

P.E. and arts no longer mandatory?

HOLLISTER HOGLE



For the 2018-19 School Year, the Utah School Board changed the regiment to physical education, health and art classes. They are now letting students and parents choose if they want to take art, health, and PE. They are doing this so that kids have a choice on what they activities they do at school. According to the Utah School Board, “Physical education, health, the arts, and college and career readiness courses will no longer be core requirements in Utah middle schools under a policy change adopted by a divided Utah State Board of Education.”

I think this is bad decision because these requirements have been around for a long time. Why are they making these changes because the current requirements have shown to work over the years. By requiring students to take art or PE they might find something they love or are great at. If students don’t have to take these classes they might never know. It is likely that students might become more unhealthy without PE as well. KSL Television did a story of a student who did not want to be in PE but because it was required she found out that she loved volleyball and was very good at it, and she lost weight and is in much better shape physically now.

I feel students should have to take ART, not because they will become an artist but you will learn to be more creative and learn new ways to see the world that will help you enjoy life more and be better in other classes. Art is fun! I asked our art teacher Mr Shaffer his opinion about the new policy. He doesn’t think it’s a smart decision that they are doing. He feels that this is about funding saving money. He feels that they probably don’t hate art or pe. It might be because they want to spend more on computer literacy or other programs. Mr Shaffer feels that his step in the wrong direction he thinks art is more than drawing, painting and sculpting he think most of his students aren’t gonna be artist. The reason why he still teaches it is to help kid be more creative and really the real the creative is going to make you more valuable than modern day computer. “So by illuminating art and creative less valuable your gonna have so problems. The other thing that am proud of that nebo school district hasn’t enforced it they still ask student to take art and pe and I think that’s really a great stand that the district has taken that the district can make their own opinion.”

I asked Mr. Moldenhour what he thought of the decision the Utah School Board took. He thinks that it is a really bad time to stop requiring students to take PE

because childhood obesity is at the highest level ever. It has also been proven that exercise keeps students more alert in class and their brain functioning at higher levels. With all the unhealthy eating habits and poor food choices student make with processed foods, PE is needed more now than ever. His is made even worse by the fact that students don’t have to take health and foods classes.

I asked my dad what he thought about the changes. He was very disappointed in the Utah School Boards decision. He says “I hope that Nebo District will continue to count the health, arts, and PE classes as requirements.” He told me he feels that it is likely due to funding as Utah is one of the very worst states in the country for spending on students. My dad hopes that most parents understand the value of these classes and will make their children take the classes anyways.

In conclusion, we as student should continue to take art, health and PE classes. We should demand that the Utah State School Board change this bad decision. I could not make it through a whole day without a break that I feel PE is.

Student Council and Hope Squad

HALLE LYMAN

Have you heard of student council or hope squad? Well if you have you will probably already know about this stuff. But if not hope you like and learn something about student council and hope squad. Student council and hope squad are very different in ways but also very similar too. One thing that is different about both of them is student council you have to try out and get voted for and have to do an interview and turn in the essay. And on hope squad you don’t tryout, in 7th grade you get a paper and write down two kids (boy and a girl) who are nice and kind to everyone.

Some similarities of both them is their main goal. They both want to make Salem Junior High a better, more exciting school.

That’s the ultimate goal that both student council and hope squad want with the school. Hope squad is more if you need something or are having bad or suicidal thoughts and want to talk to a kid your age about your feeling hope suad is there for you. They will help you out if you have questions or concerns.

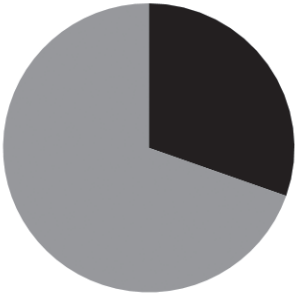
Student council is more for everyone as a whole and is kind of the planners they do assemblies, hang up all the posters, and do the school dances. You should definitely come to the dances and be a part of the school activities because you will have a better experience at Salem Junior High School. But they are here for the students as well. We all just want to make Salem Junior High a better place.

