

Rise and Shine: Senior Sunrise

Senior Sunrise is an event held to commemorate the start of the last year of high school for students. On Friday, September 29, Valley High School held its first ever Senior Sunrise.

Seniors arrived at the school at 6 a.m. and they were treated to a pancake breakfast. Students also played many games including Loteria and the first one to finish drinking from a baby bottle and many more fun, interactive games. The winners won gift cards and a variety of other different gifts.

For being the first time having this event, it was a great success. Many seniors attended and participated.



Eagles pick the 2023 - 2024 ASB Officers

Valley High School students have selected new Associated Student Body officers the

- | | |
|------------------------|--------------------------|
| President: | Natalie Chavez |
| Vice-President: | Elizabeth Alvarez |
| Secretary: | Kimberly Alegre |
| Treasurer: | Angie Garcia |
| Activities | |
| Commissioner: | Armando Reyes |
| Publicity/Media | |
| Commissioner: | Selene Gutierrez |
| Mental Health | |
| Commissioner: | Samantha Corrales |

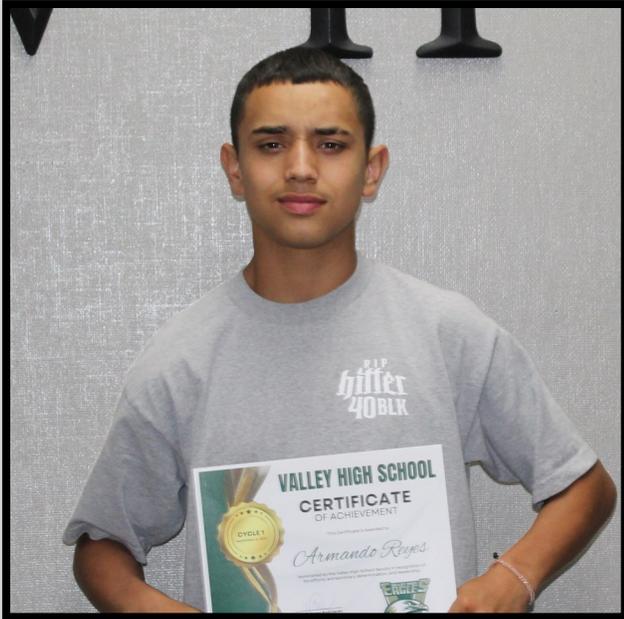


Students of Cycle 1

Valley High School is proud to announce the first Students of the Cycle for Cycle 1.

These students are nominated & selected by the teachers. Students are nominated based on

Armando Reyes



Seena Ali



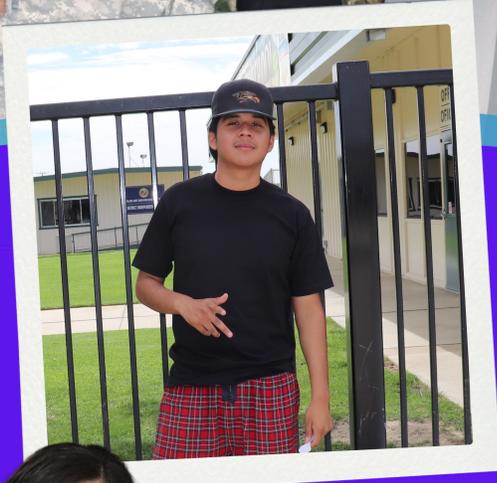
Eagles attend College Night:

On September 11th, a group of about 25 Valley High School students attended Kern County's Annual College Night held at Mechanics Bank Arena in Bakersfield.

