

# Sign-ups next week for Bodley's Got Talent

Member of G. Ray Bodley High School's Helping Other People Everywhere Club, also known as the Hope Club, are hard at work preparing for their annual event, the Bodley's Got Talent Show.

Bodley's Got Talent will be held on Thursday, April 21 at 6:30 pm in the GRB auditorium. All students and teachers are welcome to audition for the show. Students may sign up for auditions on March 16, 17 and 18 during lunch bells outside the cafeteria.

The auditions will be in room 119 on



March 31, 2:30 - 4 pm, April 4, 3 - 4 pm and also on April 5 2:30 - 4 pm. In order for students to participate in this year's show,

they must be in good standing within the school, without any major referrals and must be passing all of their classes.

Every year, donations collected on the the night of the Show are donated to three organizations. In years past nearly \$1500 has been donated. This year's donations will be given to the Helping Hounds Dog Rescue and to Recycle-A-Bull Bully Breed Rescue. Donations will also benefit the Hope Club's volunteer trip to Haiti next year.

*By Liliانا Rivera*



G. Ray Bodley High School, Fulton, NY

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## Fulton second at weightlifting competition

A group of nine Fulton students hit the iron last Friday at the Hannibal weightlifting competition and brought home several individual and team awards.

Fulton placed second out of 10 teams in the overall total while Callie Beckwith won the girls competition and Nick Hicks was first among junior boys.

Also bringing home an individual award was Mike Ross, who finished second among sophomore lifters. Competitors for Fulton were Callie Beckwith, Jon Parrish, Cameron Adams, Jacob May, Darren Cooper, Jared Crucitti, Anthony Noce, Nick Hicks and Mike Ross.

### Captains taking part in monthly meetings

Something new this year for the sports captains of Red Raider teams are once a month captains meetings. Captains of all the sports teams meet in the computer lab with a few coaches and the Athletic Director, Mr. Ells. The meeting is put on by the New York State Sports Association and is a phone conference. The conference usually lasts about 10-15 minutes and talks about leadership and what it means to be a captain.

During the call, usually a famous guest speaker is on talking about personal experiences. Recently it was a player from the New York Giants. Each call prepares the athletes for some unpleasant scenarios that might happen and great things that can come from being a captain. Being a captain means being a leader, but not a boss, getting a team where they need to be competitively while also being a friend. Being a captain is not for everyone and it takes a certain mindset to be a captain. The captains meetings helps young athletes to better themselves and their team.

*By Nicole Hansen*



Fulton placed second at last Friday's weightlifting competition, which took place at Hannibal. Representing the Raiders, from left to right were: front-Nick Hicks, Callie Beckwith, Jon Parrish and Anthony Noce. Back-Darrin Cooper, Jared Crucitti, Mike Ross and Jacob May. Also taking part but not pictured is Cameron Adams. (Rothrock photo)

## Opinion

## Bad days happen: here are ways to deal with it

By Kassady Bowering

Everyone has bad days, unfortunately you just can't avoid them. But just because you're having a bad day that doesn't mean it has to stay bad. So here are some tips to shake the bad feelings off:

- \* Take a long relaxing bath
- \* Binge watch your favorite tv show (my personal favorite to do this with is Grey's



Anatomy)

- \* Watch a childhood favorite movie (shout out to Spirited Away)
- \* Dance party. Yes you read this right, blare some Beyonce or Arctic Monkeys and try to shake the bad feelings away.
- \* Turn off your phone, get cozy on the couch, and let your mind relax with some light reading
- \* Cuddle sessions with pets are highly advised, so find your nearest furry friend and get to it
- \* Call someone you love and talk it out, this will help you jump over the obstacle that is whatever has you down

## New rules in effect for boy's lacrosse

By Mitch Nelson

Beginning with the 2016 high school boys lacrosse season, officials and players will adhere to a new, more clearly defined faceoff procedure. The revision to Rule 4-3-3 was one of four major changes recommended by the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Committee during its July 13-15 meeting in Indianapolis.

The committee's recommendations were approved by the NFHS Board of Directors. Articles 3 through 6 of Rule 4-3 were condensed into a new Article 3, which clarifies the faceoff procedures and roles for officials and players. When directed, players will go to the faceoff position with their crosses properly placed. If the official is satisfied with the position, then the ball will be placed between the crosses for the faceoff. Previously, the ball was placed on the ground first.

