

Bulldog Bark



Fall Activities!



FALL RECIPES!



Fall Hacks!



Fall DIY's

Fall Edition!



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How to Relieve Stress

Want to Relieve Stress?
Here's How!

Step 1

Figure out your stress. Do you feel stressed because of home-work or tests? Are you feeling stressed at home? These are the things you need to ask yourself. Where is it happening? Why is it happening? What causes it? And how often does your stress occur. By doing this, it will be easier to figure out how to relieve your stress.

Being a student can be very stressful when you try to balance home-work, your social life, your favorite activities, and more. Here are some ways you can help to get rid of some of that stress!

Avoid-

Say no and know your limits. Drop time consuming tasks. Anything that isn't necessary that is causing your plate to be full, drop it. By avoiding the things that cause you stress, the stress will go away.

Alter-

Be upfront (don't keep it bottled up), If you can't study and it is noisy, try to get to a quiet place so you can focus. Balance your school, social, and family life. Try creating a schedule so you can feel organized.

Adapt-

View things positively, look at problems with a different perspective. If you need to, change your standards, don't demand perfection. Reflect on the great things in life. Whenever you feel down, think of all the things you've done and achieved.

Accept-

Don't try to control the uncontrollable, focus on the things you can control like scheduling and your own behaviors. Learn to forgive. We live in an imperfect world with imperfect people. Try to release the negative

The 4 A's!



Delicious Fall Drinks...



Pumkin Spice Latte



The Dirty Caterpillar

Starbucks has created a wonderful seasonal drink, the Pumpkin Spice Latte. It's only available through the fall season. The PSL is a delicious drink that has hints of pumpkin, cinnamon, and nutmeg, in it's milk and espresso combination. With a swirl of whipped cream on top, the Pumpkin Spice Latte is easily a fall favorite. If you have a sweet tooth, then you definitely want to try this drink. Many reviews have been positive and many Starbucks lovers wait for the PSL to return every fall season.



The Dirty Caterpillar is an amazing smoothie that Dutch Bros. has created. It combines their magnificent apple and caramel flavors and turns it into a fan favorite fall drink. Many people enjoy this drink and say it's very sweet. If you're a sugar-lover, then this drink is for you! Many reviewers have said that since the drink is so sweet, they recommend a smaller size. But who doesn't need a fantastic drink that will bring out your fall spirit!



Pumpkin Carving Hacks

Just got your pumpkin and don't have a lot of time to carve it? Well the Bulldog Bark has some hacks for you and your uncarved pumpkins.

Use dry erase markers instead of sharpies.

If you use dry erase markers you can erase and fix any mistakes before carving!



If you want preserve your pumpkin so it stays fresh and doesn't rot you can use a cost of floor cleaner.



Sprinkle cinnamon on the underside of your pumpkin's lid. When your jack-o-lantern is lit, your porch will smell like PUMPKIN PIE!



Use a wax-free paper to transfer the stencil for easier carving. Poking a design onto a pumpkin through a template can be tedious, but by using wax free paper you'll cut carving time in half!



Use a cookie cutter and a mallet.

If you hammer a cookie cutter into your pumpkin then have a parent's help cutting it out, you can make fun and easy designs.



Start from the bottom and work up. Save yourself the hassle of cutting out a pumpkin top. Just carve a hole in the bottom of your pumpkin big enough for your candle. You can do this all will-nilly and throw away your pumpkin bottom because no one will ever see it!



You can give your pumpkin a chimney. Make sure to carve a small hole in the top of your pumpkin lid to allow oxygen and smoke in and out and keep your jack-o-lantern glowing bright. Of course, this hack only applies if you're using a real candle.



History of Halloween



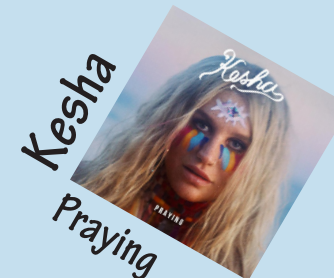
Halloween started as an ancient tradition around 2000 years ago with the Celts. The Celts had a holiday called Samhain that they celebrated every November 1st. But Samhain wasn't the ancient Halloween, it was the eve of Samhain that was. On that day people believed



that ghosts rose from their grave and wandered the living world and because of that, people put food on their doorsteps to keep the ghosts away from their house. When they went outside they wore masks so the ghosts would see them as other ghosts. That's where the idea of dressing up and giving out candy for Halloween came from.



Current Music Hits



Wildfires

A candle flame typically burns at about 1000 degrees Celsius. So, imagine how hot a forest fire is. In one year there has been 52,699 fires in America. We as humans use fire for so many things such as a heat source, cooking, experiments, camping, combustion engines, as a source of light, etc.



A teenage boy used fireworks that started a massive fire in Oregon, that burned down 10,000 acres, forcing hundreds of people to have to evacuate as flames tore through their homes and memories. Now all is left in ashes. The police say the boy was 15-years-old, from Vancouver, Washington. "Massive amounts of smoke were billowing up, and I could smell that something was on fire. It was very clear I wasn't smelling a firecracker," reported the local police. Many forest fires can be prevented.