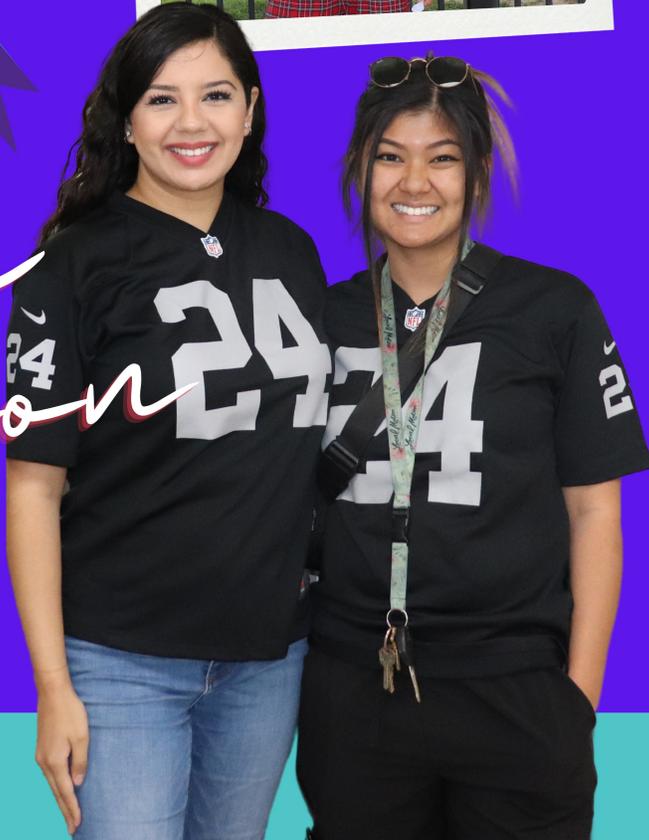
Students were given the opportunity to get information from many different colleges and universities.

Students came back from the event with many goodies, but most important with a better understanding of what they have to do to go to





Suicide Prevention Week





Hispanic Heritage Month

Hispanic Heritage Month is an annual celebration in the United States that takes place from September 15th to October 15th. During this month, Americans honor and celebrate the contributions, culture, history, and heritage of Hispanic and Latino Americans, who have roots in Spanish-speaking countries from Latin America, Spain, and other Spanish-speaking regions.

The significance of starting Hispanic Heritage Month on September 15th is that it marks the anniversary of the independence of several Latin

American countries, including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, which all declared their independence from Spanish colonial rule on September 15, 1821. Mexico's Independence Day is celebrated on September 16th, and Chile's on September 18th.

Throughout Hispanic Heritage Month, various events and activities are organized across the United States, including festivals, art exhibitions, concerts, lectures, and educational programs. These events celebrate the rich cultural diversity, traditions, languages, and histories of Hispanic and Latino communities in the United



Facts About Hispanic Heritage Month & Hispanics

- ◆ Hispanic Heritage Month began in 1968 under President Johnson & was expanded to a month by President Reagan in 1988. President George Bush helped start Hispanic Heritage Week by sponsoring the original Hispanic Heritage Week bill. President Johnson's idea of Hispanic Heritage month was to honor the impact that Hispanic people have had in the U.S. He asked teachers to create celebratory curriculum about the accomplishments of the Hispanic people.
- ◆ It celebrates people living in the U.S. who have ancestors from countries where Spanish is the main language. Twenty percent of the United States population identifies as Hispanic. The heritage month always has a theme, it changes each year. In 2023, the theme for this year's Hispanic Heritage Month is *Latinos: Driving Prosperity, Power, and Progress in America*.
- ◆ In the U.S., Mexican Americans make up the largest Hispanic population. Approximately, 62% of the overall U.S. are Hispanic. Thirteen states, have at least 1 million Hispanic residents. (*Arizona, California, Colorado, Georgia, Illinois, New Jersey, Florida, New Mexico, New York, North Carolina, Pennsylvania, Texas, and Washington*)
- ◆ The first Hispanic person in space was a woman named Ellen Ochoa. She was the first Latina astronaut in 1991.
- ◆ Sonia Sotomayor is the first Hispanic Supreme Court Justice in 2009.
- ◆ Philip Bazaar was the first Hispanic American who received a Medal of Honor. He was a member of the U.S Navy in the Civil War and earned his medal for bravery in 1865.
- ◆ Luis Walter Alvarez was the first Hispanic American to win the Nobel Price in physics in 1968 for his discovery of subatomic particles.

Celebrating Hispanic Heritage Month: The Life and Legacy of Cesar Chavez

Cesar Chavez was a tireless advocate for the rights of farmworkers and a prominent figure in the American labor movement during the 20th century. Born on March 31, 1927, in Yuma, Arizona, Chavez's early life was marked by the hardships faced by his Mexican-American family as they worked as migrant farm laborers in California.

Chavez's passion for social justice and workers' rights was ignited when he joined the Community Service Organization (CSO) in the 1950s.

In 1962, Chavez co-founded the United Farm Workers (UFW) with Dolores Huerta, a union dedicated to improving the deplorable working conditions endured by agricultural laborers, particularly those of Mexican and Filipino descent. Chavez's leadership and commitment to nonviolent protest strategies set the UFW apart from other labor unions.

