

Financial aid night set for December 9

The Guidance Department of G. Ray Bodley High School, Fulton City School District, will again host their annual "Financial Aid Night" for students and their parents or guardians on Monday, December 9 at 7 pm in the high school auditorium.

Becoming acquainted with the various sources of financial assistance and understanding the processes and deadlines for

applying will assure the timely submission of appropriate forms and greatly enhance the probability of receiving financial aid.

A representative from the financial aid office at the State University of New York at Oswego will present information about the types and sources of financial aid available to undergraduate students and familiarize

attendees with the federal and state forms needed to apply. Informative handouts will be available to those who attend.

All college-bound students and their parents or guardians are encouraged to attend, but this very important information will be of particular interest to seniors and their parents or guardians. The snow date is December 10 at 7 pm.

RaiderNet Daily

G. Ray Bodley High School, Fulton, NY

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GRB junior commended for calm under pressure

By Seth Rogers-Miller

Being a hero doesn't have anything to do with leaping tall buildings in a single bound or hitting a walk-off homer in the bottom of the ninth inning. What it all comes down to is rising to the occasion at a time of need, which is exactly what junior Cassie Ashby did recently when a fellow student suffered a severe panic attack.

Less than 10 minutes after bus 486 departed from the high school a fellow G. Ray Bodley student began to experience breathing problems. The issue was immediately brought to the attention of the bus driver, Kelline Langdon, who after assessing the situation and consulting base, was instructed to head back to GRB. To her astonishment, the school nurse was nowhere to be found, and the students condition was steadily getting worse.

"Her hands were cold and stiff," according to Kelline, who was sitting with the girl doing her best to keep her calm and breathing. Things soon got out of hand as the student could no longer feel her arms or legs. It was at this point that Kelline felt it was

necessary to call an ambulance. As they waited for the paramedics to arrive, tensions on the bus grew. The students, who did not fully realize why they had to wait, became impatient.

That is where Cassie Ashby stepped in. In addition to consoling the sick student

bilized with relative ease, something that would not have been possible if Cassie had not stepped in and remained calm in such an extraordinary circumstance.

Later Kelline was told by paramedics that if she had attempted to transport the child the home instead of back to the high school,

"Cassie realized that her bus driver Kelline had her hands full, and aided her by explaining to the other students on the bus the seriousness of the situation at hand and quickly had the bus back under control."

by rubbing her back, Cassie realized that her bus driver Kelline had her hands full, and aided her by explaining to the other students on the bus the seriousness of the situation at hand and quickly had the bus back under control. In one instance she told several students that, "this is a serious situation and that girl is very sick," adding, "take it serious."

With Cassie's help the student was able to be transferred into the ambulance and sta-

she would not have made it there alive. That alone speaks to the gravity of the situation.

Kelline had great praise for the GRB junior, saying, "It was like looking at my own daughter," and she was very grateful to Cassie for stepping in and assisting her. Kelline even turned in an acknowledgement letter commanding Cassie for being so helpful in a high stress situation.

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

Sophomores are reminded that the BOCES field trip forms must be given to Ms. Stubbman today.

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.

French Club holiday celebration is Tuesday, Dec. 3 after school in room 125. Sign up with Mademoiselle Coleman or Madame Honeywell.

Senior poll and directory forms are due by the end of the day on Friday, December 6 to Mr. Senecal in room 228.

GRB LOTE Clubs (French Club, Spanish Club & German Club) will be celebrating the winter holidays sweets followed by the annual caroling trip to Michaud Nursing Home on Friday, Nov. 6 @ 2:30 pm. Students will meet in Frau Ruggio's room and then proceed to Michaud. See a LOTE teacher to sign up and get a permission slip.

What's for lunch?

Today: today's menu was not available at the time we went to press.

Check here tomorrow and every day for the Fulton City School menu.

Self-harmers need someone to talk to

By Alec Thomas

Self-harm is an act during which one cuts or burns their own body. Many people take this as a suicide attempt, but it is not. This is simply an escape route from mental pain, anger, frustration, sadness, or basically any other feeling that isn't happy.

Although this way of coping with oneself is unsafe, millions of Americans suffer from this disease. Self-harm is usually linked directly to depression; but there have been other impulse-controlled diseases known to make people feel the need to self-harm, such as eating disorders or borderline personality disorder (BPD).

Acquaintances of self-harmers who notice these painful marks on the bodies of others have been known to make fun of them for being weak, or a freak. These insults can easily become scars on the person's body. Being made fun of for something that cannot be



controlled, like self-harming, can cause a self-harmer to act out more, and hurt themselves continuously. The act of self-harm is almost never an attempt to kill oneself, but has led to many deaths caused by bleeding out.

Self-harmers are not always visible to the naked eye. Many self-harmers have taught themselves to harm in places that are always covered, and they can force themselves to seem happy. The happiest looking ones are usually the people who hurt the most, and need the most love and care. They are in what they describe as a black hole that they cannot get out of, and their minds have a hold on them, or have taken over.

