

## Bodley artists emulating work of famed painter

By Kara Yakel

As you walk through the halls toward the art wing at G. Ray Bodley, it becomes pretty obvious that students here are extremely artistic. Mrs. Williams mostly concentrates on ceramic projects while Mrs. Koblentz does more painting and drawing. All students in both of their classes find the true artist that they have never found.

Some students are born with the ability to draw something extremely beautiful within seconds, while other students lack the ability to. At G. Ray Bodley the principals do not allow students to graduate without an art or music credit. The students that chose music sing in chorus, while others find their inner artist.

Georgia O'Keefe was born close to Sun Prairie, Wisconsin on November 15, 1887. She had eight siblings and did what her mother told her, joining art classes. These classes then lead to O'Keefe to go to art school and she then meet Arthur Wesley Dow who created contrasts of dark and light in his art. This inspired O'Keefe to create the brilliant drawings and paintings that have amazed others.

O'Keefe did not draw people or animals as much as she did landscape forms, distinctive architecture, and skulls. The amazing thing is that, she did not concentrate on the whole picture, but instead she used a small view finder which crops an area that is most interesting.

Mrs. Koblentz and Mrs. Williams have been amazed by her work and incorporated a project for their Foundation in Art and Drawing and Painting classes to take part in. This project has opened an eye to many students and the drawings show the artists that are here at G. Ray Bodley.

The Foundation in Art classes are doing smaller things than the Drawing and Painting classes. Foundation in Art started with finding an interesting part of a flower or bone and drawing the one that stands out most to them, while Drawing and Painting classes



Art students have been working to emulate the style of famed American artist Georgia O'Keefe. (Kara Yakel photo)

are doing things a little differently.

Drawing and Painting classes are working in groups of four and drawing paintings like the ones in the photos. These paintings are not finished yet, but Mrs. Koblentz and many students are amazed at how beautiful they are coming out. These paintings resemble what O'Keefe drew and painted be-

fore her death.

Taking and art class can be hard at first, but start with something little and it can bring you a long ways. Georgia O'Keefe has clearly made an impact on these students and teachers. It is bringing art to a level of concentrating on a specific piece and making it stand out.

## Lutz runs hard as Raiders gain split

The Fulton boys track team split their contests last night when they faced tough opposition in the Fowler Falcons and Cortland Purple Tigers.

The Raiders outscored Fowler 74-67 but could not manage to beat Cortland, falling 73-68. Sophomore Bailey Lutz had a big night for the Raider cause, going on to win the 800, 1600, 3200, and 3200 relay. Senior Mark Aldasch owned the hurdle events in the 110 and 400 while joining in on the 1600 relay winning performance. Casey Holden

took the 400 and the high jump, he also joined Aldasch on the 1600 relay team. Dylan Holden was a member of the winning 1600 and 3200 relay teams.

Rounding out the winning 3200 relay were James Martin and Alan Cronk, while Mike Holcomb joined Aldasch and the Holden brothers on the victorious 1600 relay four-some.

The split performance sends the Raiders to .500 at 3-3 on the season and will be pre-

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## Opinion

# Athletic participation can deter problems

By Tony Torrese

Does participating in a high school sport prevent students from getting in trouble? As an athlete, do you find yourself bound to your contract instilled by the Board of Education and more importantly, do you actually find yourself thinking of whether or not you could be kicked off your team for your actions?

I personally believe that although high school sports can many times be a huge commitment, they are very beneficial to students. The contract which they are bound to helps mold them into better citizens. As any athlete here at G. Ray Bodley knows, athletes may not smoke, drink, or go to parties in which illegal substances are located. They also have to show sportsmanship at all times or else face penalization, because they are not just



love their sport and their teammates, which many times directly leads to better behavior because they seek approval from their peers and coaches.

Students who do not participate in sports are not necessarily more apt to get in trouble, because many students are simply too busy to do a sport. But the ones who choose to do things that they shouldn't do, and cause mischief, could be doing more with themselves such as joining a team effort, which could ultimately keep them out of trouble.

**"I personally believe that although high school sports can many times be a huge commitment, they are very beneficial to students."**

representing themselves, they are representing their families, their school and their sport as a whole.

Most athletes participate in their sport because they genuinely

## Quote of the day:

"Everything has been figured out, except how to live."

*Jean-Paul Sartre*

## Bizarre news of the day: One way to fool a Panda

Workers at an animal research center dressed up like pandas to move a mother panda and her son. Workers in Wolong, southwest China's Sichuan Province, said this was to maintain an intimate relationship with the pandas and make them feel "safe".

