

# THE BARK

## VALENTINE'S DAY

Although Valentine's Day is thought of by many as a "Hallmark Holiday", there are still some that value the day as an important part of their relationship (or potential relationship.) For those in that potential relationship phase, here are some useful ideas for Valentine's Day, compiled by *The Bark* staff, to turn that potential relationship into one that can last:

**EDIBLE ARRANGEMENTS:** The closest way to many hearts is through the stomach, so why not send your Valentine a beautiful bouquet that is edible...and delicious. Edible arrangements is a company that specializes in bouquets made of fruit that are designed to mimic the typical bouquet of flowers that we so often associate with Valentine's Day. The good news is that most of their arrangements are affordable and can be sent to your Valentine for under \$50.

**AMAZON E-GIFT CARD:** For those of you looking for a last minute gift for your special someone, the most convenient, and wide-ranging, gift is a card that can be sent via text message. You can purchase Amazon cards that can be sent via text (that include a special Valentine's message). Here's the good news, you won't disappoint the recipient but instead that can use the gift toward whatever their interest may be on Amazon.. Plus, this method of making your Valentine feel special is useful if you have put off gifting until the last minute. The whole process of purchasing the gift card, and sending it ,takes less than five minutes.

**DISNEY PLUS SUBSCRIPTION:** Why not give your Valentine the gift of a media library of classics and new Disney films alike? Disney Plus features everything from *Star Wars* to *Cinderella* and *Snow White*. You can give your Valentine this gift for only \$6.99 a month, and it can provide you with unlimited opportunities to enjoy timeless classics with your special someone.



Chloe Hendrickson

# BOILING SPRINGS BASEBALL

The Boiling Springs High School Baseball Team is set to have their first scrimmage later this month. This team is led by a mix of both under and upperclassmen. The team currently features six players who have either signed or made college commitments: Jimmy Rosengrant, Vance Wagner, Jamison Bagwell, Will Holmes, Ashton

Smith, and Tristan Smith. This will also be the baseball team's first year in their new region, where they will play Clover, Fort Mill, Gaffney, and Nation Ford three times each. The schedule also includes non-region games against Spartanburg, Byrnes, Eastside, Union, and a preseason tournament in Inman. Senior

Jimmy Rosengrant had this to say,

“The sky will be the limit for this team, as long as they work hard day in and day out.” As of now, the team is second in the preseason poll. The program, once again, has high expectations coming into the year; only time will tell if they can live up to them.



**SPARTANBURG COUNTY PRESEASON TOURNAMENT**

FRIDAY, MARCH 5TH	VS.	MAULDIN MAVERICKS	@ INMAN MILLS	7:30PM
SATURDAY, MARCH 6TH	VS.	CHAPMAN PANTHERS	@ INMAN MILLS	9:00AM
SATURDAY, MARCH 6TH	VS.	WALHALLA RAZORBACKS	@ INMAN MILLS	2:00PM
MONDAY, OR TUESDAY MARCH 8 OR 9		TBD	TBD	TBD

**REGULAR SEASON**

MARCH 15	@ BYRNES REBELS	6:00PM	WEDNESDAY, APRIL 14	@ FORT MILL
MARCH 18	BYRNES REBELS	6:00PM	FRIDAY, APRIL 16	FORT MILL
MARCH 22	@ CLOVER BLUE EAGLES	6:30PM	WEDNESDAY, APRIL 21	@ EASTSIDE EAGLES
THURSDAY, MARCH 24	CLOVER BLUE EAGLES	6:30PM	MONDAY, APRIL 26	@ GAFFNEY INDIANS
MARCH 26	@ CLOVER BLUE EAGLES	6:30PM	WEDNESDAY, APRIL 28	GAFFNEY INDIANS
MARCH 29	NATION FORD FALCONS	6:30PM	FRIDAY, APRIL 30	@ GAFFNEY INDIANS
THURSDAY, MARCH 31	@ NATION FORD FALCONS	6:30PM	MONDAY, MAY 3	SPARTANBURG VIKINGS
APRIL 1	NATION FORD FALCONS	6:30PM	TUESDAY, MAY 4	@ SPARTANBURG VIKINGS
APRIL 5	UNION YELLOW JACKETS (DH)	1 PM/4 PM	THURSDAY, MAY 6	EASTSIDE EAGLES
APRIL 12	FORT MILL	6:30PM		

