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### ON THE COVER



Cover and photo by Ryan Schuckman

### **ORGANIZATIONS**

# **Students fill gaps with World Language Club**

By Alexandra Coveney 22acoveney@usd489.com

Hays High School currently offers German and Spanish. Despite having these two languages, some students want to learn other or multiple languages, which is where the new World Language Club for 2022-2023 comes into play.

"I have always wanted to learn French and was a little disappointed that Hays High only offered two languages," junior Rylie Fairbank, who helped create the club, said. "I have spoken to many people about how we wished there were more languages available, and I knew I could do something."

With junior Shanti Holm, sophomore Everett McClure, and German teacher Codi Fenwick, Fairbank began organizing the club.

"We have been planning activities, presenters and meeting structures and just getting the word out," Fairbank said.

So far, the club has met

on the past three Thursdays during PRIDE Times. Next year, the club anticipates more members will join.

"We will meet to cover important information and to spotlight a language or culture," Fairbank said. "We would then split off into groups based on the language or languages you wish to learn."

Along with study sessions, the club has also discussed taking field trips.

"We have discussed taking field trips to various places near us that tie to a culture or language being taught," Fairbank said. "We have discussed bringing in former language teachers, world travelers, exchange students and others to present."

The club has also planned to work with Cathy's Breads in Hays once a month to allow students to try different breads and sweets from around the world.

Fairbank said she believes that students should have the opportunity to learn whatever languages they wish to learn.



Photo by Alexandra Coveney

### TO LEARN LANGUAGES

World Language Club sponsor Codi Fenwick and sophomore Everett McClure discuss plans for the new club at a meeting on April 28.

"From French to Japanese, Scottish to Indian, American Sign Language to Tagalog, learning another language is an amazing thing," Fairbank said. "Anyone looking to learn a language, learn about a different culture or even to sample a little bit of everything is welcome. Understanding language and how people communicate is a great tool to have."

# International Travel Club prepares for summer trip

By Meg Taggart 23mtaggart@usd489.com

Students who are a part of the International Travel Club will be spending 16 days abroad in Europe when they depart from Wichita on Sunday, May 29.

The group is led by health secretary Julie Pfannenstiel and Spanish instructor Lora Gallegos-Haynes. This trip was planned for the summer of 2021, but with COVID restrictions on travel, it had to be postponed to this summer.

The 16-day trip is packed with tours of historical landmarks and monuments.

"I'm excited to visit these countries because they're so much older than the U.S.," Special Education instructor Jennifer Klaus said. "Even just the houses that some people live in could be older than our oldest landmarks."

Because the trips are every other year, students have opportunities to fundraise to put money towards their costs. Fundraisers included selling lollipops and koozies and working concession stands at basketball and baseball games.

"Many of the kids who worked were able to work enough to get at least a quarter to a third of the payment," Gallegos-Haynes said. "The amount of money depended on how hard and how often the traveler worked."

The group will spend the first five days in Germany, including a visit to the Dachau Concentration Camp.

"Visiting Dachau will definitely not be easy," Klaus said. "Just by standing in the camp and knowing about all the awful things that occurred there will be tough."

After Germany, France is next, where they will see

landmarks, like the Eiffel Tower, the Lourve Museum and the Notre-Dame Cathedral.

After France, the group will travel to Spain.

"Of all the trips I've been on, Barcelona is one of my favorite places to visit," Gallegos-Haynes said. "It's artistic flair is beyond any other place I've been to."

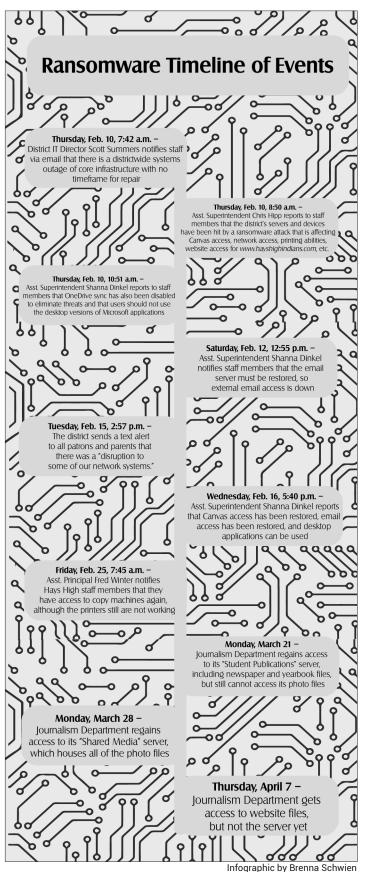
Finally, they will visit Portugal at the city of Lisbon.

