



The Husky Howler

A Change in History



November 3rd was the day the United States of America changed. Donald Trump, a Republican, and Joe Biden, a Democrat, went head to head to see who was going to be the new president of the United States.

There have been four debates for the 2020 election. The first and third 2020 presidential debates were on September 29th and October 22nd at 9 am. The second debate was cancelled due to a Covid-19 spread. But on October 7th, there was also a vice presidential debate. It was held here in Utah. The last presidential debate was on October 15th.

This election was the only one to happen while in a worldwide pandemic. Due to Covid-19, people have said that this is the most stressful election in history! “I would rank 2020 very high in the list of stressful elections, certainly in the top five, if not the top three” said Bruce J. Schulman, a professor of history at Boston University. Of course, elections have always been somewhat stressful. The 1860 election was a catalyst for the Civil War and in 1932 the election took place during the great depression when many people were hungry, or homeless.

Many people are calling therapists, like Steven Stosny. He coined the term “election stress disorder” four years ago. ESD has increased due to the pandemic and election anxiety. “People have shorter fuses” says Stosny. In 2004 election he saw a similar thing happen, only that year wasn’t half as stressful as 2020.

This election is going to go down in the books as one of the most stressful yet memorable elections that many people will remember. -Taylor Sutterfield

FJH Moves to Soft Closure Due to Covid-19 Cases

School was let out five minutes early on Thursday, November 19th. Farmington Junior High has more than 15 confirmed cases of individuals with the COVID-19 virus. The school will be closed for 14 days beginning November 20th and ending December 4th.

Monday, November 23rd will be the first day of remote learning. Students will attend each of their classes via Microsoft Teams. Classes will follow the regular bell schedule. Students will still meet for PLT at the end of the day. Teachers will post the links to their Teams meetings on their home page in Canvas or Summit.

During remote learning, students are expected to participate in class as if they were attending class at school. Students who are currently on quarantine are welcome to join their class during the soft closure.

For those who eat school lunch, there will be grab and go lunches at FJH from 10:15-10:45 a.m. The Monday-Thursday schedule is expected to resume on Monday, December 7th.

-Kalakis

The Second First Day of School

Life has been crazy for everyone the last year. All you hear left and right is that 2020 has been one of the craziest years since the 1900’s. We are slowly getting back to normal, but things are



still hard, and we do not know what to do or who to believe most of the time. Now

that school is somewhat normal again, things are even more crazy. It is hard to keep track of all our work and to make sure to go to the right classes. Social distancing is important and so is wearing masks, and sanitizing. We must make sure that we sanitize every time we come into the classroom, and when we leave the classroom. Teachers are constantly sanitizing the desks and other things that we are touching. Wearing masks is mandatory and when we finally get to take them off, it is a big relief.

One thing we know for certain is that no one ever social distances, we are constantly told that we need to social distance, but everybody is probably thinking the same thing, ‘How is that even possible when everyone is back’. On November 2nd, we finally got to go back to normal at school. We get to see some of our old friends and meet some new ones too. Our classrooms are packed, and it is practically impossible to social distance. But now that we are back to somewhat normal, we get to go to school Monday’s through Thursdays. We still have online learning on Fridays, though. Our lives will get back to normal soon, if we do what is best for our health and everybody else’s. If we all work together, we will be able to get back to normal soon. We are all in this together. -Samantha Garrick

The iPhone 12 is Available Now!

The very first iPhone came out on January 9th, 2007. Now, 13 years later, we have the iPhone 12! This new iPhone has so many futuristic and handy features. It is a step in the right direction for technology.

The iPhone 12 mini holds up to 256 GB. It comes in 5 different, beautiful colors. It is .29 inches in depth, 5.18 inches in height, and 2.53 inches in width. The screen size is 5.4 inches, and it weighs 4.76



ounces, which is about the same weight of a baseball. It still includes apple pay and face recognition just like the iPhone 11. The iPhone mini is priced at \$699.

