

## Raiders invade ES-M looking for OHSL title

The regular season title is theirs for the taking, but the Raiders will need to do something they haven't been able to accomplish in five seasons if they are to stake their claim to the Class A American crown.

Fulton picked up some help from a most unexpected source last weekend when Oswego upended East Syracuse-Minoa 28-20 on a rainy day in Oswego to turn the Class A American race into a four team tussle. Fulton saw its three game winning streak come to an end last Friday in a 24-14 non-league loss to Whitesboro, but despite the setback the Raiders control their own destiny.

Coach Jeff Rothrock's crew bring a 2-0 league record into the contest against the 2-1 Spartans while Oswego is at Jamesville-Dewitt in a battle between 1-1 sides that will also have a bearing on the race for the top spot and could set up an interesting final weekend of the regular season October 17-18.

A Raider win coupled with a victory by the Bucs would give Fulton no worse than a share of the regular season title, while a Red Rams triumph would set up a winner take all match-up next Friday in Fulton. The Raiders own the tiebreaker against Oswego by virtue of their homecoming victory, so in essence, could earn its first league title in five years with wins by both the Oswego County rivals.

But before any of that can happen, Fulton has to take care of business against ES-M, something that hasn't come easy over the past four seasons. The Spartans have torched Fulton for better than 50 points in each of the last three campaigns including a 58-33 victory last year. All told, ES-M has rolled up a 164-43 advantage over the past three meetings and have won four straight since falling 33-20 to the Raiders in 2009.

"Obviously if we are giving up those points on Friday, we will not be winning," Coach Rothrock said of a game that, "we are calling this our Super Bowl. We have a chance to win the league which would be a huge accomplishment for our kids." One key to

### Fulton Red Raiders vs. ES-M Spartans

**6:30 p.m. tonight**

@ ES-M



#### Fulton Red Raiders (2-0 league, 3-2 overall)

Fulton 21 Carthage 59  
 Fulton 27 Watertown 14  
 Fulton 34 Cortland 7  
 Fulton 41 Oswego 20  
 Fulton 14 Whitesboro 24  
 PF: 137 PA: 124

#### Class A American Standings

	W	L	Overall
<b>Fulton</b>	<b>2</b>	<b>0</b>	<b>(3-2)</b>
ES-M	2	1	(2-3)
Oswego	1	1	(2-3)
J-D	1	1	(1-4)
Cortland	0	3	(0-5)

#### East Syracuse-Minoa (2-1 league, 2-3 overall)

ES-M 13 Vestal 47  
 ES-M 21 Indian River 32  
 ES-M 41 Jamesville-Dewitt 0  
 ES-M 40 Cortland 12  
 ES-M 20 Oswego 28  
 PF: 135 PA: 119

#### Recent results:

2013: ES-M 58 Fulton 33  
 2012: ES-M 53 Fulton  
 2011: ES-M 53 Fulton 0  
 2010: ES-M 23 Fulton 20  
 2009: Fulton 33 ES-M 20

the Raider fortunes is, "to have long drives on offense," to keep the ball away from an ES-M side with "three very good, strong backs who are capable of big plays every touch. Their quarterback throws a great long ball and is not afraid to run. We must control time of possession and limit their opportunities on offense." Offensively the

Raiders will be hoping for continued success from running back Quinton Jackson, currently averaging just over 100 yards per game with 509 yards on 80 carries with six touchdowns and a 6.4 average per carry. Sophomore Mike Peck has gained 7.9 yards per carry while amassing 237 yards on 30

(continued on page 4)

# 7

**Days until**  
**Quirk's Players present:**  
**The Pink Panther Strikes**  
**Again!**  
**Fri. & Sat. Oct. 17-18**  
**@ 7:30 pm**  
**GRB Auditorium**



## Health

# Don't underestimate the powers of yoga

By Breanna St. Onge

Yoga can be for anyone, not just the people who can touch their toes or want to meditate. It not only can relieve stress but also increase flexibility. However if high impact yoga is not the class for you, there are many other types of classes that focus mostly on stress relief.



Many styles of yoga concentrate on meditation and breathing exercises to decrease stress levels in a way that a person can accomplish completely on their own whether you go to a class or just take time for yourself in your home if you know how to do it.

