

# GRB artists take part in Fulton Invitational

This past weekend 15 students from G. Ray Bodley High School were part of the Fulton Community Association's High School Art Invitational, a competition between four school districts in Oswego County. Works were featured by students from Fulton, Hannibal, Phoenix, and Oswego.

The talented GRB students whose art works were chosen for the show included Amanda Sabin, Anita Savich, Worapoj Thongyoy, Joe Bocyck, Jessica Bonning and Zoya Savich as well as Kassandra McCann, Makenna Ceilie, Elizabeth Reitz, Braden Welke and Paige Havener. Rounding out the list of Bodley art-

ists were Eva Jones, Mariah Munger, Cassie Orr, and Julia Velasquez.

This year G. Ray Bodley's competition winners included Honorable Mentions for Cassie Orr's "Expressive Self-Portrait," Mariah Munger's "Distorted Portrait" and Zoya Savich's ceramic "Ribbon."



## RaiderNet Daily



G. Ray Bodley High School, Fulton, NY

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## Big month of music underway at Bodley

By Nick Abelgore

The G. Ray Bodley High School Music Department is getting ready to put on another concert series. With March being "Music in our Schools" month, there is plenty of music headed this way. Quirk's Players kicked off the season with the production of "Damn Yankees." Everyone who watched or was a part of this musical enjoyed it thoroughly. This was a huge success for the community.

Coming up next is the Jazz Concert, to be held Thursday night, March 15, at 7:30 pm. This will feature members of the high school jazz ensemble. It will be a short performance, featuring only a few song selections. Anyone interested in supporting these students and hearing some good jazz should come out.

The following week holds more music in store. First, at 7:30 pm on Monday, March 19, Mr. Nami shows off his two choruses'. The women's choir will sing first, consisting of ninth and tenth grade girls. Nick Abelgore will be accompanying these girls on piano for their section of the concert. Afterwards, he has a solo piece on piano that he is going to play.

There will be a special treat before the concert choir performs. Every few years, the Snowbelters Men's Choir comes from Oswego to give a performance at G. Ray Bodley. They sing barbershop music with quartets and are very well liked throughout the area. It will be interesting to see what kind of an experience these musicians will give the audience.

The band concert on Thursday, March 22 will also feature a surprise. Guest artist Sean

O'Loughlin will be coming in, a longtime friend of Mr. Caviness. The day before the concert, Sean will be giving a rehearsal for the concert and hosting a clinic. Then the following night at 7:30, he will play solo trumpet over a piece he composed for the wind ensemble to play.

This is the debut performance, as the song has never been played before. A Youtube video will be posted and become the only recording of the song and what it sounds like for all to here. A whole other article will be

published soon having to do with Sean and his visit to Fulton.

Many other things are on the way as well. The orchestra concert is not until March 29. The Orchestra All-County Festival is March 23-24, held at Oswego High School. All-County Chorus is coming up soon as well. At the end of April, the chorus and orchestra members are going on a trip to Philadelphia. Much is in store musically for G. Ray Bodley. Stay tuned to keep up to date on what is going on.



At Quirk's Players' recent production of the musical comedy *Damn Yankees*, the 2012 Jacalyn Stewart Award for Achievement in Musical Theatre was presented. Given in memory of former G. Ray Bodley High School Principal Jacalyn Vinciquerra-Stewart, the award is presented annually at the high school musical to two students (one male, one female) who have made great contributions to the theatre program at G. Ray Bodley High School, who work to improve the school community, display strong leadership skills and prove to be fine students whose integrity, perseverance, dedication and sense of humor make a difference. Shown here are Mrs. Stewart's mother, Olga Vinciquerra (left), who is presenting the Stewart Award to GRB Senior Kassandra McCann and Mrs. Stewart's son, Glenn Stewart (right), who is presenting the Stewart Award to GRB Senior Nate Deavers. McCann and Deavers were two of the leads in *DAMN YANKEES*, appearing as Lola and Joe Hardy. (Dave Dayger photo)

## Opinion

# Senioritis? I'm not buying into it!

By Madeline Clark

If there is one thing in this world that I cannot stand it is not being challenged enough. Perhaps that is why taking it easy during senior year is a feat that I have yet to master. Perhaps this is also why I don't buy into Senioritis so much; because I simply have not experienced it.

