

Plan ahead for winter fun with GRB Ski Club

The weather may be warm this week, but have you given any thought to what you will be doing to pass the time during the winter months here in the glorious, and infamously snowy, central New York? Well if you haven't, it's not too late to get in on the fun and join the G. Ray Bodley High School Ski & Snowboard Club.

Deadlines are coming up fast and paper work for passes is being handed around this week. Don't miss out on your chance for this great opportunity to get to learn a new and exciting sport along with meeting new people.

Skiing is a great way to get out there and stay active during the frigid temperatures that

dominate central New York. If anyone is interested, please act fast and contact Mrs. Downing, the head of the math department, or Eartyh Science teacher Mr. Ward. They have everything needed to get started as a member of the club. So don't waste time, set yourself up for some winter fun!

By Breanna St. Onge

RaiderNet Daily

G. Ray Bodley High School, Fulton, NY

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Assassins from around the world are attempting to kill the bumbling French Detective Inspector Jacques Clouseau in a scene from Quirk's Players' upcoming fall production, *The Pink Panther Strikes Again*. Based on the film by Blake Edwards and Frank Waldman, *The Pink Panther Strikes Again* recounts the adventures of the bumbling detective who is in search of his nemesis Paul Dreyfus who has threatened to destroy the world unless he is killed. Shown here is Inspector Clouseau (David Houck - center) surrounded by international assassins (l to r): Caitlyn McAfee, Victoria Eckhard, Katie Salmonsens, Kaitlyn Kinney, Grace Trepasso, Kayeigh Hotaling, Alexandra LaRock, Erica Perwitz and Deidre Murphy. *The Pink Panther Strikes Again* is under the direction of Fulton Teacher Tom Briggs and will be presented this Friday, October 17 and Saturday, October 18 at 7:30 PM in the G. Ray Bodley High School Auditorium. (Photo by Kelly LeVea) Check out our cast profiles on page 4!

Exchange student making his mark for Raider soccer

The Raiders received an unexpected surprise on the soccer field this year when the start of the new season brought exchange student Vincent Timnik onto their roster. Timnik, from Germany, has had a very successful season this year with seven goals and two assists.

According to Vincent the major difference between soccer in Germany and the United States is that it is more physical here in the United States as there is a lot more contact. He also said that the average German player has better ball-handling skills because they focus on one to two passes and then worry about bringing it to the goal themselves. He also said that in Germany they know how to create space and move the ball as they are well trained at handling the ball and moving down the field.

Overall the team has had an interesting year with record of 7-6-1

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Days until
Quirk's Players
present:
**The Pink Panther
Strikes Again!**



Fri. & Sat. Oct. 17-18
@ 7:30 pm
GRB Auditorium

Health

Coffee: the not so innocent morning pick-me-up

By Breanna St. Onge

Dear coffee drinkers, have you ever considered the possible dangers of your morning cup?

As many Americans enjoy their morning cup(s) of coffee each day, most of them are unaware of some of the possible negatives that coffee may bring to their bodies. People say that they just cannot get going without coffee each morning, which is relevant due to the fact that coffee contains caffeine. Caffeine is a somewhat addictive substance that most of us use to wake ourselves up each day.

Regular coffee drinkers argue that the popular morning drink does them no harm and only helps wake them up in the morning and get them out of their morning fog. However, what they don't know is that in some studies, coffee has been found to contribute to the damage of blood vessels, sending insulin levels out of balance and in-



outside of the United States, and businesses that buy from growers have little to no say regarding the pesticides that are used in the growing process of the beans. Aside from the negatives that coffee alone can do to the human body, possible pesticide exposure only increases the possibilities of health hazards. Pesticide exposure could be a contributor to many cancers, poisonings, and in some cases even miscarriage of a child.

One extensive study stated that coffee may also contribute to metabolic damage as well. Coffee stimulates your adrenals—the hormones that activate your flight or fight response. If stimulated too often, which is bound to happen sometime if you are a daily coffee drinker, your adrenals have a possibility of burning out.

