

'tis the season for New Year's resolutions

We have all heard the saying "New year, new me!" In fact, most of us say it around this time each year. The end of December is a time to celebrate the fact that we made it through another 365 days and to make plans for the upcoming year.

New Year's resolutions are common and nearly everyone has one, whether they admit it or not. Even G. Ray Bodley students and staff plan on putting their best foot forward in 2015.

The most common New Year's resolution is to hit the gym and get in better shape.

This rings true for senior Shelby Drake, who says his goal for the New Year is to "lose ten pounds and get looking fine." Senior Maggie Williams also vows to "go to the gym every day" in 2015.

Senior Carly Williams' resolution is to focus more on school. She says, "My resolution is to finish my senior year off strong." The New Year is the perfect time to make a turnaround and start doing all of your assignments. All GRB students to pledge to finish all of their homework and study more in the New Year.

Believe it or not, even teachers want students to succeed, and their resolutions may have something to do with you. English teacher Mr. Senecal says his goal is "to make my students more accountable." If a teacher's goal is to help you learn, your goal should be to let them.

No matter what your New Year's resolution is, do your best to stick to it! Even if you are not making a specific resolution, it is never a bad time to reinvent yourself. Why not start January 1st? *By Lexi Abalgore*



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Daily



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Rejuvenated Raiders set sights on tournament crown

What a difference a year has made for the Fulton varsity boys basketball team. Last year at this time they were 0-5 and heading to the Syracuse Institute of Technology still seeking their first win of the season. This year the team will be looking to close out 2014 on a decidedly different note when the 5-0 Raiders head back to Syracuse on December 29-30 with visions of winning the Tech's Christmas Tournament dancing in their heads.

Coach Kimpland's crew will meet Clinton in the opening round at 2 pm, with Watertown taking on the host side in the other first round match-up. Buoyed by their strong 5-0 start to the season, Raider Coach Matt Kimpland has high hopes for his team, as he has been, "very impressed with this team's work ethic and attitude when they are on the court."

"They have played extremely hard each game," he went on to say. "This has made up for some of the mistakes we have made on the court."

But despite the team's best start in well over a decade, the coach still sees room for improvement as Fulton heads into the new year and a schedule that will include some powerhouse clubs including back to back January games against Bishop Ludden and Jamesville-Dewitt. "I still think our best ball has yet to come," he stated. "If we can clean up some of our silly mistakes in regards to time management, execution of sets

and turnovers while maintaining this type of effort we can continue this winning streak we have started."

The five straight wins marks the team's longest streak since 2006-07, with last year's squad reeling off four victories in a row in January as part of a 5-2 stretch for the 5-13 hoopsters

Clinton brings a 1-5 record into the tournament but features a legitimate scoring threat in Malaquias Canary, an 18 point per game shooter who has already knocked down 27 in one game against the Syracuse Academy of Science.

Syracuse Institute of Technology raised its record to 2-3 on the season by running past the Academy of Science 66-53 on Friday, and

despite the slow start, the hosts are not a team to be taken lightly after compiling a 16-5 record last season that included an 83-81 win over the Raiders in late December. James Walker leads the Eagles in scoring at just over 10 points per game while their opponents, Watertown, feature a trio of double digit performers in Hassan Isiah (11 ppg), Jameel Howard (10 ppg) and Malik Evans (10 ppg). The Cyclones make the trip south on Route 81 looking to improve on a 4-3 start that has seen them score better than 60 points in five of their first seven games.

The Raider JV are also taking part in the tournament and will tip off against Clinton in the opening round at noon.

This week in Raider Sports

Today: Wrestling vs. Canastota (6 pm); Girls BBall @ ES-M (4:30/6)

Fri. Dec. 26: Girls BBall @ Camden Tourney (V-noon/JV-2 pm)

Sat. Dec. 27: Girls BBall @ Camden Tourney (TBA); Wrestling @ Haines Tourney (SUNY Oswego-noon)

Sun. Dec. 28: Wrestling @ Haines Tourney (SUNY Oswego-9:30 am)

Mon. Dec. 29: Boys BBall @ ITC Tourney (Syracuse Tech.) (JV-noon/V-2 pm)

Tues. Dec. 30: Boys BBall @ ITC Tourney (TBA)

Wed. Dec. 31: Hockey @ New Hartford (1 pm); Indoor track @ CNYITA Meet (10 am @ OCC)

Fri. Jan. 2: JV Wrestling @ Carthage Tourney (9 am)

Sat. Jan. 3: V Wrestling @ Union-Endicott Tourney (noon)

Sun. Jan. 4: V Wrestling @ U-E Tourney (9 am)



Opinion

Don't let Seasonal Affective Disorder get you down

By Carly Williams

Ever find yourself in a slump during the long, boring season of winter? Well you are not the only one. We all find ourselves slipping into the wrath of the "Winter Blues," from time to time. Once the holidays are over as the temperatures go down, our spirits tend to go down with them. But, this is a common occurrence in many people.



