

The Abbott Advocate

January 31st, 2025

Ms. Nakazawa and Her Journey to Becoming The New Art Teacher At Abbott

By Olympia Zolotukhin & Aliya Westheimer

Many students are familiar with the new art teacher at Abbott Middle School, Ms. Nakazawa. Ms. Nakazawa is the new and experienced art teacher at Abbott who excels at her job and ensures her students learn her skills. In this article, you are going to be told about her amazing journey to Abbott.

First off, Ms. Nakazawa was born in Japan, where she attended Yamanashi University. When she was 24, she started teaching different subjects in public schools in Japan. Later, Ms. Nakazawa moved to the United States, where she attended Glendale community college and Fresno state. After finishing these colleges, she started teaching other subjects in small private schools in Southern California and Palo Alto. Ms. Nakazawa stated, "I taught elementary school art in Stockton." After getting experience

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Abbott ELECTIVES

By Michael Pleitez and Eduardo Fernandez

Abbott Middle School has a history with Electives and what are Electives? Electives are classes that teach you life skills and career options For example new students that come in this school are welcomed to choose what they want to major in and learn about. At the start of the year you get a Fall semester so you start off with one elective. If you don't like it there's a possibility you can talk to your counselors about it and they can switch it for you. Sometimes you can end up with a full year elective like for example journalism, Chorus, band, AVID, Spanish, Yearbook. Those electives can be a Full year class for you at Abbott Middle School

If you are confused about what electives to choose we will explain it for you right now! If you want to learn a new language you can try out Spanish with a very nice teacher Mr Lau. If you want to focus on a little bit of everything to learn more about a specific career my

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Feel the Beat With the Dance Club

By Elizabeth Jobin. & Kaiyah Storey.

Out of all the clubs here at Abbott Middle School, few are talked about, so let's bring one into the spotlight. The club being highlighted today is our 'Dance Club' being sponsored by one of our 7th and 8th grade ELA teachers, Ms. Christensen, in room 31.

The Dance Club is about having the students work on and learn student-made choreography. It's a way for students to stretch their bodies and move their muscles; strengthening and overall improving their health. People think of dance as a hearty outlet for exercise and a way to make fitness enjoyable. Currently, club members are able to learn Jazz and Lyrical style Choreography, as well as Hip-Hop. The Dance Club typically meets on Wednesdays after school, with the meetings going from 2:15 pm to 3:00 pm. They will meet in the New Gym Lobby.

It started when Seventh Grader, Athena Hermez, requested a Dance club for our campus. Athena wanted to share her passion for dance with other students because she's been dancing since she was 3 years old, and currently dances at a local studio already. In an email interview, Athena explained that she helps teach the choreography at the club, and thinks students should join for the experience and the community they have built.

When interviewing Ms. Christensen on why she chose to sponsor the Dance club, she

answered, "I have been dancing since I was six years old and have taught dance since I was 14 in studios across the Bay Area and Sacramento. I have performed and competed in a variety of settings including a performance tour to Hong Kong and Beijing, China when I was 17 and performing on national television as a contestant on "Let's Make a Deal" in my adulthood". Ms. Christensen also explained that she "studied Dance and English Education in college and have a credential in both that allows me to teach dance in K-12 settings".

Dance club is a fun and healthy activity for all Abbott students, it's a fun way of having exercise during your free time. For any questions about the club, Email Ms. Christensen.

Rollable backpacks and Unrollable Backpacks.

By Marcos Aguilar & Esvin Gomez

Have you ever wondered what backpacks benefit you, or what quality you want? We will know what backpacks are reliable and which ones to avoid buying.

Osprey Atmos AG / Osprey Osprey Exos

This backpack is exceptionally comfortable and reliable for long hikes, camping, etc. It has good spacing, which is incredibly necessary on multiple occasions. It weighs 6 pounds and can hold up to 40 pounds. It is surprisingly strong and comes with a rain cover in case rain catches you.

