

## Raider girls fall short in championship bid

By Ross Maxam

It was a tale of two leagues as much as it was a tale of two teams on Wednesday night when the Lady Raiders faced off against the Oswego Buccaneers in the Section III Class B title game at West Genesee High School in Camillus. The Bucs hail from the CNYCL American League, full of Class A schools. The Bucs drop down for the class B play-offs where they won the tournament last year. Their experience playing larger schools paid off in the end.

This year was no different with Oswego running the table and being crowned section champs. Despite compiling just a 2-7 record in the American League, the experience gained from playing Class A heavyweights such as West Genesee, Baldwinsville and F-M helped them battle through the Class B bracket to a 13-7 record that included an 11-0 non-league and playoff mark.

Fulton stuck with the hard charging Bucs throughout the first half and well into the second, nosing to within a goal at 7-6 Oswego with about 13 minutes left in the second stanza. But for the Raiders, the dream of sectional glory was transformed in a matter of seconds.

At that point, Oswego head coach Laura Burger had seen enough and called a timeout. She told her team they needed to refocus. "We need to keep the ball spread, make good decisions, and make smart passes," the Oswego skipper said. Her team responded in a big way with University of Albany recruit Taylor Giglio scoring 18 seconds after the timeout and Becca Martin scoring again, 10 seconds after Giglio.

It was all Oswego from that point onward as the Bucs stretched a tight 7-6 lead into a comfortable 13-6 cushion by reeling off six unanswered goals. Giglio scored on six occasions and Becca Martin and Mikayla Place added two goals apiece. Place also handed out two assists for the Oswego cause. All-American keeper Taylor Bowman finished with 7 saves.

Junior Erica Knaub paced the Lady Raid-



Members of the Fulton girls lacrosse team, led by co-captains Erika Johnson, left, and Hannah Dunsmoor, receive a round of applause from their fans following Wednesday's disappointing 13-7 loss in the Class B title game. Oswego used a late burst to pull away and claim their second consecutive Class B crown. (Ross Maxam photo) The girls were well supported by their classmates in Fulton's first-ever trip to a Section 3 lacrosse championship game. (bottom photo)

ers with a hat-trick, her 13th of the year. Kate Rothrock, Andrea Gould, Julia Ludington, and Amelia Coakley all tallied a goal each while senior keeper Torrie Whelsky made 9 saves in the contest.

The Raiders finished 15-4 in the 2012 cam-

paign and totaled the highest win total in school history on the way to being state ranked as high as #17. Along the way they also claimed the first league title in school history for either the boys or girls as the OHSL regular season league champs.



## Opinion

# Have your say, but don't be nasty about it

By Vanessa Langdon

Trying to help the country's obesity problem and you get slammed. Such was the case in a recent issue on CNN regarding physical education classes.

We in the Fulton City School District are required to take physical education every other day from middle school on, and we take it in elementary school as well. It is not an option. But it is apparently the choice of the child in Miami, where they are only required to take one semester of physical education.

Obesity is an important issue, but not one to becoming insulting over, like the comments on a recent CNN news story covering the schools, like Miami, which were chosen as winners of a \$25 million grant to be used to improve physical education programs. Many of the comments were vicious! People were voicing their opinion, as they should be able to, and then being shut down.

Some commented, saying that money should be taken from such programs to improve physical well-being and be applied to aca-



I was shocked by this comment.

Why are adults fighting like this?! They were fighting about whose responsibility it is to teach kids good eating habits. Some were saying it should all be on the parents not the government, while others were saying that the government should fund it all. But personally I feel that it is all about compromise, school should be examples of how to live a healthy life while hopefully a child's home reinforces those ideals.

Fighting like this, insulting a fellow human being, is not going to improve the health of America's youth. We need to stop fighting over whose responsibility it is to make sure children have a healthy lifestyle and start to be an example ourselves and make subtle changes.

Thankfully here in Fulton we do have physical education class and plenty of parks and opportunities for children to play outside. But we also have a plethora of fast-food restaurants, so we have to be conscious of our choices and hope that we all turn out okay. But really, when all is said and done, I think it is more important to be a well-educated intelligent person than a size 2.

**“Fighting like this, insulting a fellow human being, is not going to improve the health of America's youth.”**

demics instead-to improve our students Math and English skills, a potentially valid point. Another said that money should be taken from these programs to aid the special needs children, one of whom this woman was a mother of. The comments she received back were just the beginning of the onslaught of horrible comments about handicapped and overweight children.

The mother whose child is special needs was told by another CNN.com commenter that her drooling spawn wasn't worth the money, “Why should money be taken away from the normal children that actually have a real future and be given to your drooling spawn?”

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**Quote of the day:**

“Any intelligent fool can make things bigger and more complex... It takes a touch of genius - and a lot of courage to move in the opposite direction.

*Albert Einstein*



## Reflections

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# Army fitness challenge this Saturday at GRB

The Army is coming to town. This Saturday, June 2, G. Ray Boldey High School will hold the Army's second Annual Physical Fitness Competition. The contest will begin at 9 am and last until noon.

The contest will consist of three enduring parts. The first stage will be a timed two-mile run. The males will have to complete the two-mile run in fourteen minutes. The time limit for the females is unknown. Justin Bowering believes the females will have a longer time to complete the run.

Next will be back-to-back strength sections that will include performing a certain number of push-ups and sit-ups. Your time limit and amount you have to complete these two activities will depend on your age and gender.

Each team will be made up of six members, three males and three females from their respective high school in Oswego County. Oswego High School is the current defending champion, but their road to another title will not come easy as they will

compete against the Fulton squad.

