

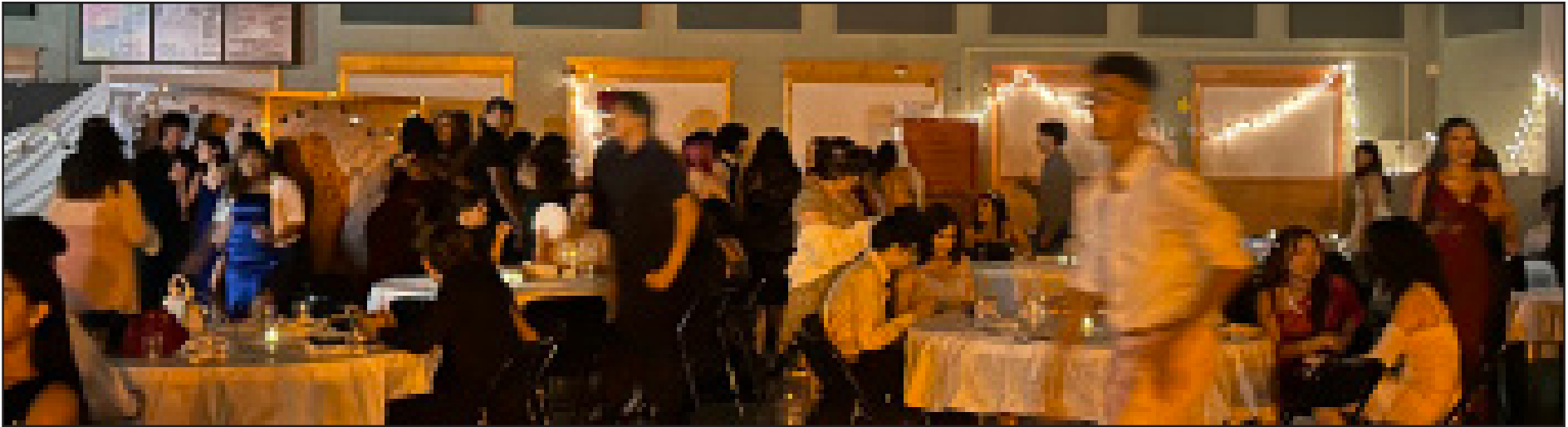


Mount Media

Campus Newspaper

vol. 1

Changing the narrative, one truth at a time Mount Diablo High School Concord, CA 2023-2024



Students at the homecoming dance in the Romaine Hall.

MDHS Celebrates HoCo ‘23-’24

Arriva Atl & Campanita Bella

What is Homecoming?

Homecoming is a celebration of the new school year. Held during the week before the end of the first quarter is when we welcome new and fresh beginnings. To enjoy the start of the new year, a series of games, activities, and events are held among the schools to participate in. We will cover those mentioned ahead.

HoCo Football Game

On Friday, October 6th, Mt. Diablo had their Homecoming football game against Ygnacio Valley. Half time included some special performances from Mt. Diablo's cheer team and flag squad. Students and families cheered their way to victory! The final score ended up being 49 to 22 with Mt. Diablo taking the win once again. This is Mt. Diablo's 5th win this season.

Homecoming Spirit Week

From October 2nd to October 6th, Mt. Diablo students participated in the homecoming spirit week and lunchtime activities. On Monday, Favorite Artist Day, students dressed up as their favorite musical artists. Our most recognized artists' replicas were Taylor Swift and Ice Spice. For that day's lunchtime activity, students were able to enjoy the Hula Hoop Race and compete in a game of Tug of War. On Tuesday, Jazz Day, students dressed in classy clothing. To bring our students to a popular musical game from the past, Musical Hot Potato was that day's game. On Wednesday, Rave Day, students dressed in bright neon colors. On Thursday, Ranchella Day, students dressed as if they were going to a baile. Our first year's club

recruitment event was hosted that same day as well. Scholars had the opportunity to explore clubs around on our campus, including cultural and academic clubs and alliances.

Our first year's club recruitment event was hosted that same day as well. MDHS students had the opportunity to explore clubs around our campus, including cultural and academic clubs and alliances. On Friday, Class Color Day, students dressed in their assigned class colors and music genres.

The Freshmen were Rock and their class colors were maroon and black. The Sophomores were Pop and their class colors were yellow and pink. The Juniors were Latin Music and their class colors were orange and brown. The Seniors were R&B and their class colors were purple and white.

In addition, Hispanic Heritage Month is celebrated during the first half of October. A cultural Grupo Performance by La Nueva Klase was hosted for Friday's lunchtime that brought spirit to our community. The performance was brought by Fransico Avelar, Omar Girron, and Eric Perez. Our students were able to sing along and dance to traditional Campirano and Sirreña musica.

All students together with our staff, Dr. McCain and Dr. Murrow, came out and learned a couple of moves from our Latinx students. Shout out to our counselors who always come out to our events and dance with our students. Francisco Avelar, a member of La Nueva Klase, shares his appreciation for the event. "We are thankful for the invitation to come out and share our culture and music with our community and the rest of the school."

Homecoming Dance

Welcome Back Devils!

"It's definitely one of the best and funnest rally ever!"
-Kc Lopez, Sophomore

Coming back into the school year, students at Mount Diablo High School were greeted with the annual Welcome Back Rally from Leadership. This rally was full of games, announcements, and introductions to the sports teams. The rally is an opportunity to settle into the year with a positive attitude and personality. This year's rally had many high points of excitement, thrill, and comicality. But, this year was a little different than the rest as it happened while classes were ongoing. Peak Hour was removed, changing the whole schedule for rallies, classes, and the time.

First, The JROTC Color Guard made an appearance in the rally as the National Anthem and Mt. Diablo's song was sung and

played. Then, the cheer squad performed an amazing routine. Fall sports teams such as Girls Tennis, Girls Volleyball, and Football did a walkthrough. New sports like the Girls Flag Football Team and the Golf Team were announced. At the end, the Flag Squad performed an astonishing dance routine.



Flag squad performing in the rally

One of the rally's many highlights were the games. They played Hungry Hungry Hippo, Tug of War, and Pin The Tail on Danny the Devil. The games had students from the crowd and notably teachers participating. Some got very competitive making it thrilling and fun to watch.

student diversity, students expected for this event to represent and celebrate our richness in culture, and it didn't. With that being said, the Leadership Associative Student Body Team is committed to speak up and help create a change for the future.

This year, MDHS Associated Student Body '23-'24 mission is to improve and be consistent with student advocacy and communication. ASB officers have been openly accepting feedback from the Homecoming Dance participants and their opinions about how the event went.

The students were vocal about hiring quality DJ for events. ASB endeavors to ensure that for the next event, both the host and the attendees are satisfied with the services. ASB is dedicated to represent the student needs and demands, and will continue to assure quality events and serve our MDHS Scholars. To maintain a successful event, students are encouraged to enter with an open mind and give the chance to have fun. The more student involvement, the more money and funds we receive to use to provide better options and grander events.

"We are thankful for the invitation to come out and share our culture and music with our community and the rest of the school."
-Avelar, Senior

Lychee Quill

A fun and notable moment was during the Junior and Senior rally. There was spare time, so they played music. Plenty of teachers and students started to cheer and join the floor to dance with their friends. It got loud and hype, making it the most significant and memorable moment out of the two rallies so far.

A lot of students think that rallies are useless or boring, but rallies are a great way for students to participate in school and be part of a larger community outside of the classmates in their classes. Important announcements are given while the students are being entertained. This rally was informational and fun. School spirit is a thing that all students should have to support to keep the school at its highest.

Homecoming Rally, Successful!

Paris Morales

At Mt. Diablo High School, many rallies are being hosted. Different kinds of rallies for many different reasons and for many different occasions! But recently, the Leadership Class hosted our Homecoming Rally on Friday, October 6, 2023. It involved two rallies with the first being the Freshman/Sophomores, and the second being the Junior/Seniors.

The Homecoming Rally had games participated by not only the crowd and fellow members of various clubs and ages, but also by our amazing sports teams that were also presented and announced at the beginning of the rally to give them special attention for their hard work, and to encourage others in the audience to be prepared for this amazing event! At the rally, MDHS Cheerleading Team and Flag Squad showed off their abilities and talents that they've been working on for a while, truly putting together an astounding showcase of skills and talents, causing everyone in the audience to stare with awe and admiration.

Lastly, all grade levels presented their

skits, to add in more entertainment into the rally, and for the final event of the rally, they announced the participants of Homecoming King and Queen who were to be crowned later on.

The Homecoming Rally was meant to help motivate students to continue doing their best in class and behavior wise, and to celebrate the beginning of a new year and aim to make new memories with those we've known and those we've just met. But one of the most important reasons for the Homecoming Rally is to promote Homecoming and to help sell tickets to inspire students to get out there and support their school by participating in an event that they would remember for the rest of their lives. The rally was deemed successful by many. It influenced a lot of people to go, and helped push people out of their comfort zones to take in the full high school experience!

MDHS strives to make every rally special and work extra hard to make sure every detail is being considered. The last thing they want is to have a silent crowd and they



Students and staff seated in the gymnasium for the homecoming rally

never fail to make every rally better in the most creative and inventive way possible! That dedication and work ethic is what we aim to find in every student, and the amount of work our Leadership team and staff put into our rallies/events really shows us the true support and love they all have for the school!

The Homecoming Rally is unique from the rest, as it is meant to promote the tradition and the culture of MDHS. This rally was very exciting, though most times the crowd didn't always deliver the same energy that our Leadership members were hoping for. They continued to show their school spirit and try to uplift the crowd's moods despite whatever day they were

having, never falling behind or giving up that positive and inspiring energy! it shows! The Homecoming Rally was a big improvement to the previous Back to School Rally we had earlier this year. That fact alone makes students proud to be a part of the Mount Diablo Red Devils and makes us confident to support our school! Shoutout to our Leadership team and staff for all of their hard work and making sure they don't go unrecognized. They worked hard preparing, building, planning, and scheduling for this rally without leaving any detail unconsidered.

Stay tuned for more information on rallies and school wide events!

CARES allows me to have a safe productive waiting space after school

-Anahi Nava Flores, Senior

in different fields. For example if you're interested in carpentry, don't hesitate to go down to room AC57 to get started in it. College is not the only way to be successful and the CARES program understands that many students have different paths in life. They want to assure students that a career is possible without the perfect 4.0 grade average. If you're a student who takes an interest in films and directing, they can provide you with cameras to use. They can also help you film a little trailer of your club, so your club can get more exposure.

