

Same foe, different team in boys soccer playoff

It's a familiar opponent but not a familiar lineup that will provide the opposition tonight at 6 pm as Fulton and Whitesboro meet in the opening round of the Class A playoffs for the second straight season.

But just because the Raiders bested the Warriors 3-0 in back to back games the last time around, Fulton Coach Nate Murray isn't taking anything for granted.

"As far as Whitesboro, I know VERY little of them this year," the Raider coach said of the Warriors. "We have no common opponents and will be different from last year. We graduated 11 kids last year and seven starters. This team playing this year is completely revamped from last year and very different."

Unlike last year's senior-laden team, the 2014 edition of Red Raider soccer has relied on big efforts from a number of young players. "We played better than I had expected this season as we are such a young team," Murray noted. "I am, however, disappointed in the way that our defense has been...we have given up 27 goals this year which is WAY too many."

"Some of that was the shape that I used for most of the season," the coach admitted, adding that, "after changing it up with about four games to go it has been a little bit better."

Defensively the Raiders will be looking for a big effort from goalkeeper R.J. Borrow and defenders Shawn Walberger, Garet Roik, Evan Beckwith and Dave Tallents. "We need to have strong play out of the back, lunging has to be limited by the defenders, and we need strong play from RJ in goal," the coach commented about his 113 save stopper. "He needs to take command of the 18 and clean up balls that are played in the air near him. He has the potential to be really good but has to put it all together and get some confidence." The Raiders come in on the back of consecutive shutout losses against powerhouse sides from Fowler and Liverpool following two straight wins, so getting untracked offensively will be a major concern. "We have not been very dangerous in

the attacking third of the field and need to become much more of a threat," the coach stated. "One of the keys to the game is how well we can possess the ball and build toward the attack. If we can get the ball off our foot with one or two touches and move off the ball, no one beats us."

German exchange student Vincent Timnick leads the Fulton offensive with eight goals and three assists for 11 points followed closely by juniors Ian Devendorf (7-3-10), Spencer Vono (6-3-9) and Austin

on three occasions and were burned for four goals in two other starts. Since posting a three game shutout streak early in the season the visitors are 2-9-1 in their last 12 games, but snapped a six game slide by besting Utica Notre Dame 2-0 on Saturday. Top scorers Alex Gorgas and Gabe Wise led the Warriors to victory with solo markers for a team that scored just 23 times all season while pulling the ball out of their own net on 40 occasions.

The winner meets #2 seeded Vernon-Verna-Sherill on Friday, and Murray believes his team has what it takes to get to the next round and beyond. "This team has the potential to play in the sectional finals, but they HAVE to play as a unit and move the ball," he stated. Central midfielders Jared Marden, Conner Wilde, and Marshall Carvey will be key figures in the link between offense and defense in tonight's 6 pm start, along with third year varsity performer Austin Wilde, who joins Devendorf in the crucial outside midfield position.

And as for the possibility that the Raiders could look past tonight's opponent based on last year's results, Murray was quick to note that, "winning twice last year does not translate to over confidence this year." "We don't look back," he concluded. "Because it does not help us in any shape or form."

Section 3 Soccer Playoffs

#10 Whitesboro (5-11-1)

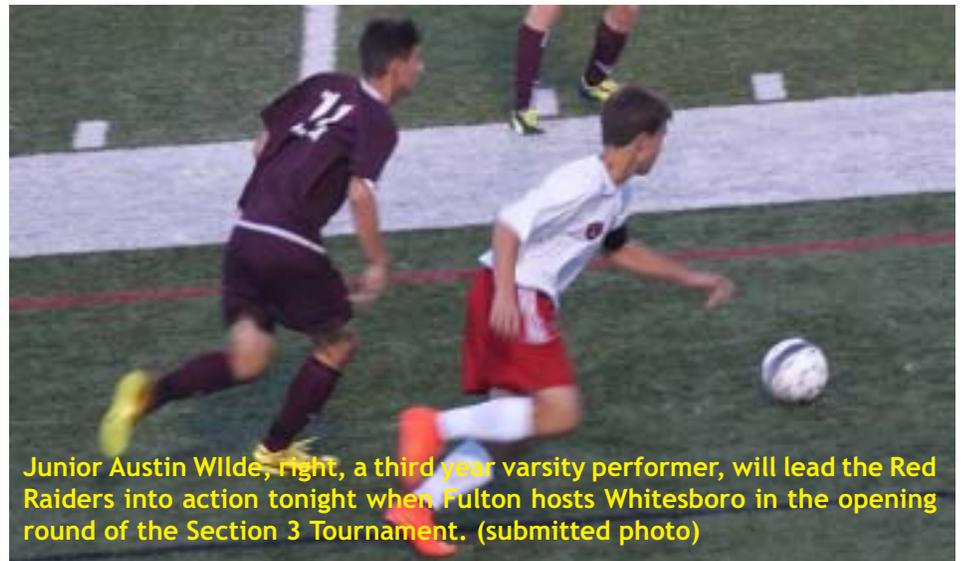
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#7 Fulton (7-8-1)

