

Athletic Boosters honor senior Raider performers

By Jimmy Martin

The 2013-14 sports season came to an official end last Tuesday night when the Fulton Athletic Booster Club put on a banquet for all of the senior athletes at The Oasis in Fulton. As has been the case for many years, the Booster Club wanted to honor the athletes for their hard work and commitment to their teams. Students were allowed to bring family members and friends to enjoy the ceremony, which included a number of coveted awards for the senior athletes.

The evening started off with a group picture of all the athletes before Mr. Dan Shue, President of the Booster Club, began with a speech about the organization itself. The athletes were then introduced by name and identified by the sport they played. Athletic Director, Christopher Ells, gave a brief talk about the athletes. Dinner was served after Ells finished his speech. Guest speaker and former G. Ray Bodley teacher, Marty Gillard, gave a speech to all the athletes about moving off in life. There was a special recognition for the Outstanding Athletic Performance of the year and that was given to Mikayla Guernsey for placing first in the

state for bowling. Finally awards were given to certain individuals for various reasons.

The first award was the Dale Tombs Baseball Award and that was awarded to Jeremy Langdon. Next was the Barney Naioti Leadership Award, which was given to the athlete who showed the greatest leadership in their sport(s). Paul Reynoso and Anna Guernsey received this award. Then came the Joe Castiglia Effort Award, which was for the athletes who always put effort into their sport no matter the circumstance, and the winners were Keisha Pierce and Carson Vono.

The Gene Adams Most Improved Athlete Award was for the two athletes who improved the most over their high school career and Caitlin Chrisman and James Martin received this. Next came the Sox Stuber Sportsmanship Award. Casey Shannon and Seth Delisle were awarded this due to their sportsmanship in practices and games. The last award given was the Dan McGinnis Senior Athlete Award for the best male and female athlete. Mark Pollock and Amelia Coakley were given this award.

Five different scholarships were then presented. The first was the Rick Luciano Foot-

ball Scholarship in remembrance of Luciano for his efforts on the football field and off which was given to James Bailey. Next came the Shirley Chalifoux Scholarship which was presented to Mikayla Guernsey and Connor Goss. Then Jeremy Langdon and Sarah Halstead were the male and female winners for the Mike Hogan Scholarship due to their hard work and effort in their sport(s). Mark Pollock then was awarded the Carl Barton Scholarship. Finally the Margaret Beckwith Scholarship, in remembrance of a woman who was a driving force behind the Fulton Athletic Boosters, went to Mikayla Guernsey won this. To close out the night, Mr. Ells gave a closing speech and wished the athletes luck.

What's for lunch?

Today: chicken patty on a bun with peas, sweet potato waffles and fresh fruit with alternative of PBJ or yogurt, cheese stick and jungle crackers.

Tues. June 10: Chicken patty on a bun with peas, sweet potato waffles and fresh fruit with alternative of turkey and cheese sandwich.



Senior athletes from the various Red Raider sports teams were honored recently by the Fulton Athletic Booster Club, which also presented awards to many of the school's top performers.

Into the Wild:

Here's how to land the elusive Walleye

It's fishing season, and here are some thoughts on specific early season walleyes techniques. For starters always have a game plan and pre-rig your rods! Generally speaking, you can toss small jigs in the shallow areas you're likely targeting for walleyes this open-water season. Say 1/16-ouncers, because we don't want to spook fish with big hardware.

Tip your jig with a minnow or (if you can find them this spring) a leech. When casting out a jig over shallow, gravelly, or sandy bottoms, raise your rod, then raise and drop it all the way back to boat. Mix up your jigging technique, and work with different dressings. Many times in May and June, you can drag a jig on the bottom and pick up fish. It doesn't always have to be lift-drop, lift-drop!

Use live bait, but if you have a hard time finding live bait, use some of the scented plastics. Some of them these days are almost as

attractive to fish as live bait. Slip-bobbers also could be productive this spring. Over deeper water, vertical jig or use live bait rigs. Crankbaits are a good idea, too, casted into the shallows. Small, slow, and subtle should be your dominating presentation.

