



## Do Schools' Winter Breaks Promote Religious Discrimination?



By Andi Szwast  
*Team 7 Barker*

Most of us are familiar with the traditional winter break that lasts from December 23rd to January 2nd. But have we ever considered the fact that this break is well over the 8 days of Hanukkah and 7 days of Kwanzaa, yet it is devoted to the 1-day holiday of Christmas? Yes, it is true that, in many areas of the world, Christmas is the major holiday celebrated during the winter season, but is it that important that we get 11 days devoted towards the 1 or sometimes 2 days that it lasts? Even though their festivities usually take place after the standard school hours, it is also unfair that those people celebrating Hanukkah or Kwanzaa get no days off from school during their season of celebration. A solution to this prob-



lem would be to let students and teachers take off the days for their specific holidays. However, this would require an abundance of substitute teachers to fill in for classes missing teachers and it would also raise the question, "What can we teach during the winter season?" Because so many students and teachers would be absent at different times during the winter months, it would be

nearly impossible to teach normal classes, and it would also be unfair to assign people to work on their holiday breaks. Another matter to discuss is the people who do not celebrate holidays over the winter season. It would be unfair to not give them any break from school when everyone else is getting breaks, so I propose a solution to all of these problems. Yes, there should still

*This Edition's Buzzfeed:*  
*"What Should You Get Friends and Family for Christmas?" Click [here!](#)*

**See Page 7, Discrimination**



# Origins of Winter Breaks

By Savannah Hall

*Team 8 Barker*

Winter break has been going on for many years, but how long has it been actually going on for? Why did it even start in the first place? Is it all over the world? Well, to answer your questions you will have to keep reading.

The first question is, "How long has it been going on for and why did it start?" Well, winter break as we know it here started in 1702

in England as a custom. According to Kathleen Hinkel, a journalist, ***"Before the late 1800s, Christmas was a not a family-oriented holiday; rather, Christmas celebrations involved reversals of societal roles and misrule--in England, rich men would serve breakfast to their butlers, and at home, children would act as parent for the day. This carried into the school setting, where students would take power from their teachers using a practice called 'barring out the schoolmaster.'"***

For the United States, it was not declared a federal holiday in America until 1870. The first schools in America had schoolmasters and teachers, and the

schoolmasters (which is equivalent to someone like Mr. Hauser, our principal) would decide when school would be closed. They never wanted school to be closed because teachers were paid by students attending, so when



schools closed, teachers and schoolmasters were unpaid!

Winter breaks in Pennsylvania started (according to folklore) because the kids didn't want to have school during the week of Christmas. They just wanted to play. So they locked themselves inside the school, so no one else could get in. They stayed until the people of the town finally gave in and let them off. Also, some other schools had time off so they thought it was unfair. They sang this to taunt the schoolmaster (you may have heard this song before):

***No more English,  
No more French,***

***No  
more sitting on the hard old  
bench,  
Kick up tables,  
kick up chairs,  
Kick old [schoolmaster's  
name] down the stairs.***

Historically, winter breaks have been observed mainly in the United States and the Western Hemisphere in observance of Christmas.

In more recent times, it was observed more so for financial reasons. When Jimmy Carter was president, there was an oil shortage, which raised the cost of living. Schools extended the winter holidays during 1979 to help reduce energy costs in schools while also allowing students to spend time with their families.

The last question is "Is winter break all over the world?" Winter break is all over the world. The only thing is, it is on different days. Even different months! Generally speaking, it's observed during the end of the school year. Not even for the same reason as ours. The break can be anywhere from early December to late February, even early March. Enjoy your winter break!

# The Cure to Christmas Break Boredom

By Emily Mack

*Team 8 Barker*

The holiday recess for school offers a lot of opportunities for fun activities. During this time most people are sledding, skiing, snowboarding, going for a Christmas tree, going to buy or putting up decorations. But what happens when the holiday ideas run dry? Previously there were so many things to do now all of it has been done! Not to worry because you are reading my article to gain ideas to cure your Christmas break boredom. Come along as we venture down this candy-coated lane to find your cure.

Now, we are at a holiday place that I go to very often. Welcome to Holiday Movie Land! Watching movies during the holiday season offers individuals a time to be cozy and warm. Now, go put on your favorite fuzzy Christmas socks while I get the movies. Some of my favorite Christmas movies to watch are Rudolph the Red-Nosed Reindeer, Elf, The Grinch, A Christmas Carol, National Lampoon's Christmas Vacation, and Arthur Christmas. There are many more classic movies like this. Maybe you have Hulu, Netflix, or even cable just know that you can find these movies almost anywhere.

The next stop on our journey is the bakery. Are you ready to throw together some holiday magic to create Christmas treats? Currently, we have the very hard task of choosing what to bake. Well,

You definitely have to make cookies for Santa. You could bake chocolate chip cookies, sugar cookies, and gingerbread men! Now, what else? You could make peppermint bark, figgy pudding,



and Christmas fudge. Baking Christmas treats is fun and delicious!

Finally, we have returned home. Though things aren't looking as festive as they should. I know what you could do. You could decorate! Let's get out all of the decorations. Some decorations could be tinsel, knick-knacks, a tree, and all things Christmas. If you don't celebrate Christmas, you could put up decorations personal to your holiday.

We might not have enough decorations, but that's okay. We can always make more! Making crafts is a way to decorate and create gifts. You do not need to have much to create an amazing craft. You could use construction paper, glue, crayons, and string to make a craft. Many websites can guide you through making a craft, and they can also give you ideas on what to make. After you have created your decorations you can put them up.

If you have created gifts for people, you are onto the next step.

It is finally time for you to wrap your presents! If you have made or bought presents for your friends and family, it is time to wrap them. You could just give the gifts in plain boxes or bags, but wouldn't that not be fun? Find some festive bags and wrapping paper. Also, bows would make a beautiful addition to your wrapped presents. Wrapping presents may seem very boring, but there are things you can do while wrapping them.

While wrapping presents, you can listen to holiday music. You can find holiday music on the radio, Pandora, Spotify, or almost wherever you listen to music. There are stations you can find to listen to Christmas music, or you could create a playlist. The songs could be old classics or new modern Christmas songs. Play whatever music makes you happy!

This holiday season is going to be so much fun! Now, we have listed some things that may help with your boredom. To recap, these ideas are to watch movies, bake treats. I hope that my ideas have helped you cure your holiday boredom. Christmas is approaching faster than ever. No matter what you celebrate, I hope that you have an amazing time. *The Bulldog Bark* wishes you a Happy Holiday!

# Combat the Holiday Gift Shortage: Make Your Own!

By **Andi Szwast**  
*Team 7 Barker*

With rumors of a holiday gift shortage, people are scrambling to order their gifts before they can be delayed. If you happened to miss out on the days of delivery or just don't enjoy getting gifts, here are some homemade gift ideas that are sure to please friends and family.

## 1. A Baked or Cooked Dish

You can never go wrong with a little food, am I right? This holiday season, try gifting your relatives a container of homemade food. It doesn't matter if it's sweet, savory, salty, or sour; just be sure to account for any allergies the people on your list may have.

## 2. A Crafted Item

While this category may require a bit of skill or knowledge in a particular area of crafting, it is still a very thoughtful and practical gift to give. Crafted items range all the way from paintings, collages, and customized photo frames to knit clothing, crochet décor, and Cricut ornaments.

## 3. Homemade Décor

Get crafty and have a little fun this holiday season with some homemade decorations. These can be fun little numbers like the DIY jar crafts featured in

the past two Bulldog Bark articles or more practical and innovative designs like Bundt pan wreaths or customized signs.

## 4. Homemade Body Care Products

Another great holiday gift is a homemade body care product. There are many homemade recipes on the internet, including ones for sugar scrubs, body scrubs, soaps, bath bombs, and more.

## 5. A Photo Book or Scrap Book

A great sentimental and long-lasting gift for the holidays is a photo or scrapbook. These are not only fairly easy, inexpensive, and fun to make; they are also great gifts for relatives or friends. Scrapbooks and photo books help you feel close even when you're not together, so they are the perfect gift for people you don't get to see very often or just for the sake of preserving happy memories.



By **Samantha Mack**  
*Team 8 Barker*

## Holiday Shipping Delays 2021

Shipping delays are even more expected this year than last year. We all know that ordering online is a more common process than going in-store on Black Friday, but if you would like your package on time before Christmas will you be able to get your package? According to the New York Post, "holiday shipping deadlines can be a real disaster especially during the pandemic." To make sure that your gifts get here in time to be underneath the tree the best suggestion is to order your gifts in advance so you can be sure your gifts will be here by the 24th. The New York Post has looked into a few popular stores around the U.S. The



first store/website looked at is Target. Your packages will be right on the bullseye here before the holidays.