The iPhone 12 has up to 256 GB just like the mini, it also

comes in the same 5 colors. The size is .29 inches in depth, 5.78 inches in height, and 2.82 inches in width. The screen size is 6.1 inches, and the phone weighs 5.78 ounces. It also has face recognition and Apple Pay. The price is \$799.

The iPhone 12 pro costs \$999, a full 200 dollars more than the iPhone 12. It has a screen size of 6.1 inches, the same size as the iPhone 12. The iPhone 12 pro max has a depth of .29 inches, a height of 6.33 inches, and 3.07 inches in width. It weighs 8.03 ounces which is about as heavy as a hamster. It has a screen size of 6.7 inches. The iPhone 12 pro max costs \$1,099. -Brooklyn Rudd

Feature

The Man with No Limits



Nicholas Vujicic was born in Australia on December 4, 1982 with Tetra-Amelia syndrome. This means he was born without arms or legs. Nicholas is now a motivational speaker and a Christian evangelist. Nick has a family of his own, with a wife and four children, and lives a very happy life. However, it was not always like that.

When Nick was a kid, he and his family struggled with his very rare disorder and they were not sure what had happened. Nick did not like being different and often had trouble with other kids. The bullying made Nick's life even harder and he did not want to have to deal with it anymore, so he attempted suicide at age 10. He tried to drown himself in 6 inches of water but luckily, his attempt didn't work. Nicholas found hope in God and let that guide him instead of living life based on what others said.

Nicholas Vujicic has spoken and written many things about having hope and will continue to inspire many around the world. Nicholas Vujicic is an amazing individual, and he will always be a constant reminder to everyone to never give up and that, even if we have disadvantages, we can live life without any limits.

– Brookelle Brenchley

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: mkalakis@dsdmail.net

Layout and Design Team: Thomas Bradley and Abbey Klein

Turkey Time!

What do you enjoy about your Thanksgiving traditions?

Eating with your family?

Playing or watching sports?

Everybody does something different for Turkey Day, but what do the students and teachers at Farmington Junior High do for Thanksgiving?

8th grader, Skye Siddoway, said that she switches between her Mom's and Dad's family thanksgiving every other year. However, she did mention that her Dad's Thanksgiving is her favorite. At her Dad's family Thanksgiving, they go to a church, everybody brings some food and they play dodgeball, volleyball and elimination. Then, they eat a bunch of pie. Skye likes her Thanksgiving tradition because playing games with her family is fun. Isaac Hogge, a 7th grader, goes to his grandparent's house with his large extended family and they eat together. Isaac Hogge likes his family tradition because he enjoys spending time with his family, being thankful together and of course, he likes the food. It may come as a shock, but teachers like Thanksgiving too. Mrs. Aimee Anderson says that her husband doesn't like Thanksgiving food so they go to Florida to play golf and eat dinner at a restaurant. But this year, they will cook a big German meal and golf if the weather's nice. Mrs. Anderson enjoys Thanksgiving because she loves the days off. "Everybody needs a break at this time of year and it's the perfect break" she said. Mrs. Anderson also likes that Thanksgiving is kind of a 'kickoff' to winter.

All of us do something different for Thanksgiving. Some people travel, some play sports and some just eat. But we all have fun with our families and that is what Thanksgiving is about! -Molli Bell



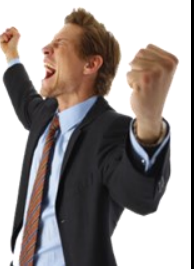
Scaling the Summit

This school year, the 7th graders are using an online program called Summit. The 8th and 9th graders will be joining them next year. Summit is an online learning program funded by the Mark Zuckerberg Foundation. This program makes it so that each student can learn at their own pace. It also allows the teachers to have one on one time with their students and get to know each of them better than they did before Summit.