RED-HOME GAMES      BLACK-AWAY GAMES

Dylan Anderson

# FIT FEBRUARY

There is a brand new piece of fitness equipment that hasn't been out for very long called Tonal, and it is considered the world's smartest home gym. It is considered the modern day replacement for having to buy weights and having to go to a personal trainer. It can deliver up to 200 pounds of digital resistance at a time, all from a device that is smaller than a flat screen TV. The machine will give you a full body strength assessment, and then it will automatically set the weight for your workout. So far, the machine has received rave reviews from many different fitness organizations and reviewers. The Verge had this to say, "If you are the kind of person who is already mentally prepared to commit to weight training, the Tonal is an excellently designed machine that's much sleeker than your traditional home gym equipment." On the flip side it is a machine, and it is possible to cheat a machine. For those dedicated to trying to get in better shape, it is one of the best home gym options that are out right now. It costs about \$3,000 and a monthly subscription(\$49). For those who are interested in the technology era for fitness, this machine is quite possibly the future of the industry.



*Dylan Anderson*

# TEXAS ROADHOUSE

Texas Roadhouse: one of my top choices if I am going out to eat. For most of the week, this restaurant is very busy (especially on the weekends). They allow for an hour call-ahead seating to be placed on the wait list, but there can still be lengthy wait times. A feature that many enjoy, including myself, is a basket of warm rolls



with honey butter. These are given to customers when seated. Obviously, the main experience is the choice in steaks. Options include filet, ribeye, and New York strip; all of which are priced anywhere

between \$12 - \$25. I would highly recommend Texas Roadhouse to anyone who is looking for a nice steakhouse experience that won't break the bank.

*Mary Bartell*

# LAX LIFE

As we battle the cold weather, with spring on the horizon, Lady Bulldog Lacrosse is hitting full gear. Although our varsity squad is young, the underclassmen will look to make immediate impacts in order to rally the team to a successful season. I spoke to Breanna Mitchell who is a starting defender about this season, and she said, "I look forward to the games starting soon and to be able to play with the girls on the team." Upcoming contests will feature TL Hanna and Dorman.



*Mary Bartell*



# KICKIN' OFF THE SEASON

The Boiling Springs High School Soccer Team has a lot to look forward to this upcoming season. They are full of talent and can have a really good chance to make a run for the state championship. They have a lot of juniors this season that will lead the way as well, starting with Peyton Pressley. When asked what is the most exciting thing for him about starting this season. He says, "Just to be able to come out and play again; the spring and winter sports got to finish their season last year, and we didn't. So I stand for the whole team when I say we are eager to get back out there." Next, we go to Kaillou Touch. We were also curious if all the time off (since last season) will have an impact on the start of the season for the team. He responded saying, "Not really. All of us have been putting in our own work over the off season. The only thing is that we haven't played together as a team in almost a full year. But it won't take long for us to get back into the groove of things." Additionally, *The Bark* spoke with Christian Gonzalez. I asked him how special it was to be back with his team again. He told me, "It means the world to not just me but all of us; we are like a family around here. We love each other and love to play together. So yeah, it's going to mean everything to me to finally get back out here with them." There is a lot to look forward to for this team. They are clearly a very close team, and I can't wait to get back out there together. So, tune in and keep an eye out for this team as the season is about to get underway.