Target mainly offers 2-day shipping unless the items you would like to order require \$35 or more for shipping, but if you purchase the Target Redcard your shipping worries will not be a problem. Macy's is the star of holiday gifting and they would never want a package to be

late for the tree, so they suggest ordering your gifts by Dec 22nd at 5 p.m. in order to get your gifts on time. In conclusion, ordering early may always be a better way to shop than waiting on last-minute package deliveries!

# National Toy Shortage:

## Which Toys Will Be Harder To Get This Year?

By **Bella Haydt**

*Team 8 Barker*

Most of the most popular toys right now are in high demand but low in supply; it is hard to find that specific item because production can't make enough to fit the supply that they need. Some of those toys include the Hot Wheels Monster Truck Playset, Playstation 5, Nintendo Switch, games like Return of the Jedi, Legos, LOL Surprise toys, Squishmallows, Apple products, and many others. Because of Covid-19, some factories



have to closed down. Stores have tried to mitigate these effects by stocking up on more inventory earlier, with Target having 26% more inventory by the end of June 2021 to make sure that they were appropriately prepared for the holiday season. However, smaller retailers are more likely to see their shelves get wiped out with more ferocity due to a greater disparity between supply and demand.



# Winter Weather Predictions

By **Emily Mack**

*Team 8 Barker*

The weather forecast in Pennsylvania is usually all over the place. Thanks to meteorologists, people can understand weather a lot more. You are probably wondering will this year be colder and snowier? Well, let's check our local predictions.

So far we have had quite a bit of snowfall, though not much has accumulated. The sources I used have all agreed that the snowfall this year will be below average. The precise numbers we have so far are 70-90% of normal snow. Lake effect snow is forecast to be above average in December, So, this year could be a bit less snowy than previous years.

Though there might not be as much snow this year, that doesn't mean we won't have rain. This year's precipitation is said to be a bit above average. Winter will be rainier than usual in the beginning, but



eventually, it will become drier than normal. The amount of rain we get can affect the amount of ice.

The temperatures for this Winter are predicted to be slightly above average. Record-breaking cold is highly unlikely this year considering winter's predicted temperature. This affects the other types of potential winter weather. Similar to last year there is more likely to be mixing, sleet, and ice.

We can always hope that winter weather will not affect us negatively. Make sure that you say thanks to the people who plow and salt the roads. Plowing and salting are two precautions that can keep us safe during winter weather. Worthy of noting: We

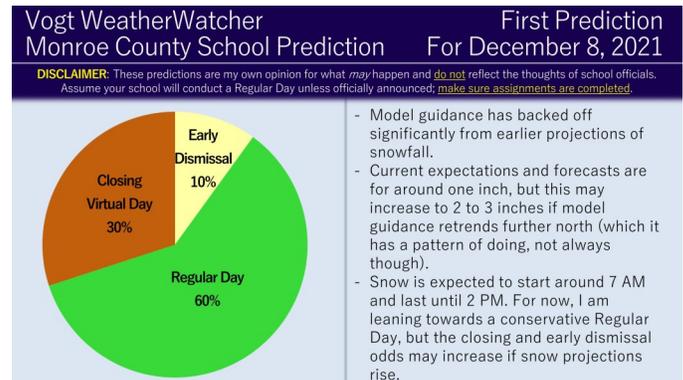
**See Page 6, Predictions**

## Predictions from Page 5

will have five Flexible Instruction Days available to use should we have inclement weather, which means we will have to do some schoolwork from home asynchronously and check in with teachers as needed.

From Mrs. Dunham: If you ever want some insight as to the probability of a “snow day” or any other weather alert, I suggest [Vogt WeatherWatcher](#) and [Lehigh Valley Weather Authority](#) for a heads up. In addition, I look at hourly weather on Weather.com for Slatington to confirm my own hypothesis. However, these are *only* predictions, so be sure to wait to hear from our superintendent for the actual determination of a day off.

*The Bulldog Bark* hopes that you have a safe and happy winter!



## 25 Most Popular Christmas Gifts for 2021

By Bella Haydt  
*Team 8 Barker*

1. Portable Campfire
2. 3-in-1 Apple Charging Station
3. Ecosmart Sweatshirt
4. Lightweight Medium CrossBody Bag with Tassel
5. Celestial Constellation Necklace
6. Temperature Control Smart Mug 2
7. Knit Cuffed Beanie
8. Name Earrings
9. 100 movies scratch off poster
10. Live Bonsai Tree
11. Moon Lamp
12. Personalized Tall Tumblers
13. Echo Dot 4th Gen

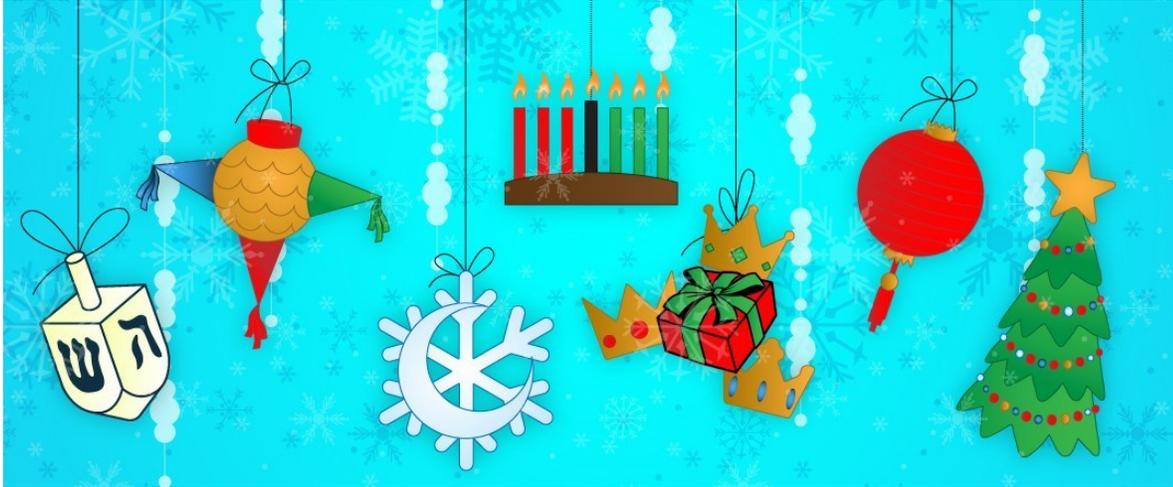


14. Roku Express 4k+
15. The Original Reversible Octopus Plushie
16. Custom Fort Playset
17. Artie 3000 The Coding Robot
18. Sleep Aid Device
19. All-Access Class Subscription
20. Shiatsu Back and Neck Massager
21. Urban Map Glass
22. 11-in-1 Survival Credit Card Multitool
23. Make Your Own Hot Sauce Kit
24. *New York Times* Custom Birthday book
25. Home Office Lap Desk

## Discrimination from Page 7

be a winter break, but it should not give days off for any of the major holidays celebrated during the season. This schedule would

provide a break from school for all students and teachers while also



providing little to no discrimination against different people's religions. While on this train of thought, there are ways that you, too, can help prevent accidental religious discrimination. For ex-

ample, you can say, "Happy holidays!" instead of, "Merry Christmas!" You can also use non-discriminatory decorations, such

as ones that feature not only Christmas wreaths but also Hanukkah and Kwanzaa candles or ones that depict winter scenes instead of those centered around holidays. On one last note, I want

to mention that it is perfectly acceptable to differ in belief with other people and express your belief through your choice of decorations in your own areas, and that this article is in no way, shape, or form attempting to tell you that you cannot celebrate or believe in what you wish to.

Whoever you are, whatever you celebrate (or don't celebrate), and whatever you believe in, I wish you a wonderful winter season!

