



La Paloma Ledger



La Paloma has a new and amazing school psychologist. Her name is Andrehina Salinas. Andrehina graduated from Saint Mary’s College in 2017. Go Gaels! Previously Andrehina worked with pre-school and elementary school aged students. This is her second year working with High School students and she’s very excited about the change. When she was asked when she knew she wanted to be a school psychologist she told us this:

“I’ve always known that I wanted to help kids. After I graduated college, I took a counseling internship at Excelsior Middle School. I had the opportunity to do individual and group counseling. Then I met the school psychologist and learned their role in the school. I was fascinated with all the different tests they administered and how school psychologists advocate for students and their education. I knew at that moment that that is what I wanted to do. As a school psychologist I get the best of both worlds: I get to run counseling groups, but also get to test students.”

When she’s not helping students, she spends her time with friends and traveling. Andrehina has traveled to many places such as: Hawaii, Costa Rica, Italy, Spain, England, France, Mexico, and the Netherlands. Her favorite type of food is Mexican and her favorite color is purple. Since she has been at La Paloma, she has started a Friendship Group where students learn how to positively interact with other students and create lasting friendships.



UP COMING EVENTS:

**MARCH BREAK 3/16/20—
3/27/20**

MAY EVENTS

**PROGRESS REPORTS—MAY
7, 2021**

JUNE EVENTS

**GRADUATION—JUNE 2
6:00PM—8:00PM**

**LAST DAY OF SCHOOL—
JUNE 3**



**Happy 50th
Birthday Hovis!**

~ June 28 ~



Should teachers assign homework?

By Aaryss Jones

Homework has been a topic for debate for years. Some teachers believe that homework leads to independent learning and reinforces the material they learned that day, while others believe that they can teach the material during class through engaging activities, without discouraging student's interest in the subject matter. "Parents have challenges when it comes to homework," says Toni Hargis, an editor for "The Guardian. Most feel that there are too many subjects that require work each night and that the new methods for a subject are beyond the scope of how the parents can help. Parents also feel that kids should be able to do extra-curricular activities after school, but the pressure can be too much to have a mound of homework and try to be in a club or play sports. One solution that that Hargis suggests is " We need a middle ground, where teachers teach and parents support the learning at home, both parties respect each other's roles and communicate regularly about how to best help the individual child."

<https://www.theguardian.com/teacher-network/2015/jul/14/parents-view-homework-tolerance-hatred>

HOMEWORK OR NO WORK?

There truly are benefits to both sides of the argument.


Whether you enjoy doing homework or not, I am sure we can all agree that (for the most part) homework can be a good review before a test or quiz.

However, some teachers simply assign homework as a way to keep the students busy, without taking into account the fact that other teachers also assign homework, and some kids can't afford to spend hours at home doing something that doesn't really matter.



Students weigh in on Covid-19

Written by Aaryss Jones and Irene Munoz



Well what can I say, 2020 has been a rough year. Covid-19 has created a lot of changes for the past year. Schools were closed for a whole year and students went on distance learning. It was a little rough for some students. A few kids didn't have Wi-Fi or laptops so it was hard for them to join the zoom classes. We had to start off the school year late, we had to cut off some time from two of our breaks, and nothing was what it used to be. Everyone just wanted everything to go back to normal. Teachers were missing their students, they just wanted to see their cute little faces. We were on distance learning for a long time and everyone disliked everything about Covid-19. Then came the new year and we were patiently waiting for the day everyone could come back to school. We thought we would return in February, but our county was still in the red tier. Then students had a choice to either stay on distance learning or come back to campus. Many students chose to come back, and some wanted to continue distance learning. Then we got the best news ever! March 18, was the day the school opened back up for business and everyone was so excited. Ever since then, the school has opened and we've been doing great. —Aaryss Jones

