

LA PALOMA LEDGER

From the Principal...

Keeping the campus clean is a responsibility we all share, and it reflects the pride we take in our school community. Actions like picking up after ourselves, using trash bins, and respecting shared spaces can make a big difference in creating a nice and clean environment for everyone. A clean campus not only looks better, but it also helps us feel more focused, motivated, and connected as we move through our final days here together.

As graduation approaches, it's natural to feel a mix of excitement and fatigue, but staying motivated is key to finishing strong. Looking ahead to graduation reminds us of how far we've come and the hard work that brought us to this point. By staying positive, supporting one another, and keeping our goals in mind, we can make the most of these last moments on campus and leave behind something we're proud of.



Spring 2026

IMPORTANT DATES

May 25 - Memorial Day

June 2 - Grad Practice @ 1:00pm

June 3 - Breakfast @ 9:00 am & Grad Practice @ 10:00 am

GRADUATION @ 6:00 pm

June 4 - Bar-B-Que & Last Day of School

Dr. Andre's Insights



Swap the Critic for a Coach

The inner critic is the name given to negative and self-destructive thoughts we all experience. These thoughts have the ability to shape how you feel about yourself, how you believe others perceive you, and how you behave. They impact negatively your self-esteem. The Inner Coach is the supportive, encouraging voice. It helps us learn from mistakes and motivates us to grow.

How to Recognize Each Voice:

- Notice when your self-talk is harsh or discouraging, this is usually the inner critic.
- Listen for positive growth-oriented statements, this is your inner coach.

Tips to Strengthen Your Inner Coach:

- Catch negative self-talk and challenge it.
- Replace critical thoughts with supportive ones.
- Practice self-compassion and encourage yourself as you would a friend.
- Reflect on achievements, not just setbacks.



What are your plans after graduation?



I'm going to LMC for psychology then going to SFU to become a mental health therapist.

-Dean Sous

I'm planning to go to college for 2 years then go into the union.

-Eric Rodriguez Rojas



My plans after high school are to go to LMC.

-Hesham Nooristan

My plans after high school is to pursue the fire service to help my community.

-Jackson Graham



I plan to apply to the local sheet metal union.

-James Valverde

What would the benefits be of a 4-day Work Week

The term, “Thank God its Friday” is one that symbolizes the end of a long work week where you know that for the next two days you will have time off to do as you please. By the time you realize that you don’t have to work, Saturday is half over. You sit to relax only to realize that you have laundry and grocery shopping to do, Oh and that paper that is due tomorrow night. You blink and then Sunday is upon you where you get your lawn mowed and clean what you can of your residence, and as you sit down to relax you realize that you need to set your alarm for 5:00 am, have to get up and head out for another work week. This is a cycle that affects working people, leaving them to dread Mondays.

This viscous cycle of scrambling for time can lead to burn out and a low quality of life. Lack of time with family and little time to relax and clear your head can lead to the deterioration of your mental health and can lead to lack of focus and productivity on the job. According to Forbes, we spend one entire day out of a 5 day work week doing absolutely nothing.

Countries around the globe have switched to the 4-day model. Britain’s experiment on this model of 3000 people over a 6 month period of time found that many people found the 4-day work week provided extra time for family and enjoying hobbies that people normally wouldn’t be able to partake in because of time constraints., had less burn out and stress than those who worked the 5-day work week.

The benefits provide employees with a more stress free life, making them a more productive employee.