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Abbott Sports: Opportunities for Growth and Improvement

By Pierce Boily

This year, Abbott sports have been at an all time high, with over forty students trying out for the boys eighth grade football team. The thing is, stats like this are across the board. Football, basketball, and every sport so far have been so popular that Abbott has had to make multiple teams to keep up. A solution to this that would make everyone happy is to add more sports. Though this solution wouldn't affect the current eighth graders, it would be good for newcomers and current sixth/seventh graders alike.

One new sport we could add is baseball. Lots of kids at our school adore baseball and play it in a league. Including student athletes like Alonzo De Leon, Dylan Lee, Cole Kuboyama, and Miguel Ceja. These are only a few of the many baseball lovers in Abbott, but there are hundreds more. This was by far the most popular sport in our poll, which was asked during January 24th's advisory, getting 66 out of 457 votes.

Another sport that should be added to Abbott is tennis. Tennis would be fun because we already have tennis equipment in the gym, and there are plenty of courts around

Abbott. A few years ago, there was a tennis team, but the school board recently withdrew it. This would be fun because unlike other sports, it doesn't need a big team to run, only needing a few players to have a game. Another reason it would be fun is because it's a very simple sport; it only has a few rules and it's easy to improve quickly. This sport got 38 votes on the poll.

Some people on the other are completely fine with our current sports, or just don't know what to add. Responses saying "I don't know" got around 71 votes, even more than baseball! Other than not knowing, some people are fine with our current sports. Around 20 people voted that they either don't care, or didn't think more sports were necessary, but that doesn't mean they couldn't improve. Sixth grader and volleyball player Sophia Mccollum says, "I like Volleyball because I like having my own side of the court. I would like to have it year round."

Overall, Abbott has a solid selection of sports to play, but adding more could give new students an easier time adjusting, and just give them a better time at Abbott in general.

Former Pac-12 College Athletes Traveling More: Missing too Many Classes

By Joseph Diamond

Having an excellent college education is more crucial than ever in today's world in order for a successful career. In this year's college sports season, former Pac-12 collegiate athletes have been traveling much more than before, limiting them from getting the best education possible. Teams are traveling across the country multiple times in order to play games. Not only is this affecting their current education, but also their future.

This year, the NCAA (National Collegiate Athletic Association) made some changes to the athletic conferences, rearranging teams mostly because of money and media deals. 10 schools who were in the Pac-12 including Stanford University, California Berkeley, UCLA, and Oregon got relocated to divisions like the Big 10 and the ACC. As a result, they are being forced to play teams like Virginia University and Clemson University multiple times a year, which are across the country from the teams mentioned before.

This enormous change was mostly targeted for major sports (basketball and football) teams that fly privately and get their own accommodations. However, this means minor sports teams like tennis and swimming will be flying commercially over 11,000 miles a season. For

example, this season, the Stanford women's volleyball team traveled 33,700 miles. That's around 1.35 times around the Earth! If those flights became delayed, imagine how many more classes the athletes would be forced to miss.

According to the Athletic, the New York Times news platform for sports, St. John's basketball coach, Rick Pitino stated, "Not only is it inconvenient...This is not healthy for anybody." In the same article Alabama coach Nate Oats reasons, "Are all the UCLA and USC student-athletes going to miss every other week of class. Are you still a student at this point?" Evidently, coaches are concerned about this change in conferences and how it disturbs their players' academics.

Before this colossal change in college sports' conferences, Pac-12 teams would only need to travel as far as Utah, in order to play in their divisional games, and one or two trips to schools like Michigan for a non-divisional game. What used to be a couple of road trips in the 2023-2024 season, has turned into worldwide travel for these former Pac-12 teams in their new conferences. If it went back to normal, athletes would have more time to focus on their academics, and be present in class while still performing in their sports.

You may ask what this has to do with Abbott. Well, many student-athletes here, at this school, aspire to become college athletes in the future. Based on the advisory survey, which students grades 6th through 8th participated in,

42.5% of the students stated that they have some desire to become a student athlete in college. This is a significant amount of our school.