When covid-19 hit no one quite knew how to react. While some were filled with excitement for the days off about to come, others began to worry they'd quickly be put in the darkest hole of their lives. Teens all around were already dealing with there own issues and this only made it worse. Being locked up indoors for most of your day only allows those thoughts to get louder. Men's suicide rates stayed about average during this pandemic, however, women's rates increased little by little throughout the months. Unfortunately, many still feel the need to suffer in silence and allow the pain to eat them up inside. Based off of personal experiences, this pandemic was without a doubt, a roller coaster. I know many teens who were put in such a horrible mental state from the very beginning and others who slowly let it break them apart. The pandemic only gave us more of and excuse to keep the feelings to ourselves. One of the biggest change in others that I've seen is their drive for school. Many either gave up completely or are allowing the assignments to pile up and have the overwhelming amount of stress eat them up alive. I've seen the best students turn into the ones who didn't know whether or not they were going to graduate. —Irene Munoz



HOW TO FIND YOUR ZEN

If stress has got you down, you're probably like any other person going through life's challenges. However, that doesn't mean it can't be fixed. There are many ways to cope with life's distress, and luckily for you, I'll save you the trouble of making that Google search yourself.

Exercise: Not only will exercise help your physical health, but it will help your mental as well. Have you ever been upset and gone on a walk to think about things? It's been scientifically proven to better your mood, and help you think clearer.

Meditation: You may not believe it, but meditating is an effective way to deal with stress. With each breath, it feels as though time itself is slowing down. It helps you to forget your problems, and to simply live in the moment.

Music: Whether it's Hip Hop, Pop, Rock, etc, almost everyone has their own favorite genre of music. Sometimes it's best to just pop in some earbuds, select your favorite playlist, and just vibe with it. Though, if you can, try avoid depressing songs, as they may just make you feel worse.

Talking: I know you probably don't want to talk about your problems to someone, or maybe you don't have someone you think will listen, but talking is probably one of the best ways to deal with stress. It can help relieve some of the pain, as well as deepen your bond with the person you opened up to. This is probably the hardest stress relief technique, but also the best.

STOPPING STRESS BEFORE IT STARTS

You can always fight the stressors before they even appear. Getting a substantial amount of sleep, eating right, and taking care of your health in general, are all ways you can keep your head in the right place.

It's really not rocket science that taking care of your body will have great effects on your mental health as well, but sometimes it's tough to put it into practice.

Try to discipline yourself to make healthy decisions. If it starts out tough at first, try to take things a step at a time. At the end of the day, this is the only body you'll get. Treat it with respect.





WHY SHOULD STUDENTS APPLY FOR THE FAFSA?

The average student loan debt hovers near \$120,000, so what can students do to help unload the financial burden of college? Applying for the FAFSA (Federal Application for Federal Student Aid) is an important step in helping students with tuition expenses. All you have to do is go to the website below and apply by 11:59 p.m. Central time (CT), June 30, 2021 for the 2020-2021 Academic Year.

<https://studentaid.gov/h/apply-for-aid/fafsa>

Career Planning: What do you want to do after high school?



MyPlan.org is a great site to view career choices, take career assessment tests and view college info.

