

# Attention poets: this contest was made for you!

The America Library of Poetry is holding its 15th annual student poetry contest. Students are invited to enter poems online or by mail. Poems must be no longer than 20 lines, and can be on any topic, as long as it doesn't include profanity, is an original work of the student, and the topic of the poem is not vulgar or offensive. Sample topics include: Pride in America, friendship, feelings, nature, dreams aspirations, or anything that inspires creativity.

Prizes and awards are given to winning students. One poem declared the "Editor's Choice" will win a \$500 U.S. Savings Bond as the grand prize. There are also prizes just for entering. Twelve participation prizes will be drawn from

all entries. A random drawing from all entries could win students a laptop computer or an iPod Touch, an after school shopping spree, or one of ten Visa Gift Cards. First, second and third places in each division win a U.S. Savings Bond and certificate of achievement. Prize amounts double for winning poems entered online. The school with the most entries will win a new computer package and a "Spirit of Education" trophy. All submissions may be considered for publication by the America Library of Poetry.

There are four divisions for entries, divided up by grade. Grades 3-5 are included in one division, 6-7 in another, 8-9 in another, and the last is made up of grades 10-12. All entries

are preferred to be typed rather than handwritten. Entries must be mailed in or made available online by April 30, 2011. To submit a poem online, go to [www.libraryofpoetry.com](http://www.libraryofpoetry.com) for an instant online entry form.

Entries mailed in should be mailed to: iReview Committee c/o The America Library of Poetry, P.O. box 978, Houlton, ME 04730. Mailed in entries need to include an official entry form. These entry forms can be found on flyers located in Ms. Barton's classroom. Each mailed in submission must include a copy of the official entry form. There are no entry fees, but each student may only submit one poem. Remember, the deadline is April 30, so start writing!  
*By Ryann Crofoot*



G. Ray Bodley High School, Fulton, NY

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## Track teams all geared up for oncoming spring campaigns

The athletic complex is covered with snow and the spring sports season is barely one day along, but that hasn't stopped the Fulton track and field teams from dreaming big toward the upcoming season.

With just two losses in the past four years, the Fulton boys track and field team is vying to be thought of in the same vein as the school's vaunted wrestling and volleyball teams. With four key returners in Don Wilmot, Jim Ireland, Nick Morse, and Zach Howell, this year's team is looking to have the same success as in years past.

Jim Ireland is the most versatile of the group, and places in any event he tries, while Wilmot is looking for school records in the long and triple jump. Also with the help of Dylan Rizzo, the jumping events look solid for Fulton. Howell has been coming closer and closer every meet to the 800 record, and Nick Morse and Mat Shoult are both looking for the shot put, and discuss records.

Joe Rusaw is the team's only returning high jumper, and is looking to improve his personal best of 5'4". Nick Tallents, a jumper in the past, is looking to take over the sprints along with first year senior Chad Carr. Craig Weaver will have big shoes to fill, as he is taking over the 400 hurdle spot for last year's state placer, John Strong. Another first year senior who is look-

ing for success is iBig Lyndon Manford, who will be throwing shot and disc. With a key returning junior in Mark Aldasch, 110 high hurdles will be an exciting event to watch for Fulton Track enthusiasts. First year Juniors Casey and Dylan Holden are cross country stars, and after placing in sectionals this year, the two look to keep it up during track.

The Girls team has five returning record holders, and as a result the Lady Raider track team looks to improve this year. With Morgan Cooper, Kayla Distin, and Christina Pensabene all back, the 4x100 team is looking for more success. The 4x400 record holding team of Morgan Cooper, Anna McKay, Kayla Distin, and Hannah Geitner are all returning, and they should make a run at sectionals, and even states. Cooper also holds the girls 400 record, and will be looking to lower her mark during her senior campaign. Another key component to the team is sophomore Kim Goutermount, the high jumper who has went to state qualifiers last year as a freshman.



### Winter photo contest deadline draws near

The G. Ray Bodley High School Photo Club is proud to announce the second annual winter theme photo contest. Students and teachers are invited to submit 1-3 printed pictures to Ms. Amerault in room 120.

The deadline for photos is this Thursday, March 10. See Ms. Amerault for details.

## Wahl seventh in state, second among teams

A second place finish in the team competition and a seventh place performance overall proved to be the highlights on Sunday for Fulton's Dan Wahl at the New York State Bowling Championship on Sunday in Mattydale.

