

# Youth for a healthy community seeks members

Youth 4 Youth is on the lookout for members and advisers with positions available through adviser Ms. Perkins.

The goal of Y4Y is to work with youth and to develop and harden their knowledge of human sexuality along with reproductive health. "The main purpose is to educate students on sexual health, to make healthy decision making along with reducing sexual behaviors, and lastly how to have a healthy sexual relation," according to group adviser Ms. Cheryl Perkins. Along with this students

will also be making healthy connections with couples, become a key community resource, and educate peers.

Members can receive benefits like hours toward community service, which looks great on a college application, and most importantly helps someone change the life of families, friends, and communities.

Annual events include a Halloween party, along with a resource fair to educate students on drunk driving and drugs to help them make healthy decisions before prom. Pro-

spective club members must be able to keep up to date with information about social, sexual and health related issues. Their job is to provide accurate information for teens, parents, and communities groups in public and private settings.

Confidentiality must be maintained no matter what, and you must be able to work independently, along with a group setting.

The group will meet every Thursday after school in room 126. For more information see Ms. Perkins. *By Jackson Truong*



G. Ray Bodley High School, Fulton, NY

Volume 5, Number 4 Monday, September 22, 2014

## Raiders rally to second straight victory

Friday's home opener didn't start the way Fulton had planned, but by the time it was over it was everything the Raiders could have asked for in a 34-7 victory over Cortland. Despite giving up an early lead on a fumble recovery in the end zone that put the visiting Tigers on top 7-0 through the opening quarter, Fulton rallied to score 34 unanswered points to cruise to 2-1 on the season.

Winning back to back contests for the first time in five years the Raiders have already surpassed last year's victory total heading into this Saturday's 1 pm Homecoming showdown against Oswego.

Quinton Jackson and Chris Jones led the way by ground and air respectively, scoring two touchdowns apiece to fuel the Fulton rout. Jackson rushed for 220 yards on 23 carries and scored twice in the third quarter with a 97 yard dash to the end zone that followed a four yard scamper to expand a 13-7 halftime lead. Jones, last week's Palladium Times Athlete of the Week, hauled in touchdown passes of 25 and 21 yards from Cody Green, the first providing the eventual game winning points while the second closed the scoring in a 21-0 second half barrage.

Mike Peck opened the scoring for the Raiders with a two yard plunge in the second quarter to help Fulton to its best start since the 2009 team went 5-0 en route to a 7-2 campaign. The team will go gunning for a third straight win against Oswego looking

to end two years of Buc domination in the annual Oswego County clash. Oswego comes into Saturday's game with some momentum of its own after rolling past Phoenix 40-21 for their first win of the season. The Buccaneers erupted to score 34 points in the opening half after counting just 12 points in their first two games, a 22-6 loss at New Hartford and a 34-6 home setback against Carthage.

### Booters rally for draw

The Raider boys soccer team used a sec-

ond half goal from Austin Beckwith and 19 big saves from RJ Borrow to earn a 2-2 tie against Cortland on Saturday. Ian Devendorf also scored for Fulton as the Raiders improved to 3-3-1 on the season. Justin Prentice scored twice to help the Tigers to a 2-1 half-time lead.

In cross-country action on Saturday the Raiders picked up a strong performance from Bailey Lutz to finish seventh at the Baldwinsville Invitational. Lutz ran the 2.9 mile course in 16:55.2.

## Spikers best J-D to score landmark win

After a rough start to the season, the Fulton varsity volleyball team finally got the well-deserved win they have been fighting for when the Raiders beat the Jamesville-Dewitt Rams in a thrilling 3-2 finish on Wednesday night. While the first big win of the season is always exciting, especially after an uncharacteristic 0-4 start, the night was special for another reason.

With the win the team gave varsity Coach Caroline Richardson her 400th career victory. Richardson has been coaching at Fulton for the past 27 years. And while she was excited about this win she hopes it is the start of a movement for the Raiders who play again on Tuesday night at Marcellus High School.

It began as anything but a great night for Fulton as the girls seemed a bit sleepy in the

first match, losing 25-9 to the 4-1 visitors, but they came alive in the second and third matches, winning both by identical counts of 25-19. The fourth match was tight, but the Rams pulled through and beat the Raiders 25-15, tying up the match. As was the case last week at Oswego, it all came down to the fifth and final game. But unlike that match when the team stumbled in the decisive final, with the help of the enthusiastic fan section and some smart substitutions from Coach Richardson, the Raiders held their ground and pulled out a thrilling 27-25 victory.