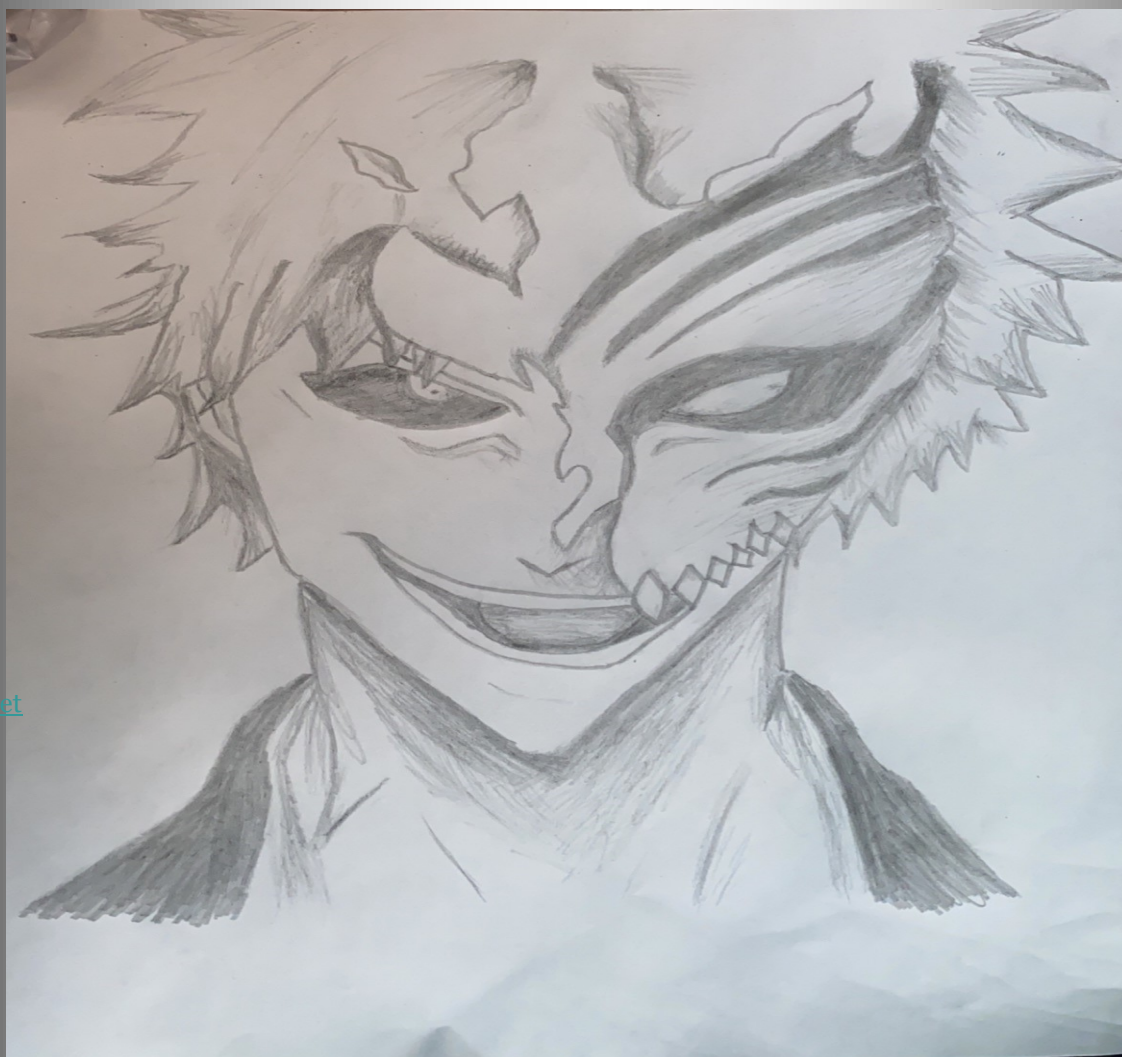
jumpstart.org is a career exploration site that gives information about positions in a variety of industries. This site will also help someone get ready for an interview.

careeronestop.org this site will help with building a personal profile that can reveal your interests. They offer assessment and career profiles making this a great site for career exploration. There is information on over 900 jobs on careeronestop.org.

thebalancecareer.com is a great site for information on career choices, skills and training needed for various careers and a self-assessment to help you start thinking about what career is right for you.



La Paloma Artists



Chris

Mari

6025852@luhsd.net

My name is Chris Mari and I a junior at La Paloma. I began drawing because it was a way for me to use my imagination and bring things to life. I also enjoy the fact that drawing is calming and helps to get rid of stress. I haven't taken any formal drawing classes, it just came naturally to me. I was able to visualize what I saw in my mind and create it on paper. I'm not sure if I want to pursue Art or not. I really just enjoy drawing for myself right now.



La Paloma Artists

La Paloma Artists



Natalia Johnson

My name is Natalia Johnson, a junior known as the Manager online,. I've been drawing ever since I was 6 but never committed to being an artist until I was 12. I was horrible at first, however through time I began receiving compliments and advice in my artwork. I would love to pursue work as an animator or character designer in my near future. At most, a director in movies. My inspiration for drawing the Sphynx cat in flowers was just to contrast upon expectations. Sphynx cats are always shown to have been in such dry and rather died out deserts in Egypt, but held high as cats in their lack of much fur. And the Roses and Sunflower don't naturally grow there, and need the right soil to grow. Just adding some more dodged expectation.