The CARES program is an important after/in school organization for the students to do as many activities as they please. There's Drivers Ed, tutoring, and many other activities. Plus, students are able to go on field trips to different college campuses. They've proven the CARES program to be both fun and educational!

Stay tuned for more updates!

The Evolution of C.A.R.E.S

Ludovica May and Someone



(Left) Eric Rosales, Alicia Navarro, Anahi Nava

Here at Mt. Diablo, our administrators do their best to provide as many resources as possible. Right here on campus, the CARES program offers many options for students and gives students the chance to tour college campuses during the summer

months. college campuses during the summer months. Eric Danero, whose main goal is to help students with recreational activities and academic goals as well, is one of the program leads.

There are after-school snacks, and if you're a student who takes the bus, there's a 6 P.M. bus that can take you home. They offer tutoring for math, science, English, and history. You can find Mr. Osborn in Room AC55 for all your mathematical troubles, Mr. Gray for English, Ms. Valdez in Room SH3 for history, and Ms. Ennis in Room AC53 for science. They are genuinely here to help you, so don't be afraid to knock on their doors.

The CARES program aims to motivate students to pursue careers after high school. Through their program, you can easily sign up for their college tours during the summer months of June and July. However, the only requirement needed to be a part of C.A.R.E.S is that you are an MDHS

student. To take the first step to applying, you can go to your college counselor or go to Room AC57. Students who choose to participate will have the options to tour UC Davis, SF State, Berkeley, and East Bay during the summer. Transportation and lunch will be provided to all students. During your visit, students will have a tour guide to answer any questions regarding financial aid, the cafeteria food, dorms, or any accommodations. If you are a student interested in college sports, you can ask questions about the sports program and their athletes as well. This is the time to really immerse yourself into college and see all the opportunities it has to offer you. Touring colleges aren't just about seeing if you're a good fit for the college, but more if the college is a good fit for you.

However, the CARES program understands that college is not the path for everyone. This is why they offer resources for trade schools and getting certificates

The Red Devil Battalion Displays MDHS Pride

Vinnie Geiler



The Mt. Diablo High School JROTC Red Devil Battalion deserves a massive recognition of their recent victories in their competitions. On September 16, 2023, the JROTC Red Devil Battalion led by Battalion Commander Cadet Lieutenant Colonel Jorena Olivar, traveled to Turlock High School for the annual Bulldog Company Challenge, a Navy JROTC Drill and Sports Competition. This year our Battalion's Raider Team (physical fitness team) is captained by Cadet 1st Sergeant Omar Gonzalez and Cadet 1st Lieutenant Jenifer Castro. The Raider team cadets are: Omar Gon- zalez, Jenifer Castro, Milton Lopez, Natalie Dance, Mary Villena, Marco

Ibarra, Issac Stewart, Stephanie Zuniga, Herschel Turner, Camila Bocanegra, and Brea Kinnison. They competed against ten other high schools and returned with two of the only 1st Place trophies being offered. Being the overall winners of the Raider competition, their Battalion was proud. The instructor of the Red Devil Raider Team, SFC McGee says, "The team went in with high expectations. The cadets competed extremely hard, and knew how important this competition was in order to compete in the Nationals." Another one of their many wins was added on September 30, 2023, where once again, they secured a 1st Place Trophy for the Raider Competition



held at Weston Ranch High School.

Competing against twelve teams, they've trained and achieved so much to proudly represent MDHS. This time, the team consisted of cadets: Omar Gonzalez, Jenifer Castro, Natalie Dance, Jorena Olivar, Marco Ibarra, Stephanie Zuniga, Makayla Powell, and Issac Stewart, who showed persistence in racing against time in both a relay race and an obstacle course testing both their physical prowess, and teamwork ability. The Raider team is familiar with victory. Last year, the battalion competed in the National Fitness in Daytona Beach, Florida.

They enjoyed the rest of their

in Disneyland, Orlando and by doing other fun activities. Their trip was being fully paid through fundraisers. Cadet Command, made the most of their opportunity and won two, first-place trophies, making them Nationally Ranked #1 for both the 3K Run (1.86 miles), finishing with 9:49, and the Obstacle Course.

Our JROTC program is a notable aspect of Mount Diablo High School, and we can't wait to see them continue to succeed!

Reach out if you want to be a part of the Red Devil Battalion. Stay tuned for more information!

SETTING THE TONE: Dr. McCain Welcomes Back Students

ChocolateCake12

On August 24th, all MDHS students attended the Welcome Back assembly. This was the first to kick of the school year before our annual Welcome Back Rally. An assembly that not only welcomed back old or new students, but one that set expectations. The way the assembly was brought to students was something new. Returning students experienced a much stricter admin compared to their previous years. Many students deemed this is a good thing. Upperclassmen claimed that MDHS was very misguided with their previous staff and admin.

Last year, Dr. Markell McCain was introduced as our new principal. With him are the Vice Principals that lead the school: Ms. Josie Kirkalnd, Dr. Ryan Murrow, Ms. Elizabeth Mangelsdorf, and Ms. Suleyma Moss. Many people claim that school spirit is higher than it's ever been within recent years. Not only that, but students get along way better with the new admin. Even though they've been tough, they can balance having good bonds with students and listening on how to improve the staff.

That's something that wasn't very much seen before. Priorities were set straight. The new admin wanted to make Mount Diablo a better place.

Dr. McCain addressed the students with firmness and high expectations for students to be successful. Rules were set; rules that if someone were to have broken, they would face consequences. Some of those expectations are: students are expected to be in class on time, be in class, and if students want to use the restroom, they are required to be out for a reasonable time with permission. This is to control the ongoing problems of students using bathroom in concerning way like smoking.

Tardy Sweeps were strengthened this year because of its effectiveness. These sweeps are meant to catch students who are purposefully missing class. Students who are caught multiple times would be facing consequences to remind them to be on time for class so they can learn more. Campus Beautification was also established. This was put into place as a consequence and encouragements to students to get to class on time and be present. Students would have to stay after school to clean up trash on campus for about 30 minutes to an hour. This consequence would also go to students who were caught cutting class. Furthermore, expectations were set concerning the bathrooms.

Within the first quarter, the

community could see the difference. There are not much students wandering around the campus during class time. Something else that was very noticeable was how effective the tardy sweeps were after it was announced as a consequence.

This Welcome Back Rally set the tone for what the admin wanted to do with this school to help the community be and do better. They introduced many activities that they wanted to be done throughout the school year. Something new they had also introduced this year was a Grad Night for seniors. The Seniors would go to Disneyland to celebrate them. A big deal as the previous years did not have this luxury of a Senior Grad Night. This rally did very much introduce lots of things to students

both in good and more reasonable ways to improve the school.

The new admin also expected better performance not only physically, but mentally from students. In that sense, it's meant as they should know the differences between right and wrong. Students should be doing the correct things on school campuses. In the previous years, cutting class was a really big issue. Although it continues to still be an issue now, it's comparably much less visible now.

MDHS celebrates these improvements to create a conducive learning environment that is safe and thriving. The school is more active than ever.

Stay tuned for more information about new policies at school.



Seniors at the welcome back assembly led by Dr. McCain

Red Devil Café

Someone

Im glad to see that the cafeteria is beginning to have more variety in lunches being served! I hope students can order at Serendipity next.

-Kyle Adrias, Senior

When it comes to students' preferences and health at school, the food, workers, and environment are important topics. Something hardly talked about in Mount Diablo High School is the school cafeteria and what it has to offer. Although the cafeteria may not be seen as important as other topics, it's still a part of Mount Diablo High School. It plays an important role in our school, making sure our students receive food and nutritional meals.

The cafeteria has a wide variety of food items, changing daily. Each and every product that the cafeteria has, comes from the main warehouse in Bisso Lane, located

in Concord, California. There, the people contact other companies for food to be distributed and sent to different schools in our district. An example would be the apples. The workers in the warehouse call a company in Redding for them to deliver apples. Then, once the product has arrived, the warehouse then delivers the apples to the school.

The cafeteria is also home to the Red Devil Lunch Ladies. Though hardly known, each employee has a specific job. There's a baker, a cook, assistants, and the general manager. The onsite supervisor, Gavino Webb, runs it. The employees play an important role in making sure the meals are ready to be served by scheduled mealtimes. Additionally, each lady has to arrive at the cafeteria no later than 10:00 A.M. The baker arrives at 5:30 A.M. The cook arrives an hour later. The assistants are there at 8:00-9:00 A.M. There are different mealtimes as well. Breakfast, which is before school, brunch which is after second period, and lunch, which occurs once fourth period has finished.

Even though the lunch ladies do

their best to attend to the lines, it's important to know they continuously do their best to maintain a smile and good attitude. Each line maintains an average of 50 students. Some are polite, and others, have a tendency to be rude and sometimes aggressive. Alongside that, the lunch ladies receive a number of insulting comments about the food. Though they prepare the food, they don't get to choose the ingredients. They prepare the meals according to their guidelines and requirements. It's also important to know that even though the meals are free, we students need to show gratitude towards the kitchen staff.

Little is known about the kitchen itself. The kitchen cafeteria is a big one. It has a walk-in fridge and freezer, a dry storage room (for condiments, crackers, etc.), four ovens, four stoves, a connected sink, a variety of counters, a backroom leading to the lunch ladies' personal lockers, and a bathroom connected to the backroom. Additionally, each lunch lady has a designated location. The baker has their own appliances, placed on the right side of the-

cafeteria. The cook is on the side from the baker, and the remaining counters and other appliances are aside from the cook. They all thrive by working in the kitchen, making sure there's nothing wrong going on.

While the cafeteria has its history, people still continue to vandalize and show disrespect to the cafeteria. At times, there's food all over the ground, misplaced items, pieces of shards, etc. People need to remember that the custodians aren't people's butlers. By vandalizing, people make the custodian's job much more difficult and it's important to not cause damage. What can also prove useful is that the cafeteria gets reconstructed and makes the school look good. An upgrade doesn't sound like a bad idea!

The lunch ladies always ensure the students get food and are always being there for us. The cafeteria is also a comfortable place for many individuals at the school, as it is also a safe waiting spot. Additionally, our cafeteria is in a way, a safe haven. All in all, our cafeteria is an important place. Let's make sure to show some love to the lunch ladies and the cafeteria!

In The Heat of Summer School

Paris Morales

MDHS offers opportunities to students to redeem credits (if they have less than the minimum required) during summer. The Summer School Program gives the students the second chance for those who are willing. Some students enter our Summer School Program to gain the credits they missed from failed classes or to give those students who strive for more to better their future.

