

F RaiderNet Daily F

G. Ray Bodley High School, Fulton, NY

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Hands on trip with hatchery, beach clean-up

It was a field trip in the literal sense on Thursday, October 17 when Science teachers Mrs. Marshall and Ms. Kemper took 67 of their students to visit the Salmon River Fish Hatchery and then participated in a beach clean-up at Caseys Cottage Mexico Point Beach. After completing 4 days of training, Mrs. Marshall and Ms. Kemper applied for funding. The trip was made possible with funding from Sea Grant, and the beach clean-up was a stewardship project for Lake Ontario.

As part of the stewardship project, Mrs. Marshall's regents classes also completed a tri-fold poster on pharmaceutical and personal care products (or PPCP) pollution that was displayed at open house. Based on readings from a newspaper in Education Publication put out by the Great Lakes Sea Grant Network, PPCPs contain ingredients that interfere with natural hormones and are known to cause reproductive and developmental harm in aquatic animals.

Feminization of aquatic animals has raised concern about these compounds finding their way into water supplies such as Lake Ontario. These products can enter the lake when people dispose of them down the toilet, excrete them in the sanitary sewer which is not intended to treat chemical waste, or even through the trash.

National Guidelines for disposal of chemicals and unpalatable items such as kitty litter and coffee grounds are considered interim solutions. Since the 1990's sales of over the counter medicines have increased by 60%, and in 2006 prescription volumes rose to 3.7 billion in the U.S. The best solution would be to reduce the source through public education about the dangers of PPCPs, and the promotion of healthier lifestyles.

Both the tri-fold poster, and the beach clean-up project were used as part of the Ecology curriculum regarding local resource use issues.

*By Dawson Samson
(many thanks to Mrs. Marshall and Ms. Kemper for information and pictures pertaining to this article)*



GRB Science students recently visited the Salmon River Fish Hatchery and then took part in a beach cleanup at Mexico Point.



What do you get when you combine a large sum of money, an empty hotel suite, a wanted author, a conniving bellhop, a wife from hell and an Iranian terrorist? You get the hilarious play *What The Bellhop Saw*. The production will be presented this Friday and Saturday, October 25th & 26th by Quirk's Players of G. Ray Bodley High School. Cast members shown here include: Row 1 (l to r): Kaitlyn Kinney, Jeremy Herlowski and Katie Salmonsens. Row 2 (l to r): Michael Mankiewicz, Jake Strauss, David Houck, Kennedie Coyne, Brad Crofoot and Grace Trepasso.

Opinion

Looking to lose weight? Try getting more sleep

It is obvious that to lose weight you have to eat less and exercise more, right? Some studies have shown that some extra sleep can also help people shed some pounds. However, that's not to say that you should just sleep without putting forth any other effort to attempt to lose that extra weight. The extra sleep will not help you if you are trying to lose a quick ten pounds before the end of a month, but it will help in the longer run by keeping extra weight off.

The basic logic most people have on the situation is that the longer you stay awake without eating, the more weight you will lose because you are taking in fewer calories. That seems to be the most logical way for most people who think about it. However, eating less can make your body want to store all the fats and that prevents weight loss instead of promoting it.

So to break it down to why more sleep can help with shedding some weight, when you are awake you can be bored and eat unnecessarily, such as in the middle of the night. While you sleep you can go for long periods without eating unnecessarily or unhealthily during the night. In addition, more sleep equals more energy. And with more energy it means less foods or drinks that we would normally consume in order to get that extra kick we look for when we are not quite awake in the mornings.

A lack of sleep can also cause a slight hormonal imbalance. Our hormones can control things like our appetite, metabolism, and our weight gain or loss. So a little extra sleep can definitely have some healthy benefits.

There are many other benefits to sleeping more than just the shedding of some extra pounds over time. Some extra sleep can also improve mood, energy levels, and even physical appearance. So even if you are not looking to shed some weight everybody can have some benefits by sleeping more every night. *By Brandon Ladd*

College bound seniors: get those applications in

Now is the time for high school seniors to send out their college applications if they haven't done so already. Typically the earlier you send out your application, the better chance you will have of not only getting accepted, but also for potential scholarships offered by the college.

The guidance office has an excellent selection of local and national scholarships that are awarded each year to those who apply, and your counselors can help you throughout the application process.

