

BOCES: leading students to a brighter future

By Steve Gilliland

Burton Ramer Technical Career Center, better known as BOCES, is a hands on training center that provides students with first-hand experience and job skills in areas that they would like to pursue. Founded in 1948 in New York City, the program is for high school juniors and seniors and was initially created to provide cost-effective equal educational programs and services to school districts.

On Friday, November 8th teachers from Mexico BOCES will be coming to G. Ray Bodley High School to speak with the tenth graders and provide information on the courses they have to offer. The actual field trip to Mexico BOCES will be held on December 10 and will depart during guided study hall with GRB Guidance Counselor Ms. Stubbmann. While at BOCES students will be allowed to visit two different sessions, sitting in on the actual classes.

"Juniors if you are interested in attending BOCES in your senior year, schedule an appointment with your counselor about a visit," Ms. Stubbmann commented. To be eligible for BOCES you need to have 85% attendance and meet certain criteria. Go to your guidance counselor for more information.

tion.

BOCES offers a multitude of options at the Mexico location. Among the most popular are public safety, cosmetology, heavy equipment operation and welding. The full list of choices at the BOCES Mexico location are posted online at <http://www.oswegoboces.org/web/career/courses.html>. Because the teachers have a professional background in the various courses, it gives the students the ability to

ask questions directly relating to their job or the job the teacher had. Not only do the courses at BOCES help students learn about the field of work they hope to pursue, the credits also count toward graduation.

BOCES is a strong and promising path to the future with 60-plus years of serving high school students locally and nationwide. Sophomores and juniors should give BOCES that second thought, you never know what you can achieve if you never try.

Trick or treat for UNICEF with HOPE Club

Yes, it's that time of year again! Halloween is coming up soon and for students not going trick or treating this year the HOPE Club has a helpful alternative, raising money for UNICEF!

What is UNICEF and why should you care? UNICEF, which stands for the United Nations Children's Fund provides emergency food, healthcare and even education for those in need. The HOPE Club's goal this year is to raise \$200. All this week during lunch bells during lunch bells HOPE Club members will be taking donations and distributing the UNICEF boxes for those who are willing to support those less fortunate.

Interested students are urged to go trick or treating with your little sibling or even your nieces and nephews with the addition of the UNICEF trick or treat box! Money will not be due till Monday, November 4. For more information visit trickortreatforunicef.org or any GRB HOPE Club member!

By Cecilia Leyva-Bran

Spikers claim big win on senior night

The Lady Raider volleyball team hosted their final home game of the regular season on Thursday night with two main objectives: claiming a winning season and sending their three seniors out on a winning note. The girls were successful on both fronts as they swept past Bishop Grimes in three straight games. As a result it was a happy night for the seniors of the 2013 team, Monica Falanga, Sami Miller, and Keisha Pierce.

Not only did the seniors come out strong, so did the whole team. The Lady Raiders swept Bishop Grimes 3-0, winning the first set 25-22, the second 25-21, and the third 25-17.

As the game went on, the Lady Raiders showed they were the better team. Putting up impressive numbers in the game were Donna Aiken, Sami Miller, and Monica Falanga. Aiken led the team with 28 assists which was a season high. Miller also re-

(continued on page 2)

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

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.

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.

Friday's lunch menu: Hot meatball sub, baked beans, broccoli, mixed berries, fruit sorbet.

Monday's lunch menu: Hamburger or cheeseburger, green beans, sweet potato fries, fresh NYS apples, Peaches.

Tuesday's lunch menu: No lunch will be served due to the half day collaboration day.

Advice**Ask Myrtle:****Goin' to California with an aching, in my heart**

Dear Myrtle,

Last night my dad came home from work and told my mom, my brother and me that his job is transferring him three thousand miles away to California. We are expected to be moving at the beginning of the year.



Everyone in my house is happy and excited for the move, except for me. I am a junior. I have to finish this year and next and I'm done. I have been in this district since kindergarten so being at another school will be taboo to me. I will have to make new friends and learn a whole new environment all at once. I am so scared about how difficult it will be. I wish I could just stay here and finish high school with the

people that I've grown up with.

All of my family and friends are here and I don't want to leave them. I don't know what my life will be like once we got to California. I don't know what to do or how to handle all of this. Please give me some advice that I can use to make myself able to handle this. Please help,

"California"

Dear "California,"

Moving far away is a tough situation for anyone who is going

Senior night win

(from page one)

corded a season high with eight kills. On the defensive side, Falanga put up five digs.

With the win the Lady Raiders clinched a spot in the upcoming Section III Class A Championships as they improved to an 8-7 conference record, good enough to put them in second place in the OHSL Liberty League.

through it, whether you're in high school or an adult in the work place. Your parents may seem happy about moving but it is going to be stressful for them as well. This is going to be a difficult time for your whole family, so talking about your feelings with your family might be a good idea in this specific situation.