The Fulton team consists of seniors Justin Bowering and Steven DeLisle, along with sophomore Mark Pollock. The females of the square are seniors Lindsey Larkin and Ashlynn Palmitesso.

The third member of the team for the female side is up in the air. If you think you are Army Strong, then talk to Justin Bowering or Ashlynn Palmitesso and you could be competing for your school on Saturday.

*By Ashlynn Palmitesso*

# Proactive summer relieves senior year stress

By Vanessa Langdon

The school year is winding down but that doesn't mean it is time to relax! For all juniors who are hoping to go to college this summer is VERY important!

This is our last summer before we're thrown into college life or the "real world" and either way we need experience and to prepare for the road ahead of us!

For those who are headed to college it is the time to prepare! You have to start visiting colleges and seeing where you want to spend at least the next four years of your life! Whether you feel you will want to be in a big city or a small town or want to have big classes or just little intimate ones, you have to be sure to look at all different types of schools because you never know what it is going to be like once you get there.

This summer you can be proactive in your application process to make the up-coming school year, your senior year, a little less hectic. You can get a leg up on the competition by starting your Common Application

any time after August 1. The Common Application is great because it is accepted at many Private and State Colleges!

The Common Application also allows you to pick your own essay topic, which means that you can also start to write your essays prior to the August first opening of the Common Application. A helpful tip is to write a

variety of possible essays and decide which you think your best is. You may even want to send different ones to different Colleges based on what the college wants and how they may feel about your essay topic.

the teachers because you never know, they may not feel comfortable writing such a letter or may be too busy to do so. Think about asking a teacher who you have had in a difficult subject that you have had to work especially hard at, a teacher who has taught you in a subject that correlates with you chosen major, and a teacher who

**"...remember, ask the teacher in advance because this is a favor that they are doing for you, not a requirement!"**

This summer you may also want to think about which teachers you have had who would be able to write the best recommendation letter for you. You should start to brainstorm a list now so that come the beginning of next year you can promptly ask

may have been a big fan of yours and you did exceptionally well in their class.

But remember, ask the teacher in advance because this is a favor that they are doing for you, not a requirement!

So if you start to think about your future this summer in between trips to the beach you can make your last year of high school a little more enjoyable and not so crazy trying to get everything in order at the last minute!

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## Nutrition

# Fire up the grill for these tasty recipes

By Natasha Luis

In addition to the hot weather, the swimming, and that awful sunburn, summer has just a bit more left to offer. Grilling has become a new and uprising trend. These recipes are a tasty way to put your grilling skills to the test! With These delicious recipes, you might just trade your stove in for a grill!

**Lemon Chicken Primavera:** Lemony chicken, veggies, and pasta in foil packets grill up in just minutes for a quick, savory dinner—with no pots to clean! It's a delicious grilled meal that everyone can enjoy.

### Ingredients

2 sheets (12 x 18 inches each) Reynolds Wrap Heavy Duty Aluminum Foil  
 2 (8 ounce) boneless, skinless chicken breast halves  
 1 (16 ounce) package frozen stir-fry vegetables with pasta  
 2 tablespoons butter or margarine  
 2 tablespoons water  
 1 lemon, grated and juiced, divided  
 1 teaspoon garlic salt  
 1 teaspoon dried basil

### Directions

Preheat grill to medium-high or oven to 450 degrees F. Center one chicken breast half on each sheet of Reynolds Wrap Heavy Duty Aluminum Foil. Arrange stir-fry vegetable mixture around chicken; top with butter. Sprinkle with water, lemon peel, garlic salt and basil. Bring up foil sides.

Double fold top and ends to seal packet,

leaving room for heat circulation inside. Repeat to make two packets. Bake 22 to 24 minutes on a cookie sheet in oven OR GRILL 10 to 12 minutes in covered grill. Squeeze lemon juice over chicken and vegetables before serving.

Here is another family favorite grill recipe! These simple, yet delightful grill top meals are a different way to put food on your table. It helps turn up the diversity at the table, So give your family something new to talk about!

**Marinated Grilled Shrimp:** Even if you're not a sea food fan, you HAVE to

give these a try! A very simple and easy marinade that makes your shrimp so yummy you don't even need cocktail sauce!

Don't let the cayenne pepper alarm you, you don't even taste it. Try it with a salad, baked potato, and garlic bread. You

will not be disappointed!!!

### Ingredients

3 cloves garlic, minced  
 1/3 cup olive oil  
 1/4 cup tomato sauce  
 2 tablespoons red wine vin-

egar

2 tablespoons chopped fresh basil



1/2 teaspoon salt

1/4 teaspoon cayenne pepper

2 pounds fresh shrimp, peeled and deveined  
 Skewers

### Directions

In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season it with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

## Friday in RaiderNet Daily

- \* The yearbooks are coming!
- \* Rank is important to some
- \* At the Movies
- \* GRB awards night on Monday

# RaiderNet

Daily

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School of Thought compiled by Nate Hawthorne

## What is your favorite part of the end of the school year?



"Graduating."

Ron Smith



"Start of summer."

Joey Paulich



"Graduation!"

Elliott Mills



"Classes get easy as it all winds down."

Zach Wilton

# Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

**68°**

Average: 73°  
Record: 92° (2011)

Tonight:



Mostly cloudy.

**51°**

Average: 51°  
Record: 36° (1966)

Tomorrow:



Mostly cloudy  
with rain.

**72°**

Average: 74°  
Record: 91° (1954)

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