

Diego Marín Aguilera

T R I B U N A



ENVIRONMENT AFTER COVID



As a consequence of the virus we change our consumption habits. We use masks and gloves every day and we apply sanitizer everywhere. If we don't throw the masks and gloves into the correct bin (with the general rubbish, not in the recycling bin), they can end up forming garbage islands all around the oceans, causing damage to animals.

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Veganism just a fashion?

Veganism is both a lifestyle and a specific way of eating. Vegans believe that human beings are not above any other animal species. For this reason, they reject any animal product, be it food, garments, or footwear.

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Portraits of Mona Lisa. «Non museum of Louvre»

2020, A YEAR TO FORGET

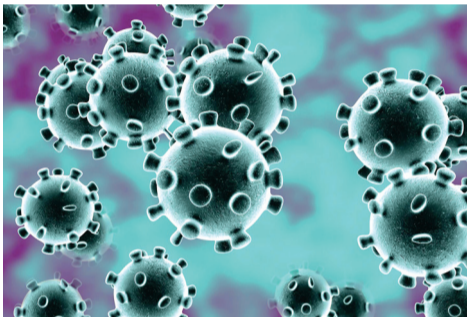
the world may have changed forever

At the end of each year, the news reports on those events that people remember, usually disgraces or fatal ones, but this year will be remembered, for sure, as the worst in decades. COVID-19 has destroyed the foundation of human relationships. If this is going to be forever, it will be said in the months or years to come, but today we are no longer

this day, they only appear as a competition that is genera-

more than 1.5 million deaths. In Spain, the official dates say that some 45,000 people died from covid, but that number is surely higher and no one can predict when it will stop. The state of alarm was established in many countries trying to stop the spread of the pandemic.

Although more than 60 million people has been affected by covid, a part of po-

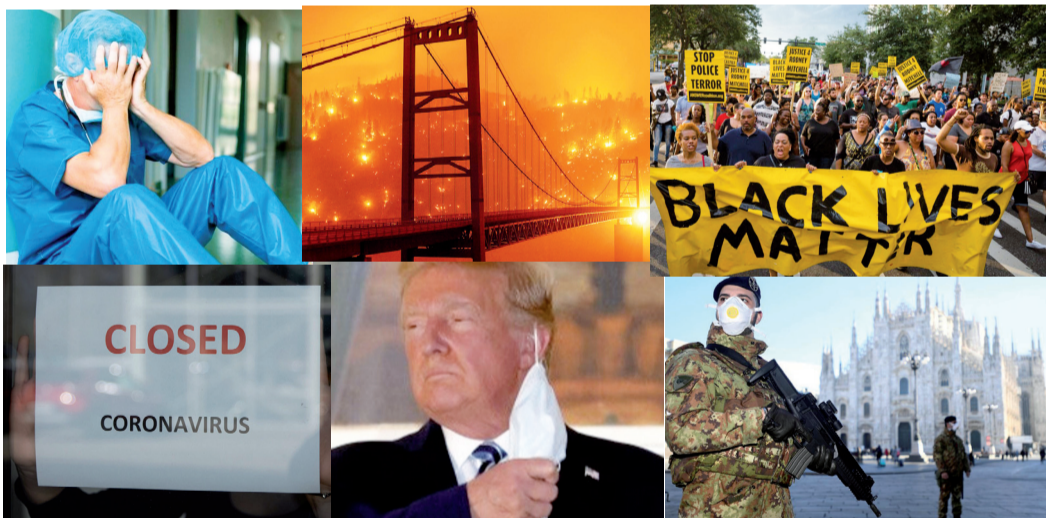


Burgos, a quite town

An american point of view of our city

Juliane Zaragoza, the assistant teacher of the school, comes from Los Angeles, California. You will discover the differences he finds comparing his hometown with our city

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the way we were. The arrival of different vaccines seems to clear the future, but, to creating the antidote. The pandemic has affected all countries and has caused

pulation deny its effects, some presidents of big nations included.

Being closed, many discovered art as a form of scapism from confinement. Imagine that ART did not exist...

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SAN PABLO



The first sport team in Burgos is achieving an outstanding number of goals in his short history: the best fans of the ACB, fourth position last year in the league, classified for the final eight from Greece, and ... **Champions of Europe!**

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Inspiring people



Do you have a mirror where to look at yourself? Our students describes some of their own

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American elections

To a non american citizen, the complicated american system of counting votes, make both candidates waiting a long term period of time untill knowing the results. This year, the case has been extreme, and the uncertainty of the final result had au-

diences of all the world be with an eye on the winner.



Finally, the democrat candidate, Joe Biden and second in line, Kamala Harris, won the elections. See inner pages to discover that special process

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Stretching



Every time you do some sort of physical activity, you must warm up to prepare your body and avoid any kind of injure. It's not that difficult.

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environment after COVID

The coronavirus has effects on our health, but not just that. It also affects the environment. On one hand, the coronavirus is harmful to the environment, but on the other hand, it causes benefits to it.

As a consequence of the virus we change our consumption habits. We use masks and gloves every day and we apply sanitizer everywhere. If we don't throw the masks and gloves into the correct bin (with the general rubbish, not in the recycling bin), they can end up forming garbage islands all around the oceans, causing damage to animals.

If they end up on the land, they can be a source of contagion, so they can be dangerous for animals and plants.