For many of the travelers, it will be their first time to a different country, but not for junior Sarah Zimmerman. Zimmerman has visited England, France, Greece, Greek Islands, Ireland, Italy, Northern Ireland, Scotland and Switzerland.

"One of my favorite things about going on these trips that I look forward to is the new friendships I will make and the new cultures and countries to experience," Zimmerman said.

### **TECHNOLOGY**

# Cybersecurity expert assists USD 489 in ransomware recovery



By Cade Becker 23cbecker@usd489.com

On Thursday, Feb. 10, staff and students experienced a significant technological disruption, as the internet became slow, servers were inaccessible, Canvas was down, websites were disabled, copiers and printers were offline and other issues arose.

"Many systems are offline right now," Information Technology director Scott Summers said in an email that morning. "We're investigating a large outage of our core infrastructure."

That outage, as revealed later that morning, was caused by a cyberattack on the district's systems.

"The district servers and devices have been hit by a ransomware attack," assistant superintendent Chris Hipp said in an email. "This means that the district servers and files are being held hostage."

A ransomware attack, according to the Federal Bureau of Investigation, is "a type of malicious software, or malware, that prevents you from accessing your computer files, systems or networks and demands you pay a ransom for their return" and can cause "costly disruptions to operations and the loss of critical information and data."

In this case, multiple district officials have not revealed the attacker's identity or the ransom amount, if known, saying that the attack is still under investigation.

"We are working with Cyber Security professionals to mitigate the situation," Hipp said in his Feb. 10 email. "We understand the huge impact as we work through this."

One professional who the district hired was Hays High alum Dallas Haselhorst, who owns the cybersecurity firm TreeTop Security. With his assistance, the district quickly started working to remedy issues and prevent future attacks.

"There were a lot of people that were very much interested in the entire process and trying to get it all back up," Haselhorst said about the necessity for a quick resolution. "Our platform usually takes, even for a small business, six to eight months for full implementation."

One program that was dramatically affected was the Journalism Department, as the newspaper, the yearbook and the website files were all stored on affected servers.

While instructor Jessica Augustine had made backups of most of the server contents, not everything had copies, including the large "Shared Media" server, which housed photos of events from August 2021 to February 2022.

"The biggest issue was the loss of our photos, which created an especially bad situation for yearbook because they were in midst of working on pages that needed photos that we didn't have access to," Augustine said.

With some workarounds, both the newspaper staff and the yearbook staff were still able to meet their deadlines.

"The IT department told me, at first, that they may or may not be able to recover anything or everything, which was really scary - especially thinking about yearbook losing all its photos and having to recreate the web site. I truly think it aged me a few years worrying about that. Fortunately, however they did it, the IT department, with Dallas Haselhorst's help, did unencrypt our files and get us access to our servers, starting at the end of March into the start of April."

At this point, the district and Haselhorst are continuing to work through problems while also ensuring better cybersecurity, such as by having users improve passwords and by educating them about phishing attempts.

"We are down the road towards better security," Haselhorst said. "There are still bits and pieces that are not exactly where we want them to be, but I would argue far better from what it was."

### SUMMER BREAK

# Students can prepare for school year by planning ahead during summer

By Emry Lundy 22elundy@usd489.com

Despite the school year ending, the 2022-2023 academic year will be here in mere months, and while preparing for a new school year can be intimidating, there are steps that students can take to better prepare for the responsibilities of the coming year, as well as find something new to enjoy.

Some clubs and organizations can be joined by just attending a meeting, but others require prerequisites. Three organizations include the Foreign Language National Honor Society, National Honor Society and Quill and Scroll journalism honor society.

"Being part of an honor society is always a big plus in a transcript and resumé when applying for jobs and colleges," FLHNS sponsor Lora Gallegos-Haynes said. "With FLNHS, future employers will note that you are a benefit for their business because the applicant is not only in an honor society, but one that shows proof of knowledge of a foreign language."

Even if not chosen for an honor society, students can still be involved. Student Council is one club that can be joined without prior preparation, though sponsor Luke Lundmark said there are leadership camps hosted by Emporia State University this summer if students are interested in leadership skills.

Another club that can joined without prerequisite is debate, though sponsor Jennifer Rajewski suggests a few methods of preparation.

