



Viking Voice

February 5, 2021

Kingsburg High School

Issue 2, Volume 94



In this Issue:

News

FFA Students Compete at Fresno Fair



Features

Choir Students Utilize New Masks to Sing During Class



Opinions

Vaccine Administration Begins Across United States



Sports

KHS Athletics Await CIF Determination



VIKING VOICE



Kingsburg High School 2020-2021

Viking Voice Staff

Editor-in-Chief
Avneet Purewal

Editor
Zachery Howell

Staff Writers/ Reporters

Kimmy Alexander
Laura Angel
Lauren Berry
Leila Dablan
Jadyn Franco
Trista Fry
Brittyn Jennings
Abigail Jobe
Brenda Marquez
Summer Mejia
Kristen Pacheco
Mary Palmer
Madelyn Wiest
Brynlee Woods
Camille Zavala

Special Thanks to Johnie Thomsen for Photography!

Any opinions expressed are those of the author and in no way represent the position of the Kingsburg High Staff, administration, Board of Trustees, advertisers, or the Viking Voice advisor.

Letters to the Editors

Email your comments, opinions, and ideas on this issue's articles to the Viking Voice at 6004356@stu.kingsburghigh.com Your responses may be published next issue!

Check out the Viking Valor page at kingsburghigh.com

Hero Rafer Johnson Leaves Incredible Mark on Kingsburg

By Avneet Purewal
Editor-in-Chief

The Kingsburg Community was devastated by the passing of Rafer Johnson on December 2, 2020, at age 86. Johnson left behind a legacy that will forever be remembered.

Johnson made history when he won the gold medal in the decathlon at the 1960 Olympic games in Rome and later became the first African-American to be the flag bearer representing the United States' Olympic team at the 1960 Rome Olympic Games.

Johnson was deeply admired in Kingsburg, his hometown. He's known as one of the greatest KHS athletes, prevailing in football, basketball, baseball and track and field.

Johnson stayed involved in the Kingsburg Community throughout his lifetime. He would visit often and gave annual speeches at the Rafer Johnson Junior High School's promotion ceremony until 2019, when his health did not permit the travel. Eighth grade students graduating from Rafer Johnson Jr. High were even presented their promotion certificates by Johnson himself. He would also make an appearance at the KHS Annual Rafer Johnson Track Meet.

KHS Director of Instructional Technology Doug Davis explained, "Growing up in Kingsburg you were surrounded by stories about Rafer, his many accolades and many of his classmates were still living around Kingsburg. You couldn't help but know about him. Then when I moved back and started teaching, coaching and being the Athletic Director did I have direct contact with Rafer on a more regular basis. When we retired his brother Jimmy's jersey; when we renamed the Track after him; when we retired Monte Clarks jersey; Rafer was all a part of those things. But he also loved KHS. Whenever one of our basketball teams qualified for the State Tournament, we would play our playoff games in Southern California. Rafer would always make it a point to attend those games. When we were designing the stadium remodel, Rafer was consulted and was a part of those plans."

Johnson was born in Hillsboro, Texas on Aug. 18, 1934. In Texas, his family struggled through poverty and Johnson faced difficult times.

When he was 5 years old, the Johnson family moved to Kingsburg, CA. His family still struggled financially, but Johnson recalled the move as a "great decision" by his parents in a past interview with past Viking Voice Editor, Remy Hamada, for a Viking Valor feature. He explained, "I believe it was the best choice my parents made at the time. I can't think of a better place to be raised." His father worked many jobs to make ends meet, one in a cannery in Kingsburg. The family lived in a railroad boxcar close to the cannery. In a past

interview with ESPN, Johnson stated, "I don't care if I never see Texas again. If my family had stayed in Texas, I not only wouldn't have represented the United States in the Olympic Games, I wouldn't have ever gone to college."

Johnson highly appreciated the Kingsburg community and where it led him. He felt included here and found mentors that led him to success. In high school, Johnson was an active student, involved in student council and various sports. At one point, he was President of the KHS student body. As an underclassmen, Johnson participated in the 100 and 200 meter hurdles, discus, and shotput events. He was eventually encouraged to train for the decathlon by Meril Dodson, a social studies teacher and track coach at KHS when Johnson was in high school. In the summer of 1952, Dodson took Johnson to the Olympic trials in Tulare, CA to watch the decathlon. It was here that he was inspired



by Bob Mathias, an Olympic gold-medalist from Tulare, CA.

Johnson voiced immense appreciation for Dodson later in life. In the Viking Valor interview, he voiced, "He was my hero." Johnson distinctly remembered a specific piece of advice Dodson gave him, even when he was older. Dodson said, "A decathlon is ten events. Some are really quick and some are really long, and some need to be looked at for what they are. Train for it to become the best you can be."

This may be the origin of Johnson's motto which is also the motto of Rafer Johnson Jr. High in Kingsburg, "Be the best you can be."

After graduating from KHS, Johnson attended the highly competitive UCLA in 1954. AT UCLA, he played for Coach John Wooden's basketball team while training for the decathlon. He also became class president and was a part of the Pi Lambda Phi fraternity.

He explained, "I always seemed to find time to do all those things and be as successful as possible." Johnson continued, "When you see what you're achieving, it is worthwhile."

In only his fourth decathlon race at UCLA, Johnson broke the world record. He trained long and hard hours. In 1956, he com-

peted in his first Olympics in Melbourne, Australia. He was injured, so he wasn't able to compete in the long jump. However, he still managed to place second in the decathlon. After winning second while injured, he knew he could win gold at the next Olympics.