Junior setter and team captain Donna Aiken led the Raiders to the win with 20 assists, 3 aces and 5 digs. "I'm proud of the girls. They were passing great. Passing is

(continued on page 2)

## Health

# EEE & WNV found in mosquito samples

By Lexi Abalgore

Early last week, the Oswego County Health Department stated that the Eastern Equine Encephalitis virus (EEE) and the West Nile Virus (WNV) were found in samples of mosquitos in Oswego County. There were 10 mosquito samples carrying EEE, pulled from West Monroe, Central Square, New Haven and the village of Albion.

A mosquito with WNV was found in Central Square. These samples were collected during routine testing put on by the Oswego County Health Department and the New York State Department of Health.

Since 1971, there have been five cases of EEE in humans in New York and all fiveinfected people died. In 1999, the first case of WNV was reported in NYS and since

**Most people infected with EEE or WNV do not develop symptoms right away. If they do, the symptoms can show up anywhere from three days to two weeks after the mosquito bite.**

then, there have been 490 human cases and 37 deaths from WNV reported statewide, according to the New York State Department of Health. While there have been no human cases reported yet this year, there have been six cases of EEE found in horses.

Most people infected with EEE or WNV do not develop symptoms right away. If they do, the symptoms can show up anywhere

from three days to two weeks after the mosquito bite. Those with a mild infection could develop a slight fever, headache, body aches or rash.

Those with a more serious case could experience a magnified version of the previously listed side effects, as well as potential tremors, convulsions, altered mental status and inflammation of the membranes of the brain. The effects of EEE are usually much more serious than those of WNV.

While the thought of contracting this disease could be a scary prospect to some, don't let it ruin your outdoor athletic events or

## Don't underestimate the power of sleep

Most teenagers at G. Ray Bodley High School and elsewhere tend to think very little about how important sleep is for them. Throughout the day, a student will need to use endless amounts of energy in order to complete certain tasks.

Doing homework, playing sports, and even talking to friends requires energy. A person's mood, memory and behavior can be affected just from the amount of sleep he or she gets.

According to the National Sleep Foundation, teenagers need at least 9.25 hours of sleep each night in order to function at their best. Not getting enough sleep can limit one's ability to learn, listen, concentrate and focus on the everyday struggles of the teenage life.

A student with a good night's sleep is more likely to have a successful day than a student who went to bed only a few hours before waking up for school. Those who get more sleep often procrastinate less than other students, because they are less tired and more prepared to work.

those last few bonfires before winter sets in. There are precautions to take to reduce the risk. When going outside after dusk, it is recommended that pants, long sleeve shirts, and shoes and socks be worn.

Don't forget the bug spray either! Use a mosquito repellent containing DEET on any exposed skin to keep the pests away. Finally, try to stay out of swampy areas or tall grass, as this is where mosquitos can commonly be found. It's true that EEE and WNV are not the mostly common diseases, but it is never a bad idea to protect yourself against the risk.

Without sleep a person's health may decrease, school may seem harder and the possibility of getting into a car accident increases due to the increased chance of falling asleep at the wheel.

Life as a teenager can be complicated as it is, so don't let sleep deprivation make it more complicated! Get a good night's sleep every night and life will become far less stressful.

*By Maggie Williams*

## Volleyball

(from page 1)

key, that's how you win a game," Aiken said about the team's performance on Wednesday night. The night also featured digs from Joanna Pappalardo and Emma Harvey and aces from Lexi Abalgore and Erica Pawlewicz. Aiken also adds, "We knew we could win but we didn't actually achieve it but now that we have [the confidence] we'll be pushing harder." The Raiders are excited to prove themselves again in upcoming matches.



## Reflections

-THE- Salon & More

**Welcomes GRB grad Chelsea Poyneer!**

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

**592-4415**

*Proud 20 Year sponsor of GRB Journalism*

## An easy way to make a big difference

Looking for a way to help those in need? If so, it doesn't get any easier than this.

