



Formidable foe awaits Raiders in playoff opener

The varsity boys lacrosse team will take a rare plunge into the post season waters of the Section III playoffs this evening when they dive into the deep end of the pool against perennial contender Carthage in a 6:30 pm start. Showing marked improvement this season with a 7-9 record, Coach Craig Halladay's stick forces return to the playoffs for the second time in three seasons and just the third time since 2008, looking to pull off an upset against a team known for making the big dance on a regular basis.

As was the case in 2012 when Carthage prevailed 14-7, Fulton again faces one of the most successful programs in the entire state as they look for the first Raider playoff win in over 20 seasons. The six-time Section III champion Comets recently nailed down their 20th Frontier League title in their 26 year history to cap an 11-4 regular season. Coach Kirk Ventiquattro, founder of the program in 1988, celebrated his 400th career victory in late March when Carthage opened the season with a 15-3 romp over Indian River and has guided the team to an overall record of 410-105.

He stands as the fourth winningest coach in Section III lacrosse history and has mentored seven high school All-Americans

including the famed Powell brothers, who went on to star at Syracuse University.

Playoff experience, obviously, favors the #3 seeded home-standing side. But if comparative scores are any indication, it could be a start to finish battle as Homer handed Carthage one of its three non-league losses, 12-11, while the #6 seed Raiders topped the Trojans 8-7 on April 17 and fell 9-5 last week in their regular season finale.

Tonight's winner will meet #2 seed ES-M on Thursday at 5 pm in Central Square.

It's playoff time!
Sec. III Boys Lacrosse
Fulton (7-9)

@

Carthage (11-4)
6:30 pm tonight in Carthage

With 176 goals in just 15 games, the Comets can attack from every angle. Bailey Wilkinson is a key figure in the Carthage game plan with 41 goals and 35 assists for 76 points, which includes a 10 point game against Indian River and a six goal, three assist outing against Lowville. He is joined by Paul Bracy (30-19-49) and Alex Mack

(25-10-35) to form a trio that has collected 96 goals and 64 assists for 160 points between them. If they should falter plan B is also promising as Josh Yellington (27-7-34), Bryan Peloquin (16-16-32), and Alex Gillette (15-4-19) have found the back of the net on a regular basis.

With the exception of a lopsided 12-2 loss to Watertown IHC that they avenged last week with a 7-4 triumph, the Comets were unbeaten in Frontier League play. Outside the comfy confines of their league, however, the team was 0-3 with losses to CBA, Penn Yan and Homer. That statistic alone has given Fulton cause for optimism, as the Raiders know that despite their gaudy numbers and championship pedigree, the Comets are a beatable side.

Fulton will be led offensively by Matt Nelson, a 28 goal, nine assist contributor this season along with fellow seniors Carson Vono (23-10-33) and Seth DeLisle (18-7-25). Juniors Bryce Knight (14-5-19), Brett Campolieta (12-7-19) and RJ Borrow (10-5) also loom large in the Raider plans for an upset, while goaltender Scott Hughes is certain to be tested after recording 171 saves so far this season.

Boys track competes at C-NS Invitational
By Jimmy Martin

This past Saturday, the Raider track team traveled to Cicero-North Syracuse for the 15th Annual CN-S Boys Invitational. After the league meet on Tuesday, this was their last chance to qualify for sectionals or state qualifiers. The team fared pretty well as they took seventh out of 15 teams including one from Buffalo and the other from Staten Island. The Raiders scored a total of 21 points as a team.

In the 1600 meter run, Jacob Belcher and Geoff Michaels both qualified for sectionals. Belcher ran a 5:00.14 as he finished in 13th, while Michaels was right behind him and ran a 5:03.80 and took 15th place. In the 100 high hurdles, Connor Aldasch ran a 16.73 and finished in seventh place. The 400 meter dash was next and the Raiders finally put up points as Mike Holcomb ran a 53.30 and

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What's happening at G. Ray Bodley High School?

Summer job information is available through the guidance office for students 16-20 years old who meet eligibility guidelines. Pick up a Summer Youth Works informational flyer today.

Summer driver education packets are now available in the guidance office.

French Club meets every Tuesday after school in room 125.

HOPE Club meets every Monday in room 119.