In addition, a teacher here at Abbott Middle School, as well as a dedicated sports fan, Mr. Alexeeff was questioned on the importance of a college education, and where he stands on former Pac-12 college athletes traveling more than ever. When asked about how he would feel if he was the athletes' professor, he responded by saying, "I would want my students to be in class in person...I would expect them to stay up to date with their academics." This task, we all know, would be highly demanding if you're traveling around the country all the time. P.E. teacher, athletic director at Abbott, and former Oregon Duck, Mr. Rosas was given the same questions as Mr. Alexeeff. His advice for students balancing sports and school is, "Education is first. Sports will be temporary, but life after sports is...more important when you start thinking about the future.

Furthermore, when Mr. Alexeeff was questioned about why a college education is imperative, he commented, "Living in the 21st century requires people to think creatively, critically and collaboratively. College can help develop these skills." Optimistically, college athletes will be able to find a middle ground between education and their sports, so they are able to create a brighter future for themselves.

All in all, college athletes will always have to travel, but with shifting conferences, finding a balance between

sports and academics becomes even trickier. Moving forward, college coaches will continue to speak out against the conference realignment. Hopefully, others will step up and advocate for the college athletes who currently are not able to for themselves. If all goes according to plan, by the time this 8th grade class here at Abbott goes to college this conflict will be resolved.

Frank Ocean & Rayan Alduais

By Joginder Bath & Rayan Alduais

Have you ever wondered who the most liked artists are at Abbott? Abbott Falcons top two music artists are Rayan Alduais and Frank Ocean. Rayan is a songwriter and singer. Rayan was born on March 28, 2011. He is 13 years old and started making music at the start of 8th grade. His favorite songs he has covered are Espresso by Sabrina Carpenter and Baby by Justin Bieber.

Rayan Alduais delivers an astonishing number of votes for the best music artist in Abbott Middle School.

Alyssa liked him a lot because she learned from him and also has nice music. She recommends his music to others because it's "inspirational". However, one thing they disliked about Rayan is the fact that he leaked and showed his feet in his popular hit song, "Baby".

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What Makes A Good Meme

By: Brooke Rivera

People across Abbott middle school repeat quotes from memes all the time. Some memes that have been repeated this school year are, "Hyperpigmentation", "Low taper fade", "chill guy", "Hawk tuah", and "John pork."

All of these memes were made by popular content creators, so if you want to blow up YOU BETTER get on tiktok. However popularity doesn't matter, at least not when compared to the catchiness of a meme.

People have said the most important thing about memes is the catchiness, popularity, funniness, and who made the meme. However the hyperpigmentation memes creator is unknown, yet the meme is very popular, weird right? The "Hawk Tuah" meme has a similar backstory, an unknown girl got interviewed by a quite famous content creator and blew up because her interview answers. After she found out she blew up she quit her job and created a podcast that didn't get popular.

The John pork meme was a meme created on June 18th 2018 in Italy and didn't become popular until mid 2024. The reason people found it funny is because of how fake it is to the fact it's funny, and also how weird John Pork looks. People also made this big rumor that he got shot 72 times on March 3rd 2023. Allegedly, he was shot by 2 people named Sabiel and Eduwin.

The Low taper fade meme was also one of the big hits of these recent years. This meme was created by a Fortnite twitch streamer that went by the name "Ninja."

Nobody knows who started this big "What if Ninja got a low taper fade" meme, they are still unknown. All that people across the internet know is that it was popular at the end of 2023 and the beginning of 2024, the meme died off quickly but Ninja wanted to drag the meme and told people the meme was still "massive." After he started saying "You know what's crazy, is that the low taper fade meme is still massive" people thought it was funny because the meme died so they decided to make that a meme.

A student favorite when it comes to memes is "Hyperpigmentation."

When asked about it 7th graders Alyanah Ramos and Marwa Chraibi said they were obsessed with the meme because of its easy recognition, funny looks, easy use, and catchy phrases. The meme is a little girl drawing her mom, she was with her mom and dad sitting in her living room. When she showed her mom the drawing, the lady that was supposed to be her mom on the paper had extreme blush, and her mom said "What is that? Is that hyperpigmentation?" The quote has been repeated by people all over the world, making a prime example of a good meme.

