

The Wir

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Principal of the Year Barbara Fischer Receives Award



Principal Barbara Fischer was honored at Senior Lucky '13 Pep-Rally, with the Principal of the Year of Region 11 award. (Photo taken by Haley Domek)

■ by Caleb Barfield
Editor-in-Chief

The stands are cheering but not for a basketball team. Students begin to line up for a procession of roses and teachers surround the gym sporting their superman shirts with the initials BF. All of this was for one special person, to honor her and her success. On November 2, Principal Barbara Fischer was awarded the "Principal of the Year Award" for Region 11. Robert Bostic, Assistant Superin-

tendent for Academic Programs, presented the award to Mrs. Fischer at the Senior Lucky '13 pep-rally. Students presented roses to Principal Fischer, and Senior Chance Steward read a poem about what being a leader means, and how Principal Fischer has shown those qualities.

Principal Fischer was very happy and honored to receive the award.

"I feel very thankful [for the

award]," Mrs. Fischer said. "I work with the best students and teachers in Denton. I was surprised [to receive principal of the year] but it was a nice surprise."

Because she won Principal of the Year for Region 11, Mrs. Fischer will compete at the state level for principal of the year.

"The information is automatically sent to Austin," Fischer said.

Mrs. Fischer also wants the faculty, staff, and student body to know that she appreciates their support for her.

"I want to thank all of them for making my job so easy," Fischer said. "Our faculty, staff and student body are always willing to help make Guyer successful."

Principal Fischer wouldn't trade her job for any other because she knows what makes this school truly great.

"I enjoy relationships with staff and students; it is great getting to know them and to support them in their activities," Fischer said. "It is wonderful to be at graduation and see students who have worked hard for four years realize they've achieved their goals."

Fischer says she loves the attitude of our student body and staff. "We are known as a very positive school that has great students," she said. "That is the image we want Guyer to portray. We represent the characteristics of John H. Guyer."

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Teens Sleep Deprived

■ by Edie Scott
Staff Writer

For a lot of teens, history class may also be known as nap time. These night-owls definitely aren't a new topic of discussion. Despite sleep deprivation being a problem, people don't recognize why teens are so sleepy and how to fix it. Many fingers point to the excessive use of phones and computers, as well as too much homework and extra-curricular activities. Even though technology and schoolwork do have their place in sleep deprivation, these reasons aren't the entire problem among teens and always being "just tired". Most people don't understand that if teens don't start trying to alter their sleep habits, long-lasting damage could occur.

There's actually a biological link to the sleep late/rise late pattern of teenagers. Like most things, it all goes back to puberty. Chemicals are consistently changing during this time, which cause habits and behavior that other developmental stages don't have. Humans have a chemical called melatonin that's released when



Sophomore Demi Bayless demonstrates what the effects of being a sleep deprived high school student really look like, as she sleeps in her DIM class. (Photo taken by Connor McClain)

the sun goes down that makes a body ready for bed. But once again, since their chemicals are off, teens don't get drowsy until far after dark. This can also be linked to the trouble teens have waking up in the morning. Basically, the later you fall asleep, the later you wake up. According to the National Sleep Foundation (NSF), teenagers need the most amount of sleep, at about nine and a half hours, because of the constant changes in their lives (inter-

nally and externally). However, it's the teens getting the least amount of sleep.

From recent interviews, Wildcats are getting about an hour less of sleep with every grade they enter. Freshmen come in getting around eight full hours; seniors leave getting about five. But why does occasionally falling asleep in class matter? A few of America's epidemics – obesity, moody teenagers and low grades – can all be connected to the

overlooked suspect, sleep.

A lot of things happen in the brain while it's asleep, like storing memories and controlling hormones. Without sleep, IQ points drop since knowledge hasn't been permanently stored. Emotional problems arise when hormones are off balance in the brain, causing things as serious as depression. The Warwick Medical School in Rhode Island even discovered that the body's appetite increases when tired

to try and maintain energy. Scientists have come to associate sleep loss to the some of the causes of obesity.

Before you decide to flood your schedule with non-stop activity, and before you decide to tackle mountains of homework, and before you try answering that text from Becky, consider the benefits of having a little free-time before bed. In the end, compare a dropped club, a bad homework grade or a missed text to the long-term damage caused to one's mind and body.

Just Don't Do It Why Abstinence-Only Programs Don't Work

■ by Sydnie McCormick
Assistant Editor

Teen pregnancy is a substantial problem in the United States, and although the cases of pregnant teenagers have recently declined, the numbers are staggering. According to Texas Freedom Network, Texas has the third highest teen birth rate in the nation. In 2005, pregnant girls aged 15-19 in Texas amounted to ten percent of all the teen pregnancies in the United States. Almost 75 percent of Texas school districts have abstinence-only programs, if they have one at all. There are different things to blame, but the lack of proper sex education in Texas high schools plays a large role.

