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Issue 4

The Guidon

February
2023

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ONE PILL CAN KILL

Nation faces serious crisis
involving use of fentanyl, opioids
Pages 6-7

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ON THE COVER



Photo illustration by Jessica Augustine; cover by Eric Lucio

ORGANIZATIONS

International Travel Club changes leadership

By Justin Houchen
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With the death of foreign language teacher "Señora" Lora Gallegos-Haynes, a new co-sponsor has joined the Hays International Travel Club.

Special Education teacher Jennifer Klaus stepped up to co-sponsor the organization with Julie Pfannenstiel, who has been sponsoring with Gallegos-Haynes since 2013.

"Once Señora passed away, we needed someone else at the school to help, so I volunteered to take the reins, which are big shoes to fill," Klaus said.

The organization makes a trip every two years during the summer in partnership with Education First to places outside of the United States in an effort to immerse Hays students and residents in the rich cultures of other nations.

The last trip the group made was in June of 2022, when 40 individuals, including Klaus, took a 15-day trip to Europe, visiting France, Germany, Portugal and Spain.



Infographic courtesy of Jennifer Klaus

Following that trip, Gallegos-Haynes and Pfannenstiel began planning the next trip for the summer of 2024. Originally, they wanted to take the group to Australia and New Zealand, but due to costs, they decided to return to Europe – this time visiting Austria, England, France, Germany, Italy, Netherlands, Scotland and Switzerland.

The death of Gallegos-Haynes had a significant impact on the club, but Klaus and Pfannenstiel did not want to let the organization falter.

"After Señora's passing, I knew that I needed to step up and help Julie keep the club going," Klaus said. "I wish every student could travel abroad, as I truly feel there is no better way to open your mind and learn such a vast amount in such a short time."

While the 2024 trip will cost just more than \$5,000 for all transportation, tours and lodging, the sponsors will continue to provide fund-raising opportunities for the participants.

Klaus said she encourages those who were planning on going on the trip to follow through and those thinking about going to get involved, which they can do by contacting her or Pfannenstiel.

"It [Gallegos-Haynes's death] honestly made me want to go on the trip more so I could see all these places she's talked about," sophomore Ian Henderson said.

Student Council implements advocacy group

By Eleanor Bittel
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Near the end of first semester, Student Council established student advocacy meetings to give the student body an opportunity to make suggestions in order to refine the school culture and create a stronger sense of community.

These student advocacy meetings allow students to communicate their ideas to StuCo members so that they may then communicate the ideas to the administration.

"It is easier for students to talk to other students than talk to the administration," sophomore class vice president Cy Drobeck said.

With StuCo members serving as liaisons between the students and the administrators, it eliminates any intimidation that

students may feel in speaking directly to an administrator, and it provides a safe place to share their concerns, to draw attention to any problems and to advocate for changes. StuCo hopes that, with having these meetings will make students more willing to share ideas.

"[Teacher] Mrs. [Vanessa] Schumacher and some other teachers had given us the idea," senior class president Cade Becker said. "Through it, students have a voice, and their voice is actually heard by the administration."

StuCo members want the student body to realize that StuCo does more than just plan dances, such as Homecoming and Indian Call; instead, they want to be the students' voice to create change, and they want to build a stronger school community and more teamwork opportunities.

During the meetings, attendees can write their ideas on sticky notes, categorizing them into "genuine concerns," opinions or issues students have no control over. Then, StuCo members facilitate the groups as ideas are discussed.

Sofar, some of the suggestions relate to the bathroom conditions, teachers' bathroom pass limits, public displays of affection and GPA calculation with the new grading scale. The group also discussed adding a microwave to the cafeteria and adding tampon dispensers in girls' restrooms.

"Students just need to be aware of issues," Becker said. "Then, they should listen to the announcements about the meetings. Anybody can show up, or they can email [sponsors] [Luke] Lundmark or [Alan] Neal or any of the officers about their issues."

OBITUARY

SIGNIFICANT LOSS

Staff and students adjust after death of foreign language instructor

By Meg Taggart
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The Hays High School community recently experienced the loss of Spanish teacher “Señora” Lora Gallegos-Haynes, who died at the age of 63 in Hays on Thursday, Dec. 22 after a cardiac event.

Gallegos-Haynes was born June 19, 1959, in Denver, Colo., and later married her husband, Thomas J. Haynes. The couple then moved to Hays, where Gallegos-Haynes had been active in the school and community ever since.

Along with teaching foreign language at Hays High for more than 20 years, she and her husband opened Lomato’s Pizza, and she was very active in her church.

Traveling was one of her passions, as she had visited all 50 states and had started the Hays International Travel Club, which gave hundreds of students the opportunity to travel. They went to many of the countries in Europe and other countries, such as Costa Rica. Gallegos-Haynes would organize the trips two years ahead of the excursion, giving students time to work the concession stands at basketball games, wrestling matches and baseball games to earn money for their trip. Her room was decorated wall to wall with pictures from her trips, and she used her experiences to teach her classes.

“I went on two trips with Señora, and each had been a great experience,” 2021 graduate Fernando Zarate said. “You could see the passion and love she had for both her students and travelling. It also was shown through her commitment with

fundraising for kids before the actual trip.”

