



THE BLUE & WHITE

School News and Notes

Bainbridge-Guilford Central School District
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Superintendent's Message

Education in New York State is once again governed by a political struggle with the futures of our students and our communities at stake. I think most could appreciate the cut throat nature of our governor's *take it or leave it* stance on school budget development, teacher evaluation and charter schools, if he were the manager of our retirement account or the president of a for profit fortune 500 corporation. But as our governor, he either truly misunderstands the purpose of public education, or is choosing to use our young people as pawns in a much larger and ominous political game.

Recently, the governor stated that he does not have any role in public education and that the legislature, specially the Assembly is in control; however, as schools across the state work to create fiscal budgets that balance the increasingly challenging needs of our young people with the resources our communities can afford, the blackmail approach of *approve my policy agenda or receive no aid*, seems like a great deal of control.

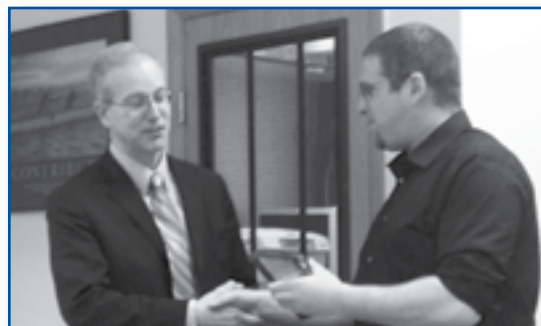
At Bainbridge-Guilford over the past four years we have made difficult choices and stood by these decisions. That is what leadership is; doing what is right, even when faced with great challenge. Because of this we are able to provide our Board of Education with a reasonable budget proposal for the community to consider; however, as our leaders in Albany still withhold over \$750,000 in Gap Elimination funds from us, we cannot help but wonder how we could more effectively serve both our students and our communities if the governor honored the commitments New York State made to its schools almost a decade ago. If we in Bainbridge-Guilford can make the difficult decisions, why can't Albany? Why can't our governor?

While it is clear that politics rather than potential of our young people will be the story line under the current administration in Albany, it is my hope that we all, at least for a moment take a step back and appreciate the value that our faculty and our staff provide for our students and our community. Beyond talking points and political wrangling our schools are doing great work. Our community is supportive of our schools. And our Board of Education is providing leadership that those in Albany can learn from.

It truly is a great time to be a Bainbridge-Guilford Bobcat!

— Donald Wheeler, Superintendent

Ken Wilcox Retires After 30 Years of Service to B-G



Board President Jason Fleming presented Ken Wilcox with an award for his outstanding years of service to the District.

On February 24, after 30 years of service, Mr. Kenneth C. Wilcox, Jr. is retiring from the Bainbridge-Guilford Central School District. Appointed to Business Manager after the retirement of Jack Feenick, Mr. Wilcox received permanent certification as a School Business Administrator in September 2001. He was formally appointed to Assistant Superintendent for Business in January 2002. In addition to his career in the B-G District, Mr. Wilcox is a recognized leader in Educational Business and Finance in our region and in New York State.

Throughout his career, Mr. Wilcox's guidance and experience has helped to provide stability in funding for the B-G District in an ever-changing economic landscape. His experiences in finances of education, the complexities of budgeting and borrowing, and his thorough understanding of implications of spending and borrowing, have led both Superintendents and Board of Education Members to trust and value his recommendations in these areas. His expertise in his field and calm demeanor during difficult decisions will be missed by all who work closely with him.

In his retirement, Mr. Wilcox is looking forward to traveling with his wife Shelly, renovating houses, and continuing his missionary interests in Africa and Russia. We wish him all the best in his retirement!

Support Your District!



7 Reasons to Vote May 19

With all the things you have to do, why should you come to the polls on Tuesday, May 19 to vote on the proposed school budget and cast your ballot in the school board election? Here are seven reasons from the New York State School Boards Association.

WHY VOTE?

1 Because you can.

In many nations of the world, and in most states of our union, citizens do not have the right to vote on the spending plans developed by their school districts.

2 Because you set an example.

The students we serve notice whether or not the adults in their lives exercise their civic responsibilities. We set an example whether or not we vote.

3 Because you control public education.

You get to decide each year on the quantity and quality of educational programs and services provided in your community.

4 Because you show respect for what educators do.

Working with all the students that show up is a very difficult challenge. By taking the time to vote, you acknowledge this challenge.

5 Because your response is needed.

Your school board has developed a spending plan based on input from district employees and community members of budget advisory committees. These folks spent hundreds of hours considering options and making spending decisions for your consideration. Respond by voting.

