

Vol. 96  
Issue 6

# The Guidon

April  
2022

Hays High School | 2300 E. 13th St. | Hays, Kan. 67601



## *Social Image*

Increase of body image issues  
linked to social media increase

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### ON THE COVER



Cover and photo illustration by Ryan Schuckman

## ORGANIZATIONS

# Chess Club finishes first in 5A at state meet

By Brooks Baczkowski  
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On Saturday March 11, Chess Club traveled to the Kansas Scholastic Chess Association state chess tournament in Emporia.

Emporia State University's Student Union played host to the event, as student players returned to in-person play following an online state tournament last year.

In the team standings, Hays High took third place overall, coming in behind two 6A teams – Lawrence and Blue Valley Northwest, the latter being last year's champions. However, Hays High ranked as the top 5A team to win the 5A state championship.

"I'm proud of the team, and I'm glad that we finished first in 5A as well," junior Noah Bruggeman said.

Hays High fielded 14 students, with the

highest place going to Bruggeman with sixth.

Others placing included the following: junior Staton Clark in 31st, senior Jesus Contreras in 32nd, freshman Aiden Burton in 37th, junior Quinton McGuire in 62nd, senior Matthew Bollig in 69th, junior Logan Chance

in 78th, sophomore Brooks Baczkowski in 88th, freshman Nikole Orender in 93rd, junior Seth Gillock in 109th, freshman Kate Stieben in 115th, freshman Aaron Smith in 116th, freshman Bryton Unsworth in 119th and freshman Ion Henderson in 121st.

"I was pretty happy with sixth place," Bruggeman said. "I've been doing state chess for a long time, so

finally finishing top 10 has given me a new personal best to aim for next year."

The victory comes bittersweet, as the tournament was the last for coach Erin Holder, who left her position at Hays High in February, yet met the team to help new coach Alan Neal.



Photo courtesy of Alan Neal

### STATE CHESS

The Chess Club, along with former coach Erin Holder, celebrate in Emporia after finishing third overall and first in Class 5A at the state chess tournament on March 11.

# Environmental Club promotes cleaner world

By Alexandra Coveney  
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With Earth Day quickly approaching on Friday, April 22, the Environmental Club has educated students throughout the year about how to keep the planet clean.

"The core message of Environmental Club is to leave it better than you found it," junior co-officer Hannah Eikenberry said. "We want to serve our community by cleaning up public spaces while also learning more about our ecosystems and how we affect them."

To start the year, the club held a scavenger hunt at Frontier Park.

"Groups of club members used an app to complete tasks, such as finding a dog and taking a picture with it, or my personal favorite was bringing a large rock to [sponsor] Mr.

[Dan] Dickerson," Eikenberry said. "It was a great way to introduce each other and clean up the park at the same time."

The club has also done one trash pickup at Frontier Park and two on Fort Hays State University's campus. These trash pick-ups took place after school or on Sunday mornings in the fall semester.

"We wanted to make this club service based, and we've done that through picking up the environment in the spaces in Hays that we enjoy," Eikenberry said. "We try to separate recyclables and use gloves to pick up the trash."

In November, the Environmental Club chalked the sidewalk in front of the gym commons area. Club members drew anything that spread love for the planet.

"We had one person draw a picture of Dolly Parton with

the caption, 'Dolly Parton says love the Earth,' and other drawings with captions like, 'Save the Earth,' and other typical things like that," junior co-officer Rilee Schwarz said.

The club plans to hold a meeting in the spring to plan upcoming trash pick-ups and their annual trip.

"Our main event coming up will be a field trip to Cheyenne Bottoms Wetlands," Eikenberry said. "We will take a bus down in late April on a Saturday morning to take a guided tour and learn about the ecosystem."

Eikenberry said a special part of the trip is getting to put on waders and go into the water to see what organisms students can catch.

"We are all looking forward to it," Eikenberry said. "We are really proud of our work and excited to finish the year!"



## FACILITIES

## ON THE BALLOT

## Plans for district facilities rest on results of bond vote on May 10

By Meg Taggart  
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Passing a bond for public schools has been a hot topic in Hays for years, but this spring, ballots for a bond issue and a sales tax will go to voters.

With the deadline to register to vote for the bond on Tuesday, April 19, it is important to know what Hays residents will be voting for on Tuesday, May 10.

The \$143.5 million bond will be used to build a new high school east of the current high school, renovate the current high school to be the middle school, renovate Hays Middle School into an elementary school, renovate Wilson Elementary School into the district administrative building and Westside and close the Westside and Lincoln Elementary School buildings.

“Our students are missing out on opportunities because of limited space,” Public Relations Manager Chrisy Crough said. “With these new buildings and new space, they will have opportunities to learn and collaborate and do different things that the teachers just can’t do right now because of a lack of space.”

Each school will have adequate parking areas, proper storm shelters and improved learning spaces.

The new high school will also include athletic facilities equivalent to other 5A schools. A football field and track, soccer field and softball complex will be built, and existing facilities would be renovated for use by the middle school.

“Everything that we are proposing will be something that any student in Hays will be very proud of and proudful

to show off,” superintendent Ron Wilson said. “It’s going to be an amazing transformation for our community.”

While the bond is one question on the ballot, citizens will also vote on a half percent increase in city sales tax, which would help fund the bond. One reason for this proposed sales tax is because USD 489 will not receive any state aid for bond capital improvements because Hays is considered a “property wealthy” county. A sales tax proposal, rather than a property tax proposal, allows costs of the bond to be shared with others who come into the community and spend money.