CollegeBoard (sat.collegeboard.org) is also another great tool to connect with colleges, both state and private, and search for any scholarships you may qualify for. Not only is applying early a good idea, for some colleges it is a must due to certain deadlines they may have in place.

Colleges aren't alone, most scholarships also have deadlines that must be met. G. Ray Bodley High School senior Mitch Towsley, one of many who has already begun their college applications processes has recently shared that he has "applied to OCC and SUNY Cortland several weeks ago." However he also said that he, "has not heard from either school". So whoever is procrastinating you may want to start soon.

By Connor Relf

Technology to the rescue with new blue-tooth enabled locks

For anyone who has ever lost a key or forgotten the combination of a lock, technology has come to the rescue. Home security brand Kwikset recently released a new model of deadbolt lock, the Kevo. This is the company's first venture into the smartlock market. Smartlocks are an interesting new innovation that combine modern technologies with traditional locking methods. The Kevo looks like a normal lock on the outside, other than a small ring of LED lights. The lock is opened by Bluetooth 4.0 (in most new smartphones) either through the phone, the separate app., or the included keychain fob.

Once touched, the lock searches for the Bluetooth signal (indicated by blue) then once a successful connection is made the lock disengages and the light changes to green. This advancement seems like a must have for any technology guru, or modern home designer. Better yet, anyone who wants to avoid the annoyance of finding the correct key, and orienting it correctly for a smooth unlock should have this in their home.

The included application available on smartphones allows for "eKeys" to be sent to friends or family for access to the lock, which can be a huge help for countless situations. There are other smart locks on the market with different interfaces, and other features that resemble space-age supercomputers from science fiction movies.

By Jack Ryan

**Welcome back
students!
Have a great year**

Reflections

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Call for an appointment today!
Phone: 592-4415

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of GRB Journalism*

Raider boys charge to opening playoff win

One down three to go. The Fulton boys soccer team took the all important first step toward a Section 3 title on Tuesday night when they won their opening sectional game by charging past Whitesboro 3-0. Duplicating their performance on Friday in a 3-0 white-wash at Whitesboro, the Raiders used their home advantage with explosive play, controlling the ball and working the Whitesboro defense.

The Raiders wasted little time taking charge, scoring 12 minutes into the first half as senior Carlos Feliciano drilled a ball from outside the eighteen yard box that slammed the cross bar. The ball came off the bar and was found by senior captain Carson Vono, who shot and scored to put the raiders up 1-0.

Less than five minutes later a foul called

on Whitesboro gave the Riders the ball around thirty yards out. Senior Captain Paul Reynoso took the kick, crossing the ball to Feliciano, who volleyed the ball in to the top right corner to give the Raiders a secure lead over Warriors. The Raiders were overwhelmed with excitement but knew there was still a lot of time left in the game and needed to keep hammering the warriors.

The first half came to an end with score remaining 2-0 Raiders. The second half kicked off much like the first, with the Raiders dominating play, controlling and creating opportunities one after another. The Raiders sealed their victory when Feliciano slotted a ball through the middle to Carson Vono, who had a break away one on one with the goalie. The Raider striker placed the ball in to the bottom left corner of the goal

to bring the Raiders lead to 3-0 with his ** goal of the season.

Goaltender RJ Borrow registered 10 saves to record his fourth consecutive shutout as Fulton secured a Saturday date with #3 seed Christian Brothers Academy. Gametime has not been announced. *By Jeff Waldron*

Girls rally to 4-3 win, face J-D today

Out of the frying pan and into the fire. Such is the case for the Raider girls soccer team after staging a come from behind victory at Carthage on Tuesday evening. Trailing 3-2 late in the second half, the girls rallied behind a pair of goals from Jordan Coulon to claim an opening round victory in the Class A tournament and a clash against a familiar foe, state ranked and 15-1 Jamesville-Dewitt.

Coulon tied the count with 15:00 remaining and then followed her own corner kick to deposit the winner just five minutes later. From there, the girls stood tall to improve their record to 8-6-1. Hailey Carroll and Sydney Gilmore also scored for Coach George Beckwith's side.

