

From the Principal...

As we come to a close of the 2023-2024 school year, I reflect back on all of the wonderful things that have happened. Our students have made great strides. We have created a community of shared goals between staff and students and are excited that we have approximately 55 graduates.

Moving forward we will be offering summer school beginning on June 10 and ending on July 19 and preparing for the next school year. I look forward to seeing our returners, welcoming new students, and seeing the success of those leaving La Paloma. Have a wonderful summer!



2024

IMPORTANT DATES

JUNE 5TH

**SENIOR
BREAKFAST**

9AM—9:45AM

**GRAD PRAC-
TICE**

9:45—11:00

GRADUATION

JUNE 5

6:00PM

**GATES OPEN
AT 5:00**

JUNE 6TH

LAST DAY OF

Counselor's Corner

by Dr. Andre

Feeling Anxious?

Many students experience anxiety before an important event, such as a presentation, big test, or first day of school. However, people with an anxiety disorder have anxiety and fears that are long-lasting and can progressively get worse. Sometimes, a person's anxiety is so bad that they become housebound. Anxiety disorders are the most common childhood disorders affecting an estimated 31.9% of adolescents.

True or False?

Anxiety will get better if you just wait it out?

False, in fact, it could worsen over time.

Coping strategies to help with Anxiety

Distress Tolerance Skills are used in situations where one might not be able to control a situation, but may need to manage their own response. It won't make the situation go away but will give you a break from feeling anxious.

- Imagery – Imagine yourself on a beach, picture yourself in a safe place.
- Encouragement – Say “I can do it.” Use positive self-talk.
- Ask to take a walk around the school, notice sights, smells, sounds, etc.
- Engage in deep breathing exercises.
- Hold an ice cube to get your mind off of those spiraling anxious thoughts.
- Ask to speak to the counselor or preferred staff.



4 DAY SCHOOL WEEKS

By Solange Marti

There are many benefits of a 4 day school week. Students are granted an extra day of relaxation, allowing them to recharge and be more focused during their time in school. Many teachers have also said they have boosted morale from this extra day off. With an extra day to plan lessons and grade assignments, teachers can feel more prepared and engaged in their work. Almost 900 school districts across the United States have already incorporated this schedule into students and teachers lives. Twenty-five states have at least one school district using a 4-day school week. Some of these states include: Colorado, Montana, Oregon, Oklahoma, Idaho, Wyoming, Texas, New Mexico, Arizona, and more. Currently Alaska is switching some schools over and testing this theory.

California has approved the four– day week as long as schools meet the required minutes. The schedule would ideally be 8:15am-4:15pm Monday through Thursday, and then Friday, Saturday, and Sunday off. This can lead to significant reductions in operational costs for the school, like transportation, meals, and utilities. It will also improve attendance and attitude among students and staff. It's definitely an interesting shift in how we think about structuring the School week.

<https://edsource.org/2023/four-day-school-week-gaining-popularity-nationally-why-isnt-it-happening-in-california/>



Tackling Spring Fever

By Xitlaly Legaria

Students from across the globe get a touch of Spring Fever as warmer weather makes its arrival. It is hard to stay motivated in school, when the sun is shining and there is nothing more you would like to do then head outdoors and enjoy the day. Some studies say that allergies can affect a student's performance in class and other school activities. Constantly sniffing and sneezing prevents kids from actually doing work and can affect them in their sports. Some students may even miss school due to severe stuffy noses, swollen itchy eyes and an itchy throat.

Here are some tips on how to help reduce allergies during school:

- Stay indoors as much as you can on windy and dry days.
- Avoid any freshly cut grass and dusty areas.
- Close windows and use air conditioning.
- Stay hydrated by drinking plenty of water.
- If you have any allergy medication take it before going to school.
- Carry eye drops with you.

