

The Abbott Advocate

Top Stories

April 2024

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History of April Fools Day

By Adelaide Bocchino



Maybe you've pranked your sibling, or maybe, you were the one being pranked. People across the world celebrate this prank filled holiday. April Fools is celebrated every April 1st, and it is a good way to mess with family, friends, or community. This holiday is also a wonderful way to get closer to people.

Some historians believe that April Fools Day dates back to 1582, when France switched to the Gregorian calendar. In the Julian calendar, as in the Hindu calendar, the new year began on April 1st. The people who were slow to get the news, continued to celebrate on January 1st. These people started getting pranked by the people who knew about the change. These pranks included having a paper fish placed

on their backs and being called "poisson d'avril" or April fish. It was said to symbolize a young, easily gullible person.

April Fools also similarly resembles Hilaria, of ancient Rome, and Holi in India. Hilaria was held on March 25, and Holi ended on March 31. Holi is also known as the festival of colors. This holiday honors the triumph of good over evil. According to Briticana.com, "Every spring, people across India and around the world celebrate the Hindu festival Holi, throwing colored water and powders on one another in joyous celebration." On this day, rankings such as age, caste, gender, and status are put to the side in the spirit of making merry together, and everyone is fair game to be covered with color. Hilaria is one of several days in the festival of Cybele that honored Attis, her son and lover. On March 25, they celebrated his resurrection.

Throughout history people have been pranking each other. What are the most outrageous ones? In 1698, it was advertised that the Tower of London was going to "wash the lions." Many people showed up to see something that would never happen. Another prank took place in 1983, when a Boston University professor convinced the press that when Constantine ruled the Roman empire he allowed a group of jesters to make one of them a king for a day. Even weirder, in 1957, a broadcast was put out by the BBC program about a family in Switzerland farming spaghetti. The funniest being in 1980, When the British Broadcasting Corporation announced that Big Ben would be going digital.

Top Stories

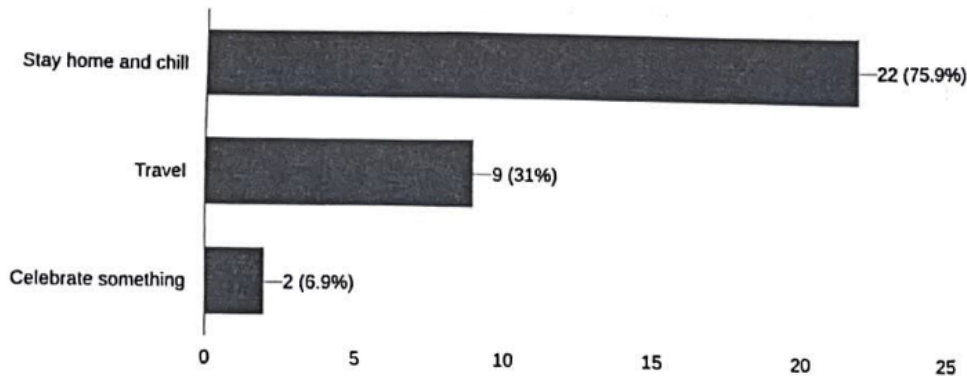
Spring break at Abbott

Written by Jacob Plitt

Spring break, the break between winter and summer. A time to forget school and live in the moment. Family was big, many students said they were going to see or hang out with family. Family becomes a circle you can't step out of so you must embrace it. Others are traveling, many are staying home, but some are celebrating things.

What do you usually do over spring break?

29 responses

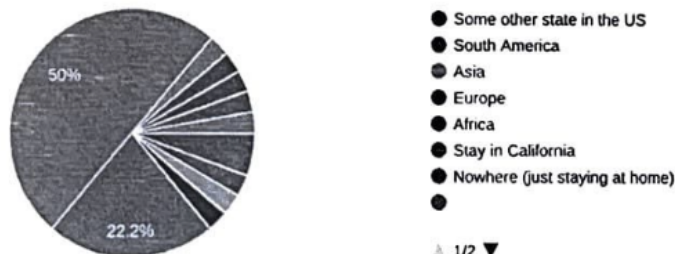


Whether it's birthdays or Easter there's always something going on. Easter is always fun and family friendly, where children have fun. Birthdays are always lighthearted and fun, they usually include gifts. If you're not celebrating these holidays you could celebrate some national days, for example every year on April 3rd it's national find a rainbow day, so go on an expedition to find yourself at the end of a rainbow. Next year this might be fun for your family to explore.

