

Successful mentoring program looks to expand

By Liliana Rivera

Are you kind, understanding, great with children and in good standing in school? These are the characteristics that the Mentoring program through G. Ray Bodley High School is looking for.

The Mentoring Program began two years ago when high school students came up with the idea. They began by going to Fairgrieve Elementary and mentoring students there. The kids were "...very successful. The (Fairgrieve) kids loved it and the GRB kids did too," stated Mrs. Cronk, a teacher at GRB and an organizer of the program. Now, due to that success, the mentoring program is expanding their efforts to all the Elementary schools in Fulton NY.

By expanding the program, organizers are looking to find more helping hands. Mentors must be caring, patient, have a positive attitude, and be in good standing in and outside of school.

Mentors must also be supportive and encouraging to their student. They should not set out in the mind set to "fix" them.

Mentoring will occur every other week from 2:30 until 3:30 pm. and transportation will be provided. Each mentor will be assigned to a child to participate with in activities such as playing games, arts and crafts or even helping with homework. The goal is to provide the children with a positive role

model who they can look up to socially or academically.

Mrs. Cronk described how dedication and regular attendance for mentoring are the keys for success with the child. Mentors must try to attend each session because "...you have a child that will get bummed," stated Mrs. Cronk, if their mentor is not there regularly.

Anyone interested in becoming a mentor

must fill out an application along with a teacher-referral form. Forms are located on Mrs. Cronk,'s door at room 119. All forms must be returned as soon as possible.

Interested mentors must also attend a mandatory training session next Wednesday or Thursday for one hour in room 119. For more information about mentoring, contact Mrs. Cronk in room 119.

Ram-tough night for Fulton forces

Oh no! Not again!

Such was the case for the Fulton soccer teams on Thursday when history was repeated against longtime nemesis Jamesville-Dewitt. For the ninth time in a row the Raider boys failed to find the back of the Red Ram net in a 2-0 setback while the girls fell short for the 15th straight time in a 4-1 loss.

Two first half goals by J-D's Dean Kousmanidis proved to be all the home side needed as D.J. Newman made them stand with a five save shutout. Despite playing for the third time in four days the Rams improved to 10-3 overall and 8-1 in league play while leaving the Raiders at 10-3-1 overall and 7-2-1 in league competition. Josh Hudson registered eight saves for a Fulton side that will be back in action on Saturday when they travel to Liverpool for a 2:30 pm non-league match.

The first half also proved decisive for the J-D girls as the undefeated Red Rams struck three times en route to their 13th consecutive win. Paige Sherling scored twice while Alex Catanzarite and Sophia Dimkopoulos added solo markers for the #2 state ranked Rams, who also picked up an assist from Elena Haarer. Jordan Coulon replied for the Raiders, who dropped their first league match of the season to end the day at 8-4-1 overall and 7-1 in the OHSL Freedom American League. The girls will travel to Skaneateles for a non-league game on October 13 before closing the regular season at home against Central Square two days later.

The J-D girls volleyball team made it a clean sweep on the day with a 3-0 win at Fulton. Snapping the Raiders' four match winning streak, the Rams prevailed 25-17, 25-18 and 25-21 behind 34 assists from Eva Dougherty and 14 kills off the hand of Melissa Murphy. Stacey Sereno had eight kills and 10 digs for the Raiders, who fell to 7-4 overall at the expense of the 10-1 Red Rams. Fulton returns to action on October 13 with a home match against Central Square.