Fall DIY's

Yarn Pumpkins



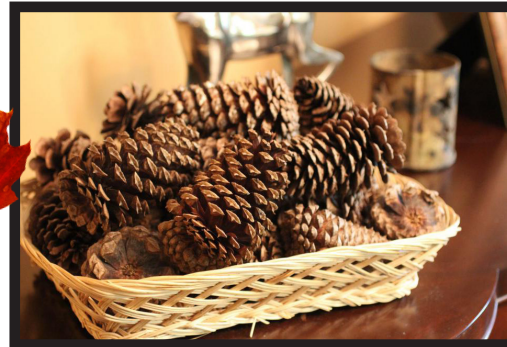
Try making these cute crafts for a nice fall decoration! These are great for a centerpiece or just a decoration for any room. All you have to do is take a ball of yarn and secure a mini pinecone to the top!

Here's a cute fall craft! All you have to do is get a few mason jars, some artificial leaves (or real) and some mod podge. Just spread the mod podge over the leaves and stick them to the jars. Then, add some twine around the top for the finishing touch!



Leaf Jars

Scented Pinecones



These are so easy! just take some cinnamon or whatever scent you like, and combine it with water in a spray bottle. Then spray the pinecones and put them in a plastic bag for 24 hours. These add a nice scent to your home for any season!

There are so many cool wreaths for all occasions but fall is here and its time to decorate! There are too many to choose from! Try finding one to copy or create your own! Try using leaves, flowers, branches or mini pumpkins!



Fall Wreath

Apple Recipes

CANDY APPLES-

12 small red or green apples, any variety
12 lollipop or popsicle sticks
3 cups white sugar
1/2 cup light corn syrup
1 cup water
1/2 teaspoon red food coloring
Equipment: candy thermometer



INSTRUCTIONS-

Insert the lollipop sticks so that they are firmly positioned in the apples. Set the apples aside on a cookie sheet lined with wax paper and coated with cooking spray. Combine the sugar, corn syrup and water in a saucepan over medium heat. Bring it to a boil and cook the mixture until a candy thermometer reaches 300°F (the hard crack stage).

Remove the candy mixture from the heat and stir in the red food coloring. You may have to add more than the designated 1/2 teaspoon, depending on the quality of the food coloring. Dip the apples into the candy mixture, swirling to coat them thoroughly and allowing any excess to drip back into the pan. Transfer the coated apples to the prepared cookie sheet and allow them to cool until the candy has fully hardened.

APPLE MUFFINS-

TOPPING

~1/2 cup packed brown sugar
~1/3 cup flour
~1 teaspoon cinnamon
~2 tablespoons butter, melted

BATTER

~2 1/4 cups flour
~1 teaspoon baking soda
~1/2 teaspoon salt
~1 egg
~1 cup buttermilk
(or use 1 tsp vinegar in 1 cup milk)
~1/2 cup butter, melted
~1 teaspoon vanilla
~1 1/2 cups packed brown sugar
~2 cups diced apples
Makes: 18-24 muffins

INSTRUCTIONS-

TOPPING-

Mix all together, until mixture forms crumbs.

BATTER-

Whisk together egg, buttermilk, butter, and vanilla. Stir in sugar. Without mixing, add flour, baking soda, salt and apples. Stir just until combined. Do not over mix.

Spoon into muffin cups. Sprinkle with the topping. Bake at 375 degrees F for 20 minutes or until firm to the touch.



Apple Recipes

APPLE PIE-

6 cups thinly sliced, peeled apples
3/4 cup sugar
2 tablespoons all-purpose flour
3/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1 tablespoon lemon juice

-2 1/2 cups all purpose flour
-1 teaspoon salt
-2 Tablespoons sugar
-a stick and a half of unsalted butter, chilled, cut into 1/4 inch cubes.
-1/2 cup of all-vegetable shortenin
6-8 Tablespoons ice water

INSTRUCTIONS-

Heat oven to 425°F. Place 1 pie crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom. In large bowl, gently mix filling ingredients; spoon into crust-lined pie plate.

Top with second crust. Wrap excess top crust under bottom crust edge, pressing edges together to seal; flute. Cut slits or shapes in several places in top crust.

Bake 40 to 45 minutes or until apples are tender and crust is golden brown. Cover edge of crust with 2 to 3 inch wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool on cooling rack at least 2 hours before serving.



Current Music Hits



How to Study for a Test



Tip 1

Get up and move! Take breaks while studying. Whether it's jumping up and down or running up and down the stairs, this can help you to get back to studying and stay focused.

Chew the same flavor of gum while studying, and then again while you take the test. This can significantly improve your memory during the test!

Tip 3

Tip 2

Say the information you need to remember, out loud. By doing this when studying, you will more likely

Tip 4

Walk around before taking a test. It is proven that if you are moving before a test, you will do much better!

Charlie Brown

Charlie Brown is a fan favorite and everyone loves watching him! This movie will make you laugh. It is great for a family movie night. His movies are kid-friendly and are perfect for celebrating the holidays! Reviewers have said that they love Charlie Brown and his movies are holiday favorites!



Ghostbusters

Many reviewers have said that Ghostbusters is a wonderful movie that combines comedy, action, and a little bit of scary stuff, into the perfect combination. This movie has amazing effects that make it super fun to watch! If you're looking for a fun, classic, fall movie to watch with your family, this movie is for you!!



Fall Activities...

Halloween!



Visit a Pumpkin Patch!

This is a fun way to spend the day!
Try Lattin's Country Cider Mill and Farm or Schilter's Family Farm!

Leaf Pile!

Go to a Corn Maze!

This is a great family activity!
You can also try the haunted one at Rutledge Corn Maze!



Make a Fall Treat!

There are so many options!
Try pumpkin pie, caramel apples, or apple cider!

Hot Cider!

Pumpkins!