



Environmental Club making a difference at GRB



Nearly every Friday during the school year, members of the GRB Environmental Club take part in recycling. Here are the totals for Friday, February 7.

Recycling facts:

Recycled paper: 801.9 lbs..
Recycled plastics: 38.1 lbs.
Cardboard: 61.4 lbs.
Total: 901.4 lbs.
Reems of paper: 160.4
Sheets: 80,188.8
Trees used (one tree = 16.5 reems): 10.0

Year to Date (paper only):

Tons recycled: 1.99
kwh saved: 7,961.72
Gallons of oil saved: 756.36
Gallons of water saved: 13,933.01
Landfill saved (ft3): 5.97
(information provided by Mr. Mainville)

It's a tradition that began in the late 1980's with former English teacher Mr. J. Varracchi that has continued on with current Environmental Club Advisor Mr. Mainville: Friday recycling. Some of the members of this year's recycling team pose with their "haul" from Friday, February 7. From left to right are (front) Mackenzie Grow and Amanda Rice. Back-Jeremy Langdon, Nick Summerville, Konner Myers, Jacob Strauss, Tevin Smard, Keisha Pierce, Seth DeLisle and Mark Pollock. (photo submitted by Mr. Mainville)

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

HOPE Club meets every Monday in room 119.

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

Fultonian Yearbook meets on Wednesdays in room 102.

GRB Journalism Club meets Wednesdays in room 102.

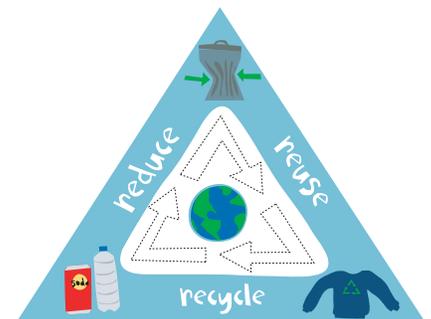
Yearbooks are still available for preorder for \$60. See Mr. Senecal in room 228 during GSH.

There will be **National Honor Society meeting** for junior inductees only on Tuesday, Feb. 11 in the auditorium.

There will be a **Library Club meeting** after school on Tuesday, Feb. 11 in the LMC. All officers must attend.

There will be a **Battle of the Books meeting** on Wednesday, Feb. 12 from 2:30 to 4 pm in the LMC.

There will be a mandatory meeting for any girl interested in playing **JV lacrosse** on Wednesday, Feb. 12 at 2:30 in room 209. Be sure to attend to get information on the upcoming season.



What's for lunch?

Today: Hamburger or cheeseburger with green beans, butternut squash and orange smiles with alternative on turkey & cheese wrap.

Tuesday: Chicken patty on roll with sweet potato bites, peas and diced pear cup with alternative of diced chicken and cheese wrap.

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



Look after yourself during National Heart Month

By Brandon Ladd

February is national heart month, a month to celebrate the promotion of good heart health. Your heart is kind of important, so there is some logic to having a whole month dedicated to its wellbeing. You should take good care of your heart anyway, but having a little extra motivation couldn't hurt. There are almost limitless ways to improve your heart health.

Everyday things can be slightly changed to make them healthy for your heart. Some of these things are as simple as adding some heart healthy foods to your daily routine such as nuts, grains and even a "heartly" salsa. Along with these heart healthy foods simply taking in less fat contributes to a healthy heart as it functions better without extra fats being processed throughout your body.



Exercise also goes hand in hand with a good diet and ensures a good heart in the long run. Reducing stress is also a great way to keep your heart healthy. Taking up a hobby that you enjoy helps reduce stress, which keeps your heart from overworking and in good shape. Just keeping a good mindset and not stressing yourself is key to having good heart health.

Just being around animals has been proven to make people smile and in turn, lighten their mood. Laughter in this case is some of the best medicine. It is important to laugh every day and smile and focus on the good things. Your mental state greatly influences your mood to combat the stress to keep your vital organ in a good, healthy, working condition.

So regardless of the month taking care of your body never hurts, and the benefits are astronomical considering the little effort it takes to promote your own health and overall condition. These simple tips can have a great overall effect on your body.

Have a heart and do your part!



Canned Food Drive Feb. 4-14 in GSH

Sponsored by the HOPE Club,
FBLA, Student Senate & French
Club

Quote of the day:

"Peace cannot be kept by force; it can only be achieved by understanding."

- Albert Einstein

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

While we prefer school related issues, RaiderNet Daily welcomes letters on any appropriate topic. Letter writers must sign their name and include their guided study hall teacher's name for verification, or they will not be printed.

