

Four seek state tournament glory this weekend

By Jake Tallents

Whether they like it or not, the New York State tournament is upon us for four Fulton wrestlers, as they look to make their mark on New York wrestling history. Adam Wallace, and David Hall will compete as wild-cards, while Dillon Ingham and Zach Race will go as sectional champions. None of our wrestlers are seeded except for Wallace, who is a ninth seed. It will be a two-day; all out brawl this weekend, and the Times-Union Center at Albany will be buzzing with energy.

Adam Wallace is the ninth seed at 125 pounds, and will square off in the first round against Brant Page of Horseheads, the Section Four champion. Fulton wrestled Horseheads previously in the season, but Page did not compete. Should Adam win the match, he will likely go against the top seed at his weight, Nick Arujau of Syosset, a section eight team. Arujau was the state champion at that weight in 2009.

David Hall is the unseeded fourth alternate, and will compete against Troy Simpson of Chaminade, the champ from the Catholic School section. The top seed in his weight is Steven Dutton, the Section Eleven champ out of Rocky Point. He is also the reigning champ at that weight and has placed twice before that. Peyton Amato, the local Section Three champ, if he wins his first match will have to face Jim Kloc of Iroquois, another tough wrestler who defeated David earlier in the season. Kloc is a national champion at that weight, winning the tournament this past summer.

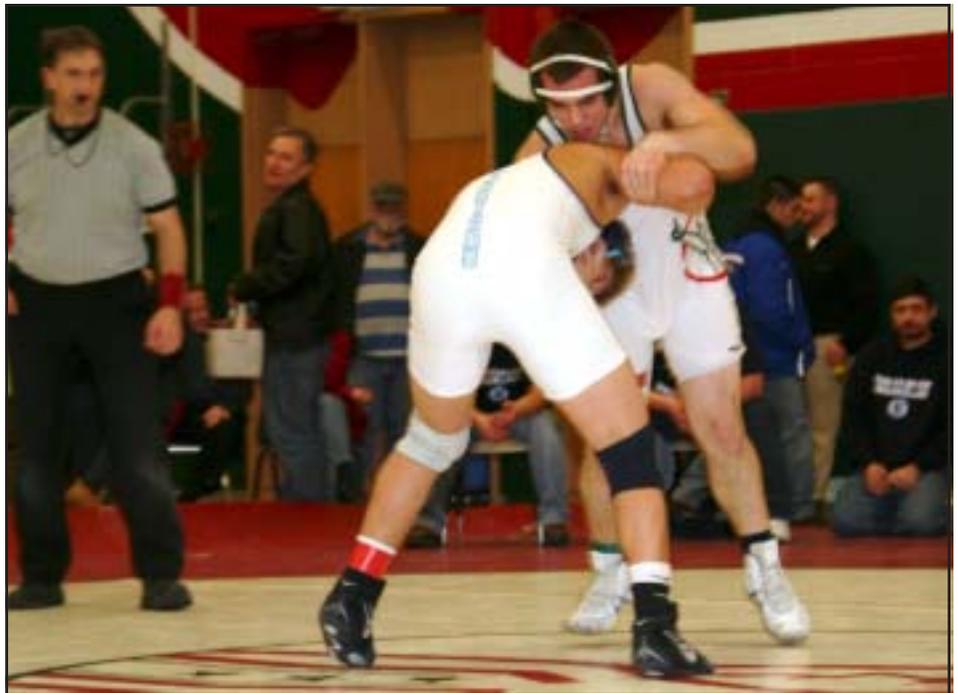
Zach Race is also unseeded at 189, and in one of the toughest weight classes. The top seed is Matt Loew of Wantagh of Section Eight. Loew was a state finalist the year before at 189. Zach will square off in the first round against Tony Fusco of Queensbury, the Section Two champ. Should Zach win, he would go against Angelo Malvestuto of Niagara Wheatfield, the third seed and a national finalist. Zach and many others believe he has a good shot of placing in the very tough tournament.

