



The Paranormal and The Origins of Halloween

How did the traditions we know and love become widespread?

By Madilynn Husack

Team 8 Barker

Have you ever wondered where Halloween started? Or maybe why we dress up, give out candy, or where all the scary monsters, like Dracula or Frankenstein, derive from? Well, you can thank the ancient Celtic people for this and many more!

Halloween started as far back as the Iron Age, about seven thousand years ago, when the pagan Celtic people honored death and rebirth. The Celts would hold a three-day fire festival called Samhain, pronounced, "saw-win." Samhain's main purpose was to hold a feast to celebrate the recently deceased returning to the living. They would wear animal heads and furs to protect themselves from evil spirits, hold feasts, and hollow out gourds to make lanterns. The Celts would also make sacrifices from crops or animals as an offering to spirits. Pranking became a popular Halloween activity when Celts would blame pranks on mischievous spirits.

With the invasion of the Romans, the Pagan religion was forced to either evolve or wither out with the Romans bringing Christianity and Catholicism. With Samhain evolving into All Saints Day, also known as All Hallows Day, it now celebrates martyrs, saints, and Christian figures. Food sacrifices were



BuzzFeed

HALLOWEEN QUIZ!

Click on the link below to access this edition's BuzzFeed quiz!



See Origins, Page 2

["Which Halloween Candy Are You?"](#) by Andi Szwast

Origins, from Page 1

then replaced by giving food to the poor, which is where giving out candy originated. All Hallow's Eve is the more spiritual version of Halloween and eventually takes over All Saints Day.

In early American settlement, Halloween was forbidden because it was deemed as Catholic or Pagan with most American settlers being Protestant, though Halloween elements were slowly incorporated into religious harvest events in the 1800s. With the spike of immigrants in the 1900s, especially Irish immigrants, Halloween customs started to become more popular.

When Halloween began, kids would dress up and be given fruit or money to perform some type of artistic skill, anything from reading poetry, saying a joke, or singing a song. With pranking becoming a more common practice among small children, parents made the incentive to stop pranking by giving candy to kids. This led to the invention of "trick-or-treating." Soon later, companies started coming out with pre-made costumes. After World War 2, candy and television companies started joining in on the Halloween bandwagon.

Television companies started taking ideas like Dracula, first written in 1897 by Bran Stoker, and the

first movie coming out in 1931. Other Famous Halloween figures like Frankenstein, coming from the 1816 Mary Shelly book, and Zombies, the idea coming from Haiti voodoo practitioners. There are of course many more and if you want to learn more I suggest visiting, "[We've Got Chills! 15 Classic Halloween Monsters and Where They Come From](#)," by Parade.

Halloween may have lost some of its original meaning but it will always be a loved holiday by many.

BuzzFeed NEWS



Assembled and Written by Andi Szwast

Team 8 Barker

Click on the link below to access this edition's BuzzFeed quiz!

"Which Halloween Candy Are You?"



The School Store is Now Open!

By Norah Lipsky

Team 7 Barker

The first-ever Northern Lehigh Middle School store opened on October 19th, 2022.

The store is open on Monday, Wednesday, and Friday from 10:56 AM to 11:26 AM, and from 11:48 AM to 12:18 PM, which is during our school lunches. The store is located in the little space outside of the cafeteria.

This is a great opportunity to buy what you need for school, personal needs or just anything in general. We have fidgets, pencils, stickers, earbuds, notebooks, and more! The school store has many useful things that can be beneficial to everyone. We sell at affordable prices and are open at reasonable times. Mr. Weber says, "I'm proud to see

that students are learning how to independently plan and run a business successfully. It is a real success that items are selling quickly, and we are just beginning this school store. We

are looking to see what other items we can sell, such as water bottles and apparel. Profits are going to be used, so the students can go to a charity and give the money to them."



"I'm proud to see that students are learning how to independently plan and run a business successfully."—Mr. Weaber



By Eliana Araujo,
Madilynn Husack, Mackenzie Kuhns, and
Adalynn Ressler
Team 7 and 8 Barkers

It's standard procedure for *The Bulldog Bark* to welcome new faculty members in our first edition. This year, we have some new teacher faces in our hallways at Northern Lehigh Middle School: some who are brand-new to our district while there are others who transferred from buildings.

Let's give them a warm Bulldog Welcome!

