



Guest musicians will highlight Thursday concert

By Nick Abelgore

The G. Ray Bodley Music Department is in for a treat this week. On Wednesday and Thursday, guest composer and conductor Sean O’Loughlin along with Oregon Symphony member David Bamonte will be coming in to work with the concert band and wind ensemble.

Both trumpet players, the two will rehearse with the bands to prepare them for the Thursday night band concert. Sean just recently wrote a piece that will be commissioned by the GRB Wind Ensemble for the first time ever. A recording will be made of this piece that will become the reference for the song on Youtube for others to hear. The concert is Thursday night, March 22 at 7:30 pm. Dave and Sean will be performing with the band, so music fans should plan on attending to hear professionals at work.

Arriving today, Sean will rehearse with both the concert band and wind ensemble during Bells 1 and 2. During Bell 3, he will be hosting a composition clinic. Later on, another clinic is to be held at the Jr. High during Bells 8 and 9. The same schedule applies to Thursday as well. More will be published as to what goes on during these clinics and rehearsals.

This is sure to be a rewarding experience for the student musicians, teachers, and community members who come to listen to Sean and what he has to say. To put this into a perspective of the kind of status Sean and Dave have in the music world, it would be like Michael Jordan and Kobe Bryant coming to the War Memorial to hold a basketball clinic.

The following sections are bios of Sean and Dave as to give a better idea of who they

are. Hopefully people will be interested in watching these performers and come out to the concert.

Sean O’Loughlin

Sean O’Loughlin is a fresh voice and a rising name in the music world. His music is characterized by vibrant rhythms, passionate melodies, and colorful scoring. Commissions from the Boston Pops Orchestra, the Los Angeles Philharmonic, and the Hollywood Bowl Orchestra highlight and showcase his diverse musical abilities.



As a conductor, he has led performances with the Boston Pops Orchestra, the Hollywood Bowl Orchestra, the Minnesota Orchestra, the Vancouver Symphony, the Atlanta Symphony, the Baltimore Symphony, the Houston Symphony, and the Seattle Symphony amongst others. He was the assistant conductor and arranger for a production of Sgt. Pepper Live in Las Vegas featuring the band Cheap Trick.

Recent collaborations include such artists as Sarah McLachlan, Adele, Hall and Oates, Gloria Estefan, Diana Krall, Itzhak Perlman, Natalie Merchant, Chris Isaak, Blue Man Group, Pink Martini, Brandi Carlile, The Decemberists, Martina McBride, Josh Ritter, Gloria Gaynor, and others. The Los Angeles Times calls his orchestrations “colorful” while adding “even more dimension” to the compositions. Daily Variety heralds Sean’s writings as “most impressive” with a “wide

range of coloring in the orchestra” that “adds heft and rolling energy.”

Growing up in Syracuse, New York, Sean displayed a passion for music at an early age. Sean benefitted from loving parents who supported his musical aspirations and challenged him to explore music as a career. During his undergraduate years at Syracuse University, Sean’s musical career began to take shape with the guidance of Larry Clark. As Vice-President at Carl Fischer Music, Larry continues to be a major influence in Sean’s professional career as mentor and friend.

Through his growing number of commissioned and published works, Sean is excited to continue contributing to the rich history of orchestral and wind band literature. His music is published by Carl Fischer and Hal Leonard. He is a frequent guest conductor with professional orchestras and honor bands

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**Music in our
Schools Month!**
In the GRB Auditorium

**Thurs. March 22: GRB
Band**

**Thurs. March 29: GRB
Orchestra**

**All shows are free to
the public
and begin at 7:30 pm**



Opinion

Are tanning's risks worth the consequences?

By Taylor Milliken

With Spring break right around the corner, a lot of people are getting their tan on before they head out to their hot destination spot for the Spring, whether it be Myrtle Beach, Florida, or right here at home.

But is the price you pay to look good really worth the rest of your life?