Just a thought....

“Write what should not be forgotten.” — Isabel Allende

Ending Days

Its almost that time that seniors must say goodbye
Its almost that time that life must begin
The scariest moment is that time may fall apart,
While others flourish in success.
Don't be scared, do not panic.
It's that time to show them all
It is that time to write the story that has yet to be written.

- Irene Munoz

Dad

You broke my heart when you left me
You hurt my soul
You chose drugs over me
I never really forgave you
But I got over it
I never really healed
But life goes on
My life went on
And so did yours
We both went through many struggles that we'll never get to share
It's so much I had to say to you that you'll never hear
It's so much that you were suppose to show me but never did
Right now I'm in disbelief
Right now I'm in denial
Ever since the news I been breathing a little different
Looking a life a little different
Wondering what is my purpose
Wondering what god is trying tell me
The man that create me is no longer alive
The man that created me was no longer in my life when he was alive
The man that created is in the grave now and don't know how much I loved him .

anonymous

~ La Paloma Writers ~

Just a thought....

Burned Promises

The plans I laid out in stone
To always provide you with a home
To love you endlessly
And to never give up on us
I laid my promises out in stone
And I thought you did too
But instead you threw your promises on to paper
And burned the page
Forgot every promise you ever made
Gone with the wind these ashes fly
Right before my very eyes

I gave my whole heart
Unwrapped each edge to reveal the broken pieces
And you helped mend the edges oh so intricately
I began to trust again
But that all came crashing down when you couldn't handle the load
Life became too hard and I was the first to go
Oh to be given up on is a terrible feeling
Oh to experience unreciprocated love
The agony my heart feels every time I see your face
The constant longing I feel for your sweet embrace
To kiss you again under the dark sky
My heart aches for you
But I can't have you, not anymore

-anonymous

~ La Paloma Writers ~

Just a thought....

Back In Time

I feel life if were to go back and change one day it would be the first day of my freshman year. I would change that day because I would go back and just listen to the teachers and do the work the teachers gave us. I would be motivated to do work and actually attend school. I didn't really know that freshman year of high school was one of the most important years of high school. Instead of not going to class and hanging out with friends I would have attended my classes and put in the work that was needed to pass the classes. I would meet new friends that would actually do good by me instead of trying to keep me out of class. I feel like if I were to change the next day I wouldn't be in a continuation high school, I would still be attending a regular high school. That is what I feel like would have happen if I were to change one day in my life. Overall I just know I would've had a better education and better opportunities after high school.

- Jaiden Fortuno

Talk is cheap

I'm very articulate with my words
I speak with a confident tone of voice
So when I talk It's mind grasping
Some call it manipulative
Some call it intellectual
It's all in the way you look into it
Talk is cheap
but my actions are very expensive
What I'm now learning is to
Put forth effort into making my
Actions expensive and my talk cheap
So I'm not over spending or spending money I don't have
anonymous

~ La Paloma Writers ~

What you should Know to Keep Your Car on the Road

THE BASICS OF CAR MAINTENANCE

By Lorenzo Fresquez

So, you finally did it, you got your license, a car, and now you don't have to rely on your family or friends to get you from point A to point B. With this opportunity, you expected there to be responsibilities to keep your machine at peak performance. Which, of a course, there are and you probably know most of them already such as changing fluids, changing parts, checking tire pressure, and cleaning it. However, you may be wondering how often should you be doing these things, so here's a quick guide on how to keep everything in check so you don't have to pay for problems later.

TIRE REPLACEMENT/MAINTENANCE

CHECKING PRESSURE: It is recommended that a person should check all four of their car's tire pressure once a month. You can do this yourself by using a pressure gauge.



CHECKING TREAD: It is recommended that a person should check the tread of their tires at most every 5 months, or if you feel that the grip of your tires is lacking. You can do this with multiple methods such as using a penny, quarter, or with the tread wear bear indicator which is on the tire itself.

TIRE ROTATION: It recommended that a person should have their tires rotated every 5,000 to 8,000 miles.