<https://health.ucdavis.edu/blog/cultivating-health/tips-to-reduce-seasonal-allergy-symptoms-and-treatment-options-to-help/2023/03#:~:text=Keep%20your%20home%20and%20car,from%20humidifiers%20and%20swamp%20coolers.>



Get Sun kissed—Not Sunburned

By Xitlaly Legaria

Many people around the world don't wear sunscreen and may even think they don't need it. Experts say that everyone should wear sunscreen daily regardless of their skin tone, age, or gender. It is said that wearing sunscreen every day, even during cold or cloudy weather, is the best and easiest way to protect your skin from UV radiation. Sunscreen helps prevent sunburn, skin cancer and premature aging.

During the colder months of the year people usually think they do not need sunscreen but that is simply not true. UV radiation is higher during the summer than any other season but that does not mean UV rays are not present throughout other seasons. So, it is very important for everyone to wear sunscreen. If you don't like to wear sunscreen there are also other alternatives you can use like coconut oil, Aloe Vera, shea butter, and more.

<https://www.healthline.com/health/sunscreen-explained>





- How far does a sneeze reach? 25 feet in 22 seconds
- How long does it take for honey to expire? It never expires.
- How long was the shortest war in history? 38 minutes, between Britain and Zanzibar.
- What is the world's oldest recipe? A beer recipe from 4,000 yrs ago
- How long is the Hawaiian alphabet? 12 letters long
- How big is the largest snowflake? 15 inches long
- What is the world's oldest living organism? 5,000-year-old tree named Methuselah.
- Did you know? The Eiffel Tower can grow 6 inches in summer due to expansion of its iron structure.
- An average person walks the equivalent of 3 times around the world in their whole life.
- The largest pizza ever made measured over 13,000 square feet.
- The longest flight of a paper airplane was 27 seconds.
- The first oranges weren't actually orange, they were green!
- The world's largest rubber duck weighs over 11 tons and is 79 feet tall.





Unveiling Secrets of the Deep

By Solange Marti

The deep sea is a realm of darkness and mystery, where unimaginable creatures and chilling phenomena thrive. In this article, we'll delve into the true facts that will leave you in shock.

The Abyssal Zone, A World of Darkness:

The abyssal zone, where sunlight cannot reach and darkness takes over. Here, crazy creatures with haunting adaptations lurk, such as the anglerfish with its terrifying bioluminescent lure.

The Vampire Squid, A Creature of Nightmares:

The vampire squid, a deep-sea dweller that looks like it stepped out of a horror movie. Its red eyes, cloak-like webbing, and glowing orbs make it a truly shocking sight.

The Deep-Sea Ghost Shark, A Living Fossil:

Encounter the ghost shark, a prehistoric creature that has remained unchanged for millions of years. With its transparent skin and glowing green eyes, it's a creepy reminder of the deep sea's ancient secrets.

The Abyssal Gigantism, Monstrous Proportions:

Discover the phenomenon of abyssal gigantism, where deep-sea creatures grow to ginormous sizes. From colossal squid to giant isopods, these oversized creatures will leave you in shock.

The Deep-Sea Soundscapes, Haunting Calls of the Abyss:

Listen to the haunting sounds of the deep sea. From the creepy moans of baleen whales to the unsettling clicks of the mysterious "Bloop," these odd noises will certainly scare you.

The deep sea holds a ton of terrifying secrets, from interesting creatures to eerie sounds. As we continue to explore this underwater realm, we can't help but wonder what other discoveries are waiting for us in the ocean.

"I want to get my driver's license and to get a job."

-Shadae Noble



"I would like to get a job and spend time with my friends."

- Gabby Rodriguez

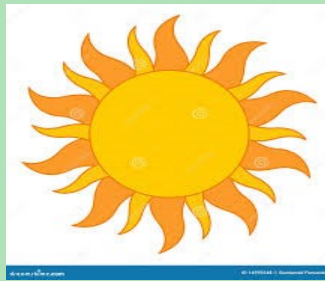


"Take some time off!!! And then go to work."

