

Students honored at recent awards ceremony

Many of the top students at G. Ray Bodley High School were on hand recently for the 31st annual award ceremony to recognize students for their outstanding academic achievements and/or their memorable personality having an effect on others. Also, for the first time ever, students who make up the top 25 for each class were acknowledged at this event.

There were a number of awards given that night, including the following major awards.

Laurence P. LaFrate Memorial Education Award- This award recognizes a senior student who has demonstrated academic improvement, social and/or character development and demonstrates artistic talent. The recipient of this award was senior Dawson Samson.

The Pamela Fallesen award is given in the name of the former guidance counselor and school district employee for over 30 years. This year the award honored a student who has demonstrated an extraordinary act of kindness and caring toward others or demonstrates an ongoing characteristic of kindness and caring for others. This award was presented to senior Anna Guernsey.

Senior Thomas Distin won the Dr. Paul Day Memorial Award, which is given to a junior student with a love of books and reading and who distinguishes himself by acts of kindness and decency to fellow students. The Wellesley Award is presented to a jun-

ior female student for her outstanding scholastic achievement, exceptional character, significant personal contributions to school and community and who would likely qualify for admission to Wellesley College. Junior Angeline Kimbrell was the 2014 recipient of this award.

Named for Lona A. Preston, a teacher of mathematics from 1926 to 1961 who was known for her expertise and teachings the award that bears her name is given to the senior with the highest grade point average for five years of college track mathematics. Senior Class Valedictorian Michael Holcomb received this award.

Taking home the Rensselaer Medal, which is awarded to a secondary school student who has distinguished themselves in Mathematics and Science was junior MaKenna Cealie. The purpose of this medal is to recognize the superlative academic achievement of students and to motivate students for a career in Science, Engineering and Technology.

Juniors Kylie Jacklett and Bailey Lutz were presented with the R.I.T. Computing Medal and Scholarship Award for distinguishing themselves academically while being involved in community and school activities and also demonstrating an interest and ability in the field of computing. Fellow Junior Jacob Cuyler won the Bausch & Lomb Science Award, which is given to a junior student who has successfully completed freshman, sophomore and 1/2 year of junior science courses while taking a rigorous course of study in sciences and achieve acceptable PSAT, SAT/ACT math and science scores.

The Robert Rose Memorial Award, named for a longtime Social Studies teacher in Fulton recognizes a senior with Mr. Rose's spirit of appreciating and loving the learning of Social Studies understandings. The recipient for this award was senior Abigail Shatrau.

Junior Jessica Race won the University of Rochester Frederick Douglass & Susan B. Anthony Humanities Award, which is pre-

sented to a junior student for outstanding achievement in the humanities and/or social sciences. Eleventh graders Kendra Tryniski and Geoffry Michaels claimed the R.I.T. Innovation and Creativity Award for their outstanding achievements in innovation, creativity and entrepreneurship.

The Xerox Award for Innovation and Information Technology went to junior Mad-den Rowlee for having a strong interest in innovation and/or information technology. The candidate is a proven high achiever, effective and enthusiastic in the use of technological equipment in service and course work, and offers new approaches to old problems. Another junior, Amanda Rice, won the Wells College 21st Century Leadership Award, which is presented to a student for their leadership ability, community involvement and academic excellence.

The LeMoyné College Heights Award, which recognizes a student who is reaching the "heights" in the classroom and in service to their school and community was awarded to junior Jacob Belcher, and the St. Lawrence University Book Award, which recognizes a junior student who has devoted time to community service and is a distinguished student within the school community was presented to Erica Pawlewicz.

Other college related awards went to juniors Nicholas Reitz and Kara Bricker for Clarkson University High School Achievement Award and the Clarkson University High School Leadership Award, and the Elmira College "Keyi" Award, which is presented to two outstanding junior students enrolled in rigorous academic courses who placed in the top 10% of their class, and have demonstrated outstanding school and community leadership went to Katelyn Ely and Jacob Batchelor.

Juniors Karli Bricker and Brett Camploieta claimed the Student SAGE Award, which recognizes two outstanding junior students with academic and social leadership. These students must be motivated to serve the community and inspire others to develop and

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

Junior prom photos are here! See Mr. Lacey to pick them up.

What's for lunch?

Today: pulled pork on a bun with broccoli florets, baked beans and mixed fruit cup with alternative of turkey and cheese sub.

Please note: bag lunches will be available during all local and Regents testing days.