MDHS' Summer School Program's success rate within this last year has been at an average of 87%, allowing the students to get the necessary credits needed to graduate high school. This gives them the chance to get the education they need. Summer school doesn't just take in those who need the credits, but provides the chance for any student to gain additional credits that can be used to increase

the chances of future successful college graduates from our beloved school!

Even then, it is not limited to just classes, we know here at Mount that all the work can be stressful on our students, that's why instead of causing our students to burn out from their workload and disrupting their ability to keep learning, our Summer School Program has planned that for generations of Mount students in Summer School, they can take not only classes but activities sports, swimming lessons, and more!

Some ways our staff have said we can improve on our current Summer School Program's activities, classes, and overall to help the students at our school, is to increase the amount of classes and new electives students are able or willing to take in our Summer School Program like: different

art classes, music classes/lessons and any other type of interesting, hobby or skill our students might appreciate to take and spend time working on during the summer.

Most students that enter the program struggle the most with mathematics, but despite knowing that is the main issue at our school, we still provide classes for those who might not have that issue. Here at Mount Diablo High, we make sure to provide our students with the proper materials and information they need. In these many years that we've been able to rebuild and grow our Summer School Program, we improved our ways to adjust not only to our students, but staff, making everyone's job easier and making the summer experience more than just work and lectures, but fun!

Summer School has positively impacted the graduation rate overall in our students! The program encourages improvement and growth educationally throughout the time period that a student enters the pro-

gram until they graduate. It inspires students to aim higher than what they might need to make up from the previous year. Along with encouraging our students to better analyze and understand the material to increase their chances in a more prosperous future.

We strive to improve our methods of learning, teaching and even expanding our services to better teach needed information to the students who need it and more for those with an appetite for knowledge. We also like to constantly give our attention to our beloved students and staff members' mental limits and abilities, making sure we are able to not only inform but take care of the people that participate in our Summer School Program. For these reasons, we wanted to help bring this information into the light and celebrate it accordingly, and to mention those who worked hard to educate our students and to those who all contributed to our Summer Program- and from the students of Mount, we all thank you.

MDHS Seniors Brace For Goodbyes With Celebrations And Events

Seniorita Escritora

Senior Sunrise

Senior year started sunny with Senior Sunrise event. Dedicated students and staff began preparing refreshments for this free event at 5:30 AM on Thursday, August 24.

Senior Class Board Members supplied savory, sweet, breakfast & fruit options funded by the Senior Class budget. The Mount kitchen provided fruits and cooked many boxes of Eggos. The Filipino-American Student Association pitched in with delicious rice and lumpia. At 6:30 AM, students began setting up blankets, meeting with friends, and enjoying the beautiful golden hour on the Foot-

at the snack shack. The lumpia and rice were gone in what felt like seconds. Many students enjoyed this time, surrounded by beloved friends!

Suzett Perez said, "I had a lot of fun with my friends!" There were cute handmade & painted photo props for people to use in capturing memories. Seniors sat together to play strategy games of Jenga and rounds of musical chairs were played. Some students even brought musical instruments to play on the field in celebration. 7:55 AM was when everyone managed to gather together for one Senior Sunrise photo.



Senior Picnic

The Class of 2024 enjoyed their Senior Picnic in Scandinavia, Fairfield on September 8th. Seniors were ready when Scandinavia opened to race to find where to obtain admission wristbands and unlimited credit gaming cards. Seniors were able to let go of reality and the cusp of adulthood as they enjoyed video game arcades, laser tag, unlimited games, mini golf, go-kart racing, and water boats for the next four hours. There was pizza and a great array of soda options for lunch. Students sat and ate together, each having different conversations about life. Some seniors were reflecting on what they had enjoyed so far and what else there was to explore in Scandinavia. By 2:30 PM, students were on the bus back to school filled with memories and fun.

'24 Fundraising

Senior Class Events push through amidst lack of budget. Thus, fundraisers are especially crucial for Senior Class Event's successes. According to Vice President Class of 2024 Lily Quezada, "Money will go towards more senior events, field trips, at school events, Kona Ice, food trucks, DJs, and more." When asked about how Senior Sunrise was funded so early in the year, she referenced, "last years class had some leftover so it was being optimized."

About all of this, a Senior Class Fundraiser occurred on September 15th at lunch. The lemonade stand had regular lemonade, pink lemonade, and watermelon

fruit cups with add-ons of chamoy, limon, and tajin. Quezada described the fundraiser by saying, "Serving lemonade at lunch felt cool, we had proper organization and lots of help from 5th period Leadership for setting up."

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Grad Night

The Senior Grad Night Trip will be a final celebration for the amazing graduating class of the 2024. This trip will take place on May 13th to 14th of 2024, and they will get to attend Universal Studios in Hollywood and will be able to explore the Universal CityWalk. Students will also spend the night at a nearby hotel and in the morning, they will provided with a delicious breakfast, before making their way to Disneyland. Seniors will get to party hard at the private California Adventure Party Event in Disneyland from 9 PM to 2 AM. This event will be a great experience full of celebration, bonding, and making memories to be remembered forever! Make sure you submit your trip deposit(s) by September 8th, 2023 so you can be a part of this amazing trip!

Senior Grad Trip is on its way! Stay tuned for more information. Stay up to date of all the Senior Events by following @mount_2024" on Instagram, as they promote video updates for upcoming senior events!

MDHS Red Devil Life

Heidi Querida

Clubs are a vital part of Mt. Diablo High School Community. Outside of our academic classes, this is the place where we can further enhance our learning while being able to be a part of a larger community with shared experiences. Our clubs promoted themselves in their own ways to be able to recruit members and promote their goals. Many clubs prepared games, had candy, or chalk to attract people. Some clubs promoted their clubs by showing off their work of expethe club. Others decided to show off their artistic side such as Arts & rience such as robotics, who presented their projects made within Crafts who recruited members by challenging their inner artists by being welcomed to draw

with chalk on the floor and being able to explore with small painting stations. J.S.A. and Latino Club were both offering treats. Latino Club was representing their culture by showing off their cultural music and having Mexican candy to offer to students.

MDHS Clubs 23'-24'

- American Red Cross Youth
- Arts & Crafts
- Badminton Club
- Black Student Union (BSU)
- Drama Club

- Filipino-American Student Association (FASA)
- Folklorico Club
- Sports Medicine Club
- Health Occupations Students Of America (HOSA)
- Junior State of America (JSA)
- Latino Club
- Robotics Club
- Skate Club
- Social Justice
- Sports Medicine Club

Find your community here at MDHS by joining the clubs that interest you. Learning is more fun if you do it with community! Be empowered! Be engaged!

Fil-Am Community Looks Back On History This October

The month of October is Fil-Am History Month. Filipino American (Fil-Am) History Month not only commemorates, but honors the history, pursuit, accomplishment, and legacy of Filipinos living in the continental United States. Filipino presence was first felt through their arrival in current day Morro Bay, California on October 18, 1587. This celebration was first introduced in 1992 by the founders of the Filipino American National Historical Society (F.A.N.H.S.), Dr. Fred Cordova and his wife, Dr. Dorothy Laigo Cordova. By 2009, the U.S. Congress officially declared October as Filipino American History Month. By 2015, President Barack Obama celebrated the first Filipino American History Month at the White House.

Filipinos are the second largest

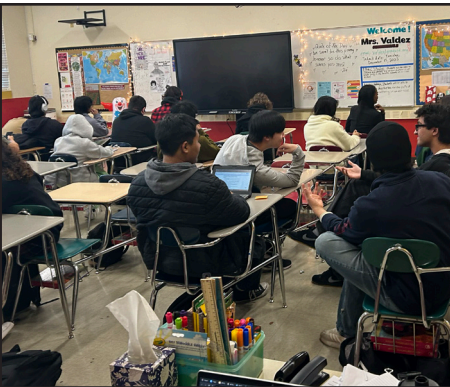
group in the U.S. that make up a large part of theAsian-American population. Some of the many ways Filipinos have played an important role in the United States was through their help in WW2, by fighting alongside American allies as either a soldier or through medical aid. As the Post-World War II hospitals faced a shortage in nurses, Filipinos were able to fill the void. Another impact was through advocating for worker's rights in the canery and agricultural industry. As of today, Filipinos still provide workers for the medical system in the United States.

All around the United States, different museums, community groups, colleges, and universities honor Filipino American History Month through various activities and events that provide awareness

for the significant roles Filipinos played along with showcasing and uplifting Filipino talent. You can observe this celebration through discovering Fil-Am artists in fields such as music, art, and literature; where we can learn more about Filipino history and their impact in the United States.

We can also attend some events that observe F.A.H.M. Some events include the Historical PinoyTown walking tours, one of which is located in San Jose, the Filipino Film festivals from October 3rd-8th in San Diego, the Filipino American History Month Celebration on Oct. 20th at the Garden At The Flea in San Jose, and October 26th at San Francisco City Hall Rotunda. These events feature Filipino food, vendors, talent, culture and so much more.

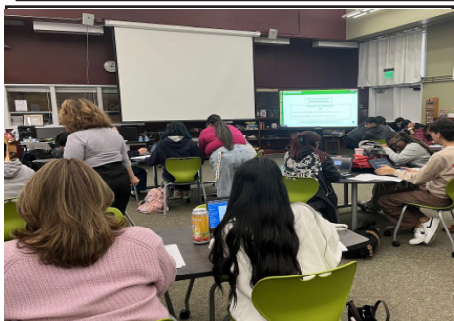
Kisses Conception



I feel thankful for Ms. Valdez educating students about Filipino History
-Kyle Adrias, Senior

College And Career Center Full Force On Supporting MDHS Students

Amiva Atl &
Newspaperman



Community College application workshop
being held at the library for students

Mt. Diablo High School has an excellent College Career Center, with many different resources, advisors, systems of support and programs for students to utilize! Since last school year, our CCC has gone through many changes staff-wise so that it can reach a point of being a home to all things college, state testing and educational resource related. Ms. Erika is there 5 days a week to ensure support is always available for students. She works alongside Ms. Miranda, who's present every day of the week, as well. Ms. Araceli and Ms. Jazmin, available on a weekly basis.

