



# The Husky Howler

## #SAVETHEKIDS



Image source: sltrib.com

Collin Kartchner, an advocate for keeping kids away from social media has recently passed away. The night of October 20<sup>th</sup>, 2020 Kartchner died. It was sudden and no one knew why it happened, but he left behind a legacy. His voice was heard by so many people and had a huge impact on them. About three years ago Collin Kartchner started making funny Instagram videos making fun of the internet’s obsession with perfection. But his focus changed when he found out that a girl named Whitney had died due to drug overdose. When Collin heard this he said, “I don’t know what to say, other than this is a much, much, much, much bigger ideal than I ever imagined. We have got to do something about this.” And that is exactly what he did. They put up billboards with happy sayings like, “You are Loved”, “You are beautiful”, and at the bottom in smaller text, “In Memory of Whitney.” The campaign took off within 2 months and Collin turned it into a nationwide movement. Their goal was to help people both young and old to rise above the negative effects of social media and screen addiction, while showing the world how to use it for doing good. Kartchner said, “Social media and smartphones are stealing kids joy and their ability to really feel the connection.” -Taylor Sutterfield

## COVID Cases Rise in UT

Utah in the past months has been getting higher and higher numbers of cases of COVID-19 cases every day, getting to almost 5000 cases someday. Utah’s governor Gary Herbert has been encouraging small gatherings and many schools including our own have been shut down due to the rising cases. We can only hope things can get better and continue to the do the needed procedures to get the cases down and be safe so remember to sanitize and keep wearing your mask. -Sterling Wilson

## Covid-19 Compared to the Spanish Flu

The Spanish flu pandemic occurred from February 1918 - April 1920. It is estimated that it killed over 50 million people. About 1.49 million have died so far due to Covid -19. People In 1918 wanted to try to celebrate the end of WW1, but due to the pandemic it limited their ability to celebrate.

No one quite knows how coronavirus started but cdc.gov says, “We do not know the exact source of the current outbreak of coronavirus disease 2019 (COVID-19), but we know that it originally came from an animal, likely a bat. At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19.” The Spanish flu started in 1918 and



www.livescience.com says, “The outbreak began in 1918, during the final months of World War I, and historians now believe that the conflict may have been partly responsible for spreading the virus. On the Western Front, soldiers living in cramped, dirty and damp conditions became ill.”

During Thanksgiving, Spanish Flu cases were extremely high because they were continuing with their parades and family Thanksgiving dinners as World War One ended just before Thanksgiving. This year we limited our parades and we limited our social gatherings. During the Spanish Flu pandemic, they did not have the proper technology to create a vaccination. That was exactly 99 years ago and today we have better technology and resources.

Speaking about the 1918 pandemic, www.pbs.org says, “The majority of schools were closed for weeks to months on end- New York City, Chicago, and New Haven – kept their schools open.” “Teachers probably sent reading assignments home, but schoolwork was minimal” says the Washington Post. Today, children during this pandemic are



lucky we have technology. We are still able to learn and grow, while in the 1918 pandemic it was hard to learn. Schaefer-Jacobs from the Washington Post said, “States required children to attend school only through eighth grade. Sometimes older kids in country schools stayed longer to help with younger pupils, getting on-the-job training to later become teachers.”

One extremely different thing between COVID-19 and influenza is COVID-19 spreads faster than the flu. The Center for Disease Control says,” COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer.” -Julia Torman

## Cabo San Lucas During Covid



This year my family and I went to Cabo San Lucas for two weeks during Thanksgiving. Mexico is following the same rules that we are following at home. We had to wear a mask in all of the public places, like the airport, restaurants, grocery stores, and shopping centers. This was a little uncomfortable because the weather is very warm and humid. It made breathing with a mask very hard. Sometimes I felt like I was suffocating.

Something different in Mexico that I haven’t seen is Utah were the little black sanitizing mats that they put outside of every business. You have to step on the mat that is filled with sanitizing liquid and then step onto another mat to dry your feet. After that, you have to put your mask on and sanitize your hands before you can enter.