There hasn't been a day this year that I have had a chance to catch my breath, let alone get to bed before midnight. So when I see my classmates miss three or four days at a time, I wonder how it is even possible. How is it that some seniors have the liberty to blow off assignments and skip class, while I am struggling not to fall asleep while doing pre-calculus?

All seniors have one thing in common; they have done something to get them to the twelfth grade. Though the manners in which they



This is the year that colleges see when they look at your portfolio, so why slack off and hurt your chances of graduating? Graduating means that you don't have to wake up at six in the morning to catch the bus. Graduating ensures that you won't have four minutes to get to class. Graduation is the epitome of what senioritis represents; a chance to be finished with your academic responsibilities. Giving in to this pathogen would only lead to more work; which any senior would abhor. With this knowledge in mind, it would seem as though it would be easier to actually do your course work than avoid it.

So why let senioritis infect your motivation and diminish your need to be challenged? Inoculate yourselves and keep up the moral; there is a light at the end of the tunnel. With only a few more months to go, it would be more beneficial to complete what little amount of work you have left, just to walk across the stage and make this infamous virus obsolete. There is a whole other world outside of high school, don't let a scape-goat disease claim you in the name of laziness.

**“How is it that some seniors have the liberty to blow off assignments and skip class, while I am struggling not to fall asleep while doing pre-calculus?”**

have gotten to this point and time are diverse, they have obviously done something right. So it is astonishing to me that persons afflicted with senioritis would allow this pestilence to overcome them and keep them from excelling, academically speaking, during what could be one of the most critical year of high school.

After four years of slaving over your educational record, why would you not be utterly devoted to your studies, making an honest attempt to stave off the disease which has claimed so many seniors before us?

I simply do not understand.

If things are too easy for you during your last year of high school, perhaps you should reconsider your decision not to challenge yourself. If you have four study halls in a row or are leaving two hours before dismissal, this may be a side effect of the dreaded senioritis, in which case, I highly suggest you consult your guidance counselor.

## Meet the Reporters

### Nathan Deavers: Senior

Nathan joined the staff of RaiderNet Daily to write about sports and “whatever seems interesting.” He follows most sports and plays on the varrsity tennis team.

He also participates in school musicals and plays, just coming off a leading role in the musical *Damn Yankees*. A longtime member of Quirk's Players, he received the Jacalyn Stewart award for his contribution to the program.

Something people might not know about Nathan is that he had Leukemia when he was young.



## Reflections

-THE- Salon & More

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# The Great Outdoors

## Early spring means woodchucks are at it again

By Daniel Summerville

With near record temperatures the past few days, it is hard to believe that it is still March. The mild weather has undoubtedly had an effect on some of the local wildlife in Central New York.

People are not the only creatures to come outside when the weather, many animals that would normally be hibernating wake up from their slumber and venture outside. While most hibernating animals have a set hunting season, there are a few that can be hunted as soon as they start poking their heads out of their dens. There is one species that is starting to emerge from their underground burrows much earlier than normal.

Hunters normally have to wait until April or May until they can take out the rifle and start hunting woodchucks. The large ground squirrels usually stay below ground until spring, but the mild weather has been drawing them out earlier than ever. As all woodchuck hunters know, it is easiest to hunt them when they first emerge from the



ground, before they get gun shy. Woodchuck hunting can provide countless hours of fun, and because they come out most often in nice weather there is no need to sit out in the rain and wind. Woodchucks are the perfect varmints for hunters of any skill level, they are not hard to hunt in the spring but once they hear a gunshot or two they will disappear as soon as they notice a human, no matter how far away they are.

