



Regents Week Ahead

By Chloe Davis

Monday, January 21 is Martin Luther King, Jr. Day so there will be no school and all district buildings are closed. The rest of the week, January 22-25, is Regents week and classes are not in session.

Students will come to school if they are scheduled to take a Regents exam and to review their first semester progress and work on their digital portfolios with their Guided Study Hall teachers. Students are also encouraged

to come in and work with their teachers on any missing work or to receive extra help.

PELL students will resume classes at OCC starting Tuesday, January 22 and P-Tech students will also be attending regular programming at OCC on Tuesday, January 22 and Thursday, January 24.

Thursday, January 24 is the only day CiTi is in session and buses will run as normal. Students returning on the 11:30 a.m. CiTi bus

can take the 11:45 a.m. bus home that day and afternoon CiTi students can take the mid-day bus to school.

Students who attend OCC will return to classes on Thursday, January 24 for the spring semester.

Check next week's RaiderNet for details about the bus schedule during Regents week.

THE UNIVERSITY OF THE STATE OF NEW YORK
THE STATE EDUCATION DEPARTMENT
Office of State Assessment
Albany, NY 12234

EXAMINATION SCHEDULE: JANUARY 2019

Students must verify with their schools the exact times that they are to report for their State examinations.

JANUARY 22 TUESDAY	JANUARY 23 WEDNESDAY	JANUARY 24 THURSDAY	JANUARY 25 FRIDAY
7:45 a.m.	7:45 a.m.	7:45 a.m.	7:45 a.m.
English Language Arts	U.S. History & Government Geometry	Transition Exam in Global History & Geography Physical Setting/Physics*	Physical Setting/Earth Science Physical Setting/Chemistry
11:45 a.m.	11:45 a.m.	11:45 a.m.	<u>Uniform Admission Deadlines</u>
Living Environment	Algebra I	Algebra II	Morning Examinations – 10:00 a.m. Afternoon Examinations – 2:00 p.m.

*Regents exams will take place at GRB January 22-January 25.
The building is closed on Monday and classes are not in session Tuesday through Friday.*

White is Out at Graduation

By Caleb Clarke

It was recently announced that graduation gowns for the Class of 2019 will all be red. This has brought some mixed opinions from students and parents as the gowns have traditionally been red and white, with boys wearing red and girls wearing white.

Some students, parents, and community members might have guessed that this was a way of the school either refusing to recognize gender or reacting to possible pushback from the transgender population at GRB.

Principal Mrs. Parkhurst explained that the main concern was unity. Responding to the opinion that the administration was responding to backlash she said, "There is no big controversy" and added, "The company that sells the gowns said that many schools were moving to one color." She also noted girls have voiced concerns for several years about the white gowns being see-through and looking less expensive.

She said she is well aware of community opinions regarding all things related to graduation and certainly takes these opinions into consideration when making tough decisions. She said, "I don't make these decisions blindly. I definitely have

discussions at leadership tables."

She also spoke a bit to other schools moving to get rid of valedictorians and salutatorians. She noted, "We're not ready to take the valedictorian and salutatorian away. When the question was raised, it was evident our school community was not ready for that."

The decision was ultimately part of a bigger conversation regarding graduation as a whole. Going forward, the caps and gowns will be all red and Mrs. Parkhurst, along with the rest of the administration, hopes that it will unify GRB and bring students all together as one.



Pictured are 2018 graduates Erin Nicholson (left) and Olivia Pawlewicz (right) wearing white caps and gowns at last year's graduation ceremony. Kenny Deloff (middle), who graduated in 2017, poses with them after the graduation ceremony.

Freshmen Ready for New Year

By Kim Bednarz

The members of the Class of 2022 continue to fundraise for upcoming events such as Prom, Senior Dinner Dance, and the senior trip. Each year, the freshman class sets a fundraising goal of \$2000.00 and the money is placed in an account that will follow the class through their four years at GRB.

Class advisor Mrs. Lazarek said the class officers strive to raise money and are expected to be positive role models. She noted, "This is my second year as class advisor so I felt we were able to hit the ground running this year."

The freshman class has held fundraisers at Fajita Grill and Domino's. They are also selling Gertrude Hawk candy bars and Smencils.

Seniors to Order Caps and Gowns

By Hailey Nugent

Cap and gown orders, along with class ring orders, will be taken during lunch bells on January 16 and January 17 by a Jostens representative.

Order form packets were distributed to all seniors this week during Guided Study Hall. If students do not already have a cap and gown to wear, students can buy them for \$38.88 with tax.

Because all gowns will be red this year (see article on page 2), if students have a used white gown from previous years, it can be traded in to receive a new red gown at no cost. The only cost needed for this exchange is the cost of a 2019 tassel.