-Alexis Espinosa



What are Your Plans for the Summer?



"Go to Vegas! First get a job so I can afford Vegas."

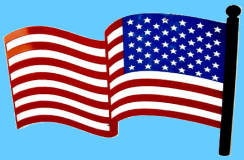
-Jordan Malovich

"I would like to take a break and then look for a job."

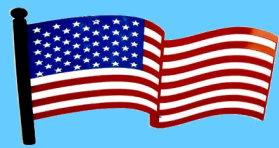
-Julian Piceno

"I plan to vacation in Hawaii and then look for a job."

- Adwoa Akobiah



Why Should Teens Vote ?



Voting gives people a way to express their needs, preferences, and allows them to communicate how they want to be governed. Most Americans over the age of 18 are allowed to vote and believe its very important to do so. Some teens younger than 18 want to be included and feel that its unfair that they aren't able to vote. These young teens are the future and we as a society should help prepare and support them.. It is said that young voter may also be more diverse and have a different perspective on things. Young teens have much more diverse race, gender, sexuality, class, etc. have a more wide perspective on issues that can become known to society. It is important for every voice to be heard and represented in our democracy.

<https://www.lwv.org/blog/why-we-need-young-voters>

HOW TO VOTE :

1. **Register to vote.** Can be done in-person, online, and by mail. Some state allow you to register the day of election and others require you to do it in advance.
2. **Choose your party affiliation.** This includes the Democratic party, Republican party, Libertarian party, and more.
3. **Research the candidates.** Take time to understand their qualifications, voting record, and positions.
4. **Understand the issues.** Educate yourself about how the results of the election can affect issues such as the economy, civil rights, taxation, immigration, and individual liberties.
5. **Check state– specific rights and rules.** Each state sets its own requirements for first-time voter registration.
6. **Find your poll place.** Your polling location is determined based on your address, meaning you must go to a specific place to cast your vote.
7. **Cast your ballot.** When you arrive at your polling place, some localities still use paper ballots while others have moved to touch-screen voting machines. Tutorials are available if you feel unsure of how to use the provided method. Be sure to check the hours of your polling location and remember that as long as you are in line prior to the polls closing, election officials must let you vote—regardless of how long it takes before your turn.

<https://www.publicservicedegrees.org/college-resources/student-voting-guide/>



Filling out the FAFSA for the 2024-2025 School year

Create a FSA ID

The FSA ID is your username and password

Use your FSA ID to electronically sign your FAFSA and your student loan applications, make corrections to your FAFSA and more

Go to fsaid.ed.gov to sign up

Save your FSA ID to use again next year

If you are a dependent student, one of your parents will also need a FSA ID. Utilize the FSA ID worksheet at UCanGo2.org.

Fill it Out

- ♦ Apply online at StudentAid.gov for quicker processing time and to save your information for next year.
- ♦ Enter student and parent names as shown on Social Security cards
- ♦ Send your FAFSA results to up to 10 campuses
- ♦ Read about the IRS Data Retrieval Tool at StudentAid.gov to learn how to automatically transfer tax data to your FAFSA
- ♦ Sign and Submit

Print a copy of your answers from the Summary page and review

Enter your FSA ID to serve as your electronic signature

Don't forget to click SUBMIT at the bottom of the screen

Follow Up

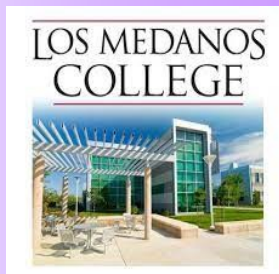
Watch your email for a Student Aid Report and info from institutions that received your FAFSA results.

