



Tennis team making most of warmer weather

By Nate Hawthorne

Spring sports are rolling around again, and for the first time in recent history, boys varsity tennis players have started their practices on the actual courts, and not at the War Memorial. Unlike other seasons when snow and ice on the courts have kept them indoors, this year the boys have been lucky enough to spend the first week of practice outside in the sun with a nice breeze.

Overall there has been a large turnover in the team compared to years past. Although members graduate every year, leaving gaps to fill, half the team this year, eight members on the 16 man team, are first year players.

New to join the team this year are Logan Carvey, Thomas Distin, Brian Garrett, Nathan Hawthorne, Joel Monaghan, Jacob Strauss, Worapoj "Bike" Thongyoy, and Dan Wahl. Returning to the team are veterans Alex Bawarski, Brad Crofoot, Nathan Deavers, Neil Devendorf, Mitchell Lalik, Joe Medico, Zach Mizener and Eric Naioti.

In order to get a better understanding of what this means for the team, varsity tennis coach and high school guidance counselor, Mr. Goodnough commented that, "We have no JV team, so we want younger players who will be able to be on the team for 3-4 years, so we try to get new players young."

Mr. Goodnough also stressed the ease of access there is to play tennis, and its prominence worldwide. "Tennis is a lifelong sport, so anyone who wants to come out and play the game, we can accommodate them. You can play anywhere in the world. All you need is one other person, a court, and a \$2 can of balls."

He also acknowledged that tennis is a game



The sight of the boys tennis team on the courts in mid-March, much less shirtless, is one more indication that the past winter was anything but normal. With eight new members on the Raider varsity, veteran Coach Goodnough is thrilled to be getting meaningful practices in this early in the season. (Nate Hawthorne photo)

not just to be played during high school, but one that can be enjoyed lifelong, without age mattering. Mr. Goodnough stated, "I played in a doubles league with a man 83 years old. He had good touch, good feel, and good position on the court. Bottom line is we

won."

While what may happen in the rest of the season is unclear, make sure to come out and support the boys varsity tennis team! Home matches start in early April, with more information coming soon.

Senior t-shirts currently on sale

Look good and help raise needed funds for the Class of 2012 at the same time! The Senior t-shirts are available in Mrs. Windsors room 236, and the cost is only \$10!

The shirts are partially a fundraiser for the class. Without the sale of the shirts the class will lose out on money that could be used for the senior dinner dance as well as other activities involving the class.



Opinion

Leash laws were created for a good reason

By Laura Perwitz

Dogs love the great outdoors, but there is a limit. Recently, I went to the park with a few friends to hang out and have fun. After everyone had gone, it was just me and another person sitting there under a tree talking.

A few minutes later a huge, aggressive looking dog attacked a little dog going through the park with its owner. After about 10 minutes, the dog was finally released from the mouth of the aggressive dog, but was in horrible condition. This was sad for not only the owner of both dogs, but for the people in the park as well.

If you're going to take your pets to a public park, keep them on the leash. If you know your dog doesn't do well around other ani-



"If you know your dog doesn't do well around other animals, it would be wise to keep them not only on the leash, but near you as well."

mals, it would be wise to keep them not only on the leash, but near you as well. There are little kids running around the park playing and having fun. Some kids are as little as two years old. They don't need to be seeing dogs fighting, and they certainly don't need to be the victims of a dog attack.

Who in their right mind would take the dogs off the leash anyway? Public places are not the places to have your dogs in the first

place. Taking your dog for a walk is a different story; but if you go to the park with your kids, leave the dogs outside and at home. You could always play with them in the backyard when you get home.

After watching this go down on Sunday, I am terrified to go back to that park, and even heard a couple of parents say their kids would never be coming back. Do you seriously want this to happen? Kids love going to the park and just letting loose with friends. Why would you take this away from them because you messed up?

Please, keep your dogs on their leash or leave them at home. We don't need terrified kids who never want to come to the park again. It would be wiser to just leave them home and play with them later. Leave the parks for the kids, not your pets.

Bizarre news of the day:

Never too old to take flight

A great grandmother from the Utah has leapt into the record books by taking a paragliding flight to celebrate her 101st birthday. Mary Allen Hardison was recognized by the Guinness Book of Records on Tuesday for the feat, undertaken after her 75-year-old son Allen went paragliding and she decided not to be beaten.

