



Viking Voice

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Kingsburg High School

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Regional Champs! KHS Band Makes History



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News

Cast of Fiddler Shares Insight on Production

By Gracie Davis
Production Editor

KHS recently introduced the title of the fall musical production for the 2022 school year, *Fiddler On The Roof!* Their showings are from Feb 21 to Feb 25.

Fiddler is a musical set in the little town of Anatevka about a poor milkman, Tevye, and his five daughters. With the help of his close Jewish community, Tevye tries to instill his daughters with traditional values in the face of the growing anti-Semitism of Czarist Russia. This production cuts across the barriers of nationality, race, class, and religion.

The cast had their first cast meeting at lunch on Monday, Nov. 7 and their first script read-through on the same day after school.

Tevye is played by Sophomore JB Noh and his five daughters are played by Junior Kristen Pacheco, Senior Emily Fedor, Sophomore Megan George, Freshman Sophia Barrios, and Freshman Presley Patterson.

The *Fiddler* himself is being played by German exchange student and Junior, Benedict Wademann.

KHS does two drama productions each year, one in the fall and in the spring. Library Media Teacher Laura Vallenari directs these productions with the help of Musical Director Richard Mynderup.

For auditions, students first had to choose a song to sing one minute of in front of three judges. Then, the following day there was the acting portion where students acted out some of the scenes from the show.

Most of the cast had positive reactions when finding out this year's production. Sophomore Elli Ambriz, who plays Grandma Tzeitel, says, "I actually like the show they picked! I love the meaning behind the show and the songs are my favorite!"

Freshman Presley Patterson, who plays Bielke, says, "I think *Fiddler* was a good pick because we didn't get to do it during Covid, so this is almost a reward for pulling through."

When asked why she chose this production for KHS, Librarian and Director Vallenari said, "We were supposed to do *Fiddler* when the school was closed down for the pandemic. It is a great show and I really wanted to give it another try."

She adds, "We looked at Addams family and a few others. It's getting harder and harder to find good musicals that we actually have the people for and musicals that the community would enjoy and support."

Some of the cast decided to share their favorite things about KHS theater:

Sophomore Davin Collazo, who plays Fruma Sarah, says, "I really love the bonds you make in theater at KHS. As crazy as things get, you're all in it together!"

Ambriz shares, "Some of my favorite things about KHS theater is the community we

create in the few short months that we work together."

She added, "I've made many friends and I can't wait to be a part of this amazing show. I also love how on closing night we always go to Denny's as a cast!"

Patterson says, "My favorite parts so far have been practicing after school and learning songs."

Sophomore Megan George, who plays Chava, explains, "Being new to KHS and this being my first production I don't really have any favorite things, but I guess I can say being with friends!"

Vallenari adds from her experience saying, "love working with the students on stage and seeing a production come together. I love watching kids accomplish something that they didn't think was possible."

Finally, when asked what they would say to kids who want to try out for future KHS productions, here's what some of the cast had to say:

Ambriz says, "What I would say to people who are thinking of trying out next year would be to just go for it! It's such a fun experience and you won't regret trying out!"

She continues, "The directors want you to succeed and they are on your side. So, just relax and do your best!"

George says, "I think people who want to try out should definitely do it because it will be lots of fun, even if you're not a lead. No matter what you get, you can have fun and be a huge help for the show!"

"I would say to just go for it and not be scared, because no one is judging!" Patterson exclaimed.

Collazo says, "To anyone who wants to try out my advice would be: YOLO!! Just do it! You'll never know how far you'll go if you never let yourself fly!"

KHS creates a close-knit "family" through these productions. The cast encourages everyone to go watch *Fiddler On The Roof* during their showings from Feb 21 to Feb 25.



News

Viking Band Marches on Through a Victorious Season



By Lorne Rogers
Editor-in-Chief

In recent years, the KHS Marching Band has been known for creating innovative and exciting shows that keep audiences talking long after their performance has finished. This year was no exception, with many band members and staff agreeing that March of the Stickmen is the most ambitious field show the program has ever put on.

Mike Schofield, the band's director, explained that March of the Stickmen is "an abstract depiction of a person (the audience) watching a parade." The show begins with the band playing a traditional march, but then, "the audience's imagination runs away and the band turns into stickmen." Eventually, the stickmen go back to playing the march and "end in a powered down state once they've left the audience member's imagination."

The band competed in seven competitions throughout their fall season, earning high marks at each one. To name a few, they won "Field Show Sweepstakes" at the Visalia Band Invitational, meaning they had the highest scoring field show out of every band competing. They also placed first in their division at the Golden State Tournament of Bands, as well as placing 5th out of the 28 bands that competed in the Sierra Cup Classic.

While these were notable accomplishments, the band was always looking for ways to improve. This quality is much admired.

Mike Schofield, KHS' band director commented, "I admire our students and their ability to work together, and how they're always looking for ways to improve."

Junior Piper Protzmann, who is the band's junior drum major, also notices this quality.

"I admire the effort and dedication that the members willingly put into the band and our field show. That effort is what allows us to have a great season," said Protzmann.

On November 12, Kingsburg hosted the WBA Central Regional Championships. The band was excited to compete on their home field and was thrilled to see members of the community supporting them in the stands. They gave a stunning performance that night, earning admiration from the audience as well as from other bands.

After their performance, the band made history. At the awards ceremony, Kingsburg placed first in Class 4A with a score of 82.2, making them the 2022 WBA 4A

Central Regional Champions. This marks the first time in the band's history that they've won this title.

"It was such a nerve-racking experience during the awards ceremony. There was so much anticipation as to what place we were going to get," said Protzmann.

She concluded, "Winning first place was an amazing experience, but I will always be proud of our band no matter what place we get."

This level of success is not easily achieved. It takes a lot of persistence from each band member in order for the field show to be as great as it is.

Senior Will Bishop, who plays snare drum and is the drumline captain, has seen this persistence firsthand amongst the drumline.

"I admire how every individual in the drumline has the drive to be the best they can. Each member has worked incredibly hard and has grown in skill and in character," said Bishop.

The KHS Marching Band ended their season at the WBA 4A/5A Grand Championships, hosted by Riverside City College.

"Performing at championships was a completely different experience than what I was used to, but competing with all the other bands around the west coast was definitely my favorite moment of the season," said Bishop.

It was quite windy during Kingsburg's performance that night, which presented an added challenge to the band, especially the colorguard. Sarah Dezso, KHS' colorguard instructor, was proud of the guard's ability to adjust and adapt.

"They could have let these uncontrollable challenges consume them, however they fought so unbelievably hard and had their strongest run of the season," expressed Dezso.

That night, the band made history, again.

At awards, Kingsburg placed 5th out of the 11 bands in 4A and scored high enough to secure a spot in the finals. To put that in context, the band made finals in their first year competing at 4A/5A Grand Championships, a huge accomplishment.

The band came back the next day for finals competition against the top 4A and 5A bands of the previous night. They were excited to perform their show again, but also sad that this time would be their last. The band gave a captivating performance that capped off the season perfectly.

"I was very proud of the run, it was a great way to end our season. The energy the guard had during this last performance was amazing, I'm content with that being my last fall performance ever," imparted Laney.

At finals awards, Kingsburg placed 15th out of the 20 finalists, an impressive feat overall. Despite being in unfamiliar territory, the band had a strong showing that won't soon be forgotten.

"I feel like our band made huge strides to not only improve our performances, but also to improve as an overall program," reflected Schofield.

Dezso shared similar sentiments, highlighting how proud she was of the colorguard's improvement.

"We had so many first-year students. The show this past season was quite demanding across the board but the girls never backed down from a challenge. Their work ethic and fight was unmatched," said Dezso.

However, the band program wouldn't be as great as it is if it wasn't constantly improving, which is exactly what the staff and students intend to do.

"We have some ideas on how to 'focus the lens' more on fundamentals and to make sure our show design is just as entertaining as it was this year," stated Schofield.

Dezso shared, "We plan to improve in the future by continuing to perfect our technique, build our consistency, and increase our repertoire."

However, perhaps the most valuable part of a marching band experience are the lessons you learn in hard work, dedication, discipline, and character.

"I love teaching colorguard and watching my students learn new skills, but I'm always most proud to watch their growth off the field. Watching them learn to navigate what life throws at them is a really rewarding experience," commented Dezso.

Schofield expanded on these lessons, saying, "If my students don't learn anything else, I want them to know the value of a job well done. In marching band, you can't take shortcuts. You don't do something until you get it right, you do it until you can't possibly get it wrong. If they can take that approach to whatever they do, they will be successful."

Kingsburg High School's March of the Stickmen isn't just another successful field show in our school's history, it's a testament to how far the band program has come, and represents all the exemplary qualities our school is known for.

VIKING VOICE



Kingsburg High School 2022-2023

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Letters to the Editors

Email your comments, opinions, and ideas on this issue's articles to the Viking Voice at 6005196@stu.kingsburghigh.com. Your responses may be published next issue!

Check out the Viking Valor page at kingsburghigh.com

Features

Annual Santa Lucia Parade Returns

By Abigail Berry
Staff writer

The Santa Lucia Parade is a Kingsburg tradition composed of floats and people marching from local schools and businesses.

This tradition originates from St. Lucia's Day, the festival of lights which is celebrated in Sweden, and Norway. It came to be a tradition because St. Lucia was killed by the Romans in 304 CE due to her religious beliefs. It is celebrated on December 13 of every year. This festival represents the beginning of Christmas in our Swedish Village.

Historically, one of the traditions includes electing a new St. Lucia each year and having her lead the parade. She is followed by young girls dressed in white with lighted wreaths on their heads.

Here in Kingsburg, we follow that same tradition but change the name. Instead, the city selects a new Swedish Queen each year to serve as an ambassador and hostess for traditional Swedish events that Kingsburg has adopted.

The Swedish Queen is chosen based on her grades, community service hours and knowledge of local history and traditions. This year's Swedish Queen is Senior Olivia Hale. Olivia Hale has

reigned since last Spring when she was Crowned with the honor at the Swedish Festival.

Olivia was selected as Swedish Queen based upon her many interview questions along

glad it didn't rain. At first I was nervous to sing at the parade, even though I knew I had confidence in myself. I just feared that I wouldn't sing the right words," Olivia Hale said.

Despite the parade going very smoothly in the end, in the beginning there were some worries that the parade would be canceled due to uncertain weather conditions and forecasted rain. As a result, the Vendor Faire on Draper Street was canceled due to the conditions.

