



## Senior Capstone provides hands-on learning

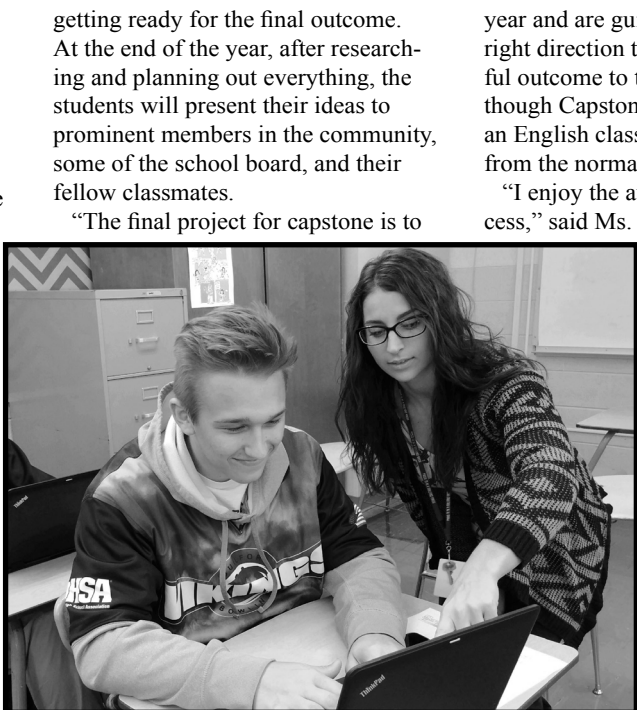
**Isaac Leon**  
*Copy Editor*

The relatively new senior Capstone class is guiding students to positively impact the community and teaching them how to research effectively and accurately. The class is only offered to senior students and is taken in place of an English class. At the beginning of the year, each student chose a topic to research and plan out a solution to the problem at hand.

“I am doing my project on saving food for the homeless or for people in need,” said Jonah Brekelbaum, senior. “I chose this idea because in our economic system, monetary gain is valued more than the collective well-being.”

Brekelbaum’s project is focused on conserving fresh and packaged food for homeless people that would have been thrown out from restaurants and grocery stores otherwise. He plans on narrowing in on the Rockford community, and possibly expanding from there.

Students like Brekelbaum have been working hard on their projects and are



Ms. Gasparini helps Jake Klekamp (12) work on researching water pollution in the Rock River. Cj Larson/PHOTO.

getting ready for the final outcome. At the end of the year, after researching and planning out everything, the students will present their ideas to prominent members in the community, some of the school board, and their fellow classmates.

“The final project for capstone is to year and are guiding students in the right direction to create a successful outcome to their projects. Even though Capstone is taken in place of an English class, it is a lot different from the normal English class.

“I enjoy the authentic learning process,” said Ms. Gasparini. “Because each student has an individual project, I become the facilitator of an original idea. I am excited to see all the ideas come to fruition.”

Due to the fact of Capstone being a new class at Guilford, the class itself is still working out the details and trying to make the class the best experience for everyone.

“My project is about stereotypes and how it leads to a misguided perception and why it breaks people’s beliefs on their cultures and races,” said Jamaia Brown, senior. “The main thing I like about this class is that we connect well with our projects.”

## G-VIKE New Years Resolutions

Compiled by  
Olivia Loner



“I want to eat more chicken because it is one of my favorite foods.”  
– Hannah Linhart, 12

## LOST IN TRANSLATION



Foreign exchange students get the American experience as Guilford Vikings

**Lauren Bear**  
*Editor-In-Chief*

On average, 73,000 foreign exchange students come from all around the world to spend a semester or year living in America. (According to usatoday.com) This school year, Guilford has welcomed six foreign exchange students from four different countries including Germany, Brazil, Vietnam, and Serbia.

Most foreign exchange students come through programs and are matched with an American family for housing and hosting. These students have restrictions on speaking their native language and calling home to help them work on their English skills and homesickness.

