



Apr 2, 2025

Good morning, Cabin John Cougars! Today is Wednesday, April 2nd which means it is National Peanut Butter and Jelly Day which celebrates a classic food favorite. The average American will have eaten over 2000 peanut butter and jelly sandwiches by the time they graduate from high school. Peanut butter was considered a delicacy in the early 1900s and was only served in New York City's finest tea rooms. In a May 1896 article published in the Good Housekeeping magazine, a recipe "urged homemakers to use a meat grinder to make peanut butter and spread the result on bread." That same year, in June, the culinary magazine Table Talk, published a "peanut butter sandwich recipe."

([National Day Website](#)) ([On This Day Website](#))

[On this day](#), April 2:

In 1968 "2001 A Space Odyssey" directed by Stanley Kubrick and starring Keir Dullea and Gary Lockwood, premiered at the Uptown Theater in Washington, D.C.

Arab American History Month Moment:

This April, we celebrate Arab American Heritage Month by highlighting the rich traditions, diverse backgrounds, and contributions of Arab Americans in innovation, community, and culture. Today, we would like to highlight three facts about folks of Arab heritage that you should know about: An estimated 3.7 million Americans have Arab roots, with ancestries traced to 22 countries in the Middle East and North Africa, including Lebanon, Syria, Egypt, Palestine, Morocco, Iraq, Jordan, Yemen, Bahrain, Tunisia, Algeria, Sudan, Qatar, Saudi Arabia, United Arab Emirates and others.

Cabin John Announcements

Multicultural Night: Our annual International Night is happening on Thursday, April 3rd from 6:30 - 8:30. Come on out to celebrate your culture and the cultures of so many of our students and families together. There will be food, performances, and so much more to enjoy!

Newspaper/Podcasting Club: Newspaper/Podcasting club will NOT be meeting today, Wednesday after school. See Mrs. Bowman with any questions.

Spanish 1 Review Session: For a Spanish 1 Review Session, join Ms. Morales in Room 2219 today after school. Strengthen your Spanish 1 foundation!

Feed Milot Haiti Fundraiser: Help feed Haiti! You may have heard that social studies is collecting money to feed families in Haiti. This week, you can help Mr. McCutcheon beat Ms. Mihailidis and Mr. Barnhouse who have teamed up against him in the Bill Bottle Battle. HOWEVER, You should really actually help the alliance of Mihailidis/Barnhouse defeat Mr. McCutcheon. One dollar bills count as one point. Bigger bills hurt the other teacher's classes and count as negative points. So, this week, take the opportunity to help feed people in need and help your favorite social studies team win.

After school Basketball Intramurals is back! Attention all grade levels, if you are interested in playing in pickup basketball games, playing in 3 on 3 or 5 on 5 tournaments, developing new skills, or taking your skills in a skills challenge; come on out to basketball intramurals! Intramurals are on Tuesdays and Thursdays from 3:20 – 4:30 in the gym starting April 1. If you have any questions, please see Mr. Kanon to sign up today!

SGA: Do you want to get involved and shape your middle school experience? Join SGA! We're meeting after school this Thursday in room 2115. Any questions - ask Ms. Pun!

Pride + Come join the Pride+ Club in the LMC on Friday 4/4! Come if you're a member of the LGBTQ+ community, an ally, or want to meet new fun people! We will have snacks of course. We hope to see you there!

MD survey: Today during advisory, you will learn more about the MD Survey and why it's important. If you have any questions, please ask any of your teachers or any staff member.

Pledge of Allegiance

At this time, please stand for the pledge of allegiance:

I pledge allegiance to the flag of the United States of America
and to the Republic for which it stands, one Nation
under God, indivisible, with liberty and justice for all.

Quote/Question/Joke of the Day: