



The Northern Bark

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A Look Through the Lens: Case Closed!

By Madison Dolchan

The Mock trial season for Northern Garrett High School ends with a heated home against home competition. Both the Blue and Gold teams, which are made up of NHS students, competed Thursday, March 23rd in the NHS Library. With an exceptional performance from all competitors it was a close score with the Gold team only pulling a few points ahead of the Blue team, a score of 53-49. "Going against Gold was the most fun trial I've ever done. I wish all our trial were that great!" said Keegan Pitts a member of the Blue team.

[Pictured left Kayla Guthrie & Jill Wood, Top right Angelo Ruggerio, Cassidy Murphy, Madison Dolchan, Claudia Reeve, Hailey Yommer, & Ava Roberts, Bottom right Bailey Brewer, Keegan



Science Now: The Trip of a Lifetime!

By Nathan Ashley

How would you feel about going to space on vacation? Well, some people have already done it! Commercial space travel has been going on for over a decade now, and is now being revamped. Virgin Galactic, a company that hosts these "space tourism" trips, has opened the gateway for

average, everyday people to travel to the deep dark. The Virgin Galactic webpage says, "Throughout five decades of human spaceflight, the national space agencies in the United States, Russia, and China have inspired the world. But because government space agencies are not asked to help ordinary citizens to become astronauts, most of our planet's seven billion people (continued on page 2)

In Sports: Swinging into Spring By Alanna Kinney

As the weather begins to heat up, so does the Northern Huskies Baseball Team. Their opening game was on Thursday, March 23rd taking a win over the Mountain Ridge Miners. Off to a good start, I talked to a few of the players and asked how it felt to receive their first win of the season. Because they are a tough component, the team was very happy and all had one response in common. (continued on page 4)

Breaking News London Struck to the Heart

By Olivia Bennett

On Wednesday, March 22, 2017, there was a terrorist attack at the British parliament. According to *NBC News* the attacker was driving and crashed into pedestrians on the Westminster Bridge near parliament. The attacker tried to enter parliament, armed with a knife, and killed three people, including a police officer who he stabbed while trying to enter parliament. The attacker was shot moments after stabbing the police officer. The name of the attacker (continued on page 4)

Science Now

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have had no opportunity to experience space and all of its possibilities for themselves, regardless of their passion or talents.”

Their goal is to provide this opportunity to the general public, for a fee.

The biggest setback to this project is the price. The trips are extremely expensive and can only be afforded by those with highly compensated professions. A seat on one of their voyaging spacecraft and membership to Future Astronaut Community (FAC) will cost about \$250,000 per person.

Currently, the only trip available to their paying customers is the suborbital space flight, in which the shuttle will launch into space, but not high enough to actually achieve orbit. It will fly until its trajectory leads it back to earth, thereby not completing a full orbit. This flight would include basic astronaut training, the experience of being an astronaut for several weeks, and the view of earth's curvature while hovering just above the atmosphere. This would truly be a trip of a lifetime if one could afford it. The maximum altitude of this flight is 55,000 feet above sea level at a speed of Mach 1.2 (920 miles per hour).

Sir Richard Branson, the founder and CEO of Virgin Galactic was hoping to have a maiden launch of a fully orbital

flight, where customers can experience floating around the earth in a full revolution, by 2009, but complications has delayed it for almost a decade. The worst of these “complications” was the VSS Enterprise shuttle falling apart in mid-air in October 2014. 39-year-old co-pilot Michael Alsbury was killed and 43-year-old pilot Peter Siebold was seriously injured. Clearly, the company is not ready for orbital passenger trips, as they've had other issues with test launches not reaching the speed required to carry the desired number of passengers, though Branson remains hopeful. Branson says, “At Virgin Galactic, we are leveraging our work building our human spaceflight program and our team's extensive background in low-cost launch systems to create LauncherOne, an orbital launch vehicle dedicated to the small satellite market. Already, our world-class team of 150 experienced professionals are hard at work in our 150,000 square foot manufacturing and design facility, helping make this system a reality... With real hardware built and real results achieved, we are well on our way towards a vehicle that will meet our customers' needs for launch reliability, availability and flexibility, at a commercial price they can afford.”



