



END OF THE DECADE
As 2020 approaches,
it is important to remember
the last decade
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ART WALK
Students participate in the Winter Art
Walk in a variety of ways, from showing
artwork to singing to selling items
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THE GUIDON

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FRIENDLY LETTERS

Instructor initiates new Pen Pal program

By Alicia Feyerherm
Hays High Guidon

Standing at Homestead Health, instructor Luke Lundmark watched his son carol with his Cub Scout troop and witnessed the joy the children brought to the residents.

“I saw the interaction between the kids and the senior citizens, and the citizens seemed to be filled with so much happiness,” Lundmark said. “I knew I wanted to find a way to recreate that at the high school level and create a mutual relationship between students and seniors in the area.”

Last year, Lundmark worked towards that goal by having his Seminar class send cards to Homestead Health.

“All the social studies Seminars sent cards from January to May, and I wanted a way to expand that, so I thought a Pen Pal program with the local nursing homes would be a good way to do that,” Lundmark said.

Lundmark got the word out about the program and accrued 25 interested senior citizens.

“Some [senior citizens] are from as far away as Arizona, and others are as close as just down the street,” Lundmark said.

Lundmark said he hopes the program will help brighten the lives of senior citizens who may be lonely in the nursing homes and assisted living facilities.

“There are seniors in the area that are lonely and need that extra love and support, and this program is a great way for our students to share that,” Lundmark said. “Senior citizens love relationships just as much as we love having relationships with our friends and families.”

Lundmark said the senior citizen age demographic is “an untapped resource” for students. “One of our biggest goals is that we want students

There are seniors in the area that are lonely and need that extra love and support.”
instructor Luke Lundmark

• See “Pen Pals” pg. 2

SEASON OF GIVING

Holiday Help

Projects created to benefit families in need

By Michaela Austin
Hays High Guidon

During the holidays, there are many things that people think about, such as giving the right gifts and spending time with family and friends. One of the biggest ideas that is suggested during the holiday season, though, is giving to and helping out others.

One way to help people in the community is donating to the National Honor Society Holiday Help Project.

“Holiday Help Project is a donation project where numerous anonymous families from our school are given Christmas gifts and groceries,” NHS Vice President Megan Flavin said. “NHS collects donations from local businesses, donates groceries and goes shopping for Christmas gifts. After all donations and groceries are collected, NHS members get together to wrap the presents for the families.”

Even if people are not a part of NHS, they can still help with the Holiday Help Project.



MICHAELA AUSTIN / The Guidon

Junior Maia Lummus and Erica Malleck sell suckers as members of Student Council. All proceeds were donated to the Holiday Help Project.

“Anyone who is not in NHS can donate anything,” Flavin said. “The more donations we receive, the better. We may not know of every business wanting to donate.”

The Holiday Help Project is accepting donations until Dec. 20.

Another way to help in the community this holiday season is by donating a gift to Teaming Up For Tots (TUFT). There are two types of gifts for each child, which are a new toy or new clothing.

• See “Holiday Help” pg. 2

DEPENDABLE WORKERS

Students need training about being responsible employees

By McKena McBride
Hays High Guidon

Going into high school, students are often finding their first jobs. However, students may not be as prepared to go into the workforce as one may think.

According to Bureau of Labor Statistics, in 1979, 57.9 percent of teenagers held a job, a number that fell to 52 percent in 2000 and has plummeted even more to around 34 percent in 2014. According to BLS data, teen employment is not expected to improve.

The lack of early job experience could end up causing bad work etiquette and work ethic in teens as they get older, as stated in an article on *Talent Economy*.

However, students at Hays High say they believe that the students’ work etiquette is not as bad as stated.

Juniors Andrea Lopez, Brooklyn Schaffer and Claire Shippy performed a project for DECA over career development. For this project, they sent out a survey to all students at Hays High.

“We needed information from students to see how much information they knew about the work force and how confident they were in different processes,” Schaffer said.

The project’s main activity planned will be a conference at the Smoky Hill Country Club where speakers will talk to students about different topics. The students who completed the project will have to write papers and finish other smaller projects that go with it.

“Students lack knowledge of what the requirements of the job actually is,” Schaffer said. “They view it as just another task, when really, they could be taking on an important task. Students are strong in understanding how professional you need to look and proper manners when going into an interview.”

The survey sent to students asked questions about certain issues regarding jobs. The

• See “Job Etiquette” pg. 2



MCKENA MCBRIDE / The Guidon

Junior Mataya Quinby takes the order of a customer during her shift at Taco Shop.

YOUR VIEW

Have you ever had or would you ever want a pen pal?

“I never had a pen pal, but I would’ve liked to have had one.”
—freshman Jaycine Wattson

“Yeah, I had one. I still kind of do. We don’t send letters back and forth anymore, but we still text each other, which is fun.”
—senior Addy Speier

“I never had a pen pal, nor do I want one.”
—sophomore Aidan Gardner

“I don’t think I would ever have a pen pal because I just think it would be weird to know someone from a different country.”
—junior Landon Giebler

“I had one for class in, like, first grade, and I think they were from Logan.”
—senior Jenna Miller

What are some ways you have helped others during the holidays?

“For the holiday season I always do the Christmas shoeboxes at my church, the Operation Christmas Child. We did a whole thing at my church and packed boxes and everything so they can send them off to kids.”
—sophomore Sydney Wittkorn

“Every year I’ve been in high school, I have gone with my church to the Toys for Tots organization, and we help sort all of the toys into grades and gender.”
—junior Hope Schumacher

“I’ve participated in Operation Christmas Child, and I’ve donated can foods to the Holiday Help Project and just other items, too.”
—junior Ginny Ke

PEN PALS/Students have opportunity to meet pen pal

• FROM PAGE 1

to not only build relationships here at school, but also with the community at large,” Lundmark said.

The club met on Dec. 3 in the Lecture Hall.

“We [went] over what the first letter should look like, what are good topics to start our conversations from, and then Ms. Mason and I will proofread the letters before they are sent out on the week of Dec. 10,” Lundmark said.

Before joining the program, students must return a permission slip signed by the student’s parent or guardian to ensure that any communication with outsiders is acceptable.

Students also must not give out any personal information in their letters, offer assistance (financial or personal) to the citizens or give any other contact information besides their first name and last initial.

Students in the program will be writing to their pen pals twice a month, and at the end of the semester, there will be an opportunity for students to meet their pen pals.

“I hope that students can see that you can never stop learning from people,” Lundmark said. “It doesn’t matter whether they’re young or they’re old; everyone has valuable information.”

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ALICIA FEYERHERM/ The Guidon

Instructor Luke Lundmark speaks about the Senior Pen Pal program, in which students have the opportunity to write to an unknown senior citizen.

HOLIDAY HELP/ Extracurricular activities and volunteer work create opportunities for students to help during the holidays

• FROM PAGE 1

TUFT sets up Christmas trees with angels on them. Each angel tells people the age, gender and gift interests or clothing size.

Angel gifts can usually be picked up and dropped off at Walmart and several other locations in town. The cost of the gifts should not exceed \$30. Although the deadline to return gifts was Dec. 11, this is an annual event that people can help participate any time in future years, as long as it is during the holiday season.

A great way to help people outside of the community is by donating to Operation Christmas Child. Operation Christmas Child is an organization connected to Samaritan’s Purse that gives shoe-

boxes to children in need around the world. Inside the shoeboxes are gifts and items chosen by whoever packed the shoebox.

When filling a shoebox, the givers will get to decide what gender and the age category of 2-4, 5-9 or 10-14. Then they can fill the shoes box with items, such as stuffed animals, toys, hygiene items, crafts, games and school supplies.

There are some items that are not allowed to be packed, such as candy, toothpaste, food and more. For a full list of items that are not allowed and recommendations on items to put in the box, one can visit the Samaritan’s Purse’s website.

This year’s national collection week was Nov. 18-25, but this event happens annually, and sever-

al churches participate, such as Messiah Lutheran and North Oak.

If anyone still wants to help Operation Christmas Child this year, he or she may pack a shoebox with necessities online or donate money.

One easy way to help others this holiday season would be to donate spare change to the Salvation Army. Bell ringers and donation buckets can be found at several different locations in town, such as Walmart and Dillons.

If people struggle with donating items or money to organizations that help others in need, they are still able to help out by volunteering to be a bell ringer for the Salvation Army.

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JOB ETIQUETTE/ Students need awareness of job etiquette for future

• FROM PAGE 1

students could rate their answers from one to five, with one being the least confident and five being the most confident.

Schaffer said the three were surprised at the results of the survey. The results turned out to be mostly rated as threes.

“We were expecting the questions to be answered lower than what they were,” Schaffer said.

Along with the student survey, the DECA group also sent out a business survey.