The girls will face a tall task this afternoon at 3 pm when they travel to Jamesville-Dewitt to take on a Red Rams team that has fallen just once all season, a 2-1 loss to Class AA West Genesee. In doing so the Raiders will look to end an 11 game skid against their annual rivals that dates back to 2008 when Fulton bested the Rams 5-4 and 3-1. Making matters worse, J-D owns a 51-3 scoring advantage during that stretch, including a 1-0 win at Fulton and a 4-1 victory at J-D.

What's happening at G. Ray Bodley High School?

College representatives from Tompkins CC (11:30), St. Bonaventure (1 pm) and Wells College (2 pm) will be in the guidance office today. If you have a class at this time you must obtain permission from your teacher to attend.

Seniors: prom and baby pictures must be turned in by Nov. 5 for use in the Fultonian Yearbook. Give pictures to Mr. Senecal in room 228.

Don't miss the bus! Deposits for the **French Club trip to Montreal** are due by Friday, November 1. If you are interested in the trip and cannot meet this deadline, please see Mademoiselle Coleman in room 125.

Battle of the Books will meet today after school in the LMC. All students are welcome to participate.

The next **Teen Writer's Group** meeting is on Wednesday, Oct. 30. See Mrs. Scalfaro in the LMC to register.

HOPE Club meets every Monday in room 119.

Future Business Leaders of America meets every Monday in room 116.

Fultonian Yearbook meets every Tuesday in room 102.

GRB Journalism Club meets Wednesdays in room 102.

Thursday's lunch menu: Brunch lunch whole grain egg wrap with sausage, potato rounds, dragon punch (veggie), applesauce, fresh banana.

This week in Raider Sports

Today: Vball vs. Bishop Grimes (JV-5/V-6:30); Girls soccer @ J-D (3 pm).

Fri. Oct. 25: V football @ Indian River (7 pm at Watertown H.).

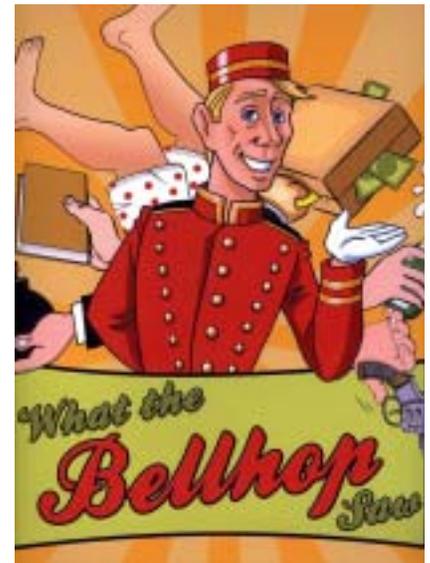
Sat. Oct. 26: Boys soccer @ CBA (TBA); X-country @ Sec. 3 meet (Jamesville Beach-11 am)



Seniors take note!

Prom, baby pictures and senior portraits from outside sources are due by Tuesday, Nov. 5. Give pictures to Mr. Senecal in room 228.

Quirk's Players present:



Friday & Saturday 7:30 pm
GRB Auditorium

NFL Picks

NFL week 8 provides some interesting tilts



Jason Mattice

Last week: 11-4
Overall: 20-10

Panthers vs. Buccaneers

My favorite team the Buccaneers have gotten off to a disap-

pointing 0-6 start where they released Josh Freeman, who was supposed to be their franchise quarterback, and replaced him for the rookie out of NC State, Mike Glennon.

The Bucs will be looking for their first win of the season tonight vs. division rival Cam Newton and the Carolina Panthers. Running back Doug Martin was hurt in last week's loss to Atlanta, so rookie Mike James out of Miami will be taking his place as the starter. James looked promising running the ball last week and we can only hope he can run with success and take pressure off the struggling rookie quarterback.

Cam Newton has quietly had a good season leading the 3-3 Panthers with a 95 passer rating with ten touchdowns and two rushing touchdowns. Steve Smith has been leading the receivers as he has done in years past and still plays at a high level at age 34. The rushing attack of the Panthers is seventh in the league with Williams and Tolbert in the backfield while Newton gets his yards as well.

These defenses are both underrated and are playing well this season. The Panthers defense is led by linebacker Luke Kuechly and the Bucs D is led by linebacker Lavonte David, and both young defenses can pressure the quarterback and stop the run. This game is going to be a battle as it always is between these teams, but I'm pulling for my team at home in this one in a low scoring game.