Four generations of her family, from children to great grandchildren, were on hand to watch her take off, rigged up in tandem with a qualified instructor. "I feel very humble in setting a new Guinness World Record. My desire is for the elderly to keep on going, do things as long as you are physically able. Be positive," she said in comments cited by Guinness.

Instructor Kevin Hintze described Hardison as "hardcore" after she encouraged him to have them loop and spin together, hundreds of feet up in the air near her home in Ogden, Utah. Hardison, who says her more usual hobbies include knitting, said more elderly people should push themselves to keep having fun. "When a person is busy, the hurts seem to ease up. If you are able and even older than I, then I'm happy for people to attempt to break my record. I promise the experience will be well worth it!"

When asked how she felt just after landing gently back on the ground, she told news reporters: "How was it? I'm ready to go again!"

By Morgan Firenze

Quote of the day:

"Even if you fall on your face, you're still moving forward."

Victor Kiam



Reflections

-THE- Salon & More

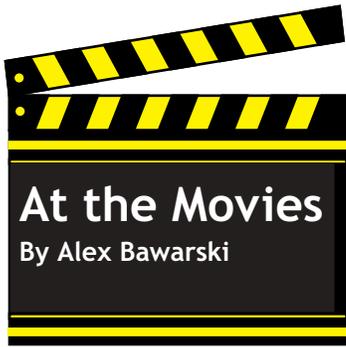
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The Hunger Games hits the big screen Friday



The Hunger Games: The only movie coming out on Friday, March 23 is the highly anticipated *The Hunger Games*. After months of waiting for this film to debut, many fans are getting anxious for the release.

Based on the first book in the trilogy by Suzanne Collins, *The Hunger Games* looks to be one of the biggest releases to the theatres this year.

The Hunger Games is a novel about a yearly tournament held by the evil capitol of the nation of Panem, that chooses one boy and one girl from each of the 12 Districts to compete. When her now 12-year-old sister surprisingly gets drawn from the reaping (the raffle for selecting candidates), Katniss

Everdeen volunteers herself to pay tribute for her district. The other tribute from District 12 is a boy named Peeta Mellark, who has secretly loved Katniss for years. The two get their advice and training from a former Hunger Games champion, Haymitch Abernathy.

When pushed to the limit of the Hunger Games, Katniss must make the hardest decision of her life to determine the outcome of this year's tournament. Starring as the protagonist, Katniss Everdeen, is Jennifer Lawrence. Alongside Lawrence, Peeta Mellark will be played by Josh Hutcherson and Haymitch Abernathy will be portrayed by Woody Harrelson.

If you are a longtime fan of Collin's book series, or you are just looking for a good movie to remember and discuss with your friends, this film is highly recommended by most people. Also, it is not too late to finish reading the book before you go out to view this masterpiece. I myself am frantically finding the time to finish this novel before I hopefully attend the film this weekend.

Monday marks return of two popular TV series

Free up your Monday nights! *The Secret Life of the American Teenager* and *Make It or Break It* will be airing Monday, March 26 at 8 and 9 pm, respectively.

The summer finale of *Secret Life of the American Teenager* left the audience with Adrian closing her fantasy with Ricky, Amy with a ring on her finger, and Grace pursuing her love with Jack. It seemed like that was the last episode. All of the questions were answered and everyone was content. Spectators questioned what might possibly be coming next. People are suggesting a possible wedding in the picture. But everyone knows that with *Secret Life*, it is not that easy. It will be a long road until Amy walks down the aisle. The new season continues with its theme of exploration. With the introduction of new cast, relationships are in jeopardy.

The second season of *Make It or Break It* left its viewers with the ultimate cliffhanger. After the first day of competition, Kaylie confessed during the press conference about her anorexia condition. Payson's impressive one-leg landing on vault allowed the USA to take home the gold. Max told Payson he loved her but Payson interrupted him before he admitted to his bisexuality. Kaylie and Austin

pursued their romance while Kelly learned the value of friendships. In the new season, the Rock gymnasts are closer than ever to the Olympics, but their friendships and their spot are in jeopardy when a new prospect enters the gymnasium. The new episodes will bring about exciting drama that will change the lives of the Rock girls!

By Ashlynn Palmitessa

Going someplace cool? Take

RaiderNet

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What's for Lunch?