Travel, it's fun, it's relaxing, it's your vacation! So don't waste it. Many people did travel to places around the world. But then lots of students and staff were also going nowhere, they were practically just staying home. Many are also staying in California but traveling. It's fun to travel

If you are traveling, where are you going?

30 responses



but sometimes your vacation needs to be a home vacation for you. Everyone in their right minds wants to travel the world and experience the wonders earth has to offer, but traveling is hard and it's treacherous no matter what others will say.

Vacations are relaxing and fun but you will never realize that until you are back at home.

Many of the students and staff at Abbott were doing fun activities over their holiday. Some were doing athletics which include cheer practice and cheer competitions, basketball practice and games, a staff member was going to do a rock climbing trip up in Las Vegas but it was canceled. All of those examples are just a few things people did. Many students and staff also wanted to catch up on sleep, sleep is just one thing that helps us rejuvenate. With teachers, sleep wasn't always that good because they either stay up late doing work or they have to wake up early to drive a long drive, usually over the bridge. That isn't always that fun. For students it's social media, athletics, homework, and a lot of procrastination. Shopping was one thing many students took advantage of for their breaks. Students have time off so they could get new clothes and just have fun exploring those clothing sections. Some students even performed theatrical performances over break. Break was also a time to catch up on all of the students, and even some teachers, video games, the fun that is awesome. People got time to play on their switches and Xbox's to just relax in their own way. Spring break offers many fun opportunities with activities and it's just that nothing else but fun.

Spring break is important for our health and life. Imagine if we didn't have any breaks and we just kept on going and going, it would be like a lull through school. We wouldn't be able to reset our mindsets and help relieve any school related stress. School isn't always fun, so having breaks throughout the year gives us a time to throw that school stress into a safe and lock it up, for a bit. Having school breaks was so good for our mental health that it's probably one of the best things that districts can do for their students and teachers alike. We can get so caught up in school and work life that we forget that sometimes we just need to stop. Thus, spring break is a crucial thing for our mental health and that can not be forgotten.



The Abbott Advocate



Perfect Attendance

Written by Charbel Elian



Perfect Attendance is a good award for kids that care about their grades so they deserve an award. Today I interviewed two people to see how their time was at Perfect Attendance and interviewed one person to get their opinion on Perfect Attendance. Perfect Attendance is an award if you didn't miss a day at school. The award you get is an ice cream party then i went to, to see for myself it was a very positive space. To be in it was like a little break.

Mr. McDowell's opinion on perfect attendance was "It was fun, and successful, Seeing all the perfect students / Perfect Attendance students, Seeing how the kids interact with the space and each other." First Adult at perfect attendance in his room. (wellness center.)

Jacks, was having fun and said "It was fun, and the ice cream was good. He really enjoyed the ice crea. Jackson was surprised how few people got in the Perfect Attendance

Mrs. Turturro was happy that her students received perfect attendance. She was, "very proud of them, being in school is the first step of being successful." If she could go to the award party she said she would have.

Ms. Ariel said "Our perfect attendance party was so much fun! My favorite part was seeing so many students getting together, laughing and enjoying their ice cream. It was interesting to see what ice cream treat the students chose! I am so proud of all the students that achieved this accomplishment because it is not easy to do! When I was in Middle School I was always tardy because my brother took so long to get ready in the morning, which really bugged me! " This was the second adult at perfect attendance / Hosted Perfect Attendance

Ms. Goulart shared:

"Perfect Attendance is something we like to acknowledge because half of doing well at school is showing up. For the 2nd quarter, we had two Perfect Attendance Awards:

- Perfect Attendance - for anyone who did not have any unexcused absences
- Perfect-Perfect Attendance - for anyone who did not have any unexcused absences AND was not marked tardy to any classes