Radiation from the sun and artificial sources, including lamps in tanning beds, increases the risk of developing skin cancer, according to the National Cancer Institute. Women who use tanning beds more than once a month become 55 percent more likely to develop malignant melanoma. Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because it may spread to other parts of



“Women who use tanning beds more than once a month become 55 percent more likely to develop malignant melanoma.”

the body and cause serious illness and even death.

About 50,000 new cases of melanoma are diagnosed in the United States every year, with about 20%, or one in five, are reportedly caused by tanning beds. More than two million new cases of skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined.

Both men and women increase their risks of developing skin cancer with long-term exposure to artificial sources of UV Rays. The UVA radiation in tanning bed bulbs is up to three times more intense than UVA in natural sunlight, which basically means the when it comes to the risks of skin cancer between a tanning bed, and laying in the natural sun, a person is three times more likely to obtain skin cancer from the tanning bed. Most of the 30 million Americans who use tanning salons/beds each year are women between the ages of 16 and 49 years old.

A tan is actually a sign of skin damage. Skin cells that have been damaged by UV radiation produce more of the pigment called melanin, and that is what produces the tan. Natural sunlight contains a mixture of both short-wave UV-B and longer wave UV-A rays. Both UV-A and UV-B exposures can lead to premature ageing of the skin, and both increase a person's risk of developing skin cancer, including malignant melanoma.

The difference is that UV-B rays (from tanning beds) cause more rapid tanning and burning while UV-A rays (from the sun) do not cause burning until exposure levels are very high (such as having a severe sunburn and then going back into the sun).

Therefore, is tanning in the hot, direct sunlight any better for you than lying in a tanning bed indoors? The answer is yes! Although a tan may look good, getting it from a tanning bed is not the safest way. The sun gives off Vitamin D, which is extremely healthy for the human body, it is far more natural looking, and it's free!

When it comes to those UV-A and UV-B rays from the sunlight, all you have to do is remember to wear sun screen (with UV protection) and to avoid staying out in the sun for too long at a time.

Bizarre news of the day: Talk about a late bloomer!

Gardeners must be patient as they wait for their carefully-nurtured plants to flower. But few will have faced quite the wait endured by staff at the Royal Botanic Gardens, at Kew, where a plant has flowered for the first time after almost 40 years.

Just before flowering, the *Agave franzosinii* more than quadrupled in height, growing a rate of almost three feet a week until it was as tall as a house. The growth spurt was such that the plant outgrew its West London conservatory, forcing staff to remove parts of the roof to allow its progress to continue. When it did finally bloom, most of the three inch yellow, trumpet-shaped flowers were outside the building.

However, the glorious display did not last long. Agaves die shortly after flowering and four months after the start of the growth spurt, the plant had to be felled by Kew's tree management team.

The plant is of the same family as the *Agave tequilana*, which

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Reflections

-THE- Salon & More

Welcomes GRB grad Natasha Humbert!