If students wish to buy any extra items such as water bottles, hoodies, and more, there are many packages available. Those orders are charged a \$7.95 shipping fee on top of sales tax.

If a senior purchases a class ring, his or her cap, gown, and tassel are free.

Seniors, do not forget orders are due during lunch bells January 16 and 17 and orders must be turned in to the Jostens representative.



Pictured is the Jostens packet that was handed out to students during Guided Study Hall. It should be handed in to the Jostens representative during lunch bells on January 16 and 17.

Band Teacher Named Finalist for National Teaching Award

By Eric Shear

GRB band teacher Mr. Terry Caviness was nominated for National Music Educator of the Year and has just been named a finalist for this award.

Mr. Caviness has been teaching music at GRB for 30 years. He also teaches classes at SUNY Oswego, gives private lessons to many students, and helps at the junior Allegro Youth Winds.

Mr. Caviness explained that he should find out about the award sometime this month. He stated, "Someone had nominated me for this award so of course I filled out the application. However, up until that point, I did not even know about the award."

Mr. Caviness is very humble about this award. He said, "I have never been able to watch how other teachers teach. I am very happy to have been able to get this chance."

He also noted, "This award is something I have never thought about when I teach. I just teach the best way I can. My main goal is to help my students have a better understanding of music and become better musicians."

Mr. Caviness added, "My most memorable moment was when I first brought the bands here at the high school down to Florida. When students were down there, learning from other bands, it was a huge accomplishment in my eyes. I got to see all of that hard work pay off and now, every other year, our bands go to Florida."

Mr. Caviness said he is very honored to have been nominated for this award. If Mr. Caviness is named National Music Educator of the Year, he will receive a special Grammy Award.

His students are very proud of him and are lucky to have a teacher like him.



GRB band teacher Mr. Caviness is a finalist for National Music Educator of the Year.

Scholarships Available for Seniors

By Wendy Burch

Getting ready for college and need some help with expenses? Apply for scholarships. There are scholarship forms in the Counseling Office and there is scholarship information available on Naviance, GRB's website, and online. Scholarships are grants or payments that are used to support students' education. They are normally awarded for academic or other achievements.

Most of the scholarships are on Naviance. In the Counseling Office, there are not many paper scholarships yet. Seniors better hurry and get down there to get their copies because by the time April comes around most of the scholarships will be gone.

Some scholarships are for having good grades or for being good at a sport, and some you can apply for are based off your household income. There are some scholarships anyone can apply for. Usually students have to write an essay to apply.

Scholarship money is good to use for tuition. However, most schol-

arship money is sent directly to the school for tuition and other school-related expenses. Usually students will not get the leftover scholarship money for personal use.

The good thing about scholarships is that you do not need to pay them back. All seniors should apply for as many scholarships as possible. Waiting until the last minute can impact the amount of money you can earn.

Junior and senior counselor Mr. Goodnough stated, "Students should begin applying for scholarships no later than the beginning of their senior year."

In addition to the scholarships on the GRB website and Naviance, there are also free scholarship services like FastWeb.com and all seniors should be registering. Most colleges also have scholarships on their webpage.

Applying for many small scholarships may not seem like a lot of money, but it can add up quickly so keep checking in the Counseling Office and on GRB's website for new scholarships. Also, ask around at local businesses if they have any scholarships.

There is not a 100% chance you will win a scholarship, but Mr. Goodnough reminds students to send a thank you when you do win.

Start applying, seniors!

Juniors Selling Chocolate Bars

By Misty Bardin

GRB's Class of 2020 will be starting up some fundraising this week and will begin the new year by selling some delicious chocolate bars.

Junior Class Advisor Mrs. Kent said the boxes of chocolate include Hershey's, Reese's, and Kit Kats.

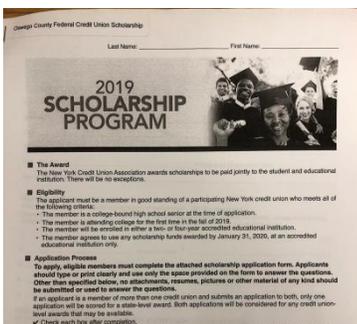
For only one dollar, students and staff can get chocolate and help the juniors raise money.

This fundraiser helps out the junior class with raising money for Prom and Senior Dinner Dance and can be put in students' school accounts. The amount of chocolate each student sells goes toward their expenses.

Mrs. Kent added, "There will be more than just this fundraiser so stay tuned."



Members of the junior class are carrying around these boxes of chocolate and selling them to raise money for senior expenses.



Pictured is one of the scholarship forms available in the Counseling Office.

