



## Milestone win highlights Class A rout for Raiders

A season filled with more ups and downs than a roller coaster ride hit a high point on Saturday when the Fulton wrestlers extended their domination of the Class A ranks while giving one of the team's all-time greats a storybook sendoff.

The Raiders claimed the Class A title for an astounding 17th straight season, and they did it with power while outpointing runner-up Carthage 256.5 to 186.

Eight different wrestlers made their way into the finals, and 16 Raiders advanced into next weekend's Section III championships, but the real story of the day came when senior Mitchell Woodworth placed his name atop the all-time leader board with his 176th career victory.

And he did it in typically overpowering fashion, scoring a 17-2 technical fall against Central Square's Jacob Garrow. Woodworth added a 10-1 major decision over Whitesboro's Jeff Marraffa to claim his fourth straight Class A title, joining two-time winner Travis Race (170) and 145 pounder Collin Flynn at the top of the podium on Saturday.

"It was a great feeling," Woodworth said of his convincing 176th victory. "I want to leave with a bang as a senior and being the all-time win leader is a great feeling." Making it even more special was the fact that he



In what has been a familiar sight to Fulton wrestling fans over the past five years, senior Mitch Woodworth takes control. On Saturday Woodworth became Fulton's all-time winningest wrestler when he won his 176th match en route to a fourth straight Class A title.

got to do it on his home mat, Woodworth saying that, "it was awesome that I could do it in front of all the alumni. They are my inspiration."

"I also want to make the alumni feel that Fulton has a future," he added. "We have

our ups and downs, but when we have downs we need our wrestling community to support us."

"I look forward to next week at sectionals," he concluded, where a third

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### The Woodworth File:

#### Year by Year

(won-lost-pins)

2010-11: 32-14-11

2011-12: 32-5-20 (A)

2012-13: 36-8-23 (A,3,S)

2013-14: 44-3-24 (A,3,S-5)

2014-15: 33-0-16 (A)

**Career: 177 -30-94**

**A=Class A champion**

**3-Section 3 champion**

**S-state qualifier**

**(5th in 2013-14)**



#### Fulton all-time wins

1. Mitch Woodworth (177)
2. David Hall (175)
3. Matt Bogardus (172)
4. Adam Wallace (159)
5. Chris Ely (149)
6. John Howard (140)
7. Nick Hansen (135)
8. Adam Wallace (132)
9. Dillon Shue (128)
10. Andy Hammond (125)  
Eric Smith (125)
12. Matt Mahar (124)  
Paul Slaver (124)

## Opinion

# Don't underestimate the importance of breakfast

By Chelsea Knopp

Recent studies show that malnutrition is a serious concern for many United States children and teenagers, regardless of their weight. Breakfast is a meal with a much higher nutrition content and the purpose is to keep the individual fueled and energy filled all day. Sadly, twenty to thirty percent of those attending school do not eat it.



Did you know that eating even a piece of fruit before nine o'clock

in the morning helps to improve focus, tardiness and increase test scores? More importantly though, breakfast actually lowers the risk of obesity in teens and helps to prevent it later on in life. This can and does in many occasions lead to high cholesterol and high blood pressure, which increases the risk of developing chronic diseases such as cardiovascular disease, cancer, and diabetes.

Luckily this problem is easily mended, and it is as simple as grabbing a piece of fruit or granola bar on your way out the door in the morning. It is a simple morning change that can improve academics and decrease health factors and risks later on in life, so make that change.

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

There will be a **National Honor Society** meeting on Wednesday, Feb. 11 after school in room 217 for new inductees ONLY

**Calling all seniors!** The first payment deadline for the senior trip to New Jersey is due by Friday, February 27. The amount due is \$94 to Mr. Lacey. If you are interested in going or would like more information please see Mr. Lacey in room 125 for more details

The class is also starting a Gertrude Hawk chocolate bar fundraiser. All funds will go toward the Senior trip and Senior Dinner Dance. Anyone interested in selling should see Mr. Lacey in room 125 for more information and to pick up supplies.

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

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

A representative from **Johnson & Wales College** will be in the guidance office to meet with interested students at 10 am on Wednesday, Feb. 11.

## What's for lunch?

**Today:** Sloppy Joe on a bun with green beans, corn and chilled peaches.

**Tuesday:** Popcorn chicken, tomato soup with crackers, sweet potato bites, peas, fruit cup.

## Show support for end of dating violence by wearing orange

February is Teen Dating Violence Awareness Month. Did you know 1 in 3 teens in the U.S. will be a victim of physical, sexual, emotional or verbal abuse from a dating partner? Show your support for ending dating violence by participating in tomorrow's "Orange 4 Love" campaign.

Get as many people as you can to wear orange shirts, nail polish, ribbons, jewelry, shoes or scarves. Tell people why you are wearing orange and post your pictures using the hashtags #Orange4Love and #OswegoWearsOrange.

If you, or someone you know, is experiencing dating violence, contact the STEP Advocate, Ms. Reagan.

## Don't forget to wear ORANGE

on Tuesday to show your support for ending dating violence

### Quote of the day:

"Nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing, and conveys much."

-Erastus Winman

# Book now for the prom and dinner dance!

## Reflections

-THE- Salon & More

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## Raiders charge to Class A crown, hoopsters keep on rolling

(continued from page 1)

straight Section III title is there for the taking, a performance that would help maintain his ultimate goal, "to win states. Bringing back a state title has been a dream for a long time in my life and it's extremely close to being mine."

Race was equally impressive while claiming a second straight Class A crown as he scored a 46 second pin over Carthage's Dylan Ellingsworth to register his 100th varsity victory before winning via injury default in the final. Currently a sophomore, the 170-pounder could well be the heir apparent to Woodworth's career mark as he now stands at 101-26 with 70 pins in his first

three seasons including a 39-6 mark during the 2014-15 campaign.

