

# Strikeout Cancer raises \$1,700, girls win 3-0

The Lady Raider softball team rounded up their last league home game of the season in style on Wednesday as the Raiders shut out the East-Syracuse Minoa Spartans, 3-0.

This final home game was very special and close to the hearts of many of the players out on the field. The game was held in honor of former teammate Heather Oney, who passed away last year after fighting a grueling battle with cancer. This year would have been Oney's first year as a varsity member. Many of the teammates have played not only softball but other sports with Oney throughout the years. She is dearly missed on and off the field.

Both teams raised money for cancer awareness in honor of Oney. Between the two teams, over \$1700 was raised. A ceremony was put on before the first pitch as both teams took the field, embellished with their pink Strikeout Cancer shirts. The check for the funds raised was given to Mr. and Mrs. Oney and will be donated to Golisano's Children Hospital in Syracuse, the hospital where Heather was taken care of.

Pink Strikeout cancer shirts were sold during the game. A fifty-fifty raffle was held also to help raise money. The game was overall successful.

Senior Jessica Palmitesso pitched the shut-out victory for the Raiders adding 14 strikeouts to her memoir. Palmitesso is now only 13 strikeouts away from her career goal of 1000 strikeouts. It is believed that Palmitesso currently holds the record for most career



Fulton pitcher Jessica Palmitesso is now just 13 strikeouts away from the 1,000 mark after fanning 14 Spartans on Wednesday. (Taylor Harvey photo)

strikeouts by a pitcher on the Fulton varsity team.

Compiling hits for the Raiders were Palmitesso with a double, sophomore Lindsey Larkin (1), senior Heather Reed (2), senior Alicia Vann (1), junior Steph Hotaling (1), and senior Meghan McCann (1).

The Raiders took the lead early in the bottom of the first inning as Vann reached first base on a bunt up the first base line. Larkin came up to bat and hit a single, moving Vann to third. Reed ripped a single, bringing in Vann for what proved to be the winning run. The Raiders remained silent until the bottom of the sixth inning, where Palmitesso and Hotaling scored, rounding out the final score to 3-0.

Now 11-4 in the league and 13-6 overall, the Lady Raiders look to take on the Chittenango Bears on Saturday, marking their final league game before sectionals. The Bears have been surprising everyone all season, tallying wins against highly ranked Jamesville-Dewitt and Christian Brothers Academy. The Raiders beat the Bears earlier in the season 7-1, but know that they have their work cut out for them as they prepare for the upcoming Section 3 Tournament. The first pitch will be thrown at 2 pm in Chittenango. *By Alicia Vann*



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## Students taking part in today's Special Olympics

By Amanda Wood

It's not every day that someone gets to say that they were an Olympian. In fact, the goal of many athletes is to get to this pinnacle of athletic achievement. Today at the CiceroNorth Syracuse High School Athletic Complex, several students from G. Ray Bodley will realize that dream and be competing in the 2010 Special Olympics.

Throughout the day on Thursday, the students will be competing in a wide variety of track-and-field events. From the shot-put style softball throw to several races and everything in between, it is sure to be an exciting day for all participants.

The day will start just as any other Olympics does, with opening ceremonies. Then the athletes will compete in their events, and the day will close in true Olympic fashion, with recognition of athletes and closing ceremonies.

Special Olympics New York is the largest program of its type in the United States, serving nearly 47,654 athletes with the support of over 25,000 volunteers. And Special Olympics C-NS is just one of several that will occur across the country this year alone. Special Olympics New York was established in 1969 when Dorothy Buehring Phillips sent a New York representative to the Northeast Regional Special Olympics in Boston, Massachusetts to represent Special Olympics New York. Phillips was appointed New York's first State Director. As a result of her hard work, six months later Special Olympics New York hosted the first State Games in Rochester in June of 1970. The event has exploded ever since and thousands of athletes compete every year in hopes of bringing home the gold.

Although winning is nice for any athlete, the Special Olympics athletes' oath is: "Let me win. But if I cannot win, let me be brave in the

attempt." This statement should not be contained to just those competing in the Special Olympics. Athletes everywhere can heed that advice.

The mission of the Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community. Through their participation in Special Olympics New York, athletes gain confidence and build a positive self-image. And that very self-image carries into the classroom, the home, the workplace and the community.

So as Fulton sends off a wonderful group of athletes this week, let's cheer them on, as we know they will represent our school well.

## Opinion

# Fashion and politics: has it gone too far?

By Courtney Falanga

Politicians from all over the world are used to being criticized about their ideas, proposals, accents, looks, and views. And now they have to worry about dressing to impress. This trend is believed to have all started during Harry Truman's presidential term in the late 1940's. In 1947 Truman made a television appearance; the first ever television appearance made by a president. This event may seem trivial and irrelevant, but in reality turned the course of how Americans, and citizens all over the world view and vote for political leaders.