The online learning program makes it so that if we end up going back to online learning at home in the future, we can easily do the projects that are needed to be done and are learning without complications. - Andrea Bunker

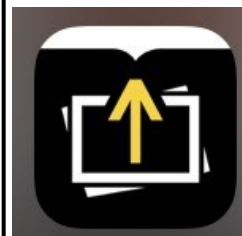
Wonderous Home Tech Tips

Working from home is hard. But did you know that it can get easier? Yahoo News shared some useful ideas. A recent article said, "It's nice to have a swivel chair that swirls so it's easy to get up more frequently to stretch and move around." If something goes wrong with your computer at home, you can't call an IT person because you're at home, so Yahoo Life's parent company created a new service that will help. As stated from Yahoo news, "A new service created by Yahoo Life's parent company, Verizon media provides extended warranty protection for eligible home tech, premium tech support."



A proper chair and help with tech support can help you have an easier time working from home because you will have comfort and you can stay focused on doing your work. And if you ever need tech support, you have someone to help you. -Sadie Young

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!

A New Holiday Movie

A new movie came out on November 13th called Jingle Jangle: a Christmas Journey. It is supposed to be a hit in the theaters this winter. It has many actors and actresses that have won many Grammys and Golden Globe awards because they have so much talent. One of the actors, Forest Whitaker, has starred in at least 92 movies and one of his most popular movies is called Southpaw. Another famous star in this show is Ricky Martin. He is most famous for his singing because he was a pop singer when he was a teenager and he was in a band. After leaving the band, he launched a successful solo career. This movie also stars the wonderful actress Anikia Noni Rose. You may not recognize that name at first, but she is most known for her role as Tiana, the first African American princess, but that is not all she has done. She also plays Angelica Schyler in the hit musical Hamilton. These are just some of the talented stars in this upcoming Christmas movie that is sure to be a hit and possibly become a Christmas Classic.

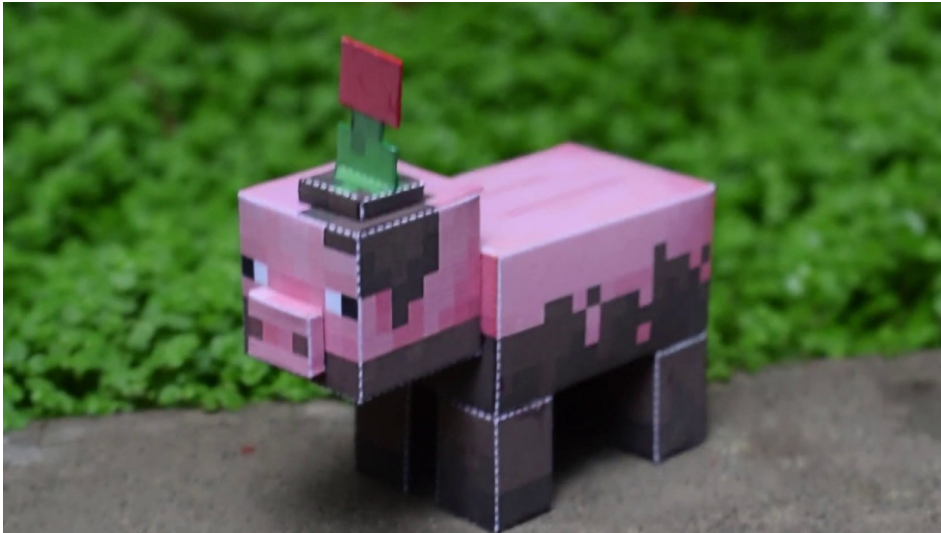
-Taylor Hunter



Clubs & Sports

Join Papercraft Club!

