

Fulton YMCA hosts “Zombie Prom” this Saturday

Looking for some fun with friends on a routine Saturday night? Or maybe you are looking for a cool new thing to attend and hangout at? Well, lucky for you and your friends, the Fulton YMCA is hosting a Zombie Prom!

This coming Saturday, April 28, ages 12-20 can attend this event and have a fun filled time is guaranteed! Grab a group of friends and head on over! The more people to attend an event, the more fun you will actually have. If things go well and many people enjoy it, this could become something for students who live around Fulton to look forward to and attend.

Tell some friends from another school and get the news out! This is a great way to meet new people, make new friends, and to socialize! What person doesn't want to do that? Then you can keep in touch with them on Facebook, twitter, or even just texting! It's almost as if you are walking into a door that says, “A Way To Meet New People!”

At G. Ray Bodley High School, the posters around the school have caused students to become extremely curious about this event. There is no cost, and while people are certainly welcome to, you do not have to dress up like a zombie, and you'll have fun!

You can't go wrong!

Along with being a good time, there will also be learning. This is to help educate student on things happening in their current life and their future. It will cover four things: Be Safe, Be Smart, Be Strong, and Be Protected.

This is a free and fun activity, so bring all your friends! It will run from 7 to 10 pm. If you would like to receive more information, contact the Fulton YMCA at 315-598-9622. They are expecting a great turnout! So go have some fun!

By Kara M. Yakel

RaiderNet Daily

G. Ray Bodley High School, Fulton, NY

Volume 3, Number 124

Monday, April 23, 2012

Victorious weekend for Raider lacrosse teams Girls toppled state-ranked J-D 13-11

It was a great weekend for the Raider lacrosse teams with both the boys and girls varsity teams picking up wins over league opponents.

The boys sent the Whitesboro Warriors home on their hour long bus ride anything but happy campers on Friday night. Fulton outscored the Warriors 8-1 in the first and fourth quarters which proved to be decisive in the 12-6 win while the girls ended seven years of frustration by downing state-ranked Jamesville-Dewitt 13-11 on Saturday.

Senior captain Ross Maxam opened the scoring by putting in two early for the Raider cause before the Warriors answered to bring the game within one. After that, the Raiders put in two more scores on a goal from Sutton and a feed from him as well and the lead swelled to 4-1 going into the quarter.

After an even second quarter at 2 goals apiece, the lead was 6-3 at the half. The Warriors were not going to go down without a fight though since they came out firing and won the third 3-2. After that it was all Fulton as they scored four unanswered including one goal on a fast break where sophomore defender Mark Pollock juked out his attackman on the ride and carried the ball

into the opposing team's territory before falling down and flipping the ball over his back to senior attackman Ross Maxam, who finished off the play with a rocket from 10 yards out.

A few minutes later, another sophomore



Senior attackman Ross Maxam, left, has helped key the Raider rise to 4-4 on the season and scored three goals with three assists on Friday as Fulton downed Whitesboro 12-6. (Hannah Dunsmoor photo)

standout in Seth DeLisle joined the action by driving to the cage and beating multiple defenders before scoring his third goal of the game. The three scores give him his first career hat trick. Maxam's fellow lineman Joe Sutton had 2 goals in the fourth quarter to aid the Raider cushion, one was on man up on a backdoor cut on the crease and on the other he showed off his ability to finish inside on a feed from midfielder Tyler Lockwood.

DeLisle's 4 points on the evening were hopefully a glimpse of things to come. He will have to be a big addition to the Raider offense, along with his brother Steven, since the team is lacking midfield output.

The defense was run by what is turning into a very stout group of close defenders. Joe Cortese, Brandon Lockwood, and Mark Pollock assisted goalkeeper Colin Blake in defending the Raider goal. Blake stopped 6 shots and the defense continues their impressive play and is allowing 7.6 goals per game over the Raiders last five games.

The five game stretch has translated into 4 wins and was very important since the Raiders picked up wins they absolutely had to. Another bright spot for the D has been the emergence of senior midfielder Jesse Ives, who has made the transition to defensive

(continued on page 5)

Opinion

At least between bells, let there be music!