6 Because public education matters.

Our public schools educate by far the greatest number of our next generation—those to whom we will be turning over the reins of government and business, and those who will be caring for our generation as we get older.

7 Because your community and its children depend on you.

The folk wisdom that “it takes a whole community to raise a child” fits here. You share the responsibility to see that all children are educated. While you may not be actually involved with what occurs in classrooms, you can make your opinion known on what happens there by voting.

All in Favor Cast Your Vote for Student Success!

Your local school board makes the decisions that determine how your community’s children are education and how your tax dollars are spent. Voting for school board members is a simple, but powerful way to support student success and strengthen your community.

Every child enrolled in the school district is reason for you to vote in school board elections. The overall quality of your local schools, both now and in the future, rests with decisions made by the board of education. You want the best and the brightest of your fellow citizens in charge.

The decisions made by the school board affect virtually every important aspect of local schools, from boundaries to bus schedules, curriculum to clubs, funding to field trips. Voting in school board elections means your voice is represented in those choices.

Everyone, not just parents, has a stake in the success of public schools. When schools are strong and students succeed, everyone benefits. Voting in a school board election is an investment in the future of kids, of our community and of the nation.

Good school board candidates have the following qualities, skills and experience:

- A vision and goal for academic achievement for all students;
- Understanding that the school board’s role is about the big picture—setting the direction of the district and providing oversight and accountability—not the day to day management;
- Focus on a broad range of school district concerns;
- Personality style to work effectively with other Board members;
- Skills and background that help present diversity of the community; and
- Commitment to children, even in the face of opposition.

Local school board members are elected. A petition with a minimum of 25 signatures must be presented to the District Clerk 30 days before the election date. Candidates must be 18 years old, qualified voters in the school district, and residents of the district continuously for one year. Board members cannot be employed by the board or live in the same household with a family member of the same school board. For more information on obtaining a petition, contact the District Office.

— New York State School Boards Association

School Budget Information

BUDGET HEARING

A budget hearing will be held at the Jr.-Sr. HS Auditorium commencing at 7:00 p.m. on Tuesday, May 12, 2015.

VOTER REGISTRATION

Personal registration of voters is required for the annual vote. Registration will be held on May 12, 2015 from 2:00-7:00 p.m. at the Bainbridge Town Hall and the Guilford Town Hall. Qualified voters who are registered with the County Board of Elections are eligible to vote without further registration.

VOTER QUALIFICATIONS

A person shall be entitled to vote on the appointed date for the election of school district officials, and upon all other matters which may be in the form of a referendum, who is:

- 1 A citizen of the United States;
- 2 Eighteen years of age; and
- 3 A resident within the district for a period of thirty (30) days next preceding the meeting at which he/she offers to vote.

No person shall be determined ineligible to vote by reason of race, creed, color or sex, who has other qualifications in this section.

VOTE

May 19, 2015, Noon-9:00 p.m.
Bainbridge Town Hall and Guilford Town Hall
Your vote does make a difference!

ABSENTEE BALLOTS

A Voter who is registered and who may be unavoidably ABSENT FROM THE COUNTY of residence because of his/her duties, occupation, business, vacation, attendance at college, sickness, disability or detention in jail or prison, may obtain and submit an application for an absentee ballot.

The procedure for obtaining an absentee ballot is:

- 1 Obtain and submit an application for an absentee ballot;
- 2 If the ballot will be mailed the application must be received no later than the SEVENTH DAY BEFORE THE ELECTION; and
- 3 Upon completion of the application, the ballot will be given to the applicant or, in the case of a written request, will be mailed to the applicant.

Completed ballots MUST BE received by the District Clerk not later than 5:00 p.m. on the day of the election.

Please contact the District Clerk by phone at 967-6321 or by mail at B-G CSD, 18 Juliand Street, Bainbridge, NY 13733 for more information or to receive an application.

CANDIDATE VACANCIES FOR SCHOOL BOARD

Petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the District between the hours of 9:00 a.m. and 5:00 p.m. not later than April 20, 2015.

THE FOLLOWING VACANCIES ARE TO BE FILLED

- A three-year term ending June 30, 2015 presently held by Tina Ammon
- A three-year term ending June 30, 2015 presently held by Charles Blincoe
- A three-year term ending June 30, 2015 presently held by Jason Fleming

Petition information is available on the District Website or by contacting the District Office. Each petition must be addressed to the Clerk of the District, be signed by at least 25 qualified voters of the District, shall state the residence of each signer, and the name and address of the candidate. Vacancies upon the Board shall not be considered separate specific offices. The individuals receiving the highest number of votes shall be elected to the vacancies.

