

Quirk's Players hosting BBQ on October 4

G. Ray Bodley High School's theatre troupe the Quirks Players are in full swing again as they work on their upcoming fall show and get ready for their annual fundraiser.

On Saturday, October 4, Quirks will be holding a chicken BBQ dinner at the Fulton Polish Home from 11am-3pm. The dinner includes a half chicken, salt potatoes, baked beans and a roll. Those with a sweet tooth will enjoy the baked goods that will be available, including everything from cupcakes to brownies.

There will also be raffle baskets, music provided by Mystic Music and a 50/50 raffle.

The proceeds will help cover the expenses for the 2015 spring musical. Tickets cost \$9 each. See any member of Quirks for details.

There is less than a month remaining until Quirk's production of *The Pink Panther Strikes Again* and the cast and directors are working hard to make the show an enjoyable one! The show stars sophomores David Houck and Jeremy Herlowski as silly enemies and seniors Lexi Abelgore, Kennedie Coyne and Stephen Heywood as other principle characters.

The show also features GRB students from every grade level. Friday, October 17

and Saturday, October 18 are the dates of the productions. Each night begins at 7:30 and tickets will be available at the door.

The next Drama Club meeting will be held on Thursday, October 2 after school. This will be perhaps the most important meeting of the year! The club will select officers, make final preparations for the fundraiser and they will be announcing the spring musical. Details about the production will be provided at this meeting, as well as information about sign-ups and auditions.

By Lexi Abelgore

RaiderNet Daily

G. Ray Bodley High School, Fulton, NY

Volume 5, Number 6 Thursday, September 25, 2014

Payback minded spikers brace for showdown

By Lexi Abelgore

Tonight is the night that the Fulton varsity volleyball team has been waiting weeks for—the rematch against rival team the Oswego Bucs. The last time the two teams saw each other, the Raiders suffered a devastating 3-2 loss.

Despite their previous defeat against Oswego, the Raiders have a newfound confidence and are ready for a second go at the Bucs. “We know we can beat them and we are ready to prove it,” senior Mallory Clark commented.

When the Raiders visited Oswego on September 11, the games were very exciting and tonight's match is sure to be the same way. Although the Raiders fell short at the end, the match could have gone either way, as the games were all very close. Fulton had a higher number of digs than Oswego did, but the Bucs outnumbered them by almost 20 as to how many kills they had.

The Buc who gives the Raiders the most problems is senior player Marguerite Dillon. Syracuse.com reports that the last time Fulton faced Oswego, she had 30 kills, adding to the 92 that she has this season alone. In her career, she has had 347 kills and 165 digs.

While she is a player who has given the

Raiders trouble before, they are confident that they will be able to handle her this time around. Clark says, “We will deal with her by placing our blocks and reading her shoulders to dig her hits. We've got this.” So far for the season, the Raiders have a combined 154 kills and 126 digs.

This is sure to be a very exhilarating match and the Raiders want their fans to be a part

of it. The girls are asking everyone to attend, and to bring and some friends to the varsity match, which follows the JV match beginning at 5 pm to get the student section wild!

Remember, getting loud and cheering for your home team is okay and recommended, but please, no inappropriate jeering toward the visitors.



The Raider volleyball team is hoping to come together in a big way this evening when they take on Oswego at 6:30 pm. The last time the two sides met it was a five game battle from start to finish, with the Bucs eventually prevailing 3-2. (submitted photo)

Health

Indoor tanning: a potentially dangerous habit

By Lexi Abalgore

Now that summer is over and the days are not as sunny, many people are turning to indoor tanning beds to get that summertime glow. People who are using these indoor tanning devices may not realize how dangerous the artificial rays really are. According to the Center for Disease Control and Prevention, UVA rays that come from the lights in tanning beds can be 2 to 3 times more powerful than the UVA rays that are naturally emitted from the sun.

Too much of these harmful rays cannot be a good thing.

In fact, those who use tanning beds are much more likely to develop deadly skin cancers such as melanoma and basal cell carcinoma, which is a slow-growing form of skin cancer. An astounding 90 percent of skin cancers can be traced to UV exposure. The Skin Cancer Foundation said that people who use tanning beds or booths are 74% more likely to be diagnosed with skin cancer than those who have never tanned indoors.

Every time you tan, you heighten your chances of developing cancers. Indoor tanning can also cause premature aging and wrinkles as well as changing the texture of your skin, giving it a more leathery feel.

Skin cancers can happen to anyone, but there is an intensified risk for those with lighter hair and skin, as UV rays are more likely to burn them. Those who live in higher altitudes also have an increased risk because ultraviolet exposure increases with altitude. Also, if cancers run in the family, you have to take extra care of yourself.

