

G. Ray Bodley High School, Fulton, NY

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Volunteers make a difference

By Steven Gilliland

A volunteer is generally considered to be a person who is involved in an activity which is intended to promote goodness or improve the human quality of life. In return, this activity can produce a feeling of self-worth and respect. There is no financial gain involved for the individual.

In Oswego County there are a total of 30 fire departments. Only four or five of those departments are paid, which leaves some 25 volunteer companies to serve the public's needs. There are three such departments relatively close to the Fulton area, the Granby Center Volunteer Fire Department, Volney Volunteer Fire Department and the Cody Volunteer Fire Department.

Being a firefighter is very demanding, but it can also be very rewarding. Being a

firefighter includes 100% commitment to the station/department. Whether its showing up for a training session among the department to increase skills and knowledge on techniques used during an emergency, or the actual fires themselves, the personal reward is almost unexplainable and is a rush unlike no other.

Volney volunteer firefighter Kyle Buck says, "firefighting is a passion, I can't get enough of it."

Life is all about advancing and becoming better and succeeding, so why not join a volunteer fire station? Becoming a volunteer firefighter is actually quite simple. Meeting the department's age standard and being fully committed are the main requirements, but prospective volunteers should contact their local volunteer fire department for application requirements.



GRB student Kyle Buck is one of several students who have taken volunteerism to a whole new level as a member of the Volney Volunteer Fire Department. (Steven Gilliland photo)

Raiders hang tough with powerful Westhill

After coming off their first win of the season against Cortland, the Fulton Raiders boys lacrosse team wanted to try and keep that win streak alive against a face a tough Westhill team that was fresh off a 20-3 run past Clinton. Last year the Warriors finished their season an impressive 14-3 and when they played Fulton, they won 15-2. This year's game was at Westhill, and even though the Raiders fell, the result was not as bad.

The Raiders scored the first goal and held the lead for part of the first quarter, but by the end of the quarter Westhill had tied it up at 2-2. Unfortunately, it went downhill from there for the Raiders. The Warriors won the second quarter 2-0 and carried the two goal lead into halftime. They did not stop there as they piled on another two goals. Down

four goals going into the final quarter, the Raiders tried to make a comeback but the Warriors continued the pressure and netted another two goals to make the final 8-2.

Even though they did not get the win, the Raiders still showed they could fight with one of the best teams. Carson Vono and Seth Delisle scored for the Raiders, while Scott Hughes made an impressive 17 saves.

On the season, the boys are 1-3, but are only 1-1 in their league. Their next game is against Whitesboro today, at Whitesboro. The Warriors are 0-3 and are 0-1 in their league. Both teams have played New Hartford and have lost, with the Raiders falling 10-6 while Whitesboro lost 15-2, giving the Raiders a good chance of getting their second league win. *By Jimmy Martin*

What's for lunch?

Today: Chicken patty on a bun with sweet potato waffles, peas and peaches with alternative of grilled cheese sandwich.

Wednesday: Cheese pizza with broccoli, corn and mixed fruit cup with alternative of grilled cheese sandwich.

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

Prom tickets are currently on sale during lunch bells and from class advisor Mr. Lacey during guided study hall in room 227. Tickets are \$40 and checks should be made to the GRB Class of 2015. Prom contracts must be turned in at the time of purchase. See Mr. Lacey for more details.

Voting is currently taking place for this year's prom king and queen. See Mr. Lacey for more details.

HOPE Club meets every Monday in room 119.

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

Fultonian Yearbook meets on Tuesdays in room 102.



**Wednesday April 9
6:30 pm
\$4 admission GRB
auditorium**

Opinion

Checking out the health benefits of duck eggs

By Brandon Ladd

great way to start the day. Eggs are rich in protein and omega 3's. There are many health benefits to eating eggs for breakfast. But, did you know that while eggs from a chicken are great, duck eggs are even better! That's right, a duck, or Anas platyrhynchos, as it is referred to scientifically, produces eggs that are far superior to that of a chicken.

The eggs of a duck have twice the nutritional value than the eggs of a chicken. Duck eggs are also slightly larger than chicken eggs. They have a thicker shell, which allows the eggs to stay fresher longer. Since duck eggs are not typically sold commercially in any grocery stores, they have the full flavor and richness of a farm fresh egg. Never mind whether the eggs are sold in stores or not, that fact remains that duck eggs are just all around richer and more flavorful than chicken eggs any day of the week.

