

Vol. 98  
Issue 6

# The Guidon

April  
2024

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



**NEW GENERATION**  
21st century starts Gen Alpha,  
with concerns about behaviors  
Pages 6-7

## Contents

April 2024 | Volume 98 | Issue 6

### IN EVERY ISSUE

2 | Student Spotlight

8 | Staff Opinions

11 | Athlete of the Month

### NEWS

3 | Students perform in annual Spring Play, 'Daddy's Girl,' in March

4 | Journalism students attend national convention in Kansas City in April

### FEATURES

6-7 | Generation Alpha, the youngest generation, causes new concerns

### OPINIONS

9 | Staff member offers commentary on possible government TikTok ban

### SPORTS

10 | Spring sports teams in midst of competitions with post-seasons in May

11 | Senior 'gym rat' follows strict schedule for bodybuilding contests

### ENTERTAINMENT

12 | Consuming insects, while odd in this country, has been norm for others

### ON THE COVER



Cover digital illustration by Eric Lucio & LeRoy Goodspeed

## ORGANIZATIONS

# Competitive Speech team returns as course, attends tournaments during spring season

By Kennedi Fischer  
26kfischer@usd489.com

Competitive Speech, formerly known as forensics, is a performance competition, in which students act, interpret and speak, as they present their events to judges, who give them scores and feedback for a chance to earn medals and to qualify for state competition.

While, during the previous years, Competitive Speech was only offered as an extracurricular club that normally met after school, this year, it returned to being a class, which is taught by new teacher Jessica Hakoda.

"I received my bachelor's in Music Education and Vocal Performance at Bethany College, and I earned my master's in music degree from Kansas State University," Hakoda said. "I also have certification to teach Speech Communications and English as a Second Language in addition to K-12 music. This is my 18th year as a teacher. I have previously taught in Lincoln, Hesston and Ellsworth. Although this is my third year in Hays, it is my first year at Hays High. I love teaching at the secondary level and want to help students find their voice through both music and communication skills."

With Competitive Speech being a class now, it gives the members on the speech team a time for Hakoda to work with them and for her to ensure students follow through on their work and are prepared for speech tournaments.

"Having it as a class gives more guaranteed meeting times without outside conflicts," Hakoda said.

In Competitive Speech, there are different events in which members can compete. Acting events include Duet Acting/Duo, Humorous Solo Acting/Humorous Interpretation, Improvised Duet Acting and Serious Solo Acting/Dramatic

Interpretation. Oral interpretation events include poetry, program and prose. And, speech events include Extemporaneous Speech (Domestic and Foreign), Impromptu Speech, Informative Speech, Informative 10 and Original Oration.

While there are many different events for students to participate in within Competitive Speech, this year, there are only two members representing Hays High, freshman Alexander Leiker and freshman Brayden Staley.

Leiker said he has done well so far, earning a gold medal in Oration at Trego, and he is excited to hopefully attend state this year and continue to grow in Competitive Speech. Leiker also said that his favorite event to perform in at tournaments is Impromptu Speech.

"They tend to be hilarious," Leiker said. "Just yesterday, I told a judge that Walt Disney was my dad and that we took a trip to the moon together when I was in college."

Alongside Leiker, Staley also is participating in Competitive Speech after doing Debate in the fall, and he said he has done well this year. Staley placed seventh in Oration at Norton, and he earned third in Extemporaneous, Impromptu and Oration at Trego.

Between Leiker and Staley, at Trego, the team brought home the second-place plaque.

To qualify for the state tournament, which is Saturday, May 4 in Lansing, competitors must place first or second at a tournament throughout the season.

With how small the team is this year, Staley said he hopes that new people will join Competitive Speech next year.

"I'm looking forward to next year and having new possible members in our room because, this year, we only have two people, which was kind of a letdown," Staley said.

## STUDENT SPOTLIGHT

In March, the Kansas Association of Broadcasters (KAB) announced its award winners, and Tribe Broadcasting students earned five of those awards, including two first-place honors for junior Hank Corsair in Sports Play-by-Play and On-Air Personality.



junior Hank Corsair

succeeding in what I'm passionate about."

### What got you interested in Tribe Broadcasting in the first place?

"I got interested in Tribe Broadcasting because broadcasting is the career that I want to go into."

### What other projects do you work on in Tribe Broadcasting?

"Aside from doing play-by-play for football, basketball and softball, I interview coaches, and I even did a video last month, where I played a game with students that revealed the 2024 football schedule."

### Do you plan to incorporate broadcasting into your future career?

"Yes, and my biggest goal in life is to be the radio voice of a D1 [Division I] university."

### What projects did you submit?

"For On-Air Personality, I sent in my pre-game show for the [Hays City] Shootout game between Hays High and TMP [Thomas More Prep], where I previewed the game. For my Play-by-Play, I chose my highlights from the boys basketball game against Great Bend."

### What was your reaction to being recognized?

"I was really surprised and just happy that I got the placings that I did. It feels great to know that I'm

## PERFORMANCES

# Students perform 'Daddy's Girl' for Spring Play

By LeRoy Goodspeed  
25lgoodspeed@usd489.com

From Thursday, March 7 to Saturday, March 9 at 12th Street Auditorium, Hays High School students performed this year's Spring Play, "Daddy's Girl," a comedy written by Gary Ray Stapp.

Director Bill Gasper made the decision to have students perform "Daddy's Girl," with auditions occurring on Dec. 13-14 and practices starting on Jan. 10.

"Daddy's Girl" is set in a Kansas City diner and is centered around the owner, Bernard Muloovy, played by junior Caleb King, and his late wife, Maudie Muloovy, played by junior Elizabeth Noble.