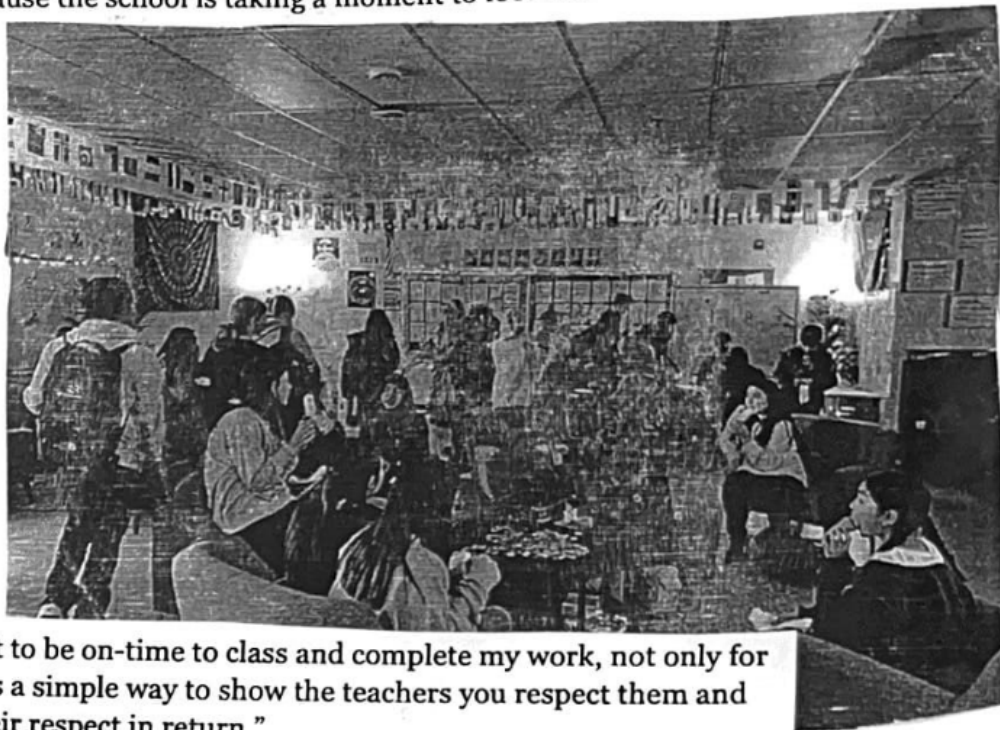
For this last quarter, we decided to have an ice cream party to celebrate those students who had Perfect-Perfect Attendance. It was held in the Wellness Center and a little over 50 people attended. It was nice to take a break to celebrate the students who work hard to be in class, on-time. We also hope that this will encourage other students to be on-time as we plan to have another ice cream party before the end of the year.

The party was a lot of fun. Everyone had their choice of several types of ice cream and there was music and activities. The Wellness Center was a cool place to hang out and I have lots of

My favorite part was seeing how excited the students were to participate in this new activity.

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Perfect attendance is interesting because the school is taking a moment to focus on and celebrate positive behavior."



Ms. Goulart believes, "it is important to be on-time to class and complete my work, not only for my grade but for my reputation. It is a simple way to show the teachers you respect them and care about school, as well as earn their respect in return."

In my opinion, Perfect Attendance was great. It was a really fun time to take a break in school and take a little breather in life and get an award. The Perfect attendance area was a really good time to restart my mind to have a good time. Perfect Attendance is good for the students that care about their grades in their classes and don't want to miss a day of school. I am very thankful to go to perfect attendance.



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3. UNLOCK

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Technology is nothing. What's important is that you have a faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them.

