

Raider boys run to unbeaten 4-0 start

As the school year kicks off, so do sporting events. The boys and girls cross country teams started their season with the Central Square Invitational on September 6. On the boys' side, they had a very solid performance as they took third place as a team with a score of 91.

Leading the way for the Raiders was senior Bailey Lutz, who finished in fifth place with an 18:06 for the 5000 meter course. Following Lutz was senior Geoff Michaels, (12th, 18:50), sophomore Kenny Deloff, (16th, 19:27), senior Jacob Cuyler, (27th, 20:38), and senior Jacob Belcher (31st, 21:06).

For the girls, their start was not as strong but they still finished in seventh place as a team. Junior Marissa Livoti was the fastest Lady Raider, taking 33rd with a time of 26:01. Behind Livoti was junior Victoria Eckhard, (46th, 28:41), senior Johnna Lamie (51st, 30:26), senior Amanda Rice (52nd, 30:26), and freshman Megan Johnson, (55th, 31:22).

Next for the teams was the Vernon-Verona-Sherrill Invitational, which is where the Section III Championships will be held this season. The Lady Raiders started off the day but were not scored since they did not have five runners. Livoti lead them with a 53rd place finish in a time of 24:56. Eckhard (70th, 26:11), Lamie (82nd, 27:30), and Johnson (96th, 28:38) followed Livoti. The Raider boys had another good showing and took third place again, facing a dominant F-M team and just lost to Adirondack. Lutz led the way as he took tenth place in a time of 17:23. After a big gap, there was a pack of Raiders. Deloff ran an 18:18, sophomore Danny Phillips ran an 18:20, and Geoff Michaels ran an 18:30. Rounding out the top five was Jacob Cuyler with a 19:45.

On September 17th, the teams travelled to East Syracuse-Minoa for their first league meet against ES-M and Oswego. The Raiders proved they were the best as they beat ES-M 20-41 and beat Oswego 16-44. Senior captain Bailey Lutz won the race with a 17:50. For the Lady Raiders it was a harder

day as they lost to ESM 17-46 and Oswego 17-42.

The third invitational for the teams was the Baldwinsville Invitational. Unlike most courses, Baldwinsville has a 2.95 mile course instead of a 3.12 mile course. This invite was filled with very dominant teams on both the boys and girls side.

The Raiders took seventh place in the Large School race. Lutz crossed the line first for the Raiders in 23rd place with a 16:55. The next four runners were all relatively close to one another. Geoff Michaels, Kenny Deloff, Danny Phillips, and Jacob Bailey rounded out the top five. Again, the Lady Raiders were not scored as a team, but Livoti led the way with a 23:04. Victoria Eckhard, Lauren Gaido, and Kayleigh Hotaling all followed.

September 24 was the second dual meet for the teams but it was also Senior Night. Lauren Gaido and Amanda Rice were the seniors for the girls, while Bailey Lutz, Geoff Michaels, Jacob Cuyler, and Jacob Belcher

were the boys' seniors. For the boys, it was a successful senior night as they beat Homer and Mexico. After that, they improved to 4-0 in the league and are tied with Jamesville-Dewitt for the lead. But for the girls, it was a tough night as Homer beat them handily.

On Saturday, the teams made the long trip to Rochester to compete in the McQuaid Invitational, which features some of the best teams in the state. Fulton competed in the Unseeded Medium Size Schools Race. As a team, the Raiders finished in ninth place out of 36 teams. Lutz, Phillips, Michaels, Deloff, and Bailey composed the top five. For the Lady Raiders, they finished in 40th out of 43 teams. Eckhard, Livoti, Lamie, Johnson, and Rice rounded out the top five.

This Wednesday, the teams travel to J-D for their third dual meet as they take on the Red Rams and Cortland. The Raiders look to stay on top of the league and take down J-D, while the Lady Raiders look to try and get a win.

Special to RND by Jimmy Martin



The HOPE Club honored the "Most Spirited" students and teachers during Friday's pep rally. Pictured from left to right are: front-James Freeman, Emma Harvey and Josh Hudson. Back-Mr. Lacey, Mrs. Lacey, Brianna Grinnell, Shelby Drake, Kaylin Pafumi, Nicole Hansen and Cole Rothrock. (Jon Noeller photo)

Opinion

Lowered self-esteem comes in many packages

By Breanna St. Onge

With the beginning of a new school such as entering into high school for the first time, or even going off to college, one study after another has gone on to prove that students of all ages seem to have sinking levels of self esteem.

Many students could have been at the top of their own self esteem charts during a previous year or semester, but as time moves on, new things happen. Common causes for loss of self esteem after the start of a new school or new year include but are not limited to being bullied by other peers, decrease in grades, comparison to others around themselves, the loss of determination, and being overwhelmed by work to name a few.

Typically to have a loss of self esteem on a greater scale there is a cause with a larger impact than someone just saying that they didn't like another person's sweater that day. On many occasions there



thing that could be potentially harmful to another, but it is incredibly possible that to the one being bullied, it's just enough to send them over the edge.

Why is it that so few people want to speak up and ask for help for either themselves or for another person who they know is being abused in one way or another?

It all relates back to a person's view on themselves. Maybe they don't want to speak up because they think that they will be judged, looked at differently, treated differently or possibly bullied even more than before. Maybe others don't want to stand up for another because they think it isn't their own problem to worry about.

