



Tech. Department spotlight set for March 21

By Daniel Summerville

It is common knowledge that G. Ray Bodley High School has a very strong technology department. Most students at GRB have taken at least one course that the department offers throughout their high school careers. The department participates in Project Lead The Way (PLTW), a nationally recognized program that allows students to receive college credit at the end of the year.

With all of the good things that go on in the Tech Department, the students are rarely acknowledged by their peers who do not take these courses. On Wednesday, March 21, this will all change as the G. Ray Bodley Technology Department is holding a Technology & Engineering Fair from 6-8:30 pm. The event will be held in the GRB Auditorium, and is free and open to everyone.

Quite a few of the Technology classes have been working toward this event, but the class that has been working the hardest is Mr. Thurlow's PLTW Engineering Design and Development (EDD) class. The ten EDD students have been working all year on

projects that they believe will solve a certain problem. The class is divided into three groups, each group working on their own problem and their own solution.

This course focuses on the Design Process, and the solutions to the problems that the students came up with are what they have been working on all year. They have spent months trying to develop and refine their projects, and while they still have a ways to go before the best solutions to the problems are realized, the Engineering fair will be a

St. Patrick's has long history

Saint Patrick's Day is celebrated on March 17 each year and is an Irish feasting holiday to celebrate the anniversary of St. Patrick's death in the fifth century. This holiday has been celebrated for over 1,000 years during the Christian season of Lent with an exception being made on this day to allow the feast to include the traditional dinner of Irish bacon and cabbage.

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of

time for them all to shine.

During the Engineering Fair, there will be more to do than just watching student presentations. There will be problem solving activities, tours of the technology laboratories, and even presentations by professionals in technology related fields.

Anyone who is interested in seeing what the Technology and Engineering Department does is welcome to come and take part in the fair. It is sure to be a memorable night for everyone who attends.

16. After escaping, he returned to Ireland and is credited with bringing Christianity to the Irish. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture. Legend goes that he introduced the Holy Trinity to the Irish using a three leaf clover, a Shamrock.

Although St. Patrick's Day may have originated in Ireland the United States has commercialized the holiday. The United States had the first St. Patrick's Day parade on March 17, 1762. The parade consisted of Irish soldiers, serving in the English military, marching through New York City. The parade served as a way for the soldiers to celebrate their Irish roots and connect with other Irishmen serving in the English Army.

The NYC St. Patrick's Day Parade has grown to be the largest in the United States, and oldest civilian parade. The parade yearly has about 5 million people who line the 1.5 mile route which takes about five hours to complete. Locally, Syracuse will be featuring a parade on Saturday, starting at noon. With the sudden arrival of seasonably warm weather, a big crowd is expected for this year's parade.

St. Patrick's Day may have the biggest celebration in North America but the day is also celebrated in Australia, Singapore, Japan, and Russia. Interestingly the holiday

(continued on page 7)

Extreme Adventure, Fun Spot added to trip

The polls for the senior trip are in. Along with going to Great Escape Lodge and Six Flags Amusement Park, the senior class trip plans to visit the Adirondack Extreme Adventure course as well as the Fun Spot. These places come at a small cost, but in the end these activities will be full of adventure.

The cost of the trip is \$175 plus the cost of the additional activities. The class is looking to only take one bus on the trip, so there are only 50 seats available. The deposit of \$50 is due on March 30. As a result, the seats will go to whoever signs up first. If you have any problems with the initial payment, see Mrs. Windsor for more information.

For any seniors who did not see the flyers for the additional activities, here is a brief explanation of each. The Adirondack Adventure Course involves zip lining and working your way through an obstacle course above the ground. There are many levels available for all ages and strengths. The Fun Spot includes skating, mini golf, laser tag, go carts and more. All of these things are located just minutes from Lake George. The hotel the class will be staying at has an indoor water park and a Six Flags park across the street. These activities are just the highlights of this grand adventure.

Remember, this is the last trip as a class. The bus ride will only be around three hours long, meaning that the students will have plenty of time to play instead of sitting on a bus. Don't miss out on the senior trip and reserve your seat now.

By Jeanette Bartlett

Opinion

Switching was tough, but Fulton has been great

By Maddie Olon

Moving to a new school my senior year was definitely a change. I have moved sixteen times in all, but it was in the same area, so I didn't change schools often. But leaving my school when I was supposed to graduate with all my friends was sad. I can say that I don't miss the school that I went to, but I do miss the people.