College Resources

Los Medanos College (LMC)

Los Medanos College is a public community college located in Pittsburg, Ca but extended to Brentwood, CA as well. The in-state tuition is \$1,312 and the average cost after aid is \$6,154. The undergraduate enrollment is currently 7,528. The acceptance rate is 100% with a 3.0 GPA. LMC offers a variety of user-friendly, short-term courses and more advanced online career training programs. All courses and programs earn a certificate of completion issued by the Los Medanos College, and many prepare you for industry-recognized certifications as well.

www.losmedanos.edu



Universal Technical Institute (UTI)

Universal Technical Institute is a trade school and has several locations but its nearest location is in Sacramento, CA. The average cost after aid is \$24,000 and the current undergraduate enrollment is 1,845. The acceptance rate is 100% with a 2.50 GPA. UTI provides automotive and diesel training. Students in the Automotive Technology and Diesel Technology programs can learn from instructors who have real-world experience.

www.uti.edu



Diablo Valley College (DVC)

Diablo Valley College is a public community college located in Pleasant Hill, CA and San Ramon, CA. The in-state tuition is \$1,312 and the average cost after aid is \$5,637. The undergraduate enrollment is currently 15,326. The acceptance rate is 100% with a 3.0 GPA. Gain in-demand skills quickly with career training, choose from 200+ degree and certificate programs, transfer to a four-year university or college and explore flexible options with in-person and online classes.

www.dvc.edu



Principal's Honor Roll
(20 or more credits)

Jacob Baca
Sammuel Carr
Lucio Clark
Michaela Costa
DeAngelo Crenshaw
Sean Das
Mya Duncan
Raven Echon
Anthony Fuentes
Maria Garcia
Macie Jarquin
Ivan Jones
Elizabeth Matienzo
Valeria Medina
Azrael Mesa
Robert Metez
Shadae Noble
Saul Ortiz
Katelyn Padilla
Izabella Para Levy
Julian Piceno
Natalia Raygoza
Edgar Reyes
Amanii Richardson
Sophia Rios
Kelsey Sanchez
Paulina Sandoval
Edwin Santoyo
Emmitt Valencia
Natalia Vazques

Honor Roll
(15-20 credits)

Yareli Bautista
Jacob Bernal
Cloey Brady
Michael Carroll
Bobby Chelemed
Daisy Cruz
Zohemy De La
Fatima Garcia
Jason Geyer
Diago Hernandez
Benjymon Holloman
Ricardo Hurtado
Citlali Juarez
Travis Kent
Rigoberto Leon
Yulisa Lopez
Juliana Melena
Sebastian Meza
Noah Misque
Kylie Morgan
Luzvaleria Orozco Villalobos
Si'Niah Roberts
Armando Rodriguez Ortiz
Luis Rojas
Jose Ruiz
Jesus Sanchez
Ava Serkiz
Emeli Silva
Matthew Skaggs
Isaak Sommers
Linda Urias Lora
Dakota Vanderbrook
Kaaliyah Ward
Asher Williams

Malik Williams
Honorable Mention
(12-14.5 credits)

Fernando Aguilar
Edries Akbari
Adwoa Akobiah
Anahi Alejandre
Joe Alexandre Coleman
Julian Bejarano
Grace Bernabe
Natiana Brantley
Chakira Burks
Adamaris Campos
Isaiah Carrera
Miguel Conway
Angel Cortes
Elise Daughters
Don Dimaculangon
Giovanni Dolan-Estrada
Armando Esparza Penaloza
Alexis Espinoza
Alex Estrada
Joseph Fairbotham
James Forrest
Sophia Gutierrez
Christopher Herron
Katrina Martinez
Serena Noble
Amadeus Peralta
Jason Pickett
Maliyah Roberson
Gabriela Rodriguez
Mazahri Verge
Mahari
Vongvilay



Spring Favorites



CHICKEN, BACON, AND RANCH SANDWICH

Ingredients

- 1/2 cup Prepared ranch dressing
- 1 Tbsp. Dijon mustard
- 2 cups Cooked rotisserie chicken, shredded
- 8 slices Thick-cut bacon, cooked, cut in half
- 8 slices of mild cheddar cheese
- 4 leaves Green leaf lettuce, washed, patted dry
- 8 slices Tomato