One of the ancient clubs of Farmington Junior High has come back during these dire times. Even with Mr. Bailey gone, even with this pandemic going on, even when we must wear masks all day, we can still have our club. This year Mrs. Kalakis is advising the club and we still have all our materials. The Big 5 will be followed and we will be as safe as possible. In this club, we make models by cutting and gluing together paper. If it sounds intimidating, it's not. You will get the hang of it. And if it is not your thing, at least you tried it. So, what are you waiting for? Come join us for some fun! -Sterling Wilson



People outraged as School sports continue even through COVID-19

Utah has had a drastic increase in new Covid-19 cases since the start of November. Hospitals have been starting to fill up, and solutions are trying to be made. This is also the season for sport playoffs and important games. The decisions made about these important games are making a lot of people mad about how Utah is dealing with this virus.

Instead of canceling these important games that people have been waiting for a long time, the state decided that these play off games needed to happen to spare the feelings of the parents and players and to avoid contention between everyone. Was this a bad decision? Should we be committing to staying safe and keeping social distancing? These are all questions that we need to be asking ourselves as the cases continue to rise. Some people feel strongly that we should be thinking about the safety of the community instead of sporting events.

Many people may argue that these players have spent so much time to get to where they are, and these people are the people that want these games to happen. So far they have done a good job trying to convince the community that these games are import and the safety of the people can pause for just a couple of games. With the right protection and distancing it may be possible for these games to take place. If it is possible, we can have fun sport games and also be safe. Some solutions for this problem are making sure that people are as far away as possible, make sure that the interactions are shorter, and the distance is long. If we can put these precautions in place, we may be able to have an awesome season of sports! -Cameron Rudd



Image Source: footballscoop.com

Editors note: Due to new Covid-19 restrictions from Governor Herbert, all after school sports and clubs will be cancelled until November 23, 2020. Stay safe and stay healthy!

Uptown Dunk!

“He shoots!”

Come support the boys' basketball team! They have games every Tuesday and Thursday. Get tickets in the office. Congrats to the boys who made it. If you did not make it, we hope to see you again next year's try-outs. Their first game was on October 13 against Fairfield, and they won 90-31.



Mr. King said, “The team has such a great group of boys. They are fun to work with and they always give each other 212 degrees effort. We have a good inside game and we have a lot of shooters. It will be a fun season.”

“And he scores!” -Julia Torman

The Dodgers Win the World Series



With two balls and two strikes and the Dodgers coming back from a 1-3 disadvantage up to a 3-3 tie against the Braves in the seventh inning, Cody Bellinger is at bat. He hits the sinker going 94 miles per hour to the stands. He walks for the home run to win the game. The Dodgers are now in the World Series against the Rays! The Rays almost let the Astros come back from a 3-0 lead but they lost in the seventh game 4-2. In the World Series, the Dodgers beat the Rays in five games. It was a weird year and a short season with the virus, but season still ended with Dodgers coming out as champions. -Rex Shumway

Spectacular Clubs



Farmington Junior High has several clubs. One of these is the meme club. After school on Mondays, head down to Mrs. Kalakis' classroom and meet some people ready to make the world funnier with lots of laughs. If you have any good ideas for some funny memes sign up today! Or just walk down after school to her classroom on Mondays.

If memes aren't your thing, you might enjoy the Papercraft club. This club meets in Mrs. Kalakis' classroom on Thursdays from 3-4pm. In this club, they use patterns, either papercraft or cube craft to cut them and put them together to form a character or creature. Mrs. Kalakis advises this club and keeps all the equipment sanitized. All the Covid-19 procedures are followed. You can make any papercraft that you would like in this club (if it is available online). Also, unlike last year, when there was a fee of 10 dollars, this year it is completely free. Come sign up for this club or walk down to Mrs. Kalakis' classroom Thursdays.

