

Blood donation was more than worth the effort

By Taylor Harvey

(RaiderNet Daily reporter Taylor Harvey recently donated blood for the first time at the recent Student Senate Blood Drive at G. Ray Bodley High School. Here she describes the experience)

Blood drive.

It's funny how these two simple words can evoke such contrasting emotions, especially within the student body here at G. Ray Bodley High School. When the GRB Student Senate announced the date of their annual blood drive, some students discussed their fear of needles and general paranoia about the idea of a pint of blood leaving their bodies.

On the other side of the spectrum, many Bodleyans expressed excitement for the opportunity to help others by giving up a bit of themselves (and in some cases, miss class). This year I was a part of the latter group and as a first time blood donor, I'd like to share my experience with you.

To begin with, I have always thought the idea



The moment of truth arrives for RaiderNet Daily's Taylor Harvey. (Pat Olvecky photo)

of donating blood was rather interesting. I remember being extremely curious about it as a child when my parents went to blood drives. At first I was fascinated by the weird notion of someone taking your blood to put into another person's body. As I grew older, however, I began to appreciate it for the generous donation that it is. In giving a pint of your blood as a healthy adult, you can help save a life while causing only minimal inconvenience for yourself.

The first step in this year's blood donation process was simple. As soon as I heard about the blood drive, I headed down to Mr. Thurlow's room to reserve a time slot for the fated date, April 16. I had missed out last year when I signed up late and was put on a waiting list, but I wasn't about to let that happen again.

Luckily there was still a number of spots still

open and I scheduled my appointment for 12:45. After confirming that I was of the correct weight and age requirements (at least 17 years old or 16 with parent permission, weighing 110 pounds or more), Mr. Thurlow gave me a brochure that discussed the blood giving process and a paper which told me how to prepare for my donation. With my appointment made and information in hand, I left the tech room with a feeling of confidence.

As the days leading up to the drive dwindled away, I began preparing myself physically and mentally. I had been advised to eat iron rich foods to insure that low iron levels in my blood would not keep me from donating. Due to my vegetarian lifestyle, this was not as easy as it might sound.

Red meat and fish are recognized as some of the best sources for iron, but I got by on dark green vegetables and whole grains. I also consumed foods rich in Vitamin-C helping my body to absorb iron more efficiently. At this time I also began drinking more water, which is said to ease to donation process.

As the date approached, I found it necessary

to ready myself mentally as well. In discussing my plan with family, I learned of a relative who could not end up giving blood due to sheer nerves. Whether she actually passed out or not prior to attempting donation she would not admit, but the story put me slightly ill at ease. Needles have never bothered me so that was not an issue. The sight of my own blood did not pose a potential threat either. I honestly was not afraid of the actual donation process, more of the possibility that I would change my mind irrationally at the last second.

After days of anticipation, the morning of April 16 dawned fair and clear. The bells went by quickly and many of my peers left class at different times to take the walk to the LGI, where the Red Cross had set up the donation station. During seminar I visited the drive briefly to snap some photos for RaiderNet

"A pint of blood might not make much difference to me, but it can make a world of difference for a person in need."

Daily and with the sight of many Bodleyans willing to sacrifice a bit of blood, any nerves I possessed evaporated.

At the conclusion of eighth bell it was finally my time to check in at the blood drive. I arrived on time for my appointment but, as it often goes for these drives, things were running a little behind schedule. I waited patiently with some friends, reading a mandatory pamphlet about donating, until about 1:30 when I was called back to answer some questions and go through some procedures that would determine my eligibility. My pulse and blood pressure were taken and found to be acceptable.

With the completion of the finger-prick test, my blood type was determined and my iron levels were confirmed to be high enough. Along with simple things such as my birthday, I was asked questions pertaining to any travel I had done, tattoos or piercings I had gotten recently, and other health questions. Most of these questions I answered through a computer program which made the experience easy. It was stressed heavily that honest an-

(continued on page 4)

Opinion

The Zany Zodiac

Horoscope predictions to make your day

By Andrew Kush & Noah Carroll

Aries- People have a hard time comprehending your good looks, keep up the good work.

Taurus- everyone likes you and you should not change at all.

Gemini- Even though there will be many hardships in your life, there will always be a light that pokes through the clouds.

Cancer- Treat each day as though it is your last; one day you will be right.

Leo- Follow your dreams, except for that one where you're naked at work.



Virgo- Originality is the art of concealing your sources.

Libra- How long a minute is depends on what side of the bathroom door you're on.

Scorpio- It's not who you know, it's whom you know.