“Business owners said most mistakes in the interview process lead to not knowing anything about the company and not tailoring their resume,” Schaffer said. “In future employees, they look for commitment,

communication skills, time management and emotional intelligence.”

Lopez said she has struggled after obtaining a job before.

“I have only applied for a job once, I got the job and I quit three months later,” Lopez said. “I was very unfamiliar with how to apply, what the interview portion would be like and the workplace environment in general. Without the help of my parents, I was clueless and had no idea what I was doing because I had never been taught or shown.”

Lopez agreed students need to be taught proper job etiquette.

“I believe it’s important for high schoolers to be taught how to get a job and how to keep it,” Lopez said.

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Scholarship Opportunities

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

- VOD (Voice of Democracy) – Audio essay contest for grades 9-12
- Patriotic Art – Art contest for grades 9-12
- Continuing Education Scholarship - awarded to Members, as well as the child or grandchild of a VFW Auxiliary Member – 18+ years



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STUDENT LIFE

GOOD CAUSES

DECA students travel to Wichita to help Ronald McDonald House

By Allison Brooks
Hays High Guidon

Fifteen students from DECA traveled to Wichita on Dec. 2 to help the Ronald McDonald House with cleaning and decorating for the holiday season.

The RMCH provides a place for families to stay while their child is being treated in nearby hospitals.

DECA has been working with the Ronald McDonald House Charities (RMHC) for more than 20 years, and every two years, the project gets passed along to two or three new DECA members.

This year, juniors Allison Brooks, Emmy Morley and Maggie Robben are leading the project, and this is their first year doing so.

“I think this is a really cool project to be a part of,” Robben said. “I like getting the opportunity to help a good cause while also learning lots of business skills.”

The project entails organizing events to raise money for the RMHC; so far this year, the group sponsored a basket drawing with local businesses and sold hot chocolate at



ALLISON BROOKS/ The Guidon

Junior Emmy Morley makes a bed on the second floor of the new Ronald McDonald House in Wichita. This was the first time DECA students had the opportunity to see the new house since the RMHC moved locations.

the downtown tree lighting ceremony to raise money.

There is also a focus on making the houses that families stay at feel more like homes than temporary places to stay, so the money being raised is being put towards activities that families can do together.

When the DECA students visited the RMHC, they brought indi-

vidually packaged snowmen crafts that they put together for the families staying at the houses to make together.

“We thought it was a neat little project, and it was a fun way to bring families together,” Morley said.

Within the past year, the RMHC in Wichita sold the two house they had and moved into a large former office build-

ing that contains 11 rooms for families in need and has a direct walkway to Wesley Children’s Hospital.

This was the first opportunity students in DECA had to see the new house, and many were very impressed with it.

“I loved the building,” senior Matt Goodale said. “It was very beautiful and clean, and I also enjoyed setting up all the

decor.”

Others agreed that it was very nice to be able to see the new house and were also happy that they got to help a worthy cause.

“I enjoyed being able to make the house ‘homeier’ for those staying in it,” senior Allison Hillebrand said. “It was an incredibly eye-opening experience.”

Past DECA member, 2019 graduate Isabelle Braun, came along for the trip so that she could see the new house and help, too. Braun ran the project with graduate Callie Leiker the previous two years.

“It was an amazing experience to look at the new house and be able to look back at the old houses,” Braun said. “I’m incredibly thankful for this opportunity to help there again.”

Overall, the trip was a positive experience for those involved, and the juniors who went are excited for the opportunity to go back and help next year.

“It was a successful trip,” Morley said. “I know that it brought joy to the families staying at the house and comfort to the DECA members who got to help out.”

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YOUR VIEW

Have you ever volunteered for a charity before? If so, what have you done?

“Yes, I have been volunteering at the Humane Society recently.”
—junior Kilee Hale

“I volunteered to emcee the Dodge for a Cause at the school last year.”
—senior Derrick Aragon

“I have participated in Big Brothers, Big Sisters.”
—senior Tyler Boomer

“I do Operation Christmas Child every year.”
—senior Olivia Reed

“Yes, I have volunteered for the Turkey Trot and Trick or Treat So Others Can Eat before through DECA, and I have volunteered for the Humane Society.”
—junior Emelia Morley

Did you go Black Friday shopping this year? Why or why not?

“No, I didn’t. I was in a small town with my family, and there were absolutely no stores.”
—junior Madison Holloway

“No, I did not. I hate spending money. Even just going out to eat and seeing that my account has six less dollars in it makes me paranoid.”
—junior Sam Rider

“No, because I am broke.”
—senior Addy Speier

“Yes, I did. I went shopping on Black Friday because I like the feeling of shopping in store and not online. I was kind of disappointed with the deals they had this year.”
—senior Cely Hutchinson

STUDENT LIFE

Students attend, shop or work Black Friday sales events

By Eythun Wyatt
Hays High Guidon

Black Friday happens every year on the Friday after Thanksgiving Day. Stores drop their prices nationwide. Along with the increased sales comes in increased amount of customers.

Sometimes, people get severely injured or even killed during Black Friday. Since 2006, there has been 12 deaths and 117 injuries according to www.blackfridaydeathcount.com

A lot of the injuries occur during stampedes. Customers gather in a large group towards the entrance of stores waiting for the doors to open. This often leads in many people getting hurt as everyone rushes inside.

Working retail means employees will likely be working on Black Friday,

sometimes all day. At Hays High, there are students who work in retail who have had to work on Black Friday.

Senior Derrick Aragon worked for a total of four hours at Walmart on Black Friday.

“I have been working at Walmart for two and a half years,” Aragon said. “I have done three [Black Fridays] in total now.”

Black Friday tends to be one of the most stressful days to work all year. According to www.PracticalEcommerce.com, this year’s Black Friday made \$4.2 billion, a 14.5 percent increase from last year.

“It’s a really busy day, and it kind of sucks that I miss out on the sales myself,” Aragon said, “but we get a little discount, so

that’s pretty nice.”

With the increase in sales comes an increase in buyers. It begs the question, was this year’s Black Friday more stressful to work than others?

“I would probably say they’ve all been roughly the same,” Aragon said. “We live in Hays, Kansas, so it really isn’t that wild.”

Another student also worked at Walmart during its Black Friday that actually started on Thanksgiving.

“We normally go to my grandparents for Thanksgiving, but obviously, that didn’t work,” senior Hanna Dannar said. “So, my mom and I stayed at home and had Thanksgiving there.”

With how busy the stores are, some people would expect there to be arguments



ALEXIS PFANNENSTIEL / The Guidon

over limited products, but according to Dannar, there were no fights at all, although it was a long shift for her.


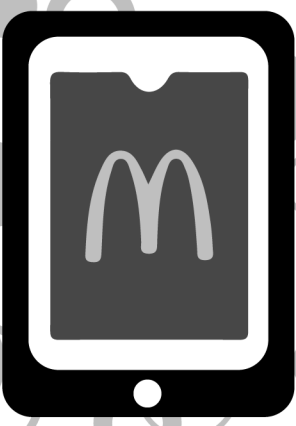
“You never got a chance to actually look up,” senior Hanna Dannar said. “You always had to have your head down looking at the scanner to make sure things

were ringing up correctly.”

With all the chaos that Black Friday brings, residents of the area seem to keep a level head.

“People gather together, and everyone knows each other, so it’s usually pretty calm,” Aragon said.

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YOUR VIEW

What did you do for your 15th birthday?

“For my 15th birthday, I went out to eat at Applebee’s and then we were going to go to a movie, but it got snowed in, so we couldn’t, and that was really lame.”
—sophomore Gracie Went

“I think I went to the mall with my friends in Wichita.”
—senior MarieLyn Castaing

“For my 15th birthday, I cried myself to sleep.”
—sophomore Mazzy Sacia

“For my 15th birthday, I ate cake and ice cream and watched Disney movies.”
—sophomore Shirley Lee

“I just hung out with friends.”
—junior Daniela Rhodeman

“I went paint balling with [seniors] Isaac Smith and Lucas Pfannenstiel.”
—senior Luke Fletcher

“Since my birthday is in December, I had it combined with my Christmas party, so we just hung out in my basement and played Xbox.”
—sophomore Alex Johnson

“I’m pretty sure I just stayed home.”
—senior Tyler Crowley

If you could receive a trip to anywhere in the world, where would you go?

“I will probably take a trip to New Zealand or something, because it is pretty there.”
—freshman Judy Tippy

“Brazil, because it is beautiful there.”
—sophomore Anthony Guzman

“Greece, because I want an attractive Greek man to feed me grapes.”
—senior Emma Pfannenstiel

“I want to go to the Rainbow Mountains in Peru because they look so cool.”
—junior Hope Schumacher

“I want to go to Venezuela because it is really pretty there, and I think it would be fun.”
—junior Fernando Zarate

“I would go to Barcelona because the Cheetah Girls movie took place there.”
—junior Erica Malleck

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CELEBRATING CULTURE

Spanish II participates in annual Quinceañera activity

By Nikka Vuong
Hays High Guidon

On Nov. 25-26, Spanish II students participated in their annual Quinceañera cultural celebration during G1, G4 and M2 in the library.

