



Viking Voice

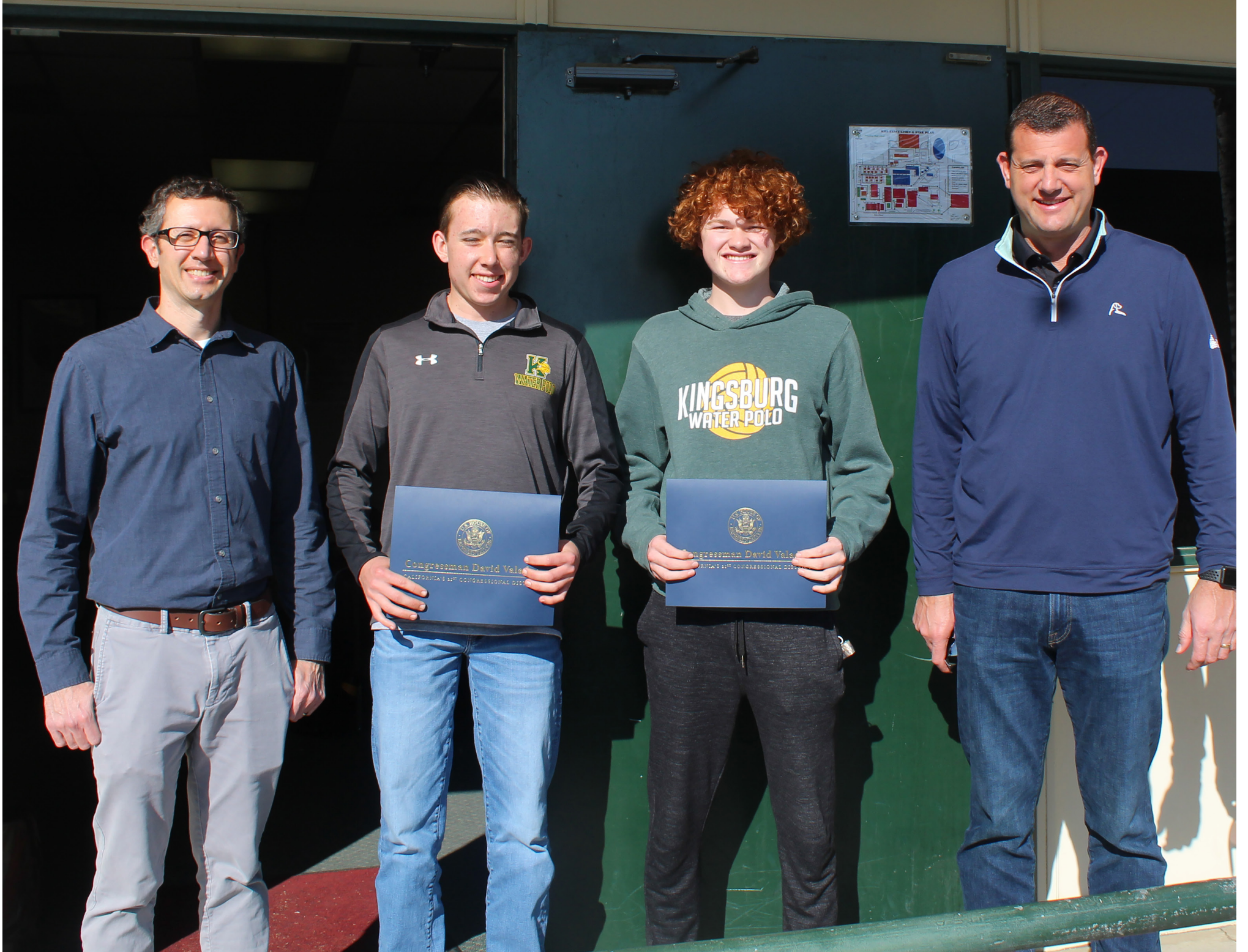
February 28, 2022

Kingsburg High School

Issue 3, Volume 97

Three-Peat!

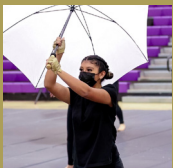
Woods' students win Congressional Honor 3 years running



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VIKING VOICE



Kingsburg High School 2021-2022

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Special Thanks to Samuel Marshall for Photography!

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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!

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Viking Valor page at
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'Detours' to a New Winter Season

By Sophia Quintana
Staff Writer

With an end to their triumphant 2021 marching season, the Kingsburg High School Percussion band gets to continue their award-winning hard work through the upcoming Winter Percussion season.

This year was the first time KHS has had a Winter Percussion season in six years, so the band was anxious to go to their very first competition.

Winning "best percussion" two times as well as second place numerous times, they performed their 2021 field show, "The Road To You" in their previous marching season.

Unlike a regular marching season that includes all of the wind instruments, such as the trumpet or saxophone, the competition is limited to percussion instruments, ranging from the snare drum to the xylophone, as well as the gong to cymbals.

Then, going from such a large band with about 80 students, the team now shrinks down to about 25 members. Another difference is the setting. Instead of performing on a large football field, they perform their shorter lengthened show inside of high school gyms.

Having a more "general intensity" and "speedy nature" than "The Road To You," the 2022 Winter Percussion show is titled "Detours," and is a spinoff of their previous field show.

"I do think our success from the field show will carry over. We can use what we have learned from the judges in 'The Road to You' to increase our ability," explains Junior Will Bishop, who plays the snare drum this season.

The group has only been rehearsing their show since the beginning of December, so they've had to practice together every chance they get by rehearsing Wednesday nights from 6-9 p.m, as

well as every other day during lunch.

"We try to fit as much practice in as we



Photo credit to Tyrell Photography

can," says Bishop, "Whether that be at lunch time, after school, or even in class."

Finally putting all of their hard work to the test at their competition in Lemoore, the KHS Winter Percussion took second place in their two band division, losing to Golden West High School.

"It was great for our first time out there competing in the circuit for the first time in nine years!" says Senior Natalee Phillips, on the marimba.

After facing Academic Probation, Covid cases in the band, and sudden changes in the choreography, the band is satisfied with their placing, knowing all of the hard work that each one of them contributed in the short amount of rehearsal time.





'Runaway' Success at Winter Guard Performances

By Audrey Laney
Staff Writer

At Lemoore High School on Saturday, January 29th, the KHS Color Guard jumped back into the Winter Guard scene and performed at their first competition of the season.

Their brand new, exciting show, *Take Me Home*, introduces impressive yet challenging choreography; designed, choreographed, and instructed by coaches Sarah Dezso, Ashton Methany, and Josh Cadiente.

Dezso presents a fresh sound for the 2022 KHS Winter Guard— *Runaway by Aurora*.

The song *Runaway by Aurora* is an Electric Pop/Alternative song that was released in 2015. The song's lyrics have many meanings, but mainly convey the emotion of wanting to return "home." The theme of the song can be seen as a parallel to the previous KHS Marching Band and Color Guard performance, *The Road to You*.

The head coach of KHS Color Guard, Sarah Dezso, states she didn't initially plan for *Take Me Home* to have many corresponding features with *The Road to You*. She goes on to explain, "Both shows are about wanting to find our way home, however, I think the definition of 'home' for each show is different."

She perceives this season's show as a symbolic journey on finding the people who make them feel at 'home' rather than a physical place. For example, "I saw a face in the sand," and "I was painting a picture, the picture was a painting of you," both are lyrics in the song, *Runaway*, that convey the longing for a specific person.

This past fall, the KHS Color Guard had a very successful marching band season as they performed, *The Road to You*, with props such as

cones, road signs, and barricades. They are ditching the roadway setting for some rainy weather; using umbrellas as the prime prop in their winter guard show.

Before the KHS Color Guard's first Winter Guard competition, they were presented with a major hiccup that possibly could've been detrimental to the start of their season. Half the guard tested positive for Covid-19 and was not able to attend pivotal practices. However, Senior Phoebe Williams, a KHS Guard member, believes this "obstacle" didn't pose too much of a threat to them.

"I think we handled this stress very maturely and performed what we did have to our best ability," stated Williams.

Their mature management of the situation, hard efforts, and determination were significantly shown at their first competition. The KHS Color Guard placed 3rd in the division, Scholastic A. In their class, they went up against Selma HS, Sierra Pacific HS, and Lemoore HS.

At the time, KHS Color Guard only had about a minute of their choreography and drill learned. Using their limited amount of time, they have spent many hours of hard work to get it down. In less than a month, they now have all four minutes of the show ready to be performed for the upcoming WGI (Winter Guard International) competition.