"I worried that it would rain at the parade, as it is something that people look forward to all year long, and it would be unfortunately canceled. Luckily, it didn't," Olivia added.

Thankfully, the Festival of Lights parade was not called off, and many notable floats showed up at the parade that wowed the

audience, and even Santa made an appearance on one of the floats!

Overall, the parade this year went very smoothly and remained unaffected by any weather conditions. We hope to see it again next year, next time without any worries of rain.



with her history of being known in town.

On December 3rd, the day of the Santa Lucia Parade, Hale sang to mark the beginning of the festivities.

"I think the parade went well, I'm really

Library Provides Students, Teachers Resources

By Maria Escoto
Staff Writer

The KHS Library and Library Media Teacher Laura Vallenari have a reputation of providing a safe and fun place for students in the KHS Library, as well as encouraging a variety of activities throughout the year.

Vallenari also helps students experience different genres of books and she caters to what the students are most interested in reading. Vallenari has been taking recommendations from students and taking them into account when new batches of books are purchased.

The library also encourages and supports other classes on campus by creating a forum to display student work. This year for the third year, the Art and English classes, led by Art Velarde and Jacob Simmons respectively, collaborated when the Art Department was called on to illustrate a cover page for creative stories students submitted in writing.

When the project is complete, the library will establish a spot in the Library to display the artwork and stories in an exhibition dedicated to the collaboration.

Another of the yearly events that occurs is a collaboration with the Fresno County Library. The KHS library helps get students signed up for

personal county library cards so that students can use the local library after school hours.

"Our library card drive every year brings in about 300 kids. Then, we do the big art display with both Velarde and Simmons' classes that are pretty popular," explains Vallenari after being asked about the events that are promoted.



Another event that is very popular is a pets caught reading contest. Vallenari states "We also have one major photo contest every year where they can win prizes. In the spring Pets caught reading contest is open to students and staff"

Vallenari has been a Library Media Teacher for eight years and has been at KHS for 25 years. Mrs. Vallienari was an English teacher before she took over the library. Vallenari also teaches a Library Media Tech class that is available to students interested in a career in Library Media Arts. The students that help the library function choose to take that as a class. Four students are allowed to take the class per period.

When Vallenari was asked about the benefits of being a Librarian aid she says, "You learn a lot of customer service skills and learn marketing skills. If you're thinking of going into teaching, you get experience decorating a classroom space. If you go to college, you have a better chance of getting an on-campus job in the library."

Senior Mia Hernandez is a Library Aid and was asked why she decided to take the class. She said, "I heard it was a great class and my brother took it last year. I do not regret taking the class. It gave me a lot of useful experiences."

The KHS Library will continue to do events and encourage students to get involved throughout the year. Vallenari is also busy collaborating with classroom teachers on curriculum including research projects and writing assignments.

“Sounds of the Season” 2022 Winter Band Concert

Grace Fan
Staff Writer

On the evening of Monday, December 12, the Kingsburg High School Wind Ensemble and Jazz Band held its “Sounds of the Season” winter concert in the Little Theater. Along with Rafer Johnson Jr. High’s Band, the performance included eleven holiday songs.

The Rafer Band started the concert off with “Angels We Have Heard On High,” arranged by Pickett. It followed with the traditional English carol “Deck The Hall” and “Calypso Bells” by Todd Phillips.

The KHS Jazz Band performed next. Their set began with the fun and well known “Let It Snow! Let It Snow! Let It Snow!” featuring five soloists; Senior Katie Tikkanen on flute, Senior Alyson Johnson on alto saxophone, Sophomore Enzo Lane on trumpet, Sophomore Sophia Quintana on baritone saxophone, and Senior Olivia Hale on trumpet.

Next, they performed an entertaining arrangement of “You’re A Mean One, Mr. Grinch,” Soloists Junior Emilie Parker on tenor saxophone, Junior Kenny Brookman on trombone, Olivia Hale on trumpet, and Senior Lorne Rogers on guitar serenaded the audience.

After that, the group played a latin jazz rendition of “The First Noel.” It was accompanied by Emilie Parker on the tenor saxophone, Lorne Rogers on guitar, Sophomore Daniella Cacace on vibraphone and Senior Elijah Rice on the flugelhorn.

The section ended with Jazz Band’s performance of a lively “Jingle Bell Boogie.” Once again,

Emilie Parker sprinkled her forte with a solo on the tenor saxophone.

Following the Jazz Band, the KHS Wind Ensemble performed “Season of Joy,” and “The Christmas Song.” They finished off with the complex and thrilling “Christmas in the Valley of Kings,” by Gary P. Gilroy, who wrote and dedicated this song to our very own KHS band. Soloists included Junior Cali Mendez on the alto saxophone, Junior Wren Wilson on the clarinet, and Katie Tikkanen on the flute.

The KHS Band then concluded the show with their Santa Lucia parade march, “The Sound of Angels.”

Each solo was led by an applause from the crowd, who enjoyed the performance. Students Senior Brenton Pumarejo, Junior Benedict Wedemann, Junior Jaylynn Jiang, and community member Brad Lewis collectively expressed the Jazz Band performance as their favorite.

Pumarejo stated that “They [Jazz Band] worked so hard and everything that they’ve been working towards turned out great.” He also thought “Let It Snow! Let It Snow! Let It Snow!” was the highlight of the show, especially “because Olivia Hale had an amazing solo.”

Wedemann added that his favorite tune was “You’re A Mean One, Mr. Grinch” since the Jazz Band “played it so well with so much variety and interesting solos,” Jiang thought so as well, and was very impressed with the amazing solos. The most memorable one to Wedemann was the guitar solo of Lorne Rogers.

Cali Mendez also favored the jazz band’s performance, stating that she felt the band “played very strongly and well.” As first chair for alto saxophone,

she is also looking forward to new solo opportunities this season for Wind Ensemble.

For the many seniors in the band, this was their last Christmas concert of their high school career. Alyson Johnson shared that, “Compared to freshman year and all of the other years, this and last year’s winter concert were probably the best ones we’ve had.”

After months of practicing and performing for the marching band, the KHS bands have to make a quick transition to concert season. Though the process may have seemed hasty and chaotic, Mendez said “I always enjoy the transition from playing loud marching music, to more toned down and sensual music.”

Similarly, Johnson mentioned that “Some of the pieces we play can be very pretty and emotional and can only be played that way in a concert band setting.” She continued, saying that they “get more complex music” and are able to “focus more on how the music sounds.”

Even with their busy schedules and short timeframe to prepare, it’s safe to say that the KHS Band was still able to sweep the audience off their feet.



Photo Credit: Brenton Pumarejo

Downtown Rally Against Selma Rival Week

By Joyah Hernandez
Staff Writer

This year, KHS had an exciting rival week. There were five dress up days for students to participate in. These themes encouraged students to show off their creativity in their outfits throughout the week.

This week also saw strong participation from the student body as well as from the staff, with people showing off their best outfits.

The result was a colorful and creative dress up week. Overall, an enjoyable experience and week at KHS.

On Monday, the theme was Stay in or Glam out. KHS students had the option of dressing casual or formal. For other words, students either had the option to wear pajamas or fancy attire.

Tuesday was BBQ dad or Soccer mom day. BBQ dads tended to wear your typical barbeque party attire, while “soccer moms” wore sporty outfits. Many students had the idea to dress up in pairs with their friends, with one soccer mom and BBQ dad per pair.

Wednesday’s theme was Dress as Your Favorite Artist Day. This day included students dressing up as their favorite music artist. Students dress-

ing as *artist type* came to school dressed with drawn-on tattoos and jewelry, then included their outfits.

Thursday was Biker vs. Surfer Day. Students wore outfits that included sporty outfit wear for bikers, then surfer swimwear for surfers. Students showed up to school with boardshorts, bikinis, and coastal themed t-shirts. As others wore breathable clothing that usual bikers would wear to feel comfortable.

Friday was, of course, Green and Gold Day. Students and staff finished off the week by showing off their school spirit by sporting our school



Features

Viking Students of the Month Shine

by Kirrah Morton

Each month KHS teachers honor students for their exceptional character, positive attitude towards school, determination, and perseverance.

The different Academic departments have a meeting to discuss things around school and talk about which students they believe deserve this honor and recognition. Each department nominates a student from each grade level to honor as "Student of the month."

Each recipient is given a personalized certificate, as well as a special message from the nominating teacher.

September



Julian Aguilera Special Ed teacher Robert Hernandez nominated him saying, "Julian is a very hard working and cares about his grades. He asks questions and respects the learning process. He shows determination and desires success."

Nick Hernandez Social Science teacher Mark Jensen nominated Nick saying, "Nick has gone above and beyond in class to help his fellow classmates."



Bianca Solis Science teacher Paulene Phillips nominated Brianna saying, "Determination: Bianca works hard and keeps going. She does not give up! I am very proud of her determination."

Kaylee Pallares Math teacher Ken Harvey nominated Kaylee saying, "Kaylee is dedicated, hard working, and detailed oriented. Above all, she is kind, looking for opportunities to help others."



Viren Gonzalez English teacher Patti Crass nominated Viren saying, "Viren is a kind, creative and intelligent student who pushes the class to dig deeper on discussion points. I am so proud of the work and contributions that Viren brings to the classroom."

Aaliyah Garcia Special ed teacher Elizabeth VanderVelde nominated Aaliyah saying, "Aaliyah is the epitome of kindness. She greets everyone every day with a bright smile and cheery attitude."



Alyanna Gonzales Spanish teacher Yaniary Espindola nominated Alyanna saying, "Alyanna Gonzales is a student who shows great character and leadership skills within the classroom. She always comes in with a positive attitude and smile."



Serena Fuentes PE. teachers Mr. & Mrs. Cranford nominated Sarina saying, "Sarina is a hard worker and a consistently helpful young lady. She is always ready to lend a helping hand, and she is one to be trusted."



Vincent Andio Science teacher Scott Hodges nominated Vincent saying, "Determination: Vincent continues to stay focused and challenges himself with difficult classes such as Physics & chemistry."



Elizabeth Palacio VROP teacher Michele Schiller nominated Elizabeth saying "Elizabeth is already demonstrating the value of collaboration. She works well with her peers and is willing to help in any capacity."



Valeria Quiroz Chavez Spanish teacher Martha Gudino nominated Valeria saying, "Valeria is a student who shows great kindness towards her classmates. She is always willing to help and support others in AP Spanish. She is a pleasure to have as a student."