Although Maudie is dead, she "talks" to Bernard through a painting in the diner. Maudie's mission is to help Bernard find their long-lost daughter, Elizabeth. Throughout the play, new characters with very different personalities are introduced – two of which have the name Elizabeth – and Bernard must determine how to find which one is his real daughter.

"I enjoyed being able to see the talent in my peers," King said. "I got to see not only my character develop, but also everyone else's characters develop."

Meanwhile, Bernard, who has never gotten over Maudie, faces the romantic advances of several female characters, including Big Earl Ella, played by senior Calliope Green, and Darlynn, played by junior Jordan Aschenbrenner.

"I really liked acting as the outgoing and flashy character," Aschenbrenner said. "It was a great opportunity to be involved in the play. Working with amazing people was crucial and was what made the play so amazing."



Photo by Haley Roth (Indian Call)

## SEEKING THE TRUTH

During the Spring Play, "Daddy's Girl," on March 9, Maudie's Diner owner Bernard Muloovy, played by junior Caleb King, tries to determine if his long-lost daughter is one of the female customers. King also portrayed the role of Toby in the Fall Musical, "Sweeney Todd," earlier this school year.

In between scenes of the play, Gasper had other students perform short comedic skits, which he added to allow more students to participate in the play since there were limited roles.

According to Gasper, the audiences seemed to enjoy the play, with 425 people attending across the three nights, plus students from Hays Middle School and Thomas More Prep. watching the matinee on Wednesday, March 6. Gasper also said he was impressed by the students' work.

"I was extremely pleased with their performances," Gasper said. "It was a privilege to work with such a talented group of students, whether it was those who appeared on stage or those who worked behind the scenes. Together, they put on a near-flawless production that was well-received by the audience."



Photo by Haley Roth (Indian Call)

## SHARING THEIR METHODS

Diner customers Alex, played by junior Oscar Flores, and Walter, played by sophomore Connor Werth, discuss the best ways to flirt with women.



**Northwestern  
Printers, Inc.**

**PROUD SUPPORTER OF  
HAYS HIGH SCHOOL**

☎ 785-625-1110 ☎ fax 785-625-1132

☎ toll free 1-800-808-1110

114 W. 9th St. • PO Box 1067 • Hays, KS 67601

✉ email: cservice@NorthwesternPrinters.com

🌐 web: NorthwesternPrinters.com

## OPPORTUNITY

## Journalists travel to Kansas City for national high school convention



Photo courtesy of Jessica Augustine

### JOURNALISM GROUP

Along with journalism adviser Jessica Augustine, nine students, including juniors Jaynie Brooks, Emmaline Leuschner, Tavia Wynn-Coffman, Haley Roth, Caira Augustine, Katelyn Willemssen, Marisa Wasinger, Maycie Holdeman and Jordan Breinig, gather after dinner on April 5 in Kansas City, Mo. The group attended the national high school journalism convention from April 4-6.

By Reagan Bates  
25rbates@usd489.com

Nine journalism students attended the Journalism Education Association/National Scholastic Press Association National High School Journalism Convention in Kansas City from April 4-6.

Instructor Jessica Augustine sponsored the group, which included juniors Caira Augustine, Jordan Breinig, Jaynie Brooks, Maycie Holdeman, Emmaline Leuschner, Haley Roth, Marisa Wasinger, Katelyn Willemssen and Tavia Wynn-Coffman.

"When I previously taught at Kapaun Mt. Carmel, I took a group of students to the national convention every year, and I wanted to bring that experience to Hays High students, too," Jessica Augustine said. "So, I offered the opportunity to attend the spring convention to my juniors in Quill & Scroll Journalism Honor Society, as they can use what they learned to improve next year's publications."

To start the convention, the group joined other Kansas advisers and students to celebrate the Kansas Scholastic Press Association's (KSPA) 50th anniversary on Thursday, April 4, with a casual dance with a DJ and a pizza dinner.

"I enjoyed getting to see other journalism students in Kansas and celebrate together with them," junior Emmaline Leuschner said.

After the celebration, the group visited the exhibitors' area, where vendors, including different colleges, journalism organizations, newspaper companies and yearbook

publishers, had set up tables with information, gifts and samples.

Finally, that night, the group members attended the opening session, which included keynote speaker Jim Richardson, a Kansan who works for National Geographic.

"I liked hearing about how he got his start in photography," junior Tavia Wynn-Coffman said. "Learning the backstory of the photos he took for National Geographic and how they connected to photos he took in the past was very interesting. The fact that he remembered the significance of every photo was very intriguing."

On Friday, April 5, the group attended breakout sessions of their choice to learn about different aspects of journalism. The sessions, which were taught by national high school advisers, college professors, professional journalists and other prominent speakers, covered a variety of journalism topics.

After sessions on Friday, the group members had some downtime, in which they went to the Plaza in Kansas City to shop and to eat as a group, before returning to attend the convention's student entertainment and to swim.

Students attended more sessions on Saturday, April 6, before returning to Hays that evening.

"Attending the national conventions is something I want to continue for my student journalists," Augustine said. "While we attend various events in Kansas, nothing compares to the national convention, in terms of the caliber of speakers and the experience of the cities that host the conventions."

## ADVERTISING

# JD'S Chicken

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



KANSAS

**Big Brothers  
Big Sisters**

ELLIS COUNTY

## #ConnectionsMatter

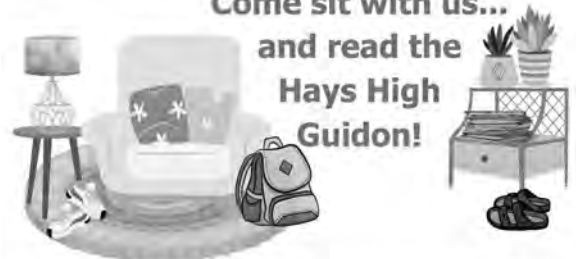
Connect with a youth in  
Ellis County by volunteering  
as a Big Brother, Big Sister,  
or Big Family!



