



La Paloma High School

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La Paloma Ledger



The History of Graduation

Graduation is a much anticipated event that celebrates the accomplishments of students after years of education. It is the finality of one chapter and the beginning of another. Across the world, graduations are celebrated differently. Some graduate after the various levels of schooling, while others celebrate at the completion of college.

The familiar music at graduations is called, Pomp and Circumstance , he song written by Sir Edward Elgar in 1901, was first played at a graduation in 1905 which Edgar played while receiving his doctorate degree from Yale. This song has been played throughout graduations across the country.

The cap and gown was first worn in the 12th century. Long robes and hoods were used in order to stay warm during ceremonies. The cap shifted in the 14th and 15th century and were worn by students and artists as a sign of intelligence. The throwing of the cap began in 1912 by the Naval Academy. The crew had to serve two years as midshipmen before they became officers, wearing the same hat they started with. At the graduation ceremony they received new hats as officers and didn't need their old ones any more so they all threw them in the air for a celebration.

The tassel for the cap has become symbolic in the past 40-50 years. It was originally used for decoration but then over the years it was moved from the left, before receiving the diploma and moved to the right after receiving the diploma.

In other countries many graduations only take place after completion at the university level, in America we recognize the tradition at the completion from elementary, middle school, high school and college.

<https://www.ksstradio.com/2015/05/graduation-ceremony-traditions-and-history/>



UP COMING EVENTS:

MAY EVENTS

PROGRESS REPORTS—MAY 7, 2022

JUNE EVENTS

SENIOR BREAKFAST—MAY 8
9:00AM AT LA PALOMA
FOLLOWED BY PRACTICE AT
10.

GRADUATION—MAY 8,

LOCATION: LA PALOMA
HIGH SCHOOL

TIME: 7:00 PM

LAST DAY OF SCHOOL—
JUNE 9TH.



The Start of Something Great!

La Paloma High School implemented its first basketball team ever this year. The school opened in the mid-1980's and up until this year, sports was non-existent. Coach, Ron Jackson, felt the need to start the team so that students would have an outlet that would teach them about responsibility, positive sportsmanship and working together as a team. Through daily practices and weekly games the basketball team became a

cohesive unit that represented the school. Coach Ron was amazed at the camaraderie between the boys and how they became a family. The team built lasting relationships and put their energy towards the positivity of the game. The 2022 basketball team players are:
Raymond Alaniz, Tarrance Anderson, Kelvin Beshears, Esto Gaxiola, Ryan Hernandez, Brady McKenna,



Andrew Molina, Mario Thomas, Sean Mendoza, Andress Garcia, Martin Jenkins, Ryan Smith, Eric Johnston.



Looking Ahead



Students were very excited to visit Diablo Valley College. The tour of the campus, located in Pleasant Hill, was informative, but more than that it represented the next step in the lives of La Paloma students. School psychologist, Andrehina Salinas, along with paraprofessional, Lena O'Neal, took the students to the college so that they could experience what the campus was like, and encourage them to look ahead. Alexis Espinoza said, "Seeing the campus was really cool, and the football field was dope." Students found the experience exciting and that they can see themselves going there. La Paloma students have the opportunity to tour LMC and DVC twice a year as well as guest speakers from the colleges coming to La Paloma to speak to classes.



From left to right , back row Alexis Espinoza, Keshawn Pack, Rachael Camacho, Henry Berrios Vizcarrondo, Cody Young, Antonio Ledesma

From left to right front row: Yasmin Anaya, Lena O'Neal, Dominic De La Rosa, Andrehina Salinas



Filling out the FAFSA

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.

Provide any other necessary documentation that may be required by your Institution, such as your accepted financial aid offer, and be sure to follow up with the financial aid office if you have additional questions.



DELTA BREEZE LACROSSE

JOHN AND LAURIE BOONE

Delta Breeze Lacrosse club, featuring 3 boys and 3 girls teams, has just completed its fourth year and continues to grow with more and more kids taking to the sport. Coach, John Boone, and his wife Laurie, wanted to offer kids the opportunity to learn Lacrosse. In East Contra Costa County, Lacrosse teams are hard to find, which prompted Coach Boone to get it started. Lacrosse is a sport that combines hockey, track, soccer, football and basketball and a lot of running. Players gain coordination, build up stamina and have fun in the process. A sport that began generations ago with Native Americans, has now taken root on the west coast and has found its way to east county, by the determination of John and Laurie Boone. Practices are held at La Paloma High School.

Boy's Team 2022



Girls Team 2022



If you are interested in finding out more about Delta Breeze Lacrosse, go to their website at <https://www.dblax.com/>.

Hidden Gems in the Job Market

By John Arts

Real Estate Wholesaling

Real estate wholesaling is when an individual, the wholesaler, acquires a contract from the seller of a property and assigns that same contract to an end buyer. The property is not purchased by the wholesaler. Instead, the owner's temporary contract allows them the right to sell it on their behalf. Wholesalers earn revenue through a wholesaling fee attached to the transaction often a percentage of the overall property cost.



These properties are usually worn down properties or off-market homes. The current owner usually does not have the money or willingness to fix up the home. Instead, they pay a wholesaler to find end buyers for them.

End buyers are typically real estate rehabbers or other investors who prefer not to spend time identifying discounted properties or negotiating with sellers. By acting as the middleman, wholesalers generate income by helping real estate investors find and close potential deals.