"For anvone interested starting out, I recommend watching the news, staying up on current events and reading about next year's topic: 'Resolved: The United States Government should substantially increase its security cooperation with the North Atlantic Treaty Organization in one or more of the following areas: artificial intelligence, biotechnology cybersecurity," Rajewski said.

If one does not wish to join a club or take a class, but still wishes to participate in something, they can join the Fall Musical. Auditions occur soon after school starts, and there are a variety of different positions, such as leading roles, supporting roles, tech, makeup, costumes, set and backstage work.

'[Musical] is an incredibly unique experience that has stuck with me throughout my high school career and will likely stick with me throughout the rest of my life," senior Carson Brooksher said. "The theater community is like family."

Hays High has a wide variety activities and organizations to join, but these do not have be overwhelming. Students should take the time to research desired activities for the future so preparation can be made now.



### **ADVERTISING**





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STUDENT LIFE

# ONE YEAR IN THE UNITED STATES

# Three exchange students plan to return home after a year in Hays

By Madighan Norris 24mnorris@usd489.com

At the start of the school year, Hays High welcomed three foreign exchange students, juniors Maha El Abbassi from Switzerland, Ludivine Herbert from France and Emilie Skov from Denmark. The three will return to their home countries in June.

# What was your favorite thing about the United States?

El Abbassi: "To be honest, that's a very hard question. That sounds weird, but I really enjoyed coming to school here. It's way different than how it is in Switzerland."

Herbert: "The fact that you can drive when you're 15. It's something very cool. You become more independent. Also, almost everyone has a job, and you can put a lot of money in your savings for your future. The school is so much easier."

Shov: "My favorite thing was probably everything – the whole experience. It has been really amazing. I do not at all regret coming to the U.S."

# What did you dislike about the United States?

*El Abbassi*: "There is nothing specific I dislike about the U.S.; there are just some things that I prefer more in Switzerland."

Herbert: "Here, you can carry a gun, which is pretty scary. In France, that cannot happen. Also, the food portions. They are huge compared to everything in France. A lot of the food has lots of sugar, and it's crazy how Americans are used to it. Another thing, commercials when



Photo courtesy of Ludivine Herbert

### **THREE AMIGOS**

Juniors Ludivine Herbert, Maha El Abbassi and Emilie Skov join together at a Hays High football game earlier this school year.

you're watching TV. They happen like every seven minutes. That's too many."

*Skov:* "I would probably say the food. It's really not the best although there is, of course, some that is good."

# Do you wish you would have been placed somewhere else in the United States? Why or why not?

El Abbassi: "When I got my placement at first, I was really sad about coming to Hays, just because I had no idea where it was, but I'm so glad I got placed here because the people make it better."

Herbert: "Maybe a bigger city. I'd like to see how American life is in a big city."

*Skov:* "No, I actually really like Hays. It's so different, and there is a lot of great people here."

# What's different in the United States than in your country?

El Abbassi: "I would say one of the biggest differences is getting around. In

Zurich, Switzerland, where I live, we use public transportation. Thinking about 15 year olds driving is so weird. Also, school is very different. I would say going to school in Switzerland is pretty boring compared to the U.S. You can't choose your classes; they choose them for you."

Herbert: "Here, you don't use the metric system. I have no idea what 18 inches represents."

Skov: "Almost everything here is so different, like the houses, the food, the culture, etc."

# What will you miss about the United States?

El Abbassi: "My friends I made and the American lifestyle."

Herbert: "I will miss to be able to go see football games and cheer for the team. Also, I will miss the friends that I've made while here and the teachers. I will miss the school dances. Those were also pretty cool to experience."

Skov: "Probably all the great people here. Hopefully, I will get to see them again in a few years."

# What was your favorite memory from this school year?

El Abbassi: "My favorite memory is coming here and making a lot of close friends."

Herbert: "I would say the football and basketball games. I loved the atmosphere and supporting the team. That was amazing."

*Skov:* "Probably going to Prom, which is something we don't do in Denmark. It was really a once-in-a-lifetime experience that I will not be able to forget."