All letters should be given to Mr. Senecal or e-mail to: theraider@fulton.cnyric.org

Letters received via e-mail or on a disk in microsoft word in text format will be given top consideration.

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?"

This week in Raider Sports

Tues. Feb. 11: Girls Bball vs. ES-M (JV 5:30/V-7); Boys Bball @ ES-M (JV-5 pm/V-6:30).

Wed. Feb. 12: Boys Indoor track @ OHSL Championship (4:30 @ OCC).

Thurs. Feb. 13: Girls indoor track @ OHSL Championship (4:30 @ OCC).

Fri. Feb. 14: Bowling @ Sectionals (TBA in Mattydale).



Opinion

Five words and phrases to drive a grammarian wild

If English is the only language you know, there is no reason you should be speaking in such a repulsive manner. Here are five words and phrases that are sure to drive a grammarian wild.

1. “Ecspecially”

You think you’re being smart here; but you’re really not. There is no c following directly after the first letter of this word. What amazes me is how so many educated people continue to use this phrase. It takes more effort to pronounce that hard, grinding c than to pronounce the s where it belongs.

2. “So don’t s/he”

The only context people use this in is when they want to agree with the words of others by saying as an alternative to as well or too. Yet, when you say “so don’t,” you’re negating the claim that the other person made in the first place, which sometimes confuses the other party, or listeners like me. Not only does saying “so don’t I/s/he,” leave a person squinting their eyes trying to make sense of what you just said, the conjugation of the verb to do, does not make sense. To avoid making the same mistake in the future, remember that the negative he/she/it form of to do is doesn’t.



Then ask yourself if saying “So does not she!” sounds correct, hopefully it shouldn’t.

3. “Could care less”

Here is a common error that dozens make daily when trying to convey the idea that they don’t care very much. By saying “I could care less,” you mean that whatever matter at hand is, in fact, relevant to you, but that its value could diminish in your eyes. This is not the same as repeating, “I could not care less,” as, by virtue, it means you really do not mind that issue.

4. “Supposeably”

Supposedly does not equal “supposeably,” period. Just please stop.

5. “Pacificantly”

“Pacificantly,” rather than being used as a substitute for specifically, has replaced the latter in everyday conversation. If something is “pacific,” it is peaceful in character or intent or possibly, of or relating to the Pacific Ocean. If what you truly want to say is unique, particular information, then use the word specifically.

By Tevin Simard

Helpful or harmful? The caffeine debate rages on

Caffeine is a very essential part of everyday life for a large majority of today’s population. For some, caffeine is the only thing that gets them through an entire day without crashing, but is it necessarily healthy for you?

There has been a lot of debate about whether or not caffeine is good for the body. Some say it is, and others firmly disagree, but in reality it all comes down to the facts. Although caffeine does have some negative effects, for some the positives outweigh the negatives.

For a lot of people, caffeine is something they go to in order to get through the day without wanting to fall asleep right then and there. That is not the only positive about caffeine, however. Caffeine is also proven to improve one’s memory and improve their mental functioning. Some studies have suggested that caffeine can even lower a person’s risks of diseases such as Alzheimers and liver cancer. Overall, caffeine is proven to give you that boost you need to

improve your day, and maybe even lower your risks of some diseases.

Although caffeine helps improve your overall mental functioning, some see it as dangerous and addictive. Studies have shown that too much caffeine can cause high blood pressure, high blood sugar, and decreases bone density, along with the jittery feeling you get when too much caffeine is consumed. Studies have also shown that caffeine can be addictive to some people and caffeine withdrawal is an actual syndrome. Other studies have shown that although caffeine can be addictive, most people are not addicted to it.

Some feel caffeine has more positive effects than negative, while others believe it is dangerous to the human body. While the debate over whether or not caffeine is dangerous or beneficial continues, in the end it is completely up to each individual person’s discretion.

By Emily Hyde

**Book now for the
prom and dinner
dance!**

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 much money should someone spend for Valentine's Day?



"\$20"

Chance Porter



"\$15"

Sami Miller



"\$5"

Nick Shattuck



"\$10"

Chris Dunsmore

Meteorology and you

By Carson Metcalf

Today:

Tonight:

Tomorrow:



Snow showers.

17°

Average: 33°
Record: 56° (2001)



Snow showers.

10°

Average: 17°
Record: -15° (1983)



Cloudy. Chance snow.

16°

Average: 33°
Record: 59° (1981)

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.