**WHITE SOX HEADLINES OF SEPTEMBER 11, 2017**

“Fulmer K’s 9, Abreu hits 2 HRs to beat Giants” … Scott Merkin and Fabian Ardaya, MLB.com

“Next step for Avi: sustaining success at plate” … Scott Merkin, MLB.com

“Volstad preps for Irma before joining White Sox” … Scott Merkin, MLB.com

“Lopez aiming for 4th quality start in 5 tries” … Jeffrey Flanagan, MLB.com

“Why White Sox are hopeful Yoan Moncada’s first right-handed homer is sign of more to come” … Dan Hayes, CSN Chicago

“During torrid streak, Jose Abreu gets good news from family in Miami” … Dan Santaromita, CSN Chicago

“White Sox view Carson Fulmer’s September as a tryout for 2018” … Dan Santaromita, CSN Chicago

“Another big day for Jose Abreu leads White Sox past Giants 8-1” … Chris Kuc, Chicago Tribune

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“Chris Volstad gets call to join Sox while bracing for Irma” … Toni Ginnetti, Chicago Sun-Times

“Abreu follows cycle with pair of HRs for Chicago White Sox” … Scot Gregor, Daily Herald

“Fulmer strikes out 9 as Chicago White Sox roll over Giants” … Scot Gregor, Daily Herald

“Seby Zavala is the White Sox’s other catching prospect worth knowing” … James Fegan, The Athletic

“By the numbers: Carson Fulmer shines in second chance” … James Fegan, The Athletic

“Day After Hitting For Cycle, Abreu Hits 2 Homers As White Sox Top Giants” … Associated Press

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**Fulmer K's 9, Abreu hits 2 HRs to beat Giants**

By Scott Merkin and Fabian Ardaya / MLB.com | September 10, 2017

CHICAGO -- Carson Fulmer turned in the best performance of his Major League career on Sunday, as the White Sox No. 10 prospect, according to MLBpipeline.com, struck out nine in six innings of an 8-1 victory over the Giants at Guaranteed Rate Field.

Fulmer's second career start went far better than his first, when the right-hander allowed six runs over 1 1/3 innings against the Twins on Aug. 21. He recorded his first six outs against the Giants through strikeouts, with the only ball put in play during those two frames being a Jarrett Parker home run to lead off the second.

According to Statcast™, Fulmer threw 62 four-seam fastballs among his 98 pitches and 19 cutters. Fulmer recorded 10 of his 12 swings and misses off the heater. He set career highs in strikeouts, innings pitched and pitches.

"I was able to get ahead with a lot of guys and challenge them with the ball up in the zone," said Fulmer, who walked three and gave up three hits. "I had a little extra with my fastball today.

"Overall, it was a great day. I feel really good, and it was a good one to build off of."

The Giants collected 14 total bases and eight hits between Saturday and Sunday's games, with their lone runs coming on a pair of solo homers. Jose Abreu, in comparison, had 18 total bases on his own during that span.

"It's the same game as yesterday," Giants manager Bruce Bochy said. "Our pitching was off, and we're not swinging the bats at all right now. They're shutting us down. It's tough to go through two days like this, especially if our guy's out there, and not look competitive."

The White Sox knocked out Giants ace Madison Bumgarner after five innings, tagging the southpaw for six runs on 10 hits. Abreu hit two home runs to give him 31 on the season, while Tim Anderson stayed hot with three hits. The White Sox shortstop is now 13-for-25 over his last six games.

"I felt pretty good today, honestly," Bumgarner said. "That's the frustrating part about it. I felt really good from the get-go, went out to the bullpen and felt good then. For the most part, it carried into the game and the results weren't there for me."

The loss moved the Giants (56-89) to 1 1/2 games ahead of the White Sox (56-86) in the second spot for the 2018 Draft selection.
MOMENTS THAT MATTERED

Abreu turns 30, then 31: The White Sox five-run second inning was punctuated by a two-run homer from Abreu, who hit for the sixth cycle in club history on Saturday night. Abreu's 30th homer of the season had an exit velocity of 105.7 mph and traveled a projected 411 feet, per Statcast™. The White Sox slugger has at least 30 home runs in three of his four big league seasons and sits 10 RBIs away from his fourth straight 100-RBI season after hitting his 31st homer in the seventh to give him 90 on the season. Sunday was his fourth multi-homer game of the season and 10th of his career.

"I feel just to be at peace with my life," Abreu said. "My family is OK, my kid in Cuba is OK, and the White Sox, maybe we are not in the position we wanted to be, but we are working to be in that position in the future, and I think, for us, it's going to be bright."

Parker parks one in seats: Parker returned to the Giants lineup on Sunday for the first time since Sept. 1 after missing time with a mild left oblique strain. His first at-bat was a loud one. His home run left the bat at 102.2 mph and traveled 410 feet for his third homer of the year. It was just his second RBI away from AT&T Park this season, giving the Giants a 1-0 lead in the second.

QUOTABLE

"Fulmer right now is going to be pitching so that we can continue to assess what we can do with him for the upcoming season. It would be fair to say, whether it's in relief or starting, think getting him the innings he can get right now at this particular time is important." -- White Sox manager Rick Renteria, on Fulmer's 2018 role

UPON FURTHER REVIEW

In the fourth inning against Bumgarner, Anderson notched his third hit of the game on a ground ball down the left-field line. With Gorkys Hernandez bobbling the ball, Anderson tried to take third, but he was thrown out by Hernandez. The White Sox challenged he got under Pablo Sandoval's tag, but the call stood after a 2-minute, 27-second replay review.