Most people who hunt woodchucks do it simply for the thrill of the hunt or to get rid of the pests. In fact, after being hit with any rifle larger than a .22 there is not much that hunters can do but put them back in their holes, as there is not much left. However, if hunters manage to shoot a younger woodchuck without destroying it, there is no reason that they should not eat it. Young woodchuck is said to be tender and actually quite pleasant.

Woodchuck hunting might not be for everyone, but there is no doubt that woodchucks are some of the most popular varmints to hunt. With no season or bag limits, hunters can bag a woodchuck whenever they have a chance. Woodchucks are the epitome of fast-paced varmint hunting; hunters everywhere should take advantage of this opportunity.

# Kony video should make us more appreciative

By Hannah Dunsmoor

Who is Joseph Kony?

If you have not seen the viral video about the Invisible Children Organization, you may be questioning the “Kony 2012” slogans and pictures that are surfacing. I found the link to the 30 minute video via facebook, and within the first minute of watching it, I was hooked, and continued to view the complete video.

I found myself experiencing an entire spectrum of emotion; sadness, happiness, and even anger. The video basically is promoting awareness about children in Africa who are forced by a man named Joseph Kony and his army the LRA, to commit horrible crimes against humanity. Young boys are forced to join his army, kill their parents, and mutilate other people’s faces. Kony is the cause of over 30,000 deaths in Africa. The Obama Administration is hesitant to become involved because there is no substantial gain for Americans from finding him. Basically the Invisible Children Organization’s goal is to create awareness, so that the troops that are already deployed in Africa to help find Joseph Kony can stay there.

I think this is a great cause, but as Americans we need to remem-



ber that there are other regions that are experiencing even more death. For example North Korea is facing genocide, starvation, and labor camps. The number of deaths has risen far above the 30,000 in Africa from the LRA. The United States cannot just send out soldiers at will to areas that are in need. If we did, we would constantly be at war with a lot of different countries at one time. I’m not saying we shouldn’t help these people, but it takes time, money, and planning.

If you would like to donate to the Invisible Children Organization, and help track down Joseph Kony, at least you are putting effort into helping the less fortunate, and you have picked a cause you think is worthwhile. I am just trying to show you both sides of the issue and broaden your perspective. One message anyone can get from this article is that we should all be grateful for what we have. Instead of skipping school and talking back to teachers, be thankful that you have a great facility for learning, and teachers who care. If you would like to donate, or need more information, you can find it at [InvisibleChildren.com](http://InvisibleChildren.com).



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## Nutrition

# Breakfast gets you off to a good start

By Natasha Luis

Breakfast is one of the most important meals of the day! Studies show that children who eat breakfast perform better on thinking tests and in school. Maybe it works that way for adults too. In any case, skipping breakfast is probably a bad idea.

Skipping breakfast is a common strategy for people who are trying to lose weight, but it's usually not a successful one.

Your body expects to be replenished a few times each day, so when you skip meals you may feel so hungry that when lunch time comes, you over-eat or maybe you choose foods that are not the healthiest choices to snack on throughout the day. Although breakfast is very important, you should stay away from the sugary cereals, pastries, and fatty sausages and bacon foods.

All this week I will be providing potential healthy choices, starting with the first meal of the day, breakfast.



**Emerald Fruit Salad:** This is a healthy, fresh way to start off your mornings. Everyone loves fruit! It takes 15 minutes to prep and if you'd like it to be cold; you can refrigerate it for 15 minutes as well.

## Bizarre news of the day: One more for the record book

Ashrita Furman holds 137 Guinness World Records, including the one for the most world records, and he aims to add to his list later this week...with underwater rope jumping.

