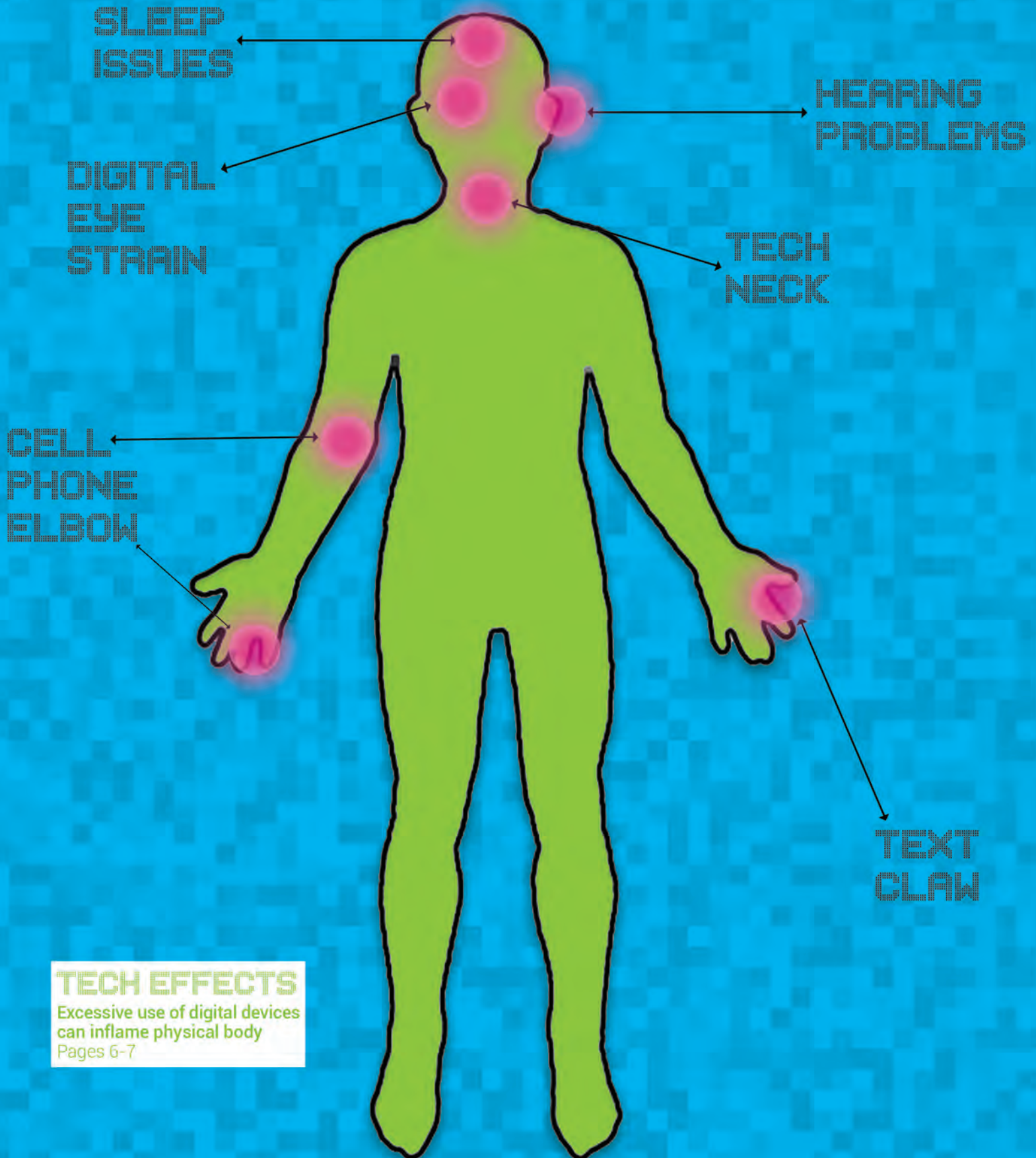


Vol. 98  
Issue 5

# The Guidon

March  
2024

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



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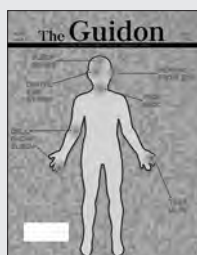
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### ON THE COVER



Cover digital illustration by Eric Lucio

## ORGANIZATIONS

# Student Council to team up with TMP to host staff against staff charity basketball game

By Kennedy Fischer  
26kfischer@usd489.com

The Hays High School Student Council has teamed up with the Thomas More Prep. Student Council to host a staff versus staff charity basketball game. The two groups will be hosting the game at TMP's Al Billinger Field House this year on March 25 at 7 p.m.

Hays High StuCo sponsor Luke Lundmark said he has always wanted to work with TMP's StuCo organization to build a better connection between Hays High and TMP.

"We had talked about wanting to bridge the gap between the two schools," Lundmark said.

While Lundmark and TMP's former StuCo sponsor, James Harris, had discussed general ideas, nothing came to fruition. This year, however, Harris became TMP's activities director, and Emma Stroyan took over as TMP's StuCo sponsor, leading them to talk more about their ideas to connect the schools. As an added bonus, Stroyan played women's basketball at Fort Hays State University, making a basketball game the perfect choice for an event.

The two schools also intend to make it an annual event and switch who hosts the game each year.

With TMP hosting for this year, they are in charge of providing the facilities. Hays High will help with advertising the game this year, while both schools will oversee finding staff members who will play and finding two referees who will officiate.

