



November is diabetes awareness month

It's a brand new month, which means a different awareness! But while many people are well aware that October is Breast Cancer Prevention month, not as many know that November is American Diabetes Month. It is a month to raise awareness for Diabetes. According to the American Diabetes Association, nearly 30 million children and adults have diabetes in the United States alone.

Diabetes makes everyday life a little more challenging. Diabetes is manageable, but there is no cure. Balancing and watching the food you eat can be a great way to keep down your blood glucose levels. Not only can diabetes be prevented by eating the right foods, but there are also other precautions that you can take.

Did you know that by brushing your teeth you can help control your blood glucose levels? Who knew that just brushing your teeth could prevent diabetes. Not only does it prevent diabetes but it also prevents gum disease, just by keeping those levels down.

Diabetes can be hard on anyone, but it is especially hard on women. The disease can cause complications with pregnancies and even cause miscarriages. Also, diabetes can cause birth defects. Heart attacks are more

likely to happen in women with diabetes as opposed to women without diabetes.

energy drinks, fruit punch, soda and sweet tea.



This disease has caused more deaths a year than breast cancer and even AIDS combined according to the American Diabetes Association. The association recommends that everyone cut back on our intake of high in sugar beverages. Some of these include

As the month of November progresses, everyone should help raise awareness for diabetes. It is a very common disease that not many people know all of the facts about.

By Carly Williams and Casey McCann

GRB Concert Band & Orchestra concert tonight at 7:30 pm free admission

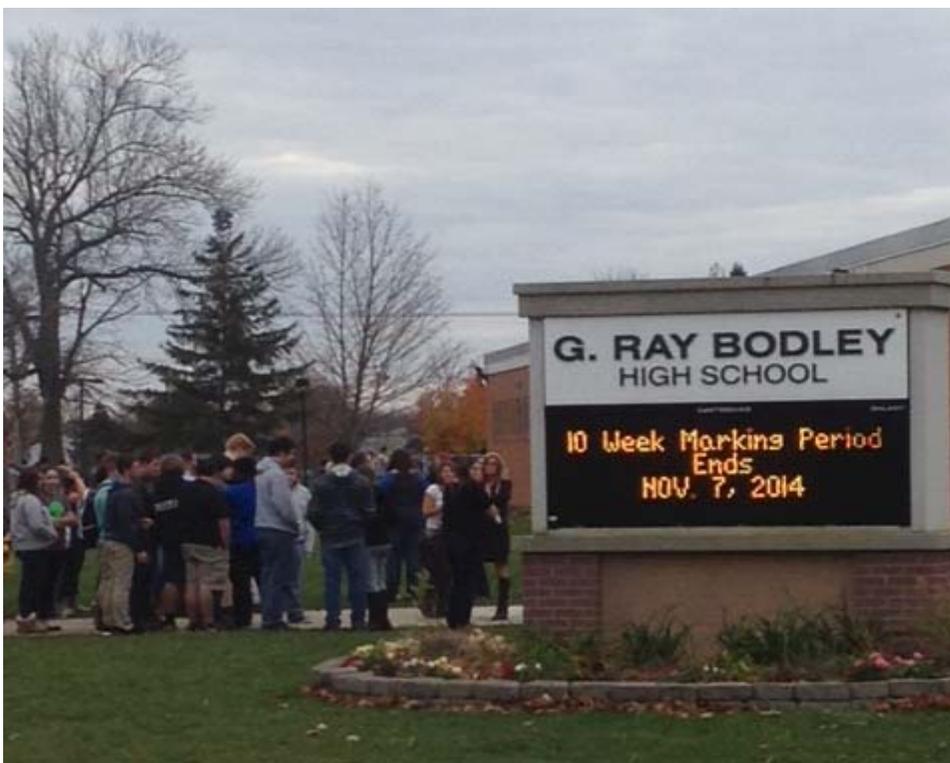
New club forming

For thousands of years humans have created and altered the course of events. This is history.