Georgia Dill Math teacher Ingrid Morris nominated Georgia saying "Georgia is a determined student. She shows her determination through her question asking. I really appreciate that she asks questions until she understands the concepts she is learning."



Taryn Parker Math teacher Michael Manley nominated Taryn saying, "Taryn's work ethic, determination, and her willingness to help others in her class make her a joy to have in class."



Nicholas Lindgren Science teacher Leigh-Ann Olsen nominated Nicholas saying, "Nicholas shows great kindness to other students by being helpful and patient with them."



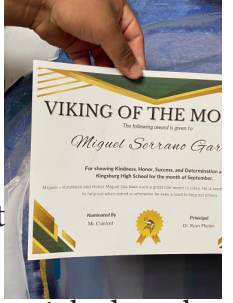
Emillio Ayala Math teacher Sarah Alvarado nominated Emillio saying, "Emilio is always on task, always prepared, knows how to act in a classroom setting, gets his work done, takes advantage of second tries on homework, studies for the exams, and really helps keep the other kids on task too."



Samantha Velazco Benitez Spanish teacher Jorge Contreras nominated Samantha saying, "Samantha has been an exceptional student always on time and always eager to learn. She shows kindness with her peers who she has met for the first time"



Miguel Serrano PE teachers MR. & Mrs. Cranford nominated Miguel saying, "Kindness and honor miguel has been such a great role model in class. He is read, willing, and able to help out wherever someone needs it."



Juan Lopez Special ed teacher Robert Hernandez nominated Juan saying, "Juan has been staying on top of things so far this semester. He has grown into an independent and capable student."



Caleb Johnson Science teacher Darin Peterson nominated Caleb saying, "Determination: Caleb had a slow start in Earth Science on an assessment and he didn't like it. He made a choice and it resulted in a big improvement showing his grit and determination to do better. This is the Viking Way!"



October

Kate Guerrero Science teacher Amanda Manuszak nominated Kate saying, "Kindness and Honor: Kate has been an excellent student in Earth Science. She is a hard worker and is very kind to everyone. She's also always helpful to the teacher and asks great questions."

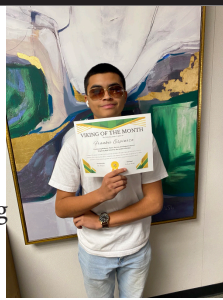


Reygan Jones Spanish teacher Yaniary nominated Reygan saying "Reygan is a student who shows determination, kindness, and honor on a daily basis. She always comes to class prepared and ready to work. She is a pleasure to have as a student."



Features

Frankie Esinoza Math teacher Gail Williams nominated Frankie saying, "I admire the great attitude Frankie brings to Math 1B each class period. He has been a positive role model for the other students and I appreciate the help he gives to his table partners. He is showing growth in his math skills and performing very well."



Ana Sandoval Jorge Contreras nominated Ana saying, "Ana is an exceptional student. Always goes above and beyond even when she has so many other school activities going on. In class she is always open to helping others wit. Overall Ana is a great student and shows our KHS character."

Elijah Rice Math teacher Bryan Peterson nominated Elijah saying, "Elijah has had a great start with me in AP Calculus. He gets the lessons quickly and is good with helping fellow students around him."



Serenity Hudler English teacher Daniel Albers nominated Serenity saying, "Serenity is an excellent student who shows determination and success in her work every day. She participates very well in class discussions and does excellent work in class."

Jenna Rogers Math teacher Brad Deaver nominated Jenna saying, "Jenna has excelled in her math class so far this year, earning the highest of marks. But, even more importantly, she has a great attitude and exemplifies many fine character traits such as kindness and determination."



Amanda Hoffman Spanish Teacher Martha Gudino nominated Amanda saying, "Amanda is a very well-rounded individual and a good role model for others. She is always prepared and ready to learn. It is a pleasure to have her in class."

Lupita Sanchez Salinas English teacher Joelle Swenning nominated Lupita saying, "Lupita is such a hard worker. She is always ready to learn and she challenges herself daily to do her best. She is quiet, but has a great sense of humor, and she is always kind to her peers and teachers."



Lorne Rogers English teacher Daniel Albers nominated Lorne saying, "Lorne shows determination on a daily basis in class and in his activities. He shows interest in the class material and is an enthusiastic participant in class discussions. He has been a successful Academic Decathlon participant for the last several years, and is an excellent student to have in class."

Leyann Abdelfattah Science teacher Leigh-Ann Olsen nominated Leyann saying, "Leyann's openness and honesty with others exemplifies honor."



Jacob Bray Spanish teacher Ana Parra nominated Jacob saying, "Jacob has excellent determination when he proposes it. He also has pride in doing his job, and if he doesn't do it right, he tries again. He is always happy."

Trevor Freeman Science teacher Satinder Klair nominated Trevor saying, "Determination: Trevor has shown great determination by asking questions and coming in for help when he doesn't understand an assignment. He has been working hard and has shown improvement in his coursework. I am very proud of him!"



Levi Wilson Sarah Alvarado nominated Levi saying, "Determination: Levi had a rough start with math this year but was determined to succeed. He gave lunches up, participated more in class, asked lots of questions when he felt lost and because of this, he was one of the highest scorers on the last test we took. I am very proud of you, Levi!"

Kenyan Simpson Science teacher Scott Hodges nominated Kenyan saying, "Kindness: Kenyan was very easy going when asked to change seats to accommodate adds and drops at the beginning of the school year."



November

Veronica Larios-Santos English teacher Heather Manley nominated Veronica saying, "Veronica demonstrates Kindness, Honor, Success, and Determination. Veronica is kind and respectful to myself and her fellow classmates. She shows honor, success and determination through her dedication to her education. Veronica has a strong work ethic and turns in quality work for all assignments."



Roman Lopez Special ed teacher Elizabeth VanderVelde nominated Roman saying, "Roman is a very kind, soft-spoken young man. He is determined to do his best and overcome what ever challenges life sends his way. He has been doing a phenomenal job maintaining all A's this year. He is a clear example of the type of success a student can achieve when they work hard and put forth consistent effort and practice. We are proud of you Roman!"

Angie Hernandez Social studies teacher Mark Jensen nominated Angies saying, "Angie epitomizes what is to be a Viking. Her positive attitude is contagious!"



Benjamin Tidwell Math teacher Gail Williams nominated Benjamin saying, "Ben has been a positive roll model in his math class this year. As an upper classman he sets a great example. Ben works hard, has a great attitude and shows kindness and compassion to his classmates by helping them to understand. Thank you Ben."



Gabrielle Mishou Stephine Marriot nominated Gabrielle saying, "Gabrielle works hard in all of her classes. She shows kindness, honor, suces and determination everyday."



JB Noh chior teacher Richard Mynderu nominated JB saying, "JB is a student that always has a friendly and postive way with others. He is always prepared and eager to contribute to the tenor/ bass to make it the best it can be."

Gustavo Lopez AG teacher Amanada Ferguson nominated Gustavo saying, "Gus is a very involved student in Intro to Ag and Ag Earth Science. He is enthusiastic, creative, and very involved in class."



Olivia Odom Math teacher Carrie Boyd nominated Olivia saying, "Olivia is a great example of determination and success. Although she has to miss school frequently, she is determined to not fall behind in her coursework. Without fail, she comes to school with detailed work, and is ready to ask questions if needed. She is always willing to help others and has a wonderful positive attitude."

Layla Vasquez Math teacher Brad Deaver nominated Layla saying, "Layla is one of the most kind and hard-working students I have ever had. She asks great questions and stays on task until she gets it done. And, she gets it done well. She is a great student and an amazing person."



Janet Valle Pineda Science teacher Satinder Klair nominated Janet saying, "Determination: Janet has worked very hard this year, continually improving her grade in class. She is respectful, gets along with her peers, and is a pleasure to have in class."

Sullivan Phelan Spanish teacher Ana Parra nominated Sullivan saying, "Sullivan Phelan- Sullivan is a hardworking, dependable, and great student, and has never been one to overextend herself. She is also extremely conscientious of others' feelings. Sullivan is the kind of student who keeps to herself but still shows compassion and friendliness toward other people. Thank you, Sullivan."



Alexandra Rodriguez English teacher Jacob Simmons nominated Alexandra saying, "Alexandra is a thoughtful writer who works hard to show her seriousness of academic purpose each and every day. She sets an example to her peers, and she should be commended for all of her hard work. Her poetry, in particular, is stellar."

Hailey Ruiz Admin Michelle Warkentin nominated Hailey saying, "Hailey has grown so much in so many ways. She has shown great maturity and taken on a lot of responsibilities that help the school and others. She is kind, dedicated, respectful, and works hard at all she does. We are so proud of the woman she is becoming and can't wait to see what the future holds."

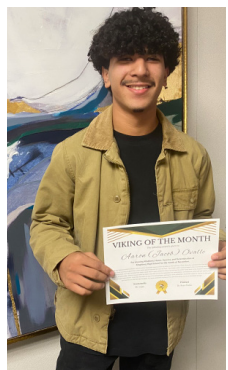


Features



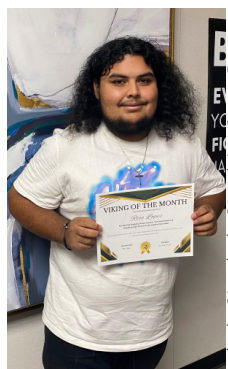
Natalie Mirelez English teacher Kaitlyn Doolittle nominated Natalie saying "Natalie has demonstrated great improvement over the course of the semester. She has worked hard to produce strong work that reflects her creativity and bright ideas. Natalie participates in class discussions both in her group and with the larger class. Her contributions bring vibrancy to our discussions and I appreciate the connections she makes to the text. Finally, Natalie also demonstrates a positive class attitude. She is good at interacting with her peers, encouraging classroom engagement, and asking for help when needed. I am very proud of her accomplishments and look forward to watching her continue to grow as the school year progresses!"

Aaliyah Murrieta Special ed teacher Gabriella Lopes nominated Aaliyah saying "Aaliyah is slowly becoming more confident in herself. Recently, she started to share an answer to a question then said "Um nevermind" I told her I saw the gears moving and to just share what she was thinking so she did, and hit the nail right on the head. Aaliyah looks out for her peers and will speak up for someone when she sees they need help or will try her best to help them herself. She becomes proud of herself when she does well on an assignment or when she finally understands a difficult concept. Aaliyah is determined to complete work, she just needs to continue to improve on her confidence. If she could see in herself what I see in her, she will be successful."