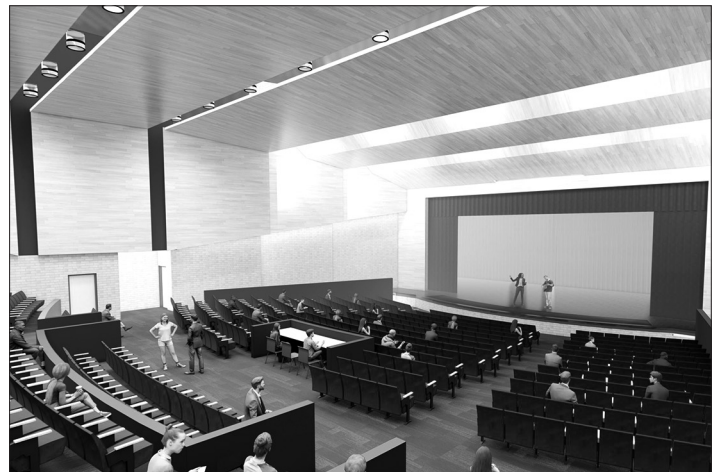
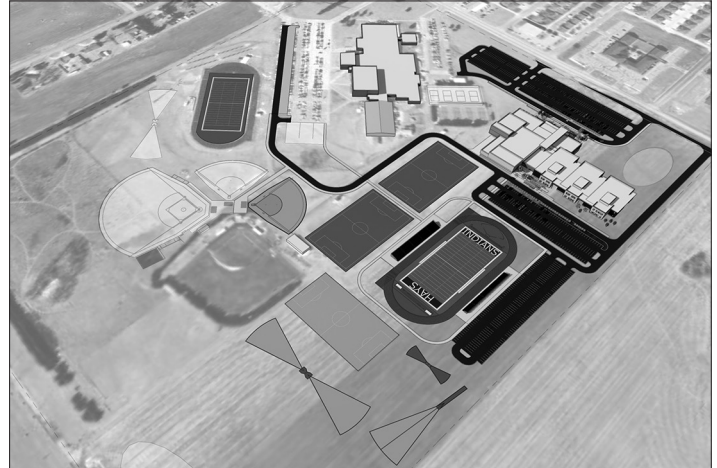
“Think of how many people come into the city of Hays – all of those people who spend money at the grocery store, gas stations and our restaurants are going to help pay for our schools instead of getting that state funding,” Crough said.

The sales tax increase will not affect individuals heavily, but will add up. For example, if someone buys a Snoball every day for \$1.40, in a week, he will have spent an extra five cents.

“If you go into Dillons and buy \$200 worth of groceries, the sales tax on that right now would be \$17.50, and with the additional increase, you’d only be spending one extra dollar,” Wilson said.

To learn more, patrons can visit [www.usd489.com](http://www.usd489.com) and click on “USD 489 BOND.”

“It’s an investment in our community,” Wilson said. “Hays needs to understand that we have to compete as a community for our future. A bond could bring new businesses and new people, and that’s why it’s important that it happens now rather than later.”



Illustrations courtesy of the DLR Group & USD 489

## NEW SPACES

Included in the \$143.5 million bond issue is a new high school to the east of the current Hays High School building. The new high school would be “future ready” with an open concept, a performance auditorium, a competition gym, and larger classrooms, among other features. Hays residents must register by Tuesday, April 19 in order to vote in the Tuesday, May 10 election.

## BENEFITS

## Teacher starts fundraiser for child in Quinter with rare skin disease

By Nikka Vuong  
22nvuong@usd489.com

Epidermolysis Bullosa (EB) is a rare genetic disorder that affects the skin, causing it to tear and blister at the slightest touch.

According to [www.cincinnatichildrens.org](http://www.cincinnatichildrens.org), one out of every 50,000 babies born are diagnosed with this condition. One of those children includes a 3-year-old boy named Kelton from Quinter.

Science instructor Lynn Zimmerman first learned about Keeping Kelton Strong on Facebook.

"For a couple years, I was thinking, 'What I can do that would help Kelton out?'" Zimmerman said. "This disease causes the top layers of the skin to not connect to the lower layers of the skin. Therefore, he has to wear bandages from neck to all the way down."

Bandages have to constantly be changed, which becomes very expensive.

"His family expenses will never go away, and there is no current cure for the condition," Zimmerman said.

Zimmerman decided to reach out to Kelton's mother to ask permission to raise money for medical expenses through selling snacks to students during PRIDE Time.

"I just thought, 'What can I do that my students could benefit from, too?'" Zimmerman said. "So, I offer these snacks; they are 50 cents apiece. I don't make a profit at all. In fact, it costs me more money, but that is my donation."

Zimmerman started raising money at the beginning of the 2021-2022 school year. During first semester, she raised around \$500, and so far in second semester, she has collected around \$268.50.

"The goal by the end of the year is to be able to give this family \$1,000 because insurance does not pay for all the bandages and everything the parents have to deal with," Zimmerman said.

Zimmerman said she will be donating the money in May.

"[Kelton's family] has no idea how much we've actually collected," Zimmerman said. "I also got him some other gifts and plan to donate everything in May to surprise them!"

Zimmerman also intends to continue raising money for Kelton in the upcoming school years.

To support Keeping Kelton Strong, students can visit Room 146 to buy snacks during PRIDE Time, and to remain updated about Kelton's journey with EB, they can follow Keeping Kelton Strong on Facebook.



Photo by Nikka Vuong

### GOOD CAUSE

On April 7, junior Emma Tschanz purchases a snack from instructor Lynn Zimmerman during PRIDE Time. Zimmerman sells the snacks to benefit Keeping Kelton Strong.

## ADVERTISING

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## ACADEMICS

# Seniors opt to graduate early to pursue other endeavors

By Meg Taggart  
mtaggart@usd489.com

This year, a couple of members of the Class of 2022 completed their diploma requirements before the spring semester.