-Steve Jobs

The Abbott Advocate

Daylight Savings

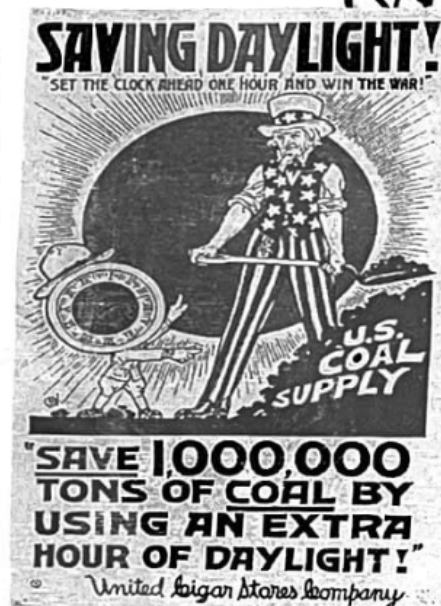
Written by Liz Jobin

On the second Sunday of March, at 2 a.m, time jumps an hour ahead and it becomes 3 a.m, but why does this happen? This happens because Daylight Savings Time has started and it won't end until the first Sunday of November. Daylight Savings Time is when time jumps forward an hour in the Spring and reverts back an hour in the fall. This practice happens yearly on the same date every time, but a question that has been asked before is, 'Who started daylight savings time?' as well as the question 'Why does daylight savings even matter?'. Well these questions and as well as others, such as questions like, 'How will I be affected by this time change?', will be answered.

Daylight savings time was first proposed by a man named George Hudson, who was an Entomologist in New Zealand. "His shift-work job gave him spare time to collect insects and led him to value after-hours daylight," (Wikipedia). In 1895, George presented a paper to Wellington Philosophical Society proposing a two-hour daylight-saving shift. A considerable interest was expressed by Christchurch; he followed up with a 1898 paper. Even though George Hudson originally proposed the idea, many publications credit the Daylight savings proposal to "prominent English builder and outdoorsman William Willet, who independently conceived daylight savings in 1907 during a pre-breakfast ride when he observed how many Londoners slept through a large part of a summer day," (Wikipedia).

But what is the real reason that we use Daylight Savings Time? Well, "One of the oldest arguments for Daylight savings is that it can save energy costs," (The New York Times). Even if it is one of the oldest arguments, is it the correct one? "A Department of Energy report from 2008 found that the extended Daylight saving time signed by George W. Bush in 2005 saved about 0.5 percent in total electricity use per day," (The New York Times). In fact, energy saving was "precisely the argument that President Richard M. Nixon used in 1974 when he signed into law the Emergency Daylight Saving Time Energy Conservation Act amid a fuel crisis," (The New York Times).

With all this change in time, will it have an effect on our health? Firstoff, it has a negative effect on our sleep schedule because we lose an hour of sleep in the spring with the time jump. "It has been shown to disrupt human circadian rhythms, negatively affecting human health in the process," (Wikipedia). Circadian rhythms are the physical, behavioral, and mental changes a human goes through in a 24 hour cycle, this means that daylight savings can disrupt all the changes we go through during the day. Another risk is that "A correlation between clock shifts and increase in traffic accidents has been observed in North America and the UK but not in Finland or Sweden." (Wikipedia). Although Daylight saving is to be able to save energy, it also has a negative effect on our health and other risks, like an increase in traffic accidents.





Best Boxing Matchups of 2024

By Cesar Ferreira

There are so many mild fights in today's boxing. Lots of boxing matches are very clear and unentertaining, because you know who will win. But what if fights were more close, and the best fought the best? Here are some exciting matchups for 2024.

The first best matchup for 2024 is Terence 'Bud' Crawford against Jaron 'Boots' Ennis. This fight would be an entertaining match for many reasons. In his last fight, Crawford recently gained all titles in a unification bout against undefeated champion Errol Spence." Undisputed Welterweight World Champion Terence "Bud" Crawford is not only the best fighter in the sport today, but perhaps the best of his generation". This fight was extremely important, because the winner would become undisputed. On the other hand, Jaron Ennis is a rising prospect in the welterweight division. He has become known for his slick skills and defense. This will be a very compelling fight, pitting the champion against an up-and-coming contender.

For boxing in 2024, my 2nd pick is Naoya 'The Monster' Inoue versus Rey Vargas. Inoue is one of the most devastating knockout artists in today's boxing. With a knockout percentage of 88.46%, he is a 4 division world champion. Naoya is on a conquest in the lower weight classes, trying to get as many belts as he can throughout the weight classes. His opponent, Rey Vargas is the WBC but don't let it fool you. Even if he is not as popular, Subriel is considered the boogeyman of the super lightweight division. He wears down his opponents, with all 20 of his wins coming by knockout or stoppage. These two fighters' styles are very entertaining and would make the fight exciting. Because Gervonta is the bantamweight champion. He is a tough Mexican fighter, never discouraged from a brawl. Because Inoue recently won the light bantamweight title, this would be a good fight for Inoue, who is always moving up in weight classes.

