

Meet the leaders of the GRB Class of 2010

Editor's note: RaiderNet Daily is proud to note that both class leaders are members of our publication. For a twist, they decided to interview each other concerning their recent honor.

2010 Valedictorian Adam Wolford

By Ben Davis

You may know Adam Wolford, the Valedictorian of the Class of 2010, but for those who don't, here's a chance to get to know more about him. Adam has been a diligent and motivated student since the beginning of his high school career and he plans to continue on applying these traits in college. He will be attending Cornell University in the fall to major in chemical engineering and minor in engineering management.

Adam manages to balance his social life, school, and work with time management. He always keeps track of where he needs to be and what he needs to do. He also made sure that he had an equal balance of all the facets in his life. His secret to success throughout his high school career is organization. "Without my agenda and my homework folder I would be a lost puppy searching for his home," he noted. Along with this, success also requires time to devote to all of your work. Adam spends approximately six hours every week devoted to homework and projects.

Everyone has one of those classes that they really like or that one class that was really hard, which raises the question, which class was hard for the valedictorian? The hardest class Adam took was AP United States History. He found it to be a challenge because it required a lot of time and forced him to learn a wide array of concepts. On the other hand the easiest class that Adam took was health, because he took it his senior year and it becomes available during sophomore year. With all difficulties aside, Adam's favorite class was chemistry because he finds the concepts very interesting.

Homework isn't everything that Adam had to focus on. He also participated in many extra curricular activities. His favorite of the list, however, would have to be varsity tennis. He



Valedictorian Adam Wolford, above, and Salutatorian Ben Davis, below, were recently named as leaders of the GRB Class of 2010.



enjoyed this because he really liked to hang out with the people on the team and, "Tennis is just fun," he stated.

Summer is just around the corner and high school will soon be completely over for seniors, starting a new chapter in everyone's lives. We all have good and bad memories from high school.

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2010 Salutatorian Ben Davis

By Adam Wolford

Meet the salutatorian of the Class of 2010, Ben Davis. Working hard to be where he is today, Ben does not plan on stopping his record of academic excellence. Next year Ben plans to attend Clarkson University to major in Engineering Studies.

As far as his secret to success Ben explains that, "doing all my work on time, staying organized and managing my time" is what led him to where he is today. Time management became a balancing factor in Ben's career in high school. "I always had my day planned out," explains Ben, "and knew what I needed to do when."

Despite the fact that Ben is second in the class he still faced classes that gave him troubles. Chemistry was a hard class for Ben because he found it hard to understand concepts that occur at the intermolecular level. However, most classes did come easy to Ben. "My easiest class," said Ben, "was global because I thought it was easy to remember all the events in history."

Ben also took many classes that he enjoyed including Project Lead the Way Principals of Engineering. Ben explained that he enjoyed designing and creating a marble sorter and a bridge in the class. There is no doubt that being salutatorian comes with hard work both in and outside the classroom. Ben explained that he did about seven hours of homework a week. With his extra time he participated in numerous other extracurricular activities including varsity swimming. He explained this was his favorite of all the activities because he has swam for his whole life and loves swimming.

As far as summer plans go Ben is working as a lifeguard at Granby Pool and is just planning on relaxing and enjoying the rest of his summer with his friends. Ben explained that once he leaves the halls of GRB he will miss the people the most. "I have made a lot good friends and have been greatly impacted by many of my teachers," explained Ben, "and it

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Opinion

Plants may hold the key to avoiding disaster

By Travis Cowart

So it is finally looking like the end of the school year is coming. The sun is shining, the sky is a very bright blue, and the weather is getting warmer and warmer each day. Everyone looks forward to this warm and sunny time of year, however some people believe it is getting too hot. They believe that the "damage" we have done to the environment has caused an occurrence known as global warming.

What is global warming? Global Warming is the theory of the planets surface increasing in temperature. Those who believe in this think that global warming is caused by greenhouse gases, which are gases that absorb and emit radiation within the thermal infrared range. These gases are allegedly caused by human activity such as burning fossil fuels, aerosol sprays and deforestation.

Some people believe in this whole idea, but others believe it is just a hoax. Either way the problem could quite possibly be solved. David Changnon, a climate scientist at Northern Illinois University who helped pioneer this research, has found some evidence that counters the idea of global warming being caused by people. Throughout the Midwest, temperatures are beginning to cool rather than heat up. In Chicago, temperatures reached 90 degrees or higher 344 days during the 1930s, but only 172 days in 2000-09. Those scorching 90-degree days are now replaced with muggy 80-degree nights followed by strong thunderstorms.



How could this be? Scientists say that rising dew-point levels cause this occurrence. "While we're seeing fewer really hot days, we've created dew points in Chicago and around the Midwest that are unheard of," Changnon said. "And it begs the question, 'How the heck can we do that?'" His theory, backed up by years of research, is that the planted corn and soybean fields around the Midwest are changing the climate by releasing water vapor into the air. The higher the dew point, the fewer extremely hot days there are.

Whether you believe in global warming or not, this is a great discovery. Knowing that a few plants could be the difference between catastrophe and comfort is groundbreaking. What if there are more plants that will do this? If more plants around the world emit water vapors, the fear of global warming would disappear, and the effects of global warming would be gone as well. It is hard to believe that the cure for a world phenomenon could possibly lie in the hands of some plants, but either way this could mean the end of the theory of global warming for good.

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How to avoid the dreaded "freshman 15"

By Taylor Barrett

We all know of the infamous 15 pounds you are said to gain during your first year of college, the "Freshman 15," and it is apparently unavoidable.