Davis Starnes

# Sheet Pan Olive Bar Chicken

## Recipe

### Ingredients:

- **8-10**-Fingerling Potatoes cut in half
- **2 tbsp**-Olive oil
- **1 tsp**-Salt, divided
- **2 lbs**-Boneless, skinless chicken thighs
- **1**-Lemon, sliced
- **1**-Small red onion, cut lengthwise into 8 wedges
- **1 lb**-Olive bar offerings (peppers, olives, roasted garlic, marinated artichoke hearts etc.)
- **half a tsp**-Pepper
- **1 tsp**-Onion powder



### Instructions:

1. Preheat the oven to 375° F.
2. Space out the potatoes onto a rimmed baking sheet. Cover lightly with 1 tablespoon olive oil and half teaspoon sea salt. Toss to coat. Roast in the oven for 15 minutes.
3. When the potatoes have been roasting for 15 minutes, remove them from the oven. Add everything else (including the remaining olive oil and salt) to the pan with the potatoes, using a spatula to toss it all together. Spread the ingredients out evenly and roast for 35 minutes longer until the chicken is cooked through.

*Davis Starnes*

# NEW GEN CONSOLES

Technology is always advancing in many new ways. Here we are going to take a look at some of the more recent technologies. Recently there have been two pieces of technology to drop. The Xbox One Series X and the PlayStation 5 are the 2 most popular things on the market. Right now they both have versions with the stock price of \$499, but both of them are hard to find as they are in high demand. Several websites such as Target, Amazon, and Walmart are featuring waiting lists for both products. Good luck during your search.



*Luke Calderone*



# BOY'S LACROSSE

The Boiling Springs Boys Lacrosse Team is getting ready to crank up the season! This team is very "senior heavy" with a lot of young players who will be in the mix for playing time as well. The lacrosse team has a busy year with 16 regular season games. When asked about goals for the upcoming season, Luke Olson stated, "The obvious goal is to play as a team and to make playoffs." After a strong start last season, the team is looking to make a statement this year.

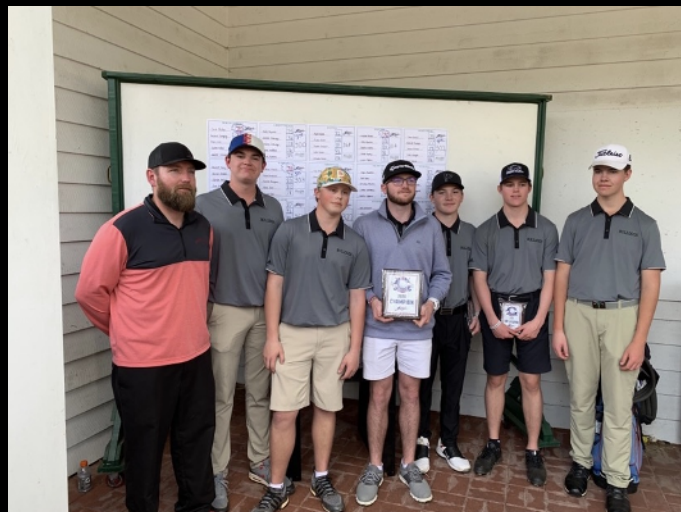


*Luke Calderone*

# TEE IT UP



Monday, February 8th, started the season for the boys varsity golf tryouts and kicked off their season. Their first match will be in Greenville on Monday, March 1st. The first tournament will be the Rebel Invitational at River Falls on March 8th. This team has 3 players playing at a collegiate level after their time at Boiling Springs High School is up. The golf team is looking to have a good chance of winning state this year and picking back up where some of our past teams have left off with their winning ways.



# LADY SOCCER GOALS

Lady Bulldog Soccer started on Thursday, February 4th. They had their first varsity vs varsity scrimmage on February 9th. Their first game will be against Wade Hampton on Monday February 22nd. Some of the key players for the team are Claire Ladouceur, McKenna Wilson, Victoria Hines, and Katora Meadows. It should be an exciting season, as the ladies look to try to win a region championship.