Last but not least, my pick for 2024 is Gervonta 'Tank' Davis and Subriel Matias. Gervonta Davis is the face of boxing, especially because of his recent fight with Ryan Garcia that made over \$100 million in revenue. According to [premiereboxingchampions.com](https://www.premiereboxingchampions.com), he has 27 knockouts in his 29 fights. He's renowned for his explosive power, which makes his opponent interesting. Subriel Matias has a record of 20-1, champion in lightweight, and Subriel in super lightweight, it would make sense they would fight at a catchweight.

Boxing can be very entertaining if promoters make the right fights with the right fighters. Fights like Terence Crawford versus Jaron Ennis, Naoya Inoue versus Rey Vargas, and Gervonta Davis versus Subriel Matias would be very good fights for this year. If promotions listen to their fans more and give them the fights they want, boxers and promoters can make lots of money. In any combat sport, the best should fight the best, as it always has been.

The Abbott Advocate Sports

49ers Off Season Drama

Written by Andrew Arrivillaga

After the San Francisco heartbreaking Super Bowl loss against the Kansas City Chiefs, they are looking to reach that level they were and exceed higher with greater talent and coaching. With the NFL draft coming up there will be a lot of news about the 49ers.

The 49ers are looking to build a better team than they were already. Starting off with their defense they have fired Defensive coordinator Steve Wilks. With this move many NFL fanatics and 49ers fans have liked the decision of firing him. They have now promoted Nick Sorensen as their new Defensive coordinator for the 2024-2025 NFL season. Another major move that has happened during the offseason is star Defensive linemen Arik Armstead being released and leaving the bay area. This has made more cap space for the 49ers. Cutting and releasing players have made the 49ers more cap space, this has granted the opportunity for the 49ers to sign new players to their team. Also the 49ers have been signing many new players to their practice squad and roster.



The biggest piece of news so far this offseason has been about star wide receiver Brandon Aiyuk potentially being traded. After the Super Bowl Brandon Aiyuk's brother went on an Instagram live and has stated that Brandon Aiyuk will not be returning to the franchise next season. With this happening many reporters have been asking General Manager John Lynch if Brandon Aiyuk will be handed a contract this or will he be traded. He stated "We want him to be part of the Niners we are trying to make him get traded not be a reality". Many 49ers players have come out and said they want him to stay due to him being an impactful player on the 49ers offense. With a lot of players being released it's a big chance that Brandon Aiyuk will be getting a contract and be playing for the 49ers the next upcoming seasons.



This has just been the beginning of the off season and there have been many rumors and moves going on. Not to mention the NFL draft is in April which will give the 49ers a whole lot of new faces on their roster. With these players coming in and star players being re-signed the 49ers will have a juggernaut of an offense and will have a big shot of getting to the Super Bowl this upcoming season.

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All-Star Cheerleading

Written by Emily Mendez, Stephanie Lam & Isabella Quiros



All-Star Cheer is a performing-based sport where you show off your tumbling, stunting, and more in a 2-minute and 30-second routine.

All-Star Cheer started with 2 gyms in 1994 and the gyms were Top Gun All-Star and Cheer Athletics, which is the biggest cheer association in the world with 14 gyms. Even though 2 gyms were created in 1994, the first-ever cheerleading TEAM in All-Star Cheer was the Q94 Rockers from Richmond, Virginia, in 1982. While cheerleading camps can be traced back to the 1940s and stunts to the 1970s, competitive cheer teams took off in the 1980s. Rather than rooting for the team, these athletes focus on gymnastic stunts and dancing.

Lola Rancatore (7th grade) said yes to cheer being a sport because "you compete and it's an activity. "And then we asked if she would want to cheer for Abbott and she said," Yeah, because it would be fun and we've done it before."

