



## Recyclers hope new lids will cut down on trash

By Caleb Almeter

When it comes to recycling, all items are not created equally. So with that in mind the Global Environment class recently introduced something it had been working on for a while- putting lids on the school's recycling bins.

Since the class runs the high school's recycling program, they are more familiar than anyone with the materials put in the recycling bins.



The familiar blue recycling bins are receiving a new look, courtesy of the Global Environment class, which will hopefully help eliminate unwanted garbage. (Caleb Almeter photos)

cling bins. All too often, they sort through trash and food, which are obviously in the wrong place in the recycling bins. The students in the Global Environment class can willingly and easily sort out the intended mix of paper, cardboard, cans and bottles (and some other plastics), but other garbage just gets in the way.

To combat this the class has made simple lids for the school's recycling bins, reusing cardboard put in the recycling, and on Friday, distributed them to upstairs classrooms and some downstairs. Most are solid (with no holes), and must be lifted up to deposit something in the bin. The hope is that they will provide a small extra step to putting

something in the recycling, so that it is more of a conscious act. If someone goes to throw away their garbage, they should be reminded not to put it in the recycling.

Most of the covers have the four main accepted things listed on them, which should help both ways: not to put garbage in the recycling, and to put more recyclables in the recycling.

If your upstairs classroom doesn't have a lid, talk to someone in Global Environment or Mr. Mainville. The class will get to more downstairs rooms soon. Hopefully, the lids will serve as a more constant reminder of what to recycle, and what not to.

## Tennis slips past Homer

It was another close call that went the Raiders way on Tuesday when the boys tennis team eased past Homer to improve to 9-3 on the season. Twin wins in the singles and doubles matches highlighted by a three set win from Eric Shear proved to be just enough as Shear claimed a 6-2, 4-6, 6-2 triumph at second singles.

Ben McKay wasted little time at first singles with a 6-1, 6-0 triumph and Robert and Anthony Salerno were nearly as efficient in claiming the first doubles match 6-1, 6-1. Jesse Smithers and Ryan Lalik combined to win at second doubles, taking their match by a 6-2, 6-4 count.

There will be little time for rest for the Raiders as they host Phoenix this afternoon

and travel to Mexico the following day before finishing a stretch of four matches in as many days at home against East Syracuse-Minoa on Friday.

### Softball falls at ES-M

Things did not go so well for the Raider softball team on Tuesday as East Syracuse-Minoa scored early and often to claim a 12-4 victory. The Spartans rapped out 15 hits while building a 7-0 lead that ballooned to 13-3 following a six run burst in the bottom of the fifth inning.

Madison Gilmore slapped two hits and drove in two runs and Karly Kearns contributed a pair of hits while Emilee Hyde drilled a home run and Aryelle Barbagallo added a double. The Raiders will look to improve on a 4-7 overall, 2-5 league mark today as they continue a three game road swing at Jamesville-Dewitt before visiting CBA on Thursday.

### Laxmen rally for win

The Raider boys lacrosse team broke a four game slide in come from behind fashion on Tuesday by rallying past Jordan-Elbridge 10-9. Shaking off the ill effects of an 8-7 overtime loss at Whitesboro on Saturday, Fulton improved to 5-7 on the season at the expense of the 2-8 Eagles.

(continued on page 3)

## This week in Red Raider sports

**Today:** Track vs. Cortland (4:30); Softball @ J-D (4:30); Baseball vs. J-D (4:30); Tennis vs. Phoenix (4:00)

**Thurs. May 5:** Girls lax vs. CBA (5 pm); V softball @ CBA (4:30); Boys lax vs. Cortland (JV-5/V-7:00); JV softball @ Henninger (4:30); Tennis @ Mexico (4:30)

**Fri. May 6:** Tennis vs. ES-M (5:30); JV baseball @ Liverpool (4:30); Girls Track @ Oswego County Invitational (4:30 @ C. Square); Boys track @ Oswego County Invitational (4:30 @ Oswego MS)

**Sat. May 7:** Girls V lax @ Liverpool (3 pm); Boys V lax vs. Clinton (3 pm); Boys JV lax vs. Bishop Ludden (1 pm); Girls JV lax vs. Cortland (11 am); Softball vs. West Genesee (2 pm)

## Opinion

# Examining the real cost of smoking

By Ethan Cimino & Evan Beckwith

Everyone has heard that smoking is costing them their health, but do they know what it is costing their wallet? On average a pack of cigarettes in New York costs \$12.75. That means that a pack per day smoker is spending up to \$87 per week just on cigarettes, up to \$390 per month and up to \$4690 per year.

There are approximately 7,000 chemicals in one cigarette, and 69 of them are known carcinogens (cancer causing). Examples of these chemicals include Formaldehyde-or embalming fluid, Arsenic-used in rat poison, and carbon monoxide-found in car exhaust fumes. Smoking cigarettes is the leading cause of preventable death in the country, killing 438,000 people per year. Second hand smoke also causes 41,000 deaths per year, to people who don't even smoke.

To lower the smoking rates we have to attack it at the source and where it starts, that is kids and teens. Many teens start smoking due to peer pressure, parents, and advertising. Parents should set a posi-

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tive example for their kids and not smoke. Their kids look up to them and if they are smoking they will think that it is okay. School should also provide tobacco prevention programs to warn teens of the dangers of smoking. The state can also pass legislation to increase taxes and to limit tobacco products.