By Ashlynn Palmitesso

Music is more than just sounds escaping from an electronic player, it is a way we express our emotions and thoughts. Nearly everyone listens to various genres of music, but yet we all appreciate the general feature of music. Everyone connects to music in a different way, whether it is just for the enjoyment of it, or for benefits such as general health.

Ancient rituals used music for therapeutic benefits and as a tool of healing. Even as early as 300 B.C., Pythagoras, Aristotle and Plato believed that music can positively impact the physical, mental, emotional, and cognitive aspects of life. Music is commonly known for reducing stress and anxiety levels. Soothing music helps individuals to relax and find their inner peace. Music can also act as a natural pain killer by releasing endorphins and diverting the mind from the pain causing relaxation.

Also, soothing music can result in cardiovascular benefits by low-



"The upbeat nature of music can stimulate brainwaves, which allows the mind to focus and become alert to the surroundings."

ering your blood pressure and heart rate. The prominent benefit for teenagers in school is the stimulation of brain cells. The upbeat nature of music can stimulate brainwaves, which allows the mind to focus and become alert to the surroundings. The soothing music can also allow students to enter a calm and meditative state.

Music has several positive benefits to students during school hours. However, there are specific times when the use of electronic music players is appropriate. Some students believe that they are limited as to when they can listen to music. I have overheard faculty members argue with students about putting their music devices away

during the four minutes when students walk from class to class. Between bells is when students have a moment to escape from the education realm.

It is our four minutes, and I believe students should be able to listen to music.

As mentioned above, music can stimulate our brain cells to become concentrated on our surroundings, or relaxed from the melody of a song. Therefore, when entering the next class, we are in a relax state rather than entering an uncomfortable zone.

There is no harm in listening to music in between bells. If anything, it can help students stay out of trouble. Also, why is music questionable in the actual appropriate environments such as the art room? The art teachers understand the reasoning behind utilizing music while working on a project. The music can influence the artists' work or perhaps allow the student to concentrate on his/her own work. Besides, if the volume is at an appropriate level, then the students are not bothering other students and the teachers. Any good song can ease your inner turmoil and put you in a better emotional state, and the end result would be happier, more successful students.

Quote of the day:

"A #2 pencil and a dream can take you anywhere."

Joyce A. Myers

It's not too late to sign up for the Senior Trip

Were you interested in the senior trip but missed the date for the deposit?

Anyone who is interested in attending, visit Mrs. Windsor in room 235 to sign up or for more information. The trip will be to Lake George. The cost for the trip is about \$175 and a deposit of \$50 is due as soon as possible. Don't miss this opportunity, act now.

Reflections

-THE- Salon & More

Welcomes GRB grad Natasha Humbert!

Specializing in highlighting, Brazilian blowouts, retexturizing, extensions, cuts & styling

608 South 4th Street-Fulton Call for an appointment today! 592-4415

Proud 20 Year sponsor of GRB Journalism



Columns

Food plots can benefit both hunters, game

By Maddie Olon

How do you feel about drinking water?

To be honest I used to hate drinking water! I thought water was disgusting and I literally refused to drink it. I would pick iced tea or whatever else was in my refrigerator to drink over water on a daily basis. I didn't think much about it until recently, when I actually started drinking water, and now that's all I drink every day.



Before, I would get sick a lot and not always feel up to doing daily activities. I didn't know why and I thought it was impossible that I was getting sick because I didn't drink water. Come to find out, my body needed and wanted water just to function.

After doing research I learned a lot of reasons why everyone should drink water. These include, a person can go a month without food, but only a week without drinking water. If you feel fatigue in the day it's your body telling you that you are going through mild hydration and you need to replenish. Water also helps maintain body weight and speeds up one's metabolism if consumed throughout the day, water also reduces headaches as well as obtaining some types of cancers (ex. Breast cancer and colon cancer).

Texting and driving, it's not a smart choice

By Taylor Milliken

Every day as the buses are pulling into school, people drive past the student parking lot, and see that many students do in fact drive to school in the morning. Near the tennis courts, the senior parking lot is almost full on a daily basis. More and more teenagers are driving, and it's hard for them to remember some of the basic safety issues that



don't always come across their minds; such as texting while driving.

