

## Quirk's cast list set for Thoroughly Modern Millie

The most wonderful time of the year came a lot earlier this year for the Quirk's Players, and no, we are not talking about Christmas. It is musical season again and G. Ray Bodley's Drama Club has their sights set on delivering another amazing performance.

The cast list went up last Friday, which is a whole month sooner than previous years. At first, as always, there was disappointment for some and excitement for others after seeing the cast list for the first time. However it is safe to say that after the first read through of the script, most everyone is excited about their roles in the show. We are excited to introduce you to the cast of *Thoroughly Modern Millie*.

*Thoroughly Modern Millie*.

The show starts with Millie Dillmount, a Kansas native carrying her dreams and suitcases to New York City. When the curtain rises, the first person you will see is Alexia Abelgore, who will star as Dillmount. Abelgore cannot wait to play the role of

**"It's a very fun show, but it's very challenging. There's a lot of dancing, which also makes it difficult."**

**Music Director  
Mr. Nami**

Millie and says that she is still in shock. "When I was always younger, I always dreamed of having a part like this," she commented. "It's really exciting that I get to be the role model for other people now."

Starring side by side with Abelgore is sophomore David Houck playing the role of Jimmy Smith. He is a New York bad boy turned good when he meets Millie.

This will be the third consecutive show that Abelgore and Houck have played love interests. "It's a lot of fun to have these friendships and relationships on and off the stage," he commented.

Other principle roles will include Kennedie Coyne as Mrs. Meers, a Chinese woman who kidnaps young orphan actresses and ships them to Southeast Asia to become slaves.

Coyne plays an interesting character who gives a hilarious conflict to the plot of the show.

Michael Mankewicz and Markus Harter will play Ching Ho and Bun Foo, who serve as Mrs. Meers' henchmen, so to speak. For portions of the show, the boys will be speaking in actual Chinese. When asked how he plans to pull off playing a role of a different race, he answered, "Learn the language, I guess."

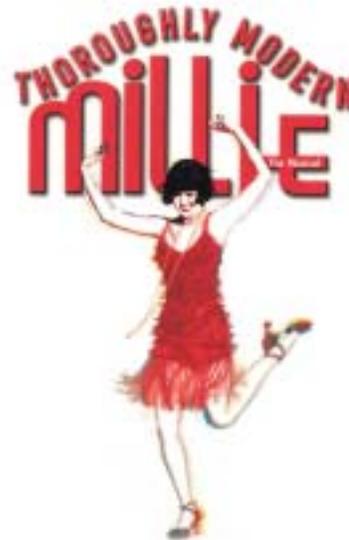
Kathryn Salmonsens will play Miss Dorothy Brown, a rich girl who wants to live like the other half. She comes to New York to get a taste of the poor life. Katie says, "I am most excited to perform *How the Other Half Lives* with my best friend Lexi Abelgore."

Sophomore Jeremy Herlowski will take on the role of Trevor Graydon, Millie's boss. Herlowski will have to master quick songs and some hysterical innuendos to play this part, and he could not be more excited.

The show also features a sizeable ensemble, who will participate in big numbers such as *Thoroughly Modern Millie*, *The Speed Text* and *Forget about the Boy*.

Musical director Mr. Tom Nami says, "It's a very fun show, but it's very challenging. There's a lot of dancing, which also makes it difficult." As always, especially with the extra weeks, Quirk's Players are expected to pull off yet another amazing performance.

More information about the musical and a segment of Meet the Cast will be coming to *RaiderNet Daily* as the show dates, March 6-7, grow closer.



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

**Physicals for sports and working papers** will be available on Tuesday, Nov. 25. Appointments should be made with the nurse.

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.

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

### What's for lunch?

**Today:** Hot turkey with gravy, dinner roll, whipped potatoes, butter-nut squash, stuffing and apple crisp.  
**Friday:** Shrimp poppers with a roll, baked beans, broccoli and pears.

## Advice

## It's cold outside, so dress appropriately

By Breanna St. Onge

How many of us spend a great deal of time outside? Almost all of us, correct? Well living in central New York it is widely agreed upon that the upcoming weather can definitely have a huge impact on our bodies if we are not properly dressed.

As the weeks continue, the temperatures keep falling and are showing no sign of any change to a more desirable level. That's right guys, it's almost winter! Temperature is as dangerous a factor to your health as not wearing a seatbelt and running a red light while doing so. You may not get in an accident but you are putting yourself at risk of doing serious damage to your body.

Over the past years frostbite and hypothermia have become more prominent issues during the chilling winter months that do not seem to be getting enough attention. Frostbite occurs when tissue is exposed to below freezing temperatures for too long and can become as severe as the tissue beginning to die. After which point it cannot be recovered easily and could lead to possible amputation. Usually that is not the case and a minor case of frostbite can be taken care of

with some running water and a delicious cup of hot chocolate once inside some place warm out of the freezing air.