"Competing in a national circuit brings a whole new set of challenges, and I am looking forward to watching the guard push past those challenges and flourish in new settings," Dezso expressed her bright outlook.

Saturday, February 26th, The KHS Color Guard attended the Winter Guard International Regional competition held in Bakersfield. They performed their show so well that they achieved a

spot in finals.

Before their finals run, they were given the time to revise and adjust the previous mistakes they made during the preliminaries. This led them to a successful finals performance and attaining almost 3 additional points from their original score, going from **65.44** to **68.14**.

In the beginning, the show starts off with every member behind their umbrella. The members pop in and out, while the spotlight turns to shine on the opening soloist, Phoebe Williams. She carries her flag, in addition to her individual part's where she performs with greatly expressive dancing.

Williams added, "Even though I am happy to be a soloist, I think that every person of this team has so much to add. Everybody contributes to the team equally and in their own way."

The number of KHS Color Guard members increased significantly in 2021. With 19 members, ranging from 9th-12th grade, the guard is bigger than ever, giving more opportunities that allow them to add more diverse work, further challenging themselves.



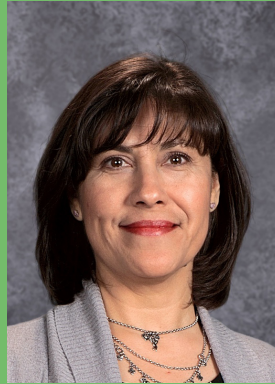
After being placed into a new atmosphere immediately after Marching band season, the Guard is continuing to grow as a team as they polish what they already know of their show, *Take Me Home*.

KJUHSD Honors Staff at Recognition Dinner & Awards



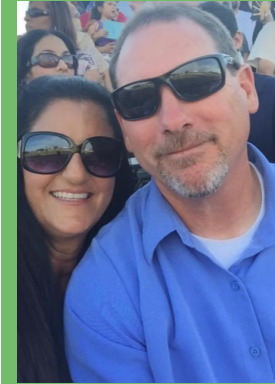
**Joshua Woods –
Teacher/Certificated
Employee of the
Year**

“Mr. Woods has grown our Computer Science program to a point where we have 6 sections of it at Kingsburg High School. He is well respected amongst his colleagues and is always looking for ways to improve his program. We are very lucky and fortunate to have Mr. Woods on our campus. He has formed an incredible program for students at KHS. Congratulations, Mr. Woods,” Principal Ryan Phelan.



**Maria Mancini -
Classified
Employee of the Year**

“Mrs. Mancini has been incredible for our office staff in assisting us with so many things. She has been the gatekeeper to our administrative team and truly helped all of us navigate Covid and our hybrid schedule during the 20/21 school year. We are so thankful to Mrs. Mancini for being so resilient during some really tough times. Congratulations, Mrs. Mancini,” Principal Ryan Phelan.



**Jim Cranford &
Marci Cranford -
Certificated Honorees
of the Year**

Mr. and Mrs. Cranford bent over backwards for students during the 20/21 school year. They organized games and events for students that made them so excited about coming to class. They volunteered wherever needed and were always one call away from helping our school in any way that they could. Thank you, Mr. and Mrs. Cranford for your outstanding commitment to our students,” Principal Ryan Phelan.



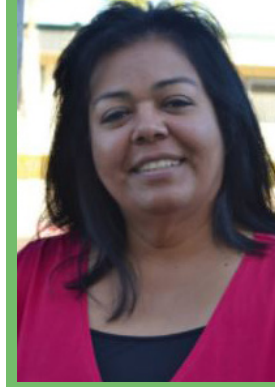
**Samuel Marshall -
Citizen of the Year**

“Samuel is such a talented photographer. He has been such a pleasure to have at our events taking pictures of all of the cool things that are happening at KHS. He is quick to help us wherever he can. His photos are incredible. We are lucky to have a guy like Samuel in our backyard. Congratulations, Samuel,” Principal Ryan Phelan.



**Phillip Bergstrom –
Coach of the Year**

“Coach Phil Bergstrom has demonstrated excellence in all aspects of continuing the outstanding legacy in the Boys Basketball Program. His unique ability to motivate, coach, and connect with our student-athletes has allowed him to continue to build our Basketball Program into one of the best in the Central Section. Coach Phil is diligent and mindful in selecting his Coaching Staff and pours time and energy into them for the betterment of the entire Program. In addition to spending countless hours on his high school Program, he continues to manage a successful Youth Basketball Program in which our high school athletes learn leadership and coaching skills while working with the Youth of Kingsburg. Coach Bergstrom exemplifies all of the characteristics and attributes that we want in our Coaches at Kingsburg High School,” Athletic Director Scott Hodges.



**Lisa Crespin Classi-
fied Employee Honor-
ee of the Year**

“I wanted to take a moment to express my appreciation for Lisa Crespin. Despite our current challenges and obstacles we have faced, Lisa has faced each one with professionalism and a positive attitude that has resounded throughout our office and lifted everyone’s spirits. A colleague like her is rare, and I feel honored to have her on my team,” Rufino Ucelo Jr., Chief Business Officer.



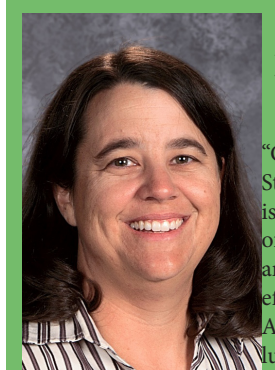
**Marina Gassett –
Classified Employee
Honoree of the Year**

“Marina Gassett has been a valued member of our district since she first started with us. When Marina joined our district we contracted for only one day, but now are able to have her on campus 4 days a week. Her role as school psychologist is to support our special education, but she does more than that. During tragedies the district has had on campus, she stepped up to support every student and staff during these times. Marina is always checking in on staff and students to make sure they are doing well and is always willing to offer a supporting hand. The special education program has truly benefited from her expertise and compassion. Her ability to work with our students with emotional needs is amazing. She has impacted so many students with providing them skills to function and succeed in life. Marina’s attention to detail helps keep us compliant with the ever changing laws. Our district is lucky to have Marina part of our staff,”
Cindy Schreiner, Executive Director Student Services.



**Art Campos – Classi-
fied Employee Honoree
of the Year**

Art decided to step away from his own personal Painting business and started with us in Feb, 2019 and in a short time he has become one of the key players on our team. Art started out on the night crew and as time went on we saw the need to put Arts skills to work for us at the school and moved him to Days to become our full time painter and that has turned out to be a major plus for our district. We now have a small town’s favorite as our own painter and we couldn’t be happier about that. Art has done a great job adapting to the new direction he has chosen in life by going to work for someone other than himself, Art leads by example on a daily basis by Staying on top of his projects and helping out on Grounds as much as he can . Art has been a huge asset to our team and greatly deserves this award of Classified Employee Honoree of the year.



**Cindy Schreiner –
Administrator of the
Year**

“Cindy Schreiner, Executive Director of Student Services, is an amazing administrator within our district. The impact of Cindy’s effort can be seen in many areas that keep our district running efficiently. For example, LCAP, Calpads, Aeries, Categorical Director, Curriculum Director, AVID Coordinator, 504 District Coordinator, Special Education Coordinator, ESSA plan-writer, and staff professional development coordinator are just a few of the tasks she takes on. Where Cindy truly shines is with our special education students. Our Special Education Department is second to none which is due to Cindy’s leadership. Her personal touch with our students creates a successful environment for all involved. Cindy does a tremendous job balancing the needs of our special education students while giving the needed support to our staff. Cindy is a true advocate for our special education program. Kingsburg Joint Union High School is a better place with Cindy Schreiner as part of our team. Congratulations Cindy Schreiner!,” Don Shoemaker, Superintendent.

District names Joshua Woods Teacher of the Year, his Students win Congressional APP Challenge 3rd year running

By Kalaya Schreiber
Editor-in-chief

Every year, KHS' Board of Trustees selects one outstanding teacher to award the honor of being Teacher of the Year.

Dr. Phelan, Principal of KHS, says, "Mr. Shoemaker solicits names of honorees from different stakeholders. He then gives those names to the board and they decide who will receive these awards."

This year, Joshua Woods, Computer Science teacher and Cross Country Coach at KHS has been dubbed Teacher of the Year.

Woods is a KHS graduate from the class of 1997, and after graduation he went on to study to earn his degree in Computer Science at Fresno State.

