



The Northern Bark

Issue 9 Volume 2

NHS School Newspaper

April 24, 2017

A Look Through the Lens: Hello Birdie

By Olivia Bennett

After several months of hard work and dedication, the spring performances of *Bye Bye Birdie* will finally be happening. The school show will be Friday April 28th in the morning and there will be evening performances on Thursday, Friday and Saturday. The cast is more than excited to show off what they have been working extremely hard on the past couple of months. This will be the last high school show for many students and it will mean the world to them to have big, supportive audiences! (Pictured: [Bottom Left] Cameron Bittinger and Ava Roberts), (Pictured: [Top Right] Cassidy Andris, Kayla Guthrie, Cheyenne Garrett and Bailey Brewer) (Pictured: [Top Left] Olivia Bennett, Ronnie Schartiger, Cameron Bittinger and Madison Dolchan)



Science Now:

A Dying, but Essential Industry

By Nathan Ashley

Ever wonder how we get our gasoline? Our kerosene for heating our houses? Our oil for our motors? All of these come from oil. Oil is a nonrenewable resource that must be drilled out of the ground and run through pipes or held in tanks. It is a viscous liquid that is thicker than water and very flammable. It being so flammable, oil is dangerous to

drill because the machinery that does so can become very hot and any sort of spark could cause disaster. Many of the best oil sources are found deep underwater; an example would be Deepwater Horizon, the oil rig that exploded in the Gulf of Mexico while floating 5,200 feet above the oil deposit on the ocean floor.

As *science.howstuffworks.com* puts it, "Whether employed directly by an oil company or under contract from a private firm, (Continued on page 2)

In Sports:

Winning Wars on the Sports Fields

By Alanna Kinney

The Lady Husky softball team took a win against Hampshire on Wednesday April 19th with a total of 12-10 and took a loss to Allegany on Thursday April 20th with a final score of 9-1. Sophomore Mckenna Houser had a triple and double for their game. The girls now hold a record 8-4. Keep up the good work! The baseball team completely (continued on page 2)

In History

Deep-Water Disaster

By Nathan Ashley

The Deepwater Horizon was a 10-year-old floating drilling rig that could operate in waters up to 10,000 feet (3,000 meters) deep. It was constructed by a Korean industrial company but owned and operated by BP and Transocean companies. The well it sat atop was roughly 18,000 feet below sea level, though the ocean is about 5,100 feet deep at that location. The wikipedia article and the movie based on the event best tell the story of the explosions on Deepwater Horizon, "At approximately 9:45 pm CDT, on 20 April 2010, high-pressure or methane gas from the well expanded into the drilling riser and rose into the (continued on page 8)

Science Now

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geologists are the ones responsible for finding oil. Their task is to find the right conditions for an oil trap – the right source rock, reservoir rock and entrapment.” Oil is believed to be the remains of plants and microscopic animals that died and fermented long ago, and due to the chemical makeup of their bodies, they are drawn together to form large deposits on the ocean floor. The website mentioned above also explains, “Movements in the Earth entrapped the oil and natural gas in the reservoir rocks between layers of impermeable rock, or cap rock, such as granite or marble.” Geologists have many methods they use to find oil. They can use satellite imagery to examine movements and formations in the Earth’s crust, which can be difficult underwater. They can also use gravitational meters to measure minuscule changes in the gravitational field around earth to tell where there is a soft spot underground. These readings can be surprisingly accurate. They can also use hydrocarbon “sniffer” machines to detect the scent of oil, though this method can be inaccurate. The most common method is to use seismology, the science of the earth’s movements. It’s a lot like sonar; they send a miniature earthquake through rocks and see how the wave bends when it passes through certain patches. For this, they can use tools like compressed air guns, which shoot air waves into the water, and “thumpers” which pound the

ground with shockwaves. There are three steps in drilling oil, as explained by *science.howstuffworks.com*, “The land must be cleared and leveled, and access roads may be built. Because water is used in drilling, there must be a source of water nearby. If there is no natural source, the crew drills a water well. The crew digs a reserve pit, which is used to dispose of rock cuttings and drilling mud during the drilling process, and lines it with plastic to protect the environment. If the site is an ecologically sensitive area, such as a marsh or wilderness, then the cuttings and mud must be disposed of offsite – trucked away instead of placed in a pit.” These steps are extremely basic, as there are plenty of tests that must be run to ensure the safety of the crew, the solidity of the ground, the stability of the oil, and the accuracy of the drill. This job may be dangerous, but crews risk their lives every day so the world may continue to have fossil fuels for everything from transportation to heat - that is, until we exhaust all the oil. It is estimated that we will run out of oil on Earth by 2060. This science may not survive for much longer.