Hypothermia is a condition that takes place throughout someone's entire body and is much more serious once it sets in. It occurs when the extremities (the parts of your body furthest from your heart) receive too little blood flow and begin to drop in temperature. Hypothermia sets in when the over all body temperature drops below 95, normal being 98.6. Severe cases are characterized after the body temperature drops below 86. After body temperature drops, a person's heart rate begins to slow to try to delay the return of cold blood to the heart and essential organs.

Up to 90% of your body heat escapes from your skin while in cold conditions. Dressing for the weather can prevent nearly all of that heat loss. One of the most prominent areas of heat loss from the body is the top of the head. Many people never think that wearing a hat makes a significant difference, but studies show that a warm winter hat in the snow can be the difference between freezing and staying toasty warm. So head outside and embrace our arctic-like climate but don't forget your snow gear.

## Playing a sport offers numerous benefits

By Maggie Williams

While it is fun to play sports, the real benefits of high school athletics come from actively participating in them. Along with being a good way to stay fit, there are actually a variety of benefits a student can gain from being involved in sports. The benefits of playing sports can extend beyond someone's days as a student, to often include the rest of a person's life.

Making friends within the classroom can be quite challenging for some students. Playing sports is an easy way to make long-lasting friends. Being on a team is also a great way to bond with people you normally would not talk to in the halls of school. Along with making friends easily, sports offer a chance to make friends in a fun way that does not feel as pressuring as making friends in a classroom.

Students who play sports often have higher grades and better attendance than students who do not play sports. Any student on a team is told that school comes first, meaning that if a student's grades or attendance are not satisfactory, they can sit out of a game or even

end up being taken off the team. Therefore, students who play sports usually take school much more seriously.

Some people tend to dislike those who have big egos. School sports or sports in general often keep egos in check because every game or match has a different end result. You may have played a great game on Tuesday, but your skills may have been off during the game on Thursday. Sports have a way of lowering people's cockiness and bringing them back to reality, since very few high school athletes will ever become college stars, let alone make it to the professional ranks.

A student who plays sports is far more likely to be physically fit than a student who goes home and sits on the couch to watch television or play X-box. Any type of physical activity is better than doing nothing. Playing sports in high school can help you later in life by decreasing your chances of obesity. Not only will it help you become more fit, it will give you a better night's sleep due to all of the energy that is used in a game or practice. There are few downsides to playing sports in school, and the benefits of playing sports can last a lifetime. It is never too late to join a sport.



## 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

## Long awaited Hunger Games hits the screens today

Did you know that the first colored film was shot just a little under one hundred years ago? It was a movie called *Cupid Angling* in the year 1918, the next films colored motion pictures, *The Wizard of Oz* and *Gone with the Wind* followed twenty one years later in 1939. With the subject of movies in mind why not preview the new re-



leases for this upcoming weekend at the Regal Cinema in Clay.

*Beyond the Lights* a romance film starring actors Gugu Mbatha and Nate Parker was released on November 14th. The movie centers around a young successful woman Noni who was forced into the life of fame and fortune by her over controlling mother. As a result of endless pressure to be perfect Noni

spirals into a depressed state where she feels the only solution is to end her life. Luckily she is talked out of her attempt by her body guard Kaz. Instantly the two feels a connection and become very close friends they soon however begin to fear that their romance will keep them from performing the daily tasks that their lives have store for them.

Here it is the moment many movie goers have been waiting for, *The Hunger Games: Mockingjay, Part 1* is finally being released at midnight tonight. After her rescue from the disturbing Quarter Quell, Katniss Everdeen awakens in the complex beneath the allegedly destroyed District 13. She also learns that her previous home (District 12) has been reduced to rubble, and good friend Peeta Mellark is now the brainwashed captive of President Snow. At the same

time Katniss also learns about a secret rebellion spreading throughout all of Panem — a rebellion that will place her at the center of a plot to turn the tables on Snow. In this movie everyone is pushed to their limits to try and defeat the capital and restore a sense of balance to all who have been forced to live life in the districts.

Two great movies one action, one romance are both showing at various times throughout the weekend, so go get out and treat yourself; after a long week it is most definitely deserved.

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

**Hope 4 Haiti Fundraiser**  
Sat. Nov. 22 @ Lakeview  
Lanes

\$10 covers two hours of bowling and shoes  
Tickets available at the  
door or presale from  
HOPE Club members

### Seniors take note!

**Yearbook senior poll and senior  
directory forms are now available in  
GSH or the main office**

**Return them to Mr. Senecal in room  
118 during GSH before Fri. Dec. 5**

**Don't delay, late submissions  
will not be accepted.**

### November Fact of the Day

November is Peanut Butter lovers month.

### November Food of the Day

November 20th-National Beaujolais Nouveau  
Day

**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](http://www.hjshare.com)  
our school code is:  
fultonian  
Spirit Week & Fall  
sports photos  
needed!**

## NFL Picks

## Red hot Packers and frozen Fish this Sunday

**Mitch Woodworth****Last week: 6-8 Overall: 71-65***Green Bay @ Minnesota*

Green Bay has been doing very well this year and lately they are on fire, putting up 50 points or more against the last two teams they have faced.