We also spend more time at home, so we spend more resources such as electricity and heat.

Hospitals are full of people, so we use more sanitary products, making us waste more plastic and other materials. In the end, all these resources come from fossil fuels, which produce a lot of carbon dioxide emissions.

Changing our point of view, the virus also has positive effects on the environment, because we don't travel as much as before, so we don't pollute so much (there are less buses, trains and flights travelling). This is good for animals and plants.

In conclusion, we can say that the virus is negative for our health, but it has some positive and negative effects on the environment.

1°students

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Californian eyes depicts Burgos

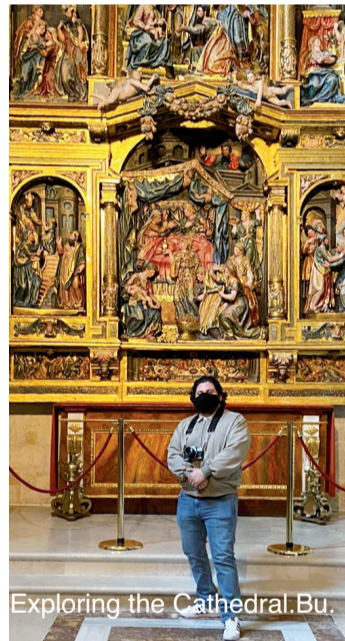
Juliane compares living here or there

What's the main difference between living in a big modern city as Los Ángeles, and now living in a smaller cultural and historical city as Burgos?

I think the biggest difference is the sound, Los Ángeles can be a very caotic city, you hear cars, you hear for example, where I live there is a train, so you hear trains going by, helicopters, things like that, fireworks specially in summer. But here in Burgos is very quiet.

Talking about people, how would you define the personality of Burgos people? Is it very different from American people?

Yes, I think that people here are more reserved but more genuine, where as in the United States in general, people are usually much friendlier but it's a forced friendliness, it seems fake sometimes. So when you speak to somebody here, the may be a little more reserved, a little colder, but you can tell it's more genuine. Where as in the United States they might be more open, but they are not genuine about it.



Exploring the Cathedral.Bu.

What is the most fascinating thing you have discovered in Burgos?

I think the historical sites spe-

cially the cathedral for example, something that has existed for hundreds and hundreds of years, you know, there isn't anything that old in the United States. The United States are sort of very modern in the sense that we don't have the same history that you have here in Burgos and in Spain in general, so seeing things like that is very fascinating.

Let's talk a bit about transport, I've been told that now you go everywhere by foot, so what's the difference between using a transport to move around and now going on foot?

I wasn't used to it at first, Los Ángeles for example is a car city, wich means that wherever you go, because it's so spread out, you have to drive everywhere. It's not very common to walk long distances as opposed to here, where everything is much closer and it is more convenient to walk.

I think once I got used to that, I enjoy the fresh air between the places I go.

Still talking about transport did you use to use an underground?

In occassion, it's not as common in Los Ángeles or they're building them more, to get from one part of the city to another, while avoiding the highway traffic, yes.

What about shopping, what do you think of Burgos' shops? Are American shops bigger?

Yes, American shops are much bigger but I also think that specially like, grocery stores here, the quality of the ingredients you find, can be better. As opposed in the United States where the things tend to be more procesed and more cheaply made.

About the enviroment, was it difficult for you to get used to Burgos' climate?

Yes, and I'm still getting used to it. Los Ángeles is a very hot city, it is essentially a desert and here it's very cold and I've been adjusting but I am enjoying it as well. I've been enjoying expe-

In Fuentes Blancas, Burgos



riencing the climate, you don't really have seasons in Los Ángeles, so seeing all the leaves falling from the trees it's beautiful, it's cold but it is very nice.

people here are more reserved, but more genuine

And pollution, is it a big difference between the two cities?

Yes, Los Ángeles, we have some of the worst air quality in the country, specially recently when I left there were wildfires,



and we were looking up to the sky it was completly covered with smoke, ashes everywhere; so the air quality, it's a massive improvement here in Burgos.

Now, let's talk about free time, what were your hobbies in a city as L.A. And what are they now?

Usually was hanging out with friends, getting together going somewhere, exersicing, reading, writing, going to the ci-

nema and here because everything is closed, I've been walking more, exploring the city, really trying to improve my photography...

I know that L.A has a lot of beaches, did you use to go there a lot? Would you like Burgos to have one?

I wouldn't go very often because it is in the opposite side of the city, so all of the beaches are in the West side and to get there it's very difficult. But during the summer obviously you go to the beach. I like that Burgos doesn't have a beach, I like that is very differnt from Los Ángeles.

Seal Beach, California



So to finish let's talk about your own feelings, what do you miss from your hometown?

I miss Mexican food, I miss my family's cooking. My family is Mexican, so all of the spices, the ingredients, the dishes, all of the traditional Mexican dishes. You can't find that as easily here in Spain, specially in Burgos, so I think that's what I miss the most, and also my family and friends, obviously.

Do you feel more comfortable or more overwhelmed living in a small city?

I feel... Now that I'm getting adjusted to it and I feel comfortable, but at first I was almost overwhelmed by the silence and by the calm. Now having been here for a few months I'm adjusted to it and I appreciate it a lot.

