

French Club plans "hat day" fundraiser Oct. 17

Chapeaux, quelqu'un? (Hats, anyone?)

That's the question being asked around G. Ray Bodley High School this week as the French Club has received permission from Student Senate and administration to sponsor a Hat Day Fundraiser on Friday, October 17.

French Club members will sell tickets/stickers in advance to students for \$1. Only students holding or carrying the tickets will have permission to wear hats on this day. The tickets will be sold from now until October 16 and from 7 to 7:15 am on morning of the hat day. All hats MUST be school-

appropriate.

Students selling the tickets will earn profits individually to put in their French Club accounts. Money from the fundraiser will be used for funding various field trips and other club activities, such as the spring trip to Montreal.

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Fire Prevention Week has local, national feel

By Kimberlee Bennett

Throughout Fulton and the entire country, firefighters have been celebrating Fire Prevention Week. Fire Prevention week was established to commemorate the Great Chicago Fire in 1871 that killed 1,152 people, burned down 16 towns, and tore through 1.5 million acres up to north-east Wisconsin before dissipating.

The start of the blaze occurred on October 8 and raged on through the next day, which led to the establishment of Fire Prevention Day in 1920. Declared by President Woodrow Wilson, the observed day was expanded two years later to become Fire Prevention Week during the week in which October 9 falls.

Each year, Fire Prevention week introduces a slogan to give the public a better understanding of that year's theme. As serious as fire prevention is, creative slogans during World War II included: 1942, "Every Fire Helps Hitler"; 1943, "Fires Fight for the Axis!" and in 1944, "To Speed Victory, Prevent Fires." This was an extremely creative way of reaching out to the public to stress fire safety by relating to the time period.

Fire prevention week has been around since 1925, and has continued to be extremely effective for both adults and children. This year, Fire Prevention 2014's slogan is "Smoke Alarms Save Lives: Test Yours Every Month."

The National Fire Protection Association introduces the themes each year, with important and up to date material that can be used to educate people of all ages.

Local fire departments do a wide variety



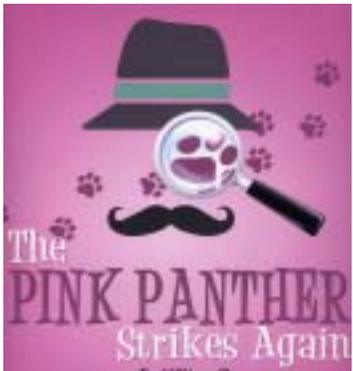
Volney Firefighters Bob Coant, left, and William Freeman, right, visited students at Volney Elementary School to stress the importance of fire safety during Fire Prevention Week, October 5-11. (Kyle Buck photo)

of reaching out to the public during Fire Prevention Week, such as hosting fire safety

nights at the station, as well as visiting (continued on page 2)

8

Days until
Quirk's Players present:
The Pink Panther Strikes
Again!
Fri. & Sat. Oct. 17-18
@ 7:30 pm
GRB Auditorium



Health

Think twice before trying a Detox DIET

By Breanna St. Onge

A detoxing diet, otherwise known as a cleanse, may sound like the right way to go, but far too often people do not fully understand how to go about beginning them safely. Detox diets are said to rid the body of harmful toxins in the blood and those that are stored throughout the body. However there has not been reliable documented evidence that these diets actually significantly reduce levels of certain toxins.

Debra J. Johnston, RD, a registered dietitian at Remuda Ranch, a program for eating disorders in Wickenburg, Ariz. says, "Detox diets are often very restrictive diets, and this makes them hazardous for many people, including the patients that I normally work with. Many times, people embark on these diets in an effort to feel better, but they often do so without consulting their physician first."

Many detox diets are used for short time spans to, "flush out or cleanse," one's digestive system. Most short term detox diets em-



phasize fasting for periods of time and drinking only water or pure fruit and vegetable juices. As well as eating natural foods to promote digestive health, it is also effective at cleansing processed foods from one's system however, it may also lead to decreased levels of essential nutrients in the body as well.

In most cases, someone may think they are doing something healthy for their body, but often these detox diets have a placebo effect on one's body and can cause more harm than good by causing nutrient deficiencies. A common misconception people make is that going through a detox diet with help keep unwanted weight off. False. Detox diets only work for short term weight loss and can eventually lead to gaining the weight back and possibly even more weight than the amount originally lost.