Spanish II has been doing this activity for 18 years consecutively now.

“Every year, I tell myself this is going to be the last,” Spanish teacher Lora Gallegos-Haynes said. “But, then I think, ‘No, I’ve got to do it again.’”

Gallegos-Haynes said this is a very fun activity to do, but it can be a lot of work.

“I do the Quinceañera every year to just teach the tradition to students in Spanish class, and it is a tradition that seems to be lost a little bit,” Gallegos-Haynes said.

Sophomores Kam-bri Bogart, Leah Legleiter and Allyson Werth said they all learned a lot about the tradition and ceremony.

“I learned how important a Quinceañera is to the family and the girl,” Werth said. “I learned that it is a right of passage, and this is how they become recognized as a woman.”

Bogart said she learned about the dress, father/daughter dance, purity ring given to the girl and the music.

“A lot of girls that receive their gifts are not aware or aren’t told what the gifts represent, and the younger girls look up to them for decisions and what they should do as a young adult,” Gallegos-Haynes said. “The gifts all give a little symbol of good choices, a symbol of walking the good path, and it’s just becoming lost to many young people today. Everybody is in such a hurry and everybody is so busy they forget to be kind, they forget to be calm, they forget to just basically help one another.”

Students learned to dance prior to the activity. “One thing I disliked



AALIYAH NEUBERGER/ Indian Call

Sophomores Landri Dotts, Madelyn Martin and Mindi Veach get food at their Quinceañera. The party consisted of performing a dance, eating food and reading aloud letters about who was most important in their lives.

about the Quinceañera was the dancing because it was hard to remember choreography,” Legleiter said.

On the day of the event, Gallegos-Haynes read speeches from each girl about who was most inspirational to them. While the speech were be-

ing read, the boys crowned the girls.

Students then danced with their partners. After the dance, food brought by the students was eaten.

“My favorite part about the Quinceañera was getting to eat the Latin foods everyone brought,” Legleiter said.

Both parents and staff members were invited to attend the activity at the school.

“I enjoy inviting the parents and having the parents and staff come to witness the work that the kids put in to doing this activity,” Gallegos-Haynes said. 22nvuong@usd489.com

EXPERIENCES

Students receive trips as gifts, not material presents

By Levi Weilert
Hays High Guidon

Many students receive different kinds of gifts at Christmas, on their birthdays or for other events. One of these kinds of gifts are experiences, such as concert tickets, trips or other events, rather than physical presents.

Last year for Christmas, junior Johnessa Gay received concert tickets for the band Panic! At The Disco.

“My favorite gift that I’ve received would probably have to be tickets to see the Jonas Brothers,” Gay said. “I got the tickets for my birthday. It was an amazing experience.”

Recently, Gay went to go see the Chainsmokers and 5 Seconds of Summer.

“I think one of the best gifts that you could receive are experiences,” Gay said. “Getting tickets to different events can bring you a lot of great memories to look back

on. Concerts have brought my mom and I closer, because she has gone to every concert with me. I don’t regret going to any concert.”

Gay said others should go to concerts for the experience.

“I think if you ever get the chance to go to a concert you should go,” Gay said. “Even if you go with someone else and see a band that you aren’t a big fan of, it’s still an awesome experience. I went to The Chainsmokers concert just to see 5 Seconds of Summer, but I stayed to see The Chainsmokers. I’m so glad I did because I was in the pit. It was so much fun.”

Other than concerts, students are sometimes gifted with trips. For instance, sophomore McKinley Wamser and senior Easten Wamser received a trip to Jamaica for Christmas.

“The trip [was] a family Christmas gift paid for by my



COURTESY PHOTO

Sophomore McKinley Wamser and senior Easten Wamser vacationed with their family in Jamaica over Thanksgiving Break as their Christmas present.

mother’s parents,” McKinley Wamser said. “My family, my cousins, aunt, uncle and grandparents [went].”

Rather than going at

Christmas, though, the Wamsers and their extended family traveled over the Thanksgiving Break.

“We will be going to

the beach,” Wamser said beforehand.

“Climbing to the tops of waterfalls and jumping off of them.

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YOUR VIEW

What is your favorite Christmas carol?

“My favorite carol is Pentatonix’s rendition of ‘God Rest Ye Merry Gentlemen.’”
—senior Sierra Adkins

“I really love ‘Silent Night.’”
—junior Cristina Leos

“My favorite Christmas carol is ‘Carol of the Bells’ because it has really cool harmonies. It’s also really mysterious because I never know the words.”
—junior Gabe McGuire

“‘I like ‘Frosty the Snowman.’”
—sophomore Avry George

“I like the generic ‘We Wish You a Merry Christmas.’”
—freshman Cole Schlautman

“‘Rudolph the Red-Nosed Reindeer’ slaps.”
—junior Ayden Gonzalez

“‘Baby, It’s Cold Outside’ is really good.”
—sophomore Jesi McAlvin

What is your favorite part of your holiday decorations?

“We have this table in the middle of our living room with a wooden scene of Jesus that goes up every year. I think it’s older than I am. The most fun thing for me is taking it all out and setting it up.”
—sophomore Grant Tesluk

“My favorite part of decorating for Christmas is putting up ornaments while eating popcorn out of a tin.”
—senior Lynsie Hansen

“My favorite part of holiday decorations is watching my dad put up the Christmas lights while I stand by and put up the tree.”
—senior Nathan Erbert

“We hang paper stars from the rafters, and we have a tree with little ornaments from everywhere we’ve gone.”
—sophomore Carson Brooksher

“When I was a child, I had this ornament from ‘Star Wars.’ It was a Boba Fett ornament, and I loved it to death.”
—senior Dylan Warner

CHRISTMAS

Chamber Singers continue caroling tradition

By Caitlin Leiker
Hays High Guidon

Going Christmas caroling can often serve as a simple, effective way to make spirits bright for the holiday season. The Chamber Singers will spend their last day of the semester traveling to local nursing homes and banks to help share their cheer with the residents and workers.

Junior Zach Chance, being a new Chamber Singer this year, has not yet experienced the tradition with the group. However, he said he is excited for the positivity the trip will spark.

“It gets the Chamber Singers’ name out and lets people understand that we enjoy what we do for any sort of crowd,” Chance said.

Vocal director Alex Underwood said that while the nursing homes in Hays seem to have plentiful activities for their residents, sometimes the holidays can be a lonely time for the aging population.

“It has been my experience that those



CAITLIN LEIKER/ The Guidon

Junior Ashley Vilaysing helps Sierra Adkins review a song before the Chamber Singers’ caroling excursion.

living in nursing homes find familiar holiday songs performed by energetic young people to be a needed dose of holiday cheer,” Underwood said. “It also provides our students with a chance to volunteer their time and talents towards a population that likely wouldn’t have access to hearing live music very often.”

The residents and staff at Via Christi, Brookdale,

Homestead of Hays and Good Samaritan have been a few of the Chamber Singers’ past audiences for the holidays.

Former director Johnny Matlock said that it is important to step away from the “hustle and bustle of the season” and “the marketing-buying frenzy.”

Going caroling with the Chamber Singers provided an escape from

those things for both him and the students.

“Seeing the smiles on their faces is quite amazing,” Matlock said. “I remember polling the Chamber Singers one year in particular and asked what their favorite thing was that we did. Some responded the Cathedral Concert, Dinner Show or the trips... many responded singing for the residents of the nursing

homes. That made me proud.”

Junior Eliana Buller said that caroling at the nursing homes is important because it shows the bridges that can be built between the older and younger generations.

“It’s easy to live inside your own little circle of family and friends doing what you normally do,” Buller said. “Why not go out and sing a little bit? This world can be a gloomy place, so let’s do our best to make it a brighter one by sharing some smiles with the community.”

Underwood said that as the old year comes to a close, the Christmas season is a time of reflection that can be used to evaluate, reconsider and renew.

“Whether it’s the image of divine birth or of light and warmth, it’s a time for me to remember what is most important in life, to spread cheer to those who need it most, and to consider how I can use these principles in new ways for the coming year,” Underwood said.

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HOLIDAY DECORATIONS

Student uses Christmas lights tradition to give back to community

By Caitlin Leiker
Hays High Guidon

It is just a hobby – “a hobby that turned into an insanity.”

For more than 20 years, junior Sierra Smith and her family’s extravagant lights displays have been a Hays feature during the Christmas season.

Smith said the decorations started with a garden near her house to remember her mother, who passed away from cancer.