Baby panda Tao Tao was born in 2010 and has never seen a human face because keepers always dress in panda suits while around him.

When he was six months old he and his mother Cao Cao were moved into a large mountainous area for intensive wild habitat training.

With that proving successful, the pair has now been moved to an even wilder area where they have more freedom.

Keepers hope that Tao Tao will be able to be released fully into the wild later this year. When Tao Tao was born in August 2010 it marked the first time a captive-raised panda had delivered a cub in a near-wild environment.

Over the last few years he has been learning all the behaviors pandas need in the wild, such as walking, climbing trees and looking for food.

Following the success of the program there are now plans to release six more pregnant female pandas into semi wild enclosures.

*By Morgan Firenze*



## Reflections

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# Paying attention to what you eat pays off

By Maddie Olon

I can tell you one thing; I never pay attention to what I eat. I never realized it until someone brought it to my attention. I literally eat junk every day, and it's terrible for me.

My mom's friend brought it to my attention when she was talking about how she felt when she ate junk food in comparison to how she felt when she ate good food. I

noticed as she was talking, that when I eat junk food, I get crabby and don't have a ton of energy to do all the things I should be doing or want to do. But, when I eat good food, I feel a whole lot better and I exercise more, get more stuff done, and I'm in a whole better mood.

I decided to do an experiment for a week by eating only healthy foods. I ate five meals a day and only drank water. In the beginning of the week, I felt sick and was getting frequent headaches for a couple days. My mom called our nutritionist and she verified that it is normal to feel bogged down because your body is detoxing from all that sugar and junk.

As the week progressed, I was able to do my work out routine every day and my energy level was through the roof. I was able to concentrate more, and all around I felt better. The one thing that changed dramatically was that I wasn't as moody and I didn't snap at someone if they asked me to do something little like the dishes. No, I didn't eat only salad. My mom switched the meals up every day by making rice pasta, homemade soup, or meats like steak. Overall, my mission was a success and it was proven that eating healthier made my life a whole lot easier and less stressful.

How much does eating healthy cost?

In the beginning, eating healthier does cost more money. As opposed to buying chips and cookies; salad, tomatoes, strawberries, bananas, and all the other fruits and vegetables add up quick. My mom already eats organically, so a lot of foods already come from the health food store in my house. For example, we eat almond butter which is \$12 as opposed to regular peanut butter which is around \$3. As we talked to our nutritionist, we realized and are now accustomed to making our lifestyles fit eating healthier. Yes, sometimes you are going to be really busy and all you have time for is fast food. But when you stop to get fast food, pick a salad instead of a quarter pounder. You don't have to go to the extreme to eat a little healthier. Here are some examples.



Instead of a peanut butter and jelly sandwich, pick a turkey sandwich.

Instead of macaroni and cheese, pick regular pasta with sauce and a side of a vegetable.

Instead of eating ice cream or chocolate, pick strawberries with a little bit of sugar.

You don't need to go crazy and replace all of the food in your house, just make simple decisions to switch certain meals and make them a little bit healthier. For example, not using as much butter or salt on your food. I read a book called "The Sugar Blues," and learned that being addicted to sugar is the same as a heroin addict's addiction, which is crazy in my opinion!

On May 7, 2012, CNN posted an article that predicts that 42% of the nation will be obese by 2030. These studies revealed that the number of obese people is rising due to factors such as fast food restaurants, internet access, the cost of healthy food, and grocery prices overall. In my opinion, a bag of store brand salad is approximately \$2, which is the same as a fast food sandwich and you will get more than one meal out of it. And water is free from your faucet, which is the healthiest drink you could have.

It's up to you as to how you would like to live your life. But it has been proven that eating healthier changes lives, especially on shows like *The Biggest Loser*, and *I Used to be Fat*. It's not all about losing weight and being skinny; it's about having a better outlook on life and having enough energy to play sports or do physical activities. Eating healthy

will not only improve your life now, it will improve your life in the future. Feel better and eat healthier.



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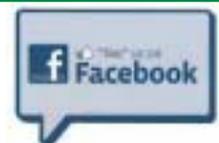
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# The many-faceted life of a professional musician

By Nick Abelgore

Music is a huge part of our society today. Everywhere you go, radios are blaring, people are performing live, and songs are being streamed through the internet. The art of music is one of the most proficient manners of illustrating emotion and feelings through human beings.

There are countless types of music in the world, coming from different places, being of different styles, and representing different moods or messages.

With so much out there, many people become inspired to write their own music and try and leave their imprints on the people around them. Anyone can learn an instrument or become a musician really. It is an easy thing to do with time, patience, and practice. But why are there so few out there who really hit it big? What makes all of the famous music makers stand out above the rest of the crowd?