Miss Nightlinger: Emotional Support

By Adalynn Ressler
Team 7 Barker

Miss Nightlinger is back! She worked as a Special Education TOSA for the past few years, but is back to emotional support classroom. She also is the Aavidum club advisor for our middle school. Welcome back!

What do you teach?

I currently teach middle school emotional support.

What do you like (or dislike) about your subject?

I like to see student progress and help students with behavior issues;



I dislike all the paperwork and the communication aspects.

What's your favorite type of music?

Alternative

Which colleges did you go to?

East Stroudsburg University for undergraduate; Lehigh University for graduate school.

How do you like teaching at Northern Lehigh so far?

It keeps me busy, and I like working with the students and staff.

If you have taught previously, how many years have you been teaching and where have you been teaching?

I have taught for two years the Centennial School of Lehigh University, and for 7 years at Northern Lehigh Middle School.

Who's your favorite actor?

Meryl Streep

Which high school did you attend?

Bensalem High School

What is your goal for this school year?

To survive and to support students as much as I can to be successful.

What is one interesting fact about yourself?

I played the clarinet for ten years

What's your favorite holiday?

Thanksgiving and Christmas Eve

Mr. Gupta: Life Science & Earth and Space Science

By Madilynn

Husack

Team 8 Barker

Today, I'm here with Mr. Gupta who is one of the science teachers for seventh and eighth grade.

Mr. Gupta use to be a high school teacher who taught Physics and Integrated Science. When Integrated Science got moved to eleventh grade, this gave him the opportunity to teach seventh and eighth grade. He also works as a middle school track coach.

Hobbies that he does outside of school include things like hiking, camping, and skiing; he even started skydiving! When Mr. Gupta finished college at Muhlenberg, he majored in Psychology. In addition, he studied pre-law, pre-med, business, and acting.



The picture above shows Mr. Gupta skiing in Wyoming with his best friend.

After he finished college, he was unsure of what he wanted to do.

Even in college, he wondered where he wanted to take his life. So he moved to Montreal to try to get into acting. When that didn't work out, he moved to Florida for a year and worked on railroads. After the year, in Florida, he moved back to Pennsylvania to work for his par-

ents at a gas station in Easton. After being in the states for a few years, he went to work in the restaurant industry for 12 years. He worked at Bethlehem Brew Works as a server, bartender, and manager for about 10 years. He was 34 when he realized that he couldn't live this lifestyle anymore.

With a big family and possessing a love for science, he decided to go back to college and get his teaching certificate. During his later years of schooling for his teaching certificate, Northern Lehigh reached out to one of his professors and offered him the job to work as the high school physics teacher as he was finishing his certificate.

In five years, Mr. Gupta hopes to be doing the same thing with just more adventures under his belt as he is avid traveler and thrill-seeker.

Welcome to the middle school, Mr. Gupta!

Mr. Ohland: Life Science

By Mackenzie Kuhns

Team 7 Barker

Mr. Ohland is brand-new to our school district. Welcome, Mr. Ohland!

What did you want to do for work when you were young?

I wanted to be a professional football player.

Do you have any nicknames? If so, what are they?

Mr. OJ (Orange Juice), JJ

What are 3 things that most people wouldn't know about you?

I played semi-professional football for a year, I have a unique name, and I am the fourth in my family.

Do you have any hidden talents? If so, what are they?

I am talentless.

If you could do something for work other than teaching what would it be?

Something involving sports.

What are a few of your hobbies?

Exercising, watching the Jets, taking my dog for walks, playing video games every once and a while, and stargazing.



Have you ever gone to a different country? If so, what country, and if not, what country would you like to go to?

I have been to Canada. I would love to go to Europe, Egypt, and New Zealand.

What was your favorite subject in school?

Social Studies/History

If you won a million dollars what would you do with the money?

Pay off my debt and my parents' debt.

Where are your family's roots from?

German, British, and Swedish.

What is your favorite movie and/or TV show?

The Lord of the Rings, Scrubs

Did you play any sports or participate in any clubs when you were in school?

Football, soccer, and I did National Junior Honor Society.

If you could change your name what would you change it to?

I wouldn't change it.

Lastly, what is your ACTUAL name?

Winterford

Sorry, I lied, this is the last one. Can you tell the readers a joke or a riddle?

2 coins put together make thirty cents, one of them is not a nickel. What are they?