Phil on Food **Be My Wingman** **and Get Some** **Wings!**

By Phil Checkes

Weekly, I tend to go out every Wednesday with a group of friends. You may wonder:

What exactly can you do weekly on a Wednesday night and keep up with it? Three words. The Grantsville Legion. Actually known as “The American Legion; Post 214”, it’s a local area in the town of Grantsville with food, entertainment, and is a great hangout spot. Every Wednesday, the Legion has their local wing-night, and let me tell you, they’re the best wings I’ve ever had. I usually order the “Butter & Garlic” wings with a side of ranch. They take about a half hour to make under normal circumstances, and they’re well worth the wait. When biting into the wings, you can just feel the juiciness of the garlic spill into your mouth while you chew up the perfectly tender chicken. When dipped in ranch, the ranch compliments the taste, not disguising it whatsoever. It’s truly an amazing mixture that keeps me coming back week after week. I also order them with a side of fries, and the Legion’s fries are absolutely amazing. There’s just no other order of fries like it. They’re baked to a crisp, and covered in salt. They’re definitely the perfect side to the wings, and I definitely recommend anyone to try them out.

What else do I have to say to convince people to try them out? The Legion has great food, great music, great entertainment, and overall is just a wonderful place to relax in the middle of your dreadful week of school. So come on out, get some wings, play some pool, and strike up a conversation with me if you happen to see me there! Just, be sure to talk to me before my food is ready, or else there won’t be a lot of talking, just a

lot of munching instead!

Sports Now

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wiped out Calvary on Thursday April 20th with a win of 20-0! Star players were Peyton Carr with 3 singles and 2 RBIs, Keygan Broadwater with a 2 run single, Calyb King 3 scoring singles, Logan Yommer having a 2 run double, Bryce Jones an RBI single, Colton Houser 2 singles and 2 RBIs, and Cayleb Broadwater a single and an RBI double. This leaves the boys with a strong 10-2 season so far!

The Huskies Boys tennis team defeated Allegany 3-1 Wednesday, April 19th. Shawn Zimmerman won his matches 6-1 and 6-1, Jake Toothman had a forfeit, and Nathan Sutton and Noah Aiken won by a forfeit. The Lady Huskies Tennis Team beat Allegany 4-1 last Wednesday. Number 1 Single Megan Smith took a loss to the AMAC Champion 6-0 and 6-0. Number 2 Singles Jill Wood won a difficult match 6-4 and 7-6 winning the second set tie breaker with a final score of 7-2. Number 1 Doubles Team Maddie Toothman and Sydney Glotfelty easily took the victory with a score of 6-0 and 6-1. Number 2 Doubles Team Emily Nichols and Bethany Hershberger won 6-1 and 6-3. Finally, the number 3rd Doubles Team Angie Wiland and Amber Jamison won their first set 6-1, losing the second set 5-7, and came back by winning their final third set tie breaker 10-6 to bring home the victory. Friday April 21st, Tennis plays against Southern at home at 4:30, Softball plays against rival Southern away at 4:30, Varsity

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Teacher Edition

The following articles are based on interviews done by our newspaper staff with NHS staff members in order to gain a bit of perspective on what the lives of our teachers are really like.

Enjoy!

A Teacher to Remember: Mrs. Coburn

By Alanna Kinney

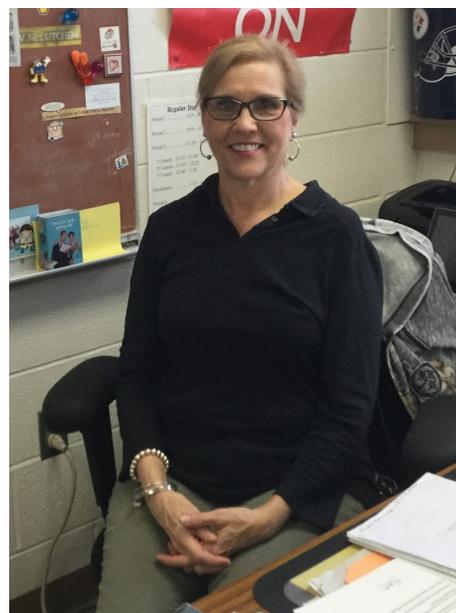
Admirable, energetic, positive attitude, dedicated, trustworthy, kindhearted, and overall an inspiring lady; all of these things just begin to describe the lovely Mrs. Coburn. She has the ambition and will-power to make you feel good about yourself and genuinely turn any bad day great. Being a new student at Northern High this year, I didn't know very many people and I was reserved until I walked into my SAT prep class. The environment and way she teaches is relaxed, yet very informative. She is willing to go above and beyond when it comes to helping her students whether it be an issue with school, or even personal life. She is a great listener and the way she carries herself as a strong woman is very empowering to me, making her one of the best role models in my life. She sets a prime example of what a great role model is, and has touched many people's lives because of it.