For Hays High, staff members Cole Cherryholmes, Tony Crough, Jake Dechant, Sean Dreiling, Ashley Kanzenbach and Kip Keeley will play, while assistant principal Fred Winters will officiate.

"I chose to play just because people my age don't get a chance to compete anymore," Keeley said.

Another aspect that TMP, as the host school, is in charge of this year, is determining the charity to which the proceeds will go. TMP's StuCo chose a charity for Amyotrophic Lateral Sclerosis (ALS), also called Lou Gehrig's Disease, which is a nervous system disease that causes nerve cells to break down, making muscles weak and impacting physical functioning. TMP selected

this charity because students there have been personally affected by this disease. At the charity game, they will have a bucket for people to donate money, and they will also solicit donations within the community.

"Hopefully, we will have a big turnout for the game," Lundmark said.

## Staff vs. Staff Basketball Game

### Who:

Hays High School & Thomas More Prep. Staff Members

### What:

Playing against each other in a charity basketball game

### When:

Monday, March 25 at 7 p.m.

### Where:

TMP's Al Billinger Field House

### Why:

To raise money for ALS research

## STUDENT SPOTLIGHT

Recently, junior Oscar Flores partnered with a family friend to create apparel to increase awareness about cancer and to raise funds, as his mother's battle with cancer inspired him.

### Why did you decide to do this?

"This started a couple of months ago with a good friend of ours. She runs a company called Fit PT and Wellness that has helped so many people. But, only a certain number of shirts and hoodies were made. I knew that, if more people knew about these, that more could be sold, and more money could be raised."

### When did your mother's issues begin?

"It started almost eight months ago when symptoms came after our summer trips. It was a struggle to figure out exactly what was going on,



junior Oscar Flores

but after a bit of time to figure out how life was going to look, we stood strong all together and faced it head on."

### How are you coping so far?

"I'll be the first to say that some days are just harder than others. Many days, I found I needed to back up and take it one step at a time. Some days, I've just been doing a lot more around the school and for myself. It was a way to make sure my mom knew I am doing all right. My biggest goal was to make sure my mom didn't have to worry about me."

### Is there anything else you would like to share?

"I want people to know things have been going amazing. Treatments have been working, smiles are growing and life is moving on. For everyone who reads this, I just want to say thank you and keep smiling."



## DISTRICT

# CALENDAR CHANGES

## Board votes to keep full-day in-services, start and end school year later

By Clare Tholstrup  
25ctholstrup@usd489.com

For the 2024-2025 school year, and the following school year, a new calendar for the district has been approved by the USD 489 Board of Education.

The new two-year calendar continues setting aside full days for professional development for faculty and staff district wide. Prior to this year, each school used 1 p.m. early release days every other Wednesday for professional development, but starting this year, on one Monday during each month, students have off from school so faculty and staff can meet.

When the district made the change for this year, the idea was to maintain more full days in school, rather than having more early releases. Since many Mondays fall on federal holidays, such as Columbus Day, Martin Luther King, Jr. Day and Presidents Day, Mondays also seemed to be the best option.

However, some community members and parents have shared their concerns about the change at recent Board of Education meetings. The concerns center around parents not being able to take off work or find childcare or supervision for their students on those Mondays. Early release days had provided time for students to be in school, and sometimes, after-school programs were offered.

In a poll on the school website, students and staff could vote on whether they preferred full days off on Mondays or early release days on Wednesdays.

The poll resulted in 96 percent of the voters preferring Mondays off of school.

"It makes sense to me why they made the change, and I think they chose the best way to do it," junior Katelyn Willemsen said. "I'm glad they're keeping the in-service Mondays."

Along with these days set on the schedule, the Board of Education voted to start and to end school a week later. With this change, school will start Aug. 21 and will end May 23, 2025, making graduation for the Class of 2025 on May 18, 2025.

Elementary, middle and high school staffs had different reasons for wanting to implement the new later schedule. Representatives from the schools met multiple times beforehand to express their colleagues' concerns.

"The needs of the three levels of schools are very different," science teacher John Neal, who served as one of Hays High's representatives, said. "For example, the high school teachers worry about having an equal number of days in each semester so schedules for first semester and second semester can match. We also worry about dual credit course schedules with FHSU [Fort Hays State University], which are two things the middle and elementary schools do not have to worry about."

Starting later in August also had the goal of better aligning with the Kansas State High School Activities Association's schedule. According to KSHSAA's calendar, the first date for fall practices is Aug. 19; however, had the district not moved back the school calendar, students would have been in school for a full week and unable to start fall sports.

"If school starts a week before practice starts, it makes it more difficult to get practice going, so it makes more sense to start school later," football coach Tony Crough said. "A lot of times, school starts about the same time practice can, and if practice can start a little bit before school, it can help in case you want to do more practice the days before school starts."

Another poll on the school website asked if people preferred starting school later in August and ending later in May or starting earlier in August and ending earlier in May. In that poll, 69.39 percent preferred starting and ending school earlier.

Although the new schedule has benefits, some students are not so keen on starting and ending school a week later.

"I think school being pushed back is going to make the school year feel longer," junior Ava Ruiz said. "And, graduation will be a week later, too."

**In polls on the school website, 96 percent of voters preferred Mondays off for staff in-service, and nearly 70 percent preferred starting the school year earlier in August and ending earlier in May.**

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## FINANCES

## Employed students need to prepare for tax season

By Tavia Wynn-Coffman  
25twynncoffman@usd489.com

As high school students near adulthood, they start to get jobs to make a steady income for their needs and wants. Along with making an income, though, it means that they need to learn to file taxes because, as statesman Benjamin Franklin once wrote, "... in this world, nothing can be said to be certain, except death and taxes."

