

SCHOOL LIFE

Education Election USD 489 completes summer renovations

By Michaela Austin Hays High Guidon

On Nov. 5, the communitv voted for four new members to be a part of the USD 489 Board of Education.

There was a total of nine candidates who ran for the position. The candidates included Paul Adams, Cole Engel, Alex Herman, Lori Ann Hertel, Jessica Moffitt, Luke Oborny, Craig Pallister, Allen Park and Tammy Wellbrock. The four new members are Hertel, Pallister, Park and Wellbrock. Hertel received a total of 1,317 votes, Pallister received 1,689 votes, Park received 1,913 votes and Wellbrock received the most votes of 2,535. Just like any board,

there are certain expectations for its members. "First, any school board is a fundamental and vital part of any great school district," Superintendent Ron Wilson said. "My hope is that all the new school board mem-



ALLISON HILLEBRAND / The Guidon

The Board of Education hosted a public debate on Oct. 15, where community members were able to listen to the candidates present their sides and to ask questions prior to the elections on Nov. 5.

bers understand the work before them and will do the work with the intent to make things better, build trust and credibility within our community

and help accomplish the things we see important to providing a great educational experience for kids in USD 489. I think it's also important for the new • See "Education" pg. 2

school board members to have an open mind to listening and learning about what has

HONOR STUDENTS

National Honor Society hosts ceremony, inducts 38 new juniors, seniors

By Alicia Feyerherm Hays High Guidon

National Honor Society Induction was held 7:30 p.m. on Nov. at 6 in the Lecture Hall. The ceremony began with the Hays High Quartet, comprised of Alisara juniors Arial, Tom Drabkin, Ashley Vilaysing and soph-Sydney omore Wittkorn, performing. Following their performance, NHS president Nathan Erbert welcomed everyone and introduced the guest speaker Tisa Mason, president of Fort Hays State University. NHS co-sponsor Kayla Brown said there has been a variety of different guest speakers throughout the years of induction. "We've had school board members speak before, previous Fort Hays presidents have spoken," Brown said. "We just try

to pick someone who has

a standing in the com-

munity and can offer

value to the students." After the guest speaker, NHS officers explained the principles of NHS and lit candles representing the four fundamental virtues of the society: Character, Scholarship, Leadership and Service. The inductees recited the NHS pledge and then walked across the stage. Each inductee signed the NHS book and received a certificate and pin. The new members of NHS include the following: Seniors: Sierra Bryant

Ethan Klausmeyer Kaylor Meyers Madison Weber Rylan Weigel Ashley Wilson

Juniors Alexandra Aldrich Alisara Arial Allison Brooks Anna Brull Alicia Feyerherm Sophia Garrison Madison Geerdes

• See "Induction" pg. 2

ART COMPETITION

Two students participate in graphic design competition

By Allison Brooks Havs High Guidon

Over time, the National Aeronautics and Space Administration (NASA) has become an iconic organization, so for its 60th anniversary, Wichita State University organized a day of presentations and competitions. One of the competitions they hosted was a graphic design poster contest. Students were tasked with designing a poster that represented what they believed to be the greatest NASA mission to date. To participate in this competition, students first had to write a paragraph about how they would design the poster if they had the chance. After that, 10 students who wrote paragraphs were chosen to compete in the actual design portion of the contest.

Leiker and Lexe Pfannenstiel were all selected to participate in the competition.

"I was honored and really rather surprised when



Senior Nathan Erbert and juniors Antoni I found out I was selected to be a participant," Erbert said.

On Saturday, Oct. 19, Erbert and Pfannenstiel traveled to the WSU campus to present to posters that they designed.

Neither of the students placed in the top three, but they both expressed that they had a positive experience at the event.

"Competing in and being a part of the NASA contest was both and honor and a unique experience that I am thankful for," Erbert said.

Erbert and Pfannenstiel have both been a part of the graphic design program throughout their high school experience.

Pfannenstiel plans on studying graphic design at Fort Hays State Univer-

PAIGE POLIFKA-DENSON/ The Guidon

Senior Nathan Erbert works on his project for the NASA graphic design competition through Wichita State University.

sity after graduating high school, and Erbert is considering pursuing graphic

design in his future. "Graphic design is definitely something that I am considering for the future," Erbert said. "Being able to use my passion for

creativity to make a living would be a blessing." 21 a brooks@usd489.com

News

YOUR VIEW

Did you apply for National Honor Society?

"Yes, because it seemed like a good opportunity." —junior Cristina Leos

"I applied for National Honor Society because I really enjoy volunteering, and NHS is a great way to get service hours." —junior Anna Brull

"I didn't because I didn't know it was a thing." —junior Gabe Rupp

"I didn't apply because I wouldn't have made it in the first place." —senior Lucas Pfannenstiel

"I'm always striving for the best since I'm in Anime Club, so I plan on applying next year." —sophomore Jesse Legleiter

"I did apply because it sounded like a good idea." —junior Macey Speier

"I don't know what that is really." —senior Conner Smith

"I applied because of the scholarship opportunities." —junior Stanna Summers

What would you like to see the Board of Education improve?

"Probably the band room ceiling because we are missing so many tiles, and it's constantly leaking. It doesn't seem to be priority, and that's kind of stupid." - junior Cami Moore

"The softball fields." – sophomore McKinley Wamser

"We should totally fix the band room." - junior Alexis White

"I'd say definitely the bathrooms because they all leak, and they all reek." -freshman Gilda Torres-

"This school really needs to work on every

Allen

INDUCTION/Students inducted into NHS chapter

• FROM PAGE 1

Kilee Hale Audrey Irvin Ginny Ke Hope Kisner Caitlin Leiker Cristina Leos McKena McBride **Emelia** Morley Marrissa Raynesford Grace Redetzke Brooklyn Schaffer Dalyn Schwarz Claire Shippy Allison Shubert Stanna Summer Kaitlyn Suppes Devin Taliaferro Ashely Vilaysing Lauren Wagner Alexis White Madalyn William Monique William Fernando Zarate Kassandra Zimmer

To apply for the society, prospective members must have and maintain a 3.5 GPA or higher. Students also must have participated in at least two community service projects since the beginning of ninth grade. participated in at least one school co-curricular activity or organization and held at least one position of responsibility. Those students also must have no record of civil offenses, cheating, dishonesty or skipping classes.

"I applied because it looks good on resumes and you also get recognized at graduation for being part of the society," senior Ashley Wilson said. "National Honor Society also gives you different volunteer opportunities since a certain number of



ALLISON HILLEBRAND/The Guidon

Junior Marrissa Raynesford signs the induction book to join the June Reynolds National Honor Society chapter. Raynesford was one of 38 new NHS inductees who were recognized on Nov. 5.

service hours is required."

The application can be time consuming, but senior Madison Weber found her NHS application very helpful when applying for colleges and scholarships.

"A lot of the information they ask is the same on scholarships and other applications compared to the NHS resume, so I've been able to copy and paste some of the things I listed on my NHS resume onto my other applications, which has saved me a lot of time," Weber said. Over 100 students qualified to apply. Out of those, 66 completed the process, and 38 were accepted. "There's no set num-

ber that we induct each year because the number of people who are eligible to apply and the number of people who do apply vary each year, but there is normally a natural dividing line between applications that are really strong and those that need some more work," Brown said.

When applica- $_{\mathrm{the}}$ tions are given to the faculty panel to review, all names are removed to make the process anonymous. The review and rate each application on a scale of one to five, with being very poor one and five being the best. Juniors will have the opportunity to apply next year as seniors, as long as they meet the requirements. "We will run GPAs again next year, and whoever meets that qualifi-

cation again will get the same email and added to the same Canvas page," Brown said. "We try to keep the application pretty much the same year to year. That way if they didn't apply this year and want to next year, they can, and those who applied this year, and we gave them recommendations on things to improve upon, then they can kind of be expecting that same process." 21 a feyerherm@usd489.com

EDUCATION/Community votes for Board of Education members

• FROM PAGE 1

been established as the vision, mission and core values of the district and figuring out how they can support it." There are also impor-

tant skills that the new board members need in order succeed and help the rest of the Board of Education help improve the education for students in USD 489. "The important skills that I believe any new school board members need are that they have to understand that they must work as a team to accomplish things for our district and community," Wilson said. "They must always put 'what's best for kids' at the front of every decision and action they take. Also, they must consistently be an advocate for our schools and dis489, we've really fallen behind greatly with the schools we compete against in infrastructure." Straub said. "Whether it'd be new buildings, new air conditioning, windows, doors, reconfiguring classrooms -- really the whole gamut. An auditorium on campus here would be nice. A large competition gym would be nice, so we don't have to limit what we do. We keep it clean; we keep it nice, but infrastructure is a big thing." Assistant Principal/ Athletic Director Lance

Krannawitter agreed that there are some things to improve on at Hays High. "I agree with Mr. Straub," Krannawitter said. "We're behind other districts in regards to transportation for our athletics and activities. Equipment needs are always at the top of the list, too."