Come join the newly formed history club and help us get the numbers we need to start the club. This is the right club for history fanatics!

In this club we plan on having fun, have guest speakers, watch movies, participate in the National History Club Competition, learn historical facts, tutor, do community service, and discuss American, World, and local history.

If you have any questions and are interested in joining this new club at GRB see Ms. Dauphin in room 219.



Tuesday brought warmer weather and an unexpected fire drill for the staff and students at G. Ray Bodley High School during guided study hall. Schools are required to conduct six fire drills in both the fall and spring semesters, and with cold weather coming, it was a perfect day to head outside for a few minutes. (Senecal photo)

Opinion

End of the quarter brings a chance to relax

By Lexi Abelgore

Finally, it is the end of the first quarter and you have worked hard. You deserve a reward! Well, you have got it because as the first quarter ends on Friday, there is a four day weekend immediately following.

On Monday, do not forget to think about your teachers who are stuck at school while we have the day off, and of course, remember our veterans on Tuesday. In between that, however, you should take a little “you” time. Unwind, relax, and get ready to finish off the first semester.

It is obvious that nearly everyone will be sleeping in on Monday and Tuesday, as you should be! Studies show that teenagers need anywhere from eight and a half to nine hours of sleep at least every night. With most students staying up into the late hours of the night and waking up before the sun rises, you should use this extended

“...do not forget to think about your teachers who are stuck at school while we have the day off, and of course, remember our veterans on Tuesday.”

weekend to catch up on your sleep.

Who does not love a break from those interesting school lunches? Treat yourself to something for lunch on Monday and Tuesday that tastes maybe a little bit better than normal weekday lunches.

This long weekend is also a chance to relax and hang out with friends. Sometimes between homework, jobs and after school activities, some of us do not have extra time to spend with friends. Go out and do something fun or even stay home and watch movies. A lot of other schools have classes on Monday, so do not waste this

Quote of the day:

“The road to success is under constant construction.”



day!

Finally, although school is probably the last thing you will want to be thinking about, take a minute to set some goals for yourself for the second quarter. Maybe you will want to set aside a time for studying every night, or maybe you will vow to actually do your homework. A good idea may be to put a few quarters or a dollar into a jar every time you study outside of school and at the end of the quarter, take the money and buy yourself something nice. Whatever your goal may be, reach it and have a successful second quarter!

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

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 **Morrisville State College** will be in the guidance office today at 10:45 am to meet with interested students.

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

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 tryouts start on Monday, Nov. 10 at 3:30 pm at the rink.

What's for lunch?

Today: Cheese pizza rounds with Romaine salad, butternut squash and fruit cup.

Thursday: Turkey taco with cheese and salsa with seasoned rice, spinach, corn and orange smiles.



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 do you think of no-shave November?



"I can't grow facial hair."

Devin Johnson



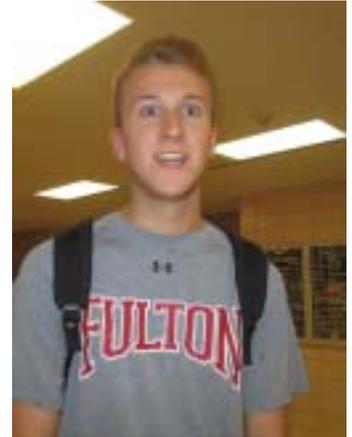
"It's great, good time."

Dylan Farnham



"I'm going to grow a huge beard."

Trae Sheldon



"I'm just too lazy to shave right now."

Shelby Drake

Meteorology and you

By Carson Metcalf



Today:



Sun and clouds.

54°

Average: 53°
Record: 72° (1994)

Tonight:



Cloudy with rain showers.

42°

Average: 36°
Record: 21° (1965)

Tomorrow:



Cloudy skies.
Chance rain shower.

52°

Average: 52°
Record: 75° (1948)

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.