Players are still required to remain motionless in the correct position after the official says "set," and until the whistle is blown. Rules 1-6-1 and 1-8 were also revised to address issues with the ball becoming stuck in the crosse, including the back of the crosse after a faceoff. The change to Rule 1-6-1 changes the dimensions of the crosse and will take effect beginning in 2018 to allow for phased implementation.

Another change (Rule 4-14-3) defines a new "over-and-back" rule, which states that the offensive team may not carry, pass or propel the ball into its defensive half of the field once it has been advanced into the goal area. An infraction will result in a turnover or play-on. "We believe lacrosse is moving in the right direction to continue to minimize the risk to our student-athletes and improve

the game experience," said Susie Knoblauch, NFHS director of performing arts and sports and liaison to the Boys Lacrosse Rules Committee. "Our rules changes support that trend and also create more consistent and fair play for everyone."

In addition to the four major changes, the Boys Lacrosse Rules Committee approved five Points of Emphasis for the 2016 season. Points of Emphasis are developed by NFHS rules committees and should receive special focus and attention by officials, coaches, players, fans and other leaders within the high school setting. Points of Emphasis developed by the Boys Lacrosse Rules Committee for the 2016 season are as follows

### 1. Contact

Penalties for excessive hits to the head and neck, as well as penalties for hits to defenseless players and blindside hits.

### 2. Helmet Fitting

Helmets shall meet current NOCSAE standards and be properly fitted for each player.

### 3. Halftime Warm-Up

It is recommended that the final three minutes of intermission be used as a team warm-up period.

### 4. Helmets and Equipment During Pre-Game and Practice Time

Coaches should educate players on the need to be properly equipped at all times.

### 5. Defending the Crease

It is recommended that coaches not teach nor encourage field players to block the goal when the goalkeeper has vacated the goal crease area.

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## Recent find sheds new light on "lizard lineages"

In the fictional Jurassic Park, scientists supposedly extracted dinosaur DNA fragments from the stomachs of ancient mosquitos trapped in chunks of amber, hardened and fossilized tree sap. Such preservation is highly unlikely, but animal fossils can form in amber, and such fossils have recently yielded some interesting information about ancient lizards.

Fossils formed in stone can preserve hard parts of an animal's body such as bone, but soft tissues will be lost. Amber, on the other hand, can more easily preserve small animals with delicate bones and even some soft tissue. A recent find of 12 chunks of amber in Myanmar (southeast Asia) gave scientists some clues about lizard lineages, since some features not usually found in fossils can be seen.

These specimens are about 99 million years old, dating from the Cretaceous period. Each contains part or most of a lizard, some with the imprint of its body shape (rather than just a skeleton) clearly visible. Some clearly had the toe pads of today's geckoes, potentially representing a link between them and older lizards. One newborn lizard with skin and skeleton preserved had a tail and skull reminiscent of today's chameleons, and may be their oldest known ancestor.

Chunks of amber may not allow us to resurrect dinosaurs, but they can yield some very unique discoveries, and help scientists better understand the evolutionary relationships that brought us to where we are today.

*By Caleb Almeter*

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

**Varsity & JV baseball tryouts** are in the gym today from 6-9 pm.

**Attention Mathletes!** This year's Pi Day Celebration will be in room 111 at 2:25 today, March 9. Be there for PI eating, math PI competitions and PI in the face.

The next meeting of the **Fultonian Yearbook** is Monday, March 14 after school in room 102. New members are welcome.

### What's for lunch?

**Today:** Cheese pizza, broccoli, butternut squash and mixed fruit

**Thursday:** Steak & cheese sub, green beans, corn and lime sorbet



**Send your pictures of  
the Raiders in action**

[theraider@fulton.cnyric.org](mailto:theraider@fulton.cnyric.org)

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School of Thought compiled by Scott Littleton

## Which elective class are you most excited for?



"Golf."

Kenny Deloff



"Gourmet!"

Nate Shaw



"Voc-Ed."

Cort Collins



"WW2."

Nick Walberger

# Meteorology and you

Today:

Tonight:

Tomorrow:

By Carson Metcalf



Mostly cloudy  
Chance shower

66°

Average: 40°  
Record: 78° (2000)



Mostly cloudy  
Chance shower

50°

Average: 23°  
Record: -6° (1943)



Cloudy with rain  
showers

54°

Average: 41°  
Record: 67° (1977)



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.