Ms. Miranda is a really heartwarming support for students, she acknowledges why she does what she does and what her goal for Mount is. She says "I'm here to really help uplift the students in the campus community," while adding "I feel like education should be accessible to everyone." Ms. Miranda works towards this goal through running a program called Early Academic Outreach program (EAOP). To apply for this program, you must qualify under one of the following three requirements; low income, ethnically underrepresented or as first-gen-

*"It's comforting to have a welcoming and caring community of qualified college advisors."
- Bethany Helton, Senior*

eration. This program works with UC Berkeley, hosting enrichment academies during the summer, where students can learn more through classes that replicate college enrollment. This program is optional if you have other programs during the summer. Additionally, students in the program can take concurrent classes for free at UC Berkeley to gain college credits! Tutoring services and support are also provided through the program free of cost. Last summer, two students from Mt. Diablo High School's EAOP Program took advantage of this opportunity and took the Earth and Planetary Science 80 course and the other student took the Anthropology of Food course. Representing our school and taking measures to expand and advance their knowledge. "Being exposed to the college's rigorous curriculum and environment helped value the importance of self-advocacy," says one of our EAOP scholars who took the Earth and Planetary Science 80 course. They passed the rigorous UC Berkeley science course with an 89.97%. "Enriching is one word to describe my experience," says the former Anthropology of Food student who also passed the class with 93%. There are still 15 spots available for both Sophomores/Juniors to join EAOP. The program has many spots available for Freshmen, which

is the best time for students to join so they can gain the most resources!

Ms. Erika is also another new advisor for Mount's College Career Center. Having attended and graduated from Mount in 2015, she describes her feelings about Mount as, "It's home to me". She is here everyday and wants students to know that she's the perfect person to talk to if they're not sure about what they want to do after highschool! Ms. Erika has coordinated with others to host various workshops, especially for Seniors. She's very good at helping students who have an interest in pursuing a technical career in vocational fields, such as helping students participate in a specialty program, even while working and getting an education. She's been gaining lots of information about various colleges and scholarships for students to check out whenever they can in the CCC.

Ms. Jazmin is responsible for managing the Upward Bound Program, at Mount Diablo High, Ygnacio Valley High and Concord High, looking to serve 120 students in total. She's in the CCC at Mount on Thursdays. This program is available for low-income and first generation students, though, occasionally, exceptions can be made. A great thing about this program is that it's grant funded so more trips to col-

leges can occur. There are about 3-6 College sCampus Field Trips available throughout the school year, so students can explore their college options and get to know what majors are offered. Another exciting aspect of this program is if you attend the 6 week summer program at DVC, you can attend a trip to Southern California and visit the Universities down there. Additional resources they provide is A-G Eligibility Tracking, various workshops, guiding you through the college application process and exposing you to college life. There are a few more spots available for Freshmen and Sophomores, so don't miss out on the opportunity!

Another similar program is managed by Ms. Araceli who's at Mount on Monday, Tuesday and Friday, to help students in the Educational Talent Search (ETS) This program applies for for students 6th-12th grade. They help students discover more about how their passions fit into careers, through various resources. There are available spots for Freshmen, Sophomores and Juniors. This program is great for students who want to go to college or are unsure about attending college.

Students can stop by the CCC during brunch or lunch during any day of the school week! You can also set up an appointment via the "@collegeandcareerm-dhs" Instagram! Staying studious, optimistic, engaged and asking questions so you can learn more about what steps you can take can easily be accomplished through utilizing the resources and support available in the College and Career Center!

MDHS Social Justice Club Initiates Toy Drive

Amiva Atl

The holiday season is a time of giving and spreading joy, and The Mount Diablo Social Justice Club did just that this year. On December 9th, they volunteered at the annual Monumental Toy Drive held at Meadow Homes Elementary School. This event is sponsored by community churches and nonprofit organizations and aims to bring hope to low-income children in Concord and surrounding areas. The club members were up bright and early, getting the venue ready for the big day. They worked hard to finalize the decorations of the school and set up the event in a way that would be enjoyable for everyone who attended.

Scholars from the club were able to utilize their bilingualism and cultural competency skills to communicate with the event coordinators and the community. They played an important role in ensuring that everything ran smoothly and that everyone had a great time. The event was set up around the school, and families formed a line that led to the front, where a holiday photo studio was set up with the Christmas characters such as Mr. Claus and Mrs. Claus. Families were then led to the toy room, which was held in the cafeteria. Here, kids were able to receive a gift of their choice with the help of volunteers. The gifts ranged from electronics and scooters to toys for all ages, from toddlers to older kids. There was something for everyone, including gifts for athletic kids, artists, musicians, and those interested in technology and science.

Once the kids got their presents, it was heartwarming to see the joy on



their faces. They were even more thrilled to receive a ticket to enter a bicycle raffle. The anticipation of potentially winning a bike added to the fun of the day. As the celebration continued, the next set of doors opened to reveal a lively quad area. There were various games and activities, including Ring Toss, Bean Bag Toss, and a Bouncy House. There were also arts and crafts stations where the kids could get glitter tattoos and decorate ornaments. The volunteers who were running the activities were happy and enthusiastic to share smiles and laughter with the kids and even connect with their inner child. The games were set up so that the kids would win a toy prize if they won, but even if they lost the game, they were still rewarded with treats and smaller toys. This ensured

that everyone left with something to take home and added to the festive atmosphere of the day.

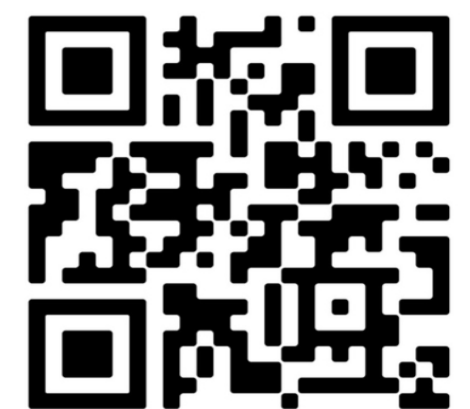
In the end, scholars learned the value of community involvement and engagement. The Mount Diablo Social Justice Club, a group of dedicated scholars, recognized the significance of this event and volunteered their time and effort to make it a success. Their hard work did not go unnoticed, as the event coordinators thanked them for their dedication and commitment. This event served to demonstrate the power of community and youth involvement. Through their selfless actions, the members of the club demonstrated the value of service and the importance of giving back to the community. Stay tuned for more activities of MDHS SJ.

"Growing up I was always in need and now I am able to return the favor and give back."

*-Anahi Nava Flores,
Senior*

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Students Air Frustration On Back-To-School Night

La Luz De La Verdad

Mt. Diablo High School's Back to School Night Event was nothing short of a disaster. The event was meant to be a platform for students, parents, and teachers to connect, but ended up being painfully awkward. The first sign of trouble was the lack of attendance. It felt like only a handful of parents and students bothered to show up, which left the school bussing with emptiness. The few families who did attend seemed equally uncomfortable, as if they'd rather be anywhere else. The awkward silence in the hallways and near empty class rooms spoke volume about the disconnection between the school and its community.

The whole entire event felt forced and outdated. Teachers tried their best to make it more engaging for parents and students, but it's hard for them to engage with a small audience and the noticeable sense of discomfort in the air. The entire evening became an exercise in small talk and apparent interactions. Night events. It had a low turnout and an unpleasant atmosphere. It's evident that they're not achieving their intended purpose. Instead of fostering meaningful connections, they're making parents and students alike dread them.

To improve Back to School Night events both teachers and students can take

proactive steps. Teachers can consider making events more engaging by showcasing exciting aspects of their classes and providing clear information about course expectations. Encouraging interactive sessions or demonstrations such as sharing digital resources and materials of what to expect, can help parents and students in advance.

Students, on the other hand, can encourage their parents to attend by highlighting the benefits of Back to School Night. They can also actively participate in the event by sharing their experiences and projects with their parents. Their enthusiasm and insights into the school year can help make the evening more meaningful. Ultimately, a collaborative effort between staff and students can transform Back to School Night into an occasion that truly fosters communications and connection within the school community.

The failure of Mount Diablo High School's Back to School Night event should have served as a wake-up call. It's time to let go of this tradition that's no longer effective. It's not doing any good for our school. We should be looking for alternative ways to encourage communication and engagement that are more suited to the needs and preferences of our school community.

SOS: Sports Medicine Club

Kisses Conception

For a functionable team to work, communication is fundamental. Coaches, students and staff must all work together, expressing their plan and needs to properly execute a plan. The Sports Medicine team is an afterschool club consisting of high-school student volunteers from different grade levels with little to no background in experience and knowledge with treating injuries. Also, Sports Med is a student-run club that is passionate in supporting our athletes through providing medical care, mostly during their seasons and games. Throughout the school year student members learn the necessary skills on how to assess and treat injuries through skills such as wound care or taping. The sports medicine club supports Mt. Diablo High School sports teams by providing water and treatment afterschool during their practice or game. Mr. David Pintado is the advisor of the club for many years and is always present to guide and train the team.

Sports Medicine, like any other club, still struggles with lack of communication that results in expectations and standards not being met between student members and staff. It is felt by the team from having unexpected requests from coaches that do not properly communicate their needs. Coaches or student athletes would enter the sports medicine room upset that their water or ice has not been brought to their practice yet despite not having sent anyone to notify for their need

of water. At times a few members feel it can be too demanding due to experiencing complaints from coaches about sportsmed "not being there" because no members are present either in the room or at their games. The members are students and their work is purely voluntary, it is a sacrifice of their own free time that does not pay them or provide a grade for volunteering.

Due to the club going out of their way to get a sports team's information it results in the sports team not receiving a treatment area or water set up for the team. To improve communication each sport should introduce the captain or team manager that will be in charge of being the main communication for the needs of each sport to sportsmed. This will reduce some of the duties of the coach and allow sportsmed to have a smoother flow of communication and allow for action to be done more expeditiously, allowing for a more satisfactory result of expectations. Showing more recognition can also help make things feel less demanding by showing that you value the work the students do in their free time to help others. A little thank you or recognition by shoutouts during games can make the student volunteers feel more appreciated and valued. Communication is a two way street and requires both sides to properly work. Both should meet in the middle so one does not chase each other and ultimately make it easier for each other.

MDHS Responds to Cellphone Obsession Issues

AAA

“Policy works just fine as long as the right to take phones or use phones are not abused.”
-Kiersa Searing, Freshman

Everyone should know about the cell phone policy at Mount Diablo High School. The amount of usage, though, varies on the environment happening in the classroom. Students have been overusing their phones during their class. Despite teachers trying to teach other students subjects that may help them in the future, the cellphone policy doesn't have the direct effect intended, since certain teachers do not take action about it. The exception is if the student has finished their schoolwork, but it can be hard to tell the difference if they are finished with their work or not. The cell phone policy is barely noticed and must need proper attention, although

it quite depends on the classroom's performance and management. If the management is not properly performed and taken action, the cell phone policy must be strictly used. Otherwise, it shouldn't be a problem if students are not too distracted by them and affecting their learning.