Survival guide for graduation parties

G. Ray Bodley High School Graduation is only 15 days away, and with that date comes graduation parties. This is a special time as friends and people whom you otherwise would not consider your friends, have and will continue to invite you to their parties commemorating the end of four long years. From the end of freshman year until now, I have attended almost two dozen graduation parties, so take some tips from someone who has been there, done that, and got the t-shirt.

1. **Check Out the Food:** The food at grad parties is usually tasty and filling, which is ideal if you plan on being at a graduation party for a few hours. The type of foods available are dependent on the individual hosting the party, meaning that some people choose to make all of the food themselves, while others can opt to have their food catered.

2. **Wear Weather Appropriate Clothing:** It should seem obvious that you should take into account the weather when dressing up, but this is not always the case. If you know that you will be attending a graduation party in seventy degree weather, in the evening, on a lake, then you should bring a sweatshirt so as to keep warm when the sun goes down.

3. **Mingle:** Take time to talk to the people who are at the party, besides the friend who invited you to theirs. Because the high school experience is (traditionally) done over four years, you will probably see familiar faces that you have not seen in quite some time. Use this opportunity to catch up with these people; even if you did not care for them in high school, they have most likely changed in

some way, as time tends to have that effect on people. Remember to be polite, even if it pains you.

5. **Take Pictures:** Save moments of this event forever by taking pictures. No matter what life brings or whether the people in the picture change, you will have something to frame, that you can treasure forever.

6. **Dance:** Show off your great, or even not so great, dance moves in front of an audience. Invite your friends to dance their college worries away with you.

7. **Play Sports:** Maybe dancing is not your forte, okay. The non-rhythmically gifted, such as yourself, are smart enough to bring frisbees to graduation parties so that they can look good at something. However, if playing Frisbee is not your style, you could play volleyball, a summer favorite at graduation parties.

8. **Live in the Moment:** I know from experience how easy it can be to be thinking so much about the future and planning for it that you miss out on the fun of the event itself. That said, you should live in the moment as much as you can to get the full party experience. You do not want to look back and regret not enjoying that small window of time that you will never regain.

9. **Don't Let Everything Stress You Out, Go with the Flow:** Even reading this list about graduation parties may be stressful. Calm down, everything is going to be alright. This list was created with you in mind, so that you would know how to navigate this type of function. If you are feeling overwhelmed at any point at a graduation

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ISS wasn't all it's cracked up to be

One visit to the in-school suspension room and it begs the question, aren't these kids supposed to be getting punished? Everyone knows that one person who spends more time in the in-school room than in actual school. It makes you wonder, are they refusing to change their ways or do they keep acting up because they actually prefer it in the ISS?

An old friend of mine once told me "I'd rather be in ISS, I get so bored my only choice is to catch up on my work." Now maybe things were different in his day, but concentrating and doing work, through no fault of the ISS monitors would be borderline impossible with the current state of the in-school room. At least during

my day in ISS when a certain student wasn't beat boxing, annoying freshman girls were giving their life story.

One girl went so far as to nonchalantly brag that she planned on getting lunch detention just so she could see a friend of hers who also had detention. This is ridiculous and seems void of common sense. They would rather sit "quietly" isolated in a windowless room than with their friend in class.

Do they hate school that much? Some advice from a graduating senior, enjoy it while it lasts. If you look back on your high school career and all you remember is the ISS room then that's pretty sad.

By Seth Rogers-Miller



Reflections

-THE- Salon & More

Welcomes GRB grad Chelsea Poyneer!

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Your health

Summer: sun, fun and more danger than you think

Summer is possibly one of the most eventful seasons of all, due to its warm, welcoming weather, but what people do not realize is that while summer is fun, it can also be dangerous.

Outdoor temperatures can reach staggering heights during the summer, which poses as a great threat to those who spend large amounts of time outside in the heat. Most heat related illnesses occur when people have been overexposed to heat or have over-exercised for their age and/or physical condition. When extreme heat is at its most deadly, it can kill by forcing the body beyond its capacity to cool itself down, which slows the processes by which normal body temperature is maintained.

When outside having fun, heat illnesses are the furthest thing from your mind, but it is important to remember the dangers of extreme heat. Heat-related illness and deaths are extremely easy to prevent. The most important thing to consider when it comes to heat-related illnesses are those at the greatest risk, such as the elderly, the very young, and people with chronic diseases or mental illnesses. Even young and healthy people are at risk if they take part in overly strenuous physical exercise outside during hot weather.