One of the most significant accomplishments of Chavez and the UFW was the successful Delano Grape Strike, which began in 1965. This five-year-long strike and boycott sought better wages, safer working conditions, and the right to collective bargaining for farmworkers. Through boycotts, fasts, and peaceful protests, Chavez and the UFW gained widespread support and garnered attention for their cause.



Celebrating Hispanic Heritage Month:

Selena Quintanilla-Pérez - The Queen of Tejano Music

Selena Quintanilla-Pérez, widely known as Selena, was a beloved American singer, songwriter, and fashion icon. Born on April 16, 1971, in Lake Jackson, Texas, she rose to fame as the “Queen of Tejano Music” and left an indelible mark on the music industry before her tragic passing.

Selena's passion for music was evident from a young age. She began singing in her family's band, Selena y Los Dinos, where she quickly showcased her remarkable vocal talent and stage presence. Her fusion of

Tejano music with pop and R&B elements helped bridge cultural gaps and appeal to a diverse audience.

In 1987, Selena released her debut album, “Selena,” which marked the beginning of her meteoric rise to stardom. Her charismatic performances and chart-topping hits, such as “Como La Flor” and “Bidi Bidi Bom Bom,” earned her numerous accolades.





Senior Sunrise Class of 2024

GAME DAY FRIDAYS

Come have a fun time on Game Day Fridays!

All you'll have to do is attend the *entire week of school* so you can be called out of your last 2 periods for game day.

There are many fun activities to participate in like watching a movie, playing pool, outside games & sports along with access to computers for games & plenty of socializing.

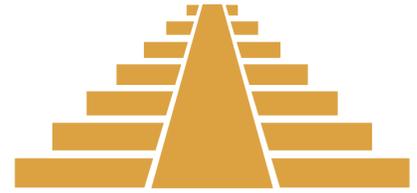
You can also enjoy snacks that are provided.

So, attend school every day of the week and don't miss out on Game Day



Eagles flock to Maya Cinemas

Valley High School rewarded students that had good attendance, good behavior, and credits with a field trip to the local movie theater last Friday. The students attending the trip got a day off from school to enjoy some time at the



Maya Cinemas for their efforts during the First Cycle.

The trip also included with free popcorn and drinks for all students attending.

Students had two movies to choose from at the theater: Blue Beetle and Gran Turismo.



October Marks Breast Cancer Awareness Month

A Time to Educate, Support, and Inspire

As October begins, pink ribbons, fundraisers, and educational events are taking center stage worldwide, signifying the beginning of Breast Cancer Awareness Month. This annual campaign is dedicated to raising awareness about breast cancer, promoting early detection, supporting research efforts, and providing vital support to individuals and families affected by the disease.



Breast Cancer Awareness Month was initially established in the United States in 1985 but has since transcended borders, becoming an international movement. It unites individuals, healthcare organizations, advocacy groups, and businesses in a collective effort to combat breast cancer.

The pink ribbon, a powerful symbol of breast cancer awareness, serves as a reminder of the importance of early detection through regular screenings, mammograms, and self-exams. Breast cancer, when detected early, is often highly treatable.

In this spirit of unity and awareness, individuals are encouraged to participate in by attending local events, donating to reputable organizations, wearing pink to show solidarity, and spreading the message.

As this month of awareness begins, let us stand united in our commitment to educate, support, and inspire, knowing that our efforts can truly make a difference in the lives of those affected by breast cancer. Together, we can make Breast Cancer Awareness Month not just a symbol of solidarity but a catalyst for change in the battle against this disease.

Valley High School will once again recognize those that have had breast cancer. In the last week of October, a day is set aside for all students to wear pink & release pink balloons in memory of those that have passed from cancer and those

Red Ribbon Week: Promoting a Drug-Free Future

Across the United States, communities, schools, and organizations are coming together to observe Red Ribbon Week, a vital annual campaign dedicated to raising awareness about the dangers of drug abuse and promoting a drug-free lifestyle. This weeklong event, held this year from October 23rd to October 31st, aims to educate, engage, and inspire individuals of all ages to make healthy choices and stand united against substance abuse.

Red Ribbon Week serves as a platform for communities to come together, fostering unity and shared commitment. It encourages schools, local governments, businesses, and families to collaborate in organizing events, workshops, and activities that educate individuals about the risks of drug abuse and the benefits of a drug-free life.



