

H.O.P.E. Club raises \$1350 for Make-a-Wish

On Thursday April 15, everyone came out a winner as the H.O.P.E. Club hosted its annual Bodley's Got Talent! variety show to benefit the Make-A-Wish Foundation. From the audience to all of the performers, to all the H.O.P.E. Club members who helped out, it turned out to be a wonderful evening for everyone.

The ones who benefited the most though were the Make-A-Wish Foundation. Thanks to the enormous generosity of the entire Fulton community, the H.O.P.E. Club was able to raise in excess of \$200 more than they did last year. The grand total of funds raised for Bodley's Got Talent! 2010 was \$1,350! The club wanted to thank all of those who donated. Somewhere a child will greatly benefit from this contribution.

The H.O.P.E. Club would also like to thank all of the local businesses that made donations to make the night a true success. The club would like to BeeTee Enterprises for donating the trophies for the first, second, and third place

winners. Club members would also like to thank Mama Gina's, Burger King, Price Chopper, Blue Moon Grill, McDonald's, Pizza Hut, and Mimi's Diner for their donations as well. The group could not have put on the show without them!

From the time the show began to the handing out of all the awards, the whole evening was a success. The night began with emcees Mr. Senecal and Dylan Rizzo introducing the beloved and humorous judges. From Principal Buchanan rocking the mullet hairstyle to Mrs. Ruzekowicz's pink tiara and feather boa, there was laughter all around. But of course, no one can forget the unexpected appearance by Lady Gaga (played by math teacher Mrs. Downing)!

After all 15 acts displayed their unique talents, the judges conferred backstage and first, second, and third place were handed out. Luke Roberts won first prize, with his original piano composition titled "Maddie's Melody."

Hunter Gorton took home silver by wowing everyone by singing his original composition, "Chance." D.J. Ingham was awarded the third place trophy for his unique drum and bagpipe performance that was accompanied by none other than a kilt.

Then each of the judges presented the judges choice awards to drummer Kody Fowler, guitarists Paul Clark and Brian Wilson, and the singing duo of Crystal Klink and Chelsea LaPage. Finally, G. Ray Bodley's own band, Fighting For Flannel, made up of Clare Bawarski, Joe Medico, Dylan Holden, and Casey Holden, won the audience favorite award for their performance of "Use Somebody" by Kings of Leon.

Bodley's Got Talent! 2010 may have come and gone, but for all the underclassmen and faculty, start planning your act for next year now, as once again the Fulton community will come out in grand support of the Make-A-Wish Foundation.

By Amanda Wood



G. Ray Bodley High School, Fulton, NY

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GRB Coaches vs. Cancer is a major success

By Jake Tallents

Although the name of the event was called Coaches vs. Cancer, and the teachers proved to be victorious, there proved to be an even more definite loser present, and that loser was cancer. The Fulton community rallied behind its suffering students and raised a whopping \$3445.75, including an anonymous \$1,000 donation, which made the night all the more exciting. Each event came down to the wire, and there was electricity in the air as Fulton watched it's top student-athletes take on their top coaches.

Coach Kent edged Max Ambuske in the 3-point contest, making thirteen of twenty-five to Max's twelve. It was an extremely exciting event, as it came down to the last shot, and the crowd was largely into the event as the teachers drew first blood. Josh Collins evened the score for the students in the baseball pitch velocity contest, throwing seventy-three miles per hour, to Coach Heindorf's sixty-nine miles per hour. Brett Williams then pulled off the upset against his football Coach Halladay, in a contest determining football-throwing accuracy. Brett edged his coach 13-12, making two

throws from the opposite foul line to seal the deal, just before Coach Halladay made one.

Perhaps the most showmanship for the night goes to Coach Jon Fasulo, as he posted the lone blowout on the night, beating Mat Shoultis in the bench press competition by bench-pressing 275 pound ten times. He pulled off his best Hulk Hogan impersonation before taking off his sweater and ripping off ten reps on the weight.



Coach Conners delivered a heartfelt address at the Coaches vs. Cancer benefit. (Taylor Harvey photo)

With the score 2-2 going into the final event, a wrestling match featuring Jake Tallents and Coach Waldron, Waldron pulled out a surprise of his own, a Phoenix Firebird singlet, one he would wear at his alma mater. It was officiated by Mr. Gene Tracey, the number one wrestling official in New York State. Waldron edged Tallents 5-4, in a match where both wrestlers nearly suffered fatalities of their own, due to their lack of cardiovascular endurance. It was a great event filled with great competition and sportsmanship, but one that didn't let the crowd forget the reason they were really there.