Duck eggs are an Alkaline producing food. An Alkaline producing food helps in cancer patients and preventing cancer, because

Many people wake up every morning and think that eggs are a

cancer cells cannot thrive in an Alkaline rich environment. There is one reason why many people are afraid to try a duck egg and that is that is because the yolk contains about a full days supply of Cholesterol, which is not good for heart diseases.

But this all depends on what you believe about weight control and fat or cholesterol. Doctors are only just beginning to understand the real effects of eating fat in our diet. In practice we know that healthy active people who exercise need fat in their diet, otherwise their bodies would generate the cholesterol itself. So good (HDL) cholesterol is good and will stop your body from producing its own cholesterol.

Your body needs to know how to process fat and get the energy benefits. If it forgets how to process fat or has easier sources of fast energy like those from hydrocarbons, your body stores the fat as an energy source ...hence your love handles are really stored energy. Aside from straight eating, duck eggs are known to make pastries or any other baked good fluffier and richer. So, why not make the switch just to try it and see if you like it. It couldn't hurt you, in fact the benefits are stated.

USAID and the development of "Cuban Twitter"

The United States government has engineered their own version of Twitter. This version is based on SMS messages, and was created to be used in Cuba. The "Cuban Twitter" type network was used to undermine the Cuban government. It was designed to be hidden away from the Cuban style of strict surveillance. This network was hidden from the leading officials who control the flow of information.

This messaging network was called ZunZeo, which is the nickname of the Cuban song of the hummingbird. The "Cuban Twitter" was created to be able to function without internet access and build a cult following with only safe content in the beginning. This safe material was sports talk, music, extreme weather and other acceptable content to build a user base. The intent was that once an audience was gathered the subject could be switched to political topics such as criticizing ruling powers, and organizing protest within individuals.

At peak popularity, ZunZuneo had over 40,000 members on the network. There was no speculation about the US Government having any relationship with this network at any point. The govern-

ment group that was involved in the creation of ZunZuneo is the United States Agency for International Development. The USAID is not denying its creation of the software, stating they "help people exercise their fundamental rights and freedoms, and give them access to tools to improve their lives and connect with the outside world." They hid their involvement originally because their aim was to protect the population that was active on the controversial network, according to a spokesman for the agency.

One of the biggest questions concerning this network was the overall legality of the deployment. Those critical of the operation argue that it would require authorization from the President to commence the project and there is no definitive answer of whether that had been obtained. Another controversy was the danger in putting Cuban users in when they logged on to the secret, somewhat illegal and US ran network.

The network continued to grow until it came to the point that USAID could easily lose control of it, and the program directors felt that they should end their involvement with the network so their

(continued on page 3)



Reflections

-THE- Salon & More**Welcomes GRB grad Chelsea Poyneer!**

608 South 4th Street-Fulton Call for an appointment today!
592-4415

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Roasted banana bars with butter pecan frosting

While these bars do take some time to make, they're worth the while. The caramelized bananas truly heighten the flavor and the pecans serve to give this dessert a light crunch. In case you were wondering, the banana bars not only go well with dinner, but breakfast too.

Ingredients

Bars:

2 cups sliced ripe banana (about 3 medium)
 1/3 cup packed dark brown sugar
 1 tablespoon butter, chilled and cut into small pieces
 9 ounces cake flour (about 2 1/4 cups)
 3/4 teaspoon baking soda
 1/2 teaspoon baking powder
 1/4 cup nonfat buttermilk
 1 teaspoon vanilla extract
 1/2 cup butter, softened
 1 1/4 cups granulated sugar
 2 large eggs
 Baking spray with flour

Frosting:

1/4 cup butter
 2 cups powdered sugar
 1/3 cup (3 ounces)
 1/3-less-fat cream cheese, softened
 1 teaspoon vanilla extract
 1/4 cup chopped pecans, toasted