Directions

1. In a medium bowl, combine dressing and mustard. Fold in chicken until chicken is creamy. Set aside.
2. To Assemble Sandwich: Place 1 slice of bread on a flat surface. Spread about 1/2 cup of prepared chicken mixture onto bread. Place 2 slices of cheese over chicken. Place 4 half slices of bacon over cheese. Place 1 piece of lettuce over bacon. Place 2 slices of tomato over lettuce. Place 1 slice of bread over tomato. Repeat with remaining

<https://www.sargento.com/recipes/meals/lunch/chicken-bacon-ranch-sandwich/>



FROZEN BERRY & YOGURT SWIRLS

Ingredients

- 10 plastic or paper cups (3 ounces each)
- 2-3/4 cups fat-free honey Greek yogurt
- 1 cup mixed fresh berries
- 1/4 cup water
- 2 tablespoons sugar
- 10 wooden pop sticks

Directions

1. Fill each cup with about 1/4 cup yogurt. Place berries, water and sugar in a food processor; pulse until berries are finely chopped. Spoon 1-1/2 tablespoons berry mixture into each cup. Stir gently with a pop stick to swirl.
2. Top cups with foil; insert pop sticks through foil. Freeze until firm.

For Frozen Clementine & Yogurt Swirls: Substitute 1 cup seeded clementine segments (about 5 medium) and 1/4 cup orange juice for berries, water and sugar; proceed as directed.