To add, if you would like to create a club at this school, all you have to do is go to the office and fill out an application and wait for it to be approved. Just make sure that your club will follow the Covid-19 rules! -Claire Brown

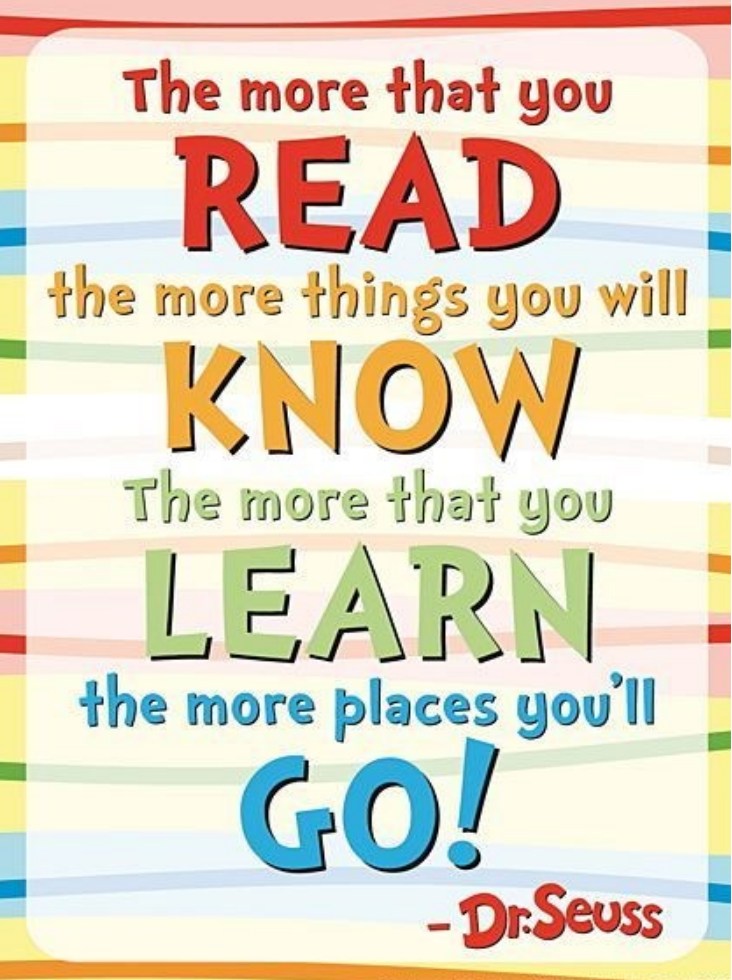
Editorial

Holidays are Lying

Holidays are a joyous time for fun, festivities, and bonding. But really, they aren't. Looking back at history we really get to see the stories behind these "great" holidays. Let's start with Christmas, the holiday that everyone loves. Consumers spent over one trillion on Christmas alone last year. On average, every American spent about \$900! Consumers spent around \$300-\$400



on children alone! According to the website Digg Winter, holidays top the charts of most expensive holidays with the expected average of over \$1,000. Enough of that lets move on to Valentine's Day. Yes, full of love and gifts and a marketing scheme. During the Valentine's season it is estimated that around 20.7 billion are spent. Most of this money is spent on jewelry for loved ones. Easter is similar. There is around 18.4 billion spent. So, what's the problem? Companies are capitalizing on these people and their beliefs. They have been making something small into something big to make money. Overall, the average spent by each person throughout different holidays is between \$700-\$900. There is also the problem of unemployment. Technically speaking, if all of this was spent of American made products it would create 4.6 million jobs. Unfortunately, that isn't happening. Holidays are made to take your money and have been disfigured into a money sucking ruse. - Indiana Coyle



Thanksgiving Blackout

Thanksgiving is one of the most underrated holidays in America. With close to no songs and getting over shadowed by Christmas decorations, it is common to pass by this holiday with no real thought. One major problem we need to talk about is Black Friday. Black Friday, the Friday after Thanksgiving, has more than once been pushed over to Thanksgiving. What's the problem with that? Thanksgiving is one of the best holidays ever! You can eat as much food as you want without anyone judging you. You also get pie! Everybody loves pie! Also, what other holiday is centered around food? None! If you think that Black Friday should be on Thanksgiving, then you must eat dirt for Thanksgiving. Thanksgiving is about bringing people together, which is what we need right now.