If you're looking into making a meme like these big ones then you should download tik tok, or find another way to keep up with these trends and stay in touch with those around you, which in the end is REALLY what makes a good meme.

8th Grade Girls Basketball Season Recap

By Stephanie Lam and Emilia Musante

Were you aware of our 8th-grade girls' basketball team's outstanding season? The answer is that our team has had a better season than last year!

So, we would like to examine the 8th-grade girls' basketball team this Winter 2024-25 season.

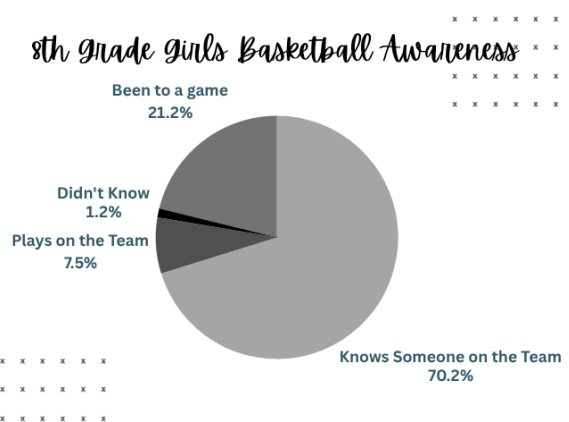
To start, our team has won 7 games and lost 3 this season so far. We have recently found out that our team has made it to the playoffs and championship! One of the players, Audrey Barsetti said that she joined the team because she enjoys basketball and wants to continue improving her skills. She likes basketball because she likes team sports. She began playing in 6th grade and has participated in softball, ballet, volleyball, cross country, girls' flag football, basketball, and soccer. She said that she would recommend basketball to others because "It's fun and you get to bond with others".

Our next player we interviewed is Quinn Willis, she said she joined because she enjoyed playing last season and wanted to do it again before she graduated. Her favorite thing about basketball is having games because it's nerve-racking but also fun. She started playing in 6th grade and played soccer. She would want others to participate because "It's fun and it's fun working with a team".

Another player, Kashni Chopra joined because she wanted to try a new sport and it seemed like a fun way to meet new people, she also wanted to improve her skills. Her favorite thing about basketball is "the games" and it's fun. She started playing last year but played for fun for years. She swims, cheers, and dances she believes that others would enjoy basketball because it's fun and a good way to improve skills even if you haven't played before.

One of our returning players, Oliva Ulate, joined because she "did it [basketball] last year" and she said that basketball is fun. She started playing basketball last year and she has done, "cross country, soccer, and swim." She believes that basketball is a great sport to play.

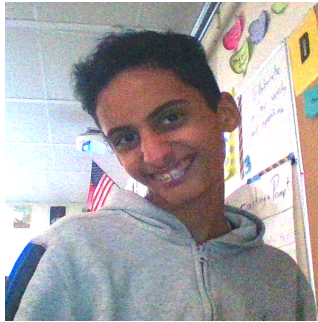
Our next player, Akera Makhmutova, says that her favorite thing about basketball is that she gets to play with her friends. She joined the team because she enjoys basketball and began playing last year. She also plays volleyball and would agree that basketball is interesting because "it's very fun".



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Another reason they really liked Rayan Alduais is because he's "pro" and that he is so "slay" according to Sheylla. Rayan has produced countless music videos and is continuing to make more covers in the future.



Frank Ocean is another popular artist inside and outside of Abbott Middle School. Frank Ocean was born on October 28, 1987 and is 41 years old. He has won two Grammy awards and a Brit award for being a solo male artist. Frank started as a ghostwriter up until he joined the LA based hip hop collective Odd Future in 2010. On July 10th, 2012 Frank released his first solo album channel orange.

One common reason he is liked at Abbott is because he has very "calm" and "relaxing" music according to Briana and Alejandra. Another common reason students like Frank Ocean is because of the style of his music. One thing students don't like is that Frank Ocean stopped making music and has been on "mute".

Manieysha, Sheila and Alejandra high recommend him because he is a great artist in their opinion.