On certain occasions, most students inside the class that have unfinished work would all use their cellphones, and the teacher wouldn't have bothered them about it. It might be a growing problem if the students abuse this method, since they'll procrastinate their work, causing further drops of the students' grades if it is a severe situation.

Since some teachers do not bother taking action about it, they are also responsible for that situation in the case it ever happens. Teachers must make sure the students must be doing their work first before using any cellphones in class, but they can also decide if they don't want the students to pull out their phones despite them finishing their work. Teacher Mr. Smith, is a prime example of this, who doesn't allow any phone usage in his class regardless of work that has to be done or is done.

Cellphone usage is a bit frequent in MDHS. If a student is not finished with their work, then action must be taken about it, but that is unless a teacher has a different policy about cell phones in their classroom. Overall, cell phones shouldn't be completely banned in all classrooms at MDHS, but the cellphone policy in MDHS should be revised and improved to fit the standards of students and staff.

Peak Hours

Vinnie Geiler

Many students at MDHS remember our old bell and day-to-day schedule whereas on Thursdays and Fridays, our schedule looked a little different. Peak Hours were told to be put into place to dedicate the students of Mount Diablo an hour of study time and to make up work in any class they needed. A small voting process involving sophomores, juniors, and seniors, the majority voted for Peak Hours to return without the block schedule. The block schedule consists of having the 2nd, 4th, and 6th periods on Thursday, and the 1st, 3rd, and 5th periods on Fridays. This shows how appreciated Peak Hours were, and I believe it deserves to be heard. Likewise, it could be improved: the idea on paper is astronomical, but the actuality of it had some kinks.

PH to some people were seen as a waste of time. They claimed that students didn't need to have the extra hour to do work, but rather finish work at home, like other high schools. We have the same extracurriculars, don't we? Sports, clubs, programs. Then came the counter: what about those with jobs? Mount Diablo is different from other schools. We have some students whose home or personal life is way more hectic than what school can offer. Mount Diablo is a Tier 1 school, meaning a lot of our students work in order to help their families. They need the extra hour to be devoted to their schoolwork. They need the extra hour of rest if they're already done.

Everyone learns differently, and it's understandable to not want a Peak Hour, but I want to propose the question: why? Peak Hours offered an hour of relaxation if work was already finished, and it let students bond closer with one another. In some classes, it encouraged family-like connections to be had. Students had the ability to go to other classrooms to redo/remake work and use their time wisely.

The question to be asked might be this: Should we bring Peak Hours back?

MDHS Initiates In-School Suspension

Ludovica May

As we all know, ISS (In School Suspension) has recently been implemented at Mount Diablo High just these past two years. With the new principal, many changes have been made, and this is one of them. ISS is a way for students to still attend school while punishing them if they get caught in too many tardy sweeps. While sometimes viewed negatively by students, in school suspension can be a positive thing, to catch up on a lot of missing assignments. In ISS you have less distractions, including a phone making it less likely for you to get distracted by anything. I admit the ISS room is mundane and is not the most pleasing place to study and get work done, but it's better than staring at a wall all day. This is better for the students because if they were to be suspended and not come to school, they would be even more behind and not encouraged to do



school work, and missing assignments.

In school suspension is so that students don't feel "rewarded" for a week or a day off of school, when students are held accountable for their actions and change behavior on school grounds. And as we can tell it's working. With the past two years, more stu-

dents are going to class because of the tardy of sweeps. The students who get caught in them too many times get ISS.

Little changes like this is changing the culture and narrative of our school. Is it annoying? Yes, but it benefits students and the way of life at Mount Diablo as a whole.

Voices Of The People

Letters of The Students

Semester 1 Vol 1

SY 2023-2024

Ano ang isang kasiyahan mo bilang pilipino sa Mt. Diablo?

Magandang Umaga,

Isang kasiyahan para sa isang mag-aaral sa Pilipinas ang makapag-aral sa isang paaralang may magkakaibang kultura at lahi. Ang isang mapanuri at maunawain na paaralan ay nagbibigay daan sa mga mag-aaral na maunawaan ang malawak na pagkakaiba-iba ng kultura, wika, at pananampalataya. Sa isang paaralang may iba't-ibang lahi, makakahanap ang isang mag-aaral ng mas maraming pagkakataon na magkaruon ng mga bagong kaibigan mula sa iba't-ibang dako ng mundo.

Ang pag-aaral sa ganitong kapaligiran ay nagbibigay-daan sa isang mag-aaral na magkaruon ng mas malalim na pang-unawa sa iba't-ibang kultura at tradisyon. Makakaranas sila ng mga pagkain, musika, sayaw, at iba't-ibang kaugalian mula sa iba't-ibang bansa, na nagbibigay sa kanila ng mas malawak na kaalaman tungkol sa mundo.

Sa pag-aaral sa isang diverse na paaralan, natututo rin ang mga mag-aaral na maging bukas sa mga pananaw at ideya ng iba. Nagkakaroon sila ng pagkakataon na magtampisaw sa malalim na diskusyon, at magbahagi ng kanilang sariling mga pananaw, habang natutunan din nila ang mag-respeto sa mga opinyon ng iba. Ang ganitong karanasan ay nagiging daan para sa pagpapaunlad ng kanilang kakayahan sa pakikitungo at pakikipag-ugnayan sa iba't-ibang tao.

Bukod dito, ang pag-aaral sa isang diverse na paaralan ay nagpapalawak ng pananaw ng mga mag-aaral. Nagiging handa sila na harapin ang mga pagsubok at oportunidad na maaring dumating mula sa iba't-ibang bahagi ng mundo. Ang ganitong karanasan ay nagbibigay daan para sa mas malalim na pag-unlad ng kanilang pagkatao at pagiging bukas sa mga posibilidad.

Sa kabuuan, ang pag-aaral sa isang paaralang may magkakaibang kultura ay nagbibigay sa isang mag-aaral sa Pilipinas ng isang mas malawak at makulay na karanasan sa edukasyon. Ito ay isang pagkakataon para sa kanila na maging malawak ang kaalaman, magkaroon ng mas maraming kaibigan, at maging handa sa mga hamon ng pag-usbong sa isang nagbabagong mundo.

¿Qué aprecias de tu escuela Mt. Diablo High School?

Buenas tardes a todos,

Soy estudiante de Mount Diablo y hablaré de lo que admiro y aprecio de esta escuela. Realmente me gusta que tenga programas educativos y clases de educación técnica de carreras, como la clase de Gastronomía, Arte Culinarias y la clase de Carpintería. Me gustan estas clases porque dan a los estudiantes la oportunidad de hacer cosas que no sean solo deberes. Me ayuda a evitar el aburrimiento. Otra cosa que realmente me gusta es como los profesores ayudan a los estudiantes que no hablan inglés con fluidez y son muy pacientes con ellos. Una cosa que realmente me gusta es como los estudiantes de toda la escuela están dispuestos a ayudarse a sí mismos. Todo el personal también es buena gente y siempre ayuda si puede. Mark, uno de nuestro personal, incluso sabe Español y es muy amable y muy servicial con quien lo necesite. Valoro su esfuerzo en ayudar a los que necesitan ayuda. Estoy orgulloso de los estudiantes que se reúnen para hacer un club y crear un ambiente de representación. La escuela tiene clubs específicamente para estudiantes que hablan ciertos idiomas y se identifican con ciertas culturas. También puedo decir que aprecio el almuerzo, a pesar de que no lo he comido demasiadas veces, no está mal. Algunos días vine a la escuela con hambre y me ayudó a pasar el día.

Ano ang isang kasiyahan mo bilang pilipino sa Mt. Diablo?

Dios marhay na banggi sa indo gabos,

Bilang isang Pinoy sa Mount Diablo High School, ang mga kaligayahan ko ay unang una ang bilang isang estudyante sa predominantly hispanic school, ang community ng mga pilipino ay matatag at masigla. Ang amin presence at kultura ay nararamdaman parin at pinapag malaki. Isa pa sa mga pina pag malaki ko ay ang amin Filipino American Student Association. Isa to sa mga club ng Mount na nagtataas ng bandera ng Pilipinas. Bukod sa akin ang mga kaibigan ko at ibang mga pilipino ay nakakaramdam na hindi kami umalis ng Pilipinas. Ang mga gawain ng club nito ay katulad sa paglaki namin sa pilipinas. Sa pag benta ng pagkain katulad ng lumpia, halo halo at ibang pagkain ng pinoy o sa pag laro ng patintero at sayaw ng tinikling, nakakapag tulong to makawala ng homesickness. Ito ay isang bagay na nakaka pag lapit sa amin mga kapwang pinoy. Dahil sabi nila “its more fun in the philippines”, bilang pinoy, at sa pag mahal namin sa amin kultura, kami ang nakakapagdala at namimigay ng parte ng Pilipinas.

¿Cómo podemos crear una comunidad de celebración e inclusión hacia nuestros alumnos multiculturales?

Hay muchas maneras de mejorar la inclusión en nuestra escuela. Como estudiante bilingüe sé que hay muchos estudiantes que vienen de países latinos, asiáticos, europeos y muchos extranjeros. Una de las maneras en que la escuela puede mejorar sería en el aspecto social y educativo. En la escuela Mt. Diablo High School, hay clubs y organizaciones de estudiantes culturales que apoyan y celebran las diversas culturas en nuestra escuela. Por ejemplo, nuestro Club Latino, Filipi

no American Student Alliance, y Black Student Union, son unos de los cuantos clubs de la escuela que se enfocan en celebrar nuestras comunidades. No sólo hacia ellos, también hacen el esfuerzo de bienvenir a los demás de diferentes culturas para ofrecer un ambiente de aprendizaje a quien quiera unirse y aprender sobre su cultura. Deberíamos darles a los clubs la oportunidad de enseñar sobre sus culturas durante las clases. Los clubs podrían tener la oportunidad de enseñar ha estudiantes sobre sus lenguajes, días festivos, y lo importante de su cultura. Otras formas en que podríamos mejorar nuestra inclusión y celebración de las personas de color es compartir con los alumnos recursos externos en la comunidad. Como recursos de alimentación y comida gratis, clínicas de salud para familias de bajos recursos, y centros de donaciones. Nuestra escuela también puede ofrecer apoyo lingüístico de otros países para incorporarlos a nuestro sistema educativo. Una manera que la escuela puede hacer para mejor apoyar a los estudiantes de países extranjeros sería dándoles la opción de decidir cómo quieren aprender y qué creen que realmente los beneficiará más. Otra cosa que puede aumentar la inclusión en la escuela es ofrecer otras formas de comunicarse con los padres. También será beneficiario si podrían hacer llamadas hacia los padres bilingües informándoles sobre el mensaje que fue publicado en el sitio de web. Esto sería un método especial para comunicarse con los padres. Las escuelas también pueden tener más eventos de celebración comunitarios con más frecuencia. Tenerlos con más frecuencia conduce a una mayor interacción no solo con los estudiantes sino también con el personal administrativo. Estas son sólo algunas de las formas en que podemos mejorar no sólo como escuela sino también como comunidad para nuestros estudiantes, padres y personal.