Aaeon (Jacob) Ovalle Special ed teacher Gabriella Lopes nominated Jacob saying "Jacob has demonstrated kindness, determination, and great improvement all within a short period of time. Recently, a student who checks in with me every morning dropped their water bottle and it exploded all over the floor. The student didn't acknowledge it since something else was upsetting them. As I was calming them down, Jacob took it upon himself to clean it up and put the water bottle back in the student's backpack pocket. Academically, Jacob is honest when he needs help and will ask for assistance on assignments, something he rarely did last school year. This is a huge improvement. Jacob has also been on top of his assignments; getting his work submitted. Jacob also regularly shares his thoughts and answers in class and participates. As Jacob continues to grow at the rate he is going, he will do incredible things!"

Drew Johnston Science teacher Darin Peterson nominated Drew saying "Drew's work ethic, consistency, perseverance, and motivation is bringing her success in a difficult Anatomy Physiology course. She is meeting the challenge head on. This is the Viking Way!"



Rico Lopez Leigh-Ann Olsen nominated Rico saying "Rico is hard-working this year, and very responsible. He helps out his group members, and is always kind to those around him."

Landon Manley Spanish teacher Yainary Espondola nominated Landon saying "Landon Manley is a student who shows determination, honor, success, and kindness on a daily basis. Landon always comes into class ready to work and participate. He is a fast learner and is always looking for ways to improve. Landon is a pleasure to have in my Spanish 1 class."

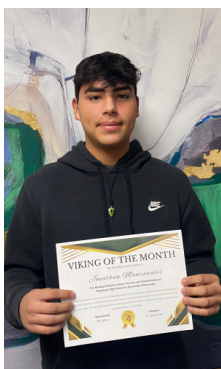


Mackenzie Crouch Special ed teacher "Robert Hernandez nominated Mackenzie saying, "She has done an amazing job at keeping up with her work and self-advocating when the need arises. She is a model student and a great example for her peers."



Carli Burkhalter Science teacher Amanada Manuszack nominated Carli saying, "Carli is hard-working and supportive of her classmates. She is self-motivated and comes to class prepared and ready to learn each day. She is respectful and very kind to her classmates and helps them in any way she can."

Juan Castellanos Math teacher Ken Harvey nominated Juan saying, "Juan's consistent work ethic and joyful willingness to help others understand new concepts makes teaching a delight."



Jonathan Manzanales Admin Heather Wilson nominated Jonathan saying, "Determination-I am so proud of Jonathan and how hard he has worked at maintaining good grades this fall. Jonathan hasn't given up and has been determined to be successful in his school work. He has demonstrated grit and persistence with a smile on his face. Keep up the excellent work, Jonathan!"

Amy Quiroz Spanish teacher Jorge Contreras nominated Amy saying, "Amy demonstrates KHS character traits exceptionally well. She is always helpful in class without asking of her. Her behavior with others is a great example of kindness and is an ideal student to have."



Kaylie Hernandez P.E. teacher Marci Hernandez nominated Kaylie saying, "Kaylie is a very determined young lady. She has her goals set and she works hard towards those goals as is evident in her already being accepted into colleges."

Wendelle Aragon Spanish teacher Martha Gudino nominated Wendelle saying, "Wendelle is a great example of kindness, great improvement and hard work. She is always aware of others' necessities and tries her best to help and serve others. She goes above and beyond what is expected."



Zackary Tackett P.E. teacher Jim Cranford nominated Zackary saying "Zach is dedicated, motivated and works to improve his athletic skills everyday. He is a no nonsense guy. Comes in and starts working. The type of student you love to have in class!"



Aiden Davenport P.E. teacher Marci Cranford nominated Aiden saying "Aiden is a very hard worker and has shown great improvement in class. He is always active and working to improve his skills. I have observed his kindness and respect towards others in his class which is very admirable."

Roel Campus P.E. teacher Jim Cranford nominated Roel saying, "Roel is one of the kindest young men in PE. Very well liked by his peers and as humble as he could be."



Jackie Ruiz P.E. teacher Jim Cranford nominated Jackie saying, "Jackie strives to be the best. Always has a smile on her face and makes people around her better!"

Kaylee Vallenari P.E. teacher Jim Cranford nominated Kaylee saying, "Kaylee is one of the hardest workers in the room. Very motivated and determined attitude and a pleasure to have in class!"



Isaac Pasillas Ag teacher Alexis Calvert nominated Isaac saying "I feel very lucky to have a student like Isaac in my class. He always participates, always tries his hardest and has a growth mindset. Isaac is kind and thoughtful, and is always respectful. For these reasons I believe Isaac makes an exemplary Viking of the Month!"

Gabriela Bravo Math teacher Ingrid Morris nominated Gabriela saying "Gabi is a joy to have in class. She is kind to her group mates. She is determined to understand the math material that she is learning. She asks good questions and works hard while in class."



Pelican's Reopening Next Year, New Buisnesses in Town

Staff Writer: Samaris Olivia Odom

Downtown Kingsburg has added many new stores and restaurants to its catalog over the past few months.

The first business interviewed was Pelican's SnoBalls. Micheal Stype, owner of the Kingsburg location, was enthusiastic about answering questions regarding the new location. He thinks the business has taken off well. When asked if buisness is going as he hoped, he stated, "Absolutely, it's a happy community!"

Stype reports the working environment is good, calling it, "fun" and "fast paced", with a "nice, cool, and friendly environment." Stype thought of creating the business because he loves shaved ice and believed that Kingsburg has a fantastic community.

Pelican's has made a flawless debut with little problems. They've recently added new menu items, such as the butterbeer for Harry Potter fans, and homemade apple cider, which continuously sold out from its popularity.

Pelican's closed for the season on December 3rd, but the owners plan to reopen around February. Current seasonal menu items will be available until its closing. Other seasonal items are being considered for when it reopens, such as the delicious affogato, which is a strong coffee poured over ice cream.

Stype appreciates the positive impact his business has had on Kingsburg. "I love seeing people connect over SnoBalls! I mean, you've been here, don't you enjoy getting one with your friend

and chatting?"

Ian Stype, the son of Micheal Stype and a KHS Freshman, also has commented on the opportunities in Kingsburg. He stated, "[Pelican's] is something new and unique to the community. There's great opportunities here!"

Glory + Grace is a Bible store that was established this year. The owner, Molly O'Bannon, was extremely welcoming and happy to respond to inquiries, even offering the interviewer to sit on a couch. She says she has fun working at her store. "I've been working in business since my freshman year of high school when my mom opened Mercantile, so it's come very natural for me,"

When asked why she opened the store, O'Bannon said, "I think that my relationship with God was growing... It was just a good place in my life." She also loves interacting with customers, stating, "It's very fulfilling to watch people enjoy what I'm creating and what I'm putting out into my store."

Pertaining to the community, O'Bannon thinks Kingsburg is fond of her store. "We are a fairly religious town so it has done pretty well." Though there were challenges that came with being a religious store. O'Bannon admitted, "It was a huge obstacle with the religion aspect, just trying to figure out what I should be putting in the store and what I shouldn't be putting in the store."

People in Kingsburg have also acclaimed the new steakhouse, Roadhouse 99, owned by Ernie Perez. According to him, he opened Roadhouse 99 because of his love of food and drinks, feeling that, "We have our own niche here."

Kingsburg's location isn't the first one he

has managed before. "We actually were at an older location for 8 years [while] saving money to have a nice place like this," stated Perez. He really likes the customers that come into the new restaurant, and enjoys being in the Kingsburg community.

KHS students are happy to have more businesses in the community, especially due to their close proximity to the high school. They are anticipating more businesses coming in the future.

*To the bottom left: Micheal Stype in front of Kingsburg Pelican's SnoBalls building
Below to the right: Ernie Perez in front of Kingsburg Roadhouse 99 doors
Below: Inside of Grace + Glory store*



How Have AP Classes Benefitted Students?

By Aliya Ayers
Staff Writer

Many KHS students take AP classes to help prepare them for college. If students pass the AP test at the end of the year, it boosts their GPA and earns them college credits while still in high school. Students may be wondering about the advantages and disadvantages of AP classes.

When asked how AP classes help prepare students for college, AP Language and Composition teacher Diana Crass states that AP classes prepare students for the “vigorous workload expected at the college level” through the vigorous testing, and topics of discussion. Crass shared, “I have had many students approach me after attending their first year of college to tell me that the experiences they had in my class closely reflect the true college experience they had”.

Crass also says that AP students feel a sense of accomplishment at the end of the year. Students have also said that they were “proud of themselves for taking the class,” as they successfully completed a rather large task.

Junior Wren Wilson agrees that she has benefitted from AP classes, as they’ve given her

an “increased sense of self-esteem”. She expresses that “I have learned that I’m capable of so much more academically and intellectually than I would’ve ever thought possible”.

Wilson has also learned to manage time effectively, as “homework, sports practice, band, and a social life gets very difficult”.

However, she also believes that there are some disadvantages to taking AP classes. Wilson says that AP classes “do not prioritize the mental and physical health of students”. Wilson admitted that she’s had lots of 2 AM study sessions and four-hour nights of sleep because of her AP classes.

Senior Trista Fry shared her positive takeaways from taking AP classes. She shares that she has learned how to work efficiently and has become more self-reliant. She said that AP Biology has “taught me to take notes quickly and effectively for my learning style”. Also, she has “gotten the advantage of delving deeper into subjects that interest me,” which is helpful for those who wish to learn more about subjects that interest them in preparation for college.

Fry also feels there are some drawbacks

to AP courses. She says that “it is often easier and more beneficial to take the college course once you actually attend college.” She also raises the point that sometimes credits don’t transfer, and all the extra time and effort may not be worth it if you don’t score high enough on the AP test.

These students show that taking AP classes has been beneficial for both their high school careers and college aspirations. However, these classes do bring a heavy workload that takes up a lot of a student’s time.

But for students looking to challenge themselves and take hard but fulfilling classes, then AP is for you.



KHS Students Share Their Homework Opinions

By Jasmine Galvan
Staff Writer

With the first semester coming to an end, students are trying their best to keep up with their classes and make sure everything including school assignments, tests, late work, etc. gets in before the new semester begins in January. Since grades and work can get stressful, especially right before a semester ends, thoughts and opinions, and homework and schoolwork can change drastically.