While one student graduated early in order to start on his military career and another did so in order to report to college football spring training, graduating early is not encouraged for most seniors.

In most cases, there are only two classes required during senior year for a student to graduate, and there are many ways to complete the requirements prior to spring semester of senior year – the most popular way being online classes.

“I don’t think it’s all that necessary to have to take classes that won’t help you

in your future career just because an hour in your schedule has to be filled,” junior Amelia Jaeger said. “I would just rather spend that time doing something that would benefit my future, like working or getting a head start on the degree I want.”

Though there are advantages, there are also disadvantages as well. If a student chooses to graduate early, he cannot partake in spring activities or sports, potentially missing spring events or scholarship offers. Students who graduate early are permitted to walk with their class at graduation, but otherwise, they are not involved in school activities.

“One of the main things keeping me from graduating early is that, if I do, I won’t be able to hold the leadership position that I earned in FFA,” Jaeger

said. “I would also miss out on my senior track season.”

A possible solution for some students may be a program called Flex, which the administration is looking to introduce to Hays High in the upcoming years. Flex would be like an extended version of the current Career Exploration program; it would allow students to complete their required classes early and “flex” out of other classes to pursue career training or job placements in the Hays community.

“We are exploring Career Exploration and making sure that students have every opportunity to look at their career, the job force and college classes,” principal Shawn Henderson said. “We want to make sure that we are staying responsive to what’s happening in our state.”

# Students should be aware of upcoming changes to ACT, SAT

By Brooks Baczkowski  
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Between registering, preparing and testing, standardized tests, such as the ACT or SAT, can create a challenging atmosphere, which is why it is important to know all about new changes to the tests, of which there have been several recently.

The American College Testing (ACT) and Scholastic Aptitude Test (SAT) boards both make frequent small changes, but the SAT is slated for a digital redesign scheduled to start in 2024.

In addition to the test being fully online, the SAT will also allow students to use a graphing calculator on the math section and will be a generally shorter experience.

“I don’t feel like computer-based testing will be much different from paper testing,” junior Cade Becker said. “I don’t think that it necessarily hurts students.”

Meanwhile, the ACT has announced changes of its own, most notably Superscoring, which allows students to choose only the

best of their section scores from multiple attempts and use them as their final scores. For instance, if a student scored a 29 in English on a first attempt, then later scored a 27 in English on the second attempt, that student could choose to use the 29 from the first attempt for their final score.

Along with Superscoring is section retesting, which is a change that would allow test takers to retake individual sections of the test rather than the whole test. While not rolled out this year, it is unclear if the idea is cancelled or delayed.

Finally, there were also hopes for remote testing options going into the 2021-2022 school year, but they were delayed for the future.

“I like the changes [to Superscoring],” Becker said. “It allows people to study one area rather than them all. And, section retakes are a good idea.”

As college testing moves into the future, more changes are likely to come with the next school year. Keeping an eye out for these changes is essential for prospective test takers.



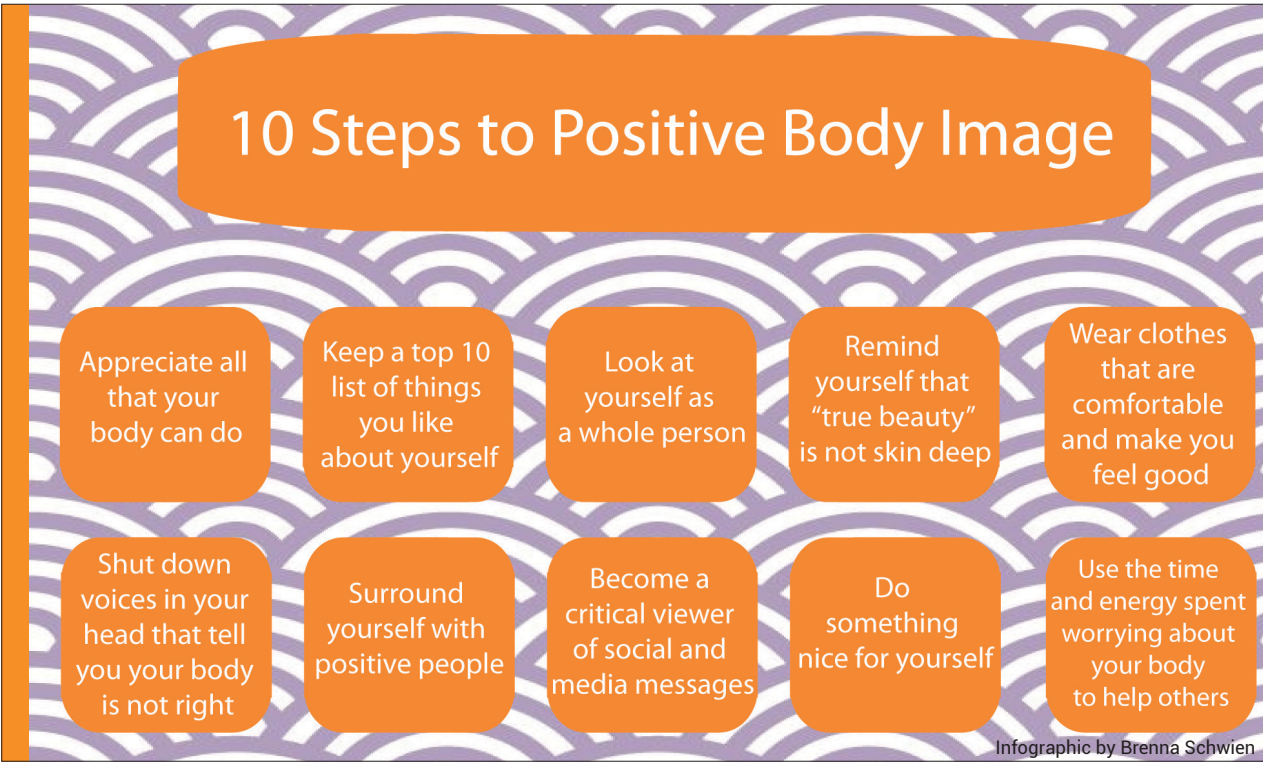
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# Unrealistic Ideals

## Teenagers face increasing body image issues spurred on by social media

By Madighan Norris  
24mnorris@usd489.com

On average, 90 percent of teenagers use social media, according to the American Academy of Child and Adolescent Psychiatry. Search engine optimization site, Backlinko, said that the use of social media has increased yearly by an average of approximately 13.13 percent.