Along with her responsibilities at school, Gallegos-Haynes was very family oriented. She is survived by her father



teacher Lora
Gallegos-Haynes

and mother, Morris and Priscilla Branch of Bennett, Colo.; her husband, Tom of Hays; her daughter, Marie Haynes of Overland Park; her step-sons, Tim Haynes of Bison and Terry Haynes of Hays; her siblings, Morris Branch Jr. of Aurora, Colo., Luana Branch of Bennett, Colo., Larry Branch of Denver, Colo., Frank Madrid of Visalia, Calif., and Rebecca Hill of Broomfield, Colo.; seven grandchildren, Talia, Elon, Jazmine, Harley, Kiran, Terrence II and Juliet, as well as eight great grandchildren, Oliver, Ronan, Tyler, Brooklyn, Razariah, Reviahna, Daunte and Aries.

Many students at Hays High and others in the community would also refer to Gallegos-Haynes endearingly as “Grandma,” which was a testament to how much she cared for others.

“Señora Haynes was much more than just a teacher, not just to me but to many other students,” senior Miguel Cisneros said. “Many students built a good relationship with her. She was my teacher, but she became my best friend, she became the grandma I never had and she was my go-to person even when

I lived in Dallas. She always knew what to tell me, how to comfort me and how to help me grow. She saved me, and I believe she was the person God sent to me when I needed someone. I will never forget her, and I miss her very much to this day. I’m glad I got to say my goodbyes and see her one last time. She will never be forgotten.”

Memorial and funeral services were held on Jan. 2 at Celebration Community Church in Hays, with hundreds of church members, community members, family members and Hays High staff and students in attendance.

Upon Gallegos-Haynes’s death, Hays High sent a notification message to staff, students and parents, and the school provided extra counseling opportunities following the return to school in January.

For second semester, fellow Spanish teacher Matt Whitney took over as instructor for Gallegos-Haynes’s classes, which included Spanish II, Spanish III, Spanish IV and Heritage Spanish I/II. Whitney’s Spanish I classes now have a long-term substitute, Jonna Dinkel.

“Señora was a giver,” Whitney said. “She gave of herself to her family, students and friends without conditions. Her students were her kids and nietos [grandchildren]. She was known throughout the community as being someone who you could trust and depend on. Her heritage and background taught her that family came first, friendships second and then there was everything else. She had her priorities set and focused on the right place. She was always there for those around her, and she will be missed greatly.”



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OPPORTUNITY

Model UN competition allows students to take interest in world issues



Photo courtesy of Jerry Braun

INTERNATIONAL AMBASSADORS

On Friday, Jan. 20, students participated in the Model United Nations, or Model UN, conference at Wichita State University. Two students, junior Brooks Baczkowski and senior Tony Arial, received recognition for their leadership.

By Maddie Meis

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Gifted Education teacher Jerry Braun sponsored a group of students to the Model UN conference on Jan. 20 at Wichita State University.

Model UN is a learning opportunity, in which students in groups of three represent countries in the United Nations and debate relevant topics.

"We just had to ask Mr. Braun if we could go," senior Tony Arial said. "Then, we made a list of 10 countries that we would like to be delegates for, and we were assigned to one of those."

Representing Argentina were junior Jessica Feyerherm and sophomore Sophie Ballenger, plus junior Ben Dome from Victoria. For Saudi Arabia, junior Sam Albin, junior Everett McClure and sophomore Caleb King were ambassadors. Junior Brooks Baczkowski, sophomore Alivia Sellens and freshman Zipora Morgan represented Egypt. For Turkey, freshmen Delia Dixon, Mariella Dreiling and Emersyn Sander were ambassadors. And, representing Thailand were Arial, plus seniors Cade Becker and Rylie Fairbank.

Before attending, students researched their countries' stances on the given topics for this year, which included nuclear disarmament and human rights concerning climate change. Students also learned UN procedures for delegates.

Upon arrival, students separated into conference rooms with one delegate per country per conference room. In their rooms, students drafted resolutions, attempted to gain signatories and put their resolutions to a vote. To have a resolution pass, two-thirds of the delegates must agree.

Awards were given to delegates that displayed excellent leadership. Baczkowski won Outstanding Delegate, the top award, and Arial received an Honorable Mention Delegate.

"I was surprised to win an award because there are a lot of good people in each room," Arial said. "Overall, it went pretty well. It was not what I expected."

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OPTIONS

Program allows seniors more time to prepare for life after high school

By Corey Musil
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This spring semester, seniors had new opportunities outside of the building during school hours to explore more options instead of remaining on campus.

The opportunity is through “Flexible Scheduling,” also known as “flexing out” of school. According to the 2022-2023 Student Handbook, “Students in good standing and on track to graduate may apply for flexible scheduling,” as long as their parents/guardians and their counselor approve the plan.

“Flex scheduling can benefit students who want to get started on taking college courses either online or on campus,” counselor Troy Dale said. “Flex scheduling is also beneficial for students who want to work additional hours to earn money for college or living expenses. These students are gaining employability and management skills.”

There are multiple options for what the seniors can choose to do. One is leaving campus to take a college class at Fort Hays State University or North Central Kansas Technical College, as long as the students have met the prerequisites, the classes support the students’ Individual Plans of Study (IPS) and the students provide proof of enrollment in the course.

“Taking a college class allowed me to get a jump start on college,

not to mention it’s cheaper and less stress,” senior Mason Norris said.

Another option is to be outside the building instead of in their Guided Personal Study (GPS) block or electives for Work-Based Learning, as long as they have proof of work and the job supports their IPS.