Trying to become a professional musician is a very hard thing to do. There is a large amount of competition to face up to. Being in the music business is a rough road to follow and to try and come out on top of. There are a certain set of qualities one must exert to demonstrate a high level of professionalism.

Many of these are very straightforward, but it is unbelievable how many show-offs out there just do not get the click. To start with, it is important to be able to follow directions well. This seems like a broad statement to make, but one has to be able to do anything that someone may want. No matter what the task at hand, whether it be playing in a pit orchestra or throwing together a last minute gig for a wedding, it is necessary to be good at taking directions.

More times than not, the person who is asking will have no musical knowledge whatsoever. A well-trained musician must know how to interpret what they actually mean into an action quickly to make the requester happy. Something relayed from a music director who knows exactly what he or she wants should be adjusted to right away without a problem.

Also, people come to listen to music to hear what they want to hear. Taking into consideration people's interests and tastes over personal ones will be more appealing to listeners. Doing well in these types of scenarios leads to gaining a good reputation and causes more people to come to give out work.

To be successful in all aspects of life, it is fundamental to be well organized. Musicians generally have a packed schedule and have to keep track of an enormous amount of duties and material. If one cannot manage everything that is going on and be in the right places on time, work opportunities will go out the window. Prospective musicians need to keep a calendar of the things that are coming up and need to avoid biting off more than can be handled efficiently. Storing everything in mind becomes more effortless with experience, but learning how to organize everything is something that must be learned very quickly from the beginning.

Communication skills are another thing that musicians need to have down pat. All of the time, musicians deal with people who either do not know anything about music or the music business, or those whom they have never played with before. It is useful to ask questions, offer suggestions, and always try and lead the conversation. When playing for the first time with new musicians, showing up prepared helps a great deal. Especially with impending gigs, having good quality

audio tracks, neat sheet music, and a clear idea of what needs to happen, rehearsals will run much smoother and faster.

Playing in a band or being in a group does not always mean acting like it is a one-man show or being in the spotlight all the time. Blending in and being in balance with everyone else's instrument is something that surprisingly many people cannot fully grasp how to do.

People do not like it when they go to hear a live performance and the guitarist's amp is cranked up too loud, or the singer is not in sync with the rest of the group. They want to hear music as a whole and be able to discern all of the different parts weaving together to make one ultimate impression.

All players need to learn how to keep their ears open to the other sounds around them as they play their instrument. If something goes wrong or a change is made in the music, an immediate reaction to the events going on in the current point of time must be made. A professional musician is able to find a medium in the song where his or her sound fits correctly.

Immersing into the equilibrium of sound will actually make the music rise in intensity and power rather than by just increasing the overall volume. Things like being in tune and having a good tone resonates a great deal more as opposed to just playing loud and mindlessly. With all of this, the ability to listen exceptionally well is something that comes into play here.

In the end for an expert, it all comes down to being prepared for the undertaking at hand. This is the main difference between those in the top percentile of the music world and everyone else. Would someone feel safe if a surgeon was preparing to do a lung trans-

(continued on page 5)



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## J-D spoils the night for Raider seniors

It was a tough senior night for the Raider softball girls last night as a hot start for Jamesville-Dewitt and five errors doomed Fulton, handing the Red Rams a 13-0 triumph.

J-D (11-3, 6-3) couldn't have been stopped at that plate last night if Cat Osterman was pitching. Lateyja Bryant went 4-for-4 with two triples and three RBIs. The sisters Maddy and Tessa Devereaux also had big games, Maddy with a triple while Tessa knocked three hits and an RBI. Likewise Maggie Austin, Deb Toscano and Kerri Keeler each had two hits. Keeler also started on the mound, allowing just four hits.

Fulton (6-8, 4-7) didn't quite have the senior night one would imagine from the dish, earning just four hits. Seniors Jessica Briggs,

Falecia Coleman, and Kassy McCann each found grass for a hit, McCann with a double. Sophomore Cassidy Kearns also had a hit.

The softball team will be on the diamond again at home on Monday, May 14 as they only need one more league win to reach sectionals.

### Rams rally for baseball win

It was an unusually hot hitting start for the Raider baseball team as they jolted out to an optimistic 5-0 lead over the home Jamesville-Dewitt Red Rams heading into the bottom half of the second inning. However that large lead for Fulton quickly turned into a quick large advantage for the Red Rams as a seven run third and a four run fourth led homestanding J-D to a 14-5 victory. With the loss, Fulton falls to 1-14 over-

all, 1-10 in league.