Martín Aleksiev 3°

A CULTURAL INVESTIGATION K POP

BLACKPINK, BTS, EXO, TWICE... These are some of the most popular groups of K-POP. But, why are these gropus famous? Is it because of their lyrics? Is it because of its rythm?

K-POP is a music style wich is trending topic among the young people, already surpassing some of the



most popular artists as Taylor Swift, Ariana Grande or even Katy Perry. Some of their

M/Vs(music videos) have 336 million, 1 billion, 1.2 billion...views in YouTube. Artists as BTS

or BLACKPINK lead the ranking of the "most viewed videos in 24h" with numbers of 101.1 million or 86.3 million views in a day, respectively. Also PSY is present in the "most viewed videos" with his song Gangnam style, surpassing the 3.8 billion views. But how do they get that number? Before their career, idols train hard for 5, 7 or even

10 years to become what they are now, also because of its mix of different genders as hip hop, R&B, pop, rap... It is also known due to its difficult choreographies and the idols' beauty. Because of that, idols are the popular images of different brands. So, what do you think, is it K-POP a good style?

Martín Aleksiev 3°

inspiring people ^{3°eso}

WINSTON CHURCHILL

Winston Churchill was the Prime Minister of the British Empire during two periods



(1940-1945/ 1951-1955). Before his first experience as a prime minister, he was the First Lord of the Admiralty at two different times.

His country won WW2 together with the USSR, USA, and other countries. He commanded Great Britain during both World Wars so he had experience at the second. In addition, he won the Nobel Prize for Literature in 1953.

At the time, he was Prime Minister of the British Empire; he had to prevent the country from surrendering to Germany. How did he do that? Although the British Empire was strong like their allies, France fell so fast to Germany that the British couldn't believe it and they thought they would be next so he made amazing speeches to raise the morale of the people of England.

In my opinion, I think that Churchill wasn't the perfect

man to rule the British Empire because he also ordered the killing of many civilians in India (British Raj) to prevent the independence of the territories,

but he was the man that the western world needed to win World War 2.

Juan Olmo

MY GRANDPA

I can say that one of the people that I love, admire, and am most inspired by is my grandfather, Nicolas. He is now 76 years old and he has overcome a lot of challenges that life has given him.

Many years ago, my grandfather suffered lung cancer. As the cancer was detected, the doctors immediately got him into hospital. He had never smoked before, so the doctors were surprised. The director of the hospital in Madrid wanted to operate on my grandfather because he said that cases like his were one in a hundred thousand, the other forms of cancer were all aggressive. The

day my grandfather was having the operation, the director had a conference in the United States and he did not attend. Years later, Nicolas suffered from a heart murmur. A heart murmur is a harsh, screeching, hissing noise that is heard in every heartbeat that requires surgery to be removed. Because of this, he had to undergo the most dangerous operation of his life. The doctors doubted that he could survive, but with effort and long recovery days, my grandfather has come out ahead like a champion.

Nicolas is also a great person. He could not study for a long time because at the age of 7 he had to start working in the countryside. He has been dedicating most of his life to working as a truck driver in Galicia, where he met the woman of his life, my grandmother.

I definitely love my grandfather. His life has been, and still is, a clear example of daily fight to get ahead and never give up, no matter how complicated life gets.

Cristina Rubio

LIZ MURRAY

Liz had a difficult childhood: her parents were poor and they were addicted to drugs. When Liz was fifteen years old, her mother died of HIV. Liz and her father were evicted so her father had to move to a homeless shelter. In those moments, Liz had lost everything but she decided not to give up and fight for her future.

She went to a local high school from which she graduated and got a New York

Times scholarship because of her good marks. She was accepted into Harvard and she also got a doctorate in clinical psychology.

A few years later, she wrote an article in the New York Times which became a best-seller called "Memory", which has been made into a film too.

She inspires me because, although she was in a



painful situation, she was successful thanks to her good marks and her effort without any help. She never gave up.

Aitana García

MY GUITAR TEACHER

The person who inspires me is David, my guitar teacher. He is a very good guitarist although he is a young person.

When he was only 10 years old, he started to play the guitar. All of his teachers told him that he was learning too fast and when he was only 12, he could improvise and he could play very difficult songs. When he was 15 years old, he started his first

band with his high school friend.

His most important achievement was when he played for the MTV channel because he had released his album. He is now practicing so he can improve some techniques like bending.

In my opinion, he is a very nice person because he is a very good teacher and he explains all the guitar techniques very well.

Alejandro Redondo

MY DAD

My dad is a hero to me. When he was young, he didn't study too much and he wasn't a genius. Although he wasn't the perfect son, he worked hard for many years so that he could provide for himself, my mum and me.

My dad has achieved many things lately. First of all, he was able to move to Spain and start a family with my mom, my sister and I. He got a good job that he likes, as well as a house, a car and everything we need.

My dad inspires me because he has taught me to be real in life, to not be scared, to be a good person, a good son, a good brother, and, most importantly, he has taught me how to be strong.

I admire my dad because he is a very good person and he is a good dad. He works a lot to provide for us. He is very competent so if he wants to do something, he does it. He works very hard and he is the best at doing what he does.

Vivian Iscu

WHY SHOULD YOU WARM UP?

Every time you do some sort of physical activity, you must warm up to prepare your body and avoid any kind of injure. In this article, you will learn how to do a complete warm up routine. It's not that difficult.