-Londyn Howard

HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS
5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE!

SOURCES: <http://happierhuman.com/research-review-the-value-of-positive-psychology-for-health-psychology-progress-and-pitfalls-in-examining-the-relation-of-positive-phenomena-to-health/> | <http://time.com/5026174/health-benefits-of-gratitude/> | <http://abcnews.go.com/Lifestyle/thanksgiving-tradition-gratitude-good-health-research/story?id=51113064>

TOPLINEMD
HEALTH ALLIANCE

Slam Poetry

A group of students in PLT are calling themselves the "Poem group". This group is having fun reciting different types of poems. The artists will come up with poems and then start snapping like in a fancy poetry slam. Here are some of the poems that these poets have come up with:

It is cold, this sandwich is old, I think I see mold.
(Snap, snap, snap)

-Wyatt Bingham~9th grade

Loop De loop, I like soup.....Nothing else rhymes with soup.
(Snap, snap, snap)

-Hayden Collins~9th grade

Roses are red, Violets are blue; Mr. Skywalker there are too many of them. What are we going to do? (Snap, snap, snap)

-Hyrum Bosen~9th grade

If eggs come from chicken, then milk is eggs from a cow. (Snap, snap, snap)

-Connor Brown~9th grade

The snow is coming. The leaves have fell, lets drink some hot chocolate and sing jingle bells. (Snap, snap, snap)

-Thomas Bradley~9th grade

Corona is real. Use that hand sanitizer, wear your mask unless eating a meal. You'll be much wiser.

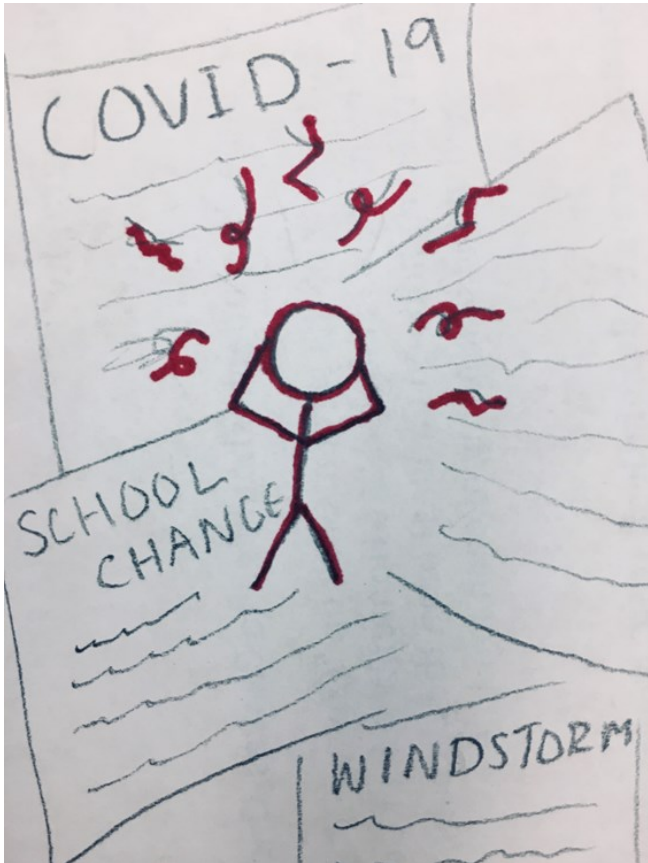
-Wyatt Bingham~9th Grade

Even with extracurricular activities canceled until further notice, the Poets from PLT are trying their best to be creative in a hard time. -Thomas Bradley

P O
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R Y

Arts & Academics

UNDER PRESSURE?



Just like a balloon filled up with air ready to pop, many students are facing additional stress from the uncertainty of this year. So, what do we do? Just in the last 9 months students have been faced with earthquakes, school closures, hurricane windstorms, and of course COVID-19. According to the National Institute for Mental Health It said “Stress [can be] brought about by a sudden negative change, such as losing a job, divorce, or illness.” And because many of us have been thrown around by new schedules, uncertain futures and the pandemic, we have all experienced varying levels of stress. The NIMH also said, “Stress

can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.” It is important to make sure that we manage the stress so that we are not overwhelmed by it.