“My mom and dad always wanted to give back to the community, so we put on a public event in our front yard,” Smith said.

Photographers and slowly passing cars full of spectators are common occurrences at the Smith household during the holiday season.

“We’ve gotten Christmas cards from people taking family photos in our front yard,” Smith said. “It’s been crazy.”

According to Smith’s father, Lance Smith, it is important to form a theme and draw the schematics in order to stay consistent and minimize the labor time.

With help, Lance Smith said decorating takes about four to five days. Simply coordinating the extension cords takes eight hours.

“I’ll go out every once in a while and help, but it’s really all him,” Sierra Smith said. “It’s him on the roof, him in the front yard, him on his hands and knees; he never wants anybody to help him. He’s a determined man, and he can do it himself.”

For a while, the Smith family did not have room to store all their decorations. Now that they have acquired enough space to, Lance Smith continues to shop for new additions every year so he can keep everything looking as nice as possible for as long as he can.



CAITLIN LEIKER / The Guidon

Junior Sierra Smith and her family have a 20-year tradition of decorating their house heavily with Christmas decor as a way to give back to the community and commemorate her mother.

“It’s not for us,” Lance Smith said. “It’s for other people to enjoy and see. It’s something I can do, so I like to give it back and share it with everybody.”

Although some of the details are small, the community has taken notice of the family’s additional efforts.

“You have to look really close,” Sierra Smith said. “I’ve had people drive

by and say that every time they look, they see something that wasn’t there before. It becomes a guessing game of what’s new this year.”

When the decorating is complete, the Smiths invite their family members to witness the “Lighting Night,” which typically takes place the weekend of Thanksgiving.

“We have all of the timers go off, and they start

in the front yard,” Sierra Smith said. “The roof will come on first, and then a couple seconds later, the front yard will come on. We’ll walk around the house, and they’ll turn on all around.”

Halloween is also a major decorating event that helps the Smiths give back to the community. Their annual setup features lights, countless fog machines and a haunted house. This year, they hosted 543 trick-or-treaters.

Sierra Smith wants to invite everyone to check out this year’s Christmas display at 2500 Felten Dr.

“It’s interesting to see the dedication that some people put into their lights, and it really does lift your spirits,” Sierra Smith said. “It gets your hopes up for the Christmas season, and I think everyone should come and see it while we have it out.”

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CATCH YOU on the FLIPPITY FLOP

Principal discusses changes made over the decade

By Allison Hillebrand
Hays High Guidon

Year after year, changes are made to keep up with the adaptations of society, specifically among high schools. Since the turn of the century, dramatic changes have been made to Hays High that often go unnoticed.

Students are unaware of the differences to the system they are currently part of. Principal Martin Straub, from his 26 years as an administrator at Hays High, said he recognizes how many changes have been implemented in the last two decades.

During Straub's first year, USD 489 passed a bond issue — this included the addition of the greenhouse at the high school, additions to the classrooms in the industrial technology wing and additions to the cafeteria.

Before the bond issue, the lunchroom was not much larger than the serving area, with a student body size of nearly 1,000.

"If you think about how crowded lunch obviously was, you can imagine that we had a lot of issues," Straub said. "There were too many kids in such a small space."

This era of additions also contained the creation of the current weight room. Before the new room, weights classes had been held in the Multi-Purpose Room, a significantly smaller piece of the building.

Alongside the physical changes made to the building, the increased use of technology among schools forced the high school to prepare; this led to the use of computer labs in the school.

Many students have learned to take advantage of the laptop computers they have been handed, but they are also oblivious to the use of technology before it was an everyday occurrence.

Teachers, in order to teach a lesson requiring internet access, were required to reserve the communal computer labs.

"We didn't have any wireless capabilities; teachers only had desktop computers," Straub said. "The only ones who had laptops were administrators. Teachers weren't any better with their computer skills than students were at that point."

After receiving funds to provide laptops to teachers and students, the district switched between brands multiple times — including MacBooks, Surfaces and HPs—before landing on the current Dell used school-wide.

Straub said that, although changes had been made to the

structure of the school, he has noticed minimal changes to the student population.

"Students who are on free or reduced lunch used to be around 9 to 11 percent," Straub said. "Today, it is at almost 40 percent. That brings in some challenges."

Having students coming to school hungry can pose issues with their learning, Straub said.

"We can acknowledge that we do have a food pantry, and we never would have thought of that 20 years ago," Straub said. "We try to make sure that we can provide as much care as possible [and] take those physical

needs away from the attention of the children, so they can work on schoolwork instead of worrying about being hungry or having a toothache."

As well as the food pantry, Hays High also has a free dental screening for students during the school year.

Student needs have been a priority at the school, Straub said.

"Tons of money was thrown into school safety and security," Straub said. "One of the things research showed that was most

effective is just supervision and being able to know where people are and if people are coming in and out of the building that don't belong."

Straub said that, even with the addition of cameras to the school, they never planted any hidden cameras.

"The cameras did bring a lot of trust issues with them," Straub said. "It was a challenge to the relationship between students and administration. It wasn't a matter of trust for us, however, as much as it was just for safety."

Many changes may have been made to Hays High, but many reparations are still needing attention.

"We try to paint the heck out of stuff and put lots of signs up of Indian stuff, try to make everything the right color and make it as clean as possible," Straub said. "But, underneath that paint, are issues with plumbing and electricity and the wood floor in the gym, all in need of replacements. The need doesn't go away when you don't pass a bond issue. They anticipate the construction cost increases every year between 6 to 8 percent. Every year we don't pass one, the more expensive it is if you pass one farther down the road."

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**Tons of money
was thrown into
school safety and
security..."**
Principal Martin
Straub

Did you forget?

2010 - Lady Gaga wore a meat dress to the VMAs.

2010 - Robert Pattinson and Kristen Stewart dated.

2010 - The first iPad came out.

2011 - Rebecca Black's song "Friday" was released.

2011 - Everyone was planking everywhere.

2011 - Prince William and Catherine Middleton had a royal wedding.

2012 - "Gangnam Style" became the most-watched video.

2013 - "The Harlem Shake" went viral.

2013 - "The Cup Song" from "Pitch Perfect."

2014 - An entire Malaysia Airlines passenger jet just disappeared.

2015 - Apple released racially diverse emojis.

2016 - RIP Vine. **2016** - RIP Harambe.



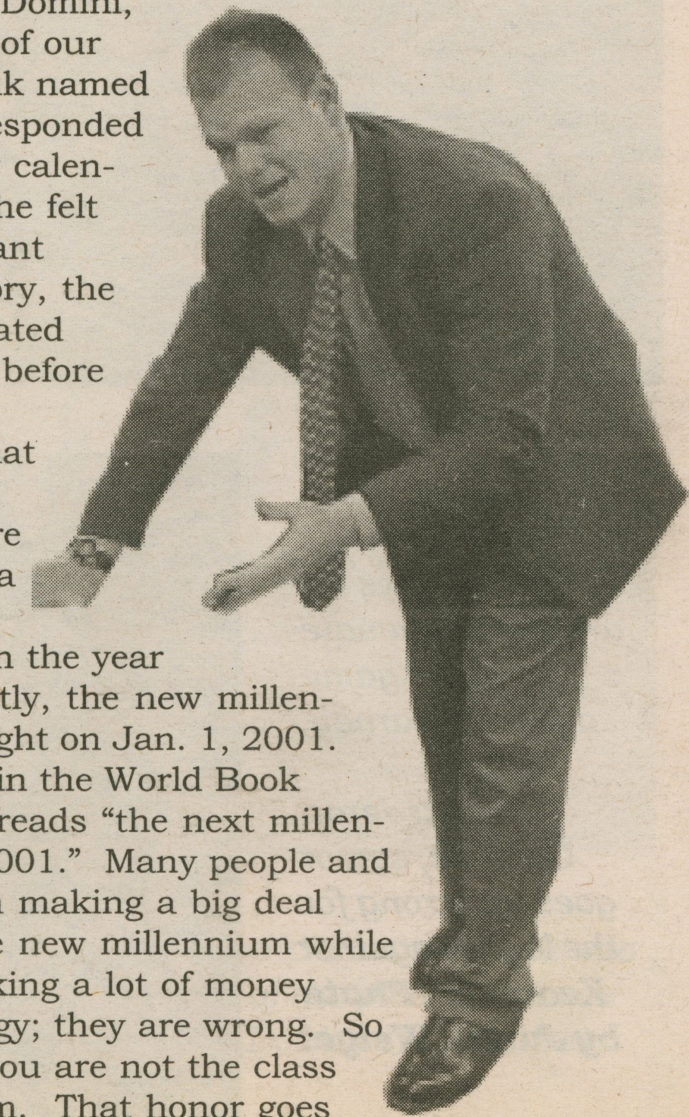
'Cause this man says so!