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from so many different schools, she started teaching at Abbott. Ms. Nakazawa said "I started teaching at Abbott because I wanted to challenge myself by working in a new San Mateo/Foster City school district." She stated that she wanted to expand her possibilities and challenge herself as a teacher.

Aside from doing art and teaching, Ms. Nakazawa said, "I love home renovations, interior design and home decor." She also enjoys playing with her dog and making teapots. One of Ms. Nakazawa's favorite ways to make art are watercolor and ceramics. These are very unique hobbies that she shares with her students at Abbott.

Additionally, Art is important to middle schools because it allows kids to express themselves and show their creativity in a single art piece. Art also allows kids to calm down, relax, and clear their minds. Art helps kids learn in a fun way and it is important to have a kind art teacher who is willing to teach students. Ms. Nakazawa stated that she loves teaching art at Abbott, she said, "I really like this new shift because of the positive energy and the way students work together."

Art is an important subject for many children and adults, as it helps with mental health, and it is important to have a kind and fun art teacher who is willing to help students learn. We hope to see Ms. Nakazawa continue teaching at Abbott and has a great time while doing so.

LA Fires

By John Michael and Carlos B

Los Angeles, CA Wildfires in Los Angeles are causing big problems for families as they need to leave their homes to stay safe. Thousands of people are being told to evacuate because the fires are getting too close.

One person dealing with this tough situation is Dylan Lee. His grandmother lives alone in an area that is at risk. Dylan Lee explained, "My grandma was affected by having to evacuate, which was very hard for her because she lives alone." He added, "I feel worried and sad that my grandma had to evacuate by herself to get somewhere safe." His concern shows how hard it is for families who have to leave their loved ones in LA because he lives here.

Leonardo Duran in grade 7 is another person feeling the impact of the fires. He said, "My family sent money to help my uncle's family buy stuff and help evacuate them." This shows how people are coming together to help each other during this difficult time. Leonardo shared his worries, saying, "I felt worried for my uncle's family and hope they will be safe."

Emergency crews are working really hard to put out the fires and help people evacuate safely. They remind everyone to listen to evacuation orders and prioritize their safety.

As the fires continue, the community is coming together to support those in need. It's important for everyone to stay updated and help each other during this tough time.

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recommendation is to try CTE. It can teach you the basics of engineering, Medical, Robotics, Cooking, Video game development. It can teach you well on if you want a specific and good career you should really try that elective. If you really like music you can try Band with Mrs. Kenny and have your own instrument in that class and have exciting concerts where people find their heart in music with the help of Mrs. Kenny. If you like writing you should try journalism with a very nice and chill teacher Ms. Gross to learn writing and create newspapers for the whole Abbott community to see. If you want to have a calm elective with just watching movie clips and fun projects try SCI-FI with Mr Alexeeff, a very nice teacher.

The electives that are here at Abbott are very special because at Abbott there are teachers with experience and who have studied the career that they are teaching here at Abbott to teach it to students as well. For example, Mr Lau went to school to study Spanish and now he is here at Abbott teaching kids how to be more confident, and fluent in Spanish! They dedicate their learning and hard work to get passed down to students that really want that specific career. Abbott also does a good job at offering these classes because they offer a fun and helpful chance to all the children who elect the class they chose. So if you're reading we covered everything you have to know about Electives.

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The North Face Borealis

This backpack can last a long time and is available at any sports store for the public to buy. Wherever you go you can purchase this product. Backpacks like this one are very cool and famous around the world, these backpacks are very durable for rough conditions. It has a good variety of space where you can store your laptop, notebooks, textbooks, and many more accessories. It has comfortable padding for your back, in case it's aching. The retail price for this backpack is One hundred dollars. A good deal for a reliable backpack. Like other backpacks, this has a unique design that improves performance when raining or if it's chilly, it has a cooler-like interior to keep food warm or cold for 8+ hours. This is good for beginners if they use it for school or other outdoor activities, it also comes with USB and USB-C adapters in case your devices run out of power, or just boost up some tunes on your speaker.