One way to manage stress is to take some time to relax. And no, this does not mean to spend three hours “relaxing” by playing Minecraft. This means taking maybe a half hour break to grab a snack, go on a bike ride or walk or spend some time doing something that helps calm you down. “Just 30 minutes per day of walking can help boost your mood and improve your health.” Says the National Institute for Mental health.

Another way to help reduce stress is by talking to other people. Even just saying “I am feeling overwhelmed, could you just listen for a moment?” And most friends and trusted adults would love to help you feel better. The awesome counselors at the school are also great resources that would love to help you find solutions or just lend a listening ear. And some people benefit from writing in a personal journal to put their thoughts and feelings on paper.

Because change seems to be the only constant, and many of us are overwhelmed, trying these tips will make a big difference. They can help you more fully enjoy and maybe embrace the things that are different and help prevent the stress that comes with it. –Rebecca Tew

How to Stay on Top of Your School Work

We all know that staying on top of everything that our teachers give us is hard. There is always that one person that gets all of their schoolwork in on time and gets a perfect grade but, how do they do it?

One of the best ways to stay on top of all your assignments is to use a planner. Making a section in a notebook for each of your classes and writing down your homework for each class in each section is almost a guarantee to staying on top of things. Every time you do an assignment, cross off the assignment you did and start working on your other homework. This makes it so you know exactly what you need to do, and what you have done already.



Another way to stay on top of things is taking breaks. You don’t want breaks that are too long, but if you go without breaks, you are no longer doing your best because your brain has gotten fried. Also, if you work on your easy homework that will take only about 10 minutes or less first, and then start doing your bigger projects and assignments, you will feel more accomplished while doing the bigger assignments and once you’re done with your big projects, you’re done with your homework.

One last way to stay on top of your homework is having a designated spot where you do all your homework. You should pick a place that doesn’t have many distractions and it should be quiet so you can focus. And with that, good luck to all the students of Farmington Junior High and have a great year. -Megan Barker

Will the Show Go On?



Covid-19 affects a lot of things, from school to sports games to grocery shopping. One thing it seems Covid would love is Musical Theater. Around 50 people, all in one spot, less than six feet apart, without masks. So, how will this art form continue to thrive during the pandemic? Or is it all cancelled? Well, no! But it is continuing in an interesting way.