Mrs. Coburn has had a passion for teaching ever since she was a little girl. She said "I always played school with my siblings, but I

always had to be the teacher. " After attending Frostburg State University, she has taught at Northern for the past 30 years. She got into this career because "I like being around others, I like structure, organization, and helping people succeed." Although teaching is fun, there can be some difficulties with the job. "Time constraints on trying to fit in all the criteria, standardized testing such as PARCC preparation, and occasionally stubborn students."

Aside from the downfalls, the thing she loves most about her job is helping students, making a positive impact on their lives, and making a lot of good friends. After being a teacher and helping her students learn, I asked if she was taught anything by her students. "I have learned to laugh at my mistakes, not to sweat the small stuff, have patience, understanding, and compassion for others."

This being her last year at Northern, Mrs. Coburn gets to look forward to retirement. "I have time to do what I want, when I want." She plans on keeping herself occupied and enjoying her life. "I plan on traveling, becoming a more active band parent in my son's school, and seek part time employment." She will substitute about two times a week at Mountain Ridge and join an online editing and proofreading website to continue using her English teaching skills. She can't wait to help out with the band camp for two weeks. She gets to be with her son and participate as a full time mom again!



The Man, The Myth, The Legend - Mr. Nicklin

By Megan Smith

Mr. Nicklin is a teacher many people tell you about when you're just about to enter your freshman year or before you start your second semester. They always say things to you like, "Oh, you'll love him!" or they will tell you about how much they love him as a teacher. I had him as my U.S. History teacher in my freshman year, second semester and he still has left such an impact on me today. Recently, I had the chance to sit down for an interview with one of the most inspiring, understanding, funniest, and best teachers at Northern, Mr. Nicklin.

First, tell us a bit about yourself.

Well, I'm Shawn Nicklin. I've been married for 25 years to my wife, Debbie. 2 kids. My son, 24, Taylor. He went through Northern and so did my daughter Lexi, and she's 20. She's engaged to a southern boy, a former wrestler, and Taylor is living in

New York, working for the government.

2. What college did you attend? Garrett, THE Garrett College, and Frostburg State.

3. Can you describe your college experience?

I think mine was definitely more unique than most because I was married at 20, child at 21 so I never lived, like, the "party life" or anything like that so mine was work, college, wife and son.

4. Tell us your experience working with students at this age level.

Well, I think freshman can be fun. I think they tend to be more open to ideas. I see a big difference between freshman and seniors.

You can see the maturity level. But freshman are a fun group.

5. Can you describe your philosophy of teaching?

Well, I follow the county curriculum, I give the tests I'm supposed to give. The rest I feel is kind of up to me. I think the number one goal, for me, is to make the students more interested, because I think life-long learners and people who become interested in U.S. History can watch a movie or read books ten years from now and remember it. Not many people are going into history majors, it's not a skill that you have to have to survive or anything like that, so I try to get people interested in what I'm doing.

6. List 3 of your teaching strengths and describe each one.

I think I'm a visual person, that's why I love my powerpoints. I try and relate history to their personal lives, how it affects them, and tell funny and weird stories that they'll remember.

7. Do you make learning fun for students? How?

I try, I don't know, you're never gonna please anybody. There's some people that you just don't

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get along with. Yeah, I try to joke with my students, I try to get to know them on a personal level and I try and make it fun because we're all stuck together for ninety days.

8. What are some challenges of your job?

I'd say, first, kids that don't want to do anything. The laziness, the writing, some of the really bad writing skills they come up here with. And you want to say behavior, but it all comes from something. You know, I have kids that don't have places to sleep, don't have places to get a shower or bath. So I try to always remember that these kids have more important issues than sitting in a classroom learning history. The crappiest advice I've ever gotten was "don't smile until Christmas", that's the dumbest thing I've ever heard. You got to be yourself, do the best you can and know that you will influence kids.