Amanda Eschliman, Owner Dine-In, Carry-Out, Catering 740 E. Eighth St., Hays, Kan. 67601 785-625-3013



**FEATURES** The Guidon | May 2022 The Guidon | May 2022

# Summer Bucket List

- Hike at local lakes
- Skydive in Kansas City
- Stargaze in your backyard
- Sit around a campfire
- Draw a chalk mural - Party on the Ponderosa (July 3)
- Go to a Royals game - Go to Wild West Fest (July 1-4)
- Have a picnic with friends
- Stay up all night to watch the sunrise
- Learn to swim
- Go paintballing in Salina
- Attend a concert
- Kayak on Big Creek
- Go camping
- Bike around Hays
- Try all Snoball flavors at Cervs
- Plant flowers

Infographic by Brenna Schwien

# Student Summer Activities

On the Course

Within the past 20 years, disc golf has gone from an underground sport to a popular sport played around the world.

Disc golf is similar to golf, but instead of hitting a ball with a club into a hole, those playing disc golf throw a disc into a cage. "My favorite thing about disc golf is that it is a fun activity to enjoy outdoors, particularly during the summer when I have more

time, and also to do something competitive," physical education teacher and Disc Golf Club sponsor Haley Wolf said. "It is a great lifetime activity that keeps me active and healthy and a chance to meet and interact with different people

In the state of Kansas, there are 252 total courses. In Hays, there are three parks in which people can play. There is an 18-hole course at Frontier Park, a nine-hole course at Rolling Hills Park and a practice field at Kiwanis Park; there is also Sky Vu Disc Golf course in Ellis that starts near the swimming pool.

In addition to availability, disc golf is relatively cheap. Discs generally cost around \$15 to \$20 a piece, and the majority of disc golf courses are free to play; all three parks in Hays and the one in Ellis are free of charge.

Disc golf is also a very good opportunity for exercise; over the span of a full game, a player will usually walk one or more miles, depending on the length of the course. Playing disc golf also strengthens the back, chest, shoulders and triceps.

"Disc golf has all of the benefits that walking does, but does so in a way that takes your mind away from the fact that you are getting a workout in," Wolf said. "You are able to play a game in beautiful surroundings and reap all of the cardiovascular and strength benefits from it."

By Brenna Schwien

One of the main summertime activities in Kansas is taking day trips to or spending entire weekends at the lake.

Many students find themselves spending their weekends with family or friends at the lakes and spending time doing activities in the water during the day and sitting around a fire pit when night comes.

One main activity is spending time on a boat and using watercrafts, like jet skis. Being pulled on a tube behind a boat, jumping off boats, kayaking, fishing and swimming are just a few of the activities that teens spend their time at the lake doing.

"I like to spend some of my summer at the lake with my friends, doing things like swimming, tanning and just hanging out," junior Raegan Winter said. "We have a lot of fun doing the various activities that you are able to do when you are at the lake."

Another one of the main activities that many people participate in while they spend time at the lake is fishing. Fishing is popular in Western Kansas, and local lakes have a plethora of different fish species. You must have a fishing license, but those can be obtained either online or from the local office at the state parks.

For citizens of rural Kansas, spending time outdoors is one of the main pastimes, and this leads to people spending their time at local lakes and even other state parks.

There are different local lakes, but Cedar Bluff Lake, Webster Lake and Wilson Lake are three of the closest in the North Central Kansas area. For more information on these lakes and other Kansas state parks, one can visit https://ksoutdoors.com/ State-Parks/Locations.

# Around the World

By Ryan Schuckman

Whether it is going on mission trips, visiting family members or taking a vacation, many students will travel during the summer while school is not in session. Visiting new places provides students with a different outlook on what life is like in different places.

Senior Grace Wente plans to travel with around 25 other students from Hays High to France, Germany, Portugal and Spain during May and June as a part of the International Travel Club, a trip that has been in the making for more than two years.

"I learned about it in the beginning of my sophomore year in 2020," Wente said. "We were supposed to go in the summer of 2021, but COVID happened, so it got pushed back. We have a lot of things planned now. There's something every day, but I don't know what they all entail.'

Sophomore Will Linenberger plans to travel to Denver, Colo., for a Catholic Youth Organization (CYO) mission trip. The mission trip will last seven days and take place during July with the goal to help people that need assistance.

"I'll be helping people out in any way they need to be helped and seeing what life is like out there," Linenberger said. "I feel like it'll be taking everyone going on the trip out of their comfort zone while trying something new."

Senior Tyler Solida planned to travel with a group of friends to Lake of the Ozarks in Missouri, but due to rising costs in travel, they opted to stay closer to home.

"The new plan is to get a big group to go to Wilson Lake, so we can save money on gas, and we don't have to rent boats or jet skis," Solida said.