Coach Conners and Brian Bush, two individuals who could relate with the disease, came in as guest speakers to talk about the adversity they and their loved ones have had to overcome in order to come on top of the difficult disease. The night was an incredible success to all who went, and everyone who went knew that their money went to a good cause in the Galisano Childrens Hospital.

Special thanks were also given to local business B & T Sports, Mimi's Drive-in, Subway at Fulton Commons, Jreck Subs and Mama Gina's for donations that were used as raffle prizes at the event.

Opinion

Bad habits: some ways to eliminate them

By Brandon Teetsel

Many of us are guilty of having a certain bad habit. Most are probably fairly minor, such as biting your nails, or maybe chewing on a pen cap while you are working on your homework.

Different people may have these minor ones, but also have more serious bad habits such as smoking, not doing your homework, or texting while driving. Even though texting while driving is illegal, that doesn't stop many teens and adults from texting while behind the wheel. All bad habits are destructive in some way, whether it's destructive to your health, personal items, or other people.

How exactly are these perilous habits formed? Bad habits are usually formed by doing a repetitive activity subconsciously. For example, one night you decide that you want a piece of gum while you do your homework, because you believe it helps you think. Since it worked so well the first night, you decide you'll keep chewing gum every night to help with your homework. Pretty soon, you decide you need the extra boost in school, and choose to chew gum all day in school. Eventually, you find yourself chewing gum every minute of every day.

This habit could possibly turn into a health problem, such as getting carpal tunnel in your jaw, and if you chew sugary gum, cavities and gum disease. Now chewing gum isn't an addictive action, like smok-



Four years went by quickly

By Crystal Kimball & Raquel Vescio Their days at G. Ray Bodley High School for the senior class of 2010 are rapidly coming to an end. Many never thought this time would come so quickly, but it is now less than two months away. It seems like only yesterday that we were all roaming the halls as freshman.

Imagine it, in a couple of months we will all be together about to throw our caps in the air, celebrating our accomplishments. It seems like a dream that it is finally our time to shine, and show everyone what we are made of. It is our time to take a step forward in life and become more of an adult than we ever could be in high school.

It all seems pretty frightening. No more block scheduling, forty-minute classes, and hallways packed with our friends. Life is no longer all fun in games, it is time to get down to business and work hard toward an astounding future. No way am I saying that we could just be lazy in high school and expect to get into a good college, or get a good job, because we couldn't.

Senior Derek Southworth stated "I want school to be over really bad, but at the same time I know I will miss it because of my friends and teachers." I think many seniors are feeling the same way he does. I cannot speak for everyone, but I am guessing that most of the seniors want school to be over with as soon as possible. But, we have to keep in mind that this will be our last time together and that we all need to make the best of it.

My best advice to all the underclassmen is to try to live your high school life the best you can, because graduation day will be here before you know it.

ing, but through subconscious thinking that gum helps you perform in school better, it can lead to a bad habit, and ultimately different health problems.

If you find yourself with a bad habit that you'd like to break, follow these steps. Identify what triggers your bad habit. If it's biting your nails, then once you start, look back and see what started it all. If being nervous is what triggers your habit, when you do become nervous, pause and think about what you can do besides biting your nails to ease your nerves. Look inside and see what it is that you gain by doing your bad habit. Does it relieve stress, calm your nerves, or help you focus? Whatever it may be, find a different outlet to help you better yourself. Picture yourself without your bad habit. If you smoke, then picture yourself without an ashtray in different rooms in your house, or not having to leave your work or friends to go have a smoke break.

Remember, bad habits aren't good for your health, but we all have them in some shape or form. Some may be worse than others, but we can all break our different habits. Just persevere, look at the positives of life without your bad habit, and try to become a better person.

"All bad habits are destructive in some way, whether it's destructive to your health, personal items, or other people."

Check out these high-paying jobs

Are you still deciding on what career path to take? Would you like to make at least \$30 an hour? Consider these jobs during your search to success!