9. Would you describe yourself as a tough teacher or an understanding teacher?

I'd say understanding. I accept work late, I would say understanding.

10. What were you like as a student?

Well my parents divorce affected me big time in middle school. I didn't realize how much a divorce affected me. I would say I was very introverted for the most part, very quiet. I didn't like school. At all. I couldn't wait to come home, I wouldn't participate in a lot of things. Looking back, I wish I would've. I wish I would've tried but at the time I just didn't see the point. I think

see the point. I think I was very different than what people see now. It wasn't until my junior year that I started coming out of my shell.

11. What are your goals for the future?

I need to make more money. That's one thing. My wife, my daughter's wedding. The wedding's expensive. I would say I really do want more money. Enough to take care of my kids and wife. And I want to write. I've written some stuff. I've got a couple awards here, I won a top 8 out of 300 in a major writing contest. I miss writing. I'm just lazy. I really do miss writing. I wrote a story, a fantasy series, a story set during the crusade, I wrote about Bodecka, a woman who took on the Roman empire. I wrote a story about a "witch", she's not really a true witch, but going back to middle ages. And I've started these stories but I've never really finished any of them so I got them on thumb drives galore. So, I think I want to write and get something published because at the end of the day, I mean, I hope I positively influence my family and friends, I'd love to have a bigger impact on the country and the world and I think writing would be that. It's just, I'm lazy.

12. What inspired you to become a teacher?

That's a good question. I think it felt safe. I mean, I've never really grown up. Think about it, I mean, I've been in school all my life and I really liked school life when it comes to snow days and summers off and being able to relate to young people and talk to young people. I feel like I kind of made up for how bad my high school and middle school years was. I know I've

influenced people in a positive way and that makes you feel good. And think about it. We know our schedule for the whole year. That's nice, not a lot of jobs have that and I think this job allows you to do other things. I think as long as you can deal with the roller coaster ride that is young people. One minute they're a bunch of sweethearts and the next minute you just want to slap them. It's like a roller coaster.

13. Have you ever thought of a different career? If so, what?

Yeah, rich. (Hahahaha). I sometimes wish I would have tried out for acting. Like acting school or something. But I get flustered too much handling twenty-five students here; you put me in front of 500 and nope, not gonna happen. Or an author. Being an author and writing.

14. What is the best part of your job?

I think at the end of the day, and this is what I like about Facebook and I don't have a lot of positive things to say about Facebook, is that you see the impact. Once in awhile I'll have a former student message me, shoot, some of those students are now in their thirties and they'll contact me and say like, "Hey, thanks a lot. You left a positive impact." I think at the end of the day, that is what makes you feel the best. You feel appreciated and valued.

15. How long have you been teaching?

Twenty years.

16. Why did you choose to teach history?

I can make stuff up. (Hahahaha). Kids don't know the difference. Just kidding. I would say, I remember in history classes, which I didn't do that well in, that picture of Jenny Mcrae getting killed by

those two indians, I always wondered. Visual learner, seeing a picture and wanting to know why, why did this happen? You know, like, what took place?

17. What are some activities that you enjoy outside of school?

Pathfinder, which is a game that my whole family plays now so it's more fun. Movies. I don't know. I think most of what I did as an adult was based on my kids. Because both of them went through sports from elementary up. Spring was always AYSO soccer, fall was soccer or something else, and our lives was our kids. And now that they're both graduated, my wife and I just kind of chill. We take care of our cat. We just got a cat named Jinxie, she's a brat. So I would just say I chill, I like to garden and stuff. Plant like trees and flowers and stuff. But other than that, that's it.



Pictured above is Mr. Nicklin holding the book to his "Pathfinder" game that he enjoys playing!

That's all of the questions I had for Mr. Nicklin. Mr. Nicklin truly is an inspiring teacher to many young students. He is the teacher who actually got me interested in history. He not

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only wants his students to learn but he also wants to be there for his students as a friend if they are going through something rough. He is very understanding and students almost always share good memories and information that they have learned through his class. I've never met a student who had anything bad to say about Mr. Nicklin. We are truly lucky to have such a great role model like him here at Northern High. Thank you for everything you do for us, Mr. Nicklin!