This Thursday, he will attempt to better his own underwater rope jumping record, which stands at 900 in an hour, at an aquarium in Brazil, in a tank filled with manatees. He will be assisted with scuba gear when skipping

Mr. Furman, 57, originally from Brooklyn, New York, was born the same year the Guinness Book of Records was conceived as well as the year Roger Bannister broke the four-minute mile. His record-breaking fascination began when he met Sri Chinmoy, a Bengali guru, in 1964, who challenged him to "break records," according to his trusted collaborator Bippin Larkin. The pair hold records, for among other things, the quickest time for a mile-long piggy back.

"I'm trying to show others that our human capacity is unlimited if we can truly believe in ourselves," he said on his website.

Recent records he holds include juggling on a pogo stick the furthest distance (4 miles 30 feet), and the fastest miles while balancing a milk bottle on top of his head (7 minutes 47 seconds). In all, he has set 384 official records since 1979, according to his website.

He told *The Times* that he aims to break a break, "because it's there," and he refuses to accept sponsorship from companies.

By Morgan Firenze

**Ingredients:** 3 medium tart green apples, cubed  
2 cups cubed honeydew  
2 cups halved green grapes  
3 kiwifruit, peeled, sliced and quartered  
1 cup reduced-fat plain yogurt  
3 tablespoons confectioners' sugar  
3 tablespoons orange juice  
1/2 teaspoon grated orange peel.



**Directions:** In a large bowl, combine the fruit. In a small bowl, combine the yogurt, sugar, orange juice and peel. Spoon over fruit; serve immediately.

**Multigrain Pancakes:** This is a warm and delightful way to start off your morning. This easy, satisfying, and full grain breakfast can be topped as desired. Most use fruit, with low sugar syrup. They take 15 minutes to prep, and 15 to cook, and seconds to eat, and enjoy them!

**Ingredients:** 1/4 cup whole wheat flour  
1/4 cup all-purpose flour  
1/4 cup rolled oats  
1/4 cup cornmeal  
2 teaspoons granular no-calorie sweetener  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
2 egg whites  
2 tablespoons plain nonfat yogurt  
2 tablespoons skim milk  
2 tablespoons water.



**Directions:** In a medium bowl, stir together the whole wheat flour, all-purpose flour, oats, cornmeal, sweetener, salt, baking powder, baking soda and cinnamon.

In a separate bowl, whisk together the eggs, yogurt, milk and water. Pour the wet ingredients into the dry, and mix just until moistened. Heat a skillet over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter per pancake onto the skillet. Cook until bubbles begin to form in the center, then flip and cook until browned on the other side.

I'll be back on Thursday with some suggestions for a healthy lunch. Until then, happy and healthy eating!

Due to Superintendent's Day,

**RaiderNet**

Daily

will not be published tomorrow.  
Look for our return on Thursday!

## What's are you doing on the day off on Wednesday?



"Sleeping."

Lacey Buskey



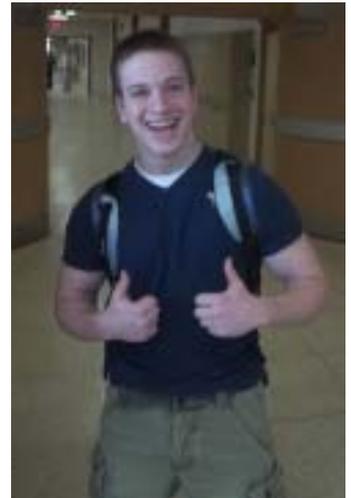
"Going to see a movie with my grandma."

Vishal Patel



"Hanging out with my boyfriend."

Michaela Whitman



"Hitting up the casino for my birthday."

David Johnson

# Meteorology and you

By Carson Metcalf



Today:



Mostly cloudy with early rain showers.

**64°**

Average: 42°  
Record: 71° (1990)

Tonight:



Partly cloudy.

**39°**

Average: 24°  
Record: 4° (1980)

Tomorrow:



Mostly sunny.

**56°**

Average: 42°  
Record: 82° (1990)

GRB senior 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.