## Pet Adoption Rates

By **Aubrey Reinhard**

*Team 8 Barker*

Did you know that 23 million American households acquired a pet in the past two years as a result of Covid? Being that we were all home more often than we were used to, the adoption rates have skyrocketed. According to the ASPCA, "close to one in five households acquired a cat or dog since the beginning of the COVID-19 crisis, which would account for approximately 23 million American households based on the 2019 U.S. Census. The vast

majority of these households still have that pet in the home—90 percent for dogs and 85 percent for cats—and are not considering rehoming their pet in the near future." On a national level, adoption rates are continuing to rise, which is good. National estimates for pet adoption rates shown by the ASPCA state that approximately 6.3 million animals enter shelters throughout the nation each year. These 6.3 million animals are comprised of ap-



## Adoption from Page 7

proximately 3.1 million dogs and 3.2 million cats. Since 2011 the amount of dogs and cats entering shelters has dramatically declined from 7.2 million to 6.3 million. The larger decline was in dogs from 3.9 million to 3.1 million dogs each year. Additionally, each year approximately 920,000 shelter animals are euthanized each year. Each year there are about 390,000 dogs and 530,000 cats euthanized. There has also been a dramatic decline in the number of euthanized animals from 2011. In 2011 there were 2.6 million animals euthanized. Part of the reason for the dramatic decline is due to adoption rates going up and the increase in the number of stray pets that get returned to their owners. 4.1 million shelter animals

are adopted each year. Approximately 2 million of the animals adopted each year are dogs and 2.1 million are cats. Around 810,000 stray animals that enter shelters get returned to their owners. 710,000 of these animals are dogs and 100,000 of the animals are cats. Statistics from ASPCA state that 34% of dogs get purchased from breeders and 23% of dogs and 31% of cats are obtained from an animal shelter or humane society. If you're looking for a new pet and want to help bring these statistics down, even more, adopt an animal from a shelter or humane society instead of going to a breeder. You may be saving an animal's life. Adopt—don't shop!

## Dr. Gonzalez Interview

By **Landon Rosado**

*Team 8 Barker*

Dr. Manuel A. Gonzalez is our new 8th-grade Intro to Spanish teacher. I had the pleasure of interviewing Dr. Gonzalez. Here are some questions I asked him:

**Where were you born?**

Bethlehem, PA.

**Where do you live?** Upper Macungie, PA.

**How old are you?** Dr. Gonzalez is 59 years old.

**Which high school did you attend?** Liberty High School in Bethlehem, PA.

**Which colleges did you attend?** Dr. Gonzalez attended the Universidad Complutense de Madrid, in Madrid, Spain. He then attend Moravian College for his Bachelor's degree and Lehigh University for his Master's and Doctorate degree.

Dr. Gonzalez has had many achievements. He has done publications, presentations, and numerous grants throughout his career. He also received

awards and academic honors. He speaks English, French, Spanish, Portuguese, and Italian. He also has traveled to many countries for work and study

purposes. Part of his career was teaching at colleges and high schools. When he taught his focus was on Spanish, English as a second language, and literacy.



**What do you like most about Northern Lehigh?** The students are really nice and want to learn.

**What do you like to do outside of school?** He is an avid bicycle rider and spinning instructor.

**What is a goal you want to accomplish at Northern Lehigh School District?** I'd like to see the Spanish program grow and prosper.

# Student Feature of the Month

By Samantha Mack

*Team 8 Barker*

Lola Canales is a new 7th grade student in the Northern Lehigh School District. You may have seen the new student Lola in the hallway getting to her classes, but there may be some things about her you don't know. In her interview, Lola states that her favorite show is *Rick and Morty*, but you may see her also watching football and basketball. Lola's favorite books are the *Diary of a Wimpy Kid* series and the somewhat new graphic novel *Smile*. Lola is especially fond of the colors red, black, and blue-gray! Lola's favorite seasons are hot, blazing summer and cool, crisp autumn. So far, Lola says she loves Northern Lehigh and the people here! We hope you have an amazing experience here and find good friends, and classes you like!



## Hot Cocoa Convo

By Aubrey Reinhard and  
Samantha Mack

*Team 8 Barkers*

**Emma Heil-** You might know Emma Heil from after-school clubs, Cross Country, or even just seeing her in the hall, but she is known for being a humorous and friendly person. In this article, Emma has been asked the following questions: what do you want to see people do or say to help people or to even just be nice over the holiday. Emma has stated she would like an Apple Watch for Christmas. She has been wanting this item because it allows her to use many functions, and it helps her keep track of her steps, and how many miles she has run for her cross country running. Emma states she wants people who are more fortunate to donate or give back to the people who are not as fortunate as most people during the holidays. She gives examples like do-



nating to the food bank or even a certain charity. Emma wants people to have a warm heart throughout the holiday and by doing these things, maybe everyone could have a happy holiday even if it may not have the best gifts.

**Response:** Since Emma wants an Apple Watch for Christmas, she could donate to science re-

**See Page 10, Cocoa**

## Cocoa from Page 9

search/electronic research to help provide these items that are wanted. Another way she can donate is by giving back to homeless shelters, food banks, or even just donating time to an organization are all ways to help out as stated in her interview.

-Sam

**Adriana Danyluk-** You might know Adriana Danyluk from after-school clubs, sports, or even just seeing her in the hall, but she is known for being a witty person. In this article, Adriana has been asked the following questions: What would you like for Christmas and what do you want to see people do or say to help people or to even just be nice over the holiday. Adriana says that she would like concert tickets to one of her favorite artists (Pitbull). She says she has been wanting to go for a very long time now, but due to COVID and other reasons, she has not been able to attend a concert this year. She also states in her interview that she would like to see people be sympathetic and understanding to the people who are in bad situations. Adriana also states in her interview that she thinks even wishing someone a happy holiday would do a lot. Overall, Adriana would like for people to be kinder and to be able to hold nice conversations.

**Response to Adriana:** Some of the things you can do to help out based on your interests is to donate to local music departments to help other people's dreams of either seeing a live concert or even playing an instrument come true. Another thing you could do is donate anonymously to an organization that helps less fortunate people with a dream of pursuing music be able to perform and play.

-Sam

**Joy McCammon—**You might know Joy from DNN or see her around the hallways, but she is known for being a short and funny person. Joy was asked the following questions for this article: What would you like for Christmas and what do you want to see people do or say to help people or to even just be nice over the holiday. Joy says that the thing she wants most for Christmas is the new Converse,

she wants to see people buying gifts for others, and she said to give back she can give others in need of money for toys or things they want for Christmas.

**Response to Joy:** Some things you can do to help give back is to donate shoes or anything related to your converse sneakers since shoes are a common want during the Christmas season. Other things you can do to help give back is to donate to Toys for Tots. This organization helps give less fortunate kids items they would like for Christmas.

-Aubrey

**Jayden Christman—**You might know Jayden from sports and seeing him around the hallways. Jayden was asked the questions: What would you like for Christmas and what do you want to see people do or say to help people or to even just be nice over the holiday. He said he would like to spend Christmas with his family and see his girlfriend and friends. He wants to see other people getting warm food for the homeless and people who are struggling. He believes that when you do something good, something good happens in return. He also said that he can help by buying blankets and warm clothing for people. Especially since the weather is dropping, so they can stay warm this winter.

**Response to Jayden:** Jayden has mainly covered what he can do to help out, but here are some more ways he can help out the community. Jayden says he would like to donate blankets because the weather is dropping the NL food bank takes blankets as well as food, so this is a great organization to check into.

-Aubrey

**Patrick Conway—**You may know Patrick from after-school clubs or even just seeing him in the hallway. Patrick is one of our fellow *Bulldog Bark* writers, and he is known for being smart and funny. Patrick was asked the questions: What would you like for Christmas and what do you want to see

## Cocoa, Continued

people do or say to help people or to even just be nice over the holiday. He'd like some gift cards for Christmas. Not one big one hundred dollar one, though. I'd like a few ten-dollar ones instead. He would really like to give them out to a few friends. Maybe even a few strangers. Patrick thinks it's a nice gesture since he is lucky to have so much. Overall, he thinks it'd be great if other people do the same thing. Not something big or expensive, he thinks it'd just be a nice thing to do.

**Response to Patrick:** In Patrick's interview, he suggested spreading gift cards around the community to help people around this Christmas season. An anonymous way of doing so would be donating the cards to a shelter around here and letting the workers spread the cards around, or you could even drop these cards off in random mailboxes to help spread holiday cheer.

-Sam

**Lacey Groover**—You may know Lacey from karate or just seeing her scream around the halls. Lacey is also one of our fellow *Bulldog Bark* writers. Lacey

is known for being smart and creative. Lacey was asked the questions: What would you like for Christmas and what do you want to see people do or say to help people or to even just be nice over the holiday. She said she wants Doc Martens, a leather jacket, tapestry, and black lights. She said that she would like to see people donate to toys for tots or any mental health program for the holidays because these are causes that are important and mean a lot.

