

## Music Department to be well represented at Area All-State

Every year students in band, chorus and orchestra audition and are chosen to participate in the Zone 4 Area All State band, chorus and orchestra based on how they scored on their NYSSMA (New York State School Music Association) solo pieces.

Shortly after students are informed of who has been chosen to participate, and they receive a packet of music usually consisting of about four or five songs. They practice this music with their teachers up until offi-

cial rehearsals start, where all of the selections will meet and practice with their entire groups.

This year, Area All State will take place Friday and Saturday, November 20 and 21 in Little Falls, NY. The performance date is November 21 at 3 pm in the Little Falls High School auditorium. Tickets are \$4 for adults and \$3 for students and senior citizens.

Representing the chorus from G. Ray

Bodley High School are Mykenzie Finch, Jeremy Herlowski, Michael Mankiewicz and Brandon Webb.

Representing GRB's band are Alyssa Rosenbarker, Keegan Wallace, Phil Somerville, Maura Botsford, Trent Berry, Deirdre Murphy and Keegan Condon.

The GRB orchestras will be represented by Donna Aiken, Madison Lang and Abbey Zych.

*By Kenzie Finch*



G. Ray Bodley High School, Fulton, NY

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## Breakthrough win for Raider football

The long wait is over for the Fulton varsity football team as two losing streaks came crashing to a halt in one fell swoop on Friday. By virtue of a hard fought 20-14 victory over Carthage the Red Raiders claimed their first playoff victory since 2009 while also terminating a six game losing streak against the Comets last dented when they bested their Jefferson County hosts 14-6 in the opening round of the 2009 playoffs.

Spurred on by a ball control offense that featured another big performance from running back Quentin Jackson and a defense that stood tall at the most opportune times, Coach Jeff Rothrock's side evened its record at 4-4 while advancing to the second round of the playoffs for the first time in six seasons.

The Raiders will have a chance to end another personal string of frustration this Friday at 5 pm when they travel to Chittenango to face top-seeded and state ranked East Syracuse-Minoa, looking to best the Spartans for the first time in seven tries since the 2009 team scored a 33-20 win over ES-M.

Reeling off 20 unanswered points with

touchdowns in each of the final three quarters, Fulton overcame an early 7-0 deficit to take control of the game at the expense of the homestanding Comets. Quarterback Cody Green hit the end zone to make it 7-6 at the half and then 12-7 Raiders after three quarters before Frank Barbagallo's ten yard run and the ensuing two point conversion made it 20-7 in the decisive fourth quarter.

Carthage responded with a 24 yard touchdown run from Jacob Lillie, but that was as

### First half goals lead Raiders to victory

It's on to the third round of the Class A playoffs for the second consecutive season for the Fulton boys soccer team thanks to a hard-fought 2-1 Friday night win over East Syracuse-Minoa. The usual suspects were at it again for the Red Raiders as Austin Beckwith scored his sixteenth and seventeenth goals of the season while Austin Wilde collected his eleventh assist and fourth in two playoff games to fuel the Fulton rise to 13-4-1.

Beckwith's two opening half goals, his third and fourth of the playoffs, set the tone

close as the Comets would come as Fulton used a time consuming drive that eventually pinned Carthage deep in their own territory.

In other action defending state champion Indian River joined the Raiders as road winners during Friday's opening round of the Class A playoffs as they scored 20 straight points to upset Jamesville-Dewitt 20-7. Elsewhere Whitesboro mauled Fowler 54-6 while ES-M had to rally from an early 12-0 deficit to outpoint Watertown 34-20.

for the evening as the Raiders battled past ES-M for the second time this season and sixth time in as many meetings. Two days after drilling Indian River 8-2 in a laughter, Fulton showed its ability to prevail under much tighter circumstances by holding off the Spartans following a Brad Hartung second half marker. Josh Hudson finished with seven saves, as did his ES-M counterpart Jason Sweredowski as the visitors saw their season come to an end at 8-9-1.

With the win Fulton advances into a much-anticipated showdown with #2 seeded Jamesville-Dewitt, an easy 6-1 Saturday night winner against Vernon-Verona-Sherrill. The Raiders will be looking to end a long stand of J-D domination that includes a recent 2-0 loss when the two teams line up on Tuesday for an 8 pm start at East Syracuse-Minoa High School. The game will follow the match-up between top seeded Fowler and #4 New Hartford, which is slated for 6 pm. Look for our preview in tomorrow's edition of *RaiderNet Daily*.



