

J O Y F U L  
**Echoes**

*Welcome!*

Joyful Echoes is a new Alumni Newsletter published by the Onondaga Central School Education Foundation for the purpose of keeping alumni and friends of OCS engaged with the Onondaga community and informed of current activities happening at OCS.

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**OCS CROSS COUNTRY 1972-87**

*by Vinnie Loffredo ('86)*

**PART I**  
**A SPORTS DYNASTY**

A sports dynasty occurs when an individual or team dominates a sport for an extended length of time. Think of the New York Yankees, who dominated baseball for eight years from 1936 to 1943, capturing seven pennants and six World Series Championships. Then there was the Chicago Bulls, who won 6 NBA championships between 1990 and 1998. The UCLA Bruins men's basketball team had a

But tucked away in the hills and valleys of Central New York, another such dynasty was born in 1972 and endured through the 1987 season. This team was undefeated in the OHSL South dual meets for 14 seasons. This dynasty produced six New York State Class C championships, two All-American Teams, one

**“The OCS boys’ cross-country team certainly met anyone’s definition of a sports dynasty”**

individual men’s and one individual women’s All-Americans—in the same year—and one New York State Federation Championship (See



12-season run from 1964 to 1973, at one time recording 88 straight wins, four undefeated seasons and 10 national championships. All of these teams would be considered dynasties in their respective sports.

part II of this story, “The Impossible Dream.”) The OCS boys’ cross-country team certainly met anyone’s definition of a sports dynasty.

*Continued on pages 4, 5 & 6*

**About the OCSEF** The Onondaga Central School Education Foundation, Inc. is a non-profit, all-volunteer 501(c) charitable corporation whose purpose is to provide support to students, staff and academic programs at Onondaga Central through charitable donations. The OCSEF was founded in 1984 with a vision of growing an endowment over the years.

# HAPPENING NOW AT OCS

by Tim Mumford

## Hello from Onondaga Jr/Sr High School!

I would like to introduce myself for those of you who graduated before 2007. My name is Tim Mumford. I began teaching Adapted Physical Education and I also oversaw the Alternative Program in 2000 at East Syracuse Minoa. In 2007 I was hired as the health teacher here at Onondaga. In 2009 I became the Athletic Director, and in 2011 I was promoted to the Vice Principal and Athletic Director position. In January of 2013 I became the Junior Senior High School Principal. I am proud to be part of this school and community.

Our 2016-2017 school year is under way with many changes that kicked off this exciting time. We said our good-byes to some wonderful teachers, German teacher Shadia (Frau) Khalifa and Social Studies teacher Tim Frey have retired. English teacher Amy Molloy (OCS '99) began a new chapter in her career as an Assistant Principal in Rome, and Vice Principal/Athletic Director Victor Zampetti has been appointed as principal at Mount Markham.

To fill these positions, we have welcomed many new people, and we are honored that current teachers have taken on new roles as well. Our Vice Principal is now John Miller (OCS '85), previously our science teacher. Jason Czarny, a physical education teacher at Wheeler, now shares his time as the

District's Athletic Director. Our new teachers include Sarah Reid, English; Kristi Delgado, Social Studies; Chris Solan, German; Mary Kate Darstein, part-time Spanish; and Elyse Wadsworth, Music/Chorus. We welcome all of them and trust they will find their time at OCS rewarding, and we look forward to their insightful contributions.

## “Tradition Never Graduates”

Our sports teams, class and club organizations, drama productions and many other happenings keep our students busy, and we thoroughly enjoy supporting them every step of the way. You can stay up-to-date on our District's website, [www.ocs.cnyric.org](http://www.ocs.cnyric.org). I encourage our alumni to stop by and take a “walk down memory lane,” check out the new things, and see things that haven't changed. I'm sure your high school days will rush right back to your memory!

We hope your lives have been positive pathways for you, and remember: “Tradition Never Graduates” here at Onondaga Central!

## 2016 GOLF TOURNAMENT

The OCSEF golf tournament was once again a success. Over \$6,000 was raised and the weather was perfect.

Tom Britten ('57) wrote: “The OCS golf event was terrific this year, the golf course at Orchard Vali is one of the best in Central NY, the food was great and lots of prizes were awarded. Lots of people worked very hard on this... THANK YOU! By the way, the team of Nick Staffiero, John Pierce ('61) and yours truly had 8 birdies in the skins competition and took home a wad of cash !”

