

THE BARK

NEW YEARS RESOLUTIONS

As 2020 comes to its long awaited end, many people decide they want to better themselves during the upcoming year. People set goals for themselves to achieve during the new year, but it's easy not to stick to your new goals. There are three main reasons people give up on their goals. People have difficulty breaking bad habits, struggle with a specific outcome, and sometimes have problems with finding the purpose. When it comes to breaking habits, it is never easy but it can be done. After around 66 days, the behavior will become automatic. When our brains work on a trigger, it's easy to slip into a routine and difficult to fight back when the behavior occurs. Start by recognizing your bad habits and why it's bad for you. You can replace the bad habits with good ones. Another issue is struggling with a specific outcome. In most situations, people set a very specific and achievable goal but become frustrated when it doesn't happen right away. To avoid this, set a general goal. Instead of saying you want to reach 135 pounds before May, try saying that you want to be within 130-140 pounds by May. It sets a more realistic goal and is easier to accomplish. Lastly, there are issues with finding a purpose. By asking yourself why you set a goal, it may motivate you more. If your goal is to lose weight, it may be because you want to live a healthier life or look better. Overall, finding why you want to do it will motivate you more and help you become more determined to reach your goals! Happy New Year!



Chloe Hendrickson

COLLEGE FOOTBALL

The 151st college football season is officially in the books, and the Alabama Crimson Tide once again reign supreme over everyone else. It wasn't a normal season by any means, but the people behind the scenes did a great job in allowing this season to happen. Alabama rolled through the playoffs, beating Notre Dame 31-14, and then blowing out



Ohio State 52-24 to become the champions. Led by Heisman Trophy winner Devonta Smith, Alabama only played one game all year that was decided by single digits. Nick Saban had this to say, "Well, I'm just so proud of our team for what they've accomplished all season long, the adversity they had to overcome, the togetherness that they have as a group, the way they've

supported one another." This team will certainly go down as one of the best college football teams ever. This team was no doubt led by Heisman winning receiver Devonta Smith, who was the first receiver to do so since the 90's and only the third ever. He had this to say, "And just to all the young kids out there that's not the biggest, not the strongest, just keep pushing because I'm not the biggest. I've been doubted a lot just because of my size, and really it just comes down to you put your mind to it, you can do it. On the other hand, it's back to the drawing board for Clemson and Ohio State to try and topple the reigning champs.

Dylan Anderson

NEW YEAR . NEW TECH

For those of you interested in the latest technology for the new year, here are several exciting items to look into: One of the new items is the Oculus VR Headsets. The newest version is the Oculus Quest 2, which costs as low as \$300. But, games must be bought separately for the Oculus, just like they must be for the Xbox and the PlayStation5. The Oculus Quest 2 is regarded as the best VR experience that is out right now, and that it is a perfect escape for those who are stuck at home during the pandemic. Reviewer Adi Robinson had this to say about it, "But if you're interested in the current generation of VR games, the Quest 2 offers the best overall balance of hardware, features, and price." It is regarded as one of the most well-balanced VR systems that is out right now. In other news, the demand for the PS5 is still incredibly high, as they continue to only restock with a limited amount. This has led to a lot of frustration in the gaming community, as many people haven't been able to get their hands on one.



Dylan Anderson

HIT THE GYM

When the new year rolls around, that means resolutions. Many resolutions usually have something in common with fitness and getting back into the gym. One popular local gym is Workout Anytime Boiling Springs, which is located at 1915 Old Furnace Rd, Boiling Springs, SC 29316. Its base membership price is 19.99 a month, which is cost efficient. Another option is 9 round, which is located on 2242 Boiling Springs Rd Boiling Springs, South Carolina 29316; this gym is a 30-minute workout that is cardio and resistance based.



Luke Calderone

S'MORES DIP

Ingredients

- A bag of chocolate chips
- A bag of marshmallows
- Graham crackers

INSTRUCTIONS

1. For this easy recipe, you will need to first preheat the oven to 350 degrees
2. Next, get a pan (don't forget to spray it), and cover the bottom with chocolate chips and then cover that with one layer of marshmallows
3. Put the pan in the oven and bake it until the marshmallows are golden brown.
4. Now enjoy the warm s'mores dip with some graham crackers!



WRESTLING

The Boiling Springs Wrestling Team season is underway and is being led by Head Coach Lee

Thomas. In an interview with wrestler Drayton Wines, he told me that “we have upcoming matches against



Chesnee and Byrnes that we are looking forward to.” It's been a down year for the team with a record of 0-7, but it's filled with a lot of young wrestlers who have time to progress and get better.

Luke Calderone

GIRL'S BASKETBALL

This year, for the Lady Bulldogs, is a year full of potential. As the two seniors, Laisha Labra and Madison Holocombe, are graduating and leaving it to the team who is defined by a large group of underclassmen. I asked Laisha how she felt about her last season, and she said “With it being my last



season I am sad but very excited to be playing. There will be many good things to come for the team these next years since the underclassmen are full of potential.”

Mary Bartell

Willy Taco

Willy Taco is a new restaurant added in Boiling Springs, South Carolina. There have been great reviews on the new restaurant, and they have been having great success over the past few weeks.

Popular menu items include the "Dang Chimichanga": It's an oversized crispy burrito with chipotle pulled chicken, jack cheese, rice, beans, queso blanco, Willy's ranchero sauce, shaved lettuce, and pico. The quality item is cost efficient coming in at only \$12. Willy Taco is a must try in the Boiling Springs area. Happy eating!



Davis Starnes

BOY'S BASKETBALL

Here at Boiling Springs High School, we take our sports very seriously. And basketball is one of the most exciting sports here. Our team has been on a tear recently winning two of their last three games. When I asked senior Corey Johnson what it feels like for this to be his final season he



told me ,“It’s something that I will always cherish, being able to play with my brothers is always fun.” I also asked Khalil Brown about what’s changed with the team’s mentality over the past few weeks. He told me “We are all just wanting

to win, that’s it. There’s no better feeling when you are able to go out and get a great win for your school.” You can tell that this team is very close and will continue to be throughout the rest of this season.

Davis Starnes