**I want YOU!**  
**to donate blood this**  
**Thursday in the LGI!**  
**Sign-up during lunch bells or**  
**see Mrs. Ferlito in room 115**  
**Save a life...donate blood!**

## Eating disorders are not to be taken lightly

Eating disorders are never good, but many people have them. They tend to develop in adolescence or young adulthood but they can develop during other periods of a person's life. Females are more apt to develop an eating disorder. In children and teens, eating disorders tend to overlap where they have characteristics of two different disorders. Three main eating disorders are anorexia, bulimia, and binge.

Anorexia is when someone refuses to eat enough calories because they fear they will become fat. People with anorexia have a distorted body image and view themselves as fat even when they are dangerously skinny. Some symptoms of anorexia are anxiety, depression, perfectionism, being highly self-critical and dieting, even when one is thin.

Other symptoms include excessive or compulsive exercising, intense fear of becoming fat, menstruation that becomes infrequent or stops, rapid weight loss hidden by loose clothing and strange eating habits as well as avoiding meals, eating in secret, monitoring every bite of food, eating only certain foods in small amounts, and unusual interest in food. Some treatments for anorexia are antidepressants, behavioral therapy, psychotherapy, and support groups.

Bulimia is when someone will eat a large amount of food then purge or use laxatives to prevent weight gain. Most of the time a person with bulimia will be of average weight or overweight. Some of the symptoms of bulimia are abusing drugs and alcohol, abusing laxatives and other treatments to prevent weight gain, anxiety, bingeing on large amounts of food and eating in secret or having unusual eating habits.

Other warning signs include excessive exercise, mood swings, over-emphasis on physical appearance, regularly spending time in the bathroom after eating, sadness, scarring on knuckles from using

fingers to induce vomiting, unusual interest in food, and vomiting after eating. Some treatments are antidepressants, behavior modification, individual, family, or group therapy, and nutritional counseling.

Binge is when someone will eat large amounts of food without purging. People with binge eat until the point of discomfort and tend to be overweight. Binge is the most common in males. Some symptoms of binge are struggling to handle their emotions, upset about overeating and may become depressed, heart disease, high blood pressure, high cholesterol, and type 2 diabetes. Some treatments are behavioral therapy, medications including antidepressants, and psychotherapy.

Doctors aren't sure exactly what causes eating disorders, but most teens that have one struggle with distress, fear of becoming overweight, low self esteem, or feelings of helplessness. Doctors often connect eating disorders to people with anxiety, depression, or substance abuse. One cannot conquer an eating disorder, however, by just trying to get them to stop. Instead they need help because it does not just affect them physically, it also affects their psyche. They may have many psychological problems from the eating disorder. When these symptoms appear the best course of action is to contact their doctor right away to get them treatment so they can get better faster.

*By Kim Rombough*



Domestic Violence is a subject that is rarely talked about, but plagues the U.S. and claims lives every day. According to the National Coalition Against Domestic Violence, nearly 20 people per minute are physically abused by an intimate partner in the United States.

If you or someone you know needs assistance with Domestic Violence, contact your Advocate in room 181.

### **Seniors take note!**

**Prom and baby pictures must be turned in by Wednesday, Nov. 4  
Bring them to Mr. Senecal  
in room 118**

**Submitted senior portraits and parent recognition ads are also due by Nov. 4**

## **Welcome back!**

**Book now for the  
prom & dinner dance**

**Welcome aboard to the  
Class of 2019**

## **Reflections**

**-THE- Salon & More**  
608 South 4th Street-Fulton  
(across from McDonalds)  
Call for an appointment today!  
Phone: 592-4415  
**Proud 25 Year sponsor  
of GRB Journalism**

## In the News

## Dia de los Muertos: A Mexican celebration of death

Given that “Dia de los Muertos” literally means “Day of the Dead,” it might be easy to mistake it for a Mexican version of Halloween. But that is not exactly what Dia de los Muertos is. Many cultures around the world, including this one, are afraid to even think of death, but Mexico is not any of those cultures.