Keep your lures at the right speed and right depth. If you pick up a fish, then hover over that fish (say 10 feet of water) and then work a jig or a livebait rig. Usually you'll coax that fish into biting.

Another top technique is using a split shot ahead of a live bait rig. Tie your line directly to the hook, and then add a split shot above that hook. This is a finesse rig. A variation is to take a torpedo weight and peg it four feet ahead of your hook. That allows you to bounce over some rocks without snagging.

With live bait rigs, I'll twitch them or move the rod tip forward

(continued on page 3)

Musicians of the Week:

Juniors Hope Williams and Cheyenne Laun



The Musicians of the week this week are juniors Hope Williams and Cheyenne Laun.

Cheyenne is a 17 year old violist who is currently participating in G. Ray Bodley's Symphonic Orchestra. In her spare time, Cheyenne plays softball.

When asked what she liked most about being a violist, Cheyenne stated that she likes to play the melody, and doesn't mind a bit of a challenge, but would rather have an easier piece to play. She also says, "I really enjoy participating in the Symphonic Orchestra, playing higher level pieces and what-not." Cheyenne's favorite thing

Hope Williams, left, and Cheyenne Laun.

about being a musician is being able to do something difficult that a lot of people do not know how to do. She likes the envy people have against the music.

Hope is a 16 year old violist who is currently enrolled in G. Ray

Bodley's Concert Orchestra. In her spare time, Hope takes selfies. After being asked what she enjoys most about being a violist, Hope said that she likes to play the rhythm, but doesn't like songs that make her struggle.

"The easier the piece, the better," Hope says. "But I look forward to the more challenging pieces next year in Symphonic Orchestra." Hope's favorite thing about being a musician is the fact that she can express herself when she is at a lack of words because music is nothing but feelings on a page. *Compiled By Alec Thomas*

**Let's get
it started!**

**organizational meeting for the 2015
Fultonian Yearbook
Tuesday, June 10
after school in room 102
See Mr. Senecal for more details**



Reflections

-THE- Salon & More

Welcomes GRB grad Chelsea Poyneer!

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World Cup Soccer:

Portugal, host side Brazil loom as solid threats

After years of qualifying and now months and weeks of anticipation, the World Cup starts this week, and Portugal, a team with a lot of talent and skill, has been placed in group G along with Germany, Ghana, and the United States. Although they were knocked out early in the second round by the eventual World Cup winners Spain in 2010, they will be making a run to be claimed Cup champions of 2014 after finishing second to Spain in the Euro 2012 Championship.

To secure their spot safely in Brazil, the Portuguese saw off Sweden 4-2 in a two game set. Their hero of the hour was none other than reigning Ballon d'Or trophy win-

ner Cristiano Ronaldo, who scored all four of their goals against the Swedes to round off a qualifying tournament full of ups and downs for Coach Paulo Bento's side. The best performance from the Portuguese was in the 1966 World Cup located in England where they finished third overall.

Not a surprise to anyone, Cristiano Ronaldo will be Portugal's go-to man during the Cup. Other key players on this team are central-defenders Pepe and Bruno Alves, who make up the cornerstone for a very solid rearguard that also features flying full-backs Joao Pereira and Fabio Coentrao. Joao Moutinho is the heartbeat of a creative midfield unit, while Nani can also be relied upon to shine alongside Ronaldo.

Host team looks strong

Another amazing team that is not only hosting the FIFA World Cup for the first time in years, but is playing and is expected to go very far if not being claimed champions is Brazil. These great Brazilians have raised the coveted trophy on a record five occasions, winning in 1958, 1962, 1970, 1994 and 2002 and finished in second place in 1950 and 1998. Brazil is also the only nation to have taken part in every edition of this elite competition.

The Brazilians have been placed in group A, along with Croatia, Cameroon, and Mexico. Key player Neymar is already being hailed as a man capable of playing a key role for the five-time world champions when the tournament begins with Brazil facing Croatia on Thursday.

Among the supporting attacking players for Brazil is the youngster's former Santos team-mate Robinho, and beside him is Barcelona's Dani Alves, a lung-bursting presence on the flank. As for their goalkeeper veteran Julio Cesar exudes confidence and security to the rest of the backline.

