

Bodley coping with Fulton's water advisory

The city of Fulton is under a Boil Water Advisory, until at least Wednesday. The advisory was issued on Saturday after a routine test of the city's water came back showing high levels of turbidity, or cloudiness.

According to Water Treatment Plant Chief Operator, John Florek, the problem stemmed from a collapse at an 1885 well, known as K-1, on Fulton's east side. Following the collapse, discolored water began to enter the city's supply. According to a release from Fulton's water department, the well has been taken offline and will remain so until adequate repairs are made.

The city has also increased the chlorine levels in the water as a precautionary measure.

If you have city water at home, it is still safe to take showers, wash your hands and the like. However, tasks such as brushing teeth and cooking should be done with boiled

or bottled water.

Here at G. Ray Bodley, necessary pre-



Out of order drinking fountains are a familiar sight this week at GRB. (Carson Metcalf photo)

cautions were made so that the water would not be ingested. When students and staff arrived Monday morning, all drinking fountains were covered in plastic. Also, the school provided large containers of water for consumption, and will likely do so for the remainder of the advisory.

Journalism teacher, Mr. Len Senecal, noted that he brought extra water to school today, saying, "I saw the article on oswegocountytoday, and since I drink a lot of water, I decided to bring in an extra gallon."

If you have any questions regarding the Boil Water Advisory, you are urged to contact John Florek at 402-6074 or the Commissioner of Fulton Water Works, Dan O'Brien, at 402-6125. The full text of the advisory is also available on the city's website, www.cityoffulton.com.

By Carson Metcalf

RaiderNet Daily

G. Ray Bodley High School, Fulton, NY

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Tuesday, May 22, 2012

Raiders braced for third J-D encounter

By Ross Maxam

Forget the fact that the team may have gotten an unfair seed.

Forget the fact that they have to play a very solid Jamesville-Dewitt team.

Forget the fact that the Rams knocked out the Raiders from last year's post season.

Even forget the fact that a team who finished two places behind them in the league standings received a seeding two spots higher in the tournament.

If you forget all that, you realize that maybe the toughest thing the girls' varsity lacrosse team will have to do besides overcome those obstacles, is to beat a team for the third time this year, something that is never easy to do.

"It's unfair, but now we have to work harder," junior Kate Rothrock said about the #4 seeding the team earned while East Syracuse-Minoa received the #2 seed with a bye as well. "We just have to put it behind us and focus on the game," she noted.

The league champion, #17 state-ranked

(continued on page 5)



Sophomore midfielder Amelia Coakley will be a key fixture for this Raiders this evening as they look to defeat Jamesville-Dewitt for the third time this season in the opening round of Section 3 tournament. The record-setting Raiders take to the field at 6:30 pm tonight in their first-ever home playoff game.

Opinion

We're not our boyfriend or girlfriend's keeper

By Kara Yakel

G. Ray Bodley allows students to be free and hold hands, hug, kiss, whatever; but this is not what this is about, this is about how people get into other relationships besides their own. Yes students do, but teachers can be just as bad.

While taking a class with someone whom you are currently dating, you are obviously going to be polite and respectful when the teacher is talking. Some students who are around their "lover" cannot keep away from touching, looking, talking to each other. This is not only bad for them, but also for the other students who are actually trying to learn during this little date happening in the middle of class.

No, not every couple does that, but the couples who don't are often still stared down by the teacher and students. When two people are dating, it's their relationship and no one else's, so just let them be!



is a problem with a students grade the teacher needs to talk to the student, not that students girlfriend or boyfriend.

Needless to say, leave the couple alone. If the couple is interrupting the class or making a scene in the hallway, say something, but if one of them has a bad grade, that isn't the other person's problem.

Meet the Reporters

Joe Medico,
Senior

Joe, who provides plenty of comic relief for the afternoon journalism class, joined the staff of RaiderNet to write sports and other articles. A long-time member of Quirk's Players, Joe enjoys sports and music and is a member of the Raider soccer and tennis teams as well as having a great sense of humor.



Admittedly talkative by nature, people might not know that Joe was "somehow quiet for two hours in a play," when he performed in *Once Upon A Mattress*.

"Telling the person who dedicates themselves that their boyfriend or girlfriend is not applying themselves to the class isn't fair."

Every girl or boy likes to have someone who dedicates themselves to their academics as much as themselves. Students differ on how much they actually care about their grades, but when the teacher gets involved in a relationship that is completely respectful in class, that is wrong. Just because one of the people in the relationship isn't dedicating themselves as much as the other, it does not mean that the teacher has a right to intrude and tell them that they aren't doing well.