...a quarter and a nickel (only one is not a nickel)

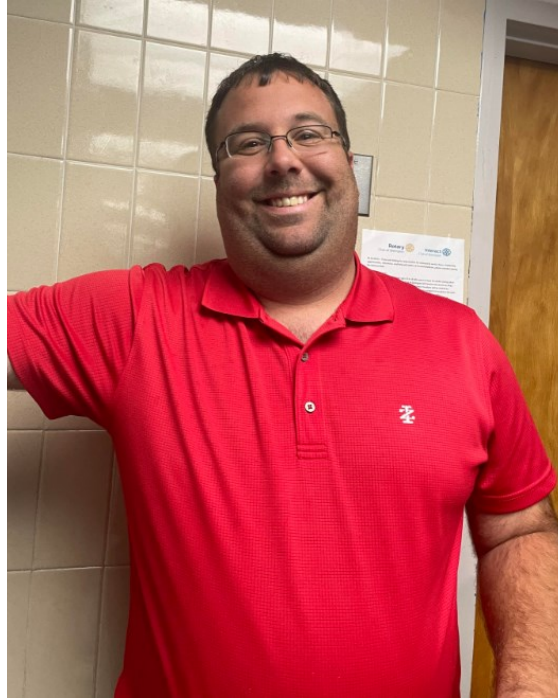
Mr. Reinert: Old World Cultures, U.S History, and Pre-Algebra

By Eliana Araujo
Team 7 Barker

Mr. Reinert is not new to our building, but he has a new teaching assignment. He previously taught middle and high school math. This year, he is now entirely at the middle school teaching history as well as a section of 8th grade Pre-Algebra. We are happy to have you full-time!

What's one fun fact about you?

I teach 3 different classes.



If you weren't a teacher what would you be?

Professional coach.

What are your plans once you retire?

Golf, hang out with friends, and relax.

Do you like the grade/class you teach now more than your past one?

Yes, he likes teaching his new classes more than his others.

Mrs. Starner: Learning Support ELA

By Eliana Araujo
Team 7 Barker

Mrs. Starner is brand-new to our school district! She previously worked for North Schuylkill School District as a Special Education Teacher.

What's one fun fact about you?

I loves animals, especially dogs.

If you weren't a teacher what would you be?

I would be a Cosmetologist,



someone does hair, makeup, and nails.

What are your plans once you retire?

I want to travel and try all different foods.

Do you like the grade/class you teach now more than your past one?

Yes, I was teaching grades 7 through 12. Now I only teach 7th and 8th grade and one subject, which is ELA.

Mr. Williams: Learning Support Math

By Adalynn Ressler

Team 7 Barker

Mr. Williams is also brand-new to our school district! He previously worked for Salisbury School District.

What do you teach?

I teach Learning Support Math for 7th and 8th grade.

What do you like (or dislike) about your subject?

I like math as a subject; however, I dislike how small the group I teach is.

What's your favorite type of music?

Country

Which college(s) did you go to?

Lock Haven and East Stroudsburg University.



How do you like teaching at Northern Lehigh so far?

I likes it a lot.

If you have taught previously, how many years have you been teaching and where have you

taught?

I have been teaching for eight years. I previously taught at Salisbury School District.

Who's your favorite actor?

Ryan Reynolds

Which high school did you attend?

Pius X High School

What is your goal for this year?

To get to know my students better and for them to pass.

What is one interesting fact about yourself?

I have 7 tattoos!

What's your favorite holiday?

Christmas



Mental Health in Teens: School Interviews

By Mackenzie Kuhns

Team 7 Barker

The Problem with Mental Health

Mental health is one of the largest obstacles that kids in 7th - 12th grade face. Though, some adults and students alike don't completely under-

stand the subject. Some of those people may even say to quote on quote "just toughen up" if you're struggling, but that is most definitely not the correct way to go about this. For this article, I interviewed a few people from our school for their take on this important topic.

"Just Toughen Up"

7th grader, Amara Fiorito and teacher, Ms. Nightlinger alike, say that this is the wrong mindset. During an interview, Ms. Nightlinger said, "I agree that it is not what you should say to someone because you are assuming they know how to cope." This is undeniably true and there

is certainly a better way to go about this, like simply asking for help from a trusted adult or friend. Amara says this, *“I think students should ask for help. I know sometimes it can be hard, but someone will always be there and care about them.”* *“Anybody should always ask for help if they need it. Sometimes we just need help to get through it.”* Old World Cultures teacher, Mr. Graver. Sometimes though, students may not feel comfortable asking for help or telling someone what they’re going through. Even though it should not be embarrassing like Amara mentioned in *her* interview.