Their roster consists of 23 important players who will all contribute for a run at the FIFA World Cup. Coach Luiz Felipe Scolari looks to lead this team to greatness to earn their sixth FIFA World Cup championship win.

By Jeff Waldron

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Quote of the day:

"Why not go out on a limb?
That's where the fruit is."

Walleye tips

(from page 2)

three feet. Constantly move them and change things up a little bit instead of always drag, drag, drag.

As for live bait, with minnows, a 2 1/2-inch fathead is most effective, but mix up the size. You'll see fatheads spawning this time of year, when the males turn almost black, and have bumps on their heads. The female fatheads are more productive because of a negative scent factor with those males. With leeches, if it's a tougher bite, use a medium leech. I prefer black leeches over those less active, lazy brown leeches. Whatever the color, healthy bait is best. Never use half dead bait.

By Connor Relf

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

There will be a meeting for all students taking AP Biology next year on Tuesday, June 10 after school in Mr. Mainville's room.

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.

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

French Club elections will be held after school on Tuesday, June 10.

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?"**

Health

Fast doesn't mean healthy when it comes to food

Today's society is almost always on the go and all about the fastest way to get things done. This, unfortunately, goes hand in hand with the food people consume. Instead of making a well rounded meal, most find it way more easier to just throw something in the microwave and be on their merry way.

Although there are many popular microwaveable foods, one of the top choices are instant noodles. Yes, they may be delicious, but the facts about this simple meal should be just enough to convince anybody to ditch them.

Instant noodles contain Monosodium Glutamate, or MSG, which can cause an abundance of health issues, such as chest pain, headaches, nausea, rapid heartbeat, drowsiness, and weakness. In some cases, people who are MSG intolerant, or allergic to MSG, can have symptoms of chest and facial flushing, burning sensations, and pain.

Instant noodles also contain a very high amount of sodium. The average amount of sodium in instant noodle cups is above 800 mg while according to the US RDA (Recommended Dietary Allowance), the maximum sodium intake per day should only be 2,400 mg. If you consume one cup of instant noodles, you are already

consuming one-third of your daily intake of sodium. This high amount of sodium can cause kidney stones and more severe kidney issues.

As if the high sodium and MSG were not enough of a reason to stop eating instant noodles, they also contain anti-freeze such as propylene glycol as humectants which help prevent noodles from drying. This ingredient can cause liver, heart and kidney problems, and a weakened immune system.

Possibly the biggest risk of consuming instant noodles is the chance of getting cancer. Instant noodles are packed with preservatives, anti-freeze and other ingredients that may cause cancer. They are also packaged in cups which contain plasticizers and dioxin which are cancer-causing substances that may leach to the noodles once they are poured with hot water to cook the noodles.

Overall, instant noodles contain an abundance of ingredients that are a risk to people's health. They also have almost zero nutritional value, so basically eating them does nothing besides put people at risk for some serious health problems. Sometimes the fastest way is not always the best way.

By Emily Hyde

Turn down the music! Your ears will thank you

In this generation, it is very common to see teenagers walking around with headphones in their ears blasting music from their phones. Sometimes the music is so loud it drowns out any other noise around them. Most find this an easy way to block everything out and relax, but what they do not know is that this is potentially harmful to their hearing.

Today, 1 in 5 teens have some form of hearing loss, which is about 30% higher than it was in the 1980s and 1990s. This leads experts to believe that this is caused by the increased use of headphones. Most MP3 players and phones can produce sounds up to 120 decibels, which is equivalent to a sound level at a rock concert.

Hearing loss can occur after an hour and 15 minutes when listening to music through headphones at that level. If you can not hear

anything going on around you, it is time to turn the music down and welcome yourself to the real world. Doctors say that you should only listen to music at levels up to 60% of maximum volume for a total of 60 minutes a day to prevent hearing loss. The louder the volume, the shorter the time you should listen to it.

Some signs of hearing loss to look out for are roaring, buzzing, ringing, or hissing in your ears, difficulty understanding speech in loud places, muffled sounds and a feeling that your ear is plugged, and listening to TV or radio at a higher level than normal.