**Due to Monday's
Columbus Day holiday**

RaiderNet

Daily

**will not be published
on Monday.**

**Look for our return on
Tuesday, Oct. 13**

This week in Raider Sports

Today: J V football vs. ES-M (6:30)

Sat. Oct. 10: Boys soccer @ Liverpool (noon); V Vball @ Pittsford Tourney (9:30) am)

Tues. Oct. 13: Vball vs. C.Square (JV-5/V-6:30); Girls soccer @ Skaneateles (JV-4:30/V-5 pm)

Wed, Oct. 14: Cross-country @ ES-M (4:30)

Thurs. Oct. 15: Boys soccer vs. New Hartford (4:30); Vball @ Oswego (JV-4:30/V-6); JV football @ Watertown (5:30)

Fri. Oct. 16: Football vs. Watertown (6:30)



Opinion

Comfort, not fashion is the reason for spandex

By Nicole Hansen

When the sport of women's volleyball is brought up in a conversation the first thing that many people think of is the uniform. The uniform is usually a tight tank top or long sleeve shirt and a pair of spandex shorts.

The part that really seems to stick in everyone's mind is the spandex.



Volleyball players have been ridiculed for years on their tight uniforms, as if they could do something to change them. The questions that seem to come up all the time are "Is that really appropriate for a young girl? Or for any age?" or "This time in a girls life is when they feel the most insecure about their bodies, so why put them in revealing outfits?"

The uniform has nothing to do with body shaming girls or mak-

"The uniform has nothing to do with body shaming girls or making them seem more "appealing" to boys. Instead the uniforms allow the girls to move more freely and easily."

ing them seem more "appealing" to boys. Instead the uniforms allow the girls to move more freely and easily. Players are required to jump, stretch and dive during a game, and making sure clothing does not hinder any of these processes is key.

The chemical makeup of spandex allows it to be soft but durable at the same time. *Chemical and Engineering News* reported that spandex fibers allow it to stretch up to 600 percent and return to its original shape. This is ideal for volleyball players who are constantly reaching, jumping and diving during games. Beyond the feel and durability of spandex, wearing them during sport keeps the player comfortable. Spandex clothing is also light and can wick away the sweat from a players skin, which keeps them relatively dry.

Volleyball is already a harder sport than most people think it is without judging the players on their uniforms. The girls do not get the choice between shorts or spandex. The rules for National Girls High School volleyball state that teams must wear spandex and that they all look exactly the same. Volleyball players will continue to play their hearts out in whatever uniforms they are in, whether it be long baggy shorts or spandex.

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

The next meeting of the **Fultonian Yearbook** is Tuesday after school in room 102. New members welcome.

Seniors take note: College Fair Day at Cayuga Community College is set for October 22 from 9 to 10 am. Permission slips are available in the guidance office.

AM BOCES students will not attend Citi on Wednesday, Oct. 14 due to the PSAT exam. Afternoon students will be able to take the bus following the exam.

The **Class of 2019** will be selling pizza slices and bottled water after school on Tuesdays and Thursdays for \$1.50.

Spanish Club will celebrate Dia de los Muertos on Tuesday, Oct. 13 after school in room 128. Join the fun and learn about this tradition. Paperwork and money for the Spanish Club field trip need to be turned in by Friday, Oct. 16.

The HOPE Club is expanding its mentoring program to all of the elementary schools, so more mentors are needed! See Mrs. Cronk in room 119 or Mrs. LaDuc in room 220 to find out more information and to pick up a mentoring application. Make a difference in the life of a young student by becoming a part of this great program. Applications are due by Friday, Oct. 9.

What's for lunch?

Today: Fish treasures with steamed broccoli, baked beans and mixed fruit

Tuesday: Chicken nuggets with roll, peas, sweet potato fries and fresh apple slices

Welcome back!

A new school year, a new look

Welcome aboard to the
Class of 2019

Reflections

-THE- Salon & More
608 South 4th Street-Fulton
(across from McDonalds)
Call for an appointment today!
Phone: 592-4415

Proud 25 Year sponsor
of GRB Journalism

Foods for fall:

Like the name suggests, these apples are "easy"

The flavors of Fall are rich and vibrant. Apples are anxious to be picked while pumpkins are displayed on porches and dinner tables. With fresh local produce in abundance, there are many great recipes to be enjoyed.

