

November blood drive a big success

Students and Teachers at G. Ray Bodley High School rallied together on November 1 to donate blood to the Red Cross. The blood drive took place in the LGI and went from 7:30 am to 3 pm. As Jenna Ruzekowicks noted, “We had an outstanding turnout,” and as a result G.R.B. ended the day with 52 donations!

Blood donations are incredibly important, especially at this time of year when the Red Cross is low on blood. Blood donations are crucial to helping people as the Red Cross website states, “every day, blood donors help patients of all ages: accident and burn vic-

Look out for G.R.B.’s next blood drive coming during Christmas break. You can



tims, heart surgery and organ transplant patients, and those battling cancer.” Blood donations are so important because “every two seconds, someone in the U.S. needs blood.”

donate by signing up in the weeks preceding the blood drive. Representatives from student senate will travel to guided study halls to recruit donors. Students 17 years and older can donate without parental permission but 16 year old students will need to have a parent permission slip signed in order to donate. And for future reference don’t forget to bring an ID (Driver’s License or School ID), drink plenty of water, get at least eight hours of sleep, eat a healthy breakfast and lunch, and have an iron rich meal the night before.

By Nora Kingsbury



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Fulton students lend a helping hand

A brand new opportunity has come to G. Ray Bodley High School for students to become active participants in the community and earn volunteer hours in the process. The group of students has most recently worked to help senior citizens who have trouble with the upkeep of their yards and homes. With the new goals of the Strategic Coherence Plan, codes will be strengthened to continue to push Fulton towards rehabilitation. With this strengthening comes an increased demand for citizens to meet.

That is where the volunteers come in. They help seniors who otherwise wouldn’t be able to themselves, keep a yard that is up to code. The group helps by taking care of things such as mowing lawns and raking leaves. As Mrs. Bednarz said they work “to provide free yard work to homeowners needing assistance” (Oswego County Today). Beautifying Fulton is important as it will work towards the goal of improving the community “while creating a positive effect in various neighborhoods” (Oswego County Today). The purpose of the organization is to “form connections and partnerships in the community.” (Oswego County Today). This volunteer opportunity is open to all students, who are encouraged to participate. For more information contact Mrs. Bednarz at bednarz.tammy@gmail.com.

By Nora Kingsbury



A group of Fulton students recently donated their time to lend a helping hand. Picture from left to right are Anna Bednarz, Mary Jerred, Jessica Herlowski, Kimberly Bednarz, Courtney Bednarz, Isabella Cary, Christina Tallents, Michael Brady, Steve Ward, Trevor Stacey, homeowner Sharon Hoadley and First Ward Councilman Tom Kenyon.

Opinion

A day to honor those who have served

This coming Monday, G. Ray Bodley High School has a day off for Veterans Day, a national holiday in the United States annually observed on November 11 that is celebrated to honor military veterans.

Veterans Day originated as "Armistice Day" on November 11th, 1919, which was the first anniversary of World War I. Congress then passed a resolution in 1926 for an annual observance, and in 1938, Veterans Day became a national holiday for the United States.

Hailey Nugent, whose father served in the military, knows all about



the sacrifices members of the armed forces have to make. "My dad was gone for two years and it sucked a lot," she commented. "Veterans deserve more than what they get, they're underappreciated, they have barely any benefits and some are living on the streets."

Certainly veterans do deserve more benefits and recognition, but for now

we must honor and thank them for their service and recognize what they have done for us.

By Cameron Grower

Find a balance between school and social life

Everyone has ran into this situation; having to decide whether to go out and have fun or stay home and do homework/study for that test you have coming up. Here are some tips to balance both healthily.

First, make sure you're being efficient with your school work so that when you want to socialize you are more likely to have free time! Wikihow said, "Use a day planner to set up a specific block of time daily for your schoolwork. This will help you build a habit and ensure you have plenty of time to get your work done. Schedule in some fun time as well to ensure that you get a break now and then."

It is important to make sure you set aside enough time to finish your school work and enough time for socializing. Also make sure

that when you are hanging out with people they understand you and your goals. Wikihow said, "Make sure the people you allow in your life are supportive of your academic goals. If they make you feel guilty for not hanging out with them, they're not being supportive of what you're trying to achieve."