First of all, we can start running a bit, 8 to 10 minutes is ok. This will help you to raise your heartbeat and start getting into the activity. Your beats per minute should be between 130 and 150 after this.

Then, we can go into some joint mobility, starting from the ankles and ending in the neck, we have to do circles, to both left and right, with all our joints.



Once we have finished with static join mobility, we should do a more dynamic one. While we

run from one side to another of the place we are in, we introduce some exercises such as skipping, lunges, jumping

jacks, arm mobility, scissors, lateral running, push ups, squats, mountain climbers, crunches of all kind, etc. This should take us from 12 to 15 minutes, and we can finish it with some speed, accelerations of more or less 30m can be fine. Finally, some games could be a good form to end our warm up. Some examples are "Cut the needle", "Stop" or "The flags". The one that I'm going to explain is "The flags", which

consists in dividing the class into two teams, which have to protect their "flag" (which can be a ball, or a cloth)

from the rival team. The aim of the game is to get into the opponent's field, get the flag



and take it to your team's field; all of it without being touched by

any member of the other team, because if they do so, you'll have to sit in the floor and wait

for a member of your team to come and save you, by touching you. It is a very fun and challenging game to play with your classmates. And, after all of the exercises and activities mentioned, your warm up should be finished. As you have seen, it is not a hard task, and it will help you a lot.

Laura Alzate 3º

Veggies

Veganism is both a lifestyle and a specific way of eating. Vegans believe that human beings are not above any other animal species. For this reason, they reject any

exclusively (they do not eat animals or animal products).

•What can you eat if you follow a vegan diet?

A diet without animal products is extremely varied:

- Fruits and vegetables.
- Legumes.
- Whole grains and cereals.
- Nuts and seeds.



animal product, be it food, garments, or footwear. The vegan diet does not include meat, dairy, eggs, or honey. Therefore, we can confirm that veganism is an ethical and philosophical position that is not only focused on food.

•What do vegans eat?

Vegans eat plant-based foods

•What is the difference between vegetarian and vegan?

Vegetarians only eliminate meat and fish from their usual diet. Therefore, they consume animal products such as eggs or dairy products. However, they also introduce a greater amount of fruits and vegetables into their daily diet, favoring their digestive system. Vegans, apart

from not consuming animal meat, do not consume any of the aforementioned animal-based foods. Their diet is more specific and they do not have as many products when cooking.

•When did veganism start?

In 1944, Donal Watson, in a meeting organized with his wife Elsie Shrigley and four other colleagues who also followed strict vegan diets, considered it necessary to establish a new, more specific word that would define and differentiate them from ovo-lacto-vegetarianism.

Myths and Truths about veganism

As people know, veganism is a lifestyle in which people eat nothing coming from animals. Vegans are sometimes seen as

ill because a lot of people think they don't have those "necessary proteins". Let's reveal some myths and truths about this lifestyle:



MEAT IS NECESSARY FOR LIFE:

False, there's no necessary type of food. Our body needs nutrients instead of food. In fact, the WHO (World Health Organisation) recommends less than 25 kg per person a year and correlates red meat with colon cancer.

PREGNANT WOMEN AND CHILDREN CAN HAVE A VEGAN DIET:

True, veganism doesn't depend on the stage of life you are in. Vegan children and pregnant women have to follow the same dietary requirements as non-vegan people.

PLANTS FEEL PAIN:

False. Contrary to what a lot of people think, plants don't have a central nervous system, therefore they don't feel pain.

VEGANS HAVE CALCIUM DEFICIT BECAUSE THEY DON'T HAVE ENOUGH CALCIUM:

False, you don't need only dairy products to obtain calcium. You can obtain calcium easily with foods like almonds, tofu, chickpeas, cabbage or beans.

So, my question is: If you believe these false myths, how do you see it now after reading this?

Laura Alzate &
María García Viñas 3º

Frida Khalo

life and work of a fighting woman

Magdalena Carmen Frida Kahlo was born on July 6, 1907 and died on July 13, 1954. She was a Mexican painter who suffered a serious bus accident in her youth, in which she broke her spine in 3 pieces, at the age of 19 years, that kept her bedridden for long periods of her life.

Most of her life she was secluded at a hospital, where she painted. The accident caused her many problems and forced her to become a strong woman.

Once she said, "it was a weird crash. It was not violent, but quiet and slow, and it hurts me more than anyone else, hurt me."

Unfortunately, for a long time she had to be in operating rooms, thus having 32 surgical operations. This accident didn't let Frida be a mother; she lost 3 children.

When her friends went to visit her while she was ill, they said, "she played games, laughed, made pointed comments, criticisms and formulated sensible

opinions. If she cried, no one knew about it". She was an extraordinarily strong person that released all her pain and feelings into her art in an incredibly good and special way.

But not all the pain came from the accident. Frida Kahlo married Diego Rivera at age 22 in 1929. It was a complex and



stormy relationship, with moments of love, mutual idealization, complicity, infidelity and indifference. She tried to escape from this relationship, although, given her physical and



psychological limitations, it was not possible. She divorced on November 6, 1939 and remarried Diego Rivera on December 8, 1940. She felt so much pain when Diego Rivera

and her little sister Cristina became lovers.

She died at the age of 47, cared for until the end by her sister Cristina. Diego Rivera was with her until the last days of his long and painful illness, physical and mental, which had begun in her childhood and adolescence, and had become the source of a tireless search for life and creativity to achieve self-healing.