**Response to Lacey:** In Lacey's interview, she stated that she would like to see people donate to toys for tots or mental health organizations which are both great causes worth donating too. Another idea for a place Lacey could donate to would be a local shelter since she wants shoes for Christmas. Socks and shoes are always wanted items in a shelter and since Lacey wants shoes for Christmas, it would be a good idea for her too donate to one of these facilities! All of the things Lacey stated in her article were all valuable places to donate to, so maybe try to donate to these places over the holiday!

-Aubrey

By Melody Lindenmoyer

*Team 8 Barker*

**Why is Christmas exactly like a job?**

Because you do all the work and a fat guy gets all the credit.

**What do reindeer say before a joke?**

This one's gonna sleigh you!

**What do you call a broke Santa?**

Saint Nickle-less!

**Why don't crabs celebrate Christmas?**

Because they get a little shell-fish.

**What do you call Santa when he takes a break?** Santa Pause.

**What's a reindeers favorite coffee shop?** Star-Bucks.

## Christmas Jokes



**What's the difference between the Christmas alphabet and the regular alphabet?** The Christmas alphabet has noel.

**Who's never hungry for Christmas?**

The turkey--- he's always stuffed!

**What's Santa's native language?**

North Polish.

**How do the elves clean the sleigh?**

They use hand Santa-tiser.

**What is Santa's favorite subject?**

Chemis-tree.

**What goes "Oh, Oh, Oh?"**

Santa on opposite day.

**What happens when you cross Santa cookie with a duck?**

A Christmas quacker.

**What do snowman call their kids?**

Chill-dren.

**Where do snowman like to dance?**

The snow-ball

**Why did the blanket feel discriminated?**

Because it's the snuggle is real.

**What do call Olaf in summer?**

A puddle.

**Why is Frosty never late?**

Time waits for snow man!

## What Is Your Favorite Part of Christmas?

By Bella Haydt

*Team 8 Barker*

Christmas is a very fun and festive time of year, but some people see it differently than others! Some people may see it in a present kind of view, and some might see it in a family kind of view. There are so many different parts of Christmas that are favored by many people around the world!

*In my opinion, I definitely think that my favorite part about Christmas is spending time with my family. I don't get to see some of my family very often, so it is very fun to spend time with them since I have so long off of school. I do like the present part, but nothing compares to having quality time with my family and even sometimes friends! - Bella Haydt*



*My brother's excitement about Santa, setting up the elves to see his excitement and joy in his face, and I also love getting him presents. - Melody Lindenmoyer*

*My favorite part is when you go to bed after you get all of your presents and when everyone is so happy. I like it whenever everyone is happy. Halloween is my favorite holiday, but the Christmas season is my favorite holiday season because everyone is so happy. - Lacey Groover*

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## “All I Want For Christmas” is...

*Mariah Carey's Christmas Special!*

By Emily Mack

*Team 8 Barker*

Now that it is the holiday season, it is time to watch some festive movies. I love all things Mariah Carey Christmas. Is it really Christmas without Mariah? Now, she has had many Christmas albums and movies come out. I found one special with Mariah Carey that I had never seen before. In this article, I will be reviewing “Mariah Carey’s Merriest Christmas”!

This special was first aired on The Hallmark Channel on December 19, 2015. I was very surprised to find that this special was made in 2015, and I had only just heard of it! Also, if you don’t like musicals this special probably isn’t for you. The running time is about an hour. The special includes Mariah Carey and special guests singing, dancing, and talking about what Christmas means to them! During this time guests are left thinking if Santa will arrive on time for the special. This special is fun for the whole family!

Mariah is joined by many featured guests. Some of these guests include Kenny “Babyface” Edmonds, Kelsey Grammer, Billy Gardell. Also in the list of featured guests are Lacey Chabert, Brennan Elliott, and Fina Strazza. They are all cast in Mariah



Carey’s movie “A Christmas Melody”.

The songs that are in the special are old classics and modern Christmas songs. Mariah sings with her special guests and a choir. The cast from her movie also does dance numbers! In Between their performances, Mariah and her friends discuss what Christmas means to them.

Overall, my family and I absolutely loved this Christmas special! Watching this was a way to get together and get in the Christmas spirit. This was a very fun and festive movie. I rate this movie 10/10. Now, go have a fun holiday season!

## Top Ten Christmas Movies & Songs

By Bella Haydt

Team 8 Barker



- |  |   |
|--|---|
| 1. <i>Elf</i>                            | 6. <i>A Christmas Carol</i>               |
| 2. <i>Home Alone</i>                     | 7. <i>Polar Express</i>                   |
| 3. <i>Home Alone 2: Lost in New York</i> | 8. <i>Jack Frost</i>                      |
| 4. <i>The Grinch Stole Christmas</i>     | 9. <i>A Charlie Brown Christmas</i>       |
| 5. <i>A Muppet Christmas Carol</i>       | 10. <i>The Nightmare Before Christmas</i> |

- |  |  |
|--|--|
| 1. <i>Santa Tell Me - Ariana Grande</i>                  | 6. <i>My Gift is You - Gwen Stefani</i>                            |
| 2. <i>All I want for Christmas is you - Mariah Carey</i> | 7. <i>Snow in California - Ariana Grande</i>                       |
| 3. <i>Like It's Christmas - Jonas Brothers</i>           | 8. <i>Where Are You Christmas - Faith Hill</i>                     |
| 4. <i>Mistletoe - Justin Bieber</i>                      | 9. <i>Auld Lang Syne - James Taylor</i>                            |
| 5. <i>8 Days of Christmas - Destiny's Child</i>          | 10. <i>Baby It's Cold Outside - Idina Menzel and Michael Buble</i> |



## Movies to Stream and Go See This Break!

By Landon Rosado

Team 8 Barker



### Home Sweet Home Alone

Movie Rating PG

A married couple tries to steal back a valuable heirloom from a troubled kid.

Reading some audience reviews, they were disappointed in the movie. Some people complained about the characters in the movie.

### 8 Bit Christmas

Movie Rating PG

In the 1980s Chicago, a 10-year-old embarks on a quest to get the latest and greatest video game system for Christmas.

Audience reviews say they enjoyed the movie even though it copied a few ideas from a few movies. Overall, it was still entertaining to watch.

### A Fairly Odd Christmas

Movie Rating PG

When Timmy Turner and his fairy Godparents accidentally

cause children to lose faith in Santa Claus, they must work together to save Christmas.

Some of the audience reviews commented how about we follow up with the sequel to the movie, Grow Up Timmy Turner.

### Spider-Man: No Way Home

This is a movie that isn't related to Christmas but looks really good.

Movie Rating PG-13

With Spider-Man's identity revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high-stakes of being a superhero.

The movie reviews for this movie seem good. Some comments were this movie was the best thing they experienced all year!

# DIY Snow Globe!

By Andi Szwast  
Team 7 Barker

## Materials

- 1 Winter-Related Figurine (needs to withstand glue and water)
- 1 Glass or Plastic Jar (with a lid)
- 1 Hot Glue Gun (can be substituted with a glue stick or glue bottle)
- 1 Bottle of Clear Glue
- 1 Container of Glitter (Preferably white or silver)
- 1 Pair of Scissors
- 1 Small Plastic Container (Preferably clear; I used the bottom of a plastic muffin container)



the jar, the more slowly your snow globe will settle. Then, pour your desired amount of glitter into the jar. After that, fill the rest of your jar with warm water. It is optional, but you can stir to blend the ingredients.

3. Screw the lid back onto your jar. It is optional, but you can glue the lid to your jar in order to make sure it

is fully secure. Then, give your jar a good shake to make sure that no glitter glue water will escape the seal.

## Instructions

1. Use your hot glue gun to glue the bottom of your figurine to the top of your small plastic container. Let it dry for a few minutes. Then, glue the bottom of the plastic container to the inside of your jar's lid. Let it dry for a couple of minutes.
2. While your lid is drying, fill your jar with the desired amount of clear glue. Note that the more glue you put into

If you would like to be featured in the next edition of the **Bulldog Bark**, please email me with a picture of your completed craft at [as8871@mylnsd.org](mailto:as8871@mylnsd.org).

# BuzzFeed NEWS

Written by Andi  
Szwast  
Team 7 Barker

Buzzfeed Created by  
Melody Lindenmoyer  
Team 8 Barker



## What Should You Get Friends And Family For Christmas?

Are you stuck on what to get people for Christmas? Do you not know what would work? Well, take this quiz! We've got a few ideas.