Girls Face Hard Losses at Tournament

By Rylie Cotton

The Raider girls basketball team recently played in the “Hoops For The Cure” tournament to raise money for cancer research. Each girl on the team had to raise 30 dollars to put toward the fundraiser.

On Friday, December 21, the Raider girls lost to Oswego 53-30 at GRB. They played their second game on Sunday, December 23 against Hannibal at OCC for their second and final loss of the tournament with a score of 51-35.

Senior Lindsay McCraith said, “Our team has not played to its fullest potential. The team did not do as good as we hoped. I think we need to put more work in to better the team.” Senior Emily Smith said, “We need to work better together and we also need to practice harder. We have had a rough season so far. I’m hoping it will turn around soon.” Freshman Bella Raponi said, “This year’s season has been really rough. We have not put the effort in that we should. I believe we are better than we are showing. We just have to work harder to achieve our team goals.”

The basketball team all believes they can make the season better with a little more effort and with a better attitude. The girls are starting over in 2019 so it is the beginning of a new and better season.

Huge Week for Fulton Swimming

By Cameron Grower

Fulton swimmers came back last week to win two dual meets and one invitational. After their very close loss to Fayetteville-Manlius before winter break, which ended 93 to 91, the swimmers brought home three big victories.

On January 4, Fulton beat both Rome Free Academy’s team 109 to 76, and Syracuse’s team 107 to 72 with a great start to the week of meets.

Then, on January 5, the Fulton raiders won the Harley Allendale Columbia (HAC) invitational, beating the second place team 212 to 166. The invitational is in its 21st year and Fulton has participated four times. Fulton finished in second place three years ago and was not able to attend last year due to weather, making this year’s win that much sweeter.

Sophomore Lilly Dumas said, “I’m honestly so proud of them. They have come so far from the beginning and I’m so thankful that I’ve been able to watch them grow and get stronger. They mean the world to me and I’m so glad that I can

call them my team. This past week they have showed not just the coaches, but the other schools what we’re made of.”

This definitely shows how much love and dedication is put into this team and how it is more of a family than a team.

Team Captain Ean Stevenson said, “I think the team is doing really well.”

The whole team is very proud of their victories and everyone has worked really hard.



Pictured is the swimming and diving team posing with the plaque they earned from placing first in the HAC invitational meet on January 5. The team includes freshman Rebecca Stone, junior Dawson Curtis, junior Nate Archer, sophomore Lilly Dumas, freshman Reagan Lapage, junior Koji Burdic, sophomore Justin Atwater, sophomore Jaden Patterson, freshman Bryce Rogers, sophomore Liam Sweeney, Coach Shane Lacey, Assistant Coach Anne DeRue, freshman Courtney Pierce, freshman Tyler Ladue, eighth-grader Aunna Metelsky, sophomore Ella Henderson, eighth-grader TJ Clayton, sophomore Braeden Dempsey, junior Hayden Williamson, freshman Riley Thompson, senior Camille Stevenson, junior Mark Tallents, senior Katie Distin, senior Kelsey Rosenbarker, and senior Ean Stevenson.

Positivity Mondays Continue

By Kim Bednarz

Every other Monday during Guided Study Hall, there are student ambassadors from The Positivity Project coming in to classrooms and discussing with students the importance of the week's trait.

This week's focus was hope. Hope is defined as expecting the best from the future and working to achieve it. Students with this trait are known as future-oriented and have a positive vision of what the future holds.

During GSH, students defined hope and had a discussion with their classmates about what hope means to them.

Senior Camille Stevenson stated, "Hope means to never give up. It is looking for the good in the present and future. Hope is still alive because the volunteers who help the poor and hungry are the purest form of kindness."



Image from Google.

Sophomores Bringing Back Gertrude Hawk

By Misty Bardin

The sophomore class will soon be selling some delicious chocolate so be ready to buy! The Gertrude Hawk chocolate sale is a really good fundraiser for the sophomores.

Sophomore Class Advisor Mr. J. Fasulo stated, "Each box contains 48 bars of chocolate at \$1 a piece."

Students in the Class of 2021 will be all over GRB with boxes of chocolates ready to be sold.

Mr. Fasulo explained that the class pulls in \$48 in sales per box, then pays Gertrude Hawk \$31 for each box of chocolates, which gives the sophomore class a \$17 profit for each box sold.

The profit for the sophomore class helps with costs associated with class events such as Prom, Senior Dinner Dance and the senior trip.

Mr. Fasulo stated, "If a bunch of kids sell a shipment of 20 boxes, that's a \$340 profit."

Help out the sophomore class with their fundraising by buying some delicious chocolate!



Pictured are some of the chocolate choices when you purchase a candy bar from a member of the sophomore class.