<https://fortune.com/article/is-a-four-day-workweek-just-as-productive-as-five-days-major-study/>

History Behind Graduation

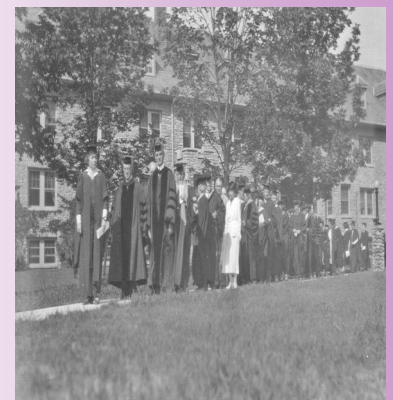
-Amerie Loblino



The tradition of academic graduation has its roots in the medieval universities of Europe, with the earliest examples dating back to the 11th and 12th centuries. In these early institutions, the act of graduating was not the formal ceremony we recognize today. Instead, it signified a student's admission into the guild of scholars or masters. Upon completion of their studies, students would undergo rigorous examinations and then be granted the license to teach, known as a *licentia docendi*. This license allowed them to practice their craft and earn a living as scholars, marking them as full members of the academic community. The focus was on the acquisition of knowledge and the ability to impart it, rather than a celebratory event for the individual.

Over centuries, the practice evolved, with the emphasis gradually shifting from a license to teach to a formal recognition of academic achievement. By the Renaissance and Enlightenment periods, universities began to standardize the process, and the concept of a degree as a mark of earned accomplishment became more prominent. The visual elements of graduation, such as caps and gowns, also emerged from the practical need for warm clothing for scholars in unheated university halls. What was once a professional qualification transformed into a public celebration of a student's hard work and success.

[HTTPS://BLOG.MYHERITAGE.COM/2023/05/UNVEILING-
THE-HISTORY-BEHIND-GRADUATION-TRADITIONS/](https://blog.myheritage.com/2023/05/unveiling-the-history-behind-graduation-traditions/)



Favorite Low Cost Activities

-Samantha Ceja

Everyone likes having fun, but not everyone has a lot of money to spend. That's why low-cost activities are some of the best ways to hang out and enjoy your free time. One of my favorite things to do is just go outside, like taking a walk, going to the park, or even playing sports with friends. It doesn't cost anything, and it's a good way to relax and get some fresh air. Another fun and cheap activity is having movie nights at home. You can watch movies or shows on streaming apps, make some popcorn, and just chill with friends or family. It's way cheaper than going to the theater, and honestly sometimes more comfortable. I also like things like drawing, listening to music, or trying out new hobbies because they don't cost much but still keep you entertained. Overall, you don't need a lot of money to have a good time. Simple activities can be just as fun, especially when you're spending time with people you like.



Drug Addiction & Affects on your environment

-Amerie Loblino

Drug addiction severely disrupts the home environment, transforming it from a place of safety and stability into a setting characterized by chaos, fear, and emotional distress. The impact is far-reaching, affecting the mental health of all residents, eroding trust, and causing significant financial and social strain. Homes with active addiction are often described as unpredictable and stressful, with family members "walking on eggshells" to avoid triggering conflict or emotional outbursts. Open communication breaks down, replaced by secrecy and lies to hide the extent of the addiction. Shame and embarrassment often cause families to withdraw from friends, relatives, and community activities, leading to profound isolation.

RESOURCES:

988 Suicide and Crisis Lifeline

[Crisis Text Line](#) – Text “HOME” to 741741

California Addiction Hotline: 1-866-210-1303

SUD Non-Emergency Treatment Referral Line: 1-800-879-2772

Alcoholics Anonymous 24-Hour Hotline: 1-800-839-1686



The Psychological Impact of Professional Sports

-Jaiden Newton

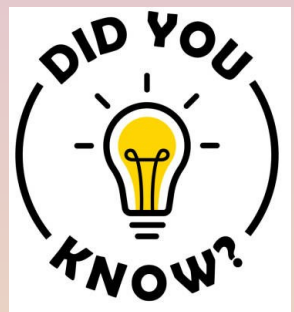
Professional athletes face significant psychological challenges that can profoundly affect their performance and overall well-being. One major factor is the presence of distractions, which can manifest in various forms, including the roar of the crowd noise, intense media pressure, and even personal issues outside of the sport. These external and internal pressures can severely impact an athlete's ability to concentrate, often leading to decreased focus and an increase in errors during critical moments of competition. To counteract these effects, many athletes employ coping strategies, such as practicing mindfulness and visualization techniques, to help manage these psychological demands and maintain optimal performance.