This week's Food For Fall is Easy Baked Apples. These baked apples are easy and quick to make. They are great if you want a quick dessert or after school snack. They are sure to please your taste buds.

Easy Baked Apples

Ingredients:

- * 4 cored apples
- * 1 tbs. brown sugar per apple
- * 1/8 tsp. cinnamon per apple
- * 1 tsp. butter per apple
- * 8 tbs. water per apple
- * 2 boxes of raisins

Steps:

1. Place cored apples with slits around the center in a glass or microwavable casserole dish
2. Fill each cored apple with brown sugar, cinnamon, butter and a handful of raisins
3. Pour water around apples in the dish
4. Cover the casserole dish with microwavable plastic wrap
5. Microwave apples on high for 6 - 8 minutes
6. Let cool and enjoy

Seniors take note!

Prom and baby pictures must be turned in by Tuesday, Nov. 3

Bring them to Mr. Senecal in room 118

Submitted senior portraits and parent recognition ads are also due by Nov. 3



Going
someplace cool? Take
RaiderNet

Daily

with you and get your picture taken
for this year's Fultonian Yearbook feature

**"Where in the world
is The Raider?"**

Raider football faces ES-M tonight

The Red Raider football team is in the heart of a hard fought 2015 season. The Raiders are 2-1 in league play and 2-3 overall this season heading into tonight's home game

against powerful East Syracuse-Minoa.

Many players have stepped up and helped the scoring effort including Tyler Shaw, who joined the scoring list with his first touchdown of the season against Whitesboro with a 20 yard touchdown catch. The Raiders leading scorer is running back Quinton Jackson with 36 total points and 686 rushing yards in the first five games this season.

The Raiders are going to battle hard the rest of the way and hope to make waves in the upcoming sectional tournament as an underdog going forward. *By Mitch Nelson*

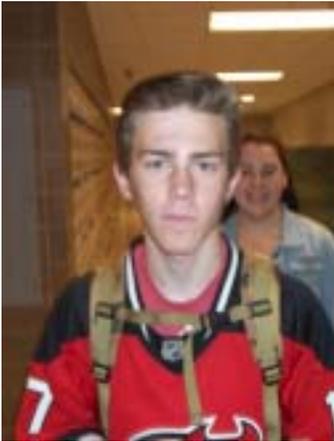
**Keep in touch with the Fultonian
Yearbook by liking us on
Facebook.**

**Submit photos at www.hjeshare.com
School code: fultonian!**

Meetings Tuesdays in room 102



How do you think you did on your five-week report?



"Probably really bad."

Dillon Holloway



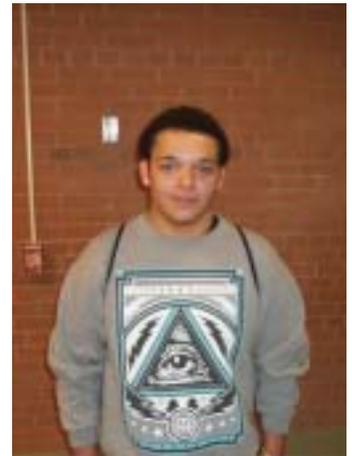
"Pretty bad."

Casey Jones



"Not terrible."

Cam Clarke



"I don't think I did too bad."

Isaac Laribee

Meteorology and you

Today:



Rain

63°

Average: 63°
Record: 85° (1949)

Tonight:



Leftover showers

44°

Average: 43°
Record: 30° (2001)

Tomorrow:

Sun and clouds

56°/42°

Average: 62°/43°
Rec. high/low: 86°
(1939) 27° (1986)

Sunday:

Sun and clouds

65°/50°

Average: 62°/43°
Rec. high/low: 86°
(1949) 28° (1943)

By Carson Metcalf



Former GRB student and current SUNY Oswego senior Carson Metcalf is an aspiring Meteorologist. Look for his daily weather forecasts for Fulton on RaiderNet Daily.