Her pictorial work revolves around her biography and her suffering. In 1939, Frida exhibited her paintings in France.

André Breton said that her works were surrealist, and she said one of her most famous phrases:

"I did not paint surrealism. I wasn't painting dreams; I was painting my own reality."

"Yo no pinto surrealismo. Yo no pinto sueños, yo pinto mi propia realidad"

Frida, despite being tired, was self-sufficient and strong. She represented herself in works with androgynous

sexual characteristics, with some features considered masculine such as her large eyebrows and her moustache, which already was an icon in history representing Frida Kahlo.

Some interesting facts about her:

She was bisexual and have multiple lovers. Many of them were the same that Diego Rivera had, which was a form of revenge and taking it as a funny and entertaining thing.

She painted 155 paintings. The price of her paintings



reaches 5.8 million dollars.

She is recognized today by many as a symbol, as a feminist icon, and the best representative

of 20th century Mexican art.

•Some of her most famous phrases are:

"Feet, what do I want them for if I have wings to fly"

"Pies, para que los quiero si tengo alas para volar"



"I look forward to the departure and I hope never to return"

"Espero alegre la salida y espero no volver jamás"

"I paint flowers, so they don't die"

"Pinto flores para que así no mueran"

"Pick a person who looks at you like you might be magic"

"Escoge una persona que te mire como si quizás fueras magia"

"I paint myself because I am the one I know best"

"Me pinto a mí misma porque soy a quien mejor conozco"

"I, who fell in love with your wings, will never want to cut them"

"Yo, que me enamoré de tus alas, jamás te las voy a querer cortar"

Iria Corral & Barbara Tarín 3º

Mortal Kombat X

Mortal Kombat X is a game that came out on 7 April, 2015. The companies that created this game are Warner Bros and Netherrealm Studios. The game is not recommended for players under 18. Mortal Kombat X is a game that is compatible for PS4,



PC, IOS, Android, Xbox One, and Nintendo Switch. It consists of 2 5D fights between 2 players. You can play online or offline. In the game, you can choose the character that you want to use in the fights. The game has special things like the Fatalities and Brutalities.

One positive thing is that the game is very cool because you can do your own combos with different characters and you can unlock more characters... Another positive thing is that the game has collaborations with different companies. For example : Alien, Predator, and Jason Voorhees.

The negative thing is that you have to pay to play with more characters so you can only play with 24 if you don't pay. I think that it is an entertaining game because you have a lot of maps to play, so many characters, and combos as well.

Yoel Braña

MINECRAFT

The purpose of the game is simply to build and explore (and survive). How many players can play it? You can play by yourself or you can play online with



others. The smartphone and tablet versions offer multiplayer options. The recommended age is over seven and the game is educational.

The positive things are that adults can play and it is a very creative game. In my opinion, I think that the game is very funny and it is healthy for your brain. As for the negative things, I think that the game can be a little bit boring when you play too much, but in general, it is an interesting game.

Be careful and don't spend too many hours a day playing because it is terrible for your eyes!

Gadea Martínez

AMONG US

Among Us is a strategy game created by Innersloth in June 2018. The creators say that the game is for people over the age of 10 and will cause many broken friendships. When you enter the game for the first time, you do not know what you have to do but I am going to explain the game for you. You can play on a public or private server, so you can create your own game.

When you enter to create the game, you can set different environments or maps. There are three maps: Skeld, Mira HQ and Polus. Skeld is a spaceship, Mira HQ is a skyscraper, and Polus is a

planet. In the public version you have to select the map that you want and the impostors. In the

others have to say who the suspects are. Then they vote for the ones they believe to be the



private one you have to insert a code for the room because all the rooms have a code. You can be an impostor or a crewmate.

impostors. When more than 50% of the people vote for you, you are ejected from the

IMPOSTORS have to kill and sabotage the other players. When you kill one person you can escape through a vent.



spaceship.

A CREWMATE has to do all the tasks and discover the **IMPOSTORS**, and when all the tasks are completed the **CREWMATES** win.

When you find a body you have to report it because if you don't do it and other people see you they suspect you. When you report a body, you have to say where you found it and the

The positive things about the game are that you can personalize your skin and you can set the server either in public or in private. Public is when any person can enter in your room, and private is when only people who know the code can join.

Lev Butakov

not just for Halloween

Terror movies for a terrific year

Gadea Martínez & Alejandro Pérez 1º



THE SHINING

It is a drama and horror film, premiered in 1980 and lasts 2 hours and 26 minutes.

SUMMARY Jack Torrance becomes a winter caregiver at The Overlook Hotel. He left with his wife, Wendy and son, Danny. Danny's father discovers that there are strange things at the hotel that make them want them to come home. Two devilish twins want to play with Danny, after which Jack becomes paranoid and a homicidal man, bent on terrorizing his family. This movie deserves to be seen you if you're a fan of horror movies. It's great for scaring a friend

Main actors: Jack Nicholson, Shelley Duvall, Danny Lloyd.

ZOMBIELAND

This film was released in 2009, and lasts 88 minutes. **Summary** It is a horror comedy, consist of a kind of virus that transforms most people into zombies. Those who survive the virus have to go through the zombie apocalypse. Four survivors: tallahasee, columbus, wichita and little rock, respect a series of rules, what Columbus did, to survive the zombie apocalypse. Graphics are very good, and is recommended watching during the morning so as not to you up with fear.