WHAT'S NEXT

Giants: The Giants return home to San Francisco to welcome the Dodgers at 7:15 p.m. PT on Monday. Chris Stratton will take the mound, as he looks to build on his 2.56 ERA since the All-Star break.

White Sox: Reynaldo Lopez makes his fifth start of the season in the series opener at Kansas City at 7:15 p.m. CT on Monday. Lopez has registered a quality start in three of his four outings this season with the White Sox.

Watch every out-of-market regular-season game live on MLB.TV.

Next step for Avi: sustaining success at plate
Right fielder enjoying career year for rebuilding White Sox
By Scott Merkin / MLB.com | September 10, 2017

CHICAGO -- If Avisail Garcia went hitless in his next 30 at-bats entering Sunday's finale against the Giants, the White Sox right fielder would still be a .300 hitter this season.

Garcia's breakout campaign is all but set, but it's about what can you do next for the team as opposed to solely reveling in present excellence.

That "next' for Garcia figures to be hitting for more power.

He homered in each of the last two games and entered Sunday with single-season highs with 16 home runs, 67 RBIs, 22 doubles and a .497 slugging percentage. The popular request before the season was for the 6-foot-4, 240-pound Garcia to pull the ball more, but he has found success going up the middle of the field, and White Sox hitting coach Todd Steverson doesn't want his focus to shift.

"Obviously being a corner outfielder, you would like for that power to be produced a little more. But for me, it's about being a hitter, just learning how to hit first," Steverson said. "Then those tend to come behind it. They tend to come hand in hand. I know he's got a career high in home runs, and he's hit some other balls off the top of walls that could have gone out. He could have more.
"I think if he shifted his focus toward that, it would take away from what he has accomplished this year, in terms of being able to be a productive, consistent hitter in our lineup. He's been able to fill a hole that he has had since the time he's been here, which is, 'Can he hit?"

Garcia is under contract through the 2019 season. The White Sox have to decide how he fits, or if he fits, in the scheme of their current rebuild.

His performance this season would indicate a definite place for Garcia. And Steverson believes the results turned in by Garcia this season are sustainable.

"It's definitely sustainable," Steverson said. "It can be sustainable as long as he understands how the process went. It's always, 'If you made a steak one way and it was a great steak, do you remember how you did it?' That kind of thing.

"That's what it boils down to in this game. Things change from year to year, always adjustments to be made. People will make adjustments against him again next year, and can you stay mentally and physically in the right frame of mind to be able to still go out and do the same things you have been doing?

"There have been stopgaps with a couple of injuries here and there, but he's been able to jump right back on the saddle and do a good job of getting hits. Consistent approaches have been there, not necessarily hits. I don't like to wrap it all up in hits. His knowledge of when he doesn't take them are better."

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**Volstad preps for Irma before joining White Sox**

By Scott Merkin / MLB.com | September 10, 2017

CHICAGO -- This past Thursday became unexpectedly busy for Chris Volstad.

The Jupiter, Fla., native spent most of the day boarding up his parents' house and his sister's house in preparation for Hurricane Irma, not to mention boarding up an area microbrewery he owns with his cousin and another business partner.

Later that night, the right-handed hurler, whose season with Triple-A Charlotte came to a close on Monday, got the call he was coming to the White Sox for the remainder of the 2017 campaign.

"Surprised is a good word," said Volstad, who made his White Sox debut Sunday with a scoreless inning to close out an 8-1 victory over the Giants. "I had already been at home just kind of gearing up for an offseason I guess and got the call. Obviously very excited and glad to be here and help out any way I can.

"Spot start, middle relief -- any situation. Extra innings, whatever the case may be. I'll be ready to go at any time. I feel like I still have the ability. It's just a matter of being consistent and executing, obviously. Still feel like I have some left in the tank."

The 30-year-old Volstad couldn't find a flight to Chicago until early Friday morning and had to drive a little over an hour to the Fort Lauderdale airport to make it to Chicago. But his flight took off on time and he was in the clubhouse prior to Friday's first pitch against the Giants, geared up again to pitch after three days away.

As for his family in Florida, Volstad said the hurricane started tracking a little further west since he got to Chicago and they are doing OK.

"We've been through a few of them," Volstad said. "In 2004, there were three hurricanes that came through within six weeks of each other. Once it got close enough [now], we had to board up. Just ready to hunker down and ride it out.

"We feel pretty safe inside and just make sure you don't really go outside and get yourself into any trouble. If you stay inside and ride it out, you will be all right."

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**Lopez aiming for 4th quality start in 5 tries**

By Jeffrey Flanagan / MLB.com | September 10, 2017

The Royals open a must-win series against the White Sox at Kauffman Stadium on Monday as right-hander Jason Hammel (8-10, 4.73 ERA) takes the mound and is opposed by right-hander Reynoldo Lopez (0-3, 4.84 ERA).

Hammel has been the Royals' most consistent starter since June, compiling 10 quality starts, and 14 starts in which he allowed three runs or less.
During that stretch, Hammel has allowed just 20 walks over 110 2/3 innings. Hammel credits a mechanical change which squared his shoulders more to the plate.

"I've just gotten more comfortable with it as time goes by," Hammel said. "It just became more natural with each start."

Lopez has tossed quality starts in three of his four outings for the White Sox, including Aug. 11 against the Royals when he gave up just four hits and two runs over six innings.

Last Wednesday, Lopez gave up just six hits and one run over six innings against the red-hot Indians.

**Three things you should know about this game**

- Lopez will need to be careful with Royals third baseman Mike Moustakas, who is 2-for-3 against Lopez -- both home runs.