In a national study, it was noted that driver inattention is the leading cause of car accidents. Included in this study were statistics for texting and driving. Over one-third of the drivers in America (37%) said they have sent, or received text messages while driving. While teenagers are texting, they spend about 10 percent of the time outside the driving lane that they are supposed to be in, which is way too long.

Younger drivers ages 16 to 24 were more likely to use a hand-held cell phone. One of the biggest, and most shocking statistics, was that about 6,000 deaths and a half a million injuries are caused by distracted drivers every year.

Water is naturally made so you and I can drink it every day whenever we want, so we can stay healthy and ready to go. The nice weather is going to bring about activities such as bicycle riding, rollerblading, running, and walking. And I expect water will be the main object you will bring along with you on these adventures.

I would say to always drink out of your faucet because water from the faucet contains fluoride, which is a main ingredient that your teeth need, and bottled water does not ensure fluoride. But through recent findings I found that the city water in Fulton does not have fluoride and therefore your teeth and body are not getting that main ingredient and tooth decay is more common.

Water is essential and must be consumed on a daily basis. If you don't like water, spice it up a bit! You can buy bottled water that is purified, as well as flavored bottled water. If you don't want to spend money on water bottles every week or month, depending on how much you drink it, you can buy a filtration system for your faucet. This system will purify your water when it runs through it and all you have to buy is a filter every couple months or so. Not too long ago, Brita came out with water systems for your home, but with a flavored filter, so when your water runs through the system it becomes flavored water!

Be good to your body and drink water! It will thank you in the long run and your body functions will improve dramatically.

Texting and driving, it's not a smart choice

Half a million injuries! That happens to people you don't even know, just because they couldn't wait to read that text message from their boyfriend/girlfriend, or to check that status update on Facebook that their best friend just posted. Talking on a cell phone while driving can make a young driver's reaction time as slow as that of a 70-year-old. If a little kid is riding his bike across the street and someone is looking down at their phone texting and suddenly look up and see that little boy, they may not hit the brakes fast enough to save his life.

But all of this can be prevented as it is not that hard to do the smart, easy, right, and simple thing: don't text or talk on the phone while driving. Who cares if your mom is texting you or your sister is calling you? Chances are that it is not an emergency, and they will certainly understand that you are too busy driving and paying attention to the road to answer them right away.

If someone believes that it is really that big of an emergency, they should pull over to the side of the road and take care of it quickly. Another possible solution is to have a friend ride along to read text messages and reply. A few common sense moves could save an innocent stranger's life that doesn't deserve to have it taken away, or perhaps the lives of the driver and passengers themselves. It is important for everyone to do the right thing; be responsible for yourself and for others.

RaiderNet

Daily

Check us out on Facebook!
www.facebook.com/GRBJournalism



Opinion

Higher education is the pathway to success

By Tony Torrese

The time for students to start gearing down and picking out colleges is here. Whether you're a freshman just starting to consider which colleges would best suit your needs, or you're a junior or senior putting the final touches on your college applications, be sure to have college on your mind.

College is certainly a necessity in today's day and age; as most careers require higher level education for admittance.

According to the US Census Bureau, a citizen who has at least some college earns on average, six-thousand dollars more a year than the 30,000 dollars a year made by someone who only has a high school diploma. On the same side of the coin, someone who earns a Master's Degree nearly doubles what is made by a simple high school diploma.

People earning a Bachelor's Degree earn, on average, over fifty-



"No matter what grade you may be in or how smart you may think you are, the times of making good money with little education are hanging by a thread, which puts more emphasis on the need for at least some sort of college education,"

and see that your earnings increase, as figured by your level of education, has compounded over your lifetime. A person with a Bachelor's Degree will earn, on average, almost twice as much as workers with a high school diploma over a lifetime (\$2.1 million compared to \$1.2 million). This is a result of not only higher starting salaries for people with higher education levels, but also the sharper earnings growth over the course their careers."

As most may see, statistics are actual representations of real-life people with their actual salaries. The chance of being successful at a certain job greatly increases with more than a high school education.

Freshman should already be scoping out which colleges they may attend when they graduate, because the time in high school flies by, just ask any graduate or senior. Some younger students may find themselves questioning whether they actually need college, which of course is a common question in today's society. But the answer is clear; yes students do need to go to college in these modern times.