Texas Freedom Network states that almost three quarters of Texas schools have chosen the "abstinence-only" approach to dealing with sex education. That means that when the topic comes up the instructor tells students not to have sex until marriage

and then moves on. It's a nice sentiment, but it doesn't work. Telling kids not to have sex is unreasonable. The Advocates for Youth released a study showing that 53 percent of Texas teens report to have had sex before and 39 percent are currently sexually active. Among those teens, only 56 percent of them report to have used a condom to prevent pregnancy. Only three states in the US have a lower condom usage rate amongst teenagers than Texas. Abstinence-only programs don't do the job.

Studies by dosomething.org show that students who receive comprehensive education are less likely to become pregnant and acquire sexually-transmitted infections (STI's). Schools that do not rely solely on abstinence-only programs are proactive, and they understand that teenagers will have sex before marriage. It is unreason-

able to teach abstinence until marriage upon youth and expect them to listen. The state of Texas needs to realize that the current system does not work.

If Texas schools were to reform their abstinence-only programs, the number of pregnant teenagers would surely drop. Schools need to teach students about the dangers of unsafe sexual practices as opposed to turning the blind eye and assuming that they just won't do it. It should be required that every student in the state of Texas completes a health course that contains a comprehensive sexual education program. Requiring this as a part of each student's high school curriculum better ensures the decline in pregnancy and STI rates among the youth.

Many people argue that it is a parent's job to choose to educate his or her child about the dangers of unprotected or pre-

marital sex. However, parents can often ignore the truth, and the truth is: kids will have sex. No matter how highly parents think of their children, they sometimes stray. Someone has to teach students because this could ruin futures and lives. If parents won't do it, schools should.

When it comes down to it, the system is flawed. Students need to know how to be safe if they do make the decision to have sex, and they need to be informed about the possible repercussions. It isn't wrong to tell kids that waiting until marriage defeats the chance of unwanted pregnancy or STI's, but it is wrong to preach to them the idea without offering realistic education on the subject. Schools have a duty to inform their students about a wide variety of things, and how to be safe, especially in sexual practices, should be one of those things.

EDITOR IN CHIEF:

Caleb Barfield

ASSISTANT EDITOR:

Sydnie McCormick

SPORTS EDITOR:

Joshua Jordan

STAFF WRITERS:

Logan Tancos

Stephen DeGrenier

Faith Yutuc

Edie Scott

Kris Eckstorm

Christian DeBruin

Haley Carson

Mackenzie Overturf

Connor McClain

FACULTY ADVISOR:

Mr. Larry Turner

PRINCIPAL:

Mrs. Barbara Fischer

NEWSPAPER POLICIES

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I Am Second Christian Revival Begins

■ by Joshua Jordan
Sports Editor

I Am Second is an initiative to give Christian students a place to come together for fellowship, and meets every Friday at 7:45 A.M.

“We wanted to make a common place for people who love God,” junior Tiffany Walker, student organizer of I Am Second said. “We just wanted a place for Christians in the school to come together and meet.”

Having other Christian initiatives in the past by different names, the student support and attendance so far for I Am Second is a breath of fresh air to all involved.

“We had a club last year from the beginning of the year with a similar concept,” Walker said. “We just changed the name and went from an organization called Youth Alive to a more known organization called I Am Second. The turnout has been wonderful. God is really blessing [us].”



Students gather at “See You at the Pole” to pray for their school and fellowship with one another. (Photo taken by Tiffany Walker)

Organized and led by students, I Am Second helps students with their daily struggles.

“It refreshes me and strengthens me,” junior Evan Smith said. “I realize that I’m not the only one going through certain problems. Later in my day, I can think back to what I learned and make the right decision. It helps me.”

Students like I Am Second because they learn

from their peers.

“You get to hear truth, and you are learning about it from other students,” sophomore Tyler Smith said. “I like hearing the youth leaders speak. It is good to learn from other kids our age.”

The club is geared towards student activity. I Am Second wants to place a premium on involving the student body since it is for the students.

“We do a lot of things

that the student body can get involved in,” Walker said. “We break into small groups and do outside activities, service projects, community service and things like that. And the benefit of joining this club is a community of people who love God and have accountability.”

But the organization not only affects students, but the teachers as well.

“Everyone is there,” sophomore Tyler Smith said. “Teachers, coaches, and students alike are all there to praise God. Both the teachers and the students grow in

their relationships with God.”

I Am Second wants students be unashamed to use their freedom of expression.

“We want to start a revival at Guyer,” Walker said. “We want other students to know that it is alright to have a spiritual fervor and an unashamed passion for God.”