January, we will have lots to do in establishing our direction," Wilson said. "I am assuming people will have lots of different thoughts about a possible bond vote being given to our community at some point with a new school board. However, before that can happen, we have lots of other projects to work on. In the short term, I am very excited about our new school board and the new members and what each of them brings to the board table." 20maustin@usd489.com

thing. Legit everything. We should be able to stand in the halls and Commons area during lunch. We should be able to leave the lunchroom and be on our phones during lunch. There's a lot." – junior Taylor Lofferdi trict in any conversation they have with patrons."

Many people in the community, including Principal Martin Straub, hope for some improvements in the district's schools. "Our experience is, in The Board of Education does have plans in January to rewrite the capital outlay budget and possibly prepare another bond issue vote. "Of course, with a new school board forming in



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FOOD PANTRY **VOLUNTEER WORK**

Social Studies classes volunteer to help with food pantry

By Nikka Vuong Hays High Guidon

The food pantry at Hays High was established in the fall of 2012. Both former employee Sherry Matlock and counselor Suellyn Stenger saw a need for a food pantry for students because there was not a program like BackPack-4Kids available for high school students.

"Often times, the counselors are the first contacts with families when they are enrolling their students," Stenger said. "We are privy to some information that they share, and then we offer help through our food pantry. We offer nonperishable food items, personal hygiene items and some school supplies."

Since the food panwas created, there trv has been a large increase of students and families in need of support.

In 2012-2013, 30 families were served approximately 93 times; in 2013-2014, 37 families were served approximately 80 times; in 2014-2015, 41 families were served 137 times; in 2015-2016, 47 families were served 152 times; in 2016-2017, 50

families were served 561 times; in 2017-2018, 66 families were served 576 times; and in 2018-2019, 69 families were served approximately 800 times.

"We are definitely open to donations," Stenger said. "When the food pantry was first established, we did a lot of presentations to civic groups within the community, such as Optimist Club, the Kiwanis Club and many churches, which have joined in making donations and having food drives. It has been very well supported through the community, as word spread that there was a need for this. As far as students getting involved, we would always accept donations. But, we are very careful with the confidentiality."

Food is distributed to students once a week. Those items are for students to take home to their families as well.

social studies "Our classes have stepped up and are helping to make sandwiches so that students can take them home," Stenger said. Junior Adison Jacobs



ALLISON HILLEBRAND/ The Guidon

Seniors Nathan Erbert, Levi Hickert and Brandon Kennemer from Abby Gillan's Sociology class prepare sandwiches for the food pantry.

has helped pack sandwiches in a World Geography class before. She said she enjoys helping with the food pantry because she knows it is helping someone.

"I have helped with the food pantry two times in World History II and World Geography," sophomore Abbey Thornton said. "I love helping others in any way I can."

Those who manage the food pantry are counselors Troy Dale and Amy Miller, as well as the Counseling Department secretary Debbie Barnett, school nurse Jessica Roe and school physiologist Nicki Lind "I'm very thankful that

many people throughout the community have supported the pantry, and I would ask if there is a student out there that is in need of some support, to please visit their counselor, and we will give them the support we can as well as for their family," Stenger said.

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Helping Hands donates proceeds of Spooky Cookies campaign

By Eythun Wyatt Hays High Guidon

Helping Hands students sponsored a Spooky Cookie event with the goal of raising money for a nonprofit organization as well as for funding their own organization.

took preorders "We for Halloween cookies and Halloween-themed popcorn bowls and donated 25 percent of our proceeds to Jana's Campaign," instructor Michelle Thacker said. "We had about a two-and-a-half-week time frame where we took preorders."

The deadline for the event was Oct. 30.

The Helping Hands students had to choose a non-profit organization on their own. The non-profit was decided through a vote from the students.

"We asked the students to give us names for organizations that could benefit from the event." Thacker said. "Jana's Campaign wasn't actually one of the initial organizations that the kids put out there."

While speaking with the director of Jana's Campaign, Christie Brungardt, she told Thacker that she was very excited about their organization and wanted to collaborate on an event.

Thacker took this as an opportunity to bring up Jana's Campaign as one of the organizations her students could choose from.

"We added Jana's Campaign to the list of organizations the students could vote for, and it won,"

Thacker said.

The students were assigned the task of creating an event based around selling their baked goods.

According to junior Mataya Quinby, the event was somewhat challenging due to the large amount of orders they had to complete by the deadline.

Helping Hands was also worried about whether or not students would actually purchase cookies.

"We weren't sure if kids would actually even want to buy the treats," Quinby said. "Normally a lot of kids leave right after school."

Through all the challenges, Helping Hands still raised just shy of \$1,000, and Jana's Campaign received about \$250.

Though Quinby was challenged by the Spooky Cookie project, she still recommends the class.

"I think it's a really great class, and I say if you have the opportunity to take it, I definitely recommend it," Quinby said.

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YOUR VIEW

What is the most recent volunteer work that you have done?

"This summer when I helped with the Special Olympics." -instructor Daniel Dickerson

"I never have volunteered." -sophomore Anthony Guzman

"Last time I volunteered was when I was seven." —freshman Brandon Schupman

"Around three weeks ago, I did a video with Jana's Campaign.' -junior Stanna Summers

"I worked the food pantry the other day." —sophomore Ashlynn Flax

"I can't remember the last time I have volunteered." —junior Macey Speier

"The last time I volunteered was last month. We did a pizza take and bake for Helping Hands where parents paid \$2.50 for kids to decorate a pizza." —senior Fernanda Sustaita

"The last time I volunteered was at the ARC.' -sophomore Dakota Klaus

Were you aware of the Spooky Cookies campaign?

"I did not know about the Jana's Campaign cookie sales, but I would have bought some if I knew about it.' -senior Isaac Howards

"I didn't know about the cookie thing.' -freshman Deegan Leeds

"I didn't know about the Spooky Cookie sales for Jana's Campaign." -senior Isaac Smith

"I didn't know about the Spooky Cookies thing." -freshman Colton Lane

Opportunity

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YOUR VIEW

Have you ever been to the Veteran's Memorial Park?

"I've neverbeen to the Veteran's Memorial Park, and I didn't know it existed.' —freshman Anthony Lang

"I've been there once, and it was because I was playing 'Pokemon Go,' and there was a good one there. —junior Emmy Morley

"I have no clue what that is; I don't even know where it's at.' —senior Trevor Gross

What do you think a Community Ambassador does?

"They, like, organize and maintain the community and organize events and stuff. They make sure everyone in the community is happy with being run." — junior Emmy Morley

"I feel like it might be a leadership role in the community where you overwatch the community and look after such things. -senior Braden Stauth

"They are leaders in the community.' -freshman Emily Smith

"Community Ambassador is someone who represents a specific community, say like, Hays, Northwest Kansas or whatever, and they make some decisions about community events going on in whatever community they are representing." -senior Nathan Leiker

"I think a Community Ambassador is something to do with politics." sophomore Lyra Kohart

"Helps the community." —freshman Logan Chance

"I think they lead." –junior Marisa Schindler

"I think a Community Ambassador does things for the community." -junior Lily Fellers

"I think a Community Ambassador probably helps out with stuff."

COMMUNITY **TAKING INITIATIVE**

Senior Levi Hickert repairs Veteran's Memorial Park

By Allison Hillebrand Hays High Guidon

The Veteran's Memorial Park in Havs and the Kansas Merci Boxcar have been around since the mid-1900s and have began to deteriorate. The chipped paint and rusted plaques made the park less appealing to the public.