Please visit our web page in the Onondaga Central website, [www.ocs.cnyric.org](http://www.ocs.cnyric.org), under the community tab for more information regarding these fundraising efforts.

## 2016 HOMECOMING

WAS HELD THE WEEKEND OF OCTOBER 14-15.

Friday activities included spaghetti dinner and wreck-a-car fundraisers, the Wheeler School dance, the bonfire, and the girls varsity soccer game vs Bishop Grimes. On Saturday, the boys JV soccer team hosted Marcellus, followed by the parade and the Wall of Distinction ceremony. Homecoming concluded with the varsity football team completing their undefeated regular season with a win over Cato.



Photo Credit: Lisa Wadsworth



## UPCOMING OCSEF FUNDRAISERS

**FEBRUARY, 2017** - Annual Fund Drive  
**JUNE 30, 2017** - Golf Tournament  
**ONGOING** - Tile-by-Tile Program

## 1972 45<sup>TH</sup> REUNION

The class of 1972 will be having their 45th reunion held in the summer of 2017. If you are interested in attending, please contact Sandy Rienhardt Lynch by email at: [SRLynch@aol.com](mailto:SRLynch@aol.com)



1957 PROM

**I recently interviewed Oran ('59) and Nancy ('61) Annable,** alumni of Onondaga Central and former bus drivers for the district, about what life was like when they attended OCS. From this interview, I gained a new perspective on the school as well as the changing Onondaga Central community.

Oran was born in Syracuse and grew up on a farm on Bussey Road. He worked on the farm, taking care of the animals: chickens, horses, pigs and cows. His great aunt was the secretary at the school, from which he graduated in 1959. Nancy was born in Syracuse and was brought up by her uncle and aunt. She attended school at Marcellus until 6th grade, when she moved to Makyes and Young road and attended OCS until she graduated in 1961. Nancy and Oran have known each other since Nancy was 13 years old, and have been married for 55 years.



ORAN 1943

The school district today is set up with the three buildings, Rockwell, Wheeler, and the High School. When Oran and Nancy went to OCS, the one building, currently the High School, had

# ALUMNI SPOTLIGHT: ORAN & NANCY ANNABLE

by Lydia Loan, OCS Senior and member of the OCS Newspaper Club

students from kindergarten through senior year. The graduating classes were also much smaller: between 8 to 50 kids each year. "We were very close with everyone in school; it was a very tight-knit community," said Nancy. "There was a youth center down the road, where we would play games and such. It was something to do for fun. We had events there, and in the winter, they would set up an ice skating rink for us. In school we had a marching band, and we were both in chorus. The gymnasium was where your library is today. The stage was [near the smart lab], and we had to sit on the stage to watch sports games. In 1955, a new gymnasium was built at the location of the current auditorium."

After graduation, Oran joined the Air Force. After Nancy graduated, they got married and Nancy moved to Nebraska to live at Offutt Air Force base. In 1966, Oran became a school bus driver, and "later convinced Nancy and a couple other ladies to drive as well." The buses at the time didn't have power steering, automatic doors, cameras, or radio. "Nothing was automatic. We would have to crank open the door every time," said Nancy. Oran added, "There weren't plows like they have today, and we would have to put chains on the tires."

Aside from driving buses, the Annables were, and are, very involved in the OCS community. Oran was a little league baseball coach for 11 years and a member of the South Onondaga Fire Department for 26 years. The couple helped to organize the Snowmobile Club, wrestling and

basketball tournaments, and the Toad Hollow Cross Country Run. They were original members of the OCS Booster Club, which was integral in sustaining extracurricular activities during years of failed budget votes in the 1980's.

NANCY  
1950

Nancy drove buses until 2004, and Oran retired in 2015. They have 4 kids: Vickie (OCS '81), John (OCS '84), Doug (OCS '85) and David (OCS '87), plus 11 grandkids and 6 great-grandkids. Oran used to give his children advice on dating in such a small community, saying, "Before you go with someone, check with me first. You might just be related."

Oran and Nancy's involvement in their community and their history in the district is very interesting and unique. It was a pleasure to sit down with them



and talk about it and getting to hear their stories about when they were young in the Onondaga Central School District.

