



Chorus concert kicks off Music in Our Schools Month

The month of March is known as Music in Our Schools Month. Each year, the Fulton Music Department is hard at work preparing for various concerts throughout the month. This year is no exception to that rule.

Music in Our Schools Month will kick off at G. Ray Bodley High School this evening at 7:30 PM with the women's choir and concert choir under the direction of Mr. Nami and accompanied by Mrs. Walrath.

This will be followed by The GRB Orchestra concert under the direction of Mrs. Edele.

This will include the concert orchestra and the symphonic orchestra and will take place

Music in Our Schools Month

Tonight: GRB Chorus Concert

Thurs. March 19:

Orchestra Concert

Wed. March 25:

GRB Bands Concert
(7:30 pm starting time)

on Thursday, March 19th at 7:30 PM.

The final concert that will take place for Music in Our Schools Month will be the GRB Band under the direction of Mr. Caviness. This performance will include the wind ensemble, concert band and jazz ensemble and will be held on Wednesday, March 25th at 7:30 PM.

Come out and show your support to our music departments by attending one of the concerts. Everyone is invited to attend and there is no charge for admission.

By Cayla Weaver



It's a sure sign of spring when the Red Raider lacrosse team takes to the parking lot for the opening days of practice. All the Raider teams are hoping for warmer weather and a chance to hit the actual playing fields, but for now they are making due with what is available. (Senecal photo)

**Student Senate
wants
YOU!**



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

Only

6

more days until

**Bodley's Got
T★LENT**

Wednesday,
March 18,

6:30 pm

GRB Auditorium

**Scheduling
assemblies**

Today: Sophomores-GSH

Friday: Freshmen-GSH

Friday is the deadline to turn in music for Bodley's Got Talent.

Opinion

Use the "food plate" as a guide toward nutrition

By Lexi Abalgore

For our whole lives, we have learned about the food pyramid and about making healthy eating choices. In mid-2011, First Lady Michelle Obama introduced America to the food plate, which has replaced the pyramid. At the time, obesity had been growing rapidly in the United States and the rate is still climbing.



So, what does the food plate suggest? It is a lot like the food pyramid, but it instead shows you what your actual plate should look like. It shows that 50% of your plate should be made up of fruits and vegetables and it should also contain generous amounts of grain, some protein and a bit of dairy. Fats are also necessary in your diet, but only just as much as you need.

The USDA (U.S. Department of Agriculture) says, "Focus on fruits, vary your vegetables, make at least half of your grains whole, go lean with protein and get your calcium rich foods."

You can log on to www.choosemyplate.gov and create your own food plate based on personal factors, such as gender, age and weight. It will tell you exactly how many calories you should consume per

day as well as how to distribute those calories. It even recommends how much of each food group you should ingest per day, right down to cups and ounces. Do not worry, it allows some room for sweets, but don't get carried away! Processed foods and artificial sugars are heavy contributors to obesity in America.

The food plate is a good way to keep track of how much of each food group you should consume and it is easy to use. It tells you suggested serving sizes, which is very simple to understand. Take a look at it! You will be surprised to see how much your diet may need improving.

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.

Prom tickets are now on sale in Mr. McCarten's room 222. Don't be left out of this wonderful and memorable night.

The **senior lounge** is ready to open. Interested seniors can pick up an application in the main office.

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.

Student Senate will be sponsoring a **hat day** this Friday, March 13 to raise money to benefit the Leukemia and Lymphoma Society. Just pay \$1 to a Student Senate member at the main entrance on Friday and receive a sticker that will allow you to wear your hat all day in school.

What's for lunch?

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

Friday: Grilled cheese sandwich with tomato soup, broccoli florets and mixed fruit cup.

Quote of the day:

"I think it's important to get your surroundings as well as yourself into a positive state - meaning surround yourself with positive people, not the kind who are negative and jealous of everything you do."

-Heidi Klum

Easter Fact of the Day

The most popular symbols for Easter are considered to be eggs, bonfires, candles, lilies, crosses, palms, bunnies and lambs.



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

Proud 25 Year sponsor of GRB Journalism

When will we have our first day above 60 degrees ?



"March 30th."

Connor Broderick



"April 23rd."

Nick Kinney



"March 30th."

Zach Perry



"Spring break."

Mr. Wilmot

Meteorology and you

By Carson Metcalf



Today:



Sunny skies.

32°

Average: 39°
Record: 68° (2012)

Tonight:



Partly cloudy.

15°

Average: 22°
Record: -10° (1990)

Tomorrow:



Partly cloudy.

48°

Average: 40°
Record: 71° (1990)

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.