The body's most common response to extreme heat is dehydration. When exposed to direct sunlight and temperatures higher than 90 degrees Fahrenheit, the body can lose as much as half a gallon of water every 10 minutes. Dehydration also can interfere with the body's internal thermostat, which can cause heat-related illnesses such as severe sunburn, heat cramps, heat exhaustion and heat stroke. High humidity also can interfere with the body's ability to sweat, which helps it cool down. When outdoor temperatures exceeds the level the body can remove through sweating and evaporation, body temperatures rises and heat-related illness can also develop.

Heat-related illnesses include severe sunburn, heat cramps, heat exhaustion, and heat stroke.

Severe sunburn can be marked by skin redness, pain, swelling, fevers, headaches, and blisters in extreme cases. Severe sunburn reduces the body's ability to release excess heat and can leave you vulnerable to other heat-related illness. If you experience severe sunburn, take a shower with soap to remove oils that block pores and prevent the body from cooling naturally. If blisters appear, ap-

ply dry, sterile dressings and get medical attention immediately.

Heat cramps can be experienced as painful muscle spasms, which usually occur in the leg and/or abdomen. Heat cramps are caused by heavy exertion in heat, which causes heavy perspiration. If you experience heat cramps, go somewhere cool and lightly stretchy and massage the muscles affected.

One of the more severe heat-related illnesses is heat exhaustion, which is considered a mild form of shock. This is marked by heavy sweating, weakness, cold/clammy skin, weak pulse, fainting and vomiting. Heat exhaustion is usually caused by heavy exercising and working in a warm, humid environment. Heat exhaustion causes an increase in blood flow to the skin in an attempt to cool the body, causing blood flow to vital organs to decrease. People who experience heat exhaustion should move to a cooler location, loosen their clothing, and apply cold, wet clothes to their skin. Victims should

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also drink plenty of cold water, but should drink is slowly. If vomiting or nausea occurs, seek help from your physician.

The most severe form of heat-related illnesses is heat stroke, which is marked by an extremely high temperature of 105 degrees Fahrenheit, as well as hot, red, dry skin, a rapid and/or weak pulse, and rapid, shallow breathing. Someone who is experiencing heat stroke may not appear to be sweating unless the sweating is due to recent strenuous activity.

Heat stroke is a life-threatening condition in which the body's internal thermostat has stopped functioning. The ability to sweat stops and the body's temperature can rise high enough that brain damage and death may occur in 10 to 15 minutes unless medical help sought immediately. If this occurs, call 911 or go to a hospital as soon as possible. Until medical attention arrives, try cooling the victim down with a cool bath. Also, cool, wet sponging, or a wet sheet will help lower body temperature. Watch for breathing problems and use fans and air conditioners as well.

No matter where you live, heat-related illnesses need to be recognized as a real threat to human life. It is important to keep in mind the real dangers of extreme heat and to be extremely cautious when outside for long periods of time.

By Emily Hyde

Quote of the day:

“Go where you're celebrated, not where you're tolerated.”

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?"

The Fugitives part 21: the end is here!

By Neal Burke

Last time on The Fugitives: Lupo still hadn't come out after the mission had been completed and Opul explained why to the others. She decided that she would have to journey into her mind and talk to her personally. At the same time Bala was informed of the facilities destruction and became very displeased, dislocating the arm of one of her Royal Guards. We also found out that Bala had ascended her title to Goddess. Journeying to the mental realm, Opul found Lupo imprisoned in a world made of her own fear and she was slowly being swallowed up by it. Opul needs to act fast before it's too late.



Opul's mind raced, trying to think of some way to free Lupo from her prison. Looking at the twisted rocks that surrounded her, she got an idea.

"Grab onto my ankle," Opul told her. "I want to make sure you're still with me while I do this." Then Opul let go of Lupo's hand and stood up, Lupo grabbing her ankle seconds later.

Opul then reached out and grabbed on to one of the twisted rocks but hissed in pain and had to pull her hand back. Looking at it, she saw several small wounds and she saw several spikes on the rocks that surrounded Lupo. Seconds later, the flesh pulsed again and sucked Lupo in up past her stomach, the force causing Opul to fall on her back. Groaning, she sat up, with Lupo still holding her ankle, and realized that only Lupo herself could break free from the prison.

Lupo nodded at that but was unsure how she could do that. She was nearly swallowed by the flesh and could barely move. Seeing a loose stone beside her and looking back to the mirror, she had an idea.