In recent news stories, "Japan's prime minister under fire for fashion choices" as reported by CNN, ABC, and other news stations. Just not long ago, Hatoyama, Japan's prime minister, held a barbecue for voters and showed up in a shirt containing all the colors of the rainbow, and if that was not dreadful enough, it was in plaid style. And because of his choice of clothing, his percentage of popularity among the public dropped nine percent from the month previous. A CNN journalist reported, "The critic wrote a public condemnation about the shirt in a national magazine and warned the country that the multi-colored get-up represented what the poll numbers already show: Hatoyama is out of touch. This shirt comes from the '80s or '90s. His ideas and philosophy are old. Japan is facing a crisis and we can't overcome it with a prime minister like this."

Although this tactic may seem catty and unnecessary, it is a fact that how a political leader, or anybody is seen in the view of the public eye, all pre-determines the fate of that person solely on appearance. On paper it may seem shallow that the realization of the public is this way, but obviously it proves that our world has evolved into people, who

when making decisions recognize appearance drastically to influence our choice.

President John F. Kennedy will always be recognized as a great president, from those who remember him and in text books for new generations. Although he was a good president, he was the first in office to be seen virtually as a celebrity. He also had the beautiful and intelligent wife by his side, whom people still refer as "Jackie O." In the fashion world, in the designers mind when creating a collection of 'prep' clothes, then "Jackie O." is referred to on the runway as well. JFK also had a beautiful family and a great presidency, in the public eye they were seen as celebrities because of their appearance. And now this tradition has trickled on down the line and has deeply influenced the value the public sets on their political leaders.

The United States now views President Barack Obama as a celebrity first because of status, the way he and his family dress extremely nicely with clothes from stores the rest of America shops at, and other top A-list celebrities that have gone crazy for him including Oprah and Beyonce. Perhaps it is shallow that people use the appearance of political leaders to influence their decisions, we can only know that this is what our world has become. So the only thing 'wana be' politicians can do now is to hire a personal stylist, and no matter what, never ever wear rainbow colored plaid shirts.

**"Just not long ago, Hatoyama, Japan's prime minister, held a barbecue for voters and showed up in a shirt containing all the colors of the rainbow, and if that was not dreadful enough, it was in plaid style."**

## Vegetarianism is for the birds

By Jake Tallents

The vegetarian craze sweeping the nation has brought about new question concerning the everyday American and their diets. With overweight and obesity rates for adults over 20 at around 67% according to the Center for Disease Control (CDC), the people who join this movement believe that meat is one of the prominent factors in that statistic.



Other vegetarians believe that the food industry has gone awry, and not since the days of Upton Sinclair has the meat business been this revolting. These people believe that the meat we eat today in restaurants and buy in supermarkets has been pumped so full of hormones and chemicals that it is not nearly the same animal that donated it for our consumption. And so, the question becomes; Meat; can we live with or without it?

G. Ray Bodley is a school that has been affected by the vegetarian craze. Lindsay Navagh, a senior, has been a vegetarian since the beginning of the present school year. She states she became a vegetarian "After watching a TV show on VH1, where Alice Cooper threw a

chicken out to the crowd and the crowd proceeded to tear the chicken apart with their bare hands. I decided from then on that it wasn't right to kill animals and decided every living creature had a right to live like we do." Taylor Harvey is another recently converted vegetarian who states, "I feel better and healthier ever since I made the transition."

Of course there are downsides to excluding meat from a person's diet. Meat contains necessary ingredients to a healthy diet, including protein and Omega essential fatty acids. Protein contains amino acids, which are the building blocks of muscles. In fact, weightlifters try to eat their weight and more in grams of protein. Omega fats can be found in lean meats such as fish and chicken, and are highly essential in heart and brain function. These are especially necessary as the body cannot produce essential fatty acids, they can only be put into the body through food. And so, one must wonder; is the trade off from losing a significant amount of protein intake and essential fatty acids worth the moral affliction they feel when they pull in to Burger King?

Every vegetarian has a different story as to why they chose to make themselves suffer by missing out on the joys of a cheeseburger. I have yet to find a reason worth the trouble, and so, vegetarians can enjoy their nice broccoli stir-fry while I am at the Global Buffet.

## Mixed results at OHSL Freedom Meet

By Eric Belair

It was a tough night for the boys but a good step toward the future for the Raider girls on Tuesday at the OHSL Freedom League Championships in Chittenango. The boys track team took seventh place out of eight teams as they scored 44 points as many individuals had off nights. But on the other hand the girls placed well as they took sixth place out of eight teams by scoring 45 points on the meet.