He returned to the Olympics in 1960 in Rome, Italy. His biggest competition was Yang Chaun-Kwang from Taiwan. Chaun-Kwang also studied at UCLA and was coached by Elvin C. Drake. After a close race, Johnson came out as the gold medalist. Yang, who died in 2007, previously remembered, "I knew he would never let go of me unless he collapsed."

After his victory, Johnson became a good-will ambassador for the United States. He also grew close to the Kennedy family. In 1968, Johnson was working on Robert F. Kennedy's presidential election campaign. During Kennedy's assassination, Johnson and Rosey Grier were the two men who tackled Kennedy's assassin, Sirhan Sirhan, to the ground. Johnson held the gun in his pocket until he was able to return it to the police.

Johnson compiled many accomplishments later in his life. He spoke on behalf of the American Olympians at a sendoff rally at City Hall in New York. He received the 1960 Sullivan Award as America's leading amateur athlete and the Junior Chamber Commerce Award. He was added to the Helms Hall of Fame as Hall of the Athlete Foundation's athlete of the year, Sports magazine athlete of the year, National Track and Field Hall of Fame, and Black Athlete Hall of Fame.

Johnson became an author when he wrote *The Best That I Can Be*.

He also became very involved in the Special Olympics with Kennedy's sister, Eunice Kennedy Shriver. He was later given the honor to light the Olympic cauldron at the Los Angeles Olympic Games in 1984.

When asked if Johnson inspired him, Davis responded, "Wow, of course he was. Not just because of his incredible athletic accomplishments, but even more because of the man he was. He lived to build up those around him, he worked hard for those who couldn't. He helped to start the Special Olympics organization here in California and remained a part of that organization his whole life. When we had our daughter Anna, it was really cool to share that with Rafer. When Anna first competed in the Special Olympics in Fresno County, she was like in 4th or 5th grade, I emailed Rafer a picture of Anna running. Within 15 minutes of sending that picture he called, wanting to know the details and was so encouraging. That's the type of individual he was."

Johnson died in Sherman Oaks, CA. He passed surrounded by his family in his home. No cause of death has been given. Johnson embodied what a true Viking should be. He was a true leader and always appreciated the Kingsburg community. He will forever be remembered, and always missed.

NEWS

Boys Golf Coach Bill Jensen Nominated for Central Section NFHS Coach of the Year

By Brittyn Jennings
Staff Reporter

Congratulations to Bill Jensen for winning the Coach of the Year for boys golf on November 8th, 2020, along with around 20 other people.

Bill Jensen was nominated for this award by Ryan Tos, (Central Section Commissioner) through the recommendation of the Central Section Golf Advisory Committee.

Jensen was a true asset to the KHS coaching staff, being the coach for the girl and boy golf programs.

Through his eye for detail, care for the athletes, and his experience in golf, he was a well-deserved candidate for the Coach of the Year award.

Jensen played golf in high school as well as basketball and has always loved the game. Jensen is also a member of Kings River, so he enjoys playing golf personally. He finds great enjoyment in these games and wants to have his athletes feel the same way.

When asked why he went into teaching he said, "When I meet young people and they say they want to teach I say, that's great, but do you like kids? If you don't like kids, don't teach!"

Jensen was asked what his one piece of advice for all student-athletes and coaches would be. He responded, "Be consistent on how you deal with your playing, share your passion, and just make sure you're having fun so you want to do the sport."

Pandemic Games Rally Boosts Campus Morale

On Jan. 29, 2021, KHS ASB and Leadership students put on Kingsburg's first ever virtual rally. Ever since the 2020-2021 school year has begun, ASB noticed a lack of school spirit in some students. ASB also realized that the freshman class has never experienced a KHS rally yet.

To unite KHS students and staff through school spirit and to show the freshmen what a rally is like, ASB found a solution. They decided to throw a "Pandemic Games" themed rally. The rally was 100% COVID-19 compliant and students had a great time.

In order to meet COVID-19 precautions, those in the rally met in the old gym and were streamed via Zoom to the rest of the school. Those participating in the rally wore a mask the whole time. For the last 10 minutes of every period, KHS signed onto the Zoom meeting and watched the Pandemic Games. This was done in both the AM and PM sessions of school so that nobody missed out on the fun.

Some of the games included a bounce house obstacle course race and a pass the COVID molecule competition. KHS pep squad and drumline also performed. Overall, KHS staff and students enjoyed the virtual rally. It was a successful way to boost school spirit.



Big Fresno Fair Hosts Small FFA Venue

By Trista Fry
Staff Reporter

This year's Big Fresno Fair was held on October 8-12 with a one day break in between to resume on October 14-18. KHS had many FFA members participate including Mikayla Rosales who placed first in her market class and second in showmanship, Georgia Dill who placed 3rd in showmanship, Tanner Rosales who was 6th in showmanship and Hannah Loper who was 5th in showmanship. Taylor Trigueiro also showed at the fair and was Reserve Champion FFA for hogs, and Darnell Hollis placed in his steer market class.