Guess what! That's not the other person in the relationships problem! Telling the person who dedicates themselves that their boyfriend or girlfriend is not applying themselves to the class isn't fair. If there

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Quote of the day:

"All religions, arts and sciences are branches of the same tree."
Albert Einstein

Reflections

-THE- Salon & More

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The Adventures of 'lil Bodley

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



The Great Outdoors Holiday provides last chance for many hunters

By Daniel Summerville

For students at G Ray Bodley High School, the upcoming Memorial Day weekend cannot come soon enough. The long weekend has been long awaited by students; after weeks of not having any breaks at all, a four day weekend is a welcome respite.

While many people are heading out on vacation, there will be some who are more than happy to stay at home this weekend; turkey season is still open.

Historically, Memorial Day weekend is the second most popular spring turkey hunting weekend, after opening weekend. Quite a few hunters have filled their tags by this time, but for those who have not, Memorial Day is the perfect time to try. Turkey season ends on May 31, making the long weekend one of the last chances for hunters to get out and try for a bird. With turkey season winding down, hunters will be more desperate than ever to fill their tags.

During the later weeks of turkey season, there is no doubt that the



game has changed. Unless they are in a very secluded area, the turkeys will be extremely wary of their surroundings. Overcalling the birds causes them to retreat throughout the season, but now more than ever. To avoid this, hunters should switch up their calls, and make sure that they are not calling more than they should.

If a turkey has been shot at before, they will usually steer clear from the area where it happened. Almost always, this will result in a "dead" stand, a place where the turkeys avoid for weeks after the incident.

Turkeys are not the smartest animals in the woods, but they are by no means the dumbest. Many a hunter has been outsmarted by the big birds. Even if a hunter spent every minute of turkey season in the woods there would be no guarantee that they would harvest a bird. A lot of hunting may be skill, but there is always a little bit of luck needed as well.

Regardless of whether they are trying to fill their first or second tag, hunters will be heading to the woods this weekend. Memorial Day is the perfect time to hunt. Most hunters cannot hunt every weekend, and Memorial Day weekend is the one time that most people can.

Raider Sports

Raiders face unknown foe in softball playoff

It's sectionals time! And once again, the Fulton softball team is in the hunt after a down year last season. The Lady Raiders are paired up against Camden, a team from the Tri-Valley League with a record of 11-10. The Raiders finished the season at an optimistic 8-11 and will host the Blue Devils on Thursday at 5 pm.

Keisha Pierce has led the Lady Raiders since her call up a few games into the season. Pierce, just a sophomore, went 18-for-52 from the dish, a .346 average good for second on the team. She also has 8 RBIs. Senior Ciara Chapman has been a stalwart in the Fulton offense all year long, hitting a team best .354, scoring 14 runs and knocking in 8 more.

Classmate Falecia Coleman cooled down after her hot start, as her average plummeted to .275 on the year, but she still drove in a team high 11 RBIs.

Another senior, Lindsey Larkin, has been a leader from the mound and her lead-off spot on offense. Larkin had a 3.11 ERA, tallied 8 wins, and fanned 100 to add to her impressive career from the bump. On offense, she finished the regular season with a .246 average, four triples, 11 RBI, and 13 runs scored.

Other Key contributors include Junior Ashley Cummins (.209), sophomores Kassidy Kearns (.255, 8 RBIs), Mikayla Guernsey (.255, 7 RBIs, 13 runs scored) and Maureen McCann (.238), and seniors Ashly Smart (.212, 7 RBIs) Lauren Snyder (.129).

Camden enters the game as an unknown foe to the Raiders after compiling a 4-8 record in the Tri-Valley League. The Blue

Devils have been on a tear as of late finishing at 11-10 overall after starting the season at 2-7. A highlight in their season was a championship effort in the David Whalen Memorial Tournament where they upended Class C state-ranked Saquoit Valley 6-1 behind pitcher Heather Beers. Erin Kowalski has also seen plenty of time on the mound for the Blue Devils this season.

By Tyler Terramiggi

Balancing diet, exercise key to weight loss

There are two key words that result in weight loss; diet and exercise. Most people only focus on one aspect and question why they are not losing weight. Diet and exercise go hand-in-hand with losing weight and if you fail to incorporate both aspects into your program then you will not see miraculous results.

In this case diet doesn't necessarily mean you should stop eating or eat less; it means to monitor what types of foods you put in your body. If you are exercising, you should focus on balancing the major food groups such as protein and carbohydrates, fruits and vegetables. "Before a work out, it is all about the carbohydrates," said Carol Kelly, a dietitian at Emory University in Atlanta, Georgia. "Carbohydrate is the fuel for our bodies, fuel for our muscles and brain. If you think of metabolism as a fire, carbohydrate is the fuel that helps the fire burn out."