EVERYTHING MOUNT

LP - Grade 12

Yondr Pouches are being put into order after winter break. They have spent around a thousand dollars on these pouches. Many students are already complaining about them without even experimenting with them. This affects us because the money used for those pouches could be used in a better way. Many students need their phones for school and to keep in touch with families and friends. They are taking a piece of our property and it is our right to have them. To solve this madness, they can input a phone system. Applying certain punishments will be better than just taking them away. Give students minutes during class to have a break and be on their phones. We need to be reasonable, taking the students’ phones will just make things worse.

EF - Grade 12

The current situation with the bathrooms on campus is getting really out of control and unsanitary. Our school district is not providing any way to solve this matter. Secondly, they don't provide student bathrooms with toilet paper, paper towels, and hand soap. Also, the bathrooms are very outdated, for example, the shop bathroom only has three toilets and two sinks. In my opinion that is not enough.

How can we strive as an excellent high school when we lack basic sanitary on campus?

AC - Grade 11

To be certain, school bathrooms are closed off from the school and it can be quite a problem for certain students, especially if they need to use it in an emergency. Why must the school admins close off the school bathrooms just because a group or perhaps a singular student causes a certain mess in the bathroom? We need those bathrooms opened back up again. The students don't have to walk miles just to reach the school bathroom.

What if we propose that the solution for this is to hire more Campus Supervisors and open back up the bathrooms.?It can help the students greatly and they don't have to wait just to use a single toilet. And it can also probably help the students to reach the bathrooms in time and be class in time. That way, we can improve on our Sweeps.

FA - Grade 12

The issue at Mount Diablo High is the school bathroom. Now, why is this an issue for our school? What will bring awareness to this topic? The bathrooms are trashed. At MDHS, students don't use the restrooms that are meant for. It's been an issue affecting students who do need to use the restrooms.

One of many solutions is to add smoke detectors. Another solution is adding timers for students. Lastly, the best solution is to have bathroom checks, to see who could've caused issues.

HT - Grade 9

Admin is implementing Yondr Pouches after break. They cost around 30 dollars for each Pouch. This affects us because students aren't able to use phones during their own time. Students aren't able to contact their parents for emergencies. Some teachers use phones in their classes.

Also, most clubs use phones to communicate with club members, meetings, events, etc. Coaches use phones to be able to communicate with their students in need of any emergencies going on. A solution for this is that the admin should use the money for renovations, events, classes, staff, etc. Students should be able to have their opinions on Yondr Pouches.

KV - GRade 12

MDHS is implementing Yondr Pouches after winter break. The Yondr Pouches will cost a lot of money and could potentially be a waste of money. The school could use this money on something more important, such as bathrooms and diverse food options. Students are already overly obsessed with their phones. The Yondr Pouches will not help. Students will figure out a way to get their phones out of the Yondr Pouches. These pouches can lead to problems between students and admin. Students are supposed to keep these pouches. They could purposely leave them at home. Ultimately, teachers should confiscate student's phones if they're causing

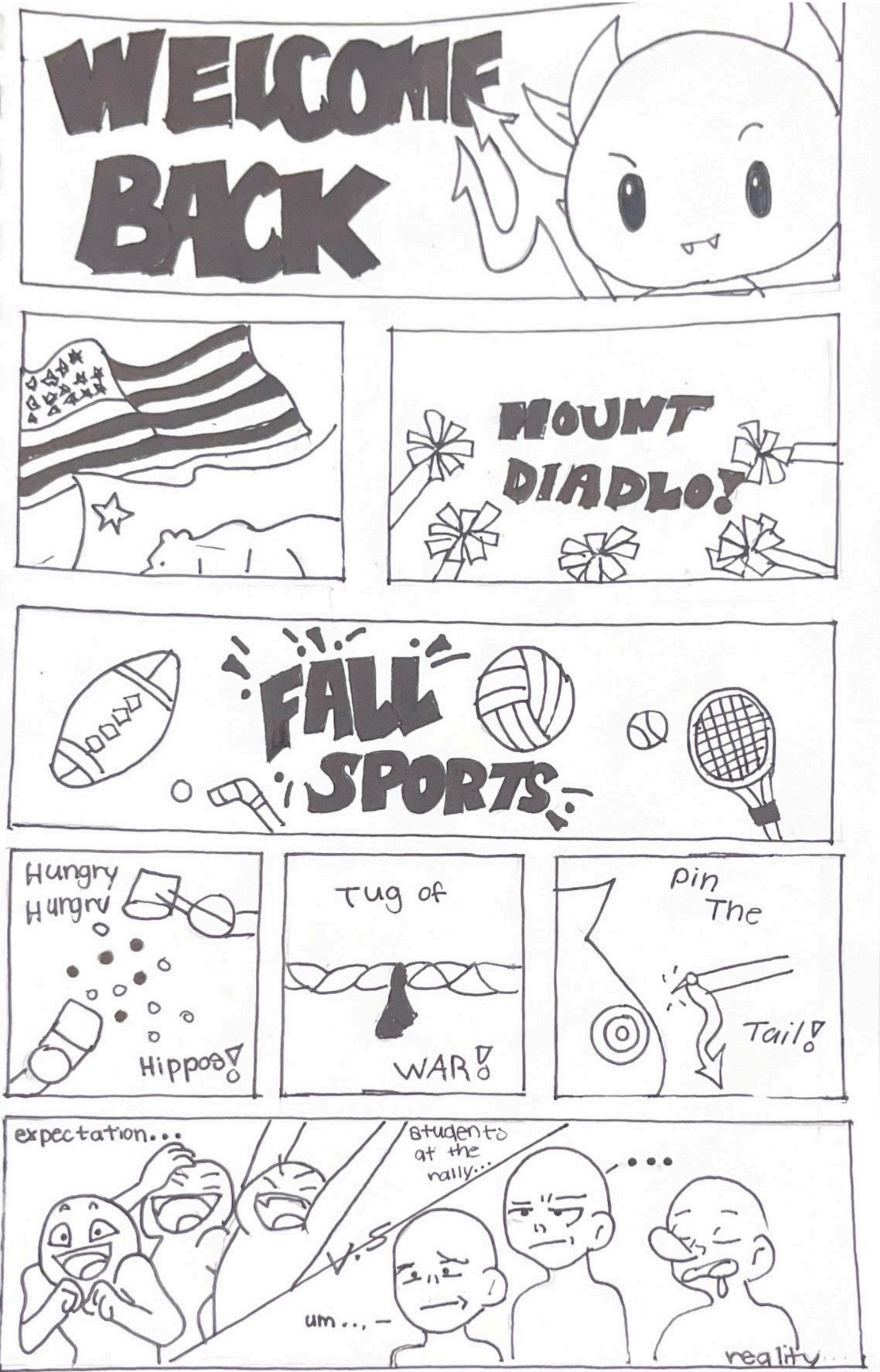
trouble. Students shouldn't be forced to use them and be threatened to get suspended.

