

Longtime teacher gains yearbook distinction

After nearly half a century in the world of academia, most people would just want to sit back and relax. Health teacher Mrs. Ray is not one of them.

Instead the woman whose career has taken her through college, elementary, middle school and high school classrooms while meeting a number of famous people in her travels is likely to be busier than ever when she leaves G. Ray Bodley High School for the final time in June. Along the way she has been honored with an award from former President Ronald Reagan, met former President Clinton and a pair of first ladies in Eleanor Roosevelt and Hillary Clinton, had lunch with longtime New York State Governor Nelson Rockefeller and made lunch for famed McCarthy era figure Alger Hiss.

Not bad for someone who didn't really want to deal with education or health in the first place.

"I hadn't ever really wanted to go into education or health, I wanted to go into music," she said of her initial desire to pursue a musical career based on a great aptitude for the piano following graduation from Ockawamick Central School in the Catskills. But instead her family, "always wanted to have someone in the medical profession. It was my father's dream."

And follow his dream she did, attending SUNY Plattsburgh before being hired as a School Nurse Teacher in the Webster School District for two years. From there she worked 11 years at SUNY Cortland as the first School Nurse Teacher at their experimental campus school, where she set up the program and also taught health. "It was quite an experience there," she recalls, noting that she chose the educational side of nursing rather than the typical RN route because she, "wanted to work in the preventative" aspects, hence her role as a health teacher.

After several years away from SUNY Cortland she returned to the school setting in 1982 when she was hired as the School Nurse Teacher at Lanigan Elementary. When that job was wiped out she started teaching health education at first the junior high and



Health teacher Mrs. Ray, left, was honored on Friday as the 2014 Fultonian Yearbook was dedicated to her for her many years of service to the Fulton City School District. She is pictured here with Fultonian advisor and English teacher Mr. Senecal. (Steve Gilliland photo)

then the high school after obtaining her Masters degree from SUNY Cortland. While at Lanigan she started a senior citizens program that had the goal of changing the image of seniors and also brought them into the school itself to share their talents and knowledge with the students. "They're not just in rocking chairs," she says of the program that involved some 50 people over the years and also provided a major surprise when she learned she had won the Presidential Award from then US President Ronald

Reagan. "I really felt very honored to get it," she said, a sentiment that was also present after she was able to take a private tour of the White House when her daughter Amelia, a 1993 GRB graduate, worked as an intern under then President Bill Clinton. "He was so charismatic, he had almost a glow," she says of meeting the president and his wife, and when it was over she was allowed to walk throughout the White House by herself, something that does not happen on a
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What's happening at G. Ray Bodley High School?

Seniors: dinner dance contracts must be completed at time of ticket purchase, which ends on Thursday, June 5.

French Club meets every Tuesday after school in room 125.

Signups are currently underway for any girls interested in playing volleyball in the fall. See Coach Richardson to sign up.

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

What's for lunch?

Wed. June 4: Fiesta pizza with side salad, corn and peaches with alternative of PBJ or yougurt, cheese stick and jungle crackers.

Thurs. June 5: Soft taco with lettuce, cheese and salsa with veggie beans and applesauce cup with alternative of turkey and cheese sub.

Opinion

“Social” media isn’t social, and it’s out of hand!

By Alexis Lastra

Technology is awesome and wonderful, and without it, how would everyone else know what we’re eating? Would we just tape pictures of our breakfasts to lampposts?

However, technology also is a provider of more networks for people to send cryptic social signals to each other on. Imagine a time before Instagram when people had to actually tell people that they had romantic feelings for them instead of just making them their Women Crush Wednesdays. That must have been the life!

Can you imagine having to wonder if a cute guy you meet is com-



“Social media pumps even more helium into our dangerously inflated egos.”

patible with you instead of being able to creep through his tweets and see that you guys have the same favorite band? Technology has given us so many (mostly baby animal video-related) gifts, but the new barriers it creates puts more social pressure on young people than ever.

First of all, technology has changed the way we categorize each other. Different factors determine whether someone is considered a friend or foe. Do they follow you on Twitter? Friend. Did he comment the heart eye emoji on your selfie? He wants it. Did she unfollow you on Twitter? She doesn’t like you. Does she have less than 100 followers? Lame. Does she have more than 1,000? She buys them, also lame.

Now, we have preconceived ideas about each other that can be made without actually even seeing each other in person. By putting people in these tightly-locked boxes, we are dumbing each other down from actual human beings into remarks of 140 characters or less. We are reducing each other to statuses and numbers.

Twitter and Instagram allow us to decide how we want to appear to other people so specifically that it’s scary. The “bio” in a profile was made to give others a quick summary of who you are before

deciding whether or not to follow you, but how can you get to know someone that quickly? How can you decide whether you want someone in your life, or want to be in theirs, through a sentence or two? The Internet breaks data down to ones and zeros, but people cannot be broken down into a similar set of numbers.