Coincidentally, eating disorders have also increased; between 2000 to 2006, about 3.5 percent of teens reported an eating disorder, while between 2013 to 2018, that number more than doubled to 7.8 percent, according to *www.nutrition.org*.

This leads to the question, does social media have a significant effect on eating disorders and body image?

Eating disorders, according to Google, are “any of a range of psychological disorders characterized by abnormal or disturbed eating habits.” Put simply, an eating disorder causes an unhealthy emotional, psychological and sociological relationship with food and eating that interferes with one’s life.

“We do talk about eating disorders when we go through our nutrition unit,” Health instructor Haley Wolf said. “We give a general overview of some of the common ones, what they are and how they affect you.”

Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder and many more are all characterized as eating disorders. While these disorders can cause extreme weight loss or weight gain, they can also lead to health issues within the cardiovascular system, the gastrointestinal tract and the human brain.

Although there is no distinct cause for body dissatisfaction or eating disorders, social media can be linked to the increase.

“I think there are a lot of reasons for body image issues and for eating disorders, including social media,” Wolf said. “I don’t think you can totally blame social media, but without question, teens face more pressures today than in the past. It is a serious issue that many face, especially going to the extreme of drastically changing your diet to alter your physical appearance. It is harmful to one’s physical and mental health and should be addressed appropriately.”

Social media often pushes the concept of an ideal body weight and shape onto end users. According to *www.today.com*, 87.73 percent of women have compared their bodies to photos that they have seen on social media; 50.57 percent said their bodies compared unfavorably.

“Social media definitely affects body image,” sophomore Melanie Pulido said. “A lot of people use social media, so it’s pretty easy to see certain beauty standards being pushed onto society. When you differ from what the internet views as ‘beautiful,’ it can make you feel like less than what you are.”

The same survey found, for males, 65.37 percent said they have compared their body to the ones they have seen on social media, with 36.95 percent saying it compares unfavorably.

“I think social media does affect body image,” junior Wyatt Waddell said. “When you see a body that’s glorified or one that you want, it can make anyone feel depressed and insecure that they don’t have it.”

# Social Change

## Since their onset, social media platforms have experienced major changes for users

By Jessica Feyerherm  
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After the introduction of personal computers, communication was a leading use for many of them, and so, different applications were created to add functionality to a growing industry.

While students may at least be familiar with social media applications, such as Facebook, Instagram, Snapchat, TikTok and Twitter, before the creation of Facebook in 2004 by Harvard dropout Mark Zuckerberg, apps like Friendster, Hi5, Myspace and SixDegrees were prevalent.

Myspace was one of the most popular social media platforms during the turn of the century and early 2000s. In 2008, Myspace saw its largest number of users with an estimated total of 75.9 million users, compared to Facebook’s current 2.9 billion users, Instagram’s one billion users, Snapchat’s 530 million users, TikTok’s one billion users and Twitter’s 217 million users.

However, Myspace required users to learn some HTML coding to create their own social media sites, so some people found it difficult. Not long after Myspace gained popularity, similar sites such as Xanga began to emerge.

“Xanga was like a knockoff Myspace,” math instructor Jayme Goetz said. “It was the same concept, but it was a little more user friendly. You didn’t have to do as much coding, but it was very similar to Myspace.”

Other features included customizable personal profiles, ranked friendship lists and the ability to choose a song that played when someone viewed your page.

“It was awesome,” science instructor Dan Dickerson said. “You could add music so you could have put an entire playlist of music that people got to see. It had little games, like little mini golf games, and you could personalize it to where you had top friends that they were, like, your Top 10 friends. I liked it so much better than I liked Facebook.”

On May 17, 2012, Facebook became available to the public, quickly overtaking Myspace and Xanga.