Website Developer

A website developer is responsible for creating websites for companies, non-profits, or individuals that would like to have a place to relay information to the public. Website developers get to create a visually appealing website for their client, and they may also manage their sites if requested. This job also allows for the opportunity to start your own business or to work for companies that provide website designing services. The stability this job offers is also appealing. You can work from wherever so relocating would be manageable. The average pay for this job is \$28 hourly, or approx. \$53,000 a year.

Video Editor

A Video Editor, or Video Production Editor, is responsible for reviewing audio and visual footage and using computer software to organize clips to tell the story. Their duties include splitting or combining video clips, adding appropriate sounds or graphics and watching the finished product to catch mistakes before submitting it for review. Inputting sounds and graphics in film to enhance believability. Although a college degree isn't necessary in order to get the job, it is recommended. Skill and vision is a necessity for this job. The pay for this job is approximately \$25 dollars an hour, unless you are highly skilled and working on big film projects.



Did You Know ?

By John Arts

1. A single sneeze travels 100 miles per hour and shoots 100,000 germs into the air.
2. You're born with just 1 pint of blood, but by the time you're an adult you have 4 to 5 quarts.
3. The human body contains enough fat to make seven bars of soap.
4. Humans are capable of echolocation, just like a bat or a whale.
5. It's impossible to hum while holding your nose. Go ahead, try it!

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6. All humans have an automatic dive reflex. When your face is submerged in cold water or when you hold your breath, your heart slows and your blood vessels narrow to conserve oxygen.

7. Newborn babies can't drown because their windpipes close in response to being submerged. However, that reflex disappears at six months (but we do NOT recommend testing this odd fact at home).

8. Your stomach acid is strong enough to dissolve metal.

9. The silhouette on the NBA Logo is of Hall of Fame Los Angeles Laker Jerry West.

10. The average lifespan of an MLB baseball is just 7 pitches.

11. Golf is the only sport to have been played on the moon. In 1971, Alan Shepard hit two golf balls on the lunar surface with a makeshift 6-iron.

12. The term "winning something hands down" came from horse racing. A jockey who is far enough ahead can slacken the reins and keep his hands down.



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.

Spring Recipes

These slow cooked short ribs are delicious and make a perfect addition to a barbecue

Ribs

1 tablespoon vegetable oil

1 lb beef short ribs

1 large sweet onion (such as Bermuda, Maui or Spanish), cut in half, halves sliced (about 3 1/2 cups)

Sauce

1 bottle (12 oz) chili sauce

¾ cup apricot preserves

2 tablespoons packed brown sugar

2 tablespoons cider vinegar

2 tablespoons Worcestershire sauce

2 teaspoons ground mustard

2 cloves garlic, finely chopped

In a 12-inch nonstick skillet, heat oil over medium-high heat. Add ribs, in batches if necessary; cook for 6 to 8 minutes, turning occasionally, until brown on all sides.

Spray 4- to 5-quart slow cooker with cooking spray. Place onion in the cooker. Top with ribs. Cover; cook on Low heat setting 8 hours.

In a 2-quart saucepan, cook remaining ingredients over low heat for 15 to 20 minutes, stirring frequently, until the sauce has thickened.



Drain excess liquid from the cooker. Pour sauce over ribs. Increase heat setting to High. Cover; cook about 1 hour longer or until meat begins to separate from bones.



Mexican Fruit with Cream

This yummy dessert is one of the most refreshing recipes for the summer, its quick and easy with few ingredients

- Chopped fruit
- Sour cream
- Sweetened condensed milk
- Evaporated milk
- Mexican vanilla
- Diced walnuts (optional)
- Coconut shreds (optional)

Pour the sour cream, sweetened condensed milk and vanilla in a bowl and stir until well combined. Slowly add in the evaporated milk while stirring. Add in the fruit, diced walnuts and coconut shreds and mix well, you could eat it then but it is better served cold. chill in fridge for about 30 min.

The Big Bang Theory

S	A	A	T	R	A	U	T	S	A	E	T	O	L
C	C	O	H	I	C	B	O	O	K	H	T	T	O
I	E	A	C	R	R	J	A	L	L	S	Y	E	H
E	B	J	E	S	C	I	E	N	T	I	S	T	O
N	W	S	G	O	O	O	T	H	E	O	R	Y	W
C	B	H	P	R	N	E	S	P	A	C	E	N	A
E	I	E	K	A	C	E	S	E	H	C	R	R	
M	G	L	R	J	A	P	H	Y	S	I	C	S	D
C	B	D	L	E	P	E	N	N	Y	A	D	D	I
A	A	O	E	S	E	A	G	N	I	Z	A	B	P
G	N	N	H	H	Z	T	I	W	O	L	O	W	C
T	G	E	O	C	D	S	A	E	A	T	D	O	S
A	N	E	D	A	S	A	P	E	A	N	A	B	G
T	E	R	D	C	A	L	T	E	C	H	E	A	P

RAJESH
AMY
THEORY
BIG BANG
PHYSICS
COMIC BOOK
OCD
CHEESECAKE
LEONARD
PASADENA
HOWARD
STUART
SCIENTIST
SCIENCE
WOLowitz
PENNY
BAZINGA
CALTECH
SHELDON
SPACE