Everyone always asks me, why did I move to Fulton? My family found a house they liked and we ended up moving here, we didn't really base our decision on all the surrounding factors. And when it comes right down to it, Fulton isn't bad at all! It seems like everyone I come into contact with cannot wait to leave Fulton and always have something negative to say. Myself personally, I like Fulton way better



teams, leaving Liverpool where I would have been captain of the tennis team this year to start playing with people I didn't know. I am so grateful that everyone was so welcoming and they became like a family, just like my Liverpool team. Also, missing out on all the events at Liverpool for seniors is sad, but I'm glad I can experience it here at Fulton.

I wouldn't go back and change anything because I have met some great people and had a great time playing tennis. I also have met some great teachers who have helped me tremendously with my education. It's funny to say, but I love not being squeezed in the halls every day and I love not having to make sure I don't get stuck in the middle of a fight.

The students here are lucky to have such a nice school and nice people who live here. Moving and switching schools my senior year was definitely an adventure, but I was willing to come and experience new things. Fulton is truly a great school and I'm glad that I came here for my senior year, rather than another high school.

"I wouldn't go back and change anything because I have met some great people and had a great time playing tennis. I also have met some great teachers who have helped me tremendously with my education."

than going to Liverpool.

The teachers and other administrators are way more lenient and are more understanding. I feel that since there are fewer people that you are able to get extra help easily if needed and more attention is given to your education. Also, the guidance counselors are great about meeting with the students to interact and talk about their education and anything else if needed.

Another benefit in my opinion was going from eighty minute blocks and only four classes a day to forty minute blocks and nine classes a day. The day flies by and I don't have to sit there and listen to a teacher lecture for eighty minutes and not remember anything they taught. It is a real benefit to have the same class every day and the information actually stays fresh in your mind.

When I came to Fulton, it did stink because I had to switch sports

Bizarre news of the day:

A sure sign of failure

A Florida parent has forced his son to stand on a street corner wearing a sandwich board showing his bad school grades, in an unusual form of punishment. Michael Bell Jr., from Miami, came home with a report card which included failing grades in three of his subjects. He was also described by teachers as the "class clown."

His father Michael Sr. looked on as his seventh grade son walked on the street corner with the sign that read: "Hey, I want to be a class clown. Is it wrong?" On the back it read: "I'm in the seventh grade and got 3 F's. Blow your horn if there's something wrong with that."

Michael Jr. said, "I got an F in most of my classes so as a punishment I'm supposed to stay here for the whole spring break." He said that he wants to do better when he heads back to school after the holidays.

His father, on his discipline method said the punishment was a, "last resort."

"I don't know any other way, I'm trying to reach him," he said. "If I don't do anything, he's going to be a statistic and I don't want him to be a statistic."

By Morgan Firenze



Reflections

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The Adventures of 'lil Bodley

By Madeline Clark (this comic is drawn on reused paper!)



Jump Street arrives today



The choices for new movies is limited this weekend, and the only new offering isn't really new at all, as it is a remake of the television series, *21 Jump Street*.

21 Jump Street: The only movie worth writing about that is coming out today is *21 Jump Street*. This movie is based on the 20th Century Fox television show of the same name.

That television show is where Johnny Depp got his official start to his acting career, which is now appreciated worldwide. This movie is about an unlucky pair of cops who must go undercover in a high school in order to succeed in a drug bust. Jonah Hill wrote the movie and will also be starring in it alongside Channing Tatum. Hill and Tatum will play Morton Schmidt and Greg Jenko, respectively.

This promising comedy film will also include appearances by Rob Riggle, Ice Cube and Johnny Depp. If you are looking for a good laugh while you are out at the movies, consider purchasing a ticket for *21 Jump Street*.

Music in our Schools Month!

- Mon. March 19: Chorus
 - Thurs. March 22: GRB Band
 - Thurs. March 29: GRB Orchestra
- All shows are free to the public and begin at 7:30 pm

Quote of the day:

"Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much may be done if we are always doing."

Thomas Jefferson

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Nutrition

The proper lunch can make a big difference

By Natasha Luis

According to the Opinion Journal, "Less than one third of all children sit down to eat dinner with both parents on any given night." In today's age of convenience and both parents working, this meal is easily replaced with fast food, frozen dinners and take-out.

Harvard Medical School reports that the chances of being overweight are 15 percent lower among those who eat dinner with their family on most days or every day.

But the importance of family dinners extends far beyond physical health. Another study, from Columbia University, found that "teens from families that almost never eat dinner together are 72 percent more likely to use illegal drugs, cigarettes and alcohol than the average teen" So make tonight a family dinner night with recipes like these:

Italian Pasta Veggie Salad: This dish is not only visually appealing, but it's tasty as well! You can add and take away what you like and don't like and really make this recipe your own!