Dia de los Muertos takes place in Mexico from October 30th to November 1st. The entire first day is spent preparing for the big fiesta. The streets are decorated with papel picado and special snacks known as “sugar skulls” become available from market vendors. The altars of the deceased are decorated with mementos from when they were alive. The Mexicans believe that the spirits of loved ones they have lost come back once a year to be with them again for this special event.

The children and pets are thought to come back one day early, on October 31st. Everyone else comes back on the actual Day of

the Dead—November 1, which happens to fall on the same day as All Saint’s Day. But while the traditions of Halloween and All Saint’s Day teach that the spirits of the dead walking the earth are to be feared and avoided, Dia de los Muertos is a time to welcome them back for one special day.

When night falls, the Mexicans meet in graveyards and sing songs in honor of their lost loved ones. They take great joy in the belief that the dead have chosen to be with them again and the knowledge that one day, they will be reunited forever.

Throughout this celebration, the Mexicans have big parties and parades to welcome the dead and show that they are not afraid of death. They have skulls painted on their faces to look like special characters known as catrinas.

Dia de los Muertos is all about coming to terms with the loss of those who have died and learning not to fear death, but to accept and even embrace it. In some ways making

the American celebration of Halloween seem kind of pointless. *By Zachary Almeter*

## Have fun with the erupting pumpkin

Everyone knows that you can make Jack-o-lanterns, pumpkin pie, and anything pumpkin spice in the fall with pumpkins, but what else can you do?

If you’re looking for something fun and easy to do, try making an erupting pumpkin? It’s very simple and all you need is a pumpkin, some baking soda, food coloring for an extra special touch, and vinegar. This is a little messy so you will probably want to do it outside.



First, you take your pumpkin and take all the insides and seeds out and carve any desired face. Then, you put about four tablespoons of baking soda in the pumpkin, you can add more for a larger effect. The more baking soda you put in the pumpkin and the smaller the pumpkin is the more places the eruption will ooze out of. Next, you can add a few drops of food coloring if desired. Finally, you add some vinegar and the eruptions begin.

This is an easy and fun activity to do with kids, or just in general to get into the Halloween spirit. It is an awesome science experiment for all ages with very few items needed. You may have a little mess but that’s all part of the fun. *By Kim Rombough*

**Picture retakes/  
missed picture day  
Tues. Oct. 27,  
9 am to 1 pm  
in the auditorium**

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

The **Fulton Family YMCA** is looking for student representatives on their Board. Students would work collaboratively with the Board members to determine how to best serve the youth population in this community. Applications are available in the guidance office and completed forms need to be turned in to Ms. Weston.

The next meeting of the **Fultonian Yearbook** is Tuesday after school in room 102. New members welcome.

**Physicals** for sports and working papers will be available on October 27 by appointment only. Stop by the nurse’s office to make your appointment.

**Hockey signups** will take place today after school in Mr. Heindorf’s room 213.

Student Senate and FBLA are sponsoring a **blood drive** on Thursday, Oct. 29 from 8 am to 3 pm. Anyone 16 or older can sign up to donate during lunch bells outside the cafeteria, or with Mrs. Ferlito in room 115. Save a life...donate blood!

The **Class of 2019** is selling pizza slices and bottled water after school on Tuesdays and Thursdays for \$1.50.

**Math Club** will meet after school on Tuesday, Oct. 27 in room 111. Bring your team name and a logo, as well as t-shirt ideas for this year’s shirt.

**Sophomore Class Officers** will meet in Mr. Fasulo’s room after school today for fundraising information.

**International Club** will be holding a Halloween themed meeting on Tuesday at 2:30 pm in room 219 to paint pumpkins and discuss important information about upcoming meetings.

### What’s for lunch?

**Today:** Beef ribbie on a bun with sweet potato bites, green beans and pears

**Tuesday:** Popcorn chicken with roll, peas, butternut squash and fresh apple

## What is your favorite Halloween candy?



"Candy corn."  
Jon Earl



"Twix."  
Kendyl Lutz



"Snickers Bar."  
Justin Hines



"Candy corn."  
Mrs. Parkhurst

# Meteorology and you

Today:



Sunny skies

**48°**

Average: 56°  
Record: 78° (1963)

Tonight:



Clear skies

**36°**

Average: 38°  
Record: 24° (1997)

Tomorrow:



Mostly sunny

**54°**

Average: 56°  
Record: 80° (1947)

By Carson Metcalf



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