Post-secondary communications teacher: teach courses on different types of communications at universities and colleges. Hourly pay: \$ 39.96

Purchasing manager: make purchases for organizations to get needed supplies at the best rates. Hourly pay: \$39.80

Environmental engineer: study environmental problems, such as air and water pollution, and design solutions that governments and the general population can put in to practice. Hourly pay: \$39.72

Animal Scientist: study the life cycle and related biological issues of farm animals. Hourly pay: \$39.02

Physician assistants: work under a physician's guidance to provide health-care services to patients. Hourly pay: \$37.84

Post-secondary art, drama and music teachers: teach courses in their respective fields at universities and colleges. Hourly pay: \$36.50

Architects: design buildings, homes and other structures for various clients. Hourly pay: \$31.61

Kindergarten teachers: (except special education) work in elementary schools instructing kindergarten classes. Hourly pay: \$30.13

Dental hygienists: perform some dental care on patients and instruct them on other preventive care habits. Hourly pay: \$30.01

These are just a handful of jobs that will pay over \$30 an hour. Want to see more? Go to cnn.com!

By Taylor Barrett

Community service opportunities are all around us

By Sarah Allee

As the end of the year is approaching, many seniors are finding themselves scrambling to get hours for community service. In order to pass Participation in Government class, all seniors must complete at least 10 hours of volunteer work. Failure to do this results in failing the class, and essentially not graduating in June.

All activities must first be verified by a student's PIG teacher, as well as the activity supervisor, and a verification sheet must be turned in to receive credit for the work done. Community service activities must also be for a non-profit organization, and students may not do their job for free if they work at a non-profit organization. For any activity that is used for another activity, such as National Honor Society, a student may not use those hours to qualify for PIG.

For students who have no idea what to do for community service, there are several options; volunteer at the hospital, tutor a student here at GRB, or help clean up the community. Senior Lindsay Navagh received her credit for volunteer hours by recycling in the Environmental Club every morning. Things like donating blood, donating clothes to the Salvation Army, and donating food to the food pantry actually count for more hours than it takes to complete the task, which is a good way to get more hours. Senior Raquel Vescio also helped out the Salvation Army by ringing the bell outside of K-mart and Walmart. Another option is to create care packages to send to the troops, get a freshman advisor buddy, or be a volunteer at the library. Attending a Board of Education meeting also contributes to your volunteer hours.

As there are only 30 school days left, seniors need to make sure they get your community service hours so that they can walk across the stage in June!

Heather Reed, left, and Sam Stevens check out the scene at the George Eastman House last Wednesday during a field trip with Mr. Frawley's classes. The early spring weather finds the flowers in full bloom for this renowned museum to the local photography giant. (Sarese Gibson photo)



Senior Eric Belair gives a thumbs up to escargot after trying the dish for the first time during a visit to L'adour in Syracuse. French students visited the popular French restaurant last week to sample the cuisine and learn more about the French culture. (Danielle Smith photo)

Deadlines approaching for ACT, SAT

The end of the year is fast approaching, as are finals, AP tests and Regents exams. But there are other extremely important tests that students can't forget to prepare for. Juniors need to start signing up for their ACT and SAT exams.

These tests are extremely vital in a student's college process and are for their benefit. The deadlines to sign up for these crucial exams are May 5, for the SAT, and May 7 for the ACT. It is recommended that students take both as to further their chances of getting into their desired college or a scholarship. The ACT will be taken on June 12 and the SAT on June 5 right here in G. Ray Bodley High School.

In order to sign up go to the school website, www.fulton.cnyric.org. Then, on the right hand side, click on Guidance Office. Once there, there will be a link called "College Exams." Click on that and you will see links to the previously mentioned tests. Make an account for each and go through the questions and information. Pay the costs and you will be on your way towards a brighter future.

Even if you aren't quite sure whether or not college is the right path for you, you might as well take these exams and see what doors they open. For those who know college awaits them, these exams are necessary to get where you want to be in life.

By Brenna Merry





O.C.A.Y. (left to right) kneeling-Brett Williams, Emily Rothrock, Adam Wolford, Alexis Semeraro, Ashley McDonald, Krysta Woodcock and Taylor Harvey. Middle-Elyse Cianfarano, Elizabeth Guernsey, Kelly Ormsby, Clare Bawarski, Alex Bawarski and Jenna Doherty. Standing-Eric Bierbrauer, Mark Bailey, James McKay, D.J. Ingham, Jordan Spier, Amanda Wood, Amanda Capps, Ryan Babcock and Nate Hawthorne. Advisor for the group is Mrs. Ryan, not pictured. (Mrs. Downing photo)

Back to back O.C.A.Y. championship noted

With the many issues that arise in our school everyday, sometimes it is hard to remember the good things that brew inside the walls of G. Ray Bodley High School. However, on Wednesday April 28 the school recognized the championship O.C.A.Y. league team and with that reminded the school that we have many things and people to be proud of.