A photo of the testing of Launcher One's engine performance

Strange Happenings:

Owners Squeal As Pig Puts on Pounds

By Bailey Brewer

Living in a small farming area with a lot average farm animals, I think it is fair to assume that the majority of Garrett County has seen the average market pig; but could you imagine ever having an animal this large living in your own house? Couple Derek Walter and Steve Jenkins were faced with this tough decision when they mistakenly took home a market pig, believing that the pig, Esther, was a mini pig. “We got Esther through an old friend of mine on *Facebook* asking if we wanted a mini pig, who said she would be seventy pounds when she was full grown.” Steve Jenkins told *Buzzfeed News*. “Everything changed,” Derek added. The pig was an average, happy animal who enjoyed playing with the dogs and being around people. The couple assumed everything about this animal was just as the *Facebook* friend stated, but the vet pointed out something surprising. “He noticed that

Esther had a cropped tail, which is actually a clear indication that she is actually from a commercial farm, that she wasn't actually meant to be anybody's pet, whatsoever,” Steve said.

The couple was not going to give up on this unfortunate incident, however. They intended to keep Esther, and even started by creating a growth chart to monitor Esther's weight, so they could see, “exactly how fast she was growing,” Derek added. The couple found that at the fastest, she was growing about a pound a day.

The fight to keep Esther was definitely a fight worth fighting for Derek and Steve. They had discovered that Esther was truly a remarkable animal with intelligence further than that of the dogs the couple had already owned. Esther can be seen on *Buzzfeed News's* site opening doors and refrigerators just with her nose.

While Esther is still living happily with the couple, questions formed for where Esther came from exactly. After visiting factory farms where she likely is from, Derek and Steve were exposed to the horrors that are commercial farms in modern times. Pigs are kept in one small confined space, where the only thing they can do is lie down or stand up, for however long it takes for them to grow to make a profit. “Imagine your dogs living in these horrible living conditions. That's how it is with us and Esther,” Derek states. “We can't help but relate what she is going through to what her littermates are going through, or what her mom went through, so it was really emotional, I think, for both of us to make that
(continued on page 3)

Entertainment **Revenge Can Be Such A Fun Thing**

By Olivia Bennett

The romantic comedy film *Revenge of the Bridesmaids* stars Raven Symone and JoAnna Garcia as undercover bridesmaids with a mission to break up a wedding. The movie scored a solid 90% on the *Rotten Tomatoes* critics website, and according to common sense media it is “a laugh-out-loud journey towards a sweet victory for true love.” The movie starts with a friend group of four girls, the shy girl Rachel, the motivational one Parker (Garcia), the sassy, funny one Abigail (Symone), and the rich one Caitlyn. From a young age, Rachel, Parker and Abigail were friends with Caitlyn, but they were more in the background, and everything had to go Caitlyn’s way. As they grew up, Parker and Abigail moved from Louisiana to New York City to follow their dreams while Rachel and Caitlyn stayed in Louisiana. In the friends’ time apart, Rachel got a new boyfriend named Tony, and later when Parker and Abigail go back to Louisiana over the summer they find out Caitlyn is now pregnant and engaged, (because of pregnancy), to Tony, Rachel’s former boyfriend. Rachel is, of course, heartbroken and confused because of her still alive feelings for Tony. When Caitlyn invites the three girls to be bridesmaids in her wedding, Parker and Abigail take matters into their own hands to break up the wedding and to prove if Caitlyn is actually pregnant.

They know Caitlyn is just trying to steal something good from naive Rachel. Emily James a senior at NHS says, “The movie had it ups and downs, and had my attention the whole time.” The movie is a great one to watch at a sleepover with a group of friends. Common sense media also says though, “Taken out of context, the character’s actions might give young teenagers a misleading impression of the real-life consequences of breaking the law.” The movie has a deeper meaning behind it than some might think and readers should try checking it out.

Strange Happenings

(continued)

connection and realize what could have happened to her,” Steve added. Not wanting to be bystanders to the situation they were now aware of, Steve and Derek have now started Happily Ever Esther Farm Sanctuary, where just under fifty animals have found their home. Animals from cows to a peacock are happily living together in this farm, but Esther prefers to live in the house with the couple. “We never thought that we could do anything meaningful that could have an impact on the world, and Esther has shown us that we actually could,” Steve told *Buzzfeed News*. An unlikely and unfortunate incident has now turned into a way to spread awareness for an amazing cause, but also directly make a difference in the farm animal world. Derek and Steve intend to continue their farm and

hopefully make an even bigger difference one day, with Esther by their side.



