Study Tips with Kimberly Padilla

1. Exercise

Multiple studies have shown that doing some form of exercise before an exam or assignment, allows for your brain to function better.

2. Speak out loud

It may feel awkward, but it is extremely beneficial to read out loud instead of reading in your head. You are 50% more likely to remember something if you speak it out loud instead of reading it over and over in your head.

3. Teach what you have learned

If you’re able to explain the subject to someone else, then you have it fully down.

4. Draw diagrams

Rather than just simply looking over a diagram or boring textbook, draw out ideas and images to ensure they’re engraved in your memory.

5. Take regular study breaks

Your brain is able to fully focus for about 45-50 minutes, anything new after 1.5 hours will not stick. Allow yourself to take short 5-10-minute breaks every now and then to maximize productivity.

6. DO NOT CRAM

Trying to overload your brain with information in a short amount of time before an exam is very counterproductive.

7. Switch up your study spots

Information retention actually improves when you vary the places where you study.

8. Listen to the right music

Listening to music that elevates your mood actually helps you be more productive when you study. Ambient instrumental or classical music have been proven to benefit studying.
**Symbolism of Philippines Flag**

**Colors:**
- White triangle: liberty, equality, fraternity
- Blue: truth & justice & peace
- Red: patriotism & valor

**Symbols:**
- Sun: unity, freedom, democracy
- 8 rays: 8 provinces involved in revolution against Spain
  - Manila, Bulacan, Cavite, Pampanga, Morong, Laguna, Batangas and Nueva Ecija
- 3 stars: 3 major islands where revolution started
  - (Visayas, Luzon, Mindanao)

**Times of War:**
- Displayed Horizontally: red is shown on top
- Vertically: red is shown on observer's left

**Times of Peace:**
- Displayed Horizontally: blue is shown on top
- Vertically: blue is shown on observer's left
Classic Childhood Halloween Movies

by Krizza Dela Cruz
FAVORITE FALL RECIPES

Anissa Guillermo

Pumpkin Crunch

INGREDIENTS
- 1 can of pumpkin (15 oz)
- 1 can evaporated milk
- 1 cup sugar
- 3 eggs
- 1 box yellow cake mix
- 1 cup chopped walnuts
- 1 teaspoon cinnamon
- 2 sticks of butter (one stick is about 8 tablespoons)
- Parchment paper
- Silver foil cupcake holders

FROSTING:
- One 8 oz. cream cheese
- 3/4 cup cool whip
- 1/2 cup powdered sugar

PROCEDURE:
Line a 9 x 12 pan with parchment paper. Mix pumpkin, milk, eggs, cinnamon and sugar. Pour on paper. Pour 1/2 box of yellow cake mix over it. Sprinkle walnuts on cake mix. Layer other 1/2 of cake mix (dry mix straight from the box). Melt butter and spoon over the top evenly. Bake 350-degrees for 50 to 60 minutes. When cool, loosen from side of pan. Invert pan onto a tray (the top is the crust). Frost with frosting and sprinkle with walnuts. Cut into squares and serve in the cupcake holders.
Caramel Apple Butter Snickerdoodles

INGREDIENTS (MAKES 3 DOZEN COOKIES):
• 2 3/4 cups all-purpose flour
• 2 teaspoons baking powder
• 1/2 teaspoon salt
• 1 1/2 teaspoons cream of tartar
• 1 teaspoon apple pie spice
• 1/2 teaspoon cinnamon
• 1/2 cup unsalted butter, softened
• 1 1/2 cups sugar
• 2 eggs
• 1 teaspoon vanilla extract
• 1/2 cup apple butter
• 36 soft caramels, unwrapped
• 1/4 cup sugar
• 2 teaspoons cinnamon

PROCEDURE:
1. In a medium bowl, whisk together the flour, baking powder, salt, cream of tartar, apple pie spice, and 1/2 teaspoon cinnamon. Set aside.
2. In a large bowl, using a stand or electric mixer, cream the butter and 1 1/2 cups sugar together until light and fluffy. Beat in the eggs and vanilla followed by the apple butter. With the mixer on low, add the dry ingredients until incorporated.
3. Chill the dough for about 2 hours in the refrigerator or 30-45 minutes in the freezer.
4. Once the dough is chilled, preheat your oven to 350 degrees F. Line a baking sheet with parchment paper.
5. In a small bowl, whisk together 1/4 cup sugar and 2 teaspoons cinnamon.
6. Using a 5 cm cookie scoop, portion out the dough. Flatten each scoop of dough into a disk. Place a soft caramel in the middle and then wrap with dough. Roll into a ball and toss it in the cinnamon-sugar mixture until completely coated. Transfer the dough balls to the prepared baking sheet, spacing them about 2 inches apart.
7. Bake for 15 minutes or until lightly golden. Allow the cookies to rest on the cookie sheet for 2 minutes before transferring them to a wire rack to cool completely.
8. Pack and store in an airtight container.
Sausage, Apple, and Cranberry Stuffing

INGREDIENTS:
• 1 1/2 cups cubed whole wheat bread
• 3 3/4 cups cubed white bread
• 1 pound ground turkey sausage
• 1 cup chopped onion
• 3/4 cup chopped celery
• 2 1/2 teaspoons dried sage
• 1 1/2 teaspoons dried rosemary
• 1/2 teaspoon dried thyme
• 1 Golden Delicious apple, cored and chopped
• 3/4 cup dried cranberries
• 1/3 cup minced fresh parsley
• 1 cooked turkey liver, finely chopped
• 3/4 cup turkey stock
• 4 tablespoons unsalted butter, melted

PROCEDURE:
1. Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.
2. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
3. Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey.
Eggplant Parmesan

**PROCEDURE:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake in preheated oven for 35 minutes, or until golden brown.

**INGREDIENTS:**

- 3 eggplant, peeled and thinly sliced
- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups spaghetti sauce, divided
- 1 (16 ounce) package mozzarella cheese, shredded and divided
- 1/2 cup grated Parmesan cheese, divided
- 1/2 teaspoon dried basil
- Add all ingredients to list
**HALLOWEEN CRAFTS**

by Alyssa Takamura

**YARN PUMPKINS**

What you’ll need:
- 21 pieces of orange yarn, cut to 36 inch lengths
- 2 ounces of white glue
- 1 balloon, blown up half full
- 1 brown pipe cleaner

Steps:
- Blow up the balloon half full
- Dunk the pieces of yarn into glue, cover it completely
- Take the glue covered yarn and wind it around the balloon
- Repeat with the remaining pieces of yarn
- Let dry overnight
- Pop the balloon and remove it
- Tie the pipe cleaner at the top

**SPOOKY MASON JARS**

What you’ll need:
- Mason jars
- Fake spiders
- Fake spiderwebs
- Black nail polish
- Hot glue
- Tea lights (flameless)

Steps:
- Paint the outside of the mason jar with the black nail polish
- Wrap the tea light with the fake spiderwebs, then place it in the jar
- Hot glue the fake spiders to the spiderwebs
- Wrap excess spiderwebs around the outside of the jar
MUMMY LANTERNS

What you’ll need:
- Vase
- Cheesecloth
- Moveable eyes
- Hot glue
- Tea light

Steps:
- Cut cheesecloth into 3-4 inch strips
- Use hot glue to wrap cheesecloth along the vase
- Glue eyes
- Place tea light in vase

GHOST LOLLIPOPS

What you’ll need:
- Lollipops
- Coffee filters
- Twine
- Sharpie

Steps:
- Place one coffee filter on top of the lollipop
- Secure it in place by tying it with twine
- Draw two eyes