The world of professional sports is a fascinating arena where immense psychological forces are at play, impacting athletes, coaches, and even fans! For athletes, the constant pressure to perform at an elite level can lead to heightened stress and anxiety, but it also fosters incredible resilience and mental toughness. They learn to cope with setbacks, manage fear of failure, and maintain focus under intense scrutiny. Coaches, too, navigate complex psychological landscapes, employing strategies to motivate their teams, build cohesion, and make critical decisions under duress. The shared experience of supporting a team can create a powerful sense of belonging and community, but it can also evoke strong emotional responses, from elation to despair. The psychological impact of professional sports is a rich tapestry of human emotion, dedication, and the pursuit of excellence.



Fun Facts

- No number before 1,000 contains the letter A
- On average, a person blinks around 15-20 times per minute, totaling up to 28,800 times in a day
- Humans spend approximately 6 years of their lives dreaming an astonishing testament to the realm of imagination
- Disneyland's Pirates of the Caribbean ride used real skeletons because the artificial ones weren't scary enough
- Chainsaws were originally invented for childbirth
- The Paris catacombs contain the remains of over six million people
- Marie Curie was the first person ever to win TWO Nobel Prizes – one for physics in 1903, the other for chemistry in 1911 for her work on radioactivity



How environmental factors cause mental health issues

-Amerie Lobrino

Environmental factors including social surroundings, physical pollutants, and climate cause mental health issues by inducing chronic stress, altering brain chemistry, and damaging physical health. Key factors include poverty, abuse, noise pollution, lack of green space, and exposure to toxins, which can trigger anxiety, depression, and cognitive decline. These elements often trigger biological responses, such as high cortisol levels that can damage brain structures. Some factors like social stigma, history of abuse, family discord during childhood, early loss of a parent, poverty, toxic relationships, etc.

To be healthy, you need a solid balance of everything mental, physical, social, emotional, and spiritual. Even though mental health issues can run in your family, a ton of other things like your genes, money, social life, and where you live also play a part. Psychologists have to look at all of these factors together if they want to actually figure out what's going on and help someone get better.



Rising Gas Prices

-Gino Cole

You are probably wondering why gas prices are rising at such an alarming rate and its due to the war with the U.S and Iran and due to their war, we are losing oil and gas. What this does to us is the higher the gas prices sap our consumers' ability to spend on shopping for clothes and food.

With the gas prices continuously changing from \$4 to \$5+ right now in less than a month and will continue to keep rising untill after the wars over and even then, it will take a while probably even months until prices go back to normal for everything. Another thing relating to money is that central banks will postpone and cut in interest rates for a few months.



<https://www.pbs.org/newshour/economy/soaring-gas-prices-leads-to-biggest-monthly-inflation-spike-in-four-years-in-march>

Amusement Parks

-Amerie Lobrino



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Six Flags Discovery Kingdom—Vallejo

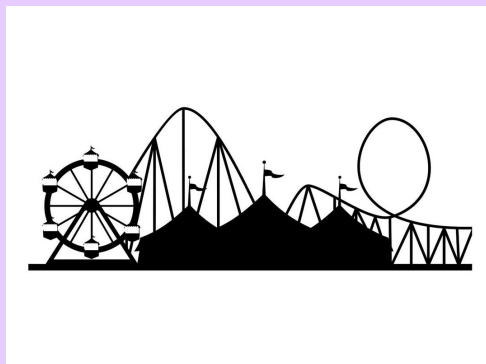
Six Flags Discovery Kingdom is known for its high thrill rollercoasters with marine and land animal exhibits. The park is widely recognized for its intense rollercoasters including The Joker, the floorless coaster Medusa, and the vertical looping Superman. It also has numerous family-friendly attractions like Roadrunner Express and Cobra plus animal interactions like feeding giraffes.

