



Seniors look back as fourth quarter begins

By Lexi Abelgore

The 2014-2015 school year is coming to a close. As of today there are 62 days total left until regents week and only 41 class days. For seniors, this means that the final weeks of our high school education are upon us.

A few questions come to mind when the end of high school is mentioned: Do you have any regrets? Was there anything you did not do that you wish you had? What would you do over?

G. Ray Bodley seniors recently spoke out about what they would change if they had to do high school over again.

The most common regrets involved studies and classes. Some students, like Alex LaRock and Jessica Race, said that they wish they had studied more for their classes. Some even admitted to regretting taking a certain class. Fellow Class of 2015 member Lauren Guido said, "I would go back to AP

chemistry and not take it. No offense, Mr. Morse!" RJ Borrow mentioned that he regrets not working as hard as he could have throughout the years. Seniors Jessica Race blatantly said her biggest regret is "my math grade." On a social level, Carly Williams said, "I regret worrying so much about what others thought [of me]."

Missed opportunities are not something teenagers often mull over, but some seniors

nately try harder in challenging classes, like math.

Senior Ryan Stanley had something important to say regarding regrets, commenting that, "You should live your life making choices that you don't regret." His suggestion to the underclassmen was to spend their remaining high school years doing what makes them happy, no matter what people may think about you because it's all about

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admitted some things they wish they had done over the past four years. Justina Race said, "I should have done the musicals," and Emilio Garcia added, "I should've joined chorus sooner." A few GRB seniors even confessed that they refused a friendship with someone they did not get to know beforehand. As one senior noted, "One of the worst things I did was not give people a chance."

So, what would seniors change if they got to relive their high school years? Zach Perry said, "I would want to be more social, starting in freshman year." Some students, including Jessica Race, said they would defi-

being happy, enjoying yourself and learning.

A GRB senior who wished to remain anonymous gave a bit of advice as well, saying, "Don't wait until the last semester of senior year to realize how wonderful some of the people around you are. Give people chances. Just don't wait until it's too late."

Take it from the class of 2015. You do not want to wait until it is too late to start doing things the way you want to do them. Study harder, laugh more, make friends and enjoy high school, because it will be over before you know it.

This week in Raider Sports

Today: JGirls lax @ CBA (JV-5/V-6:45); Softball @ Cortland; Baseball @ Cortland.

Wed. April 15: Track vs. Oswego; Tennis @ Phoenix.

Thurs. April 16: Boys V lax @ C.Square (5:30); Girls lax @ J-D (JV-4:30/V-6); V baseball @ Marcellus; JV baseball vs. Marcellus.

Fri. April 17: V baseball vs. Chittenango @ OCC (7 pm).

Sat. April 18: Tennis @ Oswego (10 am); Girls lax @ Oswego (JV-10 am/V-1 pm); Softball @ Oswego (10 am); Boys lax @ Oswego (JV-noon/V-3 pm); Baseball @ Oswego (JV-10 am/V-noon); V baseball vs. ES-M @ OCC (4 pm); Track @ Tully (noon).

(all games at 4:30 pm unless noted. Due to weather conditions, this schedule is subject to change)



Monday's warm weather prompted the first fire drill of the spring semester, and students at G. Ray Bodley High School were enjoyed every minute of it. (Senecal photo)

Opinion

Don't underestimate the powers of music

By Carly Williams

Walking through the halls of G.Ray Bodley High School, one of the very first things you will notice are the headphones in students ears. Some may have the headphones in just to block out their peers, but others may actually be listening to music.

Believe it or not, music has many benefits. Music is a great way to block out your peers if you just do not feel like taking part in social interaction. Most of the time if someone sees headphones in your ears, they are not going to try to talk to you (Notice how I said MOST of the time). There is always that one person who just does not catch the hint.

Obviously school is not the only place where we listen to music. Whether it is in the gym, on a walk, in the shower, or just sitting on the couch, music has become a huge part of our lives.

Researchers have actually proven that music can reduce stress. Music triggers biochemical stress reducers. It is always nice after a bad day just to pop in your headphones and forget about your sur-



“Researchers have actually proven that music can reduce stress. Music triggers biochemical stress reducers.”

roundings for a minute.

Music is not only great for bad days, it can also help make the good days better! Music has actually been proven to elevate your mood. If you are the dancing type, music always gets you out of your seat and having a good time, which is a whole lot better than blocking out the world.

Of course a sad country song probably is not a good fit for this one. Try a more upbeat song, like Fergie. She is always great and pumping up the party! Also, you should try not to listen to the song that reminds you of a heartbreak that you went through and most definitely not one that brings you back into a depressed mood.

All people are different, but music can also help you concentrate better. For some it may just be a distraction, while for others it is a great motivator. Put it on in the background when your mother makes you clean the whole house. It will make things ten times more enjoyable!

Imagine how much different this world would be without music? Things sure would be a lot less interesting. Television shows and movies would be a whole lot different. There is nothing wrong with taking advantage of the great benefits that music gives us!

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

Attention all **junior class** students! Don't forget that the prom is on Saturday, May 2 from 7-11 and prom tickets are \$50 each.

Attention Sophomores & Juniors: Rotary Youth Leadership applications are available in the guidance office.

