

## Bodley's Got Talent delivers another winner

By Cayla Weaver

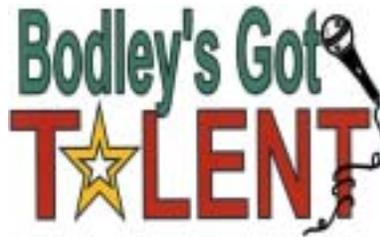
The 2015 edition of the highly anticipated event Bodley's Got Talent was another success and lived up to its usual excellent standards. All of the hard work of the HOPE Club (Helping Other People Everywhere) paid off.

The auditorium of G. Ray Bodley High School was filled with students, faculty and members of the Fulton community on March 18 as many different performers took to the stage with their many talents. Most of the acts in the show included singing, but this year's show also included dancer Ashlea Kemp, an original bass solo by senior Ryan Stanley and a guitar solo by Kailee Fantom, who stated she has been playing the guitar for over nine years.

GRB Math teacher Mr. Lacey and his two children took the stage as usual, with another amazing act. This year he and his two sons sang the hit by Gwen Stefani, "Hollaback Girl." The biggest cheer of the night was perhaps when G. Ray Bodley graduate Neal Burke made a reappearance to perform for the audience at his alma mater.

This year's profits went to the Make-A-Wish Foundation and Volunteers for Peace.

HOPE Club advisor Mrs. Cronk stated that over \$1,500 was raised during the event, thanks to the generous contributions of those who attended.



Though it took an incredibly long time for the host Mr. Senecal to get the results of the awards from the judges, who mysteriously vanished toward the end of the show, he eventually did receive them. The judging criteria was based upon creativity, preparation, sportsmanship, talent and audience response.

This year's "Audience Favorite" prize was awarded to Alex LaRock, who sang the hit song "Chandelier" by Sia. This was LaRock's fourth year performing in Bodley's Got Talent. The "Gave It Their All" award was given to another four-year BGT veteran, Zoe Bolio, who sang "America's Sweethearts" by the band Fall Out Boy.

The new award created this year of "Most Unique Style" was given to Tatyana Hoyt,

who sang a capella to the Rascal Flatts song "God Bless The Broken Road."

Third Place went to the duo of Erica Perwitz and Shakeemah Hordge, who re-joined one another on stage this year after going solo last year. They sang "Jar of Hearts" by Christina Perri. Second prize was awarded to junior Keysha Rojas, who sang "Broken Hearted" by Karmin. Last year's winner MyKenzie Finch was able to retain her first place status this year as she opened the night with the song "At Last" by Etta James.

This year's judges were Ms. Behan, Frau Ruggio and Mr. Halladay, and they kept the audience entertained throughout the night with their witty comments and words of praise for all of the acts.

The HOPE Club would like to especially thank those who generously contributed to help make this year's show possible. These places include Walmart, The YMCA, Pizza Hut, Wendy's, Blue Moon Grill, Mimi's Drive In and B&T Sports & Trophies as well as Kathy's Cakes and Janet Sellars and Lori Henderson of Lakeside Hair Designers.

Without the generous donations from these local businesses Bodley's Got Talent would not have been possible.



Members of the G. Ray Bodley High School faculty and staff showed their support for faculty member Brian Heffron's daughter Kyla last week by wearing pink, her favorite color, or red and white, for aplastic anemia. Kyla underwent a bone marrow transplant last week in Boston, and she was in the thoughts and prayers of many staff and faculty members.

## Opinion

## Take a second look at those nutritional values

You may want to take a seat before reading this because this news may surprise you. The producers of your favorite foods could be lying to you. It's heartbreaking, but true. Take a look at some of the ways food companies are trying to trick you.

1) **Trans-Fat:** Many foods such as chips, crackers or cookies advertise their products saying that they contain no trans-fat. In case you are unfamiliar with the term, trans-fat is created when hydrogen is added to different oils. It is an industrial process that gives the food a longer shelf life and a better taste.

They are so bad for you that doctors recommend that you get 0 grams of it per day.

That's right, none!

So, how do you know that there actually are trans-fats in the food? You can tell by looking at the ingredients. Any ingredients called "hydrogenated oils" are just another word for trans-fats. So, how are companies getting away with lying on their packaging? The trans-fat content per serving is less than 1 gram, so they are able to round down and say that there is no trans-fat. The key word, however, is "per serving." They make the serving size smaller to avoid going over that 1 gram. Let's be honest though. Who really eats only 2 cookies?

2) **Reduced Fat:** Foods that have 25% less fat than the original product can be deemed "reduced fat." However, this does not mean that eating a reduced fat good is actually a healthier option. Food companies have to make up for the loss of flavor somehow, so it is not uncommon for extra sugar or salt to be added to a food when some fat is taken out.

For example, Reduced Fat Peter Pan Peanut Butter contains 4 less grams fat than the original product, but they added more than 1 gram of sugar and 10 milligrams of sodium. While the addition of sugar and sodium to the peanut butter may seem slight, it adds up with all the other foods that put additives in their products. So while the foods may contain less fat, they contain more sugar and salt, which can cause problems for your body if eaten too often.

3) **Diet Soda is better:** Diet soda, alternatively marketed as "sugar-free" or "zero calorie," are said to be better for you than a regular cola.

Is this true though?

Instead of using sugar, diet sodas are sweetened with artificial sweeteners, which really are not much better for you than plain sugar. Any kind of soda has no nutritional value whatsoever. While diet sodas say they contain no sugar, they also contain no protein or

fiber. They are what are known as empty calories. Soda is soda. There is not a significant enough difference between diet and regular to say that drinking diet soda is better for you.

So the next time you think you are making a healthier choice when it comes to food, take a closer look at the nutrition facts. Reduced fat, low fat, light, diet-these are all words used in the market to make the product seem healthier. In all honesty, however, it could be only slightly healthier than or even just as unhealthy as the original product. It could even be worse.

*By Lexi*

*Abelgore*

### Easter Fact of the Day

65% of adults prefer milk chocolate as opposed to the 27% who prefer dark chocolate.



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

**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.

Attention **students in grades 9, 10 and 11:** There are just two more days to enter your courses in the schooltool portal for the 2015-16 school year. See your counselor if you have any problems or questions.

### What's for lunch?

**Today:** Cheese pizza with green beans, baby carrots and fresh apple.

**Thursday:** Brunch lunch scrambled eggs and turkey sausage with biscuit, hash browns and applesauce.

### Quote of the day:

"The measure of who we are is what we do with what we have."

*-Vince Lombardi*

**Book now for the prom and dinner dance!**

## Reflections

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## What qualities make a good president?



"Knowing what the people like and performing what they want."

Levi LaBeef



"Truthful, torment, and patriotism."

Daniel Destevens



"Honesty."

Nick McIntyre



"Strong diplomacy."

Seth Baum

# Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain showers.

42°

Average: 47°  
Record: 78° (1988)

Tonight:



Cloudy with rain showers.

37°

Average: 28°  
Record: 7° (1960)

Tomorrow:



Cloudy with rain showers.

40°

Average: 47°  
Record: 81° (1945)

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.