Opinion by Matt Brooks

As we approach Jan. 1, 2000, many people think we are nearer to the "new millennium." Many fears are those of catastrophic things happening, mostly due to the Y2K computer problems, but also because beginning a new thousand years for some people has been associated with the end of the world. It is true that there could be some problems because some computers may not be ready for the year 2000, and it is true that we will be closer to the new millennium; just not as close as some think.

In 532 A.D. (Anno Domini, meaning "in the year of our Lord") a Catholic monk named Dionysius Exiguus responded to the need for a new calendar. He chose what he felt was the most important event in human history, the birth of Jesus, and dated events that occurred before the birth B.C. (before Christ) and events that occurred after the birth A.D. Since there was no possibility of a year "zero," time as we know it began with the year one A.D. Consequently, the new millennium begins at midnight on Jan. 1, 2001.

Look up "century" in the World Book Encyclopedia, and it reads "the next millennium starts Jan. 1, 2001." Many people and businesses have been making a big deal about the start of the new millennium while at the same time making a lot of money using such terminology; they are wrong. So sorry class of 2000, you are not the class of the new millennium. That honor goes to the class of 2001.



1999 GUIDON

Wake Up Call

New year with the same problems

Opinion By Tommy Brooks
Son of Matt Brooks

As we approach Jan. 1, 2020, pollution in our world is continuing to worsen and people need to wake up. The issue of pollution has been recognized as a problem since the turn of the millennium.

In the Guidon's December issue of 1999, students and teachers mention the same problem of pollution that we have today. The newspaper quotes freshman Theresia Ostrom on her global thoughts, which states that "recycling and stopping pollution can help preserve the environment for future generations."

Why is this something people

are still saying today? It may be because we have not done much to fix anything.

Saying you bought a metal straw is a good small step, but it really is not much in the grand scheme of things. Of the millions of tons of discarded plastic, plastic straws take up approximately only .025 percent, according to National Geographic.

I know I am not the only one who is concerned about this topic, but it seems that no one is putting in any actual effort for something they supposedly care about.

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STAFF EDITORIAL

Being overworked is an unhealthy stressor

Scholarship honors, college admissions and job opportunities are all notorious for the requirements needed to receive them. As students make their way through the hardships of their high school careers, many often make the mistake of becoming overworked.

Overloading students with academics, athletics, extracurricular activities and college preparation not only can be a major cause of stress, but it also may hinder the learning process.

Academic stress is obviously a factor in the mental health of teenagers, notably causing anxiety, depression and other symptoms of poor mental health.

Stress may be necessary when it is at a healthy level, but chronic stress can include negative mental, physical and behavioral outcomes.

Students are often vocalizing the issues they face with schoolwork overload, saying that they have not had time to relax, get a good night's sleep or spend time caring for their mental health.

Many students believe there is always something more that needs to be done, so they cannot allow themselves to shut down.

Researchers are trying to investigate the link between enduring stress and regulating emotions.

According to the National Institute of Mental Health, long-term stress can be harmful. The source of long-



LEVI WEILERT / The Guidon

term stress is constant and doesn't allow the body to return to its normal function.

Over a prolonged time, such a strain can lead to serious issues, such as anxiety, depression, eating disorders, psychosis and post-traumatic stress disorder (PTSD).

In many cases, people become unable to return to their normal state of controlling their stress responses. This affects the development of people's emotions, sometimes fueling outbursts reflecting that of

mental illnesses.

Students that are being overworked experience a lag that affects their day-to-day life because they do not know how to manage the stress level being presented to them.

Schools need to develop a strong system for students to fall back on when facing extreme levels of stress and encourage healthy habits to help students work through the issues on their own.

There are many possibilities for students to work through

their issues.

Stress does not always manifest in the form of "feeling stressed," but also disrupted sleep patterns and poor concentration.

Listening to and working with one's body can provide a sense of regulation that may negate the negative stressors in one's life.

Students need to learn to take control, take a step back and stop holding unreasonably high standards and expectations for themselves.

PRAISES & PROTESTS

PRAISES

- Juice WRLD
- Candy canes
- "The Outer Worlds"
- Winter Break
- Cute boys
- Tacos
- Second semester
- Tipping well
- "Star Wars"
- Editors :) Hi, Allison!
- Sleep
- Cozy bed

PROTESTS

- Dehydration
- Confusion
- Getting stood up
- Being fake
- Finals
- Busy work
- Broken Kickstart™ machine
- Bad conversations
- Failed vibe check

THIS MONTH IN HISTORY

- December 12, 1955 - British engineer Christopher Cockerell patented a new kind of vehicle. Half-ship and half-aircraft, his "hovercraft" floats on an air cushion.
- December 15, 1791 - The Bill of Rights became a part of the United States Constitution, providing protection for the basic rights of the individual to free expression and justice.
- December 21, 1937 - "Snow White" premiered at theaters. The film took roughly three years to produce and was the first feature-length animated film in U.S. history.
- December 24, 1818 - Franz Xaver Gruber composed "Silent Night" (German lyrics written by Joseph Mohr). The song was first performed on Christmas Eve at St. Nicholas Church in Oberndorf, a village on the Salzach River in present-day Austria.
- December 25, 1868 - President Andrew Johnson issued amnesty to "all and every person" who had fought against the United States during the Civil War.
- December 27, 1932 - Radio City Music Hall opened in New York City. It is the largest indoor theatre in the world, and more than 300 million people have enjoyed stage shows, movies, concerts and special events in the venue.

"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

Agree: 12

Opinion of the Guidon staff

Disagree: 0

Plethora of career speakers unhelpful for students

In August, students came back to multiple changes to Seminar, which is now called PRIDE Time. Another of the many changes to Seminar was that Hays High was hosting Career Speakers on a regular basis during PRIDE Time.

Although the Career Speakers can be very informative and beneficial to choose a career path in the future, there are some problems when hosting them, including the number of presenters, the conflicts with clubs and other activities and the organization involved when having Career Speakers.

First, we simply host too many career speakers in most weeks. Only two to three Career Speakers should present in one week. There have been times when we have had Career Speakers on different days in a week with multiple people presenting on each day. Another problem with hosting so many Career Speakers regularly is that



BY MICHAELA AUSTIN
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students have learned to not pay attention to announcements about them. Having so many announcements about them makes Career Speakers nothing special or noteworthy.

Second, hosting so many Career Speakers in one week can make it difficult for people to attend them or attend club meetings. I have had to miss the most recent Student Council meeting because of Career Speakers. I have also had to miss Career Speakers I wanted to attend because of activities

I am involved in. I have had to leave in the middle of a Career Speaker to go to a different one that I also wanted to hear.

Finally, we are somewhat disorganized when it comes to hosting Career Speakers. Sometimes I try to find the location for the Career Speaker I want to attend, but the location will not be listed yet, even sometimes on the morning of the speaker's presentation. It is common for me to not know where I am going until right at the start of PRIDE Time. Students should be able to find out where they need to go at least one day before the Career Speaker presents.

There is also quite a bit that is out of our control when hosting Career Speakers. For instance, we have to work with other people's schedules. Some of the presenters come from places far from the Hays area, such as Robert Clark from New York or Brett Seibel from Colorado. Since some of the speakers live out of state,

their schedules are extremely limited, and we have to host them whenever we can get the chance. We should save some of the local speakers who live in the Hays area for the spring semester, too. If we host too many Career Speakers in the fall semester, we might have trouble finding people to come and present in the spring.

Although I know that hosting Career Speakers is a new thing for everyone that will take time and effort to make run smoothly, the process needs to be improved. First, the number of speakers each week should be limited; second, the dates for speakers should be arranged around existing activities; and third, the organization should be improved.

We, as students, are extremely lucky to have the opportunity to listen to people speak about careers that we may be interested in and to be able to ask questions to help us decide on our career paths. However, there are things we need to improve to reduce conflicts with other activities and to stay organized.

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General Information/Policy

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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.

ATHLETES

OUT OF COMMISSION

Student athletes overcome recent injuries

By Brenna Schwien
Hays High Guidon

Because their lives revolve around practice and games, injuries can be a life-changing event for athletes. But, when they cannot compete or practice, everyday routines are new to them.

Junior Sam Rider tore his meniscus after taking a nasty fall during a soccer game this summer.

“Being injured has made me realize how nice it is to be able to walk,” Rider said. “I never thought about how lucky I was to be able to have healthy legs until now.”

After tearing his meniscus, Rider had to have surgery this fall to repair it, and the surgery took about two to three hours, and when he woke up, he remembered that he really wanted doughnuts.

There are unique challenges and setbacks for every injured athlete, and their recovery time is always different.

“The hardest part of all of this is not being able to drive or play any sports,” Rider said. “I should be back and ready to play sports again around March 2020.”