The Secrets Behind the Vault

By Bailey Brewer

She moves to the stage, guitar in hand, and strums her first notes. Music fills the air and along comes her voice, pouring into the ears of those in attendance. Just another open mic night, sure, but every chance to spread creative work with the world is a chance worth taking. Who is this creative mind at work? Our very own Ms. Roller.

Born in downstate Maryland, she decided to attend Montgomery College to become a Sign Language Interpreter, though as we know now this is not quite the career Ms. Roller is in now. She stated, "Once I received my A.A. Degree, I transferred to Bloomsburg University in PA. There I began the continuation of my A.A. Degree and hoped to get my Master's in Interpreting for the Deaf with a minor in Deaf Education." Her studies in Deaf Education had changed, however. "After my second

year I changed my major to Special Education with a Deaf Education minor."

After finishing her studies, Ms. Roller began teaching, before finally making her way to NHS, but not only based on job opportunity. She stated "My decision to come to NHS was based on a need for change. I was ready to live in the country and get away from the city - especially the noise." Garrett County must be quite a change in pace from Downstate Maryland, but those at NHS are thankful for her decision to move to our little town. "I certainly hope I've made a difference, however, there have been many folks, coworkers and students alike that tell me fairly consistently that I have.

Receiving that kind of positive feedback on a regular basis is truly all the inspiration I need to continue doing what I'm doing and challenge myself to be an even better Librarian."

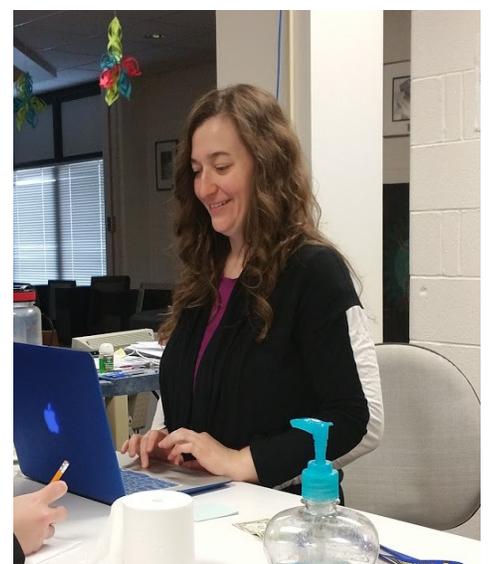
Ms. Roller's work is not limited to just the library, however. She is involved in over ten extracurricular activities, including FFA, JROTC, Art, and many more. And while she was hesitant to answer, she even provided her favorite extracurricular activity. She stated, "Well, if you twisted my arm and told me I had to pick one thing on my gigantic list of activities, I would have to choose the literary art magazine. I know, I know - but Ms. Roller, you're the advisor for that." Despite her slight bias to the magazine, her legitimate reason in choosing this activity gave an insight to what drives her in life. She stated, "Next to music, my top passion is writing. It always has been and I've always wanted to share that with my students. Now as a Librarian I've finally gotten that

opportunity and it has been a very fulfilling experience." While many students may believe that Ms. Roller's time is consumed with these activities and her job as a Librarian, she is actually working on ideas for novels at the moment. "I actually have several ideas in the works for what I hope will someday be published novels. I've completed one manuscript already, but there are so many more to write!" Her obvious excitement for writing stems not only for her own desire to create works, but even from others in our school. "The one I'm working on right now is an idea that Ms. Virt's Creative Writing class inspired me with. I was looking up writing prompts on *Pinterest* and *Writer's Digest* and came upon a prompt that not only spoke to me but demanded that I start writing that very day!"

Between writing, activities, and work, Ms. Roller still finds time to work on her own music while also watching the latest binge-worthy series, just like the majority of our students. While we all know that Ms. Roller is one of the most approachable staff members at our school, she is relatable on these fronts as well. She even encourages young writers in our school to bring their work to her, "I am in awe of the idea that my students are writing! The world is in such need for fresh voices in literature, don't let the current fads of anything get in your way. And most definitely come share your writing with me!" When asked why she feels the need to put that extra bit of effort in to make NHS a better place, Ms. Roller managed to surprise with her response. "What folks might not know is that I have a learning disability

(and this is what caused learning how to read difficult for me). It's called Auditory Processing Disorder, which is a fancy name for 'Don't overload me with too much new information all at once, I can't take it!'" As a child, Ms. Roller was told that there wasn't actually anything wrong with her; she was just a lazy student. Because of her passion for writing, she needed to learn how to live and grow with her disability, despite the lack of help from teachers, no matter how wonderful they were. This is what inspired her to be the amazing, helpful person she is today. "When I became a teacher and then later a Librarian, my ultimate goal was not only to be able to contribute to the success of my students, but to take an active and invested interest in what makes them tick."