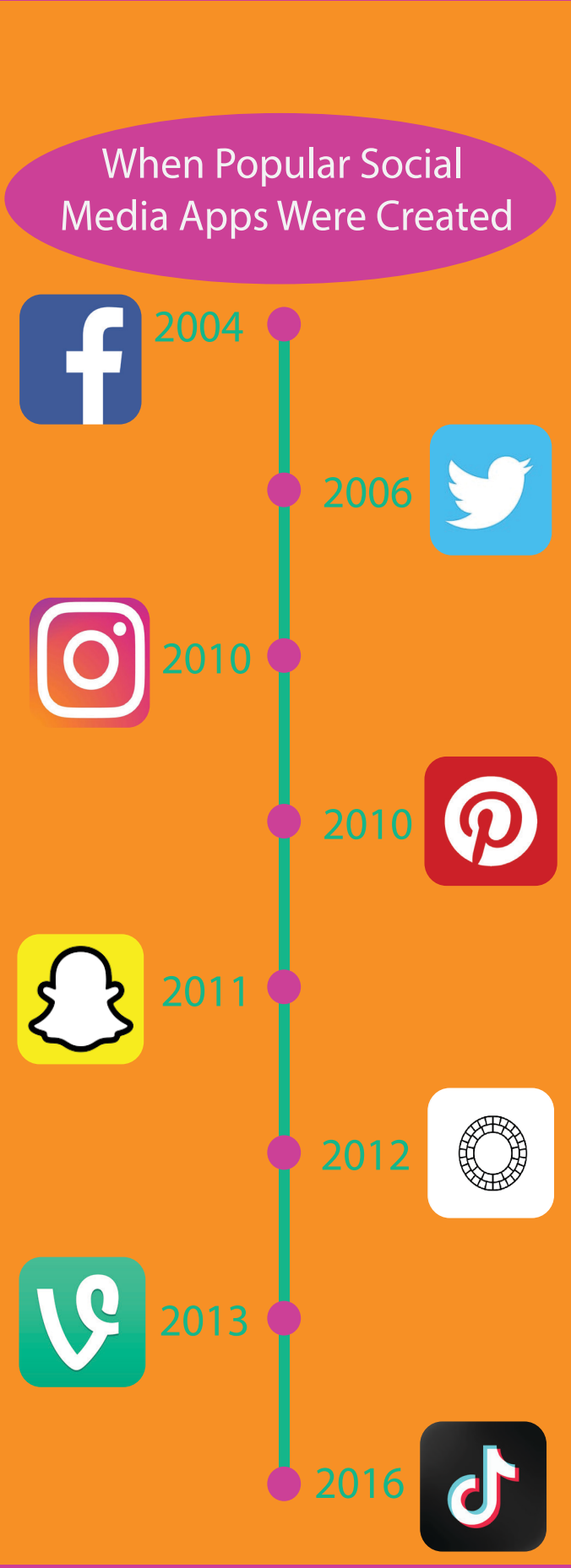
“I thought that it [Myspace] was going to be *the thing* for communication,” Dickerson said. “I thought that was the way it was going to be before Facebook took off, obviously.”

The user-friendliness of Facebook increased its popularity. Despite lacking some features that Myspace did have, Facebook quickly rose to greater popularity among all age groups because, to have a Facebook page, users no longer needed to use coding.

“At first, Facebook was really disappointing because you couldn’t personalize it as much or put music on your page,” Goetz said.

With time, comes technological advancements and social changes. Despite Facebook, Instagram, Snapchat, TikTok and Twitter being in the top 10 social media apps today, who knows what the future will hold in terms of communication.

**“I thought that it [Myspace] was going to be the thing for communication. I thought that was the way it was going to be before Facebook took off.”**  
instructor Dan Dickerson





## Praises

- Concerts
- Bond issue
- KU national championship
- Sonic Red Bull slushes
- Warmer weather
- Easter Break
- Pastel colors
- Sticky notes
- Burritos
- Cancun
- Flowers
- Cuties
- Rain

## Protests

- Subway protein bowls
- Ransomware attacks
- Vanilla protein milk
- Crutches
- Grammar
- Gym bros
- Body odor
- Odd numbers

## Playlist

### Brooks Baczkowski

"The Last"  
by Denzel Curry

### Cade Becker

"The Red"  
by Chevelle

### Alexandra Coveney

"Girl on Fire"  
by Alicia Keys

### Jessica Feyerherm

"Kansas"  
by Ashe

### Eric Lucio

"so fresh, so clean"  
by outkast

### Emry Lundy

"Cleopatra"  
by The Lumineers

### Corey Musil

"Roll Up"  
by Wiz Khalifa

### Madighan Norris

"4:44"  
by Jay-Z

### Ryan Schuckman

"The Good Part"  
by AJR

### Brenna Schwien

"Waiting Room"  
by Phoebe Bridgers

### Meg Taggart

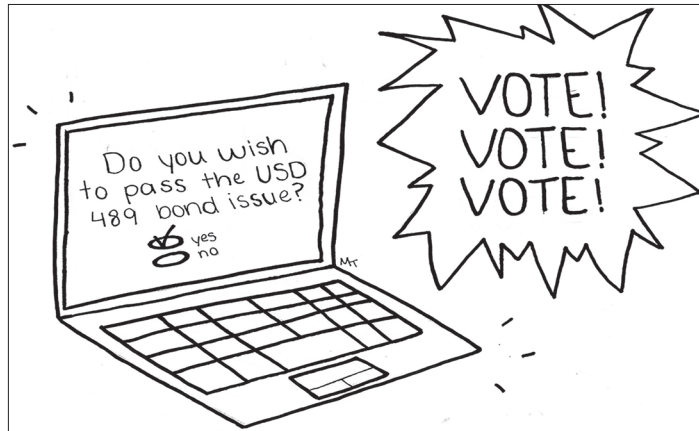
"Tequila Shots"  
by Kid Cudi

### Nikka Vuong

"Movie Star"  
by Addict, Rewind, Diego R

### Jessica Augustine

"Times Like These"  
by Foo Fighters



Cartoon by Meg Taggart

## Passing bond in May election is crucial for student success

With the district facilities bond issue coming up on the voting ballot for citizens of Hays on May 10, it is more important than ever before to make sure that students are learning in conditions that mirror the high expectations that are set for them.

When traveling for activities or athletics, students and their families are exposed to other facilities that have passed bonds, and those facilities put ours to shame.

Compared to schools such as Garden City or Salina South, our facilities are lower tier, with leaking roofs and windows, inconsistent heating and air conditioning and various other aspects of buildings that are crumbling. Yet, students are expected to be comfortable, to learn and to compete effectively in these conditions.

With the increasing number of renovations and repairs that are needed at Hays High and throughout the other schools in the district, the bond being suggested will reduce the amount of constant upkeep on these buildings.