### Praises

- The last day of school
- Women's rights Mamba Body Armour
- Cancun
- Graduation
- Scholarships
- Summer
- Vasectomies
- Pineapple
- Manicures
- Bees - Surgeons
- Rain

### **Protests**

- Homework
- U.S. Supreme Court
- Deadlines
- The parking lot
- Pickpocketing
- Motivational speakers
- Monochromatic outfits
- Appendixes

# **Playlist**

### **Brooks Baczkowski**

"Them Changes' by Thundercat

### Cade Becker

"She's Always A Woman" by Billy Joel

### **Alexandra Coveney**

"Dreams" by The Cranberries

### Jessica Feyerherm

"The Man' by Taylor Swift

# **Eric Lucio**

"Blessed" by Daniel Caesar

### **Emry Lundy**

"Creature" by Half-Alive

### Corey Musil

"Be Alriaht" by Dean Lewis

### **Madighan Norris**

"Love" by Kid Cudi

### Ryan Schuckman

"Red Desert" by 5 Seconds of Summer

### **Brenna Schwien**

"In The Stars" by Benson Boone

### Meg Taggart

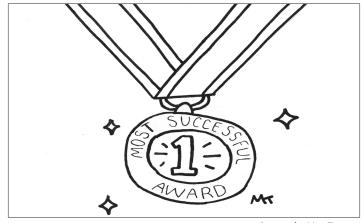
by Baby Keem

### Nikka Vuong

"Pink Dolphin Sunset" by Tory Lanez, Tee

### Jessica Augustine

"Wildflowers" by Tom Petty



Cartoon by Meg Taggart

Opinion of the

**Guidon Staff** 

Agree: 11

Disagree: 1

# Students achieve many honors during 2020-2021 school year

As the 2021-2022 school year ends, we see all of the hard work from students and staff pay off through different achievements accomplished by various organizations and sports at Hays High School.

The Fall Musical, "Urinetown," was nominated in 10 Jester Award categories; nine students were selected for the Kansas Music Educators Association All-State Choir and Orchestra; and Band, Chamber Orchestra, Concert Orchestra and Chamber Singers all got I's at state.

Chess Club competed in the Kansas Scholastic Chess Association state contest

and finished as the top 5A team, and the Math Relay team placed first in the 4A/5A/6A competition at Fort Hays State University.

Six radio and television projects created by Tribe Broadcasting earned Kansas Association of Broadcasters student awards, and 44 entries done by journalism students qualified at regionals for the state Kansas Scholastic Press Association competition, at which the *Guidon* was also named All-Kansas for this year.

Five seniors qualified for DECA nationals and traveled to Atlanta, Ga., and the Jobs for America's Graduates-Kansas (JAG-K) students received the Five for Five Award. Twelve students from the Hays High FFA chapter traveled to Indianapolis, Ind., and the chapter received the Three-Star National Designation, which is the highest national honor.

Outside of organizations, Indian athletic teams also had a successful year.

In the fall, girls golf took second at the state tournament, volleyball won the Western Athletic Conference (WAC) title for the first time since 1994 and football earned the WAC title and made it to sectionals.

Winter sports continued the success, as the girls basketball team was ranked 10th in Class 5A during the season, and the boys basketball team won a WAC title for the third year in a row. Four members of the girls wrestling team qualified for state, with two placing, and eight members of the boys wrestling team qualified for state, with one winning a state championship and another placing.

With spring sports finishing soon, athletes have been working towards their goals of winning league and making it to state.

Through individual effort and teamwork, Hays High has collectively achieved many accomplishments this school year.

We congratulate each one of these organizations and athletic teams, we thank their sponsors and coaches and we hope for an even more successful school year next year.

### The Guidon Staff

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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 responsiblities 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

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.

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# Futuristic, historical novel makes readers ponder alternative ideas

The year is 2031. The Library controls all knowledge, which has sparked uprisings in all sorts of people. Burners, who shout, "Vita hominis plus libro valet! A life is worth more than a book!", as they burn the few originals still in existence that haven't been collected by

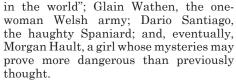
the library in bright, dangerous green tongues of Greek Fire. Runners, who locate these uncollected books to sell them on the black market to the highest bidder. Ink-lickers, who delight in the total power and control that eating - defiling the pages of a book gives them. How did things get this way? Rachel Caine's "Ink and Bone" takes place in a world where Johannes Gutenberg was never permitted to create his printing press, and the idea has been systematically squashed ever since.