Thanks to Oran and Nancy Annable  
Photo Credits: Oran and Nancy Annable  
Thanks to Dylan Price for photography and notes

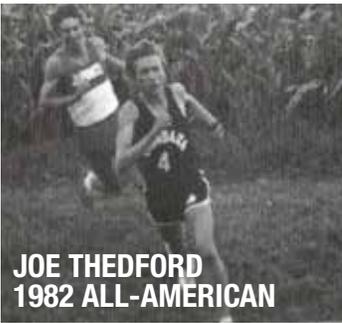
# OCS CROSS COUNTRY 1972-87

by Vinnie Loffredo ('86)

## PART I A SPORTS DYNASTY

Continued from page 1

State champion and All-American Joe Thedford ('82) recalls his time at OCS fondly. Joe says, "I will never forget the teams I competed on. Each year we weren't supposed to win. And each year we did just that, win. My senior year was especially memorable because the '82 XC team went undefeated. We won states and the coveted Federation meet in NYC. I was honored to be named a high school All-American. I will never forget the "miles-to-go-before-I-sleep" chant as we went on those long Sunday afternoon runs .



**JOE THEDFORD  
1982 ALL-AMERICAN**

. . and I will not forget friendships we forged as we learned how to work as a team. Never miss a meet, never miss practice, and never, ever play soccer during gym class. I broke my toe my freshman year playing soccer. Had to wear a splint for a week."

Joe put it well when he talked about the friendships. Throughout my life I have met some great people and made good friends. But to this day those closest to me regardless of the physical distance are my teammates at OCS. Kevin Vanboden was the best man in my wedding

and I in his. I moved to Texas after graduating from Syracuse and lived with Tom and Dave Boughton. I even mowed lawns alongside both of them as Dave started his thriving landscape business. Matt Stanton lived in my neighborhood and was the first person I ever met when my family moved to Syracuse. And then there is Bob Crump, who I have met up with every time I have made a trip to Atlanta or Savannah where he lives. We formed bonds, a brotherhood if you will. I think that's true of each of the teams that formed the dynasty.

When you consider all of the things that the teams did to improve conditioning and prepare for meets, you can see how OCS was a breeding ground for success. There were many routes we would run that most teams wouldn't even think about doing. One was the "Apple 4," or running to the post office in Otisco to get "stamps" for coach. Every Monday we ran 8 x 8 x 8, which was running up to the top of Griffin Road and down eight times followed by eight quarters around the high school as fast as we could go, then eight 100-yard dashes after football practice ended {and we could use the field}. We almost always finished those days at dusk or close to it. The story that coach would ask the bus driver

to stop in Cardiff after a race for a "cool-down" run back to school was true. Many would think we were nuts for doing what we did, but for those who ran it became a way of life and a route to success both on and off the course. We were made

won a lot of trophies and patches and earned recognition for our team and school. We ran as friends. We would always stop and eat apples on the Nichols road run. On Sundays we attacked Bull Hill road and ran Griffin road up and down many

**"Each year we weren't supposed to win. And each year we did just that, WIN."**

fun of often, but we didn't care. We trained hard because we believed in our system, and we believed in each other. Coach Donnelly knew how to prepare a team to win, and he knew the right strategy to do it.

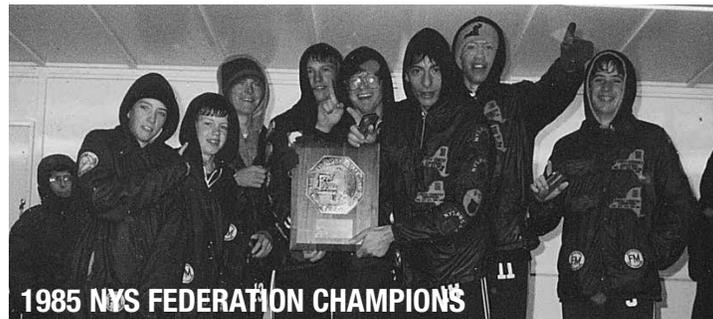
The team had many traditions. One for the '85 team was going to the movies and dinner Friday nights before an invitational. We would run the race and psych out opponents by running in a pack and talking about the movie. We changed our mascot from the tiger to our own unofficial mascot, the tortoise. We drank coach's "brew" and ate pretzels. (This was before Gatorade or other energy drinks.)