Many believe Dillon Ingham is very underrated, being not seeded in this state tournament. With a 42-2 record to date, his two losses have come against the number one and two 215 pounders in Division Two, both by a point. The

top wrestler in his bracket is Kyle Colling of Pioneer, a national champion at that weight. Pioneer is a Section Six team that has only this year become a Division One team. Dillon will wrestle in the first round against Brendan Fowler of Chaminade, a Catholic school. On a side note, Ingham competed against Colling two years ago in nationals at Virginia Beach. Colling bested him by a point, on his way to

winning the tournament.

The two-day, fight for their lives will begin on Friday, February 26, at 10 in the morning. Some of the best wrestling America has to offer will take place on Saturday, with the finals at 6 pm. Adam, Dave, Zach and Dillon all want to make their mark on New York wrestling history this weekend. Records mean nothing, as all four of their lives will never be the same.



Section 3 champion Zach Race faces a tough bracket in the 189 pound weight class this weekend at the New York State Championship meet in Albany. He will be joined by teammates D.J. Ingham, David Hall and Adam Wallace. (Taylor Harvey photo)

Sports Boosters hosting spaghetti dinner

The Fulton Athletic Booster Club will be holding its major fundraiser of the year this Saturday with a spaghetti dinner from 3-7 p.m. at Lakeview Lanes. The cost is \$7.50 for adults, \$5 for children ages 5-12 and under 5 children eat for free.

The Booster Club sponsors four-four year scholarships, athletic awards and programs at the end of each season in addition to helping send coaches and players to camps in the off-season. Come out and support a good cause this Saturday at Lakeview Lanes.

Student art show this weekend

The fourth annual High School Student Art Show Art & Photography Invitational will take place this weekend at the Fulton Municipal Building. Featuring student art from Fulton, Hannibal and Phoenix, the show will be held in the Community Room at 141 South First Street in Fulton. The show runs from 10 a.m. to 8 p.m. on Saturday with an artists reception from 6-8 p.m. and from noon until 4 p.m. on Sunday. There is no charge for admission for the show, which is sponsored by the Fulton Art Association.

Opinion

Never underestimate the benefits of sleep

By Ben Davis



In today's busy world most people are doing whatever they can to get a few extra hours to finish everything they need to do. The first thing people tend to cut back on when time is limited would be sleep. Some people even cut back on sleep to have more time to just relax and have fun.

Most people consider sleep to be a luxury; this, however, is not the case. It is a vital and essential part of a healthy lifestyle. A good night's sleep is considered to be around eight hours, anything less than that starts to have negative effects on your body. Sleep contributes to the overall health and well-being of an individual. Along with these obvious benefits there are many other benefits gained that most people aren't aware of.

A good night's sleep keeps your whole body healthy. A lack of sleep causes your body to go into a state of stress. The body's functions are put on pressure which worsens blood pressure and cholesterol, both risk factors for heart disease and stroke. Hormones from stress unfortunately also make it harder for you to sleep. In addition to this sleep may prevent cancer. With just eight hours of sleep the hormone levels of melatonin and cortisol stay in a healthy range. Cortisol aids in preventing cell damage which can lead to cancer, while melatonin appears to suppress the growth of tumors. Sleep is also an important thing because it is during this period that your body makes most of its repairs from ultraviolet rays, stress, and everyday wear and tear.

Studies have also shown that a healthy amount of sleep maintains your weight. People who sleep the healthy eight hours tend to have a lower body mass index than those who sleep less. This is because sleep keeps leptin and ghrelin, two appetite regulating hormones, in check. Ghrelin stimulates the feeling of hunger and increases with lack of sleep while leptin signals fullness and decreases with lack of sleep. With these two hormones in check and at normal levels, one is less likely to overeat.

Along with keeping your body healthy, a good night's sleep also has many positive effects that can be witnessed the next day. Sleep leaves

you feeling refreshed and makes you feel more alert and more energized throughout the entire day. This causes one to become more engaged and active in anything they do that day. This is especially important to students because it allows them to pay attention in class easier and stay more focused on learning rather than being distracted. Being engaged and using that energy from a good night's sleep makes one feel better and also increases their chances of a better night of sleep the next night.