- There are few players left with the White Sox that Hammel has faced, but Jose Abreu and Tim Anderson are each 1-for-3 against him.

- Hammel is 2-2 with a 3.54 ERA all-time against the White Sox.

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**Why White Sox are hopeful Yoan Moncada's first right-handed homer is sign of more to come**

By Dan Hayes / CSN Chicago | September 10, 2017

He’s put in the work against left-handed pitching, but thus far Yoan Moncada hasn’t received the desired results.

The White Sox rookie is hopeful that Saturday night’s contest, when he hit his first-ever home run off a lefty in a 13-1 victory over the San Francisco Giants, is the first step toward that success. Moncada’s OPS against left-handed pitchers is nearly 200 points lower for his brief career than it is against righties. That’s led to questions from an impatient fan base about why he’s a switch-hitter instead of batting left-handed only. But Moncada thinks it’s important to not overthink the matter and continue to stick with an approach he ultimately believes will lead to success as long as he sticks to it.

“You have to keep to your approach, your motivation, your routine and I have to work hard every day,” Moncada said through an interpreter. “I have to be relentless in my work and in my approach, my preparation. That’s the only way I can do better and get the results that I want.”

While Moncada has performed OK against right-handed pitchers, he’s never fared well versus lefties. He has a .746 OPS against righties this season and was below .400 headed into Saturday against lefties.

But his solo homer off San Francisco’s Josh Osich was his first-ever and only his third extra-base hit of the season against a lefty. It raised Moncada’s OPS versus lefties to .507.

The White Sox think Moncada will improve with time and experience. To date he has only 50 plate appearances against southpaws compared with 110 against right-handers.

“He’s a young man who is gaining more and more experience,” manager Rick Renteria said. “Having more at-bats against lefties. Understanding what guys are trying to do with him. Trying to get pitches he can handle when he puts a swing on it. Trying to make good contact and on that one he did.”

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**During torrid streak, Jose Abreu gets good news from family in Miami**

By Dan Santaromita / CSN Chicago | September 10, 2017

To say Jose Abreu is on fire right now might be an understatement.

A day after hitting for the cycle, Abreu hit two more home runs in Sunday’s 8-1 win against the Giants. Abreu now has 31 home runs on the season and has his batting average above .300.

"This is as consistent an approach as I've seen in anybody in the big leagues," White Sox manager Rick Renteria said of Abreu. "He really, really continues to stay focused and in the zone.

"He's really enjoying his moment right now and I think the confidence he has and just the comfort level that he's showing just from being up here, I think every year you're up here you get a little bit more comfortable."
The fourth-year first baseman has decimated the Giants in the past two days. Abreu went 6-for-8 with three home runs and five extra base hits. With three RBIs in each of those games, Abreu is closing in another 100-RBI season. He has 90 and the White Sox have 20 games left on the schedule.

"I think that since the young kids started coming up, we are playing with more motivation, with joy, we are enjoying more of the game," Abreu said through a translator. "It's good when you can see these kind of results because we have been working hard everyday to get these results."

Abreu has now hit 30 or more home runs in three of his four seasons with the White Sox and is on track for a fourth straight 100-RBI year. The Cuban slugger maintained that the numbers aren't what he's going after.

"I am blessed to have the opportunity to play at this level to accomplish my dream and my mom's dream, too," Abreu said. "Whatever is going to happen at the end of the season is going to happen."

After sitting three straight games on Aug. 31, Sept. 1 and Sept. 2, Abreu said he struggled to get back in a rhythm. Whatever he wants to call it, it appears he's feeling good again.

Abreu also got some good news from his family in Miami after being concerned for their safety with Hurricane Irma ripping through Florida this weekend.

"It's all about adjustments," Abreu said. "I lost my rhythm with the days that I was off and then I regained my rhythm again and I'm hitting the ball good. I feel very great at home plate, but all of that is also because of the work that I put in day in and day out in my routine. Also, with the support of my family that they just called me a few minutes ago to let me know that they are good in Miami. That the hurricane passed through their house and they are safe. That's something that made you feel comfortable and confident on yourself. I think that's why probably the results on the field have been going that way the last few days."

White Sox view Carson Fulmer's September as a tryout for 2018
By Dan Santaromita / CSN Chicago | September 10, 2017

Carson Fulmer did not make a good first impression as a starting pitcher in the majors. However, his effort on Sunday could go a long way to help make his case for a White Sox roster spot in 2018.

Fulmer picked up the win in his second career MLB start against the Giants. He pitched six innings and gave up one run while striking out nine.

That's a far cry from his first major league start, on Aug. 21, when Fulmer gave up six runs and didn't last two innings. Fulmer went back to Triple-A Charlotte after that start, but rejoined the White Sox when rosters expanded in September. Manager Rick Renteria explained that what Fulmer shows the team in September will be used to evaluate his potential for the team next season.

"Fulmer right now is gonna be pitching so that we can continue to assess what we can do with him for the upcoming season," Renteria said. "It would be fair to say that, whether it's in relief or starting, I think getting him the innings that he can get right now in this particular time is just important. For us to be able to see him and see what he's capable of doing hopefully for the next couple of starts and maybe he gets a lot more benefit out of it. For us, putting our eyes on him in September is a little bit better than doing it in the spring. Right now, it's still in the flow of the season and we can see where he's at."