Taxes are payments collected by federal, state and local governments from individuals and corporations to fund various government activities, such as public services including education and public works including highways, roads and streets, among many other costs.

While there are various types of taxes, the two most common that young adults pay are consumer sales taxes and state and federal income taxes. Sales taxes are paid on items people purchase every day, and these taxes are normally collected by the local and state governments.

"I am upset because I pay taxes towards things that I have no real say in," said junior Karley Schlautman. "At the same time, I know they fund emergency services in the county, pave roads and put it towards teachers' salaries."

Income taxes, however, are paid out of workers' wages, and these taxes must be filed yearly, normally by April 15.

Whenever someone is employed, they have to pay a certain amount of their wages that are withheld from their paycheck. That is the reason that, although someone may think that their salary is one amount, once income taxes are withdrawn, it is a lesser amount; that is the difference between "gross" wages and "net" wages.

The level of standard deduction is \$13,850. If workers make at least that much every year, they must file taxes. If people make less than that, they are not required by law to file their taxes, but if they do, they may actually receive a refund for overpayment from each paycheck to the government, as many people overpay each paycheck.

"If I had the opportunity for refunds, I would go ahead and make sure that I have \$1,000 of emergency funds sitting in my savings account," business teacher Shaina Prough said. "Depending on how much you get back, look at potentially opening an individual retirement account or looking at doing something fun with it."

The only times that people do not have to file their taxes is if they make less than \$13,850 or they claim an exemption on their W4 form, which they may mark because they knew they were only going to work for a brief time and not make anything close to \$13,850.

"It's important to know how to file your taxes, especially as a young working person," Prough said. "You most likely are going to get a refund back because you've overpaid, meaning you have too much withdrawn for the tax bracket that you're in."

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## Students begin process of pre-enrolling in classes for upcoming school year

By Maddie Meis  
24mmeis@usd489.com

While it may seem too early to think about next school year, pre-enrollment for the 2024-2025 academic year opened on Xello in February for returning students.

During GPS, freshman, sophomores and juniors were tasked with filling out schedules on Feb. 13-16. Starting on Feb. 20, students began meeting with their counselors to review their requests.

"It is necessary to start early so that all the course decisions can be made," counselor Amy Miller said. "When pre-enrollment is completed, administration and department chairs will use the numbers to determine how many sections are needed for each class, and administration will determine what teachers will teach each section. This is essential for creating the master schedule. Once the master schedule is set, students will be placed into their classes based on their requests. This process takes several months."

With the new school year also comes added and changed courses.

In the Business Department, Business Communications and Business Law, both semester classes, have been added, while Accounting II has been removed.

The Family and Consumer Science Department added Career and Life Planning (formerly Life Management), Culinary Arts A and B (formerly Culinary Essentials), Baking and Pastry I and II.

"The renaming of courses is an initiative from the Kansas Department of Education," Miller said. "[It] is trying to streamline course titles and descriptions."

In the Math Department and in the Music Department, one class was added to each department's curriculum, including Contemporary Math for non-math and non-science majors and Philharmonic Orchestra as an intermediate orchestra option.

The Science Department added a number of new classes, including Anatomy and Physiology for students planning to major in a medical field, Astronomy II, Crime Scene Lab Forensics and Zoology, and the department changed Human Biology from a yearlong to a semester course.

Classes offered this year, including Electronics, Epidemiology and Genetics will not be offered again until 2025-2026.

"I think it's a great idea to implement new classes catered to different pathways," junior Emma Schneider said. "I love the idea of the Crime Scene Lab class because that is something that I am going into, and I believe it will give me a good idea of how it will be before I go to college."

In Social Science, instructors added three new electives, including History in Film, U.S. Military History and World Religions, while in the Technology Communications Department, one course, Audio Video Management was added. Finally, in the Technology Education Department, nine classes were reorganized.

"It's great that Hays High is expanding its course options," sophomore Connor Werth said. "I am considering taking History in Film and possibly Audio Video Project Management. I am glad these are new options, as it is great for the field of work I am planning on going into."

### New Courses for 2024-2025

Business Communications  
Business Law  
Career & Life Planning  
Culinary Arts A & B  
Baking & Pastry I & II  
Contemporary Math  
Philharmonic Orchestra  
Introduction to Officiating  
Lifetime Sports  
Anatomy & Physiology  
Astronomy II  
Crime Scene Lab Forensics  
Human Biology  
Zoology  
History in Film  
U.S. Military History  
World Religions  
Audio Video Management  
Advanced Materials Technology  
Drafting/CAD  
Furniture & Cabinetry Fabrication  
Introduction to Industrial Technology  
Introduction to Welding  
Machine Tool Technology  
Production Welding Processes I & II  
Woodworking Principles



# TECHNOLOGY TROUBLES

## Viewing screens and holding phones seem routine, but they can aggravate various physical issues

By Delia Dixon  
26ddixon@usd489.com

Since technology has advanced, humans have constantly been surrounded by electric devices. This continuous exposure has drastically changed nearly every aspect of everyday life. While technology use is often linked to concerns about people’s mental health, there are also physical effects to be considered.

One common concern is about blue light from device screens. While blue light naturally comes from the sun and boosts alertness and mood, many device screens also emit a type of blue light.

In fact, numerous companies have marketed blue light glasses as being able to reduce blue light exposure, claiming that wearing the special glasses can reduce digital eye strain, prevent some optic diseases and improve sleep.