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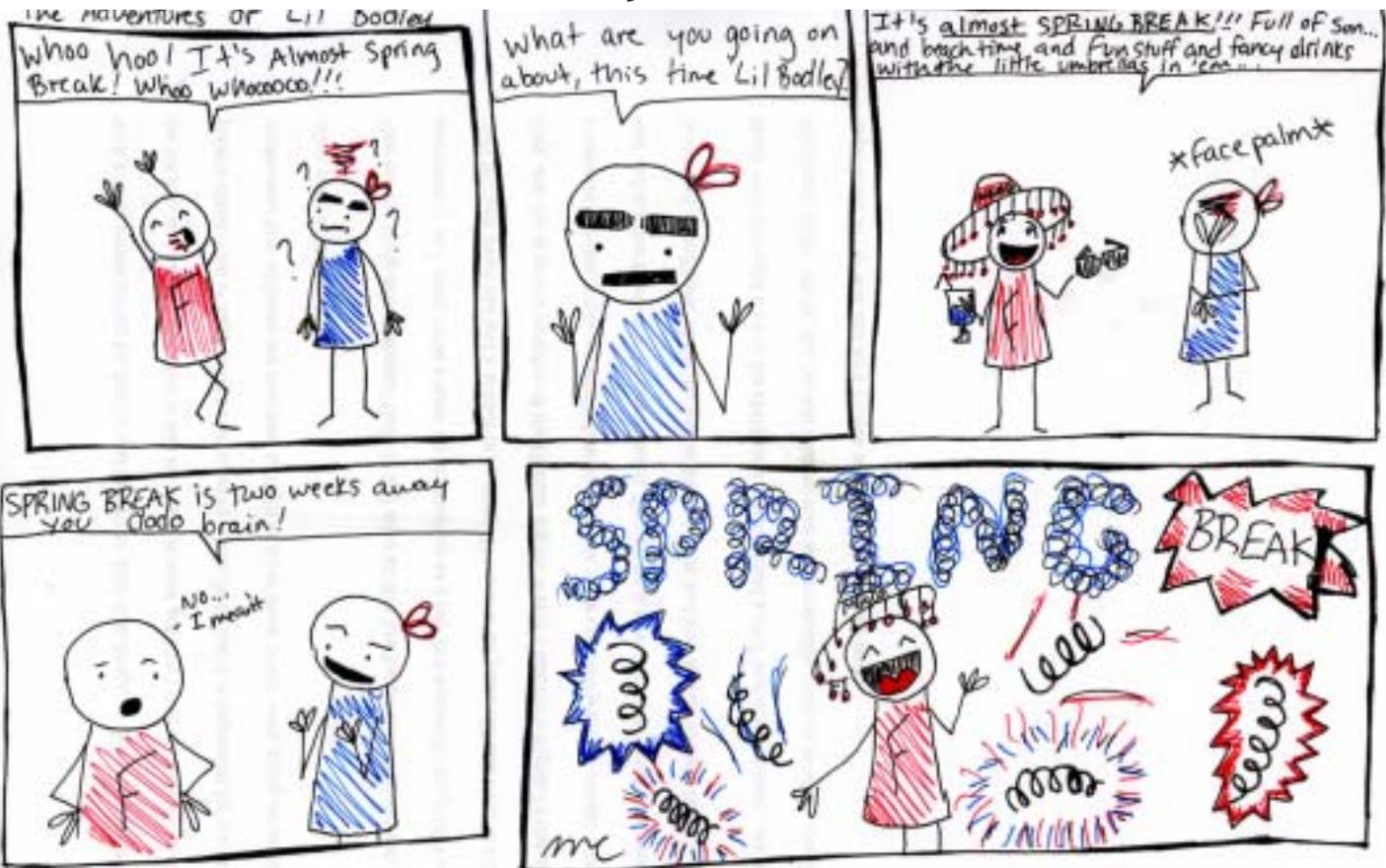
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Entertainment

The Adventures of 'lil Bodley

By Madeline Clark (this comic is drawn on reused paper!)



Late bloomer!

(from page 2)

is used to make the spirit tequila. Collectively they are known as icentury plants, as it was previously thought they only flowered every hundred years.

Where they grow in arid parts of Mexico, they are an oasis for wildlife, as they are full of pollen and nectar, attracting birds, bees and bats.

Before it died, staff at Kew took some seeds from it, which have already been sown and reached around 2 feet in height. They are expected to flower sometime around the middle of the century.

By Morgan Firenze

Senior t-shirts on sale for \$10

The Senior t-shirts are available in Mrs. Windsors room 236, and the cost is only \$10! The shirts are partially a fundraiser for the class. Without the sale of the shirts the class will lose out on money that could be used for the senior dinner dance as well as other activities involving the class.

Quote of the day:

“Either you run the day or the day runs you.”
Jim Rohn

Special treat in store for Thursday concert

(from page 1)

around the country. An annual ASCAP Special Awards winner, Sean was a composition fellow at the Henry Mancini Institute in Los Angeles and holds composition degrees from New England Conservatory and Syracuse University. Sean, his wife Dena, and daughter Kate reside in Los Angeles.