We went on a sailing cruise and saw whales jumping out of the water. It was fun. I really liked this cruise because once we got on the boat and they had taken our temperature, we were able to take off our masks! -Sadie Young

# Feature

## A COVID Christmas



Image source: freepik.com

This year, because of the COVID-19 pandemic, our Christmas is going to be very different. This Christmas may get a little stressful, but the following pointers might help.

Tip #1: Virtually give your grandparents gifts.

Most grandparents are at high risk for the COVID-19 virus and may not want to spread germs. Instead, wrap and sanitize your gift, drop it off at your grandparent's front door and call them with a zoom call to see their reaction. Even though you can't be there to see them and give their gift to them in person, it's still fun to give them gifts and see your family. You could even do this for your friends and neighbors.

Tip #2: Do all of your holiday shopping online.

Instead of having to go through large crowds and wear your mask for hours, you can just do all your shopping on your phone.

Tip #3: Make a group chat for gift ideas

Make a group chat with your family for people to post gift ideas. This way, your family can know what you want and the exact gift you want. If your parents have an Amazon account that you can use, make an Amazon wish list for your parents to look and see what you got as well.

Tip #4: Shop Early

Do all of your shopping ahead of time. You don't want to be buying Christmas gifts on the 24th, especially if you order online. All your stuff will arrive late! Also, if you do some of your holiday shopping on Black Friday, you can get great deals on gifts.

Tip #5: Have a virtual Christmas party

To stay safe and not spread COVID, you can do a virtual Christmas party just use Tip #1 to have a fun party without spreading the virus. You can play games, make gingerbread houses and all the fun holiday traditions virtually together!

Hopefully these tips will help make your Christmas easier and less stressful. Merry Christmas and try to make this Christmas the best it can be! -Molli Bell

## Why is Reading Good for Your Health?

Why might reading be beneficial to your health? Well, reading brings existing neural pathways in your brain to life. When you are reading a book, you must remember a lot, including plot and main characters. While reading regular non-fiction is good, reading complicated poetry is even better for your brain because it helps your brain remain active and elastic. Reading decreases a person's mental decline by 32%! Reading is also beneficial to elderly people in the way that if they read mentally challenging books in addition to playing mentally challenging games, like chess, it can reduce their risk for Alzheimer's by two and half percent! Not only can reading decrease your mental aging, but it can also improve your mental health. A recent study has proven that people with depression that read aloud on the daily have a more positive outlook. If you have depression, it is recommended that you read a self help book, because these are also proven to help your health by telling you nothing but facts and can help you understand things that happen in your daily life. Not only does reading help you in the long run, but it can help in the short run by decreasing your stress up to 68%. If you read a printed book before bed, it can signal to your brain that it is time to go to sleep. If you use a kindle, eBook, or read anything on a screen it can keep you awake and hurt your sleep. Teaching a child to read is not only an important skill that they need in life, but is also going to help them. It is going to help them grasp concepts easier, use better logic, and better judgement. Not only does children reading do just that, but if the child is reading before preschool, they are going to be academically superior later in life. While educational TV shows are great, an educational book is even better because the book exposes them to 50% more words than watching something on a screen. Studies have also proven that when you read about somebody doing something impressive, you are more likely to do that thing than if the idea presented itself to you in any other way. Finally, reading can help expose you to different types of people. For example, if you read about a shy character, then you will know what to do or not to do the next time you meet a shy person. In conclusion, reading is good for your mental health, it helps stop mental aging, helps your development, helps you be more motivated, and helps you in social situations.



-Abby Carter

## The Final Countdown?

Recently, our school closed because we had over 15 Covid cases. Many people already assumed that we were going to get shut-down and it was just a matter of time. Farmington High School has already been shut down twice. It's a situation that that we might have to face as well.