6 pm tonight

Beckwith (5-2-7). "We need some scoring and that is the group that has to get it done," Coach Murray said in reference to a four-some that netted 26 of his team's 30 goals this season. "We need them to get creative with their runs and put the ball in the back of the net."

Whitesboro's defense could be just what the doctor ordered and has been porous at times as the Warriors have given up five goals



Junior Austin Wilde, right, a third year varsity performer, will lead the Red Raiders into action tonight when Fulton hosts Whitesboro in the opening round of the Section 3 Tournament. (submitted photo)

Opinion

Don't buy into the media's image of "beauty"

By Breanna St. Onge

We have all watched television, seen a magazine ad or even heard something on the radio about the female, or male, "ideal body." And many of us have let it invade our thoughts more than we probably should.

Why is that? To pick ourselves apart? Or even subconsciously tell ourselves what we should look like just because that is what's in the media? The epidemic of the overwhelming effect the media has on adults, teenagers, and as of lately even children in elementary schools, is getting out of hand. It seems that in this day and age more and more people are taking a stand and saying, "No More!"

During an average day, Americans of all ages watch at the very least an hour of television. Almost half of that hour is commercials.



"The epidemic of the overwhelming effect the media has on adults, teenagers, and as of lately even children in elementary schools, is getting out of hand."

So just think for a moment what types of commercials you have seen lately. Food advertisements, insurance companies, gym membership advertisements, weight loss methods, makeup ads, and all of the ads for companies such as Victoria's Secret. Everything has a purpose, to manipulate minds in one way or another.

Now, you're sitting there thinking, "Insurance ads?" Yes, even things completely unrelated to our bodies, because in the media the famous saying, "sex sells" is completely true. Actors who are thought to meet the ideal body image are cast to be in those commercials. This is also true for cell phone ads, different colleges advertised on television, and commercials for stores that seem to be completely unrelated to clothing or one's body such as office supply stores, and grocery stores.

Men and women of all ages are targeted on a daily basis, and after a while it can start to really get to someone. All of these ads about

the "perfect body" are wrong. About 90 percent or more of those photos out there have been retouched! That's right, the infamous Photoshop. Photoshop, to put it in layman's terms, is used when a picture is not attractive enough or thought to have flaws that just cannot go without fixing, to make things look better or, in this case, "perfect."

I would personally like to put my opinion on the line and acknowledge the companies that put ads out that use photoshopped pictures of women that show them with no profound flaws. Photo retouching takes away from who a person truly is, the freckles disappear, body shape can change in an instant, eye and hair color can be made different, makeup can be applied, a model's height can be made taller or shorter, but most of all it has the ability to create a completely different person. I believe that individuality is a gift and should be embraced, not shoved away and attempted to be changed or even destroyed.

So what if you were born with a plethora of freckles or have a funny shaped birthmark on your arm, or maybe you're shorter than some of your friends and can't reach the top shelf? Those individual characteristics are what make you special and beautiful. Many of you reading this will roll your eyes because that has been said more than a thousand times in our lifetimes. Maybe it seems like it is said too much, but it is true, individuality is beautiful.

Whether it be your personality that makes you stand out, the color of your eyes or hair, even your height, everything about you is different from everyone else. Why would you want to be exactly like the person next to you, to blend in? Why blend in when you could stand out and be one of The Greats?