B-G Accepting Pre-K Applications

The Bainbridge-Guilford Central School District is accepting applications for its Pre-Kindergarten program. Only parents who are district residents with an age-eligible child may apply. To be eligible a child must be four years old on or before December 1, 2015 and cannot be five years old before that date. Applications must be received by May 1, 2015 to be considered for selection.

Per New York State Regulations, selection for Pre-Kindergarten slots for the 2015-16 school year will be done randomly after all applications have been received by the deadline. Assuming that State funding will be held at the same level for next year as this year, we will only be able to accept a total of 36 students.

Similar to this year, our program will include two full day classes.

Both classes are housed in the Guilford Elementary School. Our program will run Monday-Friday, from 8:25 a.m.-2:30 p.m.

The deadline for all Pre-K applications is May 1, 2015. Selection of applicants for the available slots will be determined soon after this date. **Applications must be received at the Main Office of the Guilford Elementary School** on or before this date. Applications can be picked up at Guilford Elementary. For further information contact the Guilford Elementary School at 895-6700.

All B-G Teams Place at OM Regional Competition—Two Teams on to States

Bainbridge-Guilford sent five Odyssey of the Mind Teams to DCMO BOCES Robert Harrold Campus to compete in the Odyssey of the Mind Regional Competition on Saturday, February 14. These teams were among 40 teams representing 13 school districts from across our BOCES region competing in Odyssey's five different problem categories. The teams arrived in Trout Creek after many months of hard work to perform their long-term solutions for the judges and the audience, show off their style elements and compete in the spontaneous phase of the competition. At the conclusion of a most exciting and exhausting day, the primary teams were

recognized and awards were given in the competitive problems for the top three places in each problem in each division. All four of B-G's competitive teams took home trophies! Two of our teams took home 1st place trophies, which allows them to move on to the State Finals in April.

You will see in the photos our Odyssey teams looked sharp in their team shirts. **Gina Haddad** submitted this year's t-shirt design idea. The teams and coaches would like to extend our thanks to the Sidney Federal Credit Union for being one of our team t-shirt sponsors.



Performing in the non-competitive Primary Problem Wacky Weather Warning were Clare Sullivan, Kayleigh Northrup, Olivia Hall, Myanna Dickey, Erinne Sullivan, Sammy Davidson and Owen Fleming. The coach of this team was Mrs. Fleming.



Finishing in 2nd place in the problem Pandora's Box—Division II were Gwen Germond, Erica Frost, Gavin Farrell, Leah Gregory, McKeyli Decker and Gina Haddad. Mrs. Germond-Howard and Ms. Farrell coached this team.



Finishing in 3rd place in the problem Runaway Train—Division I were Gabriella Cuozzo, Noah Patton, Joslynn Kopec, Kaydence Brimmer, Caleb Brimmer and Jack Matthews. Coaches for this team were Lori Miller and Leslie Cuozzo.



Taking 1st place in the problem Pandora's Box, Division I, were Landon Umbra, Gavin Guy, Kira Davidson, Valerie Haddad, Ewan Germond, and Connor Harmon. Mrs. Haddad and Mr. Davidson coached this team.

Finishing in 1st place in the problem Lose Your Marbles—Division I were Connor Vredenburgh, Brendan DeForest, Cooper Sienko, Mason Brownell, Trent Sullivan and Liam Germond; missing from the photo: Austin Lockwood. Coaches for this team were Mrs. Vredenburgh and Ms. Brownell.



Scenes from Odyssey of the Mind Mini Spontaneous Event



Quarter 2 Honor Roll

12TH GRADE PRINCIPAL'S HONOR ROLL

*Cadi A. Barber
Ashlyn M. Decker
Tierney J. Decker
Kirsten Hotaling
Darcy McElligott
Katherine M Nolan
Kylee A. O'Hara
Taylor L. Palmatier
Bethany K. Shaw
Morgan E. Shew
Kathryn M. Simons
Jolynn R. Wlasiuk*

HIGH HONOR ROLL

*Adam D. Bauerle
Casey E. Davis
Megan C. Ferrara
Jennifer C. France
Jeffrey S. Gaias
Danielle G. Higbie
George N. Lang
Skylar R. Morse
Marissa A. Thornton*

HONOR ROLL

*Aletha T. Cannistra
Jacob Cuozzo
Jacqueline Drzazgowski
Kyle R. Hanvey
Meghan J. Hopkins
Emma C. Ives
Ryan G. Jones
Joseph J. Pikul
Olivia R. Possemato
Jordan Seymour
Jasmine M. Skivington*