Travel On: **Bring it on Berlin**

By Alanna Kinney

Auf der Suche nach einem Reiseziel, das Sie lieben werden? Or in English, looking for a travel destination that you will love? If you enjoy food, cars, history, music, festivals, and museums, then Germany should be the next place to visit! Located in west central Europe, this beautiful country has many things to offer to its tourists. In fact, it is the seventh most visited country in the world averaging in total of roughly 407.26 million per year! I read up on the top things to do while visiting and according to <http://www.planetware.com>, here are some of the most recommended picks. The first on the list was Berlin’s Brandenburg Gate. Built in 1791 for King Frederick William II, this twenty-six meter high wall still stands today. It has a total of six different columns. Four were used by regular traffic, while the center was reserved for the royal carriages. There were several used to decorate the two buildings at each side of the Gate, once used by toll-collectors and guards. It’s Berlin’s most iconic structure, and was also once part of the

Berlin Wall for a few decades which was symbolic of the division of Berlin into East and West.

If you’re a car fanatic, make sure you stop by the Mercedes Benz Museum. It is the only company in the entire world that has a single continuous timeline of cars for 130 years in auto history. It has a grand total of nine levels displaying over 160 automobiles and over 1,500 exhibits. You can go on the two hour tour learning all about the history of the company. If you want to learn more about it, you can on <https://www.mercedes-benz.com>.

Finally, the biggest celebration in Germany that is known worldwide, the famous Oktoberfest hosted over 5.6 million visitors this past year according to <http://www.oktoberfest.de>. This festival starts September 16th and ends October 3rd lasting about three weeks. People from all over come and participate in all the activities it has to offer. Almost everyone that attends dresses up in cultural attire. People of all ages can go as there is a carnival with many assorted rides and games. People sixteen and up really have no restrictions as to what they can do and consume food and beverage wise making this a good place for families, especially with teenagers. According to senior Bailey Brewer, who visited Germany twice, “My favorite thing about Germany is the chocolate.” So get your bags packed today and fly to Germany for an unforgettable getaway!



In History: What Really Happened to the Lost Colony of Roanoke?

By Nathan Ashley

Somewhere in the Outer Banks in North Carolina, in the year 1587, a British settlement on the Island of Roanoke went missing without a trace. Archaeologists have been stumped as to what happened for centuries, but new clues have arisen. In 1587, John White brought over 100 settlers in an attempt to found the first permanent settlement in the New World. White returned to England to retrieve more supplies, but the naval war between England and Spain delayed his return by three years. When he finally returned, he found the colony abandoned and looted. The only two clues at the time were the word "Croatoan" carved onto a post and "CRO" scratched into a tree trunk. So what really happened? That is the question.

The most accepted theory as to what happened is that a Croatoan tribe of American Indians raided the colony and killed all but a few of the settlers, taking the survivors as trophies. A *History.com* article has explained that some teams are discovering new evidence. "Now, two independent teams have found archaeological remains suggesting that at least some of the Roanoke colonists might have survived and split into two groups, each of which assimilated itself into a

different Native American community." The two sites are located about 50 miles north and 50 miles south of the original settlement, one on Hatteras Island and the other on the mainland.

There were so many artifacts that had been lost in the settlement that never turned up. The wife and daughter of John White, as well as his new infant grand-daughter (the first European child born in America) were also among the lost. Now, scientists are searching for genetic artifacts as well as physical ones. In 2007, people in and around Jamestown, Virginia, and the Outer Banks, North Carolina began getting DNA tests to find out if they are related to any of the settlers using advanced genetic science. They have revealed little, but one thing's for sure, the actual events are still a mystery.

Cape Creek, a small North Carolina historic town, was a prominent Croatoan town in the 16th century, and in 1998, some artifacts that were believed to be from that time period and were definitely not from the Natives, proved that one or more settlers had at least visited the tribe. *History.com* specifies,

"In 1998, archaeologists from East Carolina University stumbled upon a unique find from early British America: a 10-carat gold signet ring engraved with a lion or horse, believed to date to the 16th century. The ring's discovery prompted later excavations at the site led by Mark Horton, an archaeologist at Britain's Bristol University... Recently, Horton's team found a small piece of slate that seems to have been used as a writing tablet and part of the hilt of an

iron rapier, a light sword similar to those used in England in the late 16th century, along with other artifacts of European and Native American origin." Many other intriguing artifacts have been found, corroborating the idea of separation and assimilation.