Ingredients: 10 ounces fusilli pasta,
1 onion, chopped,
1 green bell pepper, chopped,
2 tomatoes, chopped,
1 cup chopped mushrooms
3/4 cup fat free Italian-style dressing.

Directions: In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. In a large bowl, combine the pasta, onion, bell pepper, tomatoes and mushrooms. Pour enough dressing over to coat; toss and refrigerate until chilled.



Fra Diavolo Sauce with Pasta: This sauce includes shrimp and scallops, best served with linguine pasta. It is very filling and delicious. Its simple ingredients contribute to wonderful pasta!

Ingredients:
4 tablespoons olive oil,
divided 6 cloves garlic, crushed,
3 cups whole peeled tomatoes with liquid, chopped,
1 1/2 teaspoons salt,



1 teaspoon crushed red pepper flakes,
1 (16 ounce) package linguine pasta,
8 ounces small shrimp, peeled and deveined
8 ounces bay scallops,
1 tablespoon chopped fresh parsley.

Directions: In a large saucepan, heat 2 tablespoons of the olive oil with the garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally. Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain. In a large skillet, heat the remaining 2 tablespoons of olive oil over high heat. Add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble. Serve sauce over pasta.



Who was St. Patrick anyways?

Not only is March about changing from the winter we didn't see to the flowers of spring sprouting to full bloom, it is also about the history of St. Patrick's Day which dates back to the fifth century when St. Patrick died on March 17, 461.

The most shocking thing about this topic is that the real St. Patrick was not Irish, he was actually born in Britain. When St. Patrick was 16 he was kidnapped and transported into Ireland to be a slave. Once he escaped Ireland he later returned and brought Christianity with him. When St. Patrick passed away they created the holiday that came to be known as St. Patrick's Day, March 17.

So where do the leprechauns come into play?

Fairies are a grand part of the oral and written traditions of Irish folklore, and leprechauns hold a special place in those traditions. Unlike fairies, leprechauns usually use their powers for mischievous things. The cheerful leprechaun was associated with St. Patrick's Day by Americans, and was then a figure for St. Patrick's Day around the world.

Shamrocks, Irish music, the snake, and corned beef are also symbols for St. Patrick's Day. Hopefully yours will be celebrated with these symbols and filled with wonderful food and happiness. *Thanks to History.com for the accurate information on St. Patrick's Day.*

By Kara Yakel



Sports

Fulton icemen gunning for state title

The Fulton 18 and under midget hockey team looks to put on a spectacular performance at the state tourney at Meacham Ice Rink in Syracuse this weekend. Coming off their recent victory at the Tier 3 Sectionals in Salmon River, the team will play one game this afternoon, and then play two games on Saturday.

A good performance will lead them into the cross over championship and a shot at going to Maine for regionals. The team will begin play at 1 pm today against Saugerties. Saturday morning

at 10 am the Fulton squad will face off against Canandaigua, with rival Geneva at 6 pm. The championship round times are to be announced.

Led by seniors Casey Holden, Dylan Holden, Steven DesLise, Jason King, Travis Stoughtenger, and Joey Cortese, the Raiders are the only undefeated group entering the tourney. Come support the team and get loud for the seniors as this may be their last games!

Opinion:

Long-awaited return is inspiration to us all

By Laura Perwitz

Wednesday, while most of the students were enjoying a day away from school, a few of the discus throwers were on hand to watch something they had been hoping and praying to see for a long time now.

The boys and girls in questions stood around to watch Tim Conners take his turn at relearning how to throw the discus. After watching him throw, it made me realize just how often we say we cannot do something. It made me realize the things we could do if we honestly tried, just like Tim.

Watching him throw during practice on Wednesday for the first time in several season made me happy. I am so proud, along with the other track members, that he will be joining us again this year, and that he is trying his hardest to throw again. As I was watching him throw, I was able to notice a few things he was doing by himself. He was able to hold balance, he kept his sense of humor and he remembered what to do when throwing the discus. If you were to watch him, you would see that he throws well and that he is very patient with himself. He listens intently to the advice of Coach Carroll, and takes the time to correct what he is doing.



“He has not only made me believe in my throwing ability, he has also made me believe more in myself as a person and in my ability to do anything I want to do.”

As a thrower of the shot put and discus, I find Tim to be my inspiration for throwing. Some of us always complain that we can't throw it right or that we just can't throw at all. Tim lost his sight after a tough battle with Leukemia, yet he is still trying hard to be able to throw again. He is working hard to achieve this goal and working toward being able to throw like he did prior to being diagnosed in 2010.