Please always remember that while it is extremely important to hang out with friends and have social interaction, a student should make sure not to put too much pressure on themselves to get outstanding grades that they feel bad when they do decide to go out because spending time with friends is healthy.

By Lizzie Russell

Underage drinking has serious consequences

Underage drinking can put a person in danger and cause many risks. Many teenagers drink, whether they are at a party or just hanging with a group of friends. Teenagers are going to do what they want whether they should or shouldn't. Wendy Burch states, "It's going

Don't cave in!

Peer pressure happens all the time, even more so among teenagers. If someone ever asks you to do something over and over again and you aren't comfortable with it...Just say No! Don't be sucked into doing something

just because all of your friends are doing it.

Peer pressure happens with things like drinking and smoking. If you do not want to do either of these things it is okay to say no. Kimberly Bendarz says, "Just be you. Don't be or act differently in front of your peers". Don't get pressured into anything you yourself would not do. Wendy Burch states, "Real friends would know what you are comfortable with and would not pressure you at all." Saying No does not make you lame or uncool as others would say. Do Not Do what others want you to unless you are completely comfortable doing so without having any regrets. *By Misty Bardin*



to happen sooner or later but if you decide to do so just be responsible."

Whether or not you decide to drink try to be responsible and not put yourself in danger. Kimberly Bednarz states, "Don't put yourself at risk just to have a good time with friends."

Most underage drinking happens when hanging with friends or attending high school parties. Drinking is part of being a teen and most teens are going to at least try it. Trying to stop it will just make teens want to do it even more. Some teenagers don't drink but some do. It's a part of growing and trying to be an adult or have a good time. I'm not encouraging anyone to drink but if you are going to just be safe, responsible, and stay off the roads... Do not drive after drinking alcohol. Keep yourself and others safe! *By Misty Bardin*



Keep your hands off that snooze button

In the morning there is nothing more tempting than hitting the snooze button and not leaving your extremely warm and comfortable bed. But this is what happens when you decide to get those few extra minutes of sleep.

According to sleep expert Adam Tishman, “When your alarm goes off again, your body and brain are confused, resulting in that foggy feeling called sleep inertia. Sleep inertia can stay with you throughout the day,

making you actually feel more tired throughout the day.”

Even though that little bit of sleep sounds like a great idea while it is happening, it could actually ruin the rest of your day. To stop yourself from stopping your alarm right away or just hitting the snooze button, move your phone/alarm clock out of reach so you actually have to get up in order to turn it off. And once you’re up, stay up. Go get in the shower and brush your teeth then get ready.

Victoria Hoff wrote, “Morning you might hate you for a while, but it’ll be well worth it once you kick the habit.”

Just by hitting the snooze button you are interfering with your body’s natural mechanism which sets you up to be exhausted for the rest of the day. So no matter how tempting a few extra minutes in the morning is, try to refrain and you will feel so much better throughout the day!

By Lizzie Russell

Plagiarism: it can ruin your reputation

Instead of doing their own work, many people copy other people’s work and copy things online, and it is a big issue. Plagiarism is the practice of taking someone else’s work or ideas and passing them off as one’s own. Plagiarism.org say “Plagiarism is a common (and often misunderstood) problem that is often the result of a lack of knowledge and skills. Our mission is to support the education community with a comprehensive set of resources to help students write with integrity.”

Some people are just lazy and don’t want to do their own work, but don’t understand the consequences they could face by doing that. According to Lithenticate.com “the consequences of plagiarism can be personal, professional, ethical, and legal. With plagiarism detection software so readily available and in use, plagiarists are being caught at an alarming rate. Once accused of plagiarism, a person will most likely always be regarded with suspicion. Ignorance is not an excuse. Plagiarists include academics, professionals, students, journalists, authors, and others.”

Plagiarism can ruin someone’s reputation and can even get people into trouble with the law. Honestly it does not seem worth it.

Scribble.com says “If you unintentionally plagiarize, and you have no previous infractions, then most universities will lower your grade or fail you for the course. You might

also be required to attend a workshop on plagiarism and how to prevent it. Some universities might place you on disciplinary probation. The consequences depend on your university’s academic code of conduct.”