The Raider track team placed in nine events, but did not manage to take first place in any event. Senior Nick Millard started out the night with a second place finish in the pentathlon with 2,182 points. The 3000 steeplechase was run by junior Craig Weaver in 11:48.64, which gave him a sixth place finish. A group made up of some young guys, juniors Jim Ireland and Zach Howell, along with freshman Kyle Loftus and eighth grader Matthew Nelson, came in fifth place in the 800 relay with a time of 9:16.54. Senior Sam Stevens also got a fifth place finish, as his ran the 400 in 55.16.

Senior John Strong had a rare loss in the 400 individual hurdles as he took second place in 58:39.03 to the top-ranked hurdler in the state. Fellow senior Dylan Coppola was one of the Raiders who did have a good night running as he ran to a personal best in the 800 with an impressive time of 2:04.01. This was good for a fourth place finish. Fulton also placed in three events in the field. Senior Ryan Shue was a part of two of the three as he took second place in the triple jump with a leap of 40-11 and the high jump with 5-10.

The Lady Raiders ran well on this night as they placed well in the events that were competed in. The youth carried Fulton as most of their runners are underclassmen. The 800 relay consisted of all freshman:

Mary Morrison, Tiffany Trovato, Mary West and Julia Spier. These girls ran to a time of 12:05.02. Another relay team that was made up of a girl from each grade; Raquel Vescio, Kayla Distin, Christina Pensabene and Morgan Cooper, finished in third place in the 100 relay in 54.43. The last relay team ran the 400 relay and took third place in 4:28.85, with sophomore Kayla Distin, freshman Hannah Geitner, fellow sophomore Anna McKay and junior Morgan Cooper.

Freshman Tiffany Trovato competed in the 2000 steeplechase in 9:41.40 for sixth place. Distin also ran the 400 and finished third with a time of 1:03.39. Cooper finished second in the 800 in 2:30.60. Fellow junior Brittany Lamie ran the 3000 in 12:08.67 for a third place finish. In the field, two freshmen placed in events. Kim Goutermout jumped 4-foot-6 in the high jump for sixth place and Courtney Beckwith tossed herself 7-foot-6 in the pole vault.

Each team had their ups and downs on the night, but even with some lack of consistency, the Raiders represented Fulton well in the league championships. Many of the Raiders are currently gearing up for the Class A meet, which will be held on May 28 at Rome Free Academy.

### Upcoming events:

**Friday, May 21:** End of five weeks of fourth quarter.

**Thursday, May 27:** Recycled battery drive during advisory.

**Saturday, June 5:** Senior trip to Cedar Point Amusement Park.



Students with outstanding attendance were treated to breakfast on Wednesday morning at the high school. Seated left to right are Adam Wolford, Jessica Palmitesso, Andrew Knight, Mark Wattering, Clare Bawarski and Alexis Pawlewicz. In the middle row are Brian Allen, Max Ambuske, Janelle Tallents, Vanessa Langdon, Ashley Woodcock and Tabitha Pitcher. Pictured in the back are Nathan Hackett, Zach Laura, Ryann Crofoot, Dan Sommerville and Alex Bawarski.

**School of Thought** compiled by Taylor Barrett & Jessica Palmitesso

## Who is your favorite Musician?



"Justin Bieber."  
*Colin Shannon*



"Miley Cyrus."  
*Nick Briton*



"Dave Matthews  
Band."  
*Tim Jacobs*



"Girl Talk."  
*Justin Baldwin*

### Morning announcements for Thursday, May 20

Attention seniors: bring in copies of pictures you would like to make part of the senior slide show. If you'd like them returned, please write your seminar teacher's name on the back. All pictures are due to Mr. Perry by June 4.

Senior dinner dance tickets will go on sale this Thursday and the cost will be \$35.

A reminder to bring in paperwork and remaining balances for the senior trip ASAP. Tickets need to be purchased.

Information and registration forms for summer driver education in Fulton are available in the guidance office. The deadline to register is June 2, and you must be 16 on or before July 1 to take driver ed. This summer.

Physical for working papers and fall sports will take place next Tuesday and Thursday May 25 and 27. Please sign up in the nurse's office.

Student writers take note: there will be a teen writing workshop in the LMC after school on Wednesday, May 26th. Participate in writing activities that will spark your creativity. Sign up by May 25th with Mrs. Scalfaro in the library or with freshman Vanessa Langdon.

### Meteorology and you by Carson Metcalf

**Today:** Sunny skies. High in the upper-70s.

**Tonight:** Partly cloudy. Low in the low-50s.

**Tomorrow:** Sun and clouds. High in the upper-70s.

*GRB sophomore Carson Metcalf is an aspiring Meteorologist and the creator of the Central New York Weather Center @ [www.centralnewyorkweather.com](http://www.centralnewyorkweather.com) ...Look for his weather forecasts on RaiderNet Daily.*