Everyone here at middle school needs to be a good example and just be kind and nice to everyone you don’t have to be friends but you do need to be nice.

Here’s a chart that shows how many members there are on hope squad and student council. There’s almost double the hope squad members then student council members.

Student Council: 16

Hope Squad: 32



All About The Freshman Cheer Team

QUINCEY RIPPLE

The freshman cheer team has 12 girls on it! Kayla Jensen, Ashlyn Pulley, Ally smith, Madi Johnson, Searra Johnson, Lauryn Mills, Addie Dyches, Mackley DeGraffenried, Kaiti Baker, Jayden Pierce, and me Quincey Ripple. We cheer at all of the football games and at home games & do half times! We practice about twice a week where we work on stunting, cheers, tumbling, and our dances. Our coaches are Maddie Mueter and Debbi Lyman.

We have four captains, Kayla Jensen, Ashlyn Pulley, Addie Dyches, and Lauryn Mills. Their jobs are to call cheers and remind us when it’s our turn to bring treats. They lead stretches too. Practices are really fun, and we always work really hard. In the summer we would sometimes have practice at

7am. When we had morning practices, we would run. In the afternoon we didn’t though.

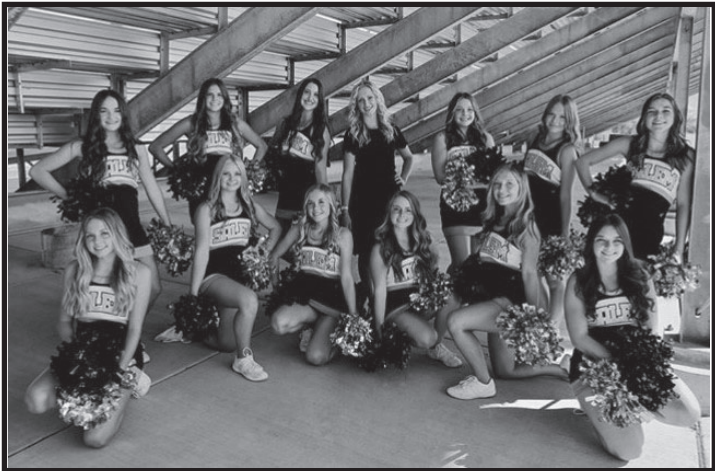
Trying out was really scary. The first day we learned a dance and a cheer. The second day we perfected all of it, and tried out. Three girls went in at a time and did their jumps, kicks, the dance, and did some cheers. They then posted who made it on the city website! It was a really stressful time and I was scared I wasn’t going to make it, but I did!

Our stunt groups have two bases, a backspot, and a flyer! Mackley, Addi, and I are flyers. The bases for mackley are Kayla and Gracie while the back spot is Kaiti. Addi’s bases are Jayden and Madi while the back spot is Ally. My bases are Searra and Lauryn while

my back spot is Ashlyn! We usually do stunts in half times routines and at quarters and at time outs.

My favorite part in cheer is tumbling and stunting! It’s really fun to tumble in half times and on the track. I love cheer so much! We also had cheer pics taken by Suzie Higgison. She did really well. We wore our hair down and our uniforms! We even did some action shots.

Overall, cheer is really fun. We all work really hard and get along well. Most of us, if not all will be trying out for the high school team at the end of this year. I’m very nervous. I think Freshman cheer has prepared all of us well though. So we’re ready! I can’t wait. That’s all about the freshman team! I hope you enjoyed it.



Teacher Spotlights

MADELINE FIEITA

This year at Salem Junior High we have lots of new teachers! We thought that a good way to introduce them to you would be to interview them and ask them questions. We spotlighted 3 teachers, Miss Schone, Mrs. Palestino, & Mr. Schmitt.



Mrs. Palestino teaches 7th grade english and 8th grade advisory. She likes her job because it’s fun. The thing she likes best about Salem Junior High is the people because they are supportive. It is her first year teaching. She also went to BYU Provo. The thing she likes best about her job is getting to know people & her students. Her favorite outside of school activity is to knit and crochet. Her favorite book is To Kill A Mockingbird, and her favorite movie is Emperor’s New Groove.