Senior Levi Hickert noticed the decline in both the park's physical features and its excursionists and decided it was time to make a few repairs.

Hickert attended Boys State of Kansas Leadership Academy, a type of mock government, sponsored by the American Legion over the summer. Approximately 500 boys across Kansas are accepted from applications to attend.

Hickert was sponsored by the American Legion Post 173 in Hays.

"I went and came back, and I felt like I really wanted to kind of give back," Hickert said. "I was driving past the VFW, I noticed that the guns outside were really worn down, so I called a contact

I had and was like 'Hey, is there any way I can kind of tidy up a little bit?'

The VFW denied Hickert's offer, because the statues were the property of Fort Riley. Instead, they requested that he paint the tank at Veteran's Memorial Park.

"While I was there, I did notice that the plaques and flagpoles were horribly weathered," Hickert said. "What really struck me was, as I was walking around trying to read them, I saw one that I could just make out the name and then at the bottom 'Thanks, Dad."

Hickert said that had struck a chord with him, because the veterans in the community who had paid to have the memorials could no longer read the plaques.

Hickert proposed the idea to the American Legion that he will raise the necessary money and labor for the project. However, the American Legion and the VFW each donated \$250 to the cause.

"I think it kind of gives them a sense of hope that maybe our generation



ALLISON HILLEBRAND / The Guidon

The Veteran's Memorial Park has been a landmark in Hays for decades. Senior Levi Hickert decided to take initiative and make repairs at the park.

isn't necessarily lost or we haven't forgotten about them," Hickert said. "It makes me feel good to know that I am honoring what they did."

There were a few moments where he doubted himself, Hickert said.

"I always had a little egg of doubt thinking it may not actually work," Hickert said. "I never really listened to it, I knew we were going to do something and we were going to do it now."

Although Hickert put in multiple hours of work, in

between his park repair visits, someone had vandalized the area.

"Someone had unscrewed the metal ring holding in the lights at the center and smashed the lights," Hickert said. "The glass had been scattered everywhere. It was saddening really."

Without security cameras, police were unable to catch the perpetrator. Even without finding the vandal, the city replaced the damage the following day.

"Now, not only do the

lights turn on, but it's kind of fresh," Hickert said.

Hickert set a goal for when he wanted the park done — Veteran's Day.

The community veterans hosted a ceremony in the park on Veteran's Day on Nov. 11 as recognition for the day.

"I feel very accomplished," Hickert said. "I just feel very proud of myself because of the reactions of all the veterans I come in contact with, realizing I did this just for them.

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Community Ambassadors attend their first meeting

By Nikka Vuong Hays High Guidon

Seniors in Ellis County had the opportunity to apply to become a Community Ambassador for Sunflower Bank. Approximately 30 students filled out an application online, and 10 students were accepted. Out of the 10 students, four were from Hays High.

The four students received a letter two weeks before the first meet-andgreet session on Oct. 29 about their acceptance. The seniors accepted were Landon Dinkel, Levi Hickert, Allison Hillebrand and Cassidy Prough.

Community Ambas-



ALLISON HILLEBRAND/ The Guidon

"In order to become Senior Cassidy Prough sits at the first meeting for the Community Ambassadors program through Sunflower Bank

were given an overview of what they would be participating in throughout the year, such as volunteering, attending academic seminars and meeting business contacts.

"I feel like [being a Community Ambassador] will allow me to gain an insight to the business world and our local businesses, which I have yet to have," Hickert said. "I also feel excited because it's a chance for me to meet new contacts who can potentially work in my favor for scholarships, internships or even future jobs."

Prough said she decided to apply to become an ambassador because she is considering business as a

-freshman Andrew Stone

"I don't know what that is if I'm being totally honest." -sophomore Ethan Gregory

"I think it's just a really good role model that gets a lot of stuff done. ---sophomore Ashton Herrman

sador, I had to fill out an

application with the usual items [awards, classes, activities, etc.] and then answer several short essay questions about why I'd be a good ambassador and what my hometown meant to me," Hickert said.

The first meeting was held at Sunflow-

er Bank, and parents were welcome to attend with their student as well.

"During our first meeting, we discussed what the Community Ambassadors will be focused around," Dinkel said. "We will meet every month, and we will listen to presentations re-

garding our community and businesses in our community. We will then get the chance to discuss what we learned."

Prough said during the meeting, they met evervone who oversees the program, met the other members accepted in the program and learned about the scholarship opportunities that will be given out to students at the end of the program as well.

Hickert said their jobs and obligations they have as a Community Ambassador were laid out, and they

major.

"I chose to apply for Community Ambassadors because I knew it would be a once-in-a-lifetime opportunity to attend meetings where I could learn about our community and many of the businesses that help it function," Dinkel said. 22nvuong@usd489.com





NEWS

YOUR VIEW

What is your opinion on tattoos?

"So, I probably would get a tattoo. I want one from my hip up to my shoulder or down my thigh."

—sophomore Kristen Kuhl

"I love tattoos. I think they're awesome. I want a lot when I'm older." —senior Elliot Hoar

"I think tattoos are just way too permanent to actually get any. I probably wouldn't get any tattoos." —senior Jace Hesford

"I think tattoos are a nice way to express yourself on yourself, but I don't think I'd get any personally." —senior Isaac Howard

"I don't have a preference on tattoos. I would get one, and it would be an American flag."

—sophomore Taylon Doeschot

What is your favorite holiday?

"I would say Thanksgiving is my favorite holiday because of all of the family I get to see and the food especially."

—sophomore Dylan Green

"Christmas because it is really family orientated and fun." —junior Cristina Leos

—Junior Cristina Leos

"My favorite holiday is Christmas, and the reason why is because I get to see my grandmother and family in Mexico." —freshman Eddy Guz-

man

"Definitely Christmas, because it's always such a peaceful feeling for me. I don't even really care about the gifts, even if they are pretty cool. There is nothing like when it's freezing cold outside and you are covered in warm blankets with a hot cup of coffee —sophomore Grant Tesluk

"The day after Halloween because that's when all the candy is on sale." —junior Alexis White

TATTOOS

Students express themselves through body art

By Levi Weilert Hays High Guidon

Art is very important to high school students, as it gives them a way to express themselves in multiple forms. One of these forms is body art, such as permanent tattoos or semi-permanent henna.

"I've always had an appreciation for art, and I view tattoos as art on the body," junior Antoni Leiker said.

Leiker has three tattoos, two of them are wildflowers and one is a semicolon, and he plans to get others in the future.

"The flowers don't have a story behind them, as I just wanted art on my body," Leiker said. "The semicolon does stand for suicide awareness. I got it shortly after a friend had fallen victim to suicide."



COURTESY PHOTO

Junior Alisara Arial shows the henna design she created on herself.

Many high school students choose a tattoo that "Take away all of the is meaningful to them, misconceptions and nega-

t tive associations, and that's all a tattoo is," Leiker said. "Art that represents religion, memories or anything you'd like it to represent."

Henna is also a form of body art. Junior Alisara Arial started creating henna body art at 12 years old.

"I got into it when there was a henna artist at my mom's shop downtown, Indigo, and decided to try it out," Arial said. "I bought henna from a market in Thailand and started practicing on myself from there. As I got more into it, I started practicing on other people and began to make my own henna."

Henna is a type of semipermanent dye put onto skin that has been used since the Bronze Age.

"Henna is made out of a crushed plant found in tropical areas of Asia and Africa," Arial said. "I make it by ordering henna powder and mixing it with specific amounts of essential oils, water and sugar."

Arial often does designs on her own hands and arms. The stain can last months, but it depends on a few different factors.

"The wearer develops the stain over a few days, and the amount of time it lasts depends on multiple things, from the type of skin, to how the person wearing it cares for it," Arial said.

Arial also creates henna on her friends and customers at her family shop, Indigo.

"Henna is important to me because it is a form of art," Arial said. "The ability to be able to create over and over again and make other people happy when they are wearing it is one of the reasons I love doing it so much."

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STUDENT LIFE

Foreign exchange student compares life in America versus Denmark

By McKena Mcbride Hays High Guidon

Hays High has had a multitude of foreign exchange students in the past, from different places with different traditions. This year, there is only one exchange student enrolled.