Rather than leaving campus, seniors may also schedule an additional GPS block to take online Edgenuity courses for classes that Hays High does not offer or to take online college courses; they can earn dual credit if the course is completed with FHSU or NCKTC.

This semester, about 130 seniors have chosen to flex to get a head start on college courses, to make extra money or to get experience in their chosen career field.

One limitation to flexing out is participation in a school sport. To be eligible to play, students must be active in five high school classes, meaning that seniors in winter or spring sports can only flex out of three blocks. If seniors are not in sports, they can flex out of as many classes as possible, but they still must meet the current graduation requirements of taking an English class all four years and taking a semester of American Government.

“Flexing out is beneficial because it allowed me to replace classes that I didn’t need and leave school to work,” senior Connor Matter said. “It’s nice because it allows me to make money during school hours.”



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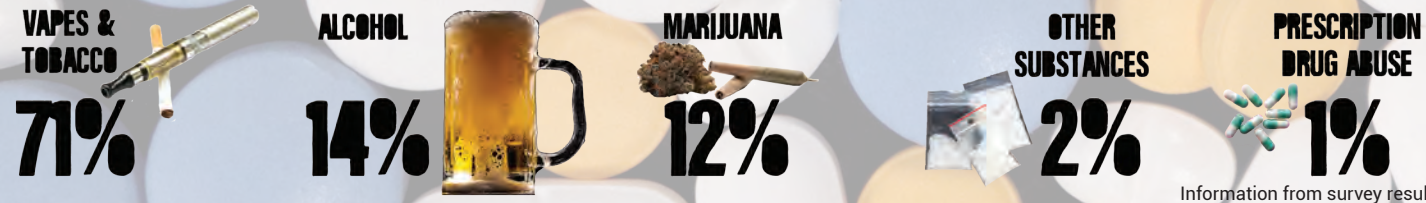
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DRUG CATEGORY	DESCRIPTION	EFFECTS SHORT TERM	EFFECTS LONG TERM
NICOTINE TOBACCO	Nicotine is a highly addictive organic compound found in cigarettes, e-cigarettes, vapes and more. With more teens vaping, addictions are starting earlier.	<ul style="list-style-type: none">- Increase in blood pressure, heart and respiratory rates and dopamine- Cough, shortness of breath and dryness of mouth and throat- Headache and nausea	<ul style="list-style-type: none">- Cancers of the lungs, mouth and throat and cardiac issues- Emphysema, COPD and EVALI (E-Cigarette/Vaping Associated Lung Injury)
MARIJUANA CANNABIS	Marijuana is usually smoked by using the “bud” of the plant, but it can be inhaled from a vape, too. It is legal for medical and/or recreational use in some states.	<ul style="list-style-type: none">- Increased heart rate- Impaired cognition or movement- Decreased memory or reactions- Higher anxiety, panic, paranoia, psychosis and hallucinations	<ul style="list-style-type: none">- Impaired thinking, decreased ability to learn and decreased IQ- Increased risk of heart attacks or strokes
INHALANTS INHALANTS	Inhalants are vapors from toxic substances in household products. The chemicals reach the lungs and then the brain quickly, sometimes causing irreversible damage.	<ul style="list-style-type: none">- Increased and irregular heart rate- Impaired judgement or movement- Increased apathy, hostility, delusions and hallucinations- Severe headache	<ul style="list-style-type: none">- Decreased memory and intellect- Hearing loss- Bone marrow damage- Irreversible organ failure
MDMA OR ECSTASY HALLUCINOGENS	Ecstasy, often called “Molly,” is a highly illegal Schedule 1 drug (along with LSD and heroin) that became popular among teenagers and young adults in the 1990s.	<ul style="list-style-type: none">- Increased anxiety, confusion, insomnia and paranoia- Muscle tension, clenched teeth, blurred vision and headache- Chills, sweats and fainting	<ul style="list-style-type: none">- Hemmoraging- Heart and kidney failure- Destroyed nerve branches/endings- Brain damage affecting emotions, learning, memory and sleeping
BENZODIAZEPINE DEPRESSANTS	Benzodiazepines are depressants, or “downers,” that can be legal drugs used for anxiety or insomnia, but they are highly addictive and often abused, or they are illegally sold.	<ul style="list-style-type: none">- Decreased blood pressure, heart rate and respiration rate- Increased confusion, dizziness, disorientation and sleepiness.- Slurred speech and visual issues	<ul style="list-style-type: none">- Depression, chronic fatigue, sexual problems and sleep issues- Increased tolerance, causing users to overdose for the effects- Increased risk of coma or death
AMPHETAMINE STIMULANTS	Amphetamines are stimulants, or “uppers,” that are used for ADHD or narcolepsy, but they are addictive. They are legal for medical use, but illegal for recreational use.	<ul style="list-style-type: none">- Increased blood pressure, heart rate and respiration rate- Dizziness and disorientation- Increased anxiety, panic and paranoia	<ul style="list-style-type: none">- Increased hostility and paranoia- Increased tolerance, leading users to use more for the effects- Irregular heartbeat and dangerously high temperature
METHAMPHETAMINE STIMULANTS	Methamphetamine is a stimulant that is highly addictive and highly dangerous. It can come in the “crystal meth” form, which is purer than meth mixed with chemicals.	<ul style="list-style-type: none">- Increased blood pressure, body temperature and heart rate- Increased confusion, delusions, hallucinations and violence- Nausea and vomiting	<ul style="list-style-type: none">- Skin infections and tooth decay- Organ damage/organ failure- Convulsions, seizures and death- Serious and permanant molecular changes in the brain
COCAINE STIMULANTS	Cocaine is a stimulant that was used originally for pain relief, but is now a highly dangerous, highly illegal “party drug” that comes in the form of a white, icy powder.	<ul style="list-style-type: none">- Increased blood pressure, heart rate and respiratory rate- Heightened irritability, paranoia, restlessness and violence- Bizarre and erratic behavior	<ul style="list-style-type: none">- Cardiovascular problems, causing more heart attacks and strokes- Sexual dysfunction and reproductive system damage- Overdose, coma and death
HEROIN NARCOTICS	Heroin is a drug made from morphine, which is in some opium poppy flower pods, but it is highly addictive, dangerous and illegal. It comes in a white or brown powder.	<ul style="list-style-type: none">- Dry mouth and itchy skin- Constipation, cramping and nausea- Decreased breathing rate and body temperature- Drowsiness and dizziness	<ul style="list-style-type: none">- Increased risk of HIV or Hepatitis due to injecting the drug- Sexual dysfunction and reproductive system damage- Overdose, coma and death
FENTANYL NARCOTICS	Fentanyl is a drug used for severe pain, such as in cancer patients, but it is highly addictive and extremely dangerous. It is 30 to 50 times more powerful than heroin.	<ul style="list-style-type: none">- Constipation, cramping and nausea- Decreased breathing rate, heart rate and body temperature- Drowsiness, dizziness and unconsciousness	<ul style="list-style-type: none">- Increased heart attack risk- Respiratory depression leading to the lack of oxygen to the brain- Overdose, coma and death