But she needed some encouragement and Opul had to give it. Getting back to a kneeling position, she grabbed Lupo's hand in both of hers and held it tight before speaking again.

"Lupo, I know you're very afraid and I know you feel hopeless," she began. "but remember what I told you on the IES Cyclops?"

At the mention of that ship, Lupo whimpered all the more and looked down again as she remembered all the bad times there. The fights and the torture, both physical and psychological.

"No, no no no. Don't remember the six months of torture we endured? Just remember what I told you on the last night we were there."

Lupo continued to whimper as she still was thinking about the six horrible months she had spent on that ship. Then what Opul had told her that night came into her mind. "...you have to be stronger than the hopelessness. Otherwise you'll always be depressed and full of despair." Lupo's whimpering and crying subsided a little

when she remembered this, but the fear still had a tight hold on her and with another gulp, the flesh sucked more of her in. Another gulp or two and she would be swallowed completely.

Seeing this increased the urgency of the situation and Opul continued to talk, further bringing up that last night on the IES Cyclops. With each sentence, her voice got more desperate and somewhat angrier.

"And remember when you saw your reflection? Remember how you hated what you saw? A girl that was sad and pathetic, a girl who was too depressed to go on. Remember how you felt good when you broke the mirror? How it felt like some of the hopelessness had shattered with the glass?"

Lupo still whimpered and cried but what Opul was saying did sink in. She remembered all of that. Her reflection and how much she hated what she saw. How she broke the mirror when she decided that she wanted to rid herself of that image for good, the glass and her blood falling into that cracked sink. She remembered it all. Still, she didn't reply, which upset Opul.

"Lupo! Answer me," Opul exclaimed, a little louder than she expected to. "Do you remember?!"

That exclamation seemed to snap Lupo out of her crying spell, at least mostly, and she gasped. Looking back to Opul, she nodded to her. Her eyes were still teary, but she wasn't

"I remember," she said softly.

As soon as she said this, a large mirror materialized in front of her, forcing Opul to let go of her. Lupo whimpered at this but then saw her reflection. She saw what she had become and just like when she had been on the IES Cyclops, she hated what she saw. She wanted to break it like she had that night but the mirror was too far for her to reach and the flesh sucked her in again, leaving just her head and arms above.

Opul gasped and tried to get around the mirror, forgetting that only Lupo could free herself for a moment, but some sort of invisible field prevented her from reaching Lupo. Growling angrily, she tried slashing at it with her claws but that did absolutely nothing. Switching tactics, she began kicking and punching the field but still nothing could break through it. She then remembered that she couldn't free Lupo, she had to do that herself.

"Lupo! You need to do something," she told her. "You're the only one who can free yourself!"

Lupo nodded at that but was unsure how she could do that. She was nearly swallowed by the flesh and could barely move. Seeing a loose stone beside her and looking back to the mirror, she had an idea. The flesh was preparing to swallow again and she knew she only had one shot. Grabbing the stone, she threw it as hard as she could and when it hit-cracks splintered in all directions and the mirror as well as its frame shattered. The shards stabbed into the flesh and it cried out in agony as the rocks surrounding Lupo uncoiled and it let her go. Scrambling to her feet, Lupo ran away from the thing as fast as she could, right into Opul's open arms and hugged her tightly. Then she began to cry again, not out of sadness, but out of gratefulness.

Smiling, Opul hugged her back as tight as she could.

"You're safe now Lupo," she said. "You're alright."

Hearing this drew Lupo's lips up in a small smile and she relaxed

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Fiction

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a little.

“Thank you.” she said, looking up at Opul.

“Anytime Lupo,” Opul replied softly. “But keep in mind what I told you.”

Lupo nodded. “Stay stronger than the hopelessness.”

“Exactly.” Opul said, just keeping her arms around Lupo for a bit. Truth be told she was being a bit more lovey dovey with her than usual but it had to be done. Lupo would still need a lot of comforting after this, mainly just in case the fear came back.

Suddenly the flesh began roaring again, this time it sounded raspy and strained. Both Lupo and Opul turned to see the flesh and the rock formations withering away. The whole world around them started to change as well, changing from a twisted landscape made from fear to a forest at night, Lupo’s ideal place. The wolf girl let out a sigh of content as she took in the new surroundings, the soft breeze and the sounds of crickets chirping relaxing her. Opul continued to smile, it was good that Lupo was finally able to relax, but she also needed to get back to the real world. Tapping Lupo’s shoul-

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der, the girl looked up at her, a smile on her face.

