



Avoid pre-dinner hassle with an FBLA pizza

By Brenna Merry

When the Pilgrims landed near Plymouth Rock in 1620, it seems quite doubtful that they had any idea this day would go on to be celebrated as a day where people surround themselves with family and food.

Although Thanksgiving is primarily a day to give thanks for what we have in life, in current years its primary focus is around food. As the last Thursday of the month comes closer and closer, the sound of stomachs grumbling becomes more prominent and it cannot be eased by anything but pounds of mashed potatoes and plates full of bird.

Preparing the typical Thanksgiving meal

pepperoni. Once you have placed your order, just pick up on the 23rd, pop it in the oven and enjoy; no time, no hassle. If you cannot pick it up, you can even make arrangements with an FBLA student to have it delivered!

Often times Thanksgiving goes unappreciated due to the stress of creating the perfect meal.

Getting a Take and Bake pizza will ensure less pre-Turkey Day anxiety and more quality bonding time to appreciate what Thanksgiving is truly all about.

Not to mention that when Thanksgiving rolls around the FBLA will be sure to give thanks for your support.

FBLA take and bake pizza sale

Orders must be made by
Wed. Nov. 17
(\$10 for cheese, \$12 for pepperoni or garlic)
Pick-up after school on
Tues. Nov. 23

takes lots of time and effort. However, it does not go to waste because most families find themselves eating post-Thanksgiving Turkey soup and sandwiches for nearly a week. It's the days before Thanksgiving that families struggle to scrounge up something to put on the table.

With the thoughts of the hours in a hot kitchen that await them on Turkey Day, no one wants to take the time to prepare a meal. G. Ray Bodley's Future Business Leaders of America have cured this problem.

The FBLA is creating Take and Bake Pizzas that can be picked up in room 111 on Tuesday, November 23, the last school day before Thanksgiving break. These pizzas can be your choice of cheese, pepperoni and garlic and are handmade by students of the club.

Interested parties need to place their orders with these students or with Advisor Mrs. Ferlito by Wednesday, November 17. Pizzas are sixteen inches of mouthwatering goodness that cost \$10 for cheese and twelve for garlic or



Fulton Band Director Mr. Caviness shows off one of the tasty pies that arrived on Monday as part of a band sponsored fundraiser. Students raised money for an upcoming band trip in 2011. The question is, how many of these treats will make it all the way to the holidays? (Senecal photo)

Fultonian Yearbook dates/deadlines

Wed., Nov. 17: Prom and baby pictures due

November: Order forms distributed

Tues. Nov. 30: Winter sports team pictures

Fri., Dec. 3: Deadline for senior activity sheets

Wed., Dec. 22: Club, class officer, senior poll pictures

Submit pictures for consideration online!

www.hjeshare.com School code: 3033913

We need sports pictures from the fall season!

Opinion

Rumors: small word can carry a monster punch

By Kirsten Francis



Rumors.

One measly word.

However the impact it has on people's lives can be huge. Many times, the power that rumors have is underestimated among people today.

If rumors and gossip can hurt people so badly, then why do it? Revenge is often the case. Rumors that are humiliating or hurtful are commonly used to hurt someone who has done something harmful as well. However the familiar saying, "Two wrongs don't make a right," comes to mind. Why stoop to someone else's level? "Rumors are wicked stupid and people live off of them. It's ridiculous," comment Kayla Hanczyk.

Perhaps one starts a rumor in order to look better than their victim. The feeling of superiority is addicting and many people will lie in order to achieve it. The fact that you know something others don't may make you feel powerful and important.

Most American teenagers are guilty of some type of gossip or rumor. Whether you talk about something that actually happened or you completely make a story up, you are still a culprit. A common occurrence is retelling a story with a bit more of interesting details or a slight change in order to make the gossip better.

A popular game among kids today is Telephone. During the game,

"Everyone has been the subject of some type of gossip, whether being the victim or the perpetrator. We know how it feels and we have seen the damage it can cause. It is time to make a difference and help put an end to the harmful practice."

one kid starts with a phrase and they whisper it in the ear of another. This is repeated until the last person hears the phrase and they repeat it out loud. Nine times out of ten, changes have been made to the original saying. Although this is a game, it is a common reality.

In a recent class discussion in math class, the subject was rumors and gossip. Math teacher Mrs. Ryan explained her feeling that rumors in this school are out of control, and she was willing to bet she could spread a rumor in an hour. To put her theory to test, the AP Calculus students left the classroom with a rumor to spread. The rumor was that Mrs. Ryan had accepted a teaching job at Syracuse University and would be leaving at the end of the quarter.

The mission was for each student to tell one other friend and let nature take its course. The next day, Mrs. Ryan reported that a teacher had come into her classroom a bell later to see if the gossip was true. Mrs. Ryan had served her point.

Everyone has been the subject of some type of gossip, whether being the victim or the perpetrator. We know how it feels and we have seen the damage it can cause. It is time to make a difference and help put an end to the harmful practice.

