SeaWorld alone.

There have been multiple complaints about signs of abuse towards the orcas. For starters, orcas often get sunburns at SeaWorld because the tanks are too shallow to protect the orcas from the sun. And it's not only physical abuse that these animals endure, it's also mental abuse: Many of the animals at sea parks suffer from persistent fear and distress.

Sea World captures orcas from the wild, and in some cases, they kill the animals when they can't successfully capture them. Orcas have a much shorter life span in captivity than in the wild. In the wild, orcas live an average of about 30-50 years, but males can live up to 80 years and females can live for over 100 years. On the other hand, the average lifespan for an orca in captivity is nine years and that's including both genders!

Working with these animals isn't even safe for the trainers! There have been many instances where orcas have bitten their trainers. Further, there have been over 100 instances where the orcas have been aggressive toward people in general. One person was even killed at Sea World by an orca.

I urge those reading this story to avoid SeaWorld and other sea parks to help stop the mistreatment of orcas and other sea animals. Instead, let's support these amazing animals living full and natural lives in the wild.

(Regrets, Continued from p. 5)

Working too much can strain how you feel about your life and job. For example, there was a TED talk about a woman who loved work so much she felt very happy when she did it. She was a TV broadcaster who also never had time for her children because she always worked. She then stopped hearing the joyful buzz of her work and was in a slump. She decided that she would play with her children every time they asked, and started prioritizing her family over her work life. She started becoming happier and found joy in both her home life and her work life. She learned that there is a balance you need to maintain in order to be happy. We can all benefit from this wisdom in striving to lead a happier life.

Living in the moment is vital to having fun and connecting deeply with your experiences. Spontaneous actions can lead to great experiences. Randomly doing things you enjoy can make you happier, and when you're happier everything around you is better. You start to relax when you live in the moment and all your worries fade into the background. Your family challenges, house bills, next birthday party, Halloween decorations you have to put up, they all just seem easier to manage and less urgent. Steve Jobs would have enjoyed his life much more if he stopped worrying about his job more often, and just spent some time with his family and others important to him.

Living in the moment, spending time with loved ones, and knowing when to take a break can greatly benefit our lives. There is a reason why so many people near the end of their lives say they should have done these things their whole lives: They know their lives would have been fuller and richer if they had lived in this manner. So we should all learn from their wishes and regrets and pursue what makes us happy. We should enjoy life, stop worrying, and realize how lucky we are to even to be alive.

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Farewell Eighth Graders!

Congratulations to our graduating eighth grade class that has added so much positive energy, creativity, humor, passion, intelligence, friendship, perseverance, and kindness to our school community. We appreciate your leadership and your unique personalities. We wish you well as you make this transition from middle school to high school. You are appreciated and you will be missed! Thank you for your many contributions to New Brighton Middle School during your time here! Enjoy your special day and have a wonderful summer. Farewell!

Poetry and Music

The Silenced Wolf by Raven Griffin

At one time, a wolf was born,
But sadly though, his mouth was torn.
And so when he had to breathe,
His nose, he chose to proceed.

But because of his choice, his mouth was sealed shut.
And so he never spoke, not even from his guts.
He couldn't whine, he couldn't howl,
He couldn't gruff and couldn't growl.

And all the others who talked through barks,
Couldn't speak to him, and broke his heart.
They left him alone, without any guidance.
No friends, no family, he only had silence.

His loneliness soon, drove him away
With his fragile emotions faded and gray.
He ran to the curtains that the trees had provided,
And retreated to caves where in the shadows he
would hide.

He dove through the plains and the seas of grass,
And the top of a hill greeted him last.
He sat down at the top with his feet red and tired,
And gazed at the thing that made him inspired.

"The moon, the moon!" his mind cried out,
And he recalled something that he heard and thought
about.

He remembered the wind and how it howled like the
others.

And the river, strong and swift like his mother.

But then he also recalled something she told him,
"Silence can be strong, and not always quiet."
So when you're speechless, and can't say a word,
You may not be speaking, but you can be heard.

And silence can speak louder than a sentence.
Because it's a sign, a message that speaks of your
presence.

It can say exactly how you're feeling,
And even more, do you get what I'm saying?

So once again, with the night almost done,
Silence is still speaking to everyone.
So goodnight and good day, while dawn is here at
last,
Wish that wolf some luck, and feel more than what
you can grasp.

Wings by Maia Huebner

She is told she is flawed
Mistakes layered over her skin.
That she will never be good enough
Missing each shot by miles.
But in her mind, she is a blank canvas,
And each mark is defining her.
That she is flying for miles,
High above them. Away from them.
Because she is beautiful.

She has happiness and sorrow
But she is not like them and she is not normal.
She has her own world, a place she has been kept.
Her own universe of stars.

Her heart. Her home. Her wings.

Where she will fly, she does not know.

Where she will land, will be where she started.

She will be safe there, when she would return.

She would be free, and she'll be where she would be destined.

All because of her heart. Her home. Her Wings.

Ways Music Can Affect Your Mood by Candace Goularte

The power of music can greatly and instantly affect your mood. Different types of music can have a different influence on you, depending on what you listen to. Among many other benefits, some types of music can be extremely soothing and relieve you from stress.

Many people who listen to music improve their mood. Even sad music can increase your happiness and reduce anxiety by helping you fully feel and express your emotions. Music can relieve you from stress by relaxing your body and mind. It can absorb your attention some of the time, and this helps us to explore our emotions. According to Healthline.com, when you get really stressed, music can help to calm you down.

Another way that music can help to improve your mood is by playing an instrument. Even though you may not realize this, playing an instrument encourages coordination and communication while also helping to relieve stress, which helps you mentally and physically. According to Livescience.com, playing music lowers blood pressure, decreases your heart rate, reduces stress, and lessens anxiety and depression.

Overall, music is a huge stress-reliever and mood-booster. Playing an instrument, or just listening to music in general can make you feel better mentally and physically. It can help you to reduce your anxiety and it can even help your health. So during some of your free time this summer, maybe you want to learn how to play an instrument or at least listen to some of your favorite music.