He shared, "Most of the tech companies at that time were going out of business or not hiring, so I decided to switch career paths and go into teaching."

Woods has been a teacher for 17 years. The first 13 of which he spent at Orosi High School.

Four years ago, he began working for KHS. From there, he created the new Computer Science program, which offers 4 courses, one of which is AP.

Woods then explained that he started out as a math teacher at KHS, as they were in the highest demand. It took him a few years to be able to transition into the Computer Science Program, but from that point on he remembered how much love he had for the subject.

In his interview he stated, "I'm always looking to add value to my program by finding ways to benefit my students, like finding community partners for projects, looking for guest speakers, finding supplemental curriculum to integrate into my classes, among other things."

"I really enjoy creating experiences for my students. Technology is such a big part of our world these days. I enjoy giving my students insights into how it works and how to use it. It's great to have so many students that are excited to learn about it."

"When I started teaching at Kingsburg High School 4 years ago, I was told there were a lot of KHS students interested in computer science and there was a need to offer a computer science elective. I think being able to meet that need was important to the district."

In the closing portion of Woods' interview, he began to comment on the environment of KHS, both between staff and students, and faculty members amongst themselves.

He shares, "I love working at Kingsburg High School. The administration and staff are great to work with and have been really supportive of the new program I've started. The students are great and fun to be around, and I enjoy seeing what they're able to create in my classes."

Dr. Phelan also commented on the success of the Computer Science program. "Mr. Woods has built the computer science program from the ground up. He now has made computer science

into six sections. He is constantly evolving and wanting to make his curriculum more relevant." "His classes continually win awards around the county and we are known for our program because of Mr. Woods and the efforts of his incredible students."

Lastly, Mr. Shoemaker, Superintendent of KHS left his remarks on Mr. Woods impeccable record as both a teacher and coach.

"He has developed our computer science program into one of the elite programs in the Central Valley. Mr. Woods continues to grow the program giving students hands-on experience with real-world application."

"When our students leave his program, they are ready for the next level whether that be college or straight into the marketplace. Not only is Mr. Woods an amazing teacher, he is also a great cross-country coach. He makes our campus a better place."

Some other honorable mentions of award recipients include: Cindy Schreiner as Admin of the Year, Maria Mancini as Classified Employee of the Year, Art Campos, Marina Gasset, and Lisa Crespino as Classified Honorees.

Furthermore, Josh Woods as Certificated Employee of the Year. Certificated Honorees included Jim Cranford and Marci Cranford. Coach of the year was awarded to Phil Bergstrom. Finally, Sam Marshall, photographer to KHS was awarded Community Member of the Year.



New Year's Resolutions

By Mary Palmer

Staff Writer

New year, new resolutions. Every day is a new day, but every year is a new beginning. It all depends on how you interpret life.

In January you could become a whole new person if you wanted to. That's the thing with starting a new year.

Resolutions. Resolutions are goals you give yourself to complete within a year; they can be long-term or even short-term goals. However, they are different from just regular goals you give yourself because resolutions are more in-depth and challenging.

Now, a lot of people don't stick to their resolutions after the first week or so of January. People become so motivated for a new year that they create crazy resolutions, yet most lose motivation for them.

However, seven percent of the population takes a new year as an opportunity to become a better person and stick to the resolutions they set for themselves.

Introduction to Teaching and English teacher Michele Schiller has been teaching here at KHS for a total of 23 years as of now.

Mrs. Schiller does not make any resolutions herself, but she applauds the ones that do and those that want to make a change for the better. Mrs. Schiller claims she does however have goals.

"My attempts to achieve them are solely based on the seriousness of the goal and its impact on my life. My goals produce positive outcomes, so if I identify a need for change, I plan attainable steps to make it happen," states Mrs. Schiller. If she is unrealistic, she sets herself up for failure.

Senior Randi Griffin made two resolutions entering the new year; to have a more positive approach to life as well as being more productive and less laid back about things.

Throughout this month she has kept to her word and has been working on her resolutions.

Resolutions can be anywhere from quitting an addiction to exercising more to even having a smaller amount of time spent on your phone.

One major resolution in the world that people make is to spend less time on their socials. Over the past nine years there has been a 62.5 percent increase in time spent on social media throughout the world, which is equivalent to an increase of one hour per day spent on social media.

Resolutions differ based off of what you're into and what you like to do. Age is a huge factor on deciding what your resolutions will be.

For example, adults are most likely to create more realistic goals for themselves while children are less likely to do so.

This is why many people set a resolution to be less on social media or their phones in general.

Junior Sadie Turmon has a different interpretation on resolutions. She believes that people set too high of standards on the resolutions because they are hoping for better results throughout the year.

"I make goals more than resolutions so I can reach them without disappointment," claims Turmon.

Thousands of people all around the world make resolutions for the following year one-to-two months before the current year ends.

Freshman Davin Collazo believes resolutions aren't just for the new year. According to her, people make resolutions on New Year just to fit in with the crowd.

She thinks that most people never stick to their resolutions more than a few weeks or even months. The majority of people just give up on them because they lose motivation to complete these resolutions.

Collazo concludes, "People have gotten lazy and resolutions give them that temporary

good feeling of them doing something good for them but it doesn't matter unless you have the mentality to be able to stick with it."

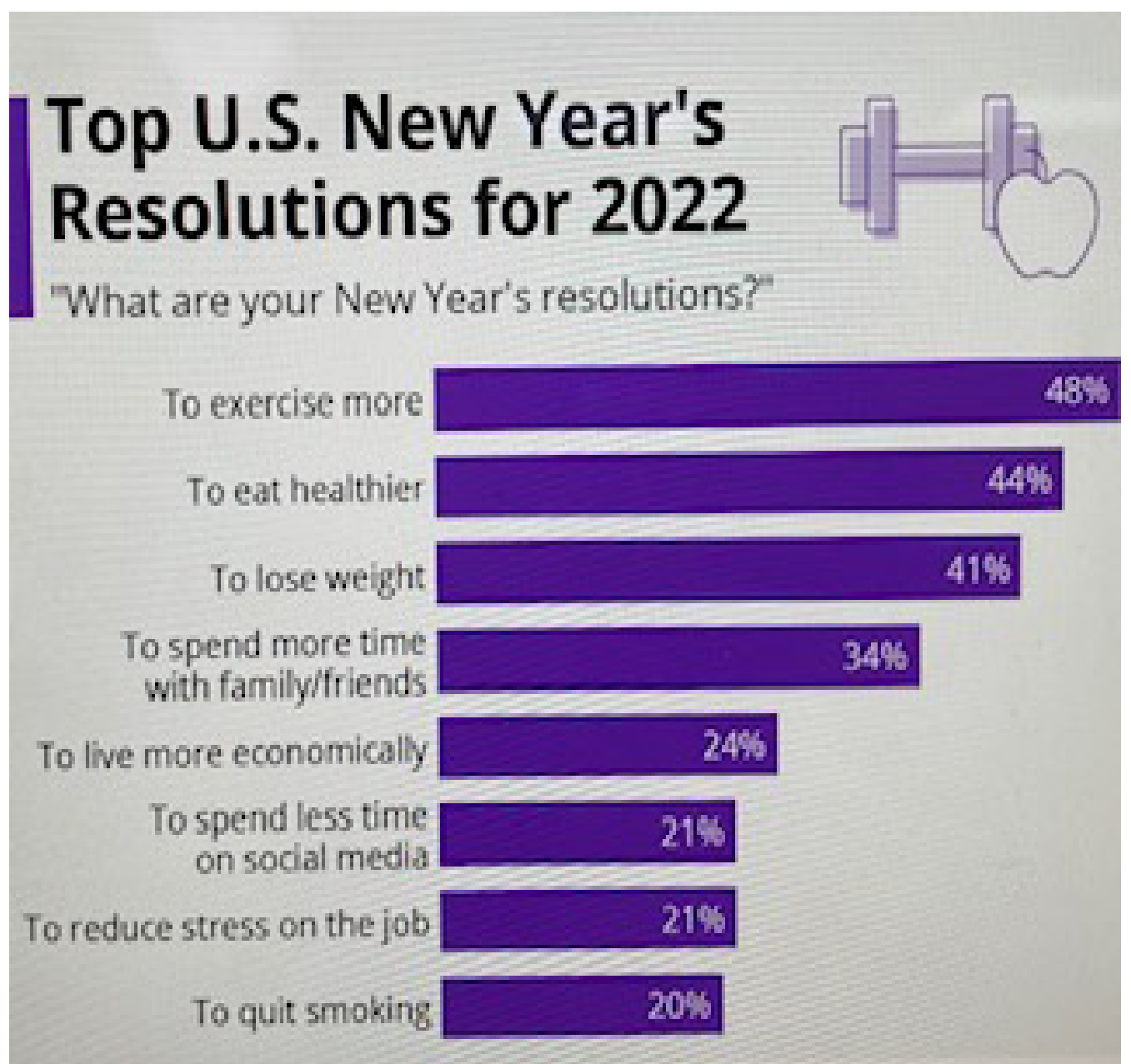
"New Year's resolutions are good because you get to organize goals for yourself."