Future Business Leaders of America meets every Monday in room 116.

Any varsity football player who is planning on attending the SU team camp must see Coach Rothrock for your packet. Don't miss your first chance to gain an edge for winning your position. Time is short, all paperwork must be in by Friday, May 23.

Sign-ups are currently underway for the 2014 Battle of the Athletes. The event, which will take place on Wednesday, June 4 at 3 pm on the athletic complex, is open to any athlete who has played on a JV or varsity team. Registration is just \$1. See Coach Rothrock or a phys. ed teachers today to sign up.

What's for lunch?

Today: Chicken nuggets with dipping sauce with sweet potato waffles, spinach and chilled peaches with alternative of chicken fajita salad with dressing.

Wed. May 21: Cheese pizza with side salad, baby carrots and fresh apple with alternative of egg, ham and cheese taco to go.

The Sweet Side of Life

You can make this New Orleans' favorite

The New Orleans restaurant Brennan's invented Bananas Foster in the 1950s. The dessert consists of bananas cooked in a brown sugar, cinnamon butter sauce that is then flambéed table-side with banana liqueur and rum just before serving.

Obviously, this recipe has been modified to substitute the alcohol with pineapple juice, which works just as well in this recipe. Either way, these cakes are heavenly, even if you do not like bananas.

Prep time: 15 mins

Cook time: 10 mins

Total time: 25 mins

Yields: 10 mini cakes

Ingredients

For the sauce:

- * 3 tablespoons unsalted butter
- * 3/4 cup light brown sugar
- * 2 tablespoons pineapple juice
- * 1 small banana, sliced into 1/2" slices
- * 1 tablespoon toasted, chopped pecans

For the cakes:

- * 2 tablespoons unsalted butter, melted
- * 3 tablespoons granulated sugar
- * 2 tablespoons Greek yogurt (or buttermilk)
- * 1 large egg yolk
- * 1/2 teaspoon vanilla extract
- * 1/3 cup flour
- * 1/2 teaspoon baking powder
- * 1/2 teaspoon ground cinnamon

Instructions

1. Preheat the oven to 350, and spray 10 cups in a mini muffin pan with cooking spray.
2. First, make the sauce: combine the butter and brown sugar in a small bowl. Microwave the mixture until the butter melts. Stir, and add the pineapple juice. Mix well. Add 1 teaspoon of the mixture to the bottom of the 10 mini muffin cups. Add a slice of banana on top of each, and sprinkle each cup with a bit of the pecans. Reserve the extra sauce for serving later.
3. Make the cakes: in a medium bowl, add the melted butter, sugar and yogurt. Stir until combined. Whisk in the egg yolk, vanilla ex-

tract, and rum. Mix well.

4. In a small bowl, combine the dry ingredients: flour, baking powder, and cinnamon. Add to the wet ingredients, and stir to combine. Dollop two-teaspoons of cake batter over each banana.

5. Bake for 10 minutes. Let the cakes cool in the pan for 5 minutes, then turn the pan upside down on a plate. Gently tap until all the cakes fall out. Serve with extra sauce.

Compiled by *Tevin Simard*

Recipe courtesy of *Dessertfortwo.com*



Quote of the day:

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

-Thomas Edison

**Send us your
pictures of the
Red Raiders in action**
theraider@fulton.cnyric.org

Let's go to the ZOO!

**Science Club trip to the
Rosemond Gifford Zoo**

Saturday, May 31st

**\$20 for the first 30 students
to respond**

Stopping to eat at Quaker Steak & Lube afterwards

See Mr. Burdick for details



Reflections

-THE- Salon & More

Welcomes GRB grad Chelsea Poyneer!

608 South 4th Street-Fulton Call for an appointment today!

592-4415

Proud 20 Year sponsor of GRB Journalism

Think twice about diet soft drinks

Most people would assume the biggest source of calories for Americans would be foods like bread, big macs, pizza, or ice cream, but it is actually soda.

The average American consumes about 2 cans of soda every day. A lot of people try to avoid the high amounts of calories and sugar in soda by drinking diet soda. Diet soda is increasing in its popularity, with kids drinking double the amount when compared to the last decade. Although diet soda has no calories or sugar, it is actually worse for you in the long run than regular soda.