In a poll where students were asked what they think might happen in the future regarding the school, 80% of the students that participated said that they believed that the school is going to go back to the hybrid schedule and 20% said that they think that the school is going to keep shutting down like the high school. "I personally think that we will stay on the hybrid schedule...until a Covid vaccine comes out. But if we get another 15 cases, I think we will shut down for two weeks again unless we keep safe and wearing our masks and everybody tries really hard to stay safe," said 7th grader Alyssa Horkley.

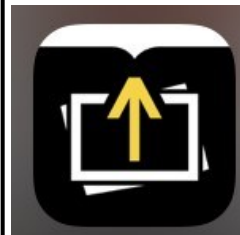
The health department requires us to shut down the school if we get 15 or more Covid-19 cases. In the week of November 23-27, we were very close to our 15 cases. The problem is, if a student tests positive for Corona Virus, that student has to quarantine for two weeks but students are constantly finishing their two week quarantine period, so the number of cases kept dropping and rising again. So, it took longer for the school to shut down than expected.



As a result of the school being shut down, many of us are developing opinions and worries for this year's school year. All we know is, we have to keep pushing and pulling together and we will come out on top. -Megan Barker

## We Need Photos for the Yearbook!

eShare is an app that the yearbook staff is using to gather photos for the yearbook. If you have any pictures from school or remote learning that you would like to submit:



Download HJ eShare in the app store.

Enter the code  
**FJHHuskies**

Follow the steps to submit your photos!

**The Husky Howler** is the monthly newspaper of Farmington Junior High School in Farmington, Utah. The staff is made up of writers from all grade levels. Please email your questions, comments, or editorial replies to the Staff Advisor, Mrs. Kalakis at the following address: [mka-lakis@dscmail.net](mailto:mka-lakis@dscmail.net)

# Clubs & Sports

## Coronavirus Affecting the NFL

The Covid-19 virus has been affecting the whole world, including our entertainment. In the MLB, NBA, and more, they have been able to create a successful bubble. The NFL, however, cannot create a bubble with how many teams there are in the NFL, and how big the teams are. The NFL has 1,696 players rostered, and that is not including the coaching staff, the television crews, the first aid crews, and even more. There are many games being canceled because of this. There have also been complications with losing players because of them needing to quarantine. All three of the Denver Broncos quarterbacks were quarantined due to exposure. They needed to find a new quarterback for the game. Kendall Hinton was a practice squad wide receiver. He played quarterback for Wake Forest and had to step up. He had less than 24 hours to get ready to be the quarterback because of the virus. The virus is affecting the NFL in many ways. We can never know what will happen with the NFL in the future concerning the Corona Virus. -Rex Shumway



## Huskies Give—Spirit Week

December 7-11th was Spirit Week at Farmington Junior. It was held in combination with Sub For Santa. Students participated in holiday hat day, an ugly sweater contest, and other fun events.



Here's how we did:

\$4,282.88 collected during PLT

\$1,657.50 (as of 3:30 on Friday) through online donations

\$1,500 from B\*Attitudes Foundation

\$147.87 from Chuck your Change

**GRAND TOTAL OF \$7,753.25!**

Great job, Huskies!

## Boys Basketball Finals!

The boys' basketball team will play in the 20-21 Finals! The COVID 19 mandate that Governor Gary Herbert issued on November 9th, made it so they couldn't continue some of their practices and some of their games. However, they were still able to win 7 out of 9 of their games! Their last game against Bountiful Junior High helped them reach the top in the semifinals and because Syracuse Junior High had to forfeit, our school gets play in the finals. We will be playing against Kaysville Junior High, on December 16th. Thanks, to all of the coaches who made this happen, we know how hard you worked to get the team ready for the finals.

William Cannon, 7th grade basketball team member, said he feels really good about making the finals! The team is excited to prove that they are champions. Good luck Huskies! -Claire Brown

## Online Learning Tips and Tricks

During this pandemic there have been many ups and downs. Sometimes we must be put in quarantine, sometimes the school is shut down. Here are some tips and tricks to help you feel less stressed and more productive during this.