TALES OF MYSTERY AND SUSPENSE

by Frank Longo | © 2014, The New York Times



The Learning Network

Teaching & Learning With The New York Times

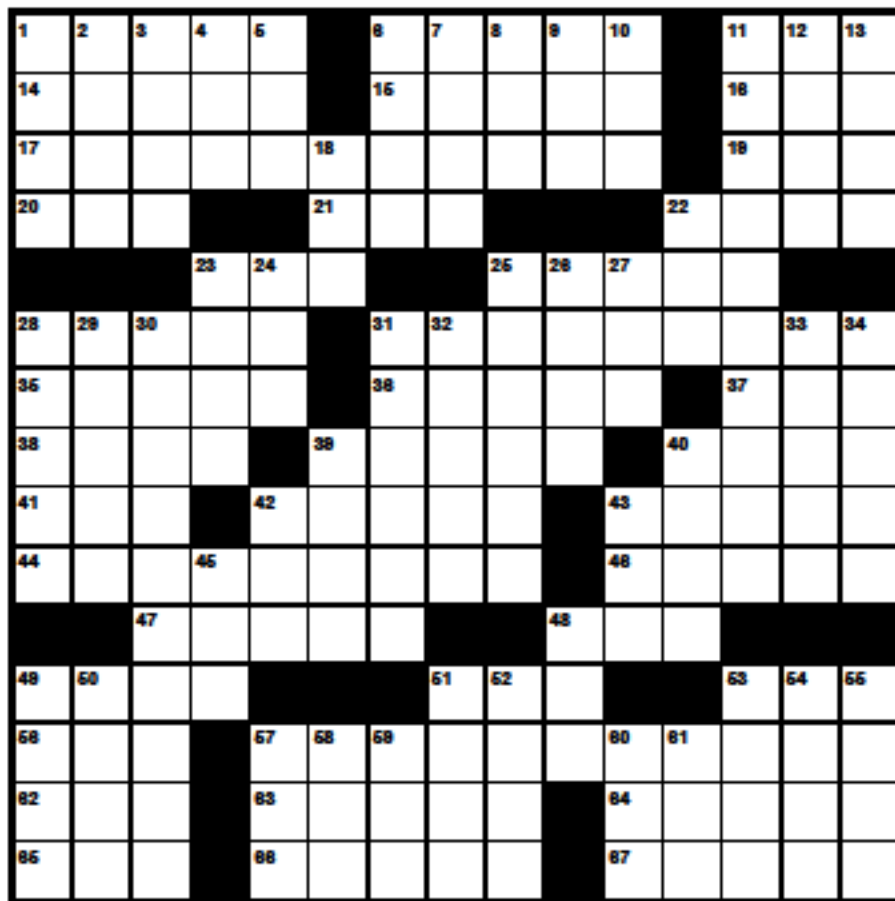
ACROSS

- 1 "___ for Murder" (1954 Alfred Hitchcock film): 2 wds.
- 6 The ___ Boys (fictional teenage sleuths)
- 11 Boxing win, for short
- 14 The word "Mississippi" has four of them
- 15 One of Ariel's sisters in "The Little Mermaid"
- 16 Concealed
- 17 Author of "The Firm" and "The Rainmaker": 2 wds.
- 19 Yale student
- 20 "Read ___ good books lately?"
- 21 ___-Magnons (Paleolithic humans)
- 22 Cruise ship stopover
- 23 When doubled, one of the Teletubbies
- 25 Hidden supply
- 28 Close but no ___
- 31 Person who works on crime cases
- 35 Got out of bed
- 36 Slip away from
- 37 Point of a pen
- 38 Mob scene
- 39 Greek letters after alphas
- 40 Puerto ___
- 41 Donkey
- 42 Knight's protection
- 43 Sherlock Holmes creator Arthur ___ Doyle

- 44 Best seller by 17-Across made into a 1994 movie: 2 wds.
- 46 Furious
- 47 Worked clearing tables at a restaurant
- 48 "___ of Steel" (old workout video)
- 49 Hint that helps a 31-Across
- 51 Sick
- 53 Evansville's state: Abbr.
- 56 ___-pah-pah (tuba's sound)
- 57 J. K. Rowling's wizard-in-training: 2 wds.
- 62 Put a tear in
- 63 Shady area formed by tree branches
- 64 Director Welles of suspense films
- 65 Suffix with steward or lion
- 66 R. L. ___, author of spooky stories for kids
- 67 Instrument with 88 keys

DOWN

- 1 ___ vu
- 2 "Help ___ the way!": 2 wds.
- 3 Pale, like someone reading 11-Down?
- 4 Band with the 1999 hit "Steal My Sunshine"
- 5 Chinese food additive
- 6 It may be spiked or dyed
- 7 Too
- 8 Pep rally holler
- 9 Genetic molecule composition



- 10 Thanksgiving vegetable
- 11 1980 film based on a Stephen King novel: 2 wds.
- 12 "A Time to ___" (best seller by 17-Across)
- 13 "Garfield" dog
- 18 Producer of TVs and DVD players
- 22 Suffix with hobby or novel
- 23 "I Know What You Did ___ Summer" (novel by 50-Down)
- 24 "You ___ what you eat"
- 25 "___ Little" (1999 film featuring a white mouse)
- 26 "Bill & ___ Excellent Adventure"
- 27 Card that beats a king
- 28 Jeweler's weight
- 29 St. Patrick's Day marchers
- 30 Series of stories by 66-Across
- 31 Considered
- 32 "Candle in the Wind" singer ___ John
- 33 Bishop's assistant
- 34 Wood once used to make black keys of a 67-Across
- 39 White cheese produced in France
- 40 Director Howard and actor Silver
- 42 Yankovic and Gore
- 43 Yellow vehicle
- 45 Actor's prompt
- 48 Swiss mountain
- 49 Uneaten apple part
- 50 "Killing Mr. Griffin" novelist Duncan
- 51 Wrinkle-removing appliance
- 52 Ancient stringed instrument
- 53 "___ small world!": 2 wds.
- 54 Like Las Vegas lights
- 55 First James Bond film: 2 wds.
- 57 "The time ___ come!"
- 58 Sculptures, paintings, etc.
- 59 Baseball card statistic: Abbr.
- 60 Alley-___ (basketball pass-shot combo)
- 61 Prefix meaning "three"