11TH GRADE PRINCIPAL'S HONOR ROLL

*Lindsey Castle
Carline L. Higgs
Daniel J. Norris
Katlynn Vredenburgh*

HIGH HONOR ROLL

*Shayla Baldwin
Alan J. Cordner
Victor H. Fisher, IV*

*Benjamin Gabriel Gonzalez
Cassidy D. Graham
Emma C. McFee
William JM Nowak
Alan Stevens*

HONOR ROLL

*Michael V. Albanese
Christopher J. Cirigliano
Amanda L. Decker
Christie Droz-Cintron
Nathaniel P. Hager
Ashley S. Higbie
Dezaray L. Ives
Laura Joslyn
Wyatt T. Mosher
Emily L. Palmer
Jeanette J. Shearer
Riley N. Smith
Britney L. Spake
Corben J. VanDermark
Daniel Wade
Montessa S. Warner
Rebecca E. Wlasiuk*

10TH GRADE PRINCIPAL'S HONOR ROLL

*Griffin L. Fisher
Olivia D. Garror
Rachel J. Hinkley
Abbi L. Miller
Aidan M. Nolan
Kyle J. Rideout
Brandon S. Scherhauser*

HIGH HONOR ROLL

*Caitlyn J. Diamond
Eva Gray
Nevada Heaney
Bailey Hotaling
Hunter Richter
Nathan Searles*

HONOR ROLL

*Austin Bronson
Alec Burdick
Corrina Clapper
Devyn K. Gaudreau
Scott J. Griebel
Levi R. Knapp
Rebeca L. Kramer*

*Cameron Luca
Mitchell J. Mertz
Hannah J. Roberts
Kaitlin Simpkin*

9TH GRADE PRINCIPAL'S HONOR ROLL

*Miranda M. Anderson
Jonathan M. Castle
Kenndra L. Ceresna
Maya B. Cliffe
Bernardina K. Cordes
Courtney Delello
Samara J. Greene
Molly E. O'Hara
Matthew A. Warner*

HIGH HONOR ROLL

*Amaya J. Carlin
Xavier T. Cherniak
Kyla M DeForest
Patrick J. DeMichele, IV
Mara E. Hartwell
Morgan A. McCall
Megan A. Palmatier
Collin J. Puerile
Brenton T. Rideout*

HONOR ROLL

*Jillian M. Cannistra
Jillian C. Davis
Drewcylla M. DuMond
Edward J. Fuller
Kollin Hackett
Adam C. Ives
Dani N. Johnson
Destiny M. Jones
Cole D. Nutter
Jonathan Pratt
Travis R. Terzo
Triston J. Wilson*

8TH GRADE PRINCIPAL'S HONOR ROLL

*Damien C. Borowski
Zamira R. Caldwell
Dadeon D. Canfield
Tannar B. Cliffe
Helaina M. Curtin
Haley R. French*

*Matraca L. Harmon
Jacob C. Hotchkin
Alexis R. Matthews
Katelyn N. Porter
Jared R. Pruskowski
Abigail K. Selfridge*

HIGH HONOR ROLL

*Mason G. Brown
Kristen M. Chambers
Ryan G. Cooper
Madalyn Erceg
Gavin C. Farrell
Aubrey M. Fox
Erica E. Frost
Alexis M. Gombach
Leah F. Gregory
Gina D. Haddad
Olivia M. Hawkins
Ethan M. Ingham
Kaylee M. Miller
Thomas B. Palmatier
Kyleigh D. Pedersen
Montana M. Pikul
Brendan L. Roefs
Devon J. Scherhauser
Alan J. Terzo
Kori M. Thornton
Alexander W. Tranvaag
Gabriel W. Watson*

HONOR ROLL

*Shiane E. Astalos
Aubrey A. Bronson
McKeyli M. Decker
Makenzie S. Drown
Joshua M. Gaias
Gwenyth P. Germond
Abbigail R. Hacker
Alexis S. Haynes
Shania A. Kennedy
Erica D. Middleton
Andrew T. Miller
Morgan Neidig
Nathan C. Oliver
Brandon J. Palmatier
Jezrah E. Sherman
Rhianna L. Shew
Korin Stanley*

Quarter 2 Honor Roll *(continued)*

7TH GRADE PRINCIPAL'S HONOR ROLL

*Samantha Ceresna
Alli E. Miller
Lauren R. Womelsdorf*

HIGH HONOR ROLL

*Brienna R. Collingwood
Brock DeForest
Elizabeth Reise DuMond
Cierra French*

*Courtney Gilbert
Zachary Graham
Daniel Hager*

*Shelby L. Haynes
Colby J. Hotaling
Zoe R. Meyer
Tracy J. O'Connor
Jadyn N. Olcott
Mariah R. Olcott
Kaitlyn Parry
Samantha J. Sherman*

*Shelby G. Smith
Ivy Sullivan*

HONOR ROLL

*Jaiden W. Bronson
Justin M. Butts
Makenna A. Cole
Nathanial Croop
Isabelle Decker
Veronica A. Decker
McKenna Edwards
Philip Gilbert*

*Autumn R. Giles
Eian L. Hall
Bailey L. Hart
Nathaniel E. Henry
Victoria Henry
Brandon Kane
Zachary J. Ladd
Jonathan Lowe
Parker J. Luca
Kiersten E. Merwin
Paige O'Donnell
Gabriel Sherman*

March has been a WILD month!