Bizarre News of the Day

Have you ever craved a new Soviet-style assault rifle as you sit day-dreaming in math class? Well, apparently someone else has. A used car dealership in Florida called Nations Trucks has a new promotion: buy a used truck, get a free AK-47.

The dealership has more than doubled sales since the offer was announced last week, according to Nick Ginetta, the general sales manager. Mr. Ginetta said that rather than hand out guns itself, the firm gave truck-buyers a \$400 voucher which could be redeemed for a rifle at a local firearms shop.

"I don't think it sends the wrong message," said Ginetta, who insisted the dealership was merely allowing customers to assert their rights under the Second Amendment of the Constitution. "You don't need to buy a truck to go and buy an AK-47," he told local television. "You have the right to do that as long as you meet all state and federal laws. So it's just a promotion."

Mr. Ginetta claimed that under the scheme, which runs until the end of November, all customers would be subjected to background checks before being able to obtain a firearm.

By Morgan Firenze

RaiderNet
Daily

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Debunking the myths of proper exercise

By Ryann Crofoot

Almost everyone these days is looking for the perfect body, and one of the most common ways to achieve this is through exercising. But there are a lot of misconceptions about what good exercise looks like. Not exercising right can cause serious pain, and may put a person's muscles in worse condition than before.

One of the most common misconceptions about exercising is that you should stretch before you exercise. While it is important to make sure you feel loose and comfortable when you exercise, stretching can have an unwanted affect.

Think of your muscles like rubber bands. When you stretch before

“Crunches and sit-ups will strengthen the important core muscles, but you can't pick and choose which fat you want to burn. Instead of trying to focus on the fat in one area, try creating a workout that includes cardiovascular workouts and strength training.”

you work out, you are risking stretching your muscles beyond their maximum, and are more likely to pull a muscle. Stretching can also make your body feel at risk of being overstretched, so it tries to compensate by tightening up, which is the exact opposite of the desired effect.

Instead of stretching, try warming up with a light jog, or sport-specific activities, such as kicking a football or serving tennis balls. These activities will warm up your muscles, and get your blood flowing.

Another misconception is that you should go all out for as long as you can. Being focused and working hard is important, but working too hard can put a strain on your muscles. When you first start working out, start out slowly, and build up over a weeks, or even months. This will help you avoid soreness and injury.

Another myth is that you should never eat before you exercise. Actually, your body needs the fuel for a productive workout. It's important not to eat too much, because of the risk of cramps, but you shouldn't go to the gym hungry. Some people also believe sweat is a sign of a good workout. But sweating is just the body's way to keep cool. It is possible to burn a significant amount of calories without breaking a sweat.

A common myth among women is that lifting weights will make you become “bulky.” In reality, most women's bodies do not produce enough testosterone to become bulky like the body builders on TV. If you do find you are becoming more built-up than you like, try using less weight, and more repetitions. Another common myth is that crunches and sit-ups will get rid of belly fat. Crunches and sit-ups will strengthen the important core muscles, but you can't pick and choose which fat you want to burn. Instead of trying to focus on the fat in one area, try creating a workout that includes cardiovascular workouts and strength training. This will help to get rid of body fat in all areas, and strengthen other parts of your body.

It's important to exercise and maintain a healthy weight, but if it is not done correctly, exercise may not even be worth the time and effort. Talk to your doctor; he or she can probably give you more tips on how to maximize the effectiveness of your workout.

(Source: <http://seniorliving.about.com/exercisefitness>)

Quote of the day:

“Never lie, steal, cheat, or drink. But if you must lie, lie in the arms of the one you love. If you must steal, steal away from bad company. If you must cheat, cheat death. And if you must drink, drink in the moments that take your breath away.”

Hitch

Upcoming College Visits

Thursday, Nov. 18: Alfred State College (9 a.m.)

Turkey trot races cancelled

Due to a lack of interest, the Turkey Trot races scheduled for Thursday, Nov. 18 after school have been cancelled. Mr. Lacey's advisory, by virtue of having the most students register, has been declared as the winners.

Students were asked to sign up during their advisory bell for the event, which was slated to take place at the athletic complex.



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Characters make Harry Potter a true classic

By Patty Morrison

Great characters make for great novels and movies. And if you're a Potter-head, you know exactly who the characters are, and how they are significant to the worldwide phenomenon that is Harry Potter. The characters, from the darkest, most evil being in the Wizarding world, to the sweet, almost insane nature of a young Ravenclaw, are all relatable and loveable in their own ways.

People say that you can't fall in love with fictional characters, and you cannot in a literal sense. But these characters are so different from any others written, that it is possible to fall in love with them in a figurative sense.

"I have grown up with these characters," stated a senior. "I think of all of them as my family, because of the fact that they go through the same things that I do, and make my situations much more manageable. They're like brothers and sisters to me, even if that sounds ridiculous."

One of the many reasons that readers love these novels so much, is because of how relatable the characters are. JK Rowling created people, not just characters. She created people that the kids who read the books have grown up with, and go through the same problems teenagers do, but are handled in a different way because their surroundings are a bit different from the Muggle world.