One of the first points of intrigue in the first of five installments in Caine's "The Great Library" series is the setting. The book begins in modern London, though it is far from what we know. Technological

advances have been made through the pursuit of alchemy, and all knowledge is funneled through a Kindle-like Codex. Citizens can still check out books through the Library, but physical ones are forbidden, and the Library and its staff control what information, past and

present, is allowed to the public and what is kept locked away.

The cast of characters, too, is enticing. Main character Jess Brightwell is sent to Alexandria, Egypt, early in the book and thrown into a class of 32 Postulants training to be some of the select few permitted to work for the Library. There, he is introduced to a variety of friends and foes. Among those are Thomas Schreiber, the burly German engineer; Arabic Kahlila Seif, the "smartest girl



While so different, each character is brilliant in their own ways. The group faces Greek Fire, traps and death when thrown directly into a war zone to rescue original books that were discovered in the search for rapidly dwindling rations.

Russian playwright Anton Chekhov is credited with the idea of "show, don't tell" in literature, reported to have said, "Don't tell me the moon is shining; show me the glint of light on broken glass." Caine does an impeccable job of this, especially in the second half of the novel.

However, some of Caine's writing choices are more subtle in building a realistic, functioning world within her pages. One such method is the use of ephemeras at the beginning of each chapter, bringing about revelations big and small through letters and private correspondence.

"Ink and Bone" was certainly a good read. However, I must continue through the next installments before I am satisfied. I only hope that by the end of the story, Jess and his friends can find something of closure and a happy ending after all they have endured.



By Emry Lundy 22elundy@usd489.com

# Senior provides her view of possible grading scale change

Entering the 2022-2023 school year, Hays High is discussing with their Building Leadership Team (which consists of Department Chairs), Counseling Team and Administrative Team to be putting a new grading scale into place. This new grading scale will be a 90-80-70-60 scale and will benefit students. As a graduating senior who has lived with the current grade scale, I think that this change should have been made many years ago.

Currently, the grading scale being used is 99-100 is an A+, 98-96 is an A, 95-93 is an A- and so on, with each increment including three percentage points.

Students who take advanced courses under this rigid grading scale are at a disadvantage when competing for scholarships and other educational opportunities with other students at other schools. Many scholarships now use GPA over ACT or SAT scores, and for the students at Hays High, competing against other schools who already have the 90-80-70-60 grade scale, they may lose many opportunities when their applications are

compared

Many of the concurrent credit classes that are offered right now go off the 90-80-70-60 scale because they follow the cooperating college's grading scale. For

students who are trying to balance the concurrent credit classes with one grading scale and all their other classes with another grading scale, this can create confusion, as grading scales for all classes should be consistent.

I believe that the students at Hays High will begin to achieve and be able to compete for scholarships and other opportunities with this improvement to the grading scale. It will foster a more

successful environment for the students at Hays High.

Two other schools in the Western Athletic Conference already go by the 90-80-70 scale, Garden City and Liberal. Great Bend uses the scale 99-100 is an

A+, 98-96 is an A, 95-93 is an A- and so on, like Hays High does. This creates a disparity for the students who may not be academically eligible to compete against their competition due to having a tougher grading scale. The idea

that Hays needs to be the best against their WAC opponents can only make it more achievable by implementing the same grading scale that other WAC schools have.

While some people disagree with the new grading scale being implemented because it may cause students to slack in their classes or not try as hard to maintain a high standard, I believe that this change will positively impact the students

at Hays High. This will allow them to compete with their counterparts and achieve admission into their desired schools and scholarships to help push them into their next educational endeavors and opportunities.



By Brenna Schwien 22bschwien@usd489.com

### ATHLETIC TRAINING

# IN THE OFF-SEASON

# Athletes have ways to be active, from daily weights to optional practices

By Corey Musil 23cmusil@usd489.com

Despite the school year ending and summer break approaching soon, athletes tend to use the summer to stay in shape for the upcoming seasons of their school sports.

"During the summer, I go to all of the practices and conditioning sessions that the soccer team has to prepare us for the season," junior Jordin Myers said.

Lifting weights is one major part of many students' offseason plans in order to get stronger for the upcoming seasons. There will be summer lifting during the summer mornings in order for students to get stronger. Advanced weights will take place at 6 a.m. with normal weights to follow at 6:45 a.m.

"I basically go to the gym every day, and we do summer drop-ins as a team, where we basically scrimmage and get some conditioning in for the upcoming soccer season," junior Trayton Roa said.