Actors: Emma Stone, Jesse Eisenberg, Woody Harrelson Abigail Breslin, Amber Heard and Bill Murray.



THE ORPHANAGE

The Orphanage is a horror film that was created in Spain. It is about a woman who grew up in an orphanage with children who had severe physical and psychological problems. After a while, the woman who lived in the orphanage decides to buy it and adopt a boy who had imaginary friends that he made a game with to find old things left by his current mother's friends. One of them, the child's imaginary best friend, always went with their face covered because they had been burnt. The imaginary best friend commanded him to go to a cave where the boy disappeared.

STARRING

Belen Rueda, Geraldine Chaplin, Roger Príncipe, Oscar Casas, Fernando Cayo.

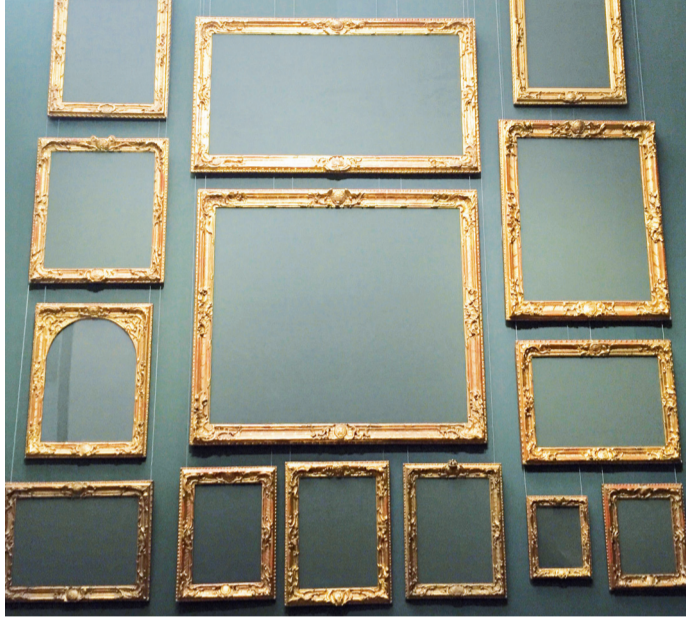


Imagine a world with NO ART

When we were recluding at home for weeks, culture and art became a way of scaping from the confinement. Our correspondant, Mario, reflects how life would be if there were NO art at all.

How would be the world without art? That is a difficult question since we have never seen a society without art. At the beginning of our history, there were already people playing flutes made of bones. Paintings in caves were art too, regardless of the reason they were painted. To have a society without art would require us to not have feelings, as animals. Animals just live, they do not ask questions, they do not make anything except survive and, some of them, have fun playing at some occasions. We, as humans, we make questions. And a way to make questions is by art, art gives as hope. For example, when I am having a bad day, I always listen to music. I'm sure you do too. We listen to different types of music depending on how we feel. If I am having a good day, I listen to rock or tangoes. When I'm tired, I listen to baroque and Gregorian chants to feel relaxed. What would be about as without music? How would

we express our feelings? Some things are impossible to explain with words, which is why art is so important.



During the Middle Ages, most peasants weren't able to read, so sculptures and paintings that represented biblical verses were used to teach them religion. There was also religious music, such as the well-known Gregorian chants which were based on the Gospel. However, this was not the only music composed at that time. There

was also profane music that was composed by troubadours and goliards which talked about women, wine, and different pleasures. It criticized society and the Church, such as in The Donkey Mass, where Gregorian chants are imitated in a burlesque fashion. These songs are useful to show us how people lived at the time they were made in. During the Renaissance, artists started to get interested in Greco-Roman art, so sculptors imitated the style in their own



sculptures. Buildings, such as Saint Peter's Basilica, were also made copying Greco-Roman architecture. During this time, Greek music was also copied, specifically by a priest named

Monteverdi. Monteverdi created the opera, a mixture of theatre and music, similar to the Greek theatre. The first opera he composed, Orfeo, was based on a Greek myth. This marked the transition from Renaissance to Baroque music. Cinema, a more contemporary artform, also had a great

propaganda, Disney supporting capitalism and the Soviet equivalent supporting Communism. So, what would a world without art be like? I don't know. As we can see, art has been of great importance in our history. Life wouldn't be just boring, it would have no meaning. We would be



importance during our recent history, especially during both World Wars and the Cold War. During the Great War, movies encouraged people to join the army, especially in England and the USA where military service wasn't obligatory. During WW2, cinema was more extensive and big companies such as Disney promoted the fight against Nazism. The USSR also created their own animation studio in 1924, a year before Disney was created. These two companies were the principal creators of

like animals who are just surviving to die. There would not be progress because wise people wouldn't write their knowledge for future generations to continue their investigation, because writing wouldn't be invented. To write we need letters, so to have a world without the art of literature would be to have a world without writing. We would just be monkeys.

Mario Arnáiz 3º

Move your body

Can you match the pictures with the movements?