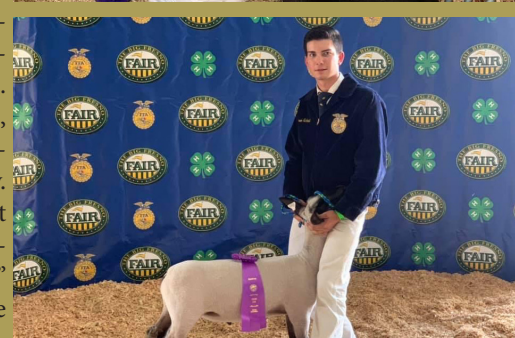
This year's Fair was unlike any from prior years. Masks were required at all times, even in the show ring, and the public was not allowed in to watch. Each exhibitor was only given two guest passes for family or friends that wished to enter the grounds to watch them show.

Agricultural teacher Amanda Ferguson at KHS stated, "We are fortunate that our fair chose to even attempt something with students in person as most fairs throughout the state were completely cancelled or moved completely to online platforms." All the exhibitors at the fair were very grateful for the chance to be able to show, even amongst the COVID-19 pandemic, but did recognize the different environment that the fair was conducted in.

Sophomore Georgia Dill who showed a lamb at the Fresno Fair and also at the Caruthers Fair described the fair as, "Laid back, fun, and different." She elaborated, "Both fairs I attended had lots less people showing than normal. We also had a shorter fair. Fresno fair also split up the days so it was just lambs the day I went to have less people.... We also had to do an online auction for Fresno which was very different for buyers of animals and challenging because no one knew how exactly to buy an animal online."

This year's fair was challenging for everyone, but the fair staff and students met the challenge head on. There were many handwashing and hand sanitizer stations set up around the fair. There was a specified food and drink area for the exhibitors, but there were not any food vendors set up around the fair. KHS Sophomore Sage Hanson who showed a lamb at the fair stated, "The classes went by fast but were run efficiently."

With all of the challenges of this year, the fair was still able to be held and run in an efficient manner. The FFA students were still able to showcase their skills in the ring, while remaining safe. Most importantly, KHS was yet again able to overcome the challenges thrown upon it during this unprecedented time. Upon being asked what she would tell her students about how they handled this year Agricultural teacher Alexis Calvert stated, "They adapted, and overcame, and sometimes that is the hardest part. These kids (especially seniors) have missed out on so much. I am incredibly impressed by their maturity and resilience. Makes me proud!"



Students of the Semester Shine Bright this Fall

By Trista Fry
Staff Reporter

At the end of the 2020 fall semester KHS recognizes students that have shown excellence in and out of the classroom with the Student of the Semester Awards.

This award is only given to one student per grade level. The recipients of the award for this semester are freshman Emily Ayala Gonzalez, Sophomore Devyn Sasai, Junior Ariana Hernandez Del Toro, and Senior Nathan Towsley.

The Student of the Semester Award is given biannually: once at the end of the first semester and the second time at the end of the second semester. Receiving this award is a very prestigious honor, as it is only awarded to one student per their entire grade level.

Nominated by Science teacher Satinder Klair, Ayala Gonzalez stands out among her peers. Klair writes, "Emily is a bright light in the classroom. She exudes warmth and energy and has a magnetic personality. Emily is an extremely hard-working student with exceptional character. She goes above and beyond to help her classmates in their understanding of difficult concepts. During distance learning, Emily often participated in discussions and offered input when needed. Very few students volunteered, so I was extremely grateful when Emily initiated discussion. When helping organize donated food items and gifts to Christmas families, Emily worked tirelessly. She has a huge heart, a compassionate nature, and a caring spirit. To know Emily is to love her! I cannot say enough good things about this student."



KHS students are nominated by their teachers. Their teachers receive a nomination form and suggest students that they think embody what the Student of the Semester Award at KHS encompasses.

The Student of the Semester Award Nominees are those that strive for excellence in their academics, activities at KHS, and community involvement. They embody all of KHS's morals and ethics.

The staff and teachers do recognize the fact that it has been very challenging during a year like this one for students to participate in their community amidst a pandemic, but admire those students that have still found a way to make an impact during this challenging time.

Once the students are nominated, the KHS administration looks over all of the nominations and makes the selections.

KHS Assistant Principal, Thom Sembrinski states, "This is a difficult selection due to the fact that there are some students doing well."

Making this decision can be tough, but those that made the cut are extremely grateful. Junior Student of the Semester, Ariana Hernandez Del Toro, was recognized by English teacher Jacob Simmons. Simmons explains, "Ariana has been a leader in both our in-person and digital learning environments



all semester. She is a model student in every way. Her ability to reach for critical depth is unmatched among her peers. Ariana has proven time and again that she is a sharp and careful reader, and she articulates her analysis through exemplary writing. She shows up to class everyday prepared to contribute in a meaningful way that inspires her peers to take an even greater part in our collective learning. Ariana stands out among all other juniors with a commitment to her education and work ethic that will undoubtedly take her very far."

Simmons also nominated the sophomore recipient of the award, Devyn Sasai.

Simmons noted, "Devyn has been a meritorious student since the very first day of this exacting semester. She always demonstrates a high level of critical thinking and contributes nuanced and



thoughtful insights to our class discussions. Devyn's unrivaled commitment to her education is evident at all times, and she should be commended for the example she sets as a leader on our campus. With all the challenges facing our students this year, Devyn's impressive work is second to none. Devyn was recently selected as the Hobby Leadership seminar representative."

These students all work hard to strive for success and Senior Nathan Towsley is no different. Towsley was nominated by English teacher Heathy Manley.