Great America—Santa Clara

Great America is also known for thrilling rollercoasters. It includes integrated South Bay Shores waterpark, and Planet Snoopy for kids. It is a top Bay Area family destination featuring 40+ rides, seasonal events, and the iconic Carousel, high-speed wooden coaster Gold Striker, the single-rail



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Student Of the Quarter 3rd & 4th



Hi, my name is Amerie! I am originally from the Bay Area, but I've lived in Colorado in my sixth grade year, and San Diego from my seventh to tenth grade year. I am planning to graduate early as a junior. I've become involved with leadership and I am the board representative. I plan to go to DVC to study sociology, transfer to either CSU Long Beach or LA to study social work, and possibly join the Navy reserve. My career goal is to be a Justice and Corrections or Mental Health and Clinical Social Worker.

Hi my name is Daniel, I'm from the Bay Area and have lived here my whole life. I'm planning to join a trade and learn as much as I can. I am also considering joining the army as another option. My main career goal is to be a mechanic.

Rotary
Club of Brentwood



Principal Honor Roll

Daniel Medina
Emily Garcia
Lineth Avilez Lazcano
Zay Gonzalez
Demari Powell
Kaymoni Green
Cyann Gonzalez
Samantha Ceja-Magana
Roque Bartell
Britania Duran
Demarea Martin
Landon Beaudin
Violet James
Diego Hernandez
Antonio Torres
Carlos Diaz
Meya Washington
David Robles
Hannah Raney-Ryan
Maddox-Issac Lemi
Abigail Fuller
Ariadna Moran Martinez
Evelyn Avalos Velasco
Keimonye Robinson
Nohemy Lomeli Rodriguez
Valentin Bedolla Morales