The ceremony started off with a congratulatory breakfast. The breakfast was followed by a picture of the trophies and plaques with the seniors and then every member of O.C.A.Y. throughout the year. The group was quite impressive. Mr. Ascenzi, coordinator of O.C.A.Y. league, made an appearance at the ceremony

to congratulate the team on their efforts and on winning the championship for the second year in a row. Then Fulton City School District Board member Mrs. Occhino told the team that she was very proud of them. She also invited any members of the team to come and speak at a Board of Education meeting about O.C.A.Y. league.

With the conclusion of the ceremony came the end to another championship year for the O.C.A.Y. league team. The team has represented the school in the best way by showing that, despite the negatives; there are also many positives in the school. With the second championship under their belt the team is looking for-

ward to next year. "There is a trend on that [championship] plaque," explained Mrs. Ryan, "three championships in a row!"

By Adam Wolford

Upcoming events:

May 3-5: Class of 2012 days at Mimi's Drive-in.

May 3-10: Gone4Ever display, sponsored by SADD. Exhibit open 7:30 a.m.-9 p.m. @ GRB.

Friday, May 11: Junior Prom at DoubleTree Hotel, 7 p.m.

GRB Photo Club Contest

Theme:
SPRING

submit your entries to
Mlle Amerault
contest deadline is
Friday, May 7

Lost weekend for Raider sports teams

Despite the warm weather the weekend proved to be anything but enjoyable for Fulton sides as the girls lacrosse, baseball and tennis teams all came away on the losing end. Only the girls softball team, runners-up at the Strike Out Cancer Tournament in Oswego, was able to add to the victory column during a tough two days for Raider sides.

Local rival Oswego proved to be too much for Fulton in the championship match-up of the Strike Out Cancer Tournament as the Lady Bucs bested the Raiders 4-0. Star hurler Laura Micelli tossed a three-hitter with eight strikeouts to lead Oswego to the crown, with Morgan Launer's RBI triple and an RBI rap from Devyon Wilder putting the game away for the Bucs in the fifth inning. Jessica Palmitesso fanned 12 in a losing cause but fell victim to six walks while yielding eight hits. She joined Lindsey Larkin and Heather Reed with the lone safeties for Fulton.

In the opening round the Raiders rode a big effort from sophomore hurler Lindsey Larkin to a 2-0 win over Pulaski. Larkin struck out 10 while limiting the Blue Devils to just two hits and also scored both runs for Fulton, making a first inning RBI from Jessica Palmitesso stand as the game winner.

In lacrosse the Fulton girls found themselves on the wrong side of a 13-5 final on Friday as Emily Miller scored five times to lead New Hartford to victory. Rachel Zalewski added three goals an assist for the winners, who also



Fulton's Bobby Bonnie makes a putout at first base in action from Saturday's game against Jamesville-Dewitt. (Sarah Allee photo)

prospered behind two goal efforts by Theano Alvanos and Carol Faber.

Erica Knaub scored three goals with two assists to lead a Fulton charge that also included two goals and an assist by Emily Rothrock as well as solo markers by Kirsten Francis, Miranda Perry and Alanah McClellan. Kara Pafumi finished with nine saves for the Raiders as their record dipped to 1-9 at the expense of the 6-2 Spartans.

Homer used a sweep of the four singles matches to charge past Fulton 5-2 in boys tennis on Friday. Brandon Sherman and Mitch Lalik scored points at second doubles with a 6-2, 6-3 sweep while the third doubles tandem of Mark Bailey and Scott Bullard won their match 6-3, 6-4 to account for the Raider scoring. Fulton dropped to 2-4 on the season at the expense of the 5-2 Trojans.

In baseball action Saturday Jamesville-Dewitt picked up a combined no-hitter from Justin Marzella, Michael Gianni and Eric Schwartz to fire past Fulton 14-0. The winners rapped out 14 hits including a home run from Kenny Schunck and doubles by Michael Gianni and Anthony Dunn en route to their sixth win in 10 starts. Schunck drove in five runs for the winners, who built a 5-0 lead through the first three frames and then broke it open with six more in the top of the fifth. Four Fulton errors also helped doom the Raiders as they fell to 1-11 overall.

