



G. Ray Bodley High School, Fulton, NY

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Abusive relationships: help is out there

By Lexi Abelgore

Love can be a many splendid thing, but when it goes bad, it can be harmful in a variety of ways. While February is often regarded as the month for lovers due to Valentine's Day, it is also Teen Dating Violence Awareness Month.

Dating violence is a problem that is active in every community, G. Ray Bodley High School included. We often do not think of relationships as abusive unless they involve physical violence, including hitting. Abusive relationships can consist of so much more than that, however.

Indicators of abusive relationships can in-



Ms. Reagan, the STEP Advocate at G. Ray Bodley High School, is here to help in a variety of ways.

clude constantly talking down to a partner, telling them what to wear and who they can and cannot hang out with and much too frequent calls or texts. Looking through your partner's cell phone without their knowledge can even be considered offensive.

If you or someone you know is in an abusive relationship, the hardest question can be what to do about it. GRB STEP advocate Ms. Reagan can help you. She says, "I

work with anybody in this school who is experiencing domestic violence, dating violence, sexual assault or stalking." Ms. Reagan works with people as much as they need for emotional support as well as taking steps to get out of the abusive environment.

She can also help by providing a variety of services. She can offer counseling and emotional support and she will also discuss a safety plan for those affected by this problem. She is also able to assist with filing orders of protection or police reports if someone chooses to do that. Students can also receive information about outside agencies that can help you further.

It is not abnormal to be afraid to speak up if you or someone you know is in an abusive relationship, but Mrs. Reagan assures students that it is okay to come see her. She is extremely friendly and is there to help. "My services are very confidential so anything that you disclose to me, we will discuss privately," she noted. "My confidentiality policy is very strict."

She will not tell anyone any of the information that you trust her with unless you give her signed permission to do so. "There are people here to help [victims of abuse]," she adds.

Mrs. Reagan is available Monday-Friday from 7:30-3:30. If you wish to speak with

Costly fourth quarter for Raider sides

It was a nightmare played out in two acts for the Fulton varsity basketball teams as anticipated tune-ups for the playoffs turned into disappointing setbacks against Marcellus on back to back evenings. In each case a poor fourth quarter led to defeat as the Raider girls watched a 27-23 lead transform into a 44-40 loss on Tuesday before the boys were outgunned 20-8 in the fourth quarter on Wednesday as a 52-44 lead evaporated in a 64-60 defeat.

The girls dropped to 7-10 overall heading into a Friday match-up at Oswego despite showings of 12, 11 and 10 from Nicole Hansen, Mallory Clark and Michaela Whiteman respectively. Erica Bowman and

her, go to the nurse's office and they will connect you to her. It is done this way for confidentiality purposes. Services to Aid Families

Dating abuse: don't keep it secret

February is Teen Dating Violence Awareness Month. Did you know, only 33% of teens in abusive relationships ever tell anyone about the abuse?

If you, or someone you know, is experiencing dating violence, contact the STEP Advocate.



(SAF) also have an abuse and assault hotline that you can call at any time of the day or night, even on holidays. They can provide crisis counseling and support groups, help with police, court or hospital agencies or provide emergency shelters for those experiencing domestic violence. The number is 342-1600.

Remember: Love has many signs. Abuse is not one of them.

Liz White led the 10-7 Mustangs with nine points apiece.

Cody Green hit for 15 points while Chris Jones had 12 and Josh Hudson 11 as the Raider boys fell to 11-6 overall and 6-5 in league play. Mike Melnyczuk and Mike Dillon proved to be a two-man wrecking crew for the Mustangs with 24 and 23 point showings as the home side prevailed for just the third time in 13 starts. Fulton will look to end the regular season on a positive note on Friday when they play host to Oswego.

In sports action today the Raider swimmers will travel to Mexico for the Section III meet while the girls track team is at the OHSL meet at Onondaga Community College.

Opinion

Valentine's Day advice for the love-lorn and single

By Hope Williams

With Valentine's Day just around the corner, it's not hard to hate February 14th when you're single. But just because you don't have a significant other, that doesn't mean you can't have a great Valentine's Day.

With that in mind here are nine things to do on Saturday if you're single.

1. Spend time with friends and family. There is no better company than family.
2. Eat a lot. Just pig out. Let yourself go, man. Valentine's Day only comes around once a year and chocolate tastes just as good if you buy it yourself.
3. Watch hilarious movies. Laughing is the best medicine for helping you forget all about being single.
4. Listen to music that makes you want to dance. Loudly.



Start getting your act together NOW!



**Wednesday, March 18
sign-ups this week during lunch
or after school in room 119**

Quote of the day:

"No one can make you feel inferior without your consent."
-Eleanor Roosevelt

5. Throw some sweats on and put your hair up. Be comfortable.
6. Take a lot of pictures because this fun day should be documented. Check your photos for some good ones to submit for the yearbook. You'll have lots of time on your hands, so upload them to www.hjeshare.com and remember that our school code is: fultonian
7. Read books. You may not any romance, but maybe the characters in your book will.
8. Play some video games. If you're angry they can get your anger out.
9. Love yourself because that is all you need.

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

Calling all seniors! The first payment for the senior trip to New Jersey is due by Friday, February 27. The amount due is \$94 to Mr. Lacey. If you are interested in going or would like more information please see Mr. Lacey in room 125 for more details

The class is also starting a Gertrude Hawk chocolate bar fundraiser. All funds will go toward the Senior trip and Senior Dinner Dance. Anyone interested in selling should see Mr. Lacey in room 125 for more information and to pick up supplies.

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

The **Senior Class** officers meet every Monday after school in room 125 and all seniors are welcome to attend.

Physicals for spring sports will be available at GRB on March 4. Signups are currently underway in the nurse's office to make an appointment.

Spanish Club will be having a game day and snacks after school on Tuesday, Feb. 24 in room 128. Bring your game face!

What's for lunch?

Today: Hot turkey and gravy over bread, whipped potatoes, butternut squash, cinnamon applesauce

Friday: Turkey hotdog on a bun, broccoli, baked beans, raspberry fruit sorbet

Book now for the prom and dinner dance!

Reflections

-THE- Salon & More

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

Phone: 592-4415

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School of Thought compiled by Hope Williams

What are your plans for winter break?



"Sectionals."



"Snowmobiling."



"Working."



"Going to the Bahamas."

Michaela Whiteman Matt Lockwood

Josh Compson

Lina Helmstadter

Meteorology and you

Today:



By Carson Metcalf



Cloudy with snow showers.

26°

Average: 34°
Record: 60° (1999)

Tonight:



Mostly clear.

-7°

Average: 17°
Record: -22° (1979)

Tomorrow:



Partly cloudy.

4°

Average: 34°
Record: 58° (1987)

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.