However, blue light from devices is not the cause of eye strain or eye diseases. In fact, the American Academy of Ophthalmology says that blue light will not permanently damage the eyes at all.

The temporary discomfort that people feel in their eyes after using devices – or digital eye strain – is really caused by the lack of blinking when staring at screens or looking at materials for a prolonged period of time, such as reading books. In short, digital eye strain does not have any known relationship to blue light. Instead, digital eye strain is solely from how people use devices, and not the blue light coming from them.

In addition to not affecting digital eye strain, blue light from devices does not cause eye diseases.

“It is true that overexposure to blue light and UV light rays from the sun can raise the risk of eye disease, but the small amount of blue light coming from computer screens has never been shown to harm your eyes,” the American Academy of Ophthalmology said.

However, the source says that excessive amounts of any blue light can disrupt the body’s sleep cycle, known as the Circadian Rhythm. Light slows down the body’s production of melatonin, and blue light from screens at night confuses the brain.

“Blue light is almost like a drug,” psychology teacher Matt Brooks said. “It keeps the brain extremely active.”

So, while blue light glasses could improve sleep, the American Academy of Ophthalmology just recommends avoiding screens an hour or two before bed.

“I think blue light glasses are good if you have sensitive eyes like I do,” junior Avery Augustine said. “But, I do think that the best way to prevent headaches is to simply limit your screen time.”

In addition to technology’s effects on the eyes, another common concern is its effects on the body, such as “text claw,” “cell phone elbow” or “tech neck.”

Text claw and cell phone elbow are both non-medical terms to describe discomfort, numbness, pain or tingling in the hands or in the elbows. What they really are, though, in extreme cases, is carpal tunnel syndrome and cubital tunnel syndrome.

In carpal tunnel syndrome, the median nerve is inflamed or is pinched, causing sensation issues in the index finger, middle finger and thumb, and in cubital tunnel syndrome, the ulnar nerve is irritated, causing issues in the ring and pinky fingers.

“Text Claw” describes all of the finger cramping and aching muscles that come from constant gaming, scrolling and texting on smartphones,” the Orthopaedic Institute said. “‘Cell Phone Elbow’ [describes] numbness or tingling that occurs after the elbow is bent for long periods of time.”

Even though these nicknames relate to digital devices, there is not a direct causation, meaning that, while using a device excessively can cause the syndromes to flare up, carpal tunnel syndrome and cubital tunnel syndrome actually occur in people with predispositions to the two issues.

“There are hundreds of millions of people who use smartphones who are never symptomatic,” the Orthopaedic Institute said. “Some people are born with a narrower cubital tunnel or a little extra muscle that not everyone has. A person with a predisposition to this problem may become symptomatic when the elbow is flexed beyond 90 degrees. That can happen at night when we sleep or when performing a task like talking on the cell phone.”

**“Blue light is almost like a drug... it keeps the brain extremely active.”**

**Psychology teacher Matt Brooks**

### TRUE OR FALSE TECH TEST

**T / F 1. Blue light boosts alertness and improves mood.**

**T / F 2. Blue light from devices can damage the eyes.**

**T / F 3. Blue light from devices can cause digital eye strain.**

**T / F 4. Blue light from devices can cause sleep issues.**

**T / F 5. Blue light glasses can eliminate digital eye strain.**

**T / F 6. Blue light glasses can help improve sleep.**

**T / F 7. Digital device use can cause Carpal Tunnel Syndrome or Cubital Tunnel Syndrome.**

**T / F 8. Hearing damage accumulates over one's life.**

**T / F 9. Hair cells in the ear can regenerate and repair.**

**T / F 10. Hearing loss caused by damaged hair cells is temporary.**

**T / F 11. Ears ringing and muffled hearing can indicate damage.**

Answers: 1. True, 2. False, 3. False, 4. True, 5. False, 6. True, 7. False, 8. True, 9. True, 10. False, 11. True

## Despite teens’ young age, hearing damage can occur

By Eleanor Bittel  
25ebittel@usd489.com

Over a lifetime, the ears experience cumulative damage. When people listen to blaring music through earbuds or headphones or when they attend roaring concerts or events, that repeated exposure to loud sounds can gradually lead to hearing loss.

The science behind this lies in the structures of the human ear. Inside the cochlea, there are very tiny, very sensitive hair cells that are responsible for converting sound vibrations into electrical signals that the brain can understand. When exposed to loud sounds repeatedly, these hair cells can be damaged or even die, leading to permanent hearing loss.

Sound is measured in decibels (dB), and repeated exposure to sounds above 85 dB, about as loud as a blow dryer or a blender, can lead to damage.

“There is a pain threshold when it comes to our ears and volume,” Psychology teacher Matt Brooks said. “110 dB, which is about as loud as a concert, allows you to listen for 30 minutes until it starts causing hearing damage; 120 dB is the pain threshold, and you know have 15 to 20 minutes until you start damaging your hearing.”

Earbuds or headphones, particularly when used at high volumes, can also contribute to hearing loss. The proximity of the sound source to the ears increases the risk of hearing damage.

The National Library of Medicine says that hearing loss accumulates over time because the damage to hair cells is irreversible. Once they are destroyed, they will not regenerate. This means that, each time people expose their ears to loud sounds, they are adding to the damage that has occurred.

Before cell damage and hearing loss occurs, it is important to be mindful of the volume of earbuds and headphones, of concerts and movies and of other everyday activities. The Hearing Center of Excellence recommends that people follow the 60/60 rule for headphone use: listen at 60 percent of the maximum volume for no more than 60 minutes at a time. Additionally, people should give their ears a rest, but also, they should wear earplugs or noise-cancelling headphones for loud activities or events.

“The key is to remember that hearing loss or damage is cumulative,” Brooks said. “You may not notice the damage now, but when you are older, you will hear the difference.”

## Praises

- Birthdays
- Spring weather
- A good pair of jeans
- Wes Anderson
- Cheesecake
- Puppies (Bart:)

## Protests

- Dropping 60 degrees in one day
- Favorite bands breaking up
- Low phone battery
- Middle schoolers
- Mondays
- The last few months of school

## Staff Playlist

### Reagan Bates

"Ask"  
by The Smiths

### Eleanor Bittel

"Black Star"  
by Radiohead

### Delia Dixon

"No Better"  
by Lorde

### Kennedi Fischer

"Heaven"  
by Niall Horan

### LeRoy Goodspeed

"Carnival"  
by Kanye West

### Feyden Hileman

"Roses"  
by Kanye West

### Eric Lucio

"What's Happening Brother"  
by Marvin Gaye

### Maddie Meis

"One Dance"  
by Drake

### Justus Nelson

"She's Like the Wind"  
by Patrick Swayze

### Madighan Norris

"Zero"  
by The Smashing Pumpkins

### Kale Schwien

"Follow God"  
by Kanye West

### Clare Tholstrup

"Higher Power"  
by Boston

### Jake Wente

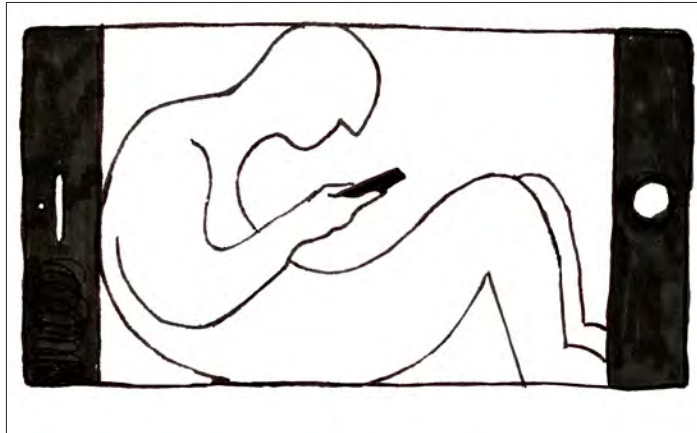
"Superstar"  
by Ms. Lauryn Hill

### Tavia Wynn-Coffman

"Good News"  
by Mac Miller

### Jessica Augustine

"Don't Let the Old Man In"  
by Toby Keith



Cartoon by Eleanor Bittel

## Technology use has created more passive human society

Have you ever wondered what society will look like in 100 years? Or, more importantly, how technology will advance? Probably 100 years ago, people's ideas about what today would look like were a lot different than how it turned out to really be. Even though technology has brought humanity to new heights, what are its effects on a smaller scale? In our opinion, though technology presents awesome benefits to society, humans have become entirely too dependent on it. Furthermore, because of technology, we believe individuals are increasingly becoming less intelligent and more idle.

Putting it into perspective, a study from the National Institute of Health says that more than 95 percent of teenagers ages 13 to 17 have cell phones. This means that a lot, if not the majority, of teenagers have easy access to the internet. Since the brain is still developing at these ages, teens are more susceptible to the flaws of the internet. Examples of this are overexposure to pornography, increases in bullying on social media and access to the "darknet," filled with sketchy links to websites. Exposure to any of these things, especially as younger people, is not good for the brain. These negative parts of the internet are not favorable, and they can cause people to become more aggressive and more desensitized, yet have decreased critical thinking, decreased self-esteem and dysfunctional reward systems in our brains.

Although there are ways to avoid the full brute of the internet's negative effects, there is something barely any of us can help to avoid: cognitive offloading. Cognitive offloading is defined as, "the use of physical action to reduce the information processing requirements of a task." Basically, it is the reliance on the internet and other technology to do average tasks. An example of this is taking the time to search on Google instead of thinking to yourself about the answer to your question for a moment. Another example is asking Alexa to "turn off the lights." Now, some might argue that this is the entire point of these technologies: to make life easier, and, we agree. However, we are human beings. We learn from experience and grow from doing things by ourselves. That is how we have survived for so long.

In conclusion, technology is not always something that we should rely on. Though it provides innovative solutions to tedious everyday issues, as a society, we should view it as a tool, not something to depend on entirely. Once we learn how to use technology effectively to increase our knowledge – instead of using it to be lazy – then we will advance as a society moreso.

### Opinion of the Guidon Staff

Agree: 11

Disagree: 3

## 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 responsibilities to provide accurate, fair, objective and truthful coverage. Should unintentional errors in content be made, they will be retracted in the next issue of the school year.

The views expressed here are those of The *Guidon* staff and do not express the opinions of the USD 489 Board of Education, administration, faculty or staff. Advertisements must meet content, deadline and size requirements, and acceptance does not constitute an endorsement from the student staff or by the school district.

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

The *Guidon* print edition earned the Kansas Scholastic Press Association All-Kansas Award in 2009, 2010, 2013, 2014, 2015, 2016, 2018, 2019, 2021 and 2022; 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, 2021 and 2022. 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 adviser Jessica Augustine at [jaugustine@usd489.com](mailto:jaugustine@usd489.com).