As a KHS student, I personally don’t enjoy homework. For me, it can get pretty challenging to balance all my schoolwork, homework, and my personal life. I tend to really struggle at times, and sometimes I do let myself fall behind, and as an AVID student that can get really difficult for me. I know my boundaries and when it becomes too much for me, so I tend to pace myself, and that’s what can make me fall behind more than I think. Mental health is super important to me and sometimes schoolwork and homework can really mess with my mentality a lot because of how much it is. This opinion is actually more common among students than one may think. “These findings have implications that go far beyond homework, stress levels or even health. They are also part of a larger cultural conversation about the profound downsides of our all-work, no-play, winner-takes-all society,” said

CNN Health.

Thoughts and opinions on homework can widely range for a couple of different students because we all live different lives from one another. Since these opinions widely range, one student is going to actually prefer to do homework, while another actually agrees with my opinion and dislikes homework as much as I do.



Freshman Ian Stype seems to slightly agree with my opinion on homework as he states, “I personally don’t like homework, mostly because it’s time-consuming and there are other things I’d rather do.”

Stype plays for the KHS basketball team and manages his time for sports and school exceptionally well. A tip he gives is to “Learn what

time your practices or games are and get your homework done in advance to keep your time managed well.”

Time management can be essential for some students to stay on task in school and homework really helps some students with their time management skills. While homework may be stressful and time-consuming, it can be way more beneficial than one thinks, and there are some students who agree with that. To some, homework helps with their productivity and can keep them heavily on track with their work.

Senior Hayden Gallyer says, “Since I’m a senior some things are a bit tricky, but some of them my homework and my classes really help me out. For example, my teacher’s aid period helps me get a lot of my work done, and the work that I received in that class has helped me out for things in the real world like my job.”

As with most things, homework has its ups and down but it’s unclear to say whether homework is a good or bad thing for students to have because of how different each student is. Each student at KHS lives differently, and while something is hard for one student it’s going to be a breeze for another student, and that’s perfectly fine. It can get hard at times, but we know our Kingsburg High students can get through it.

What's Your Favorite Christmas Song?

By: Luke Johnston and Victoriana Dimas
Staff Writers



Greg Ross

Christmas cookies by George Strait. It's not like all the other ones and it's pretty funny.



Kaylee Pallares

Jingle bells. Because it gets me in the Christmas spirit.



Trent Regier

Baby it's cold outside, Because Will Ferrell sings it like a beast. And also it's just a classic amazing song.



Emily Beer

Jingle bells. Because it is easy to remember.



Lucas Huckabay

Last Christmas by Wham! because it's in the Christmas mood.



Brianna Cronoa

Jingle Bell Rock because it has so much spirit.

Holiday Debacle of The Nightmare Before Christmas

By Landon Manley
Staff Writer

This is Halloween! The classic line is sung by the many characters in the opening scene of the classic *Nightmare Before Christmas*, but fans have debated the validity of that line. Is it a Halloween film, or is it one about Christmas? , the characters were right, this is all about Halloween!

For starters, the main setting and characters are all spooky-themed. The main character of the film, Jack Skellington, is known as 'The Pumpkin King' and rules Halloween Town. This sets the mood for a spooky and fun Halloween movie.

The songs and setting also play a central part in determining what the dominant holiday theme is. For films that center on a holiday, the opening scene always sets the mood for the rest of the film, and this movie is no exception. We see the monsters roaming around singing "This is Halloween!" as Skellington rises on Halloween night. We see the cloudy atmosphere, the dark ragged buildings, and the dull colors that create the classic spooky mood.

Other songs also support the fact that the movie is about Halloween. There are three songs that show the character's confusion about the Christmas season, they even express their dislike.

ington and Sally (his newly found lover) come together after being affected by the jolly spirit.

Fans also say the film primarily takes place during the happiest time of the year, Christmas season! They argue that if it would be about Halloween, it should be set during October, not November through December.

This argument is weak in a sense though since not every movie about a certain holiday takes place at that time. *Friday the 13th*, a classic Halloween film, doesn't even take place during Halloween. This further proves that just because a movie is considered a Halloween movie, doesn't mean it has to take place October 31.

The best argument on the Halloween side that ties the knot is that the creator (Henry Selik) ends the argument with four words, saying "It's a Halloween movie."

In reality, everyone has their own opinion about *The Nightmare Before Christmas*, but the right answer will always be that the movie is all about the spookiest holiday of them all.



Fans that are Christmas supporters have given a fair share of reasons why the film is about Christmas. The characters in the story, even though confused about the meaning of Christmas, are still affected and moved by it. This is especially shown at the end when Skel-

Iranian protests over death of Mahsa Amni

By Connor Ramirez
Staff Writer

On September 16th in Tehran, Iran, 22-year-old Mahsa Amini was killed while detained by morality police. She had been accused of allegedly breaking the country's strict dress code concerning hijabs. These laws, which legally require all women including foreigners to wear a hijab in public, have been in use and enforced now for four decades.

For two months the citizens of Iran have been protesting against the crimes of their government and fighting against the authoritarian regime. Due to this widespread outburst, Iran's leaders have been portraying the ongoing protests and outrage as "riots" put in motion by the country's foreign enemies.

According to Iran Human Rights, around 326 protesters (including children, women, and others.) have been killed due to a violent crackdown on protesting by security personnel. Protesters, at around 15,800 (reported by the HRANA) are currently being detained, while 2,000 have been charged with participating in protests. According to BBC news, at least 20 people are currently facing charges punishable by death.

Even with the amount of crackdowns on protests, many are still standing with those who are currentfighting for change. On November 21st, Iran's national soccer team refused to sing the national anthem but instead stood in silence in support of the protesters, but chose to sing the anthem in their second game. Many were outraged and chose not to support the team.

Once the team was knocked out of the World Cup, many took to the streets and began to celebrate. During this celebration, one man was reportedly shot after honking his horn "too loud

ly", citing an official BBC news outlet.

Although this current event is still new, and the world will continue to hear story after story of the hostile environment the Iranian government is pushing on protesters and the ones who seek justice for those that have fallen victim to the cruelty of the country leaders.

Although it's unlikely that this issue and conflict won't be going away anytime soon, as everyone that has been affected goes through this tough time the world can support and stand by them.



A large crowd gathered in London to support Iranian protesters. October 1, 2022 (Credits: Iranintl)

Activists from 'Just Stop Oil' throw soup at Van Gogh's Sunflowers

By Gir Brewer
Staff Writer

In October of this year Anti-Oil protesters had gone into The National Gallery of London with the intention of protest regarding climate change by throwing soup at Van Gogh's Sunflowers.

At roughly 11 a.m. two people entered the gallery with their sights set on Sunflowers, a painting by Vincent Van Gogh. In hopes of stirring public discussion regarding oil and climate change they threw soup onto the painting and subsequently glued themselves to the wall under it. The intention behind this was to point out that society would rather protect a painting over its own people.

Shortly after all of this officials were called, the room was cleared, and the two protesters were arrested.

The protesters were part of Just Stop Oil, an organization dedicated to ending oil and gas projects in hopes of saving our planet. Their claim is that oil and gas are doing immense damage to the planet and that any new projects regarding oil should be ceased. They are a UK based group currently seeing rapid growth. They had a few other similar protests though none got the same amount of attention as this one.. Currently they are doing marches in the streets to garner attention for their cause.

The two people who had thrown soup at Van Gogh's Sunflowers painting both fell within the Gen Z age range, one 20 and the other 21. Both have now been charged with criminal damages to the frame of the painting, the painting itself was

protected behind a glass pane.

Their actions were aimed to drum up conversation and have succeeded thus far, making world news headlines for this incident. Phoebe Plummer, one of the protesters, stated they wouldn't have done it if the painting wasn't protected by glass and that it was solely for publicity.

Current protests from Just Stop Oil seek to block common motorways, over the 4 days of these protests, 58 people have been arrested for this. The protests are halting to allow the government time to do the "right thing" meaning to halt new oil projects. They have stated that despite the arrests they are not opposed to returning to the motorway to

continue protest.

The protesters themselves can be dangerous to both the protestors and those who are trying to drive through there. In fact, an injury occurred due to a collision during these protests. While they do not intend any harm, the potential dangers to all parties should be noted.



Credit: JUST STOP OIL HANDOUT/EPA-EFE/Shutterstock



Credits: Van Gogh Museum, Amsterdam (Vincent van Gogh Foundation)

Teenage Mental Health in America

By Lilliana Cortez
Staff Writer

In America today, about 15.08% of the youth have reported having at least one depressive episode this year alone. Based on last year's data, there was a 1.24% increase for major depressive episodes.

More than 75% of schools surveyed said that staff and teachers alike expressed concern for student mental health on campus, as well as a similar percentage for schools noticing a jump in the number of students seeking mental health services.

Freshman, Pluto Caballero, spoke, "My mental health this year has been a lot better than it was last year. Middle school was worse, but I think being around friends and having more freedom contributed to bettering my mental health."

Teenage mental health has been recovering after the recent events of Covid 19, which caused a majority of teenagers to feel isolated and depressed after being quarantined for so long during 2020.

Fortunately, on October 19th, 2021, a national emergency was declared on children's mental health by the Children's Hospital Association and the American Academy of Pediatrics. These organizations in order to help with this

national emergency provided the necessary resources and gave an outlet for kids to talk about how they are feeling.

Action is still being taken in order to prevent this mental health crisis amongst the youth.

ADVOCACY AND ACTION

ADDRESSING MENTAL HEALTH AROUND THE COUNTRY

From providing mental health days to increasing resources, cities and states are taking action in schools.

ILLINOIS Under a new law, public school students in the state will be allowed to take 5 mental health days per school year, starting in 2022. In March 2021, Chicago Public Schools announced a \$24 million plan to invest in mental health and trauma support programs for students and staff.

MASSACHUSETTS The state is aiming to pass legislation called the Thrives Act to establish an advisory council that will help implement behavioral health promotion, prevention, and intervention services in school districts.

MARYLAND A new public-private partnership, Project Bounce Back, will direct \$25 million from the CARES Act to bring additional counselors and psychologists into schools and expand Boys & Girls Clubs to every Maryland county.

VIRGINIA Alexandria City Public Schools is redirecting funds from school police to mental health and mentorship programs.

NEVADA The state passed a law allowing public school students to take 3 mental health days per school year.

FLORIDA Miami-Dade County Public Schools provided staff with social-emotional learning and mental health awareness training and hired 45 new mental health coordinators.

GEORGIA Atlanta Public Schools plans to screen more than 30,000 pre-K to 12th grade students on their social-emotional behavior and has trained staff in trauma-informed practices.

Data also shows that the federal spending plans of 5,000 districts nationally show that one third

of them plan on hiring mental health professionals on campus. In addition, 30% of districts plan to fund social-emotional learning efforts in the schools and community itself.