The decrease of physical activity and increase in alcohol consumption and fatty foods are the main components of gaining weight during college. There are ways to end the 15-pound curse and here are a few tips to help.

College classes can be at all different times during the week. One day you could be waking up at 2 pm and the next 8 am. This gives you a weird eating schedule, but make sure to eat three meals and two snacks a day to keep your eating habits on track. Also, don't overdo your dining plan. Dining rooms encourage the all-you-can-eat buffet. Try to fill your plate with more healthy food than not. Fill your plate with fresh salad or cooked veggies and then pick up some grilled chicken or a burger.

When you're studying late, try to chew gum to keep you from eating junk food. Also try to keep your dorm room filled with yogurt and granola bars so when you do need a snack, it's healthy.

Finally, join a gym. College gyms are a good way to keep you fit and usually have activities such as yoga and dancing so you can work out



while having fun. Try and check your weight daily so you are more aware of where you are.

College is coming up quickly for many members of the Class of 2010, and so will those 15 pounds, unless you use these healthy tips!

Meet the Reporters

**Lindsay Navagh,
Senior**

Lindsay just wants to be an excellent journalist for The Raider. Some of her outside hobbies and interests are volleyball,

shopping, and hanging out with friends. Something that people might not know about her is that she dreams to be on Broadway.



Compiled by Christina Yanock

Sure-fire ways to do well on final exams

By Emily Rothrock



As the end of the school year approaches and summer vacation is on its way, there is only one thing holding you back from the sunshine and fun - Finals. For those who have finals, regents exams or both, there are many things you can do to prepare for them so that you are free for the summer.

One of the biggest things one can do to make sure they do well on the final is to not wait until the night before to study. Take 15-30 minutes every night to study a little bit of material. Not only will this keep from a cram session the night before, but it will also help you retain the material better. When you try and cram information, your stress response keeps you from remembering certain points. By dividing up a little bit of the material, studying each night and avoiding the stress of cramming, it can lead to a more efficient way of studying.

Another tip for those with a big test is to find the right method for

you. People learn better in different ways, so by finding a way that is right for you, it will help you to learn the material easier. If you learn better by writing, write down the information over and over. If you learn better by seeing, make flashcards and then continue to go through them. Some people learn better by hearing, and if that is your case, then try reading the information to yourself out loud.

Another great idea is to go to review classes. Teachers know that kids wait until the very last night to cram it all in, so save yourself some work and go to the review classes that your teacher has set up. Review classes can really help because they go over all the essential questions that are going to be on the regents and/or final. Not only are there review classes, but during regents week, teachers still have to come to school, which means that they are mostly free during the day to work on material with you one on one. Ask your teacher when they will be free and see if they would be able to work on the material that you feel the weakest on.

Regents and finals can be a pain, but with the right studying techniques and a little bit of initiative, your tests will be a breeze and the summer will be yours.

The Zany Zodiac

Somebody woke up on the wrong side

Aries- Lie to someone today

Taurus- Call in sick

Gemini- scream at someone

Cancer- commit a crime

Leo- set something on fire



Virgo- tell a dirty joke

Libra- waste energy

Scorpio- eat candy

Sagittarius- Don't recycle today

Capricorn- crash a car

Aquarius- get grass stain

Pisces- don't bathe for a week

Meet Ben Davis

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won't be the same without seeing them everyday." Without a doubt, Ben has worked hard to get where he is today. "Work hard," Ben advises underclassmen, "and never give up on yourself."

Meet Adam Wolford

(from page 1)

school, but the thing Adam will miss the most is the familiarity of the GRB hallways. In college he will not be able to walk through the school and know everyone he sees.

Before this new chapter begins, however, students will have one last summer to enjoy before college. Over the summer Adam plans to work with the Americorps program teaching elementary kids the fundamentals of tennis. He will also spend the rest of his summer hanging out with friends and preparing himself for the next step in his life. In his departure Adam leaves his advice to the underclassmen of G Ray Bodley High School. "Enjoy every day you have in high school, it goes by much faster than you think. Also don't worry about all the petty drama. Life is too short to deal with that everyday."

By Noah Carroll and Andrew Kush

Upcoming events:

Tuesday & Wednesday, June 1-2: Class of 2011 Senior Portraits in the auditorium.

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

Monday, June 7: GRB academic awards ceremony, 7 p.m.

Thursday, June 10: Bodley Bash after school

Friday, June 11: Last day of classes! Senior Dinnr Dance at Bridie Manor in Oswego.

School of Thought compiled by Raquel Vescio & Crystal Kimball

What test are you most nervous about?



"English."
Sean Stevens



"Chemistry."
Don Wilmot



"Physics."
Kali Kearns



"Chemistry."
Sara Erwin

GRB announcements for Tuesday, June 1

Registration for varsity golf is now taking place. Please see Mr. Ascenzi in the guidance office to sign up.

All boys interested in trying out for JV and varsity basketball next season, sign-ups will continue until the end of next week in room 214.

There will be a mandatory cheerleading today at 2:35 in the main foyer with information about the next fundraiser and summer camp. This meeting is for all interested cheer candidates. Anyone unable to attend should contact Mrs. Rodriguez or Mrs. Howell at the junior high.

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.

The next meeting of the Photo Club will take place today after school. Bring your best shots.

Meteorology and you by Carson Metcalf

Today: Cloudy with a scattered morning shower, otherwise partly cloudy with some sun in the afternoon. High in the mid-70s.

Tonight: Partly cloudy. Low in the mid-50s.

Tomorrow: Sun and clouds. High around 80.

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