Hearing loss due to overexposure to very loud noise is irreversible, so the next time you go to listen to music, be careful and turn it down!

By Emily Hyde

Spring is here, and so are airborne allergens

With spring in the air and summer slowly arriving, airborne allergens are through the roof—which means allergy symptoms are at their all-time highest. Surviving the allergy season can be difficult, so here are some tips to help you pull through the sniffing, sneezing, and itchy eyes.

The first step is finding out what you are allergic to. Different people have different allergies, but it is important to find out which allergens affect you so you can avoid them. The quickest, most inexpensive and accurate way to test for allergies is a skin test. Whether it is mold, grass pollen, or a type of weed, a skin test can accurately find what you are allergic to.

In a skin test, the skin is pricked slightly to allow an allergen to enter the outer layer. After about 15-20 minutes of waiting, the physician will check for a reaction, such as hives, redness, and swelling. This allows the physician to accurately identify the specific allergen that is causing your symptoms.

Fear not! Relief is in your reach. There are two very common ways to reduce your allergy symptoms. Over the counter allergy medication is an easy fix for allergy symptoms, and is available at

any drug store or even grocery stores. Ask a pharmacist which would be the best option for you. Some common medicines that help with allergy symptoms are Claritin and Zyrtec.

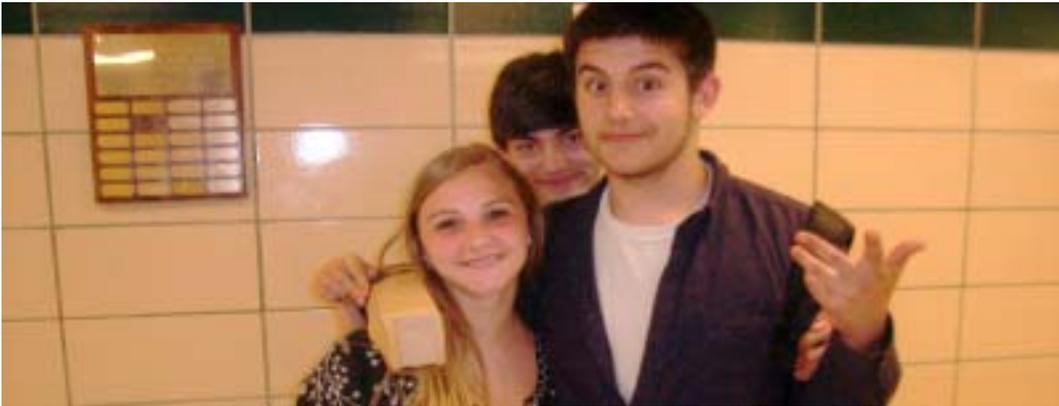
Another option to help with allergy symptoms (if they are severe enough) are allergy shots. Allergy shots help the body build immunity to specific allergens. The shots contain a very small amount of the purified form of the allergen that is causing your symptoms. The amount of the allergen is gradually increased over the first 3 to 6 months to a monthly maintenance dose, which is usually given for 3 to 5 years.

At the start of allergy shots, you will receive very small doses of allergen once or twice a week. The dose is slowly increased with each shot to allow the immune system to safely adjust and build immunity to the allergens. After years of getting allergy shots, a lasting relief from symptoms may occur.

If you experience sneezing, runny or stuffy nose, and itchy eyes, you may have allergies and it is recommended to see your physician so they can clearly identify if you suffer from seasonal allergies.

By Emily Hyde

What was your favorite part of the 2013-2014 year?



"Hanging around with all my friends."

Daria Cocoza

"When I walked to 7/11 and got suspended."

Adam Baldwin

"Being in the school newspaper."

Michael Brooks



"Having my son Benjamin at the beginning of the year."

Mr. Heindorf

Meteorology and you

By Carson Metcalf



Today:



Cloudy with early rain.

71°

Average: 76°

Record: 95° (2008)

Tonight:



Cloudy skies.

58°

Average: 54°

Record: 37° (1983)

Tomorrow:



Cloud. Chance rain.

80°

Average: 76°

Record: 94° (1974)

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.