“The first month I got homesick every morning, and it’s not because I didn’t like my host family, but the time difference,” said Nele Wisch, sophomore from Germany. “I would wake up and everyone would be going to bed at home. But when you get to school and meet people, and get into a rhythm, it gets easier.”

In addition to dealing with homesickness and adjusting to a new time zone, foreign exchange students have to start their social scene from scratch not just as a new

student, but also a foreigner.

“I was a little scared that I wouldn’t meet any new people. But I just talked to people, and somehow people heard I was from Germany,” said Wisch. “I think the best way to meet people is to join a team or club, like I joined the dance team.”

Each foreign exchange student works with their counselor, Mrs. Donna Pauley, to create class schedules that align with their requirements and interests.

“Our foreign exchange students typically come early September after school has started, and we put them in classes. All of them have to take U.S. History,” said Mrs. Donna Pauley, HPS and foreign exchange student counselor. “We are also a little more flexible with adding or dropping classes for foreign exchange students, depending on their

English levels.”

The American school varies drastically from systems all over the world. Schools have block scheduling vary in courses and activities available to students. Traditionally, public schools in the U.S. have sports and extracurricular opportunities to students that other school systems might lack.

“There are a lot more opportunities here in choosing your classes,” said Jacobo Campos, junior. “In Spain we had to pick a group of classes, and they weren’t flexible with what you wanted. We also didn’t have any sports or clubs. The school here is more involved than in Spain.”

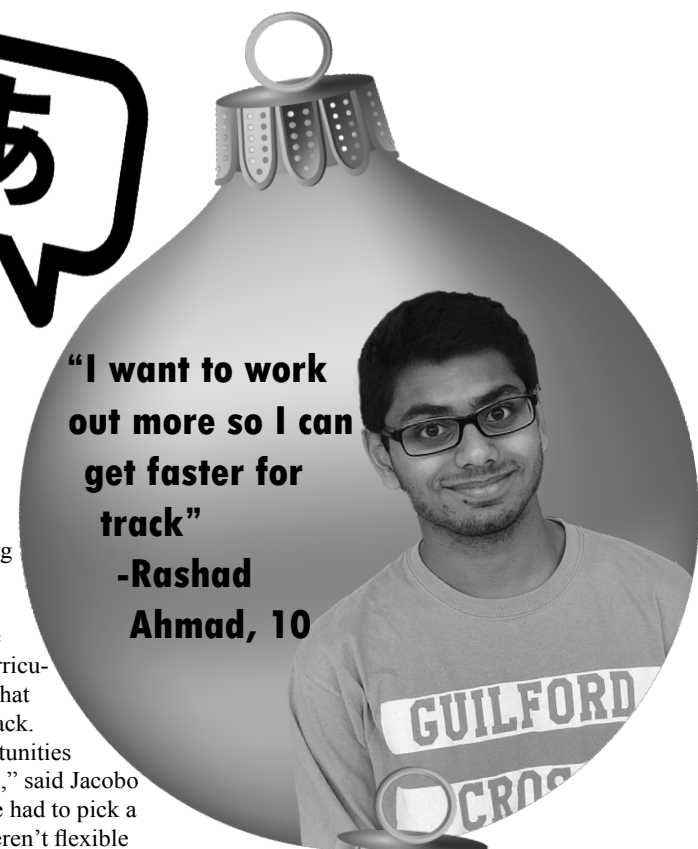
In addition Guilford students come from varying backgrounds and ethnicities. The

Viking family is generally welcoming of different cultures.