Ecio Martinez (7th grade) said "No because it's just dancing with pom poms and acrobatics" When asked if we should bring cheer to Abbott he said "No because it's a hobby."

After Ecio Martinez, Scarlett Panton (7th grade) said "Absolutely because you know how many videos I've seen of people cracking their skulls open?"



Scarlett Panton believed it would be positive if there was a cheerleading team at Abbott, however, she was concerned about how many people would be interested. "Honestly, maybe, because even though it would be cool, not a lot of people would do it."

Mrs. Marcone believes that cheerleading is a difficult sport; "100% yes because it takes a lot of athleticism to throw people into the air, be in the air, tumbling, flexibility, and cardio." Then we asked if cheer should come back to Abbott and she stated "Yeah, because I used to coach it."

After reading these statements, do you think All-Star cheer is a sport?

Religion VS. Politics

Written by Kylie Lopez, Juliana Rodriguez-Valencia, and Josue Quispe



Photo taken from *The Warning* with Steve Schmidt.



Christianity is the most prevalent religion in the United States, with about 63% (or 220 million) of its population being Christians. Christianity affects most American's lives, even those who don't follow the religion. Religion even affects our politics, although the First Amendment states it shouldn't.

The separation of church and state is a commonly used phrase when talking about American politics. It means exactly what it's called; it separates religion from the government. It comes from a letter Thomas Jefferson addressed to the Danbury Baptist Association, discussing the Establishment Clause and Free Exercise Clause of the First Amendment.

The Establishment Clause and Free Exercise Clause form the constitutional right of freedom of religion. Although, they ban religious abuse of the government and vice versa; the separation of church and state. They also prevent the government from instituting an official religion and make it illegal for politicians to promote a religion or theocracy.

But still, even with these laws, religion influences our politics, especially nowadays. Many Americans fear that the U. S. is becoming a "Christian nation." But is that really true?

According to Pew Research Center, 45% of Americans believe that the United States should become a Christian nation.



Photo taken from the Pew Research Center

Although 45% is a large number, that's still less than half, and that number will probably decrease in the next few years; considering the declining Christian population.

Also, it seems that the people who want a Christian nation, only want the US to have Christianity as its official religion. They don't want religion involved in politics. Only 15% percent actually wanted the Supreme Court to bring religion into determining the outcome of major cases.

However, in another survey, most thought that religion should play a role in certain political issues. 57% of Americans thought that religion should influence politics revolving around poverty. While 49% say education, 45% say health care/abortion, 43% say immigration, and less than 40% (but more than 30%) say yes for others.

There are ways that definitely show that religion has somewhat of an impact on politics. For example, in 1972, the Supreme Court found that Amish children aren't required to attend school past 8th grade, while most students are required to attend school from the ages 5 to 18. The court ruled that, "The right to worship your God or to practice your religious beliefs are as important as the right to speak or print freely and may, to the individual involved, be more important."

There are many other examples of politics being involved in the government.

Just in 2021, Lauren Boebert, a republican congresswoman, stated during one of her speeches, Christians should "speak up" for God to remove "unrighteous politicians, these corrupt, crooked politicians" and to install "righteous men and women of God" in their place," according to Independent News. She also said that, "We should not be taking orders from the government, the government needs to be looking at the church and saying "how do we do this effectively?"

This is exactly what the Establishment Clause and Free Exercise Clause protect against, politicians promoting a religion.

In 2022, the Supreme Court ruled that the government had to fund religious schools. The court (6-3) found that Maine's restrictions on school vouchers violated the Free Exercise Clause because they showed prejudice against religious schools. Others argued that it went against the separation of church and state. Religious schools aren't required to teach students what is required in other schools, so they are allowed to teach whatever they want.

Religion has a large impact on American politics. Despite the fact that the United States was not meant to be a religious country, Christianity is the most commonly practiced religion, and it would be practically impossible to separate the two.

The Abbott Advocate



Aquarius Season

Written by Regina Hernandez

Aquarius season is from January 20th to February 18th. Aquarius is one of the oldest recognized constellations in the zodiac. It was one of the 48 constellations listed by the 2nd century. The constellation was found in the 2nd century by Claudius Ptolemy.