Seniors: There are lots of Scholarships available in the guidance office during the month of April and beginning of May. Please make sure to watch for the deadline dates. Most scholarships that are posted at this time will have a Fulton student winner.

Quirk's Players will hold an important meeting on Wednesday, April 15 at 2:30 pm in room 104 to discuss important activities and events. All members are encouraged to attend.

Any **boy interested in playing soccer** next year at any level should attend a very brief meeting after school on Thursday, April 16 in room 115. Important information regarding spring and summer programs will be distributed.

What's for lunch?

Today: popcorn chicken with dipping sauce with spinach, carrots and pears.

Wednesday: Cheese pizza with green beans and fresh apple.

Quote of the day:

“Patience is not simply the ability to wait - it's how we behave while we're waiting.”

-Joyce Meyer

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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These movies offer something for everyone

Now I'm sure that with all the spare time you may have had on your hands recently with school being out of session for spring break you had at least one opportunity to head out and go see a film at the movies. But if that isn't the case then you are in luck, because there are plenty of good movies still playing!



Home is a perfect example of a movie that was recently released, it is without a doubt family friendly with the rating only being PG, and a must see for all ages. After an alien race takes over the earth relocating all humans to a new planet, Tip (voice performed by Rihanna) finds that she is the last human here after going into hiding during the invasion.

Despite her effort she is spotted by an alien named Oh (voice performed by Jim Parsons). Oh, however, is not like his fellow species, for he seeks compassion and friendship and soon finds that within the character of Tip despite the mutual distrust they share for each other in the beginning. With a new friendship in the making Tip and Oh set out to find Tip's mother with no knowledge of the danger ahead of them and a second group of alien invaders planning their attack.

Cinderella returns!

Another excellent film features a twist on an old classic tale with the recent release of *Cinderella*. Disney originally released an animated version of this film on February 15, 1950 and now in theaters there is a much more currently dated version which was released March 13th. After Ella's father unexpectedly passes away her custody is left in the hands of her stepmother, who also has two children of her own. Soon after her father's death her stepmother forces young Ella to become the house maid. Despite her predicament her hope and outlook on life does not falter, and she is still

hopeful that life is good and that it will take a turn for the better, and it soon does.

With the invitation to a grand ball she is hopeful of finding the young stranger she had recently met in the woods. Sadly, her Step-mother bans her from attending the event, but that is not enough to stop her from this experience especially, when help arrives in an unexpected way. If you love Disney films and are curious whether this will live up to the much older version of *Cinderella* then go check it out. Odds are you will not be disappointed.

The Longest Ride

A recent release is a film based on of a book written by award winning novelist Nicholas Sparks, *The Longest Ride*. A young couple find that their destinies may not be linked in ideal ways for them to be together when young bull rider Luke (played by actor Scott Eastwood) and Sophia (played by Britt Robertson) make the decision to follow their dreams. Luke wishes to continue his career as a professional bull rider, which is a highly dangerous career path, leaving Sophia nervous before every show. Young Sophia wishes to live in New York City to kick off her career as an artist. The couple ponder the odds of them actually continuing to see each other and shortly find inspiration in Ira (played by Alan Alda) who tells them the story of how his romance with his beloved wife withstood many obstacles during their time together. Nicholas Sparks is a phenomenal writer, and his books and films based off them never cease to leave the audience in awe.

Open mic night set for this Friday at Black Creek Cafe

Attention all local musicians seeking recognition. This Friday night The Black Creek Cafe (3276 Main St. Mexico, NY) will be hosting an open mic night, one in which any individual of any age with a talent they wish to express can attend whether it be singing, dancing, poetry, comedy or even storytelling.

Those who wish to perform are allotted a ten minute time frame to show the audience what they have prepared. If you are planning on indeed being a performer and are fearful that you will not sign up in time to receive a place in the program you can email the cafe at blackcreekcafe@gmail.com to ensure they have room for you in the schedule.

Also for those interested in just going and being a part of the audience as a supportive spectator the event takes place at 6:30pm. If you already have plans for this upcoming Friday yet are still interested and wish to attend an open mic night you are in luck because The Black Creek Cafe will also be hosting open mic on April 24th beginning at 6:30pm.

This is a great starting point for those interested in the art of performing and is in no doubt beneficial to any considering going into that area of business in their future. For those attending to watch the various acts, positive feedback is always appreciated and you too are important in the event.

By Chelsie Knopp

Prom Dress Sale

April 20-21

Donate gently used dresses, shoes and accessories.

See Mrs. Simonds or Mrs. Meeks for more information.

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

Keep in touch with the Fultonian Yearbook by liking us on Facebook. Free yearbook drawing at 500 likes!



What are your thoughts on Hillary Clinton running for president?



"She should have Monica Lewinsky as V.P."

Ryan Stanley



"Quit while you're ahead."

Kyle Buck



"It is a bigger step for women gaining equality."

Cinda Laribee



"It is a good thing we have a female candidate."

Ryan Morehouse

Meteorology and you

Today:

Tonight:

Tomorrow:

By Carson Metcalf



Partly cloudy.

55°

Average: 57°
Record: 83° (1968)



Partly cloudy.

36°

Average: 36°
Record: 22° (1943)



Sunny skies.

60°

Average: 57°
Record: 87° (1994)



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.