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# LISTEN IN WITH ERIC

## Kanye West's new album has positives, but also feels disorganized

After a two-and-a-half-year hiatus, Kanye West released his 13th studio album, "VULTURES 1." On Feb. 9, West debuted his first collaborative album, "VULTURES 1" with Ty Dolla \$ign since "KIDS SEE GHOSTS" with Kid Cudi in 2018.

Despite getting removed from streaming platforms due to West's recent controversies, "VULTURES 1" sold more than 70,000 units in the first week and more than 75,000 in the second week. For the first time since 2011's "Watch the Throne" collaborative album with Jay-Z, West's album landed at No. 1 for two weeks straight on the Billboard 200.

With a runtime of 52 minutes over a span of 15 tracks, West and Ty start off the project with "STARS," a track with a choir singing in the background – a calming first track, which is something West has not done since "Ultralight Beam" in "The Life of Pablo" in 2016. The following track, "KEYS TO MY LIFE," also has a melodic tone to it.



By Eric Lucio  
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However, in the third song, "PAID," the two artists transition to a pop hook with chaotic rapping in the verses. In the fourth track, West's oldest daughter, 10-year-old North West, makes her music debut in "TALKING." In the following tracks, West and Ty follow a similar vibe to West's last studio album, "Donda," with modern trap/pop hooks and with rap verses filling in the rest of the track.

In the album's most popular song, "CARNIVAL," featuring Playboi Carti and Rich the Kid, the track starts with a chant followed by heavy bass. This is probably the most trap-like song that West has released. West ends the album with "KING," proclaiming that, despite all the controversy that he has faced and all the people who dislike him, he is still "the king," selling out shows and topping the charts.

I commend West's ability to adapt to trending musical styles, while also being able to remain himself and separate himself from anyone else in the hip-hop

game. At first, I was skeptical of the collaborative album because I am not a fan of Ty's music, but I was surprised with the artists' ability to blend together.

Although I enjoyed aspects of the album, this release was far from perfect. Lyrically, I think this album was one of West's weakest releases, and the purpose felt disorganized at times. As I have said, I do not think that West had anything left to prove, and I believe that any new albums only hinder his discography; making albums that are average get in the way of his true masterpieces. After the stages of grief that he portrayed in his first 10 solo albums, this album felt more like a collection of random songs, rather than telling a story or seeing into his life. With West's reputation as a musical genius, I hold him to a higher standard.

West will always have aspects that are new and are impressive, but I believe that new albums only lower his status among other artists. Rappers, such as Jay-Z, benefited from stopping making new albums, and West should follow. Overall, I think "VULTURES 1" is worth a listen, but I would rate the album a 6/10.

## Students can honor women's contributions in various ways

Every year in March, women's history is recognized in the United States.

The first celebration of women's history occurred in Santa Rosa, Calif., in 1978, as the Education Task Force of the Sonoma County Commission held the first "Women's History Week," which included contests, a parade and presentations. The commission chose the week of March 8 to coincide with International Women's Day, which has been observed since 1975.

This celebration inspired other communities across the United States, leading many to create their own Women's History Weeks. Women all over the United States began lobbying for a national Women's History Week, and in 1980, former President Jimmy Carter issued a Presidential Proclamation that declared the week of March 2-8 as the first National Women's History Week.

Presidents who followed Carter continued to dedicate a week to women's history every March. However, in 1987, Congress passed Public Law 100-9, which stated that March would be "Women's History Month."

Each year, Women's History Month is given a theme. For 2024, the theme is "Women Who Advocate for Equity, Diversity and Inclusion."

As we celebrate women this month, there are many ways that people can show their support.

### 1. Support women-owned and women-led businesses

Supporting women-owned businesses furthers equality. Purchasing goods or services, promoting their products or work on social media and even investing in these businesses are great ways to show support to the women who own or lead these companies. In Hays, Be Made, Bliss & Beauty, Inspired by You Beauty and Styles by Ayre, among others, are all businesses owned and operated by women in our community.

### 2. Support charities and organizations that empower females

When you donate to an organization that empowers females, you can help to end gender inequality. One great

organization that shows support to women is 500 Women Scientists, whose mission is to make science careers more inclusive to everyone, including females. Women Who Lead, formerly known as the

Wonder Women League, is a local organization that strives to empower women through their projects and scholarships.

### 3. Support women's athletic teams

A problem that is evident worldwide and even at Hays High School is the lack of support for women's sports. Like many career fields, females in athletics experience pay inequality. According to Sports Illustrated, on average, women athletes make 15 percent to even 100 percent less than male athletes. Women's sports also only make up about 5.4 percent of airtime on television. To support female athletes, you can attend games, purchase merchandise and support women's teams on social media to boost awareness.



By Reagan Bates  
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## RECREATION

## SNOW SPORTS

## With Spring Break upcoming, ski resorts may be vacation destinations

By Kale Schwien  
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With Spring Break approaching, students may be planning trips with their families or friends. Skiing is usually a favorite activity for some families or friend groups who want to spend quality time together.

With skiing being an enjoyable activity, there are many students at Hays High who have been on ski trips to popular destinations. While many experienced skiers know about well-known ski resorts in Colorado, such as Aspen, Breckenridge, Telluride and Vail, there are other resort locations close to Kansas.

Snow Creek in Missouri, which is in season from December until March, is known for its friendly atmosphere. Sunlight Mountain Resort in Colorado, which is in service from December to April, is one of the best for all ages and skill levels with numerous slopes. And, Monarch Mountain in Colorado, which is open from November until April, is geared toward skilled skiers and snowboarders.