Image Source: pexels.com

Tip 1: Find a bright, clean, and quiet place for school. When put in quarantine or if the school is put in soft closure, we must do schoolwork from home. Make sure that you are in a bright place so that you can be more productive! Make sure it is clean, so you have less to stress about. Make sure it is quiet and that you are not distracted with other things.

Tip 2: Make sure that you have charged your laptop. Nothing is more annoying than trying to be productive and having your laptop die. Make sure that you have charged it and that it is charged when you are trying to do schoolwork.

Tip 3: Make sure you have all your materials with you. When you are working on your schoolwork you should grab all your materials, so you don't get distracted later looking for them. This is a good way to stay on task!

Tip 4: Be sure to eat. Make sure that you have eaten breakfast every morning so that you are able to function productively. Make sure that you are not getting distracting eating snacks. Make sure that you are eating some fruits and vegetables. Remember to proportion your food so you are not overeating or undereating.

Tip 5: Take breaks. It is not healthy to be staring at a screen for a long time. Take breaks and rest your eyes.

Tip 6: Get enough sleep. Make sure to go to bed at an acceptable time so you can wake up and feel refreshed. You should make sure to not look at your phone right before going to bed.

Tip 7: Ask for help. If you are stuck on an assignment do not be afraid to ask for help. Make sure to look through your teacher's home page. This might help you figure out your assignments!

- Indiana Coyle

## I'm watching you!



Don't forget to return or renew your library books before they are due.

# Editorial

## How to Have a Safe Christmas Holiday

This year's Christmas is going to be one of the most interesting ever. We will have to make absolutely sure that family gatherings stay to a minimum and make sure we can all stay safe and make it through this virus. Here are some ways that we can make this Christmas season special while staying safe and having a good time.

The first tip to keep your Christmas season safe is to prioritize the traditions that are most important to you. Minimize your contact with people but still have your most favorite traditions. The next tip is to trim your tree outside so you can have a family activity while still enjoying the outdoors. Probably one of the most important ways you can stay safe during the holidays is to get your Christmas shopping done early so that you can reduce the amount of people you will come in contact with this month. The last tip is to make this Christmas special by making memories this season. This is going to be a very interesting Christmas and it would be a waste to not make memories of this season.

With these tips, I hope you can make this Christmas something really special and have some joy amid all the unfortunate things that are happening around us.

—Cameron Rudd



Image source: Columbia.edu

## Let it Snow or No?

There has been a debate in Mr. King's 3rd period class about the popular wintertime song, "Let it Snow, Let it Snow, Let it Snow". Is this a Christmas song or not? Mr. King claims it isn't a Christmas song and about 98% of the class claims it is one. Mr. King has evidence that Sammy Chan wrote the song on a very hot day in L.A. and said, 'let it snow.' Although that is true, then how is it that when you search up 'Let it Snow,' there are many links that bring you to websites that claim that "Let it Snow" is one of the most popular Christmas songs? In conclusion, "Let it Snow" is a Christmas song, although it wasn't originally written to be one.

-Taylor Hunter



## How to Make Christmas Better for Others

Christmas is a very joyous and happy time for most people, but there are still many people who do



Image source: goodtherapy.org

not have anything to look forward to for Christmas. If you are a more fortunate person, then you know what it's like to have presents and a nice dinner to look forward to, but why keep it all to yourself when you know there are people out there that don't have all the nice things we do.

Christmas is supposed to be a happy time of the year and service is one of the best ways to make not just other people happy but you too. We have a lot of spare time on our hands this year, can't we just take a moment to do something for someone else? You could bake some cookies for your neighbor or shovel snow off the sidewalk. You could just be a friend to someone who needs it. If you are more ambitious, then you can donate some clothes and blankets to a charity. You could take some food and give it to a food drive. There are still many ways to share light this Christmas season. -Hailey Bradley

## FJH Yearbook Poll

Scan the QR code with your smart phone and share your opinion today!