Ms. Roller's ever so evident improvements for our school will no doubt continue, and she even has several plans in the works. "First I would give the Vault a facelift - I would love to get new bookcases and furniture so that collaboration is easier." She then hopes to make the nonfiction section completely mobile, with portable book shelves. **(continued on page 6)**



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The remaining shelves would be solely dedicated to fiction. Finally, Ms. Roller thanked Chuck Trautwein for the 3D Printer which she intends to use, "I would like to create a mobile MakerSpace, where teachers and students alike can come to the Vault, either checkout a Maker Kit, use it in the Vault or take it back to their classrooms." Ms. Roller has made such an amazing impact because of her past and because of the creative will behind her. Amazing things are to come to NHS because of her, something that we all are looking forward to seeing.

The South Pacific or Garrett County?

By Olivia Bennett

You breathe in and you smell the salt in the air, you reach down and grab handfuls of sand, and you look out and see the crashing waves. While many people in Garrett County rarely travel out the county, Northern teacher, Mrs. Savage has experienced the world, far further than Garrett County. Growing up Mrs. Savage graduated from Northern, her favorite class being Spanish, but did she always want to be a Spanish teacher? "Well I took Spanish here at the high school, and I went to college and decided that was going to be my major, and initially I wasn't going to do the education part, but then when I realized how difficult it was going to be to translate, I decided I wanted to be back with the kids," Mrs. Savage says.

Although Mrs. Savage may not spend the rest of her working life at Northern, she has definitely grown to love the kids as well as the teaching aspect. As said before, Mrs. Savage loves to travel and even plans school travel activities. When asked which vacation has been her favorite she says, "I would have to say the trip to the South Pacific. That was amazing to see New Zealand and Australia." She still has dreams of going to the islands in the Caribbean though. A trip like that will probably be in her future I can imagine. Mrs. Savage realizes now that if she were to pick a different profession it would be a travel agent. "I love traveling, I love planning trips, I just like that part of it, and of course I like taking them too."

Although teaching and traveling is a huge part of Mrs. Savage's life, she also loves spending time outdoors. "I love running, I'm a long distance runner, and I love to run half marathons." Along with running she loves to fish with her family. She likes to plan camping trips, and if she ever moves to the south like she wants, she will be able to take advantage of camping more often.

A couple more random things about Mrs. Savage are that she likes to watch NFL football with her family. In the morning she likes to start off with eating her breakfast and watching the news. Her favorite restaurant is Chili's where she likes to go with her friends and overall she likes making a difference in people's lives. When asked about her favorite part of her job she answers with, "Making a difference in the lives of students, I like to see that and know that, even if it's not here you'll know in the future when you see them how much of an impact you had on their lives." Thank you Mrs. Savage for putting in many long hard school years here at NHS.



Life Hacks

Cute Key Cozy
By Madison Dolchan

No longer want to fetch for lost keys? Then this article is for you. How often do you find yourself saying, "Where did it go I just had it?" Personally, I find myself in that predicament quite frequently. I'll forget where I set my keys, letters, even pencils. So, like always, I took to the internet to see what interesting hacks the world had to offer. Soon I found an easy hack, not to mention it's un-believable cute. All you need is:

- 1 Box cutter
- 1 Tube of glue (according to *instructables.com* Tacky glue works best)
- 1 sharp pointed object (knitting needle works well)
- 1 small suction cup
- 2 googly eyes

After all of the supplies are ready, take the pointed object and make two small holes in the ball for the corners of the mouth. "The smaller the better for this part, you don't want them to be too noticeable". Then, with the box cutter cut a

Sports Now

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Baseball plays Mountain Ridge at home at 4:30, and the Track team heads to Preston for a 4:30 meet. Scores will be updated for next week. Good luck to all fellow student athletes. Go Huskies!



Pictured above Carsyn King, pictured below Carly Rodeheaver



line from hole to hole. Make sure to try to keep the line as straight as possible. After that, you take the pointed object and make a hole in the other side of the ball; this is where you will insert the suction cup so it sticks onto the wall. Finish this hole with the box cutter, making it roughly the same size as the suction cup. Next, glue on the suction cup and wait about an hour for it to be completely dry. We then move to the final
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Life Hacks

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step: adding the eyes. Take the two googly eyes and put a dab of glue on each. Place them about the cut line and make sure that they are evenly spaced. Once it is dry you are left with a tennis ball holder that can hold towels, letters, keys, pens, hats, etc. I hope this life hack comes in handy when looking for your lost keys.