"My favorite people to ski with is my family," junior Cooper L. Johnson said, adding that he has been to Copper Mountain Resort in Colorado. "Me and my family try to go every year."

Skiing is not only for one age group, either, as it can be a lifetime activity.

Hays High School English teacher Dave Buller attended a ski trip last year during Winter Break with his family to Loveland Pass, Colorado, but he said that most of his ski trips were during his time in college with friends.

"Superseding all other ski memories would be a trip I took with some college friends," Buller said. "My group drove through a dangerous Monarch Pass route [in Colorado] in an old VW [Volkswagen] bus with no seatbelts. Our entire group of 13 guys packed into one hotel room. We loved skiing the blacks, hitting the moguls and doing tricks on jumps. Sitting in the hot tub is also a daily necessity for the rigorous skier – and this is by far my favorite activity."

Learning to ski can be a quick process or a tedious one. If people have a good instructor to help them, they could learn to

ski within hours, but if they are learning on their own, it could take repeated outings to learn.

"I learned to ski when I was young, so I grew in my skills as I got older," Johnson said.

When learning, it is recommended to start on the easier slopes, which are labeled "green." As skiers progress in their training, the "blue" intermediate slopes could be more manageable, while the "black" slopes are for the advanced and expert skiers.

While skiing can be an enjoyable activity, it also has many benefits, both mental and physical. Skiing allows people time with family and friends, but also can help with meeting new people while on the slopes. It also benefits the actual body, as skiers work various muscle groups, get cardiovascular exercise and build up endurance.

However, skiing is not without some dangers, including weather conditions, equipment hazards and, of course, physical injuries, such as sprains, fractures, dislocations and concussions, according to the National Institute of Health.

"My most dangerous moment while skiing was when I crashed on a mogul and blacked out," Johnson said, referring to a heavily bumpy slope."

Another sport in the cold weather is snowboarding. In contrast to skiing, when you have one ski per foot, in snowboarding, you only have one board for both of your feet.


It is also different from skiing due to the difficulty of learning how to snowboard properly. According to Current Sports Medicine Reports, skiing is often regarded easier to learn but harder to master, while snowboarding is harder to learn but easier to master.

Snowboarding is also more dangerous compared to skiing, although the types of physical injuries are similar. While skiing, the average number of injuries is about two and a half injuries for every 1,000 visits. With a higher average than skiing, snowboarding is somewhere around three and a half injuries per 1,000 visits, according to the National Library of Medicine.

"I have been snowboarding one time," Buller said. "It was fun, but a lot harder than skiing, in my opinion. The falls – especially on icy trails – can be quite painful on the heels of the hands, the elbows, the knees and the head."




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## ATHLETE OF THE MONTH

Boys Wrestling



senior Harley Zimmerman

Since he was 4 years old, senior Harley Zimmerman has been wrestling. And, this season, he finished his high school wrestling career at the top of the podium once again.

As a freshman, Zimmerman placed fourth at state, and his sophomore year, he placed second. Last year, Zimmerman was state champion at 132 lbs.

During this season, he remained undefeated, earned his 100th career win and finished as a state champion again in Class 5A at 144 lbs.

"The hardest thing about being two-time champ was defending the title and trying to improve from the previous year," Zimmerman said.

Zimmerman finished his wrestling career at Hays High School as just one of two male wrestlers in the program history to place at state for all four years. Next year, he said he plans to wrestle in college, with his preferred school being Oklahoma State University.

"I am proud of how well I've done since I've been wrestling for Hays High since I was a freshman," Zimmerman said.

By Feyden Hileman  
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With boys swimming ending in February, it was not just the boys on the swim team who earned honors during the winter athletic season.

Every year, coaches for each sport in the Western Athletic Conference (WAC) vote on their choice for the WAC Coach of the Year. This year, Hays High School's head coach Kendra Clary won the award in her first year of coaching high school boys swimming for the school.

"I was extremely excited and honored to win the award, especially since it was only my first season coaching the team," Clary said.

After previous swimming coach Jane Rorstrom resigned as the head coach of boys and girls swimming at Hays High after the 2023 spring season, Clary and assistant coach Cameron O'Brien took over the two teams.

"I wanted to coach for Hays High School to help build the program and bring more interest into swimming," Clary said. "It can be hard to change in one season, but from this season, I know the boys can keep improving and growing the program."

The boys swimming team had a successful season,

performing well at various meets, earning second overall in the WAC and sending a relay team to state. That 200-meter freestyle relay team – which included senior Leo Hernandez, junior Marshall Sook, sophomore Karsen Flaska and sophomore Chase Zadina, with sophomore Jude Hileman and freshman Cedric Durr as alternates – finished in 20th place with a time of 1:41:31 and with all of the members achieving their own personal records.

"The team came and raced the best they could," Clary said. "It was an awesome experience being able to watch the boys swim."

Sook credits Clary for driving the team's success throughout the season, despite the change in coaching methods.

"Kendra's coaching was not always easy for us because it was a different approach from how coach Janie ran it," Sook said. "However, with the new change of pace and the increased discipline that Kendra brought, I think it really shaped and molded our team into what we became this season."

Clary has always been active in competitive

swimming, not only by helping with swimming meets and coaching teams, such as the Hays Hurricanes, but by swimming competitively, too.

"I started competitively swimming in about fourth or fifth grade," Clary said. "From then on, I competed in Kansas and Colorado, eventually qualifying for state for club and high school swimming during my freshman and sophomore years until I stopped swimming. I began

coaching when I came to Fort Hays [State University]."