Architectural drafts of the new and renovated buildings that have been shown to the public have many new features for students, such as a culinary arts kitchen, new technical education rooms and even a gathering area for clubs. Features such as these, plus learning spaces that are all "future ready," could increase the number of families with students that move to Hays, allowing the area to prosper more.

With many seniors who have turned 18 years old eligible to vote in the May 10 bond election, it is important to educate themselves and their family members about the bond. From board meetings to bond forums, USD 489 has offered a lot of education for the citizens of Hays.

Yet, I believe that many parents and community members are still unaware of the severity of the issues with district facilities and that they do not fully understand how important it is for this bond issue to pass.

Passing this bond issue will drastically improve the learning conditions for Hays students for many years in the future, and this will improve our community standards as well.

If we expect students to achieve high standards – such as being prepared for college or careers, having a 4.0 GPA, being involved in athletics and activities or volunteering in or working within their community, I believe that students should be provided with learning environments of the highest standard, too.

## Opinion of the Guidon Staff

Agree:9

Disagree:3

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## Information/Policies

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*The Guidon* is a student-produced newsmagazine published to inform and entertain the Hays High community, to record the history of the school and to serve as an educational tool for journalism students. Under the supervision of a faculty adviser, journalism students have the opportunities to inform, investigate, entertain, interpret and evaluate in an open forum – all accepted functions of the traditional free press – and have the responsibilities to provide accurate, fair, objective and truthful coverage. Should unintentional errors in content be made, they will be retracted in the next issue of the school year.

The views 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. Advertisements must meet content, deadline and size requirements, and acceptance does not constitute an endorsement from the student staff or by the school district.

The staff welcomes letters to the editor, as long as they are not libelous, an invasion of privacy, obscene or copyright protected. Letters must be signed and must include the writer's name, address and phone number.

*The Guidon* print edition earned the Kansas Scholastic Press Association All-Kansas Award in 2009, 2010, 2013, 2014, 2015, 2016, 2018, 2019 and 2021; received the National Scholastic Press Association Pacemaker Award in 2009; was an NSPA Pacemaker Finalist in 2009 and 2011; and received the NSPA First Class Award in 2012, 2018 and 2021. *The Guidon* online edition earned the KSPA All-Kansas Award in 2017 and 2018 and was an NSPA Pacemaker Finalist in 2019.

Other policy information is available upon request by contacting [jaugustine@usd489.com](mailto:jaugustine@usd489.com).

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# Storytime with Emry

## Newly single woman embraces love in an unconventional romance

The warm waters of the Mexican gulf crash against the hull of an expansive cruise ship known under the name Empress of the Seas. Above it all, a flash of bright canary yellow zooms past, riding along the on-board zipline. The vivacious yellow blob lands, revealing a lively, daring princess.

In "The Theory of Happily Ever After" by Kristen Billerbeck, scientist and bestselling author Dr. Margaret K. Maguire has lost her soon-to-be husband to a younger, prettier aerial dancer and foregone all motivation to continue her life's work. Two of her closest friends decide that she has had enough time to dwell and drag her on a singles' cruise to move forward.

Enter Sam Wellington. Maggie immediately finds herself falling for his "dark intensity" and "hot looks," however shallow she reprimands herself for being. Sam proceeds to admit that he believes smart women are incapable of true happiness, an obvious challenge in

Maggie's mind, and she decides then and there that she will prove him wrong.

Personally, I do not find the appeal of a book solely devoted to romance. I adore a happy ending, but I feel that romance is better as a subplot. However, I was determined to finish Billerbeck's novel.

I do not know quite when the story shifts, but Maggie's attention drifts toward fixing her own life. Sam does not disappear, but Maggie no longer dwells so heavily on keeping an eye on the man.

Maggie's struggle in finding the middle ground between only working for the comfort of others and living an utterly spontaneous life is something I believe is a feeling people can connect with. Maggie's parents never gave her the option to be less than perfect. She followed their path for her instead of the one actually meant for her, but she never had the chance to slow down enough in life to see that.

On the cruise, she has ample time for self-reflection. Another man encourages

her to let go of all inhibition, leading to her sailing down the ship's zipline in the costume of her favorite princess, Belle, but that isn't for her either.

Each chapter begins with an excerpt from a written work. Chapters 1-22 come from Maggie's first book, but Chapter 23 begins with a verse from the Bible: Joshua 1:9. From here on out, there is a feeling of resolution as Maggie turns back to God and follows the path that feels right instead of just the one that had been forced upon her. The storm has been quieted, and there is peace.

The final chapter begins with an excerpt from her next book: "The Science of Resilience," demonstrating Maggie is far more content than she has been throughout the entire course of the cruise.

I really appreciate the ending of this novel. It is very obviously a romance, but it feels possible at the same time. There is certainly a fairytale-esque element though it has a tie to the real world as well. Not everything is perfect, but everything is now "covered in the overwhelming wave of love" from not only a partner who is true but also her Creator.



By Emry Lundy  
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## Student provides his take on exciting March Madness games

With the University of Kansas victorious in the NCAA men's basketball title game versus North Carolina, the historic 2022 March Madness tournament has come to an end. As the first tournament with full crowd support since 2019, this tournament did not disappoint.

In one of the first games of the tournament, No. 15 seed St. Peter's University made a historic upset in overtime against No. 2 seed Kentucky. St. Peter's went on to become the first No. 15 team to make it to the Elite 8, beating Murray State in the round of 32 and Purdue in the Sweet 16. Unfortunately, St. Peter's run came to an end when they lost to North Carolina in the Elite 8.