Preparation

1. Preheat oven to 400°.
2. To prepare bars, combine banana, brown sugar, and 1 tablespoon butter in an 8-inch square baking dish. Bake at 400° for 35 minutes, stirring after 17 minutes. Cool slightly.
3. Reduce the oven temperature to 375°.
4. Weigh or lightly spoon cake flour into dry measuring cups; level with a knife. Combine 9 ounces (about 2 1/4 cups) flour, soda, and baking powder in a medium bowl. Combine banana mixture, buttermilk, and 1 teaspoon vanilla in another medium bowl. Place 1/2 cup butter and granulated sugar in a large bowl; beat with a mixer at medium speed until well blended. Add eggs to granulated sugar mixture; mix well. Add flour mixture to sugar mixture alternating with banana mixture, beginning and ending with flour mixture.

Quote of the day:

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."
 - Thomas Jefferson

5. Pour batter into a 13 x 9 inch baking pan coated with baking spray. Bake at 375° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.

6. To prepare frosting, melt 1/4 cup butter in a small saucepan over medium heat; cook 4 minutes or until lightly browned. Cool slightly. Combine browned butter, powdered sugar, cream cheese, and 1 teaspoon vanilla in a medium bowl; beat with a mixer until smooth. Spread frosting over cooled bars. Sprinkle with pecans.

Submitted by Tevin Simard

Recipe courtesy of My Recipes.

"Cuban Twitter"

(from page 2)

creation of it could be hidden. The USAID even reached out to Jack Dorsey (Twitter Co-founder) for funding to keep the network thriving to the point where it could be a legitimate social network. When all possible funding opportunities were exhausted the network was shut down and USAID stated it was simply caused by a lack of funding.

Saddened Cuban users everywhere were left with confusion as to why their favorite social network had suddenly dropped off the face of the Earth. The effectiveness of the plan is not high, seeing as the program has spent an estimated 1.6 million on the deployment of the network, and the Communist party is still ruling with an iron fist in Cuba. This news supports strongly the extreme effect social networking has had on the world, even to the point of government agencies creating networks to attempt to cause political instability.

By Brandon Ladd

This week in Raider Sports

Today: Tennis vs. Chittenango; Softball vs. J-D; Baseball @ J-D; Boys lax @ Whitesboro.

Wed. April 9: Tennis @ ES-M; Track vs. Cortland/Fowler @ Cortland; JV girls lax vs. Fowler; V girls lax vs. Fowler (6 pm).

Thurs. April 10: Softball @ Chittenango; Baseball vs. Chittenango; Boys lax vs. J-D (V-7 pm).

Fri. April 11: V girls lax vs. MPS (5:30); Track @ C-NS Relays (4 pm).

Sat. April 12: V baseball @ C.Square 11 am & 1 pm; JV baseball vs. C.Square (11 am & 1 pm); JV girls lax @ Cortland (noon).

All games at 4:30 pm unless noted.

Due to weather circumstances, schedule is subject to change



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



School of Thought compiled by Alec Thomas & Emily Hyde

What do you want to see at Bodley's Got Talent?



"A wide variety of talents."
Mrs. Lazarek



"Bluegrass Music would be nice."
Matt Goss



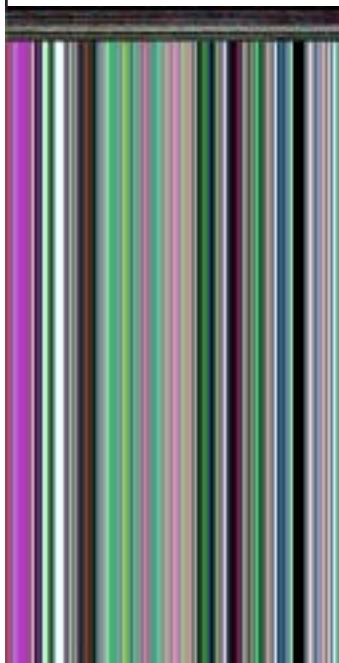
"I want to see people mess up and fall."
Victoria Gillette



"I want to see good pop singers."
Lauren Gaido

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain.

46°

Average: 54°
Record: 84° (2010)

Tonight:



Cloudy with
rain/snow.

32°

Average: 34°
Record: 15° (1972)

Tomorrow:



Cloudy with
rain/snow.

42°

Average: 54°
Record: 75° (1991)

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.