New York State election results

On November 6, the citizens of the United States voted in the midterm elections. In the Senate, the Republican Party has control. They control 51% of the Senate while the Democrats control just 43%. In New York, Democratic Senator Kirsten Gillibrand was re-elected to her position as one of the two senators for New York State. In the House of Representatives, the Democratic Party has the control. They have 50.3% while the Republicans control only 44.4%. John Katko is once again the member of the House of

The lesson in all of this is that students must always make sure they are citing their courses or else they can get in a lot of trouble.

By Chloe Davis



Representatives for New Yorks 24th Congressional District after being re-elected on Tuesday.

By Eric Shear

**The Fultonian Yearbook
wants YOUR pictures!
submit them via twitter at
#grbyb**

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

Journalism Club:

Journalism Club will be starting mid-November with the return of Mrs. Nylen. In the meantime if you wish to write for the RaiderNet, send stories to Google Classroom # bxjni7

WGRB (former GRB News):

WGRB meets Mondays and Thursdays after school in the library computer lab. We are looking for on air talent and behind the scenes help.

Raider Sports

Raiders enter season ranked #1 in NYS

The Fulton wrestling team will enter the 2018-19 season with some lofty goals and great expectations as the Raider matmen look to defend their Section III title for the fifth straight season. If they are able to accomplish this goal it will tie the all time record for the most consecutive section titles.

Coming into this season, Fulton is ranked number one in the state. Head coach Mr. Waldron hopes to win a state championship for the first time since 1994. Waldron said "we've won a lot of section and league titles and we're hoping this year we can get fur-



ther than that." This season will be one of the strongest seasons for the team many years as there will be 12 returning sectional place finishers and four section champions.

Senior captain and defending section champion Nick Noel said, "I hope we can bring the state title back to Fulton," adding that "I hope to place in states myself."

The team will have some big home matches this year including a huge matchup against #2 ranked Hilton on December 21 at the Fulton War Memorial. *By Caleb Clarke*

Outstanding season ends for Raider soccer

Heartbreaking.

There is no other way to describe the events that transpired on the soccer field at Liverpool High School on Saturday when Fulton's dream of a trip to the New York State final four was dashed in the most cruel way imaginable. Just seconds away from an overtime tussle with the #1 state ranked Queensbury Spartans, the unimaginable happened when the visitors knocked home the deciding goal in a 2-1 final.

Just 17 seconds remained when Brendon Duffy connected from Lorenzo Cigona as the Spartans took their first and only lead of the game just when it mattered most. It was a tragic finish to a remarkable season for the Raiders as they took part in the NYS tourney for just the third time in school history. Closing shop at 16-5 on the year, Coach Nate Murray had nothing but praise for a team that took the whole community on a glorious ride despite the abrupt ending. "I couldn't be prouder of this group of kids," the coach commented, noting that, "These kids worked their tails off. To put themselves in this position where they're playing in a regional state game is awesome."

The Raiders snapped a scoreless deadlock midway through the second half when Collin Bennett connected to give the home side a 1-0 lead. Alex Roca's shot that glanced in off the post knotted the count for the Spartans, and the battle for the all important next goal was on in full force.

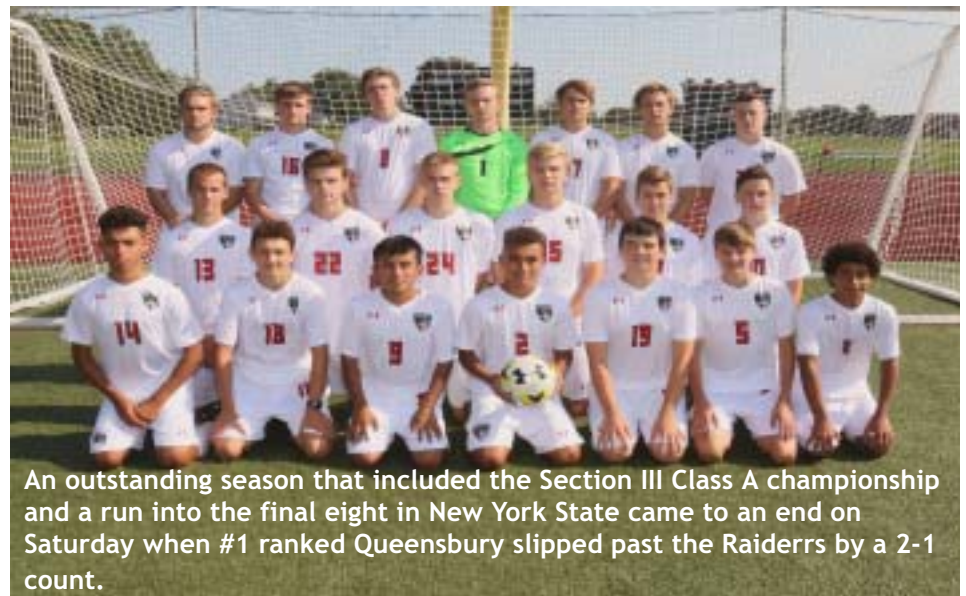
"We played hard, and that's all you can ask for from your team," Murray said. "Unfortunately, we didn't get as many opportunities as I thought we would so it hurt us down the stretch. It's a tough loss, but