Furthermore, I think social networks have become so popular because they make people feel important. Now you don’t need to wait for someone to ask how you felt about the movie you saw last night, because you can tell the world! It makes it seem like the world not only wants, but *needs* your opinions. When something big is in the news for a celebrity, they send out a personal statement. Twitter allows each user to feel like their own celebrity who needs to send out a personal statement on every little thing that happens to them. Now, you can be activist too, wishing the victims of a natural disaster well without even donating a cent, by simply tweeting a hashtag. Social media pumps even more helium into our dangerously inflated egos.

Social media, at the same time, is damaging our self-esteem. A picture used to be worth a thousand words, now it seems it’s only worth however many likes it receives. People base not only others’ worth on their social media rankings, but their own. They spend hours getting ready just to take a picture of themselves for their profile pictures. Believe it or not, I have received actual texts from people specifically asking me to like their newly posted Instagram picture. Social networks are ways for people to put themselves out there for judgement without having to actually see it, and there’s a panic switch for even more added comfort: the delete button. Social media allows us to express ourselves without the feeling of judgement, and to judge each other without having to directly express it.

Finally, I would like to fully express my hate for the “subtweet,” but I don’t want to break any more vases. So, here are the basics. If you didn’t know, a subtweet is when someone tweets their feelings toward another person without actually tagging the person, for example, “You are so annoying.” The tweeter feels a weight lifted because they got their feelings out, and superiority because they look saintly to their followers for apparently putting up with so much annoying behavior that they need to tell the world. But the tweeter, who may or may not know that the tweet is about them, is

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Reflections

-THE- Salon & More

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Retiring teacher has no plans of slowing down

(from page 1)

regular basis. She was also privileged to meet President Ronald Reagan and his wife Nancy after receiving her award, which includes his actual signature.

She also noted the charismatic qualities of former New York State Senator Bobby Kennedy, and in 1960 had the honor of meeting legendary First Lady Eleanor Roosevelt when she helped her identify a piece of antique glass. Antiques are one of her passions, and to that end she is already starting a business that will see her attending antique auctions as a "picker," with plans to return to school to become officially certified as an antique appraiser. "It's a passion of mine. My house is filled with antiques," she said, including a pair of rare pianos that she plans to use to renew another old passion, playing music. A gourmet cook who also helped author a health related textbook, she may even sit down and write her own cookbook, and travel is definitely in her plans as well. "I've got a new car," she said proudly. "I want to see the United States," with visits

to national parks currently sitting high on her list of destinations.

After so much time spent in a classroom, one might think that she will run out the door in late June, but that is not the case. "I like teaching," she said. "I like the students. I guess it boils down to I like people." One thing she will not miss is the recently instituted Common Core curriculum. "I'm not sure that it's working," she commented. "I don't think there was enough direction and more foundation needed to be in place." Overall she dislikes the way it seems to stifle creativity, for students and teachers alike, saying, "we should be allowed to teach more."

As for the students, she sees the biggest change as being, "their drive to learn." "I don't know whether it's media or technology that has deterred them," she added. "The kids don't like to do work, they don't have the drive." Along with learning about health education, the students could also learn a valuable lesson from this veteran teacher when it comes to drive, as Mrs. Ray is about to become busier than ever as she enters a well-deserved retirement.

Track and field season ends with personal best performances

On Thursday afternoon, the few remaining athletes on the Raider and Lady Raider track teams competed in the Section 3 State Qualifier meet. This was the last chance for them to try and qualify for the state meet, which is extremely difficult. The athletes would have to either win their event or hit the qualifying time. Unfortunately, none of the Fulton participants made it to the state meet, but there were a number of personal bests along the way and a school record effort from sophomore Amber DeStevens.

Leading off for the Raiders were the two boys who made it for the field events. Junior Nick Reitz made it for the shot put and had a great day as he took sixth place and threw a personal best of 46 feet and 7 inches. In doing so he beat his sectionals throw by over a foot. Senior Mike Holcomb had qualified for the triple jump and also had a great day, jumping a personal best of 42 feet and half an inch which was five inches better than his previous best.

On the track, junior Bailey Lutz led off the team. Last week he won the Class A meet for the 3000 steeplechase but this time he took 16th with a time of 11:07.31. Senior Jimmy Martin ran the

800 meter dash and finished in fourth place with a time of 2:01.06, shaving one-tenth of a second off his personal best time.

For the girls sophomore Amber DeStevens ran in the 400 meter hurdles and claimed third place in 1:08.88, her best time by over half a second while establishing a new school record by .001 seconds. With two more seasons ahead of her, big things are being expected from the talented sophomore.