Calf raises- Start with your feet flat on the ground. Raise yourself up on the tip of your toes, engaging your calves.
Cross knees to elbows- Starting with your feet flat on the ground, bring your right knee up and left elbow down until they touch. Repeat with the opposite knee and elbow, engaging your obliques.
Jumping jacks- Starting with your feet apart and hands at your side, jump up and bring your feet together and clap your hands together above your head. Immediately jump again, bringing your hands down and feet apart. Repeat rapidly for cardiovascular endurance.
Leg bridges- Lying on your back with your knees up and feet on the floor, raise your hips, engaging your core.
Plank- Lying on your stomach, raise yourself up by your forearms and maintain this position, engaging your core.
Punches- Standing with your hands raised in a defensive position, extend your left arm forward while turning your left hip

forward and pivoting your left foot. Return to your defensive position and repeat with the right side. Repeat rapidly for cardiovascular endurance.
Push-ups- Starting flat on your stomach, raise yourself by pushing off of the floor, making sure to keep your body straight. Repeat without letting your body touch the ground to engage your chest, arms, and upper back muscles.
Shoulder taps- Starting in a raised push-up position, bring your right hand to your left shoulder and back down. Repeat with other hand and shoulder, alternating to engage your core and obliques.
Skipping- In a standing position, run in place, making sure to lift your knees higher than a regular run. Perform rapidly for cardiovascular endurance.
Squats- Starting in a standing position, lower yourself by bending your knees while keeping your back straight, making sure that your knees do not extend past your feet. Bring yourself up and repeat to engage quadriceps and glutes.

American Way of voting

Alberto Casquete 4º

Some say everyone should have the chance of voting for the candidates since it will affect all the world

About the charge you choose:

Which position will be chosen in this election?
The position elected is that of President of the United States.

Two requirements for eligible for office?

Be a U.S. citizen by birth.
Be at least 35 years old.

Who chooses it?

(Note that it is an indirect process of choice)

In the U.S. presidential election, citizens do not vote for one of the two candidates, but must choose from a number of representatives of their state. It is these representatives who vote for one of the two presidential candidates.

How many times can he be re-elected?

It can only be re-elected once because the Twenty-second Amendment to the United States Constitution (Amendment XXII) sets a mandate limit on the president of the United States. The Duration will be four years, with a maximum of two terms.

About the two candidates

Two are the main candidates (others are presented, but with little chance):

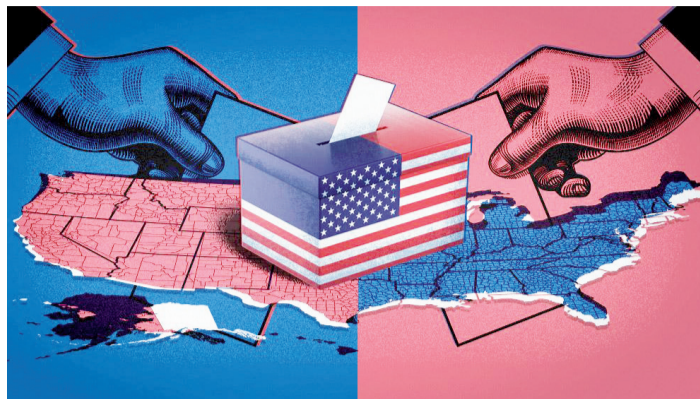
☞ Candidate 1:

- Name: Donald Trump
- Political party by which it is



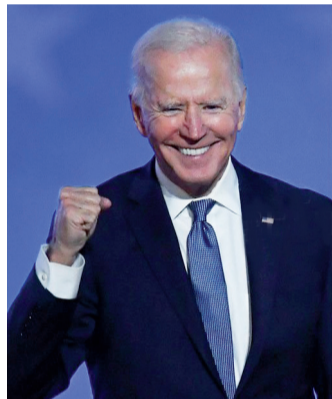
presented: Republican Party

- Hair: Orange
- Ideology: Conservative
- Position you've held until this election: President of EE. UU



☞ Candidate 2:

- Name: Joe Biden
- Political party by which it is presented: Democratic Party
- Ideology: Progressive
- Position he has held until this election: Official Democratic Party candidate for the presidency of the United States. The last major position he served as Vice President of the United



States (2009-2017)

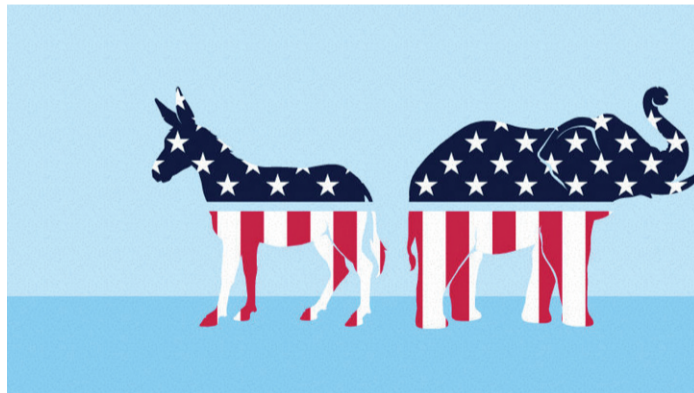
The **Democratic donkey** was the first to appear on Andrew Jackson's election campaign in 1828, due to an insult-mode nickname given to the candidate by his opponents. Far from being offended by the nickname, Jackson himself used posters with the image of an ass during the campaign.

The **Republican elephant** is believed to have first appeared in an Illinois newspaper during Abraham Lincoln's election campaign in 1860, an animal that the rest of the Republican candidates endorsed as a symbol of strength.