Manley commented, "Nathan is a dedicated and hardworking student that comes to class every period ready to work. Nathan has a positive attitude and amazing work ethic. He is kind and respectful to me as his teacher and his fellow classmates. During distance learning he was always on time and engaged in the Zoom meetings. Also, during distance learning Nathan, unprompted, sent an email to me stating that I was appreciated and that he could see I was doing the best I could for all of my students during a difficult situation. Something as little as an email of appreciation is of great value during a chaotic and bleak time. During a time where we are so concerned about our youth and their wellbeing it was greatly appreciated that a youth was in return concerned with a teacher's wellbeing. Overall, I feel Nathan should be recognized as student of the semester because he has demonstrated good character and studious behavior no matter the situation."



These students exemplify the student of the semester award and are on the right track for success.

When asked what piece of advice he would give to these students, Sembritzki stated, "1. Make grades a priority. You are never late or forget about things that are important to you. 2. Set Goals You have to believe to achieve. Making them SMART goals will help 3. Time Management. Set a routine for homework and projects 4. Take part in Classroom Activities 5. Listen and pay attention to what your teachers teach 6. Avoid Distractions."

With this exceptional advice, all KHS students can think about ways to become the best version of themselves. KHS is very proud of all of their students in this unprecedented time, and especially their Students of the Semester.

KHS Board Recognizes Top Staff of 2021

Laura Vallenari



Ms. Laura Vallenari was named KHS Teacher of the Year on January 12, 2021 by the KJUHSD Board of Trustees. Vallenari has been a teacher at KHS since 1997. She began as an English teacher and quickly became an integral part of the department. She taught Advanced Placement Literature and Junior English for many years. She also developed and grew the VROP Stagecraft course that has helped produce the many drama productions here at KHS. In the last few years, Vallenari earned her Masters in Library Science and has been the Library Media Teacher here ever since. In addition, Vallenari has taken on the major task of leading KHS in our WASC review and accreditations process this year. Her tireless efforts in and out of the classroom and library are amazing though she remains humble, "It's nice to be recognized, but honestly every teacher on this campus deserves this award."

Ryan Phelan



Dr. Ryan Phelan was awarded Administrator of the Year by the KJUHSD Board of Trustees on January 12, 2021. Phelan graduated from KHS in 1998 and has a passion to serve the Kingsburg community. He is proud of the students' lives he has impacted. His deep desire and dedication for his students to succeed make him deserving of the 2021 Administrator of the Year.

He commented, "As a Kingsburg High School alumnus and a Kingsburg resident, I take pride in helping to mold the future leaders of this town. I am a believer in a student's desire to be a part of something special. Students are curious and innovative individuals who absorb and retain information far better than most adults. An opportunity to work with them is an extraordinary privilege, and one I am honored to be part of. There is no higher calling than to be a positive influence in the lives of young adults."

Robin Lund



ASB Bookkeeper and all-around extraordinaire, Robin Lund was recognized this year by the KHS Board as the Classified Employee of the Year. Lund has been with KHS for 32 years.

In that time she has worn many hats on campus including Health Aide, Cheer Coach and Activities Director. Lund is beloved by students and staff. In fact, her office is a busy hub of activity visited frequently by staff and students alike.

Lund goes out of her way to organize food drives for needy families in Kingsburg during the holidays. She frequently facilitates fundraising and donations for needy families in the community.

When asked about her favorite motto for living, she quoted Walt Disney, "The way to get started is to quit talking and begin doing." Lund added, "I love Disney!"

KHS Music Department Finds Ways to Entertain

By Kristen Pacheco
Staff Reporter

Due to COVID-19, the KHS Choral Department has had to adjust their rehearsals to fit the new restrictions that are being implemented. The choir department has been told that they must wear masks in order to sing. KHS Choir Director Richard Mynderup, has ordered new masks for his students that are specifically designed for singers.

Before being given the okay to sing inside, the KHS Choir Department was originally told that they would be allowed to sing outside. In order to do this, the students and director would have to use masks and implement a 9 feet apart restriction at all times.

When asked what COVID-19 restrictions that were being implemented throughout the school year and how students adapted their rehearsals to follow the new restrictions, Choir Director Richard Mynderup stated, "We started the year obviously doing Zoom which was incredibly difficult to teach any type of singing. So students were given a subscription to an online recording studio called Soundtrap. This allowed me to upload practice tracks for them to work with and then return a recording of them singing their part. When we went hybrid we still couldn't sing so we continued with using Soundtrap when students were home and worked on music fundamentals in class. The restrictions eased up after a few weeks where we could rehearse outside with masks on and socially distanced 9 feet apart. As we prepared for that the restrictions eased up even more where we could now sing inside. So this is what we have been doing up to this point."

Luckily, the department will now get to sing inside...with the same restrictions of course. Wearing a mask and being spaced 9 feet apart at all times are crucial restrictions that all students must follow. These new masks have been modified to give choir students more room to breathe and more room to move their mouths while singing. These new masks will help with enunciation and breath support, which is crucial for singers of any age.

The Choir Department has finally received the new masks. The Department is now waiting to pass out the new masks to all choir students for them to use for every choir rehearsal.

When asked how the new masks would help improve student's singing with COVID-19 restrictions, Mynderup confirmed, "We currently have to sing with masks on and at a distance of 9 feet apart. The masks will help with taking a breath and not allowing the mask material to get in the way. With the current masks it is difficult to take a breath without the mask being sucked in a little."