While the Kansas State High School Activities Association mandates that there cannot be official team practices over the summer months, many athletic teams have optional practices or workouts. For the football team, they will attend a camp at Northwest Missouri State during the summer. Volleyball will be playing in the summer Hays Recreation league during the summer. Tennis will have optional practices on Thursday mornings for all players, and cross country will also have optional morning practices throughout the summer. Golf will just practice on

their own time and get to enjoy the summer.

"Over the summer. the cross country team holds optional practice four days a week,' junior Amelia Jaeger said. "I usually attend along those. with going to the gym and lifting.

Working out with teammates is a benefit of the summer workouts because it can build team chemistry for the upcoming seasons.

"I like to practice with my teammates by hitting balls and playing holes for golf,"

junior Katie Dinkel said. "It helps ease the whole team into the beginning of the season because we have been practicing and preparing beforehand."

In addition to working out with Indian teammates, some students play in



Photo by Aaliyah Neuburger (Indian Call)

### LIFTING WEIGHTS

Freshman Bryton Unsworth deadlifts during a Weights class this school year. To stay in shape, students can attend morning weights throughout the summer, with advanced weights at 6 a.m. and regular weights at 6:45 a.m. Some student athletes may also attend optional team activities to remain in shape.

summer leagues to stay in shape.

"I go to summer weights, and for volleyball, we have open gyms, and we get to play a couple of tournaments throughout the summer, along with a summer league, too," junior Carly Lang said.

Rather than work out with teammates or be on official teams, some students also like to work out on their own in the summer.

"I go to the gym and just lift on my own time to stay in shape and for strength training," sophomore Derek Quach said.

No matter whether athletes are working out individually or together, the goal

should be to stay in shape and to improve one's skills, but also enjoy summer break.

"I really like to meet up with some friends during the summer to practice and also have fun," junior Kayler Wellbrock said.



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# PROUD SUPPORTER OF HAYS HIGH SCHOOL

### **RECREATION JOBS**

# Hays Aquatic Park offers summer job opportunities for teens

By Brooks Baczkowski 24bbaczkowski@usd489.com

The Hays Aquatic Park is a popular summer destination for many in the area, especially those in younger age groups. It makes sense then, that high school students compose much of its workforce. The question is raised, then, how does one go about getting one of these highly sought-after positions?

Prospective employees must start by filling out the job application, which is available at the Hays Recreation Commission (HRC) to begin the process. For the aquatic park, applications were due April 7, although HRC still accepts applications for open positions throughout the summer.

"The application process was pretty simple," sophomore Olivia Pince, who was hired in April, said. "I got a paper application form from the HRC website and filled that out and gave it back to them."

At the aquatic park, teenagers can apply for various positions, depending on their age. Admissions workers only have to be 14 years old, while lifeguards must be 15 or older, concessions workers and maintenance workers must be 16 or older and swimming lesson instructors must be 18 or older with experience as an instructor or as an aide. The HRC also hires for water fitness instructors for its water aerobics classes, and those applicants must also be at least 18 years old with instructional experience preferred.

Pince is an incoming concessions worker who was hired in April. After applying, Pince was given a short in-person interview. Having received the position, Pince will be trained on the job when the park opens in late May.

Training to become a lifeguard at the swimming pool is significantly more strenuous.

"You have to pass the online course, and then you do a five-day long training with the boss and head guards," sophomore Harley Werth said. "After that, you're certified if they pass you."

The online course is composed of several detailed video lessons and accompanying quizzes. The training session culminates in a pair of assessments on vital skills, including basic swimming assessments, such as treading water, diving, swimming, as well as saves and other procedures.

Lifeguarding is not all fun and games, of course, as sophomore Madighan Norris had to make a water rescue as a lifeguard working in Summer 2021.

"I was I the splash pool at the Hays Aquatic Park at the bottom of the slides when a kid went down who couldn't swim," Norris said. "I had to pick her up and not let her go down again. I'm just glad that she was okay."

When training is complete, the student workers are ready to begin. Fully staffed, the Hays Aquatic Park is prepared to open to the public on Saturday, May 28 and is scheduled to remain open daily from 12:30 p.m. to 6:30 p.m. until Sunday, Aug. 14.