There are too many memories to write out, but Chris Barry ('82) said it best when he said, "I was part of a special All-American team. We

times. Hearing 'He's Onondaga—GET HIM!' was something that was normal at every turn in a race."

Chris and I both remember the days when we would run 13 miles to Burnet Park, run wind sprints for a "rest," and then make a 13-mile run back home. Chris recalled, "Our coach was a unique individual. Heaven forbid you took a chip out of the bag; the whole bag was ruined. And to this day I wonder what his special 'brew' drink was really made of."

It's easy to point to the wins and the championships when you talk about a sports dynasty. Running the hills and valleys of South Onondaga, Navarino, Onondaga Hill, Lafayette, and Nedrow not only created life-long memories but also prepared us for all of the triumphs and difficulties that life has thrown our way. But most of all it afforded us the opportunity to create life-long friendships with our teammates. Bob Crump ('85) remarks, "I had the honor of being part of this team for only three years. In those three years I developed bonds and friendships with my teammates that have lasted to this day. We have been a part of each other's lives—



**1985 NYS FEDERATION CHAMPIONS**

the highs and the lows—and through and it all I know I can still count on my teammates today to be there for me. During school we all looked out for each other, too. I think that is what made us so close, spending time together even when we weren't running. It was a brotherhood."

Chris Barry also remembers the bond with teammates: "Most of all I remember thinking about a bunch of misfits that kept Onondaga dominating cross-country for years, and recall that everyone we ran against wanted to be us and beat us—good times indeed."

## THE PART II IMPOSSIBLE DREAM

This year for the first time Onondaga Central will honor all of the N. Y. State Championship and Federation Champion teams by having the banners hang on the hallowed walls at OCS. The 1985 Federation Team, of which I was a proud member, will be entering the Greater Syracuse Sports Hall of Fame this fall as the Team of Honor 31 years after accomplishing the feat.



Every autumn around mid-October, I remember the cool air and the smell of the fallen leaves after the rain as my teammates and I ran the roads and trails around Central New York. Looking back 30 years ago, I still vividly recall what one very small school was able to do on the October afternoon that changed the course

of the high school running world forever in New York State. To put things in perspective, that tiny town

**"Good times indeed."**

was Onondaga. The team was made up of only eight runners. The boys HS X-Country team from Onondaga Central entered the fall 1985 season with the longest dual-meet win streak in any sport in the state. The Tigers had won every meet Onondaga South League meet since 1972, when my fellow seniors (Tom Boughton, Kevin Vanboden, Matt Stanton and I) were only five years old. We kept that streak alive by **winning each meet in 1985.**

We had entered the sectional meet having won every meet and invitational in which we had participated. Some larger schools would complain when we would enter races above our school level. We won three straight invitationals that year finishing 1-2-3-4, again something that was not common at the time. In one invitational we had all four cross the line together in unity and pride. All season the long days, long runs, and the tireless effort was leading to the Big 4 races—as we called them: the County meet, Sectionals, States and The Federation Meet. Each race had stiffer competition, increasing difficulty, and higher stakes. The county meet was only county-wide; the sectional and state meets were confined to the class C level. The Federation Meet, however, included the entire state: public schools, privates, and schools of all sizes, Class A or Class C.

As in any good story, not all was perfect. We were victorious in the first leg of the championship season, winning the County Meet. We were going into sectionals and states knowing we were about to face our arch-rival, Beaver River, a team that established its own dynasty after ours

ended. The pressure was high and the training was tough, but we were unable to hold off the Beaver River team in either meet. Our top three runners went out too fast trying to stay with the lead pack exposing our weakness for the first time, our fifth man. Every race before we brought him to the mile or mile-and-½ mark before moving on. This time it was different; we left him before the mile. Actually both our fourth and fifth runners had individual bad meets at the wrong time, one in each race. We



lost both and were not expected to do well in the final meet of the season, the Federation Meet at Sunken Meadow State Park. The local beat reporter, the Post-Standard's Neil Kerr, promised no more ink for losing the state meet. Kerr was true to his word. We had to persuade our coach to allow us to run the race. It wasn't until the our parents said they would drive us—because the school did not sponsor the trip, there would be no school bus to transport us—and my grandfather—who lived only minutes away from Sunken Meadow—agreed to house our team were we able to convince our coach to let us go.