When asked how he thought his students would like the new masks, Mynderup voiced, "I think the choir students will like how they work after they get done laughing at how they look with the huge things on. The ability to breath without restriction is very nice."

When asked if wearing a regular mask made it difficult to sing, Junior Bradley Taylor, Jazz Choir student, stated, "For me masks have never bothered me so they haven't really changed the way I sing at all."

The KHS Choral Department is excited to begin using the new masks. They look forward to bring able to properly sing during choir class without restrictions.

By Brenda Marquez
Staff Reporter

Band has once again started this year. Due to COVID, it is a lot different than previous years but KHS is trying their best to keep it as normal and fun as possible.

Students participating in band are beginning to use instruments. They also started Thursday Night Rehearsals. They are following the guidelines for social distancing but it is a bit difficult.

This year has been different for many, but especially for the KHS Band. Many band members explained that they experienced a huge change because there was not a fall marching band season. However, they are adapting and band directors are moving forward with training the band the best they can for any live performance that can occur as soon as it's a possibility.

Director Mike Schofield said, "We have half the band at once, wearing musician masks and bell covers, and are twelve feet apart."

The KHS band recorded a performance on Nov. 19th that was posted on the school's Youtube Channel and Facebook page. It was a short 2 minute video that showed a little glimpse of what they will be doing this year. The song they played was "Hark the Herald Angels Sing" and it was beautifully played.

Schofield adds that he is very astonished at how great the students are doing during this time. "I don't think I've ever been more impressed by my students' attitudes than I am right now. Their resilience is astounding. They, like so many other programs, have experienced a sense of loss that can't be consoled. But they know that this situation is temporary."

Director Schofield concluded by saying, "I feel that we all need to do our part to get through this as quickly as possible. I am extremely grateful to be able to teach my students in person and that the band can play their instruments in class, even with all of the challenges the restrictions bring."

Holiday Celebrations Amid COVID-19 Outbreak

By Camille Zavala
Staff Reporter

The busy holiday season brought a lot of questions to citizens as COVID-19 cases reached an all time high. In the midst of that, holiday spirit was crucial for everyone. However, guidance from the Centers for Disease Control and Prevention (CDC) prompted Americans to rethink their holiday plans.

Holiday gatherings are high risk because of a combination of a few factors. The possible exposure to the virus due to traveling, as well as large groups of untested individuals feeds into this anxiety. The spike of cases after Thanksgiving affirmed this concern, prompting Governor Newsom to publish a new stay-at-home order from Nov. 21st to Dec. 21st in counties where hospitals reach a certain capacity.

So how can one celebrate the holidays safely while not letting it dampen the mood? For starters, the CDC recommends small gatherings if you can not properly social distance in a venue with all the correct ventilation. The CDC also recommends requiring masks and not sharing utensils, as well as constant handwashing. Hav-

ing guests get tested for COVID-19 beforehand would make everything a little bit safer.

This means a few things. Hosts of gatherings should require and provide masks as well as handwashing stations/hand sanitizer with at least 60% alcohol. Hosts should also disinfect the areas thoroughly before and after. When serving food, utensils should not be passed around but instead, one person should serve all the food. Gatherings should be kept short and social distanced.

However, this shouldn't affect the spirit of togetherness and giving. When asked about their holiday plans in comparison to previous years, KHS Sophomore Emily Rodriguez said, "Usually during the holidays, we'd have a Christmas that was open to anyone who wanted to come. This year, we're choosing to stick to a very small group of people to celebrate with."

When asked the same question, KHS Sophomore Ethan Guerrero explained, "In years prior we would do more things with other family friends, but this year we are condensing it to blood relatives to keep the chances lower of us or someone else getting it."

In response to questioning about what precautions they might be taking, Guerrero said, "We will be wearing a mask and social distancing. They're two effective and basic ways to minimize the spread."

Rodriguez is taking similar precautions. "Due to COVID, my family makes a point to make sure the small group of family we're planning to gather with are social distancing from other people and only in contact with people within a bubble we've discussed."

But what about the holiday spirit? When questioned further about whether or not these precautions dampen the mood, Rodriguez said, "Maybe a little bit, I can't be around everyone I'd usually be around this time of year and it takes away from everyone gathering at once to celebrate as a family. It's not really known when I'll get to see the family I'd usually be around at the holidays - but can't due to COVID."

Although the virus can be scary, it didn't keep KHS students from celebrating the holidays in a modified form. With some extra precautions, the holidays were still a fun and memorable time for everyone.

Social Dilemma Exposes Toxic Excess of Screen Time in Teens

By Summer Mejia
Staff Reporter

Social media: TikTok, Instagram, Snapchat and Facebook, just some of the social media platforms that the youth of today have fallen prey to.

When the first social media app was invented in 1997, the maker never would have guessed the impact it would have on future generations.

Social media has evolved to where over 53% of the world's population has some form of social media. In the United States, an estimate of 244 million people are currently using social media.

Through social media, people are able to contact their friends and family, they can have support, and interact with new people. However, social media can also cause drama and pressure people into posting content which will receive the most likes and comments.

Around the world, social media is most commonly used by 13-17 year olds, which can be both good and bad.

In 2020, the most common age to receive a cell phone is 12 or 13 years old. Kids of this generation in middle school are currently on their phones posting when they could be playing sports or spending time with

friends in person.