(Queensbury) is a good team."

The game marked the final appearance for a talented collection of senior performers led by four year varsity starter Connor Wilde. Defenders Raiden Hansen, Nathan Stuart and Chris Schreck, part of a defensive wall

that stood tall all season in front of senior keeper Conner Ware also wore Raider red and green for the final tie, as did senior midfielders Collin Bennett, Fisher Whittier, Mark Weaver, and Elver Merida.

Special to RaiderNet



An outstanding season that included the Section III Class A championship and a run into the final eight in New York State came to an end on Saturday when #1 ranked Queensbury slipped past the Raiders by a 2-1 count.

Lifeguarding involves rigorous training

Lifeguarding is one of the most dangerous jobs offered to anyone 16 and older. Becoming a lifeguard requires multiple certifications like CPR, first aid, oxygen and lifeguard certification. The YMCA offers a course which is estimated to cost around \$200 and the course lasts a period of three days. Half the class day is spent inside the pool learning different techniques and the other half is in the class learning new information.

The YMCA states that, "Participants must

be 16 years old by the end of class." AS for the requirements to pass, "attendance, full participation, and successful completion of written tests and performance of all water skills are required." The next class to be offered locally is in Baldwinsville at the Northwest family YMCA in December.

As the YMCA notes, "lifeguarding is a great way to learn responsibility." If you are looking for a job and love being in and around the water lifeguarding is a great way to go. *By Wendy Burch*

Raider Sports

Swimming and diving team welcomes new coach

Have you heard that Mrs. Derue is the new assistant swim coach for the G, Ray Bodley Varsity Swimming and Diving team? It's true! During the day Mrs. Derue teaches Math C, Intro to Statistics and AP Statistics.

When she was little, her parents told her that she had to learn to swim and it started it all. She started taking lessons when she was 2 1/2 and began competitive swimming at age five, when she wanted to be like her older siblings who were also swimmers. She says that her greatest swimming achievement was "overcoming my brain surgery from when I was a senior in high school to be a 12-time All American in college."

Mrs. Derue went to SUNY Oswego and was later an assistant coach for six years.



She said "I miss swimming so I am really excited to get back into coaching." The team is very excited to have her as a coach, as well! Senior Jenna Ruzekowicz said "I think having Mrs. Derue as the new assistant coach is going to open so many doors for the team. It's going to be great having two coaches that each specialized in different strokes because we will be getting two different points of view." Hopefully this season will be the best one yet for the GRB Varsity Swim team lead by Mr. Lacey and Mrs. Derue!

By Chloe Davis

Math teacher Mrs. Derue, left, will be joining the swimming & diving team as an assistant coach.

It's time for us to make a change

In the United States alone, we produce around 254 million tons of trash and only recycle about 87 million tons of material. According to the United States Environmental Protection Agency archives we produce 4.40 pounds of waste per person per day, which is about as heavy as a gallon of water. Every day this waste builds and accumulates in landfills, producing harmful gases like carbon dioxide and methane which pollute the air we breathe and increases the earth's overall temperature (global warming).

Not only does global warming affect us, but it also affects wildlife. In addition it creates more frequent and severe weather, increases the incidences of contagious illness



and increases animal extinction rates (which means your favorite fluffy animal could end

up just a memory).