“I think it’s time you get back to the real world,” Opul told her. “The others are worried about you.”

Lupo nodded, understanding that she was needed out there. She kind of didn’t want to leave as she was pretty comfortable at the moment but she didn’t want to keep the others worried any longer. Standing up with Opul, she prepared to leave.

“Oh,” Opul added. “I have someone waiting for you out there.”

“Who?” Lupo asked.

“It’s a surprise.” Opul replied with a grin.

Lupo rolled her eyes but smiled with her before hugging her one last time.

“Thanks again for coming for me.”

“Don’t mention it, just don’t let that happen again.”

Lupo nodded and taking a deep breath, she disappeared, heading back to reality.

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Silver had been sitting there for over an hour and Lupo hadn’t reemerged, his worry growing with each passing second. Reaching out, he took her hand and held it tight, as if doing so might be of some help. Then, he noticed Opul beginning to change. Her snout shrunk down and her claws retracted until it was no longer Opul, but Lupo lying before him. Silver breathed a sigh of relief when he saw her but then gasped softly when he felt something move in his

hand. Looking down, he saw that her hand had moved to grip his. Looking back to her, she was awake and breathing softly, a smile on her face.

Lupo looked over to find none other than Silver sitting beside her and holding her hand. She had half expected Crystal to be here but she was still very happy to see him. The look on his face told her that he was very relieved to see her back again. Smiling, she sat up and moved to hug him, nestling her face in his chest. She was actually glad that Opul had left this a surprise, because it was a very pleasant one indeed. Feeling his arms wrap around her, she smiled all the more and relaxed into him.

“God I was so worried about you,” he told her, a ton of worry seemed to drain out of his voice. “I was afraid I’d never see you again.”

“I was afraid too,” Lupo replied, looking up at him. “But thanks to Opul, I saw what I had become and I wanted to change that. I don’t want to be afraid anymore.”

“Well don’t change too much on me okay,” he said, leaning a bit closer to her and smiling. “I still want the Lupo I became best friends with.”

Lupo nodded. “I won’t. Promise.” For a moment they just stayed locked in an embrace, enjoying each other’s company. Then Silver spoke up.

“I think we should go see the others,” he told her softly. “Crystal’s worried sick about you.”

Nodding Lupo stood with him, still hugging him and they both headed to the main deck. Lupo stayed close to him, feeling very comfortable in his arms. She knew that Crystal would no doubt hug her to death upon seeing her but she didn’t mind it. She loved her sister just as much as she loved her and she would do the same thing if their positions had flipped.

Crystal’s head perked up when she heard the doors of the main deck slide open and when she saw Lupo and Silver emerge, a huge smile spread across her face. The happiness inside was so intense that she jumped out of her seat and ran to her sister, locking her in a full embrace.

“Baby Sister,” Crystal exclaimed as she hugged even tighter. “I was so worried about you! I thought we’d never see you again! Are you alright, what happened?” She continued to talk and ask questions as some tears fell from her eyes and she began to cry a little. She had been worried out of her mind when she heard what happened to her little sister and having her back made her the happiest she’d been in a while.

Lupo smiled and hugged her back as tight as she could, tears running down her cheeks as well. It was so good to see her sister again.

“I was scared too,” Lupo replied with a bit of a sniffle. “But I’m alright now, I promise.”

“You promise?” Crystal asked to make sure.

“I promise.” Lupo replied with a small smile.

Crystal sighed with relief at that but continued to hug her little sister. If anything right now she wanted to hug her tight and never let go.

“I think this calls for a group hug.” Silver said as he went over and hugged both of them.

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Nodding in agreement, Ordin switched the ship to auto and went to join them, wrapping them all in his big arms.

Lupo had been about to object when Silver suggested the group hug but as soon as everyone hugged her, she didn't mind it. In a way, she was enjoying all the attention but she was just happy that everyone cared so much about her. She knew that they would and always would and it made her begin to cry tears of joy as they all hugged one another.

"I love you all," she managed to say.

"And we all love you," Crystal replied.

"You know what this really calls for," Ordin said, letting everyone go. "A celebration."

"Good idea," Silver agreed. "But where can we go? Oceania is too far to get there tonight."

Crystal thought about that, and then remembered another planet.

"We could always go to Umbros," she suggested. "It's not too far from here and it has a lot of taverns and cantinas. Plus it's pretty secluded."

Ordin nodded. "Umbros it is then," he said before moving back to the controls.