Junior Jeppe Selvejer is an exchange student from Denmark. He said that, so far, he is enjoying his time in Hays.

"All the people in Hays, my host family and just everybody I have met has been really nice to me and showed me a lot of Hays and American culture," Selvejer said.

Selvejer said a major difference between Denmark and America that he has noticed is the differences in the school systems.

"In Denmark, it's the teacher, not the student, who changes classes, so you pretty much are in the same class with the same people for a lot of years," Selvejer said.

Selvejer explained the number of breaks students get during the school day is different as well. He said in Denmark, they have two 30-minute breaks a day.

With the holidays coming up, Selvejer said he is looking forward to Christmas.

"I'm really excited for Christmas because it's different over here than it is in Denmark," Selvejer said. "In Denmark, we open the presents the 24th in the evening instead of the 25th in the morning," Selvejer said. "All the candy for Christmas is way different in Denmark."

Selvejer said there is one major holiday that he celebrates in Denmark that people in American do not.

"In Denmark, we have something called 'Mortens Aten,' or in English, it's 'Mortens Night.' It's something we celebrate because a lot of years ago, there was a priest that escaped, to be honest I don't know why, but we celebrate that by eating duck at dinner because he survived by eating duck." Although Selvejer is the only exchange student this year, there have also been multiple students at Hays High whose families have hosted exchange students.

Junior Emmy Morley and her family have been a host family for more than six years and have had four students, including one from the Netherlands, named Dennis Hordijk.

"They celebrated many similar holidays to us, but they all did Christmas a little different, and we got to try a few new things," Morley said.

Morley said food was a big cultural difference. Common foods include Aebleflæsk, which is cured or salted pork belly with fried apples, sugar and thyme, or Stegt Flæsk Med Persillesovs Og Kartoffler, which is crispy pork with potatoes and parsley sauce.

"All of our exchange students tried lots of different foods while they lived with us, and they shared some of their favorites, too," Morley said.

Junior Zach Chance and his family have been a host family as well. The Chances were a host family for six months and hosted one student, Marina Friedel, who was from Germany.

Chance said there were a lot of differences between Friedel's norms and American norms.

Regarding holidays, Chance said Friedel was shocked at the amount of holidays celebrated in the United States.

"We have holidays each month and so many days off of school, like for Labor Day, Columbus Day, Halloween, Thanksgiving," Chance said. "One holiday that is different in Germany is New Year's Eve, where they go around reciting a poem or rhyme to people who then give them money."

Chance said he loved being part of a host family.

"Having Marina in our home was the best part of my year," Chance said. "It was definitely a great experience."

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Scholarship Opportunities

whether it is permanent tive assoc or not. It can remind that's all at them of a person, it can er said. "A inspire them or it can be sents religi

The VFW (Veterans of Foreign Wars) and Auxiliary support these scholarships:

- VOD (Voice of Democracy) Audio essay contest for grades 9-12
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N-DEPTH

KICKIN

JUNIOR MASTERS KARATE

By Caitlin Leiker Hays High Guidon

Exhaustion had set in a long time ago, but finishing this test was crucial. The road to success seemed *it all counts*, she told We'd also spar more

tor studying her from

Okinawan karate. student to perform. difficult parts of her more than just in their classes. It Once they master

usually go over our belts, such as white, I would write out 21cleiker@usd489.com

riculum, practice our they just get the next ber them later when forms until they are belt, but for high- I practiced. Now perfect, or we spar," er level belts, they that I am older, I White said. "When must take a belt test. am able to retain never-ending. Ju- we are closer to tour- A belt test is done more than I used to. nior Alexis White nament time, we pick to ensure that stutook a deep breath one form that we dents are ready for favorite and steadied herself. would like to compete their next belt. The She had executed with at the tourna- test consists of sparher forms hundreds ment and start work- ring, running a cer- ment while sparring. of times, sharpening ing on that, making tain number of miles and perfecting every sure each and every that becomes greater the face and didn't strike. This is where move is perfected. per belt and going realize that my chin herself, I just have to frequently to pre-ulum and forms from throughout the rest survive until the end. pare to spar others every belt they have of the fight," White With her instruc- at the tournament."

To advance in kaacross the mat, White rate, each belt rank breath and launched to learn particular cally," White said. learning karate for also have perfected mile run, 100 push- that it was pretty funmartial arts school that belt. A form is in Catherine, Kan. made up of the par- demonstration of all notice any blood un-She is currently a red ticular moves and belt the level right stances arranged into It was exhausting." below a black belt in a specific order for the

amazed her that there that form, they will you have to learn attacked," White said. was a karate school in get another stripe, in order to advance, "You also learn that such a small town. signaling that they and if you haven't when you tell people When it comes have learned that run through it all in you are in karate, you to her training, form completely. Af- a while, you can for- will get one of two White said the practor ter they master all get," White said. "I reactions: people will tices vary based the forms for the belt used to have a really instantly be afraid of on which students and have learned the hard time remem- you, or they will inevattend that day. curriculum, they will bering which form itably ask, 'Have you "If it is just the ad- get their next belt. was which and what ever karate-chopped vanced students, we For lower-level the moves were, so a board in half?"

past and current cur-vellow and orange, the forms to rememthrough all the curric- had been bleeding previously earned. said. "Right after the "The tests are done to challenge yourself took a final deep requires students mentally and physi-headgear, and that's

the required forms. til after the match."

first inspired to join close to perfect on a remembering evkarate by watching form, they will get a erything White has defend yourself and the other students stripe on their belt. learned previously. when to use what "There is a lot that moves when you're

White said her karate memory took place during a tourna. "I got punched in sparring session was over, I took off my when my friend told into her first attack. kicks, punches and "My last belt test me that my chin had White has been blocks. They must required a seven- been cut. I thought nine years at her each form needed for ups, sparring with ny since I didn't feel my instructor and a anything happen or White's years in One of the most karate have taught She said she was Once students are karate has been self-discipline. "You learn how to

DO YOU THINK THE SCHOOL SHOULD HAVE A SELF-DEFENSE CLUB? WHY OR WHY NOT?

"I think it could be a fun and interesting opportunity, but I don't think the school would ever go for it because of the violence. At the same time, it could be a good opportunity for the people who would want to learn stuff like that." -senior Kinzie Klaus

"Yes. Self-defense is a useful skill that you will use for the rest of your life. Also, learning martial arts would be a lot of fun.' —junior Jessica Luedders

"I would say 'yes' and 'no.' If there's danger, then yes, it would be nice to know how to defend yourself. I'd also say 'no' because it might negatively affect the safety of other students." -freshman Sydney Potts

"I'd say 'yes' because martial arts teach self-discipline and respect.

—junior Dustin Knoll

"Yes, it would be helpful to get another extracurricular activity.'

—freshman Ashton Putz

"I don't think we need a martial arts club because we have too many clubs. It's hard for people to choose what they want to be in, so the numbers for some of the clubs aren't as high as they could be." —junior Ben Krannawitter

"I think we should. If any of us are in a dangerous situation, it would be helpful to know what to do." -freshman Amedee Randle





Junior Alexis White, when she was younger, holds up her newly achieved belt.

SELF-DEFENSE TEACHES USEFUL SKILLS

By Caitlin Leiker

in school is steadily gaining popular- quiring the peaceful different strengths, ity. The concept has state of mind and sit- weaknesses, abilispread across col- uational awareness ties and aptitudes," leges, high schools to practice Aikido is Dawson said. "Anyand even middle schools to teach students how to physical techniques. training should do adopt a healthier "I personally enjoy their homework physical and men- prayer and medita- and talk to varital lifestyle, de- tion in my morn- ous instructors and velop self-discipline ings, and I find that participants of the and protect them- it helps me stay martial arts school selves in the event calm later in the to see if what they of being attacked. day," Nimz said. are doing is a good Police Brian Daw- martial art that There are different son said the im- gives me repeatportance of learn- ing opportunities ing self-defense is to stay calm when a personal choice someone is trying to that is up to the in- strike or grab me." dividual to decide. factors that influ- self-defense style self-defense school, ence people to seek out training and knowledge.' said. "Personally, I and their size and tween think there is a lot to be gained and learned from prac- knowledge about huticing self-defense." man behavior, how

an instructor at Ai- a person's enkido of Northwest vironment. Kansas, said that morit is important to a l s truly embody the teachings of a chosen discipline and practice them.