Sagittarius- If you're not working out you don't want buns of steel. If you want buns of cinnamon. Keep it up.

Capricorn- There is no "I" in "Team", but there are three in "I'm going to Disney World"

Aquarius- Take everything in moderation. Including moderation

Pisces- We think you're antagonistic, but we haven't decided yet.

Upcoming events:

Tuesday, April 27: Pick up graduation announcements during all lunch bells. Balance of payment is due at this time.

Wednesday, April 28: Used and unwanted cell phone collection during advisory.

Thursday, April 29: GRB Coaches vs. Cancer, 7 p.m. in the GRB gym.

Thursday, April 29: District Student Art Show @ Fourth Street Ed. Center, 6-8 p.m.

Bodley's Best vs. Coaches for Cancer, 7 p.m. @ GRB gym.

Friday, April 30: Class of 2013 dance, 7-10 p.m.

May 3-5: Class of 2012 days at Sweet Inspirations.

May 3-19: Gone4Ever display, sponsored by SADD. Exhibit open 7:30 a.m.-9 p.m. @ GRB.

Meet the Reporters

Ben Davis Senior

Ben sees his role in journalism as being someone who brings students information they need to know about school activities.

His outside interests include swimming and anything related to engineering.

Something people may not know about Ben is that he has been swimming for 13 years.



Compiled by Christina Yanock

Victory, at last, for Raider batsmen

They had to work overtime to do it, but on Monday the Fulton baseball team finally got to savor the sweet taste of victory. Winless in their previous nine starts, the Raiders outlasted Fowler in eight innings to claim a hard fought, 6-5 win against the homestanding Falcons.

Nate Dean emerged big from both sides of the plate as he socked a two run double and also picked up the win on the hill after replacing starter Josh Collins. Bob Bonnie also contributed to Fulton's seven hit attack with a pair of doubles while Max Ambuske and Sean Amico each contributed an RBI for the winners, who benefitted from four errors by their hosts.

It looked like business as usual for the hard-luck Raiders when Fowler snared an early 2-0 lead in the bottom of the first inning. Fulton responded with two of their own in the top of the second before adding solo markers in the third, fifth, and sixth frames to build a 5-2 advantage. But in a season where nothing has come easy for the batsmen in red, Fowler rallied to score three times in the bottom of the sixth to set the stage for the extra inning thriller.

After a scoreless seventh inning, Sean Amico stole both second and third base in the top of the eighth to set the stage for Fulton's winning run. Max Ambuske's hit drive toward third base sent Amico scampering home to give Fulton a 6-5 advantage.

The drama was far from over in the bottom of the eighth inning as Fowler put runners on first and second base with one final chance for to rally. A sharp hit to center field that could have ended the game in Fowler's favor instead became a game ending putout at home plate when Sean Amico connected with Chris Frontale, who threw to sophomore catcher Dan Bolster for the final out of the contest.

And just like that, the losing streak had



Fulton' Dan Bolster slides safely into third base in a recent non-league game against Pulaski. Bolster tagged a runner out at home plate to help the Raiders secure their first win of the season on Monday. (Taylor Harvey photo)

ended, with Fulton now standing at 1-7 in league play and 1-9 overall by dropping Fowler to 1-6 in the league and 1-7 in all contests. Overshadowed in the loss for Fowler was a sterling performance from pitcher Tommy Spinner, who recorded 17 strikeouts and drilled a two run home run to help spark the Falcons fifth inning comeback.

The Raiders will be looking to double their fun on Wednesday when they play host to Mexico in a 4:30 p.m. start.

THIS WEEK IN RAIDER SPORTS

Today: Track @ Chittenango/Mexico (4:30); Boys lax vs. Chittenango (4:30).
Wed. April 28: Baseball vs. Mexico (4:30); Softball @ Mexico (4:30); Girls lax @ Cortland (V-5 p.m./JV-6:30).
Thurs. April 29: Boys lax vs. Homer (4:30); Girls lax @ New Hartford (JV-5:00/V-6:30).
Fri. April 30: Softball @ J-D (4:30); Baseball vs. J-D (4:30); Tennis vs. Homer (4:30).

Tough spring break for Raider girls lacrosse team

While many students were on vacation, the girls varsity lacrosse team took no rest with two games and practices the rest of the week. However, it was a tough one with losses to both Cortland and Homer.