Luckily, there are many ways to reduce the cloning risk of climate change. Although "reduce, reuse, recycle" is an overused saying by elementary teachers on earth day, it actually can help in a big way. Just by reducing the amount of trash you produce, reusing plastic containers or wrappers for other things, and recycling any material accepted, like plastic, aluminum, tin and steel cans, and glass bottles you can reduce your trash footprint on the globe. Recycling alone can reduce the risk to our environment by 32% according to Stanford University. Keep yourself and the environment healthy and recycle each and every day.

By Hailey Nugent

Conquering the SAT test

Preparing for the SAT can be overwhelming and scary, but here are some tips that can help you tackle this test!

First, take practice tests. These will help you know what information might be on the SAT and you can practice pointing out the wrong choices. Samantha Lindsay wrote, "If you're struggling with a question, try to find reasons to rule out most of the answers rather than reasons why certain options could work."

Being able to distinguish what answers are wrong will bring you one step closer to finding the right answer. It is important to re-

member that there is only one right choice, even if others seem right as well.

Another tip is skimming through the text so that you can save some time, this may not work for everyone if they cannot understand information fully. Lindsay wrote that, "You can get a sense of the main ideas of the passage without wasting too much time reading it closely. To skim effectively, just read the introductory paragraph, conclusion paragraph, and first and last sentences of each body paragraph."

Goodluck on your SAT's and make sure you study and prepare! *By Lizzie Russell*



tune in to find out what's happening at G. Ray Bodley High School

Opinion

What makes a person a good friend?

A friend is trustworthy and is someone who you enjoy talking with. This person is there for you when you are having a great day or the worst day. A true friend is honest, never puts you down and is loyal to you and your friendship.

Emily Bowers a senior at GRB stated, "Honestly, a good friend is someone who is always there and who supports you no matter what. They care about your well being."

When Rylie Cotton, a senior at GRB, was asked what a good friend is, she stated, "They are people who are loyal and honest with you."

Friendships are formed at different times in our lives. Many friendships begin in elementary school and continue through high school. Some friendships begin in college. Other friendships begin later in life. A per-

son never knows how strong a friendship will become. It may start with a simple "Hello." If you see someone walking the halls or sitting at lunch alone, step up, introduce yourself and say hi. You could make the day of a lonely person and begin a lifelong friendship. No matter when a friendship begins, good friends are at your side until the end.

By Kim Bednarz

New Nutcracker movie is a holiday winner



Disney's *The Nutcracker and the Four Realms* was released on November 2 and is a movie everyone can enjoy. According to Screenrant, "The Nutcracker and the Four Realms has all the elements of an earnest holiday movie with family-friendly fun!"

However, those who are expecting that the movie will follow the ballet closely should keep their expectations low.

American Ballet Theatre star Misty Copeland is featured for two dance numbers, one of which is the ending credits. In an interview with Popsugar, she said "It's not as light and surface as the ballet story. It's kind of digging deeper into these characters. It's like another dimension."

The film stars Mackenzie Foy as Clara, Keira Knightley as the Sugar Plum Fairy and Morgan Freeman as Drosselmeyer. GRB alumni Chelsea Spier, who attended the premiere with me said, "It kept us entertained the whole time. I will definitely see it again." *The Nutcracker and the Four Realms* is rated PG and is a great movie to watch this time of the year.



Try these tips to stay organized

Staying organized can be one of the hardest things for teens to do. But with a few tips staying organized can help you stay less stressed both in and outside of school.

One thing you could do to stay organized would be cleaning out your bookbag at least once a week. Take out any useless papers thrown in your bookbag. Put papers for each subject into different colored/labeled folders. You can write down all of your assignments in your agenda or on a to-do list. "Having a clean room and picking out your clothes at night will help you feel less overwhelmed in the morning" states Misty Bardin.

Samantha Jodway, another student at G. Ray Bodley High School, gave her opinion on staying organized, saying, "when picking out my clothes at night I'm able to find what looks best and not stress about missing the bus in the morning because I'm already prepared." Staying organized is also a great way to keep your grades up. Jada Ballard states, "by writing things down I know what needs to be done and by when so my grades stay higher." These are only a few tips in staying organized. To find more tips there are some online and you can download some apps to keep organized.

By Wendy Burch