With the consumption of diet soda come many health risks, plenty more than drinking regular soda. Diet soda can cause kidney problems because of the diet sweeteners used in the drink. Researchers found that diet soda is associated with a two-fold increased risk for kidney decline.

Diet soda can also increase the chance of metabolic syndrome, with symptoms including high blood pressure, elevated glucose levels, raised cholesterol, and large waist circumference. This puts people at high risk for heart disease, stroke, and diabetes.

It is also proven that diet soda does not help you lose weight. In fact, it can increase your waist line by 500% if two or more cans are consumed per day. This is caused by artificial sweeteners that disrupt the body's

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Environmental Club Corner:

Nearly every Friday during the school year, members of the GRB Environmental Club take part in recycling. Here are the totals for Friday, May 16.

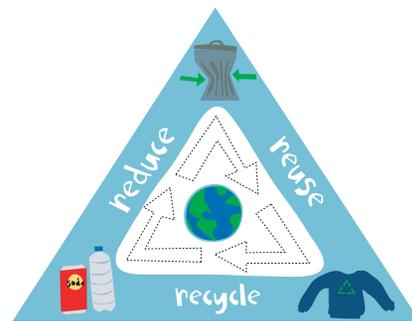
Recycling facts:

Recycled paper: 368.8 lbs..
 Recycled plastics: 40.9 lbs.
 Cardboard: 14.9 lbs.
 Total: 424.5 lbs.
 Reams of paper: 73.8
 Sheets: 36,876.3
 Trees used (one tree = 16.5 reams): 4.6

Year to Date (19 measurements):

Tons recycled: 3.94 (paper)
 kwh saved: 15,754.40
 Gallons of oil saved: 1,825.03*
 Gallons of water saved: 25,570.19

Reams of paper saved: 1,426.36
 Total sheets of paper: 713,182.48
 Trees saved: 88.17
 Landfill saved (ft³): 32.50*
 *-based on plastic and paper combined
 (information provided by Mr. Mainville)



Who in the world is Solange Knowles?

People everywhere have heard about the recent blow-up that occurred between Solange Knowles, Beyonce's sister, and Jay-Z, but most people know very little of Solange herself. Who is she? Why is she relevant? To uncover the answers to these and other questions, read some facts about the lesser known Knowles below.

1. Solange is younger than Beyonce

Solange was born in 1986, while her older sister was born in 1981. This makes Solange 27 years old. Solange could have been part of Destiny's Child, but her age in comparison to her sister, the centerpiece of the group, is significantly younger than what her parents were looking for. The sisters age difference did not keep people from inventing that Solange is actually Queen Bey's daughter, meaning that Blue Ivy would be Beyonce's granddaughter.

2. House of Dereon Model

On top of having a small acting and music

career, Solange is a model for House of Dereon, the clothing line that Tina Knowles, her mother, created in 2006.

3. Knowles married Daniel Smith

In 2004, Knowles married Smith at the age of 17. The couple had a child together and divorced in 2007.

4. She co-wrote Beyonce's "Why Don't You Love Me?"

Like her older sister she is always compared



to, Solange has a creative flair and enjoys song-writing. Last month, the two performed together at The Coachella Valley Music and Arts Festival.

By Tevin Simard

Going someplace cool?

Take

RaiderNet

Daily

with you and get your picture taken for next year's Fultonian Yearbook feature

"Where in the world is The Raider?"

In the News

Michael Sam's saga to play out on camera

If you've grown tired of the coverage surrounding Michael Sam's historic journey to the NFL, as many have, then it's probably time to turn off the TV because the spotlight is only growing. The Oprah Winfrey Network recently announced that they it be making a documentary on Sam's journey with the Rams.

The co-SEC Defensive Player of the Year made waves when he initially announced he was gay back in February, but the attention picked up during the recent 2014 NFL draft. That was when ESPN showed footage of Sam kissing his boyfriend after being selected by the Rams in a historic move that made Sam the first openly gay player in the league.

Reactions to this varied greatly. Many congratulated and welcomed Sam, while Miami Dolphins defensive back Don Jones was fined and suspended for his response on Twitter, and former Ole Miss Basketball player Marshall Henderson allegedly used the moment to conduct an out of the ordinary psychology experiment.

