

Raider girls head to ES-M seeking third win

The Lady Raider lacrosse team is in pursuit of its "third step to respect," tonight when the 2-0 girls take their show on the road to East Syracuse-Minoa. The girls are hoping to gain respect each game by proving they are a powerful competitor, and a force to be reckoned with. After big wins over New Hartford and Clinton the girls are ready for another win, but realize it will have to be well deserved.

Coming in at 2-1 on the season, ES-M's leading scorer Rachel Toole, with seven goals, will be a challenge for the Raider defensive unit to shut down. She leads the Spartans with 11 points (7-4-11) while the DeVona sisters have also been offensive mainstays as Haley DeVona has five goals

and two assists while Nikki DeVona has counted four goals with four assists.

Other top guns on the ES-M side are Sam Dooling and Alex McEachrun with four goals and two assists apiece while goaltender Courtney Nostaro has 30 saves in three games.

Fulton is expected to show their teeth and push for victory despite these challenges. Junior Erica Knaub, senior Jordan Rizzo, and sophomore Amelia Coakley, the leading scorers for the Lady Raiders, are expected to make an impact. Knaub has netted 10 goals in two games with four assists while Coakley has ripped the twines seven times to go with three assists.

Rizzo has also found the back of the net

on seven occasions while Kate Rothrock has added five goals and two assists. Along with the rest of the offensive group, these ladies are expected to have an interesting game against ES-M.

The Lady Raiders made a statement last Wednesday when they rolled past Clinton 15-4. The top scorers, Kate Rothrock, and Erica Knaub, spearheaded the job with four goals apiece. The defensive girls also pulled their weight, but struggled in some areas that they hope will be cleaned up by the game against East Syracuse-Minoa. Everyone is putting forth the extra effort this week in practice and hope that tonight's game will have the same outcome as the last two.

By Hannah Dunsmoor



RaiderNet Daily



G. Ray Bodley High School, Fulton, NY

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Raiders battle past New Hartford for first win

The Raider boys lacrosse team earned its first win of the season on Tuesday in a nail biter. The team adopted Head Coach Craig Halladay's philosophy of focusing for the entire 48 minutes of the game and left the turf with a .500 league record after downing New Hartford 7-6.

Both teams got off to slow starts in the first half with the game going into halftime with a score of 2-1 in Fulton's favor. After some halftime adjustments to free up the attackmen for the Raiders, the ball started rolling. Behind the quick spark of attackmen and fellow captains Ross Maxam and Joe Sutton, the home side finished the quarter with a two goal lead.

Early out of the break Maxam dodged from behind and found the cutting Sutton in front of the cage, who put it in with ease. The next trip down Maxam went with the same strategy, but this time found a cutting Steven Hanczyk who popped in his second goal of the year.

After New Hartford answered with two in a row, Sutton found the back of the net again in an unassisted shot from 10 yards out. Senior midfielder Steven DeLisle delivered in his first game back from an injury by putting in a goal for the Raider cause. The next

quarter, his younger brother, sophomore Seth DeLisle, scored his first career varsity goal on a well-placed shot for the lone fourth quarter tally for the Raiders.

Leading the way in points was a heavily experienced group of attackmen who scored five of the Raiders seven goals and nine of the 11 points. Sutton and Maxam both finished with three points apiece, although doing it in different ways. Sutton finished with a hat trick where Maxam dished out three dimes. Bryan Benton added a goal and an assist with Hanczyk tallying a goal. The midfield featured a goal apiece from the DeLisle brothers to round out the scoring.

Credit Fulton's defense as they had an out-

standing game behind senior defender Joe Cortese, who held the Spartans top gun scoreless after he was averaging roughly five points a game. Net minder Colin Blake stood tall between the pipes recording a .684 save percentage including a clutch save in the fourth quarter with under two minutes to play. Long pole midfielder Ryan Knopp also played well on a seven goal getter in Nick Suits by holding him to no points as well.

The Raiders face a tough Central Square team on Thursday in a home matchup at 6:30 p.m. The team hopes to continue their winning ways in what looks to be a very competitive game.

Tough day for Raider baseball

It was a long day for Raider baseball Tuesday evening as they fell to close rival Phoenix 20-0.

The Raiders started of the game in a good fashion when senior catcher Dan Bolster walked and fellow classmate Tyler Terramiggi put a line drive over the head of the shortstops head for a base-hit. But after the great start they could not find a way to push in a run. The home Firebirds proceeded to smack nine runs in the first inning, in-

(continued on page 4)

**Bodley's Got
T★LENT**

**Thursday, April 12
6 pm \$3 admission**

Opinion

Unhappy with the prom plans? Stay home

By Laura Perwitz

In one short month, the juniors will be having their annual prom. As excitement of this great event fills some of the anxious juniors, others are not so anxious and are clearly unafraid to express how they feel about the arrangements being made for this dance.