In a physical sense, Aikido

is a Japn e s e form of male may have to weapons, groups of self- defense use certain tech- attackers coming in

stability also plays on their size and are best solved by a substantial role in strength, which a being situationally practicing Aikido. smaller or weaker aware and avoid-It trains people to person may not be ing them. If that recognize their sur- as successful doing fails, staying calm roundings and re- if they're attacked." and using conflict quires the ability In order to get the de-escalation skills to stay calm when most out of your self- is often the next experiencing psy- defense experience, best approach." chological or emo- it is important to 21cleiker@usd489.com

In the United States., tional pressure. It is find a discipline with the idea of teaching all about finding the teachings that fit self-defense classes right tools to do so. your learning style.

more important than one looking to take

Deputy Chief of "I also practice a Both Dawson and "There are many Nimz agree that a when choosing a should be custom- it is important to self-defense ized to fit an indi- keep in mind vidual's personality, the differ-Dawson lifestyle risk factors ence he-

athletic ability. self-"Self-defense is Brandon Nimz, the body works,

and lots of other ations, which could things," Dawson easily involve india - said. "A smaller fe- viduals armed with throws to use an at- and avoid her weak- care about and don't ergy against them. It may be easier for violent," Nimz said.

Nimz said that ac- "Everyone has simply drilling the up self-defense fit for the individual. philosophies with different styles and schools. What works for one may not appeal to others." Nimz said that de-

fense martial competition. "Being able to kick someone's butt in a one-on-one and match that you have laws, the chosen to participate psychology in is very different and physiol- from having to deal ogy of techniques, with real-life situthat uses niques that comple- at the same time, or locks, holds and ment her strengths even someone you tacker's kinetic en- nesses if attacked. want to hurt getting However, mental a larger male to rely "Real-life situations

SELF DEFENSE IS

for all ages

different from street fighting

for men and women

a valuable life skill

important to understand

OPINION

STAFF EDITORIAL Finances should be required in schools

Schools have a set of requirements for their seniors to graduate: core classes, fine arts, physical education, etc. However, classes that teach basic life skills are not regarded as necessary during one's high school career.

Financial literacy, a class that teaches budgeting, investing, saving and debt, is not one of the multiple classes a student needs to take to graduate.

As a country, we can see how a lack of personal financial literacy can affect us. Many people struggle with finances, living paycheck to paycheck, creating debt on credit cards and for student loans and not being able to buy houses or receive vehicle loans.

Financial literacy provides the background needed to manage money effectively and better our financial decisions.

Soon, all high schoolers will be on their own, having to learn to balance their finances with no knowledge, leaving them to build debt to survive.

Even in college when you are not making a significant income, organizing your life in a financially literate way can help you accomplish your goals in a much more efficient way.

Financial capability increases your chance to transition from surviving to thriving. And, isn't that really the goal?

Finances seep into every aspect of a person's life. Without understanding the financial world, you are at a severe disadvantage of attaining financial



success.

Schools do not teach their students some of the need-toknow skills for after they graduate: how to begin saving for retirement, creating a balanced budget, buying a home, selecting insurance, managing taxes and debt or paying for any other expenses one may have.

In our capitalist society, money affects nearly everything we do. Our school system does not make finances — or preparing the younger generations to handle financial decision-making — a priority. We lack the basic skills needed to handle our own money, and many of our parents lack that knowledge as well, or simply are not interested in teaching their kids these skills.

People end up having to learn the hard way, specifically when it comes to establishing credit, budgeting and saving, and students realize that personal finance classes in high schools could be a life saver.

Less than half of the states require personal finance courses. Even though it is difficult to teach financially literacy withLEVI WEILERT / The Guidon

out the life lessons involved, knowing the basics are extremely beneficial.

Financial literacy has become such a major issue that the month of April has been designated as National Financial Literacy Month.

The issue is that most people are unaware of how important it truly is to understand of money management, until it is too late. Requiring personal finance classes for all high school students would be beneficial to the high school students, soon to be adults, and the entire economy.

Agree: 10 Opinion of the Guidon staff Disagree: 2

Career Cruising should not have forced participation

The students at Hays High have many opportunities, with classes, clubs and extracurriculars. Some see these as a blessing, others as a curse.

Career Cruising is most often seen as a curse. Though some are thankful for it, there seems to be more griping and reluctance than anything.

Since 2017, every school in Kansas has been required to take Matchmaker quizzes, complete surveys and write diary entries in hopes that the website will help them choose a career path. Some find this useful, as it tells them the career salary, typical hours and normal tasks. Others cannot find their chosen career or already know what field they are going into.



how it does not seem right for those of us who know what field we are going into to sit in a classroom and repeat this survey.

Taking time away from the students to finish tests, make up work or do anything else they may need to multiple times a year seems pointless, especially when looking at the history of the quizzes.

You will have the students who do not care about the future, students who know what they want and a very small percent who want to spend time on this rigorous assignment. Forcing us to take this quiz does not encourage students to choose a career path, but to resent the school system even more. Wrongly, teachers receive the most backlash on this reouired task, but many students do not realize it is the state deeming Career Cruising as necessary. In 2014, the Kansas State Department of Education strongly suggested to the State Board of Education that all students falling between grades 8-12 should have an Individual Plan of Study (IPS) to help prepare them to transition from school to the work force.

According to the KSDE, an IPS is developed cooperatively with the student and the student's counselor, teachers and family members. The plan is reviewed at least twice annually and is revised as needed. There is only one problem with this: students are not cooperative. Many students at Hays High, and even in the state of Kansas, have expressed a dislike of the Career Cruising program and especially the forced tasks. If students had less of a time constraint or went without the program completely, it would be much easier to complete these on our own or not at all, without reluctance.

PRAISES & PROTESTS PRAISES

• "Africa" by Toto

- Anarchy
- •Green bean dumpling soup
- "Minecraft"
- •Black Friday sales
- ${\scriptstyle \bullet \, Cyber \, Monday}$
- •PSAT memes
- •Real friends
- $\boldsymbol{\cdot} \text{Self-love}$
- ${\boldsymbol{\cdot}}$ When hard work pays off
- Venting
- •Cafeteria staff

PROTESTS

- •Leaving things unfinished
- Itchy clothes
- Making enemies
- •Asking about political views at work
- Unsolicited corrections
- Extremely restricting rules
- Cultural appropriation
- •Holding unecessary grudges

THIS MONTH IN HISTORY

• November 1, 1848 - The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just 12 students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.

• November 15, 1969 - The largest anti-war rally in U.S. History occurred as 250,000 persons gathered in Washington, D.C., to protest the Vietnam War.

• November 20, 1858 -Swedish author Selma Lagerlof was born in Varmland Province. She was a member of the Swedish Academy and became the first woman to receive the Nobel Prize for Literature in 1910. She died in 1940.

• November 22, 1935 -Trans-Pacific airmail service began as the China Clipper, a Pan American flying boat, took off from San Francisco, reaching the Philippines 59 hours later. The following year, commercial passenger service began.

• November 29, 1876 -Nellie Tayloe Ross was born in St. Joseph, Mo. She became America's first female governor in 1924, finishing her husband's term as governor of Wyoming after his death. She also served as vice chairman of the Democratic National Committee and was named director of the U.S. Mint by President Franklin D. Roosevelt in 1933.

Most seniors have already been accepted into a college and have a plan, but are still required to spend time completing these surveys. BY ALEXIS PFANNENSTIEL 21apfannenstiel@usd489.com

As a junior at Hays High, I have been through three years of 116-question Matchmaker assessments and resume building. Looking back at my past 'Journal Entries,' I have received the same results all three years.

After receiving the exact same answer multiple times, a student often will not take the program seriously.

Students' decisions and choices are ever-changing, but some-

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General Information/Policy

The Guidon is published eight times a year by the Digital Media and Design class at Hays High School. The 2019 *Guidon* Online was voted a Pacemaker Finalist by the National Scholastic Press Association.