Reporting by Jake Wentte

WHICH OF THE FOLLOWING SUBSTANCES DO YOU FEEL IS THE BIGGEST PROBLEM AMONGST TEENAGERS?



Information from survey results

WAR ON DRUGS

Like the rest of the nation, western Kansas law enforcement sees more prevalence of dangerous drugs, including fentanyl

By Madighan Norris
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From 2011 to 2020, drug overdoses rose 73.5 percent, with half of those being opioid-related overdoses, according to the Kansas Department of Public Health and Environment. Even in Ellis County, overdoses have increased sharply in recent years.

“For a while, we were having quite a few overdoses from teenagers up to adult age,” Detective Chris Hancock of the Ellis County Sheriff’s Office Drug Enforcement Unit said. “All it takes is one bad batch to come into town. From there, it just streamlines down.”

There are legal, prescribed opioids, such as hydrocodone, morphine or oxycodone, which can still be abused; however, there are also illegal opioids in circulation, such as heroin and fentanyl.

“With opioids, the addiction part is what is bad,” Health teacher Shannon Funk said. “Because they

alleviate pain and stress, they easily become abused by people. What’s amazing about the body is that it adapts. So, when you’re taking opioids frequently, it makes it so your body can’t produce endorphins after adapting to the overuse of the drug.”

In an opioid overdose, the drug naloxone, often sold as the brand Narcan, can be used to try to save the victim.

“We don’t carry Narcan on our officers, but our Ellis County EMS carries it on the ambulance,” Hancock said. “I’ve been present when Narcan has been used. It is a very effective tool that is even available to the public. Even a lot of our addicts are carrying it with them, even though that kind of contradicts itself.”

When used, naloxone’s chemicals attach to the brain’s opioid receptors, blocking the opioid’s effects and perhaps saving the victim from coma or death.

With the growing issue, the USD 489 Board of Education approved an updated Medication Policy with Naloxone Administration at its Oct. 26 meeting, which requires naloxone to be stocked in all school health offices.

“It’s important to have Narcan on hand, as it’s an

emergency medicine that works quickly,” school nurse Renee Hoffman said. “It is better to have it than to wait for an ambulance in case of an opioid overdose.”

However, the increasing opioid issue is not the only drug problem the area is facing.

“The biggest drug that is plaguing our community is methamphetamine; also, fentanyl is a concern,” Hancock said. “You never know what fentanyl is in. It only takes a very small amount to shut someone’s system down. A lot of methamphetamines we are sending to get tested are coming back positive with fentanyl – same with marijuana and pills like oxycodone or Adderall having traces of fentanyl.”

Although less life threatening, vaping is another major problem. Vaping mimics smoking cigarettes, as the vape or e-cigarette is a battery-powered device that vaporizes a liquid that is inhaled. While some think vaping is healthier than smoking, the vapors still contain nicotine, among other chemicals.

“The chemicals teenagers are inhaling are messing with their lungs and the oxygen transport in their blood,” Funk said.

Because the liquids do not have a pungent odor, vaping has made it easier for teenagers to carry the devices and smoke wherever they go – including Hays High restrooms.

That is why, last fall, the school added vape detectors to a few bathrooms.

“Adults are aware that there are kids who are vaping in class and the school bathrooms,” Funk said. “The detectors that were put in were taken down after being vandalized on the first day they were put up. I think the intention is to put them back up but with a cage around them.”

Vaping can be just as harmful as traditional cigarettes, but because the products are relatively new, current research lacks the information to determine what exactly vaping does in the long term.