There can only be one You in the world, so don't deprive the world of the only You that there is and will ever be. Stand out, be great, do good, because everyone has a purpose. It is up to you to go out and find out what it is.

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

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

The **Senior Class** will be holding an important meeting in the auditorium during guided study hall today. Class officers meet every Monday after school in room 125 and all seniors are welcome to attend.

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 **Houghton College** will be in the guidance office today at 8:30 am, a representative from **Elmira** will be at GRB at 9:15 am, **St. Joseph's College of Nursing** will be here at 10:45 and **Colgate University** will be here at 1:45 to meet with interested students.

There will be an important meeting of the **Ski & Snowboard Club** on Thursday, Oct. 23 at 6:30 pm in the cafeteria for club members and their parents.

Physicals for sports and working papers will be held on Tuesday, Oct. 28, Make your appointment now in the nurse's office.

Attention **swimmers!** the 2014-15 season is fast approaching. Boys and girls interested in joining the varsity team are urged to attend an informational meeting today after school in room 125.

Come join **Spanish Club** on Tuesday, Oct. 28 to learn about and celebrate the "Day of the Dead."

Any boys or girls interested in trying out for **basketball** should sign up with Mr. Leece in room 204.

Anyone interested in signing up for **wrestling** please see Mr. Popper in room 126 to receive the needed paperwork.

What's for lunch?

Today: Cheese pizza with romaine salad, carrots and chilled peaches.

Thursday: Fajita chicken and cheese wrap with seasoned rice, salsa, corn and orange smiles.

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

Spring musical auditions underway

All students auditioning for the spring musical, *Thoroughly Modern Millie*, must have a prepared song. Rehearsals to learn a song will be held today and Friday from 3 to 4 pm and on Thursday from 3:35 to 4 pm. See Mr. Nami with any questions.

Quote of the day:

"All our dreams can come true-if we have the courage to pursue them."

-Walt Disney

Halloween Fun Fact

The Halloween capitals of the world are believed to be Salem, Massachusetts and Anoka, Minnesota.



This week in Raider Sports

Today: Boys soccer sectional game vs. Whitesboro at 6 pm.

Thurs. Oct. 23: Volleyball vs. Marcellus (JV-5/V-6:30); V cheerleading competition @ Chittenango (TBA)

Fri. Oct. 24: Football sectional game vs. Carthage (6:30 pm)

Sat. Oct. 25: V Volleyball OHSL Tourney @ Phoenix (9 am)

Blood Drive coming to GRB on Oct. 30

Did you know that every two seconds in the US someone needs a blood transfusion?

If you're interested in saving lives please consider donating blood on October 30th. Sign-ups are in Mrs. Ferlito's room 115 or during lunch bells outside the cafeteria. If you are 16 and would like to donate blood, you need to pick up a permission slip from Mrs. Ferlito. Those 17 and older do not need parental permission. Help save a life: donate blood!

**The Red Raider Den
is now open for business!
stop by for a snack
during bells 8 and 9**

**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
our school code is:
fultonian
Spirit Week & Fall
sports photos
needed!**

Opinion

Fast doesn't have to mean fat with food choices

By Lexi Abelgore

Those golden arches can be recognized all over the world, and the restaurant behind them is certainly among the most famous fast food joints in existence.

We are told time and time again how unhealthy McDonalds food is, but yet it continues to be a favorite location for quick eating, especially for teenagers. Between school, sports, work, or extracurricular activities, it makes sense to swing through the drive-thru and grab a Mcdouble.

In addition, the laid-back atmosphere makes it a relaxing place to have a late night snack with friends. Whether we like it or not, McDonalds is a part of our culture. There is nothing wrong with ordering your favorite meal once in a while, but it would not hurt to try a healthier option every now and then as well.

The classic chicken sandwich comes with lettuce, tomato and mayonnaise. If you ask for grilled chicken, the sandwich is only 350

calories. Ask for no mayo to knock a few extra calories off. Substituting crispy chicken for grilled puts on an extra 140 calories.