Mr. Schmitt teaches 8th grade science and has a 7th grade advisory. He loves what he does. He likes Salem because “it is a special place and the teachers are supportive.” It is his first year teaching. He went to college at BYU Provo. Mr. Schmitt says, “I love helping students and seeing the little light in their eyes go off when they understand something.” When he’s not teaching he loves to hike and take walks outside. His favorite book is the fourth Harry Potter and his favorite movie is The Princess Bride.



Ms. Schone is a history teacher, she teaches eighth and ninth grade. She likes that Salem Jr. is modern and has a new environment. This is Miss Shone’s first year teaching. She went to college at BYU Provo. The thing she likes best about teaching is the students. She likes listening to KPop in her free time. Her favorite book is the sixth Harry Potter and her favorite movie is Pride & Prejudice.

What’s your personality?

JONATHON FERNELIUS & CHARLES LAMBERT

Have you ever wondered what personality type you have? Well we have taken a 16 personality test that uses MBTI or the Myers–Briggs Type Indicator and learned more about ourselves! (If you would like to take the test for yourself, go to 16personalities.com, it also has a ton of information on each personality, that is where we got most the information on this.) Here are the 16 Myers-Briggs personality types. Keep in mind that this may not be completely accurate, this is just a general idea. If you think you are not what the computer screen says, that could very well be true. (You and those around you shape your personality based on what happens in your life, it can still change)

“When I took the personality test I was watching a livestream. I took it because the Youtuber that I was watching said I

should take it. When I finished I put the words Introverted, Intuition, Feeling, and Judging into the live chat and asked them what my personality was, they answered, ‘oh wow, you’re an INFJ! That is a rare one, especially in males.’ I was genuinely surprised.

-Charles P. Lambert

“Charles had me do the test, it has 100 questions. At first that seemed like a lot, but it really goes by quickly. Afterwards I got ENTJ (The Commander), some of the things about the personality type I thought were wrong about me, but generally I felt like this quiz was smarter than Akinator. One of the things I disagree with was that most my friends are also Analysts, as were none of my friends who have done this test have gotten an Analyst personality. I definitely agree that I am impatient though.”

-Jonathon A. Fernelius

Maker spaces: Libraries are for more than just books

ISAAC WEBSTER



You may have noticed a change in the library 8th and 9th graders. 7th Graders don’t know a bit different but the library layout has changed. There is a new addition that wasn’t there before. It is the chess set, the keva blocks, and the new lego and checkers set in the front of the library. The 28th of September I intervened Mrs. Tomadakis on the subject. She is one of the two librarians here at Salem Jr. High. The lego table is new and was installed over the summer. The same applies to the checkers except it was not installed. The chess set and the keva blocks were just put over there

alongside them. In case you were wondering about where the money for the new stuff it came from the library’s budget. The reason for their location is simple. They were all put over there so studying and playing could be Separated

She also told me that they way it is is not the way it will remain. She is planning to get more stuff for the library and change the setup until she thinks it is the best. She plans to move until it satisfies her purpose. The purpose is for the chess, checkers, keva, and lego is straightforward. It is so everyone can have a good time in the library and every one has a place to go to at lunch.

Know-It-All and Know-It-NOT

HELLO SPARTANS!

Get ready for MISS KNOW-IT-ALL and MISS KNOW-IT-NOT’s expert advice!! If you’ve got a problem, we’ve got a solution! And now for some questions with awesome advice!

How Can I manage time to do homework? From, Clocksworth.

