



Study Buddies

Seniors start program to help freshmen get on track to graduate

Isaac Leon
Copy Editor

A mentorship program named Study Buddies has been organized by seniors, Alex Marshall and Conrad Cuevas, to help freshmen students get on the right academic track to graduate. The program is targeting freshmen who are failing and are not receiving the help they need to succeed in the classroom.

"I noticed that if students were failing, they would be sent to tutoring; which doesn't really help them," said Conrad Cuevas, co-founder of Study Buddies. "Guilford is a great place for kids that are really motivated, but if not, Guilford isn't really effective."

The group is projected to start at the end of October with a pizza party kickoff. Once it is started, it will pair successful seniors with freshmen students who are not on track to graduate. The struggling students will be able to grow with experience.

"We will be meeting once a week after school," said Cuevas. "On an individual basis, the mentors can meet with the freshmen if they need help with something."

If any seniors would like to be a mentor for Study Buddies, they need to fill out an application to make sure they are qualified for the task. As for the fresh-

men, the counselors will be meeting with teachers and deciding who would be a good fit for the program.

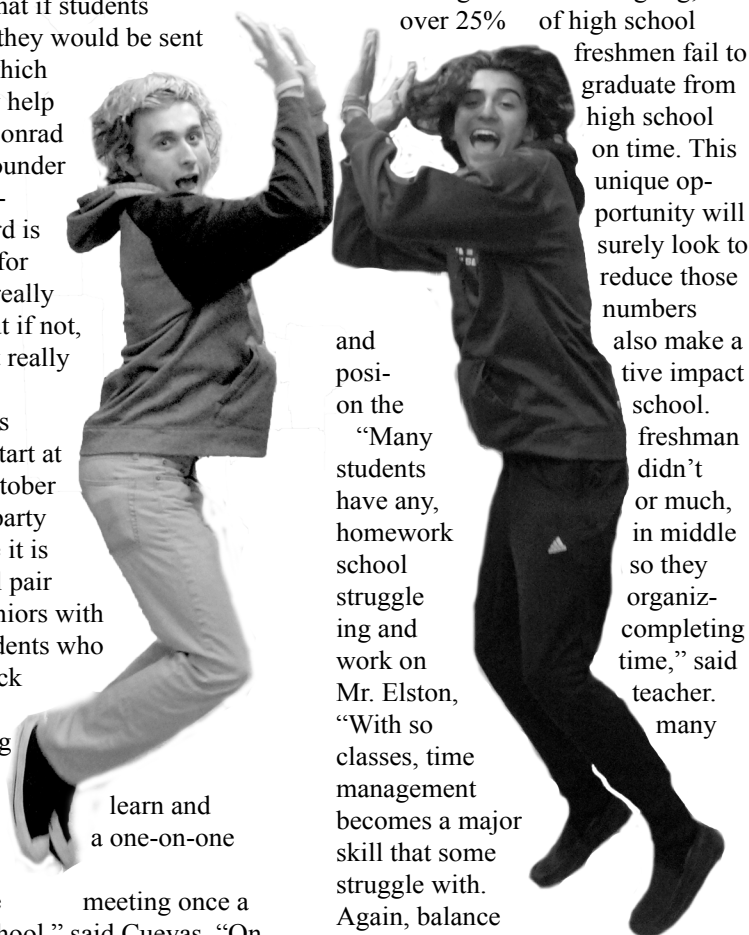
"I originally had an idea of a tutoring program that I wanted to start," said Alex Marshall, co-founder of Study Buddies. "I talked to Conrad and he mentioned starting a mentoring program. I thought it was a great idea, so we just teamed up and created Study Buddies."

According to dosomething.org, over 25% of high school freshmen fail to graduate from high school on time. This unique opportunity will surely look to reduce those numbers

and also make a positive impact on the school.

"Many students have any, homework school struggle and work on Mr. Elston, 'With so classes, time management becomes a major skill that some struggle with. Again, balance and time management is key."

learn and a one-on-one experience.



