



G. Ray Bodley High School, Fulton, NY

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## Battery recycling drive underway at GRB

By Logan Aubeuf

Americans buy nearly three billion dry-cell batteries every year to power cell phones, radios, toys, remotes, watches, laptops, and portable power tools. But after these die, what is supposed to happen to them? These batteries are commonly thrown away, only to lead to leaks of the corrosive chemicals inside. Environmental Club Advisor and Science teacher Mr. Mainville is part of the effort to change that shameful abuse to the earth with his annual battery recycling drive.

This drive has been a tradition for five years and is going strong. The first year brought in a total of 500 pounds of old batteries, while the highest recorded total is 800! These batteries are collected by Mainville and taken to the resource center in Volney where they are recycled.

What is the science behind battery recycling? Batteries contain resources and chemicals, like cadmium, lithium, zinc, lead, and mercury. Batteries that are recycled will be broken down, and a majority of the resources will be regained for further use. These uses include making new batteries or

processing the materials into other things, while harmful chemicals are safely disposed of by the plant.

Recycling batteries is an obvious necessity to start to bring back a healthy environment. It keeps acids out of landfills, where they will leak into the ground when the battery casing corrodes, causing soil and water pollution. If batteries are incinerated with other household waste, the heavy metals in them may cause air pollution.

According to [frost.com](http://www.frost.com), "These harmful chemicals permeate into the soil, groundwater and surface water through landfills and also release toxins into the air when they are burnt in municipal waste com-

bustors. Moreover, cadmium is easily taken up by plant roots and accumulates in fruits, vegetables and grass. The impure water and plants in turn are consumed by animals and human beings, who then fall prey to a host of ill-effects. Studies indicate that nausea, excessive salivation, abdominal pain, liver and kidney damage, skin irritation, headaches, asthma, nervousness, decreased IQ in children and sometimes even cancer can result



The Environmental Club's annual battery drive has kept more than ton of spent batteries out of local landfills over the past five years.

from exposure to such metals for a sufficient period of time."

So check those old toys, remotes, laptops and tools for batteries and join in the effort. It's also time to change your smoke detector batteries, so grab those too! You'll be saving animals, plants, and most importantly to the human race, ourselves!

The global study hall with the highest total wins either a Dunkin Donuts breakfast or breakfast pizza from Price Chopper! Batteries can be brought to global study hall donation boxes and the weigh-ins are Tuesday November 12th in room 202. Mr. Mainville wanted to remind people NOT to bring in lead or car batteries. Direct all questions to the Main man, Mr. Mainville in room 202. *Quote from <http://www.frost.com/sublib/display-market-insight.do?id=20759887>*

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

**The Class of 2014** will hold a meeting today after school in room 118. All interested seniors should attend.

**Attention sophomores!** A representative from BOCES will be at GRB on Friday, Nov. 8 during guided study hall to do a presentation for students interested in attending next year.

**Last call for school physicals for winter sports.** Physicals will be done on Tuesday, November 5. Make your appointment in the nurse's office.

**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.

**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.

**Monday's lunch menu:** Barbecue ribbie on a bun, green beans, sweet potato fries, oatmeal cookie with alternative of turkey and cheese wrap or Philly cheesesteak.

**Tuesday's lunch menu:** chicken patty on whole-grain bun, tomato soup, broccoli, peaches, blueberry crisp with alternative of whole-grain PBJ.

**College representatives** from Cayuga Community College (1:15), SUNY Canton (10:45) and Herkimer CCC (12:30) will be in the guidance office today to meet with interested students.

**Class A volleyball final  
Fulton vs. Oswego  
Tuesday @ Phoenix  
5 pm**

**Advice****Ask Myrtle:*****Feeling anxious? You are not alone***

Dear Myrtle,

For the past few weeks I have been experiencing anxiety attacks. At first they weren't too bad but recently they have been getting worse. A few days ago I had an anxiety attack and it lasted for an hour. I'm afraid to tell my parents because I don't want them to think that I am just being "over-dramatic." The only person I have told about my anxiety attacks is my best friend. She thinks I should tell someone so I can talk about it and figure out why it's happening,



but I really don't want to. I don't want anyone thinking that I'm crazy. I was hoping that you could give me advice on what to do. Should I try to overcome it on my own or should I try telling someone, although I really don't want to?

Sincerely,  
Nervous

Dear "Nervous":  
You are not alone in this situation. Believe it or not, anxiety affects at least 18% of the

United States population per year.

My advice for you would be to definitely tell someone. Anxiety is a very difficult disorder and it is almost impossible to overcome if you don't talk to anyone about it. Although it may be difficult, you need to tell your parents about how you are feeling. Your parents may not fully understand at first but they will eventually learn how to try to.

**Quote of the day:**

"You define beauty for yourself, society doesn't define your beauty. Your spirit and your faith defines your beauty."

-Lady Gaga

This isn't an easy situation for you and your parents will understand that. This is going to be a learning process for all of you. However, it will be easier to go through it with someone else than it would be to go through it alone.

Something that I would really like to recommend to you is to see a therapist if possible. Anxiety is an issue that occurs because of other issues that you may be having. Sometimes, you may not even realize that something happened that is making you upset. A therapist will help you to open up to try and figure out what exactly it is that is causing the anxiety attacks. Depending on how bad the anxiety is, you may even be prescribed medication to ease some of the nervousness.

Although this may be hard for you to believe, you are not crazy. Many people experience anxiety, so don't be afraid to tell people in fear that they will judge you. You would be surprised at how many people are going through the same things you are.

Sincerely,  
Myrtle

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

**YOUTH ADVISORY COUNCIL**

Donate Christmas gifts to homes of girls in Columbia Project Smiles is in its eleventh year bringing smiles to girls in Columbia for Christmas.



