

## Move Along Inc. provides unique experience

By Lexi Abelgore

If you went to gym class last Thursday or Friday, you surely noticed a different set up from the usual games. Move Along Inc. from Oswego, NY visited G. Ray Bodley High School to give students the taste of a

## Musicians set for All-county show

By Chelsea Knopp

Every year a select few talented young students from Oswego County are chosen to participate in Are All State. This year G. Ray Bodley High School is sending fourteen students from the band, orchestra, and chorus departments to play a variety of challenging pieces. The school that was chosen and given the privilege of hosting Area All State this year is Oswego High School, and the concert will take place at 3 pm on Saturday.

The first group to kick off the performances is the Mixed Chorus which will feature GRB seniors Alexia Albegore, Stephen Heywood, Kaitlyn Kinney, Erica Pawlewicz, and Quinn Webb. Juniors at-

### All-county Concert

Saturday 3 pm

@

Oswego High School

tending from Bodley are Mykenzie Finch and Brandon Webb along with sophomore Jeremy Herlowski.

The songs that have been selected for them to perform are *The Promise of Living* by Aaron Copland, *Sunday* by Stephen Sondheim, *O Vos Omnes* by Pablo Casals, *The Last Words of David* by Randall Thompson, and *The Choral Series* from the Catalogue of J. Curwen and Sons.

The second group to perform following

(continued on page 3)

life that is unfamiliar to them, but is the norm for people all over the world. Move Along is a program that works with individuals that are restricted to wheelchairs and helps them to feel strong and confident. They promote wheelchair athletics so that those unable to use their legs can experience the joy and sense of accomplishment that sports bring.

The initiator of this foundation is Gregory Callen, who fell from a balcony nine years ago and lost the use of his legs. After recovering from his own depression, he made it his mission to help those like him get back to their old selves.

“Our goal [at Move Along] is to develop the programs and support necessary for children and adults with disabilities to live a healthy lifestyle,” Callen stated. Move Along provides support to ensure that disabled individuals reach their full potential. They also provide instructional sessions and opportunities for disabled people to get involved in recreational and competitive sports.

In the organization’s pamphlet, Callen writes, “Our programs promote improved social skills, self-confidence, self-reliance and independence.”

Some of the activities they provide programs for are sled hockey, wheelchair basketball, swimming, kayaking, rowing and cycling. You do not have to be disabled to participate in these programs. Move Along welcomes anyone who is willing to learn to join in the activities. Check out [www.movealonginc.org](http://www.movealonginc.org) for information on upcoming events.

Move Along’s appearance at GRB was a big hit with students. Senior Carly Williams said, “It was really fun. Being in a wheelchair is a lot harder than it looks.” Another student commented that, “[Move Along] showed us what it’s like to be in a wheelchair and makes us thankful that we can use our legs.”

It looks like Move Along accomplished what it set out to do at GRB. They taught the students how disabled people learn to enjoy sports and gave them insight into a life that most people are unfamiliar with. It also makes us grateful for things that we normally take for granted. How fitting that Move Along visited us so close to Thanksgiving.



Senior Carly Williams was one of the many G. Ray Bodley High School students to experience sports in a wheelchair last week when Move Along visited the high school, delivering its message that a disability doesn't have to stop someone from doing the things they enjoy.

## Opinion

## Any way you look at it, smoking is bad

By Madison Washburn

Heart Disease, Lung Cancer, Stroke, C.O.P.D: real things that will end your life.

Have you ever thought about what goes into your body every time you breathe in cigarette smoke? Or maybe the financial, emotional, and health problems that can occur? Loni Anderson states, "Smoking is related to practically every terrible thing that can happen to you."

Smoking cigarettes is an ongoing life threatening battle that smokers face every day, and smoking claims 443,000 people a year who die of exposure to smoke or smoking. Smokers develop a tolerance towards cigarettes and have to smoke more and more just to feel normal again.

Financially, smokers have to spend around \$10 a pack, which all



adds up and causes money problems. A pack a day smoker spends about \$3,600 a year on cigarettes, which is equivalent to the cost of buying a used car. In the United States we spend \$96 billion dollars a year on treating tobacco related illnesses. These are valuable resources being wasted treating preventable illnesses.

Did you know that each cigarette contains over 4,000 chemicals? Every time you breathe in a cigarette you are breathing in chemicals from paint stripper, ant poison, rocket fuel, and even toilet cleaner. Every cigarette a person smokes, they are one step closer to killing their p53 gene, which is the protein that attacks large mutations of cells (or tumors) from forming that are cancerous. With one p53 gene gone, a person is at a high risk of developing cancer.

Don't be like the 8.6 million people who live with a serious illness caused by smoking, or the 443,000 people who die from smoking. Be tobacco free and help end all of this preventable suffering now. Think before you act.