Fulmer was used exclusively as a reliever in his brief time with the White Sox last season. This year he has made two starts and two relief appearances. With Carlos Rodon, Reynaldo Lopez and Lucas Giolito looking like future staples of the White Sox rotation, and a slew of high-level pitching prospects pushing their way to the majors, Fulmer doesn't have a big window to show his value as a starter to the team.

"As long as we win that's all that matters to me," Fulmer said. "I'll do any role for our team and you just have to be able to go in any situation and get your team out of it. Obviously for me I like to start games and go as long as I can. I talked to Ricky and our management. My job is to come to the field prepared each day to take care of a job and that's what I'm going to do."

Between what Renteria and Fulmer said, it sounds like what Fulmer does the rest of this season will be viewed as a tryout. If Fulmer continues to hurl quality starts like he did on Sunday, perhaps he will have a chance at the White Sox rotation in 2018.
Fulmer allowed a home run to Jarrett Parker in the second inning, which gave the Giants an early lead. The White Sox supported Fulmer with a five-run bottom half. Fulmer settled down, limiting the Giants to three hits and three walks in his six innings of work. He said after the start that he "was able to command everything that I had."

The Vanderbilt product is still adjusting to life in the majors on and off the field, but is hoping more starts like Sunday's will prove his worth to the White Sox.

"I've worked my whole life to get here and I'm a competitor," Fulmer said. "I want to have success here, along with the rest of my teammates. It's a learning experience for me. I've been up here for a little while, but I want to stick. I want to do everything I can to continue to have a spot on this team. We have something special here. The clubhouse is great. The veteran guys, they're helping us guys settle in pretty good. It's a great time to be here right now and I think that we'll all continue to grow and move forward."

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**Veteran pitcher Chris Volstad happy to return to majors with White Sox**

By Chris Kuc / Chicago Tribune | September 10, 2017

Chris Volstad hasn't bothered to sit back and reflect on how it came to pass that he is now a member of the White Sox.

The 30-year-old right-hander is living in the moment, which included Sunday's scoreless inning of relief during the Sox's 8-1 thrashing of the Giants at Guaranteed Rate Field. It marked Volstad's first major-league appearance since he hurled two scoreless innings for the Pirates on June 24, 2015.

"I'm just glad I'm able to continue playing and to be here and help," Volstad said. "I keep my head down and try to keep moving forward. You never really know what can happen at any time. As long as you're healthy and available you have a chance."

Volstad got his chance when, after bouncing around the minors in the Pirates and Braves organizations, he hooked up with the Sox in March 2016 and spent the past two seasons with Triple-A Charlotte before having his contract purchased Friday.

Sunday, Volstad mopped up during the Sox's win, yielding a hit while striking out one.

"I'm just here to help in any way I can," said Volstad, who went 3-12 in 21 starts with the Cubs in 2012. "I'll give (the Sox) innings in any situation and any time they need me."

As for his future, Volstad said, "You never know what can happen — that's how I always try to look at it. Every year I'm trying to prove myself or earn a spot."

**Getting there:** Reliever Jake Petricka, who was placed on the 10-day disabled list Thursday (retroactive to last Tuesday) with a right elbow strain, said he's "feeling good."

"I'm just letting the medicine do its job and I'll give it a go in a couple of days on the road."

Petricka, 29, will accompany the Sox on their 10-game road trip and is scheduled to play catch in Kansas City.

"We'll see what we've got then," he said. "You want to make sure everything is right and moving forward make sure you have the right answers so going into the offseason you know what you have."

It marks the third stint on DL this season for Petricka, but he is determined to pitch again in 2017.

"It's what I want to do and that's the plan," he said.

**On a roll:** After hurling a scoreless inning against the Giants, Gregory Infante has gone six outings (6 1/3 innings) without allowing a hit. Infante has a 2.05 ERA over his last 28 appearances — 22 of them scoreless.

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**Another big day for Jose Abreu leads White Sox past Giants 8-1**

By Chris Kuc / Chicago Tribune | September 10, 2017

There are no meaningless games in September for the White Sox — no matter how the standings read.

The Sox are in full evaluation mode as they rebuild for the future. Each time a young player takes the mound or steps to the plate down the stretch, the organization focuses on the result.
"This is as good a place right now to gauge, in September," manager Rick Renteria said. "They're facing guys that have been playing all year long (and) everybody's kind of zoned in. I would rather ... draw some conclusions as to what we need to get better at here rather than in the spring. This will give us a better understanding of where they're at, measure what they do and then put a plan together for them as we move forward."

The takeaways from the Sox's 8-1 victory over the Giants on Sunday at Guaranteed Rate Field will be positive, in particular a sterling effort from rookie starter Carson Fulmer and the further cementing of infielders Jose Abreu and Tim Anderson as cornerstones of the future.

Fulmer earned his first major-league win as a starter by going six strong innings and allowing a run on three hits with three walks and a career-high nine strikeouts. Fulmer realizes each time he pitches, the Sox's hierarchy will watching closely.

"Of course," Fulmer said. "This is the big leagues. I've worked my whole life to get here. It's a learning experience. I want to do everything I can in order to continue to have a spot on this team."

More outings like Sunday's will go a long way toward that, and Fulmer is expected to get several more looks in the season's final weeks.

"Fulmer is going to be pitching so we can continue to assess what we can do with him for the (2018) season," Renteria said. "Whether it's in relief or starting ... getting him the innings he can get at this particular time is important."

While Fulmer was shutting down the Giants, the Sox continued to rake, most notably Abreu. A day after hitting for his first career cycle, the first baseman smacked his 30th and 31st home runs and drove in three runs to bring his RBI total to 90.