New Foreign Exchange Student Sophie Bel comes to Denton from the Netherlands

■ Sydnie McCormick

Assistant Editor

The American way isn't really something that the average American thinks about, but for 17 year old Sophie Bel, a foreign exchange student from the Netherlands, getting a glimpse of American culture was always a dream.

"I've always wanted to go to America," Bel said. "I don't really know why; I've just wanted to. And I saw that a girl that I knew was doing an American exchange, so I thought I'm old enough now and I'm also in high school, so why not?"

Almost a year after that initial thought, Bel boarded a plane and headed to her new, year-long American life.

"I left on August 16, and I flew from Amsterdam to Washington DC with two other exchange students, so I wasn't by myself. Then we had to wait for five hours, but our flight got cancelled. We had to spend the night in Washington DC, so they gave us a hotel. Then the next morning we flew from Washington to Dallas."

She isn't only visiting the country, though; she's experiencing it as a true



Sophie Bel walks the halls of Guyer, enjoying her new school. (Photo taken by Sydnie McCormick)

teenager, assimilating herself into the American curriculum.

"The school system is really different over here, and the school is really big compared to my old school. It was kind of overwhelming the first few days, but I'm already used to it."

Bel says that Holland really isn't much different from the United States, but students still have a desire to learn about the foreign land.

"Most people are like 'Oh you're an exchange student? That's so cool!' They're really nice, though. A lot of people ask me to say things in Dutch or ask me questions like if we have fish or iPhones and stuff like that, and we do have fish and iPhones. It's kind of the same as America. We have some different habits, but most things are the same."

And even though the countries are similar and she went through extensive prepping, some things still amazed Bel upon arriving in the U.S.

A noticeable difference according to Bel is the "local cuisine".

"Compared to here, we eat really healthily [in Holland]. We eat a lot of vegetables and fruits and whole grain products. There's so much fast food over here. It's not that I don't like fast food, I just always try to live healthy, but it's kind of hard with all the fast food. My [host family] doesn't really cook

dinner every night, so most of the time we just go through a drive-through, but they try their best to buy healthy stuff for me because they know that I like living healthy."

However, Bel has wanted to experience those cultural differences.

"[The American culture is] just something that you always see on TV and I wanted to see it for myself," Bel said. "I can't really explain why, but I've just always wanted to come to America."

Lady Wildcat Basketball is Off to a Fast Start

■ by Joshua Jordan

Sports Editor

Girls basketball has gotten off to a fast start. Starting the year 9-4, the girls' basketball team is primed and ready for another deep playoff push.

"If we work really hard we can make it to the playoffs and do really well," said sophomore guard Ali Downard.

The girls know success doesn't come easy after last year's breakthrough season in which the girl's team managed to earn a playoff berth in 5A competition.

"I know what to expect this time," said junior point guard Quamese Moss. "I know when we get to the playoffs we have to bring our A-game otherwise we will be going home."

The team has a lot of new faces this year. Quamese Moss, Katy Davis, and Lebreana Clay-Baker are the only players who return from last year's varsity squad.

"It has been a process," Moss said. "We have had to learn the do's and don'ts of each person. We had to learn how each teammate is on the court, and what each player can and cannot do."

The team may have some young players, but there is no shortage of talent. That coupled with the team's work ethic, players can see that they have a recipe for success.

"Everyone is really serious about basketball and everyone is willing to work hard," said Downard. "We are starting to work really well together and we have really good coaches who want us to do good and help us out a lot. We just keep improving because we are getting used to playing together. We know we have to work hard and keep getting better."

Team chemistry is steadily improving. The girls are getting more and more comfortable

around one another.

"We hang out in public on a daily



Girls Varsity Basketball team shows their team bond on the court after practice. (Photo taken by Connor McClain)

basis," Moss said. "It's good to hang out away from basketball and see how people really are. We are weird."

The team has a nice balance of young talent as well as senior leadership. The girl's team has 5 upperclassmen and 4 underclassmen.

"The upperclassmen help out a lot," said Reed. "They give me a lot of advice. They tell me a lot of things like don't get frustrated. They have helped lead me through the things I don't know."

Reed is a freshman starting on varsity. She contributes in a number of ways.

"Bre gave us height," said Moss. "Pretty much as a program for the entire history of our school, we have never had height. Bre is like six feet tall, and she helps with rebounding, defense, and she helps out our zone a lot."

The coaching staff has done a good job putting people in places to be successful and setting everybody's role on the team.

"They set the standard for the team," Moss said. "I know my role. I am the point guard of the team. I know the team will only be as good as I am because I am the point guard. The coaches have told me I have to know the plays, set my teammates up, and make plays."

The coaching staff gets the best out of the girls at all times.

"I like the coaches," Reed said. "They are all different and complement each other really well. Coach Henderson is a really nice people person. Coach Colson and Coach Treppa get the best out of

us every day. The coaches work really well together."

