

Stereotypes: far more fiction than fact

By Lexi Abelgore

Stereotypes: most of them are widely known and they are used to categorize certain groups of people or things. For example, it is a stereotype to think that all librarians are old ladies with their hair in a bun and an unchanging frown on their face.

While there are several popular stereotypes, this does not mean that all of them are true. In fact, most of them are not true at all, or are slight alterations of the actual truth. These labels can be demeaning to a person's heritage, personal appearance or beliefs. Stereotyping is a deceptive practice, but it can be stopped. The key is to give each individual a chance. Do not form your opinions on them from what you have heard about others like them, but better yet, get to know the real them. Every human deserves a chance.

The stereotypes you are about to read are the most common labels for certain groups as told by students at G. Ray Bodley. It is important to recognize different stereotypes so we can focus on breaking them.

Asian-Americans make up more than 5% of the American population, according to a recent census. The most common categorizations for this group of people are that they are all really smart, eat a lot of rice, are poor drivers and do not have much fun.

Senior Jackson Truong, whose father was born in VietNam and is of Asian descent, does admit that many Asians enjoy rice, but he says the other labels are not exact for everyone. "It depends about the driving thing. I definitely can drive." He also notes that, like everyone else, there are some who are good at school and other who are not.

Another group of people who have a lot of stereotypes toward them are those with blonde hair. The most common stereotype about them is that they are all dumb, along with the ideas that they have a short attention span, have no common sense and have a lot of fun. An anonymous GRB blondie says, "Well, yes I'm a fun person, and that's cool that people think blondes are fun, but the color of my hair has nothing to do with

my level of happiness."

As for the title "Dumb Blonde" that hangs over the heads of most fair-haired people, the same GRB blonde commented that she has had high grades all her life. She adds, "I suppose there are some blondes that are less intellectual than others, but there are brunettes and red haired people that are the same way. Saying hair color affects smartness doesn't make that much sense."

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ing and caretaking, are the weaker gender, and are always right. (Note: an even amount of men and women assumed these stereotypes.)

Senior Emma Harvey is a firm believer that these negative stereotypes are nowhere near true. She says, "Women have come so far in the work field and in life. To say these things to a woman now is so offensive." She points out the difficulties that women have had to endure over time. "Women are told to wear pink, and that they're weak and they are basically told not to try. We are constantly told that we are not good enough and it's crap."

Harvey picked apart the stereotypes, sharing why women prove to overcome these stereotypes and as a final point said, "Women were at one point thought of as dumb and as too delicate, but it's not true. Women are strong!"

Religion is another thing that has many stereotypes associated with it. According to GRB students, the most common labels for Christians are that they are strict, close-minded and judgmental. More stereotypes for them are that they are always at church or that they try to force everyone to accept their beliefs as true.

Sophomore David Houck says, "If you know anyone who is a true Christian, a lot of them are a ton of fun, like me." He denies that Christians are pushers of their religion, but does acknowledge that it is their calling to spread the love of Jesus. Most Christians are not judgmental either. David says, "Everyone sins and we are called not to judge each other because we're not perfect either."

There you have it. These are just four examples of stereotypes that have been broken. It is important to break the common stereotypes as much as possible and to keep an open mind about all types of people. Every

human on earth has different and unique qualities, talents and abilities. One sole person should not be judged based on the details that follow the group. If we focus on breaking the common stereotypes, we are focusing on showing respect and love to all people, which is what everyone deserves.

Science Club field trip moved to Nov. 4

The Science Club fall trip to Orenda Springs zip line and rope course, which was to be held on Sunday, Oct. 26 has been moved to Sunday, November 9 from 8:45 am until 6pm. Participating students will still meet at the cafeteria end of G. Ray Bodley High School.

Because of the rescheduling any student participating in the trip will need to check with their parents to make sure they can go and bring their money in by Monday, November 3. Any student who is unable to go for any reason will receive a full refund of their money. See Mr. Burdick, the Science Club advisor for more details.

By Kimberlee Bennett

Opinion

Learning to deal with everyday stress

By Chelsie Knopp

All things in life are good, considering the fact that they are taken in moderation. Stress most definitely falls under this category.

Stress is an unavoidable life occurrence and yes, stress does in fact help push one to be more successful and provides a great source of motivation. However there are several negative side effects to dealing with just a little too much stress. The most common result of being stressed among relatively older individuals is high blood pressure, which can in fact lead to the number one killer in American, heart attacks, if not handled properly. Among teens stress can lead to a lack of sleep, eating disorders and anxiety, which often result in complications concerning academics, sports performance, and all around attitude.