Perhaps they should follow the old adage, "if you can't say something nice, don't say anything at all."

The class officers and the class advisor have been working really hard to plan a prom that everyone will enjoy, and snide and rude comments are just not needed.

People are currently posting on Facebook that the prom venue is stupid and that the prom is going to be horrible this year. Where were these people when the plans were being made?

Sorry they can't accommodate to everyone's individual desires,



nally get to go to something that they have dreamed about since they were little.

After seeing various posts on Facebook and hearing many people complain, I have had just about enough of everyone bashing the officers and the prom. The officers are working hard to order things and make things beautiful for this event. Be thankful that we can actually have a prom. People are seriously very ungrateful these days and it is just rude.

Facebook is not the place to post negative things about this, especially if you're friends with the officers. The people who actually work for the class are trying really hard to make this prom a fun one, and it would be helpful if people would just quit throwing ideas down without even waiting for someone to explain how it would work.

Can't people just be grateful for once in their lives? We could not have a prom at all and see how many people complain about that. I bet the people who were complaining about prom would be the first ones to complain if we didn't have one. Bottom line, be grateful that we actually can have a prom and live with it. If you won't be grateful, don't waste your time by coming to something you don't even want to be at. You never know, you might actually have fun if you just gave it a chance.

"The class officers and the class advisor have been working really hard to plan a prom that everyone will enjoy, and snide and rude comments are just not needed."

but the officers picked a venue that they feel will be big enough for everyone so that all the guests can have fun. Another reason people are saying that the prom will be "stupid" is because they don't have a prom date. How is prom going to be stupid just because you don't have date? If you want a date so badly, go and ask someone. It really isn't that hard. If they turn you down, then move on and find someone else.

But really the prom, like everything else, comes down to a matter of personal choice. If you don't like the place and you feel like you're not going to have a good time, then please don't go to this dance. You will just ruin it for everyone else who is excited to fi-

Meet the Reporters

Tyler Terramiggi, Senior

Tyler, the winner of this year's weekly NFL picks, joined the RaiderNet staff to write about high school, college and even pro sports. When he isn't playing sports, he enjoys hanging out with friends.



Reflections

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Nutrition

Appetizing breakfast choices to start the day

Here is another scrumptious, healthy, fulfilling breakfast that can fit anyone's likes! It is sure to leave your family leaving the table with a smile!

Raspberry Bran Muffins: Consider this recipe when you're looking to bring a healthy addition to the breakfast table. These wholesome not-too-sweet muffins have a golden brown crust. With a glass of milk will make this meal a fulfilling one!

Ingredients:

- 1 cup all-purpose flour
- 1 cup wheat or oat bran
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup egg substitute
- 1 cup fat-free milk
- 1/4 cup canola oil
- 1 cup fresh or frozen unsweetened raspberries*



(If using frozen raspberries, do not thaw before adding to batter.)
 Directions: In a bowl, combine the flour, bran, sugar, baking powder and salt. In another bowl, beat egg substitute, milk and oil; stir into dry ingredients just until moistened. Gently fold in raspberries. Coat muffin cups with nonstick cooking spray or use paper liners; fill two-thirds full with batter. Bake at 400 degrees F for 20 minutes or until golden brown. Cool for 5 minutes before removing from pan to a wire rack.

Grapefruit Alaska: You'll easily impress guests with this scrumptious breakfast. It takes some time to prepare, but its appealing to the eyes as well as the taste buds!

Ingredients:

- 4 large grapefruit
- 2 teaspoons rum extract
- 1/2 cup heavy whipping cream, whipped
- 3 egg whites
- 1 teaspoon cornstarch
- 1/4 teaspoon cream of tartar
- 1/4 cup sugar
- 8 maraschino cherries

Directions:

Halve grapefruit and section; remove membranes. Return grapefruit sections to grapefruit halves.

Drizzle 1/4 teaspoon rum extract over each. Top with 1 rounded tablespoon of whipped cream; Place on an ungreased foil-lined baking sheet. In a large mixing bowl, beat the egg whites, cornstarch and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff glossy peaks form and sugar is dissolved.

Mound 1/2 cup on each grapefruit half; spread meringue to edges to seal. Bake at 350 degrees F for 15 minutes or until meringue is browned. Top each with a cherry. Serve immediately.



By Natasha Luis

Bizarre news of the day: Squeaky-clean meat

There is a butcher's shop in Asia where owner Wan Shen can guarantee that all his meat is squeaky clean - because all he ever sells are freshly caught mice.

Locals in Guangdong province, southern China, have a reputation for being able to cook and stomach any food, no matter how bizarre. Now they're trying to export to the rest of the country one of their most highly "rat-ed" delicacies which is considered so tasty that pound for pound it's more expensive than chicken or pork.

