



## GRB/Citi students noted among "Top 3"

A number of G. Ray Bodley High School students were recently honored for placing among the top three GPA's within their various classes at CiTi. All of the students scored an average of at least 85, and in many instances the deciding factor in earning "Top 3" status came down to work ethic, "employability" and attendance.

Picture in the top photo from left to right from the AM classes are: front-Mallory Harter, Shelby Buffham, Colin Cornell, Antonio Smith, Bayley Raponi and Hailey Hunsinger. Back-Zachary Pepper, Lucas Clark, Joel Feliciano, Nate Welsh and Garet Roik.

Shown in the bottom photo from left to right from the PM classes are: front-Austin McDonald, Adam Case, James Supphan, Taylor Wells, Mackenzie Phelps and Nick Burescia. Standing are Alicia Guzman, Alex Poyneer and Jamie Johnson.



(Photo left) The ever popular Raider Den school store is currently on the move and will be reappearing any day now in the commons area near the gymnasium. The move is actually a return to its former location from several years back, and will provide more room for the various food and products that are available there.

## Opinion

# Former Raiders making their mark in lacrosse

By Mitch Nelson

There is life beyond high school sports, especially in the sport of lacrosse. Many high school athletes give up on the idea of college sports far too early, but with the right amount of exposure many athletes are able to find a school that fits their skill set.

This is more true in lacrosse than possibly any other high school sport. Being such a young sport in terms of kids getting involved college coaches will give any athlete a chance to show them what they have to offer regardless of where they are from.

This holds true with Fulton athletes, and while Fulton may not be seen as a dominating force in lacrosse, many of its athletes have

(Morrisville St.).

While a large number of Fulton athletes were able to compete at the Division 3 level and the junior college level, that can not be said about Division 2 and Division 1 lacrosse players, which is a much shorter list. Division 2 lacrosse players include Matthew Nelson (Limestone) and Brett Williams (Transfer OCC-Mercyhurst).

A short list of Division 1 commits is normal for most schools, and in the case of lacrosse Fulton has only sent two in the last five years, Amelia Coakley (Binghamton) and Kara Pafumi (Binghamton). It is worth mentioning that the Fulton's girls lacrosse team currently has two Division 1 commits in their junior class, Jordan Coulon (UConn) and Hailey Carrol (George Mason). Fulton Lacrosse is on the rise, do not count them out as a major contender this season and many seasons to come. Colleges all over the country can look forward to Fulton players being ready to compete at the highest levels in the sport year after year.

**Colleges all over the country are seeking out high level performance lacrosse players from central and upstate New York every day due to the background has in the sport and the dominance teams from these regions have shown at the national level.**

found homes on highly competitive college teams. These teams include all levels, from junior college all the way to Division I schools. If you market yourself correctly, you could end up being among this list as well.

Colleges all over the country are seeking out high level performance lacrosse players from central and upstate New York every day due to the background has in the sport and the dominance teams from these regions have shown at the national level.

Onondaga Community College is the most dominant team ever in the sport at their level, with a win streak of over 100 games and counting. Mark Pollock, Seth Delisle, Brett Williams and Dave Williams have all contributed to this win streak, and all of them call Fulton their home town.

In the past three years Fulton athletics has molded at least five players into NCAA Division 3 lacrosse players, including Kate Rothrock (Nazareth) Casey Shannon (Clarkson) Madden Rowlee (Clarkson) Shawn Walberger (Morrisville St.) and Bryce Knight

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

**Varsity & JV baseball tryouts** are in the gym today from 6-9 pm.

**Attention Mathletes!** This year's Pi Day Celebration will be in room 111 at 2:25 on Wednesday, March 9. Be there for PI eating, math PI competitions and PI in the face.

The next meeting of the **Fultonian Yearbook** is Monday, March 14 after school in room 102. New members are welcome.

Come celebrate **Spanish Day** today after school in room 122 with Senora Pirano, Senora Halladay and the Spanish Club. Learn to "la bachata" and enjoy some music and fun.

### What's for lunch?

**Today:** Chicken nuggets with biscuit, spinach, sweet potato fries, fresh apple slices

**Wednesday:** Cheese pizza, broccoli, butternut squash and mixed fruit

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## Reflections

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## Try these chicken tostadas

In celebration of Languages Other than English (LOTE) week at GRB, this chicken tostadas with refried beans recipe is a delicious way to celebrate Latin American cuisine.

Chicken Tostadas with Homemade Refried Beans

### Ingredients:

- tortillas
- 1 diced tomato
- 3 cups of cooked shredded chicken
- shredded lettuce
- 1 sliced avocado
- sour cream
- cilantro



### Refried Beans:

- 1 can of pinto beans
- 1/8 diced onion
- 1-2 ounces cubed white sharp cheddar cheese
- 3 tbs water

### Directions:

For Refried Beans: Empty can of pinto beans into a blender along with water. Blend together until cream-like consistency. Brown onion in a large frying pan. Add beans and cubed cheese in the frying pan with the browned onion. Heat the beans over medium heat. Stir occasionally until the cheese is completely melted through. Remove beans from pan and set aside.

Heat the tortillas one at a time over medium heat in a frying pan until they are crispy.

**Assembling Tostadas:** Starting with a crispy tortilla, add a layer of the homemade refried beans. Then, add the shredded chicken, tomatoes, avocado and sour cream. Top with fresh cilantro and enjoy.

*-compiled by Liliانا Rivera*

## 34th annual St. Pat's parade scheduled for this Saturday

This year St. Patrick's Day is Thursday, March 17. In anticipation of the big day Syracuse will be holding having its 34th Annual St. Patrick's Day parade this coming Saturday. Starting at noon in Clinton Square in Syracuse, the parade offers two and a half hours of bands, floats, dancers, and so much more. The Syracuse St. Patrick's Day parade is one of the largest in the Northeast United States that is totally focused on everything Irish. The Syracuse St. Patrick's Parade began in 1982, founded by Nancy Duffy, and a small group of her friends including Sheila Shattuck, Rev. John Ahern, and Tom Higgins. It is fun for the whole family including cultural influences and history.

Both before and after the parade you can go to the St. Patrick's Day party which will be held at SKY Armory 351 S. Clinton Street. The party is from 9:30 am until 4:30 pm and includes live music, food based on Irish culture, and a cash bar. There is a Parade Party Pack for large groups which includes tickets and a drink chip for up to 10 people. Otherwise tickets are \$10 and free for children under 8. A nice thing about the party is that \$1 from each ticket benefits the St. Patrick's Parade Hunger Project.

Come out for some family fun where kids can learn some culture and history of the Irish.

*-Kim Rombough*

**Send your pictures of the Raiders in action**

[theraider@fulton.cnyric.org](mailto:theraider@fulton.cnyric.org)

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## What Spring Sport are you most excited for?



"Golf."

Kenny Deloff



"Knitting."

Jared Shepard



"Curling. "

Garret Roik



"Lacrosse."

Frau Ruggio

# Meteorology and you

Today:

Tonight:

Tomorrow:

By Carson Metcalf



Chance showers

50°

Average: 40°  
Record: 71° (2000)



Cloudy skies  
Chance shower

45°

Average: 22°  
Record: -6° (1984)



Chance shower

62°

Average: 40°  
Record: 78° (2000)



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