Along with stress relief, yoga offers an exercise that is more low impact on joints but can still be just as much of a work out as running on the treadmill. Different styles of Power Yoga, such as ashtanga, promote strength and can help develop more muscle tone. Most yoga positions contribute to strengthening muscles when held

**Can there possibly be more that yoga does for the body? Yes,lots! Doing yoga on a regular basis has also been known to lower blood pressure.**

for several long breaths. Yoga is highly effective for upper body strength in the arms, shoulders, chest, and is a great workout for stabilizing core muscles along with strengthening deep abdominal muscles.

Yoga also promotes good posture and reduces back pain by helping strengthen the muscles in the back that are used to support the spine. A study that asked back pain sufferers to begin doing yoga twice a week for six months had 56% of the participants report that

## Quote of the day:

"It's not whether you get knocked down, it's whether you get up."  
-Vince Lombardi

their soreness was noticeably reduced while only 16% that went to physical therapy or took pain medication reported any type of relief.

Can there possibly be more that yoga does for the body? Yes,lots! Doing yoga on a regular basis has also been known to lower blood pressure. A slower heart rate can help with reducing the risk of heart attacks and strokes as well as heart disease. It has also been known to aid the body in ridding itself of toxins that can be stored in the muscles.

In addition to the previously mentioned benefits, yoga improves your mood making you more relaxed while going about your daily life.

Due to the Columbus Day  
holiday

**RaiderNet**

Daily

will not return until  
Wednesday, October 15

## Halloween Fun Fact:

Jack O'Lanterns were first  
made from turnips.



## Seniors take note!

Prom and baby pictures must be turned in  
by Tuesday, Nov. 4

Bring them to Mr. Senecal in room 118

Submitted senior portraits  
are also due by Nov. 4



## 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*

## Opinion

# Water is nothing to take for granted

By Chelsie Knopp



Enough to go Around

I bet you take showers regularly and brush your teeth after every meal just like the dentist recommends, right?

While doing these daily routines has it ever crossed your mind just how much water you may be using while letting the faucet run or day-dreaming about the things you had done the previous day?

Water to us seems endless, a never ending stream of clean hot or cold water with the simple turn of a nozzle and flick of a switch. This, however, is not the case in places such as Africa.

One in every three nations are classified as having scarce water

resources and not able to provide clean water. For example Africa has been struggling with the ongoing problem and concern of not being able to get clean water to all civilians efficiently for years. The water in the rivers has been so polluted with waste that it is hard to make it sterile enough to ingest without the risk of contracting illness caused by bacteria.

This occurs more specifically in the region surrounding Sub-Saharan Africa. Studies conducted in this specific location have determined that it contains the largest number of water stressed countries in the world, coming to grand total three hundred million people lacking clean water out of the eight hundred million who reside there. Three out of every eight people expect to live without clean water.

Of course there are programs which do indeed strive to deliver clean water and filtration systems to those in need such as The Water Project. The Water Project is an organization run by merely donations from those who feel that they can spare a little extra money to provide a family with a life necessity.

Let this be a life lesson and next time you are brushing your teeth and just letting the water run, or standing in the shower because you are stuck in a day dream think of those who do not have that luxury. Those who cannot access clean water so easily. Take into consideration that for millions of people around that world what you have would be a blessing and every time you use it you should think of who are not fortunate to have what you do.

## 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 Made-moiselle 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.

A representative from **Keuka College** will be in the guidance office on Tuesday, Oct. 14 at 10 am and a representative from **Utica College** will be at GRB at 11 am to meet with interested students.

## What's for lunch?

**Today:** Shrimp poppers with dinner roll, baked beans, broccoli and fruit cup.

**Tuesday:** Chicken nuggets with dipping sauce, tomato soup, sweet potato fries, spinach and fresh apple.

**Wednesday:** Cheese pizza with Romaine salad, carrots and chilled peaches.

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

## Check it out!

# GRB News

the weekly television program  
covering all things Bodley  
available on the GRB website at  
[www.fulton.cnyric.org](http://www.fulton.cnyric.org)  
click on G. Ray Bodley High School,  
then go to

"Weekly GRB video announcements"

Order your 2015 yearbook  
by Monday, Dec. 22 and save \$10

Pay \$50 instead of \$60 and save some \$\$

A minimum \$10 down payment

reserves your book at the reduced rate!

See Mr. Senecal in room 118. Order forms will be  
included with five-week reports and are also available  
in the main office.

Submit yearbook  
photos online at  
[www.hjshare.com](http://www.hjshare.com)  
our school code is:  
ful-tonian  
Spirit Week & Fall  
sports photos  
needed!