For now, the only proven diet that can be truly effective is eating healthy with plenty of fruits, vegetables, variety of proteins and healthy grains. Anything can be consumed healthily as long as it is in moderation. Along with exercising regularly and continuing to eat healthy, it is the best proven way to lose and keep unwanted weight off.

Local school children learn fire safety

(from page 1)

schools within their district to educate elementary students.

The Fulton City School District has four elementary schools with one located in the town of Volney. The Volney Volunteer Fire Department took an entire day on October 7 to visit Volney Elementary School and teach hundreds of kids how to properly exit their home during an emergency, dial 911, know their address, the importance of a smoke detector, and to not be afraid of a firefighter who is suited up to save a life.

The department will also take an engine to the school so kids can see what kind of "cool toys" firefighters get to use during an emergency. Firefighter Bob Coant helped educate students that day and has been a member of the VVFC for 17 years. "Indeed we make a difference!" Coant said. In 1994 he received the Outstanding Citizen Award presented by the City of Fulton because his fire prevention lesson saved the life of a child that year.

"I had parents contacting me that same evening saying that as soon as their child got off the bus, they told me to check the batter-

ies in every smoke detector we owned," Volney Fire Chief Ryan Buck noted. "Knowing we can make an impact like that on an elementary student gives us volunteers peace of mind that shows we are able to successfully reach out to the kids and teach them essentials to fire prevention.." Fire Prevention week will be returning October 4-10 in 2015.

Here are a few tips to remember during this week and at all times:

- * Check the batteries in your smoke alarms at least once a month
 - * Smoke alarms should be replaced 10 years after manufacture.
 - * Chirping smoke alarms indicate a low battery
 - * Always know two exits to your home
 - * Have a designated meeting area outside the home
 - * Teaching your child the difference between a tool and a toy
- More information and interactive pieces on Fire Prevention Week can be found on nfpa.org and firepreventionweek.org



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

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

Quote of the day:

"An eye for eye only ends up
making the whole world blind."

-Mahatma Ghandi

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

Science Club will be meeting after school today to discuss the fall trip. All members are encouraged to attend.

Hey! Don't miss the bus!!! **French Club** invites you to travel with them to Montreal, Canada in April. All students and adults are welcome to participate in this unforgettable adventure. For more information see Made-moiselle Coleman in room 121.

Attention **Juniors: PSAT registration** is now taking place. See Mr. Ascenzi in the Guidance Office to pick up your information packet.

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

A representative from **Albany College of Pharmacy** will be in the guidance office today at 10 am to meet with interested students.

What's for lunch?

Today: Brunch lunch scrambled eggs with sausage, biscuit, potato rounds, dragon fruit veggie juice and applesauce cup.

Friday: Shrimp poppers with dinner roll, baked beans, broccoli and fruit cup.

Note: PBJ, cheese stick and crackers are available daily.

Halloween Fun Fact:

After Christmas, Halloween is the second most commercial holiday.
www.halloween-website.com/



This week's NFL picks (from page 4)

Malachi Manford

Last week: 5-7
Overall: 14-13



ready to come home with the win. Both teams I think have equal talent and will perform very well on Sunday. This game will be a tough for both teams but I think the Seahawks will come out on top. 14-7

Malachi says:

Indianapolis	Denver
Chicago	Baltimore
Buffalo	San Diego
Cincinnati	Arizona
Pittsburgh	Seattle
Tennessee	NY Giants
Miami	San Francisco
Detroit	

Dallas @ Seattle

Dallas is going into week six with a 4-1 record while Seattle is going into week six with a 3-1 record. Dallas has one more game under their belt than the Seahawks and might think that that is an advantage to them, but on the other hand the Seahawks are on a roll this year and they aren't going to let Dallas get in their way. The Seahawks are looking forward to make big things happen this year. Dallas already knows they have a tough team to play this week. Tony Romo better have his line in order and ready to protect him because the Seahawks are

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!

New York teams headed in opposite directions



Pete Ravesi

Last week: 8-6
Overall: 22-19

NY Giants
@ Philadelphia
The Eagles' final game before the bye will come on

primetime in Sunday Night Football as they welcome in the division-rival Giants. The Giants' 2013 season was a mess. After starting the year 0-6, New York managed to win seven of its final 10 games, but the rough start was just too much to overcome. The story of the season was turnovers, all 44 of them and the Giants committed 10 more turnovers than any other team (Detroit and Washington each had 34). Quarterback Eli Manning threw a league-worst 27 interceptions, the running game was almost non-existent, and wide receiver Hakeem Nicks could not find his way into the end zone.