There is a lesson in this for all of us as people, particularly teenagers, need to be more like him and believe that they can do any-

thing. Tim has made both me and a few of the other throwers believe that they can do anything they want to, and to always believe that they can throw well. As one can imagine, it is hard for him to throw, but as he continues to work harder and harder. I have no doubt that soon enough be able to throw the same as the other guys.

As a personal message, I want to thank Tim for being such an inspiring person. He has made me believe that I can throw well, no matter what the circumstance. He has not only made me believe in my throwing ability, he has also made me believe more in myself as a person and in my ability to do anything I want to do. Tim will continue to throw the discus and shine in doing it. He has already provided a shining example to his teammates and the rest of the school that like the famous boxer Muhammed Ali once said, “impossible is nothing!”

CNY hoopsters picked for McDonald's All-American game

Cicero-North Syracuse's Breanna Stewart and Jamesville-DeWitt's Dajuan Coleman were both named to the prestigious McDonald's All-American teams, the first time two players from the Syracuse area have received that honor in the same year.

Stewart, a 6-foot-4 forward and the consensus No. 1 women's recruit in the nation, is headed to Connecticut next season, while Coleman, a 6-10, 280-pound post player who is ranked No. 13 by ESPN, has committed to Syracuse.

The McDonald's teams are comprised of seniors determined to be the best 24 boys and 24 girls in the nation out of a pool of 600 nominees. Divided into East vs. West squads, they will each play games on March 28 in Chicago's United Center at Soldier Field. The girl's game starts at 7 p.m. and will be broadcast on ESPNU and the boys game is at 9:30 on ESPN.

For Stewart, arguably the most acclaimed basketball player, boy or girl, to ever come out of the Syracuse area, she said the McDonald's honor ranks alongside her many other awards, including being named the 2011 USA Basketball Female Athlete of the Year.

Coleman becomes the latest in a long line of McDonald's All-Americans to land at Syracuse and the first Syracusan since Greg Paulus (CBA/Duke) to earn the honor. **By Tyler Terramiggi**

Call me the paladin of the missing hour

By Madeline Clark



My name is Madeline Clark and I am here to report a crime. An hour of my time has been robbed of me. And this isn't the first incident. I believe the thief is a serial burglar; a habitual kleptomaniac who has no other purpose than to wake me at an hour to which my biological clock objects.

My circadian rhythms have been shaken up because of the crime and can find no counsel in the protection of a comforting mattress. Yes mine, and many others biological clock work has been tampered with by the dastardly annual daylight savings time.

The monster that is sixty minutes lost was first thought of by Ben Franklin in 1784 in an essay entitled, "An Economical Project," which he wrote during his stint in Paris France. This ever changing demon from the deepest level of a temporal hell was set free with a

"The monster that is sixty minutes lost was first thought of by Ben Franklin in 1784 in an essay entitled, "An Economical Project," which he wrote during his stint in Paris France."

simple idea that escaped the tip of Poor Richard's quill. That idea being that Parisians could save their precious candles simply by adjusting their clocks back. Frankenstein's monster continues to wreak havoc upon biological sleeping patterns today in the same manner, only with fuel consumption, rather than candles.

As an upstanding future environmental science major I acknowledge the current use of daylight savings time. I recognize that of course, times are hard for our natural resources and that perhaps it does give Mother Earth a chance to catch her breath before the daily commute, but a simple change of mind could save the hour of fleeting dreams. It is as Garrett Hardin, author of "The Tragedy of the Commons," would have it, a "non-technical solution" to a "tech-

nical problem."

Why can't society simply consume less?

Instead of completely messing with what is biologically engrained into our human behavior, why can't we restrain the sociological need to consume? If we turned out the lights earlier and unplugged the computer at a more suitable hour, perhaps we would not have to fight a daily battle with our circadian instincts.

Why can't the world just unplug for one hour of their time? It's as simple as liberating your outlets from their extension cord captors. Conserving is as easy as choosing to walk around the corner instead of driving. It's as elementary as choosing neither when asked "paper or plastic." Consuming less means simply switching to compact fluorescents or turning off the water when you brush your teeth. Consuming less means more time to take it easy, rather than rushing around in the attempt to increase production and output.

Perhaps what we need to do is slow down our insatiable need to consume and consider what evolution has decided for us; to sleep, to estivate, to dream...if just for an hour. So the next time you set back your clocks at this time next year, think of the alternatives. Think of the "non-technical solution" to the "non-technical problem." We the people demand more time. We demand this in the name of sanity, conservation and of course...more nap time.

Editor's note: While it is obvious that Madeline is concerned about the recent advancement of the clock, yesterday's article entitled "Time change affects more than just the clock" was written by Vanessa Langdon, whose picture appeared next to the article. We apologize for this mistake.

