



Lots going on for senior class

It may be early March, but the countdown toward the senior dinner dance is well underway. Friday, June 5 is the date with the venue set for Alex's on the Lake in Oswego.

The exact time will be announced shortly for the event, which will be a semi-formal. Ticket prices are still being decided as well, while the seniors will be selecting a new class song in the coming weeks. The dinner dance will utilize the same DJ service as last year's prom, and requests will once again be taken.

More information will be coming soon from Class Advisor Mr. Lacey and the class officers. In the meantime the deadline is fast approaching for the senior trip to Wildwood, New Jersey, and there are several spots open. Interested seniors need to contact Mr. Lacey as soon as possible.

In other senior news applications are now available in the main office to members of the Class of 2015 for the senior lounge.

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

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

The guidance office has posted new **scholarships that are available for local graduates**. Every college bound senior can use some free money! Remember to check the board every week through March and April for newly posted scholarships.

French Club, German Club and Spanish Club students are reminded that window painting and snow sculptures have been rescheduled for today from 2:30-4 pm. Sign up with your LOTE teacher.

Any boys who missed sign-ups for **Outdoor track** should see Mr. Wasacz in room 101. Any girls who missed sign-ups should see Ms. Sharkey in the back gym.

For anyone interested in trying out for **JV or Varsity baseball**, please sign up with Mr. Tombs in room 233 during the day. He will also be in room 233 after school until 2:45 every day.

Anyone interested in playing **football in the fall** should come to an important meeting after school today in Mr. Rothrock's room 209.

A representative from **Cayuga Community College** will be in the guidance office on Friday, March 13 at 8:30 am to meet with interested students.

What's for lunch?

Today: Chicken patty on a bun with peas, sweet potato bites and chilled peaches.

Thursday: Hot turkey sandwich with gravy with whipped potatoes, butternut squash and applesauce.

Student Senate wants YOU!



GRB Blood Drive
Wed. March 25
see Mrs. Ferlito
(room 115)
to sign up

Mark your calendar!



Wednesday,
March 18,
6:30 pm
GRB Auditorium

Scheduling assemblies

Today: Juniors-GSH
Citi students-9th bell
Thurs: Sophomores-GSH
Friday: Freshmen-GSH

Due to Career Day

RaiderNet

Daily

will not return until
Thursday, March 12

Opinion

Go ahead and cry to your heart's content

By Hope Williams

After you have had a long day, it is understandable if shedding a few tears is needed. Most people think crying is a sign of weakness, however that isn't always the case. Surprisingly enough, the science behind our tears is pretty interesting. Here are four scientific facts that you didn't know about crying.



1. Bacteria in your eyes doesn't stand a chance against your tears. There is a fluid in every single person's tears called Lysozyme that kills somewhere between 90 to 95 percent of all of the bacteria that is living in there in a matter of 5 to 10 minutes. We basically have our own maid service; this is cool.

2. Crying can lower stress. According to Dr. Jerry Bergman, holding back your tears actually raises your stress levels, and can contribute to other problems later on, such as high blood pressure, peptic ulcers, and even heart problems. For that reason alone, just let it out.

3. Tears help us see. This one may seem a little obvious, but I still feel the need to mention it. Tears lubricate both our eyeballs and our eyelids. They prevent dehydration in the eye, and dehydration equals no eye sight. Bergman also said, "Without tears, life would be drastically different for humans, in the short run enormously uncomfortable, and in the long run eyesight would be blocked out altogether."

4. Biochemist William H. Frey conducted an experiment in 1980 and found that women cry an average of 5.3 times a month, and men cry an average of only 1.3 times a month. Recent studies (2011) have found that those numbers are still about the same. Biologically, this is because testosterone may hinder tears for men. Women,

on the other hand, have higher levels of a hormone called prolactin, which may encourage crying to occur.

So the next time you feel those tears well up in your eyes, just go with it. You'll be helping yourself a lot more than you can imagine.

Quote of the day:

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

-Christopher Reeve

Time is running out!
Get your yearbook from Mr. Senecal
before and after school in room 102 and during GSH in room 118
\$60 make checks payable to Fultonian Yearbook

Send us your pictures of the Red Raiders in action
theraider@fulton.cnyric.org

*** NHS inductions**

*** Clubs**

*** Winter sports**
all needed ASAP

Easter Fact of the Day

In the United States, Easter is considered the second most important candy eating holiday after Halloween.



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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How do you feel about the NCAA Sanctions against Syracuse?



"Unfair, but they did it to themselves so they deserve some type of punishment."

Mr. Lyons



"It's sorta fair but can't let ineligible players play over eligible players."

Courtney Parker



"If you look into other colleges they probably are doing same thing."

Jake Mcdermott



"Syracuse deserves the penalties because minor violations over 10 years add up. They're cheaters and that's the only way they win."

Connor Broderick

Meteorology and you

By Carson Metcalf



Today:



Partly cloudy.

42°

Average: 41°
Record: 67° (1977)

Tonight:



Partly cloudy.

35°

Average: 23°
Record: -1° (1995)

Tomorrow:



Partly cloudy.

37°

Average: 41°
Record: 67° (1977)

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.