There is an increase in pressure for sophomores, who should be realizing that the time in high school flies by. Colleges will be looking at your grades and students' athletic or special talents already. Also, the Pre-SAT and Pre-ACT (Plan Exam) are available to sophomores, along with the occasional admittance into the real exams. It is highly recommended to take the college entrance exams as often and as soon as possible.

The pressure for juniors and their quest to find the right college for themselves can often times be overwhelming. In their search for the right college, students must be sure to include in their search: class size, campus layout and what the colleges they are looking at are offering them in terms of financial aid.

As for seniors, they should already be crossing off colleges from their list, and finalizing their plans for where and when they will go. Seniors should also be applying for scholarships and financial aid, as the cost for higher level education is on the rise. Besides, ask any alumnus, the college life is often described as being a thrill-ride of fun and adventure once you get past all the stress and hardship.

No matter what grade you may be in or how smart you may think you are, the times of making good money with little education are hanging by a thread, which puts more emphasis on the need for at least some sort of college education, so get out there and start your search for that perfect campus!

thousand dollars a year at the national level. Even better, one with a Doctorate Degree receives over 80,000 dollars and a Professional degree earns on average, over six-digits a year! Numbers don't lie folks, and the times now require a college education to be successful! As society consistently is evolving, education is the clear cut path to success.

In lifetime earnings, a student who earns a Bachelor's Degree will earn well over two million dollars versus the one million made by someone with simply a high school diploma. The US Census Bureau stated, "By the time you comfortably retire, you'll look back



Mother's Day Portrait Special
Your mom is a special woman. Give her the gift she's guaranteed to love!

1 Hour session
Private online gallery
5 Edits of your choice
1 - 11x14, 2 - 8x10 2 - 5x7 Prints

\$90.00
(Tax included)

STUDIO
160
PHOTO STUDIO • PORTRAIT STUDIO • STYLING STUDIO

www.photostudio160.com

Accepting bookings from April 10 - May 6. 50% non-refundable deposit due upon booking. Contact for more info.

Raiders net fourth straight win with 6-2 triumph

The Fulton boys tennis team continued its winning streak on Friday, bumping their record up to 4-0 with a convincing 6-2 win over Syracuse West. One day after conquering Syracuse East, Syracuse West became the fourth team in a row to be taken down by the newly developed and confident Fulton powerhouse.

In this match, Fulton showed off their strength at doubles, with a sweep of all four matches. With four wins this season, this team has already surpassed the win total of last year's team, which only won three times in twelve matches.

Increasing his record to 4-0 at first singles was Mitch Lalik, who defeated Syracuse West's Greg Elias 6-0, 6-0. Captain Eric Naioti's record for second singles is also 4-0, after taking home a 6-1, 6-0 win against Lyle Watson.

Nathan Deavers experienced his first loss of the season, playing hard into three sets, but eventually being outscored 7-5, 2-6, 4-6 against Taylor Madison. Losing in a close match at fourth singles was Neil Devendorf, who played against Syracuse West's Josh Hintz, but lost in a ten point tiebreaker 7-5, 1-6, 5-10.

But it was all Fulton in doubles play as the Raiders claimed all four possible points. First doubles team Alex Bawarski and Joe Medico kept their season undefeated by winning against Husam Jameel and Bailey Nguyen 6-1, 6-4. At second doubles, Zach Mizener and Brian Garrett took home a 6-3, 6-2 win against Phuc Do and Hoa Luu. Nathan Hawthorne and Brad Crofoot won another match at third doubles by defeating Syracuse's Luke Chestnut and Khang Tran

6-3, 7-5, with a monster comeback fueled by some team support in the second set. Appearing in their first starting role were Jacob Strauss and Joel Monaghan, who won their fourth doubles match against Robert Waelder and Samuel Breazeale 6-0, 6-4.

Fulton's next match is scheduled for today at Jamesville-DeWitt in a clash between unbeaten sides. J-D has always been the toughest competition for the Raiders, but the boys are feeling confident that they can keep up this year. Senior captain Nathan Deavers commented on the match, saying, "I am confident going in and I think that we actually have a fighting chance, unlike in the past." Weather may get the best of both teams, however, but the boys will continue to stay positive and hope for their chance.