If you have to be out in the sun, a sun-

screen with an SPF of at least 30 is recommended. As for indoor tanning, many states are trying to make tanning salons less accessible. California, Delaware, Illinois, Louisiana, Minnesota, Nevada, Oregon, Texas and Vermont have banned indoor tanning for those less than 18 years of age. It is

Some sage advice for the Class of 2018

As the new wave of freshmen begin to walk these halls and become accustomed to the fast paced life of G. Ray Bodley High School they begin to see a little bit of how stressful high school can be. From the mountains of homework given to them, to the halls where they get pushed around, they are beginning to feel the sting of freshman year. Most high school students would tell you that it is not that bad. For some though, it is actually the stuff of nightmares.

Some freshmen do not need advice or tips, others might. Even if you feel like you do not need it, these friendly tips from some helpful seniors might do some good in keeping freshman lockers organized and making sure the freshmen go on to become sophomores.

“Go to school,” G.R.B. Senior, Jackson Truong commented, “and remember, you can keep everything you need in your backpack.”

Senior Karly Williams’ tips centered more on bullying, as she said, “Don’t talk bad about other people,” she said.

If you’re good at sports then join a team, if you’re good at reading then join Battle of the Books. Maybe you’re good at math, so join the Math Club, or the Chess Club. The more extra-curricular activities you have on

an unsettling fact that a great number of teenagers across America are ruining their skin with the use of indoor tanning. Many who use it say that a golden tan makes them feel beautiful, but how beautiful do you think you will look when you develop wrinkles in your 20’s or 30’s?

record the more likely you are to get into a college you want or get a scholarship. Do not be antisocial. “Take Mrs. House’s classes,” Peter Ravesi advises. “She will teach you how to type and use Microsoft Word and teach you things on the computer other than just YouTube and Facebook.”

There are many different ways to keep organized in school such as things like maximizing your space. Keep it clean and non-cluttered, keep your coats hung up on the hangers and keep your books on the shelves. Remember, come to school prepared; bring lots of pens and pencils. The teachers will not always give them to you and your classmates might not have extras.

When you sign up for elective classes, do the ones you are actually interested in, and when you actually start these classes remember they were the ones you wanted, so work hard in them. It is your first year in high school, remember these tips and most importantly remember this one; do not be embarrassed if you need help, ask for it.

If you ask for help, join some clubs, play sports, keep organized and actually do your homework and show up to school every day, you might just walk out of here at the end of the year looking forward to next year.

By Kimberlee Bennett



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

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.

Presale tickets for the **Homecoming semi-formal** are currently on sale during lunch bells outside the cafeteria. Save \$2 off the Saturday price of \$7 by buying yours today!

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.

Attention **Juniors: PSAT registration** is now taking place. See Mr. Ascenzi in the Guidance Office to pick up your information packet.

Calling all mathletes! **Math Club** will hold an organizational meeting after school on Monday, Sept. 29 in room 111 to select teams and elect officers. Come join the group for food, song and math fun.

Pie a Cheerleader and help send the girls to the Cheerleading Elite Summer Camp this Saturday during the Red Raider rally. For just \$2 you can pie a varsity cheerleader from 11 am to noon or a JV cheerleader from noon to 1 pm. For \$5 you can pie a cheerleading coach!

What's for lunch?

Today: popcorn chickery with dipping sauce, spinach, sweet potato fries and a fresh apple with alternative of grilled cheese sandwich.

Wednesday: cheese pizza with Romaine salad, carrots and fruit cup with alternative of grilled chicken salad.

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

Don't forget:

Friday is Raider Pride Day!

Quote of the day:

"Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are."

-Bernice Johnson Reagon

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?"

This week in Raider Sports

Today: 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 Invitational (9 am)

HOPE Club selling Red Raider tattoos

During lunch bells all week the HOPE club will be selling Fulton Red Raider tattoos. They will be selling them for 3 for \$1 or 1 for 50 cents at a table right outside of the cafeteria. The profits from the tattoo sales will benefit the HOPE Club. Show your Raider pride, and buy a tattoo today!

Coming tomorrow in

RaiderNet

Daily

- * Homecoming then & now
- * Fulton-Oswego football preview

School of Thought compiled by Casey McCann and Ryan Stanley

Do you think the United States should be involved in Syria?



"Yes, to end the problems."

Paige Blakeman



"No, because we have enough of our own problems."

Casey DePuy



"We should stay out of it, we have our own problems."

Tamorrow Szlamczynski



"Yeah, fix the problem."

Bryce Knight

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

70°

Average: 68°
Record: 91° (2007)

Tonight:



Partly cloudy.

50°

Average: 48°
Record: 30° (1943)

Tomorrow:



Sunny skies.

73°

Average: 68°
Record: 88° (1934)

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.