CLICK HERE





By Bella Haydt  
Team 8 Barker



## Peppermint Bark

### Ingredients

- 8 ounces high-quality, semisweet chocolate (broken into pieces)  
2 teaspoons canola oil, divided  
½ teaspoon peppermint extract, divided  
8 ounces high-quality, white chocolate (broken into pieces)  
25 peppermints (crushed)



### Directions

1. Lightly grease a 9x9 inch pan and line it with waxed paper, smoothing out the wrinkles; set aside.
2. Place the semisweet chocolate and 1 teaspoon of the canola oil in the top of a double boiler over the barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
3. When the chocolate is melted, stir in ¼ teaspoon of the peppermint extract.
4. Pour the melted chocolate into the prepared pan, and spread evenly over the bottom of the pan.
5. Sprinkle half of the crushed peppermints over the chocolate layer.
6. Refrigerate until it's completely hardened; about 1 hour.
7. Place the white chocolate and the remaining 1 teaspoon of the canola oil in the top of a double boiler over just barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
8. When the chocolate is melted, stir the remaining ¼ teaspoon of the peppermint extract.
9. Pour the white chocolate directly over the semisweet chocolate layer and spread evenly.
10. Sprinkle the remaining crushed peppermints over the top and gently press in.
11. Refrigerate until completely hardened; about 1 hour.
12. Remove from the pan and break into small pieces to serve! Enjoy!



## Grinch Kabobs

### Ingredients

- 24 green grapes
- 1 large banana, cut into 24 slices (may need more than 1)
- 24 hulled strawberries, tips removed
- 24 miniature marshmallows
- 24 toothpicks



### Directions

Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red Santa hat. Repeat with the remaining grapes, banana slices, strawberries, and marshmallows.

## Christmas Reindeer Cupcakes

### Ingredients for Cupcakes

- 9 tablespoons unsalted butter, room temperature
- $\frac{3}{4}$  cup white sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1  $\frac{1}{2}$  cups sifted self-rising flour
- $\frac{1}{2}$  cup milk

### Frosting Ingredients

- 1 cup confectioners' sugar
- 1 tablespoon unsalted butter, room temperature
- 1 tablespoon milk
- 1 drop brown food coloring

### Decoration Ingredients

- 6 vanilla wafer cookies (Such as Nilla)
- 12 red jelly beans
- 24 candy eyeballs



- 24 chewy chocolate-flavored candy (such as tootsie rolls)
- 24 pretzels

### Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 12-cup muffin tin or line cups with paper liners.
- Combine 9 tablespoons butter, white sugar, and vanilla extract in a large bowl; beat with an electronic mixer until smooth and creamy.
- Add eggs one at a time and beat until well combined. Fold in half the flour and  $\frac{1}{4}$  cup milk and stir to combine. Repeat with the remaining flour and milk.
- Spoon the batter into the prepared muffin cups, filling about each  $\frac{3}{4}$  full. Bake in the preheated oven until a toothpick inserted in the center comes out clean; about 18 minutes. Remove tin from oven and cool for 5 minutes. Remove the cupcakes from the tin and cool them completely before decorating; about 1 hour.
- Combine confectioners' sugar, 1 tablespoon butter, and 1 tablespoons milk in a large bowl; beat with an electric mixer until smooth and creamy. Thin the frosting with a little milk or water, if necessary. Add food coloring and stir until the frosting is uniformly brown. Add more food coloring, 1 drop at a time, till it's the color you like.
- Spread a thin layer of frosting onto each cake. Break the vanilla cookies in half.
- Put 1 cookie half on each cupcake for the mouth. Use a bit of frosting to "glue" a jelly bean onto the cookie of the reindeer's red nose.
- Stick 2 candy eyeballs on each cupcake.
- Break off a piece of each pretzel so that they look like antlers and stick 2 on top of each cupcake. Shape chewy candies into ears and stick 2 on the sides on each cupcake.
- Enjoy!





By Savannah Hall  
Team 8 Barker



### Gingerbread Cookies

- 3 cups all-purpose flour
- 3/4 cup dark brown sugar packed
- 3/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 12 tablespoons butter
- 3/4 cup molasses (dark molasses)
- 2 tablespoons milk

1. Add flour, brown sugar, baking soda, cinnamon, ginger, cloves and salt to a mixing bowl and mix.
2. Add the butter pieces and use a pastry blender to cut the butter in until the mixture resembles a fine meal.
3. With a mixer running on low speed gradually add the molasses and milk and mix until combined, about 30 seconds.
4. Divide the dough in half, forming each into a ball. Wrap each in plastic wrap and refrigerate for 2 hours or overnight, or place in the freezer for

about 20 minutes, until firm, if you're in a hurry.

5. Preheat the oven to 350 degrees. Line 2 baking sheets with parchment paper.
6. Remove one dough sheet from the fridge/freezer and place on the counter. Roll out the dough (use a little flour on your rolling pin if needed), until it's about 1/2 inch thick. Cut gingerbread men and place them on prepared baking sheets.
7. Refrigerate the gingerbread men for 5 minutes (meanwhile you can roll out the other dough ball).
8. Bake the cookies until set in the centers and the dough barely retains and imprint when touched very gently with fingertip, 8 to 11 minutes (depending on the size of your cookie cutter). Do not overbake!





By Savannah Hall  
Team 8 Barker



**Peppermint Milkshake**

- 2 cups vanilla ice cream
- 1/2 cup milk
- 1/4 cup candy cane crushed
- 1 tsp peppermint extract, whipped cream

1. Add ice cream, milk, crushed cane pieces and peppermint extract to a blender.
2. Mix until well combined.
3. Pour into glass and top with whipped cream and candy cane pieces.



**Eggnog**

- 6 large egg yolks
- 1/2 cup granulated sugar
- 1 cup heavy whipping cream
- 2 cups milk

- 1/2 teaspoon ground nutmeg
- pinch of salt
- 1/4 teaspoon vanilla extract

1. Whisk the egg yolks and sugar together in a medium bowl until light and creamy.
2. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt. Stir often until mixture reaches a bare simmer.
3. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding a big spoonful at a time, to temper the eggs.
4. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
5. Whisk constantly for just a few minutes, until the mixture is just slightly thickened (or until it reaches about 160 degrees F on a thermometer). It will thicken more as it cools.
6. Remove from heat and stir in the vanilla.
7. Pour the eggnog into a pitcher or other container and cover with plastic wrap.
8. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, you can add the entire mixture to a blender with 1 or 2 tablespoons of milk and blend until



## Tiny Instruments: Should They Be in Our Band?

By Colleen Gilsbach

*Team 8 Barker*

The piccolo is one of the greatest instruments in history, and its soothing sound is a beauty. Although it is an iconic sound and instrument, not many people know of the other piccolo instruments, and they are adorable!



The first instrument on our list is the piccolo French horn, and it is a favorite of my friend, Andi.

It is just a tiny French horn! Its sound is very similar to a French horn, which sounds similar to a saxophone, in my opinion. It can go pretty high, note-wise, and it is super cute!

There is also the piccolo trumpet, one of my favorites. A man at the church I go to plays

this tiny instrument. It sounds similar to a normal trumpet, just higher. It is super adorable and I think Nate (who is a senior this year) should get one.

You may be asking, "How will this even benefit the band?" Well, I have the answer to that too. I know, from personal experience, how difficult it is to march with a full-sized instrument, and I feel we should give our band a break. They would be so much faster, and the choreography would look even better than it does now! I would send this to Mr. Carroll if you agree with me. Let's make our band even better!

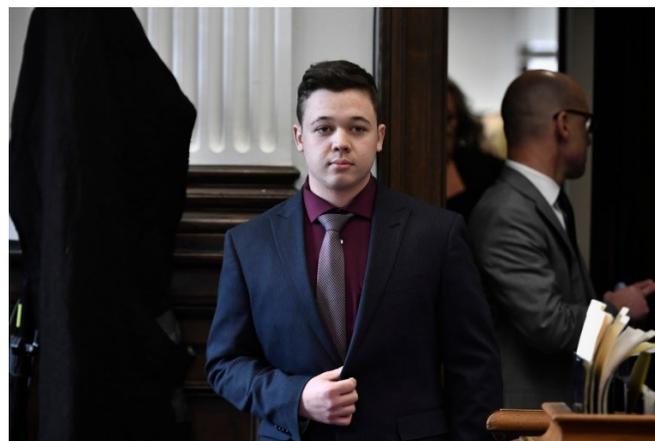


## Kyle Rittenhouse: What's Going On?

By Patrick Conway

*Team 8 Barker*

A lot of you have probably heard the name Kyle Rittenhouse being thrown around. Many readers may have heard about the man. However, a lot have probably heard mixed things relating to the name. The left despises the man. They deem him a white supremacist vigilante. On the other side of the spectrum, there is the right, who praises the man for his actions. However, there are a few that are neu-



tral on the situation, with some even not knowing what has happened. I'm going to try to explain what happened and give my personal opinions on some things relating to the shooting and the actions before the shooting.