GREENLAWN'S PARENTS AS READING PARTNERS (PARP) THEME IS WILD ABOUT READING!

Counselors are adding their own twist: WILD about friends and friendships around monster style!



*Wild Style—Mr. Keller, Clare Sullivan, Miley Dorais,
Joshua Knapp, Arien Sherman and Christian Platt
show off their best WILD friendly faces!*



*Wild Hair—Students celebrate Wild Hair Day:
Celeste Baldwin, Damon Kunkle,
Jocelynn Kopec and Isabelle Johnson.*



Jr.-Sr. High School Students of the Month

Bainbridge-Guilford Jr.-Sr. High School is proud to announce our students of the month. To be eligible for this honor, students must be passing all subjects, demonstrate consistent kindness to others, be actively involved in school or community activities, show pride in the school and

community and be an upstanding student in all aspects. We would like to congratulate these students for their hard work and effort to be both good students and good citizens. Many thanks to Rosa's Pizzeria for providing a gift certificate for these students!

JANUARY



7th grade—**Shelby Smith**
8th grade—**Montana Pikul**
9th grade—**Brenton Rideout**



10th grade—**Ashley Parson**
11th grade—**Emily Palmer**
12th grade—**Gabriel Costa**

FEBRUARY



7th grade—**Bailey Hart**
8th grade—**Devon Scherhauser**
9th grade—**Devin Neidig**



10th Grade—**Caitlyn Diamond**
11th grade—**Brandon Sickler**



12th grade—**Emma Ives**

Congratulations!

Greenlawn Students Engage in Career Exposure and Exploration!



3rd grader Gabriella Cuozzo with Bobcat Sniffer and their career poster

Since November Greenlawn Elementary's students have been afforded many wonderful opportunities to learn from members of the B-G community about the world of work! Multi-age students have brought the Bobcat Sniffer to their parent/guardians' workplace and then presented information about the careers that the

Bobcat learned about. Bobcat Sniffer has visited Roma's, NYS Troopers, Chenango Memorial Hospital, Cuozzo's Garage, Bainbridge Memorial Works, B-G HS Cafeteria and a B-G HS Science Class!

Additionally, many members from the community have generously donated their time by coming in for 2-3 hours on Fridays to present at Career Café for 6th grade students. A huge *thank you* goes out to Jessica Gombach of Village Florist; NY State Police Troop C; Doddy Crisell of Germond Chiropractic; Chris Camann of Large Animal Vet; Jason Mac Pherson; Mike Gray of Gray's Tree Farm; Ritch and Tami Selfridge of Amphenol; Nate Lull of WCDO, Animal Adventure; Chenango County SPCA; and Jason Fleming of Depot Engineering.

We greatly appreciate the help from the community in exposing students to the world of work! They have enjoyed learning about so many different careers. If you are interested in coming to Greenlawn to present at a Career Café, please contact Phylcia Dunham, School Counselor, at 967-6350.



6th graders from Mr. Davis' class with Nate Lull from WCDO

Jr. High School Guidance Corner

2014-2015 NEW YORK STATE TESTING SCHEDULE

Please be aware of the following test dates that are very important for Jr. High School students.

7th Grade Testing

April 14-16 New York State ELA Test

April 22-24 New York State Math Test

8th Grade Testing

April 14-16 New York State ELA Test

April 22-24 New York State Math Test

May 20-21 NYS Science — Performance Test

June 1 NYS Science — Written Test

Please encourage your child to do their very best on the State exams. Student scores are used to determine interventions and who may be recommended for accelerated classes. Information regarding these state assessments can be found online at Engageny.org. When we receive the results of these exams, reports will be sent home specific to your son/daughter's performance.

The testing window is much smaller this year, and it is very important to not schedule routine appointments for your child on the above scheduled testing dates.

Student Leaders Attend National Conference



B-G and Deposit Students in front of the Capitol: Alex Hess (Deposit), Taylor Cannistra, Montessa Warner, Molly Lobdell (Deposit) and Thomas Petrutoni

B-G student council members **Taylor Cannistra**, **Montessa Warner** and **Thomas Petrutoni**, along with Michele Shirkey, attended the National LEAD conference in Washington DC. The LEAD conference is a leadership training sponsored by national association of secondary school principals for student council and national honor society students and advisors.

