



Opioids: The unrecognized drug

Is over-the-counter drug abuse overshadowed by illegal street drugs?

Jeffrey Larsen
Reporter

CJ Larson
Editor-In Chief

“No part of our society — not young or old, rich or poor, urban or rural — has been spared this plague of drug addiction and this horrible, horrible situation that’s taken place with opioids.”

— President Trump in a speech on October 26th.

According to the Center for Disease Control (CDC), nearly 91 Americans die from an opioid overdose every day. Many of these addictions can be attributed to an abuse of prescription drugs. The number of prescription opioids sold to pharmacies, hospitals, and doctors’ offices quadrupled from 1999 to 2010, according the Drug Enforcement Agency (DEA)’s records.

These drugs have made their way into the Rockford area. Last year alone there were 96 total overdoses in Winnebago County, and in 2013 there were 124.

This time last year, heroin and cocaine accounted for 87% of overdose fatalities in Win-

nebago County (Rockford Register Star).

This is an astronomical number compared to those

of years past. Recently, new drugs have invaded the area. Fentanyl, a synthetic opioid, is more than twice as powerful as heroin, and is extremely dangerous due to its potency, as well as its addictive quality.

According to drugabuse.gov, high

school students can become victims to these substances. Drugs like Adderall were used by 6.8% of 12th graders over the past year; Cough Syrup, which may contain codeine, was used by 4.1%; and OxyContin; 3.3%.

Opioid pain relievers and over the counter drugs kill 3.7 out of 100,000 people in the 15-24 age group annually. Illegal drugs account

for only 2.2%, a much smaller figure by comparison.

“For a while, a family member of mine has been struggling with their addiction,” said a Guilford student who wished to remain anonymous. “It’s been putting a lot of stress on my family.”

The opioid crisis has hit the Midwest especially hard. According to Winnebago County Coroner Bill Hintz, as reported by WREX, 108 overdose deaths have occurred as of November 16th. If the current trend continues 114 people will die of overdose in 2017, an 18.75% increase from 96 in 2016. Because of the prevalence of these substances, numerous Guilford students have been affected.

“Any advice I would give to students, would be to stay off drugs like fentanyl,” said Rockford Police Officer Robert Washo. “I’ve seen the result of addiction cases and the end result is never good.”

Students negatively affected are advised to seek out assistance from authority sources, including counselors, teachers, administrators, or outside avenues such as Rosecrance Health Network, or Crusader Clinic. Often these resources can point them towards student support groups or other forms of assistance.

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Student Features

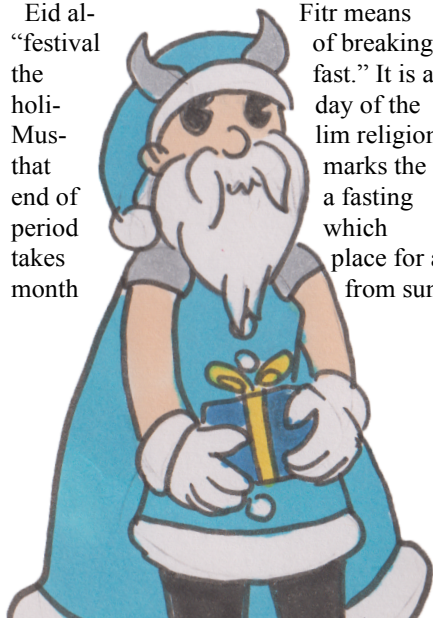
Recognizing the other holidays & customs within GUILFORD

Aisha Hill
Reporter

The long-awaited holiday season is finally here, and while some may be looking forward to a great dinner on Thanksgiving or bringing the new year in with a list of resolutions and loved ones, it’s worthwhile to learn about the rich customs and holidays that some of our diverse classmates celebrate with their families during this time.

Eid al-festival the holi-Mus-that end of period takes month

Fitr means of breaking fast.” It is a day of the lim religion marks the a fasting which place for a from sun



up to sun down. Once the fasting is over it is followed by a feast. “Eid” begins with the first sighting of the new moon, usually sometime in late June, but the starting date varies every year and from country to country.

“Celebrating Eid is important to me because it’s the only thing I celebrate,” said Marquoya Polite, sophomore. “My family doesn’t celebrate birthdays, Halloween, Thanksgiving, no American holidays, so it means very much to me.”

Eid is infused with different traditions in different countries, but almost universally it centers around a large feast. In Syria, Muslim families will try to observe the festivities of Eid by meeting with friends and neighbors. They will eat a homemade pudding called ‘Mamounia’ which can be served hot or cold and is decorated with ground cinnamon and sliced almonds. In Yemen it is tradition to have lunch at the home of the head of the family. Bint Alsan is made, which is a sweet cake, topped with honey and nigella seeds. Russia has a population of 16 million Muslims, the families enjoy Manti, which are dumplings filled with seasoned lamb or ground beef

stuffing. (metro.co.uk)

“The way we celebrate Eid in my family is usually by having a big feast, followed with adults giving all the children money,” said Noor Abdulrahman, junior. “The money is usually what I look forward to most.”