Luckily there are several ways one can cope with being over



beneficial,

Stress is a part of life it is not going to go away. The best idea toward dealing with stress is to find a way suitable to your style of handling things, and manage it the best way possible.

Quote of the day:

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

-Michael Jordan

Donating blood? Here are some important points to consider

Attention all blood donors: Please check outside Mrs. Ferlito's to verify your donation time. Here are a few tips for a good blood donation experience.

It is important you have a good dinner tonight and get a good night's sleep. Have a good breakfast full of protein tomorrow morning, and make sure to drink extra fluids today and tomorrow.

Also, please remember to bring your blood donor card if you have one, your driver's license and your student id. If you have any last minute questions feel free to stop down and see Mrs. Ferlito in room 115.

Thank you in advance for making a difference in the lives of others through the donation of blood.

Among teens stress can lead to a lack of sleep, eating disorders and anxiety, which often result in complications concerning academics, sports performance, and all around attitude.

stressed. Perhaps the next time you find yourself feeling overwhelmed try to take a few deep breaths and calm down before continuing the task you were becoming stressed about. Or in your spare time, if you have any, try starting an art project, do some yoga or go for a walk/run. Studies do in fact show exercise of any type does reduce stress and it also helps keep you in shape, which is also

Halloween Fun Fact

It is rare for a full moon to appear on Halloween. It is predicted that a full moon will occur on Halloween in the year 2020.



Seniors take note!

Prom and baby pictures must be turned in by Tuesday, Nov. 4
Bring them to Mr. Senecal in room 118

Submitted senior portraits are also due by Nov. 4



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

Hard work is truly the key to success

By Maggie Williams

Many people think that hard work is the key to success, and they are right. Without hard work, success is much harder to achieve. Although talent can play a role in one's chance to succeed, determination and commitment play a much bigger and more important role.

Success does not come easy for anyone, and it certainly does not come just by wishing for it. The people who achieve their dreams in life have worked hard for it. Achievements have no short cuts. Determination and commitment are what will enable a person to



reach their goals in life. There will be many obstacles and hardships on the road to success, but if you really want it, the struggle is worth it. Giving up cannot even be a thought, let alone an option.

With hard work comes patience and perseverance. There are no promises that your success will happen quickly. In fact, it probably will not come quickly. The people who are the most driven are more likely to succeed. There are many factors to becoming successful, but hard work is the true key to success.

The athletes who compete in the Olympics are not just get lucky enough to compete. They work hard for hours on end to become good enough. They may not have been the best at their sport at first, and they may have been completely incapable of the sport they now specialize in. They spent a majority of their time practicing to become better. One thing all Olympians (or serious athletes in general) have in common is that no matter how many times they have failed, they have never given up.

Failure is going to be common when trying to achieve your dreams of becoming successful. Only the people who are truly determined will understand that it is not the end of the world and that they must

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

Auditions for **Quirk's Players** musical *Thoroughly Modern Millie* will be held today from 4 to 8 pm in the auditorium.

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.

A representative from **RIT** will be in the guidance office on Thursday at 10:15 am to meet with interested students.

Any boys or girls interested in trying out for **basketball** should sign up with Mr. Leece in room 204.

Anyone interested in signing up for **wrestling** please see Mr. Popper in room 126 to receive the needed paperwork.

Hockey signups are taking place all this week after school in room 213.

What's for lunch?

Today: Cheese pizza with Romaine salad, carrots and chilled peaches

Thursday: Soft taco with salsa and cheese with seasoned rice, veggie beans, corn and mixed fruit

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continue working hard. A lot of people fail once and decide that there is no way they can overcome their obstacle. Those people are most likely not going to succeed. Those people need to pick themselves up and try again.

Having the ability to work hard is a huge advantage to not only your success rate, but to the person you are and who you will become. People admire those who can commit to something. If you are constantly giving up on things, people are going to view you as the person who does not like to try. Working hard has no down side. In the end, your determination will pay off.

The one real failure that cannot be fixed is giving up. Success will never happen if hard work is not put forth. Life is filled with challenges that could get in the way of your success, but just keep pushing harder and sooner or later, success will come.

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!

School of Thought compiled by Carly Williams and Casey McCann

What do you think of the elimination of the 7:21am bell?



"It was pointless anyways."

Hope Williams



"I really wouldn't care."

Nate Smith



"I think they should get rid of it."

Taylor Milks



"It makes no difference."

Trae Sheldon

Meteorology and you

By Carson Metcalf



Today:



Cloudy with rain showers

56°

Average: 52°
Record: 76° (1945)

Tonight:



Cloudy with rain showers.

40°

Average: 37°
Record: 18° (1940)

Tomorrow:



Sun and clouds.
Chance shower.

48°

Average: 52°
Record: 79° (1946)

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.