Twelve hundred students from 32 states and nine countries (Columbia, Honduras, Bermuda, El Salvador, Puerto Rico, Mexico, China, British Virgin Islands) attended this year's conference. There were three keynote speakers, five workshop sessions, and plenty of opportunities for large and small group networking. Students also did some sightseeing in Washington DC by touring the monuments and visiting the Capitol building, the Native American Museum and the Air and Space Museum.

Athletic Department News

STATE WRESTLING TOURNAMENT



Chris Cirigliano placed 3rd at the State Wrestling Tournament. Congratulations, Chris!

B-G SENIOR SIGNS WITH PRESENTATION COLLEGE, SOUTH DAKOTA

Bainbridge-Guilford Senior **Brandt McCall** signs with Presentation College in South Dakota to play Soccer in the Fall.



At the signing ceremony on February 10, 2015, seated l.-r.: Steven McCall (dad), Brandt McCall, Paula McCall (Mom); standing: Greg Warren (A.D.), Bill Zakrajsek (HS Principal), Peter Feltham (Varsity Coach) and Nanci Miller (Guidance Counselor).

B-G SENIOR SIGNS WITH BU!

Bainbridge-Guilford **Megan Ferrara** signs with Binghamton University for Soccer next fall.



At the signing ceremony on February 4, 2015, seated l.-r.: Tony Ferrara (dad), Megan Ferrara, Pam Brown (Mom); standing: Greg Warren (A.D.), Cindy Cifone (Varsity Coach), Bill Zakrajsek (HS Principal), and Nanci Miller (Guidance Counselor).

B-G GIRLS GRAB MAC TITLE

B-G Lady Bobcats topped the Delhi Lady Bulldogs for the Midstate Athletic Conference Girls' Basketball title game held at SUNY Oneonta on Saturday, February 14. B-G captured the championship game with a 44-37 victory. This was their first MAC victory in seven years. The Lady Bobcats went on to win the sectional games against Unatego (47-30) and against Newfield (55-38) on March 5, leading them to Section IV Class C Championship game at the Broome County Arena on March 7, when they lost by only six points to Watkins Glen. Congratulations Ladies!

CONGRATULATIONS TO COACH BOB CONWAY

Coach Conway was inducted into the Section IV Athletics Hall of Fame on Saturday, March 7, at the Broome County Arena. Conway took over at B-G in 1991 and has had one losing season since. His B-G program has won four Midstate Athletic Conference titles, one Susquenango Association crown and one Section Four Class C championship (1999).

B-G BOWLER QUALIFIES FOR STATE BOWLING CHAMPIONSHIP

Congratulations to **Cameron Luca** who qualified for the State Bowling Championship held on Sunday, March 8 in Syracuse. He finished 37th overall in the competition and was the 5th highest performer in Section IV!

THE ROARING 20s!

Prom Announcement

The Bainbridge-Guilford annual prom and post-prom will take place on Saturday, May 2, at the Afton River Club. This year, students have done a tremendous job fundraising for the event. Our theme is *The Roaring 20's*. Following the prom, students will be transported to the After-Prom event at the Norwich YMCA, where they will remain until 4:00 a.m. and then be transported back to the High School for parent pickup. Students will come home with an informational packet at least a month before the event, including ticket order forms and need-to-know information, so keep your eyes peeled for that!

Perfection! The Greenlawn Winter Olympics!

WHAT A GREAT DAY TO CELEBRATE WITH SNOW, SUN AND ONE ANOTHER!



Beach Day At Greenlawn!



Art Students Featured in Regional Show

Two B-G high school students were chosen to display their artwork in the 9th Annual Student Art Showcase in downtown Bainbridge this March. The event was sponsored by the Jericho Arts Council Gallery Committee and featured

the work of exceptional students from six area high schools. Congratulations go out to senior **Jennifer France**, whose photography was on display, and junior **Alan Corder** who showed his drawings and paintings.



Drawing by Alan Corder



Photo by Jennifer France

Booster Club News

YOUTH BASKETBALL TOURNAMENT

On Saturday, February 28, the Booster Club hosted the 4th Annual Boys' and Girls' Youth Basketball Tournament at the High School. Eight boys' and 10 girls' teams participated from schools throughout the area including Bainbridge-Guilford, Delhi, Deposit, Greene, Harpursville, Oxford, Unatego, Walton and Wyoming Conference. The event was a huge success, but could not have been possible without those that volunteered their time to help throughout the day and those businesses that helped to sponsor the event. Special thanks go out to those that helped referee—Ed Colburn, Earl Halaquist, Mr. Mattingly, Willie McGinnis, Mr. Mosher, Mrs. Oliver, Kelly Palmatier, Jordan Smith, Randy Smith, Adam Sprague and Mr. Wehrli. Thanks also to the JV and Varsity Boys' and Girls' Basketball players who helped with keeping score and running the clocks.