Clary is coaching the Hays High girls swimming team during this spring, and she said she plans to coach both boys and girls next year, too.

However, even with the success that she has had this season with the boys team, she said she is still finding ways to improve her swimming teams.

"Next year, I'd like to better incorporate drylands into training more," Clary said. "It would be nice to increase our training schedule to get some time in the weight room. Another thing is more event-specialized training and breaking apart into event-specific groups more."



coach Kendra Clary



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# street eats

From chicken to crab, and tea to tacos, food trucks offer various options for on-the-go dining



## CHICK-FIL-A FOOD TRUCK

Chick-fil-A is a popular fast-food restaurant in the United States, but Hays is one spot where it does not have a location. To get Chick-fil-A, you must visit in different towns, such as Salina, Manhattan or Wichita, or you could go to the Chick-fil-A food truck when it is in Hays.

The trucks travel to different locations, which can be tracked at [www.chick-fil-a.com/customer-support/who-we-are/our-restaurants](http://www.chick-fil-a.com/customer-support/who-we-are/our-restaurants).

When I visited the Chick-fil-A truck, it had a condensed menu compared to the normal restaurant menu, which was understandable. However, they offered their best menu items, which was exciting, as people could get their favorites while staying in town. I got the regular chicken nuggets, which I like because they have amazing breading and because, when they are paired with the signature Chick-fil-A sauce, they are even better.

Even though the line is normally very long and the menu is reduced, I loved the Chick-fil-A truck, and it was worth the wait.

Review by Jacob Wente



## SMOKING CRAB & SEAFOOD CO.

Another company with trucks that travel to different towns across the country, including to Hays, is The Smoking Crab & Seafood Co. On the Go truck. When the truck is in town, it is usually parked at 2918 Vine St.

The seafood truck has a wide selection of foods on the menu, from pastas with chicken or shrimp, to crab and shrimp boiled meals, to different fried foods like fish, oysters or shrimp – plus side items and flavored butters. The truck sometimes can run out of food quickly if it is really busy, but their normal hours are 11:30 a.m. to 7:30 p.m.

When I visited the seafood truck, I ordered the “Just Shrimp” basket from the Fried Menu. The fried shrimp were very good; what I specifically liked was how it was not greasy. The food was also ready quickly and not overly expensive either, especially for seafood.

I wish I could have tried more of their menu items because everything smelled delicious, and they have so much to offer.

Review by Jacob Wente

## SUCK IT UP, BUBBLE CUP



After the closure of Indigo, residents have been yearning for their boba tea, and Suck It Up, Bubble Cup has come to deliver.

I went to the food truck on the opening day of Saturday, Feb. 3, and I had to wait for two hours in line – outside in the cold – just to have to leave the line and get to work five minutes late without having ordered.

Despite the setback, I still attained my boba tea, thanks to the help of a good friend. The cup design was neat, as you stabbed the pointy straw through the shrink-wrapped plastic top. I got a classic tea with tapioca pearls, and I was met with what I thought it would be, boba tea. While not mind-blowing, it was still enjoyable drink, and I will return to get more when I can.

Suck It Up, Bubble Cup is not limited to boba; they also have lemonade and waffle balls. So, if you are a big fan of boba tea or are looking for a nice treat, and you have the time to wait in line, Suck It Up, Bubble Cup should be a truck you visit soon.

Review by Justus Nelson

## TACOS EL GUERO GUEY



Usually open near Tommy's Car Wash around 25th and Vine Streets, Tacos El Guero Guey serves Mexican food late into the night.

When I visited the food truck, I ordered the Split Decision, which consisted of a fresh quesadilla with carne asada (steak) and cheese, four tacos topped with onions and cilantro, a green sauce and an orange sauce. On the four tacos, I chose to get them with carne asada, although al pastor (pork) and pollo (chicken) were also options. While the Split Decision is normally \$20, I got it for \$17 because it was Taco Tuesday.

The quesadilla was large in diameter and full of meaty, cheesy goodness. The tacos were an absolute treat, with a good ratio of meat to toppings. Dunking the quesadilla and the tacos in the orange sauce was a delightful blend of flavors, while the green sauce was way too spicy for a white boy like me.

Affordable, delicious and convenient to night owls, I would highly recommend Tacos El Guero Guey.

Review by Justus Nelson



## Student Statistics

What is your favorite area food truck? (in a poll of 44 students)

- 32% - “Taco Riendo”
- 32% - “Suck It Up, Bubble Cup”
- 18% - “The Local Food Truck”
- 13% - “Tacos El Guero Guey”
- 5% - Other



## Future Films

March 1

- “Dune: Part Two”
- “Megamind vs. The Doom Syndicate”

March 3

- “Frankenstein Legacy”
- “The Regime”

March 8

- “Cabrin”
- “Imaginary”
- “Kung Fu Panda 4”

March 15

- “Arthur The King”
- “Snack Shack”
- “The American Society of Magical Negroes”

March 22

- “Ghostbusters: Frozen Empire”
- “Immaculate”

March 29

- “Godzilla x Kong: The New Empire”



## Witty Wisecracks

Did you hear about the food truck that ran out of gas?

- It just couldn't find its “appetite” for fuel!

Why did the truck driver go to therapy?

- He had too many “delivery” issues.

What did the truck say to the bicycle?

- “You wheel-y need to step up your game!”

Why is March the most popular month to use a trampoline?

- It's spring-time!

What type of bow can't be tied in March?

- A rainbow.

What falls in March but never gets hurt?

- The rain.

Can February march?

- No, but April may.