Unreliable

Herschel Little America Backpack

This backpack is not reliable at all, it has materials that do not last a long time. The bad thing about this backpack is that the straps will fall when you don't press on it tightly, it will cause a mess for all your accessories inside your backpack. It is important to choose wisely like backpacks that are bad quality and cheap, instead look for backpacks that have multiple pockets, like zippers, side zippers, and discrete pockets to store money or other important stuff. Another thing I want to add is the materials needed to make this

product are very thin. With that kind of material, it will cause the backpack to rip and eventually tear up. Look for backpacks with a strong material, especially underneath the backpack. I have also noticed that it lacks space. You will be able to store some of your items there but after 4-6 items it will get full. It also does not have the side holder for water bottles, this is a problem with this backpack.

Adidas Originals Classic Backpack

As other backpacks, this one is no different. Even Though it has a unique style others may find that its storage capacity is inadequate for carrying larger items such as laptops and textbooks. Many customers have reported that the backpack wears down over time and ends up with holes or completely tears apart. It also appears that the straps, no matter how well adjusted they are, will not provide as much comfort, it also does not have the right amount of cushioning for it to last all day.

It is vital to choose a backpack wisely. The quality of the backpack should be strong enough for school and other outdoor activities. This will save your backpack and your wallet. These are a few backpacks that are worth buying and backpacks to avoid buying.

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According to our research, our school opened in 1954. But we only started having a girls' basketball team in 1975, 21 years after the opening of Abbott. The first girl's team had 33 players in total of what we believe is all the grade teams combined. The girls at Abbott Middle School are less recognized than the boys for playing sports. (our pie chart explains the previous information.)

The WNBA has only existed since 1996. But the NBA was founded in 1946 which is a 50-year difference. This could prove that it was not proper for women to play basketball until 1996.

All Falcons should be proud of our 8th-grade girls' basketball team. If you see them in the hallway don't forget to congratulate them on their amazing season!!

CONGRATULATIONS 2025 SCHOOL PLAY CAST!

You're A Good Man, Charlie Brown Cast List

Charlie BrownRoman Dominguez
Amber Talesnick understudy and matinee

Lucy.....Lola Rancantore
TBC understudy and matinee

Patty.....Katie Buenavista
Livy Hemenway understudy and matinee

Linus.....Harrison Lim
Ovier Rodriguez understudy and matinee

Schroeder.....Joseph Diamond
Everett Wolfe understudy and matinee

Snoopy.....Camdyn Phillips
understudy and matinee

Ensemble

Mical Aguilar Fuentes
Olive Lorton
Grace Allison
Sofia McCollum
Sydney Bourne
Keira McLain
Aubrey Camacho
Jenean Eljarrari
Jenny Pirir
Katie Gonzales
Ali Poespowidjojo
Olivia Jeong
Aracely Rodriguez
Eliza Koepf
Malia Trelles
Stephanie Lam
Aliya Westheimer
Elyse Lee
Quinn Willis
Elly Bocchinoaa

KNOW YOUR RIGHTS 101 CONOZCA TUS DERECHOS

WHAT DO I DO IF IMMIGRATION OR THE POLICE KNOCKS ON MY DOOR?

In order for I.C.E. to be able to come into your home, they must have a warrant. Often times they use methods of intimidation to scare you or mislead you in knowing your rights. NEVER open the door right away. Ask if they can slide a warrant under the door. Here are some important things to remember:

DO NOT OPEN THE DOOR

"How can I help you?"
¿Cómo puedo ayudarte?

IF THEY INSIST IN YOU
OPENING THE DOOR:

"Can I see a warrant?"
¿Puedo ver una orden?



REMAIN SILENT

"I have the right to remain silent"
Tengo derecho a permanecer en silencio.



STAY CALM AND DO NOT RUN

"I have the right to refuse to answer your questions"
Tengo el derecho de negarme a contestar sus preguntas



DO NOT SIGN ANY DOCUMENTS

"Any document you have
can be left under the door."
Cualquier documento que tenga
puede dejarse debajo de la puerta.

IF THEY ASK YOU TO SIGN:
"I will not sign anything
at this moment."
No firmaré nada
en este momento.



ASK TO SPEAK TO AN ATTORNEY

"I want to speak to an attorney."
Quiero hablar con un abogado.