## Smokeless tobacco: cancer in a can

By Hope Williams

Chewing tobacco is also known as snuff (snorted), dip and smokeless tobacco. There is also a new version that you can swallow. Many people are convinced that chewing tobacco is a safe alternative to smoking and they could not be more wrong. Smokeless tobacco can cause bad breath (known as Halitosis), stain your teeth, cause hypertension, gum disease and tooth decay, and can even give you pre cancerous sores known as Leukoplakia. There are multiple negative effects of chewing tobacco, but the worst one is cancer. A person who chews tobacco is 50 times more likely to get mouth cancer than a non-smoker/chewer.

People underestimate how addictive this product really is. Though cigarettes are more lethal, the nicotine addiction is still the same. If a person wants it bad enough, quitting is very much possible. Quitting causes a person to go into withdrawals that are both physical and psychological. A physical addiction is a type of addiction in which the body itself feels a direct need for a drug. Physical withdrawal symptoms include but are not limited to: hunger, shakiness, fatigue, skin problems and muscle tightness. When dealing with this type of withdrawal, a person can chew nicotine gum or loz-

enges, use a nicotine patch, or even nicotine nasal spray. Studies found that these methods have been successful in many cases. A psychological addiction is an addiction which the minds tells the body it needs more drugs. Some symptoms are panic, insomnia, and depression. This type of addiction is far more difficult to treat. A common treatment for the physiological part of addiction is a rehabilitation center and therapy. Therapy can help a person with confidence and also treats co-occurring disorders like depression and anxiety.

There are so many benefits to quitting chewing tobacco. It is an expensive product to be addicted to; according to the National Institute of Craniofacial Research (NIDCR), "A can of dip costs an average of nearly \$3. A two-can-a-week habit costs about \$300 per year. A can-a-day habit costs nearly \$1,100 per year. Likewise, chewing tobacco costs about \$2. A pouch-a-day habit costs over \$700 a year." Think of everything a person could buy that actually positively impacts their life with that money instead of ruining it. Also, immediately after a person quits, the sores in their mouths start to go away and their health improves. The risk of cancer drops and other health issues plummet. The future is brighter without chewing tobacco.



## Reflections

-THE- Salon & More

Welcomes GRB grad Chelsea Poyneer!

608 South 4th Street-Fulton Call for an appointment today!

592-4415

Proud 20 Year sponsor of GRB Journalism

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

Tryouts for the **GRB Dance Team** will be held on Monday and Tuesday Nov. 17 and 18 from 3:30 to 5:30 in the Volney Gym. Students must attend both nights to qualify.

Would you like to learn to ski or snowboard? The **GRB Ski & Snowboard Club** still has openings for this coming winter. See Mrs. Downing in room 212 or Mr. Ward in room 210 for details. Beginners are welcome and encouraged to give this sport a try.

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

A representative from **Hibbert College** will be in the guidance office on Friday at 11:45.

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

Come join the **Spanish Club** for churros and Spanish conversation after school on Tuesday, Nov. 18 in room 128.

### What's for lunch?

**Today:** Hotdog on a roll with baked beans, broccoli and strawberry cup.

**Monday:** sloppy joe on a bun with green beans, baby carrots and peaches.

## All-county concert set for Saturday (from page 1)

the chorus is Concert Band. Seniors Amanda Deavers and Jacob Seymour will be attending along with junior Keegan Congdon and sophomore Philip Summerville. They will play the pieces *The Festival Prelude* by Alfred Reed, *Canticle: Creatures of Our God and King* by Claude T. Smith, *Royal Canadian Sketches* by Ralph Furool, and *Kwyjiboo* by Daniel Montoya.

Last but not least the Symphonic Orchestra will perform their pieces. The two students appearing include junior Abbey Zych and the only freshman going from G. Ray Bodley, Madison Lang. the Orchestra will play four pieces featuring *Chugach* by Nancy Petterén Strelau, *A Call to Worship* by Jeff Tysik, *Romeo and Juliet* by Peter Ilyitch Tschailowsky, and *Orchestersuite* by Eduard Gerig.

These students, along with their peers from throughout the county have been rehearsing their songs and trying to perfect every note endlessly for weeks. Anyone interested should go and see all the hard work come together starting at 3 pm on Saturday.

**Make a difference  
this holiday season!**  
**the Red Cross seeks volunteers for  
the annual Red Kettle Campaign  
call the Kettle Hotline at 207-3359**

### November Food of the Day

November 14th- National Pickle Day

### Quote of the day:

"In order to succeed, your desire for success should be greater than your fear for failure."

-Bill Cosby

### November Fact of the Day

The assassination of John F. Kennedy took place on November 26, 1963.



Keep in touch with the Fultonian Yearbook by liking us on Facebook. Free yearbook drawing at 300 likes!