Warning Signs

According to Ms. Nightlinger, common warning signs of poor mental health include, *“Not eating, not taking care of personal hygiene (showering, teeth, clothes) grades plummeting, not doing schoolwork, sleeping, not interested in playing sports or other hobbies, not answering text messages/going silent on social media, essentially just secluding themselves, maybe even over emotional (all over the place).”* Now that you have an idea of what a response to a mental health concern may be, here’s what Mr. Graver thinks it’s like when you’re struggling with mental health, *“Bad mental health is when you have stress, anxiety, and sadness that gets in the way of what you want to do.”*

Good Mental Health and Why We Should Focus on It As Well

Good mental health is important because it is a stepping stone towards a goal of personal health and growth. Without that next step in the right direction or reward in sight, it may

be hard to find motivation to get out of your depression, anxiety, etc. When you have good mental health, you are more comfortable in your own skin and feel free to do the things you want in life.



Mr. Graver says this about what good mental health means for him, *“Good mental health is when you have a positive attitude, and you feel good about yourself and you’re enjoying your life. Maybe you’re comfortable with yourself.”* Overall, good mental health allows you to live the life you want to live. But something you should also keep in mind is that just because you have good mental health doesn’t mean you say, don’t ever cry. Just like Amara says, *“... it is okay to not be okay”*. It’s better to cry about the things that really matter than to always hold it in because over time that will just create a huge lump of bad mental health.

A Few Final Notes

Here are a few last things from Ms. Nightlinger and myself:

“Some might say that it is rare to

have anxiety or depression but it’s actually more common in men. So for boys it might be good to reach out to a coach or male teacher.” (Ms. Nightlinger)

“If anyone ever needs someone to talk to, they can talk to Mrs. B, a trusted adult, a friend, or even myself. My door is always open. You don’t have to do this alone there are always people who can help in school and out of school. I know it is easier said than done that you are not alone but the resources are there you just need to

take the first step.” (Ms. Nightlinger)

“If you are looking to learn more about mental health, create a positive environment, or create more school spirit you should look into joining Aevium.” (Ms. Nightlinger)

Personally, I am also very open to helping anyone who needs help with mental health, problems with family life, or even just a friend, I am here. I won’t hesitate if you come to me and need a hug or just someone to talk to, so please, if you’d be comfortable talking to me or need help talking to someone else find me between classes or even email me! (Mackenzie Kuhns)

Recipe of the Month:

Pumpkin Chocolate Chip Bread

By Mrs. Dunham
Team Older Barker

Pumpkin Bread with Chocolate Chips

Ingredients

- 1 and 3/4 cups (219g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg*
- 1/4 teaspoon ground cloves*
- 1/4 teaspoon ground ginger*
- 3/4 teaspoon salt
- 2 large eggs, at room temperature
- 1/2 cup (100g) granulated sugar
- 3/4 cup (150g) packed light or dark brown sugar
- 1 and 1/2 cups (340g) pumpkin puree (canned or fresh)
- 1/2 cup (120ml) vegetable oil, canola oil, or melted coconut oil
- 1/4 cup (60ml) orange juice*
- 2/3 cup (120g) semi-sweet chocolate chips*

Instructions

1. Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Lowering the oven rack prevents the top of your bread from browning too much, too soon. Grease a metal 9×5-inch loaf pan with non-stick spray. Set aside.
2. In a large bowl, whisk the flour, baking soda, cinnamon, nutmeg, cloves, ginger, and salt together until combined. Set aside. In a medium bowl, whisk the eggs, granulated sugar, and brown sugar together until combined. Whisk in the pumpkin, oil, and orange juice. Pour these wet ingredients into the dry ingredients and gently mix together using a rubber spatula or a wooden spoon. There will be a few lumps. Do not over-mix. Gently fold in the chocolate chips, if including.
3. Pour the batter into the prepared loaf pan. Bake for 60–65 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. This may be before or after 60–65 minutes depending on your oven, so begin checking every 5 minutes around the 55-minute mark.
4. Allow the bread to cool completely in the pan on a wire rack before removing and slicing. Cover and store leftover pumpkin bread at room temperature for up to 3–4 days, or in the refrigerator for up to a week.



best recipes
FOR FALL

Local Fall Things To Do

By Eliana Araujo

Team 7 Barker

For the fall season, there are many things that can be done locally. Although not currently happening, there was the Spooktacular Hot Air Balloon Festival. There were food vendors, hot air balloon rides, and fire-works. It's good for kids and adults; there are bouncy houses and helicopter rides. if you like the dark stay till 8:00, 6-8 there it's the glow. It happened on October 14th-16th at 1000 Airport Rd, Slatington, PA. It was a fun and nice way to start the month of October.