It is produced as an educational tool to give students the opportunities to inform, investigate, entertain, interpret and evaluate in an open forum and to provide accurate, fair, objective and truthful coverage. The opinions expressed here are those of *The Guidon* staff and do not express the opinions of the USD 489 Board of Education, administration, faculty or staff.

The Guidon welcomes letters to the editor, as long as they are not libelous or obscene. Letters must be signed and must include the writer's name, address and phone number.

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

-First Amendment, U.S. Constitution

Sports

ROLE MODELS Student athletes look to others for inspiration

By Brenna Schwien Hays High Guidon

In high school, we have those who we look up to, especially when it comes to our extracurriculars. This also occurs a lot of the time in sports.

There are multiple students at Hays High who others would consider role models in their sport or sports that they play. Senior Tasiah Nunnery has been involved in played volleyball, basketball, soccer, softball and track. "I started all of these when I was seven years old and continued to play all of them throughout my career, except softball and soccer," Nunnery said.

Nunnery said her biggest role model growing up was her older brother, Isaiah. "He was always a hardworking athlete that worked for what he wanted," Nunnery said. "Even when times were tough, he continued to be a leader and put in effort into everything that he did."

When Nunnery was younger, she would watch her mother coach volleyball and watched her brothers play a variety of sports and found it interesting. Some things that Nun-

SUPERSTITIONS

COURTESY PHOTO

Senior Isabel Robben is believed to be one of the athletic role models within Hays High. She said she tries to be a model on and off the field.

nery does to improve in all her sports is doing extra work outside of practice. "Tll either work on ball handling at home or at the HRC," Nunnery said. "If it's with track, I'll stay later at practice and just maximize the reps that I want to do." Nunnery said she does

multiple things to be a

good role model in the sports she is involved in. "I know that during practices I take what the coach is saying and apply it to what I am doing and outside of sports I'm doing the right things," Nunnery said. "If there are team rules set at the beginning, I don't go and break them. I make sure that they're able to fully

rely on me as a person." Nunnery is not the only seen role model in sports at Hays High. Two other students that are seen as role models within their sports are seniors Isabel Robben and Hayden Brown. Robben has played bas-

ketball and soccer since she was in first grade. She joined the sports in

high school because they looked interesting and she enjoyed playing them. "I try to practice in

the off-season and stay involved in sports or activities as much as I can so I can stay in shape," Robben said. "It's also really good to go practice by yourself or with a teammate so you can focus on getting better." Brown has played foot-

ball since first grade, basketball until sophomore year and then switched to

intramurals and played baseball up until last year. Brown said he became involved in sports because he has always felt drawn to them. "My favorite memory from playing sports is scoring six touchgame downs in one versus Wichita South last year," Brown said. Brown says he tries his hardest to be a leader at anything he does. "Yes, I haven't gotten as many wins as I've wanted, but I feel like I'm someone that people would follow into battle, and go battle for," Brown said. Overall, those who are seen as role models at

Hays High try to stay dedicated and try their hardest with everything that they do. Something that people sometimes disregard in choosing who could be seen as a 'role model' is someone who is not just good at what they do, but who is also good at doing the right thing. "I try to always make the right decisions and I try to stay out of trouble," Robben said. "I believe a good role model good choices makes on and off the court.' 22bschwien@usd489.com

YOUR VIEW

What is your favorite sport?

"Cross country for sure." —junior Fernando Zarate

"Cross country because I love to run." —junior Cristina Leos

"Track because I enjoy throwing." —sophomore Grant Tesluk

"I'd say football." —sophomore Karson Russell

"My favorite sport is swimming because I like doing it." —freshman Kaden McBride

"I'm not in any sports but my favorite to watch is probably soccer." —junior Mataya Quinby

Do you have any superstitions in your sport? If so, what are they?

"I tighten my batting gloves until they're the same tightness." —sophomore Leah Legleiter

"I wear the same socks for games." —freshman Evan Lind

"The way I put up my hair." —sophomore Caroline Robben

"For every softball game, I braid my hair the exact same way, I have a good luck bracelet that I wear on my left hand tucked into my glove so the umpires don't see it and I never take my glasses off dur-

ing a game." —senior Madelyn Waddell

"Before every game, I always put my hair in a high ponytail and wear a headband."

—sophomore Madelyn Martin

Athletes express their varying season superstitions

By Brenna Schwien Hays High Guidon

Many athletes must follow a certain routine before their competitions. Everything from the way they get dressed to the way they go through warm-ups must be the same as it has been every game before.

"In baseball, I don't step on the white lines," sophomore Dylan Dreiling said. "In football and baseball, if I have a good game, I'll try to wear the same you feel more comfortable when playing, and if I don't do those things, I might have a bad game or bad at-bat," Dreiling said.

Superstitions can range from having the same hairstyle to eating the same snack every time they play.

"I like to sit in the third chair, by [senior] Cassidy Prough, and I always wear my hair in a high pony with a braid," senior Sierra Bryant said.

Bryant said that she sat by Prough because hair in a high pony and braid," Bryant said. "The high pony with a braid is the same between volleyball and soccer."

Teammates may notice their team members' superstitions or may wonder why those little details always have to be the same. "The whole volley-

"The whole volleyball team always [said] something about me sitting in the third chair," Bryant said. Superstitions are not

Superstitions are not something that only athletes have, as some coaches have them as well. "I usually like to eat at Applebee's the day before a competition," cross country coach Haley Wolf said. "[I am] not sure why I started that, other than it is the routine that I now have." Some people perform better when they are in a routine, and some are better at being spontaneous, but people who have superstitions tend to be the more routine-oriented people.

"For cross country, I always like to wear our team shirt on meet day, and I have to run the course before the meet," Wolf said. "It just feels weird if I don't, and it makes it easier to know what to tell kids before a race and know the spots I want to coach from during the race." Routines like these help the coaches and the players feel more prepared. "Psychologically, I believe that superstitions can be beneficial because of the routine that is set and getting into the

mentality of performing your best," Wolf said.

Wolf is not the only coach with superstitions, but for Dustin Dreher, his are from when he was a player. "In college, I didn't shave or cut my hair for three months, because I started the season hitting so well, so I didn't want to change anything and screw it up," Dreher said.

These superstitions could play a part in giving the added boost of confidence that the ath-

stuff next game, too."

Superstitions do not really serve a purpose to anyone other than the person who has them, but in many cases, it makes that person feel more prepared.

"They really don't do anything, but they make

she went into volleyball games with her, and she wore her hair in that style because it kept it out of her face when playing. "I don't really do anything if I'm not sitting in the third chair, but I have never not worn my lete needs to perform well. "Nothing happens if you don't follow superstitions, but for how mental a skill hitting a baseball is, some people are just more confident when they follow them," Dreher said. 22bschwien@usd489.com

"I eat Sour Patch Kids or a Snickers before every basketball game." —sophomore Ashton Hernandez

"I always listen to the same song." —junior TJ Nunnery



ATHLETES OF THE MONTH



I have played volleyball for for four years, and I like it because it brought me close to some of my best friends, and playing brings me joy. My favorite memory from volleyball was hanging out with the team and all of our team bonding events. — senior Peyton Niernberger

Niernberger is senior and has been playing volleyball at Hays High since she was a freshman. She said that sports are important to her because she grew up watching her siblings play sports and always wanted to be like them. Sports has developed Niernberger has a person and taught her how to be competitive and mentally tough.



Football has been a part of my life for nine years, and it's my favorite ssport. I love it. My favorite team memory was this year when we beat God-

SPORTS WEIGHING IN Extreme weight gain or loss for season deemed a myth by coach

By Allison Hillebrand Hays High Guidon

Each sport has a different preseason tradition, with most trying to get back in shape for the season. For wrestling, specifically, the shape a participant is in plays a dynamic role in the individual's season.

Depending on the wrestler's weight, the athlete wrestles in a different class. Due to this, wrestlers are often trying to find a way to be at the top of their weight class, in one of two ways — gaining weight or losing it.

While it may not be difficult to pack on a few pounds, it may be a little harder to lose. Wrestlers have found it easier to lose a few pounds than gain several.

Wrestling coach Heath Meder has been a wrestler for more than 20 years and has been a coach for eight, coaching at Kennedy Middle School before transferring to Hays High.

"I think way too many people put emphasis on weight loss," Meder said. "There's really not a lot of weight loss that is directly involved."