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St. Patrick's Day

Eat like the Irish with these tasty recipes

By Natasha Luis



Saint Patrick's Day was made an official feast day in the early seventeenth century, and has gradually become a celebration of Irish culture in general.

The first Saint Patrick's Festival in Ireland was held on 17 March 1996. In 1997, it became a three-day event, and by 2000 it was a four-day event. By 2006, the festival was five days long; more than 675,000 people attended the 2009 parade.

Overall 2009's five day festival saw close to one million visitors, who took part in festivities that included concerts, outdoor theatre performances, and fireworks. Skyfest forms the centerpiece of the festival. So yes, it is a big deal! Everyone is Irish on Saint Patrick's Day! The day consists of drinking Ale, Eating and lots of dancing and parades. Here are a pair of traditional Irish recipes guaranteed to give you the "luck of the Irish."

Corned Beef and Cabbage: What's more Irish than a traditional recipe for corned beef and cabbage? Serve with mustard or horseradish if desired.

Ingredients: 3 pounds corned beef brisket with spice packet, 10 small red potatoes, 5 carrots, peeled and cut into 3-inch pieces,

St. Pat's traditions change

(from page 1)

known for drinking started out as a religious holiday and until 1995 all pubs in Ireland were closed on the day. But due to an attempt to increase tourism to the country pubs now remain open and that logic has apparently worked as now there are approximately one million people attending the Irish festival every year in Dublin.

So celebrate St. Patrick's Day this Saturday by wearing green (ironically a U.S. started custom, as in Ireland the color green is considered unlucky), eating some corn beef (a U.S. substitute for the traditional Irish bacon) and cabbage, enjoying a Shamrock Shake from McDonalds, or maybe singing this traditional Irish folk song;

St. Patrick, the holy and tutular man
His beard down his bosom like Aaron's ran:
Some from Scotland, some from Wales, will declare that he came,
But I care not from whence now he's risen to fame;
The pride of the world and his enemies scorning
I will drink to St. Patrick, today in the Morning!
He's a desperate big, little Erin go brah;
He will pardon our follies and promise us joy,
By the mass, by the Pope, by St. Patrick so long
As I live, I will give him a beautiful song!
No saint is so good, Ireland's country adorning:
Then hail to St. Patrick, today, in the morning!
(Traditional Song)

By Vanessa Langdon

1 large head cabbage,
cut into small wedges,

Directions: Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes. Place vegetables in a bowl and cover. Add as much broth as you want. Slice meat across the grain.



Potato Bacon Chowder: This chowder is like a bacon-topped baked potato in a bowl. This is also a dish straight from the tables of Ireland.

Ingredients: 2 cups peeled, cubed potatoes, 1 cup water, 8 bacon strips, 1 cup chopped onion, 1/2 cup chopped celery, 1 can condensed cream of chicken soup, undiluted, 1 3/4 cups milk, 1 cup sour cream, 1/2 teaspoon salt, Dash pepper, 1 tablespoon minced fresh parsley.

Directions: In a covered 3-qt. saucepan, cook potatoes in water until tender. Meanwhile, cook bacon in a skillet until crisp; remove to paper towels to drain. In the same skillet, sauté onion and celery in drippings until tender; drain. Add to un-drained potatoes. Stir in soup, milk, sour cream, salt and pepper. Cook over low heat for 10 minutes or until heated through (do not boil). Crumble bacon; set aside 1/4 cup. Add remaining bacon to soup along with parsley. Sprinkle with reserved bacon.



What is the weirdest dare you have ever taken?



"I had to eat a cookie out of someone's foot."

Nate Hudson



"I ate dog treats while zombie crawling."

Maggie Ryan



"I had to eat mud."

Conner Aldasch



"I rubbed my face into someone's sweaty stomach."

Anonymous

Meteorology and you

By Carson Metcalf



Today:



Cloudy with a shower/storm.

61°

Average: 43°
Record: 80° (1990)

Tonight:



Partly cloudy.

43°

Average: 25°
Record: 5° (1980)

Tomorrow:
Sun and clouds.
Chance rain.

65°/47°

Average: 43°/25°
Rec. high/low: 66°
(2003)/5° (1961)

Sunday:

Sun and clouds.
Chance rain.

68°/48°

Average: 44°/26°
Record high/low: 72°
(1966)/-5° (1967)

GRB senior Carson Metcalf is an aspiring Meteorologist and the creator of the Central New York Weather Center @ www.centralnewyorkweather.com
Look for his daily weather forecasts for Fulton on RaiderNet Daily.