David Bamonte

David Bamonte joined the Oregon Symphony's trumpet section in 1994 and presently serves as Assistant Principal. His impressive credentials also include two years as Principal Trumpet of the Israel Philharmonic under Zubin Mehta and several years of being the top substitute and extra trumpet for the Boston Symphony.

He can be heard on numerous recordings by the Boston Symphony and Boston Pops orchestras and features prominently in Zubin Mehta's acclaimed Israel Philharmonic recording of Gustav Mahler's Second Symphony.

In demand as an educator and clinician, Bamonte has taught and



coached throughout Oregon. He serves on the faculty of Portland State University and the annual Brass at Wallowa Lake Camp. Additionally, David performs with the Oregon Symphony Brass Quintet, giving numerous community, school, and educational concerts.

Over the years, he has also collaborated with Portland trumpet manufacturer David Monette, giving presentations with Monette throughout the country.

David Bamonte studied at the Crane School of Music in Potsdam, the New England Conservatory, and the Eastman School of Music where his principal teachers were Charles Schlueter and Charles Geyer. He lives in Portland with his wife Wendy, their daughter Emily, and their pet schnoodle Lani.

Two more ways to start the day right

By **Natasha Luis**

Looking for a good way to start the day? These breakfasts are yummy and nutritional. With calories ranging in less than 300, they are a light, quick start. They are fresh, and with the option of having your breakfast cold or warm, this is a versatile meal that anyone can enjoy!

Apple-Banana Oatmeal: This special oatmeal gets me going in the morning and makes me feel great all day, this oatmeal provides a lot of energy and it's the perfect, warm jump start to your day!

Ingredients:

1 cup water
1 tablespoon orange juice concentrate
1/2 cup chopped unpeeled tart apple
1/4 cup sliced firm banana
1/4 cup raisins
1/4 teaspoon salt
1/8 teaspoon ground cinnamon
2/3 cup quick-cooking oats
1/4 cup oat bran, brown sugar (optional).



Directions: In a saucepan, combine water, orange juice concentrate, apple, banana, raisins, and salt if desired and cinnamon; bring to a boil. Stir in oats and oat bran. Cook for 1-2 minutes, stirring occasionally. Sprinkle with brown sugar if desired.

Vanilla Berry Parfaits: Delicious and easy, this is a fabulous mix of berries and yogurt! If you like, you can make a thin layer of graham crackers or granola in each vanilla/berry layer. That gives it a little more crunch.

Ingredients:

2 (8 ounce) containers vanilla yogurt
1 (10 ounce) package frozen mixed berries
2 tablespoons crushed graham crackers
1/8 teaspoon ground nutmeg

Directions:

Cover the bottoms of two small glasses with a layer of yogurt. Cover layer with berries. Repeat until both glasses are full, ending with a fruit layer. Sprinkle with graham crackers and nutmeg.

(look for two more lunch recipes in tomorrow's edition of RaiderNet Daily)



RaiderNet
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Sports

Sports salaries out of line, something has to give

By Nathan Deavers

No matter what sport is in season or off-season, there will always be a big signing of a free agent or a contract extension. These contracts keep getting larger and larger, being worth more and more money as shown with the signing of Calvin Johnson, wide receiver of the Detroit Lions.

This extension is worth 132 million dollars for seven years with 80 million guaranteed.

Yes” Megatron, “Johnson, is an amazing player, but why do these deals keep getting more expensive? Why can’ teams just stay within a guideline and range for different caliber of players, instead of getting more expensive each time? I understand that these teams want to keep their star players, but why do these players need to keep breaking records for the largest contracts?

How much money can one person spend?

Players always want to take more money, they always want to get more than the last person and they might want to go to a winning team, but there will always be a part of the player that cares about the money.

