

Raiders look to even the score in playoff opener

The second season will begin with the same opponent that the regular season started off with for the Fulton varsity football team. Coach Jeff Rothrock and company hope that the sequel plays out better than the original for his Red Raider side.

Defending Class A champion Carthage comes to town at 6:30 pm tonight in the opening round of the Class A football playoffs after besting the Raiders 59-21 in the first game of the season for both teams. Since then each squad has compiled a 4-2 mark, with Fulton bringing an overall record of 4-3 into the contest while the Comets, ranked ninth among large schools in this Week's *Syracuse Post Standard* poll, stand one better at 5-2. The two sides come in on opposite ends of the emotional spectrum following second place showdowns last Friday that

Section 3
Football Playoffs
Carthage (5-2)
@
Fulton (4-3)
6:30 pm tonight

saw Fulton rally past Jamesville-Dewitt 32-20 while Carthage was beaten down in unexpected fashion in a 31-0 loss at Whitesboro. As a result, the Raiders are playing at home and the Comets are on the road while Jamesville-Dewitt must travel to Whitesboro.

So what, if anything, is to be gained from having played, and lost to the Comets the first time around? "I think it is easier coaching off mistakes rather than guessing from film what might happen," Coach Rothrock commented, but one thing he knows firsthand is that that the Raiders will need to find a better way of stopping Carthage senior running back Josh Capers. "We have to contain Capers and not give up big plays for easy TD's," the coach stated. "Not turn the ball over, be very good on special teams."

Fulton Red Raiders vs. Carthage Comets

6:30 p.m. tonight

@ Fulton



Fulton Red Raiders (4-3 overall)

Fulton 21 Carthage 59
 Fulton 27 Watertown 14
 Fulton 34 Cortland 7
 Fulton 41 Oswego 20
 Fulton 14 Whitesboro 24
 Fulton 26 East Syr-Minoa 42
 Fulton 32 Jamesville-Dewitt 20
 PF: 195 PA: 186

Recent results:

2014: Carthage 59 Fulton 21
 2013: Carthage 58 Fulton 20
 2009: Carthage 48 Fulton 6
 2008: Carthage 37 Fulton 6
 Fulton 14 Carthage 6 (playoffs)

Carthage Comets (5-2 overall)

Carthage 59 Fulton 21
 Carthage 34 Oswego 6
 Carthage 20 Indian River 42
 Carthage 40 Jamesville-Dewitt 18
 Carthage 28 Watertown 20
 Carthage 35 New Hartford 0
 Carthage 0 Whitesboro 31
 PF: 210 PA: 138

Class A Playoffs:

Oswego @ Indian River (7 pm)
 New Hartford @ ES-M (6:30)
 Jamesville-Dewitt @ Whitesboro (6:30)

The last time around Rothrock saw far too much of the Comet standout as he rushed for 248 yards on 15 carries and scored five times, including a 65 yard run and a score on special teams. Tonight the plan is to, "Make sure we tackle well, gang tackle and the first guy in has to slow him down enough for help to arrive." All told Capers has run for 1268 yards on 144 carries and has scored 126 of his team's 210 points this season. With 1328 total yards Capers has accounted for better than two-thirds of the total Carthage offensive, as the remainder of the Comet team has amassed just 690 yards between them.

Mistakes led to easy scores in the game at Carthage, and to that end the Raiders have been hard at work all week to try to minimize turnovers and big plays. The Raiders gave up an 88 yard kick return to Malik Little, who also had two interceptions, as

well as a 55 yard fumble return by DeShawn Anderson. Avoiding mistakes is at the top of the list for Fulton, but as Rothrock noted, "That is the tough part, getting the kids to play to their level without mistakes. We have to practice this week at being mistake free. We also have created some drills to address ball handling skills."

But perhaps the best way to keep Capers from having another field day at Fulton's expense will be to control the ball themselves, and the Raiders have several capable offensive weapons who can do just that. Junior Quinton Jackson has rushed for 1024 yards and 11 touchdowns in 142 attempts, while sophomore Mike Peck, used sparingly at Carthage, has come on strong to gain 384 yards on 43 carries for an impressive average of 8.9 yards every time he touches the ball.

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Opinion

Eat breakfast: your body will thank you for it

By Carly Williams & Casey McCann

Chances are you have heard plenty of times in your life that breakfast is the most important meal of the day. Well, it's not just an old wives tale, that statement is the truth. Eating breakfast has many benefits to your health and mentality.

Eating breakfast is a very important part of the day for any human being, but especially for teenagers. An estimated 12 to 34 percent of adolescents miss their breakfast meal regularly. As you teens know, it is hard enough to even get ready on time, let alone sit down and eat a whole meal before school.