# How to become an HRC lifeguard

- 1. Fill out the application form on paper or online
- 2. Receive an interview, first come first serve
- 3. If you are hired, training session will be one week
- 4. The test requires treading water for two minutes, swimming 300 meters without stopping and diving 12 feet to retrieve a brick
- 5. Then you are taught saves and procedures

Infographic by Nikka Vuong

### ATHLETES OF THE MONTH



senior Garrett Wellbrock

"Sports have made me more competitive and made me respect people like my coaches and teammates. Sports are important because they teach you a lot of life skills and give you a good work ethic."



### senior Caroline Robben

"Sports have taught what it is to be a team player and how you can use your skills in your everyday life. Sports are important because they teach kids life skills that can be used in the future, like teamwork and leadership."

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# Dog Days of Summer

# Hays offers variety of activities for you and your furry friend

By Cade Becker & Jessica Feyerherm 23cbecker@usd489.com 24jfeyerherm@usd489.com

During summer, when students may be at home more with their (possibly new) pets, there are many places they can visit, so that not only they, but also their pets, get out of the house.

### 1) Obedience Classes

Hays Recreation Commission offers canine classes. For puppies 10 weeks old to 6 months old, a four-week Puppy Course will occur on Mondays from June 6-27 and again from July 25 to Aug. 15.

For dogs older than 6 months, Hays Rec will offer a six-week Dog Obedience class on Mondays from June 6 to July 18 and again from July 25 to Aug. 29. For more information, look at the 2022 Spring Summer Hays Rec Times guide at www.haysrec.org.

2) Dog Park

Another way for owners and canines to stay active is by going to the free Hays Dog Park, just west of town. The seven-acre, fenced-in area features two separate sections – one for small dogs and one for larger dogs – as well as sitting areas, shelter houses and doggie water fountains.

3) Spa Days

After all that work, canine companions may need a clean, fresh coat. Businesses such as Doggone Cute, Pet Sense, Post Rock Pet Boarding, Puppy Loves Pet Grooming, Scotty's Doggy Spaw, Tractor Supply Co. and others offer services to give your dog a full grooming.

4) Cool Treats

Since most pets do not enjoy baths, perhaps afterwards, their owners could treat them at some pet-hospitable businesses. At Dairy Queen, people can get a "pup cup," which is a small serving of vanilla ice cream, or at Starbucks, one can ask for a "puppuccino," which is a small amount of whipped cream in a tiny espresso cup.

5) Play Day

To end the summer, pet owners can bring their pups to the Hays Aquatic Park on Aug. 20 from 11:30 a.m. to 12:30 p.m., as the Hays Rec will host its Doggie Play Day, where dogs can swim in the pool, play with toys and get special treats.

For the love of their pets, people do things for them, as if they were their children, and Hays provides great activities for these wonderful creatures that humans do not deserve.



If you get the chance, adopt Chance! Chance is an adult male German Shepherd who is roughly two years old. Chance was surrendered by his owner, and he is shy, but is great with children once he warms up. He does need to be walked or allowed to play often, and he needs a home with fence, but he is house trained and updated on vaccinations. So give Chance a chance to your heart!



RANGER

Ranger is a male Australian Cattle Dog and Blue Heeler mix. Ranger is very sweet and playful, as any 8-month-old puppy would seem to be. The first rounds of shots have already been administered for this young playful pup. This ball of energy is ready for a home; adopt him at the High Plains Humane Society!



Q: What did the spring say when it was in trouble?
A: May Day!

**Q:** Why did the cantaloupe jump into the pool?

**A:** It wanted to be a watermelon.

**Q:** What kind of tree fits in your hand?

A: A palm tree!

**Q:** What does the sun drink out of? **A:** Sunglasses.

**Q:** Why didn't the sun go to college?

**A:** Because it has a million degrees.

**Q:** Why did the newspaper talk to the ice cream?

A: It was looking for the scoop!

**Q:** What do bees say in summer? **A:** It's swarm, isn't it?!

Q: Why do bananas use sun cream?

A: So they don't peel!

**Q:** What do whales like to put on their toast? **A:** Jellyfish!



### May 6

- "Doctor Strange in the Multiverse of Madness"
- "Around the World in 80 Days"
- "Escape the Field"

### May 9

- "No Vacancy"

### May 13

- "Firestarter"
- "Family Camp"
- "Senior Year"

### May 19

- "A Perfect Pairing"
- "Distant"

### May 20

- "Downton Abbey: A New Era"
- "I Love America"
- "The Tale of King Crab"

### May 27

- "Top Gun: Maverick"
- "Rite of The Shaman"



Find the two differences between each photo of the four Hays High School instructors!















Puzzle by Brooks Baczkowski