Crystal smiled and hugged Lupo one last time before going to help Ordin. Lupo sighed, a smile on her face and sat down in one of the empty chairs. Silver soon joined her in the chair next to her and she smiled even more.

"It's good to have you back," he told her, wrapping his arm around her shoulder.

"It's good to be back," she replied. "And I plan on staying."

Both of them laughed a little at that, then relaxed as Ordin piloted the ship to Umbros.

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Back on Mordris, in a central control room full of screens, several members of the Royal Guard were going over salvaged security footage that had been beamed to the High Command's central computer several minutes before the facility's destruction. They had been doing this for a while and couldn't find much at first because not all the footage from the facility had been beamed in time. Most of it was just images of the facility on routine or as it slowly began to fall apart and most of the guards were getting stressed. If they couldn't find anything, Goddess Bala would have their heads. Suddenly, one of the guard's eyes widened at an image of a hooded figure fighting against Junk Arachnoids. Soon more images of hooded figures began appearing on the other screens and the other guards were astonished yet relieved to see them. After all this time, they finally had a lead. Granted it wasn't much of one, but at least it was something.

"Looks like we've found something," one of the guards said. Then he looked to another and told him to inform the Goddess of their findings, she would definitely want to know. Nodding, the guard stood up and headed out of the room to tell her while the other guards continued to analyze the footage to find anything else.

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After about an hour of travel, Lupo and the others had landed on Umbros and were now walking around the marketplace looking for an ideal tavern/cantina. The planet was named Umbros because of

the blackish red violetish sky that resembled a shadow. The place was like the island of Mercatus on Oceania but the marketplace encompassed the entire planet and was full of neon signs of varying colors. This place was full of black market merchants and was an ideal place for people who wanted to lay low or avoid any High Command entanglements.

Coming upon a small cantina called The Undertow, the group walked in and sat down at an open table. A robotic waitress soon came to assist them.

"Good evening," she said, holding up a digital notepad. "Can I get you anything to drink?"

"Just something without alcohol," Crystal said. "For all of us."

Nodding, the waitress wheeled off to complete their order. Lupo's attention soon turned to the Holo-Television above their table, it was turned to the news.

"In other news, High Command Officials are investigating the destruction of the junk facility on Ugwadule B," The news anchor said, causing Lupo's eyes to widen. "As of yet, no details on the cause have been released."

"Seems like we made some news already," Lupo said, grabbing the others' attention and pointing to the screen. Their eyes widened as well but Crystal then smiled.

"Well, Rusty was right. That target did get us noticed a little bit," she said with a nod just as the waitress came back with some violet red looking drinks. "Thank you," Crystal told her, handing her three silver credits.

Lupo took her drink and sipped some. It actually tasted good, had a raspberry taste to it, albeit a dark taste.

"Here's to Lupo," Silver said with a grin, holding up his glass. "For overcoming the fear."

"To Lupo," Crystal and Ordin said in unison, clinking glasses with Silver.

Lupo blushed a bit but still smiled.

"Thanks guys," she said, clinking her glass with all theirs. "I love you all."

"You're welcome, and we all love you," Silver replied, wrapping his arm around her.

Smiling even more, Lupo then thought to Opol and mentally thanked her. While ultimately she had freed herself, Lupo never would have been able to do it without her help.

"Thank you Opol," She mentally said.

Then Opol simply replied with "You're welcome."

Sighing with content, Lupo set to enjoying the rest of tonight and savoring every moment. She knew that they still had a long and dangerous journey ahead, but she was prepared to push through it all, without giving in to the fear again.

Now our Fugitives can enjoy a well-earned night of celebrating, but they still have more to do. They still have a long and dangerous journey ahead and now Bala has a slight lead on who destroyed the facility. It's only a matter of time before she figures out. While the story won't be continued here on RaiderNet, I plan on continuing it myself and possibly creating a blog to post the story for fans to view. It's been a pleasure taking you on this ride this year and I want to thank everyone for their support for this tale. Lupo and the others will miss you all; and so will I. Goodbye everyone!-Neal

World Cup Soccer:

Italy has history, style on its side in World Cup

Another team to ensure the FIFA World cup will be interesting to watch is Italy, which qualified by surging through their opponents with an unbeaten record and booking their ticket to Brazil with time to spare.

Cesare Prandelli, coach for the Italian team believes "It's now obvious that you can't get results without playing attractive football," since he has led the side to the UEFA EURO 2012 showpiece and a 14th consecutive FIFA World Cup finals berth, all while remaining faithful to an attacking style of play.