Here are the many ways that breakfast improves daily life

1. *Improves your mood*- Instead of being miserable and bringing everyone else down throughout the school day, put something in your stomach to start off the day. As soon as you get out of bed you are breaking the fast from the night before, hence the words "breakfast." Your body is craving the nutrients that it needs to wake up your metabolism. You know how the saying goes, "you're not you

"Eating breakfast is a very important part of the day for any human being, but especially for teenagers. An estimated 12 to 34 percent of adolescents miss their breakfast meal regularly."

when you're hungry."

2. *Improved work ethic*- Breakfast helps wake you up. It is hard enough to keep up with grades, but when you are tired you have no motivation to complete anything. Eating your morning meal can help improve that. Studies show that people who eat breakfast score higher on tests than those who do not. That itself proves how beneficial eating breakfast really is.

3. *More energy*- It is hard for teenagers to get up in the morning. Eating breakfast can give your body the much needed energy that you lack in the morning. Instead of feeling groggy for hours, eating a simple breakfast can eliminate that dreaded feeling. Eating will give you the kick start that you need to make it through the day.

4. *Hunger*- Eating breakfast not only fills you up for the beginning

part of the day, but it also keeps you satisfied all day long. Ever find yourself craving a nice cheeseburger in the middle of the day? Well, eating breakfast will keep those mid-day cravings under control. Eating a healthy breakfast every morning will stop you from craving that junk food. As surprising as it sounds, eating breakfast will actually help you lose weight.

5. *Overall health*- When you are in your nice slumber at night, your insulin levels are flat. When you wake up in the morning and do not boost your insulin level, and then suddenly eat a huge lunch, it causes your insulin levels to fluctuate. This can cause your body to resist insulin which eventually can lead to type two diabetes. Breakfasts that are low in sugar and high in fiber and other nutrients, seem to be what is best.

How crazy is it that all of these benefits come from just eating breakfast? Even if you are running late, just grab a piece of fruit like a banana or an apple to get you going for the day. Something in your stomach is better than nothing.

Quote of the day:

"An obstacle is often a stepping stone."
-William Prescott

Blood Drive coming to GRB on Oct. 30

Did you know you can donate blood every 56 days? Platelet donors can donate every 7 days.

If you're interested in saving lives please consider donating blood next Thursday, 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!

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!

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Raider Sports

Unbeaten, unknown V-V-S awaits Raider booters

It's on to the second round of the Class A playoffs for the Red Raider boys soccer team this afternoon after a pair of second half goals propelled the team to a 2-0 victory over Whitesboro on Wednesday night.

With the win the Raiders will be moving into uncharted territory when they travel to Vernon-Verona-Sherrill to face the second seeded Red Devils this afternoon at 3 pm. Just up from the Class B ranks, the Devils played an independent schedule this season and mowed down the competition to the tune of a 14-0-2 record.

Even more impressive is the fact that they scored 42 times while yielding just four goals in 16 games as goaltender Justin VanDuLuitgaarden posted 12 shutouts and turned back 61 shots.

In two seasons he has only given up 16 goals with 24 shutouts while denying the opposition on 157 occasions, so clearly finding the back of the V-V-S goal is going to be a challenge. No strangers to success on the soccer pitch, Coach Frank Mitchell, 's crew went 13-5 during the 2013 season as a Class B school, bowing 4-0 to Westhill in the playoffs.

Up front the Red Devils are led by top scorer Tim Beal, whose 11 goals and six assists made him the team's scoring leader for the second straight season. Nick Metzger notched 11 goals with four assists and Francesco Spoletini added seven goals with 10 assists as part of a potent three-man attack that accounted for 29 of the team's 42 goals.

Winners of six straight games in which they outscored the opposition 15-1, the lone blemishes on the V-V-S slate came in a scoreless draw against Blessed Virgin Mary in September and a 1-1 standoff against Bishop Ludden. So complete was their domination that the Red Devils never trailed at halftime throughout the entire campaign.

To that end getting a good start could be a major advantage in today's game, as Coach Murray noted that, "a good start...would give us a boost of confidence considering we aren't scoring at the rate I would like. It would force them to take chances that they may not otherwise take and could result in us getting higher quality looks at the opposing teams cage."

"Playing with a lead can be dangerous," he went on to say, "but I think we are better suited in that situation than playing from behind."

The Raider offense is paced by German exchange student Vincent Timnik with eight goals and three assists for 11 points while Spencer Vono has six goals and four assists to join Ian Devendorf (7-3-10) in double figures. Junior Austin Beckwith, the two goal hero in Wednesday's win, has hit the back of the net seven times this season with a pair of assists.