## Spartans will be ready after upset loss

(continued on page 3)

attempts, while quarterback Cody Green has two rushing touchdowns and 147 yards to his credit on 32 carries.

Green has also been productive through the air, connecting on 35 of his 54 attempts for 587 yards with five touchdowns and five interceptions. Chris Jones is his top target with 11 receptions for 227 yards, a gaudy 20.8 per catch including three touchdowns. Dallas Bradley has eight catches for 129 yards and Jackson has pulled in six passes for 77 yards to aid the Raider cause.

On defense David Hursh leads the way with 31 tackles while Dylan Smith has 24 stops and Jones 17 on a unit that will be looking for some payback come Friday.

As for Oswego's big win last weekend, Rothrock said that, "hopefully Oswego did not wake up the sleeping giant. We know their coaches will be driving them and the players know the situation. They are certainly going to be fired up and we need to be ready for that."

And just because Fulton handled the Bucs in their recent match-up, Rothrock does not believe that overconfidence will be a factor come 6:30 pm on Friday. "There is no overconfidence," he noted. "We had 13 kids up at Oswego watching and they all know the weather and field did not help ES-M. There will be no rain on Friday and they will be on home turf. We know we have a war ahead of us. It's what we prepare for."

The Spartans will look to a balanced rushing attack led by Fred Johnson's 298 yards on 32 carries along with a six touchdown effort from Riquelle Othman, who has carried the mail 70 times for 177 yards so far this season. Quarterback Brandon Breen has also found the end zone three times via the rush and Tavaughn Barrot averages 8.4 yards per attempt with 135 yards on 16 carries. Johnson also leads ES-M through the air with 10 catches for 86 yards and K'Hari Flagg has 10 catches for 63 yards.

The Raider secondary will be looking for a big game against Breen, who has made good on 29 of 59 passes for just 209 yards with nine interceptions and one touchdown.

*Special to RaiderNet Daily*



**Ball control will be the name of the game for the Raiders this evening when they invade East Syracuse-Minoa in what looms as Fulton's biggest game in five seasons. Running back Quinton Jackson, above, and his teammates will be looking to keep the ball away from the Spartans. (submitted photo)**

## Spikers take two to enhance playoff run

The Raiders girls volleyball team is still fighting to make sectionals this year as their overall record stands at 3-8. It was a busy week for Fulton last week, as they played Phoenix, Mexico and Nottingham, winning two out of three matches. Most recently, Fulton lost to Jamesville-Dewitt at the beginning of this week. According to senior Lexi Abelgore "We're not playing horribly. We just can't get the job done sometimes."

In the three games last week, the Raiders stacked up a total of 69 kills with special contributions from Erica Pawlewicz and Mallory Clark. Fulton rallied up another 11 kills against J-D on Tuesday. That game featured three kills and six digs from Emma Harvey and two kills and some surprising saves from Lexi Abelgore.

Fulton has a break from games and a few days to work hard in practice, as they do not play again until they visit Fowler on Thursday, October 16. There are only two league games left, not including the match at Fowler. The Raiders will need to step up their game and push if they are going to have a chance to make it to playoffs.

## This week in Raider Sports

**Today:** V football @ ES-M (6:30)

**Sat. Oct. 11:** Boys V soccer @ ES-M (2 pm); Boys JV soccer @ Homer (1 pm); V volleyball @ Pittsford Tourney (8:30 am)

**Tues. Oct. 14:** Girls soccer @ Chittenango (JV-5/V-7 pm); Boys soccer @ Fowler (4:30)

**Wed. Oct. 15:** Cross country @ League Meet (4 pm @ ES-M)

**Thurs. Oct. 16:** Volleyball @ Fowler (JV-4:30/V-6 pm); JV football @ J-D (4:30); Girls soccer @ Oswego (JV-4:30/V-6:30)

**Fri. Oct. 17:** V football vs. J-D (6:30)

**Sat. Oct. 18:** Boys soccer vs. Liverpool (JV-11 am/V-1 pm); Cross-country @ Chittenango Invitational (9 am @ Jamesville Beach); JV Volleyball @ OHSL Tourney (9 am @ Oswego)

**Keep in touch with the Fultonian Yearbook by liking us on Facebook. Free yearbook drawing at 300 likes!**



## Entertainment

## Meet the Cast of The Pink Panther Strikes Again

### Stephen Heywood

Stephen is a senior at GRB and this is his seventh show performing as a member of Quirk's Players. You may remember him as financial banker Oscar Shapiro in the spring 2014 production of *Curtains*. He plays Dr. Fassbender in *The Pink Panther Strikes Again*, a character who Stephen says has been an interesting role to play. "It's fun to have a daughter [in the show]. It's just a good experience."



of my characters die!" His favorite part of being in this show is being "back with the gang."