Donate: any toiletries (i.e. deodorant, hairbrushes), new or used SUMMER clothing, small candies, and school supplies in the main office or guided study halls

Contact Amelia Coakley, Mackenzie Grow, Derek Prosser, or Sophia Giovannetti with questions

**Look your best for  
the holidays!**

**Reflections**

**-THE- Salon & More**  
608 South 4th Street-Fulton  
Call for an appointment today!

Phone: 592-4415  
**Proud 20 Year sponsor  
of GRB Journalism**

**Columns****The Sweet Side of Life:****Pie might change your mind on sweet potatoes****By Tevin Simard**

This is a good recipe to try for those who don't enjoy eating sweet potato products. Sweet Potato Pie with Oat-Pecan Streusel is a wonderful comfort food, especially for those who are in need of warmth.

Whenever my family celebrates Thanksgiving, this variety of Sweet Potato Pie is always a favorite, particularly when accompanied by a warm mug of apple cider.

**Sweet Potato Pie with Oat-Pecan Streusel****Ingredients**

1 1/2 pounds sweet potatoes  
5 low-fat honey graham crackers  
1/2 cup ground flaxseed  
2 tablespoons packed brown sugar  
3/4 cup packed brown sugar  
5 tablespoons unsalted butter  
3/4 cup fat-free evaporated milk  
2 eggs, lightly beaten  
1 egg white, lightly beaten  
1/4 cup whole wheat flour  
1 teaspoon vanilla extract  
3/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/2 cup quick-cooking oats  
1/4 cup pecan halves, coarsely chopped

**Time Estimates**

Prep time: 20 min

Serves: 16

Cook time: 1 hour, 40 min

Total time: 2 hour, 30 min

**Directions**

1. Preheat the oven to 375°F. Coat a 9" pie pan with cooking spray.
2. Poke the sweet potatoes with a fork in several places. Set on a baking sheet and roast until tender, 45 to 50 minutes. Allow to cool for 15 minutes. Halve and scoop out the potato with a spoon, discarding the skin. Transfer the potato to a bowl and mash until smooth.

3. Reduce the oven to 350°F. In the bowl of a food processor, place the graham crackers, flaxseed, and 2 tablespoons of the sugar. Process into coarse crumbs and transfer to a



bowl. Melt 2 tablespoons of the butter and pour into the crumb mixture; mix until well combined. Pour into the prepared pie dish and press into the bottom and up the sides. Bake for 8 minutes, or until lightly browned. Cool.

4. Meanwhile, in a large bowl, combine the potatoes, 1/2 cup of the sugar, the milk, eggs, egg white, 2 tablespoons of the flour, vanilla extract, cinnamon, and ginger and whisk until smooth. Pour into the cooled crust and bake for 25 minutes.

5. While the pie bakes, in a small bowl, combine the remaining 1/4 cup sugar, 2 tablespoons flour, oats, and pecan halves. Add the remaining 3 tablespoons butter and rub in with your fingertips until the mixture holds clumps when pressed. Remove the pie from the oven and sprinkle the top with the

oat mixture. Return to the oven and bake until the filling is set and the top is browned, 18 to 20 minutes. Cool for 30 minutes before slicing.

Recipe courtesy of [www.mnn.com](http://www.mnn.com).

**First GRB concerts planned for Nov. 5-6**

On Tuesday, November 5th and Wednesday, November 6th The G. Ray Bodley Music Department will be hosting the first concerts of the 2013-14 school year for orchestra, concert band, wind ensemble, and jazz band.

On Tuesday the wind ensemble, jazz band and orchestra will be performing. On Wednesday the concert band, orchestra, and jazz bands will occupy center stage.

Both concerts begin at 7:30 pm, and admission is open to the public, free of charge. Musicians are reminded that they need to arrive by 7 pm.

**Adrienne Perry**

**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.

**Win marks end of 95 year wait**

Last Wednesday night was the end of the 2013 Major League Baseball season as the Boston Red Sox claimed the World Series four games to two with a convincing 6-1 victory over the St. Louis Cardinals at Fenway Park. The win culminated a rags to riches story as the Red Sox, after finishing last year in the bottom of the American League East, flipped it around to claim baseball's grandest prize. Boston won the AL East and then took down the Tampa Bay Rays, the Detroit Tigers and finally the Cardinals en route to their win. The Red Sox now have now won three World Series titles in a decade.

This was a special night for the Red Sox, as they won the World Series in Fenway for the first time in 95 years. Not only was it special for the Red Sox, it was special for the city. Just 201 days ago, the Boston Bombing occurred. Winning the World Series brought happiness and rejoicing to the city.

David Ortiz was named the MVP of the series and it was an obvious choice as he finished the series with a batting average of .688. The Red Sox made it a big win as they won 6-1 and never trailed in the game. As a result Fenway was lit up with joy and celebration. As the night ended, "I'm Shipping Up To Boston" rang through the speakers. For the Red Sox faithful, this was a World Series that will be remembered.

**By Jimmy Martin**

**Keep in touch with the Fultonian Yearbook by liking us on Facebook. Free yearbook drawing at 200 likes!**



# When do you think our first snowfall will hit?



"Hopefully never."

Ruth Brown



"November 13th."

Kathy Sweeting



"Soon."

Mackenzie Grow



"November 22nd."

Kayla Munger

## Meteorology and you

By Carson Metcalf



Today:



Mostly sunny and  
chilly.

**44°**

Average: 53°  
Record: 75° (1987)

Tonight:



Partly cloudy and  
chilly.

**29°**

Average: 36°  
Record: 23° (1951)

Tomorrow:



Sun and clouds.

**52°**

Average: 53°  
Record: 72° (1948)

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.