Chicken snacks wraps are one of the easiest and lowest calorie items on the menu. They come with lettuce, shredded cheese and either ranch, barbeque or honey mustard sauce. Order it with grilled chicken and it stands at 260 calories. Switching to crispy chicken adds another 60 calories, as only half a piece of chicken is used in the snack wraps.

McDonalds also offers two types of salads-Southwest chicken salad and the bacon ranch salad. The bacon ranch comes with cheese,

Bizarre news of the day:

Florida boy bags unusual deer

Gavin Dingman of Oceola Township, Ohio is the talk of the town after killing a 12-point buck. But it's not his age that has hunting shows and hunting magazines everywhere eyeing the deer, instead it is the fact that the 11 year old downed an albino deer with a crossbow.

Despite some initial worries by his father that they might injure the animal rather than kill it, Gavin let fly from his crossbow. After sinking an arrow into the deer upon further analysis he discovered he had, "double-lunged it," at 30 yards. It was not his first deer, but due to the unusual nature of the animal they plan on having a taxidermist create a full-body mount of the deer.

"It's too rare and too pretty not to spend the extra money and have the whole thing done," his father Mick Dingman said.

Compiled by Jackson Truong



bacon and tomatoes and the Southwest is covered with beans, corn, cheese and tortilla strips. Order one of these salads with grilled chicken and, depending on what dressing you order, it will contain anywhere from 230-290 calories and 30 grams of protein.

The prep table also offers a selection of vegetables to add to any sandwich or salad, including lettuce, tomatoes, onions, grilled onions, jalapeno peppers, pickles and cucumbers.

Everyone loves those famous McDonalds French fries, but a small size is 230 calories and contains 130mg of sodium. While they are perfectly delicious and salty, they are sure to raise your cholesterol if you eat them enough. Go for a lighter side, like a parfait with 150 calories or a side salad with 20 calories before the dressing. They even have apple slices with only 15 calories and what the heck, ask for a side of caramel with those. Do not forget about dessert! They have reduced fat ice cream, so try it on a cone or in a dish with peanuts.

Speaking as an employee of the famous fast food chain, it is all about what you order. It is okay to order your Big Mac every once in a blue moon, but think about trying a healthier option the next time you go. Pile

“There is nothing wrong with ordering your favorite meal once in a while, but it would not hurt to try a healthier option every now and then as well.”

some extra vegetables onto the sandwich or wrap of your choice and remind yourself that however hungry you may think you are, you do not need to finish a 20 piece nugget by yourself.

LadyRaiders drop playoff opener

Mariah Williams and the #4 seeded Whitesboro Warriors came as advertised on Tuesday night, and as a result it was one and done for the Fulton girls varsity soccer team in a 5-0 opening round loss at Whitesboro. Williams scored three times and assisted on a fourth to net her 30th, 31st and 32nd goals of the season as the home standing Warriors improved to 12-3-1 on the season and will advance to Thursday's second round to face #5 seeded New Hartford, a 2-0 winner over Chittenango.

No stranger to the back of the opposing net, Williams has scored in all but one of her team's 16 games this season and now has 89 career goals with Tuesday's effort helping her establish a new single season high. The senior marksman counted 29 goals last season and had 14 in each of her first two years with the Warrior varsity. Unfortunately for the Raiders she also established a new single season mark for assists with her ninth helper of the year for 41 points on the season and 112 in the past four years.

In other opening round Class A action CBA edged past Homer 1-0 to advance against top seeded Jamesville-Dewitt and East Syracuse-Minoa blanked Central Valley Academy 4-0 in a game between the #7 and #10 seeds. The Spartans will now face second seeded Watertown on Thursday.

With the loss the Raiders concluded their season at 8-9 overall.

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



School of Thought compiled by Carly Williams and Casey McCann

When do you think the first snow will fall?



"Mid-November."

Dillon Miller



"Tomorrow."

Dylan Gorman



"December 21."

Sean Carroll



"December 5."

Nate Welsh

Meteorology and you

By Carson Metcalf



Today:



Cloudy with
rain.

52°

Average: 58°
Record: 84° (1979)

Tonight:



Cloudy with
rain.

42°

Average: 39°
Record: 24° (1948)

Tomorrow:



Cloudy with
rain.

50°

Average: 57°
Record: 77° (1991)

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.