However, this brings debate as to whether these percentages are high enough to assist the teenage mental health crisis, as many of these new opportunities for mental health professionals were left vacant. According to federal data, nearly 20% of schools reported vacancies in mental health positions, as well as finding it difficult to find licensed providers.

Many may argue that America is maybe not taking enough steps to help the mental health crisis, while some may argue that America was the country affected most by Covid, which makes our recovery process longer and harder.

Many schools lack the resources needed for adolescents and it is shown through how many kids have had depressive episodes and emotional breakdowns.

No matter how lonely or isolated you may feel at times, you are never alone, and somebody on campus may be going through the same thing that you are. Always encourage friends on campus to talk to the counselors provided, and to assist somebody you know in any way who may be going through tough times.

Halloween Crowd Surge Tragedy in Itaewon, South Korea

By Grace Fan
Staff Writer

On Friday, October 29, 2022, a night of expected entertainment ended up a disaster with over 150 deaths after a crowd surge. An unanticipated and estimated one hundred thousand individuals, mostly teens and those in their 20s, gathered for Halloween festivities. The celebration event was held in the Itaewon district of Seoul, South Korea, without Covid-19 restrictions for the first time in three years.

Contrary to the number of people, only 137 officers tasked with crime enforcement were assigned to Itaewon that evening. With the lack of police and surplus of visitors, what was supposed to be a fun and safe night took a sudden turn when an unforeseen crowd surge occurred.

It's reported that the World Food Street behind the Hamilton Hotel quickly became overwhelmed as thousands of people arrived, leading to dangerous crowding on the street. It's said that the influx of people mostly came from the metro station.

According to sources, the main crowd crush took place shortly after 10p.m. in a tight alleyway. The alley measured seven meters wide at the top and 3.6 meters in width at its narrowest point. Video footage shows bodies piling up and falling as the crowd was continuously pushed.

After receiving numerous emergency calls, ambulances were finally dispatched after 10:27p.m. Several more ambulances and firetrucks followed, and crowds were luckily able to gradually break apart. Some survivors say escaping the situation took more than an hour.

Videos from the night reveal bodies being carried out of the crowd, and unconscious people were seen on the streets having CPR performed on them by bystanders and emergency workers. Bodies were laid out in rows on

the street, and pictures soon made their way to social media.

As a result, over 150 people tragically died most of the victims being in their teens or 20s. Of those who died, 101 of them were women and 26 were foreigners from 14 different countries. At least 170 others were injured, and many suffered cardiac arrest. Days later, a police investigation of what happened was launched.

The President of South Korea, Yoon Suk Yeol, announced a weeklong national mourning period. In memory of the victims, public mourning sites were set up locally. Flowers, notes, snacks, bottles of beer, and more were left on memorials surrounding the site of the fatality.

Halloween isn't traditionally celebrated in South Korea, but it has gained more popularity in recent years. The multicultural neighborhood in Itaewon became a trendy area among travelers and citizens. Known for its parties, night lights, and diverse restaurants, it's gained social media attention for its annual Halloween celebrations. It's hoped that more precautions are taken during future festivities so that this type of tragedy is avoidable.



The aftermath of the casualty included a lost and found. A collection of lost personal belongings displayed in a gymnasium in Seoul for people and relatives to retrieve. Photo Credit: Koji Ito/Associated Press



Shown below is an image taken of a street in Itaewon before the crowd surge happened. Photo Credit: Yonhap/Reuters



Mourners in the Itaewon district on October 31, 2022, after the tragedy. Photo Credit: Thomas Marescal/UPI

'Midnights' Breaks Records and Causes Rage

By Landon Manley
Staff Writer

Pop star Taylor Swift has released her long-awaited 10th studio album titled *Midnights*, and doing so has let her break over 73 records in the music industry.

On the release day of Swift's album, Spotify and other music platforms glitched from a large number of fans logging in, yet this crash didn't stop fans from listening. Swift raked in 228 million streams in the first day, breaking the world record for the highest number of first-week streams and she became the most streamed female artist on Spotify with over 35 billion streams.

She equally broke as many records in physical sales. *Midnights* broke her previous record of most vinyl sales in a single week, with over 575,000 copies sold. Globally, she sold over a million copies of her album in the first week.

During the height of the excitement, Swift announced her first tour since 2017's *Reputation*. Titled the new tour "Eras", fans were ecstatic to be able to hear all their favorite songs live.

Many fans were upset at the Ticketmaster platform for not planning for the overwhelming in ticket sales. The site couldn't handle the millions of presale fans who got codes to buy tickets two days early, causing the site to crash.



TAYLOR SWIFT
THE ERAS TOUR
Presented By
Capital One

This enraged fans, many weren't able to pick up a ticket despite waiting for hours. Disgruntled fans then ran to social media to voice their anger and issues they had with the sale, but Ticketmaster still hasn't responded. Swift stated that she hopes fans who didn't get tickets will still be able to enjoy her

music.

Aggravated fans weren't the end of Ticketmaster's troubles. Because of the said unfairness and competitiveness of Ticketmaster, Congress has planned a hearing to discuss the major service failures and delays resulting in fans unable to buy tickets.

Amy Klobuchar, one of the two chairmen that announced the hearing explained, "We will hold a hearing on how consolidation in the live entertainment and ticketing industry harms customers and artists alike. When there is no competition to incentivize better services and fair prices, we all suffer the consequences."

The Justice Department has also joined in, saying that they've begun investigating the situation. The Justice Department stated that the site has a leading advantage in ticket sales, which caused further glitches such as pushing back the ticket sale time for people in the West Coast.

Ticketmaster has addressed the issues saying they "Didn't prepare for the excessive amount of people waiting", but hasn't commented any further. Fans are still excited to see Swift perform live starting in March, and others hope the feud will end.

Harry Styles Sold Out 15 Shows at Madison Square Garden

By Victoriana Dimas
Production Writer

Love on Tour 2022 US was very fulfilling for Harry Styles. Styles did 10 shows in New York, 10 in Los Angeles, 5 in Chicago, 5 in Austin, and 2 shows in Toronto.

While in New York, Styles played in Madison Square Garden for 15 consecutive nights in a row.

Madison Square Garden rewarded Styles by hanging up a banner in the area that says "Harry Styles 15 Consecutive Nights at The Garden."

This poster will be permanently hung in Madison Square Garden.

During these shows Harry Styles had many amazing talented openers for his show. His openers included Jessie Ware, Gabriels, Madi Diaz, Blood Orange, and ending the US tour in Los Angeles with Ben Harper.

During Ben Harper's performance he mentioned that he personally owns the guitar that is on Styles track "Boyfriends" and plays it for the audience.

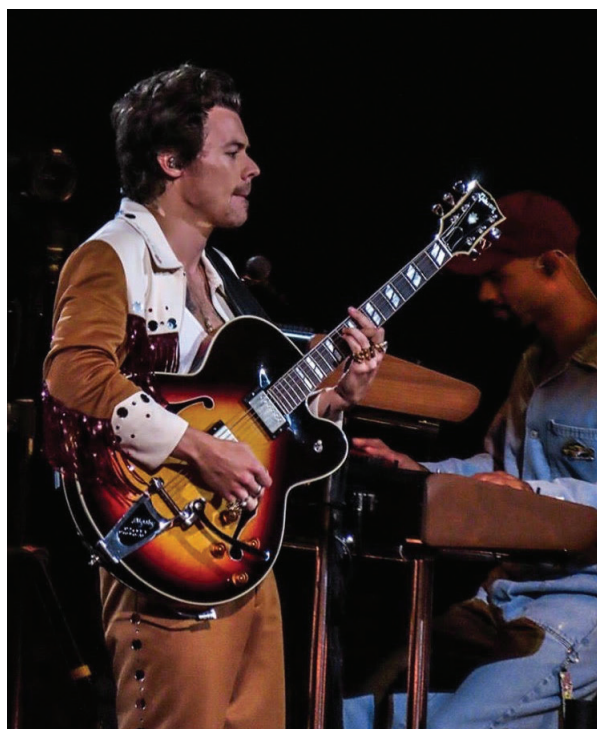
Sophomore Julia Rodriguez says "Seeing Harry Styles was the best experience. This is my third concert

I have been too, and this time I got the opportunity of being in pit so Harry was right in front of me." says Sophomore Julia Rodriguez

While being on tour Styles had 2 movies released this year. My policeman was Styles first

movie since 2018 that was released. This Romance and Drama Film was released in early August 2022 and Directed by Michael Grandage.

Later in September 2022 The Thriller Mystery film *Don't Worry Darling* got released. Harry



played the character Jack Chambers.

This Film was Directed by Harry Styles's Ex girlfriend Olivia Wilde.

While these two movies were being released Styles had many interviews, red carpets and

also was traveling and performing his Tour shows.

He was so overworked that he had to cancel three shows in Los Angeles and move them to January 2023.

Harry recently got more popular after his new album "Harry's House" got released during May 2022.

Right before the release of the album Styles put out the song "As it was"

which excitingly had 15 consecutive weeks of being number 1 on billboards top 100.

"As it was" is also in billboards Year-End Chart top three songs.

placing at second along with Heat waves by Glass Animals and Stay by The Kid LAROI and Justin Bieber.

It has also been a rumor that Styles will be performing at Coachella again in 2023, after being the top artist to perform at Coachella 2022.

Fans hope in the upcoming year that Styles will release more Albums, Movies, and plenty of more wonderful things.

"I can't wait to see what Harry comes up with in the upcoming years with his Music and his Movies. He's been such an inspiration" said Senior Emily Rodriguez.

As for Harry Styles, this has been one of the most rewarding years for himself and will continue soaring off the charts.

Sports

Volleyball Secures Victory in Valley Playoffs

By Crystal Carrasco
Staff Writer

The KHS Varsity Girls Volleyball team won the Division III Valley Championship title on November 3, 2022, in a close-out series against the Santa Ynez Pirates. Though the Lady Vikings were defeated in the second round of CSI State Playoffs against Mercy High School, a private school in the Bay Area, they remain proud of their overall performance this season. "I was really proud of my team for getting that far," expressed Claire Toliver.

Winning in straight sets in each playoff game, the team wasn't shy about expressing their great triumph. "It was exciting to see the team jump around and hear spectators yelling and clapping," mentioned Junior Asia Allen.

Better yet, the playoff game was a home game so the girls had plenty of support from the student section. "I was nervous for that game but once we started playing it was really fun because we had our student section to support us," said Senior Claire Toliver.