Everyone from Conan O'Brien to John Oliver has expressed their feelings on the topic, and no matter how you feel about Sam and his

Diet soda's health risks (from page 3)

natural ability to regulate calorie intake based on the sweetness of foods. This means that people who consume diet foods might be more likely to overeat, because your body is being tricked into thinking it is eating sugar, and you crave more.

As if all of these potential health risks are not enough, diet soda can actually cause cell damage and even cancer. Diet sodas contain something many regular sodas do not: mold inhibitors. They go by the names sodium benzoate or potassium benzoate, and they are in nearly all diet sodas. These chemicals have the ability to cause severe damage to DNA in the mitochondria to the point that they totally inactivate it, which means they knock it out altogether.

Diet soda also contains a chemical called Aspartame. Studies have found a dangerous connection between aspartame consumption and the development of brain tumors. When aspartame breaks down it produces a substance called DKP. As your stomach digests DKP, it produces a chemical that induces the growth of brain tumors.

Overall, diet soda is not a good choice when it comes to choosing a beverage. People are better off drinking regular soda, or just plain water. If you switch, it might just add a few years onto your life!

By Emily Hyde and Alec Thomas

actions, it's impossible to deny that his particular situation is one that sparks debate. That debate creates controversy, which then drives ratings. This being said, it's not difficult to see why OWN is behind this documentary.

Many will claim that we just need move past this, but many will also tune in to watch as Sam attempts to become the first openly gay player to make an NFL roster. As for Sam, he'll have to make sure that this latest distraction, which sounds a lot like a reality show, doesn't detract from his focus on the gridiron.

Following the draft, he explained that hearing his name called was only the first step, via ESPN.com's Nick Wagoner. "I'm already focused on playing and trying to make the team," Sam said. "Eventually it will. But I understand that right now you guys want to make a big deal out of it. When this is over, I can start doing that as fast as possible."

No matter how the documentary ultimately affects Sam's performance on the field, though, it will undoubtedly offer a captivating glimpse into one of the most controversial stories in NFL history.

By Connor Relf

Boys track at C-NS (from page 1)

secured fourth place. Ian Devendorf finished in 54.76 and took eighth place. Kenny Deloff ran a 5:07.60 and took 12th in the novice 1600 meter run.

Then in the 800 meter run, the Raiders scored more points when Jimmy Martin took second place and finished with a time of 2:01.19 and Bailey Lutz took 9th with a 2:08.18. Then in the 3200, Danny Phillips took eighth place with a time of 11:01.66. Qualifying for the finals in the 200 meter dash was Scott Littleton, who finished in fourth with a 24.64 and added four more points. The 4x800 relay team of Michaels, Belcher, Deloff, and Jake Cuyler took sixth with a time of 10:06.31. Rounding out the track events was the 4x400 relay and the team of Martin, Littleton, Devendorf, and Holcomb took fourth with a time of 3:43.56.

On the field, the Raiders struggled to score. In high jump, Nick McIntyre jumped 5 feet 2 inches and took 12th. In pole vault, Garett Roik vaulted 10 feet and tied for seventh place. Also taking seventh was Nick Reitz in shot put, as he threw 42 feet and seven inches. In discus, Brandon Ladd threw for 94 feet and finished 15th. The Raiders have a week to recover and prepare for their sectional meet, which as at Camden High School on May 23.

Check it out!

GRB News

the new weekly program covering all things Bodley

available on the GRB website at www.fulton.cnyric.org

**click on G. Ray Bodley High School, then go to
"Weekly GRB video announcements"**

School of Thought compiled by Steven Gilliland & Jack Ryan

Where is your favorite ice cream stand?



"Big Bo's."
Julia Ludington



"The Big Dipper."
Dallas Bradley



"The Big Dipper."
Jacob Cuyler



"Stewarts."
George Swinson

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

70°

Average: 70°
Record: 90° (1962)

Tonight:



Mostly cloudy.
Chance rain.

50°

Average: 48°
Record: 32° (2002)

Tomorrow:



Cloudy with
rain/storms.

73°

Average: 70°
Record: 96° (1977)

Former GRB student and current SUNY Oswego sophomore Carson Metcalf is an aspiring Meteorologist. Look for his daily weather forecasts for Fulton on RaiderNet Daily.