Students prepare for their Dreams

Marie Burns
In-Depth Editor

Growing up, Payton Lemke, senior, dreamed of becoming a nurse just like her mom, but that changed halfway through her freshmen year. She experienced a semi-serious injury from playing basketball. After surgery and physical therapy, Lemke realized that a certain other career in the medical field was a little more up her alley.

"I saw how well my Physical Therapists helped me when I had my surgery and how they helped me get back to playing basketball," said Lemke. "Now, I want to do the same thing for other people."

Lemke is taking part in one of many internships offered in Rockford for aspiring high school students. These programs allow students to have a hands-on, real life experience where they can actually get a feel for what it is like in the workforce. There are numerous programs and internships in the local area for a wide range of career fields, including fashion, trades, management, technicians, and more.

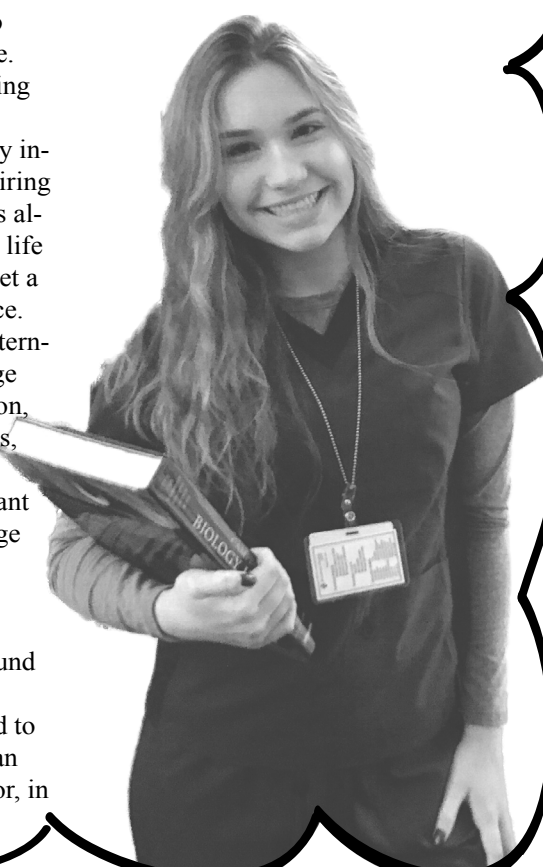
"I take a Certified Nursing Assistant class which helps me understand range of motion skills for a career as a Physical Therapist," said Lemke. "We are in scrubs, while we take vital signs and follow nurses around at Mercyhealth Hospital."

Participating in a program related to students' personal career interests can be a first step towards their dream, or, in many cases, towards a realization

that a specific job is not what is truly what they anticipated.

"Internships give students a real-world experience that can't be replicated in a classroom," said Mrs. Donna Pauley, Health Science academy counselor. "The fact that a student has a patient, can take care of the patient, not a robot, there are real emotions that come with it."

Mady Zuvzevich, junior, participates in the CNA Nursing program. /PHOTO



Catching ZZZs

Sleepy students struggle to stay awake in class

Zekia Daniels
Reporter

Imagine walking into your first hour, an English class for example. Your teacher is teaching a lesson, but as you look around more than half the class is sleeping. Some kids are even snoring and drooling all over the tables.

Is the lesson boring? Did your classmates not get enough sleep last night? There must be some sort of explanation for this.

"It really depends on the teacher and the subjects, I usually only fall asleep in English and Psychology," said Daijah Brown, junior. "Not because they're boring or anything, that's just usually when I get tired."

Sleeping in class has always been an issue here at Guilford high school, but teachers each handle it in their own way.

"I'm not a big fan of it, but I base my consequences off of the student's

work ethic in my class," said Mr. Brad Carlson, Special Education teacher. "If I know the student is having a rough day then I may be very lenient about the situation."

Students fall asleep in class for a variety of reasons. Some students complain about the amount of homework and argue that too much work leads to late nights, which makes them fall asleep in class.

"Teachers give us an excessive amount of homework on most days out of the week," said Brianna Lewis, junior. "And we have to multiply that by 7 because of our other classes."

Other reasons students sleeping in class may be because they find the subject non-entertaining. They may even be bored by the teacher.