For Jamesville-Dewitt (9-6, 7-4) Jimmy Sinipoli had a big day going 3-for-4 with a double and three RBIs. John Werbowski and Dan Canfield also smacked two hits and knocked in two RBIs, while Canfield also had a double. Matt Yonta, Brad Kogut, and Brendan Schnuck each knocked a hit and chipped in an RBI.

The Red Raiders were led at the dish by hot hitting senior Tyler French, who cracked three hits, knocked in an RBI and smacked a double. Juniors Adam Briggs and Ron Smith, each continuing to improve immensely, had two hits apiece with Smith also chipping in an RBI. Dan Kenyon, who started on the hill, also had an RBI.

*By Tyler Terramiggi*

## Track roundup

(continued from page 1)

paring for the league contests next week.

The girls rose to 3-4 on the year by picking up both wins over Cortland and Fowler and will be preparing for league contests next week as well. The girls eased past Cortland 75-66 and toppled Fowler 104-31 in their final tune-up before this Friday's Fulton Invitational Track Meet.

*By Ross Maxam*

## This week in Raider Sports

**Today:** Girls Lax vs. Chittenango (JV-5:30/V-7:00); Boys Lax @ Chittenango (JV-4:30/V-7:00).

**Fri. May 11:** Tennis vs. C. Square (4 pm); Girls JV Lax @ Clinton (5:30); Baseball @ Corcoran (4:30); Girls Track Fulton Invitational (4:30); JV Softball @ West Genesee (4:30).



## The life of a professional musician

(from page 4)

plant if he or she had never finished high school? What about if a point guard in the NBA forgot all the plays he was supposed to call out?

Likewise, in order to be called a professional musician, one has to arrive on scene with the proper instruments and equipment, dressed in a suitable manner, and ready to nail his or her part. It is very unprofessional when someone shows up unprepared and it only goes to hurt the player in this way. Practicing both consistently and correctly is what is crucial to making it musically.

There is a saying that states, "An amateur practices until he gets it right, a professional practices until he never gets it wrong." This is just how things have to be in order to achieve high quality results. Music is one of

the only entities in the world that truly needs to touch upon perfection. Even if every part in the music is played 100% right, it still may sound only average or mediocre. It is the job of a professional musician to play beyond their instruments to draw out the true impressions of the music to delve into the hearts of the audience or listeners. This is what really sets the experts apart from all others. It takes a lifetime to actually master these qualities to their fullest potential.

Even when someone thinks that he or she knows it all, there is a whole new window of ideas and methods that still have to be learned. It can be baffling putting into perspective all of the miniscule details that being a professional calls upon to conquer. Many people do not make it living this kind of a lifestyle. With jobs appearing only spo-

radically and on request and with the ever-changing music demand curve, having a career as a musician is a very freelance way to live.

Do not be discouraged by this, however. Many people will not even know about or be able to pick out the smaller aspects of performance, so it is still possible to entertain them thoroughly. The world can be a dreary, cold place sometimes. Everybody needs music in some way or another to keep them happy and moving forward. Learning how to play an instrument also increases the capacity of the mind and other intellectual factors.

Overall, trying to become a professional musician is a very difficult thing to pull off. But with intense practice, tolerance, and luck, it is not an impossibility.

School of Thought compiled by Tony Torrese

## Who do you think will win prom king and queen?



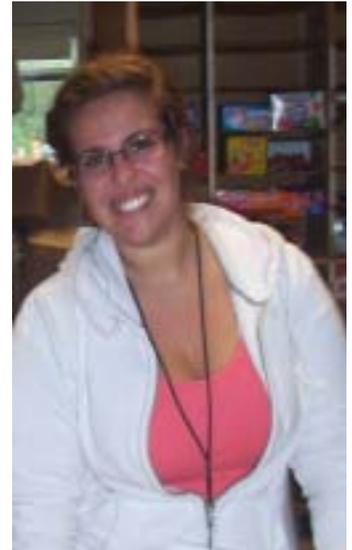
"Tim Conners for  
prom king!"  
Nick Britton



"I second Nick,  
Timmy for sure."  
Jordon Baldwin



"Timmy Conners and  
Taylor McManus."  
Erica Knaub



"Taylor McManus and  
Tim Conners."  
Kaylee Palmer

# Meteorology and you

By Carson Metcalf



**Today:**



Mostly cloudy.  
Chance rain.

**60°**

Average: 67°  
Record: 86° (1979)

**Tonight:**



Partly cloudy,  
Chance shower.

**44°**

Average: 44°  
Record: 27° (1966)

**Tomorrow:**



Sun and clouds.

**65°**

Average: 67°  
Record: 89° (1953)

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.