Laxmen still singing the second-half blues

It was a tale of two halves once again for Raider lacrosse. On Saturday afternoon the Jordan-Elbridge Eagles came to town to take on the Raiders in a non-league contest. The Eagles came into this game with a 3-6 record, but Fulton was hungry and looking for another win. Unfortunately, the Eagles stole the show and took down the Raiders in a close 12-9 game.

Fulton started out the game a bit slow and Jordan-Elbridge struck first on the scoreboard. The Eagles took an early lead, but the Raiders managed to get on the board with a lone goal in the first quarter, giving Jordan-Elbridge a 3-1 lead at the end of the first quarter.

The Raiders took control in the second quarter as they somewhat dominated the major aspects, including the scoreboard, as Fulton tallied three goals, which pulled them to within a 5-4 count at the intermission.

Right off the opening face-off of the second half, Fulton scored a goal to tie the game at

five apiece. Then the nightmare began for the Raiders as this turned out to be Fultons only goal in the third quarter. The Eagles went on a tear as they rolled off five straight unanswered goals in the third to build a 10-5 lead heading into the fourth quarter.

Fulton outscored Jordan-Elbridge in the fourth quarter by a count of 4-2, but it proved to be too little, too late. The Raiders started to get a surge within the last two minutes of the game where they scored three goals, but it was too late. The final buzzer sounded and Fulton was still three goals short.

Junior Brett Williams led the way for the Raiders with a total of five goals and one assist. Senior Bobby Earnshaw tallied a three goal hat-trick for Fulton. Rounding out the scoring for the Raiders was junior Corey Crook with one goal. Also receiving points in the game was sophomore Steven DeLisle with two assists and junior Don Watson with one assist. Senior Eric Belair had 14 saves in the game.

The Raiders continue their home stretch as they will take on the No. 3 team in the state, the Jamesville-Dewitt Red Rams, on Tuesday at 4:30 pm.
By Eric Belair

THIS WEEK IN RAIDER SPORTS

Today: JV boys lax @ Jordan-Elbridge (4:30); Girls lax vs. Chittenango (JV-5:00/V-6:30).

Tues. May 4: Softball @ Chittenango (4:30); Baseball vs. Chittenango (4:30); V boys lax vs. J-D (4:30).

Wed. May 5: Softball vs. Cortland (4:30); Baseball @ Cortland (4:45); Track @ Homer/ES-M (4:30).

Thurs. May 6: Boys lax @ New Hartford (5 p.m.); Girls lax @ Mexico (V-4:30/JV-6:00).

(due to weather conditions, spring sports schedules are subject to change)

School of Thought compiled by Raquel Vescio

What was your favorite part at the Coaches vs. Cancer event?



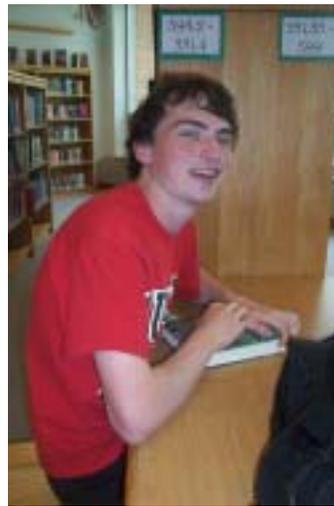
"The whole thing was good."

Erica Lamb



"The atmosphere was fun and it was for a good cause, the whole thing seemed succesful."

Colin Shannon



"The turnout."

Jim Ireland



"I thought it was cool that the teachers and coaches beat the students."

Kendra Wilmot

Morning announcements for Monday, May 3

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

Physicals for sports and working papers will be held on Thursday as well as Tuesday May 25th and Thursday May 27th. Students will be called from class. Please check in the nurse's office to see if you need a physical.

Buy a photo club t-shirt for \$15. Order forms are in room 120. The next meeting of the club will be on Wednesday, May 12 after school. Anyone with pictures left from the photo contest, you can pick them up in room 120. Don't forget that the deadline for the spring photo contest is next Friday, May 7.

Support the Class of 2012 May third through fifth and May tenth through twelfth at their Mimi's Nights. All you have to do is give an official Mimi's Night ticket to the cashier when you pay. Tickets are available in advisory or from Mrs. Windsor. Come enjoy a meal at Mimi's Drive-in while supporting the sophomore class.

Meteorology and you

by Carson Metcalf

Today: Scattered showers and a thunderstorm early, with some clearing by afternoon. High around 70.

Tonight: Mostly cloudy. Low near 50.

Tomorrow: Mainly cloudy with a scattered shower or thunderstorm. High in the mid to upper-60s.

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.