Both the coach and the team were surprised to make it to the State playoffs. But with their effortlessly executed win against the Pirates, it came time to take it to state.

The team was nervous and frightened for their first state game but these vikings pulled it off. The ladies competed against Ponderosa and they won three sets while the Bruins only won one.

They played Mercy high school and while the team was hit with a loss, they are happy with how they played and had a lot of fun doing so. "I thought it was really fun but

also a little scary because there were a lot of people," stated Claire Toliver

The team traveled to San Mateo and while

team did an amazing job. "It was sad at the end of the day but at least we get to come back to a valley ring" explained Allen.

While the season is over for the girls, their accomplishments remain a significant act in the history of KHS sports. This was the first time that any KHS Varsity Volleyball team has made it to the CSI State Playoffs.

Claire Toliver, who has played since Freshman year and plays outside hitter, mentioned that she'll continue to play volleyball throughout college. Though, she's reluctant to leave behind her team. "It's honestly sad, but I had a good experience after playing all four

years of high school."

Junior Asia Allen has been playing volleyball for three years now. She plays middle, and though it disheartens her that the seniors are moving on

she's excited to be a senior volleyball player. "Some seniors were a big part of our team but I think we can still move on positively when they are gone."

Most of these girls have been playing together since freshman year. The friendship they built is one they'll never forget. "I'm glad I got close to everyone on the team, we all created a special bond," comments Toliver.

With the season over, many of the girls are upset but also excited for what's next to come. They have taken great pride

in their achievements over the course of their seasons played for the past years, and they would like to continue to achieve more with volleyball.



Photo Credit: Samuel Marshall

in all three sets the team experienced defeat, they came fairly close to victory in the game with only a few points missed on each set. On the first set,



Photo Credit: Samuel Marshall

the team was only off by 2 points, on the second set, 6 points and finally on the third, 3 points.

Despite not winning the game, the team

Sports

Recap After Season Ends Abruptly Following Close Loss



By Nehemiah Zapien
Staff Writer

Photo Credit: Samuel Marshall

As the season has come to a close, the astonishing football players have fought hard until the end. The Vikings battled and gave it their all, but on November 11, 2022, the Vikings suffered their final loss against the Frontier Titans, marking the end of their season with the final score of the game, 38-35.

During the first quarter of the game, both teams were able to score a touchdown, scoring 7 points for their teams.

In the second quarter, the Titans scored 14 points with the Vikings responding with their own touchdown that quarter. The 7 point lead boosted the Titans into half-time.

The Vikings were able to make up the 7 points in the Third Quarter, tying the game at 21-21.

It all came down to the Fourth Quarter when both teams scored 14 points and were still tied, 35-35.

Then, with only a few seconds left until the end of the game, the Titans were able to make a last field goal, tipping the score in their direction 38-35, and defeating the Vikings by only 3 points.

The last players chosen for Player of the Game of the season were Junior Matthew Ward, Senior Trace Jackson, Senior James Cranford, and Junior Kenyan Simpson.

This year, the Vikings have had a very outstanding season. They went 3-1 in league and had an overall win-to-loss ratio of 9-2 for their entire season.

Viking players were asked some questions on how they felt about the playoff game and this season. When Jackson was asked how he felt about the playoff game, he responded with, "It was a tough loss, but we are proud of our season and made good memories despite how it ended."

He was asked if he wanted to give words of advice for the future football players and he said, "Cherish every game you play because you can't get them back,

so make sure you soak it all in because it goes by really fast."

Jackson also added, "I will remember the people, the friendships, and bonds that I've made." He also said "Thank you to all who came out and supported us this year."

The next player that was interviewed was Jimmy Cranford and when asked how he felt about the playoff game, he answered, "I think we could've won but we had a good season and we played hard."

Cranford was asked what he thinks they

had this year."

Ward was also interviewed and was asked some questions about his opinions on the game and this season.

He was asked how he felt about the playoff game against the Titans and he responded with, "It was tough. I felt like we had a chance and we played well and were a good team."

He was asked what he felt like they should've done differently, in which he said, "We should've thrown the ball more in the second half. I also feel we ran the ball a little too much and should've mixed it up more."

Ward responded with, "Bonding with my team knowing that it was more than a team and that it was a brotherhood. Also just knowing that I'm not just a player, but someone who matters to my teammates. I will also remember being able to represent the town and run through the tunnel this season," when he was asked what he would remember about this season.

Ward was asked if he would like to give some words of encouragement to new players, and he said, "During the week, practices may seem hard, and the coaches may seem mad at you, but they want to make

you better even though you may not play a lot. You still play as equal a role as anyone else. My coach would say that the week may be hard, but to go play in front of those people is worth it to run through the tunnel as the whole town cheers you on."

Our Vikings have come so far this year from beating the Selma Bears, to even making it to the playoffs this year.

We would like to thank the people for coming out this year and supporting the Vikings. Also thank you to the amazing student section for also supporting the team this year and making the games more alive with you're cheering.

Thank you Kingsburg for supporting the players.



Photo Credit: Samuel Marshall

could've done differently during the game and he said, "Little mistakes like flags and executing plays wrong hurt us."

Cranford said, "Being with my teammates and meeting new people was my favorite part about this season," when he was asked about his favorite part of the season.

He was asked if he would like to give advice to future football players and responded with, "Work hard, stay in the weight room, and stay with your coaches."

Cranford was asked if he would like to thank anyone, in which he responded with, "Thank you to my coaches and thank you for the great season we have

KHS Men's Water Polo Team Sadly Ends In The Semi-Finals

By Luke Johnston
Staff Writer

The Kingsburg Varsity Boys Water Polo team was the second seed in playoffs. The first seed was El Diamante who the Vikings lost to twice.

The first round of playoffs, the Vikings played against Tulare Union. The game wasn't close and the Vikings came out on the top 21-5 to advance in the playoffs.

Erik Schlick, the head coach for the boy's water polo team, was very close to his players and now has to see the seniors leave.

Erik said, "I have a unique relationship with each one of the seniors on this team. I'm so excited to see each one of our seniors graduate and see the young men they continue to grow into."

Erik said, "It was a privilege to coach these young men. Even if it has nothing to do with water polo, the most memorable part of this season was our tournament in Granite Bay when a few of our athletes might have prank called each other."

In the quarter-finals, the Vikings played against Clovis East. This game had everyone on the edge of their seat because of how intense the game was. But the Vikings advanced onto semi-finals with the final score, 10-11. For the semi-finals, the Vikings then played Garcés. The fan section was huge with loud chants making the Vikings have a strong start in the game.

The Vikings didn't come out on top this time and the final was 5-7. Garcés then advanced to finals.

One of the team leaders for this team, Cy Hammerstrom, explained what he thought about this season.

Cy said, "I feel like we couldn't have a better team. All year long we played our hearts out and even though it didn't finish as we hoped, there's nothing we could of done. We all played the best of our abilities and it really could've gone either way."

Cy said a memory he will always remember is, "Creating lifelong bonds with my coaches, team-

mates, and the community. This sport has enabled me to establish a strong connection with my friends and the community."

There were a lot of Seniors that were on this team that made history last year and went out with a bang this year. No one will forget this amazing team and the "Brotherhood" they had while playing.

The final league score for the Vikings was 15-0 which led to a great bond after every game. However, all good things eventually come to an end. This year's Kingsburg Varsity Boys Water Polo team will be remembered for years to come.



Photo credit: Samuel Marshall

KHS Girl's Water Polo Team Sadly Ends First Round Of Playoffs

By Luke Johnston
Staff Writer

The Kingsburg Varsity Girls Water Polo was the ninth seed in playoffs. They had a decent start in league and were glad to move onto playoffs.

The Varsity girls had to travel for their first round of playoffs. The Vikings first opponent was Atascadero and the score for the game was 16-15.

One of the team leaders for the Girl's Water Polo team, Drew Johnston, talked about the team and how they did this year. Drew said, "One thing I think the team could've done differently is possibly had more communication in the field."

She said one of her favorite memories was after their playoff game against Atascadero at Morro Bay. They went and jumped in the ocean and had team dinner after their game.

This game didn't turn out in the Viking's favor and they sadly lost. The final score was 14-9 and the Vikings didn't advance.

The Varsity girls had an amazing season and fought very well. Their league record was 12-4.

The team believes that they grew stronger after every game they played.

Bre Abel, the head coach of the Girl's Water Polo team, had great things to say about the team

Bre said, "This season has been truly special to my heart. I've had the privilege to coach these seniors all four years and see tremendous growth. From start to finish, I will cherish this team. The memories and growth seen this season is one of a kind. Seeing everyone come together in

the end was a true sight to see. This class of seniors and competition is the goal to maintain."

She now has to say her final goodbye to the Seniors that did an amazing job this season.

The Seniors on this team had a great run with the Vikings and got to make great memories.

Now, the upcoming seniors might come back next season even stronger than this year's Seniors, and who knows, they might bring some amazing Freshmen on the team to advance them further in playoffs.



Photo Credit: Samuel Marshall

Sports

Girl's Basketball prepares for successful season

By Aliya Ayers
Staff Writer

KHS girls' basketball has started off a highly competitive schedule with a record of 8-4. In their first game against Fresno High at home, the Lady Vikings won a hard-fought game 41-38.

They proceeded to excel at the Redwood Tournament, placing second overall. After winning against Independence and Dinuba, the Vikings lost on Friday and Saturday.

After a hard loss away at Sierra Pacific High School, the team defeated McLane High School 62-36.

The Lady Vikings were a part of the Hoover tournament this year, where they've continued to play with a tough mindset and aggressive defense. Stockdale was defeated Wednesday 58-22.

Thursday and Friday saw losses against Clovis North and Clovis West, but Saturday brought a win in a hard-fought game against Hanford West 54-45.

The next Tuesday brought a sweeping win against Sanger West 70-12, with their second win against Dinuba 48-34 later that week.

The team will continue on with the season, with league play beginning in January. Head Coach Nathan Ayers shares optimistic

views about the season. "I feel we have gotten off to a good start this season," he says. "We've had several close games that the girls have managed to find a way to win. We have the potential to be a good team this year as long as we keep growing"

views about the season. "I feel we have gotten off to a good start this season," he says. "We've had several close games that the girls have managed to find a way to win. We have the potential to be a good team this year as long as we keep growing"

Senior and team captain Jacky Ruiz also has optimistic views about the team. "I think that

She and Ruiz are both excited about league competition, and despite the strong teams awaiting them, they remain confident in the team's capabilities. The Lady Vikings have played thus far with aggressive defensive principles that have served them well and continue to hope for a successful season.