But what would you as an individual do in that situation?

Would you help, or would you be a bystander letting it happen when you know that you have the utmost power to help put an end to it? Characteristics that may indicate low self esteem may include social withdrawal, anxiety and emotional turmoil, lack of social skill and self confidence, eating problems, inability to accept compliments and self neglect.

A common misconception with low self esteem is that it is linked to an increased chance of an individual acting out or maybe even leading to criminal behavior. In actuality, low self esteem is typically associated with kindness towards others, and general concern for anyone usually other than themselves. In a study conducted in 2005, it was determined that criminal behavior is much more likely to be associated with extremely high self esteem otherwise known as, "High Self Esteem Disorder."

Of course, there are many things someone can do to help increase their own self esteem such as focusing on their strengths rather than their weaknesses, giving themselves compliments through positive thinking, setting realistic goals that act as stepping stones to the bigger picture, celebrating their own achievements no matter how big or small, and to take things one day at a time, thinking of the present and what they can accomplish that day.

Although, like anything worth having it will take time and determination, however not only is it their own responsibility to help themselves, but I believe it is the responsibility of all of us to help create a more respectful and supportive environment for one another to help better ourselves. It is time to stop being oblivious to the problems we cause and harm that we inflict on each other. It is time to wake up and act on a decision to help benefit ourselves and those around us.

“Would you help, or would you be a bystander letting it happen when you know that you have the utmost power to help put an end to it?”

could be underlying problems at home between families or siblings. Such a large number of individuals just overlook problems that are not their own.

Verbal abuse is one of the most overlooked forms of abuse that can lead to loss of self esteem because of the fact that it does not leave physical marks on someone's body. However, it is one of the most common forms of abuse that is so abundant in our society today whether it be between parent and child or between other students.

In my own opinion I in no way believe that it is fair that we as humans treat each other so poorly. Everyone has their own difficulties to overcome and when others add on to an already overwhelming mind set, it only causes more problems.

It is not uncommon for people to go too far when teasing or bullying another. Maybe the bully does not realize it when they say some-



Reflections

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Out of synch Raiders fall 3-0 to Oswego

What the Raider volleyball team hoped would be the start of something new turned out to be just the same old song and dance when they lost 3-0 to the Oswego Bucs on Thursday.

There was not anything specific that was

giving the Raiders trouble, they just could not get their act together. With several unforced errors and the inability to side out, it was not a good night for the girls.

After a countless number of serves from an Oswego player in the very beginning of

the first match, the Raiders were unable to come back, losing the first game 25-14. The second game was the same story, the Raiders losing 25-11. In the final match, the Raiders still could not find the energy to win. The score of the third match was 25-16.

The Raiders only had 14 kills and 18 digs on Thursday, so even the statistics show that it was not their best performance. The game was lost mainly because of unforced errors and lack of drive.

However, the Raiders have to pick themselves up quickly because they have a big week ahead of them. They face the Phoenix Firebirds tonight, Mexico on Thursday and Nottingham on Friday. All of the games will be held at G. Ray Bodley High School with JV at 5 pm and varsity at 6:30.

By Lexi Abelgore

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

Hey! Don't miss the bus!!! **French Club** invites you to travel with them to Montreal, Canada in April. All students and adults are welcome to participate in this unforgettable adventure. For more information see Mademoiselle Coleman in room 121.

Attention **Juniors: PSAT registration** is now taking place. See Mr. Ascenzi in the Guidance Office to pick up your information packet.

The next meeting of the **Fultonian Yearbook** will be Wednesday after school in room 102.

What's for lunch?

Due to today's half-day collaboration, lunch will not be served.

Note: PBJ, cheese stick and crackers are available daily.

Due to today's half-day collaboration

RaiderNet

Daily
will not return
until Thursday, Oct. 2

Quote of the day:

"Example is not the main thing influencing others, it is the only thing."

-Albert Schweitzer

This week in Raider Sports

Today: Boys soccer vs. J-D (JV-4:30/V-6:30); Vball vs. Phoenix (JV-5:00/V-6:30); JV football @ Oswego (4:30)

Wed. Oct. 1: Cross country vs. J-D & Cortland @ J-D (4:30); Golf vs. West Genesee (3:30)

Thurs. Oct. 2: Boys soccer @ Homer (5 pm); Vball vs. Mexico (JV-5/V-6:30)

Fri. Oct. 3: Football vs. Whitesboro (6:30); Girls soccer @ Cortland (JV-4:30/V-5 pm); Vball vs. Nottingham (JV-5/V-6:30)

Sat. Oct. 4: Vball @ B'ville Tourney (8:30 am); JV football @ Whitesboro (9:30 am); Cross country @ Tully Invitational (10 am)

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?"

What did you think of the pep rally?



"I loved it because it integrated all of the students."

Cinda Laribee



"It was really fun."

Alex Pagan



"It was nice to be outside, but there's more energy in the gym."

Mr. Greene



"It was alright."

Casey McCann

Meteorology and you

By Carson Metcalf



Today:



Partly to mostly cloudy. Chance late shower.

71°

Average: 66°
Record: 89° (1953)

Tonight:



Cloudy. Chance rain showers.

57°

Average: 47°
Record: 28° (1991)

Tomorrow:



Cloudy with a rain shower.

73°

Average: 66°
Record: 85° (1927)

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