KHS Junior Alyssa Joseph's most used social media apps are Snapchat, Instagram, and Tiktok. Out of these, she uses Snapchat as a way to communicate with her friends and family. She interpreted, "I use social media to communicate with friends and to keep in contact with those that don't live close to me."



Typically, Joseph spends an hour and a half a day on social media. On average, the typical teenager spends an estimate of four to seven hours a day on social media.

Social media has reached the point to where almost every human has social media. It would be beneficial for the population to become aware of how it really affects students.

On Jan. 26th, 2020, a documentary

was released. The Social Dilemma is a documentary based on bringing awareness of the human impact from social media. The documentary is recommended to watch to become aware of just how social media is affecting the population.

"If you're not paying for the product, then you are the product," stated American computer scientist Tristan Harris.

The documentary covers everything from the outcomes of social media to a variety of people's perspectives on social media. As well as supporting facts on social media, the documentary also provides an example of a family controlled by social media.

"Social media starts to dig deeper and deeper down into the brain stem and take over kids' sense of self worth and identity," said Harris.

The Social Dilemma overall is a documentary that oversees how social media has the power to manipulate. This documentary should be viewed by everyone to become informed on just how social media is affecting the lives of today and of future generations.

Healthcare Workers Firsthand Perspectives on Receiving COVID-19 Vaccines

By Camille Zavala
Staff Reporter

Cases for the COVID-19 virus have been steadily rising over the past few months. In the midst of this, while some citizens are still uneasy about mask wearing, COVID vaccines are finally being administered.

There are two vaccines ready for distribution. The first is the Pfizer vaccine for people over the age of 16. The next is the Moderna vaccine for people 18 years of age and older, although it's being tested for 12-17 year olds. Both vaccines are about 95% effective in reducing the risk of disease and both require two doses.

The side effects of getting these shots include the usual: fatigue, headache, muscle and joint pain. However, because these vaccines were rushed to be approved by the FDA, citizens are wary of how safe it is.

When those who have received the vaccine already were asked directly about their experience, they seemingly had no unusual problems.

Tim Zavala, licensed clinical social worker and director of Tulare Youth Service Bureau got the Pfizer vaccine as soon as he was able to. When asked how he knew he was eligible to receive the vaccine he responded, "I was personally notified by the Deputy Director of the Tulare County Department of Mental Health. All mental health workers were eligible to receive the vaccine during Phase 1a of the rollout. The department had deliberately lobbied to include mental health workers in this earliest phase."

Zavala continued, "I was thrilled to get the vaccine as soon as possible. Because of the

pandemic we are in a mental health crisis... My clients are really struggling with more depression and anxiety than ever, not to mention the trauma of loved ones getting very sick and some dying... I felt it was vital to get so that I can provide in person psycho-therapy during this difficult time in the safest way possible."

John Matthew Perry, medical student at UCSD, felt the same way. He was given the Moderna vaccine, instead of the Pfizer one. He elaborated, "I received the vaccine early on because I currently work in UC San Diego hospitals and clinics as a medical student. I chose to get it because I want to protect myself and thus protect my patients."

The distribution of the vaccine to them was moderately easy too. "I was scheduled to receive the vaccine at Government Plaza in Visalia. It was a drive-thru event during which I was asked to verify my eligibility to receive the vaccine during this phase, and then given the shot during the left arm through the car window by a nurse," Zavala stated. "I was then directed to park my car so that I could be monitored for 15 minutes to ensure I didn't have an allergic reaction to the vaccine."

Perry had a slightly different situation, but still a very simple process overall. He explained, "My medical school sent out an email and I was able to sign up to receive it through the hospital. I went to a clinic where they gave me the shot and had a sitting area to wait after for 15 minutes to watch for allergic reactions."

"I know a lot of my patients have been signing up to receive it from the county health department at Petco baseball park where they can

drive through, receiving it in their cars," Perry noted.

When asked how he reacted afterwards, Zavala said, "I had no allergic reaction to the vaccine. My arm did bleed a little when I got the shot, and though this has never happened to me before, it is not uncommon." He added, "My arm was sore for about two and a half days after I was vaccinated, and this reminded me of every time I've received a flu shot. It really was no different. I never had any symptoms that are considered COVID-related, never felt feverish or fatigued." "I had minimal to no side effects, only a sore arm the day after I received it. It was no worse than a yearly flu shot," Perry agreed.

When given the chance to get the vaccine, both men urge others to get the quick shots.

"I would definitely recommend getting the vaccine to every person," Perry advised. "The science is legit, it is proven to help prevent somebody from getting very sick from the virus. I know there are fears about how quickly the studies were performed, but people have to realize the technology for how they made these vaccines has been studied for years."

Zavala said, "I absolutely recommend that everyone get the vaccine as soon as they're eligible. I know many are skeptical and hesitant to get it due to how quickly it was developed. However, we've had the technology and vaccine development to do this; we've just never had to apply it in such a short time period. COVID has presented us with an unique and urgent situation in which fully utilizing the knowledge we already had was vital and appropriate."

Teachers Face Difficulties Adjusting to New Class Schedule

By Jady Franco
Staff Reporter

Since students at KHS have returned to in-person learning for months now, the AM and PM schedule split ensures that students are all safe and can abide by social distancing guidelines. What some of us haven't considered is how teachers have been affected by this strange year in education.

KHS Teachers have had to be so flexible by changing their lessons and schedules to make sure students are educated, but we never think about how tiring and frustrating it can be for teachers to have to teach the same lesson over and over again.