That means that Rider had to sit out of the 2019 soccer season awaiting surgery, and the 2019 basketball season to rehab.

The severity of the injury determines how long the athlete will be unable to compete. For senior



COURTESY PHOTO

Senior Olivia Schremmer recovers after having surgery to repair her torn meniscus. It may take up to a year for her to fully recover.

Olivia Schremmer, it will be a little over a year until she will be back in the game. Schremmer tore her anterior cruciate ligament, medial collateral ligament and meniscus during summer volleyball, leading her to miss her senior season of volleyball.

“I wasn’t ready to be done with volleyball yet, but I’m glad for all the memories I got to experience,” Schremmer said.

The hardest part for Schremmer was watching her friends play volleyball and work hard to get better while she was on the sidelines.

“The surgery took about two and a half hours,” Schremmer said. “My meniscus was the longest part because they had to sew it back together. It was completely torn and frayed on the ends.”

After surgery, Schremmer was “loopy” because she was given very strong anesthesia, but the physical recovery was not as hard for her compared to the mental side of it.

“It was definitely harder to deal with mentally because I knew I would heal, but not in time for my senior year of sports,” Schremmer said.

Sophomore Aleyia Ruder, who tore her meniscus and patella tendon during a basketball game when she went up for a layup and hit the ground, said she feels the same way that Schremmer does.

“I really struggled because I didn’t even feel like me,” Ruder said. “I felt really useless and like a waste, which made the recovery extremely hard.”

The hardest part of coming back for her was restoring her confidence and belief in herself, and the physical rehabilitation was hard as well.

“I was mentally drained because I felt worthless, so it took a lot for me to get back into the mental state of sports,” Ruder said.

Ruder’s rehab period was a total of about five months – two until she could be physically active again, then three more months until she had fully recovered.

Her surgery was an hour long, and she said it was “weird” to wake up because she did not remember anything.

“The last thing I remembered was the anesthesiologist coming in, but apparently, I was talking to them after the point of my last memory,” Ruder said. “I woke up a little confused and super hungry; I asked for food straight away.”

Senior Tucker Johnson was playing goalie for the Indians in Buhler when he went up to block a

shot and collided head-to-head with a player from the opposing team. He fell to the ground instantly and said he “saw stars.”

“I couldn’t open my eyes for a long time because the pain was so great,” Johnson said. “When I finally felt like I could move, I reached my hand up to my head where I had been hit and felt a big dent in my forehead.”

Johnson had surgery just a few days later. The doctors had to pop the pieces of his bone back into position and put a metal plate in his forehead to hold it all in place.

“Although my injury was very painful, I think it was harder to deal with it mentally because the team didn’t have a true goalie anymore,” Johnson said. “I didn’t want to end my season the way that I did and miss the rest of the games.”

It was also hard for Johnson to have a normal routine again after sustaining a concussion. Even though he was up and around soon after his surgery, it took about six weeks for the bone in his forehead to completely heal.

“Being injured has just taught me that I am very fortunate to be healthy and, in the position, I am in,” Johnson said. “I am fortunate to play the sports that I do, and I no longer take that opportunity for granted.”

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CONDITIONING

Conditioning helps students stay in shape year-round

By Allison Hillebrand
Hays High Guidon

As a part of the core curriculum for Hays High students, they must complete at least one year of health and fitness. The credit consists of one semester of a health class during their first year.

The half credit left is then determined by the student; they may choose to participate in a semester of physical education,

strength and conditioning or aerobics.

Based on the extensive training that athletes need to endure during their season, they are often encouraged to enroll in strength and conditioning.

Although most of the class is student-athletes, it is not meant to focus specifically on them.

“We actually don’t do anything a whole lot different,” instructor Tony

Crough. “We always try to do some sort of agility before for warm-ups, and then come in and lift.”

Crough said athletes are not forced to challenge themselves more than the other students.

“We hope the athlete’s that are in season are getting that conditioning from their sport after school,” Crough said.

Most people would assume that athletes are inclined to work harder for

themselves, but that is not always the case, Crough said.

“It seems, sometimes, to provide more motivation for getting better at their sport,” Crough said. “There are also kids that are not athletes that work really hard and athletes who don’t work hard at all.”

For the athletes who are extremely motivated in their progress, nothing holds them back from their goal.

“The whole goal of the weight room for us is to supplement what you are already doing athletically and try to fill the gap of what you need to do to grow as an athlete,” Crough said.

The system is specifically demonstrated with an injured athlete in the weight room. If athletes have injuries to their lower body, the coaches try to work the upper half.

“We don’t want to hurt

the athlete and hinder their performance when they can compete,” Crough said. “We try to rehabilitate any injuries and work other parts of the body. But, we don’t want people coming in here using an injury as an excuse. We will always want students to find something to lift.”

Crough said the conditioning done in class differs from the conditioning done during practices. Conditioning is determined based on the structure of the practice.

“Within the individual sport, we never want to do anything in the weight room that takes away from an athlete being able to perform at their best in practice right away,” Crough said. “During off-season, we can do things differently, conditioning wise, but usually, your conditioning should govern your sport.”

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YOUR VIEW

Do you work out? Why or why not?

“I do not work out unless I am at school. The reason I work out is because I had to be good at my sport.”
—senior Grant Karlin

“Oh, yeah, I work out. I work out because I perform better, and it is nice to stay in shape.”
—senior Drake Summers

“I do work out because of cheer, and I have to be strong for that.”
—sophomore Jocelyn Rigler

“I work out before school sometimes in the morning, or I go to, like, yoga classes.”
—junior Andrea Lopez

“I don’t have time to work out because I don’t have time.”
—junior Ethan Flock

“I do work out because I feel like it helps brighten up my mental health, as well as my physical health.”
—sophomore Mindi Veach

“I work out because it gives me a better chance in sports, and I think it is important to be strong and healthy later in life.”
—junior Trevor Flora

“Yeah, just to stay in shape.”
—junior Gabe Rupp

“Because it’s fun.”
—freshman Draiven Brown

“And, no, I don’t work out because I don’t feel like it.”
—freshman Raven Haley

“Blast my quads.”
—junior Dillon Gray

“No, because I do not have enough time to.”
—freshman Nathan Hofert

“Yeah, because I like it.”
—junior Nic Park


“I don’t work out because I do not have the time or the motivation.”
—senior Elliott Hoar

“Working out is a waste of time.”
—junior Casey Lang

“I work out because I am forced to work out because of wrestling.”
—senior Jordan Zimmerman

“I do work out every day because I am a three-sport athlete, and I don’t want to get fat.”
—junior Maia Lummus

“I work out every day at dance.”
—junior Lauren Wagoner



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**MONDAY - SATURDAY
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SUNDAY
11 A.M. - 3 P.M.**

ATHLETES OF THE MONTH



“Getting awards meant a lot to me for all the hard work I put in, and it felt nice to be recognized. My favorite one was the KBFCA 5A All State Team, which is where all the coaches get together and meet about players and what they mean to the team and what they did for the team, and I got voted as a Running Back for the seniors.”

—senior Hayden Brown



“I picked the weight up off the bar, and the bar bent to an extreme degree. I then proceeded to bend my legs, with a straight back, mind you. My hips were parallel with my thighs, and then with one strong grunt, I got up. That weight was 420 lbs., and that felt great, and then I went to 425, and I did that, and that was even worse and more excruciating in my lower body. I woke up the next day and literally couldn’t move my legs. There was such an aching pain in the front of my legs that I didn’t want to walk.”

—senior Braden Stauth

Boys and girls basketball teams compete at Hays City Shootout

By Brenna Schvien
Hays High Guidon

The first games of a season are always learning experiences for teams, but for the basketball programs that have two new coaches, it was also the beginning of a new era.

The Hays City Shootout is the opening tournament for the Indians each year, which started this year on Dec. 5 through Dec. 7.

The Indians hosted Olathe West, Life Prep, Thomas More Prep-Marian, Millwood, St. Thomas Aquinas girls, Lawrence Free State and Great Bend.

The lady Indians started off their season by playing Life Prep and winning 55-7.

In the first half alone, the Indians had forced 27 turnovers and eight in the second half, which made 35 in total. They faired with only 13 turnovers for themselves throughout the whole game.

“Some of the strong suits we had was being able to pressure their ball handlers and force turnovers,” senior Tasiah Nunnery said. “This helped us get easy layups and points on the other end.”

Senior Brooke Denning led the team with 14 points, Nunnery had 13 and senior Isabel Robben had 11.

The boys program faired just as well during the opening game of their season beating Life Prep, 92-42. They ended the first quarter by making nine consecutive shots.

“I think this was a great way to start the season and get us ready to face our regular season games by playing tough competition right off the bat,” senior Tucker Johnson said.

The second half was not a challenge for the Indians, with a continuously running clock for the fourth quarter, but a few members of the team made career high records.