### 1982 ALL-AMERICAN BETSY KNEALE



The night before the race we watched the movie *Rocky 3* and looked at my cousin's yearbook from St Anthony's high school. The local papers had all predicted that St Anthony's was going to run away with the title. You see, they had 24 varsity runners and even more runners (42) on their JV team, their yearbook stated. They even had a freshman team with 32 runners. We had driven eight team members because that was all we had. Actually, two of eight runners were 8th graders whom we rotated

every meet to be our 7th man. We also knew that the overall meet winner would almost certainly be future Olympian John Troutman—and he did win it.

We had prepared for "Heart Attack Hill," as we were told it was called. You see, down on Long Island, there aren't many hills to run, so any hill was a challenge for the city and island teams. Conversely they were strong on the flat straightaways. We were built for hills, having trained in the valley of South Onondaga.

For the first time in two races we started as we did every other race before, in the back of the pack as a whole group. If we were going to lose this race, we were going to do it together! Then we got to Heart Attack Hill we were still in a pack and moving up strongly. We also saw a first. Our coach, Bill Donnelly, whom we would find in the craziest places on a course in every meet, was sitting there eating a sandwich. It wasn't until then that we noticed he wasn't running like a madman around the course. He was not going to watch us run that day he had told himself—

but not us. He apologized later for not being on the course and pushing us more. It wasn't until one of my teammates threw his now muddy glove he had been wearing to keep his hands warm at coach and hit him

did they finish? Did they stay with us? In the sea of finishers, I looked for dark green shirts. As I looked forward, I could see Kevin walking away from the finish. I knew he was either 3rd or 4th, and Dave was in



in the chest, muddying his jacket, that he looked up and noticed the pack was intact. You could see in his eyes at that moment, as we ran by, he was seeing something we weren't. He was seeing that we had brought five people to the top of the race. We had no idea. There were too many runners for us to gauge where we were. We didn't know whom to key in on because we didn't recognize anyone. We knew everyone in our county and section and to a degree state—at our level—but Federation? Well, that was a different ball game.

Kevin Vanboden was the first to cross the line, finishing 3rd, followed by sophomore Dave Boughton, Tom's younger brother, at 11th. I was right behind him in what I can honestly say was the best race, to this day, I ever ran at 17th. But what about the other two? We brought them further along than we ever had that season. Where

front of me. I picked out Tom. I could see that he had just finished and was in the chute next to me and just behind me. He finished 39th. Then I saw him, that red-headed, glasses-wearing, beet-red-faced junior Bob Crump, who had just crossed the line. Was it enough? Who else had five men cross the finish line? There were rows of finishers at that point. I knew we had three in the top 20 and four in the top 40, but what about Bob? In what place did he finish?

As we all came away from the chutes and we were told our numbers, we gathered around our coach. He did something he was not known to do: he smiled. He told us he wasn't sure if we won, but we made it really close. When Bob came over, we asked him his number. He said, "80," still trying to catch his breath. Coach told us to "cool down," which meant run the course as usual. But

we never made it. We got our sweats on and started hearing the rumblings. So we started standing around other coaches trying to hear their team scores as they added them up. Finally we asked one of the Long Island teams whether anyone knew who won. Their coach said "some small school from upstate," then a wave of "Onondaga won!" started to make its way through the crowd. Could it be? Were they right? How do they know? (Back then there were no electronic chips in shoes or other means of counting. You had to wait for officials to tabulate the scores). Then we heard from an official, "Onondaga is the winner."

I cannot fully explain how we felt as the eight of us stood on the stage on a rain-soaked day, accepting the team award for #1 in the state of NY, 1985. Most of the crowd had gone home, athletes to their buses. Our

information came out, we realized we were the first Central New York team ever to win the race—and we were the first Class C school ever to win the race! We had set the lowest score for the race with 150 points.