The coaches have a bigger impact than just basketball on the girls. The bond the players have on and off of the court is what helps make this team special.

"The coaches are kind of like our parents," Moss said. "We can talk to them about anything. They don't sugar coat anything. They just give you the straight up truth, and I like that about them."

And the straight up truth is this; the Wildcat Girls Basketball team is immensely talented and very motivated. They are ready for another great season.

"We have gotten in the gym more over the summer and have worked hard to become a better team this year," Moss said. "We have high expectations and we are ready to meet our goals."

Wildcats On The Attack Boys Basketball is a Slam Dunk



Alex Partridge scores in Guyer's home opener against L.D. Bell. The Wildcats fell to the Blue Raiders 65-59. (Photo taken by Faith Yutuc)

■ by Faith Yutuc
Staff Writer

The boys' varsity basketball is off to a great start this year with much improvement, optimism, and expectation.

"We're 8-2 and we won our first tournament championship in school history," said junior forward Joshua Jordan. "But we're just getting started."

They have a few new players this year; Sam Perry is a senior guard, Mitchell Willard is a sophomore forward, and Xavier Brown is also a sophomore forward. Even with the new faces on the team, they have impeccable team chemistry due to

extremely hard work during the summer.

"We work harder than any other team in the district," said sophomore guard Sean Choate. "We're always practicing."

Miles Crawford, the team's playmaker, says he plans to be very successful in the playoffs and have a winning record.

"My goals and expectations are to make it to state," he says. "[I] plan to have a winning record this year and go deep in the playoffs."

The team has overcome a lot of adversity. Sam Perry battled a form of cancer and Miles Crawford had a blood clot and is still fighting

Crohn's Disease. Other injuries included knee injuries such as Joshua Jordan and senior forward Justin Griffin, and ankle injuries of Mitchell Willard and Zack Duncan.

"The injuries have been frustrating," said Jordan. "But as a team, it

brings opportunity for others to step up and carry the load."

The guys have come back even stronger than before and

have come to find what a team really is.

"My favorite part about being a part of the team is they're like family to me," junior Zack Duncan said.

Starting sophomore Choate says they are a much better team this year and their goal is to make it to state. "We're a lot better team this year," he said. "Because we're older, and more experienced, and better coached."

Crawford encourages everyone to come out to the games and support.

"It's going to be a fun year," he said.

Jordan also says they plan on winning state.

"If we are not in Austin at the end of the year holding up the state championship trophy, I would consider this a failure of a season in a number of ways," he said. "We didn't train this hard to be number two. It's either a state championship or bust."



TEXAS WOMAN'S UNIVERSITY
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Did you know?

Source: strange facts.com

In Corpus Christie, Texas, it is illegal to raise alligators in your home.

In West Virginia, only babies can ride in a baby carriage.

In Ohio, one must have a license to keep a bear.

It's against the law to pawn your dentures in Las Vegas!

S U D O K U

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■ Written by Wire Staff

AQUARIUS: JANUARY 20-FEBRUARY 19

Love is in the air today! But only over the eastern portion of France. If you're nowhere near the eastern portion of France, then the only thing in the air for you is pollution.

PISCES: FEBRUARY 20-MARCH 20

All your wishes can come true if you're willing to briefly take on a life of crime.

ARIES: MARCH 21-APRIL 20

All this week you are set for uncontrollable setbacks to all your plans. There's nothing you can do, so you might as well start being awful to people you suspect might cause your setbacks.

TAURUS: APRIL 21-MAY 21

Go with that animal instinct. You're Tony the Tiger and you're GRRRRREEEAT!

GEMINI: MAY 22 - JUNE 22

You will be plagued by happy people, but don't be swayed by them, stay miserable!

CANCER: JUNE 23-JULY 23

You're going to make a comeback today! But beware of 80's clothing.

LEO: JULY 24- AUGUST 23

Avoid low-level lighting this week, and any power lines that you might have to pass under on the way to school.

VIRGO: AUGUST 24-SEPTEMBER 23

Everything positive that could possibly happen to you is waiting around the corner. Don't let it hit you in the face.

LIBRA: SEPTEMBER 24-OCTOBER 23

The only conspiracy theory you need to worry about is the one that involves you. Wait. You knew about that conspiracy, right?

SCORPIO: OCTOBER 24-NOVEMBER 22

For every good deed you do, you will be rewarded generously. Now go out and do some nice things!

SAGITTARIUS: NOVEMBER 23-DECEMBER 22

You will be provoked by a spotty teenager today. Don't rise to him, even though you could probably beat him.

CAPRICORN: DECEMBER 23-JANUARY 19

Be wary of all new friends today as they may turn out to be Russian spies.