By Alex J. Bawarski

Big weekend for Raider lax forces

(from page 1)

middle this year and has accepted the role of guarding the opposing team's top midfielder.

Leading the Raider onslaught were Maxam and Sutton who finished with 6 and 5 points respectively. Maxam scored 3 and assisted on an equal amount where Sutton showed his scoring prowess by reaching glory on 4 occasions and aiding on another. Seth DeLisle had a career game with 3 goals and one assists for the Raiders. Junior attackman Steven Hanczyk had 2 goals and 1 assist while Lockwood and Pollock both added an assist each.

The Warriors generated most of their offense from the midfield with junior Matt Felitto leading the team with 2 goals and Jack Mercurio adding 2 points on a goal and assist. Pat Husnay recorded 10 saves on the evening.

With the win, the Raiders are 4-4 overall, tallying one more win than they could manage to all last year. With their 3-1 league record, if Fulton can muster up a victory on Tuesday over the Cortland Purple Tigers, they would be stationed at second place in the league. Whitesboro continued their woes by dropping to 1-7 overall and 1-5 in league play.

Girls claim landmark win

It was a similar story for the Lady Raiders

as they faced off in one of the most anticipated games in the dawn of the new season, welcoming in the league-leading Jamesville-Dewitt red Rams.

On a rainy Saturday morning, the Red Raiders showed no signs of mercy to their visiting foes, jumping out to an 8-6 advantage after the first stanza. Although the Rams came back from a first half deficit earlier in the week to take down league rival ES-M, the Raiders would not allow a second half surge and fended off the countless J-D offensives in the waning moments to seal the deal and pick up a signature win.

The buzzer sounded and the whole team, along with the entire Raider faithful knew that this was a huge win to show Section 3 that the Fulton girls are the real deal. The team mobbed senior netminder Torrie Whelsky, who played a phenomenal game in stopping 13 shots.

The girls currently sit atop the OHSL Freedom National Division at 5-1 and 6-2 overall, a place they hope to stay for the rest of the season. Putting up a larger number on the home side of the scoreboard than the visitors is no small task when J-D comes to visit, especially since they started the week ranked 22nd in the state out of class B schools.

The last time the Lady Raiders beat the Red Rams was 2006 in a low scoring affair of 6-4. Eleven losses in a row, including a

playoff defeat last year, was no indication of Saturday's matchup as this is one of the most talented Raider teams in recent memory. According to Head Coach Drew white, they have all the makings to be a great team.

Despite being outshot 24-16, the team made the most of their opportunities and the Raider charge was led by Amelia Coakley, who tallied 4 goals on the day. Kate Rothrock added three of her own and Erica Knaub equaled Rothrock with 3 points with 2 of her own goals and helping out on another. Sophomore Julia Ludington also scored 2 goals and Jordan Rizzo and Alise Tallents each saw one of their shots reach the back of the net.

Leading the way for J-D was Taylor Fallon who scored on an astounding 6 occasions but did not receive much aid with the rest of the Red Ram offense only scoring 5, 2 of them coming from Lauren Beville.

The girls will be back in action on Tuesday, hoping to maintain their strong form, when they host Cortland with JV action at 5 pm and the varsity to follow.

This week in Raider Sports

Today: Baseball vs. Ludden (4:30); JV Baseball @ Ludden (4:30); Softball @ Chittenango (4:30); Tennis @ J-D (4:30).

School of Thought compiled by Kara Yakel and Dylan Holden

If you could have a date with any celebrity, who would it be?



"Ashton Kutcher."

Donald Bort



"Megan Fox."

Michael Lewchanin



"Taylor Swift."

Dylan Galletta



"Jennifer Lawrence."

Hannah Dunsmoor

Meteorology and you

By Carson Metcalf



Today:



Rain with possible
snow mixing in.

42°

Average: 61°
Record: 88° (2001)

Tonight:



Rain/snow showers.

35°

Average: 39°
Record: 28° (1989)

Tomorrow:



Mostly cloudy.
with rain.

48°

Average: 61°
Record: 81° (1960)

*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.*