Although it is best to never start smoking there are many ways to go about quitting. Quitting requires a good support system. To help a friend quit it is important to start out by giving them positive reinforcement, telling them they can do it even when they do not think they can. Give them lots of praise and reward them for getting through a day, or a week, or a month, or a year without smoking. The website [www.nyssmokefree.com](http://www.nyssmokefree.com) is a great resource to use, as

they offer tips and can provide nicotine patches or gum to help quit.

## How to prepare for AP exams (or any big test for that matter)

With the high school's first AP test today and more tests ranging until next Friday, many students are feeling stress. In the days leading up to the exams, more studying can only do so much, but there are several ways to feel more prepared, and hopefully perform better.

As much as it seems like spending hours and hours studying is the best way to succeed, it will only burn you out completely. Look over the materials, and review the areas you are most unclear on, but don't spend too much time and energy doing it. After all, you will need to be fresh for your test, and should make sure to spend enough time sleeping. You certainly don't want to go into your test overtired.

Another important factor to consider is stress. Try not to worry too much about your exam. Don't blow off the idea of preparation, but taking time to worry will not help. Make sure you know the schedule and everything you need to bring. Setting everything you need for the test out beforehand will make you feel a bit better prepared, and less worried about the test day itself.

Along with getting enough sleep, eating a good breakfast will help. It will start up your metabolism so you wake up better, especially if you have had enough sleep. A healthier breakfast will also make you feel better physically for the test.

None of these things will increase your understanding of the material or make you a smarter student. They will, however, make you more confident about your test and help you take it to the best of your knowledge and skill.

*By Caleb Almeter*

### AP Exam Schedule

**Today:** English Literature & Composition (8 am)

**Thursday, May 5:** Calculus A & B (8 am)

**Friday, May 6:** United States History (8 am)

**Monday, May 9:** Biology (8 am)

**Wednesday, May 11:** Macroeconomics (noon)

**Thursday, May 12:** World History (8 am)

**Friday, May 13:** Microeconomics (8 am)

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## Reflections

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## Scientists study the mysteries of sleep patterns

Sleep is a strange thing. There is still so much we don't know about it, but researchers at the Max Planck Institute for Brain Research in Frankfurt have found clues in lizards suggesting that our sleep patterns may have evolved millions of years earlier than we thought.

It is known that birds and mammals, including humans, have two different sleeping states. They alternate between deep, slow-wave sleep and REM sleep, which stands for rapid eye movement. In the former, brain activity shows large slow waves, while in REM sleep, brain waves are fast and small, often coming with periods of eye twitching.

The consensus was that birds and mammals evolved this sleep pattern independently of the other group. If their common ancestor had developed it, passing it to both groups, reptiles would have the same sleep patterns. If reptiles do share this sleeping system, it most likely originated around 300 million years ago and persisted until the present.

The findings are inconclusive, however. Researchers monitoring the sleeping Australian dragons detected the two types of wave activity associated with two-state sleep, but it is possible that the REM sleep observed could have been brief awakenings. This is held as unlikely by the researchers, who observed the lizard's sleep cycles in-

creasing in length the longer they slept. If the dragons were waking up, this should not have been the case. All the same, it is possible, and more research can be done to rule out or confirm any doubts.

## Laxmen rally late to break skid

(from page 1)

The hosts claimed a 2-0 first quarter advantage and led 5-3 at the half in a game that saw Fulton trail through the first three quarters before rallying for four goals in the final stanza. Reversing an 8-6 deficit the Raiders outscored their hosts 4-1 in the decisive fourth quarter as Tyler Shaw notched three goals and an assist while Austin Beckwith and Austin Vashaw each contributed two goals and an assist.

Spencer Vono continued to hold the hot

Sleep and its function is very much a mystery. If its origin can be pinpointed, maybe its initial purpose can be more easily understood.

By Caleb Almeter

hand with a pair of goals and Vinny Bennett added a singleton on a night when every goal mattered. Nick Burrescia and Jake McDermott counted solo assists while Brandon Batstone recorded 14 saves. Dylan Dunham paced J-E with four goals and Hunter Brunelle added three goals and an assist for the Eagles.

The Raiders will be looking to continue their winning ways when they host Cortland on Thursday and Clinton on Saturday.

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

**Senior Dinner Dance tickets** are now available for \$45 apiece. See Mr. McCarten in room 222 for details and to purchase tickets. Don't wait too long, the big day is rapidly approaching.

**Physicals** for sports and working papers will be available on May 17. Interested students should go to the nurse's office to make an appointment.

### What's for lunch?

**Today:** Fiestada pizza, broccoli, butternut squash, banana

**Thursday:** Turkey taco salad in edibowl with salsa, corn, peas and pears

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Frau Ruggio



"Chicken-wing pizza."

Ben Hughes

# Meteorology and you

Today:



Chance showers

61°

Average: 65°  
Record: 88° (2001)

Tonight:



Cloudy with showers

44°

Average: 43°  
Record: 27° (1986)

Tomorrow:

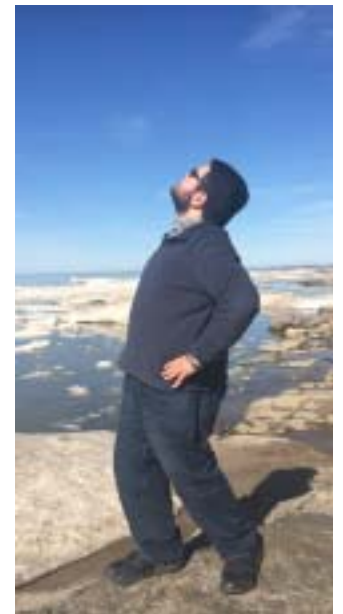


Chance showers

63°

Average: 65°  
Record: 90° (1944)

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.