Poll results will be included in the yearbook!

## Online or In-Person



Everything changed when we went to online school. We are doing Teams meetings on the same bell schedule. There are many opinions whether online or in-person school is better. Here are a few of them:

At school has many advantages, including having better instruction from teachers and getting help easier. Claire Pace, an eighth grader, thinks that at school is better because, "It is better for the

students and teachers, and it is less work for the teachers. It is also easier to get the students involved." Addie Sanders, an eighth grader, has a similar opinion, she says, "When you are at school you learn more and understand more of what is happening. You can't really ask questions on teams. And people are in a better mood when they can see their friends."

While some people think at school is better others disagree. Christopher Barlow, a seventh grader, says, "Teams meetings are nice because they are not as long as usual." "I like Teams meetings because I can sit on my Xbox pretty much the whole time and lay in bed" states Max Hill, a seventh grader. There are many different opinions, but I'd bet they come to an almost equal vote. —Brooklyn Rudd

# Arts & Academics

## Stained Glass is Back!



After not being allowed to do it for the first part of the school year, students celebrate the return of stained glass! Restrictions and mandates by the district limited the ability for students to do stained glass in 3-D art class. It wasn't possible to physically distance everyone with how the workspaces are set up. In pottery, there is a big wheel separating everyone from each other. But in stained glass, the stations are too close together. If distance were maintained while doing stained glass, only one person would be able to work at a time. Completing projects would have taken too long, so stain glass wasn't allowed altogether. However, when second term started some changes could be made.

Having the full class back together in the same room made it so there was no way to social distance in the classroom anyway. So, having students close together to work on stained glass was "literally no different," says Mrs. Wheeler, who teaches the course. Now students can continue working on their stained glass projects. Some of these projects could include anything 2-D or 3-D. If the student has a picture, then it can be recreated into a stained glass masterpiece!

3-D art is a semester class that is offered to 8th and 9th graders. Farmington Junior High is one of the only schools in the district that offers a class for pottery and stained glass, which makes it an even more unique experience. "It is the best class," Mrs. Wheeler says with passion. And if you were to ask students taking the class, they would most likely say the same thing! -Abbey Klein

## The Legend of Santa Claus



Father Christmas, Kris Kringle, Père Noël, Babbo Natale, The Man in Red. You know who I'm talking about. The guy that comes that one night of the year to bring you a gift. Santa Claus is a worldwide legend. But where does this mysterious man come from. The legend of Santa Claus can be dated back 100's of years ago to Saint Nicholas. Near modern turkey, Monk Saint Nick, was a kind man who gave his wealth to help the poor. In legends he's the guardian of children and sailors. On December 6 in western Christian countries, they celebrate his death with The Feast Day of Saint Nicholas. The day is a day of luck.

There are other legends, but not of where St. Nick came from. These legends are what separates the different countries beliefs. In the U.S. we celebrate Santa as a big fat man with a white beard and many little elves. Some places have what they call a Krumpas. Krumpas is a goblin like thing that follows Santa around on Christmas Eve and punishes the naughty children. Other legends even have a figure that comes around and fills your shoes with candy if you leave carrots in them for St. Nicholas' horses. One thing we know for sure though, is that everyone seems to be okay with someone breaking in to their home as long as there are food and gifts left behind to be opened the next day. -Londyn Howard

## What Happened to Our Plays and Musicals?



Image source: Washington Center for the Performing Arts

Have you ever wondered why there aren't any plays or musicals going on at school? Is it because no one is interested in doing something like that? Or is it because no adult wants to direct a show? Is it because of COVID-19? Do we not have the budget for that kind of thing or what? I've wondered the same thing. I know in the past, Farmington Junior High has done plays like Shrek, The Sound of Music, and some others too. But why did it stop?