In Sports (continued)

Jimmy Spear said, "Doesn't matter what sport it is, I love beating Mountain Ridge." Bryce Jones stated, "It feels good to get our first win, especially against Mountain Ridge." And finally Eli Eggleston, "It's always good to get a win. It's even better when it's against Mountain Ridge."

Congratulations to the whole team and good luck with your next game! Keep up the good work boys. "It's hard to beat a person that never gives up." - Babe Ruth



Breaking News

(continued)

was confirmed, but kept a secret while they looked for others who could have helped with the act. Prime Minister Theresa May says that, "The location of the attack was no accident. The terrorist chose to strike at the heart of our national capital." The attacker was identified on Thursday as 52 year old Khalid Masood. According to *NBC News*, Masood was "British-born and previously investigated for violent extremism, but officials say there were no prior reports indicating his intent to carry out the terrorist attack. According to *BBC News*, Masood was shot and killed moments after he stabbed the police officer. In investigation officials found that Masood also had a prior knife crime in 2003 in Eastbourne. On Wednesday, three women and five men were arrested in London and Birmingham on suspicion of preparation of terrorist acts following Masood's attack. According to *Daily Mail News*, a 75 year old man who was severely injured in the attack later died on Thursday after his life support was withdrawn. This terrorist attack has many in shock and President Donald Trump promised full assistance to Britain.

Eye on Art Expression, Acceptance, and Also Shrek

By Bailey Brewer

While speaking to Cassidy Mark, I soon realized that art can mean much more than creating a pretty picture of a person, but art can mean expression towards others, inner acceptance of oneself, and also humor. Her favorite piece entitled "Alex", which has a girl featured with a rainbow flag around her neck along with a rainbow painting on her cheek. Cassidy states, "My favorite piece I did is a painting that embodied the raw emotions and confidence of truly accepting oneself. This piece encouraged me to accept my sexuality as a joyous, celebratory attribute, and to recognize my own validity and self worth." The undeniable truth behind this painting speaks to viewers through the happiness in the girl's acceptance but also the evident acceptance that came along with the making of this piece.

Art for Cassidy isn't something used solely for profit, though she has sold art in the past. "Art is more than a hobby to me so I will continue this career after high school. It gives me a chance to project my own emotions in order to clear away pressures and clusters of mixed feelings from the day."

Anyone that knows Cassidy knows that she is constantly working on something new. The picture to the right is a prime example of Cassidy using art for a hobby, but maybe even to get the attention of others. She

tweeted the following picture to Lili Reinhart, who acknowledged the photo and even liked it. Even a famous actress is aware of Cassidy's talent, along with her amazing sense of humor, with the Shrek drawing of Lili along with the drawing of her dabbing, entitled "Meme Daddy." Because of Cassidy's drive to constantly work on something new, she is quite obviously a success. She states, "My advice to young artists is to never give up, no matter what, and to practice and draw something every day. It might sound cheesy but this exercise will help aspiring artists gain better perspectives and tactics on art."

If you wish to see more of Cassidy's art, just visit her *instagram* at @siddraws. She has several works posted, and you can see her talent evolve over the weeks. Cassidy has paired acceptance with humor in several posts, something that people don't see everyday, so don't miss your chance!



Life Hacks Homemade Deliciousness

By Olivia Bennett

Have you ever wanted one of Wendy's frosties, but never wanted to drive all the way to a Wendy's? Or just wanted a frosty when you had friends over or when you are alone and snuggling up with a good movie? If you answered yes to any of the above then this article is for you.

Wendy's is famous for their mouth watering frosties, and I found a homemade recipe for the chocolate frosty to try out. The ingredients you will need is:

1 can of sweetened condensed milk

1 8oz tub of cool whip

1 half gallon of chocolate milk

You will also need an ice cream freezer.

According to *Food.com*, first you pour condensed milk and cool whip in an ice cream freezer, then you take the chocolate milk and pour it in, and then you stir all the ingredients together, and let it freeze for about 40 minutes. Becky Austin on the *Food.com* website says, "We all think it tastes just like the real thing!" This is definitely a recipe I will be checking out over the summer!