The red ribbon itself has become an enduring symbol of hope and a promise to make positive, drug-free choices. It reminds us all that drug abuse affects individuals, families, and communities and that it's everyone's responsibility to stand against it. During Red Ribbon Week, individuals are encouraged to participate in various activities and events, including educational workshops, anti-drug rallies, and community service initiatives. By doing so, they contribute to the campaign's mission of promoting healthy, substance-free lives.

Red Ribbon Week is more than a symbol; it's a call to action. It highlights the importance of education, awareness, and unity in the ongoing battle against drug abuse. It is a reminder that together, we can make a difference in our communities and inspire positive change.

Valley High School will be holding special dress up days and other activities. We encourage you to join in on the fight for a drug-free future.

More Rumor Staff is Named

The 2023-24 school year is off to a great start at Valley High School. After a couple of years off due to covid and other obstacles, this year marks the return of Valley High School's newspaper, **The Valley Rumor**. We would like to take the time to introduce you to our reporters, photographers and graphic artists.

These are the people that will bring you the news as it pertains to Valley High.



My name is Samantha Corrales, and I am a senior at Valley High School. I was born in Tulare, California in 2006. I was raised in Earlimart; I have lived there my whole life.

My parents are Raul and

Diana Lopez. My dad was born in Mexico & my mom was here. I have an older sister named Savannah.

My name is Manuel

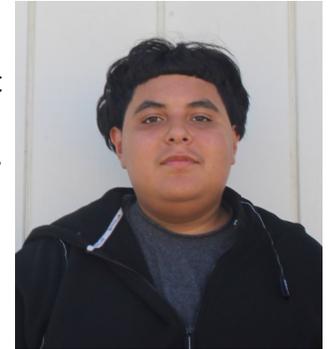
Hernandez, & I am junior at Valley High school. I was born in Delano, Ca. in 2007. I've lived in Delano all my life.

My parents are Manuel Hernandez & Karla Trejo.

I have 5 siblings: Kayla,

Valerie, Eli, Oscar & Kaitlyn. My dad works in sand blasting & painting; my mom works as a eye doctor at Omni.

I attended Albany Elementary & Almond Tree Middle School. I went RFK before I came to Valley.



My name is Fidel Melgoza, & I am a junior at Valley High School. I was born in Delano, CA in 2007. I've lived in here my whole life. My parents are Fidel & Maria Melgoza. I have

2 older siblings; one is named Bianca & the other

is Jennifer. My parents have worked in the fields their whole lives; my dad is a contractor & my mom is the supervisor for him, & they have lots of people working for them.

I attended Pioneer Elementary & Middle School. I also attended RFK before coming to Valley High.

I love listening to Spanish music especially Corridos. My favorites are Los Belicos De Culican & Los Desertores De Durango. I like to practice on the ac-

Hello, my name is Jocelyn Ayon Trujillo. I am a senior at Valley High School. I was born on November 22, Delano.

I have grown up in Delano with both my parents who are both from Sinaloa. I have two sisters who are 10 & 29, and my brother who got to live up to 24.

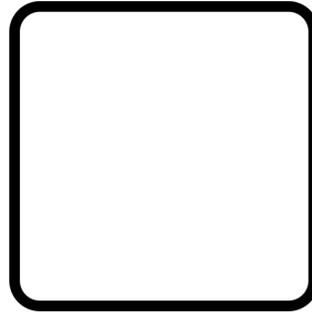
For elementary, I attended Nueva Vista for all 5 years. I went to Almond Tree Middle School and then attended RFK. I was then transferred to Valley High School.

I plan on becoming an Esthetician in the future or an Ultrasound technician.

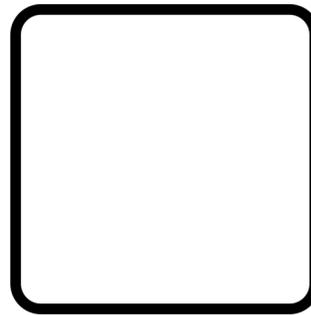
Some of my hobbies are cooking & sleeping. Most of my favorite songs are from Legado 7. There isn't much to me, other than sleeping all the time.



To access
a digital copy of
The Valley Rumor!



Something Special!



The Valley Rumor

is produced by the
Valley High School
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