

Big weekend for Raider bowlers...see sports-page 3

Countdown is on for Bodley's Got Talent

HOPE Club (Helping Other People Everywhere) is hard at work planning one of the most anticipated events of the year, the annual school talent show, Bodley's Got Talent.

Mrs. Cronk's room was a flurry of activity recently as act previews took place. There are not as many acts as previous years, but it should still be a great show. As the acts are hard at work preparing themselves for the show, the HOPE Club is hard at work as well. They are busy going around in the commu-

nity getting different sponsors to make donations for different prizes.

In years previous, Bodley's Got Talent



would offer five different categories for prizes for the acts including first, second, third, most unique and audience favorite.

Thanks to the generous donations of Lakeside Hair Designers in Fulton, the HOPE Club was able to add a sixth category this year of "most unique style".

According to HOPE Club advisor, Mrs. Cronk, "Planning for Bodley's Got Talent is going well" and that she was excited for this year's show. The HOPE Club is hoping to match the success of last year's show.

Bodley's Got Talent will take place on Wednesday, March 18 at 6:30 pm. It is a show you will not want to miss! *By Cayla Weaver*



G. Ray Bodley High School, Fulton, NY

Volume 5, Number 86

Monday, March 9, 2015

All systems go for Wednesday's Career Day

By Kyle Buck

This coming Wednesday, March 11th, G Ray Bodley High School will hold what they hope to become an annual event with the return of Career Day.

Things are going even better than planned as the previous estimate of 50 presenters from the Fulton and local surrounding areas to come give information about a career has now ballooned to nearly 70 presenters, all with different career aspects to finely fit a student's prospective choice in work.

Career choices include medical, business, broadcasting, military (USAF, Navy, Army, USMC), fire, EMS, police, legal, doctor, veterinary, dentistry, carpentry, music, and now much more.

Signing up is easy! Recently during GSH, teachers showed students how to sign up using a link in their "All Users" desktop folder at school. This link can also be accessed from a personal device or at home. (<http://www.signupgenius.com/go/20F084EA9AC29A3FE3-career1/25775057>)

Those in charge of the career day explained that are being asked to select four sessions in which to listen to presenters, but it is on a first come first serve basis for seats. Those who choose to not sign up at all will be placed in sessions that have vacant positions.

This Wednesday, March 11 is a half day at GRB. Assistant Principal Ms. Stephenson stressed the importance of attendance as this is an incredible opportunity for a high school

student to learn what they want to do after they graduate. Any questions can be directed to Ms. Stephenson in the main office in regards to career day.

Prom Dress preview:



Junior Christina Ravesi was one of several girls modelling prom dresses from Boom Babies last week in a unique fund-raiser for the Red Raider girls lacrosse team. This year's GRB Junior Prom is scheduled for Saturday, May 2 at Bayshore Grove in Oswego.

Scheduling process begins this week for 2015-16

It may only be March, but scheduling for the 2015-2016 school year has begun. Grades 9-11 will attend scheduling assemblies for next year in the auditorium this week during GSH with AM Boces set for March 10th. Juniors will attend on Tuesday with sophomores on Thursday and freshmen on Friday.

A 2015-2016 course catalog will be distributed to each student during these assemblies. Students who are absent should see the guidance office.

On March 17th, students will attend guided study hall first and will have course recommendation cards distributed to have their teachers fill out during the day for recommended courses for next school year.

The school portal will become available for students to enter their course recommendations online on March 16th and it will close on March 26th.

From April 7-24 students in grades 9-11 will go down to the guidance office with their social studies teacher to discuss their course selections for next school year with their guidance counselor. *By Cayla Weaver*

Opinion

Avoid future issues by taking control right now

By Chelsie Knopp

Did you know that in a three month study period one out of every four adults reportedly had back pain at least once a week? Did you also know that if you tighten the ropes and watch yourself at a younger age you can save the older you from encountering this unpleasant fate?

Do not get me wrong, anyone can experience back pain, but there are a few things that can really do a number on it, for example fitness level. Those who are less fit tend to have issues later on in life because they are lacking muscles in their abdomen and back. This can be avoided easily by making the choice to be just a little more active, which will not only help with the issue at hand, but also helps overall health and mind set.

The next factor is diet, if one eats excessive amounts of unhealthy food and makes the decision to be inactive, it will, in most cases, lead to obesity, which will put strain on one's body.

This factor, unfortunately, is unavoidable; arthritis has been studied and proves to have genetic components. With that being said race may also put you in an unavoidable situation. African American women, for example, are two to three times more likely to develop spondylolisthesis, which is a condition where a vertebra of the lower spine slips out of place.