Made Perfect Lovin' the Lip Kit

By Megan Smith

Have you ever thought about buying the Kylie Jenner Cosmetics Lip Kit? Have you ever wondered if buying them was worth the money? This article may be useful if you have wanted to give them a try but just can't tell if it's worth the price! I bought the lip kit in the color Kristen. The Kristen color is like a rose pink, nude, berry mix. The lip kit came with a lip liner and a matte, liquid lipstick. As soon as I applied it, I was in love. The color pay off was beautiful. The pencil was very creamy and easy to work with and apply. The lip liner was pigmented, intense, and super soft. It felt as if it was just gliding on. After lining my lips with the liner, I went in with the liquid lipstick. The first thing I noticed when opening it was definitely the smell. You're either going to love this smell or hate it. It smells like really sweet candy, which I was fond of. The color pay off with this was amazing as well. It was so easy to apply with no streakiness or patchiness. It was even and very pigmented. It worked well with my complexion and the drying time on this was very fast and it felt very light on my lips when it did dry. I thought it was a stunning color. As soon as you apply, it seems to start drying right away and starts locking in place. With this color, it was easy to apply more than one layer and did not clump up or make a mess. I bought Kristen at www.kyliecosmetics.com for \$37.95. The lipstick alone was \$29.00 but shipping costs \$8.95. I think the product was (continued on page 8)

Social Commentary: **Fight Like a Girl**

By Megan Smith

A number of arguments have been raised in defense of military policy that bans women from combat roles. There are many pros and cons to having women in combat and there are many who support it and many who are against it. While a majority of jobs in the armed forces are open equally to men and women, there are some to which they say women are not physically suited. According to www.sistersinarms.ca, the standards of physical activities have been set to suit men, and women attempting to reach them will over-stretch themselves. In addition, combat units engage in activities designed to suit men's capabilities. Women serving in integrated units will suffer higher injury rates as a result of this. Some say that having women serving in direct combat will hamper mission effectiveness by hurting unit morale and cohesion. There is also tradition.

www.sistersinarms.ca say, "Men, especially those likely to enlist, maintain traditional gender roles. In some situations, men may act foolishly to protect women in their combat units. Harassment and resentment of the presence of women in a hyper masculine military subculture would likely become a problem."

Those are just some of the cons about this topic. Major Eleanor Taylor, Canadian Military and the first woman to lead an infantry company in combat, says, "My personal experience has been that the

(principles) of leadership and team building apply equally to women as to men. As long as you protect qualification standards and give no impression that anyone is getting a free ride, integration, while not without bumps, will be much less dramatic than people envision."

The website referred to earlier goes on to say, "As long as an applicant is qualified for a position, one's gender is arbitrary. It is easy to recruit and deploy women who are in better shape than many men sent into combat. It is possible to calibrate recruitment and training standards to women. Extra pre-training for muscle building can also be used to reduce female injury rates. In modern high technology battlefield technical expertise and decision-making skills are increasingly more valuable than simple brute strength."

Allowing a mixed gender force keeps the military strong. The all-volunteer forces are severely troubled by falling retention and recruitment rates. Widening the applicant pool for all jobs guarantees more willing recruits. Women, who choose to become active combat soldiers, are unlikely to shirk their duty by becoming pregnant after a call-up as these women have willingly joined the army. Women are more effective in some circumstances than men. Allowing women to serve doubles the talent pool for delicate and sensitive jobs that require interpersonal skills not every soldier has. Having a wider personnel base allows militaries to have the best and most diplomatic soldiers working to end conflict quickly. I asked JROTC member Mikayla Wilt what her opinion was and she states, "I think women can

do just as good of a job, if not better, in combat roles. I do better than a lot of the boys in JROTC and I'm a girl." I asked another JROTC member, Chris Brown the same question and he says, "Yes, I think women should have combat roles. Women can do just as good as men and if they want to fight for our country, then by all means. You should be allowed to do so!" Everyone has their own beliefs on this topic and it is something that many are talking about recently! Hopefully we hear some news about this in the future!

