



Living with AIDS: one man's story

By Tevin Simard

World AIDS (Acquired Immunodeficiency Syndrome) Day passed on December 1, silently, without much attention in the G. Ray Bodley High School community. The only exception to this were the red ribbons that Youth 4 Youth members distributed and that students and faculty members wore as a result.

Holding World AIDS Day, however, does not mean that discussion about HIV or AIDS should be limited to that day, or even that week, and it does not mean that people who are affected by the disease, either directly or indirectly, disappear. At age 33, Michael Fochtman is one of those people, who is currently pursuing a bachelor's degree in higher education and is engaged to his partner. He seeks to advance himself and wants to be loved, like anyone else in the world.

Fochtman has been living with AIDS for three years now. AIDS differentiates itself from HIV in that the current level of t-cells in a person's body must drop below 200 cells per microliter of blood to receive the diagnosis. Consequently, an impaired immune system makes AIDS patients more prone to illness than those who do not have the disease.

When he first found out about his HIV status from his doctor, he was incredulous. Fochtman describes his reaction as being momentarily "stone-faced." The signs for the disease were there, though, as he had become so ill that the only illnesses his doctor could determine that he had were either HIV or Leukemia.

He believes that because few people hear

about HIV/AIDS any more in the media, this leads people to believe that a positive test result means that one's life is over, despite a number of medications that exist to help counter the effects of the sickness.

Most would agree, in juxtaposition, that because there is little coverage about HIV,



more people feel that they are irrationally, of course, shielded from becoming infected. It is this thinking that leads such individuals to take risks, risks that they would not normally take with their bodies, which in some cases means means having unprotected sex, despite countless warnings.

HIV does not discriminate, Fochtman sincerely believes. "Getting tested frequently, is important not only for you, but for those whom you become intimate with. I never really believed it until I tested positive, and then I realized what 'everyone' meant by that statement. If you are on the dating scene, do yourself, your family, and those whom you are with a favor, simply protect yourself," he recommends.

Given that 20-25% of all people infected with HIV do not know their status, which is problematic, because an individual can unknowingly pass the disease on to someone else, which to the Saratoga Springs native, makes little sense. "I don't understand why people don't know their status, to be honest...There are clinics that are free in

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

Sophomores need to turn in their Savearound orders ASAP to Mr. Lacey in room 227. Anyone who has not returned the booklet they signed out needs to turn in the booklet, or \$20 to Mr. Lacey.

HOPE Club meets every Monday in room 119.

Future Business Leaders of America meets every Monday in room 116.

Fultonian Yearbook meets every Tuesday in room 102.

GRB Journalism Club meets Wednesdays in room 102.

The **GRB Music Department** is presenting free holiday concerts in the auditorium. The chorus concert is Thursday, Dec. 12, the GRB band performs on Monday, Dec. 16, and the orchestra concert is on Tuesday, Dec. 18. All three concerts begin at 7:30 pm.

HOPE Club is collecting hats and mittens during GSH all this week. All donations will be distributed throughout the community. The GSH with the most donations will win a breakfast, courtesy of the HOPE Club.

Kids Helping Kids is a collection to help support children admitted to the Golisano Children's Hospital for the holidays. Check out the donation bag in GSH for needed items. Your donations will help make their hospital stays through the holiday a little more cheerful. See Mrs. Hyde in the guidance office for more details.

The **French Club** will hold a King's Day celebration on Monday, Dec. 6 after school in room 125. Interested students are asked to sign up with Mademoiselle Coleman or Madame Honeywell no later than Friday, Dec. 20.

What's for lunch?

Today: Max cheese pizza, broccoli, baby carrots, strawberry or peach cup with alternative of PBJ or meatball sub.

Thursday: turkey sausage frittata on biscuit with tater tots, applesauce, juice box and apple or raspberry churro with alternative of PBJ or chicken nuggets.

The true meaning of Christmas: have we lost it?

By Neal Burke

What is the true meaning of Christmas? This is a question asked by many a small child and even some older people.

The answer is simple, yet many people in this country fail to see it. The Christmas holiday has become so commercialized and consumed by greed that many seem to think that the meaning of Christmas is finding the greatest gifts for the best deals.

Black Friday is a prime example of this. The biggest shopping day of the year, Black Friday attracts millions of shoppers each year, all hoping to take advantage of the amazing deals that stores advertise for weeks.

But as the years have gone by, Black Friday has turned more and more vicious. People are fighting each other just to get what they want. An example of that happened in 2011 at a Rome Wal-Mart where fights broke out in the electronics section and a man was charged with disorderly conduct. People have also perished or been seriously hurt on Black Friday. One temporary Wal-Mart worker in 2008 was trampled to death by eight shoppers who broke down the doors and as recently as 2012, two people were shot, but not killed, over a parking space!

A parking space?!