"I'm hitting the ball good," Abreu said through a team interpreter. "I feel very good at home plate but it's also because of the work I put in day in and day out with my routine."

Abreu is hitting .373 with 12 home runs and 22 RBIs over his last 26 games.

"This is as consistent an approach as I've seen," Renteria said. "(Abreu) really, really continues to stay focused and in the zone. He's really enjoying his moment right now (with) the confidence he has (and) the comfort level he's showing."

Tim Anderson went 3-for-4 with a run, an RBI and two stolen bases, while Yolmer Sanchez was 2-for-4 with an RBI and Matt Davidson also drove in a run. The Sox's second consecutive victory gave them the series win and left them headed on a 10-game road trip on a high note.

"We always come here to try to do our best, to play with joy and motivation," Abreu said. "The last two days we have been doing that in a good way. Since the young kids have started coming up ... we're enjoying more of the game. We're trying to put all of our effort on the field, (so) it's good when you can see these kinds of results."

Carson Fulmer comes up big in 2nd major-league start
With nine strikeouts through six innings and only one run allowed, Carson Fulmer made the right impression.
By Toni Ginnetti / Chicago Sun-Times | September 10, 2017

When September doesn't mean a pennant race, it becomes evaluation time for a team — and perhaps the best month to evaluate up-and-coming talent.

"This is as good a place to gauge young talent, in September," manager Rick Renteria said. "For some of these young men, it's real time in terms of a regular season. They're facing guys who have been playing all year long, and everybody's kind of zoned in.

"I would rather make a judgment, or little bit more of a judgment, and draw some conclusions as to what we need to work on and what we need to get better at here rather than in spring [training]. This will give us a better understanding of where they're at, measure what they do and then put a plan together for them as we move forward."

For a pitcher such as rookie Carson Fulmer, his second major-league start and an 8-1 victory over the San Francisco Giants couldn't have been better scripted for the month.

With nine strikeouts through six innings and only one run allowed (a second inning leadoff home run by Jarrett Parker), Fulmer made the right impression.
“He was very effective keeping his cutter down and working at a good tempo,” Renteria said.

There are likely more starts ahead for him in the waning days of the month.

“Fulmer will be pitching so we can continue to assess what we could do with him for the upcoming season,” Renteria said. “Getting him innings is important and seeing what he's capable of doing. We're still in the flow of the season and we can see where he's at.”

Fulmer (2-1) had the benefit of a five-run Sox inning off Giants starter Madison Bumgarner (3-8), the one-time Giants World Series star of 2014 who has missed half the season after injuring his left shoulder in a dirt bike mishap in April.

Fulmer struck out the side in the first — around two walks — and in the second after Parker's homer.

“I was able to get ahead of guys in the count and get guys swinging,” he said. “I won't say it was an audition. It's more a comfort thing at this point, getting experience, facing a good lineup and building off each start.

“Next year is next year. We still have a lot to accomplish.”

Jose Abreu accomplished something no other Sox player has, hitting his 30th and 31st homer to become the franchise’s first player with 30 or more homers in three of his first four seasons.

“This is as consistent an approach as I've seen of anyone in the big leagues,” Renteria said of Abreu, who is 10 short of another 100 RBI season. “He's really enjoying his moment now.”

Abreu said getting back his hitting rhythm — and learning Sunday his family in Miami had safely weathered Hurricane Irma — have been “blessings.”

“It’s all about adjustments. I lost my rhythm with the days I was off and I'm regaining it again,” he said. “I feel very good at the plate — but it’s also because of the work I put in day in and out with my routine. I just feel at peace with my life.

“My family is OK, and the White Sox — maybe we aren’t in the position we wanted to be, but we are working to be in that position in the future.”

Chris Volstad gets call to join Sox while bracing for Irma

Volstad has spent seven seasons in the majors, including with the Cubs in 2012. He’s been with Charlotte the last two seasons.

By Toni Ginnetti / Chicago Sun-Times | September 10, 2017

Veteran right-hander Chris Volstad was surprised but happy to get the call to the majors Thursday night — the call capping a day spent helping his family board up property and belongings on the east coast of Florida.

Volstad, 30, thought his season ended Monday when Class AAA Charlotte's year was over.

“I was getting ready for an offseason,” he said. “I was already home [in Jupiter] helping the family board things up” as Hurricane Irma approached. "We’ve been through a few of them. We had like three in 2004," the Florida native said. “You have to watch the track of them constantly.”

After a day spent in hurricane prep, Volstad got the Sox phone call Thursday night. The team spent the next several hours tracking down a flight for him, eventually finding one early Friday morning leaving out of Fort Lauderdale.

“Once you’re here and back in the atmosphere of the big-league level, you’re ready to go,” said Volstad, who pitched the ninth inning Sunday.

Volstad has spent seven seasons in the majors, including one with the Cubs in 2012. He’s been with Charlotte the last two seasons primarily as a starter. But manager Rick Renteria said he’ll be used in any needed capacity.

“Just continue to fill the needs we have,” he said. “He’s been around and understands his role. He’ll do what he does — attack the zone, eat up innings.”

September lessons
September call-ups aren’t just for players getting a taste of the majors.

Minor-league roving catching instructor John Orton is with the team, getting a first-hand look at the young players he has worked with and the approaches the team wants throughout the organization.

“It’s a great benefit to both parties, when you finally get your rovers to be able to see the game at the major-league level,” Renteria said. “When you’re traveling and working in the minor leagues, you’re seeing all those different levels and you kind of lose sight of what’s actually going on here. So [they’ll] have a better gauge as to what you need to do to improve the guys who are here and those guys who are coming.”