Wahl bowled a 1,239 on the day, the seventh best individual total as part of a second place overall performance by the Section III All-Stars. Henninger's Bobby Moro rolled 1,346 over six games to place just behind Sachem East's Jeremy Milito, who finished at 1,377. Milito's Section XI team, comprised of bowlers from Suffolk County, Long Island, claimed top honors with an overall team score of 6,099. Section III placed second with a six-game composite score of 6,024.

## Opinion

# Competing for unwanted attention

By Jennifer Woodruff

Have you ever felt like there was one person or individual who made it clear that they did not like you? Well, this is how I have been feeling for the past two months and I'm about fed up with it.

I sit at my lunch table engaging in conversation with the five others, and I have a heck of a time. Yes, it's great to have that opportunity to relax during the day and play cards during school hours. The only thing that brings me down about this time of day is the deranged girlfriend of one of my comrades.

Yes, somehow this young gal has sunk her, rather ratty looking, fingernails into a really gullible and unromantic fellow. When he and I are conversing, his woman is staring us down every moment and continually bombards us with her own opinions between pauses.

Along with her overwhelming desire to keep her eye upon him at all times, she acknowledges me as a threat to her relationship. First of all I have no interest in her boyfriend and I have absolutely no attraction for this guy, so I don't know what her issue is.

If it were my choice, I would probably never talk to him while he is with her, but everything is different now. Now he thinks he is my best friend, when in reality I am nothing more to him than someone he can sit with on the bus and in lunch without feeling like an outcast. Although I couldn't care less about these people, I feel like I am competing for unwanted attention. He doesn't have to associate himself with me, but when he does it is like his girlfriend isn't really there, when she's only two centimeters from his shoulder. Whether this guy loves his girl for acting like a psychotically obsessive accessory or not, they both get on my nerves every day.

If it is a turn off to me, I would assume the same goes for her boyfriend too. Yes, his girl is a bit weird. For instance, after only a month of actual dating she decided to give him an extravagant gift for Valentine's Day and is at the moment working on purchasing him another equally pricey gift. You may be wondering what he got her, and as far as I know it was a chocolate of some sort. Well, her gift was a bit over the top while his lacked compassion, but who am I to say anything that may disrupt this lovely relationship?

Why they got together in the first place is beyond me. Before they were "official" he poked fun at her daily about her weight and personality; both to her face and behind her back. It's blatant that the regard



for another's feelings is not of any concern in the special bond that they have. So, the only reason I can think of as to why they are still a couple is that they enjoy at least having someone, rather than enduring each day alone and free. He would complain to me quite frequently about this girl, and was truly annoyed by her little quirks and the overall way she carries herself. Is this what the modern day teenage relationship is based on?

The lack of compassion and obligation is so apparent in both this

**"Although I couldn't care less about these people, I feel like I am competing for unwanted attention."**

bond as well as many others, that it makes me wonder why people get together without the proper commitment addressed before hand.

## Bizarre News of the Day

A company has used breast milk for a new ice cream. The ice cream, called "Baby Gaga," was churned together with vanilla pods and lemon zest and sold in a martini glass for about \$23.

The company behind the dessert paid women who responded to an online ad to donate their breast milk. The dessert reportedly sold out as soon as it launched. However, the ice cream has now been pulled over concerns and public complaints. It is now being tested to make sure it meets all British food standards.

For its part, the ice cream company says the treat was screened in line with blood donor requirements.

*By Morgan Firenze*

## Quote of the day:

**"A good snapshot stops a moment from running away." ~Eudora Welty**

**Seniors! Stay in touch with your class!  
Check out the new website  
for the senior class at  
<http://grbclass2011.blogspot.com/>**

# RECYCLE & SAVE

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# Reflections

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# Healthy eating now will pay dividends later

By Christine Proud

As winter months start to fade many people are trying to rid themselves of the excess winter