A major contributing factor to the Winter Blues is called Seasonal Affective Disorder. Even though the Winter Blues are not as serious as SAD, which is an actual mental disorder, both can be challenging to cope with. Normally beginning when the cheer of the Holiday season is wrapped up until next year, many people experience the symptoms. The most wonderful time of the year is over, how could you not be down in the dumps?

There are many symptoms you can watch out for during the long season. Some include trouble waking up in the morning, nausea, craving carbohydrates, and oversleeping. The symptoms of the Winter Blues are a lot milder than the symptoms of SAD. SAD is a

diagnosed mental disorder by a doctor. The Winter Blues are self diagnosed and less serious. The main cause of both of these are the lack of sunlight we all receive during the winter. Which of course, it most common in Northern part of the United States.

It is said that only 1% of the population in Florida suffer from SAD. Obviously it is not the easiest thing to just lay outside in the freezing cold when you live in the North. Being trapped in the house for months with nothing to do can take a toll. So you should try to get some time outside and go for a walk. A common treatment for those who suffer deeply from SAD is Light Therapy.

"Even though the Winter Blues are not as serious as SAD, which is an actual mental disorder, both can be challenging to cope with."

We all feel a little isolated in the Winter, but with a little sunshine and fresh air it is not that bad. The winter blues can be hard to beat but the whole season of Summer makes up for it!

Mazda Miata 25th anniversary car sells out fast

If you're a fan of Mazda, prepare to be fighting for this prestigious, one of one-hundred limited edition Miatas one eBay- because they're all sold out. Less than 10 minutes after Mazda's website opened to take in pre-orders for the 25th Anniversary Edition Miata they were all spoken for. The website ran until May 31st or until 250 people signed up to purchase the vehicle. Mazda contacted the signees directly to validate 100 people to pre-order and own one of history's most notorious roadsters.

These special 2015 Miatas sold for \$32,205 with a six-speed

manual, or \$36,655 with an automatic transmission. What makes this anniversary edition different is the Bilstein shocks, a Soul Red metallic paint job, gunmetal wheels, all with an off-white leather interior. There will also be special markings in the vehicle to identify its authenticity. It's owner will be complimented with a custom-crafted Tourneau watch and display winder box.

Miata fans are promised they are don't need to have the 25th Anniversary Edition to enjoy a Mazda, a regular model is just as fun.

By Kyle Buck

Christmas Fact of the day:

Oklahoma was the last U.S. state to declare Christmas a legal holiday, in 1907.



What's for lunch?

Today: Popcorn chicken with tomato soup, sweet potato bites, green beans and applesauce cup.

**Look your best for
the Holidays!**

Reflections

-THE- Salon & More

608 South 4th Street-Fulton

Call for an appointment today!

Phone: 592-4415

*Proud 25 Year sponsor
of GRB Journalism*

Regular season to end in dramatic fashion



Mitch Woodworth

Last week: 10-5 Overall: 123-90

- Mitch says:**
- | | |
|--------------|-------------|
| Atlanta | Pittsburgh |
| Green Bay | New Orleans |
| Indianapolis | Dallas |
| San Diego | Baltimore |
| Miami | Houston |
| Minnesota | Denver |
| New England | Arizona |
| Philadelphia | Seattle |

Mr. Senecal

Last week: 8-7 Overall: 132-81

Mr. S. says:

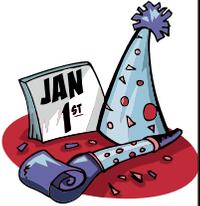
- | | |
|--------------|-------------|
| Atlanta | Cincinnati |
| Green Bay | New Orleans |
| Indianapolis | Dallas |
| San Diego | Baltimore |
| Miami | Houston |
| Chicago | Denver |
| New England | Arizona |
| NY Giants | Seattle |



HOPE Club President Kaitlyn Kinney, right, presented Fairgrieve School Nurse Lori Dempsey with hats and mittens collected during the club's recent drive. All of the hats and mittens that were collected were distributed to children within the Fulton City School District. (Cronk photo)

Going someplace cool? Take
RaiderNet
 Daily
 with you and get your picture taken for this year's Fultonian Yearbook feature
"Where in the world is The Raider?"

Happy Holidays from
RaiderNet
 Daily
 We shall return in 2015!



Order your 2015 yearbook by Tuesday, Dec. 23 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!**

What do you think of this two day week?



"Slednecks- Christmas Day."
Tom Kerfien



"It's a great time to watch movies."
Madison Coulon



"I don't agree with it."
Mitch Woodworth



"I would rather be home."
Nick McIntyre

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain.

43°

Average: 34°
Record: 61° (1957)

Tonight:



Cloudy with rain.

37°

Average: 20°
Record: -7° (1943)

Christmas Eve:

Cloudy with rain.

51°/40°

Average: 34°/20°
Rec. high/low: 58° (1965) -14° (1989)

Christmas Day:

Partly cloudy.

45°/35°

Average: 34°/19°
Record high/low: 66° (1932)/-22° (1980)

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.