Make sure to always wait until the last minute and don’t turn it in on time. There’s no reason you should be burdened with that much homework in the first place. And if all else fails, don’t even do it at all. Who cares about grades, right? -MISS KNOW-IT-NOT

Well Clocksworth, I can tell you that I’ve struggled with that myself, but then I realized the most simple solution. All you need is a planner. As soon as the teacher assigns it to you, write it down. Then after school, you can look at it and get it done so you won’t forget. I promise that you’ll get it done faster and have time for the things you love. Best of luck, MISS KNOW-IT-ALL

How can I maintain a positive relationship with my teachers? -Miss Proton

Always talk to your friends during tests and never raise your hand! Teachers LOVE that! Always be a smart alic! And correct

the teacher in a really snotty way when they’re wrong (or even when they aren’t wrong)! They will love you! -MISS KNOW-IT-NOT

Dear Miss Proton, Never do anything Miss Know-It-NOT said! All you have to do is pay attention! Listen to what they say, and ask questions. Be the best you can be, and they won’t have any choice but to like you. Get all your work done on time, and study. Hope all goes well, -MISS KNOW-IT-ALL

All the food in the vending machines is crappy! -Snack Man

You should totally just run around the lunchroom, stealing food from people’s plates. Then you won’t have to waste money on the vending machine, and you won’t have to worry about its crappy food! Granted the fact that most of what you stole was vegetables, you will be healthy, with a bad tasting snack! Yay you!! -MISS KNOW-IT-NOT

Don’t listen to her! She has horrible advice! Anyway, I’ve got to be honest on this one, it’s one of the more easy questions I’ve had to answer. Everything in the vending machines costs \$1. So, just go to stokes before school in the morning and get as much junk as you can for a dollar! They sell king size candy bars for around \$0.80. Good luck and

may your taste-buds be pleased! -MISS KNOW-IT-ALL

People always go so slow in the halls! -The Flash

You should totally push them to the side. They have no right to be breathing the same air as you, and to make matters worse, they are going the pace of a dying turtle.This is your domain, they have no right to be walking in these halls. And don’t worry, you’ll only be suspended for a little while, no biggie, yeah?-MISS KNOW-IT-NOT

Yes Biggie! Don’t listen to the psycho who wrote above me!! She has no clue what she’s talking about!! Listen, The Flash, all you gotta do is ask them to speed up, or walk around them when you get the chance. Easy as pie! Good luck, -MISS KNOW-IT-ALL

We hope all you guys will make the BEST decision possible! Please contact us If you have any questions or concerns. We will be setting a box up in the main office where you can write us letters and tell us what you need advice on! Or if you are too LAZY to do that, you can email your problems to sajhs-news@gmail.com Best of luck, MISS KNOW-IT-ALL, and MISS KNOW-IT-NOT

Analysts Architect - INTJ Logician - INTP Commander - ENTJ Debater - ENTP	Diplomats Advocate - INFJ Mediator - INFP Protagonist - ENFJ Campaigner - ENFP	Sentinals Logistician - ISTJ Defender - ISFJ Executive - ESTJ Consul - ESFJ	Explorers Virtuoso - ISTP Adventurer - ISFP Entrepreneur - ESTP Entertainer - ESFP
First Letter I - Introverted E - Extroverted	Second Letter S - Sensing N - Intuition	Third Letter T - Thinking F - Feeling	Fourth Letter J - Judging P - Perceiving
Definitions			
In·tro·vert a shy, reticent person. Sens·ing perceive by a sense or senses. Think·ing the process of using one’s mind to consider or reason about something. Judg·ing form an opinion or conclusion about.		Ex·tro·vert an outgoing, overtly expressive person. In·tu·i·tion the ability to understand something immediately, without the need for conscious reasoning. Feel·ing showing emotion or sensitivity. Per·ceiv·ing become aware or conscious of (something); come to realize or understand.	

Dress code needs to be more closely monitored

ASHLEY NELSON

The dress code isn’t strict enough. We always seem to have people walking around with short shorts and jeans that are more holes than they are jeans. The reason that a dress code was put in place was to create a more serious school atmosphere. Dress codes are also important because it helps students focus more on their education and less on what they are wearing. They also help reduce peer pressure and social media problems. Not to mention the fact that it reduces the amount of behaviors stemmed by what

you’re wearing. The dress code also gives the students a sense of choice. There is another side to all of this. Students may feel like what they wear expresses who they are and that a dress code creates a wall to them doing so. They feel like the dress code is not important. A solution to this can be that the school monitors the students in how closely they follow the dress code. They should have the student who does not follow the dress code call home and have their parents bring something different for them to wear.