**Hot streak**

Tim Anderson has been hot of late, going 3-for-4 on Sunday, one game after being a triple short of teaming with Jose Abreu for the cycle. Anderson tried to stretch a double to a triple in the fourth but was out at third.

Anderson is hitting .252 overall, but .520 (13-for-25) with two homers, five RBI and seven runs scored in his last six games.

“He’s been able to lay off breaking ball a little bit better,” Renteria said. “I think he’s staying strong in the middle of the diamond in his approach.”

**Abreu follows cycle with pair of HRs for Chicago White Sox**

By Scot Gregor / Daily Herald | September 10, 2017

It turned out to be quite a weekend for Jose Abreu.

With his son living in his native Cuba and his wife and mother living in Miami, Abreu had to sweat out Hurricane Irma on two fronts.

Not only is everyone safe, Abreu was a very tough out in an interleague series against the Giants.

On Saturday, the 30-year-old first baseman became the first Chicago White Sox player to hit for the cycle in 17 years.

In Sunday's 8-1 win against San Francisco at Guaranteed Rate Field, Abreu hit a pair of homers and knocked in 3 runs.

"It's all about the adjustments," Abreu said through a translator. "I lost my rhythm with the days that I was off and I'm regaining my rhythm again. I'm hitting the ball good. I feel very good at home plate, but it's also because of the work I put in day in and day out with my routine."

Abreu missed three games Aug. 31-Sept. 2 with a sore right elbow, but he has quickly rediscovered his hitting stroke.

"This is as consistent an approach as anybody I've seen in the big leagues," manager Rick Renteria said. "He really continues to stay focused and in the zone and continues to do what he can with pitches that are there for him to be able to hit."

In the second inning, Abreu broke the game open with a 2-run homer off Giants starter Madison Bumgarner.

"I really don't know what to do there," Bumgarner said. "That was pretty impressive hitting, I guess. I mean, I threw the ball right where I wanted to on that one."

**Moncada watch:**

Nearing the end of his first season with the White Sox -- an abbreviated season -- Yoan Moncada is still trying to find a flow.

It has been a series of starts and stops so far for the touted second baseman, but Moncada is trying to stay positive.

He was 3-for-8 in consecutive games against the Twins in late August before going on the disabled list with a right shin bone contusion. Since returning to the Sox, Moncada is 3-for-20 with 8 strikeouts.

"It has been a little bit difficult to get the timing back, but I'm working through it," Moncada said through a translator. "I'm just trying to do as much as I can to get my rhythm."
On the positive side, the switch hitter homered from the right side for the first time in his career Saturday night against San Francisco.

"You have to keep to your approach, your motivation, your routine, and I have to work hard every day," said Moncada, who is batting .182 for the season. "I have to be relentless in my work and in my approach, my preparation. That's the only way I can do better and get the results that I want."

Fulmer strikes out 9 as Chicago White Sox roll over Giants
By Scot Gregor / Daily Herald | September 10, 2017

Is Carson Fulmer going to be a future starting pitcher for the Chicago White Sox?
Or is he going to be a reliever?

"We are still trying to define," Sox manager Rick Renteria said. "In his heart, his desire is to be a starter. Most guys that end up becoming relievers at some point were starters first, but that story has yet to be written.

"We don't know yet what he's going to be."

After starting for Class AAA Charlotte this season and making 1 start for the White Sox in Game 2 of an Aug. 21 doubleheader against the Minnesota Twins, Fulmer rejoined the major-league club on Sept. 1.

He made 2 relief appearances for the Sox, but Fulmer got the start Sunday in an 8-1 victory over the San Francisco Giants at Guaranteed Rate Field.

In 6 innings, the 23-year-old righty allowed 1 run on 3 hits and 3 walks to go with 9 strikeouts.

Fulmer certainly has earned himself more looks as a starter.

"I wouldn't say it's an audition," said Fulmer, the White Sox's first-round draft pick (No. 8 overall) in 2015. "We all work hard to get to this place, and I think it's more of a comfortability thing at this point. Getting experience, facing a good lineup like I did today. And building off of each start.

"Next year is next year. We still have a lot to accomplish right now. We are going to do everything we can to continue to do well and carry out this season strong."

Fulmer looked very strong Sunday.

While earning his second major-league win -- and first as a starter -- he struck out the side in each of the first two innings.

"I had really good life on my fastball," said Fulmer, who was 7-9 with a 5.79 ERA in 25 starts with Charlotte this season. "I was able to command my off-speed pitches, and it was one of those days where you settle in pretty quick and you get your routine and momentum right off the start.

"I always like strikeouts, obviously. I was able to get ahead with a lot of guys and challenge them with the ball up in the zone. I had a little extra with my fastball today. My breaking ball later in the game was able to get a couple of guys swinging, and overall it was a great day. I feel really good and it was a good one to build off of."

Is Fulmer building toward a spot in the White Sox's 2018 rotation?

"Fulmer right now is going to be pitching so that we can continue to assess what we can do with him," Renteria said. "It would be fair to say whether it's in relief or starting, getting him the innings he can get right now is important.

"Putting our eyes on him in September is a little better than doing it in the spring. It is still in the flow of the season and we can see where he's at."

Seby Zavala is the White Sox's other catching prospect worth knowing
By James Fegan / The Athletic | September 10, 2017

The Arizona Fall League often attracts some of the best talent in minor league baseball. This year, the league will showcase three of MLB.com's top 10 prospects, but none of them will be from the White Sox's esteemed farm system. In
fact, you’ll notice the distinct absence of anyone listed among the Sox’s MLB Pipeline top 30 prospects, or our top 20 group from after the Jose Quintana trade. But in a system as deep as this one, that doesn’t mean there’s no one interesting spending October in Glendale.