One of the most important parts of a good night of sleep is a process called memory consolidation, which occurs during sleep. While your body is busy resting, your brain is processing your day and making connections between events, sensory inputs, feelings and memories. Your dreams and deep sleep are the crucial time for your brain to make links and memories. Getting more quality sleep will help you remember and process things better, which is essential for learning new things. In other words, it bolsters your memory and makes it easier to remember everything you learned throughout your day.

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A good night's sleep of eight hours is critical to a healthy lifestyle. It rejuvenates your mind, body, and spirit. Waking up well rested and refreshed tends to put one in a good mood and clear their mind from negative thoughts. This allows them to study well and tends to make them have a more optimistic approach to their day. The importance of sleep has been overlooked for far too long. Overall, sleep is essential and required for ones daily life.

New driving laws will save teen lives

By Raquel Vescio & Crystal Kimball

The laws seem to be getting more and more strict every year involving teen drivers. Recently a law has passed, stating that new drivers have to have their permit for six months and have at least 50 hours of driving before they can obtain their license. Also, junior drivers are not allowed to carry more than one passenger under the age of twenty-one unless accompanied by a legal guardian.

We believe that this law will help reduce the number of accidents caused by teens each year. Every year over 5,000 teens between the ages of 16 to 20 die due to fatal injuries caused by car accidents. If you really think about it, that is a huge number and this law is trying to prevent the number of teenage deaths.

This statistic shows that teenagers definitely need more practice before they get their license because they're less experienced than adults.

In order to become more skilled it takes practice and like they say, practice makes perfect. This law is important because when someone has more than one passenger they are easily distracted. Although some teenagers think this law is meaningless, it could save your life.

It is also said that the car accident death rate for male teen drivers is more than one and a half times that of female teen drivers. Many guys do not think they are more likely to get in a car accident, but if you really observe them, many guys are. Guys try to act cool by speeding and driving with their knees or driving one handed. While they are trying to impress others they do not realize the danger they are putting themselves and others into.

Driving is not all fun and games, it is something teenagers need to take more seriously. This law is allowing teenagers to get more driving experience and knowledge. Hopefully this law will prove successful and ultimately reduces the number of car accidents caused by teens.

School of Thought compiled by Eric Belair & Max Ambuske (Adult Edition)

How do you think the United States men's hockey team will do?



"They'll get a bronze medal"
Mr. Lyons



"They have already done great by beating Canada, but they will win gold."
Mr. Green



"Probably the silver or bronze medal."
Officer Lunn



"They'll medal but not gold, probably bronze."
Mr. Heindorf

GRB announcements for Wednesday, February 24

There will be open lacrosse in the gym on Thursday. Bring a helmet, gloves and stick to participate. There will also be open lacrosse next Monday, Tuesday and Thursday.

Open gym for all girls interested in playing lacrosse this spring will be at Fairgrieve everyday starting today from 4:00 to 6:00. There is a bus that runs from the high school to Fairgrieve every day. If you need any other info, please contact Coach Rothrock.

The Raider's Den will be opening for business today during bells 9 and 10 and after school. Stop by and see all that the Den has to offer. Students from study halls during these bells must have their teacher's Raider Den pass with them. Come on down, it will be worth the trip.

Photo Club will hold its next meeting on Thursday, February 25th after school in room 118. Bring your pictures! Also a reminder, don't forget to be reporters, submit your school event shots to The Raider. See Mr. Senecal or Ms. Amerault for details.

Any junior or senior interested in doing a work study for elective credit should see Mr. Sievers in room 100 or your guidance counselor immediately. Early dismissal is possible if you have study halls.

Meteorology and you
by Carson Metcalf

Today: Scattered snow showers of varying intensity. High in the mid-30s.

Tonight: Cloudy with a few snow showers. Low around 30.

Tomorrow: Snow, heavy at times. Accumulations of 3-6 inches are likely. High in the low to mid-30s. Winds could gust to 40 mph or higher. For continuous coverage of the impending storm, log on to www.centralnewyorkweather.com

GRB sophomore Carson Metcalf is an aspiring Meteorologist and the creator of the Central New York Weather Center @ www.centralnewyorkweather.com ...Look for his weather forecasts on RaiderNet Daily.