Junior Bethany Emmersen

The image below shows the results from 399 adults in the United States. They made the resolutions during the end of 2021 to prepare themselves for what's coming in the future of 2022.

Research shows that the top eight resolutions made for 2022 were to exercise more, to eat healthier, to lose weight, to spend more time with family/friends, to live more economically, to spend less time on social media, to reduce stress on the job, and to quit smoking.

Forty Eight percent of the 399 adults surveyed choose their top resolution to be exercising more.



What are your 2022 New Year's resolutions?

Upcoming Events For The Next Semester In FFA

By Victoriana Dimas
Staff Writer

During this last semester of our school year, the Agricultural Department is offering some awesome events and activities that the FFA students can participate in and attend.

Each semester the Ag students have a requirement to participate in four FFA activities to add up to their final grade of the semester. These activities are 15% of the students' grades, so it's important that the students go to at least four activities.

There are a lot of fun activities the students can do. Some of them can get free food and others can play some fun games! Let's take a look to see what's in store for this next semester in the Agricultural Department.

One of the first activities that the students could have done was Roller Town. Roller town was



a fun activity that students can do to socialize, meet new people, and get more involved. This event is free for students who just earned a degree, and is \$10 for everyone else.

Another activity are the monthly meetings. In these meetings, the FFA officers lead the meeting telling everyone the news and what's upcoming for the next month. After some meetings the FFA

Officers will hold activities in the Ag Quad. Some activities include decorating Christmas Ornaments, or making smores.

One of the most exciting events this semester will be the FFA State Conference. The conference is a four day event from March 26th through March 29th. This year the convention is in Sacramento, California. During this four day trip students will get to go on tours, learn more about the FFA, and meet other agricultural members from different parts of California.

The FFA Conference is a great way for the students to get more involved in FFA, and for them to learn more about Agriculture and the state of California. Students can no longer sign up for the state conference, but The KHS Agricultural Department hopes our students will have an incredible time learning more about Agriculture and the state of California during those few days at the State Conference.

There are many activities in our school's Agricultural Department that our FFA students can participate in. The KHS Ag Department hopes more people will join FFA next year!

KHS Drama tackles Sound Of Music Production

By Celina Taylor
Staff Writer

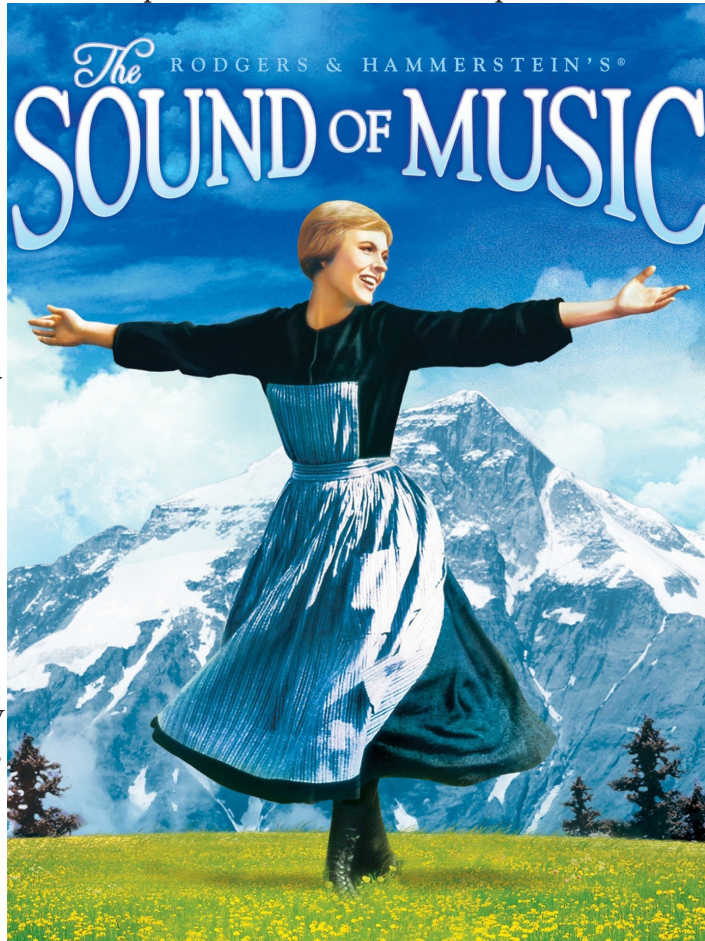
New Year, New Play! It has been months since the KHS drama production has given us new theatrical entertainment. 'The Sound of Music' Directed by Laura Vallenari and Richard Mynderup. Written by Rodgers and Hammerstein created on April 1, 1965.

The Musical is a tuneful, heartwarming story. Based on the real story of the Von Trapp Family singers, one of the world's best-known concert groups in the era before World War II. Maria, a worker at an Austrian abbey who becomes a governess in the home of a widowed Sisters and Nuns with seven children, and brings a new love of life and music into the home.

The Cast will be including: Sophomore Kristen Pacheco playing Maria Rainer, Sophomore Damian Mendoza as Cpt. Georg Von Trapp, Freshman Elli Ambriz as Elsa Schraeder, Sophomore Thomas Roman as Max Detweiler, Senior Mackenzie Wilson as Liesl, Freshman Dennis Fan as Fredrich, Freshman Davin Collazo as Louisa, Freshman Adan Tirado as Kurt, Sophomore Emily Ayala as Brigitta, Ali Givens (from Clay School) as Marta, Esther Vallenari (from St. La Salle School) as Gretl, Freshman Aaron Dorrough as Rolf Gruber.

Freshman Ragan Boen as Franz, Junior Emma Chappell as Frau Schmidt, Junior Grace

Zeller, Freshman Taylor Swan as Baroness Elberfeld, Junior Katelynn Benitez as Frau Zeller, Junior Oliva Hale as Sister Bertha, Freshman Elli Ambriz as Sister Margaretta, Senior Laney Dorrough as Sister Sophia, Freshman Katie Bishop as Mother



Abbess, Freshman Taylor Swan as New Postulant, Freshman Davin Collazo as a Nun, Sophomore Emily Ayala as a Nun.

Then the Ensemble includes Freshman Ricardo Vasquez, Freshman Taylor Swan, Junior Katelynn Benitez, Senior Stephanie Gallegos, and Adeal Roman (From rafer)

KHS Draman Production is very excited to show us what they are made of with their brand new musical. Learning and growing from their mistakes from the last hoping to be better than before.

"It feels good doing a musical again after two years without one. It is a lot of work but totally worth it." Laura Vallenari the play producer stated, "We are starting to build components of the set right now and have been rehearsing for 3 weeks already. For the past two Monday holidays, our cast has put in four hour rehearsals. We have rehearsals at lunch and after school and everyone is working hard to get this show ready for the stage."

"Mr. Donovan's students are welding a set of windows that will be used throughout the show. Mr. Mynderup is doing all of the music and orchestration and has given up a lot of his lunches to work with students on their songs. Things will really start to ramp up as we head into March and get closer to opening night."



Greenhand Degree Ceremony 2022

By Asha Mohan
Staff Writer

In January's FFA meeting, first and second year students were given their Greenhand and Chapter degrees for Ag.

Greenhand is the degree in which students receive as a first year agricultural student. The Chapter degree is what students receive as a second year agricultural student.

When a student signs up for the agriculture classes, they first have to take an intro class like Intro to Ag or Intro to Ag Mechanics 1. That is where they will learn the history of FFA and all that will help them earn their Greenhand degree.

To get your Greenhand degree students have to be enrolled in an Ag class, they have to learn and explain the FFA motto, salute, and creed, they must describe and explain the meaning of the FFA emblem and colors, and they must understand and explain the FFA code of ethics.

The award meeting was moved to February 2nd at 5pm and about 100 students earned their Greenhand degree this year, including all of the Greenhand officer team.