This can also be shown with the signing of baseball standout Albert Pujols by the LA Angels, receiving a 10 year contract worth about 254 million dollars. It does not matter what sport it is, the best players get more and more money each year no matter what the top players got the previous year.

In my opinion, the players should not keep raising the bar and



making these contracts so much bigger. Just keep steady salaries for star players. I realize that these are the best at what they do in the world, but getting tens of millions of dollars each year is a bit ridiculous. Even the players who do not play get good money, no contracts are below hundreds of thousands of dollars if you are a professional for a major league team.

Many players do donate a lot of money to charities and use some of the money for good cause, but still, it’s a lot of money to play a sport. This also probably helps them because many kids leave college early to play these sports professionally and do not get their degrees. If they do not use their money wisely they could also be hurting in the long run, so I guess that it evens out.

I just think that there should be a range for starters, back ups, and bench players for each league. They do not have to keep getting more expensive each time there is a new contract, although teams think that the more money they pay, the higher the chance that they can reel in a star player. This is very true, but teams need to stand down at some point because they are not going to be able to have a team for many more years if they do not.

There are many people who work hard out in the world and get paid five digits while there are sports players who earn seven or eight digits. In fact, some of the top players earn more money in a few days than the average American earns in a year.

Clearly there is a problem with this.

I just think that there is a large gap between these salaries. Our country’s economy is hurting right now, but the sports industry is still paying their players more while some people need to take cuts in pay for their job. Sometime soon I’m sure that these teams will have to do something or they will be hurting.

Denver taking big-money gamble on Manning

By Tyler Terramiggi

Peyton Manning wants Denver to be the next stop in his outstanding career. A person briefed on negotiations says the NFL’s only four-time MVP called Tennessee Titans owner Bud Adams and told him that he had chosen to negotiate with the Broncos. ESPN first reported Manning instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after the quarterback became a free agent when the Indianapolis Colts released him.

Manning sat out all of 2011 because of multiple neck surgeries, but his success in the past has made him this offseason’s most sought-after player. Elway and Manning first discussed the parameters of a five-year, \$95 million contract during their March 9 meeting in Denver, the first time the quarterback visited a team during his free agency.

Manning also passed physical exams by San Francisco and Tennessee, but he has told all teams that he still has gains to achieve in terms of arm strength and endurance that are related to nerve regeneration due to his neck injury. Nevertheless, his throwing ses-



sions observed by all three teams combined with extensive video of previous workouts — were satisfactory enough for those teams to pursue the most celebrated available player since the NFL’s free agency era began in 1993.

Elway now has helped produce Denver’s biggest win since he led the Broncos to their last Super Bowl win in January 1999. Elway and Manning have stayed in close contact throughout this process, strengthening a relationship that grew well beyond the golf the two had played together in the past. Manning is comfortable enough with Denver that he has directed Condon not to negotiate with the 49ers and Titans to avoid any perception that he was seeking financial leverage, sources said.

Once the contract is completed, Manning will travel to Denver for a news conference to formally introduce him. Shortly thereafter, Manning will be allowed to work with the team’s trainers, strength and medical staffs because of his prior neck surgery.

While Manning soon will arrive in Denver, current Broncos QB Tim Tebow could well depart. According to sources, Denver will try to trade Tebow, who led the team to an 8-8 finish, an AFC West title and a first-round playoff victory over the Pittsburgh Steelers while becoming a world-wide sensation last season.

How do you think SU will do this weekend?



"They're going to get rocked!"

Jordon Baldwin



"They are going to win by at least five."

Joey Paulich



"They are going to smoke Wisconsin."

Aaron Cooper



"I sure hope they'll win!"

Todd Oakes

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.
Record high forecast

80°

Average: 45°
Record: 66° (1976)

Tonight:



Partly cloudy.

54°

Average: 27°
Record: 0° (1988)

Tomorrow:



Sun and clouds.
Record high forecast

78°

Average: 46°
Record: 67° (1979)

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.