“I think, with teenagers, there’s just this idea that vaping isn’t that bad for you and that it’s not a big deal, but that’s just not true,” Funk said.

“YOU NEVER KNOW WHAT FENTANYL IS IN. IT ONLY TAKES A VERY SMALL AMOUNT TO SHUT SOMEONE’S SYSTEM DOWN.”
DETECTIVE CHRIS HANCOCK



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Praises

- Summer
- Black Converse
- Lightning Chargers
- Super Bowl Commercials
- Big 12 Conference
- Both Kansas Basketball Teams
- TikTok Slideshow Memes
- Ranch Dressing
- Headphones
- Mayonnaise
- Live Music
- Anime

Protests

- Netflix's Password Sharing Rules
- The Cincinnati Mayor
- Punxsutawney Phil
- February
- Ketchup
- Snow
- Wind
- Crocs
- Cocktail Sauce
- Android Phones
- Jake's Sweaters
- Philadelphia Eagles

Staff Playlist

Eleanor Bittel

"Sinking Ship"
by Backseat Lovers

Feyden Hileman

"Bring Me Down"
by Kanye West

Justin Houchen

"Mister Glassman"
by Scott Sire

Eric Lucio

"You've got me Running in
Circles" by Sonny Cleveland

Maddie Meis

"Is It Really You"
by Loathe

Corey Musil

"I Don't Get Tired"
by Kevin Gates

Madighan Norris

"Get Free"
by Lana Del Ray

Kale Schwien

"Waiting for Love"
by Avicii

Meg Taggart

"SKELETONS"
by Travis Scott

Jake Went

"Party Favor"
by Billie Eilish

Tavia Wynn-Coffman

"Seeing Blind"
by Niall Horan

Jessica Augustine

"Everything I Love"
Morgan Wallen



Cartoon by Eleanor Bittel

To curb adolescent drug abuse, schools can support teenagers

Across the world, adolescents are plagued with addiction – and students here are no different. According to the National Library of Medicine, 40 percent of students ages 12 to 17 reported having used an illicit drug at least once in their lifetime, while around 90 percent reported knowing another adolescent who has used drugs. Teen drug use is unfortunately very normalized, so those statistics are not surprising, but the issue is not a lost cause.

Most students have had the “drugs are bad” lecture over and over, but few students have been told *why*. Human Biology and Psychology classes here do a great job of explaining the chemical effects that different drugs have on the brains of adolescents. If that knowledge was shared more, it could prove to be beneficial, especially if it was geared towards the underclassmen.

Another crucial step is to eliminate the stigma behind addiction. In society, those addicted are often viewed condescendingly. Addictions are incredibly difficult to overcome and can be genetic. Imagine trying to sacrifice coffee, sweets or time on your phone. Now, imagine that to the extreme. That is what drug addicts encounter, to the point that not having the substance can lead to life-threatening withdrawal symptoms. The argument that the person should not have used the drug to start with does not matter at that point. Instead, efforts should be made to help the person gain sobriety, and not ridicule them for their situation.

Students may be more comfortable in battling their temptations and addictions if they knew that they could confide in an adult without being judged. That is where schools should understand why it is so important to hire teachers who want to create bonds with students. Obviously, it is not only the teachers' responsibility to prevent or to solve students' issues, but they can guide students to other trusted adults who can help them.

With heavier drugs becoming increasingly popular, the school district has taken precautions just in case an overdose occurs. In October, the Board of Education approved each district building to carry the drug naloxone, which can be used in opioid overdose situations. Even if students are not abusing serious opioid drugs, we applaud this decision, because even more “mild” drugs, such as marijuana or prescription pills, can be laced with fentanyl.

The fact is, teenagers are going to take risks, including trying alcohol and drugs. However, educating students beyond the typical “don't do drugs” speech, avoiding the stigmatization of drug addiction and taking precautions are ways to curb students from becoming addicted and to help those who need it.

Opinion of the Guidon Staff

Agree: 8

Disagree: 0

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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.

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LISTEN IN WITH ERIC

SZA's new album 'SOS' takes listeners on emotional roller coaster ride

On Dec. 9, popular R&B singer Solána Imani Rowe, otherwise known as SZA, released her third studio album, "SOS." After a five-year album hiatus, "SOS" had easily become one of the most anticipated albums of the year.

The extensive 23-song project spans more than an hour and eight minutes, with features from famous artists such as Phoebe Bridgers, Travis Scott and Don Toliver.

In the first track, "SOS," SZA comes out in a vengeful, tireless and aggressive approach, almost like a rant to her ex-boyfriend right after the breakup. The fast tempo approach with an R&B feel does not co-align, creating a sense of discomfort and urgency, making you feel every bit of her anger with her.

The second track of the album, "Kill Bill," is easily the most famous on the project, reaching No. 1 on Billboard's Streaming Songs chart. In this song, SZA increases her level of anger, as she threatens to harm her ex and his new girlfriend, while singing an upbeat melody. The contradicting elements create an overexaggerated, sadistic,

sociopathic message to convey how ridiculous the lyrics are in the song.

The mood quickly changes in the fourth track, "Low." In this track, she changes her mindset from being angry that he cheated on her, and instead, decides that she does not need him, and she is free on her own. However, in the next song, "Love Language," she goes back to missing him, claiming, "Nobody put that purpose in me like you do," and, "I don't want to be alone."