We went back to my grandfather's house where all of my teammates, their families and many of my relatives had a joyous celebration. Not only had we slain Goliath, but we put a little school from South Onondaga in Central New York on the map. How so? The very next day the New York Times wrote an article on us. Neil Kerr, true to his word, did not write the story for the *Syracuse Herald American* on Sunday November 24th 1985. Sports Writer Geoff Hobson did. Not only did he write an article to describe our experience, but just above our picture he wrote a second article entitled, "Some Mouths Aren't Running With Praise," a piece about a

## "Onondaga is the winner."

family members were standing front and center beaming with joy over the accomplishment. As I looked down at all of them, the only way I can describe it is as if Disney had made a movie about a small-town team that prevailed over the large schools, and as you saw it unfold on screen, you feel as sense of pride and joy—and then a little tear rolls down your cheek. It was more than a victory; David had slain Goliath. As more

few coaches who still wanted to put a blemish on what we accomplished, how insignificant the win really was. But I think Hobson said it best when he ended that piece with, "But no matter what anyone thinks of the Federation Meet, you can't take away **Onondaga's Impossible Dream!**"

## OBITUARY

### HENRY J. LUCHSINGER SR.

Onondaga Hill dairy farmer Henry J. Luchsinger Sr., 93, passed peacefully at home with his family at his side on March 7, 2016. He was the last survivor of seven children of Swiss immigrants Joachim and Katherina Luchsinger. Henry left OCS in the late 1930's to work on the family dairy farm. In 1942 he married Helen Grace Tilden, who also left OCS, and raised a family

with Henry. The couple were married for 62 years when Helen passed away in 2003.

In addition to working as a Jersey dairy farmer all his life, Henry was a talented carpenter. He worked on building Route 81 and the MONY Building. He also assisted in renovation projects at Syracuse University and the Everson Museum, and helped with the first load of concrete poured for Community General (Upstate) Hospital. He was a member of Onondaga Hill

Presbyterian Church for over 70 years where he was an elder and chairman of Buildings and Grounds.



Almost all OCS alumni will remember connections with Henry, his children, and his grandchildren. (Each family member's OCS graduating class is

in bold.) Henry is predeceased by his daughter-in-law, Eileen White Luchsinger ('63) in 2013 and his grandson Jamie Luchsinger ('86) in 2010. He is survived by sons, Henry Jr. ('61) (friend Patty), and Donald ('66) (Jody ('70)). He is also survived by daughters Mary Sperling ('64) (Clifford); Christine Vincent ('74) (Tom); Heidi Kelly ('79) (Jim), all of Onondaga Hill; Karen Clark ('68) (Mark) ('67), and Beverly Whalen ('70) (Mike) ('69), both of Marcellus; and Shirley Shea ('72) (Paul) ('72) of Santa Barbara, CA.

*Continued on page 7*

Of Henry's 21 grandchildren, 15 are OCS graduates, Robert Luchsinger ('85), Kim Luchsinger Devereaux ('89), Daniel Sperling ('90), Wendy Luchsinger Patriarco ('91), Steven Sperling ('92), Melissa Luchsinger Troch ('93), Valerie Vincent Alfieri ('94), Heather Luchsinger ('95), Matthew Sperling ('97), Tracy Luchsinger ('97), Benjamin Vincent ('98), Michael Luchsinger ('99), Timothy Sperling ('01), Jennifer Kelly Wall ('03) and Nicole Kelly ('08).

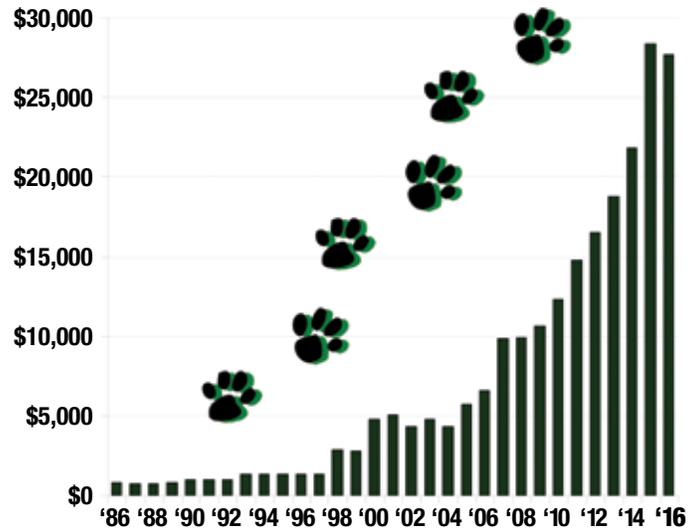
Henry is also survived 38 great-grandchildren, including James Luchsinger Jr ('14) and 10 more who are currently enrolled as students at OCS.

Henry is interred at the Highland Cemetery in Marcellus.