The Aquarius sign is the 11th astrological sign in the zodiac. The sign actually originates from the constellation Aquarius. Usually, people believe that the Aquarius sign is a water sign, as the symbol for the astrology constellation is a Water-Bearer. Aquarius is one of the three air signs, along with Gemini and Libra. Did you know that the Aquarius sign is the rarest zodiac sign? The reason for this is that February is the least common birth month.

Recently I interviewed Mrs. Bassard, a language arts teacher here at Abbott. Did you know that Mrs. B is an Aries? She loves astrology, not because of science, but because she says, "There are too many coincidences in this world for it to not be true." She is a strong believer in astrology. When she was asked about who her favorite zodiac sign was, She said that it would most likely be an Aquarius because she feels that they are the only ones that she thinks are compatible with her. If she could pick her zodiac sign, She said she would stay the same, an Aries. Interesting, right?

Another teacher I interviewed is Mrs. Turturro, an ELA teacher at Abbott. She is an Aquarius which is the main topic of this essay. She doesn't believe in astrology but she likes to pretend that she does to get people mad. She believes that astrology is fun and probably is not just the power of suggestion. Her favorite zodiac signs are Scorpios, Aries, and Cancer. The reason for this is that all of the people in her life are Scorpios, Aries, and cancer. The last thing she got asked was, "If you could pick your sign, which would you choose and why?" She chose aries because she believes they're powerful and cool. Aries season is in April, so shout out to your favorite Aries!

What is your zodiac sign?

Test-Taking Strategies

R Read the question carefully, then reread the passage or the problem.

E Examine every answer choice before you choose your answer.

L Label your answer (Math)
Look for proof in the passage and underline it (ELA)

A Always check your work!

X X-out answers that you know are wrong



April 2024

Welcome Spring



El Salvador

Written by Regina Hernandez

Have you ever wondered what the smallest country in Central America is? Honduras and Guatemala surround El Salvador. It is also the most densely populated nation in the region. Although it is the smallest country in Central America, and it has some of the most beautiful sights ever. El Salvador is home to 6,387, 046 people. Despite having little level land, it traditionally was an agricultural country, heavily dependent upon coffee exports.

The cultural life of El Salvador, like its population, is a mixture of indigenous and Spanish influences. El Salvador is best known for its volcanic eruptions. Some people call it "the Land of Volcanos" because of its frequent earthquakes and volcanic activity. There is actually a very beautiful Mayan ruin in El Salvador called Tazumal. Tazumal is an architectural complex within the larger area of the ancient Mesoamerican city of Chalchuapa, in western El Salvador. It displays an excellent state of preservation of ancient botany and fauna. Tazumal was built during Mesoamerican chronology's classic period (AD 250–900).



There is a dance in El Salvador that schools play. Cachiporras are a group of girls who dance on the street for festivals or special events. A cachiporrista is a term to describe a cheerleader. Cachiporras are known for dancing on Salvadorian Independence Day on March 15th as a way to celebrate their country. While they dance, cachiporras use this stick which they do as a part of their dance.



There are many beautiful places in El Salvador that you can visit. To start, The Devil's Gate is a park in El Salvador. The dam was built in the 1920s and named it that due to the rock's resemblance to Satan. The Santa Ana Volcano is a large volcano located in the Santa Ana department of El Salvador. Surprisingly, the volcano has been active since the 16th century. The last eruption was in 2005. The

Santa Ana volcano is a gorgeous place to hike because of the view and it is great because it is very easy to hike. The volcano is located in the Santa Ana department of El Salvador.

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DEALING WITH EXAM STRESS

If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



KEEP FIT

by taking some exercise you enjoy



RELAX

perhaps by sitting quietly or meditating



EAT WELL

but healthily



PLANNED TIME AWAY

take some planned time away from study, rather than avoiding revision

THINGS THAT CAN HELP



RECOGNISE ACHIEVEMENTS

be pleased with your achievements as you revise

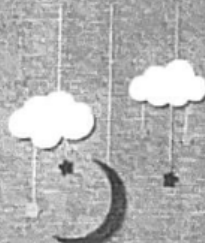
REWARD YOURSELF

reward yourself with an occasional treat



SLEEP

get sufficient sleep



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