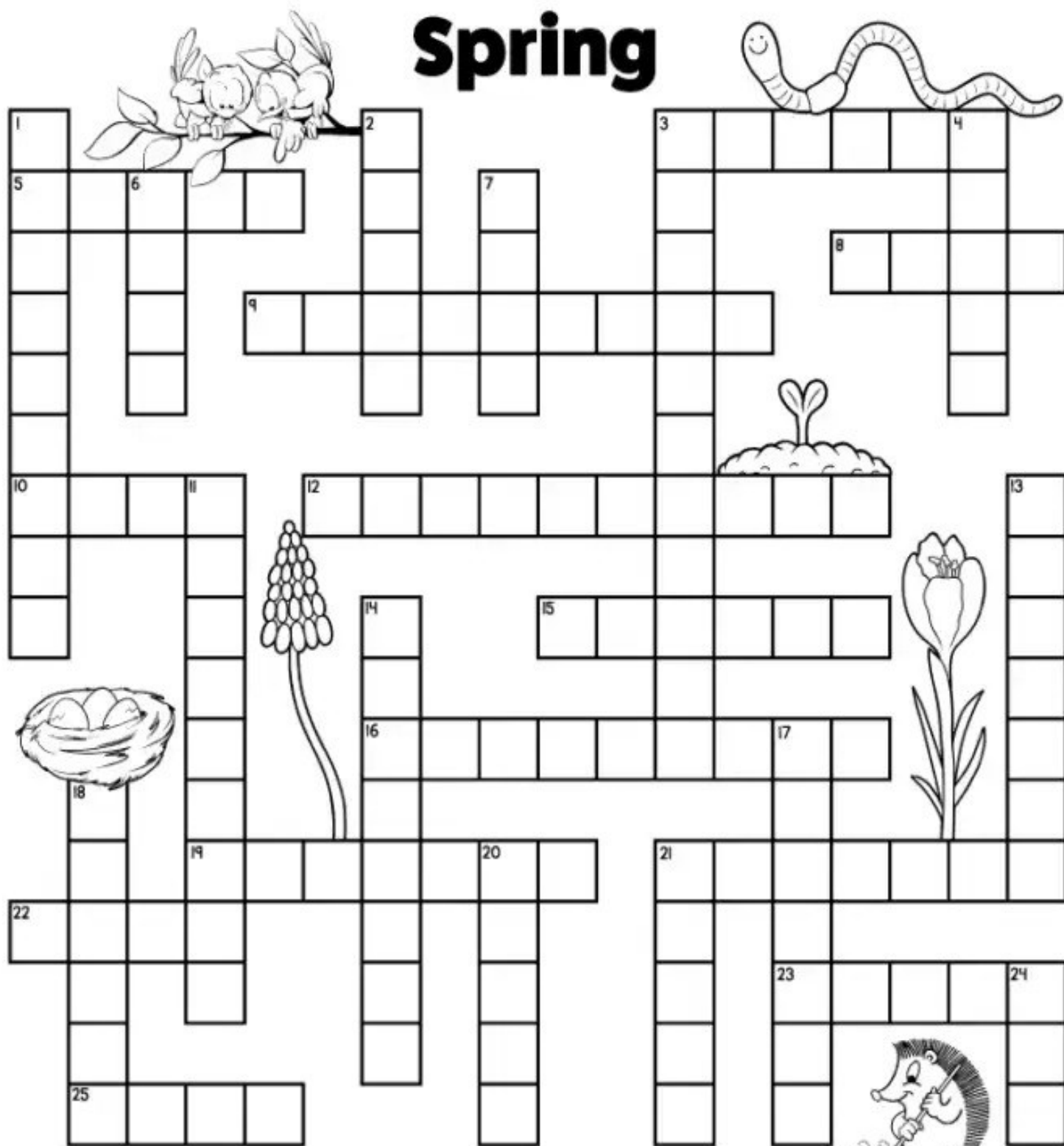
Honor roll

Grady Haugen
Kassandra Gonzalez
Andrew Peters
Esmeray Schofield
McKenzie Bowden
Alice Crosby
Gavin Kirkpatrick
Jaiden Williams
Omari Lindsey
Kailee Bennett
Amerie Lobrino
Andrea Perez
Briana Alvarado
Eduardo Garcia
Randal Locke
Diane Kellam
Diego Rivera
Matthew Hollands-
worth
Andy Salazar
Gavin Vonarx
Jackson Graham
Marshayla Titiali-
Johnson

Honorable Mention

Amare Ivy
Gino Cole
Jayla Jackson
Marcus Malu
Daniela Torres
Giselle Rivera
Marcy Gonzalez
Trinity Cruz
Emmanuel Banuelos Gordian
James Valverde
Jaymison Bodiford
Na Veaha Adams
Ramiro Polanco
Jack Hilliard
Jeremiah Montalvo
Julissa Duran Reyes
Nayeli Nunez Luna
Daisy Torres
Jabari Nelson-Bridges
Ny'irah Joseph
Prince Isaiah Williams
Raymond Cordova
Tierra Millard
Dulce Sanchez-Perez
Moriah Scott-Lyles

Spring



ACROSS

3. these hatch from eggs
5. a bird with a red chest
8. it makes kites fly
9. a fuzzy insect that makes honey
10. it starts as a tadpole
12. yellow flowers that turn into white puffs
15. baby cows
16. it has colorful wings
19. these small creatures have six legs
21. you can jump in these after it rains

22. baby deer
23. many families travel during spring __
25. another word for dirt

DOWN

1. a bug with a long body and two pairs of wings
2. birds like to eat them
3. this insect has a long, fuzzy body
4. opposite of cloudy
6. you plant this in the soil, and it grows into a flower

7. a young horse, less than 4 years old
11. planting flowers and vegetables
13. bees love to visit them
14. you hold this to stay dry in the rain
17. a red insect with black spots
18. they carry their homes on their backs
20. a flower that blooms in spring
21. baby dog
24. baby goat