

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

Cheerleading signups are today and Friday after school in the cafeteria. Tryouts are Nov. 12-13-14 from 4:45 to 6:45.

Grab n' go pizza sale is today after school near the cafeteria and near the band locker hallway. Help the sophomore class for just a dollar a slice.

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 **College of St. Rose** will be in the guidance office today at 11:15 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: Turkey taco with cheese and salsa with seasoned rice, spinach, corn and orange smiles.

Friday: Fish sticks with a roll, baked beans, broccoli and whole fruit sorbet.

Raiders set for all-star clash

The football season may be over for the Red Raider varsity, but tonight seven members of the 2014 squad will put on the pads one final time in their high school career when they take part in the annual Section 3 all-star game.

Receiver Chris Jones and tackling specialist David Hursh headline the list of Red Raiders who will be traveling to Watertown as part of the Oswego County team that will face a combined Jefferson and Lewis County side.

Lineman Nick Reitz, Dylan Guernsey and Matt Marshall will also take part in the contest, along with defensive end Dylan Smith and receiver Dallas Bradley. The players were instrumental in helping Fulton to its best record in over five seasons as the Raiders finished 3-1 in American Division play to finish second behind ES-M.

"It's a neat chance for opponents (like Oswego and Fulton) to team up together," Raider Coach Jeff Rothrock commented.

Holiday cards for heroes

Thursday, Nov. 13 2:30-4 pm

See Mrs. Cronk for details



Kennedie Coyne, left, and Jenna Lamb spoke with students during guided study hall on Wednesday about their upcoming trip to Haiti during the March 2015 spring break. Along with several other members of the HOPE Club they will be aiding the students at a school in Laval, Haiti by donating a biosand water filter. In the meantime they are working on several fundraising endeavours to help defray the cost of the trip, including the sale of craft items made from recycled materials in Haiti. (Senecal photo)

Opinion

Skinny people have feelings too

By Lexi Abelgore

Unfortunately, we live in a world where people thrive off the unhappiness of other people. We turn to the insecurities of others to make ourselves feel better.

For instance, we may feel better about a test grade if we did not do as poorly as someone else.

An example of this shaming that is becoming popular is known as a term calling "skinny-shaming," which is making people who are thin feel bad about themselves. Often times people try to be sensitive around larger people so as to avoid offending them, but for those who are thinner, put downs about their bodies are unconcernedly thrown around.

Making fun of someone's body type is offensive, no matter what body shape they have. As teenagers, we are all trying to grow up



ing overweight people that they are lesser than skinny people, it would likely be a much bigger controversy. Why is making comments about fat people more offensive than making fun of skinny people?

Terms like "toothpick" or "stick" are two words that skinny people get called regularly. These can be hurtful to girls who are insecure about their bodies. For some, being that skinny is not a choice. Those who have higher metabolisms or certain health issues cannot gain weight even if they try. You must also keep in mind that the thin girl you are calling names could be struggling with an eating disorder or other mental problems.

This, of course, goes for people of all body types. Being underweight can also be just as unhealthy as being overweight. In some cases, however, people who are slightly overweight can still be healthy. We should be celebrating our bodies, not shaming them, because all kinds of figures can be healthy bodies.

While an excuse to degrade thin people could be that someone is insecure about their own physique, you must keep in mind that the victim may be feeling just as bad about themselves. Instead of commenting negatively on someone else's appearance, we should develop confidence in all body types, not find our security in the uncertainties of others.

November Food of the Day

November 4th- National Candy Day

November 5th- National Donut Day

"While it is nice to see songs that encourage curvier girls to love their bodies, does it have to be at the expense of making thinner people feel bad?"

the same way and it is hard for all of us. Being made to feel bad by others does not make high school any easier.

It appears as if today's society does not care about degrading skinny people. Songs on the radio such as *Anaconda* by Nicki Minaj and *All about That Bass* by Meghan Trainor actually seem to promote insulting thin people. While it is nice to see songs that encourage curvier girls to love their bodies, does it have to be at the expense of making thinner people feel bad? If there were a song tell-

Quote of the day:

"Motivation will almost always beat mere talent."

-Norman Ralph Augustine

Let it grow and help fight Cancer

November is here, bringing with it scruffy beards and a sense of purpose. Every year men and some women choose to grow out their hair to help spread awareness of cancer patients losing their hair. They donate the money that would normally be used on buying shaving cream, razors, and other hair grooming necessities.

Instead of spending this money, people are encouraged to donate it to help educate people about cancer prevention and aid those fighting the battle. Anyone can participate by growing a rocking beard, a fantastic mustache or even just letting your leg hair grow wild ladies. It's only for a month, and if you don't want a hairy look try donating anyway.

By Kimberlee Bennett



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 is your favorite food to eat on Thanksgiving?



"Lots of ham and turkey."

Kyle Lynch



"I really like good stuffing."

Mrs. Lazarek



"Stuffing and dessert."

Mr. Bono



"Filet mignon."

Mrs. Gates

Meteorology and you

By Carson Metcalf



Today:



Cloudy. Chance rain.

52°

Average: 49°
Record: 75° (1948)

Tonight:



Cloudy with rain.

38°

Average: 34°
Record: 16° (1953)

Tomorrow:



Cloudy with rain/snow.

39°

Average: 49°
Record: 80° (1938)

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.