SZA then returns to the angry approach of wanting the worst for her ex in her next two songs, then falls back into the loneliness in her eighth track, "Snooze."

These themes continue back and forth for the rest of the album, as she finally concludes the project with, "Forgiveless," essentially stating that she has made up her mind, and no matter how much she might miss her ex now, she could never forgive him for what he did.

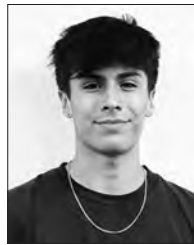
SZA is an expert at conveying her messages through aggressive, exaggerated lyrics, while also keeping songs mellow, keeping the listener

engaged and wanting to find resolution with her problems. I enjoyed her portrayal of the constant uncertainty of situations like these, and the album really allows the listener to feel how she feels.

Her silky voice floats through songs extremely smoothly, making it difficult for her to have a "bad" song. However, she is not above having forgetful songs.

As much as I enjoyed the contrast of emotions, I thought the album ran for too long, as 23 tracks of back and forth is like a roller coaster for an hour straight with no breaks. Eventually, you forget about certain bumps on the roller coaster, and they all seem to mix into one without their own identity. In music, a great album is a project that tells a story, with each song telling its own individual one, while also fitting into the story being told. By the time I got to the 18th or 19th track, I had already understood everything, and it began to feel repetitive; nothing new was being added to the story, and the resolution was anti-climactic compared to the buildup.

While I do not think it was her best work, I still enjoyed this album a lot, and I do not regret listening. I would rate this album a 7.8/10, and I would recommend it to those that enjoy R&B.



By Eric Lucio
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Staff member suggests 14 date ideas to do in Hays for Feb. 14

With Valentine's Day approaching, couples may need ideas for special dates, and so, I offer the following suggestions.

1. Dinner Date

Play Rock/Paper/Scissors, with the winner of each round picking the restaurant, appetizer, entrees and desserts – a good activity for indecision.

2. Private Picnic

Instead of a restaurant, which may be crowded, have a picnic in a secluded area, as seen on Pinterest. This can make for a cute photo shoot and can be romantic.

3. Cooking Challenge

Have a baking or cooking challenge in which one person can't see (blindfolded), and one can't hear (headphones). This requires teamwork and builds patience.

4. Building Blocks

Another activity would be building a Lego set, especially the flower bouquets that have been circling around the internet.

5. Artsy Activity

Make pottery with air dry clay. Being an

expert isn't necessary because, even if the products are ugly, you have the memories.

6. Personal Portraits

Draw portraits of each other. You don't have to be Picasso to enjoy this activity; remember, it's all just for fun.

7. Golf Game

Play mini golf at Precision Valley if it's nice outside. You can show your competitive sides and get necessary Vitamin D.

8. Starry Sky

Stargazing is another sweet outdoor date idea because it's relaxing, and it's free! Dates don't have to be complicated.

9. Treasure Trip

Go geocaching, leaving little treasures somewhere for someone else to find. The items you leave don't have to be expensive, and you might find some neat items, too.

10. Random Roadtrip

Let an online generator determine

whether you go left, right, straight, etc., and see where you end up.

11. Sweat Session

If you are into working out, a gym date could be perfect. Whether it be spotting each other or seeing your progress, being active could be fun.

12. Treatment Time

A spa night can allow you to relieve stress together. Try face masks or give each other massages. It can benefit the relationship and both of you.

13. Thrifty Threads

Make outfits for each other at a thrift store. With your eyes closed, walk around the aisles until the other person tells you to stop and pick an item.

14. Help Hays

Volunteering together, like helping at the animal shelter or picking up trash, is a perfect idea because you are helping society yet still being with your beloved.



By Maddie Meis
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HEALTH

MAKING WEIGHT

Wrestlers contend with gaining or losing pounds to compete in weight classes

By Tavia Wynn-Coffman
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Since winter sports began, students may have noticed some classmates avoiding snacks and drinks, or, on the other hand, some peers seeming to eat constantly.

Athletes on the boys and girls wrestling teams tend to have to cut or to gain weight during the season. However, athletic organizations, such as the Kansas State High School Activities Association (KSHSAA), have strict protocols for weight management.

"All students participating at the high school level will be required to have a hydration assessment prior to the alpha weigh-in (weigh-in which occurs prior to the start of the interscholastic wrestling practice season) and at their certification weigh-in (that weigh-in in which students establish their minimum competition weight class)," the KSHSAA Wrestling Manual 2022-23 states.

The hydration assessments require each wrestler to provide a urine sample before stepping on the scale in order to prove that he or she is adequately hydrated – not just avoiding liquids to weigh less.

After certifying, wrestlers can recertify at different weight classes, but in some cases, it requires KSHSAA approval. Thus, teams normally establish who will compete at each weight class and keep those consistent.

For boys, there are 14 weight classes, and for girls, there are also 14 weight classes. Staying at their certified divisions is important because, otherwise, wrestlers have to forfeit matches or are eliminated from tournaments.

While organizations, such as the National Wrestling Coaches Association (NWCA), encourage safe weight management, some athletes still practice unhealthy methods, especially to lose weight quickly – going to extremes to drop weight right before competition weigh-ins, then regaining the weight before their matches.

In its article "The Dangers of Extreme Weight Cutting," athletic organization Youth 1 says, "Methods for rapid weight-cutting include dehydration, saunas, plastic workout suits, 'pre-loading' with excessive water and diuretics."