**Order your 2015 yearbook  
by Monday, Dec. 22 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 118. Order forms will be  
included with five-week reports and are also available  
in the main office.**

**Submit yearbook  
photos online at  
www.hjshare.com  
our school code is:  
fultonian  
Spirit Week & Fall  
sports photos  
needed!**

NFL Picks

# Lions and Cardinals and Raiders, oh my!



**Mitch Woodworth**

Last week: 8-5

Overall: 65-57

Detroit @ Arizona

This week features a very interesting game between the 8-1 Cardinals and

the 7-2 Lions. The Cardinals have a good defense and a pretty good offense with Andre Ellington the running back at 582 yards with an average of 3.5 yards a carry with three touchdowns. The Cardinals also have key wide receiver Larry Fitzgerald with 625 yards and averaging 12.5 yards per reception. He is clutch in the big games and has a huge impact on the team. The way the Car-

dinals have to play against the Lions is tight defense more or less man on man, so they don't give up any long passes. The Cardinals play tight defense and can cause interceptions as Matthew Stafford has eight on the season. The Cardinals are a very strong team and the defense is what really helps them win.

On the other hand the Lions are similar to the Cardinals with a good defense but also good offense as Stafford is really the key. The offensive line has to play well so the Cardinals defense doesn't force any turnovers. The Lions have to get the running game going and have a good pass game because the Cardinals are going to be a tough team to beat, especially because they have best record as team in the NFL right

now. Hopefully the Lions can come into the game with the right mindset and beat the Cardinals. I predict that the Lions are going to pull an upset with 28-24 final.

**Mitch says:**

- Miami
- Minnesota
- Cleveland
- Philadelphia
- Seattle
- Denver
- Cincinnati
- San Francisco
- Washington
- Carolina
- San Diego
- Detroit
- New England
- Pittsburgh



**Mr. Senecal**

Last week: 7-6

Overall: 68-54

Oakland

@San Diego

The renewal of this west coast rivalry

from the early days of the American Football League has lost a lot of its luster over the past few years as the once proud Raiders have plummeted to the bottom of the NFL scrap heap. Winless through nine games and seemingly headed nowhere, Oakland brings a minus-11 turnover ratio and an offense that is averaging just 16.2 points per game into Sunday's contest.

The last time these two sides met the Chargers rallied to a 31-28 victory to improve to 5-2 on the season. It has been all downhill since then as San Diego has lost three in a row including a 37-0 debacle at Miami two weeks ago that still must leave a bad taste in mouth of anyone associated with the Chargers.

Don't look for a lot of running in this game if past performances hold true as SD ranks 30th in the league in rushing (81.8 ypg) and Oakland is 31st at a paltry 62.1 per outing. Things are so tough

for the silver and black that their longest play of the season was a 55 yard catch by Brice Butler, and quarterback Derek Carr has thrown just 13 touchdowns while giving up nine interceptions. San Diego will be hoping for a return to form from signal caller Philip Rivers, who has 20 touchdown passes but has been locked on that number for the past three weeks. Antonio Gates owns nine of those TD hauls and is one of four Chargers averaging double-digits per reception.

San Diego will certainly be the favorite here, but as the Jets showed last weekend, anything is possible in the NFL. One thing is for certain, if the Chargers are going to make their annual late season run to the playoffs it needs to start this week. After next week's home game against St. Louis the Bolts face Baltimore, New England, Denver, San Francisco and Kansas City in succession, five teams with winning records and playoff aspirations that have a combined 31-15 record.

The bye week has given San Diego plenty of time to think about their stinker in Miami, Look for them to struggle early but eventually pull away from the Raiders, leaving Oakland at 0-10 when all is said and done.

**Mr. S. says:**

- Buffalo
- Minnesota
- Cleveland
- Green Bay
- Kansas City
- Denver
- New Orleans
- San Francisco
- Washington
- Atlanta
- San Diego
- Arizona
- New England
- Pittsburgh

Going someplace cool? Take **RaiderNet**

Daily

with you and get your picture taken for this year's Ful-tonian Yearbook feature

**"Where in the world is The Raider?"**

School of Thought compiled by Hope Williams and Kyle Buck

## What is one important thing to remember when driving in the snow?



"Focus on the road."

Casey Depuy



"Drive as slow as you need to!"

Courtney Smith



"Always be prepared."

Mr. Galek



"Don't slam on the breaks."

Casey McCann

# Meteorology and you

By Carson Metcalf



Today:



Cloudy with snow showers.

**35°**

Average: 49°  
Record: 72° (1994)

Tonight:



Cloudy with snow showers.

**29°**

Average: 33°  
Record: 12° (1905)

Tomorrow:

Cloudy with rain/snow.

**38°/30°**

Average: 49°/33°  
Rec. high/low: 73° (1956) 12° (1933)

Sunday:

Cloudy with rain/snow.

**40°/34°**

Average: 48°/33°  
Record high/low: 71° (1990)/6° (1933)

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