



Raider bowlers poised for run at state title

The most successful girls bowling team in G. Ray Bodley High School history will be looking to add one final chapter to their glorious success story this weekend when they travel to Waverly for the New York State High School Bowling Championships. The runaway queens of the Section 3 alley this season, the girls were a perfect 14-0 during the regular campaign while also winning the Martin Luther King Tournament, County Championship Tournament and the recent Section 3 Championship, where they charged past the entire field by a margin of 373 pins.

So dominant were Coach Mike Tryniski's girls this season that they never yielded a point in league play, outgunning the opposition 56-0 to establish a record that can only be equalled by teams to come. And with one junior on the roster and five talented underclassmen, the best may still be yet to come from the Raider girls.

With three of the top four bowlers in Section 3 this season, Fulton enters the state tournament with high hopes behind average



There has been plenty to smile about this season for the Fulton girls bowling team as the Raiders were unbeaten and unscored upon while also claiming the recent Section 3 title. Their next goal is to win the New York State title this weekend in Waverly when (left to right) Kylie Clifford, Kendra Tryniski, Mikayla Guernsey, Katelyn Ely, Amanda Deavers and Danielle Rupert will look to put the finishing touches on a record-setting season. (photo courtesy of Ms. Wahl)

leader Mikayla Guernsey, who finished with a 190 mark per game. Kylie Clifford was third in the league with a 181 average and Kendra Tryniski placed right behind her in fourth, averaging 175 per game. Also contributing to the big year for the Raiders are

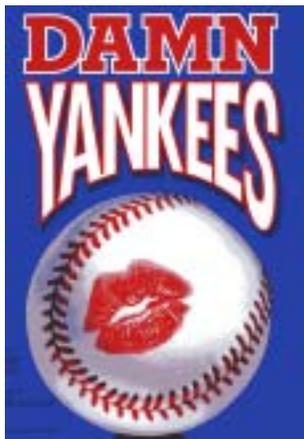
Katelyn Ely, Amanda Deavers and Danielle Rupert.

The Fulton boys bowling team will also be represented this weekend by senior kegger Dan Wahl, who will be making an unprecedented fourth consecutive trip to the NYS finals. Wahl led Section 3 boys for the second season in a row with a 214 average and is a veteran of the state finals, having placed seventh overall last season while helping the Section 3 All-stars claim the runner-up position in 2011.

Sign-up underway for senior trip to Lake George area

Seniors interested in attending the Senior Class Trip to Six Flags Great Escape in Lake George need to stop by room 235 by March 9 to sign up with Mrs. Windsor.

The trip costs \$175, with a \$50 deposit due by Friday, March 30.



7

days away!
Thurs-Fri-Sat
March 8-9-10

\$8 adults
\$7 senior citizens &
under 12
(at the door)

Opinion

Amusement parks: bring your wallet and patience

By Nathan Deavers

We are all coming back to school after a nice, long break and I am sure that like me, some people were fortunate enough to have gone out to an amusement park. During the recent break I went to both Disney World and Universal Studios in Orlando, Florida.

Many people want to visit these parks and they are worldwide attractions with great rides and shows. As exciting as these places are, are they really worth going to? They are really fun, but require great patience and money.

When visiting these bigger, more well-known places, there is certain to be a lot of money involved. At the top of the list is an expensive ticket just to get into any of these large amusement parks. Then more money is spent on the overpriced food because many kids and



to hear many different languages just from walking around. As amazing and magical as these two places are, are they worth the wait and money with so many people around and large crowds?

These amusement parks are fun, but you are going to have to sacrifice your money and be patient while waiting in lines, mostly just with the larger parks. Smaller parks are still kind of expensive and you might have to wait a little bit, but not nearly as much as you would with Disney or Universal. You're still going to want to get to see these places at one point in your life because they are a once in a life time experience, but how many times you visit is your decision, and you might only want to do this a time or two.

“These amusement parks are fun, but you are going to have to sacrifice your money and be patient while waiting in lines,”

teenagers cannot get through a day without food. Many people love their food and usually do not want to have to carry it around all day because that could be a hassle. Some do, however, and they save a good deal of money.

At Disney there are express passes, but those are limited, and if you want to ride many rides, you are guaranteed to be waiting close to an hour for any ride due to the crowd. There are also fast passes at Universal Studios but those cost extra money and there is the topic of spending more money again. If you do not use these passes then you are sure to be waiting in line for a while, especially with the more popular rides, and most people want to ride the more popular rides because they tend to be more exciting or thrilling.

Most people love amusement parks, and many kids dream of going to Disney World or Universal Studios. Many people from all over the world come to see these amazing places, and you are sure

Bizarre News of the Day:

Let's not scare the kiddies!

Traditional fairytales are being ditched by parents because they are too scary for their young children, a study found.

Research revealed one in five parents has scrapped classics such as *Snow White and the Seven Dwarves* in favor of more modern books. One third of parents said children have been left in tears after hearing the gruesome details of *Little Red Riding Hood*.