With four World Cup championships to their name in 1934, 1938, 1982 and 2006, taking the victories in Italy, France, Spain, Ger-

many and two runners-up slots in 1970 and 1994, Italy lies just behind Brazil on the all-time FIFA World Cup honors board. Captain and goalkeeper Gianluigi Buffon is the only survivor from their 2006 triumph in Germany along with Andrea Pirlo, while a new group of youngsters have broken into the team, such as central defender Andrea Ranocchia and midfielder Marco Verratti.

Up front, the transition from old to new has been even more dramatic thanks to the introduction of Stephan El Shaarawy and Giuseppe Rossi's return to the fore. Also with an important role to play are the maverick duo of Mario Balotelli and Pablo Osvaldo.

By Jeff Waldron

Watch Dogs fails to live up to original game demo

The video game *Watch Dogs* tried hard to make what you want to play, however the beginning of *Watch Dogs* is a mixture of confusion and frustration. Once through this opening, however, *Watch Dogs* picks up steam. The finished version of the game is much more toned down from the original demo from Ubisoft, which had much more to offer two years ago.

Watch Dogs put the player in the shoes of Aiden Pearce, a hacker able to control the city of Chicago thanks to its ctOS system making the whole city basically connected to the internet. This includes ATMs, bridges, traffic lights and much more. Unfortunately hacking

quickly becomes repetitive as you only tap a single button to hack anything in the game, save special campaign moments.

The graphics are decent, however if the player is playing on PC a lack of RAM can be an issue. Ubisoft recommended 8GB of RAM however from personal experience 8GB is not enough. At least 12GB is needed for this open world game to avoid stuttering after continuous playing. Overall *Watch Dogs* does not live up to the expectations set two years ago, however it is still worth at least one play through.

By Perrin Ogden

Pet owners are happier and healthier

Have you ever noticed that you feel better when you are around your pets? It's true, spending time with your pets actually improves your mood and health. Pet owners, on average, were better off mentally and physically than non-pet owners, especially when they have a higher-quality relationship with their pets. Here are five ways that pets can help improve your health:

1. Pets are good for your heart. Yes, that's right. Owning an animal can actually decrease hypertension, cholesterol, and blood pressure! Studies also show that heart attack survivors and people with serious abnormal heart rhythms who own animals live longer than people with the same heart problems who don't have pets.

2. Animals improve your mood. People who own pets are generally happier, less lonely, and more trusting than those who don't have pets. Believe it or not, pet owners actually visit the doctor less often for minor problems when compared to people without pets.

3. They can prevent allergies in children. Studies show that children who were exposed to pets before they were six months old were less likely to develop allergic diseases, hay fever, and eczema as they got older. If exposed to certain allergens at a young age, you can be less reactive to them over time. Children who also grew up around farm animals, dogs, or cats, generally have a stronger immune system as well.

4. Pets can help elderly people. Elderly people with pets experience companionship, love, and a decrease in loneliness, all of which they feel they lack. Pets also provide an opportunity for exercise, which can benefit those with illnesses such as rheumatoid arthritis and in the prevention of osteoporosis. Research also suggests that

Alzheimer's patients have less anxiety outbursts when they had pets!

5. Pets reduce stress and depression. Petting your cat or dog feels good, which cuts down on levels of a stress hormone. Pets can also provide social support for their owners. Studies have also shown that animals, dogs especially, promote therapeutic and psychological well-being, particularly lowering stress levels and boosting self-esteem. Animals also give people something to focus on instead of the negative thoughts that depression comes with, and also gives their owner acceptance and unconditional love.

With so many benefits to owning an animal, how can you not go out and get a pet?

By Emily Hyde

Have a safe and happy



see you in September!

A fond farewell to four great years at GRB

By Jimmy Martin

As the 201-14 school year comes to end, my final year, it is a great time to reflect on the four years at G. Ray Bodley. These years were filled with memories with teachers, friends, and on sports teams. I am excited to continue my education, but am also a little sad because I am leaving so many people.

I can remember coming in on Freshman First Day and getting familiar with the surroundings. At first, the school seemed big and scary and I was not sure how I would handle it. But as I got used to the new routine, things started to click. I had fun on the soccer and track teams and also I loved the classes I took. One of my favorite parts of freshman year was just becoming friends with so many new people, whether they were in my grade or above me.