Amanda Ferguson, the Ag earth science teacher said,

"We are always very excited to welcome Greenhand members into the FFA by awarding their Greenhand FFA degree. This degree recognizes students for their knowledge gained all about the FFA and what it can offer them. This can also be the first step in the FFA degree award program for students interested in eventually earning their Chapter, State, or American degrees."

Freshman Jillian Penner, who is also one of the Greenhand officers said,

"I feel accomplished since I worked to get

my Greenhand degree."

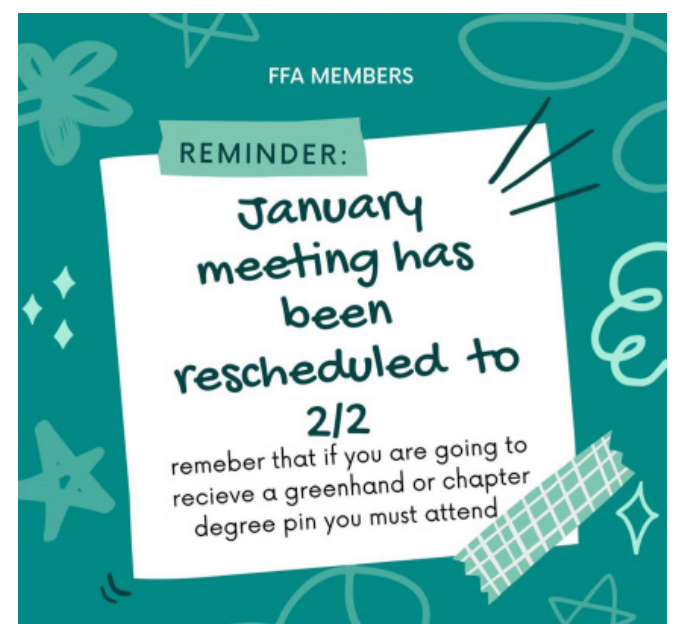
Freshman Madilynn Buendia, who is also one of the Greenhand officers said,

"It was exciting and I'm happy that I'm getting more involved."

Freshman Amy Quiroz said,

"It was very very exciting and I feel very accomplished."

2022 Kingsburg FFA Greenhand Degree Recipients		
We are pleased to announce that the following students have been awarded with their Greenhand FFA Degree. Please join us in congratulating them on this accomplishment.		
Aaron Dorough	David Paulsen	Laryssa Salinas
Adan Vera	Dillen Plquette	Laura Angel
Adilene Carreon Serano	Dillon Unruh	Luke Vieira
Aiden Alvarez	Emily Fedor	Madilynn Buendia
Amy Quiroz	Eric Anthony Garcia	Madison Carnes
Ana Sandoval	Felicity Gaytan	Mikayla Laney
Asha Mohan	Gavin Alanis	Nathan Jay Ferrell
Ashley Perez	Grace Mettee	Olivia Furlong
Aylin Vargas	Gregory Ross	Pedro Avila
Baldemar Gomez	Hunter Nelson	Price McLaughlin
Briana Perez	Isaac Robert Pasillas	Rachael Farley
Bryce Cornett	Isabella Grilione	Rei Talawepi
Caitlyn Van Laar	Ismael Hernandez Gonzales	Ryker Brock
Caleb Ransom	Jaslynn Gutierrez	sarah carver
Caleb Sikora	Jax Visser	Serenity Hudler
Caleb Pasillas	Jayce Caldwell	Sophia Martinez
Callie Waldner	jayden rios	Sylvester Parra
carter hatcher	Jesus Ledesma	Tanner Kelm
Celina Taylor	Jillian Penner	Taryn Parker
Chase Coddington	Jonathan Jimenez	Timothy Wallis
Chase Hays	Joselyne Barron-Munoz	Trevor Douglas Nelson
Christian Croissant	Kane Dunlap	Tristan Amparan
crystal smith	Kaylee Castellanos	Victoriana Dimas
Dalyn Breckenridge	Kaylynn Fridolfs	Wayne Brandon
Daniella Cacace	Kirrah Morton	Zackary Ribeiro
	kyle castellanos	



Gas Prices Rising Creates Hardship For Student Drivers

By Belen Quiroz
Staff Writer

Should gas prices cost this much?

Should it keep increasing at the rate that it is?

Everyone needs gas to run a vehicle unless it's an electric one. Opinions vary as prices on gas begin to increase.

Lots of people complain about the increase in gas prices while others don't mind the increase. From personally hearing what others say, there's only people who disagree on this. Most students at KHS dislike the prices increasing because a lot of students here pay for their own gas.

They don't want to pay approximately five dollars a gallon per gas. This means that only twenty dollars of gas gets around 4 gallons of gas, that can only take the car so far.

"They're expensive. I've noticed that they've raised a lot. It's wasting my money! I really don't like it." - Junior Kaili Soria

The average KHS student puts seventy dollars of gas in their car per week.

There are many people that own cars that need a lot of gas. This varies from the lengths they drive, to the model of car they have.

But either way, they need to keep pumping gas.

Not everyone is able to have a job that they live close to. The Average job for an American is 26 minutes away from their homes.

Now imagine the amount they have to pay per week. Now think per month. This doesn't include their personal reasons to go somewhere or when they go out.

Not everyone wants to go to the gas station and spend a lot of money on gas all the time.

But why is this all happening? How did this even start? Why would the prices be increased in the first place? I'm almost certain that almost everyone is wondering about this.

Researchers say it's from Covid happening. During



Covid stimulus checks were released and the prices of products were increasing fairly, one of those being the price of gas.

In an article from The New York Times, it stated, "the coronavirus deserves much of the blame. Gas production fell when demand plummeted last year amid stay-at-home orders, and it hasn't caught up as commuters and tourists return."

Since the virus began the production of gas decreased. This caused the gas production to not be like how it used to be. This then made the prices increase.

As more demand for things in the econo-

my increases, this makes prices rise. If the supply for certain goods increases, then this allows the higher price to be sold at that price.

An example on how to visualize this and get a better idea is a baker. If a baker makes cakes, then they would sell them at a good price.

Now if the demand increases they would sell a lot faster. Then they'll raise their prices.

So since the baker gets more demand for cakes, they will sell more and at a higher price making them earn more money.

Same thing goes for gas. Since the demand rose, the prices also were raised.

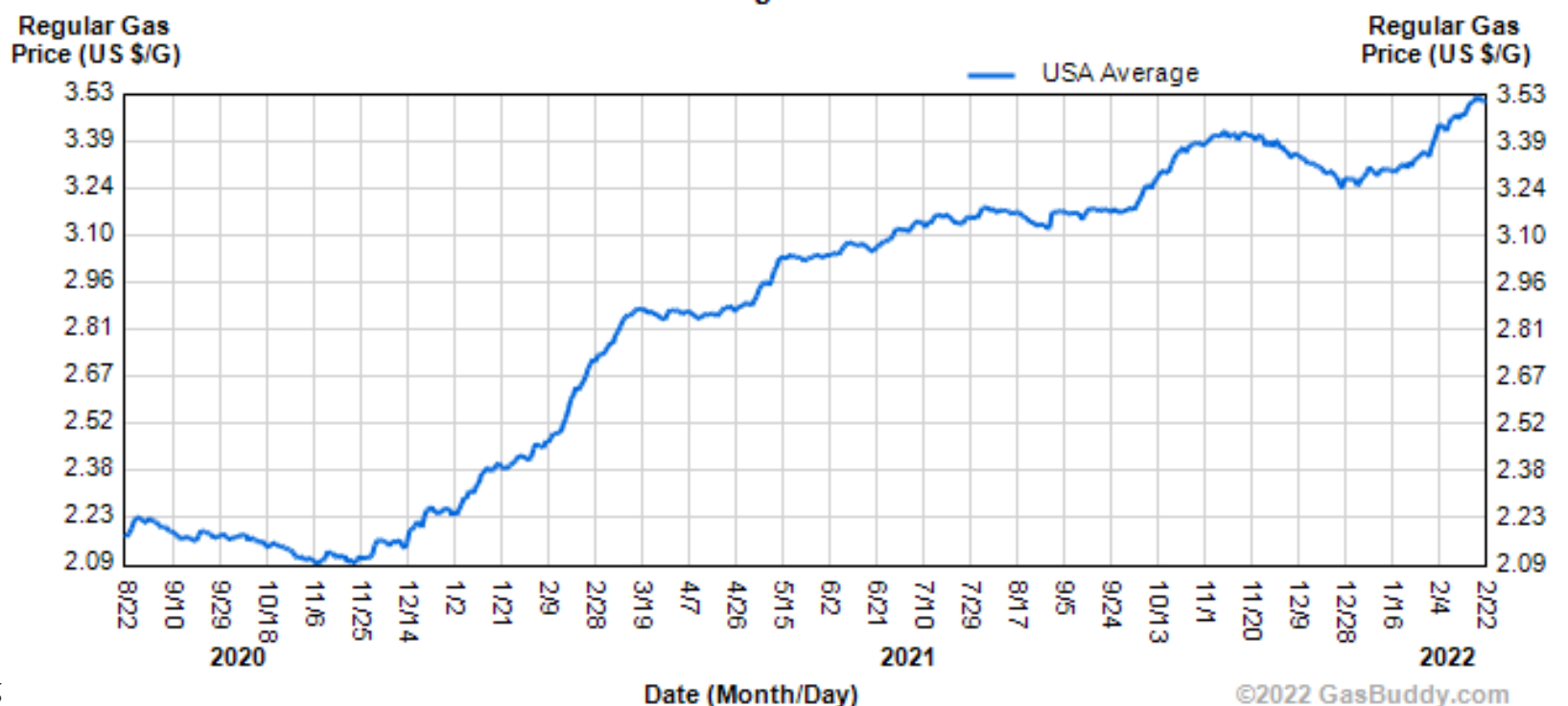
KHS students want to have fun and go out. To waste their money on things they enjoy and like. The students don't want to have to waste money on gas.