KANSASBIGS.ORG

Come sit with us...

and read the  
**Hays High  
Guidon!**



# Newcomer Furniture

F.A.M.

119 S Main St WaKeeney, KS  
785-743-2982

## ADVERTISING

PROUD TO SUPPORT  
OUR HAYS HIGH INDIANS

AMERICAN FAMILY  
INSURANCE

American Family Mutual Insurance Company, S.I. & its Operating Companies,  
American Family Insurance Company, 6000 American Parkway, Madison, WI 53783  
007250 - Rev. 1/17 ©2017 - 14805610



**Brian Ruder, Agent**  
1601 E 27th St  
Hays, KS 67601  
Bus: (785) 628-2151  
bruder@amfam.com

**BMB** Drywall and Repair, LLC

**Brett Bittel**  
785-639-2060  
brett.bittel@gmail.com



## RECOGNITION

## Kansas Principals Association honors high school principal

By Justus Nelson  
24jnelson@usd489.com

Each year, principals from across Kansas are nominated for the Kansas Principals Association's Principal of the Year Award. For this school year, principal Shawn Henderson was selected to be the Area 4 nominee, then named the Kansas High School Principal of the Year on April 12. Now, he moves on to the national competition, held by the National Association of Secondary School Principals.

**How did you find out that you were selected as the Area 4 nominee, and what was your reaction?**

"I got an email from the Kansas Principals Association, and I was very excited. I think that I think it's just a real honor to be highlighted for something positive like that."

**Why do you think you were nominated for it?**

"I think you're nominated for trying to do the right things every day. We try to do the best that we can for the people that we serve all the time. Hopefully, that's a reflection that we've got really great things happening here at Hays High."

**How did you feel about winning the award?**

"I joke with people that we never turn away from the positive. So, to be recognized is an incredible honor. I think, sometimes, when the attention is drawn to you, the first thing that we all do naturally is push away. But, I read once that the best thing that you can do when someone extends a compliment is to accept it because it's almost like a gift. So, to me, it's a gift to be in a position to do the work that we do here every day at Hays High. It's not just about me; it's our entire team is recognized. And, I think that's good for our school and our community, too. So, it's an honor for sure."

**What is difficult about being a principal?**

"The parts of it that make it super rewarding are also the parts that make it hard. I mean, the truth is, is that our world throws a lot of curveballs at us, and we have families and students and teachers and staff that deal with a lot of things; the best case scenario for me is to be able to help everyone. The word I always use with our staff is to 'calibrate' the machine, which means, 'How do we calibrate our school in such a way that it is the best possible school for everybody that's in it?' It's hard, but it's rewarding."

**What do you like about being a principal?**

"It is never the same twice, ever. I've had some positions in my life that were a lot calmer than this one. But, I just love to be where the people are. Trying to be in the hallways, helping our teachers, helping our students, helping moms and dads in our community. I think the principal is a really important role in any community, and to be in the school, working with our people every day, is awesome. That's what I love the most."



Principal  
Shawn Henderson

# NEXT GENERATION

From the Baby Boomers to Gen Alpha, each era contains unique qualities, however, concerns have been raised about the youngest generation

**BABY BOOMERS**  
Born 1946-1964

**DEFINING TRAITS**

- Adaptable to Technology
- Hardworking
- Optimistic
- Resilient
- Structured
- Successful

**PROMINENT VALUES**

- Community
- Family
- Financial security
- Stability in life
- Strong work ethic
- Successful careers
- Traditional values

**LIFETIME EVENTS**

- Cold War
- Korean War
- Anti-Communism/McCarthyism
- Civil Rights Act
- Vietnam War
- Rock & Roll

**PERSONAL INPUT**

One thing that I think needs to be implemented more that we used to have would be a good work ethic because most people nowadays tend to just lay around and not get work done.  
- teacher Kathy Wagoner

**GEN X**  
Born 1965-1979

**DEFINING TRAITS**

- Adaptable to Technology
- Independent
- Latchkey kids
- Pragmatic
- Resourceful
- Self-Reliant

**PROMINENT VALUES**

- Anti-establishment
- Challenging norms
- Entrepreneurship
- Financial security
- Strong work ethic
- Successful overall
- Work/life balance

**LIFETIME EVENTS**

- Watergate scandal
- Iranian hostage affair
- Female empowerment
- MTV as kids/teens
- War on Drugs

**PERSONAL INPUT**

I would like to implement families eating together every night. Back when I was a kid, we all would sit down every night and eat a meal together, but now, nobody makes time for that.  
- secretary Jill Schaben

**GEN Y**  
Born 1980-1994

**DEFINING TRAITS**

- Adaptable to Technology
- Creative
- Interactive
- Positive
- Socially conscious
- Travelers

**PROMINENT VALUES**

- Collaboration
- Connection
- Creativity
- Diversity
- Life experiences
- New ideas
- Work/life balance

**LIFETIME EVENTS**

- Tiananmen Square protests
- Gulf War
- Fall of USSR
- Berlin Wall
- LA Riots
- Computers

**PERSONAL INPUT**

I would bring back flip phones because, now, everyone walks around with their face in a screen. When we had flip phones, you would only be able to call or possibly page someone.  
- officer Austin Spencer

**GEN Z**  
Born 1995-2009

**DEFINING TRAITS**

- Adaptable in general
- Competitive
- Creative
- Digital natives
- Socially conscious
- Supportive
- Technology savvy