A typical meal should consist of lean protein, carbohydrates, monounsaturated and polyunsaturated fats, and proper fluids. Protein and carbs keep the muscles from breaking down, so it is vital to get the sufficient amount.

The timing of your workout also plays an important role on your meal plans. If you exercise in the early morning, experts suggest eating your breakfast after your workout because the body uses the glycogen from last night's dinner to fuel the body. A meat sandwich with some fruit satisfies the requirements for an afternoon workout. If you exercise for more than sixty minutes then it advised to double your protein and carb intake. Even after you exercise it is recommended to replenish your body with a light snack such as Greek yogurt and an apple or hummus and whole grain crackers. Your diet plan should be centered around your exercise routine.

Another thing to keep in mind is to hydrate yourself by sipping on water or a sports drink. Some people despise sports drinks because of the high sugar intake, but if you are planning on an intense hourlong workout, then it will do the trick. What you chose to eat and drink is your decision, but if you want results, experts say to consider incorporating both into your workout plan.

By Ashlynn Palmitesso

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Raider Sports

Record setting Raiders seek sectional triumph

(from page 1)

Lady Raiders amassed a regular season record of 13-3 and are winners of eleven out of their last twelve. Coming off a hard fought regular season finale that went to triple overtime, they look to defeat Jamesville-Dewitt in the quarterfinals tonight, with action getting underway at 6:30 pm.

There is one positive in the shadow of all the negatives, the Raiders will host J-D, giving them home field advantage. Already beating them twice by scores of 13-11 and 16-11, the Raiders look to send the Red Rams home with an early round exit, giving them a taste of their own medicine after last year's tournament.

The team has been led offensively by the dubbed "twin towers" in a pair of juniors, Rothrock and Erica Knaub. Knaub leads the team in goals and points with 54 goals and 74 points. Close behind is Rothrock who leads the squad in assists with 20 and has 67 total points on the season.

The Raiders most formidable weapon from up top at the midfield has been sophomore midfielder Amelia Coakley, who has tallied 39 goals in the 2012 campaign, and classmate Julia Ludington, has accepted an increased role with 32 points.

Dunsmoor went on to shed light on the theory many sports fans believe; it's hard to beat a good team three times in a season. "Our team has already done things this season that haven't happened before; I don't see why we can't add this to the list."



Senior Jordan Rizzo (above) prepares to pull the trigger in action at J-D earlier this season, Fulton is hoping for more of the same tonight when action begins at 6:30 against the Red Rams. (Hannah Dunsmoor photo)



Senior Erica Johnson, right will be looking to give the Raiders the advantage tonight from the faceoff X as Fulton hosts J-D in the opening round of the Section 3 tournament.

The Red Rams will surely come out of the gates with a chip on their shoulder after being swept by the Raiders for the first time in school history. Playing a team you've beaten twice already doesn't always play out for an easy game either. After Coakley, Knaub, and Rothrock have tallied a combined 28 points in the previous two contests versus the Rams, it is safe to say a new defensive game plan will be drawn up by the J-D coach.

The offensive efforts will be fronted by a pair of Taylors for the Red Rams in Taylor Fallon, who has totaled 85 points, and Taylor Bierwagen, who has tallied 70 of her own. Senior Captain Hannah Dunsmoor knows the defensive effort her team will have to put up to shut down the two Red Rams. "Coach White told us that the offense is going to run through them. We're prepared; I think we'll be fine."

This week in Raider Sports

Today: Section 3 Tournament: Girls lax vs. J-D (6:30); Girls Track @ Class A Sectionals (4 pm in Camden).

Wed. May 23: Section 3 Tournament: Boys Lax @ Carthage (7 pm).

Thurs. May 24: Section 3 Tournament: Softball vs. Camden (5 pm).

Fri. May 25: Boys Track Class A Sectionals (4 pm in Fulton).

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What does Memorial Day mean to you?



"It's a day to remember our freedom fighters."

Ms. Cook



"It's a time to honor military veterans."

Tiahna Greenleaf



"I remember my grandfathers, both of whom fought in WWII"

Mr. J. Fasulo



"It's a day to remember those who have died to protect us."

Don Hagan

Meteorology and you

By Carson Metcalf



Today:



Scattered showers and thunderstorms.

73°

Average: 71°
Record: 88° (1975)

Tonight:



Clearing skies.

56°

Average: 48°
Record: 35° (1990)

Tomorrow:



Sun and clouds.
Chance rain/storm.

75°

Average: 70°
Record: 96° (1977)

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.