The Unangst Tree Farms is about 30 minutes away. there's animals, pumpkins, and corn maze. You can get also go there to get Christmas trees. There's so much to see and do!

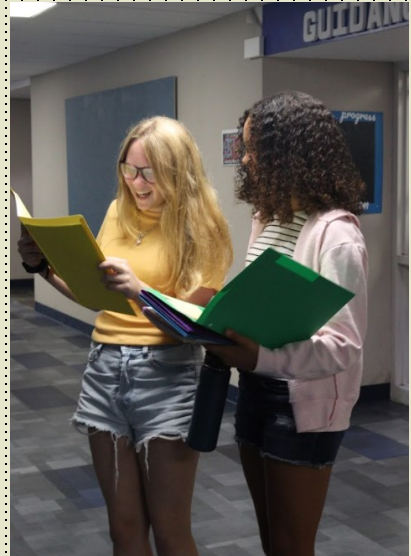


Waldorf Estate of Fear is about 30 minutes away, but it is worth it! It's a haunted house probably not the best for little kids but great for kids our age. It's scary and a great place to go if you are looking for something scary.



UNITY DANCE!





BULLDOG ART!



By Norah Lipsky
Team 7 Barker



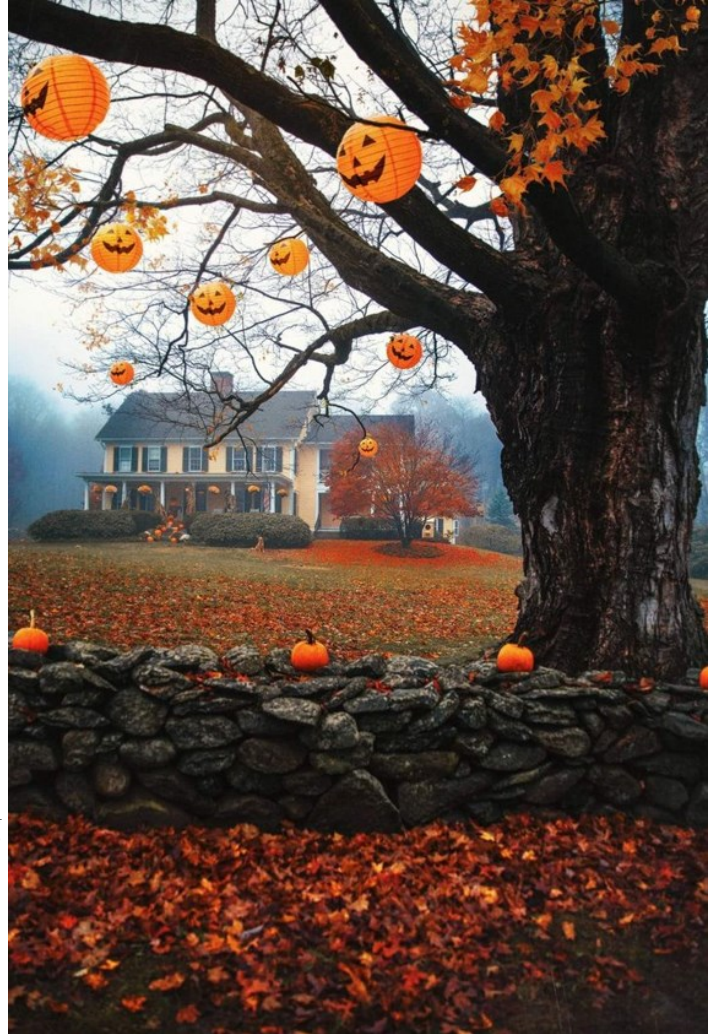
Letter from the Advisor

Happy Halloween! Our *Bulldog Bark* staff is almost entirely new, so I am excited to see the direction our newspaper will take over this upcoming school year!

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. 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 2022-2023 *Bulldog Bark* pack.

Eliana Araujo, Madilynn Husack, Mackenzie Kuhns, Norah Lipsky, Adalynn Ressler, and Andi Szwast



Happy Halloween! Let's have a strong finish to Marking Period 1 and a smooth start for Marking Period 2!

-Mrs. Dunham