Other methods used by some Hays High wrestlers include dressing in layers while working out, exercising a lot, fasting throughout the

days or hours before matches and not drinking any liquids.

"I take hot baths with Epsom salt, wear a lot of sweatshirts while working out and drink a lot of Pedialyte," junior Tacoma Augustine said.

Quick cutting methods can be an "unsafe practice," Youth 1 said, as it can lead to decreased muscle mass, increased organ strain, increased eating disorders, impaired nervous systems and increased body temperatures.

Last July, 2022 Dodge City graduate Damian Mendez, who had won three state championships and was runner-up the other year, died "due to apparent heat stroke," after he "had been running outside while wearing a sweat suit, which is a technique many wrestlers use to try to cut weight," KWCH reported. Mendez, who had signed to wrestle at North Dakota State University, was working out while the area was under an excessive heat warning.

While rapid weight loss may not lead to serious side effects, or death, it can still negatively affect energy, focus, memory, mood, sleep and overall wellbeing.

"The way I lose weight is I don't eat a lot of food, then I go

to practice, and I work hard," sophomore Tionna Napue said. "Sometimes, I have gone days without eating large amounts of food. When I go back to eating normally again, it hurts my stomach."

To prevent unsafe weight loss, KSHSAA mandates that wrestlers cannot lose more than a certain percentage of their recorded alpha weight.

"The state has limits," assistant wrestling coach Dan Dickerson said. "At the beginning of the season, we weigh them, and then they can lose no more than 8 percent of that weight. We don't really force them to lose weight."

Instead, the NWCA suggests wrestlers compete at a class close to their natural weight. Kansas wrestlers also have a two-pound "growth allowance" over their certified weights after Jan. 1.

While some wrestlers must cut weight, others must gain weight to compete. Freshman Jaylee Summers, for instance, had to add pounds.

"Going up a class is a little harder than people may think, depending on your muscle mass," Summers said. "But, you have to do it because the other people [competitors] weigh more than you."

Safe Methods to Manage Weight for Wrestling

To Lose:

- Start your diet and workout plan well in advance of the season, rather than expecting immediate results
- Eat three balanced meals a day in smaller portions
- Avoid snacking between meals, but if you must, eat fresh fruits or vegetables
- Drink water or skim milk instead of sugary drinks
- Avoid high-fat or high-sugar foods, like chips or candy
- Exercise a reasonable amount, but make sure to rehydrate afterwards to avoid dehydration
- Avoid the use of crash diets, diet pills, water pills, prolonged fasting, rubberized sweat suits or saunas to eliminate weight

To Gain:

- + Start your diet and workout plan well in advance
- + Eat five to six smaller balanced meals a day, even if you are not that hungry
- + Avoid high-sugar foods or snacks and opt for foods with a lot of nutrients and a lot of calories
- + Drink whole food smoothies or meal replacement shakes instead of high-sugar, low-nutrient drinks
- + Avoid drinking any beverage right before eating, as it will make you feel fuller faster
- + Exercise a reasonable amount, especially doing strength training, which stimulates your appetite and builds muscle

Information from Mayo Clinic & National Wrestling Coaches Association

ATHLETES
OF THE MONTH

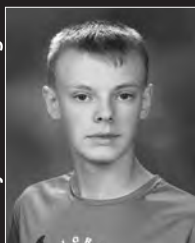
Girls Wrestling



sophomore Tionna Nague

"Sports have taught me that not everything is going to be handed to you and that, if you want to accomplish something, you have to work for it. My favorite memory this season is going out to eat after our Topeka tournament."

Boys Swimming



senior Evan Dealy

"Sports have taught me how to cooperate with people and how fun it is to win with your teammates. My favorite memory of this season celebrating after our home meet."

COMPETITION

Cheerleading squad participates in nationals

By Kale Schwien
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For the first time, the cheerleading team performed at the national level. On Jan. 21-22, the squad participated in the National Cheerleaders Association High School Nationals in Dallas, Texas.

"I was most excited about just getting to see the team go out there and do their best," coach Mackenzie James said. "It was exciting that this was our first time competing in such a big atmosphere and that we got to see other teams from across the nation."

Facing teams from across the country, the cheerleaders said they thought that it would be difficult to achieve good results, but they finished in fourth place in their division with a score of 92/100.

"I wasn't really sure what to expect since this was our first one [national competition]," James said. "We were all looking forward to seeing the Hawaii cheerleading team compete, and they were phenomenal. Our biggest competitor ended up being a team from New York."

Leading up to the event, the team worked hard to prepare for the national performance.

"We spent two and a half months getting this routine together," James said. "We did



Photo courtesy of Mackenzie James

NATIONAL CHEER

The Indian cheerleading squad gathers together after placing fourth in their division at the National Cheerleaders Association High School Nationals competition in Dallas, Texas, on Jan. 21-22.

a six-hour choreography camp in the beginning of November to get started and then spent several days each week at practice, perfecting it and making sure our stunts would hit. We even did a couple 6 a.m. practices and practiced with the Fort Hays [State University] cheerleaders to get everything finalized."

The hours of practice and the long drive to Dallas was worth it when they got on the mat.

"Honestly, we perfected our performance because we knew that we were traveling far and that there would be a large audience, so if

anything, traveling had a positive impact on us because we wanted to make the long trip worthwhile," senior Avery Harmony said.