Principal Hill says, "The last time we had a production here was in the Spring of 2019. The school had two shows that year. Theater has always been run as a club at FJH for as long as I am aware. FJH was using an outside company to manage its shows previously to the last year, and policy changed. The next year it was run by two volunteers, who put on two great shows. A new advisor stepped forward to run productions last year, but then got a new job and was no longer available. We still planned for a Spring show. However, by the time we found a replacement, COVID-19 happened and we had to cancel everything, including our plans for the Spring show. We are waiting until we are out of this pandemic to schedule any new events. It is difficult to have students make all the investments into a production only to have to cancel it due to virus restrictions."

So, it sounds like our musical program hasn't been lost. We've just had some difficulties and obstacles in the way of performing our shows. All we need to do to start up shows again is to get things under control with the pandemic, get some adult volunteers, get some more money, and get some talented kids that have an interest for plays and musicals! -Brookelle Brenchley

## Art in Motion



Dance Company is a great team of girls who compete and perform. The teacher of our FJH Dance Company is Mrs. Mortenson. She has taught these girls so much and they should be grateful for such an amazing person to teach them even more. Our Dance Company is an auditioned dance group for 7th,

8th, and 9th graders. Their auditions are held in the spring of each year. Most of the dancers train outside of school hours anywhere from 6-28 hours a week at local dance studios and they train in multiple genres. In every single performance that the Dance Company holds, the dancers are the choreographers and as Mrs. Mortenson says, "they do an amazing job."

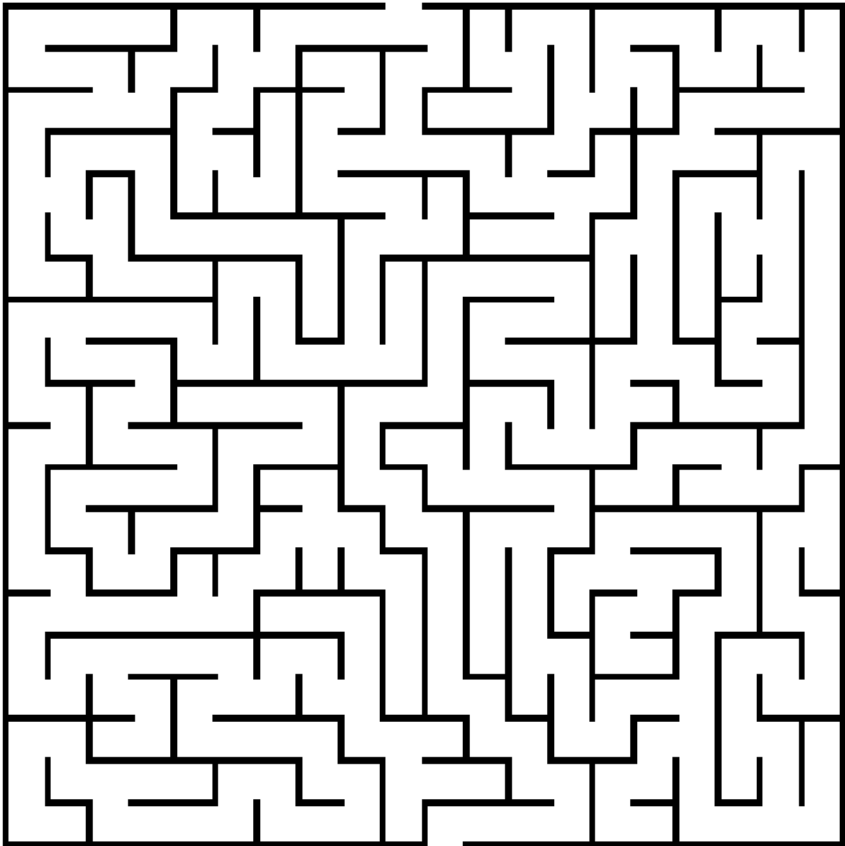
Throughout this coming year, the Dance Company will have a few guest performances at community events but haven't yet received dates for these events. Their next performance is held in the Spring on April 28th. The theme for their dance is called "Art In Motion". The dancers have taken a famous piece of artwork and turned it into movement. "It is really impressive to see the creativity our dancers are capable of," said Mrs. Mortenson. -Samantha Garrick