This past Tuesday, the Cortland Tigers traveled to Fulton. The Tigers came out fighting hard, scoring eight goals to Fulton's one in the first half, but it was the Raiders who came out in the second half outscoring Cortland five to one. However, it was not enough as the Raiders took a 12-6 loss. Leading the girls was senior Emily Rothrock with two goals and one

assist followed by Alannah McClellan with two goals. Kirsten Francis recorded one goal and one assist while freshman Kate Rothrock, who was moved up to varsity for these two games due to lack of numbers, scored one. Erica Knaub also had one assist. Kara Pafumi stood strong in the net with 21 saves.

On Friday, the Raiders traveled to Homer to take on the Blue Trojans. This was the second time seeing the Trojans in a one-week span. With a tough loss before, the Raiders knew that this game was in reach. In the first half, it was a close game with a 4-2 deficit at

halftime. However, the Trojans kept their momentum going as they pulled away with an 11-4 win. Leading the Raiders was freshman Alannah McClellan with two goals followed by Caitlyn LaVoie and Erica Knaub with one a piece. Junior goalie, Kara Pafumi recorded 17 saves in the net. Leading Homer was Katelyn Gray and Emma Porter with three goals each.

The Raiders will take on the Cortland Tigers again this Wednesday at Cortland looking to improve on their 1-7 record.

By Emily Rothrock

In the News

Donating blood rewarding for RND reporter

(from page 2)

swers were necessary for the safety of all involved.

When I had gone through all of the preemptive procedures and questioning, one of the workers gave me the green light and a phlebotomist brought me to a table. I laid down and began squeezing a ball to help my blood circulate. The woman sterilized my arm with iodine and the next thing I knew, there was a needle protruding from my inner right elbow. The actual process of taking the blood from my body lasted a few short minutes and after being told to lay down for a few minutes following that I was allowed to get up. I felt completely fine, not a bit of dizziness, but any who give blood are required to wait for at least ten minutes, sit and have some juice and a snack before leaving the drive.

As I sat and enjoyed the free juice and a maple frosted doughnut, I contemplated what I had just done. In giving up an hour and a half or so of my time, gaining a pin-prick sized bruise on my middle finger, answering a few odd questions, and losing a pint of blood, I could help save up to three lives. That's three people who could use what I have an excess of to prolong their lives.

That red stuff running through your veins that we all take for granted on a daily basis is seriously needed by more people than you might think. In weighing the pros and cons, is it really even a question if you should at least attempt to give blood? Maybe I'm putting too dramatic of a spin on this, but after this experience and the information I learned throughout it, I can simply say that I am glad to have donated blood. A pint of blood might not make much difference to me, but it can make a world of difference for a person in need.



RaiderNet Daily's own Taylor Harvey is all smiles while donating blood during the recent drive at G. Ray Bodley High School. (Pat Olvecky photo)



The students may not have been in school last week, but the construction crews certainly made their presence known. When school resumed on Monday morning the new entrance to G. Ray Bodley High School was visible for all to see. It is not in use yet, but the removal of a wall that has been present since September has many people hoping that the process is grinding toward conclusion. (Pat Olvecky photos)



School of Thought compiled by Crystal Kimball & Lindsay Navagh

Why did you decide to donate blood?



"I want to save lives"
Max Ambuske



"Because other people need it"
David Johnson



"Because it was a way to help"
Jenna Gardenier



"My grandma needed a blood transfusion, so I understand how important it is."
Jeanette Bartlett

Morning announcements for Tuesday, April 27

Seniors! Graduation announcements will arrive for distribution during all lunch bells today, April 27th. Please be prepared to pay the balance owed on your order.

Attention juniors! Prom tickets are currently on sale for \$35 per person. See Katelyn Holbrook or Mr. Reale to purchase your tickets.

Bring in your old, unwanted or broken cell phones to recycle. On Wednesday the advisory with the most recycled cell phones will win an all expense paid breakfast on behalf of the fantastic GRB recycling club.

GRB will hold its own version of Coaches vs. Cancer night this Thursday at 7 p.m. in the Bodley gym, featuring the likes of Coach Kent, Coach Heindorf, Coach Fasulo, Coach Halliday and Coach Waldron. It's sure to be a night to remember as all of the proceeds will go to our Bodleyans afflicted with Cancer. So be sure to come out and support our GRB family this Thursday night.

The Freshman class will be holding a dance this Friday from 7 to 10 p.m. Your \$5 admission will get you a free drink and a photograph. Come bring your dancing shoes and help support the Class of 2013.

Meteorology and you by Carson Metcalf

Today: Mainly cloudy with a scattered shower. High in the mid-40s.

Tonight: Clear to partly cloudy skies. Low in the low-30s.

Tomorrow: Sun and clouds with a chance for a scattered shower. High in the upper-40s.

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.