Her characters are very deep, and multi-dimensional. They also go through changes just

like normal teenagers and young adults. They go through the awkward days of adolescence, developing feelings for classmates as so many do, and they go through not doing their homework and getting bad grades and studying for exams. They also deal with the death of loved ones, and people who bully them. Overall there is so much more to her characters and their problems than meets the eye during the films.

lady with cat plates on her walls to tell me what to do. Because clearly she has some deep-rooted issues."

"I relate with Snape most because I am a sketchy person, like he is. And I am misunderstood," stated junior Morgan Firenze. "I come from a broken home like he does, and we share the same birthday [January 9]."

"I relate to Snape, because I'm sure that some

"They go through the awkward days of adolescence, developing feelings for classmates as so many do, and they go through not doing their homework and getting bad grades and studying for exams."

"I relate most to Ron Weasley," another senior stated. "Because he isn't really book smart, but he's common sense smart, and in the seventh book, he got scared of the unknown and backed down, leaving his friends without him. But then he came back, and helped them finish what they set out to do. And he is also really funny, and has hilarious one-liners that always manage to cheer me up."

"I relate to Fred and George Weasley," stated senior Kaitlyn Lauber. "If I have to stay in a magical dorm room for a year, I don't want a

my students perceive me as evil because I don't put up with a lot of nonsense, but I am trying to look out for them," said Mr. Senecal, an English teacher at G.R.B.

"I relate most to Hermione," junior Ryann Crofoot commented. "Because she is the one that everyone goes to when they have a problem that needs to be solved."

The first part of the series finale will be released this Friday at 12:01 am at local theaters, so come if you want to see the familiar faces of your favorite characters back in action.

On this day

First Potter movie hit screens in 2001

British author J.K. Rowling's star creation of character Harry Potter in a series consisting of several books, first made it to the silver screen on this day in 2001. The first movie was released to the public, grossing \$976,475,550 dollars worldwide, not counting the \$600,000,000 in rentals. The films main stars names are Daniel Radcliffe, who portrays Harry Potter, Rupert Grint playing redhead dork Ron Weasley; Emma Watson presenting shy but mouthy Hermione Granger. All three actors have acted the same role for each consecutive Potter movie.

People's opinions balance differently between the book and the movie, some people just can't sit down and enjoy the descriptiveness of the book while others prefer their popcorn in front of the boob tube.

Rowling's fanatical series was released to bookshelves in Britain in 1997 under the name of *Harry Potter and the Philosopher's Stone*, but changed to *Harry Potter and the Sorcerers Stone* on American shelves the following year.

Author J.K. Rowling first perceived the idea of Harry while riding a train in Manchester to London in 1990. Struggling from financial issues and battling depression the single mother completed the books manuscript and received a deal with publishing company Bloomsbury in August of 1996. Since then the seven books have been translated into 60 different languages and sold more than 400 million copies. The books have spawned video games, merchandise and have made her one of the wealthiest people in the entertainment industry. In fact, Rowling is wealthier than the queen of England.

Prior to being selected to play Harry, actor Daniel Radcliffe starred in a BBC presentation and played a role in *The Tailor Of Panama*, starring Pierce Brosnan. The director of the first two films, Chris Columbus set the base for Potter as a famous series.

The second upcoming part of the last Potter film is to be directed by Mexican-Director Alfonso Cuaron, set for release next year.

By Andrew Pitcher



School of Thought compiled by Kayla Hanczyk and Kayla Distin

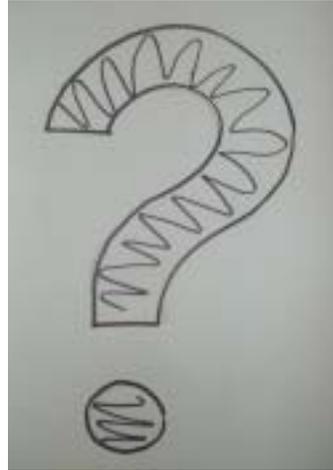
What do you think about having the advisory photos in the yearbook?



"It is dumb because that is what you did in elementary."
Devon Viscome



"I think it is dumb because it is more complicated."
Selena Anchini



"It helps form group identity, but takes away from individual identity."
Anonymous



"I think it is a dumb idea because it takes away from the traditional yearbook."
Shawna Perau

Meteorology and you

by Carson Metcalf



Today:



Mostly cloudy with a few rain showers. High in the mid-50s.
Record high-71 (1990)
Avg. high-47

Tonight:



Rain showers. Low in the mid-40s.
Record low-145 (1996)
Avg. low-32

Tomorrow:



Mostly cloudy with rain. High in the upper-40s.
Record high-69 (1987)
Avg. high-47

GRB junior Carson Metcalf is an aspiring Meteorologist and the creator of the Central New York Weather Center @ www.centralnewyorkweather.com ...Look for his daily weather forecasts for Fulton on RaiderNet Daily.