Come on America, that is so pathetic! Black Friday has become a plague on this country, consuming many of its citizens with greed and I think that the big retailers like Wal-Mart are partially to blame for it because all they care about is making a lot of money. In my opinion, Black Friday should be banned for that very reason and when it comes right down to it, Black Friday causes way more harm than good.

We should not be killing, hurting or fighting one another during the Christmas season. That is not what Christmas is all about. Christmas is about celebrating the birth of Jesus Christ. It is a time of joy and happiness, not for fighting or hurting others. The time for giving and being thankful for what we have, not receiving or constantly wanting more. Christmas is about helping and giving to others, to make them happy and cheerful, not to make them hate or resent you because you want the same item they do.



A Christmas song that truly conveys this message is the song *Christmas Shoes* by NewSong. The song is about a little boy whose mother has a terminal illness and he is trying to buy her a pair of shoes so that she will look beautiful if she “meets Jesus tonight.”

**It is a time of joy and happiness,
not for fighting or hurting others.
The time for giving and being thankful
for what we have, not receiving or
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about helping and giving to others, to
make them happy and cheerful,**

The boy doesn't have enough to pay for them and a man who was waiting to buy “that last gift or two” actually pays for them. That is what people should really be doing on Christmas, helping others in their time of need.

I also think that many people need to learn the same lesson that the Grinch learned close to the end of his famous story, “‘Maybe Christmas,’ he thought, ‘doesn’t come from a store. Maybe Christmas...perhaps...means a little bit more!’” Perhaps if that happens, their hearts, like that of the Grinch, will grow “three sizes that day” and the country as a whole can embrace the true meaning of Christmas again.

Quote of the day:

“In three words I can sum up everything
I've learned about life: It goes on.”

Robert Frost

**Seeking advice for
any problem or concern you
may have? Just e-mail me at
askmyrtle.raider@gmail.com.
I hope to hear from you.**

**Look your best for
the holidays!**

Reflections

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Phone: 592-4415
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(from page 1)

Oswego County, the doctor's office, and I believe they are finalizing the process for a home test," Fochtman remarked.

On a county-wide level, there were 84 people in Oswego County living with HIV at the end of 2010, as reported by AIDS Vu, an online map that shows where cases of HIV were found on national, state, and local levels. In addition, the map allows viewers to narrow the "HIV prevalence data by race/ethnicity, sex and age, and see how HIV prevalence is related to various social determinants of health, such as educational attainment and poverty." Meanwhile, surrounding counties such as Cayuga, Oneida,

He revealed that initially, speaking from experiences he has had with other people in his situation, people often feel scared. They wonder what will happen if this information is revealed to the public and what they will think.

Personally, Fochtman became angry. "Angry at myself, angry at whomever infected me, angry at the world (mostly at the fact that this disease even exists). Over time, you realize that you are pretty much like anyone else who deals with a long term illness. The true wakeup call of your life happens at intake."

In terms of treatment, Fochtman goes to Upstate University Hospital, the only clinic

20 tubes of blood taken for processing. Services typically last between three to four hours, so by the time he is finished, he is usually worn out by the day's events.

If there is one thing that Fochtman hopes that does not happen to him, it is that he gets cancer. Because of his illness, there are almost no options available for treatment and cancer also runs on both sides of his family, presenting him with a higher risk than others of getting it. For now, he is trying to make the best of each day and relish the time he has been given.

"The hardest thing I ever had to do in my life was inform my family that I was HIV positive,"

Jefferson, and Lewis counties had numbers three times higher than that of Oswego County.

"The hardest thing I ever had to do in my life was inform my family that I was HIV positive," Fochtman said when asked how he approached the subject with his family.

in the area for HIV/AIDS patients. At the center, is seen by specialists in the field, social workers, nutritionists, and psychologists. There, all the relevant information that medical specialists need to know is recorded, analyzed, and evaluated each visit, to ensure the best care. Following that, he usually has

Holiday concerts

7:30 pm in the
high school auditorium

Thursday, Dec. 12

GRB Chorus

Monday, Dec. 16

GRB Bands

Tuesday, Dec. 17

GRB Orchestra

all concerts are

free to the public

Going someplace cool? Take

RaiderNet

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with you and get your picture taken for next
year's Fultonian Yearbook feature

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*Have
YOU got
something to say?*

*Do it in a letter to the
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Order your 2014 yearbook by Friday, Dec. 20 and save \$10

Pay \$50 instead of \$60 and save some \$\$

A minimum \$10 down payment reserves your book at the reduced rate!

See Mr. Senecal in room 228. Order forms available in the office.

**Submit yearbook photos online at www.hjeshare.com
our school code is: fultonian Fall sports photos needed!**

Sports

US Men's Soccer drawn into dreaded "group of death"

After winning their CONCACAF World Cup Qualifying group, the United States men's national soccer team clinched a spot in Rio de Janeiro, Brazil for the 2014 World Cup. The team took on Mexico, Honduras, Panama, Jamaica, and Costa Rica.