KHS is very lucky to be able to have in-person classes this year, especially since some schools aren't planning to go back to campuses until 2022. Those students that remain in distance learning are missing out on a lot.

Being in school can help people with so much beyond education. The relationships, exercise and the social interaction that comes from being on campus is so important to a student's mental, emotional and physical health. Imagine

not being able to return to in-person classes for more than a year. It could really negatively impact someone's emotional, mental, and physical health.

When students are on their laptops for school, they don't get to move around, so that means they don't get any exercise throughout the day. That can take a toll.

Students also appreciate that school is a way to get out there and be social with people, but now that many students across the country are stuck at home doing school, they are being deprived of many vital relationships.

Mental health is something really serious and so many students can have a hard time with learning from home. Assignments are really hard to understand from home even when the teacher explains them well. Oftentimes students can fall behind and their mental health can decline.

There is so much data and writing out there about how all this affects students, but teachers can also have difficulties with the necessary changes brought on by the virus. Distance learning caused teachers to learn entirely new technology and programs. They also

had to rewrite their lessons for online learning. Now that they are back on campus teaching us, they have had to compress their lessons and teach the same amount of material in half the time. It's an exhausting pace to maintain.

Teachers typically build really strong bonds with their students and not being able to see their faces or hear them can cause them to be really sad.

When on Zoom, students often don't like having their cameras on, but it really helps the teacher learn our faces and puts our name to it.

This year is probably an exhausting year for teachers and, as students, we should try and make it easier for them.

They are the ones that have to teach us and all we have to do is listen and work. We should at least try to make it easier for them in this very different school year.

It's hard for all of us this year because of what is going on with Covid-19, but we are all lucky to be on campus with our teachers and our friends. We should make the most of it and do our best while respecting the hard work faculty has put into this and the struggles some students might be facing.

Senior Signings

As senior year begins to wind down, a few seniors have earned the life-changing opportunity to continue their education while playing sports at the university level.

SOFIA RIGHETTI **San Diego State University,** **Waterpolo**

“I chose San Diego State for waterpolo because I fell in love with their program and their campus. I am super excited to finally meet and get to know my future teammates and compete at a higher level of waterpolo. In college my goal is to work as hard as I can and prove myself as a worthy member of the team, as well as succeeding in my classes.”

MIKAYLA VIERRA **California State University Fresno,** **Waterpolo**

“I choose Fresno state because they have an incredible coach and program as well as having a great animal science program. I am looking forward to playing at a higher level and growing as a player. I’m excited to be a Bulldog next year!”

CAITLYN VELA **Missouri Valley College,** **Softball**

“I chose the school because, I loved the sports facilities, and I loved the over all feel of the campus. Words can not describe the passion I have for the sport, I have been playing softball for 13 years now. My passion from the sport came from watching the high school girls play ever since I was young.”



MARISSA GONZALEZ **University of South Carolina,** **Softball**

“I chose the University of South Carolina mainly because I fell in love with the campus right when I stepped foot onto it, the coaching staff is amazing, and the SEC conference has some of the best competition. I am excited to be apart of the college atmosphere and really start my life and branch out meeting new people and making new connections. My goals are to become a starter, win a conference championship, and a Natty championship.”

TARYN IRIGOYEN **California State University Fresno,** **Softball**

“I chose Fresno state because it was close to home and I grew up a Bulldog fan always attending games. I’m excited to hopefully compete for a Mountain West championship and build new relationships. My goal is to have an impact on the team in all ways! I want to be a light for others and be remembered as more than a softball player! Go Dogs!”

BRIANNA VELA **Missouri Valley College,** **Softball**

“I chose this school because it felt like home and I really liked the coaching staff. I love the sport I play, it allows me to forget my struggles in life and is like a safe place. I’ve always had a competitive side and playing softball is like having a second family.”

KHS Sports Practices Adapt While Awaiting CIF Determination

By Kimmy Alexander
Staff Reporter

As this year progresses to 2021, KHS sports have started practicing for their postponed seasons. KHS staff and coaches have been doing their very best to make sure students' sports are as they remember the beginning of last year being.

Although this year has introduced major setbacks for academics and athletics, the students and staff are allowing themselves to feel the same way as they did in their previously played sports seasons.

Mike Manley, Patti Crass, and Philip Bergstrom, some of KHS teachers, are some of the coaches on the school campus. All three of them are in full understanding of COVID-19 precautions and making sure they keep their students and players safe. They are making everyone's safety as their number one priority.

Manley, a swim coach for KHS, was asked about what the CIF had decided for 2020-21 sports seasons with what CIF had decided for 2020-21 sports seasons. "This summer they decided it best to push each season back to a later start date," Manley stated.

Crass expressed concerns that a two-sport student may get overwhelmed. She said, "It may be overwhelming for a student to play two sports and also attend to their studies. However, I think this will be a conversation that will take place between individual athletes and their coaches."

Crass believes that the athletes and coaches can work together to prepare for the season. They will be following guidelines that are given to sports teams by the CIF.

Bergstrom was asked what he is counting on as a coach in his sports season. "As a coach, I am expecting and preparing for a basketball season that starts in

March and continues into June. Whatever changes and guidelines come out, I don't have any control over. All I can do is follow the guidelines to ensure my basketball players are safe and to prepare my team for when the whistle blows," Bergstrom responded.