THANKS TO OUR SPONSORS

<i>Bainbridge Pet Wellness</i>	<i>Mirabito</i>
<i>Barb & Cliff Crouch</i>	<i>NBT Bank</i>
<i>Blitz Family Dental</i>	<i>Pennysaver</i>
<i>Bob's Diner</i>	<i>Pine-Ridge Grocery</i>
<i>Coughlin & Gerhart</i>	<i>RB Construction</i>
<i>Dunkin Donuts</i>	<i>Rosa's</i>
<i>Extra Mart—Afton</i>	<i>Scoville-Meno</i>
<i>Great American—Sidney</i>	<i>SFCU</i>
<i>Guilford Store</i>	<i>Tri-Town Insurance</i>
<i>Huff's</i>	<i>Tri-Town News</i>
<i>Kelsey Brook Alpacas</i>	<i>Upturn Industries</i>
<i>Michelle Gifford, DDS</i>	

Congratulations to the Bainbridge-Guilford Girls' Team Blue, coached by Ritch Selfridge (pictured below), who won the girls' tournament championship and the Delhi boys' team coached by Seth Haight who won the boys' tournament championship.

The B-G Booster Club meets the 3rd Monday of every month. New members are always welcome and encouraged to attend.



Dance Fundraiser



Junior High Student Council members have recently begun working on finding a way to fund a future dance. They have decided on a Yankee Candle fundraiser, as well as the possibility of an online t-shirt order. Keep an eye out for students selling Yankee Candles! They are hoping to hold the dance sometime toward the end of the year.



Box Tops for Education

Greenlawn Elementary School is collecting Box Tops for our playground fund. Products will have this logo on them, and the *Box Top* can easily be cut out. Collect as many as you can and send them into school with a Greenlawn student, drop them off at the Greenlawn Main Office, or mail them to Jeanne Howard, 43 Greenlawn Ave., Bainbridge, NY 13733.

Milk Matters...

No Bones About It,
Kids Can't Do Without It.
Milk for Strong Bones & Teeth



HOW MUCH CALCIUM DO YOU NEED EACH DAY?

AGES	CALCIUM (MG)
1-3	600
4-8	800
9-18	1,300

One 8 oz. glass of milk has about 300 MG of calcium.



National Institute of Child Health and Human Development



For more information, contact the NICHD/Milk Matters Clearinghouse at 800-370-2943.

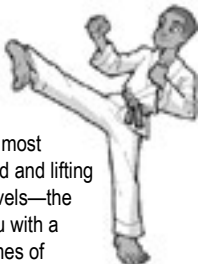


Feelin' Frazzled? Totally Tense? Under Pressure?

*10 Tips to Keep
You Cool, Calm
and Collected*

1 Put your body in motion

Moving from the chair to the couch while watching TV is not being physically active! Physical activity is one of the most important ways to keep stress away by clearing your head and lifting your spirits. Physical activity also increases endorphin levels—the natural “feel-good” chemicals in the body which leave you with a naturally happy feeling. Whether you like full-fledged games of football, tennis or roller hockey, or you prefer walks with family and friends, it's important to get up, get out, and get moving!



2 Fuel up



Start your day off with a full tank—eating breakfast will give you the energy you need to tackle the day. Eating regular meals (this means no skipping dinner) and taking time to enjoy them (nope, eating in the car on the way to practice doesn't count) will make you feel better too.

Make sure to fuel up with fruits, vegetables, proteins (peanut butter, a chicken sandwich or a tuna salad) and grains (wheat bread, pasta or some crackers)—these will give you the power you need to make it through those hectic days. Don't be fooled by the jolt of energy you get from sodas and sugary snacks—this only lasts a short time and once it wears off, you may feel sluggish and more tired than usual. For that extra boost of energy to sail through history notes, math class and after school activities, grab a banana, some string cheese, or a granola bar for some power-packed energy.

3 Laugh

Some say laughter is the best medicine—well, in many cases, it is! Did you know that it takes 15 facial muscles to laugh? Lots of laughin' can make you feel good and that feeling can stay with you even after the laughter stops. So, head off stress with regular doses of laughter by watching a funny movie or cartoon, reading a joke book (you may even learn some new jokes) or even make up your own riddles. . . laughter can make you feel like a new person!