Some symptoms and health hazards of caffeine are, but are not limited to, insomnia, a raise in blood pressure and stress hormone levels, heart palpitations, sensations of jitteriness or nervousness, symptoms of anxiety especially if you already have panic or anxiety disorders, and a depletion of calcium and iron levels in women.

With all of the already health hazardous factors in daily life, why add more? There are always much healthier options to coffee such as water, hot chocolate, or green tea. Take care of your body, after all it is the only one you get.

“what they don't know is that in some studies, coffee has been found to contribute to the damage of blood vessels, sending insulin levels out of balance and increasing risk of heart disease,”

creasing risk of heart disease, just to name a few. Coffee is also famous for causing dehydration as it is a diuretic and causes water loss from the body at a much greater rate than usual.

Many of the coffee beans used for our morning brew are grown

Quote of the day:

“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world.”

Albert Einstein

**Retake/missed picture day!
Thurs. Oct. 23-9 am to 2 pm
in the auditorium**

Halloween Fun Fact:

In 1993 Norm Craven grew the largest pumpkin ever recorded. It was 836 lbs.



Seniors take note!

Prom and baby pictures must be turned in by Tuesday, Nov. 4

Bring them to Mr. Senecal in room 118

Submitted senior portraits are also due by Nov. 4



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

Bizarre news of the day:

Around a thousand nude bikers rode their cycles recently on the streets of Mexico City, and a few hundred more did the same in Caracas to protest complaints for the lack of bike rights. Mexico City is a spread out metropolis encompassing a large area. The city has tried to create a greener city by having a huge series of bike-friendly policies, the only problem is about eight million vehicles continue to drive city streets on a daily average. This makes it harder for bikers to ride downtown safely.

Maria, a protesting nude cyclist commented that, "We are trying to create a consciousness amongst the car drivers that there is also room on the road and we have as much right to it as they do drive in the streets."

Within the past few years, Mexico City, known for being one of the world's biggest and most polluted cities, has created a bike sharing plan for normal commuters. The overall plan is to install 100 miles of bike lanes in order to control the city's crazy commuting habits.

Compiled by Jackson Truong

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

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.

The next meeting of the **Fultonian Yearbook** will be Wednesday after school in room 102.

A representative from **St. John Fisher** will be in the guidance office on Tuesday, Oct. 21 at 8 am and a representative from **Cazenovia** will be at GRB at 10:45 am to meet with interested students.

What's for lunch?

Today: Cheese pizza with romaine salad, carrots and chilled peaches.

Thursday: Hot turkey with french fries and gravy with a roll, mashed potatoes, corn and roasted apples.

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

Meet the teachers:

Mlle. Coleman

What is your job here at GRB?

I teach French and I am the French Club Advisor.

How long have you worked here?

I have worked in this building for four years but I have taught in the district for 11.

What is your favorite part about working at GRB?

I like the diversity of the students.

What is a fact about you that you would like to share with us?

I whistled in my crib when I was a little baby and I'm afraid of shopping carts.

(Mademoiselle Coleman was camera shy, so there is no picture to go with her profile)

Compiled by Adrienne Perry

Boys soccer tops ES-M

(from page 1)

and a 4-5 league record.

On Saturday the Raiders scored a 2-1 victory over East Syracuse-Minoa, scoring once in each half, and they are currently fourth in their league behind powerhouse CBA, Fowler, and Jamesville-Dewitt. Timnik notched his seventh goal and Austin Wilde also scored to help the Raider cause.

The Fulton soccer team has a very athletic squad with a lot of youth including junior captain Austin Wild and junior Austin Beckwith who has five goals and two assists. Fellow juniors Spencer Vono and Ian Devendorf are also having good seasons as Vono has five goals and two assists and Ian Devendorf has scored six goals with two assists. The boys are back in action on Saturday when they host Liverpool with JV action starting at 11 am and the varsity to follow at 1 pm.