**PROMINENT VALUES**

- Authenticity
- Environment
- Inclusivity
- Learning by doing
- Positivity
- Social justice
- Volunteering

**LIFETIME EVENTS**

- Internet
- Oklahoma City bomb
- OJ Simpson trial
- Clinton scandal
- Columbine shootings
- 9/11 attacks
- War in Afghanistan

**PERSONAL INPUT**

To pass down to the next generation, I would give them kindness. Everybody is not always the nicest person, which is why we need to make it better and try to be more kind.  
- senior Ashlynn Banker

**GEN ALPHA**  
Born 2010-2024

**DEFINING TRAITS**

- Connected
- Creative
- Digital natives
- Global mindset
- Technology savvy

**PROMINENT VALUES**

- Acceptance
- Awareness
- Empowerment
- Mental health
- Social media presence
- Technology

**IMPACTFUL EVENTS**

- Mass shootings
- Black Lives Matter
- Me Too movement
- COVID-19
- Jan. 6 capitol riots
- War in Gaza
- Artificial intelligence

**PERSONAL INPUT**

I feel like we have a really free spirit. I feel like a lot of us are kind of crazy.  
- elementary student Hattie Sander

By Delia Dixon  
26ddixon@usd489.com

From Baby Boomers to Generation X to Millennials to Generation Z to the newest generation, Generation Alpha.

While most Hays High School students are part of Gen Z, which includes people born between 1995 to 2009, when next year's freshmen arrive, the Class of 2028 will usher in Gen Alpha, which includes people born between 2010 to 2024.

According to Britannica, it is estimated that more than 2.8 million members of Gen Alpha are being born every single week, and by 2025, their numbers will reach more than 2 billion.

This growing generation has recently faced increasing scrutiny, too, especially from Gen Z above it. As members of this new generation get older and begin to form their personalities, many people worry about the common behaviors exhibited by Gen Alpha. The most prominent concerns are Gen Alpha's reliance on screens, lack of literacy and "Sephora tween" behavior.

As the first generation to be born within the 21st century, Gen Alpha's relationship with digital technology has been one of the major concerns about this generation, earning them the nickname, "iPad kids."

"I think people judge us because, even though you are little, you are just made fun of because everyone thinks you are a sticky iPad kid," Roosevelt Elementary School student Hattie Sander said.

Despite their young age, Gen Alpha is involved on social media, as well. Even though apps, such as TikTok, have an age restriction of 13, this has not stopped Gen Alpha from having a prominent social media presence, which causes concerns about effects on their learning and behavior.

"They are really one of the first generations to be growing up with a lot of handheld devices, like phones and iPads," senior Addie Otte, whose younger sister belongs to Gen Alpha, said. "Despite both [Gen Z and Gen Alpha] growing up around technology, Gen Alpha seems way more dependent on it as their main source of entertainment, despite their young age."

In addition to their technology dependence, another concern is their reading proficiency. While half of Gen Alpha students are still too young to be proficient readers, the other half were learning how to read during the COVID-19 pandemic. This led to many Gen Alphas struggling to reach the reading level that is expected of them at their current ages. By missing out on crucial steps taught in early childhood, it is a real concern that many Gen Alpha kids are far behind when it comes to reading.

According to the National Center of Education Statistics, "Since the 1970s, the long-term trend National Assessment of Educational Progress (NAEP) has reported periodic data on the reading and mathematics achievement of 9-, 13- and 17-year-

olds enrolled in public and private schools... Average scores for Age 9 students in 2022 declined five points in reading and seven points in mathematics compared to 2020. This is the largest average score decline in reading since 1990, and the first ever score decline in mathematics."

The third common stereotype that comes with Gen Alpha is targeted towards the girls: the "Sephora tween" stereotype.

Beauty stores across the country have been popular locations for young girls in Gen Alpha. Due to influences such as TikTok, many have been convinced they need to buy makeup and skincare products, some of which are intended for adults only.

Sephora stores nationwide have been left a mess, as the kids take advantage of makeup and skincare testers. According to *www.businessinsider.com*, "Over the past few weeks, Gen Alpha

has developed a reputation for wreaking havoc at beauty stores, such as Sephora and Ulta, with TikTok users saying the 10-year-old girls in Sephora are rude, messy and entitled. In viral videos, people who say they're Sephora shoppers or even employees often tell the same story: Middle-school tweens fight over products, bully other shoppers and spend exorbitant amounts on ridiculous items such as antiaging products."

Whether this is highlighting the characteristics of the young generation or simply a phase that the kids are going through, Gen Alpha has built a reputation for poor behavior.

"I think some of the behaviors of 'iPad kids' are incredibly inappropriate," Otte said.

Since Gen Alpha is still young, some argue that their parents may be more to blame, rather than the members of this new generation.

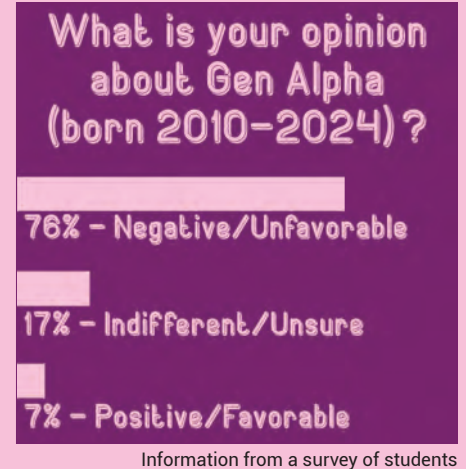
"Because members of Generation Alpha are still children, they are under the influence of their parents, who are typically Millennials," a Britannica article said. "Millennials' habitual use of social media, including to share photographs, videos or stories of their children, means that much of Generation Alpha will be online from birth. They are the first generation to experience remote classrooms, tablet computers and ubiquitous streaming services from early childhood."