Save for current major leaguers Jace Fry and Dylan Covey, arguably the most intriguing name who will play for the Glendale Desert Dogs is catcher Seby Zavala, whose appeal and rise in prospect status could be adequately summed up with, “he’s a catcher who is hitting.”

“Funny how that works,” quipped White Sox catching coordinator John Orton, on the rapid increase in interest in the former 12th-round pick, who’s in his third year in the organization.

Zavala, who recently turned 24, began the year in Low-A Kannapolis and was promoted to High-A Winston-Salem after 52 games, and he could see his movement accelerate thanks to his bat, which is ironic because his bat has been slow moving itself. Zavala hit .153/.219/.305 with a 34.3 percent strikeout rate in April and had just three walks in 64 plate appearances. The numbers baffled evaluators who endorsed Zavala’s bat speed and power, and reminded Zavala himself a bit too much of the .217/.299/.319 line he put up in the first month of 2016.

“The first month of my first two full seasons were kind of slow. I don’t know,” Zavala said. “I’ve had two good spring trainings in a row. The first months out of the gates have been slow for me but I find a way to get back into it.”

Hitting .305/.376/.534 since April, with 18 home runs in 91 games despite the midseason promotion that did little to slow him down, would qualify as getting back into it. It took until Zavala’s junior year in college for his power numbers to appear, and he’s older than most of his competition in High-A. Despite that, there’s still substantial swing-and-miss in his game, but any pop at all becomes pretty interesting if he can stay behind the plate.

Right now, his strength as a receiver is game-calling, which is all about feel and commitment. A San Diego State product, Zavala’s college manager was Hall of Famer Tony Gwynn, who wanted his catchers to be just as observant about hitters as he was so that they could pass any information gathered onto the pitching staff.

“The first couple of years were a little difficult learning how to talk to him,” Zavala said. “He just really wanted you to pay attention, observe the game. I really was able to learn how to read hitters and see what they’re trying to do and how to attack them and try to get people out. I think that’s really helped me with my pitch-calling.”

Along with Orton, Winston-Salem pitchers and staffers have all praised Zavala’s smarts, so the catcher must have been able to glean more from Gwynn’s teachings than he may think, and Orton specifically credited him for having a calming influence on pitchers while possessing the assertiveness to make his in-game insights count.

While he admitted being placed in a timeshare with the more highly acclaimed Zack Collins for much of the second half wasn’t ideal, Zavaka worked to make the most of it. He made a habit of using his off-days to sit in the dugout with the next day’s starter to review the opposing team’s lineup in preparation for the battery’s next start.

“He always seems to be one step ahead,” Orton said. “Pitchers love throwing to him. That’s, for me, one of the things guys don’t learn until Double-A, Triple-A. He’s kind of there with that. Physically he’s got good hands, throws good. His blocking could be a little better.”

The White Sox would hate to see a gifted catching mind go to waste, but the physical aspect of receiving is where Zavala will need to show progress in the Arizona Fall League, and next spring. He was charged with 13 passed balls in 77 games caught, and even admonished himself for only throwing out 27 of 107 basestealers this year (25 percent).

“I actually thought he threw better this year than I’ve ever seen him throw. His times were good, his accuracy was outstanding,” Orton said. “One of his keys is to make sure he finishes his throw, and accelerates through the target to get that carry. Sometimes he cuts off his finish a little bit. But he has good footwork, good exchange and plenty of arm strength.”

The Sox leadership will tell you that Collins is the catcher of the future for a reason, and Zavala certainly isn't on the rapid track and hasn't earned the attention typical of a top prospect, though his next assignment will be telling for how much the Sox will let his bat carry him ahead of his defense. Look no further than 29-year-old rookie Kevan Smith for proof that catching prospects can percolate very slowly, and that a smart receiver can be worth a long wait while his skills develop into major league form. If Zavala continues to show a bat worth paying attention to at the higher levels, the Sox will be obligated to give him the extra rope, and we can lend him even more attention.

By the numbers: Carson Fulmer shines in second chance
Compared to Saturday night's merciless drubbing of the clearly even-more-hapless San Francisco Giants, which featured six home runs and three White Sox (56-86) players threatening to hit for the cycle, Sunday's 8-1 bludgeoning was pretty tame, but possibly more significant.

Behind another surprising offensive explosion, this time against World Series MVP Madison Bumgarner, was the best start of Carson Fulmer's young career, as he spun six innings of one-run ball with only a Jarrett Parker solo shot against him. It was a major improvement from Fulmer's first start of the year, when he allowed six earned runs in 1 1/3 innings Aug. 21.

"In the first inning, I kind of fell out of the zone a little bit," Fulmer said. But I was able to battle out of that and get some momentum. I had really good life on my fastball. I was able to command my offspeed pitches and it was one of those days where you settle in pretty quick and you get your routine and momentum right off the start."

With the White Sox now 1 1/2 games ahead of the Giants, which matters only in the race for a higher draft position, let's take a look at the numbers from Sunday's game.

31-8: Hit differential for the Sox over the Giants during these last two days of sheer obliteration. While the White Sox dominated a seemingly solid pair of starters in Bumgarner and Jeff Samardzija, the Giants struggled against the previously shaky James Shields and Fulmer. The differential in extra-base hits has been a mere 16-2, as the Giants scored their only two runs with solo shots.