When it comes to dealing with the fact of leaving your friends, try to maintain a relationship with them while you're gone. Maintain your friendship by texting, calling and if you can, skype. Of course, many of your relationships will start to deteriorate with you so far away, but if I were you, I would take this as an opportunity to find out who your true friends are. At some point, your parents may even want to come back here and visit the rest of your family. If that opportunity does occur, you should try and see if while you're here, you could spend some time with your old friends to catch up and hang out.

When you get to your new school, you will be surprised how easy

**Seeking advice for
any problem or concern you
may have? Just e-mail me at
askmyrtle.raider@gmail.com.
I hope to hear from you.**

it will be to make new friends and learn the new environment. If you have the chance, try to join some clubs or sports. This will give you a chance to meet new people. It will also be a good opportunity for you to get your mind off of stress from the move and missing your friends. It will definitely take time for everything to get easier.

A final tip of advice to leave you with is to not let yourself stress so much about this. In your life, you will face many difficult obstacles. Don't let them drag you down. Face the problem head on. If you do that, you will come out of it stronger than you were before.

Sincerely,

Myrtle

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

Reflections

-THE- Salon & More
608 South 4th Street-Fulton
Call for an appointment today!
Phone: 592-4415
*Proud 20 Year sponsor
of GRB Journalism*

The Sweet Side of Life:**It's applesauce season: so let's make a cake!**

By Tevin Simard

It's apple season in Central New York and honestly, what are you going to do with all that applesauce? Here's a delicious recipe for spiced applesauce cake with cinnamon cream cheese frosting certain to please.

Serves 6

Active Time: 20 minutes

Start to Finish: 3 1/2 hours (includes cooling)

This is the cake you want on a cool Sunday evening in October, after you've just finished eating your first beef stew of the season. It's full of the flavors everyone craves once the mercury dips below 50 degrees with brown sugar, cinnamon, ginger, and cloves. The swath of spiced cream cheese frosting is as easy to make as it is delicious.

For Cake

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 teaspoon cinnamon
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1 stick unsalted butter, softened
1 cup packed light brown sugar
1 teaspoon pure vanilla extract
2 large eggs
1 1/2 cups unsweetened applesauce
1/2 cup walnuts (optional), toasted, cooled, and chopped

For Frosting

5 oz cream cheese, softened
3 tablespoons unsalted butter, softened
1/4 teaspoon pure vanilla extract
1 cup confectioners sugar
1/2 teaspoon cinnamon



Preheat oven to 350°F with rack in middle. Butter an 8- or 9-inch square cake pan.

Make Cake:

Whisk together flour, baking powder, baking soda, salt, and spices.

Beat butter, brown sugar, and vanilla with an electric mixer at high speed until pale and fluffy, 2 to 3 minutes. Add eggs 1 at a time, beating well after each addition, then beat

in applesauce. At low speed, mix in flour mixture until just combined, then stir in walnuts (if using).

Spread batter evenly in pan and bake until golden-brown and a wooden pick inserted into center comes out clean, 40 to 45 minutes. Cool in pan 15 minutes. Run a knife around edge of cake to loosen, then invert onto a plate. Reinvert cake onto a rack to cool completely.

Make Frosting:

Beat cream cheese, butter, and vanilla with an electric mixer at high speed until fluffy. Sift confectioners sugar and cinnamon over cream cheese mixture, then beat at medium speed until incorporated.

Spread frosting over top of cooled cake.

Recipe adapted from gourmet.com

Meet the teachers:**Mrs. House****What is your job here at GRB?**

I am one of the two teachers for the business department. I teach Computer Toolbox 1, Computer Toolbox 2, Career and Financial Management, Sports, Entertainment, and Fashion Marketing, and Small Business Ownership and Entrepreneurship. In previous years I have also taught Business Law

and Web Page Design.

How long have you worked here?

This is my sixth year teaching at this school and for the district.

What is your favorite part about working here?

I enjoy working with Mrs. Ferlito. We make a great team. I also enjoy helping students to become successful in high school and beyond.

What is an interesting fact about you that you would like to share with us?

In my spare time, I really enjoy scrapbooking. I actually have a few friends that are teachers here at the school that I have bonded with over scrapbooking.

Compiled by Ruth Brown



**I want YOU!
Student Senate
Blood Drive
Oct. 31st**

**sign up with Mrs.
Ferlito in room
115**

What is your favorite part about Halloween?



"The scary stuff I guess."
Cheyenne Laun



"The candy and dressing up!"
Christina Blake



"I don't celebrate Halloween."
Jerrod Bardin



"T-P-ing people's houses."
Kristen Garrison & Amanda Abraham

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.
Chance rain.

48°

Average: 56°
Record: 76° (1984)

Tonight:



Mostly clear.

34°

Average: 38°
Record: 25° (1974)

Tomorrow:



Mostly sunny.

44°

Average: 55°
Record: 74° (1989)

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.