Nearly half of mothers and fathers refuse to read Rumpelstiltskin to their kids, as the themes of the story are kidnapping and execution. Similarly, *Goldilocks and the Three Bears* was also a tale likely to be left on the book shelf as parents felt it condones stealing.

And 52% of parents said *Cinderella* didn't send a good message to their children as it portrays a young woman doing housework all day. The survey of 2,000 adults was commissioned to mark the launch of the hit US drama GRIMM, which features six gritty episodes based on traditional fairytales.

By Morgan Firenze

Quote of the day:

“Always desire to learn something useful.”
Sophocles



Reflections

-THE- Salon & More

Welcomes GRB grad Natasha Humbert!

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Fairgrounds come alive for annual farm show

There is rarely a time when the New York State Fairgrounds are completely barren. It seems that every weekend brings a new event to the area. In fact, more often than not there are a few different events going on at the same time in the fairgrounds. This past weekend however, the fairground only had one event going on; the Farm Show.

This annual show brings thousands of people to the fairgrounds every year. Besides the fair, this show is one of the most popular annual events held at the fair. The show brings in mostly farmers and ranchers, but

there are more than a few people who attend who do not own a farm. Whether they go just to see the tractors, or if they are actually looking for new equipment, the farm show succeeds in bringing thousands of people in each day.

With all the new equipment and implements in one place, there are not very many farmers who would pass up the opportunity to view the latest advancements in farming. Advancements such as the Kuhn hay accumulator and the Lely "Astronaut" Robotic Milker drew quite a bit of attention. The beef

sundaes were also a big hit.

This year saw an increase in patrons. Normally, the aisles between the booths are relatively easy to navigate. Last weekend was a different story, however, as each of the five buildings was crowded and hard to move around in. This year's farm show brought in many more people than it has in the past. Despite the cold weather and wind, record numbers attended this popular show, proving that farmers are some of the toughest, and most resilient people around.

By Daniel Summerville

When it comes to cars, is it American or foreign?

By Michaela Best

Over the past few years there has been some controversy on whether American made cars are better than foreign cars. In my belief you should always buy American, especially when our economy is in the state it is in right now. But also you should buy a car that fits your needs and your budget. The last thing anyone needs to do at this point is buying an overly expensive car and not being able to pay it off.

If you are looking for a car that is able to do some heavy duty work such as pulling trailers, carrying heavy loads of lumber, or plowing but you don't care about the gas mileage, then you might want an American made car. American made cars are known for their durability.

But if you are looking for a car that is better on gas mileage but is smaller in size, maybe a more "green" car you should probably be looking into a foreign made car. Foreign cars have been known for their better gas mileage.

Senior Carson Metcalf says, "I prefer foreign made cars. I drive a Subaru. Enough said." He added, "I have heard too many stories of American made cars being recalled lately." Senior Daniel Summerville stated, "It depends on what you're using it for." He

added, "My family owns Chevys and Toyotas, but I would choose Chevy." On the other hand junior Michael Eddy says, "Foreign definitely. Foreign cars are so much better. Better quality by far."

Because my family owns a horse and

needs something that can do some heavy duty work and outlast all the beatings it would take, I prefer American made vehicles. But I also pick American because I believe in buying American to try and support my country.

Spotlight on health:

Obesity: winning the battle

We all know that obesity is a big issue in the United States. In kids and adults, it has become a major concern. About one-third of U.S. adults are obese, 33.8% (100 million people). Approximately 17% (12.5 million) of children and teenagers aged 2 to 19 years are also obese. If the way we live doesn't change fast, there will be no more future for the United States as no state had a frequency of obesity less than 20%, or one in five people.

The most significant way to achieve and maintain a healthy weight isn't about temporary nutritional changes. Instead it is about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you eat with the number of calories your body uses.

In coming editions of *RaiderNet Daily*, look for an every week meal plan to help you start making changes in your life. These menus will spotlight healthy breakfasts, lunches, and dinners as well as yummy, and healthy snacks that can help people stay in control of their weight. The benefits for teenagers will be lasting, as it will contribute to good health now and as they age.

The recipes will be filling and very different and should fit all tastes. This feature will also highlight fun and helpful ways to find physical activities in everyday life that can benefit you and your loved ones in the long run. And best of all, it really isn't that hard! There will be easy meal plans that the whole family can enjoy and there will be fun activities that may seem like you're not even exercising! This is just an attempt to help, and make everyone's lives happier, healthier, and longer.

By Natasha Luis

RaiderNet

Daily

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What do you like most from the Raider's Den?



"Popcorn."

Meriah Dishaw



"The cookies."

Sandra Walts



"Definitely the chips."

Eliot Mills



the "I love being able to operate it."

Gage Mayer

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain and snow.

41°

Average: 38°
Record: 63° (1954)

Tonight:



Partly cloudy.

25°

Average: 20°
Record: -8° (1980)

Tomorrow:



Sun and clouds.

45°

Average: 38°
Record: 69° (1991)

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