Most students already only make so much money working and having to go to school.

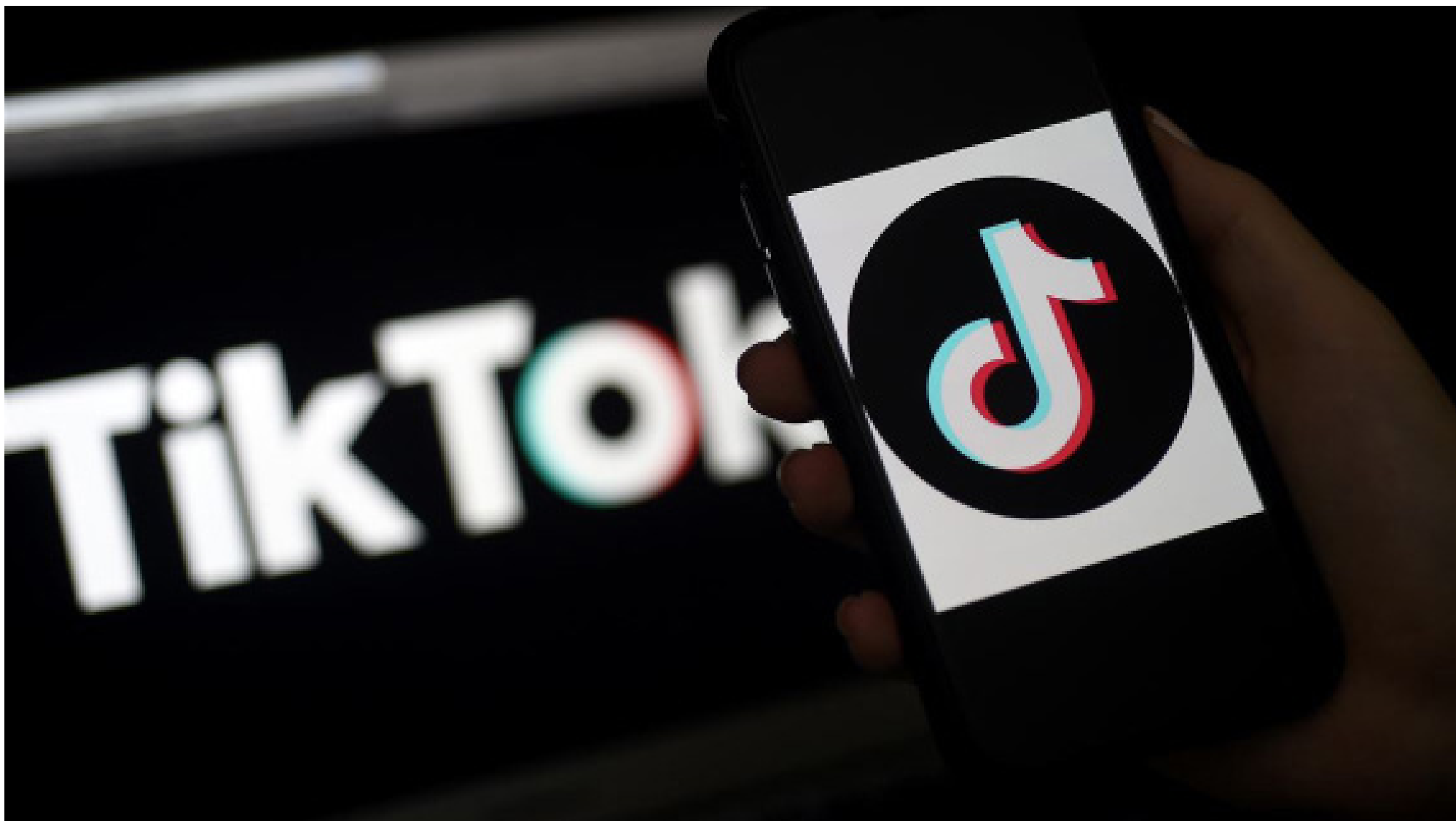
Gas alone shouldn't take up the whole paycheck.

"I think they are ridiculously high and they should definitely lower them. I don't have a car but I would definitely not like to pay those gas prices." - Junior Alejandra Esquivel

18 Month Average Retail Price Chart



What goes through your mind when you think about gas prices?



TikTok Influences Teenage Mental Health Wellness

By Joyah Hernandez
Staff Writer

The social media app known as Tiktok is trending worldwide. People all over the world use it to influence others, show off their talents such as singing, dancing, comedy, lip-syncing, and so on. They film themselves doing such thing creating and sharing videos across a community.

The app is used for many different purposes. Many teenagers have become addicted to this app to the point where they watch for hours at a time. Not looking up from their phone. People wake up and immediately go on the app and also use the app before they sleep.

TikTok users feel comfortable on the app and are even trying to engage with one another. People use the app and enjoy their time by the distinctive content they find and are even able to show themselves with their own content.

There are also challenges and multiple trends that go around on the TikTok platform on its app. Some are done successfully and some that have led to serious injury or death.

There are different sides of TikTok as some would say, it includes your style and taste. So TikTok is not necessarily the same for everybody.

Now as some might agree that TikTok isn't all fun and safe to be on just on a regular day. There are many statements and articles about cyberbullying that have been occurring within the app.

"TikTok encourages negative comparison." This kind of situation is said about most social media platforms but seems mostly aimed towards TikTok.

There is proof and articles stating that 63% percent of underaged girls of the ages of 12-17 who use TikTok on a weekly basis are associated with increased anxiety and depression.

It is especially dangerous for children and teenagers who are already suffering with mental health problems. Specifically depression and eating disorders.

"I believe TikTok can be mentally draining for everyone who uses the app and it can decrease a persons mental health."

- Junior Mary Palmer

Communicating with people about mental health could be very damaging to a person.

Though, Tik Tok's users illnesses concerns are escalating.

One huge problem is that TikTok provides a list of different types of videos that users have uploaded that involve unsettling, anxiety-causing posts. Lots of the posts are just flat-out toxic for some users.

According to reviews, suicidal and mental illness content was very easy to be accessed within a short amount of time of making an account.

For example, children and teens who are under the age of 16, who are admitted with depression can be an outcome of negative or sarcastic reactions.

Bullying can be very disturbing and frightening and could be an outcome of future problems. Unsettling content on many social medias, mainly TikTok, can make children and teens under 16 further into their mental illness.

Lots of known problems from the app have been noticed. TikTok has shown that there are inappropriate videos that are being published to minors.

Most TikTok challenges have encouraged kids to engage and involve themselves in foolish and illegal acts.

Stating people under 16 who already had or have been diagnosed with mental health problems are needed by therapists and professionals. Though, by communicating with their online TikTok friends, they feel they have each other to guide themselves.

What lots of people see, using social media apps as "help" and a distraction from their lives, but what they don't understand is that the apps are what is destroying them. Not engaging with professional help can become dangerous and life-threatening.