By Mitch Woodworth

This week in Raider Sports

Today: Cross country @ League Meet (4 pm @ ES-M)

Thurs. Oct. 16: Volleyball @ Fowler (JV-4:30/V-6 pm); JV football @ J-D (4:30); Girls soccer @ Oswego (JV-4:30/V-6:30)

Fri. Oct. 17: V football vs. J-D (6:30)

Sat. Oct. 18: Boys soccer vs. Liverpool (JV-11 am/V-1 pm); Cross-country @ Chittenango Invitational (9 am @ Jamesville Beach); JV Volleyball @ OHSL Tourney (9 am @ Oswego)

**Order your 2015 yearbook
by Monday, Dec. 22 and save \$10**

Pay \$50 instead of \$60 and save some \$\$

A minimum \$10 down payment

reserves your book at the reduced rate!

**See Mr. Senecal in room 118. Order forms will be
included with five-week reports and are also available
in the main office.**

**Submit yearbook
photos online at
www.hjshare.com
our school code is:
fultonian
Spirit Week & Fall
sports photos
needed!**

Meet the cast of *The Pink Panther Strikes Again*

Michael Mankewicz

Michael has been performing on the GRB stage since he was in seventh grade, making appearances in *Damn Yankees*, *Hello Dolly*, *What the Bellhop Saw*, and *Curtains*. In this production, Michael is excited to take on the role of Jarvis the Butler/part-time female impersonator and a desk clerk.

He says, "The show is coming along well. The audience will enjoy it." During rehearsal when Michael is not on stage, he can be found riding his skateboard up and down the aisles of the auditorium or imitating his idol and hero, Bill Cosby.



Katie Salmonsens

Katie made her debut on the stage in *Hello Dolly* during her sophomore year and has been an avid member of the drama club ever since. In *The Pink Panther*, she plays a French lady, a German girl and a mirage club guest.

Joining Quirk's Players has made Katie reach out and has boosted her confidence. She says, "It's fantastic to be a part of something like this."



Jeremy Herlowski

As a sophomore at GRB, Jeremy has already previously performed in five shows with Quirk's Players. In his sixth show, he plays Inspector Dreyfus, a lunatic who is in control of a weapon that is deadly to the entire world. His favorite part about being a part of this cast is the connections he has made with his cast mates. When asked about his thoughts on this show, Jeremy says, "It's going to be awesome! Be there or be square."



Arthur Lincoln

Arthur, known to some of his new drama club friends as Abraham, is a freshman at GRB. *The Pink Panther* is the first of many shows he hopes to perform in while in high school. He will portray a gardener named Mr. Shork, a mirage club guest and an inmate.

So far, Arthur is really enjoying his time as a Quirk's Player, and says, "I am adjusting to the club, having fun and making friends."



Kennedie Coyne

Kennedie has been a member of Quirk's Players since her freshman year and has recently been named president of the drama club.

Previously, Kennedie has starred as Carmen Bernstein in *Curtains* and Arlene in *What the Bellhop Saw*. This fall, she is excited to take on the role of Margot.

It is obvious from all the hard work she puts into the shows that Quirk's is really important to her. She says, "This is a very inviting club. I love it."



Grace Trepasso

Grace was a member of the tech crew during Quirk's production of *Damn Yankees*, but decided she prefers the spotlight and has starred in four shows since then. In this show, she plays Mrs. Japonica, a mirage club guest and an Italian assassin.

It can be a challenge for actors to play multiple characters in a show, but Grace is enjoying the experience. She comments, "It is fun to switch between characters because you get to be two or three different people than yourself."



Compiled by Lexi Abelgore

Look for more cast profiles in tomorrow's edition of *RaiderNet Daily*

School of Thought compiled by Lexi Abelgore and Hope Williams

What was your childhood fear?



"Growing up."

Tom Kerfien



"Oompa-loompas."

Mr. Caviness



"Lexi Abelgore."

Dakota Stoutenger



"Clowns."

Casey DePuy

Meteorology and you

By Carson Metcalf



Today:



Cloudy with a shower.

74°

Average: 60°
Record: 83° (1947)

Tonight:



Cloudy with rain showers.

60°

Average: 41°
Record: 29° (1996)

Tomorrow:



Cloudy with rain showers.

72°

Average: 60°
Record: 87° (1947)

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.