### Background

Kyle Rittenhouse is an eighteen-year-old man who recently stood trial for the murder of two, and the injury of one. This hap-

**See Pages 19-20, Rittenhouse**

## Rittenhouse, Continued

pened during a riot in Kenosha, Wisconsin, after the shooting of Jacob Blake by police.

### Jacob Blake

The shooting of Jacob Blake resulted after a warrant for his arrest was issued for sexual assault, trespassing, and connections with domestic abuse. During the encounter with police, he was tasered twice in his girlfriend's SUV. The attempts failed, and shortly after this, he stepped out of the vehicle. The officer that had responded reported Blake had been holding a knife as he exited the vehicle. The officer quickly attacked, firing seven rounds into Blake with his service pistol. Four had hit his back, which paralyzed him from the waist down.

### The Kenosha Guard

The protests and general unrest in the area resulted in the formation of a local militia that would be known as the Kenosha Guard. A former alderman of Kenosha known as Kevin Mathewson posted a call-to-arms on Facebook on the 24th of August, attracting the attention of multiple people who went to protect local businesses. One of these people was Kyle Rittenhouse. He had said to a reporter that he was there to help protect businesses and help the injured.

### The Shooting

The same day the militia assembled, Rittenhouse went to Kenosha from his home in Antioch. He had been using an AR-15 which was given to him by a friend named Dominick Black that was living in Kenosha. Rittenhouse went to stay at Black's house on the 24th. On the 25th, he had allegedly helped clean graffiti off of a school business. He went to protect a Car Source shortly before midnight. There have been mixed sources on this, but the business owners had claimed they never asked for assistance.

It was there he encountered a man known as Joseph Rosenbaum, a man Rittenhouse had previously been confronted by. He chased after him, and

according to Rittenhouse, Rosenbaum had threatened to kill him. A bystander known as Joshua Ziminski fired into the air in an attempt to get the attention of the attackers and Rittenhouse.

Rittenhouse had turned around after hearing the shot, pointing his rifle at Rosenbaum to deter him. It was at this point Rosenbaum reached for the rifle Rittenhouse had been carrying. It was there Rittenhouse pulled the trigger, sending multiple shots into Rosenbaum. Rosenbaum died shortly after, with wounds to his heart and lung.

### The Second Shooting

After the encounter, Rittenhouse retreated to some nearby police cars, followed by angered protestors. It was then an observer named Gaike Grosskreutz ran up beside Rittenhouse, asking what he was doing and if he had shot somebody. Eventually, the protestors caught up to Rittenhouse. He was hit by one, which resulted in him tripping. A man then ran up to him and kicked him while he was on the ground. Rittenhouse fired off two rounds to attempt to hit the attacker. However, he missed. Shortly after, Anthony Huber hit Rittenhouse with a skateboard and attempted to grab the rifle Rittenhouse held. After a while, Huber was able to grab hold of the gun and began pulling it towards him. Rittenhouse fired off one round, obliterating Huber's chest and heart. He also died later.

### The Third Shooting

Gaike Grosskreutz had witnessed this shooting and had allegedly thought he was an active shooter. He ran up to Rittenhouse with arms up, but shortly after he grabbed a Glock from his concealed holster and aimed it at Rittenhouse. Rittenhouse shot one round at Grosskreutz, who severed most of his right arm. It was found out later that Grosskreutz had a carrying permit that had expired, meaning he was not allowed to conceal a firearm at all.

### After the Shootings

Rittenhouse had turned himself in about an hour

## Rittenhouse, Continued

after the shooting took place, and was held in juvenile detention until October 30th, 2020. He paid off his bail and was allowed release under the conditions he didn't consume alcohol, didn't possess any firearms, or associate with members of any discriminatory groups.

### The Trial

Rittenhouse's trial took place from November 1-19 of 2021 on the charges of attempted murder, murder, and recklessly endangering safety. There had

also been charges against him for illegally possessing a firearm. However, it was dropped as Wisconsin law only prohibits minors from possessing short-barreled rifles. After some great defense work from the prosecutor, and many hours of stress, Rittenhouse was acquitted on all of the charges against him.



Rittenhouse had been using the "OK" hand sign. This has been used by multiple far-right groups to symbolize "white power." We are not sure if he had used the sign knowingly, or if he had been under the influence of alcohol during the picture. Regardless of the connotation, the left believes this gesture combined with the shootings will start making far-right extremist groups more popular.

### What the Right Thinks

A large portion of the Right thinks Rittenhouse had been helping the community by shooting the three men. They believe it's a great way to counter left-wing groups,

and stop civil unrest. Rittenhouse isn't a white supremacist in their eyes, but is instead "protecting the American way of life." They use the shooting as an example of "why the Second Amendment is necessary." This could be considered true. A rifle did help to protect Rittenhouse from injury or death.

### Controversy

Response to the trial has been fairly mixed, and both sides entirely disagree with each other. We'll cover what the left and the right think about the situation. Afterward, I'll give my personal opinion.

### What the Left Thinks

The left is terrified the shooting and trial will empower white supremacists and vigilantes across the country. They are very upset because the distance between Antioch and Kenosha is over twenty miles. The Left also believes Rittenhouse is a white supremacist, which may be true. There have been pictures found of Rittenhouse posing with alleged members of the notorious Proud Boys group.



### Conclusion

Regardless of anybody's beliefs, the Rittenhouse shootings and trials have hurt all parties involved. It has hurt the

family of Rittenhouse and the victims, all of whom are likely subject to constant harassment. Rittenhouse and Black will both have ruined reputations, alongside their families. It has divided the left and right further than ever. The only good things that have come out of the situation are the lessons we've been taught.

# American Political Parties

By Patrick Conway

*Team 8 Barker*

The American political system isn't something I'm really fond of. We have two parties, with different factions located within the party. For example, the Republicans have your typical moderate conservatives. However, they also have centrists, Christian conservatives, neo-conservatives, and populists (similar to the Confederates). The issue here is that we have five factions in one party. They try to gain a majority over the others by spreading their ideas and before we know it we have politicians that change ideologies multiple times.

Then there's the multi-party system. It gives different politicians better chances of winning the elections. We'll look at Germany. Germany has the CDU/CSU, which stands as Christian Democrats. There's also the AfD, a far-right nationalist party. Ralph Brinkhaus, the leading figure of the CDU/CSU, may want to run for the next elections. Alexander Gauland may want to run as well. These two are in a situation like the Republicans. One remains moderate, the other remains radical. However, in this German system, there are two separate parties for these different groups, which allows both parties to run.

The nice thing about the American political system is that there are a ton of parties I've never heard of. Until I looked up "American Political Parties" a few months ago, I never knew there were more than three parties (Democrats, Republicans, Libertarians). It makes for some interesting discoveries about alternatives to the main parties and different ideologies. I'm going to briefly ("Briefly") explain and discuss things about some political parties in the US.

## The Democrats

We'll start with the Democratic party. The Democrats are divided, although nowhere near as much as the Republicans. They have three main factions- modern liberals, social democrats, and centrists. I'll briefly explain each to you.

**Social Democrats:** The social democrats combine aspects of capitalism and socialism. They typically want to create a public sector in the economy to guarantee jobs for ones that won't be employed privately. They also plan to regulate the economy. They are also fond of



raising spending on welfare programs and paying for people's college education. They advocate rights for minorities. They are widely known as "progressives."

**Modern Liberals:** In the US, Modern Liberals are what we'll call the less extreme version of social democrats. Unlike the social democrats, modern liberals do not rely on public sectors at all, and instead just want to further regulate the economy. Similar to the social democrats, liberals like to raise spending on welfare, healthcare, and education. They also advocate for the rights of minorities.

**Centrists:** Centrist Democrats are also known as Third Way Democrats. They are still socially liberal on many issues but remain moderate or conservative economically. Some want to preserve the current regulation, while others want to further deregulate the economy. Most still want to protect the rights of minorities.