During the self-harm attempts, normally the victim is blacked out and does not realize that they are doing it until it is too late, and they have already done it again. These blackouts make self-harmers hate themselves more, which makes them want to hurt again. The act of self-harm is a cycle with the person hating themselves more and more every time.

The key to a self-harmer being released from this act is not any medicine, those will never help; but instead it comes down to talking. Self-harmers need to find a person to confide in, someone to tell all of their deepest darkest secrets to, and someone who will not judge their ways. A psychiatrist is not the option, normally a friend is found who breaks a self-harmer away from it. Self-harm Rehabilitation Centers will also help. No mental hospital or therapist can cure someone from it, which is where people make the mistake of sending a self-harmer, when honestly, it will only make them worse.

Meet the Reporters

Jessica Vaccaro
senior

Jessica enjoys taking pictures and writing articles as well as doing layout for the yearbook. She is a dancer who also volunteers within the community, and serves as the treasurer for both the yearbook and journalism clubs.

One thing people might be surprised to know about Jessica is that she is a self-professed "book worm" who loves reading.



Quote of the day:

"You aren't your looks, or your gender, or your weight. You're not where you were born, or who your parents are. You aren't always what you want to be. You are what you do in your life, and who you help. You're the legacy you are making to leave behind one day. You are what you do in this life you were given. Don't let people judge you on the things you aren't, let them see who you are."

J.G

Time is running out! Only 15 school days left to order!

Order your 2014 yearbook by Friday, Dec. 20 and save \$10

Pay \$50 instead of \$60 and save some \$\$

A minimum \$10 down payment reserves your book at the reduced rate!

See Mr. Senecal in room 228. Order forms available in the office.

**Submit yearbook photos online at www.hjeshare.com
our school code is: fultonian Fall sports photos needed!**

In the News

Tech. talk:

Buying a new computer? Shop carefully

Thanksgiving may be over, but there are still bargains to be had online, as today is what has come to be known as cyber Monday. Many consumers will buy a pc during this time due to the lower prices, however lower prices do not always mean a good deal.

Here a few tips to make sure you do not buy a computer that will not do what you need. One, try not to buy refurbished computers. These are computers that could have been returned for some unknown reason or simply because there was something wrong

with it. However before these refurbished computers are put on sale they are looked at intensely to make sure they work. The downside to this is that the computer could have an issue that does not occur all the time and may not be picked up on the various tests.

How much memory a computer has is another huge factor for consumers. The amount of memory someone will need will vary depending on how they use the computer. For light users (email and web browsing mostly) a 500GB hard drive is plenty,

but for heavy users (pc gamers or designers) a 500GB hard drive will be used up in no time for storage, so a 1TB drive is recommended. The last major factor is how fast the CPU (central processing unit) is. For light users a 1.3 GHz processor is plenty, while for heavy users at least a 2 GHz processor will be better.

The bargains are out there, but people need to do their homework before making a purchase that they will regret for the next few years.

By Perrin Ogden

This week in Raider Sports

Today: Hockey vs. RFA (6 pm).
Tues. Dec. 3: Wrestling @ Chittenango (6 pm); Girls Bball vs. J-D (JV-5:30/V-7 pm).
Wed. Dec. 4: Hockey vs. F-M @ Cicero (8:30); Boys Bball vs. J-D (JV-5:30/V-7 pm).
Thurs. Dec. 5: Bowling vs. Cortland @ Mattydale (3:30 pm)
Fri. Dec. 6: Swim vs. Auburn (5 pm); Hockey @ B'ville Tourney (7:15 @ Lysander); Girls Bball @ Cortland (JV-5:30/7 pm)
Sat. Dec. 7: Wrestling @ Anderson Tourney (9 am @ C-NS); Hockey @ B'ville Tourney (1 or 3 pm); Wrestling @ APW/Pulaski (9 am)

**Going someplace cool? Take
RaiderNet**

Daily

with you and get your picture taken for next year's Fultonian Yearbook feature
"Where in the world is The Raider?"

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.

**Have YOU got something to say?
Do it in a letter to the editor!
theraider@fulton.cnyric.org**

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*

How do you think Fulton sports teams will do this winter?



"Horrible, except for bowling and swimming."

Dan Coant



"I heard bowling and swimming were good."

Mrs. Hawley



"Dude... bad."

Austin Curtis



"Great! I love Fulton sports!."

Brianna Smith

Meteorology and you

By Carson Metcalf



Today:



Rain/snow mix.

40°

Average: 41°
Record: 65° (1988)

Tonight:



Rain/snow showers continue.

35°

Average: 28°
Record: 3° (1989)

Tomorrow:



Cloudy with rain/snow.

38°

Average: 41°
Record: 65° (1982)

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.