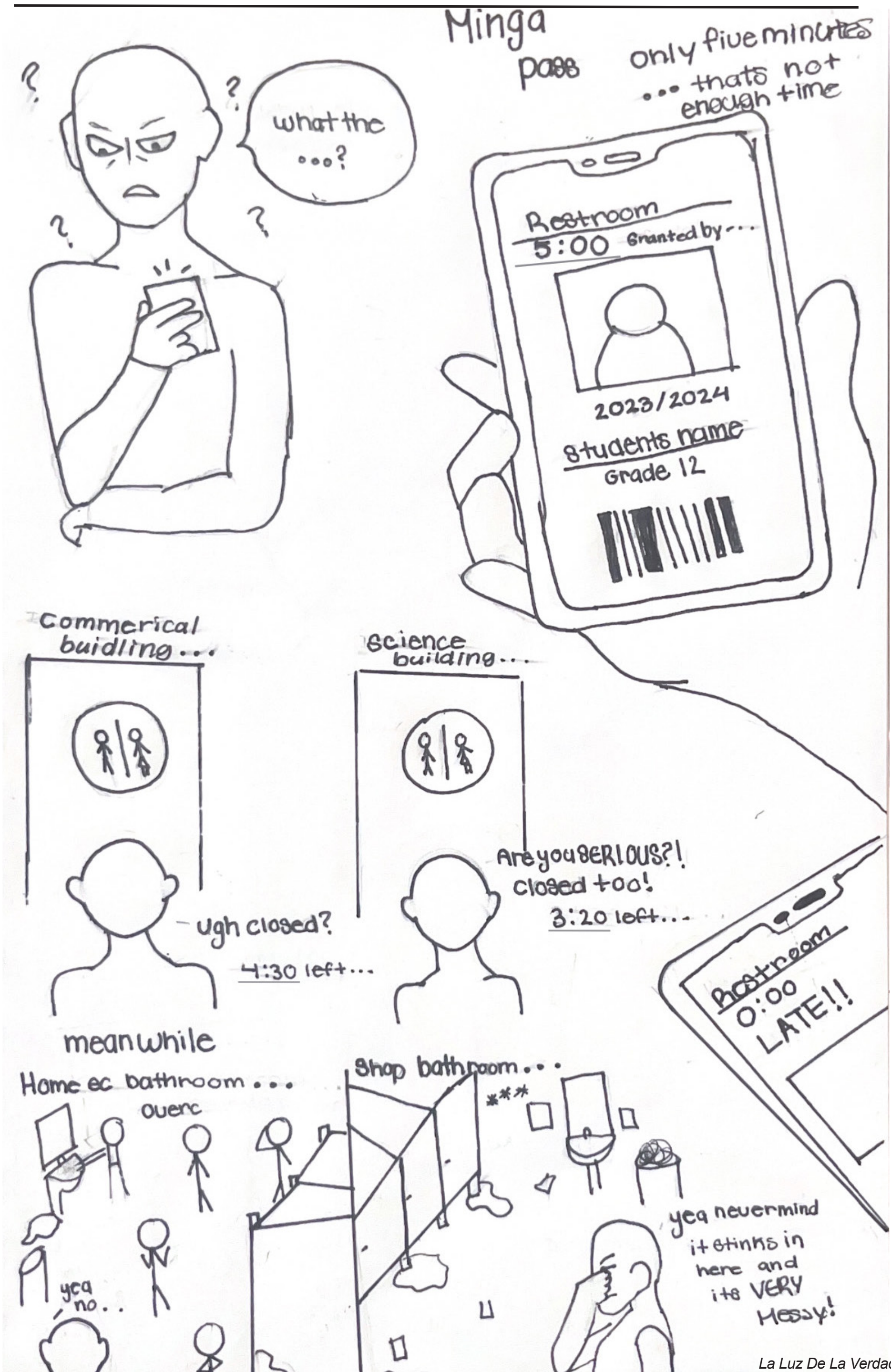
KA - Grade 12

At the beginning of the second semester, Mt. Diablo High School will commence the implementation of YONDR pouches. These are intended to store phones but are very costly with the funds for a simple tool. The school will pay an estimated total of \$50,000 for the pouch. With the pouches, students will be restricted from the use and accessibility of there phones. These might help the school community through helping social interaction between students and foster a more creative mindset.

However, It will be limiting when there are emergencies. These pouches will also raise new problems when phones are gone. Questions are raised on who is responsible for the pouch, what the consequences are, and how passes will be used if it's distributed through phones. To limit phone usage, yonder pouches are not the only solution.

An alternative to yonder pouches is “phone bins”. Having one large bin will be cost-effective and efficient These bins can be as simple as cardboard boxes or the innovative solution Chromebook carts! There are many alternatives and solutions to problems and students and staff can both come together to compromise for a meaningful and acceptable outcome.





Hoy! Pinoy Ako!

Paris Morales

Filipino culture is one of the celebrated culture here in the US. Between the food and the meaning behind the Filipino flag, there's a lot of things about this culture's historical background that are worthy of being celebrated and praised.

Filipino-American Student Association (FASA) or more commonly known as FASA, has done many things to celebrate and represent their culture at Mt. Diablo High School. They've presented and shared their cultural foods and taught people of their traditional meals through a variety of ways: serving food in Ms. Aislyn Alegre's classroom during lunch and setting up different booths in the quad to hand out cultural treats to everyone. They plan to do cultural dances and teach people about s cultural games, bringing both their club and culture into the spotlight. Keep in mind that this is just a small list of things that our Filipino club does to spread their customs at Mt. Diablo High School.

FASA endeavors to have a big impact on the school and students around campus. They've planned field trips to historical Asian museums to get a better understanding of the cultures' background, and to also educate each other on the importance of the cultures' victories, defeats, and how they've affected the culture, molding it into what it is now.

Other ways our Filipino Club



MDHS Filipino American Club at the lumpia fundraiser

here at Mount Diablo High has promoted the people and culture are by having many Filipinos around campus and listening to their journeys and opinions about the Philippines or what they find interesting in the culture or place. This allowed us to increase the culture's knowledge and allow for more people to learn and participate in events supporting Filipino culture.

FASA is dedicated to letting every voice be heard, making our Filipino Club a vital part of the school, and allowing us to spread the uniqueness and differences of Filipino culture from other cultural clubs at Mount. The Filipino Club has been a very important thing to Mount Diablo High for many years, making sure to rep-

resent culture and have fun while doing it. This is why it's important we celebrate it, as it contributes to the school's diversity.

Led by Cassandra Templo as the club president for two consecutive years, this club doesn't only celebrate and represent Filipino culture, but supports and promotes Filipino share their upbringings and experiences with Filipino life or any Filipino family. The club embraces the opportunity to present their adventures to the Filipinos and share their knowledge to others across campus! Sharing the joys of the Philippines and the wonders behind their unique culture.

Providing a unique perspective, inspiring Filipino students to be embrace of their culture, and celebrating their differences, our Filipino Club represents what it means to be a part of the Filipino community and gives us an amazing representation of just how extraordinary Filipino culture can be. Some of their many upcoming events are being planned for the month of October, due to it being National Filipino American Heritage Month. They want to make the most of that opportunity to show off the amazing and important parts of their culture that inspire Filipino students to continue and support each other while trying to reach their goal of being able to impact the future generations of students and Filipinos to come! This year, we want to make our Filipino Club stand out and give out gratitude and thanks to them for all their hard work and determination, allowing everyone the chance to be inspired as well.

"Filipino club is a safe space that all of us in the community work together to achieve so we could feel closer to home."

-Cassandra Templo, Senior

MDHS Holds Annual Senior Sunrise 24'

Seniorita Escritora

On August 24th, Leadership hosted Senior Sunrise, an event exclusively only for seniors. The event is awaited by many seniors as it is their last year in high school. As you may know, many students wake up early to experience the beautiful morning with their fellow classmates to enjoy the sunrise together. Oftentimes, students bring many things to make their experience better. You would see many students with food baskets, picnic blankets, etc. This year, Leadership provided breakfast for students. They provided them with pancakes, eggs, and doughnuts. Although it was delivered in large quantities, it was still very good, as there were students who were not able to eat forget food on the way to the school.

During the event, we had many students hanging with their teachers who have built very strong bonds together as well. You would see many students doing their own thing. Some students brought their own equipment to play sports. You would also see many students playing volleyball with their friends. Additionally, there were many students playing a variety of games they had brought from home. As well as that, there were also some students who brought their instruments and had small musical performances for their friends or to just enjoy themselves on the beautiful morning. There were groups of people huddled together just enjoying themselves. Leadership also hosted some activities, like musical chairs. Lots of students participated in this game and



many others enjoyed just watching them play as well. One of the other activities they hosted was writing letters to yourself.

At the beginning of the year, they host a Senior Sunrise, and people write down their goals for the year and ways they want to improve themselves and talk about what they want to accomplish before finishing high school. Around the end of the year, Leadership hosts the second event, Senior Sunset. In the same aspect it's the same as Senior Sunrise, where seniors

get together again one last time and enjoy themselves and open the letters they had written to themselves at the beginning of theyear. The event coordinators also incorporated something really nice and added an affirmations table. This could really change someone's day because you don't know what someone could be going through. Having that available to anyone's reach is something that could impact someone in a very positive way. Overall, many students believe that Senior Sunrise was a success.

Eric Rosales On Creative Pursuits: "Passion Until The End"

Seniorita Escritora



Eric Rosales, an employee at Mt. Diablo High School, turns his passion into his work. Eric is a program coordinator here

at Mt. Diablo High School. He works for a non-profit called Bay Area Community Resources (B.A.C.R.), which intends to help students at Title 1 Schools; by providing help for clubs, tutoring, and providing teachers for clubs. Eric is also a skilled muralist and small business owner. So, how does one turn their love for art into their job? When asked about this, Eric stated, "It started off as a hobby... and it was a passion of mine since I was a kid. Then during COVID... I thought of how I could make extra money." According to Eric, what inspired him was to help his community and to create a form of inspiration for future generations to chase their passions. These passions they have could eventually become a source of income and part of your every day lifestyle. He also believes that "A Starving Artist" is a stigma. Another goal of his was that he wanted to bring something never seen to the world and show himself what he was capable of doing. "I wanted to show myself what I was capable of."

Just like any other job, being a

muralist has its pros and cons. Eric believes that one of the cons of being a muralist is communication. Communication can be a very complex thing and it could be hard to understand each other's ideas without said communication. According to Eric, "art is a subjective matter," and all the boring aspects of it needs to be done in order to start the fun part. Communication is what's going to help you look professional. One of the many pros of a job like this, is that regardless of background and past actions you can always be successful. Eric used Jay-Z as an example of this "Jay-Z is somebody that was once on the street, you know... Doing the way he was doing, but now he's a businessman,... and works with these big companies." As a professional, one needs to remember that not only are you an individual, but are also the brand and spokesperson of your work. Some jobs are longer, others are shorter but in Eric's case, a mural could take anything from a week to a month. The amount of time Eric spends on a mural depends

on the business's schedule. Time spent may also vary depending on the paints used and quality of it. Eric only endorses Kelly-Moore and Bear Paint from Home Depot, a local hardware store. The biggest part of painting a mural visibility of it. When looking for a place to paint, Eric looks for if it's a high traffic area, the composition of the area, and if the canvas is doable.

As adults start to take on bigger and scarier risks, they also start to lose time that could be used for things they love, such as hobbies, sports, or even just time for yourself. Eric is one of the many grown ups with very little to no free time as he is a student, parent, works a regular day to day job, and is an entrepreneur. "I don't have any time anymore to paint for fun, which kind of sucks because as an artist, you have to have time to be creative and to express yourself freely." Eric believes that one should always make time for one's skills and passions in order to prevent the lack of creativity.

Red Devils Boy’s Football

El Leon

High school football, one of the most watched sports in both high school and college. Our football team is having one of their best seasons in the Red Devil history. We have had the privilege to interview one of the star players of the Mt. Diablo High School Football Team, Herschel Turner. Herschel Turner is a Senior at Mt. Diablo High School and a 3-star High School Football player.

Herschel Turner is a recent transfer student from Freedom High School, and this is his first official season for Mt. Diablo. His words were, “I’m adapting good, I wasn’t There last year, so it’s like it was not me adapting for the team last year and this year adapting from my old team to this team.” His latest performances have been amazing, he was ranked #1 in leading and rushing touchdowns in the nation, meaning all of America, which is a big achievement. But for Herschel, he says that there is still room for improvement. He is one of the most humble people I know. He does not act like he is above other students or his teammates. Based on



Mt. Diablo football homegame against Benicia High

the last couple of games, he feels like they can win the league and make it to the playoffs for sure. We can’t wait to see what they have in store for the rest of the season.