Don’t Ask For Gum

SAGE PARRISH

Ok so imagine this, you have two pieces of gum left, and you pull your pack out and eat a piece, but then, someone asks for your one and only piece left. Immediately you freeze, because you do not want to give some random person your last piece of chewable delicious minty gum. Any reasonable person wouldn’t want to give it to them because it’s their LAST piece, I know I wouldn’t, but any reasonable person would also feel bad. So who are you, going around and asking for gum and making people feel like they can’t say no? Just go to the store and buy your own gum. What’s a dollar and twenty one cents? It’s not that bad. Better safe than sorry because people these days are gooing to start saying no. And just a tip, keep one empty pack in your backpack and when someone asks for gum pull out the empty pack and say “sorry last piece”.

Do you bring gum to school?

- No
- Yes
- Sometimes



Do you give people your gum?

- No
- Yes
- Sometimes



What’s your favorite flavor of gum?

- Mint
- Bubblegum
- Watermelon
- Other



How many pieces do you eat in a day?

- 0-2
- 3-5
- 6-8
- 9+



Getting an early start on Christmas

ASHLI JENKINS

Christmas is the holiday that everyone is excited for all year. As soon as Christmas is over kids and adults are already saying, “I can’t wait for next year.” The radio is already putting out Christmas songs. For example the most popular christmas songs are “Feliz Navidad”, “A holly Jolly Christmas”, and “All I Want For Christmas is you.” Christmas is the number one holiday of the year. It’s the one that children look forward to the most. Christmas is all about spending time with your family, loved ones, and especially enjoying your favorite foods. Most of us love eating sugar cookies, cinnamon rolls, ham, hot cocoa, and caramel apples. Overall Christmas is the most celebrated, most looked forward to holiday throughout the year. I personally love Christmas

and not just for the presents but for the happiness Christmas brings. Christmas has already started showing up all over the stores. I can’t wait to go and get Christmas decorations and can’t wait for the foods it brings. The smells Christmas has with it are just amazing like ginger, pine cone, and cinnamon. In the stores they already have have warm Christmas clothes and at Costco they are already fully ready for it. My thoughts are that I love it. It makes me feel so happy and that means Snow, yay! Some people may think snow is too cold, I think that it is beautiful. Just think about how every snowflake is different. That’s so cool. With the snow anything is possible including, making snowmen, making snow angles, having snowball fights, and the best part is sledding. Sleds are

already in the stores. You can get those at Walmart. My most favorite part about Christmas is the Hot Chocolate! Everyone loves chocolate. Christmas is amazing and I love seeing it in the store already! When you ask people what their favorite holiday is, they will most likely say, “Christmas”. Some people will say otherwise and it might be because how cold it is outside. Maybe it’s because people are throwing snowballs at them. Which that can be mean if you don’t want them to, but some might also say that they don’t like it because of how long all the Christmas lights and other decorations are out. Maybe we can help change those people’s mind and get them to like Christmas. Everyone should love Christmas

Fashion trends this year at Salem Jr High

QUINCEY RIPPLE

This year at salem jr high has a lot of different trends. Starting at the top, chokers have been really in style, all different colors. Mostly black though. Next is denim jackets. They have holes in them, or just regular. Another favorite is skinny jeans and slip on shoes like vans. There’s also been a lot of adidas shoes and just regular clothes with the adidas logo on them. I’ve also noticed really big dark eyebrows. Last year in the spring every-

one wore salt water sandals and Alex & Ani bracelets. People buy their clothes from Forever 21, American Eagle, Called to Surf, and a lot of other places! Everyone has looked really cute this year! So good job Salem!



The Nintendo Switch

HAYDEN GOSNEY

The Nintendo Switch is a great item to get. Like any other, the Switch is a gaming console that allows you to play games on it. But unlike the others, the Switch has some amazing features.

The Switch allows you to play games directly on it, but there is something else to the Switch that makes it so popular. You can disconnect the sides of the switch to play 2 player, or connect it to an xbox like controller.