"I really don't have sleeping problems in my class," said Mr. Weber, U.S history teacher. "I personally think it's about keeping the kids engaged in the class."

Sleeping in class can also affect a student's grades. Some can manage their

work and take cat naps in class, but others can severely fall behind.

"I think it's all about time management," said Jeremiah Jones, senior. "I have really good grades and sometimes I still doze off in class, but I always make sure to figure out if I've missed anything important."

Despite the snoozers, the majority of students stay awake during class because they don't want to fall behind.

"School does get

tiring at times," said Jazlynn Warren, sophomore. "But the way I manage my time I'm almost never tired in class. I can't remember a single time where I have fallen asleep during a class period."



Sophomores take a quick nap during lunch. Olivia Loner/PHOTO ILLUSTRATION



GUILFORD RUNS ON CAFFEINE

Mat Huf
Copy Editor

High School students are under a lot of pressure. They have to make time for many extracurricular activities, such as homework, friends, sports, and jobs. Some students get up as early as four in the morning to start their day. Some fall asleep in the middle of class. Many resort to extraneous amounts of caffeine to get through a long day of hard work.

"I drink Caramel Cappuccino and sometimes iced coffees and frappes from McDonalds," said Ivan Hernandez, senior. "Sometimes when drinking it, I get stomach aches."

Can caffeine have negative effects on student's health? It does have short term effects. Teenagers' caffeine intake can in some cases mess up their sleep schedule.

"I believe that students should understand that caffeine is a chemical that affects the body," said Mr. Jeremiah Tews, health teacher. "Just like if a student took an aspirin it could help, but if they took a lot of aspirin then it could cause medical issues like a bleeding ulcer. My advice to students is to understand what you are putting into your body and

how can it affect your body."

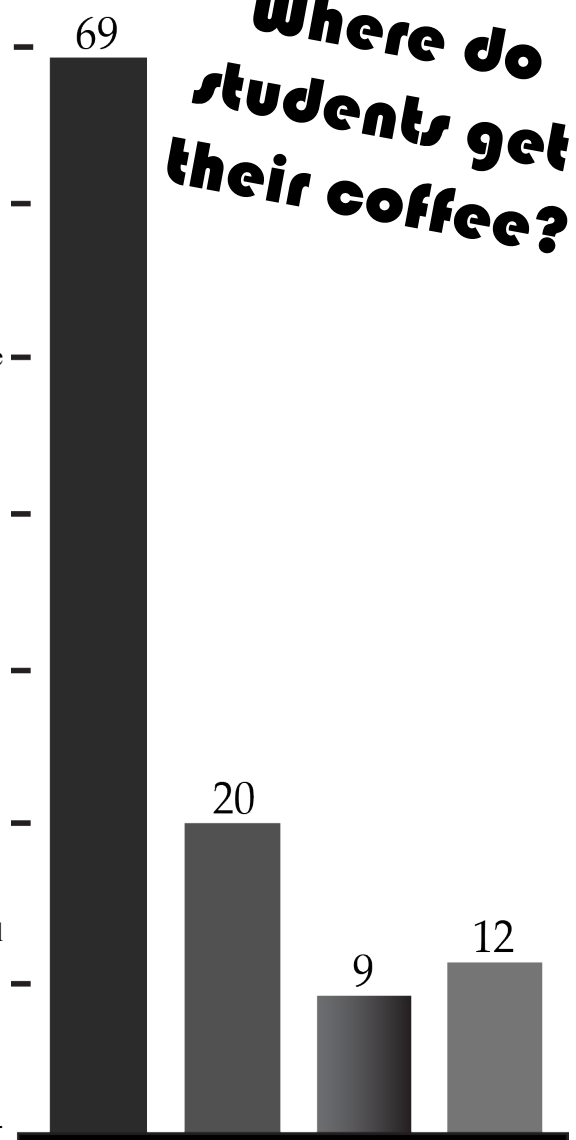
Alternative healthier drinks include various types of tea, coconut water, and apple cider. These choices provide a natural boost of energy and are also less addictive.