Senior Collin Bennett volunteered at the school's blood drive on Thursday, December 27. The blood drive had a great turnout and 26 units of blood were collected, which was up from last year. Student Senate Advisor Ms. Florio said it was a success and is looking forward to the next blood drive on Wednesday, March 13. Thanks to all who donated.

-Opinion- Is Juuling a Real Health Problem?

By Caleb Clarke

One of the most talked about issues in our school is the issue of juuling. Our administration is very concerned about the safety of students especially now that it has come to their attention that people are using them in school. Juuls are a particular brand of vape that is different from conventional vaping systems because they are smaller and utilize disposable pods that contain the flavored “vape juice.” Juuls are easy to use, cheap, and accessible. Starter packs are sold at most gas stations for \$34.99 and pods can be bought for around \$20, depending on the store.

Nationwide, there has been extreme backlash because it is a popular product among kids. Some parents and student administrators appear to be extremely against juuling and in reaction they have taken measures to restrict bathroom use, even locking some bathrooms during parts of the day, which only lasted for a short time.

The question that comes about is whether or not juuling is really a problem. There are typically four main arguments against it:

1. Juul pods have the same amount of nicotine as 20 cigarettes.
2. If you vape, you are four times more likely to smoke cigarettes.

3. Juul pods contain dangerous chemicals.

4. We don't know what the effects could be down the road.

So, let's take these one at a time. According to the CDC, a pod does contain the same amount of nicotine as 20 cigarettes, which is how many are in a single pack. What is not considered is that a Juul dispenses that nicotine much slower. When you consider the math it becomes much clearer. The amount of “puffs” are only estimates and not exact numbers, but each cigarette is said to contain about 8-12 puffs, or 160-240 puffs per pack, and each pod contains 200-400. Although it sounds scary that a small pod contains the same amount as something significantly larger, it is a clear misrepresentation of the facts.

The second argument sometimes heard is that “If you vape, you are four times more likely to smoke cigarettes.” However, this comes merely from the data showing a strong association of vaping and smoking. This goes against the the basic rules of statistic interpretation. Causation cannot be derived from association no matter how strong the association is. Therefore, it cannot be implied that juuling will cause users to turn to cigarettes. Considering that juuling is a fraction of the price, and much safer, it is clearly a better alternative and it would not make sense for a Juul user to start smoking, considering cigarettes are more dangerous, less socially acceptable, and more expensive.

The third is regarding the argument that Juul pods contain dangerous chemicals. This is completely false. Juul pods contain only five ingredients, glycerol, propylene glycol, nicotine, benzoic acid, and food grade flavoring. Though these may be hard to pronounce, all except nicotine are commonly used additives in food. There are some vape liquids that are sold for other types of less popular vapes that do contain some dangerous chemicals, but Juul pods are as safe as any processed food.

Finally, some argue that the long-term effects are unknown. People often compare juuling to cigarette smoking and that it took years to realize that smoking caused cancer. This, however, is a poor argument, as well, because cancer research is far more advanced now and with modern science we are able to test chemicals and identify carcinogens.

I am not advocating for juuling, especially in schools, or defending the company, nor do I believe that people should start using nicotine products. It is important, however, to look at this issue objectively in order to cut through the noise and buzzwords to truly understand the reality that juuls do not live up to the perceived dangers.



*Pictured is a Juul with a charger and pods.
Image from Google.*

Thunder Sticks Back up for Sale

By Cody Burmingham

In past years at GRB, students were able to be excited for the pep rally and were able to buy exclusive Raider products from the school store, the Red Raider Den, to express their school spirit. Many products were popular, but nothing compared to the sales of the Thunder Sticks before football games.

Thunder Sticks are inflatable tubes that can be hit together to make a loud clapping sound.

Although they made money and were fun to use, the Red Raider Den was forced to stop selling these products because of concerns they were too distracting and loud.

Now, Thunder Sticks cannot be sold immediately before school events, but can be sold at other times.

The Red Raider Den has many pairs of Thunder Sticks for sale, but they will not sell as well as they do before a football game or pep rally.

Nevertheless, Thunder Sticks are back on the menu at the Red Raider Den. The hope is this will solve the problem of having Thunder Sticks that take up too much space and the store can now sell more products.



Pictured are the Thunder Sticks that are back up for sale at the Red Raider Den.



Senior Sam Waldron and other varsity wrestlers visited the Fulton elementary schools in November for Positive Behavior Interventions and Supports (PBIS) presentations. Coach Waldron said the students went to talk with them about being responsible, respectful, safe problem-solvers. He noted, "They made the connection between applying these skills not only on the wrestling mat, but also in school and at home so that they can experience great success in all areas of their lives."