She also shares that each girl has a unique individual skill that all come together to help the team. "We have a little bit of everything," she says. Ruiz also shares the hope that the team can "make it farther than we did last year for playoffs and maybe even win valley". Coach Ayers shares this goal, stating that "winning a section championship is always a goal of mine".

Senior and team captain Lily Dias is also enthusiastic about the team this year. She says "the team is coming along very well" and she's "excited to get closer as a team as the season progresses."



Photo credit: Samuel Marshall Photo

Boys Basketball Season Fires Up

By Scarlett Laita
Staff Writer

The 2022 Varsity Boys Basketball team is currently 5-1. They beat the Firebaugh Eagles 61-38, faced Reedley and won 64-46. And won against Fowler 50-38. In a tournament they faced Fresno and won 75-51. Then against Golden Valley they won 64-33. Their first loss was against Righetti 65-58.

The team, coached by Phillip Bergstrom, has six senior returners: Conner McFall who has been a 4 year varsity player. Christian Auguirre this is his first year on varsity. Noah Brown who is a three year varsity player. Derek Brett a two year varsity player. Luke Schoelen, first year varsity player. and Jimmy Cranford who is a three year varsity player.

Coach Philip Bergstrom is very confident with his team, stating, "Our varsity team has the opportunity to be a really great team this season. We have a healthy mix of senior talent and hungry young players. Right now, our key is coming together as a team and playing hard for each other.

If we do that, we have a chance to be special."

Bergstrom has great pride in the JV and Frosh teams as well. "Our program as a whole is in

Bergstroms explains that the team's main goal is to "come together and build lasting relationships that will survive past this basketball season. As



Photo Credit: Samuel Marshall Photo

a great place."

"Counting our frosh, JV, and varsity teams, I think this is the strongest our program has ever been. Our frosh and JV teams are going to be very exciting teams to keep an eye on this season."

far as tangible season goals, it has been 25+ years since we have won our Kingsburg Lions Club Tournament and 20 years since we have won a league championship. Those are attainable goals for us this season. If we accomplish these goals, we are going to be set up well for another run at a valley championship, which is always our #1 season goal."

Conner McFall has some personal goals himself which are, "of course to win a valley championship but I also want to end my high school career with great memories outside of just winning games."

McFall continues talking about the season so far and the team's main challenges, "The season has been going great so far, the main challenge has been just everybody getting back into rhythm with shooting and just playing basketball again."

The team still has thirteen non-league games and eight league games left in their season.

Sports

Boys Soccer gets going with promising record

By Serg Valenzuela
Staff Writer

The boys soccer teams have greatly progressed so far, both JV and Varsity are all showing their enjoyment for the sport.

On Tuesday, November 22nd, the boys soccer teams had their first ever game of the season against Chowchilla. The JV and Varsity teams both showed their skills very well against Chowchilla winning the game by one point making the score 2-1 on the 22nd of November. The team was very determined to win this game and demonstrated their skills admirably in this game.

On November 29, KHS boys soccer teams secured another win against Farmsville with the score of 2-0. Freshman Jacob Gutierrez shared his thoughts on this game and the team's performance. "I felt confident that we would win in the beginning. I like soccer and I am very dedicated towards it."

Both Kingsburg soccer teams lost their scrimmage against Selma with the score of 6-1 for our varsity team, and 3-1 for our JV team.



Gutierrez again shared his opinion, "It was a challenging game and at first I was confident that we

would win because of how well we played in the past, but sadly we lost the game." Despite the team's losses, they continue to work hard and play their best.

KHS went up against the Hanford Bullpups on December 7th and lost by four points with a score of 1-5. While this wasn't their best game, their constant fight towards victory is admirable. On December 13, the boys team tied 1-1 against Mt. Whitney highschool. Freshman Christopher Kitauchi was asked about the game and how he felt about the tie. He responded, "I think that this was a pretty good match, and it went really well. It was super fun, and the guys actually played really well for both teams. I really wish we won, but we still had fun and that's what matters most."

Win or lose, the KHS Boys soccer team continues to show teamwork and enjoyment in soccer throughout the season, and we wish them the best of luck in their future games.

What's Your Favorite Christmas Tradition?

By Landon Manley and Aliya Ayers
Staff Writers



Emilio Ayala

Going to the family gatherings at my grandparents house, helping make tamales, and just overall seeing the family I'm not usually with. Just partying and being around my family is fun."



Hunter Nelson

"My favorite Christmas tradition is eating Æbleskivers, which are like pancake balls almost on Christmas morning with my family after we open presents because they taste good and it's a good way to start the day."



Gabe Martinez

"My favorite holiday tradition is on Thanksgiving before we eat dinner. My family gets together and plays a game in the front yard. It consists of most of the family and the rest watch, or are finishing up cooking"



Daniel Morton

"My favorite holiday tradition is to make tamales with my family, it usually takes a long time but that usually gives the family time to have fun and learn more about each other til the tamales are done. They are also just really really good!"



Sofia Amariei

"My favorite Christmas tradition is going to Hillcrest farm with my family in matching pajamas because it brings up memories from my childhood."



Kiara Zarate

"Going over to my grandma's house and seeing all my family that lives far away. We get together and open presents and just spend quality time together as we have Christmas dinner."



Camille Zavala-

"Our chosen family from church all come together and make tamales and share gifts with each other, so it's a good intro for Christmas coming up. Then we freeze those tamales so we can eat them on Christmas day."



Sydney Brock

"My favorite christmas tradition is our breakfast in the morning, we do casserole breakfast. We all eat before we open presents: that's our one rule."

Sports

Competition Cheer Starts Again

Victoriana Dimas
Staff Writer

This year 15 Girls made the Kingsburg High School Competition Cheerleading Team. Tryouts were held on November 8th Judged by 4 outside judges

During the tryouts the cheerleaders had to present a recent halftime dance, as well as a Cheer,



Toetouch, Herkie, and any tumbling or flexibility.

You were not allowed to try out for the competition team unless you were on the all season cheerleading squad that performed at Football and Basketball games.

This Competition team will only be going to 2 travel competitions as well as one in Bakers-

field if they make it to State.

The two travel Competitions are in Costa Mesa and Las Vegas.

The Cheerleaders will be working very hard and will practice three times a week while also having lots of practices over Christmas break.

This team got the chance of learning their competition routine by JAMZ Staff member and Cheer Choreographer Ruben Rivera.

Ruben has been working at JAMZ for well over 21 years and choreographed hundreds of routines over the years.

Ruben had a two day clinic with the squad. First day he went over all the stunt sequences Then the Second day he taught the whole routine.

The Routine is 2 minutes and 30 seconds long with a series of stunt sequences.

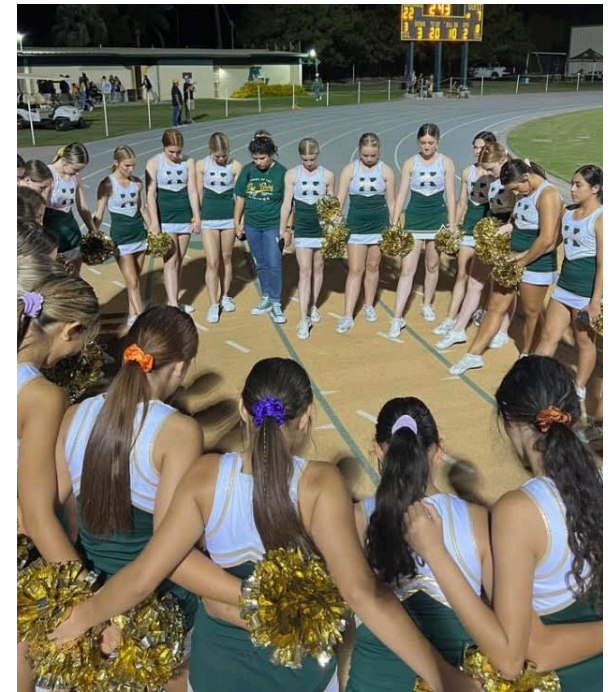
The KHS Competition team has been practicing at The Dance Company and at KHS throughout November and December.

Coaches Brie Lopes, Sarah Alanis, and head coach Shanna McDonald are working hard with these girls and helping them clean this routine before the first competition.

“This Team is so fun and I’m so glad to be apart of this years competition team. We’re working hard and I can’t wait to compete in January.” Said-

Sophomore Laryssa Salinas

During the Competition season The Com-



petition squad will also be Chearing on Boys Varsity basketball during there season.

This Team will be working hard during these next couple months to perfect there routine

Hopefully make it to the state competition in early February. We wish them the best of luck!

Viking Cross Country Finishes season at Woodward Park

Amia Mathis
Staff Writer

This year’s KHS Boys and Girls cross country team had a great season and made great improvement. The boys varsity team placed 7th out of 9 valley teams. The Varsity girls team placed 8th out of 9 valley teams.

Kingsburg placed 15th out of 23 teams for the boys race while the girls placed 13th out of 19 teams for the girls race.

When asked what she enjoys most about cross country, Junior Wren Wilson said, “The feeling after you run when you get a rush of happiness. It could be the worst day ever but you feel very happy and accomplished when you finish your run.”

Senior Seth Magnoti, who is also the captain of the boy’s team said, “My favorite part is getting to be a part of a community that shares a love for running.”

The cross country team has had races at many different schools and areas. The course, turf, and weather was different for each race. When asked about her favorite race she’s ran, Wilson responded, “The race in San Luis Obispo. It was a beautiful race that was fun to run. After the race, we got to have a fun day up in San Luis Obispo with pizza, snow cones, the beach, and frisbee.”

After asking Magnoti the same question he said,

“The Sierra Pacific 5K in 2021. It’s short and easy to run, perfect for a PR. That’s where my best 5K time is, 18:10.”

Running cross country is no easy task, it takes a lot of dedication and motivation from the team to be able to run as far and as fast as they do.



“Cross country has taught me the importance of not giving up. You can feel dead, absolutely destroyed, but when you see other people around you running their hardest when they’re hurting just as bad as you are motivates me to give it my all.”

Each cross country race requires both physical and mental strength from the runners, so many team members have pre-race traditions to help prepare them for their run.

Wilson said that she eats a fig bar before every race, while Magnoti said that he drinks a lot of water and makes fun of people.

“Run fast or don’t run at all” is one quote that the team said was the most important thing to remember while in cross country.