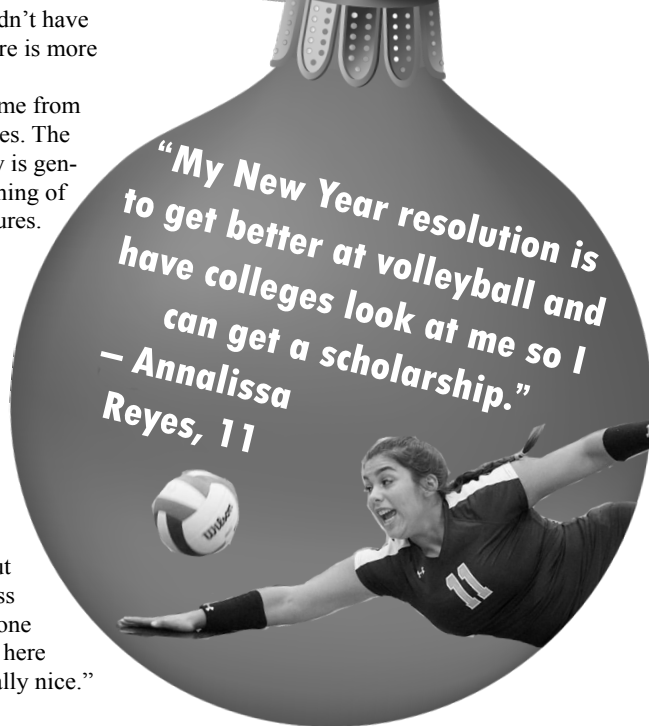
“I like that there are so many different types of people, it’s very diverse,” said Jacobo. “People here also don’t care so much about how they dress and look, no one cares. People here have been really nice.”



Left to Right: Gustavo Cardoso (Spain) Aljosa Dubroja (Serbia), Octavio Costa (Brazil), Nuanhong Thepprecha (Vietnam), Moritz Merkel (Germany). Not pictured: Nele Wisch (Germany) Lauren Bear/PHOTO.



“I want to work out more so I can get faster for track”  
– Rashad Ahmad, 10



“My New Year resolution is to get better at volleyball and have colleges look at me so I can get a scholarship.”  
– Annalissa Reyes, 11





# Get Involved in new after school activities

## Fashion Club

**Titus Copeland**  
Reporter

Fashion club specializes in creating ideas for upcoming fashion shows and projects, while also incorporating artistic activities and field trips. Meetings are held every Wednesday in room 157 from 3:45 to 4:45.

"Being in Fashion Club is truly an amazing experience," said Janelly Lizards, senior. "Being able to connect with other people who like what I like is amazing. "Fashion Club only gets hard when we have to start planning for the fashion show, which becomes stressful for anyone who is a part of the club. We have to multi-task and use our time wisely to make sure that we can plan and set everything up how we planned."

Fashion Club was originally created two years ago, but took a hiatus last year and is starting again this

year with fresh student leadership.

"There were students who wanted to explore careers in fashion and we didn't have classes in fashion" said Mrs. Chris Magee, club advisor and academy coach. "The students who started it were seniors at the time and they were interested in the business side of fashion, so that's where it started."

Students in Fashion Club contact local businesses for assistance in meeting their goals.

"I think it's great because you get to meet new people that you wouldn't usually talk to on a day to day basis," said Kristen Sayyalinh, senior. "I'm the secretary, so right now we're organizing which business to talk to and borrow dresses from. I like that we get to do different activities, so it's not more like volunteering but we do things we excels



Hannah Bennett (12) molds a bathbomb. Karina Castanon/PHOTO.



The final product. Karina Castanon/PHOTO.

in, like bath bombs."

## Inclusion Club

**Karina Castanon**  
News Editor

Inclusion Club made its debut this fall and is providing opportunities for special education students to include themselves in events and activities they would not normally be a part of. They will be attending the girls' basketball game January 11th and having a holiday party December 14th.

The club meets twice a month on Thursdays after school. It consists of volunteers who will help and provide support for the special education student at a given event. One regular student is paired up with a special education student to work on activities together. Everyone is welcomed to join the program.

Many students have already joined and are thrilled about the chance of helping

special education students have fun and be more involved during their high school experience.

"We want them (volunteers) to treat them as regular students, as equals," said Mr. Benning, Inclusion Club advisor. "Our job is to provide inclusion for our kids."

The club is not only providing special education students opportunities to participate in more after school activities, in addition students who want to help to help are gaining new experiences as well.

"My little sister is in special education," said Kathryn Flygare, junior. "As long as I can remember I have been involved with special ed and have experience working with autistic kids."