Fans can even buy a specially cured mouse bacon made into tiny rashers by delicate carving, explained Wan, from Dongguan. "Some people worry that mice aren't clean but these are all wild, free range mice caught in the countryside and are very healthy. They are thought of as a special treat," added Wan.

Customer Mo Lin added: "I've been eating mice for 10 years with no ill effects. You can fry them, roast them or boil them. They're very sweet and tasty."

By Morgan Firenze



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The Great Outdoors

State mulling change to archery season

By Daniel Summerville

For hunters in Central New York, the next hunting season is Spring Turkey. With the second most popular hunting season only weeks away, hunters are busy getting ready for turkeys. Not many hunters are aware of some of the ideas that are being tossed around in Albany.

In the past, hunters have had to wait months for another hunting season after turkey season was over. Deer season in the southern zone has started in mid-October for years, but that might soon change. Recently, there has been a lot of talk about moving the archery season opener to October 1. If this idea actually goes through, bow hunters would have more than two extra weeks to hunt, giving them nearly a month and a half in the woods before regular season opens.

This proposition is stirring up mixed reactions in the hunting community. Bow hunters are all for the change, hoping that two extra weeks will give them plenty of time to harvest their deer. However, gun hunters are arguing that the extra time is unfair to those who do not bow hunt.

The truth is that a longer bow season would be mostly beneficial. Getting a deer within range for a bow is a lot harder than with a gun. Bow hunters need a longer season in order to get the same amount of chances to harvest deer as gun hunters. Archers can see



upwards of five deer per day, and none of them may come within range. On average it takes more time in the woods with a bow to bag a deer than it does with a gun. Bow hunting is nearly silent, so a longer season should not alert the deer to a hunter's presence any more than the current length seasons do. In theory, a longer archery season should have no effect on regular season.

Whether deer season starts early or not, hunters still have a very long time to wait before they can go after their trophy bucks. Luckily, with May fast approaching, hunters do not need to wait until fall to get out in the woods; Turkey season is almost upon us.

Tough outing for Raiders

(continued from page 1)

cluding a grand slam by Chris Vaverchak off starting pitcher Brandon Guernsey.

Leading Fulton (1-2) offensively was Terramiggi with two hits, while also chipping in was Guernsey with a hit and senior outfielder Alex Bateman also had a hit. On the bump, Guernsey gave up 9 runs, 5 earned in 2 1/3 innings of work while junior reliever Ron Smith went the rest of the way giving up 11 runs, just 4 of them earned.

However, it was a different story for the Firebirds (1-0) as all but one starter had a hit. Nate Dietz led Phoenix with three hits, while Emilio Tassone, Dakota Bellknap, Vaverchak and Kyle Himes each had two hits. Also chipping in with a hit were senior Tyler Button, who also had four walks, Adam Thoryk, Matt Ladd, and Remi Lynch. Adam Thoryk started on the hill and tossed four innings of shutout work allowing just two hits and Emilio Tassone came in for three innings of the same, allowing just one hit giving up no runs.

The Raiders will seek redemption when they play again today at 4 pm against Chittenango

By Tyler Terramiggi

Girls drop softball opener

The Raider softball team opened shop in disappointing fashion on Tuesday as Phoenix left town with a 10-3 victory in the season opener for both teams. The visitors scored twice in the first inning and never looked back while scoring in all but the fourth inning. Taking advantage of six Raider errors, the 'Birds also pounded out 11 hits on the day as they cruised to a 5-0 lead before Fulton answered with two runs in the bottom of the fifth frame.

Fulton replied with seven hits of their own, including a double from Ashly Smart, while Cassidy Kearns and Falecia Coleman each registered an RBI for the Raiders.

This week in Raider Sports

Today: Baseball vs. Chittenango (4 pm); Girls lax @ ES-M (JV-4:30/V-6 pm); Tennis vs. Mexico (4:30).

Thurs. April 12: Boys lax vs. C.Square (5:30); Softball vs. West Genesee (4 pm).

Fri. April 13: JV Boys lax @ C.Square (4 pm); Baseball @ Cortland (4:30); Softball vs. Cortland (4:30); Girls Lax Fulton Tourney (4 & 5:30).

Sat. April 14: Girls Lax Fulton Tourney (11 & 12:30-JV/noon & 1:30-V); Boys V lax @ Tully (noon).



RaiderNet

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School of Thought compiled by Nathan Hawthorne

If you were performing in Bodley's Got Talent, what would you do?



"Sing an opera song."

Sean Fink



"I would play my violin."

Ryann Crofoot



"Cooking demonstration."

Dylan Galletta



"I would do a triple backflip while juggling chainsaws."

Patrick Sullivan

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain showers.

51°

Average: 55°
Record: 85° (2011)

Tonight:



Mostly cloudy.

33°

Average: 35°
Record: 21° (1970)

Tomorrow:



Sun and clouds.
Chance rain.

53°

Average: 56°
Record: 77° (2001)

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.