Otte said that this is true of her younger sibling.

"My sister got a phone much younger than I did, and my parents tend to be a lot less strict with her," Otte said.

Gen Alpha has caught people's attention, even at such a young age. Whether their flaws are the onset of further disfunction, the results of poor parenting habits or simply kids learning how to make sense of the world around them, Gen Alpha has begun to make their mark in society.

"I feel like we have a really free spirit," Sander said. "I feel like a lot of us are kind of crazy."



I think people judge us because, even though you are little, you are just made fun of because everyone thinks you are a sticky iPad kid.  
Roosevelt Elementary School student Hattie Sander

## Praises

- Mr. H
- Hopecore
- String cheese
- Caitlin Clark
- Fishing
- AB <3

## Protests

- KU housing
- 2024 trends
- Waking up early
- Hot classrooms
- Kansas weather
- Spamming

## Staff Playlist

- Reagan Bates**  
"Cherry Bomb"  
by The Runaways
- Eleanor Bittel**  
"Bare Bones"  
by Rainbow Kitten Surprise
- Delia Dixon**  
"Happiness is a butterfly"  
by Lana Del Rey
- Kennedi Fischer**  
"The Other Side"  
by Conan Gray
- LeRoy Goodspeed**  
"IFHY"  
by Tyler, The Creator
- Feyden Hileman**  
"i"  
by Kendrick Lamar
- Eric Lucio**  
"Phoenix"  
by A\$AP Rocky
- Maddie Meis**  
"Good Decoration"  
by Frank Ocean
- Justus Nelson**  
"Pump It Up"  
by Elvis Costello & The Attractions
- Madighan Norris**  
"Badfish"  
by Sublime
- Kale Schwien**  
"Slide"  
by Calvin Harris
- Clare Tholstrup**  
"The Last Resort"  
by Eagles
- Jake Wente**  
"TYRANT"  
by Beyonce & Dolly Parton
- Tavia Wynn-Coffman**  
"Surf"  
by Mac Miller
- Jessica Augustine**  
"Hooked on a Feeling"  
by Blue Swede & Björn Skifs



Cartoon by Eleanor Bittel

# With each passing generation, having compassion is essential

Why is there a divide between children and parents, or the younger members and the older people in our society? It is important to realize that our perceptions, values and views are always changing, especially throughout each generation. That is why there can be such contempt and disagreement between age groups.

While it is worth acknowledging older generations' perspectives, it is also important to progress as a society, meaning older generations must embrace change and younger generations must learn from those before them.

We understand the older generations' fear of change, but change is imminent, as the world is always changing. This fear of change can bring feelings of disdain towards younger generations – and because older generations view change as undesirable, younger generations end up brewing their own resentment towards the older members of society.

Someday, even our seemingly progressive Generation Z ideals will be labeled as old-fashioned or outdated. The way we do and see things now will be incredibly different compared to how our children and our grandchildren will in the future. And, it is guaranteed that, we, as an older generation, will have a difficult time accepting those changes.

When reminiscing on memories, we tend to think back with such nostalgia that we end up forgetting about the bad parts of our youth. I believe it is the same for generations of people. Yes, some things might have been better, but that is only half of what people actually remember. Humans always look to the past and often focus on the good, not the bad. This makes differing cultural trends, political ideas and societal standards from the time you grew up to the current era harder to accept.

Another reason change does not come so easily, is that it does not usually happen kindly. No one likes to be wrong, and instead of viewing any type of development as a better way, people often view change as an insult to them personally, like the younger generations are telling them they are wrong.

Our point is not to offend any one generation, past or present, but to point out this cycle of disdain towards others. It has become standard. However, because we can recognize this problem, we can also do something to change it.

There is no stopping people's fears or feelings, but by learning to respect one another's viewpoints, especially between different generations, we can have compassion for and understanding of one another, and we can create a better, kinder world.

### Opinion of the Guidon Staff

Agree: 14  
Disagree: 0

## The Guidon Staff

- Editor-in-Chief**  
Madighan Norris
- Copy Editor/News Section Editor**  
Maddie Meis
- Design/Multimedia Editor**  
Eric Lucio
- Design/Multimedia Editor**  
Tavia Wynn-Coffman
- Features Section Editor**  
Eleanor Bittel
- Sports Section Editor**  
Kale Schwien
- Entertainment Section Editor**  
Jacob Wente
- Asst. Copy Editor**  
Reagan Bates
- Asst. Copy Editor**  
Clare Tholstrup
- Asst. Design/Multimedia Editor**  
LeRoy Goodspeed
- Asst. News Section Editor**  
Kennedi Fischer
- Asst. Features Section Editor**  
Delia Dixon
- Asst. Opinions Section Editor**  
Justus Nelson
- Asst. Sports/Entertainment Section Editor**  
Feyden Hileman
- Faculty Adviser**  
Jessica Augustine

## Information/Policies

The *Guidon* print edition is published seven times a year by the Digital Media Design and Production class at Hays High School in Hays, Kan., and it is printed by Northwestern Printers in Hays, Kan.

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).

## Contact Us

Hays High School Guidon Newsmagazine  
2300 E. 13th St.  
Hays, Kan. 67601  
785-623-2600  
[jaugustine@usd489.com](mailto:jaugustine@usd489.com) (Adviser)  
[24mnorris@usd489.com](mailto:24mnorris@usd489.com) (Editor-in-Chief)  
[www.hayshighguidon.com](http://www.hayshighguidon.com)

# LISTEN IN WITH ERIC

## Legendary reggae album spreads positive messages with simplicity

With the February release of the film “Bob Marley: One Love,” I decided to revisit one of his most famous albums, “Burnin’.”