Volunteers in the club are very excited to bond and participate in projects with the special education students.

"We have been writing letters to the veterans, making Thanksgiving cards, and working on Christmas ornaments," said Guadalupe Serrano, freshman. "I really love it (Inclusion Club) and recommend other students

to join." Students believe that the club has had a

positive impact on the special education program and their own experience while being a part of the program.

"It's been really insightful for me," said Flygare. "I get to experience a broader image of all the special education students, instead of just my sister's."



Chip Angell (9) and Diana Seriano (11) create holiday ornaments after school. Karina Castanon/PHOTO.

# Icy Roads Ahead

## Teen drivers get ready for the harsh winter weather

**Mat Huf**  
Copy Editor

New drivers are all over the place, and Guilford is full of them. Many new student drivers are hitting the roads at the most inopportune time: winter, with it its unpredictable conditions. It can easily put students into an uncomfortable situation. This is the time for students to place all their attention into driving; one slip up could mean disaster. According to the Illinois Department of Transportation, there were 599 incidents in winter driving conditions in 2015.

"Driving in the winter is very difficult, especially from where my house is located," said Zeb Wolfe, junior. "A quarter of the roads I drive to and from on, are country roads. They always seem to ice over, it is very inconvenient."

According to Bogdan Martinovich, a personal injury lawyer of Libertyville, Illinois cold winter weather can quickly create hazardous driving conditions on

roads and freeways. (<https://libertyvillepersonalinjurylawyer.com/weather-related-car-accidents/>) During winter weather or inclement driving conditions, drivers should inspect their vehicles on a regular basis for safety. To prevent weather-related accidents and injuries, drivers should prepare for hazardous driving conditions by keeping their cars well-maintained and properly serviced.

"When driving onto a patch of ice, you

middle of nowhere can be uneventful. According to Park Forest, Illinois Village Services, drivers shouldn't leave the vehicle to search for assistance unless help is visible within 100 yards. (<http://www.villageofparkforest.com/index.aspx?NID=531>)

"I'm a relatively new driver, with winter approaching I'm a little worried about driving in the snow, said Shawn Carmichael, sophomore. "The best way to combat the snow is by either avoiding it all together or just prepare before every venture out, at least that's what my friends have recommended."

According to the United Department of Labor, it is recommended that people always have blankets among other supplies like cellphones or two-way radio, ice scrapers, flashlights, road maps, water, snacks and jumper cables.

They don't mind that people go out; they just want to make sure everyone stays safe.

"In the winter you should maintain a speed that is safe for conditions," said Lewis. "You should always plan ahead and leave earlier for your planned destination, never put yourself in a situation where you have to rush."



The student parking lot after the first snowfall. Cj Larson/PHOTO.

must always remain calm, carefully release your foot from the gas pedal and let the vehicle regain traction," said Mr. Adam Lewis, drivers ed. teacher.

Country roads are often left unplowed by the city/county. These roads are desirable roads to avoid. Getting stuck out in the

# Illinois State Scholars

Illinois State Scholars are chosen based on their ACT/SAT scores and class rank. Students must be a U.S. Citizen, Illinois resident, and on track to graduate.

*Syed Ahmad*

*Alex Marcoci*

*Andrew Albers*

*Alex Marshall*

*Nicholas Albers*

*Rian McGraw*

*Kaitlyn Albrecht*

*Celene Morris*

*Lauren Bear*

*Nina Nguyen*

*Conrad Cuevas*

*Mackenzie Pass*

*Tien Dao*

*Milan Patel*

*Juan Delgado-*

*Isabella Pumo*

*Lopez*

*Roxanna Ramos*

*Britlyn Greenlee*

*Carlos Romero*

*Isabella Ibarra*

*Olivia Runne*

*Craig Kampmier*

*Vanessa Sanchez*

*Nicholas Kowal-*  
*ski*

*Anastasi Selas*  
*Jackson Snedegar*

*Nikola Kuljanin*

*Kyle Thurston*

*Charles Larson*

*Jonah Wolfe*

*Blake Larys*

*Jamie Zussman*