# Comics and Games



Comics and Games Team: Anna Burke and Rebecca Tew

M A B H F M T E S O Y S I H V  
C I C L I D O M H N A F K X M  
B X S R T U J P H M K L A I U  
V G V T B B X Z T K V H Z A J  
S Z G M L F R S Q E D M Z D G  
N C D X S E I S R A T D D P W  
O O S N J R T E K T J A T W G  
W S Y K H S I O K N O T O R M  
F V T C Y N B G E A G W Y U E  
L Q A F D S T A R S L S W D A  
A K Q E I M H D E A M E L J Y  
K I E M I G M A K C V H H R A  
E R G N I K C O T S P U R Y Y  
O A A H R H Q O X T Y E Q W R  
E N H O T C O C O A M S O K L



CHRISTMAS  
MERRY  
SANTA  
STOCKING

GIFTS  
MISTLETOE  
SNOWFLAKE

HOT-COCOA  
REINDEER  
STAR

## Twas the night before Christmas

Twas the night before Christmas, and all through the \_\_\_\_\_ (noun), not a creature was \_\_\_\_\_ (verb ending in 'ing'), not even a(n) \_\_\_\_\_ (animal). The \_\_\_\_\_ (plural noun) were hung by the \_\_\_\_\_ (noun) with care, in hopes that \_\_\_\_\_ (famous person) soon would be there. The \_\_\_\_\_ (plural noun) were nestled all \_\_\_\_\_ (adjective) in their \_\_\_\_\_ (plural noun), while visions of \_\_\_\_\_ (plural noun) \_\_\_\_\_ (past tense verb) in their \_\_\_\_\_ (part of the body). And Mamma in her \_\_\_\_\_ (item of clothing) and I in my \_\_\_\_\_ (item of clothing) had just \_\_\_\_\_ (past tense verb) our \_\_\_\_\_ (part of the body) for a(n) \_\_\_\_\_ (adjective) winter's \_\_\_\_\_ (noun). When out on the \_\_\_\_\_ (place) there arose such a \_\_\_\_\_ (noun), I \_\_\_\_\_ (past tense verb) from my \_\_\_\_\_ (noun) to see what was the matter. Away to the \_\_\_\_\_ (noun) I \_\_\_\_\_ (past tense verb) like a(n) \_\_\_\_\_ (adjective), Tore open the \_\_\_\_\_ (plural noun) and threw up the \_\_\_\_\_ (noun). I saw a little \_\_\_\_\_ (adjective) driver so \_\_\_\_\_ (adjective) and quick, I knew in a moment he must be \_\_\_\_\_ (same famous person). Down the \_\_\_\_\_ (noun) \_\_\_\_\_ (same famous person) came with a(n) \_\_\_\_\_ (noun). He was dressed all in \_\_\_\_\_ (noun), from his \_\_\_\_\_ (body part) to his (body part), And his clothes were all \_\_\_\_\_ (adjective) with ashes and \_\_\_\_\_ (noun). He \_\_\_\_\_ (past tense verb) not a \_\_\_\_\_ (noun), but went straight to his \_\_\_\_\_ (noun), And \_\_\_\_\_ (past tense verb) all the \_\_\_\_\_ (plural noun); then turned with a \_\_\_\_\_ (noun). And I heard him \_\_\_\_\_ (verb), ere he \_\_\_\_\_ (past tense verb) out of \_\_\_\_\_ (noun)—

“ \_\_\_\_\_ (adjective) \_\_\_\_\_ (holiday) to all, and to all a(n) \_\_\_\_\_ (adjective) \_\_\_\_\_ (noun)! ”