Try these nutritious lunch recipes

By **Natasha Luis**

Here are some delicious mid-day meals, known as lunch! These are the right combination of light and healthy, to give you that boost that you need to help get you through the day!

Steak Salad: This is a quick and easy meal for those hot summer evenings. It's the perfect meal of steak and salad that the whole family can find a liking to. You can top this with any dressing that you prefer, for a tasty lunch.

Ingredient:

- 1 3/4 pounds beef sirloin steak
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon Worcestershire sauce
- 3/4 cup crumbled blue cheese
- 8 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
- 2 tomatoes, sliced
- 1 small green bell pepper, sliced



- 1 carrot, sliced
- 1/2 cup sliced red onion
- 1/4 cup sliced pimento-stuffed green olives

Directions:

Preheat grill for high heat. Lightly oil grill grate. Place steak on grill and cook for until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces. In a small bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.

Onto chilled plates arrange the lettuce, tomato, pepper, onion and olives. Top with steak and drizzle with dressing. Serve with crusty grilled French bread. Enjoy!

Baked Potato: This meal is easy and simple to make. Its less than 120 calories and you can top it with anything from sour cream, to bacon bits and cheese!

Ingredients:

- 1 baking potato

Directions:

Preheat oven to 350 degrees F (175 degrees C). Scrub the potato and prick it with a fork to prevent steam from building up and causing the potato to explode in your oven. Bake for 1 1/2 hours.



Baseball's "next big thing" headed to Syracuse

At 6-foot-3 and 225 pounds, the 19-year-old Bryce Harper, a catcher turned outfielder turned statue come to life, looks to be the work of a master stonemason. Indeed, there will be no confusing the young man, who bats left and throws right, once he descends upon our town the week after next.

Still, there is work to be done here.

And there will be a fair amount of it because Harper's duties while with here in Syracuse will be to learn the nuances of center field, figure out the mystical properties of the curveball and do something about his strikeout rate which last season, split between Class-A Hagerstown and Class-AA Harrisburg, computed to one whiff for every 4.4 at-bats.

And there is this, too: Harper, who has a big arm and a quick bat (and, from all reports, an awareness of both), will need to continue to fight the urge to believe what so many have seemed to suggest — that he is, more or less, a child of the baseball gods.

Admittedly, this bodes to be a difficult task. After all, at 16, Harper was on the cover of *Sports Illustrated*. At 17, he was a college freshman at Southern Nevada of the wooden-bat Scenic West Athletic

Conference where he hit .443, belted 31 homers and drove in 98 runs in 66 games. At 18, and with a \$9.9-million contract his hip pocket, he broke into pro ball in Hagerstown and Harrisburg and batted a cumulative .297 (and .383 on those balls he put into play) in 109 contests.

And now, at 19? Bryce Harper is a Triple-A Chief, just as Stephen Strasburg was a Triple-A Chief. And like Strasburg, whose every start on the mound became a kind of carnival on our north side, Harper's next stop will be the major leagues where, if the experts are correct, his hip is destined to be joined by glory. Beasley? He was the skipper in Harrisburg in 2011 and had Harper, following his promotion from Hagerstown, in the lineup for 37 games. And, yeah, he's smitten, big time.

That'll be in 16 days when we'll all see him out there at ABS, in the flesh, for the first time. That'll be on April 5 when he steps in for the Chiefs against the Rochester Red Wings. That will be on Opening Day when a memory, perhaps even Hobbs-like, may well be crafted. In case you need to know, Harper will be the fella wearing uniform No. 34.

By Tyler Terramiggi

Syracuse hoping for sweet results in Boston

By Nathan Deavers

After six days of the NCAA Men's Basketball Tournament, it's all down to the Sweet Sixteen, which includes local favorites, the Syracuse Orange. There have been many upsets in this tournament and there are some teams that are still in it that were not expected to make it this far, but the top teams still are standing in the Eastern Bracket, Syracuse's side. There are two games to be played in Boston, one seed Syracuse against



the four seed Wisconsin, and number two seed Ohio State versus the six seed Cincinnati.

The Orange's next opponent will be the Wisconsin Badgers. The Badgers are a formidable foe, obviously if they made it this far in the tournament they must be, and they had a decent regular season as well. They have beaten the likes of Ohio State and Indiana, two teams that are still a part of the sixteen teams left in the tournament. This is a team whose stats do not look very intimidating, but this is a good team that has played many ranked teams like Michigan State, Michigan, North Carolina, Indiana, and Marquette. All but one of those teams is still in the tournament.