The teams shared one common opponent this season, Homer, with

(continued on page 4)

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

The **Senior Class** officers meet every Monday after school in room 125 and all seniors are welcome to attend.

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

A representative from **SUNY Oneonta** will be in the guidance office today at 10 am to meet with interested students.

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

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: BBQ pulled turkey on bun with baked beans, broccoli and whole fruit cup.

Monday: Beef and bean chili with soft pretzel with oven roasted potato rounds, green beans and pears.

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

**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!**

Section 3 Playoffs

Raiders look to reverse fortunes vs. Carthage

(from page 1)

Two-way threat Cody Green, the Raider quarterback, has averaged 5.4 yards per carry while gaining 204 yards on 38 attempts and also leading a potent passing attack with 62 completions on 104 tries for 959 yards with eight touchdowns. To put that into perspective, Green's 959 yards are more than the Raiders have thrown for in the last two seasons combined according to Syracuse.com.

Favorite targets Dallas Bradley (24 catches, 306 yards) and Chris Jones (22 catches, 548 yards, five touchdowns) make the Raiders far more diverse on offense than the visiting Comets. Jackson has also established himself as a receiving threat with 95 yards on eight catches, while running back Darrin Cooper has 16 carries for 158 yards, good for almost 10 yards every time he touches the ball.

Defensively David Hirsch has been rock-solid for the Raiders, averaging just over 15 tackles per game with an impressive total of 106, including 20 the first time the two teams locked horns. Dylan Smith has 88 tackles and three sacks and Chris Jones has added 56 tackles to the Fulton "D," a group that will need to duplicate Whitesboro's smothering attack last Friday that kept Capers off the score sheet for the first time all season.

But regardless of what happens tonight it has been an unexpected return to glory for the varsity football team with their best record in five seasons, and a lot of the credit goes out to a senior class that has been, "a great group of leaders."

"They treat each other well and lead by example plus they are pretty good football players," the coach concluded in praise of a group who helped orchestrate a major turnaround from a 1-7 season in 2013.

"Our seniors will be missed next year, but hopefully have shown how to lead to our underclassmen. I'm hoping that the work we have done this year will spur kids on more in the off-season."

Rothrock hopes, of course, that the off-season does not begin on Saturday, something a big performance tonight would go a long way toward insuring.

Special to RaiderNet Daily



The Red Raiders are hoping for a total team effort tonight when they take on a tough Carthage team in the opening round of the Class A playoffs. (submitted photo)

Rested Red Devils are 14-0-2

(from page 3)

V-V-S nipping the Trojans 1-0 last week while the Raiders dropped a 3-2 decision at Homer on October 2.

The difference between the regular season schedules could well be a factor in today's game, as the Raiders faced a rugged OHSL slate while V-V-S played few, if any teams of Class A calibre. "Just looking at our opponents we are most certainly more battle

facility, as they have a grass field that apparently is not of very good quality," Murray reported. "That will slow the game down and make clean touches on the ball much more difficult. It will also make it challenging to adjust to the pace that the ball must be played with in our distribution."

Due to playing an extra game on Wednesday, "we will likely be more fatigued than they are and worn down. However we have played in lots of closely contested matches which they have not," the coach concluded. "We have confidence in dealing with that situation and have a few formations that we can change too in hopes of tilting the pace of play in our favor."

Today's winner will take on either #3 seeded New Hartford or #6 Marcellus on Tuesday, October 28. In other second round encounters today Watertown visits J-D, top seeded Indian River hosts ES-M and third seeded New Hartford plays host to Marcellus.

Section 3 Soccer Playoffs

Fulton (8-8-1)

@

V-V-S (14-0-2)

3 pm today

tested," Murray stated. "I'm not sure how much of an advantage that gives us."

Another factor the Raiders will have to deal with is the home field advantage for a Red Devil team that was perfect on their home pitch. "Possession will be difficult at their

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School of Thought compiled by Maggie Williams and Hope Williams

What is your favorite Halloween movie?



"Hocus Pocus."

Lorcan Murphy



"I don't watch any Halloween movies."

Nick McIntyre



"Nightmare Before Christmas."

Carly Williams



"I don't know any Halloween movies!"

Jackson Truong

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

57°

Average: 57°
Record: 78° (1963)

Tonight:



Mostly clear.

41°

Average: 39°
Record: 24° (1980)

Tomorrow:

Cloudy with some rain.

58°/47°

Average: 57°/39°
Rec. high/low: 81°
(1963) 24° (1980)

Sunday:

AM clouds, PM sun.

50°/45°

Average: 56°/38°
Record high/low: 78°
(1963)/24° (1997)

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.