Lastly trade-your line of work-may also be putting a risk factor in. If you are currently employed in a role that requires you to be lifting, pushing or pulling heavy objects you are increasing your chances of developing problems later on in life. Or perhaps you work through a program that has you placed at a desk all day, posture will take its toll, so watch how you sit. Yes, it can be uncomfortable at times to sit with your back straight, but your future self



will be thanking you for it.

If you are young and already experiencing some form of cramping, then make the choice to better yourself, go out for daily walks, watch your posture and how you sit, change up your eating style and it can be promised that you will thank yourself for doing so in the future.

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 Tuesday, March 10 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 on Tuesday, March 10 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: Cheeseburger on a bun with corn, carrots and chilled peaches.

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

Easter Fact of the Day

The name Easter was given after an Anglo-Saxon goddess named Eastre because her symbols were the egg and the hare.



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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Raider Sports

Raider boys roll to second place showing in state final

One the most successful seasons in school history came to an end over the weekend for the Fulton bowling teams as the boys rallied to claim second place in the state on Saturday while senior Kendra Tryniski finished fifth among all girls at Sunday's team competition.

Combining for a 1029 in the final game of the day, Coach Mike Tryniski's Section III champion Raider boys rolled past Christian Brothers Academy of Albany and into the runner-up position behind overall champion East Islip of Section 11. Overcoming a tough start that saw them seventh out of 10 teams after the opening game, the Raiders outpointed CBA 1029 to 962 in the decisive sixth game to finish the day with 5864, 18 better than the Section 2 champions. East Islip led the way at 5985 to claim top honors by a 171 pin total.

A collection of big efforts helped propel the boys to their highest finish ever at the state level as four Raider bowlers placed in the top 25, led by Bryce Guernsey's fifth place showing on 1,271, good for a 211.83 average. Kyle Denson placed 13th overall with an average of 200.5 while saving his best for last with a 226 in the final game

to finish with 1203 for the day.

Shawn Walberger hit for 226 pins in game three and placed 17th in the field, just missing the 200 plateau at 199.5 with a 1197 total. Ryan Denson's 215 in game five paced a 1152 overall total and an average of 192.0 through the six games. Jonathan Glickman of Peru Central in Section 7 led all bowlers with a 1354, good for an impressive 225.67 average.

On Sunday Kendra Tryniski completed a big weekend for Raider bowlers as she totalled 1166 through six games to finish fifth overall and second among Section 3 bowlers. A combined score of 988 in the final game put the defending champion Section 3 team third in the final tally as Section 6 led the way at 5786, followed by Section 11 with a 5717 showing.

This marked the second straight year that a Fulton girl has finished in the top five in the team competition as 2014 graduate Mikayla Guernsey led all bowlers at last year's final. Tryniski, like Guernsey, will be taking her game to the next level next season as she will be attending Valpariso University in Indiana in the fall.

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 Ful-tonian Yearbook

Send us your pictures of the Red Raiders in action
theraider@fulton.cnyric.org
*** NHS inductions**
*** Clubs**
*** Winter sports**
all needed ASAP

Pennies for Patients benefit underway

Did you know that there are 327,520 people living with or in remission from leukemia in the U.S.?

Student Senate is coordinating the Pennies for Patients campaign again this year for the Leukemia and Lymphoma Society. All classrooms should have received a clear plastic container to collect student and faculty donations. If you have not received a container, please contact Mrs. Ferlito or Kendra Tryniski. The teacher that collects the most money will win a donut party for their GSH or class.

Canisters must be returned to Mrs. Ferlito by the end of the day on Friday, April 10th so the donations can be calculated and the winning GSH or class can be announced.

The winning GSH or class will receive their party on Monday, April 13th.

Quote of the day:

"We must accept finite disappointment, but never lose infinite hope."
 -Martin Luther King, Jr.

The Red Raider Den is now open for business!
stop by for a snack during bells 8 and 9

Keep in touch with the Ful-tonian Yearbook by liking us on Facebook. Free yearbook drawing at 400 likes!



What are you looking forward to most on career day?



"Hearing the cop talk."

Mike Brooks



"The teaching class I signed up for."

Kenzi Finch



"Excited for being in tech, love hands on."

Josh Smith



"I look forward to seeing how this goes."

Greg Miner

Meteorology and you

By Carson Metcalf



Today:



Cloudy. Chances now.

35°

Average: 40°
Record: 78° (2000)

Tonight:



Partly cloudy.

23°

Average: 23°
Record: -6° (1943)

Tomorrow:



Sun and clouds.

42°

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.