### Alex LaRock

Alex has been a member of Quirk's Players since her freshman year. This is her fifth show performing on stage, and she also was on tech crew of last year's



fall show *What the Bellhop Saw*. In this show, she plays psychiatrist Paula Duval and a Chinese assassin. Alex says that being a part of

the drama club has affected her life in a very positive way. If you have thought about joining Quirk's Players for their upcoming musical but are unsure, Alex says you should definitely try it. "It's a lot of fun and you can truly be yourself."

**Compiled by Lexi Abelgore**

## Columbus holiday dates back to 1937

G.Ray Bodley High School is full of excitement due to the upcoming three day weekend. As enjoyable as a dreaded Monday off of school is, have you thought about why you have the day off? If you did not already know, Monday is Columbus Day.

October 12, 1492 marks the day that Christopher Columbus landed in The "New World." Originally, every October 12, was recognized as Columbus Day, but since 1971 it has been celebrated on the second Monday in October. This holiday did not become a federal holiday until 1937 when Franklin D. Roosevelt proclaimed it as one.

The main plan of Columbus was to chart a western sea route to China, India, and also Asia. Unexpectedly, Columbus landed in the Bahamas, becoming the first European to explore the Americas, since the Vikings.

Throughout the years, The United States has evolved this holiday into a celebration of Italian-American heritage and also honoring Columbus' achievements. Celebrations include parades and street fairs with music, costumes, and delicious Italian food.

For those planning on mailing out a love letter or hoping to cash your fat paycheck on Columbus Day, you will find yourself out of luck. Due to the fact that this is a federal holiday, the post office, the government offices, and many banks will be closed. Believe it or not, many cities in America have a parade for the day.

While you are enjoying your day off, think about why you are sitting on your couch and not at a hard, uncomfortable school desk. Make sure you pay your thoughts to the man himself, Christopher Columbus. **By Carly Williams and Casey McCann**

## Holiday weekend offers movie choices

### At the Movies

It is that time again: .the weekend! The weather looks chilly and potentially rainy so instead of staying home why not go out to the movies with some friends. Regal Cinema in Great Northern Mall, Clay has some great showings of newly released films.

Today marks the release date of the long-awaited new film *Dracula*. The film features famous actors Luke Evans, Sarah Gadon, Dominic Cooper, and Zach McGowan. The film is classified into the Science Fiction/War genre. The focus will be on the origins of Dracula portraying Dracula as a flawed hero in a tragic love story set in a dark age of mystic times and war.

Another great choice if you are one of

those people who are not entirely interested in war and love stories would be *Annabelle*. This one was released October 3 and stars Anna-belle Wallis, Ward Horton, Eric



Ladin, and Alfred Woodward. Throughout the film a toy doll possessed by a demon torments a young couple and their new born child.

Thinking of your family? Perhaps you should see something along the lines of *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. This movie is a family comedy which trails the activities of 11-year-old Alexander as he experiences the worst day of his life that begins with gum stuck in his hair, followed by one calamity after another.

But when Alexander tells his upbeat family about the misadventures of his dreadful day, he finds little sympathy and begins to wonder if bad things only happen to him.

There are a wide variety of movies playing over this long weekend, so go out with family of friends and have a wonderful safe weekend.

**RaiderNet**

Daily

School of Thought compiled by Malachi Manford

## How do you think the Raiders will do tonight at ES-M?



"They're going to kill ES-M."

Bryce Knight



"We're gonna win."

Nick Kinney



"John's going to choke. (Just kidding)"

Hunter Hubel



"They have a good chance as long as they stick to their blocks and come out with a fire in their belly."

Mr. Sievers

# Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

54°

Average: 60°  
Record: 80° (2011)

Tonight:



Partly cloudy.

40°

Average: 43°  
Record: 27° (1986)

Tomorrow:

Partly cloudy.

52°/38°

Average: 62°/43°  
Rec. high/low: 81° (1961) 29° (1986)

Sunday:

Sun and clouds

58°/49°

Average: 61°/42°  
Record high/low: 84° (1954)/28° (1964)

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.