Jason says:

Tampa Bay
Dallas
Kansas City
New England
New Orleans
Philadelphia
San Francisco
Pittsburgh
Cincinnati
Denver
Atlanta
Green Bay
Seattle



Jimmy Martin

Last week: 10-5
Overall: 19-11

Cleveland @ Kansas City

The Browns make their way to Kansas

City to face the only undefeated team left. The Cleveland Browns (3-4) and Kansas City Chiefs (7-0) play each other in an AFC battle. The big question for Sunday is will the Chiefs remain undefeated or will they fall? Neither team has a dominant offense or defense, but it should be a good game.

After two losses in a row, Cleveland wants to improve to .500. Brandon Weeden will start in the quarterback position and look to improve his stats. He has only thrown five touchdowns and six interceptions. Cleveland doesn't have a strong running game either, as Willis McGahee only has 203 yards and one touchdown. The Browns have to have an excellent offensive and defensive game to take down Kansas City.

On the other hand, the Chiefs have a solid quarterback, running back, and decent wide receivers. The Chiefs are led by new coach, Andy Reid, and have had great success with him. After being traded from San Francisco last year, Alex Smith will make his eighth start for the Chiefs. Smith has thrown for seven touchdowns and four interceptions. Jamaal Charles is the Chiefs main running back and has already rushed for 561 yards and six touchdowns.

I believe that the Chiefs will remain undefeated after Sunday's game and stay atop of the NFL. The Browns don't have a strong enough offense or defense to stop Kansas City. I think the final score will be 24-10.

Jimmy's Picks:

Carolina
Detroit
Kansas City
New England
New Orleans
Philadelphia
San Francisco
Oakland
NY Jets
Denver
Atlanta
Green Bay
Seattle



Mr. Senecal

Last week: 11-4
Overall: 19-11

One of the biggest disappointments of the season thus far (and no, I'm not talk-

ing about the Giants) has been the poor play of the Atlanta Falcons. Once an unbeatable force within the Georgia Dome, they have already dropped two of their four home starts. They have been even worse on the road at 0-2, but will all of that will change this Sunday when they travel to Phoenix?

So how did this preseason Super Bowl contending team hit the skids so quickly? The answer seems pretty simple: offensive injuries. Star running back Steven Jackson has been sidelined for the better part of the month while top receiver Julio Jones is gone for the season. Throw in an injury to wideout Roddy White that will put him on the sidelines this Sunday, and suddenly Matt Ryan has limited options, despite the presence of All-Pro tight end Tony Gonzalez.

The Cards have lost three of their last five, but take a look at the opposition: New Orleans, San Francisco and Seattle. Given the time, Carson Palmer can still get the job done, throwing for over 556 yards in back to back losses against the 49ers and Seahawks. Scoring points has been a problem, however, as Arizona ranks 19th in the NFL, scoring just 19 points per game. A rushing attack that stands 26th in the league has also contributed to their 309.7 total yards per game average, again near the bottom of the barrel at 29th of the 32 teams. This game will not be a thing of beauty, but it should be close. And since ties are such a rarity in the NFL, I'll go with the Cards in a squeaker.

Mr. S. says:

Carolina
Dallas
Kansas City
New England
New Orleans
NY Giants
San Francisco
Pittsburgh
Cincinnati
Denver
Atlanta
Green Bay
Seattle

What is your favorite Halloween candy?



"Candy Corn."

Lisa Carter



"Reese's Pieces."

Mrs. Shatrau



"Snickers."

Matt Goss



"Candy Corn."

Cheyenne Castle

Meteorology and you

By Carson Metcalf



Today:



Mostly cloudy with rain. Lake effect snow north.

46°

Average: 57°
Record: 78° (1963)

Tonight:



Cloudy with rain showers.

36°

Average: 39°
Record: 24° (1980)

Tomorrow:



Mostly cloudy. Chance rain shower.

44°

Average: 57°
Record: 81° (1963)

Former GRB student and current SUNY Oswego sophomore Carson Metcalf is an aspiring Meteorologist. Look for his daily weather forecasts for Fulton on RaiderNet Daily.