Meder said Hays High students have not had to really work with the weight loss before the season starts. Wrestlers have to face "al-



LINDSEY PFANNENSTIEL

Graduate Creighton Newell wrestles during a meet last year. Newell had wrestled since seventh grade.

pha" weigh-ins at the beginning of the season, and most generally try to get in wrestling shape before that part of the season starts.

Although some wrestlers may focus on weight loss, Meder said it may not be as bad as everyone perceives it to be.

"This year, I am cutting a little bit just to try to get down a weight class, but I am not doing an extreme," sophomore Elena Herl said. "I don't think it is necessarily important, though; you can definitely do without it." Herl said wrestlers will do it if they would feel more confident competing in a different weight class. "If you feel like you would wrestle better in a certain class, it is important to try to get your weight as close to that class as you can before the season, just to make your life easier," Herl said.

Meder said he recognizes the stigma behind the issue of wrestlers losing weight. "I think it's just kind of a myth," Meder said. "It's always talked about that it used to be a lot worse, like people would wear plastic suits and go into saunas and try to sweat all of their weight out. You can't do any of that anymore."

The Kansas State High School Activities Association (KSH-SAA) has outlawed methods of rapid weight loss, Meder said.

"You have to know what weight class you are in [and] where you are going to fall on that roster when you join the team," Meder said. "There's times where maybe you're a little heavier, so you may have to lose a few pounds, but we have never had anyone cut a significant amount of weight or really struggle."

Meder said he has never been the coach to make players cut weight.

"I think some of the athletes that do have to lose a few pounds overreact a little bit," Meder said. "They act like it's the end of the world, and then they tell everyone that they are cutting weight, and then that goes into everyone thinking that's what wrestling is really about.

"We let each athlete decide where they are going to be at in that roster and what weight class they want to wrestle at. We make sure that it is safe, and they are not losing too much weight, making sure they are all staying healthy." 20ahillebrand@usd489.com

VOLUNTEERISM

Fall athletes read to Roosevelt Elementary School students

By Alicia Feyerherm Hays High Guidon

Between 80 and 90 student athletes from different fall sports read to kindergarten and first grade students at Roosevelt Elementary School on Oct. 23.

Roosevelt instructor Michelle Callahan contacted football coach Tony Crough to organize the event.

"She [Callahan] contacted me and asked if we could bring athletes over," Crough said. "We started with the football team, and it grew into all the fall sports."

Crough said he saw the event as a way for the athletes to give back to the younger kids. "Everyone was once a little kid, and the younger kids really look up to the older kids," Crough said. "I always think it's a good idea for older people to give back to younger people, and I could tell the athletes really had a lot of fun." Students from the cross country, football, girls golf, boys soccer and volleyball teams all donated their time to read to the children. Junior Sophia Garrison was among those students. "I really enjoyed reading to the kids," Garrison said. "Reading to them reminded me of my own childhood in a way. They're all so pure and life is so simple for them. I'm glad I got the opportunity to participate." Callahan initiated the program as a way for the

Roosevelt students to get

involved with other mem-

bers of the Hays community.

"The Roosevelt teachers get to watch our students do amazing things all day, every day," Callahan said. "We want to make sure the rest of Hays knows how special they are too. Community involvement within our schools helps gain support from people who may not know what our students do on a daily basis in the classroom."

Watching the older kids interact with the younger kids was "truly heartwarming," according to Callahan, and she said she hopes the program shows young kids how fun reading and learning can be.

The kindergarten and first grade students loved being with the high schoolers. "The impact of showing



COURTESY PHOTO

Junior Mylah Potter reads to students at Roosevelt Elementary School on Oct. 23. Between 80 and 90 fall athletes visited kindergarten and first grade classes.

dard Eisenhower in the first round of playoffs." — senior Luke Fletcher

Fletcher is a senior who plays football and participates in track. Fletcher made second team All-WAC conference in 2018 and 2019. His favorite memory from playing sports was in fifth grade when his team beat the Gamblers in the playoffs, 27-0. Sports are important to Fletcher because he has been playing them since he was young. The lessons he has learned are to take criticism as constructive criticism. Fletcher believes his work ethic has improved due to his involvment in sports throughtout the years. young children caring, respectful teenagers is immeasurable," Callahan said. "When they regularly see strong role models, they get a clearer vision of who they want to be as they grow up." As soon as the athletes left, the children were asking when the athletes would return to read to them again. Roosevelt plans on asking both the spring and winter athletes to read to the children sing the event is beneficial for both the students and the athletes. "We see a lot of benefits in this program and have no intention of stopping anytime soon," Callahan said. "We are really appreciative that the high schoolers and their coaches take the time out of their day to travel to our building." 21afeyerherm@usd489.com



THE GUIDON

FALL SPORTS WRAP UP

л. /1.

Boys Soccer

Hays High vs. Dodge City (L) Score: 0-10

Hays High vs. Liberal (L) Score: 0-7

Hays High vs. Thomas More Prep-Marian (L) Score: 7-2 Goals: Diego Muller, Matt Goodale, Diego Muller, Trevor Gross, Matt Goodale, Landon Clark, Trevor Gross

Hays High vs. Arkansas City (L) Score: 0-1



PAIGE POLIFKA-DENSON / Indian Call

Freshman Diego Muller runs the ball while guarding from the opposing team.

*



EMMA PFANNENSTIEL/ Indian Call

Senior Hayden Brown receives and runs the ball at a home game against Salina Central.

Hays vs. Dodge City (L) Oct. 11 Score: 21-40 Team Rushing: 31 attempts for 208 yards and one touchdown Passing: 4/18 attempts for 57 yards and one touchdowns

Football

Individual

Rushing: D. Dreiling 11 attempts for 117 yards and one touchdown Passing: D. Dreiling 18 attempts for 57 yards and one touchdown Receiving: H. Brown 53 yards for one touchdown

Hays vs. Great Bend (L)

Oct. 25 Score: 3-35

Team

Rushing: 36 attempts for 187 yards Passing: 5/15 for 57 yards Individual

Rushing: H. Brown 20 attempts for 145 yards and two touchdownsPassing: D. Dreiling 5/15 for 57 yardsReceiving: J. Kanak 45 yards

Hays vs. Eisenhower (W) Nov. 1 Score: 31-6 Team Rushing: 45 attempts for 210 yards Passing: 2/5 for 18 yards Individual Rushing: H. Brown 28 attempts for 95 yards and two touchdowns Passing: D. Dreiling 2/5 for 18 yards

4-1

Hays WAC Tournament Oct. 19 Hays vs. Great Bend: 23-25, 16-25 (L) Individual Kills: Tasiah Nunnery, 10 Assists: Nunnery, seven

Hays vs. Garden City: 10-25, 12-25 (L) Individual Kills: Nunnery, six Digs: Brooklyn Schaffer, seven

Hays vs. Dodge City: 20-25, 25-16, 25-11 (W) Individual Kills: Nunnery, 15 Assists: Kaitlin Suppes, 13 Aces: Nunnery, six Assists: Cassidy Prough, six; Schaffer, six

Hays vs. Liberal: 17-25, 25-21, 25-26 (W) Individual

Kills: Nunnery, 13 Assists: Nunnery, 11; Suppes, 10 Digs: Nunnery, nine; Schaffer, nine

Senior Night Oct. 22 Hays vs. Maize: 19-25, 23-25 (L) Individual Kills: Nunnery, nine; Sierra Bryant, five Assists: Nunnery, seven; Suppes, nine Digs: Schaffer, seven

Hays vs. Saline Central: 25-19, 25-22 (W) Individual Kills: Nunnery, nine Assists: Nunnery, five; Suppes, seven



Volleyball



Courtesy Photo

Senior Tasiah Nunnery spikes the ball during one of her 2018 matches.