Marley and his Jamaican reggae group, the Wailers, released their sixth album on Oct. 19, 1973. The album peaked at No. 151 on the Billboard 200, an impressive number for the time, especially since it was a foreign album; the album also ranked No. 319 on Rolling Stone’s 500 greatest albums of all time in 2012.

The original project featured 10 tracks with a run time of slightly more than 38 minutes, but the album included three bonus tracks in the “Definitive Remastered” edition in 2001, and the deluxe edition in 2004 included 14 extra tracks.

From the opening track, Marley spreads his optimistic and peaceful message through the music. The first song, “Get Up, Stand Up,” a staple song in reggae music, spreads his iconic theme of standing up for your rights, finding purpose in life and spreading positivity to others, using lyrics such as, “If you know

what life is worth, you will look for yours on Earth, and now you see you light, I want you to stand up for your right.” Marley and the Wailers continue this peaceful theme, keeping optimism even in darker tracks, such as “Hallelujah Time.”

One of my favorite things about Marley is that he did not need complex lyrics with hidden meanings to convey important messages. While other artists of his notoriety used a lot of deep language, Marley was, for the most part, straightforward with his writing, focusing more on the production and the vibes of the songs, rather than making the listener unpack each line.

The production of this specific album is impeccable, singlehandedly raising the bar for reggae for years to come.

Marley and the Wailers’ vocals smoothly sail over the instruments, creating perfect harmony while keeping the loose and playful aura in the music. Specifically, “Put It On” uses a unique “wah-wah” sound from vocals in the background, creating a bouncy

and exciting groove to the music. Marley’s use of unusual sounds revolutionized and popularized reggae, but also inspired many other artists in other genres to experiment and normalize new sounds.

Honestly, it is difficult to find many flaws in such a classic album. While I do not think this is everyone’s type of music, and I do not think every track is spectacular, the project, as a whole, is so iconic and works so well for its purpose that it is hard to criticize it. It does not tell a long or deep story; rather, the beauty of the album lies in its simplicity of the power of music in our lives. If I were to change anything about the album, I would say that some of the tracks that were added in the deluxe edition were a little unnecessary; the original state of the project was amazing already, and I think adding the live versions of the tracks could have been a separate album itself.

Marley’s peaceful message and iconic image has inspired millions throughout the years, impacting more and more people as the years pass. He is the type of artist who will never be forgotten, and the love that he spread in his lifetime will forever be timeless.



By Eric Lucio  
24elucio@usd489.com

## Banning TikTok would violate Americans’ First Amendment

Recently, there has been discussion about banning the popular app TikTok, a video app owned by the company ByteDance in China.

On March 13, the U.S. House of Representatives voted on a bill that would ban TikTok from being downloaded or updated on devices in the United States. The vote was 352-65 in favor of banning the app. The bill now moves to the U.S. Senate, where it faces an unsure fate.

Ever since the pandemic in 2020, there has been discussion about a possible ban because the U.S. government is concerned that the Chinese company that owns TikTok is taking Americans’ user data and giving that data to the Chinese government, which could lead to identify theft or to hacked devices. In the meeting with the Senate, an FBI official voiced his opinion about the app and its threats, saying that the Chinese are using the app to control software on millions of American devices. Some legislators also are concerned that TikTok is spreading misinformation or propaganda in its content recommendations for users, such

as video clips containing anti-Semitism or pro-Palestinian messages.

ByteDance and others against the ban have tried to kill the legislation, saying that it violates the First Amendment, which guarantees the freedom of speech of TikTok’s 170 million U.S. users and thousands of small businesses.

ByteDance also has stressed that it has pitched an idea to get the government to keep TikTok. In this plan, called “Project Texas,” ByteDance would partner with Oracle, a Texas company, to produce a data firewall and a storage space for Americans’ TikTok data. However, Washington legislators still do not approve of the project, saying that it “falls short of a full breakup with ByteDance.”

Despite TikTok being released in the United States in 2016, its popularity started increasing in 2018 and throughout the pandemic, leading to having 1.92

billion users around the world and 143.4 million users in the United States in 2023. With TikTok being such a popular app among Americans, especially among young people, I believe it should not be banned.

First of all, I think that the day that TikTok gets banned, the opinions of millions will be censored, which clearly violates the First Amendment. In addition, TikTok is an app in which users can find a community with other users with similar interests and learn from others. Finally, people can benefit in other ways from the app, including even getting jobs from using this platform.

While TikTok should have age restrictions, which it already does, use of the app should be determined by the users and, in the case of young people, their parents. The government should be focused on making policies to solve the more major issues, rather than focusing on banning TikTok.



By Tavia  
Wynn-Coffman  
25twynncoffman@  
usd489.com



COMPETITION

# SPRING SEASON SUMMARIES

## Coaches, players provide perspectives on spring athletic teams

By Kale Schwien  
25kschwien@usd489.com

### BASEBALL with head coach Dustin Dreher

**Going into the season, what were your expectations?**  
“I thought we’d have a good year, as we have quite a few solid pitchers and a really good solid defense.”

**What are notable competitions to look out for?**  
“We have a doubleheader with Great Bend that will most likely have a big effect on who wins the WAC [Western Athletic Conference].”

**What are your expectations for the rest of the season?**  
“We finish the season with three tough tournaments, two in Kansas City and then our own Diamond Classic the first weekend in May. We are going to play some of the best teams in the state in the two KC tournaments.”

Photo by Jaylee Readle (Indian Call)

### SOFTBALL with head coach Abby Gillan

**Going into the season, what were your expectations?**  
“[My expectations were] high coming in. We are looking to defend our conference title and looking to win a regional championship.”