## OCSEF UPDATE

The OCSEF was founded in 1984 with a vision of growing an endowment over the years. To date, financial support from the OCSEF has been in the form of scholarships to graduating seniors.

The sum of the OCSEF endowment fund and the seven named scholarship funds it manages is \$257,341.36 as of September, 2016. It has awarded \$27,700 to graduating seniors in 2016, maintaining their outstanding history of award distribution.



# WALL OF DISTINCTION

The following two alumni were honored at homecoming as the newest inductees to the OCS Wall of Distinction. Their plaques will be displayed along with the other Wall of Distinction honorees in the Jr-Sr High School lobby.

## CLASS '86 DR. VINCENT LOFFREDO

In his senior year at OCS Vinnie was one of the tri-captains of the 1985 Federation Championship and All-American cross-country team, on the High Honor Roll, National Honor Society, president of the Student Body, Spanish and Athletic Clubs, and Prom King.

Vinnie attended Syracuse University where he was a varsity letterman in cross-country and track and field for the Orangemen. Upon graduation from S.U. in 1991, he began his

career as a fitness consultant for the Dallas Cowboys. He then began his graduate work at the University of Houston, where he earned both his Masters and Doctoral degrees.

Vince started his career in higher education by becoming a founding faculty member at Montgomery College. There he wrote his first textbook and his passion for sports continued when he helped coordinate the first Vintage Baseball League in the state. He was awarded a Teaching Fellowship at UH and taught at Texas A&M University Galveston.

Vince eventually moved into administration. He was named the first Vice President of Academic and Student Affairs at American InterContinental University, then Associate Vice President at the University of Texas Medical Branch, and in 2012 Vince was named the Vice Chancellor of Student Services

at The University of Kansas Medical Center. Recently Vince received certificate degrees from Harvard University in Higher Education Leadership and Management.

## CLASS '03 RYAN HOTALING

While at OCS, Ryan was active in chorus and Spanish Club, quarterbacked the football team to two state championships, was the starting guard for the section championship winning basketball team, and was a four-year starter in lacrosse.

Ryan attended Nazareth College and received First Team Lacrosse All-American Honors in both 2005 and 2007, while also winning the national award as the Outstanding Attackman in Division III. After graduating from Nazareth in

2007, Ryan continued playing lacrosse professionally in both the National Lacrosse League and the Professional Lacrosse League, where he was named captain for the Charlotte Copperheads. In 2011 and 2015 he was selected as a member of the USA World Indoor Lacrosse Team winning a bronze medal each year. He was also selected to play in the Lacrosse President's Cup, the senior level box lacrosse championship in the Canadian Lacrosse Association in 2011, 2013, and 2016, winning the Silver Medal in 2013.

Ryan is an Account Executive for EMC Corporation where he has won national awards for sales.

**Both Ryan and Vince credit the OCS faculty and staff as well as the OCS community for the huge impact they made in building the foundations for their successful careers.**



O N O N D A G A

JOYFUL  
*Echoes*

O N O N D A G A

JOYFUL  
*Echoes*

A publication brought to you by the Onondaga Central School Education Foundation to enrich the lives of OCS alumni, students, staff, and community.

# WHY?

JOYFUL ECHOES

The title of our Alumni Newsletter is a tribute to our Alma Mater, as we remember the last line of the song:

**“...may the joyful echoes ring!”**

From wherever alumni now reside, the voices of years past echo back to the **“wide and spacious valley, where she still stands beautiful to see.”** We hope the title of our alumni newsletter brings back fond memories of your years at Onondaga.

## REQUEST FOR SUBMISSIONS & ADS

Joyful Echoes is a product resulting from submissions made by our alumni, and will thrive with quality material generated by the readers. These can include weddings, births, new jobs, stories, obituaries, as well as reunions and other alumni activities.

If you would like to contribute to future issues, place an advertisement for your business, or have comments/questions, contact the Alumni Coordinator of OCSEF

at [ocsalum34@gmail.com](mailto:ocsalum34@gmail.com), or send to: 3479 Cherry Valley Turnpike, Syracuse, NY 13215. All input is appreciated.

If you have not registered in the OCS alumni database and would like to be included in future communications, including the electronic version of Joyful Echoes, please use the Alumni Data form located on our web page under the community tab. ([www.ocs.cnyric.org](http://www.ocs.cnyric.org))