This team only has two seniors, but has many juniors to help as a supporting cast. Jordan Taylor leads the team with 14.7 points per game and 4 assists per game, while there are two other players are also averaging double digit scoring. The Orange need to extend their defense, as most of the team shoots the three ball. But in doing so they will then need to be careful about the center of the zone and inside the paint.

All Orange fans know that Syracuse has a hard time rebounding the ball, luckily the Badgers have a difficult time to as they average

Spring has arrived, just ask the animals

By Daniel Summerville

There are many things that predict the coming of spring, like the arrival of certain birds and the sprouting of plants. While these signs might predict spring, there is one sign that almost always means spring is here to stay. Spring is when most animals start giving birth.

Living on a farm, I have witnessed many calves being born. The cows give birth year round, but many of the first time heifers calve in the early spring. The barn is filled with young bovines; hardly a week goes by without a few more being born. Recently, I got the chance to deliver my first calf without any help. The calf turned out to be a little heifer, and she is now out in the barn with the other calves. Eight young heifers tied to the barn wall can only mean one thing, spring is here to stay.

Cows are not the only ones that give birth as soon as the weather starts warming up. All three of the female cats on my farm either

33.8 boards, rebounds, per game which is ranked 210th in the nation. The Orange will play this tough team from Wisconsin tonight at 7:15 pm in Boston. This game will be televised by CBS.

On the other side of the Eastern bracket stands Ohio State and Cincinnati, who will play tonight at 9:45 pm on CBS. They will be playing in Boston as well. The Buckeyes from Ohio State have been highly ranked all year, beating teams like Florida, Duke, Indiana, Michigan, Wisconsin, and Michigan State. If the Orange plays this team they will have to be careful with the force in the middle, Jared Sullinger, who averages 17.6 points per game and 9.3 rebounds per game. The Orange have had problems with good big men, but if they put a body on him then they might have a good chance in beating this team.

The other team from Ohio is Cincinnati, one of four teams left in the Sweet 16 from the state of Ohio. Orange fans know about Cincinnati as Syracuse has played them twice this year already. They need not be reminded of how the Bearcats beat the Orange in the Big East Tournament.

This team never quits and is relentless, already beating the three seed, Florida State, in the tournament. They have also beaten good teams like Syracuse, Georgetown, Marquette, and Louisville. They do not have any "star player" who does everything, because they all do a little bit of everything, knowing their roles on the team. This team may be a six seed in the tournament, but they are playing really well and should be feared.

Syracuse is now in the Sweet Sixteen, meaning that it is coming down to the best teams left in the tournament. Syracuse will face a tough game or two or maybe even three or four, depending on how well they play. Syracuse fans throughout the country hope to see them make it past this round and make it to the Championship. There are certain to be a lot of television tuned in to CBS tonight.



have or are preparing to have kittens. Last Tuesday, the matriarch of the barn cats, Bug, had her ninth litter of kittens. She had disappeared from sight early Tuesday morning, a clear sign that the kittens that she had been expecting had been born. It took until Wednesday to dig her out of the bowels of the haymow, but we eventually found her and brought her up to the relative safety of the house. She is not the only cat on the farm with kittens though; her two daughters, Kiera and Onyx, are expecting kittens as well.

Domestic animals are starting to give birth now, and the wild animals will not be far behind. There are not many better indicators of spring than when animals start having their young. It will still be a few weeks before the game animals like deer start giving birth, but it will most likely be sooner than it normally would. Now that spring is officially here, slightly nicer weather is to be expected, but not quite as nice as it has been. So far, 2012 has been a strange year weather-wise, and it is likely to continue to be.

What does Spring make you think of?



"Beaches and good weather."

Alanah McClellan



"Flowers!"

Mrs. Williams



"Growth and life."

Emma Buffet



"Baseball and spring sports."

Vishal Patel

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.
Record high forecast

78°

Average: 46°
Record: 67° (1979)

Tonight:



Partly cloudy.

52°

Average: 27°
Record: 5° (1988)

Tomorrow:



Sun and clouds.

70°

Average: 46°
Record: 74° (1979)

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.