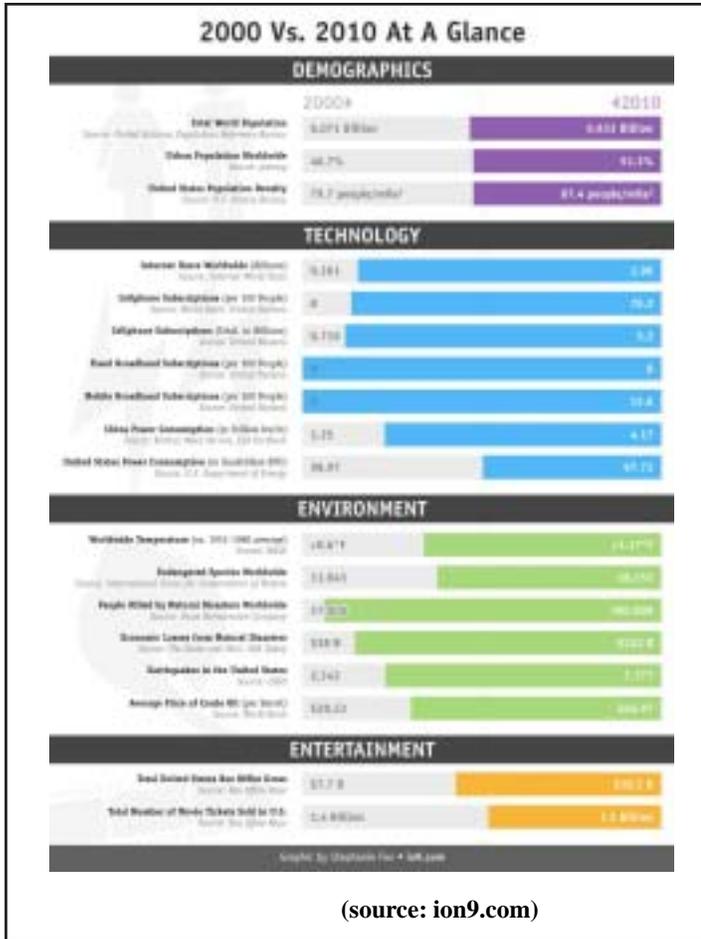
pounds. Most people are less active in the winter and eat more hearty foods that will not be as healthy as foods you could and or usually do. But now with March here and the spring and summer months approaching many people male and female are looking for ways to get back into shape. Besides exercising, eating healthy is one of the easiest ways to get back into shape. Eating healthy can be difficult with the temptations of greasy fast food or junk food. Many people also think that

healthy food tastes terrible. In reality some healthy foods can taste even better than junk food.

One of the easiest ways to eat healthy is to eat regular meals. As high school students life can be hectic and eating a normal meal everyday a bit challenging. However eating three meals a day plus having a snack can help keep you energized and full. Another easy way is to eat foods that have high nutrients in them. A body needs over 40 nutrients a day to remain healthy and function properly. Eating foods rich in whole grains and fruits and vegetables is a great way to get these. Variety is never a bad thing in your diet.

One thing that most people assume is that if they don't eat junk food everything will be okay. In all actuality it's not always what you eat, instead it is how much you eat of this. Moderation is simply the key to a healthy diet. You don't need to stop eating your favorite foods just eat a little less of them. Instead of devouring the whole bag of potato chips while you watch television, put some on a plate and come back for more. Simple things like moderation and adding more variety, along with exercise, can vastly change your life. As spring approaches more locally grown produce will be available, making it cheaper to eat healthy. If you want to be ready for the beach in June, start eating healthy today. You'll thank yourself tomorrow

Source: <http://www.realtime.net/anr/10eattip.html>



## Meet the Reporters

### Morgan Firenze, Junior

Morgan joined the staff of RaiderNet to write about whatever people want to hear about, and to create polls. Outside of school Morgan works on the crew of the Talent Company, a semi-professional stage company, and she writes novels. One thing you don't know about Morgan is that she likes to fish.



Compiled by Patty Morrison

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**School of Thought** compiled by Brett Williams & Nick Mattice

# What is your favorite Spring sport?



"Lacrosse."

Carrie Baker



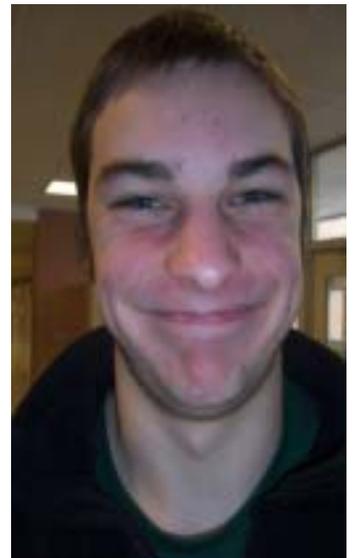
"Lacrosse."

Connor Goss



"Baseball."

Joe Weller



"Baseball."

Matt Liberti

# Meteorology and you

By Carson Metcalf



**Today:**



Mainly sunny. High in the mid-30s.  
Record high: 71 (2000).  
Avg. high: 40.

**Tonight:**



Mainly clear. Low in the low-20s.  
Record low: -6 (1984).  
Avg. low: 21.

**Tomorrow:**



Cloudy with a rain or snow shower. High around 40.  
Record high: 78 (2000).  
Avg. high: 40.

*GRB junior 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 daily weather forecasts for Fulton on RaiderNet Daily.*