Student Spotlight **Honoring the** **National Honor** **Society President**

By Madison Dolchan

National Honor Society is a program that recognizes students who excel academically as well as help out in the community and school activities, and Kaitlyn Smith gets to be president of it. Kaitlyn has been a member of the National Honor Society for two years and is well accomplished academically, and with her extracurricular activities. She has been a member of the Northern Garrett High School (NGHS) student council for the entirety of her high school career. Not only that but she has also, for the past four years, been a member of Girls Varsity. There are a great many programs and activities that the National Honors Society program helps to run. As the president, Kaitlyn has the pleasure of helping,

step by step, to make the whole process come to life. "Honor Society sponsors the academic pep rally, milkshakes for teacher appreciation, and implemented the Husky Helper homework page" stated Kaitlyn. She went on to explain that the Husky Helper homework page on *Facebook* was created to be an easily accessible place for students to receive help with math homework or to even have someone proofread their essay. With all of the hard work and dedication that is put forth by Kaitlyn it is clear that she is passionate and dedicated to making a difference in our school. When I asked Kaitlyn if she thought it was worthwhile to be a member of the National Honor Society, she wholeheartedly said yes, and then went on to explain why. "It looks good on college applications and gives students an advantage when applying to college." Along with the long term effects being a member will have on her personally, Kaitlyn is passionate about doing anything she can to better her school which is a truly admirable quality. At the end of this month, Kaitlyn, along with other members of the National Honor Society will be taking a trip to New York City, as a reward for all of the hard work they do. "Kate has played a pivotal role as president for the National Honor Society this year and due to her diligence has made it possible to fund trips such as the NYC trip.", said Samantha Roller, the NHS librarian and co-adviser to the National Honor Society. In regards to the impending

Student Spotlight

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regards to the impending departure Kaitlyn cannot conceal her excitement stating that she is very excited for the New York trip. This will be one of Kaitlyn's last trips through the NHS society, as a trip that will, no doubt, be memorable. Kaitlyn stated, "I am anxiously awaiting college but it will be bitter sweet leaving Northern High." As Kaitlyn prepares to leave high school it becomes evident that she has made a lasting impact at Northern, and her experiences here will propel her further into wherever life takes her. Thank you Kaitlyn for all of your hard work and dedication to our school!



Got Advice

By Phil Checkes

How do I stay away from unhealthy foods that I crave?
-Anonymous

Speaking from experience, we all have our cravings. My personal weakness happens to be cheese. You could wave a slice of cheddar in front of me and practically torture me. No matter what the food item is, the cravings that result are usually hard to handle, and when trying to resist, the craving has a chance of growing stronger and stronger until you're munching on

the food item. Soon after, competing feelings of relief, guilt and remorse can begin to swirl around your mind.

Some dieters may believe a craving, an intense desire for a certain food, is a signal their bodies need the nutrients that food provides. A craving for chocolate, for example, would signal a physiologic need for more antioxidants. However, a bowl of red beans, which is higher in antioxidants than chocolate, would better meet that supposed physiological need; yet, red beans are low on the craving scale.

"It's an age-old question whether cravings are physiological or psychological," says Bethany Thayer, RDN, MS. "I'm not sure we definitively know what causes a craving; it could be a little bit of both." She points out that when children are sick, a bowl of mom's chicken soup makes them feel better; it relieves congestion and has proven antibacterial properties. And when that child grows up and falls ill, what does he crave? A bowl of chicken soup, not just for its curative powers, but it brings back comforting memories of being cared for by mom.

What happens when your cravings become overwhelming and lead to overindulgence and feelings of guilt? When people follow overly restrictive diets or completely cut out groups of foods, cravings can become more intense and can lead to a vicious cycle of indulging, overeating and guilt. A diet that allows small amounts of foods you enjoy will be easier to maintain since you aren't eliminating that food outright from your life.

If you sometimes crave chocolate, keep some dark chocolate on hand. Dark chocolate contains phytochemicals that may aid in the prevention of heart disease and may decrease the effects of

sugar on your teeth. But enjoy it in moderation. Calories do add up. When looking for dark chocolate, read the label to make sure that cacao is the first ingredient on the list rather than sugar.

Other tips that can help out with handling your cravings include the following: Put your craving off. Tell yourself you'll deal with the craving in 20 minutes. Food cravings are typically short-lived, and while the desire for chips, chocolate or cake feels overwhelming now, it will wane, especially if you can find a healthier food substitute or distract yourself.