Last week against the Philadelphia Eagles they just broke them down and crushed them, winning 53-20. The star player has been quarterback Aaron Rogers with back to back games of over 300 yards. Two weeks ago against the Chicago Bears he threw for 315 yards and averaged 11.7 yards a pass while throwing six touchdowns. Aaron has been just tearing up the field, controlling the game with the Eagles while passing for 341 yards, an average of 9.5 yards a completion with three touchdowns. The key is to keep Rogers on fire, and if so Green Bay will be a hard team to beat and have a good start toward the playoffs. Green Bay just has to use Eddie Lacy little bit more for some running game and they may well be the team to beat.

The Minnesota Vikings have not been so hot as they lost

their last game against the Bears, a team Green Bay trounced. The Vikings also got horrible news that their star running back Adrian Peterson will be off the team until end of the 2014 season without pay. This really hurts the Vikings because their team has gone downhill since he left and they seem to have lost hope with a 4-6 record. Nothing is more exciting than when an underdog team beats one of the best, and this game can go either way due to teams underestimating other teams. It has happened all year, just ask the Steelers, and it has been extremely awesome to watch. Hopefully the Vikings can come out with a good attitude and put up a fight against the hot streak team Green Bay Packers. I predict that Aaron Rogers is going to be hot and fly by the Vikings with the final score of 50-20.

**Mitch Says:**

Kansas City	Cincinnati
Cleveland	San Diego
Buffalo	Arizona
Chicago	Miami
Indianapolis	San Francisco
Green Bay	Dallas
New England	Baltimore
Philadelphia	

**Mr. Senecal****Last week: 8-6 Overall: 76-60***Miami @ Denver*

Peyton Manning and company were flying high at a league best 6-1 until they headed on down the road to New England and then St. Louis, falling big against the Patriots before last Sunday's shocking 22-7 setback against the Rams. But after

three straight weeks on the road it will be a welcome return to the mile high city for the Broncos as they face Miami for only the fourth time in 10 years and the first since the 2011 campaign.

After being held to their lowest scoring total in a long time and after watching his streak of 15 consecutive games with at least two touchdown passes come to an end, one can only imagine how much time Manning has spent watching video of a Dolphin defense that ranks second in the league overall and second against the pass. Held below 20 points for the first time since last February's Super Bowl loss to the Seahawks, the Broncos once safe lead in the AFC West is in jeopardy. In fact, with Kansas City visiting winless Oakland tonight, the Broncos might well be in second place by the time these two sides kick off on Sunday afternoon.

Sunday's loss also marked the first time all season that an opposing receiver had the most yards in a Denver game, all this despite Manning's 389 yards through the air. He had to go to the sky when the Broncos could muster just 28 yards on the ground all afternoon, a performance that has to improve against a Miami team that has won four of its last

five, with the only blemish coming in the closing seconds at Detroit two weeks ago.

Miami is rested and ready due to an extended layoff following last Thursday's 22-9 win over rival Buffalo, but no amount of rest can help them counter Sunday's weather forecast, which calls for sun and clouds with a high of 39° and a low of 17° not exactly Dolphin friendly numbers. Peyton Manning's struggles in cold weather have been well documented, but the last time Miami faced weather this cold the end result was a miserable performance last December in Buffalo where the only hot player was their punter in a 103 yard, six first down showing. That loss helped extend their streak of watching the playoffs to five consecutive seasons. A loss on Sunday could go a long way toward insuring that they are on the sidelines again this year.

I'll be wearing my new Ryan Tannehill jersey and cheering for the Dolphins, but something tells me that frozen fish will be second best when all is said and done in Denver.

**Mr. S. says:**

Kansas City	San Francisco
Cleveland	Dallas
Buffalo	New Orleans
Chicago	
Indianapolis	
Green Bay	
New England	
Philadelphia	
Cincinnati	
San Diego	
Seattle	
Denver	



# What do you think about Black Friday shopping?



"I love it."

Dylan Farnham



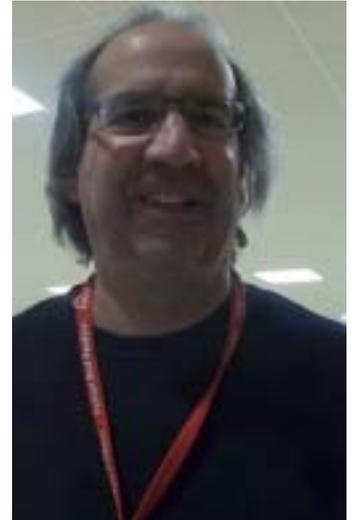
"It gets intense."

Trae Sheldon



"I think it's kind of ridiculous."

Nick Mcyntyre



"I think it's great."

Mr. Bono

## Meteorology and you

By Carson Metcalf



Today:



Cloudy. Chance snow showers.

**30°**

Average: 47°  
Record: 75° (1921)

Tonight:



Cloudy. Chance snow showers.

**20°**

Average: 32°  
Record: 13° (1986)

Tomorrow:



Cloudy. Chance snow showers.

**30°**

Average: 46°  
Record: 71° (1931)

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.