On the back of the Switch there is a stand to let you set it up straight so you can play with the controller or with a friend. The sides can also be used for punching games, it senses your movement and and you can fight other people, like the nun-chucks on the Wii.

Even with all these amazing features, there’s more! You can also connect the Switch to the TV use the control on the big screen! Allowing you to play all your favorite games on a bigger screen.

Some of the most highly rated games are on the switch, The Legends of Zelda: Breath of the Wild, is one of the most highly rated, and, best game I’ve ever played. The game is both story and freestyle, if you get bored of the story, you can go around a level up your character, or go and find out surprising secrets. So, what are you waiting for? Go!



Auditions for Cinderella are November 28 and 29. Your packets must be turned in to Ashworth or Guthrie by November 27.

Get your packet and sign up for an audition before the clock strikes midnight on your chance to be a part of this great story.

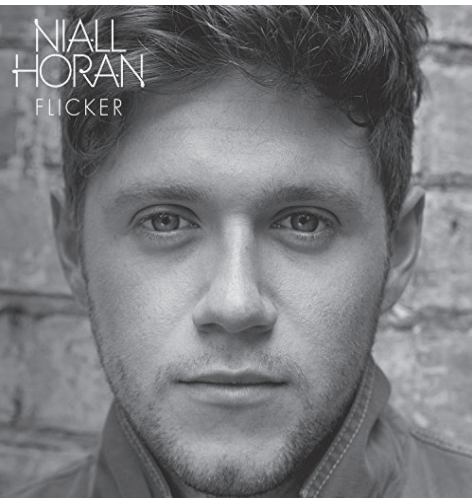
Must-listen music

EVERETT LINN

Hello and welcome to the new music review column for the Salem Jr. High School newspaper! In this column, I will be talking about new music that is or has come out recently and upcoming music. And keep in mind these are just my personal opinion.



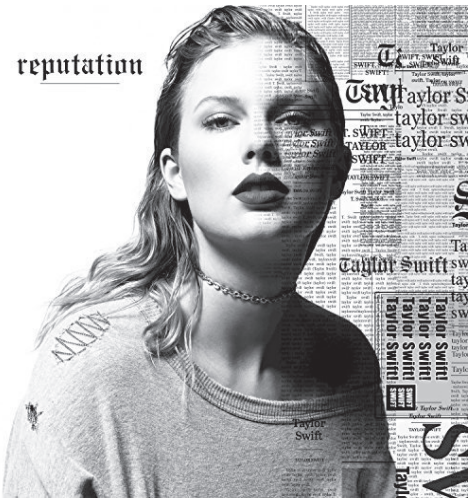
To start off, Sam Smith, a British, Grammy award-winning singer-song-writer, has come out with a new single called TOO GOOD AT GOODBYES. “Too Good At Goodbyes” is a very well made pop ballad with a sad feel to it. It is not explicit so anybody can listen to this song.



Niall Horan, a former member of One Direction, is releasing his debut album on October 20th of 2017. The album, titled “Flicker”, features his 3 hit singles, “This Town”, “Slow Hands”, and “Too Much To Ask”, along with 10 other unreleased songs. This album sounds pretty good so far and I’m really looking forward to it.



Galantis, a Swedish EDM duo, re-leased their sophomore album titled THE AVIARY, which features 12 songs, including their hit single called “No Money.” This is a VERY well made album with a variety of different song styles. The only explicit song in this album is “Girls on Boys”, a collab with ROZES. My personal favorite song off of this album is “True Feeling.” I highly recommend you listen to this album.



And last but not least, Taylor Swift, which everybody should know, is releasing her 5TH ALBUM on November 10th of 2017. This album is titled “Reputation.” She has released two singles for it so far, one being “Look What You Made Me Do” and the other being “...Ready For It?.” Personally, I’m not the biggest fan of Taylor Swift, but this album could be an exception.

So that’s it for this month’s Music Review! I will be publishing it every month in the Salem Jr. High School newspaper. So be sure to tune in every month for more new and upcoming music reviews! Until next time, see ya!

Captain Cope

WESLEY COPE