Senior Dylan Ruder had the first double-double of his career, sophomore Carson Kieffer had



BRENNA SCHVIEN / The Guidon

Sophomore Caroline Robben aims a shot during the Hays City Shootout game against Life Prep Academy. The lady Indians won the game, 55-7.

a career high of 14 points in a single game. Senior Brock Lummus and sophomore Jace Linenberger each had a career high of 10 points in a game.

Going into the second day of the tournament, the Indians both took on the Olathe West Owls.

The lady Indians were down the entirety of the game, eventually losing with a final score of 60-39, but that was not without two players setting career records.

Freshman Carly Lang had total of 13 points in just her second career game, junior Brooklyn Schaffer had 12 points and Nunnery had 13 points.

“I was really nervous at first,

but once I got in and settled down, I was fine,” Lang said. “It was really fun to go out there and play with the other girls, and I was very appreciative of them helping me throughout the game.”

Even though the lady Indians suffered their first loss of the season early, they did not leave without feeling accomplished and ready to work on the areas that need improvement.

“The Shootout is always a great way to start the season,” Denning said. “It’s an opportunity for our team to evaluate where we are and what we need to improve.”

The boys program hung with the Owls throughout the first

quarter and for the beginning of the second quarter, but then the Owls took over the game, and the Indians could not come back.

The Indians ended up losing, 57-43, with junior TJ Nunnery scoring 12 points and junior Dilyn Schwarz adding 10 points.

“The tournament was a good learning experience for our team,” Johnson said. “We played some very well-rounded teams that are highly ranked in the state.”

Both teams then played for third place on the final day of the tournament; the girls played Manhattan, and the boys played Lawrence Free State.

The lady Indians were leading 21-13 going into halftime, but when the third quarter started, so did Manhattan offense.

The fourth quarter was when the lady Indians lost their momentum, with the final score being 41-35 in favor of Manhattan.

“I think the tournament went really well,” Lang said. “I thought the effort and energy was there as well. Overall, I thought we all did really well playing together and as a team.”

Denning led the team in points with 15 in this game, and Tasiah Nunnery had 12. The lady Indians went 13/14 at the free throw line during this game.

“We had a successful tournament,” Denning said. “We had fun playing in the shootout like we do every year. I believe it’s going to be a great season.”

The boys did not fair as well as the girls, as they never had the lead throughout the whole game. They did not have the momentum they needed to keep up with Lawrence Free State.

They ended up losing with a final score of 46-31, led by TJ Nunnery, who had 10 of their points.

“Yes, I do believe the Shootout is a good way to start the season,” boys coach Alex Hutchins said. “It’s tough, playing three games with such limited practice and against such good competition, but we learn a lot about our team and what we need to work on moving forward.”

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SHOOTING

Trapshooting joins list of athletics offered at Hays High

By Allison Brooks
Hays High Guidon

Hays High offers many different extracurriculars, clubs and sports, but a trapshooting club was noticeably missing from the list.

Senior Jordan Hunsicker and junior Monique William decided to do something about that, so they took the initiative to approach instructors Chris Dinkel and Alex Ford to ask them to sponsor the club.

“I wanted to start a trap team because we all love the shooting sports and we are active participants in the 4-H shooting program,” William said.

Hunsicker has been trapshooting for more than five years with 4-H, and he, William and her sister, junior Madalyn William, all competed on Russell High School’s trap-

shooting team this past year.

“We have the facility in Hays so driving to Russell every week just to shoot wasn’t really practical,” Hunsicker said.

These students have been very successful at competitions in the past with Monique William winning first overall varsity women’s shooter and Madalyn William winning third overall women’s junior varsity shooter at state competition last year and Hunsicker winning the Kansas 4-H shoot competition for the past two years.

“We really wanted to represent our own school in this sport, so we got a team started,” Monique William said.

To get the club started, they elected club officers, which include Monique William as president, Hunsicker as vice-

president, Madalyn William as secretary, junior Nolan Klaus as treasurer and sophomore Cooper Shubert in charge of public relations.

After officers were selected, they went over the Kansas High School Trap League handbooks, created their own bylaws and prepared to present the club to school administration and the Board of Education.

They wanted to make sure they had the full support of the school beforehand.

They held their first meeting during PRIDE Time after getting the sport approved, and more than 45 students signed up for the sport.

Unlike most high school sports, students do not have to travel to compete in trapshooting; they go to their local facility and have their scores

recorded and submitted. The only competition they would travel for is if they qualified for state or national competitions.

This sport spans across 40 states with around 26,000 participants. In Kansas, 70 schools participate with around 600 students involved.

Trapshooting can open up many scholarship opportunities for the students who participate, and Dinkel said he is proud of the students for taking initiative to get the sport started.

Competition season will begin in April, so for right now, the team is focused on gaining support and getting practice.

“Now we are looking into fundraiser ideas and sponsorships,” Monique William said.

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WINTER SPORTS WRAP UP



Boys Basketball



JESSICA AUGUSTINE/ The Guidon

The 2019-2020 varsity boys basketball team tipped off its season at the Hays City Shootout on Dec. 5-7 at Hays High School, where they went 1-2.

Hays vs. Wichita-Life
Preparatory Academy
Dec. 5
92-42, W

Hays vs. Olathe West
Dec. 6
57-43, L

Hays vs. Lawrence-Free State
Dec. 7
46-31, L



Girls Basketball



JESSICA AUGUSTINE / The Guidon

The 2019-2020 girls basketball team started their season 1-2 at the Hays City Shootout.

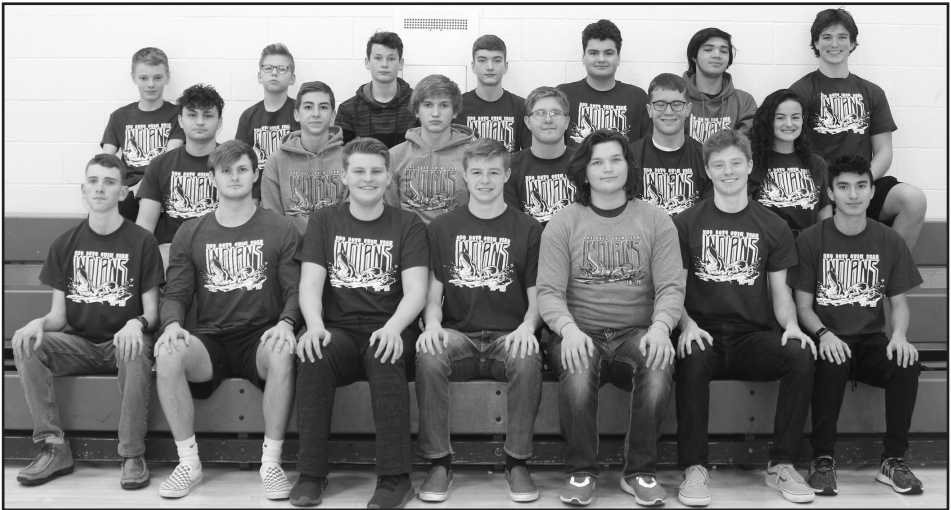
Hays vs. Wichita-Life
Preparatory Academy
Dec. 5
55-7, W

Hays vs. Olathe West
Dec. 6
60-38, L

Hays vs. Manhattan
Dec. 7
48-41, L



Boys Swimming



JESSICA AUGUSTINE / The Guidon

The 2019-2020 boys swimming team kicked off its season on Dec. 5 at Salina Central.

Salina Central Meet
Nov. 29

Team: Fifth

200 Medley Relay – Matt Goodale, Isaac Smith, Adam King, Zachary Smith 5th; Carson Ackerman, Chris Goodale, Grayson Walburn, Skylar Zimmerman 9th; Anthony Arial, Ashton Bickle, Liam Buller, Andrew Prine 11th; Evan Dealy, Dustin Rajewski, Seth Sumaya, Fernando Zarate (DQ)

200 Freestyle – Carson Ackerman 9th, Anthony Arial 14th, Seth Sumaya 15th

200 Individual Medley – Isaac Smith 2nd, Adam King (DQ)

50 Freestyle – Matt Goodale 7th, Skylar Zimmerman 10th, Aiden Debey 15th, Kaden McBride, Jude Tippy

100 Butterfly – Zachary Smith 8th, Dustin Rajewski 9th, Andrew Prine (DQ)

100 Freestyle – Grayson Walburn 10th, Chris Goodale 13th, Fernando Zarate 16th, Ashton Bickle 18th, Evan Dealy, Seth Sumaya

500 Freestyle – Carson Ackerman 7th, Anthony Arial 11th

200 Freestyle Relay –Adam King, Isaac Smith, Zachary Smith, Skylar Zimmerman 3rd; Carson Ackerman, Chris Goodale, Aiden Debey, Grayson Walburn 8th; Liam Buller, Kaden McBride, Dustin Rajewski, Jude Tippy

100 Backstroke – Adam King 10th; Matt Goodale 13th; Grayson Walburn; Evan Dealy; Hector

Amaya

100 Breaststroke – Isaac Smith 1st; Zachary Smith 11th; Andrew Prine 15th; Chris Goodale; Fernando Zarate; Ashton Bickle; Dustin Rajewski; Jude Tippy; Aiden Debey; Kaden McBride (DQ); Liam Buller (DQ)

400 Freestyle Relay – Anthony Arial, Aiden Debey, Matt Goodale, Andrew Prine 7th; Hector Amaya, Ashton Bickle, Evan Dealy, Fernando Zarate 10th



Wrestling



JESSICA AUGUSTINE / The Guidon

The 2019-2020 wrestling season started with a girls wrestling tournament on Dec. 6 at Valley Center. The KSHSAA sanctioned girls wrestling as an official sport this year.