Student Spotlight

Ava Roberts- An Original Work

By Madison Dolchan

Poetry, short stories, and Ava Roberts. What do all three of these things have in common? The Literary Magazine. The Literary Magazine is a compilation of the voices of NGHS, therefore named The Voices of the Vault.

"The submissions help represent the very un-represented arts department. We use our magazine as a safe haven for those who want to share their voice," stated Ava Roberts the Chief Editor. Ava has been a member of the Literary Magazine for two years and cares for it dearly. As Chief Editor she oversees all of the operations and editing jobs as well as fundraisers, along with the help of Mrs. Roller. "Cool kid" Ava commented when Mrs. Roller was mentioned. All of the editors work to edit and censor pieces that may be explicit or a little inappropriate so they can stay within the NGHS guidelines, but for the most

part they leave the works original and untouched.

The whole group has formed a close-knit family unit. "We are a bunch of weirdos, and we love every second of it". In fact her favorite part of it is the friends she has made. Ava's excitement over the new issue of the article is quite evident. However, she explained to me that they currently do not have a lot of submissions. "There's no such thing as enough submissions, please submit to our magazine, even that discarded poem you wrote when you were like seven. Anything helps". The next issue will be released in May, though exact date has yet to be determined. Ava wants everyone to know that the magazine is a safe and creative place, that they love everything and anything sent in. Her amazing personality and talents are not limited to literary magazine, Ava is proactive in cross country, theatre, student council, and fits in time to spend with the ones she loves. Thank you for all of your hard work, it pays off and we can't wait to see the next issue of the magazine.

Pictured below is Ava Roberts performing at the NHS Poetry Slam where she won the top prize for a solo performer.



Made Perfect

Adidas Joggers

By Megan Smith

Are you looking for a pair of comfortable sweatpants that you could also easily work out in? If so, you should definitely try Adidas Joggers! They're very comfortable and very easy to work out in! I have two pairs and I'm in love with them! I play tennis in one pair and wear the other pair as sweatpants on just a normal school day. They are very, very easy to move in while playing sports and very comfortable to just relax in when you're feeling a lazy day but still want to look good. I got mine on *Amazon.com* for \$60.00 each. There was no shipping fee with my order. They both arrived very fast and were a very good fit. One is tighter than the other so I like to wear those when playing sports rather than just casually wearing them. They have zippers on the outer side of the leg on the calf which is very convenient when you are wearing shorts or something underneath your pants for a sport and you're able to take them off without taking your shoes or just unzip the pant leg on a hot day.

I would definitely recommend them to anyone who wants comfortable sweatpants and still wants to look good or if they just want a good pair of sweatpants to play sports and work out in. I asked former NHS student, Lyndsay Fuller, what she thought of these sweatpants and she said, laughing, "They're my go to sweatpants. I love them. They're so comfortable and I don't look bad when I wear them."

I also asked SHS student Jimmy Lucas what he thought and he said, "They're the nicest pair of sweatpants that I own and out of the five days we have tennis

practice, I'm probably going to be wearing them three days out of the five." He also laughed while saying this.

If you have been interested in getting these pants for awhile now but didn't know if they were worth the price, I would have to say that I definitely believe they are.



Got Advice?

By Phil Checkes

How can I overcome my shyness?

- Anonymous

One of the best ways to overcome shyness is to make it a habit of speaking to everyone. This sounds like no help at all, since you need to have confidence to be able to speak to people, and you need to speak to people to build confidence. The trick is to start small, for example just start saying "hello" or "good morning" to one person every day.

Then when you start feeling more comfortable with this, start speaking to two people every day, and increase the length of your conversations. Don't limit yourself to speaking to people you know or "click" with. Talk to everyone in your community, talk to men, women, young, old, whether they seem normal, strange, or crazy, even if it's just to say hello.

Many people won't take the initiative to get to know you, so that just means you have to get to know them and give them
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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



Got Advice

(continued)

the chance to get to know you. You'll find that the majority of people who you start a conversation with are really friendly. If you remember this, reaching out to someone new won't seem so scary.