The Food Bank of Central New York is in the need of Help from Communities in order to win a \$60,000 Wal-Mart grant called Fight Hunger. Spark Change. Communities are able to vote at [www.walmart.com/fighthunger](http://www.walmart.com/fighthunger). People may vote once a day

from now until October 5. The winning food banks are able to keep 75% of all the funds raised. The 11 competing counties and their respective food pantries are:

Cayuga County-Calvary Food Pantry; Cortland County-Catholic Charities Cortland; Chenango County-Roots & Wings Food Pantry; Herkimer County-Little Falls

Food Pantry; Jefferson County-The Rohde Center; Lewis County-Lowville Food Pantry; Madison County-Community Action Partnership; Oneida County-Town of Verona Food Pantry; Onondaga County-Brewerton Food Pantry; **Oswego County-Mexico Food Pantry** and St. Lawrence County - Canton Neighborhood Center

For more information on their website, please contact Lynn Hy at 315-437-1899 x247 or by email at [lhy@foodbankcny.org](mailto:lhy@foodbankcny.org). As of last year they had raised about 16,074,870 pounds of food. This year they are looking to raise even more.

*By Jackson Truong*

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

**Student Senate** is looking for members to work during lunch bells next week to sell pre-sale Homecoming dance tickets and to take orders for the Homecoming carnation sale. Flowers with notes will be delivered during GSH on Thursday.

The first **Spanish Club** meeting of the year will take place Tuesday, Sept. 23 after school in room 128. Anyone with any ability in Spanish is welcome to join.

An information meeting for **Battle of the Books** is scheduled for Wednesday, Sept. 24. Meet promptly at 2:30 in the library.

**Fall Driver's Ed.** packets are now available in the Guidance Office.

Hey! Don't miss the bus!!! **French Club** invites you to travel with them to Montreal, Canada in April. All students and adults are welcome to participate in this unforgettable adventure. For more information see Mademoiselle Coleman in room 121.

**Quirk's Players** will be holding an important meeting today at 2:30 pm in the auditorium. Important events will be discussed at this meeting.

**National Honor Society** will be meeting after school on Wednesday, Sept. 24 in the auditorium. All members are expected to attend.

The next meeting of the **Fultonian Yearbook** is scheduled for Wednesday, Sept. 24 after school in room 102.

### What's for lunch?

**Today:** BBQ ribbie on a roll with corn, baby carrots and peaches with alternative of turkey and cheese sub.

Note: PBJ, cheese stick and crackers are available daily.

**Don't forget: Tuesday is mix and match day!**

### This week in Raider Sports

**Today:** V tennis vs. CBA; Golf @ Homer (3:30); JV tennis @ M-PH

**Tues. Sept. 23:** Vball @ Marcellus (JV-5/V-6:30); Girls soccer vs. Mexico (JV-4:30/V-6:30); Boys soccer @ Mexico (JV-4:30/V-6:30); Golf vs. Mexico (3:30)

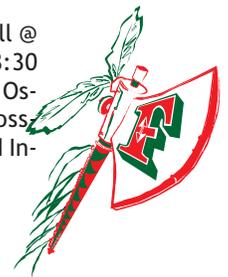
**Wed. Sept. 24:** JV tennis vs. Oswego (4 pm); V tennis @ Oswego (4 pm)

**Thurs. Sept. 25:** Girls soccer @ Marcellus (JV-4:30/V-6:30); JV football @ Oswego (5 pm); Vball vs. Oswego (JV-5 pm/V-6:30); Golf @ Oswego (3:30)

**Fri. Sept. 26:** Golf vs. Chittenango (3:30); Boys soccer vs. ES-M (JV-4:30/V-6:30); JV tennis @ ES-M (4:30); V tennis vs. ES-M (4:30)

**Sat. Sept. 27:** Vball @ B'ville Tourney (8:30 am); V football vs. Oswego (1 pm); Cross country @ McQuaid In-

vitational (9 am)



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?"**

School of Thought compiled by Carly Williams & Maggie Williams

## What is your favorite part of fall?



"Riding my dirt bike through the leaves."

Casey DePuy



"Scaring kids on Halloween."

Alex Pagan



"Football is the best."

Nate Smith



"Diving into piles of leaves."

Joe Aubin

# Meteorology and you

By Carson Metcalf



**Today:**



Mostly cloudy.  
Chance shower.

**57°**

Average: 70°  
Record: 88° (1965)

**Tonight:**



Partly cloudy.

**42°**

Average: 50°  
Record: 35° (1991)

**Tomorrow:**



Partly cloudy.

**63°**

Average: 69°  
Record: 90° (1959)

Former GRB student and current SUNY Oswego junior Carson Metcalf is an aspiring Meteorologist. Look for his daily weather forecasts for Fulton on RaiderNet Daily.