Here are some trends I've found across most/the entire party.

Preserving/Advancing current regulation.

Increasing the size of the federal government.

Allocating more power to the federal government and less to the states.

Advancing the rights of minorities.

Opening up the border.

Regulating the market.

Furthering gun control.

Allowing abortion.

Expanding worker's rights & raising the minimum wage

**See Page 23, Political**

## Political, Continued

### The Republicans

The Republicans are the “right party” in the political system. They have multiple factions—conservatives, centrists, neoconservatives, paleoconservatives, and national populists. Like the Democrats, here’s a brief explanation of each faction.



**National Populists:** National populists are widely considered to be the radicals of the party. Most are against immigration and want to further restrict/eliminate it. Populists can be mixed economically. Some may be similar to third-way Democrats, while others may be entirely in favor of unregulated capitalism.

**Conservatives:** Baseline conservatives are your typical Republican. They typically advocate preserving the current American way of life. They are typically in favor of deregulating the markets and eliminating the power of trade unions. Many want to lower social spending and funding the military in the name of a concept known as “peace through strength.”

**Neoconservatism:** Neoconservatives are arguably an extension of the main conservative base. They advocate peace through strength while staying active in international affairs. They split off from the rest of the conservative base after the Vietnam War. This is primarily because most conservatives wanted to leave Vietnam, where most neoconservatives wanted to stay.

**Paleoconservatism:** Paleoconservatives want to decentralize the government. They support economic nationalism and isolationism. Many would like to impose more trade tariffs and return to a traditional society. They differ from neoconservatives because they support republicanism and oppose free trade. The alt-right (A far-right white nationalist movement) stems from populists and paleoconservatives.

**Centrism:** Centrist Republicans support a mix of social equality and social hierarchy, combining left and right-wing politics to make common-sense decisions. They typically support market economies while maintaining government control to protect the public interest.

Here are some trends I’ve found between all/some fac-

tions in the Republican party.

They support a return to a traditional society.

They support free markets.

Many are against abortion.

Many believe religious institutions should be put back into the government.

Many are nationalists.

Many support restrictions on immigration.

Many want to raise spending on the military.

Many want to decrease social spending and taxes.

Here, I’ll give some short descriptions about some third parties.

**Libertarians:** The Libertarians want to limit the role of the government as much as possible, by removing all activity in the economy other than funding the courts, the military, and the police. They support unregulated capitalism and non-aggression principle, an idea that says anything aggressive is immoral.

**Greens:** The Greens are divided, similar to the Republicans. There are communalists (A form of libertarian communism), social democrats, democratic socialists, and eco-socialists. However, they all share something in common—they prioritize solving environmental issues over anything.

**Party for Socialism and Liberation:** The PSL is a communist party with Marxist-Leninist ideals. It wants to centralize the economy and save the country from the “dirty grip of capitalism.”

**Constitutionalist Party:** The Constitutionists consist almost entirely of paleoconservatives (See Republicans), with some populists thrown into the mix as well.

Of course, there are other parties. However, if we were to get too far into it like last time we’d take up six pages (Sorry, Mrs. Dunham!). Regardless, it’s very important to learn about our politics, so we know what to vote for and what to do. These parties have the opportunity to impact the way we live in its entirety, so deciding what to follow is crucial to getting the most out of our lives.

# MINDFULNESS

By Lacey Groover  
Team 8 Barker

## Moment of the Month

Hey, you there, stop! Are you feeling a little frantic? Stressed? Down? I have some things you can do!

First, let's calm ourselves down. Close your eyes (after you read the directions) and sit up straight. Now, breathe in for 4 seconds, then hold the air in your lungs for 4 seconds. After that breathe out for 4 seconds, then hold it there for, you guessed it, 4 seconds. Now do that 4 times. This exercise is called box breathing and it helps me so much when it comes to taking a minute to recognize and be mindful (haha) of my surroundings.

I also picked up some new hobbies, one of them is knitting. It's so nice and therapeutic. I used these two [videos to help](#) me learn. I'm currently knitting a mini scarf for one of my plushies because I'm still a beginner, but I'm still proud of it so far. I recommend getting knitting needles and yarn because I feel like anyone could enjoy it.

Drawing random shapes with gel pens (or any type of colored writing utensil) is really mindless and fun to focus on. It doesn't make you stressed or have to focus too hard on what you're doing, and it makes such a cool effect if you finish it. You can see me using this pattern in the background of my mushroom drawing.

Last but not least, meditation. Yes, I know what you're thinking "Oh, God, she's a hippie!" You're not wrong, but you should seriously try this. Look up videos online and try to feel calm and in touch with your body and breathing.

Being mindful is a good thing to focus on every once in a while to make you feel content with yourself and your emotions. It's important to focus on your mental health and try and calm down when you have the chance while you're not in a panicked mood, so you can know how to cope at the moment when panic does happen.

By Lacey Groover  
Team 8 Barker

## Excerpts of Lacey's recently published memoir

"People say mental health is like physical health, you're not completely wrong, but you're definitely not right. Different things work for different people, and you can't treat it like it's the same for everyone. It's not a broken leg, and you can't just put a cast on it. The brain is an organ, and mental illnesses are illnesses of that organ. Telling someone "You're not really sick; it's all in your head." is like telling someone with asthma, "You're fine; it's all in your lungs." The brain is an organ that can have an issue like any other organ. It's like treating someone with a common cold the same way you treat someone with cancer; it doesn't work."



"There are many different ways to seek help. Talk to a professional, trusted adult, or just a friend. Working on things is something very hard to do on your own, so seek help in another way. If someone isn't listening, don't be afraid to talk to someone else about things. Although going through this experience was awful, it is better than hurting yourself in any way. If you are having these feelings, just know that you are definitely not alone, and they won't last forever. The experience that I had was "the bottom of the barrel" and it is not what happens instantly if you have these feelings. I didn't know what to do in the beginning and let it get worse for months, so seeking help is something right to do. If you are having feelings like this, just know you are not the only one."

"I am still working through things by having weekly therapy and talking to people I trust. Taking steps forward does come with taking steps back, and that's totally okay! I'm working on accepting myself for who I am and building who I am as a person. This situation does not define me, and things will get better."

### Resources for Getting Help

[Safe2Say Something](#) : 1-844-SAF2SAY

(723-2729)

National Suicide Prevention Lifeline: 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

**Pennsylvania's Support & Referral Helpline** connects Pennsylvanians with mental and emotional support and to local resources. **Call 855-284-2494 (TTY: 724-631-5600).**

# Game Reviews



By Colleen Gilsbach

*Team 8 Barker*

## Video Game Review: What Should YOU Buy for the Holidays?

Last Christmas, my parents bought me my very own Nintendo Switch Lite! Since then, I have been obsessed with multiple games. Thanks mum and dad :). Quite a bit has happened since then, but here are my video reviews, and a few console options to get you started. Here we go!

What you will need for these games



is, obviously, a Nintendo Switch. It has some of my favorite games and it's a pretty good device. It can connect to a television with just a few easy steps, and it doesn't take over all of the wifi. It also allows you to game with the whole family (so you can get in on this gift too). It has a pretty wide screen, but if you want a wider one, you can get a Nintendo Switch OLED. I, personally, think it's a bit of a waste of money, to pay hundreds of dollars for two more centimeters of screen, but you do you!



If that first Switch seemed too expensive, and you just want something for yourself, Nintendo has you covered once again! You can buy a Nintendo Switch Lite for one hundred dollars less! They have all the same games!

Speaking of games, this tiny, little thing has quite the collection! Some of the games I own are: Legend of Zelda: Breath of the Wild, Animal Crossing: New Horizons, Luigi's Mansion 3, Minecraft, Super Smash Bros. Ultimate, The Legend of Zelda: Link's Awakening, and there are so many more to find! I think the Switch Lite is one of the greatest consoles I own, and it's just fabulous what Nintendo has to offer!



I'm getting off track here . . . So, this is the first game that can be played on the Nintendo Switch, and my favorite: Legend of Zelda: Breath of the Wild! It's a very fun game with problem-solving, exploration, and battles. It has an open world, which means that you can explore easily, and not have to be forced to do the next thing immediately. I've spent far too much time on this game, and I still haven't seen everything. With 900 korok seeds, 120 shrines, 18 memories, and 5 main bosses, this game is jam-packed with secrets, stories, songs, lore, and

more!