After a year under my belt, going to GRB was just a daily routine. The classes I took my sophomore year were unlike anything I was used to. They challenged me a lot more but I was happy they did. Also during my second year, I joined the cross country and indoor track teams and found my love for running. I always look back on this decision and in the end I know it was the right choice. By the



end of the year, I already started finding interests in what I wanted to do with my life.

Finally junior year came and I was now an upperclassmen. Nothing much really changed except for the fact that I was becoming more experienced and more familiar. I finally got to take college level classes and it was worth it. They were more challenging, but also more rewarding. As junior year went on, I started enjoying school more and became more active within the school.

Then senior year came.

Along with my friends, I was at the top of the school. But honestly it did not feel much different. I really started to focus on running and school work. By early December I had applied to all the schools I wanted to and was just waiting. This was where I could find out if all the hard work would pay off, and it did. Next year I am going to SUNY Geneseo for biophysics. But as senior year started to come to a close, it was weird to think I was about to graduate. I had already been in the school for four years but now it was over.

Lastly, I wanted to say goodbye to all of the people who read *Raidernet Daily*. I loved writing for a newspaper and I got to express my love for sports. It really is weird to think that this is my last article, but it was a fun experience. In the end, Fulton will be my hometown and I will always be a Raider at heart.

GRB Testing dates & times

Monday June 16th-

7:45-11:30: Global 9, Global 9 Honors, English 10, English 10 Honors, Pre-Calculus

9:00-2:30: Earth Science Performance Regents Testing (Link, Matthews, Severance)

1:05-2:30: French 1, Spanish 1

Tuesday June 17th-

7:45: US History Regents
8:00-2:30: Earth Science Performance Regents Testing (Murray, Severance, Ward)

11:45: Living Environment Regents

Wednesday June 18th-

7:45: Global History Regents
8:00-9:00: Earth Science Performance Regents Testing (Ward, makeups)

11:45: Algebra 2 & Trig Regents

Thursday June 19th-

7:45: English Regents

11:45: Earth Science Regents

Friday June 20th-

7:45: Integrated Algebra Regents

11:45: Geometry Regents
Physics Regents

Monday June 23rd-

7:25-11:00: English 9 Final

7:45-11:00: French 3, German 3, Spanish 3

7:45: RCT Global History
11:45: RCT Reading

Tuesday June 24th-

7:45: Chemistry Regents
RCT Science

11:45: RCT US History

Wednesday June 25th-

7:45: RCT Writing

11:45: RCT Math

GRB awards night (from page 1)

grow. The University of Rochester George Eastman Young Leaders Award went to junior Kaitlyn Kinney and is presented to a junior who displays strong leadership skills, is receiving excellent grades in a challenging curriculum and participated in and shows dedication to varied, extensive or time-consuming co-curricular activities.

The Peter LaFrate Memorial Award went to Courtney Smith while the Gene MacDaniel Memorial Awards, which are presented to a freshman in their first year of high school and a senior, were taken home by freshman Stacey Sereno and senior Dawson Samson. If the ninth grade student fulfills the qualities outlined by the award throughout four years, they are awarded a scholarship in their senior year.

Closing the list of major awards was the Lieutenant Colonel Joseph P. Fuss Outstanding Leadership Award. Named after a retired Air Force Officer and former G. Ray Bodley faculty member, the award recipient is recognized for demonstrating leadership in academic, athletic, and extracurricular arenas, serving as an articulate and positive representative of the school, making lasting contributions within the community and continually striving to improve themselves. The award recipient was junior Emma Harvey.

Graduation parties (from page 2)

tion party, when you are coming to the realization that so much in your life is changing and will never be quite the same, take a deep breath. Don't let everything stress you out, go with the flow. Know that whatever path you have ahead of you can still lead you to success and contentment.

By Tevin Simard

School of Thought compiled by Connor Relf & Jeff Waldron

What are you looking forward to most this summer?



"Late nights with friends."

Taylor Thomas



"Having some time off."

Mr. Wilmot



"Not much, I'll be working."

Mrs. Cook



"Fishing a lot"

Devon Hinman

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain.

76°

Average: 77°
Record: 91° (1961)

Tonight:



Cloudy skies.
Chance rain.

47°

Average: 56°
Record: 43° (1995)

Tomorrow:
Partly cloudy.

68°/50°

Average: 77°/56°
Rec. high/low: 95°
(1988) 43° (1970)

Sunday:

Sunny skies

82°/60°

Average: 78°/56°
Record high/low: 97°
(1988)/42° (1965)

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.