**What are notable competitions to look out for?**  
“This weekend, we play in the Dodge City Classic, so we will see some really good 5A and 6A teams. It will show us where we are at and where we need to get to for the post-season.”

**What are your expectations for the rest of the season?**  
“Hopefully, we just continue to improve. [Senior] Aubree Thomas will come back from an injury soon and will add more depth on the mound.”

Photo by Alijah Arias (Indian Call)

### BOYS GOLF with junior Cooper L. Johnson

**Going into the season, what were your expectations?**  
“The expectations for the season were that we would be pretty good and we could compete with a bunch of the really good teams in our regionals.”

**What are notable competitions to look out for?**  
“Our most notable competition is probably going to be the Hays tournament on April 15 because there are going to be some good teams there.”

**What are your expectations for the rest of the season?**  
“Expectations for the rest of the season are probably going to be good and to compete pretty well against the other regional teams.”

Photo by Maddie Meis

### TRACK & FIELD with assistant coach Vinny Walker

**How have the boys and the girls track teams done so far?**  
“We are getting better every week, and that’s all you would like to do.”

**Going into the season, what were your expectations?**  
“To grow as a team and as a coaching staff. We gained a lot of youngsters, so I think we’re doing well.”

**What are notable competitions to look out for?**  
“Every meet is notable, you know, just the next meet up is always the best.”

**What are your expectations for the rest of the season?**  
“Our goals are to basically get stronger, faster and better times.”

Photo by Caira Augustine (Indian Call)

### GIRLS SOCCER interview with senior Katie Gutierrez

**Going into the season, what were your expectations?**  
“The way we competed was not expected, but that’s because we have a young team, and most of our veteran players graduated. We have been getting into the rhythm and starting to figure out how to work with each other.”

**What are notable competitions to look out for?**  
“Some games to look out for in the future are the ones against the bigger schools, like Manhattan and Garden City; they have good line-ups.”

**What are your expectations for the rest of the season?**  
“My expected record for our team is similar to last year, which is 14-5.”

Photo by Haley Roth (Indian Call)

### BOYS TENNIS with head coach Kayla Brown

**Going into the season, what were your expectations?**  
“I had high expectations because of the returning upperclassman and the caliber of the players.”

**What are notable competitions to look out for?**  
“I would say Salina South would be most competitive, and then hopefully, we will be successful at WAC [Western Athletic Conference] and post-season, as well.”

**What are your expectations for the rest of the season?**  
“I think our second half of the season is less competitive, so our teams will be really successful at those meets and be able to work out kinks in the earlier competitions.”

Photo by Maycie Holdeman (Indian Call)

### GIRLS SWIMMING with junior Kiera Dealy

**Going into the season, what were your expectations?**  
“I expected myself to be a lot worse than I actually was. I have had a PR [personal record] in most of my events compared to last year.”

**What are notable competitions to look out for?**  
“Our next meet is in Garden City, but the main meet to look out for is the home meet on April 22.”

**What are your expectations for the rest of the season?**  
“I don’t really have a set record; I’m just hoping to keep getting PRs at least once every meet. As a team, we more than likely will take a relay to state, along with [junior] Izabel [Schmidt].”

Photo by Katelyn Willemsen (Indian Call)

## ATHLETE OF THE MONTH



Boys Tennis

senior Colin Clark

Making moves on the tennis courts, senior Colin Clark, the Indians' No. 1 singles player, has stood out to colleges, being offered scholarships to Bethel College and Hastings College.

"I started playing tennis freshmen year," Clark said. "I got into it because I had a family friend that was a coach and is now at a country club coaching. My dad also used to play."

As a freshman and sophomore, Clark did not qualify to play at regionals. However, Clark competed well enough during his junior season to earn a No. 7 seed at regionals. But, only the top six players get into the state tournament. Throughout the day, Clark fought hard enough to place sixth. Clark, along with a doubles team, became the first players in more than a decade to compete at the state tournament for the Indians.

After high school, Clark plans to play tennis in college and study to become a surgical physician assistant.

"I look forward to getting to go to state and hopefully placing in it," Clark said.

## FITNESS

# Senior maintains regimen for bodybuilding

By Feyden Hileman  
25fhileman@usd489.com

In recent years, many people have started to devote more time to exercise to fight unhealthy lifestyles that lack routine exercise. However, some people have taken their exercise routines a step further, dedicating even more time to frequenting the gym. These people have been given the name, "gym rats."

Gym rats do more than just work out; most follow strict diets, track their calories and their nutrients, research proper supplements, among other things. One gym rat who has taken fitness to a new level is senior Kyle Livesay.

"I started my fitness journey when I was a freshman for sports," Livesay said. "But, I had a passion for lifting for more than just sports, which led me to the very unique sport of bodybuilding."

Livesay has worked his way up to competing in national bodybuilding shows.

"My first show was April 6 in Denver, which is provided by the OCB Federation [Organization of Competitive Bodybuilders]," Livesay said. "I took first place in the teenage group. It was an awesome experience, and I am now even more excited to continue doing shows."



Photo courtesy of Kyle Livesay

### YOUNG BODYBUILDER

In the center, senior Kyle Livesay strikes a pose in his first Organization of Competitive Bodybuilders Federation competition in Denver, Colo., on April 6. At the show, Livesay placed first in his division.

Livesay plans on competing in three other upcoming shows, including in Oklahoma City on May 4, Kansas City on May 25 and Omaha on June 1.

To prepare, Livesay works out almost every day, doing four days in a row then having a rest day before repeating the four days on, one day off cycle.

"I do heavy compound lifts and isolated movements to hit each muscle more efficiently, and then 25 to 30 minutes of cardio," Livesay said.

