



St. Patrick's Day is on Wednesday, March 17. Typically, this day would involve large groups of people gathering together to celebrate Irish traditions, eat lots of food, and wear their green attire. Due to the pandemic, this year's celebrations are going to look a little different than what we're used to. *The Bark* has several suggestions concerning how to celebrate at home.

Your family and friends could make an Irish "pot luck" style dinner that features dishes such as corned beef and cabbage, a delicious Shepherd's pie, or some type of Irish Stew.

In addition to having traditional Irish dishes, your family could also play a game of trivia, make some St. Patty's Day crafts, or partake in some sort of Irish dance (if you're brave enough!) Have a happy St. Patrick's Day!!!



Chloe Hendrickson

MARCH MADNESS

It is officially March, and that means one thing for college basketball: March Madness is right around the corner. This year, the tournament will run from March 18-April 5, and all of its games will take place in the Indianapolis area. There are a few front-runners, which all begins with a 24-0 Gonzaga Bulldogs team and a 19-1 Baylor Bears team. Gonzaga is anchored by one of the best offenses in all of college basketball, and Baylor is anchored by an extremely good defense. Also, the Clemson Tigers are expected to return to the tournament this year, and the Wofford Terriers will be the two seed in their conference tournament with their eyes set on returning to the tournament. With only one undefeated team left in the country, this tournament is shaping up to be one of the most entertaining in recent memory. There is also the potential for a few "Cinderella Stories" as well. One prime candidate to be a surprise team is the Drake Bulldogs from the Missouri Valley Conference because they have the offensive firepower to keep up with almost any team in the nation. The struggle of "blue blood" schools like: Duke, North Carolina, and Kentucky have opened the door for other teams like: Illinois, Alabama, Michigan, Ohio State, and an Iowa team that is anchored by player of the year candidate Luka Garza, to make deep runs this March. Overall, March Madness should be a very interesting few weeks of basketball to come on March 18th.



Dylan Anderson

TEXAS SNOWSTORM

The snowstorm that rolled through Texas left many residents in dire situations all throughout the state. In addition to the snow, record low temperatures were recorded all across the Lone Star State. The first thing to go wrong (due to winter storm) was the power grid failures throughout the state, which left millions of residents without power for days. Then, when some residents finally had their power restored, there was an issue with their water. Pipes had either burst, or their water was contaminated because of failed water treatment plans. Some residents were also hit with extremely high energy bills despite the fact that the power had been out for days. There have even been a few tragic deaths in Texas due to the extreme cold and lack of necessities such as water and food. Even hospitals were having trouble getting access to water, and the director of Austin Water had this to say, “We never imagined a day where hospitals wouldn’t have water.” With over thirty related deaths, this winter storm was one of the worst that Texas has had in recent memory. But, the worst is behind them, and they were able to move forward as people from across the country donated drinking water and food banks distributed food to those in need across the state.



Davis Starnes

BSHS SOFTBALL

Boiling Springs High School's Softball Team is a solid contender for this year's state championship. Ragan Bristol is a senior who has shown a lot of talent over the past couple seasons. She has been on varsity since she was in the 9th grade. *The Bark* asked what her personal goals are for her senior year. She responded with, "To be a great leader and to show all of the younger girls what it means to be a part of this team...mainly is that we are family." Kate Philbeck is a junior on the softball team but can also be a leader since she has been a starter on varsity since her 9th grade season. After being asked what she looks forward to the most this season, she responded with, "To be able to fight for a state championship, that's really the main goal for everyone here." Finally, we spoke to Morgan Hammett. She is a sophomore and will be getting her first taste of varsity action this season. She was asked what it feels like to finally be able to get to play on the varsity team. She says, "It feels great, but really I just want to be able to help this team in any way possible." This softball team has a lot to look forward to, as they have a veteran team with a lot of experience. So, watch out for your Bulldog Softball Team this year!



Davis Starnes

BULLDOG BOY'S LAX

The Boiling Springs Boys Lacrosse Team is a team that is off to a great start to this season. They have won all three of their scrimmages and their first regular season game as well. Matthias Oslund is a Lander University commit and is a great leader for this team. When asked why the team has had early success, he said, "I think it is that we have prepared. We are in the gym or on the field every day trying to get better." Jordan Reid is definitely a vocal leader and is not afraid to communicate expectations with his teammates. When asked what makes him such a leader for this team he says, "Because these are my brothers, and I know what they are capable of. I want to bring the best out of them." Ethan Westall, a junior on the team, has been playing for the varsity since his freshman year and is a big part of this year's team. *The Bark* asked him what his goals are for this season, he responded saying, "To get that state championship, that is everyone's goal here." This team is very special and is full of talent, so stay tuned in and watch for The BSHS Boys Lacrosse Team.



Lady's LAX

The Boiling Springs Girl's Lacrosse Team is out of the gates strong this season. They have had two scrimmages and two games. The scrimmages were against Eastside and Mauldin, and two regular season contests against TL Hannah and Dorman. *The Bark* spoke with midfielder Lani Hodge about how the season is going and any goals for the season she may have. "The season is going good right now because we have been playing well and are undefeated. We have discussed winning the region as our main goal that we would like to accomplish. Then, we want to be able to go into the playoffs ready to make an impact and try to bring a state title back to Bulldog Nation.



Mary Bartell

SOCCER #GOALS

Boy's Bulldog Soccer returns this season looking forward to being back in action. The team has already had two scrimmages against Spartanburg and Chesnee. I talked to Jonathan Dill, who plays right wing/center mid, about this season. He said, "We have a solid group of guys this year and we have been playing very well. We do have a pretty tough schedule this year, but I think we have the potential to go a long way." Looking further into their season, they will be playing against Fort Mill, Nation Ford, Clover, and other challenging teams.



Mary Bartell

FIVE GUYS

Nothing is more American than having a good burger with an order of fries. Some say no one does it better than *Five Guys*. Located at 1623 John B White Sr Blvd Suite B, Spartanburg, SC 29301 where they serve up a menu that is focused around their delicious burgers (which are resonably priced anywhere between \$5-\$7) and large hot dogs (priced anwhere between \$3-\$5). Also, all toppings (with the exception of bacon) come at no additional cost to the customer. Their fresh cut fries are mouth-watering and come in a cajun or orignial variety. *Five Guys* also has an online order feature for being able to quickly process to-go orders.



Luke Cauldrone

KEEP IT KETO

One of the latest trends in dieting is a popular diet known as the "Keto Diet." A Keto Diet involves a very low carb/high fat food intake. This particular method of dieting focuses on putting the body into a state called ketosis. In this state, the body burns fat for energy. Therefore, adults who have trouble burning fat with other diets are having higher success rates seeing results with the Keto Diet. Common items consumed by individuals on the Keto Diet include (but are not limited to): fish, meats, eggs, and cheese. Items such as breads, rice, potatoes, and sodas are cut out. If you're struggling with seeing results, try out Keto to get ready for the summer!



Luke Cauldrone