By Jimmy Martin

Social media gone too far (from page 1)

forced to wonder if they did something annoying, and if so, exactly what they did. Sure, there are positive subtweets, like "You make me so happy," but it is just as cowardly, as the tweeter does not have to express who is creating their happiness, leaving that person to wonder. Someone should start a charity where they give diaries to teenagers who feel the need to subtweet their feelings toward others because no human deserves the torture of having to read meaningless emotional outbursts.

I love the Internet and its seemingly endless array of gifs of cats fitting into places I didn't know they could fit, but its offerings of guiltless, unnecessary self-expression are hurting how we relate to each other and should be used in moderation and only for the right reasons. The world does not need a selfie of you every day; we haven't forgotten what your face looks like.

Quote of the day:

"Never let your fear decide your fate."

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?"**

Final pairings are now set for NBA and NHL

Out of the Western Conference in the NBA the San Antonio Spurs have beaten the Oklahoma City Thunder and will be playing the Miami Heat out of the Eastern Conference for an NBA finals rematch. Game one for the defending champion Heat and the repeat contending Spurs is on Thursday at 9 pm. The Heat have had a much easier run to the finals than the Spurs, as Miami started out sweeping the Bobcats, then beat the aging Nets in five games before taking out the Pacers in the conference finals in six games.

The Spurs, on the other hand, who had the best record in the NBA since the All-star break, had tough opponents the whole way. The Spurs in the first round went to seven games with the Mavericks, then had to face the tough Portland Trailblazers, and ended the conference finals by beating the Thunder in six games. The Spurs are looking for redemption as they lost to the Heat in the finals last year by a missed three point shot. The Heat and Spurs have some history this is going to be a good series with the Heat again winning in

This day in history: June 3

June 3, 1956 was the day that rock and roll music was banned in California. The city of Santa Cruz was the center of the rock and roll revolution. When authority figures cracked down due to the misunderstanding of rock music, and the attitudes associated with such music a total ban was announced on it. Rock music was banned at any public gathering, being cited as "Detimental to both the health and morals of our youth and community." The prelude to this ban was when authorities checked a packed auditorium during a rock concert and reported seeing teenagers "engaged in suggestive, stimulating and tantalizing motions induced by the provocative rhythms of an all-negro band."

On this day in history in 1965, the first American citizen walked in space. The Gemini 4 capsule opened up and Edward H. White II took his first step into the wild vast area above the Earth known as space. Tethered by 25 feet of cord and being controlled by a handheld jet propulsion tool, his excursion lasted around 20 minutes. Russian astronaut Aleksei A. Leonov, was the first person ever to walk in space on March 18, 1965.

A tragic disaster occurred on this day in 1989 when an almost impossible accident happened on a pipeline carrying natural gas. When two trains were passing above this pipeline in the Ural Mountains in Russia, the pipeline exploded. The accident resulted in 500 recorded deaths, but a count was impossible due to the extent of the destruction. Those who did not pass away were left with severe burns. Hundreds of trees in the forest nearby were scorched by the extreme temperatures incurred due to the explosion.

Compiled by Logan Aubeuf

**Juniors take note!
Don't forget senior portraits
for the
2015 Fultonian Yearbook
are Thursday & Friday,
June 5-6 in the auditorium**

seven.

In the NHL the Los Angeles Kings have made an amazing run to face the New York Rangers in the finals. The Kings were not thought of having a chance at making it when they were down three games to zero in the first round of the playoffs but rallied back beating the Sharks by winning four in a row. The Kings then beat the Ducks, who had the best record in the west, in seven games. Los Angeles went for three in a row for seven game series in the conference finals against the defending champion Chicago Blackhawks, besting them in overtime after trailing for nearly the entire game to raise their mark in elimination situations to 7-0 during this post season.

The New York Rangers have also had long series in the playoffs, as they started by beating the Flyers in seven games, then the Penguins in seven, and the Canadians in six. The Kings look like too much to handle and they will beat the Rangers in six.

By Jason Mattice

**Send us
your pictures
of the
Red Raiders
in action**

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**Due to Regents testing and grading
on Tuesday and Wednesday,**

RaiderNet

Daily

**will not return
until Friday, June 6**

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room 102 and during GSH in
room 228**

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School of Thought compiled by Seth Miller

What class are you most concerned about?



"Ceramics, I'm falling behind."



"Math, I have a 12."



"Math C, I feel unprepared"



"Algebra, math is hard."

Ryan Salsberry

Selena Sanchez

Keyshaun Carver

Asia Desantis

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain.

80°

Average: 74°
Record: 87° (1967)

Tonight:



Mostly cloudy.

52°

Average: 52°
Record: 36° (1986)

Tomorrow:

Sun and clouds.

71°

Average: 75°
Record: 88° (1960)

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.