This season began in similar fashion as the Giants looked poor in losing their first two games. Since then they have found the winning formula, taking their last three games including a come from behind win over Atlanta last weekend.

The Eagles nearly fell victim to a huge comeback by the Rams and had to hold them off at the end before finally winning 34-28. Their defense will be tested again as these division rivals collide in what could be a high scoring game. The Eagles offense should be fine on Sunday, but the secondary has to have a big game to stop Eli Manning and company.

Pete says

Indianapolis
Atlanta
Buffalo
Carolina
Cleveland
Tennessee
Green Bay
Detroit
Denver
Baltimore
San Diego
Arizona

Seattle
Philadelphia
San Francisco



Mitch Woodworth

Last week: 9-5
Overall: 23-18

Denver @Jets

With their big win last week the Denver Broncos broke the Arizona Cardinals

undefeated start. Peyton Manning had 479 yards and became just the second player in NFL history to hit the 500 touchdown mark. He now stands just five behind all-time leader Brett Favre's 508 career touchdown passes. Demaryius Thomas restored order to the Bronco offense as he made a record breaking comeback with 226 yards, eight receptions and two touchdowns against the Cards. All early indications are that the Broncos are back and coming for a Super Bowl with Peyton Manning at the helm.

The New York Jets, on the other hand, have had a rough start. They lost last Sunday 31-0 to the San Diego Chargers to fall to 1-3 on the season. With quarterback controversy brewing, the Jets need to get things together soon, or it could be a long year for Gang Green.

Mitch says:

Indianapolis
Atlanta
New England
Carolina
Pittsburgh
Tennessee
Miami
Detroit
Denver
Baltimore
San Diego
Arizona
Seattle
Philadelphia
San Francisco



Mr. Senecal

Last week: 9-5
Overall: 22-19

Denver @ NY Jets
In an unpredictable season where 18 of the 32 teams are either at .500 or

within a game of it and no unbeaten teams remain, there is no such thing as a sure thing in the National Football League. But one has to believe that Denver's trip to meet the New York Jets is as close to a lock as there is this weekend. The Broncos seem to be firing on all cylinders after beating up on a good Arizona team last Sunday while the Jets looked terrible in a 31-0 loss at San Diego. Peyton Manning has picked up where he left off last season with 1,293 yards and 12 touchdowns in his first four games.

After three tough losses in a row by a combined 22 points, the Jets saw the wheels fall off against Phillip Rivers and company, and it could be more of the same this weekend. On the other side of the ball the Jets feature the NFL's lowest ranked passing attack at just 184 yards per game, and QB Gino Smith's struggles have been well documented. New York has a good rushing attack, but everyone knows it, and the end result has been a 15.8 points per game average that ranks 30th out of 32 teams.

Everyone has an off day, and every dog has his day, but something tells me that NY's day won't be this weekend and that Denver will be 4-1 by the time this one ends on Sunday.

Mr. S. says:

Indianapolis	Arizona
Atlanta	Seattle
New England	NY Giants
Cincinnati	San Francisco
Cleveland	
Tennessee	
Green Bay	
Detroit	
Denver	
Baltimore	
San Diego	

School of Thought compiled by Carly Williams and Lexi Abelgore

What are you doing over Columbus Day weekend?



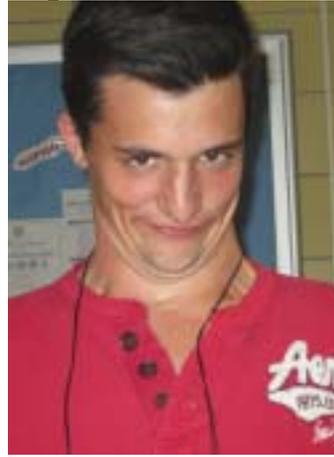
"Going fishing."

Chris Tetro



"Going to Columbus, Ohio to see my brother."

Brandon Webb



"Lots of homework."

Scott Littleton



"Probably watching American Horror Story."

Ashley Richardson

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.
Chance rain shower.

56°

Average: 60°
Record: 85° (1949)

Tonight:



Partly cloudy.

40°

Average: 43°
Record: 30° (2001)

Tomorrow:



Mostly cloudy.
Chance shower.

54°

Average: 62°
Record: 86° (1939)

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.