Knowing that Herschel is a 3 star player, it’s no surprise that he has college offers. We asked him when we are going to know who is the lucky school to sign him. He said, “It’s a few schools that are catching my interest, not just one, and

you’ll know right when the season is done.” You heard it here first, we will have an answer on who will sign Herschel at the end of the season. He has had a lot of great plays throughout the season, but he personally thinks that his best play was against San Lorenzo. His words were, “My best play so far is when vs. San Lorenzo, when I cut back like twice and then scored. That my best play, I think.” Herschel being the player he

is, he has to have a person he looks up to. That person is Barry Sanders. His reasoning on looking up to him is due they have similarities in their playing styles and he is a very humble player, just like Herschel.

Of course every player has to prepare themselves mentally and physically for their season. Herschel says, “Physically, just trying to stay healthy like eating good stuff, drinking good stuff, not eating junk during the week like when I’m preparing, and then mentally just telling myself like just staying focused. That’s how it is, staying focused and not getting lazy with doing the same stuff over and over.” With this preparation and hard work, obviously there are some goals that one would like to achieve. Herschel’s main goals are to win the league this season and get league MVP. We can’t wait to see what Mt. Diablo High School Football team has prepared for us for the rest of the season. And of course, we can’t wait to see what Herschel has prepared for us. We can expect great things from this team, and Herschel Turner himself.

MDHS Girl’s Volleyball Boasts of Teamwork

El Leon



Varsity Girl’s volleyball team before their pink-out game

Mt. Diablo High School boasts of amazing sports- Girls Volleyball is one of them. Girls Volleyball is pushing through a lot of difficulties this season with the hope to finish strong. Mount Media had both seniors of class 2024. They expressed how

they feel about their team and season so far.

The Girls Volleyball team is on a slow start, but that is not stopping them from progressing as a team to become the team they want to be. Ciani Johnson, Senior, commented on her in-

“I love the sports here because it keeps me busy afterschool and helps me cope with mental issues” -Zuniga, Junior

terview that the thing that is keeping her strong throughout the season is her team. “I would have to say the team honestly, and we do butt heads sometimes, but I feel like when we are all together, we are a good team,” she said in the interview.

With a good coach that really believes in their players and actually gets out of her way to teach them new skills, this team can go a long way. From the feedback we have received from the team captains, this team is eager to win and is doing whatever they can to achieve their goals this season. This is only from speaking to the captains. I imagine that the whole team is as motivated as the captains to succeed in this volleyball season. This team can go far in their season, especially with the amazing coach that they have and the motivation they receive from this coach. We are in for a treat this season from the Girls Volleyball Team.

Stay tuned from these girls because they are here to stay. This is a great

thing to hear about a team. In a team, if there isn’t any good communication or good relationships, the team is broken. This answer from Johnson shows how strong their commitment is to one another.

In addition, the Girls Volleyball Team expresses their love for their new coach, Taylor Thompson. She is currently the new Physical Education Teacher. The captains said that their coach is amazing and that they love her. Lorraine Soto said, “She’s great, she really wants us to win and likes to compete with other teams.” Their new coach, Coach Taylor, really believes in them and is challenging them to do better to become great. Ciani Jackson also spoke about her new coach, “I love her, she is amazing, she is a really good coach, she knows how to teach us and use her skills to help us understand what we need to understand, and she is very responsible and respectful.”

Mt. Diablo Cheer Team Enters New Era

XOXO, Gossip Girl



Cheer performance at HoCo Rally

New season, new coaches, new uniforms, who this it’s the red devil cheer squad! The 2023-2024 Mt. Diablo High School Cheerleaders are proud to give us a recap to their accomplishments, goals, plans in the future that they have been working hard for. The team boasts 16 experienced Cheerleaders from Freshman to Senior classes. They have new coaches this year, Coach Heather and Coach Kelly to guide

them and lead them to a higher level of excellence to represent our wonderful school community.

This year’s captain is Suzett Perez and Moncerrat Torres of the Senior Class of 2024. Suzett Has been cheerleading for almost four years while Moncerrat has been cheerleading for almost 3 years. Their leadership propels the team to move forward and be provided with better opportunities in performing both in and out of MDHS. They have put in a lot of hard work for the team and sacrificed a lot while maintaining a good academic standing in all of their classes. In addition, the amazing team captains completed the course on NFHS and bonded a lot despite their differing views and skill set. Suffice it to say, these differences serve the team very well. Captain Suzett brings her strong, nurturing side to the team and Captain Moncerrat brings her outgoing personality which creates a very fun environment. Both Captains have

worked to create an environment where the girls have fun doing what they love.

This holiday season both Captains are introducing new cheer traditions! The team has adopted a local MDUSD family for Christmas. Together as a team, the girls will purchase, wrap, and deliver these gifts. The team prepares a lot to make sure the family feels loved and cared for.

After this season the team is looking forward to engaging more with the community to help bring more cheer to everyone! Though their main responsibility is to cheer for MDHS Football and MDHS Basketball, they also endeavor to attend other sports teams in season to show support as the year goes on.

To add more to the excitement of the MDHS Cheer team, they purchased a new uniform signaling a new look and a new era. They partnered up with Champion and created a new design. The main color of the uniform is white, a welcoming and clean look with touches

of green and crimson that just adorably scream of Mt. Diablo School Community.

The team has a lot of opportunities in competition. Building on their strong history where they competed at JAMZ and placing 3rd place in 2021, then 1st place in 2022, leaving them on their way to Nationals to Las Vegas Nevada, everyone at cheer is highly expectant for this year’s wins and success. If you are interested and wanting to join, the team invites you to follow their instagram

Seasonal Sports

Winter:

- Wrestling
- Boys Basketball
- Girl’s Basketball
- Boy’s Soccer
- Girl’s Soccer

Spring:

- Boy’s Volleyball
- Softball
- Track and Field
- Baseball
- Swim



Mount Media

Campus Newspaper

vol. 1

Truth, Excellence, Integrity for a better Mount

Mount Media is a student-run campus newspaper at MDHS. We endeavor to report on recent school issues, shed light on sensitive topics, advocate student voices, and celebrate our wins as a community.

Mount Media also aims empower student voices and opinions concerning relevant issues at MDHS. We spark discussions within the community and bring topics to light with a goal of exploring possible solutions while reporting on important events that are truthful and factual.

We uphold truth, choose integrity, and value excellence. We strongly condemn misinformation and disinformation caused by hearsay and gossip that strive to bring division to our community.

We work to represent student voices and to empower the student body to stand up for our quality education while actively searching and suggesting solutions to every relevant issue we report on.

We are passionate about changing the narrative in MDHS, one truth at a time.

COMMUNITIES OF MT. DIABLO HIGH SCHOOL

Stay connected! Be more engaged and up to date with school-wide and club events. See more information and details on how to be a part of a larger community!

American Red Cross Youth Club

- President Lance Topacio
- Advisor Mr. Trevor Pyke

Arts & Crafts

- President Bethany Helton
- Advisor Mrs. Parvanha Chehrehsa

Badminton Club

- President Alexabelle Panugaling
- Advisor Ms. Aislyn Alegre

Black Student Union

- President Kentaro Turner
- Advisor Mr. Spencer Smith
- Advisor Mr. Yazen Hamami

Drama Club

- President Jennifer Aguayao
- Advisor Ms. Abigail Murray

Filipino-American Student Association (FASA)

- President Lance Topacio
- Advisor Ms. Aislyn Alegre

Folklorico Club

- President Cindy Bustamante
- Advisor Mrs. Laura Valdez

Health Occupation Studets of America (HOSA)

- President Jasmine Torio
- Advisor Mr. David Pintado

Junior State of America

- President Bethany Helton
- Advisor Ms. Sandy Spaulding

Latino Club

- President Suzett Perez
- Advisor Ms. Katalina Gallo

Robotics Club

- President Sebastian Mendoza
- Advisor Mr. Kyle Kondo

Skate Club

- President Jorge Vasquez
- Advisor Mrs. Laura Valdez

Social Justice Club

- President Anahi Nava Flores
- Advisor Mrs. Laura Valdez

Sports Medicine Club

- President Kyle Adrias
- Advisor Ms. Katalina Gallo

2024 Semester 1 Finals Get ready Red Devils!

FINALS BELL SCHEDULE

“O” PER	7:30-8:25
1 ST PER	8:30-10:30
BRUNCH	10:30-11:00
2 ND PER	11:05-1:05

3 RD PER	8:30-10:30
BRUNCH	10:30-11:00
4 TH PER	11:05-1:05

5 TH PER	8:30-10:30
BRUNCH	10:30-11:00
6 TH PER	11:05-1:05

Red Devils gear up for Semester 1 Finals for this academic year. The schedule for December 18th through 20th will change and students are advised to check the schedule to be on time in all of their classes.

Students are highly encouraged to attend study halls and proactively ask their teachers for support to guarantee maximum learning that will result to high grades. Study buddies are also suggested for more learning with more fun.

Visit mdhs.mdusd.org for more information.

GET MORE CONNECTED FOLLOW THESE ACCOUNTS

Cares Program
Black Student Union
ASB Leadership Class
MDHS Junior State of America
MDHS Counseling Team
Folklorico Club
MDHS Class of 2025
Mt. Social Justice Club
Filipino Club
MDHS Yearbook 2024
MDHS Cheerleading Team
MDHS Softball
MDHS Flag Squad 2024
MDHS Drama Club
MDHS Class of 2023
MDHS Spirit
MDHS Latino Club
MDHS Girls Soccer
MDHS Campus Newspaper
MDHS College and Career

- [mdhs_cares](#)
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- [r3ddevis.leadershipp](#)
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- [spiritfilled_reddevils](#)
- [latinoclubmdhs](#)
- [mdhs_girlssoccer](#)
- [mount.media](#)
- [collegeandcareermdhs](#)

Let your voices be heard! Be empowered.

Students’ opinions are at the core of Mount Media and we endeavor to capture them through this simple process. Scan the following QR codes to access the google form. We believe that our collective voices would resonate far and bring about the change needed in our campus and achieve the goal of having a safe and clean environment conducive to learning.



MDHS Bathrooms

MDHS Bathrooms have been criticized by almost all students in the campus. Only two bathrooms will be open at a time and often, both bathrooms will be uncleaned and unsanitary. This poses a serious effects on students physical health and even learning if they have to walk across campus just to find a clean bathroom.

What could be some possible solutions? Let us know by answering this form.



YONDR Pouches

It is true that Cellphone addiction has been plaguing our teens. Schools across the country, specifically teachers and admin struggle to control the usage of phones during class hours. One of the things being proposed is the utilization of Yondr Pouches.

Though many support the cell-phone ban policy, is a Yondr Pouch the best solution for Mt. Diablo High School? Let us know by sharing your opinions in this form.



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