Choose alternatives for your cravings. Yearn for potato chips? Buy a brand that's low-fat or fat-free. Desire something crunchy? Skip the chips: try fruit or a salad packed with crisp greens and veggies. Want something sweet? How about baking an apple or even roasting some veggies? Roasting brings out the sweetness in many foods. Buy single servings of foods you crave. "Instead of buying a whole box of cookies," says Thayer, "buy just one cookie from a specialty bakeshop."

Schedule your snacks. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Take a walk, work on a hobby or call a friend. Thayer points out that what you really may be craving is social support. A chat with a sympathetic friend can get you through a tough craving. And finally, try to stay away from my food articles in the newspaper. I will not apologize if I'm the reason you have obtained a massive craving from something I have written about. If anything, that just means I'm doing well with my writing, and will only boost my self-esteem.

Nonetheless, good luck with your halting of cravings while I give in to the Mac and Cheetos currently sitting next to my laptop while writing this article.



Made Perfect

(continued)

well worth the price with how pleased I was with the lip kit in general. Olivia Bennett, who has also bought Kristen from Kylie's Cosmetics, stated, "I really like it because it's really matte and the color is very cute and goes with a lot of outfits."

I asked Lyndsay Fuller, who has the Kylie Lip Kit in the shade Koko K and Exposed, who had a different experience. She said her color Koko K was very streaky, not pigmented at all and very hard to work with. She states, "It was really hard to put on my lips and dried my lips out badly. It took very long to dry and the lipstick started to flake after some time. The color came off easy with makeup wipes, but left a stain on my lips." But she had a different experience with Exposed, which she explained was very smooth, pigmented, and easy to work with. "I liked Exposed so much more. It was easier to apply and went on very smoothly. It dried fast and did not dry my lips out. It was not streaky at all. I loved Exposed." I think overall, Kylie Jenner's Cosmetic's Lip Kit is worth the price. I loved my experience with the lip kit I bought and would definitely buy more of this product.

Phil on Food

MORE THAN JUST MAC

By Phil Checkes

Continuing on the trend of my cheese obsessiveness, I yearned for something new to contain my cravings. My search took me and my friend, Ava Roberts, to a local Sheetz in Meyersdale,

Pennsylvania. When ordering our food, the item "Mac and Cheetos" popped up, and realizing that I've never tried them, I asked Ava on her opinion. "They're really good!" she told me, so I made up my mind.

After waiting approximately 10 minutes, I finally received my bag of Mac and Cheetos. I did what any normal American teenager would do, and shoved one in my mouth. The first thought that ran through my head was, "THIS IS HOT", before trying to quickly swallow the scalding hot mac and cheeto. After swallowing it, I took a few seconds to analyze the aftertaste of the item before putting another one in my mouth, only slower and after blowing on it a bunch.

Honestly, they were exactly what I thought they would taste like while also being completely nothing like I thought they would be. The outsides of the mac and cheetos were soft, covered in cheeto powder completely. They tasted chalky, but juicy at the same time, and only resulted in me wanting to eat more. The insides tasted exactly like a perfect bowl of Macaroni and Cheese, with perfectly cooked mini-noodles and warm cheese sauce that flowed throughout the bite-sized snack. They filled up my mouth instantly, and tasted absolutely amazing.

I think I ended up eating the whole bag in under 5 minutes, and wanted more immediately afterwards. However, only 6 came in a bag, and overall ended up being about 370 calories! While that alone caused me to not order another bag, the craving that

my tastebuds experienced probably won't be going away anytime soon from this delicious snack. To anyone counting their calories, I do not recommend touching these. Overall, they tasted unique and amazing and I might be already planning my next trip to a Sheetz near me, and I'd appreciate not getting judgy looks if you happen to see me in a Sheetz daily for the next few weeks.



Essay Success!

We would like to congratulate our own Nathan Ashley [pictured below] for winning the American Heritage, Preservation, & Patriotism 2016-2017 Essay Contest sponsored by the Grantsville Lions Club.



Running the Diamond

Spring sports are off to a running start as the NHS Softball team [pictured bottom left] and the NHS Baseball team [pictured top right] begin their seasons.



Your Northern Bark News Staff [pictured right]

Megan Smith, Bailey Brewer, Olivia Bennett, Alanna Kinney, Phil Checkes, Madison Dolchan, [bottom row] Nathan Ashley, Alanna Kinney
Staff Editors: (not pictured) Ms. Virts & Ms. Roller