Unfortunately for the United States, they were placed in the so-called "group of death," during last Friday's draw for the FIFA World Cup, Group G. The Americans will face Portugal, Ghana, and Germany, all of which are great teams.

All four of these teams are in the top 25 in the world rankings with Germany currently second, Portugal fifth, the US 14th, and Ghana in 24th. This group has the lowest average ranking of all eight groups.

Ghana is the first team that the US will play and it is a rivalry match. Ghana has faced the US in the last two World Cups and

many, which showed its dominance in qualifying by winning nine of ten games. Only defending World Cup and Euro champions Spain are ahead of the Germans in the world rankings. In the last two World Cups, Germany has finished third, which is an impressive feat. Germany has another very impressive lineup this year as goalkeeper Manuel Neuer is considered the number one stopper in the world. Philipp Lahm, Bastian Schweinsteiger, and Mesut Ozil are other

star players who give Germany a great shot of winning in 2014.

The United States had a pretty easy road to Rio but that has changed. The Americans won seven of their ten games in qualifiers. They have not had an impressive World Cup history, but hope to change that this year. The US are led by Landon Donovan, Sunderland's Jozy Altidore, and standout Everton goalkeeper Tim Howard.

By Jimmy Martin and Jeff Waldron

**Send us your pictures of
the Red Raiders in action**
theraider@fulton.cnyric.org

Wrestlers first at Anderson Tournament

Coming off a season that was somewhat subpar by their standards, the Raider wrestling team has roared out of the gates with two straight wins and a first place showing at the Anderson Tournament.

Coach Stalker's matmen handled Canandaigua 43-33 and Chittenango 57-19 before invading Cicero-North Syracuse on Saturday for the Anderson Tournament. There was great success for Fulton as the Raiders took first place out of 21 teams. They scored an impressive 175 points, beating second place South Jefferson by 15.5 points with Section IV powerhouse Spencerport finishing in third at 145. Rounding out the top five were Baldwinsville (127) and Section 10's Massena (118).

Junior Joey Abelgore ruled the 99 pound ring by defeating Liverpool's Jeremy Nash 8-3. Abelgore wasn't the only Raider to win an individual title as junior Mitch Woodworth wrestled in the 120 lb class and scored a technical fall decision. Woodworth defeated Guilderland's Mike Lainhart. Freshman Travis Race won the 160 lb title. Race pinned his opponent, Hunter Perrine from Massena.

The team will take on CBA/Jamesville-Deewitt tonight at 6 pm at J-D before sending the varsity to the DeMeco-Trainor Duals in Churchville-Chili this Saturday. Fulton's JV wrestlers will be at C-NS to compete in the annual Blindmens JV Tournament.

By Jimmy Martin

Raider Sports

have won both times, eliminating the Americans in the process. Ghana is the lowest ranked team in the group, but still want to advance. Ghana had a tough road just to get Rio and now have an even tougher one. Some of their stars include Michael Essien and Sulley Muntari. In South Africa, Ghana made it to the quarter finals before being beat.

The US then takes on Portugal, one of the best teams in the world. Portugal, even though number five, had to go through play-offs just to get to Rio. They defeated Sweden 4-2, being led by superstar Cristiano Ronaldo. Ronaldo scored all four goals and is the Portuguese captain. In 2006, Portugal made it to the final four and in 2010 lost to Spain on penalty kicks in the European Championships. Key players are Nani of Manchester United, Fabio Coentrao, and Pepe.

The USA's third game will be against Ger-

This week in Raider Sports

Today: Bowling vs. Chittenango @ Strike n' Spare Lanes (3:30); Indoor track @ CNYITA meet (4:30 @ OCC); Wrestling @ J-D (6 pm).

Thurs. Dec. 12: Bowling vs. CBA @ Strike n' Spare Lanes (3:30).

Fri. Dec. 13: Girls Bball vs. Corcoran (JV-5:30/V-7 pm); Swim @ B'ville (5 pm); Boys Bball @ Cortland (JV-5:30/V-7 pm); Hockey vs. IHC (7 pm).

Sat. Dec. 14: JV wrestling @ Blindman's Tourney (9:30 am @ C-NS);

V restling @ DeMeco-Trainor Tournament (8:45 am @ Churchville-Chili).



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What is your favorite tv show?



"N.C.I.S. "

Cody Kimball



"Spongebob!"

Keyshon Carver



"Sports."

Dallas Bradley



"Family Guy."

Quinton Jackson

Meteorology and you

By Carson Metcalf



Today:



Snow showers,

27°

Average: 38°
Record: 63° (1979)

Tonight:



Snow showers,

14°

Average: 24°
Record: -7° (1977)

Tomorrow:



Snow showers.

20°

Average: 37°
Record: 61° (1979)

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