Not only does Livesay hold himself to a strict workout schedule, but he also maintains his diet, which he developed by doing research, making sure that he does not lose mass or muscle so he can keep his physical form.

"My diet consists of foods with extreme amounts of

protein and low carbohydrates and fats," Livesay said. "Those foods are fish, yogurt, eggs, steak, chicken, rice and occasionally a protein shake."

Just like most athletes, Livesay allows himself occasional "cheat days," in which he enjoys a food that he would not normally have based on his diet, such as pizza or burgers in his case.

While Livesay has just begun bodybuilding, he would like to continue competing to maximize his chances of succeeding in the bodybuilding world as an adult.

"I'm trying to achieve my pro card in the OCB," Livesay said. "I plan on taking my physique as far as I can go and use my success and market myself towards supplement and fitness products."

## FORT HAYS STATE UNIVERSITY DEPARTMENT OF INFORMATICS

Our department allows you to navigate all things data and digital as you dive into designing your curriculum and creating your ideal career path.



**TIGER MEDIA  
(NETWORK)**  
FORT HAYS STATE UNIVERSITY

As a growing news source in the region, Tiger Media Network provides real-world learning experiences for students in the convergent media world through audio, video, live productions, and written projects. Students also are paid for the creation of TMN content.



785-628-5373 fhsu.edu/informatics

TigerMediaNet.com

fhsutmn@gmail.com

@tigermedianet



# on the menu

## Although not common yet in the United States, insects and flowers provide various nutritional benefits

By Jacob Wentle  
24jwente@usd489.com

From ants to crickets to grasshoppers, most insects typically are tiny creatures that people view as annoying little pests on the ground that get on the bottom of one's shoe when they are squashed. While most people see these creatures as disgusting, bugs also help the environment, and they can help people in another way – as food.

According to the BBC at "Eating Insects: Should We Be Eating More? Why Are They So Good?," insects can be a great source of protein, amino acids and other nutrients.

Not only can eating insects provide nutrients, but also it can help the environment because they require less energy to cook and less money to manufacture, and it could even solve some of the world hunger issue since there are some sorts of bugs in most environments.

There are many different insects that can be edible, such as ants, bees, beetles, caterpillars, crickets, grasshoppers, mealworms and more. These are the most typically eaten, as some other insects can have venom in their systems.

When people eat insects, there is a word for it, called 'entomophagy.' Bugs have been a food source for many years, according to a PubMed Central article, "Edible Insects: A Historical and Cultural Perspective on Entomophagy with a Focus on Western Societies."

Typically, insects are a quite common thing to eat in places other than the United States. In other countries, such as Asian, African and South American countries, it has been normalized to use bugs for different authentic dishes in those places. For example, the Farmers' Almanac says that beetles, cicadas, crickets, grasshoppers and even scorpions are popular in Thailand, where their legs are removed before being deep-fried, stir-fried or roasted with seasonings.

The Farmers' Almanac also says ants can be fried and add a "crunchy topping" to dishes with a citrus-like taste and pill bugs, known as roly poly bugs, can be boiled or sauted and have a taste similar to shrimp.

Although Americans do not eat insects as much as people in other countries, it is becoming more popular to use them for their protein as a powder or to put them in candies and other items, which makes them more appealing.

"One item that I have found interesting about edible bugs is something called cricket flour," science teacher Alan Neal said. "This is a type of flour that replaces the normal wheat flour and uses crickets because they are easier to harvest since they just eat cardboard and paper, which then leads to them being turned into a powder and mixed to make flour, which is very healthy because of how much protein and nutrients crickets hold."

Another item that is not common as food in the United States but is starting to become more popular, is flowers. While pretty to look at, different flowers, such as dandelions, lavender, pansies, roses and more, can also be exceptionally good for the digestive system

and overall health. Although they all may not taste the best, there are numerous ways to solve the problem, typically by turning them into teas or adding them to smoothies.

Not to mention, a lot of foods that are common are actually classified as flowers, such as artichokes or broccoli. These diverse types of flowers can also be used in different dishes around the world to add flavors and textures, along with health benefits.

"I think eating flowers and bugs may be one of the next big things," Family and Consumer Science teacher Sue Ann Tebo said. "They can be so healthy for us, and putting them in different dishes may be very impactful in making us eat healthier. I find this especially important, considering most of the world just eats junk food all the time."

**recipe**

### CRICKET STIR-FRY

prep time 15 cook time 15 serves 4

INGREDIENTS	DIRECTIONS
broccoli	Start by stir-frying vegetables like broccoli, carrots, and bell peppers in a pan with oil.
carrots	Add cooked and seasoned crickets to the pan and stir-fry until heated through. Serve with rice or noodles.
bell peppers	
crickets	
rice and noodles	
(Optional)	



## Student Statistics

How much would you have to be paid to eat a bug?  
(in a poll of 22 students)  
13% - "At least \$50"  
46% - "\$20"  
18% - "\$5"  
23% - "Nothing"



## Future Films

April 2  
"Someone Like You"

April 5  
"City of Dreams"  
"The First Omen"  
"Monkey Man"

April 12  
"Civil War"  
"Sting"  
"The Long Game"

April 19  
"Abigail"  
"Hard Miles"  
"Sasquatch Sunset"  
"Villains, Inc."

April 26  
"Challengers"  
"Unsung Hero"

April 30  
"Stargazer"



## Witty Wisecracks

What do you call a bug that's good with numbers?  
A mathemaggot!

How do bees style their hair?  
With honeycombs!

Why don't bugs make good computer programmers?  
They prefer "bug-free" environments!

What do flowers study in college?  
STEM!

What did the bee say to the flower?  
"Hello, honey!"

What's April's favorite kind of math?  
Rain-ometry!

What's April's favorite vegetable?  
Rainbeet!