In addition to bracket-breaking upsets, there were multiple nail-biters throughout the tournament. Some of the best games in the tournament were the double overtime game to get into the tournament between Notre Dame and Rutgers, Michigan stunning win over Colorado State in the first game of the tournament, Richmond's first round upset

against Iowa, Gonzaga versus Memphis in the second round, Arizona versus Texas Christian University in overtime in the second round, Baylor versus North Carolina in overtime in the second round, Duke versus North Carolina in the Final Four and many more.

With the madness of the tournament, I still have not gotten to the national champions, KU.

Kansas cruised by its first opponent, Texas Southern, winning 83-56. In their second game against Creighton, KU barely survived, winning 79-72. Remy Martin was a big reason for their win, scoring 20 points and seven rebounds. In their Sweet 16 matchup against Providence, KU had another nail-biter, winning 66-61 after another impressive Martin performance of 23 points. When they matched up against Miami in the Elite 8, KU was in for a close game, down by five at halftime. However, KU surged

to an easy win, 76-50, with the leading scorer being Ochai Agbaji with 18 points. Kansas faced Villanova in the Final Four, winning easily, 81-65. David McCormack and Agbaji both played stellar games, with McCormack having 25 points and nine rebounds and Agbaji having 21 points.

In the thriller national championship, KU came out strong, but North Carolina quickly took control and ended the first half up, 40-25. Kansas made a great comeback, which turned out to be the largest comeback in championship history, and with two clutch McCormack shots late in the game, KU won its first championship since 2008, 72-

69. Ochai Agbaji earned Player of the Game, scoring 12 points, but players like Jalen Wilson (15 points), David McCormack (15 points), Christian Braun (12 points) and Remy Martin (14 points) helped them win on the biggest stage.



By Eric Lucio  
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## HEALTH

# FUELING A WORKOUT

## Use of pre-workout supplements increases, despite side effects

By Corey Musil  
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Weightlifting is a large part of many Hays High students' lives to stay in shape and to build lean muscle, but some students do not just rely on themselves to push through the workout. Instead, pre-workout supplements have become a popular item to take beforehand to be able to push through a tough workout.

"I use pre-workout because it boosts my energy and strength and helps me get in a good pump," sophomore Derek Quach said.

According to *www.observer.com*, five pre-workout supplements that could benefit those taking them include Crazy Bulk Intensive Pre-Train (\$46.39), Blackwolf (\$34.99), Total War (\$39.99), C4 Original (\$29.99) and Battle Ready Fuel (\$21.60).

The main ingredients in pre-workouts are Creatine and Caffeine to provide the user with quick energy. These pre-workout supplements take about 60 to 90 minutes to take effect. Then, they will usually last for about 60

minutes after kicking in, *www.healthline.com* says.

"I use pre-workout because, after school, those 400 milligrams of caffeine helps me work out," junior Daimon Lang said. "I lift to work towards goals and have friends that are with me the whole way."

Some benefits of pre-workout supplements include improving muscular endurance, improving overall mood and building lean muscle, according to *www.healthline.com*.

Students who use pre-workouts add

that they boost their energy and power through their workouts and help them see the physical results from the work they put in to a workout.

"I use pre-workout because I find my lifts are better with it, and I like to lift to be able to look good, but I also find it really fun, and my days feel boring if I don't," junior Kaden Dinkel said.

However, pre-workout supplements can have negative effects on lifters if not used carefully. According to *www.healthline.com*, some of those ill effects include headaches, jittery feelings and digestive upsets.

"The bad thing about it is I always build a caffeine tolerance, and it starts to not work as well, so I have to take breaks from it, and then sometimes it feels like I don't get a good workout in," Quach said.

Despite the negative effects, with those who use the supplements at Hays High, pre-workouts seem to still be popular.

"I use pre-workout because it makes lifting more effective, and I like to lift for my physical and mental health," junior Dustin Leithead said.



Infographic by Nikka Vuong



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## SPRING SPORTS

# Numbers on boys tennis team increase since last year

By Ryan Schuckman  
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Over the past three school years at Hays High School, the tennis program has seen a steady increase in regards to the number of players joining the sport.

The number of athletes on both the boys and girls teams have nearly doubled since Kayla Brown began as head coach of the teams during the 2019-2020 school year.

Brown said she believes many factors have caused the increase in players for both boys and girls teams, including talking to incoming freshmen during the eighth grade visits to Hays High in the spring, starting recreational tennis teams through Hays Recreation Commission and having a long-term coach in the position.

"I feel like a lot of this has been word of mouth," Brown said. "People have just encouraged each other to give it a try and go out."

Brown also added that tennis is a relatively easy sport to learn and to play, no matter one's level of experience.

"It's not necessarily as intense of a sport as maybe volleyball, where if you haven't played it for quite a number of years, it's hard for you to catch up to the rest of the group," Brown said.

According to Brown, Hays High likely has more athletes than many of the other Western Athletic Conference (WAC) schools and other schools that Hays High competes against.

"Some of the other WAC schools have to make cuts when they're 6A schools, and I haven't had to make any cuts at this point," Brown said. "I would guess we're a little bit higher just because we aren't having to cut players like they probably do."

The boys tennis team had 16 athletes in the previous season, but now there are 29 players.

The increase in players on the courts this year has led to some changes during practices and to increased motivation for competitions.

"I think I've had to get a little more creative, like having drills or conditioning that's outside of the fence just to get some people off the courts completely, so we have a little more room," Brown said.

According to sophomore Henry Fitzthum, the increase of boys tennis players on the courts has led to both some positive and negative aspects during practice.

"The team has benefitted from having more players at different levels to practice and to develop as a team," Fitzthum said. "However, the large amount of players comes at the price of filling all the courts, making a harder practice environment."