"An alternative method to stimulate the body is working out or reading your social media account," said Mr. Tews. "Working out stimulates the neural response like caffeine in more of a natural way. This is the best method. Doing five minutes of push-ups or squats in the morning will boost your energy level. Looking at your social media accounts stimulates the nervous system by releasing certain neurotransmitters (dopamine and serotonin) to stimulate your social-emotional responses. This can create a positive or negative emotion which, either way, will stimulate a person to wake up in the morning."

Stefan Kuljanin drinks Starbucks. CJ Larson/PHOTO

Stefan Kuljanin drinks Starbucks. CJ Larson/PHOTO

Where do students get their coffee?



110 students polled by Olivia Loner

Carlos Romero: All Star Student

Senior juggles academics, work, sports, and more, defying the odds

Isabella Pumo
Opinion Editor

Carlos Romero, a straight-A student, balances a part time job, many extracurricular activities, and a social life. It's not an easy task to tackle, but Romero is always up for a challenge.

"I'll admit that it can be really hard to manage everything," said Romero, senior. "However, I look at the light at the end of the tunnel and it motivates me to push through."

School being his top priority, Romero is working his way to the top of the food chain, which has paid off; being number seven in his class sent him into an uphill climb, one that's definitely worth the view. Whether it's helping organize Guilford's first Hispanic/Latino dance, being student council class president, or being offered an all-expenses-covered college visit at Bowdoin College, Romero is

reaping the benefits of his challenging high school experience.

"While I was there, I had the opportunity to go to classes, have dinner with faculty, and hang out with students," said Romero. "I realized that I could definitely fit in in a small, private college like Bowdoin."

It's not easy having a job while also being an AP student, and that's not always taken into account. Romero, taking five AP classes, has taught himself to juggle the responsibilities of both hours of homework and a part time job.

"I'm employed at Burger King, and work about 15 hours a week," said Romero. "I work late nights, and that makes it hard to find time to do school work."

Though he takes part in many extracurricular activities, his main focus right

now is being a member of Guilford's Quiz Bowl team. With practices every Tuesday and Wednesday, and many matches to attend, Romero still manages to fit some more brain work into his tight schedule.

"His performance and sportsmanship are among the greatest I've ever seen," said Syed Ahmad, senior. "They're exemplary."

In addition to school work and extracurriculars, Romero is working on completing his college applications. Pressures such as deadlines, essays, and more add a lot to seniors' daily schedules, especially Romero's.

"Admission depends on many things,"

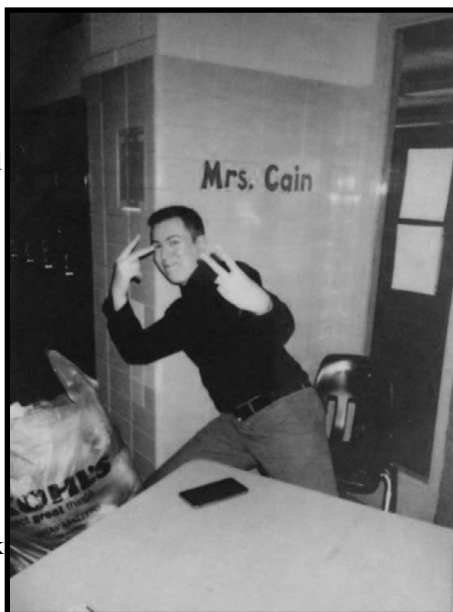
said Romero, who offers this bit of advice: "Although some schools may seem out of your reach, don't be afraid to apply, because you never know what could happen."

With all of the chaos of a college-bound high schooler's lifestyle, it's important to have a strong support system. Romero has a large network of friends and a close-knit family to help him through the hard times, and cheer him on through the good.

"My good friends Austin Selas and Syed Ahmad are huge motivators for me," said Romero. "I can always count on them to be there for me at any time of the day. Syed always takes the five minutes before a test to answer any last minute questions I have."

Romero doesn't let the obstacles of his personal background hold him back. As a first generation American citizen, Carlos's family has taught him to strive for greatness and settle for nothing less.

"I hope to motivate people from similar backgrounds to step up their game and dream big, because there are definitely opportunities out there for them," said Romero.



Romero works coat check at Sadies. Carlos Romero/PHOTO.