TIRE REPLACEMENT: A person should check with the tire's manufacturer and see what they recommend on how often they should be changed, they should also be replaced if there is not enough tread, bubbles, or dry rot.

FLUID REPLACEMENT/MAINTENANCE

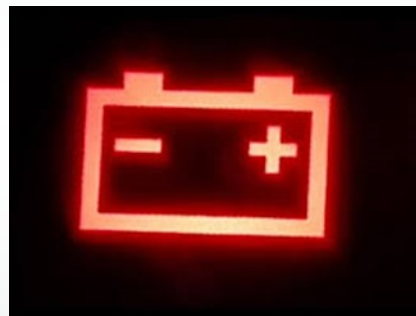
(If you own a solely electric-powered vehicle it does not use oil or transmission fluid. Also, if your car uses a manual transmission it might use something else than automatic transmission fluid, so read your car's owner manual to know what fluids it uses instead.)

CHECKING FLUIDS: It is recommended a person should check on their car's oil level, coolant level, amount of wind-shield wiper fluid, transmission fluid color as well as level, and brake fluid level as well as color every other time you get gas.

REPLACING FLUIDS: It is recommended that a person should check their owner's manual to see how often they should replace oil, transmission fluid, and coolant. However, for brake fluid, it should be changed if there's too much water moisture in the fluid.

PART REPLACEMENT/MAINTENANCE

BATTERY: Most manufactures recommend that people should check their battery once in the late fall and spring season. However, there isn't a set amount of time a battery will last so it's best look for signs of it failing such as slow engine crank overs, a misshaped battery case, or a dashboard warning light.



AIR/OIL FILTER: Filters don't need to be routinely checked. A person should check their owner's manual to know how often they should be replaced.

WINDSHIELD WIPERS: Wipers don't need to be routinely checked, but are recommended by manufactures to be replaced once or twice a year if they are negatively affecting a person's visibility in certain weather conditions.



Quarter 3 20-21**15-19.5 credits**

| First Name | Last Name | Credits Completed |
|---------------|------------|-------------------|
| Jose | Espindola | 15 |
| Sebastian | Helmer | 15.5 |
| Nadyezhda | Newhouse | 15.5 |
| Jaikob | Cuevas | 16 |
| Hailee | Hammett | 16 |
| Natalia | Johnson | 16 |
| Daniel | Torres | 16 |
| Cilicia Alani | Martinez | 16.5 |
| Taylor | Sparks | 16.5 |
| Angela | Vega | 16.5 |
| Clayton | Bolds | 17 |
| Dominic | De La Rosa | 17 |
| Irene | Munoz | 17 |
| Ronnette | Burnham | 17.5 |
| Dynasty | Dunn | 17.5 |
| Deonte | Burns | 18 |
| Alejandro | Martinez | 18 |
| Cameron | Gonzales | 18.5 |
| Torion | Daniels | 19 |
| Priscilla | Flores | 19.5 |
| Jovanni | Soto | 19.5 |

Honorable Mention**Quarter 3 20-21****12-14.5 credits**

| First Name | Last Name | Credits Completed |
|--------------|-----------------------|-------------------|
| Hailey | Tejada | 12 |
| Marilyn | Torres | 12 |
| Thomas-Glenn | Chilcote-Wolfenburger | 12.5 |
| Estephan | Gaxiola | 12.5 |
| Darien | Moreno | 12.5 |

Principal's Honor Roll**Quarter 3 20-21****20+ credits**

| First Name | Last Name | Credits Completed |
|-------------|-----------|-------------------|
| Garin | Estrada | 20 |
| Xitlali | Michel | 20 |
| Natalia | Lopez | 22 |
| John | Rodrigue | 23 |
| Kassie | Watkins | 23 |
| Owen | Perez | 23.5 |
| Marissa | Valles | 23.5 |
| Aaryss | Jones | 24 |
| Christopher | Mari | 28 |
| Daniel | Garcia | 30 |
| Jaiden | Fortuno | 32 |
| Valerie | Garcia | 36.5 |
| Linnea | Miranda | 39.5 |
| Darien | Moreno | 12.5 |
| Andrew | Daley | 13 |
| Aiden | Lorono | 13 |
| Saxon | Regalado | 13 |
| Braden | Smith | 13 |
| Austin | Gilmore | 13.5 |
| Destiny | Lopez | 13.5 |
| Kenneth | Mills | 13.5 |
| Michael | Goodwin | 14 |
| Robert | Hearne | 14 |
| Ronald | Jeffries | 14 |
| Brandon | Gordon | 14.5 |
| Justin | Kasmarek | 14.5 |
| Tanner | Robinson | 14.5 |