Chuseok, the Korean Thanksgiving Day, is one of the biggest and most important holidays in Korea. Family members gather together at their homes to share food and stories and to hold memorial services called charye in honor of their ancestors. Koreans spend the holiday period with various entertainment and folk games including talchum (mask dances), ganggangsullae (Korean circle dance), and ssireum (traditional Korean wrestling). (english.visitkorea.or.kr)

“My family actually does not celebrate Chuseok; we, in fact, celebrate American holidays,” said Yuna Hwang, sophomore. “I don’t mind that we celebrate U.S holidays, but I would like celebrating Chuseok. I feel that I would have more of a connection to my culture.”

A holiday often confused with Halloween, is Dia De Los Muertos, which

originated in Mexico The festivities begin on October 31st and go through November 2nd honoring loved ones who have died. Rather than treating it as dark and spooky, the holiday honors the dead with festivals and lively celebrations remembering happy times and memories instead of mourning losses. From October 31st to November 2nd people across Mexico clean relatives’ graves and decorate them with bright flowers, candles and things the deceased loved in life. They stay overnight in the cemetery and hold a vigil at their loved one’s grave. It is also very common to build an elaborately decorated altar in their home, known as ofrendas.

“The way I celebrate with my family is a bit different than from the way it is traditionally and commonly celebrated,” said Mitzy Benavides, senior and president of Somos Latinos. “Whatever way it may be celebrated, however, it is all connected to why this holiday was created, and that is to honor those who are no longer with us.”

By: Brianna Grimborg

‘Tis The Time





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IN-DEPTH

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Featuring: *Somos Latinos & Folk Dancing*

Zekia Daniels
Reporter

Somos Latinos/Folk Dancing Club meets twice a week on Mondays and Wednesdays in room 182.

The club advisor is Ms. Alma Tapia, freshman academy secretary, who is assisted but a student, Mitzy Benavides, senior. She is the student leader and has been a part of this club since it began her sophomore year.

"I joined this club because I want to make a change in this community by showing everyone what we have to offer," said Benavides.

This club started to become active at Guilford in 2015. Students join for a majority of reasons, including getting to know cultures other than their own.

"At first joining Somos Latinos was an accident," said Demetri Morgan, junior. "But I actually ended up learning about things that I didn't even know existed."

Folk dances reflect the life of Mexi-

can people. There are many types of folk dances, such as La Conquista and Concheros. These dances usually take place at family gatherings or parties.

"Our club originated from us wanting to expand and educate others on our culture as well as learn more about other cultures," said Tapia. "Our club has a variety of different races and has open arms when it comes to different genders."

In certain cultures family heritage is very important. People do special things to celebrate their heritage.

"We have a lot of different family traditions and different things we do that makes what we do special," said Galilea Santana, freshman.

Before 2015, Guilford didn't have any club that shines a light on any culture or allows students to express how they feel about it.

"This club is an amazing addition to this school," said Mr. Rodriguez, Bilingual teacher. "And I am amazed with the progress we have made since 2015 when we started."



Sophomore Zarai Cintora demonstrates a traditional folk dance. Jacob Morgan /PHOTO

How much Christmas plays a role in other holidays and traditions

Karina Castanon
News Editor

During the holidays, students and their families often have their own unique traditions. In a melting pot of a country like the United States with a wide range of people from different cultures and backgrounds, people have multiple ways of celebrating holidays like Christmas, or not celebrating it at all.

Some students look forward to searching for the perfect tree, decorating the house with lights and mistletoe, and finding that perfect gift for a loved one. Although this is the typical tradition portrayed in the media, there is a whole other population who do not celebrate the same traditions.

Some students have religions that do not recognize the holidays, but they still have fun traditions that they celebrate with their family. Mari-aelena Mendez, sophomore, is part of the Jehovah Witness religion that includes practices such as evangelism,

which is the spreading of the Christian gospel by public preaching or personal witness.

"My religion influences us not to celebrate it," said Mendez. "We kind of just disregard the holiday. Our traditions include summer cook outs, and my favorite part is the food and the association."

Some students who do not celebrate Christmas still incorporate Christmas traditions to bring into the holidays they do celebrate. Ajla Avdic, sophomore, who practices the Islamic faith, celebrates the holiday Eid, which comes at the end of Ramadan.

"We celebrate Eid two times a year and receive gifts and money," said Avdic. "It is basically like Christmas."

According to the Washington Times 90% of Americans celebrate Christmas. That leaves 10% of Americans who do not celebrate it. In a Guilford poll, 24% of students claimed to celebrate something other than Christmas.

"The whole family aspect is what I love," said Avdic. "It brings everybody close together."

Hot Holiday Gifts for Students

Information provided by Riley DeBoer

\$299.99

It is portable, powerful, and it has the best game of the year: Legend of Zelda: Breath of the Wild. -Randy Lundeen, senior

\$59.99



\$15.99

I enjoy cooking, and I don't want to only eat ramen in college. -Cole Kampmier, senior



I have a throw blanket at home but it is not long enough to cover my bed, so I want a new one that is similar but longer, where my feet are not cold. -Alex Wolfe, sophomore

\$18.99



\$47.99
Protein Powder

Easy Bake Oven
\$34.99