Many insecurities, fears, and doubts stem from lack of understanding or lack of knowledge about something. The more you understand and know about a situation, the more comfortable you will be and thus the less power your shyness will have over you.

Let's take for example the subject of public speaking. This is an activity that terrifies most people half to death, but only because most people don't have much knowledge about it. If you do some research and investigation, you'll come to learn that it's perfectly natural to be terrified of public speaking, and that almost every single person has the same fears and insecurities that you do.

When you take it further and ask yourself why you are so terrified of this, you'll come to learn that you are scared of being judged, or of being laughed at. From there, you can go and read and learn about people who are good at public speaking; learn their tips and strategies.

This way you are much more prepared because your

knowledge on the subject is vast. As a result of this, your confidence will already be much higher than before, which might allow you to attempt public speaking. As you practice more, you will naturally become even more confident.

This rule applies to any area where you feel insecure. Read and research as much about the topic as possible. This will help increase your confidence enough to give the activity a try to see if you might be able to become better at it. And that initial confidence to take action is all you need to get the ball rolling and overcome your shyness.

Next, all you need to do is practice endlessly and never give up.

Theory and education will only show you the path to becoming confident, but you still need to actually walk it to gain the full benefits.

The more you practice, the better you'll become. At anything.

For example: If you want to become better at public speaking, you need to give dozens and dozens of speeches to feel at ease with it.

That's exactly what you need to do to overcome your shyness: take action, practice, and don't give up until you get the results you were aiming for. You will face setbacks, failures, and rejections, but ultimately those are all necessary to build more confidence.

I know what it's like to be shy and have little or no confidence, and I know for a fact that you can turn that around.

If you need advice, email our staff at nhsnews@garrettcountryschools.org. If you wish to remain anonymous, please say so in your email.

In History

(continued)

drilling rig, where it ignited and exploded, engulfing the platform. At the time, 126 crew members were on board: seven BP employees, 79 of Transocean, and employees of various other companies.

Eleven missing workers were never found despite a three-day U.S. Coast Guard (USCG) search operation and are believed to have died in the explosion. Ninety-four crew were rescued by lifeboat or helicopter, 17 of whom were treated for injuries. The Deepwater Horizon sank on the morning of 22 April 2010."

This was the greatest oil spill in the history of the industry. It dumped an approximate 210 million gallons of oil into the ocean, killing millions of millions of sea creatures and coating thousands of square miles of ocean and shoreline in black goo.

The gas company BP was charged shortly thereafter with 11 counts of "Manslaughter" or "Third Degree Murder".

The *wikipedia* article also goes into detail on the extent of the damage:

"According to the satellite images, the spill directly impacted 68,000 square miles (180,000 km²) of ocean, which is comparable to the size of Oklahoma. By early June 2010,

oil had washed up on 125 miles (201 km) of Louisiana's coast and along the Mississippi, Florida, and Alabama coastlines. Oil sludge appeared in the Intracoastal Waterway and on Pensacola Beach and the Gulf Islands National Seashore. In late June, oil reached Gulf Park Estates, its first appearance in Mississippi. In July, tar balls reached Grand Isle and the shores of Lake Pontchartrain. In September a new wave of oil suddenly coated 16 miles (26 km) of Louisiana coastline and marshes west of the Mississippi River in Plaquemines Parish. In October, weathered oil reached Texas. As of July 2011, about 491 miles (790 km) of coastline in Louisiana, Mississippi, Alabama and Florida were contaminated by oil and a total of 1,074 miles (1,728 km) had been oiled since the spill began. As of December 2012, 339 miles (546 km) of coastline remain subject to evaluation and/or cleanup operations." This was truly a deep-water disaster!



Effects of the oil spill pictured above.

Giving NHS an Earth Day Make Over

Students from Ms. Glass' science classes enjoyed a day outside to do some 'earth cleaning' to honor a most important day celebrated every April 22. Featured in the center photo is Steven Yutzy jumping for Earth Day joy!



Poetry Power!

NHS Students from the Creative Writing class and Thespian Society performed spoken word poetry as a part of the Second Annual NHS Poetry Slam Thursday, April 20th, at Our Town Theatre in Oakland. With four local judges, students competed for cash prizes provided by the Center for Creative Writing at Frostburg State University. Congratulations to all students that participated! *Pictured below, [left to right] Alexis Opel, Cheyenne Garrett, Ronnie Schartiger, Phil Checkes, Leighanna Wilhelm, Kylee Peck and Shelby Gray*