Valley Center
Dec. 6

Individuals:

109: Sarah Zimmerman (4,0) - 1st
116: Alesha Rogers (0,5)
136: Olivia Kershner (2-3)

136: Kayla Apalategui (0,5)
143: Halle Lohmeyer (2-0)
191: Erica Wilken (0-4)
191: Elena Herl (1-3)



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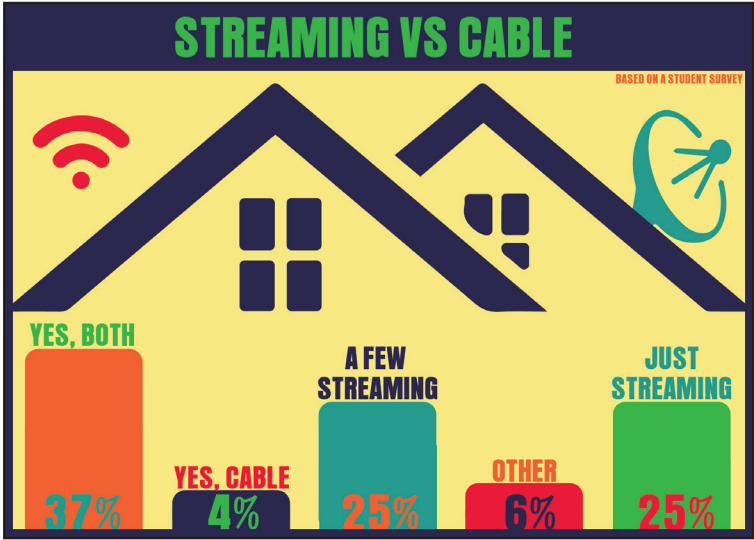
ENTERTAINMENT

KEEPIN' IT FUN

Streaming services slowly make cable TV old news

By Eythun Wyatt
Hays High Guidon

Streaming services for television or videos have quickly become a staple in most households, with more than 70 percent of Americans being subscribed to a streaming service. The most commonly used streaming service is Netflix with 151 million subscribers, followed by Amazon Prime with 101 million. With the increase in streaming services, there has been a decrease in cable usage. "I got rid of cable like when school started," senior Lucas Pfannenstiel said. A lot of people do not just have one streaming service, either. Many people have two or three; in fact, 69 percent of the 70 percent of Americans who have a streaming service pay for more than one. "I have Hulu, Disney+, Netflix and probably seven or eight others," Pfannenstielsaid. Since the introduction of streaming services, cable



ALEXIS PFANNENSTIEL / The Guidon

has slowly lost its monopoly on television entertainment, with cable being used by 73 percent of Americans. Some of the streaming services tend to be a lot cheaper than cable so a lot of students and their families have made the switch. "It's definitely cheaper switching to streaming services," Pfannenstiel said. With streaming services

become so popular, a lot of companies are starting to make their own streaming services. Some of these companies include Apple, HBO and, more recently, Disney. Before the release of Disney+, Disney had a lot of its movies and shows on other streaming services, such as Netflix and Hulu. Now that Disney+ is live, it has removed its works from other sites.

"I think Disney definitely should have switched so that they can have their own platform," Pfannenstiel said. Along with having previously release movies and shows by other publishers, a lot of streaming services have their own shows. Amazon Prime, Apple TV, Disney+ and Netflix all have their own shows, for instance. "It's fun how you don't have to go to a theater to watch something you've been waiting for, for months," Pfannenstiel said. "You can kind of just watch it at home whenever you want." Now that streaming services are slowly taking over the game with their cheaper prices and their original shows, they must compete with not only cable, but with each other. "Netflix has the best originals," Pfannenstiel said. "The one I can think of at the moment is 'Death Note.' I also like the show 'You.'" 21ewyatt@usd489.com

ENTERTAINMENT

Winter Art Walk spotlights students' artwork

By Nikka Vuong
Hays High Guidon

On Dec. 6, the Hays Arts Council held its annual Winter Art Walk downtown. Hays Arts Council hosts quarterly Art Walks every fall, winter, spring and summer. Art students had the opportunity to display their artwork downtown this year. All HHS students' artwork was displayed at Breathe Coffee House. Art instructor Jennifer Younger said she enjoys being able to display student's artwork. "This is the second year students have displayed their artwork in the Art Walk," Younger said. Senior Marshall Meier said he went to the Art Walk because a couple of his friends were going. "I actually became interested in seeing the art and perhaps stealing some ideas from it," Meier said. "My favorite part was getting to see what other people were making in terms of art." Meier said he has gone to the previous Art Walks and said he felt like there were more shops with art in them this year. During the Art Walk, DECA students were also selling hot chocolate and glow sticks to raise money for the Ronald McDonald House. Juniors Allison Brooks, Andrea Lopez and Emmy Morley were all seated at a table by the sleigh rides, selling the hot chocolate. "I didn't exactly get to go around and see anything at the Art Walk because we were selling hot chocolate most of the evening," Morley said. "But, I had fun selling the



EMMA PFANNENSTIEL / Indian Call

Juniors Emmy Morley and Allison Brooks sell hot chocolate and glow sticks at the tree lighting ceremony. All the profits of their hot chocolate booth went to the Ronald McDonald House.

hot chocolate with friends." Another Hays High group, the Chamber Singers, performed downtown twice that day as well. "We did a seven o'clock showing, where we sang 'Ave Maria,'" senior Chamber Singer Hanna Dannar said. "[Junior] Alisara Arial and I had solos. I performed 'Hard Candy Christmas' by Dolly Parton, and she performed 'Climbed Every Mountain' from the 'Sound of Music.' Then we had a break, and at 8:30 p.m., we came back and performed 'Still I Rise' and then 'Winter Song.' [Juniors] Zachary Chance and Alexis White did a duet, 'Sleigh Ride.'" The Chamber Singers performed for the second year at 809 Main St., which is former choir conductor Johnny Matlock's studio for piano and vocal lessons. "I just like being able to perform for people who may not come to see our concerts," Dannar said. "You're walking by, and you can hear us outside of the building, and you can just walk in. It's a come and go. People who would probably never go to any of our high school concerts had the opportunity to hear us. The very next day we got to go do districts, and the day after that, we did our Cathedral Concert as well." The next Art Walk will be the 2020 Hays Arts Council Spring Art Walk scheduled for April. 24. 22nvuong@usd489.com

The Haha's

- Q: What kind of music do elves listen to?
A: Wrap music!
- Q: What do you call a snowman with a six pack?
A: An abdominal snowman
- Q: Why did the snowman dump you?
A: Not chill enough.
- Q: What did the peanut butter say to the grape on Christmas?
A: 'Tis the season to be jelly!
- Q: Why do you have a crush on the Grinch?
A: He stole your heart instead of Christmas.
- Q: Who is Santa's favorite singer?
A: Elf-is Presley.
- Q: Why does Santa have three gardens?
A: So he can HO, HO, HO!
- Q: What's Santa's dog's name?
A: Santa Paws!
- Q: Hey! You know what?
A: Happy Holidays!

Top Picks

1. "Legends"
– Juice WRLD
2. "Hot (Remix)"
– Young Thug
3. "everything i wanted"
– Billie Eilish
4. "Video Games"
– Lana Del Rey
5. "Come Down"
– Anderson .Paak
6. "The Race"
– Tay-K
7. "Amsterdam"
– Peter Bjorn and John
8. "Better With You"
– Michl
9. "Hot Knifer"
– Peach Pit
10. "Watermelon Sugar"
– Harry Styles

New Year, New Goals

1. Find Peace
Start a meditation practice.
2. Find Fun
Find a new hobby.
3. Find Health
Be more active! Go for a walk.
4. Find Happiness
Spend time with good people.
5. Find Knowledge
Learn something every day.
6. Pass Your Vibe Check
Be good to others!