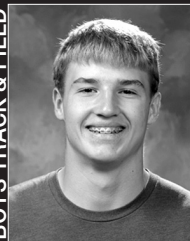
Photo by Jessica Augustine

## INCREASED NUMBERS

This spring, the boys tennis team has 29 members, which is an increase of 13 students compared to last year. Under head coach Kayla Brown, both the boys and girls teams have grown.

## ATHLETES OF THE MONTH

BOYS TRACK & FIELD



senior Jordan Dale

"Sports have taught me how to work hard and play with a team. Sports are important because they teach people that hard work pays off."

GIRLS SOCCER



senior Aleyia Ruder

"I've been very fortunate to be able to play sports and learn some of the biggest lessons through them. Sports are important because they offer so many learning opportunities and help shape leaders."

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# GrEeN ThUmB

## People can follow simple steps to raise their own gardens

By Emry Lundy  
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To most, April calls up the images of flowers and the green of living, growing things. Gardening is a pastime that a wide variety of people can engage in, and many plants are best started in the spring.

"In agriculture classes, specifically Horticulture and Plant and Soil Science, students learn about plant nutrient requirements and proper watering, planting and harvesting methods," agriculture instructor Nikole Winter said.

The first decision to consider is location. It is vital to pick a location that has good soil and sun levels.

Once the location has been selected, measures can be taken to enrich soil. One way to do this is composting.

The K-State Research and Extension's "Kansas Garden Guide" defines compost as "a mixture of soil and decayed organic matter or humus that is used to improve garden and potting soil." This guide says composting should be done in a container without standing water.

"Start with a layer of soil or sand 2-3 inches deep on the bottom," the "Kansas Garden Guide" said. "Then add a layer of organic materials."

The guide also suggests getting a soil test to ensure that pH and nutrient levels are correct for gardening. According to the "Kansas Gardening Guide," "it is advisable to take at least 10 samples around your garden area, then combine these in a clean bucket or pail." These samples should be taken from dirt eight to 10 inches below the surface and can then be taken to a fertilizer supplier for testing.

After determining the location and preparing the soil, the desired plants must be chosen. Before purchasing plants, gardeners should figure out what can grow in the area, what can fit in the space available and what will be used or eaten.

"Beans, beets, summer squash, peppers, tomatoes, lettuce, onions, radishes and turnips are well adapted for growth when space is limited," the "Kansas Garden Guide" said. "Sweet corn, vine squash, cucumbers, pumpkins and melons require more space for growth."

Finally, once plants have been planted in a fertilized location, water is key.

"Garden plants need adequate water to encourage vigorous growth," the "Kansas Garden Guide" said. "Crops should never be under pro-



Photo by Emry Lundy

### GARDENING SEASON

Starting plants in a greenhouse, like the Hays High agriculture classes do, can be beneficial to starting a flower or vegetable garden.

longed water stress because yield, quality and pest resistance may be sacrificed."

Another important practice to consider is mulching, which can conserve water, control weeds, maintain soil temperature and reduce frost damage.

Once the basics of gardening are learned, all sorts of experiments and additions to the garden can be made.

"Do your research and have fun with it," Winter said.

More information can be found at [www.ksre.k-state.edu/news/stories/about-us/home-gardening-resources.html](http://www.ksre.k-state.edu/news/stories/about-us/home-gardening-resources.html).



Q: I started growing some fungi in my garden, but it failed miserably.  
A: I guess there is "mushroom" for improvement.

Q: What is brown and runs round the garden?  
A: A fence.

Q: What do trees drink?  
A: Root beer.

Q: What did the big flower say to the little flower?  
A: What's up, bud?!

Q: Why is "Star Wars" Yoda such a good gardener?  
A: He has a green thumb.

Q: What did the seed say to the flower?  
A: OK, Bloomer!

Q: Why couldn't the little flower ride a bike?  
A: It didn't have any petals.

Q: Which superhero likes spring the best?  
A: Robin.

Q: In all of spring, it can rain cats and dogs, but when does it rain monkeys?  
A: In Ape-til.

Q: Why are frogs so happy?  
A: They eat whatever bugs them.



## THE GUIDON WORD SEARCH

Answers come from this  
Guidon newsmagazine &  
the online Guidon at  
[www.hayshighguidon.com](http://www.hayshighguidon.com)

1. Ransomware
2. Tennis
3. Environment
4. Bond
5. March Madness
6. Testing
7. Gardening
8. Track
9. Preworkout
10. Soccer
11. Social Media

K	A	U	M	P	R	E	W	O	R	K	O	U	T
T	T	C	N	X	R	U	O	Q	G	F	U	F	U
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I	H	N	A	M	H	B	O	I	O	T	I	Z	N
J	H	Y	N	C	R	I	C	B	O	E	Z	O	V
P	P	P	R	I	K	J	I	Z	H	S	L	G	I
C	B	M	V	U	S	L	A	Z	Y	T	D	N	R
S	O	C	C	E	R	U	L	Z	O	I	O	Y	O
V	O	L	Y	L	R	P	M	N	P	N	S	Z	N
Y	U	P	G	U	X	N	E	B	G	G	M	E	M
D	T	N	G	D	Q	V	D	O	P	X	N	Y	E
I	I	O	H	H	Q	D	I	N	F	K	I	M	N
G	M	A	R	C	H	M	A	D	N	E	S	S	T
K	G	A	R	D	E	N	I	N	G	Z	X	P	X

Puzzle by Brooks Baczkowski

April 1  
- "Morbis"  
- "Waterman"

April 5  
- "Midnight"  
- "Vicious Fun"

April 8  
- "Sonic the Hedgehog 2"  
- "The Girl & The Spider"  
- "Cow"

April 19  
- "The Godfather Buck"  
- "Bloody Oranges"

April 29  
- "Memory"  
- "I Love America"  
- "The Tale of King Crab"