"It has been incredible. I think we are playing with a lot of motivation," Jose Abreu said through an interpreter. "We always come here to try to do our best, to play with joy and motivation. I think the last two days we have been doing that in a good way. I think that since the young kids have started coming up, we're playing with more motivation, with joy. We're enjoying more of the game. We're trying to put all of our effort on the field. It's good when you can see these kinds of results because we have been working hard every day to get good results."

31: Home runs for Abreu this season as he waded through a seven-pitch battle with Bumgarner before launching a two-run shot to center to cap a five-run second inning, and later added a titanic solo shot to left in the bottom of the seventh. The homers gave him his third season with more than 30 home runs, and marked his fourth and fifth home runs in eight games this month. He has four multi-home run games this season, and is suddenly within five of his career high with 20 games to go.

"I feel just to be in peace with my life," Abreu said of how he's regained his focus. "My family is OK, my kid in Cuba is OK and the White Sox, maybe we are not in the position we wanted to be, but we are working to be in that position in the future, and I think for us it's going to be bright."

12: Swinging strikes on a lively day for Fulmer's stuff, with eight swing-and-misses coming on his darting four-seam fastball. Fulmer was very fastball-heavy, racking up nine strikeouts over six innings — a season high in both the majors and Triple-A — while generating a swing-and-miss nearly 13 percent of the time.

"I always like strikeouts obviously," Fulmer said. "I was able to get ahead with a lot of guys and challenge them with the ball up in the zone. I had a little extra with my fastball today. My breaking ball later in the game was able to get a couple of guys swinging and overall it was a great day."

1: Career quality starts for Fulmer, who battled through some early command struggles that led to two walks in the first inning. He managed to throw 63 percent of his pitches for strikes despite the early issues and thoroughly out-pitched Bumgarner. Ideally, he would be able to live in the zone without having to dial up old No. 1 so often, but when No. 1 darts around like it did Sunday, maybe it doesn't matter so much.

.297/.311/.559: Batting line for the resurgent Tim Anderson in 145 plate appearances since Aug. 1, after he went 3-for-4 with a double and a pair of singles on Sunday. In the total feeding frenzy the Sox had going against the Giants, he can be forgiven for trying to catch left fielder Gorkys Hernandez napping while going for a triple in the fourth. A replay made it look like Anderson might have slid his hand in before Pablo Sandoval's tag, but the call was upheld after review. He also managed to steal two bases, and is now 19 for 22 on stolen base attempts for his career. His strikeout rate is only slightly down over this great stretch (25.7 percent), but it's undeniable that he's driving the ball with authority.

.351/.390/.676: Batting line over the past 20 games for the suddenly dominant Yolmer Sanchez. He doubled and collected his eighth triple of the season Sunday, further securing his spot on next year's team.
Day After Hitting For Cycle, Abreu Hits 2 Homers As White Sox Top Giants

By Associated Press | September 10, 2017

CHICAGO (AP) — Jose Abreu hit two home runs and Carson Fulmer won his first major league game as a starter as the Chicago White Sox beat the San Francisco Giants, 8-1, on Sunday in an interleague matchup of last-place teams.

A day after hitting for the cycle in a 13-1 victory over the Giants, Abreu recorded his fourth multi-homer game of the season and 10th of his four-year major-league career.

The 30-year-old first baseman belted a two-run shot in the five-run second inning off Giants’ ace Madison Bumgarner and added 31st of the season and 12th in the last 26 games in the seventh.

Fulmer, a 23-year-old right-hander, allowed one run on three hits with nine strikeouts and three walks in the second start of his career.

A first-round draft pick in 2015, Fulmer made his second career start. In his previous one, he was tagged for six earned runs in 1 1/3 innings by Minnesota on Aug. 21.

Tim Anderson, who was a double shy of joining Abreu as the only pair of teammates ever to hit for the cycle in the same game on Saturday, got three more hits. The 24-year-old shortstop is batting .520 (13 for 25) in the last six games.

Bumgarner gave up six earned runs and 10 hits in five innings — the most runs and hits he’s allowed in a game this season.

Jarrett Parker hit his third home run of the season in the second inning for the Giants. He missed the previous seven games with a strained oblique.

FILLING OUT THE ROTATION

White Sox RHP Dylan Covey will take a turn on Tuesday against the in the rotation spot opened up by the decision to shut down Carlos Rodon for the rest of the season with shoulder inflammation. Manager Rick Renteria said both Covey (0-4, 8.08 ERA) and Mike Pelfrey (3-11, 5.51 ERA) will get opportunities to pitch in the spot vacated by Rodon.

TRAINER’S ROOM

Giants: Parker (strained left oblique) returned to the lineup at designated hitter following a seven-game absence. Manager Bruce Bochy said Parker is still not quite ready to play the field. "He could be good to go tomorrow," Bochy said.

UP NEXT

Giants: RHP Chris Stratton (2-3, 4.10 ERA) will oppose Dodgers RHP Kenta Maeda (12-6, 4.02 ERA) in the opener of a three-game series in San Francisco. Stratton is 2-2 with a 3.15 ERA in six starts. Maeda has a strikeout-to-walk ratio of 46-7 since Aug. 1.

White Sox: RHP Reynaldo Lopez (0-3, 4.84 ERA) will attempt to make his third straight quality start as the White Sox open a three-game series against Kansas City Royals RHP Jason Hammel (8-10, 4.73 ERA) on Monday. Lopez pitched six innings of one-run ball in a 3-0 loss to the red-hot Cleveland Indians on Wednesday. Hammel pitched at least six innings in each of his last five starts and at least five innings in his last 18.