Everyone has those days when they do something really silly or stupid—instead of getting upset with yourself, laugh out loud! No one's perfect! Life should be about having fun, so, lighten up!

4 Have fun with friends

Being with people you like is always a good way to ditch your stress. Get a group together to go to the movies, shoot some hoops, or play a board game—or just hang out and talk. Friends can help you work through your problems and let you see the brighter side of things.



5 Spill to someone you trust

Instead of keeping your feelings bottled up inside, talk to someone you trust or respect about what's bothering you. It could be a friend, a parent, someone in your family or a teacher. Talking out your problems and seeing them from a different view might help you figure out ways to deal with them. Just remember, you don't have to go it alone!

Resource: CDC, 1600 Clifton Road, Atlanta, GA 30333, U.S.A. www.bam.gov

6 Take time to chill

Pick a comfy spot to sit and read, daydream or even take a snooze. Listen to your favorite music. Work on a relaxing project like putting together a puzzle or making jewelry. Finding time to relax after (and sometimes during) a hectic day or week can make all the difference. Stress can sometimes make you feel like a tight rubber band—stretched to the limit! If this happens, take a few deep breaths to help yourself unwind.

7 Catch some zzzzz...



Fatigue is the best friend to stress. When you don't get enough sleep, it's hard to deal — you may feel tired, cranky, or you may have trouble thinking clearly. When you're overtired, a problem may seem much bigger than it actually is. You may have a hard time doing a school assignment that usually seems easy, you don't do your best in sports or any physical activity, or you may have an argument with your friends over something really stupid.

Sleep is a big deal! Getting the right amount of sleep is important for kids your age. Because your body (and mind) is changing and developing, it requires more sleep to re-charge for the next day. So don't resist, hit the hay!

8 Keep a journal



If you're having one of those crazy days when nothing goes right, it's a good idea to write things down in a journal to get it off of your chest—like how you feel, what's going on in your life and things you'd like to accomplish. You could even write down what you do when you're faced with a stressful situation and then look back and think about how you handled it later. So, find a quiet spot, grab a notebook and pen, and start writing!

9 Get it together

Too much to do but not enough time? Forgot your homework? Feeling overwhelmed or discombobulated? Being unprepared for school, practice, or other activities can make for a very stressful day!

Getting everything done can be a challenge, but all you have to do is plan a little and get organized.

10 Lend a hand

Get involved in an activity that helps others. It's almost impossible to feel stressed out when you're helping someone else. It's also a great way to find out about yourself and the special qualities you never knew you had! Signing up for a public service project is a good idea, but helping others is as easy as saying hello, holding a door or volunteering to keep a neighbor's pet. If you want to get involved in a more organized volunteer program, try working at a local recreation center or helping with an after school program. The feeling you will get from helping others is greater than you can imagine!

Most importantly, don't sweat the small stuff! Try to pick a few really important things and let the rest slide—getting worked up over every little thing will only increase your stress. So, toughen up and don't let stressful situations get to you! Remember, you're not alone—everyone has stresses in their lives . . . it's up to you to choose how to deal with them.



End of Year!

Dates to Remember

MAY

- 2 Jr. Prom, Afton River Club
- 4 Senior Trip Parent Meeting, HS Auditorium
(*Mandatory for parents of students attending the trip*), 7:00 p.m.
- 17-18 Senior Trip: Washington DC—
Balance due March 27
- 27 Honors Reception (Grades 7-12), HS
Auditorium, 7:00 p.m.
- 29 Memorial Day Parade—
Guilford, 8:00 a.m.
Bainbridge, 10:00 a.m.

JUNE

- 1 Athletic Awards Night, HS Auditorium,
6:00 p.m.
- 3 Senior Recognition Concert, HS Auditorium,
7:00 p.m.
- 11 BOCES Norwich Campus: Graduation and
Awards
- 12 Seniors—Caps and gowns are passed out.
(*If you have not ordered yet see Mr. Grigoli.*)
- 13 Senior Ball: Venue TBA
- 14 Baccalaureate service, Methodist Church,
7:00 p.m. (Wear your cap and gown)
- 15 Senior Luncheon at the Silo and
Moving Up Day
- 15 BOCES Harrold Campus Gym:
Graduation (daytime), Awards (evening)
- 26 Graduation Rehearsal, 3:00 p.m.
- 26 Awards Night, HS Auditorium, 6:30 p.m.
- 27 GRADUATES BE HERE BY 6:15 p.m.
Graduation, HS Front Lawn, 7:00 p.m.

If you have any questions, please call us at
967-6323.

Bainbridge-Guilford Central School
Bainbridge, New York 13733

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