As 2020 has ended, all KHS students are expected to understand that no matter what happens, sports teams will follow all received guidelines to protect everyone's health. The CIF guidelines state that athletes must be at least 6 feet apart from each other. Games can only be authorized if the two teams are in the same county. Any type of events or tournaments of more than two teams is not permitted in the state of California.

Everyone hopes that student athletes will view this year as a new experience. Even with the virus shutting down many aspects of school, Kingsburg's residents are helping to make sure that KHS and the elementary schools remain in-person sessions.

Kingsburg Athletes Begin Club Football Season In SoCal While Awaiting CIF Rulings On Official Play, Vikings Join Forces With Valley Players

By Avneet Purewal
Editor-in-Chief

The KHS Football team is hoping for a 2020-21 upcoming modified season, due to COVID-19. Due to COVID-19, the CIF announced that fall sports, including football, would be postponed until January. Under these guidelines, the CIF "Season 1 Sports" would include Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, and Water Polo.

When January approached, COVID-19 cases kept rising. According to the CIF's statement, counties would not be able to begin their season until the county tier status was in the moderate category. Football would not be allowed to begin in Fresno County if they were in the "widespread" or "substantial" tiers, better known as the "purple" or "red" tiers.

Production Company Netflix is putting together a documentary about sports, specifically football during this difficult time. Netflix producers approached some fathers of Kingsburg football players. They were told about the club football league in Chino, California. Many KHS football players were devastated that their season was not starting on time. They united with other

players from Selma, Dinuba, Washington Union, Immanuel, and Reedley and formed a club team to participate in the football league. This is their way to play the sport that they love until they are able to play with their highschools. This was their solution to staying in shape and getting the opportunity to play amidst the COVID-19 pandemic.

Head coach David Wilson commented, "I did not find the league. Netflix, who is doing a documentary approached a couple of 'dads' and that is how the ball got rolling. KHS administration didn't feel it was right for me or the school to be directly involved, so I have been coaching from a distance. It is truly a club team with players from Selma, Dinuba, Washington Union, Immanuel and Reedley, also on the team."

The league is centered in Chino, California.

Senior Quarterback Jett Jackson stated, "In San Bernardino County where we are playing, they are not as strict on the guidelines. That's why we are able to play."

The club football team has had great success so far. The teams that they have played have all been Division I club teams. Their record is 2-2. They practice Tuesday through Friday at the Immanuel Sports Complex. Jackson explained, "The team is looking really good this year and we are a very experienced team. We are cur-

rently playing Division 1 club football teams and we are competing very well against them so I am very proud of the team."

KHS Football is hoping for a CIF season later this spring. Although the team is unsure of their future CIF season, they are trying to stay optimistic.

Jackson interpreted, "It is hard to stay positive when there isn't a clear CIF season in sight, but I am trying to encourage my teammates to stay in shape and keep their grades up so that when the season does finally come we are all ready. We are hoping for a CIF season so that we can have a shot at winning the Valley Championship." Jackson added, "I feel like the youth sports ban needs to be lifted because high school athletes need sports as an incentive to stay healthy and to keep their grades up. It is also great for high schoolers to build relationships and teamwork while on a team. I believe that high school sports are needed in California."

KHS staff and students are hoping for a CIF season in the spring. They are proud of how well the player's attitudes have been so far. They continue to keep their heads up, despite the uncertainty of their season. The community of Kingsburg is looking forward to seeing what the football team is able to accomplish later this year. In the meantime, Club Football will have to suffice.



Images courtesy of Samuel Marshall

SPIRIT OF GIVING AT KHS

KHS Clubs Work Together To Help Provide For Families In Need

Key Club

Along with other clubs, Key Club has taken the extra step to make other families Christmas season as joyful as possible during these difficult times. They were provided with a family with three children that were “adopted” by the school in order to help provide for their Christmas wishes. They had an entire directory of items that the kids and parents were excited to see under their tree. This included the sizes of clothes and shoes, as well as a list of hobbies and toys that the children were interested in. After gathering and wrapping all of their generous, brand new donations, some student helpers carried the gifts out to the family’s car to surprise the children. Key Club Teacher Representative Kerry Peterson said, “It was fun to work with Math Club to compile our donations. It increased the amount of gifts we were able to give the family. They pretty much filled up the cab of the family’s truck.” The season of giving has no bounds!



Math Club

Giving back to the community has long been a goal of the KHS Math Club. While it was difficult this year to get a lot of student involvement, Math Club Teacher Representative Gail Williams explained, “Many of the members in Math club are also in Key Club so the donations overlapped.” The two clubs were able to work together to donate as much as they could to a family from Traver, and were able to contribute a few sparkling pairs of shoes to two of the daughters in the family. Math Club, like all other KHS clubs, is doing everything that they can to keep families safe and their products sanitized; this includes fewer people handling the gifts that were being donated as well as gloves and masks being worn while handling the donations.



Future Farmers of America



This year, the FFA club did not have any sort of products donated for safety reasons. Instead, they accepted donations of money and gift cards in order to donate to their “adopted families”. The gift cards included were to: SaveMart, Target, or ARCO. They took an approach of pooling their donations with other clubs on campus to make a large donation to the families. Additionally, they also made donations to two other families that they knew through FFA. A total of \$1,500 in gift cards were given to 15 families with over 150 students in participation. As another safety precaution, FFA instructor Amanda Ferguson said, “All gift cards were packaged in a sealed envelope and only handled by one person. Only one staff member did the delivery. We felt this was the safest approach.”