Flynn, a second place finisher in last year's Class A final, outpointed teammate Joe Coccozza 8-1 and then outfought Watertown's Zach Hunt 3-2 in the 145 pound final to improve his record to 26-9 on the year while going one step further as the tournament champ.

In other match-ups Joe Abelgore and Noah Gates had to settle for second place showings after losing tough decisions of 2-0 and 3-2 respectively in the 99 and 195 pound rings while Nick Noel (106), Adam DeMauro (120) and Tim Holden (138) were also second in their divisions. In the conso-

lation round Wyatt Willis scored a 7-0 decision over Tyler Pitts of Indian River to finish third at 99 pounds. Teammate Roy French battled to a 5-3 decision at 113 and Matt Marshall delivered a pin at 1:26 at 220 to add third place points to Fulton's 70.5 point margin of victory.

Fourth place finishes and a berth in the upcoming Section III championship meet went to Dylan DeMauro (132), Joe Coccozza (145), Jacob Bailey (152), Dylan Gorman (182) and Jared Crucitti (285).

Central Square collected 171 points to finish third in the Class A ranks with Indian River and New Hartford rounding out the top five at 145 and 119.5 points respectively.

### Raiders roll to 11th win

And while the Fulton wrestlers were extending a tradition of excellence at the Class A level, the Raider boys basketball team continued its finest season in recent memory by overwhelming East Syracuse-Minoa 75-62 on Friday. Down 16-11 after one quarter, Coach Matt Kimpland's crew charged into overdrive to outscore the Spartans 42-23 over the next two stanzas to build a 33-28 halftime lead that ballooned to 53-39 after three quarters.

Cody Green turned in a monster performance with a career high 35 points including six shots from beyond the three point arc to key the Raider rise to 6-4 in league play and 11-5 overall. Chris Jones poured in 12 points while Justin Hood and Tyler Shaw had six apiece as part of a nine man scoring show for Fulton as the Raiders claimed their third straight win and fifth victory in seven outings. Jah-Meer McDuffie answered with 20 points and Brandon Breen had 15 for the Spartans, who fell to 3-6 in league play and 7-10 overall.

The Raiders are hoping to finally play their twice postponed game against Solvay this evening in Fulton before a Wednesday game at Marcellus and a Friday home encounter with Oswego to close the regular season.

## Raiders run well at Section III meet

Paced by strong showings from the shot put duo of Nick Reitz and Jessica Race, the Raider indoor track and field teams performed well at last week's Section III Meet at Onondaga Community College.

Reitz scored first place with a personal best toss of 45-foot-3/4 inch while Race also recorded a personal best in winning the girls meet with a throw of 29-foot-3 1/2.

The boys scored 34 points to place eighth overall in Class A while the girls used a 26 point performance to finish sixth in the entire Class A grouping. Their cause was spearheaded by a monster performance from senior Erica Pawlewicz as she qualified for the upcoming state qualifying meet with her personal best jump of 15 feet-7 1/2 inches to claim third place. She also had a personal best in the 55 meter dash and took fifth place with a time of 7.91 seconds and was fourth in the 300 meter dash with a time of 46.37. Amber Destevens also aided the Raider cause as she took fourth place in the 55 high hurdles with a personal best of 10.03 seconds.

Highlights for the boys included a second place finish for Bailey Lutz in the 1000 meter run as he recorded his best time of the season with a 2:49.4 performance while Ken Deloff also had a personal best time of 10:43.6 while placing fourth in the 3200 meter run.

Nick McIntyre took fourth place in the high jump tying his personal best of 5-foot-six and the four by 800 meter relay team of Jacob Belcher, Geoffrey Michaels, Jacob Cuyler, and Bailey Lutz placed fourth place with a time of 9:36.6.

## Reviving Ophelia to air at GRB Feb. 10-11

February is Teen Dating Violence Awareness month., and because of this the Oswego County Opportunities SAF Program would like to raise further awareness of the severity of dating violence by showing the Lifetime movie *Reviving Ophelia*.

The movie will be show on Tuesday, February 10 and Wednesday, February 11 from 2:30-4 in the G. Ray Bodley auditorium. The movie features a girl named Elizabeth who is in a relationship with a boy named Mark. Soon into the relationship, Mark texts and calls Elizabeth at an extremely frequent rate, tells her what to wear and even tells her she is not allowed to hang out with friends. The relationship grows more and more abusive throughout the movie, leading to hitting and verbal abuse.

The movie highlights the importance of how essential it is to tell someone if your partner is showing any signs of abusive behavior. This activity can be more than just physical abuse. It can include constant insults, controlling what you do or wear or threats of violence, even if they seem like jokes.

Come watch this intense movie and pay attention to the signs of abusive behavior that are mentioned in the film. If you or someone you know are experiencing dating violence or have questions about a relationship, contact the STEP advocate at GRB, Ms. Reagan.

By Lexi Abelgore

**Send us your  
pictures of the  
Red Raiders  
in action**  
[theraider@fulton.cnyric.org](mailto:theraider@fulton.cnyric.org)

## How much money should you spend for Valentine's Day?



"Fourteen dollars for the 14th day."

Seth Baum



"Between \$15-30."

Cara Smith



"Ten dollars."

Nick Kinney



"Twelve dollars."

Brian Hudson

# Meteorology and you

By Carson Metcalf



Today:



Cloudy with snow.

**20°**

Average: 33°  
Record: 59° (1925)

Tonight:



Cloudy skies.  
Chance snow.

**12°**

Average: 17°  
Record: -24° (1934)

Tomorrow:



Sun and clouds.

**24°**

Average: 33°  
Record: 56° (2001)

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.