DELTA BREEZE

LACROSSE

Delta Breeze Lacrosse is a new Lacrosse team in the Brentwood area. They have received extensive coverage in the Brentwood press. La Paloma also sports the La Paloma Blue. Great job team.



**Girls and Boys
8-12 Antioch,
Pittsburg, Oakley
Brentwood, Byron,
Knightsen, and
Discovery Bay..
dblax.com**

Spring Recipes

Fresh Rhubarb Pie

1. In a mixer cream the butter and sugar until light and fluffy.
2. Add eggs and pumpkin and mix well.
3. Sift flour, baking powder, salt and spices together and fold into cookie batter.
4. Mix until well blended.
5. Drop a spoonful of the cookie batter onto a cookie sheet.
6. Bake at 350 degrees for approximately 15 minutes

INGREDIENTS

For the crust:

- 2 cups all-purpose flour

- 1/2 teaspoon salt
- 2 teaspoons sugar
- 1/2 cup vegetable shortening,
- 6 tablespoons ice water

For the filling:

- 5 cups sliced rhubarb
- 1 1/4 cups sugar
- 5 tablespoons flour
- 1/4 teaspoon cinnamon
- 1 1/2 tablespoons butter



CROCK POT CHICKEN ENCHILADA SOUP



Ingredients

- 1/2 Onion, finely chopped
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 can (19 oz) red enchilada sauce
- 1 can (28 oz) fire-roasted diced tomatoes
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) corn, drained
- 2 lb. boneless, skinless chicken breasts, cut into thirds
- 2 1/2 c. chicken broth
- 1/3 c. cheddar cheese, plus more for serving
- 1/4 c. heavy cream
- Sour cream, for serving
- Chopped cilantro, for serving
- Sliced lime, for serving
- Crushed tortilla chips, for serving

Directions

Combine onion, spices, enchilada sauce, tomatoes, beans, corn, chicken and broth in the bowl of your Crock-Pot. Stir together to combine all ingredients. Set on high and cook for 3 hours, or until chicken is tender.

Remove chicken from Crock-Pot and shred. Return to pot and stir in cheese and cream. Stir and place on low until cheese is melted.

Serve into bowls and top with sour cream, cilantro, crushed chips, more cheddar and a slice of lime if desired.

Yield; 6-8 prep time; 15 min total time; 3 hour 30 min

Tuscan Chicken Skillet

Kosher salt and freshly ground black pepper

12 ounces fettuccine

4 slices bacon, chopped

1 pound chicken tenders, cut into 1-inch pieces

2 cloves garlic, minced

4 plum tomatoes, chopped

1 cup heavy cream

5 ounces baby spinach

3/4 cup grated Parmesan

3 tablespoons chopped fresh basil



Directions:

- 1) Bring a large pot of salted water to a boil. Cook the fettuccine according to package directions. Drain
- 2) Meanwhile, put the bacon in a large, cold skillet, then cook over medium-high heat, stirring occasionally, until crispy about 8 minutes,; transfer to a plate with a slotted spoon.
- 3) Sprinkle the chicken lightly with salt and pepper and add to the skillet in a single layer. Let cook, undisturbed, until golden brown on the underside, 2-3 minutes. Continue to cook, stirring occasionally, until cooked through, about 4 minutes more. Transfer to the place with the bacon.
- 4) Reduce the heat to medium and add the garlic, stirring until fragrant, about 30 seconds. Add the tomatoes and cream and bring to a simmer, then add the spinach and stir until just wilted. Add the bacon, chicken, fettuccine and Parmesan and toss with tongs until well coated; season to taste with salt and pepper. Sprinkle with basil.

delicious