Edgenuity Providing Opportunities For Quarantined Students

By Lilliana Cortez
Staff Writer

When Covid cases were rising, more students missed school due to exposures and infection. This meant that students didn't get the proper instruction or teaching they needed in order to finish assignments. With this, a large number of students may have become behind because of confusion or difficulty in completing work.

Because so many students might have failing grades, they may need to take summer school this year to recover credits. This year again, Summer School is being done through Edgenuity so that students can learn what they weren't able to learn during the time they were gone.

Edgenuity is an online website that is used for online learning. It includes actual instruction videos explaining the topic that is being taught and how to do it. Including, the site lets the student try it on their own and explain why it's wrong, if it is wrong. This solves the problem of students not being able to learn without being present in class.

Every student has a way they like to learn, some visually while others just need to vocally hear it. Makenna Prine, Freshman commented, "I think it would be an amazing idea because it helps students understand the stuff they missed and how it is supposed to look like. It would benefit me heavily because I learn better when I see it." A lot of students here at KHS seemed to voice the

same opinion, agreeing that students that have been out of school due to Covid-19, need this opportunity to catch up with work.

Teachers have done everything in order to help those who were out with covid as much as they can. Amanda Manuszak, an Earth Science teacher at KHS, noted, "I'm not sure I have an answer. I'll say that having many students out sick has been very difficult for everyone. Students and teachers are all doing the best we can. If a high amount of students keep being absent due to Covid, there might be other solutions we aren't currently doing. I'm not sure what those would be."

Ideally, increased availability of Edgenuity for Summer School would be a great help so that students can recover and missed credits and fill in any learning gaps.

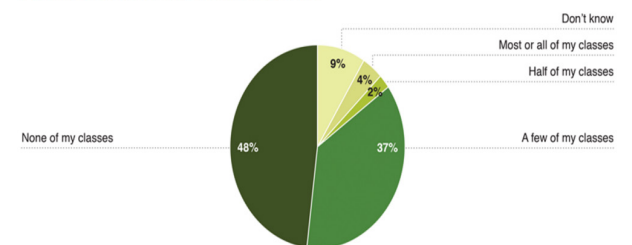
With Covid already being a stressful situation, teachers have to keep track of over 100 students and those who are absent. Some believe that making online classes for those out sick isn't the best option.

"Online classes right now are set up for students who are distance learning and are two semesters long. Since most students were out on the average 1 week this didn't seem like the best option. I think the key to students not falling behind when out for an extended period is communication with teachers. Teachers should also be flexible and understanding during these unprecedented

times," Clemente Moreno, a math teacher here at KHS proposed.

Everyone has had ideas on how these online classes could benefit students and how it could cause some conflict. Let's look at the facts, in July of 2020, a survey for students from the United States through K-12 was taken. 47 percent of those

Personal Desire to Take Online Courses



with kids said they learned less online, while 37 percent said they learned about the same(<https://www.statista.com>).

Some of the major benefits of increased access to Summer School are that students can catch up with missed learning more easily, and they could be able to understand the material without coming back to campus next year behind in credits.

Many are doing their best in this time of stress. There are many solutions and many more to come that everyone can get on board with to help benefit them all.



Kingsburg PD Explorer Program Mentors Vikings

By Maria Escoto



Staff Writer

The Explorer Program is a program that helps young adults who want to have a future career in Law enforcement by giving

kids the opportunity to learn more about the field through mentorship and some hands-on experience.

The Police Department trains students in things the police do and encounter everyday. The point of the program is to educate students on the laws and strategies they would need to overcome obstacles that people in law enforcement usually face.

The explorer program is all around the United States. According to the New York Police Department's website, it says nearly 2,500 young men and women from all 50 states have joined the program this year.

In Kingsburg, the Police Explorer Program meets every other week. There are two police offi-

cers that train the class, Officer Moon and Officer Villanueva. Officer Moon has been helping with the program for four years and Officer Villanueva has been helping for two.

When Officer Villanueva was asked how the Explorer Program can help kids she answered, "The Explorer Program introduces teenagers to the basics of law enforcement and allows them to understand their future career. It also teaches them accountability and discipline."

Kingsburg PD Chief Neil Dadian has been very supportive of the program. The program has a lot of plus sides. There are rules that the students are obligated to follow and the Explorers promote professionalism.

Students involved in the program must maintain high standards to participate. They must have at least a GPA of 2.0 or higher. The students must also participate in the classes and show up to town events and festivals to represent the Kingsburg Explorer Program.

When Officer Moon was asked what he hopes for in a possible recruit he said, "Someone who has interest in law enforcement and that is trustworthy and honest"

The Explorer Program was created in 1958, and has been going strong for many years. It gives young adults the opportunity to learn about the law. Students that join the program are

usually those who are interested in a job in some type of law enforcement field.

The Police Explorer Program holds competitions for students to be tested on what they've learned. The different towns have their own programs so the students compete with each other. According to California Highway Patrol, "The State Explorer Challenge is a competition designed to be very demanding on the physical and mental capabilities of each Explorer.

Events will be designed to test the strengths and limitations of a person's intelligence, personality, demeanor, and physical abilities, as well as dedication and conviction to the Explorer Program."

The program gets interested candidates ready for the competitions with its classes and training with Police Officers.

The competitions test individuals on things such as an active shooter, traffic stops, felony stops, crisis negotiation, domestic violence and other situations that cops usually have to react to as a part of their job.

Competitions also test on crime scene investigations, suspicious persons, Burglary investigation, officer down and many more things that Police Officers have to do.

This year, Kingsburg PD has five candidates currently in the Explorer Program.

US Still Impacted By Grocery Store Shortages

By Jenna Rogers

Staff Writer

March of 2020. What a crazy time all across the world. One thing everyone can agree on is that the separation and distance from people was very hard. This was a difficult time for everyone, no doubt about that.

Due to Covid 19, the month was an experience no one will ever forget. Some people may remember this in different ways. Kids may remember this as a time away from school and a long break.

While adults may remember this time as being laid off, they may also remember it was hard to find food or toilet paper and the bare essentials.

There were many shortages due to the pandemic that everyone remembers. The shortages were caused by people buying things in bulk or being out of work.

Whether they were worried about not having enough or they may just have a big family to support. Being out of work caused companies not

being able to ship their stalk.

When science teacher Amanda Manusak was asked about the scarcity in 2020 she said, " We had a hard time finding flour and peanut butter."

sauses and other weeks you can't find yogurt or eggs.

According to Parade.com shoppers will start to see beef and bacon shortages. Also from this website we will begin to see shortages on lunchables and juice boxes because of disrupted supply chains.

The juice boxes and lunchables are just not able to get to stores. Lot's of shortages are still coming but hopefully nothing major or threatening.

Bigger things in shortages include rental cars or new cars. This could be because of the lack of workers or the lack of parts to build the cars.

The shortages could affect the school in different ways. Whether that could be the teacher's not being able to get to school because of the car shortages. Or students could see the effects of shortages at the school snack bar for



Here in the beginning of 2022 we are starting to see some shortages again. What people have been seeing is that random stuff on the shelves is out of stock

Some weeks consumers can't find pasta

lunch.

The meat shortage could cause the chicken sandwiches or the club salad to be taken away and replaced. Hopefully the students will not see the effects of the shortages at KHS.

Third Dose 'Booster' Causes Controversy

By Gracie Davis
Staff Writer

The Centers for Disease Control and Prevention (or CDC) has recommended that all persons aged twelve and up should receive a third dose (or booster) of the Covid vaccine at least five months after the second dose. They say that a third dose of the Pfizer vaccine increases neutralizing antibody levels and three recent studies from Israel have shown improved effectiveness of a third dose in preventing Covid-19 associated with infections of the Delta variant.

As students, it is critical to stay updated and informed on all the Covid measures. Everyday there are new articles and stories concerning vaccines, new mandates, and opinions. It is important to stay knowledgeable about what is greatly impacting our world and lives.

According to the CDC, recent data has shown that the vaccine's effectiveness at preventing infection and/or severe illness wanes over time, especially in those ages sixty-five and up. The recent development of the Omicron variant further stresses the importance of vaccination, boosters, and prevention efforts that are needed to protect against Covid-19.

This booster shot has created lots of controversy. When searched online there are articles from "Data shows Covid booster shots are 'not appropriate' at this time, US" (CNBC) and "Most

people don't need a Covid vaccine booster, new review says" (NewYorkTimes) to "Pfizer data suggest third dose of Covid-19 vaccine 'strongly' boosts" (CNN) and "Yes, you should get a Covid booster" (WSJ).

Recently, a review was published by an international group of scientists, including some from the Food and Drug Administration (FDA) and the World Health Organization (WHO).