The next game I have on my list is, while not my favorite, a pretty good game. It is Mario Kart 8, a fun racing game that will either get your parents to hate Nintendo or cuss you out. There is no in-between.

Anyway, Mario Kart is a game you can play with up to eight players! It's super fun, and my sister and I play with my dad all the time. The combination of the motion controls and speeding so fast that you become rainbow really makes this game a fun experience. You may not get 1st place in the beginning, but practice makes perfect! I would rate this game a 10/10

Those were some of my favorite games, even if there were only two, and some of the best gifts. If I had money, I would buy these for my family members! Happy holidays, and have a good time, whether you buy any of these or not!

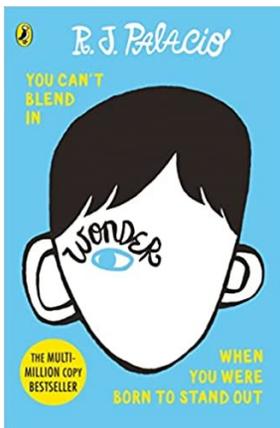


# Book Reviews



## ANONYMOUS BOOK REVIEW

As of last article, I had read quite a few books, but now, I've read even more! I would love to share the books I've read because I thought they were nice, and I think you will too.

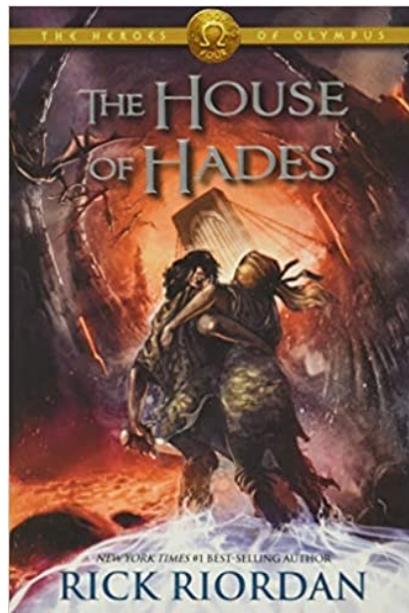


**Wonder by R.J. Palacio**

- Feel Good
  - Inclusion
  - Teen Reads
- Wonder is an uplifting book about a kid

named August. He is bullied throughout the book for looking different. He slowly makes friends, loses some, but eventually he finds his people. I would recommend this book for anyone looking for a shorter read. It has been one of my favorites for ages, so take a look!

made me cry in class, but it is written amazingly. It gave me so many feelings and I was eager to read what happened next. The characters, including Alaska, the Colonel, Miles, and so many more, felt so real as they were experiencing pain and love. It is an amazing book and I would recommend it to anyone who is interested in any of John Green's books.



**The Heroes of Olympus: The House of Hades by Rick Riordan**

- Teen Reads
- Mythology
- Inclusion

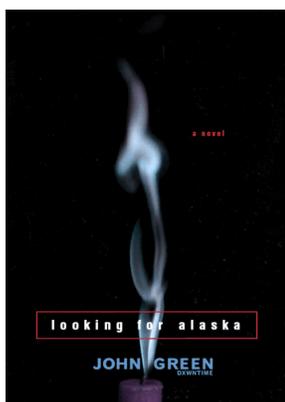
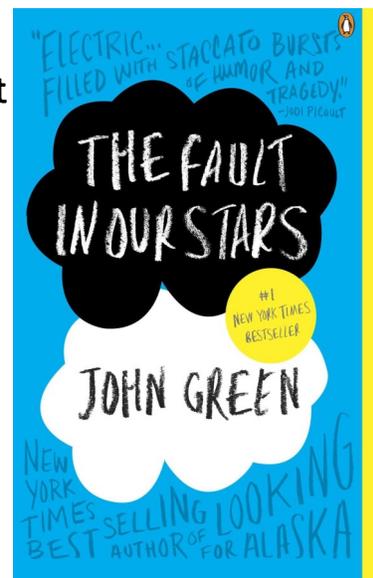
This is part of a series about modern Greek half-bloods. It is my favorite book of this series, as it has more time with

my favorite character, Nico di Angelo. My sister is in love with this series and I've found it to be pretty interesting. Even if you are not interested in mythology, you should check it out with its starting series: Percy Jackson and the Olympians.

**The Fault in Our Stars by John Green**

- Cancer Stories
- Romance
- Adult Fiction

This book also made me cry, as John Green's writing usually does. It was a beautiful, funny, romantic, heart-breaking masterpiece about two cancer patients in love. It may be a bit adult-ish, but it still is one of my favorites, to this day.



**Looking for Alaska by John Green**

- Romance
  - Adult Fiction
- This book

Sorry it was so short, but these are the only books I've read this quarter. I hope you check them out. See you next time!

# BULLDOG HAPPENINGS!



## Pumpkin Rollin'



Remember smelling the cinnamon sweetness in the hallway? First, a few National Junior Honor Society students created a mixture of dry ingredients. Then, all of the National Junior Honor Society members mixed, spread, roll, ice, and wrap the pumpkin rolls. The National Junior Honor Society made over 300 pumpkin rolls in just two days to help raise funds to donate to many charities and causes. This year, NJHS earned \$2,100 to donate. Way to go!

Featured Above: Ms. Case, Mr. Meixsell, and Mrs. Farole



What's So Cool About Manufacturing is a yearly video competition where student teams tour area business and create a short video based on what the company does. This year's team toured Piramal Critical Care There many different categories for our team to win, including a viewer's choice award. This February, stay tuned for the link and help vote for your NLMS team video! Pictured: Landon Rosado, Olivia Schaeffer, Kylee Snyder, Adriana Danyuluk, Sam Mack, and the best coach—Mrs. Frank!

## 22 Kill Push Up Challenge and Donation to Front Country Foundation

This year, 8th-grade history teacher Mr. Herzog and 22 8th-grade students participated in the 22 Kill Push Up Challenge. The Veterans Administration released a Suicide Data Report that found an average of 22 veterans die by suicide every day. The 22KILL initiative started in 2013, at first just as a social media movement to raise awareness and later it became an official 501 3 nonprofit organization in July of 2015. In 2016, as the push-up initiative swept social media, 22KILL began its transformation from awareness to a suicide prevention program. By the end of that year, the viral campaign and the fundraising that accompanied it, allowed us to donate over half a



million dollars to sponsor other veteran service organizations. In 2017, 22KILL began to acquire and develop traditional and non-traditional mental wellness programs. It now offers a myriad of services through Stay The Course, Tribal Council, Forge, Wind Therapy, WATCH, and White Star Families.

With this, Mr. Herzog set out to contact an organization to donate the money earned from students doing the push-ups and from donations from teachers and other students. This year, students did a virtual meeting with the CEO of Front Country Foundation, Cam Fields in Jackson, Wyoming. On the Google Meet, students were able to directly talk to Cam about his experiences. This year, Northern Lehigh Middle School raised \$1,500 for the Front Country Foundation. Way to go!



# BULLDOG ART!



Top: Lacey Groover (first two); Madison Kerstetter (last two)

Middle: Photographs by Sam Mack; First Clay is Mylz Miller

Bottom: Colleen Gilsbach, Lacey Groover, Noya Weiss, and Mariah Burton

# Letter from the Advisor

Happy Holidays! I hope you get to relax with your loved ones and relish in some fun and tradition. It is truly not only the season for rejoicing, but it also a season for reflection. We think about the year past and the year to come. John Boswell once said, “Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.” During this holiday season and into the winter months, take the time to truly savor the precious moments with family, friends, and take the time for yourself to get caught up on what and who matters to you most.



*The Bulldog Bark* serves to represent students’ voices at Northern Lehigh, so speak up! *The Bulldog Bark* is always looking for more Barkers to add to the pack; even if you would like to contribute to just one issue. This paper serves to represent all of us. If you have any article ideas or are interested in writing at any point, please see me at the TIS office (across from the library) or send me an e-mail: [bdunham@nlsd.org](mailto:bdunham@nlsd.org). Also, if you are a talented artist, I would love for you to feature your artwork! We have plenty of room to show off your skills!

I would like to acknowledge the 2021-2022 *Bulldog Bark* pack for another great edition.

**Patrick Conway, Lacey Groover, Colleen Gilsbach  
Savannah Hall, Bella Haydt, Melody Lindenmoyer,  
Emily Mack, Samantha Mack,  
Aubrey Reinhard, Landon Rosado, and Andi Szwast**

Happy Holidays! Enjoy your well-deserved break.

*-Mrs. Dunham*