The results of the competition were not the only good part of the weekend trip, however; it also gave them the opportunity to bond and to make memories.

"I'm so proud of our team to get this far because of how hard we worked," senior Lily Biggs said. "I am so glad we got to go to Dallas and make memories as a team because it's my last year, and they are memories I will never forget."

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FOOD EATS

Kluckin' Chicken adds new option to Hays restaurants

By Feyden Hileman
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Recently, on 2401 Vine St. in Hays, what was known as Gari's Donuts & Shanda's Sweets has now become Kluckin' Chicken.

The menu consists of chicken strips, waffle fries, various sauces, homemade biscuits, two sizes of drinks and rolled ice cream. Chicken strips are offered in three size options, including a three-piece meal for \$10, a four-piece meal for \$11 and a six-piece meal for \$15.

When I visited the restaurant, because of how small the menu is, I got everything – a three-piece chicken strip meal with waffle fries, a biscuit and an Oreo rolled ice cream.

To start, I want to focus on the main part of the whole meal: the chicken. When I went in, I noticed fresh chicken piled up, which showed that the chicken strips are in fact made there and not frozen and just deep fried. Although I did not like the lack of other options on the menu, I quite enjoyed the chicken strips. They had a lot of flavor and were very juicy and crispy.

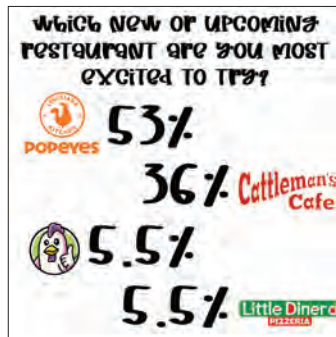
Unlike the chicken strips, I did not like the waffle fries. They did not taste the best, and it seemed they were just frozen and fried with little effort, unlike the hand-breaded chicken.

The other side dish, the biscuit, was something I was not really looking forward to, as

biscuits tend to be dry without much flavor. However, these biscuits were served warm and were airy with a nice crispiness to them. It seemed like they had been made in the store, rather than pre-made biscuits. So, the biscuit was actually one of the best parts of my meal.

To finish my meal, I tried the Oreo rolled ice cream. I had not heard great reviews about the ice cream from when the store was Gari's Donuts, as people said it was too sweet and too hard, so I went in with low expectations. However, again, I was pleasantly surprised, as it was not overly sweet, and honestly, it was one of the better ice cream places here in town. I liked how they made it in front of me and how I got a lot of it, but I did not like that there were not many options; when it comes to the flavors, there is just vanilla, and then there are the six topping options: hot caramel, hot fudge, Heath, Oreo, Reese's and Snickers. The ice cream, though, is definitely worth adding to your meal when you visit.

Other than the food, the restaurant is smaller, but is bright, clean and colorful, and the back wall has an area where you can still purchase candy, like you could in the previous businesses. Overall, if you want a good place for chicken, I would recommend Kluckin' Chicken. While it has limited food options, the meal and atmosphere were very welcoming.



Information from survey results

ARTISTS OF THE MONTH



senior Jude Tippy

When did you first discover you were into digital art/animations?

"I started Tribe Broadcasting sophomore year. Then, I got really into 2D animation at the beginning of junior year."

What has been your favorite project?

"My favorite project is my 'Lord of the Fries' animated series on YouTube."

What is your advice for people in digital art?

"I would just suggest jumping in and starting. Your first project is probably going to stink, but that's expected. Just start making something."

What is your why?

"I just want to make cool stuff so that others will actually look forward to watching it."

Do you prefer singing or acting?

"I prefer singing because I find a lot of peace in singing, and I can really express my emotions."

What has been your best experience with music so far?

"My best experience has been being a part of Chamber Singers and just building more confidence with my voice."

What has been your favorite performance?

"My favorite performance was being in 'Seussical' because it was a big step for me, and it built a lot of new friendships."

What is your why?

"I perform because I enjoy knowing that I can entertain an audience, along with myself."



junior Ellie McGuire



Student Statistics

Top 8 "Hot-Takes" about Food
(in a poll of 50 students)

1. "Miracle Whip is better than mayo."
2. "Chick-Fil-A is overrated."
3. "Pineapple belongs on pizza."
4. "Hot dogs are technically tacos."
5. "Grapes with cottage cheese."
6. "Ranch goes on everything."
7. "Pickles wrapped in Fruit Roll-Ups."
8. "Ketchup is a smoothie."



Future Films

Feb. 3

"Knock at the Cabin"
"80 for Brady"

Feb. 10

"Magic Mike's Last Dance"
"Seriously Red"
"Sharper"
"Titanic: 25 Year Anniversary"

Feb. 15

"Marlowe"
"Winnie the Pooh: Blood and Honey"

Feb. 17

"Ant-Man and the Wasp:
Quantumania"
"Of An Age"

Feb. 24

"Cocaine Bear"
"Jesus Revolution"



Witty Wisecracks

What should you wear on Feb. 2?

A tu-tu.

What do you call a shape born on Feb. 9?

An a-square-ius.

Do you have a date for Valentine's Day?

Yes, Feb. 14.

What is the difference between Feb. 14 and July 4 to someone who is single?

There isn't any because they're both Independence Day.

How many other months have 28 days?

All of them.

Where do most people eat on Leap Day?

IHOP.

Why did the man get fired from the calendar factory?

He took a few days off in February.