According to the review, none of the data on coronavirus vaccines so far provides dependable evidence in support of boosters for the general population. It said that boosters may be of use for those with weakened immune systems, but are not needed for the general population yet.

The new review, which is published in the Lancet (a peer reviewed medical journal), also said that whatever advantages boosters may provide would not outweigh the benefit of using those doses to protect the billions of unvaccinated people worldwide. As well as while Covid vaccine effectiveness against mild disease may wane over time, protection against severe disease may persist.

People are worried about the rush to boosters. Some say "Fear, not science, is clearly the driving motive here." While others say things such as, "By waiting for scientific certainty before authorizing boosters for all adults, the F.D.A. is taking the reckless approach rather than the conservative one."

The CDC tweeted, "Is it time for your #COVID19 booster? Everyone ages 12 years and older should get a booster shot as soon as they're eligible to be better protected against COVID-19, especially severe illness, hospitalization, and death."

The responses were mixed such as "Nope" (joshuatrees_), "I'm already boosted and proud!" (packerbackerray), "Why do young people need a booster shot that doesn't prevent transmission nor is effective against the current variants? The CDC are frauds and need to be investigated for spewing lies the past two years" (mr_shaz21), and "I got my booster in November". (springcandian1)

There are so many articles, tweets, posts, and stories trending right now. This makes it hard to tell the fake news from what's real. As students and/or minors, it is important that we are able to separate the real and fake.

Trustworthy sources can be peer reviewed articles or books, and websites ending with .com, .org, or .gov. Social media and sketchy websites are reliable for real news.

Students should be sure to read up on current stories concerning Covid, as it's constantly changing. It's important to be informed, especially with the upcoming vaccine mandate for schools.

After tough Omicron battle, Covid numbers begin to decrease

By Amia Mathis
Staff Writer

Over the past few weeks Covid-19 cases have been decreasing allowing people to just about get back to their regular lives.

Doctors around the world saw an increase in Covid-19 cases after Christmas and New Years when people were spending the most time with family, away from home. In California there are a total of 8,259,026 cases with 22,890 as a daily average.

On a daily there are 65,500 vaccinations given and 70,785,204 total vaccinations that have been given in the state of California. With a 5.7% Covid-19 test positivity.

As of the date February 15th there has been a 3.2% decrease in positive Covid-19 tests. The Covid-19 vaccine helps your body fight Covid if you get it.

Scientists and Doctors have noticed that vaccinated people have a better chance of sur-

living Covid than people that aren't vaccinated. There is also a new type of Covid called Omicron, which had also increased but decreased rapidly

by prior viruses.

However, Omicron isn't as severe as Covid-19 and doesn't cause as dangerous symptoms.

Health officials are sure that the surge of cases should be over within a number of days. There hasn't been an exact number of times that a person can contract Covid, but it's possible to get it multiple times even if individuals are vaccinated.

The indoor mask mandate is getting lifted on February 16th even though they are not lifting the mask mandate for California schools. About two weeks ago Covid-19 cases started to decrease on Campus leaving only a few students on campus out.

Even though that Covid-19 cases are dropping, students still have to wear

masks at school. The state will be relooking at mask requirements again on February 28th for all California schools.



within the days.

The Omicron strain spreads easier than any other Coronavirus strains. It also more easily affects people who are vaccinated or were infected

KHS Lady Vikings Lost in the Second Round of Playoffs



by staff writer Kirrah Morton

Photo by samuel marshall

The KHS Varsity Girls Basketball team made it into the CIF playoffs! After a hard season these ladies have persevered and made it to the playoffs, but sadly lost in the second round.

Their first game was Feb. 16, 2022 against the Orange Cove Titans with a final score of 66-54, Vikings. Moving on in the playoffs our Lady Vikings went up against the Corcoran Panthers. They lost 73-64.

KHS Girls basketball is led by Head coach Nathan Ayers. Cameron Raven, Brooklyn Miller, Maci Chavez, Jasmin Lopez, Ebanie Vildosola, and Alyssa Joseph are the five seniors on the team and all take turns in the team captain's role.

KHS Lady Vikings have had a pretty 50/50 season. With a record of 7-5 in the CSL League, and 16-15 overall.

The team had their biggest win against Mclane with a score of 82-28. They have had some big losses, but they have still pulled through, and

fought hard to win the games they did.

"The most challenging game we had would

this season, but when asked about their biggest challenge to date, both Ingrao and Chavez said the game against the Dinuba Emperors was the most challenging.

"My favorite game so far was against Immanuel. We smashed them and blew them out of our house. Everyone on my team played extremely hard and wanted that game and we got it," said Chavez.

The Girls defeated the Immanuel Eagles on Jan. 20, 55-34.

Kingsburg Vikings and the Selma Bears have been rivals for years. On Selma's senior night, they played our Lady Vikings. The Jv team sadly lost, but our Varsity girls took home a win, 55-48.

This also was not the first time we played the Bears this season. January 18, 2022 they played them and also won 66-60. Wins like these means everything to them as Vikings.



photo by Samuel Marshall

probably be the game against Dinuba. Mainly because we have always wanted to beat them, but were never successful. They match us in skills and it makes for a close game" stated Junior Paige Ingrao.



Photo by samuel marshall

KHS Boys Basketball Eliminated in First Round of Playoffs

by staff writer Scarlett Laitia.

The KHS Varsity Boys Basketball team came back this year finishing the 2021-22 season 17-10 overall. They didn't meet the heights of their 2020-2021 State Championship season, ending the season after the first round of playoffs

The Vikings made it to the first round of CIF playoffs against Roosevelt, where they lost 65-68.

Despite the premature season ending, the Vikings had a few successes.

Senior Mathew Ruegge broke the school record for the most points scored in a game against CVC. The record was previously set in 1967 with 47 points scored. Ruegge also tied the school record of most three pointers made during a game which is 9.

The Varsity Boys Basketball ended their season being 8-4 in league. Earlier in the season.

Varsity Head coach Phillip Bergstrom announced, "So far, we are 14-8, and, more importantly, we are still working hard towards meeting

to get close to peaking at the right time."

Bergstrom added, "My guys show up every single day and continue to put in the work required to give us an opportunity for a deep playoff run. That is the most important part, and that is what makes this year so fun. We are all dedicated to figuring this out, and we're very close. We're focused on just getting better every single day. We're focused on the grind. The results will take care of themselves."

Senior Gavin Gozales stated that his high school basketball career was "Everything I could have wanted". He also went on to say "Winning Valley twice and even a State Championship really made the basketball program build a lot of confidence. We faced a lot of adversity this year. We lost some games we should have won, but things don't always go our way. We are a hard working team

and had what it would have taken to go all the way".



photo by Samuel Marshall

our potential as a team. The last three weeks we've been playing the most energetic and consistent basketball of our season, so I think we're starting

2022 Cheer Senior Night



By Mary Palmer
Editor-in-Chief

Senior night, a very exciting, emotional, and memorable night for many. On this day the Senior cheerleaders will be honored and recognized for their sport.

On February 9, 2022 will be the last game our Senior Viking cheerleaders will cheer at. It will be a home game vs. Selma High School.

The senior cheerleaders each have their own posters up in the New Gym to be recognized for their dedication and commitment to the KHS cheer squad.

The seniors honored on the cheer team include; Mckenna Soliz, Leann Hinojosa, Emma Williams, Kathleen Palmer, Serina Moreno, and Adri Fuentes.

Senior Leann Hinojosa has been apart of the team during her Sophomore and Senior year. "I decided to cheer because it's something I love to do with my best friends," claims Hinojosa.

Her favorite part about being on the team is making new best friends and memories that will last a lifetime,

Senior Kathleen Palmer has been a mem-



ber of the KHS cheerleading squad since she was a freshman. To her, cheerleading is more than the sparkly uniform and cute hairstyles. Palmer's definition would be a committed, well-spirited individual with the power to lead many.

These girls put hours and days into the KHS Cheer Team and giving it their all on performance days. They cheer for all Football and Boys Basketball games throughout the seasons.

Palmer states, "My experience has been four years of pure growth in every aspect of my life. The adrenaline from the crowd roaring at games to the simple smiles given by the pee wee cheerleaders. It's been an amazing four years."

The cheer team performed an amazing show during halftime of the Varsity basketball game against Selma. They learned and hit this cheer routine within two days of learning the routine.

Each senior recieved a tiarrah, posters, flowers, and a sash during their moment on Senior Night.