Sub-State Oct. 26 Hays vs. Wichita Northwest: 28-26, 25-20 (W) Individual Kills: Nunnery, 10; Sierra Bryant, seven Assists: Kyah Summers, six Digs: Schaffer, 10; Brooke Denning, 10

Hays vs. Maize South: 12-25, 13-25 (L) Individual Kills: Nunnery, five

Girls Golf

Regionals Salina Municipal Oct. 14 Team: Second (340) Individual: Sophia Garrison - Third (82); Taleia McCrae - Sixth (85); Andrea Lopez - Sixth (85); Katie Dinkel - 10th (88); Sierra Smith (90); Gracie Wente (104)

State Girls Golf Championship Oct. 21 Team: Ninth (401) Individual Taleia McCrae (90), qualified for Da

Taleia McCrae (90), qualified for Day 2; Sophia Garrison - Second (94). qualified for Day 2; Katie Dinkel (107); Gracie Wente (110); Andrea Lopez (111); Sierra

Receiving: D. Ruder 13 yards



Girls Tennis

Regionals Salina Central Oct. 12 Singles: Lynsie Hansen 2-6, 0-6; Maggie Robben 0-6, 0-6 **Doubles:** Kayler Wellbrock and Taylor Deines 0-6, 0-6; Sage Zweiffel and Mylah Potter 1-6, 0-6

HOPE SCHUMACHER/Indian Call

Junior Sophia Garrison prepares herself during the team's regional competition. Smith (125)

State Girls Golf Championship Oct. 21 Individual Taleia McCrae (175), 12th place medalist; Sophia Garrison (185).





WAC Regionals Oct. 17 Girls Varsity: Third Individuals: E. Dickman. fifth; C. Leos, 12th; A. Hammerschmidt, 20th

KSHSAA Regionals Oct. 26 Girls Varsity: Fourth Girls Individuals: A. Jaeger, seventh; Y. Maldonado, 18th; C. Shippy, 19th

KSHSAA State Championship Nov. 2 Individuals: A. Jaeger, 33rd

MUSIC

HEAD IN THE GAME

Band competes at two marching festivals this fall

By Michaela Austin Hays High Guidon

The marching band performed at two festivals on Oct. 21 and 22 at Fort Hays State University and Dodge City.

This year, the marching band performed a rock opera by the band The Who called "Tommy," which tells the story of Tommy Walker. "Tommy" was originally a double album but has since been made into a movie, a Seattle Opera Production, an orchestral arrangement and a Broadway musical. The show was divided into three parts. Part One features "Prologue 1945" and "Overture," Part Two features "Tommy's Holiday Camp" and "Pinball Wizard" and Part Three features "I'm Free," "Smash the Mirror" and "We're Not Gonna Take It."

"I try to pick shows and themes based on a few different factors," director Matt Rome said. "Is it a good arrangement? Does it fit the ensembles strengths and hide its weaknesses? Does it offer variety of style throughout the show? We don't hire private arrangers to write our music, which can cost thousands of dollars, so we are somewhat at the mercy of whatever music is currently in publication. That said, this arrangement of music from 'Tommy' works really well. Ralph Ford wrote great parts, orchestrated well and chose good selections from the album." The first festival the band

GAMING

Hays High Guidon



PAIGE POLIEKA-DENSON / The Guidon

Members of the Hays High marching band perform a routine during a football game this season.

performed at was FHSU's High Plains Marching Festival (HPMF) on Oct. 21 at Lewis Field Stadium. They received an overall rating of I. Individually. the band received a I in Music, Marching, General Effect and Auxiliary, and a II in Percussion.

Rome said he felt the band did well at FHSU's festival, especially since they were dealing with 35 mph winds. "Adverse conditions didn't really mess with our performance as much as it potentially could have," Rome said. "HPMF is always fun. Playing for an enthusiastic home crowd is a great experience."

The second festival the band performed at was the Western Athletic Conference (WAC) Marching Band Festival on Oct. 22 at the Memorial Stadium in Dodge City. They received an overall rating of II and individually received a II in Music, Marching, General Effect, Percussion and Auxiliary.

"It's always a bit of an uphill climb to do well here," Rome said. "We've never had a good crowd when we travel, and the atmosphere is just entirely different when you march on the field and perform to almost no applause or recognition. That said, I do appreciate the perspective check that these two very different festivals provide. We go to FHSU being one of the largest bands and travel to WAC to be the smallest. Dodge City, for example, fields nearly 200 students. All things considered, we did well this year, but we've got some pretty young marchers that will undoubtedly continue to grow and improve."

One of the biggest difficulties that the band faced this year with the two marching festivals is that they landed back to back with the performances being only a little more than 30 hours apart.

"It's hard to be at 100 percent two days in a row and maintain the focus and discipline required of marching band," Rome said. "We took a vote to potentially drop one festival or march both, and I was quite impressed that a majority of the band wanted to take on the challenge." Overall, Rome said the band did better than he expected on handling the back-

to-back marching festivals. "I'm pleased at the growth we've shown this year," Rome said. "While it's always a feelgood moment to bring a I rating home, music education will always be about the journey and not the destination. The students took on all the challenges that marching band provides and handled everything with a maturity beyond their years. We're a much-improved band from when we started back in August, and we'll continue to work on improving throughout the rest of the year!" 20maustin@usd489.com



· Q: Why did the farmer steamroll his potato field? A: He wanted mashed potatos.

· Q: What is a turkey's favorite dessert? A: Peach gobbler.

· Q: Why did the cranberries turn red? A: They saw turkey dressing.

· Q: Why did the pilgrim's pants fall down? A: His belt buckle was on his hat.

· Q: What did the turkey say to the computer? A: Google, google, google.

Q: What key has legs and can't open doors? A: A TurKEY.

Q: What did the turkey say to the hunter? A: Quack! Quack!

· Q: What does a turkey with a limp sav? A: Wobble, wobble!

· Q: What do you call a turkey? A: A turkey.



1. "Can't Get Enough" - J. Cole

- 2. "She's a Rebel"
- Green Day
- 3. "From Eden"
- Hozier
- 4. "Stay Stay Stay"
- Taylor Swift
- 5. "1999 WILDFIRE"
- BROCKHAMPTON
- 6. "Carbonated Water"
- Ski Mask the Slump God

7. "If You Think It's Love" - King Princess

- 8. "Million Miles"
- Mansionz
- 9. "Smile"
- Portugal. The Man

Students earn money by playing video games people and playing video other manv **By Allison Brooks** friends who enjoy same the through online

game you do," Briney said. The world of video gaming is The game that Briney specializes in is "Super rapidly expanding with more and more opportunities arising Smash Brothers Ultimate" all the time, such as gaming comfor the Nintendo Switch. petitions or online streaming. There are typically cash Sophomore Japheth Briney prizes for the top three placestimates that he has taken ings. Briney won a tourna-

ment and got \$200 from it. "While it sounds like a dream to make it a job, the likeliness of it is very low, so it's definitely more of a hobby in which I make a little side money," Briney said. Another way students are making money from

games is streaming. Senior Dawson Armstrong streams himself playing the video game "Fortnite" every day.

"I started playing video games with my friends just having fun, and then they talked to me about noticing the skill level I was at, and they said I should just go live and see what happens," Armstrong said.

So far, Armstrong has made around \$500 to \$600 from

and I just like providing content

for people," Armstrong said.

streaming. Currently he views it as a hobby but plans to focus more on streaming once he has graduated high school; because he does not plan on doing any sports in college, he will have more free time to game.

"On my own time, I plan on gaming being what I spend my time doing and maybe pursuing it as a job," Armstrong said. "I mean if I can make money off it now, who knows what I can do in the future?" 21abrooks@usd489.com

28%

4+

petes in monthly event ts in Hutchison, Salina and Wichita, but has also traveled out of state for competitions in Oklahoma, Texas and Wisconsin.

part in more than 60 gaming

competitions. He mainly com-

"I love the culture around it, and you get to meet so

That exactly is what Armstrong did, and he has been streaming for more than a year now. "I enjoy when people come into my stream, and I can talk to them and meet new people,

21%

24%

HOURS

SPENT

GAMING

<1

1-3





Nov. 15 "Charlie's Angels" "The Good Liar" "Fors V Ferrari"

Nov. 22 "Frozen 2" "A Beautiful Day In The Neighborhood" "21 Bridges"

Nov. 27 "Knives Out"

Dec 13 "Jumanji: The Next Level" "Bombshell"



COURTESY PHOTO

Gamers often set up their computers like senior Dawson Armstrong's set-up, which has multiple monitors and a powerful computer.



PAIGE POLIFKA-DENSON / The Guidon