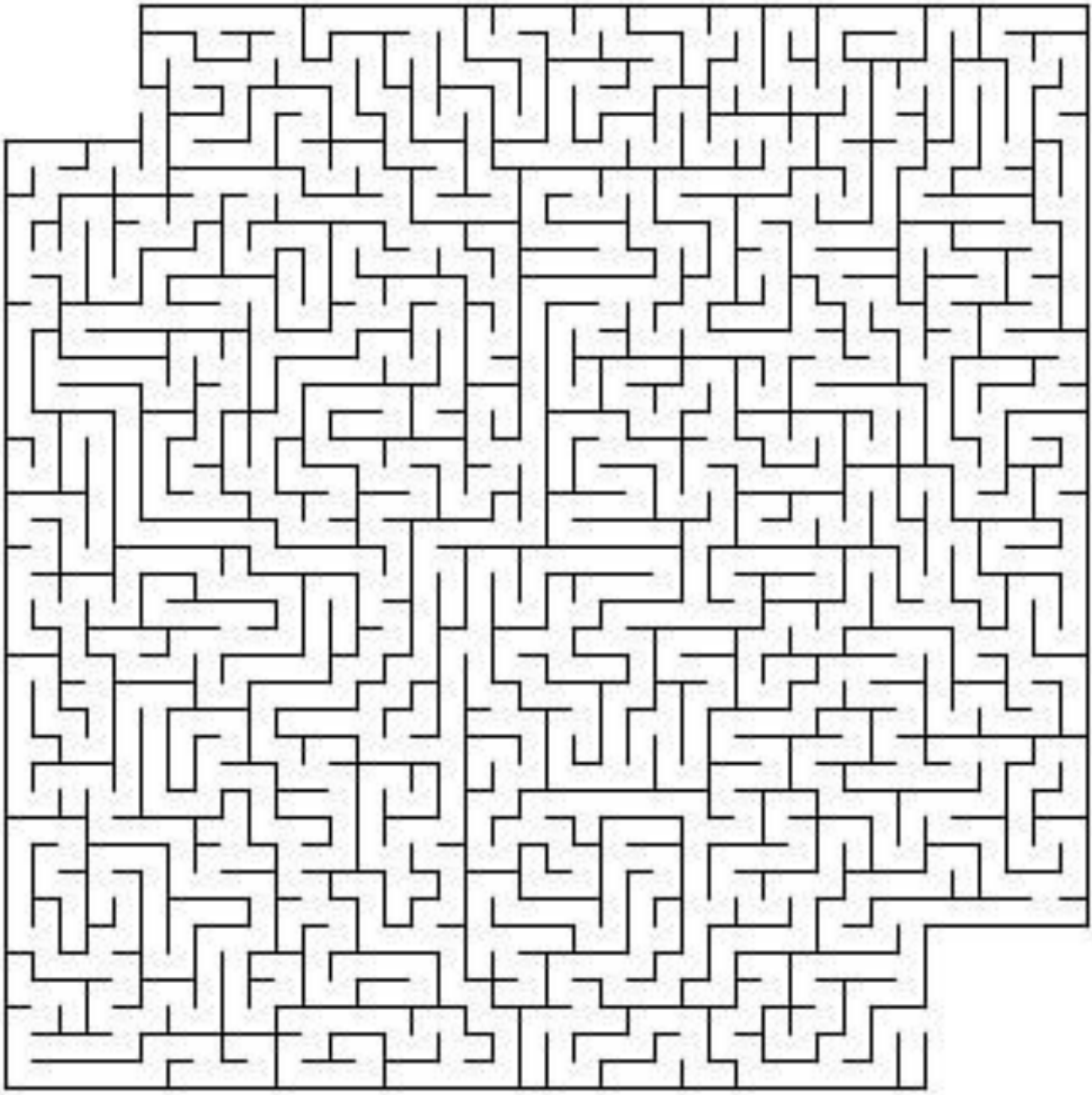
First, let’s address the masks. They cover your mouth and muffle the talking and singing. This is why theater companies do have them during rehearsal, but not the actual show. While that may seem bad, the actors are social distancing, and staying in one spot on the stage the whole time. With everybody on the stage at all times, the actors will need to stay in character for the entire time of the play.

Covid-19 has also affected the rehearsal schedule. Large groups cannot gather for too long, so plays have a much shorter time frame to get everything done. With that, the lead actors might not have all their lines memorized. To avoid this, some directors are allowing the actors to have their scripts on stage.

But it is not just the actors. The playhouse is handling things differently as well. The directors have cut some of the play for time. There is not an intermission, making sure audience members do not get near each other. They also are not selling concessions, or snacks, either. And the playbills are not going to be actual physical copies, because they will be online.

Covid-19 may seem to be a huge thing that will cancel everything, but the show can still go on! -Anna Burke

Comics and Games



Y R V J X L Z T G E N S K S Z Z C A H E
N J U K Z O R T I R T T A E I P H R M I
S T G G Z G C P Z U E M D M T N C U O P
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APPLEPIE
AUTUMM
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CHOCOLATEPIE
CORNUCOPIA
EAT
GREENBEANS
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MAYFLOWER
PILGRIMS
PUMPKIN
PUMPKINPIE
ROLLS
STUFFING
TURKEY