THE ELECTORAL PROCESS:

● What did the polls on the election result indicate?

Electoral polls in the United States reflected Joe Biden's distance of at least six points over Donald Trump. This week, the average RealClearPolitics poll pointed to a Democratic distance of nearly nine points. The polls reflected the intention to vote directly, i.e. the total percentage of voters. It was not indicative of the end result, because in the U.S. it is actually the 50 states that hold different elections, which then serve to elect the 538 members of the electoral college. These 538 voters gather and vote, and the presidential candidate who takes 270 votes or more wins the presidency. Polls in undecided states also



had to be taken into account, and results were much tighter, especially in Florida, Pennsylvania, Ohio, Wisconsin and Michigan.

● What is an election poll?

It is an analysis to study and know what the opinion of the population is regarding their vote in politics and the total percentage of voters. This methodology is used to forecast approximate election results but its data is not indicative of what is going to happen and we must wait for the final result.

The winner has been

Democratic Party nominee Joe Biden

in one of the most closely remembered US elections. The Democratic nominee has won the Republican with 74,477,123 votes so far, for Trump's 70,328,963.

The victory depended on the vote by mail and in advance cast in Pennsylvania has finally given victory to the Democratic nominee, who with the 20 delegates of the electoral college of his home state exceeds the magic figure of 270 that opens the doors of the White House.

When will take office?

If nothing rare happens, he will take office on January 20, 2021, at the inauguration ceremony where Democrat Joe Biden will swear his position as president of

the United States and promise to "preserve, protect, and defend" the Constitution from the steps of the Capitol in front of the president of the Supreme Court. Meanwhile, Donald Trump is

(continues on last page)

Obituary

Diego Armando Maradona, «El Pelusa» died on passed 25th of November as a result of a heart attack. The health of the argentinian



former footballer was, from the past 20 years, very weak product

of his style of life, his adictions to drugs and a personal behaviour that ruined the magic he showed on football pitches all around the world. That said, impossible not to remember his «**Hand of God**» and, of course, the second goal he scored against England in Mexico,s mundial. The best goal of the world Championships ever. He was a magician with the ball but a disaster in personal and public life.

Three days after, David Prowse, another symbol, passed away too. His name, and above all, his face were unknown by public in general, but everyone remembers



his role in Star Wars saga: **Darth Vader**, the villain among villains. Not even being the voice of Vader saying «**I,m your father**» was left to David by George Lucas, director of the film. He reserved that for an iconic voice in Hollywood: James Earl Jones. Prowse declined to start juridical actions against Lucasfilms and preferred to live happy being a secondary actor in England. Rest in peace

MY LIFE AT SCHOOL

BEFORE COVID AND DURING COVID

Going to school has totally changed in the last few months. After the global pandemic that we have lived, there are many new regulations to give face-to-face classes without getting infected.

In my school, we have different entry, exit and recess times with other courses to avoid crowds of people, in the classes, the desks are distanced, the stairs have rails to go up and down, we must disinfect our hands and the desks before and after every lesson, the windows must always be open and the people must wear the mask every day.

Other years we arranged the desks in pairs, and in subjects like math or English we could help each other with the exercises. If none of us knew how to do it, the teacher could come to our desk and correct the mistakes in our notebook, it was easier to use the blackboards, computers and



classroom instruments without worrying about disinfecting them and in the breaks between classes we were able to move from our desk to talk with friends.



The classes were more dynamic and we really interacted more with the students and with the teachers, but we have to adapt to the new normal, comply with the rules and hope that we will return to the routine before the coronavirus soon.

Jimena Andrés2bach



Joe Byden defeats Donald Trump

and the planet breathes...

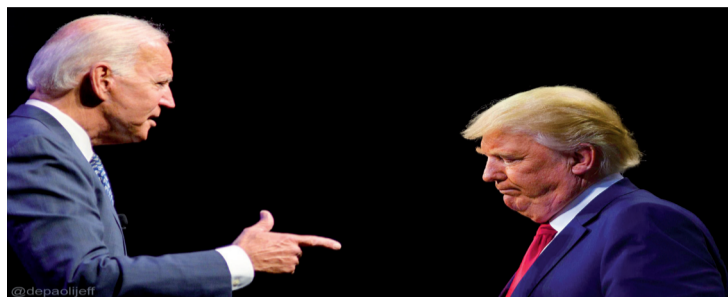
Comes from page 7

threatening to keep giving the battle. It has deployed an offensive to "stop counting" in relation to mail-order voting, on which it has been putting the focus of its allegations of 'fraud' On the horizon is intense legal litigation in which Trump will seek to fill Biden's victory with doubt until January 20, when the Democrat will take office.

Alberto Casquete 4°

It seems that Trump finally will permit the change of his administration to the another, as a person has been designated for that purpose, but surely he will remain claiming for his unexisting victory. On the other part of the political spectrum, the democrats are enjoying Trump,s lost. Some of them, as the celeb chairman of New York city, declares with total relief:

"We need to heal, and this is our chance to do it. They have taken



YOU'RE FIRED!

a load off our shoulders", Mayor **Bill de Blasio** told reporters in Brooklyn's Grand Army Plaza, where thousands danced and threw confetti.



Joy in Ny with Biden,s victory

"**This is a historic day**", agreed Governor Andrew Cuomo in a statement. "After the darkness,

division and hatred of the last four years, America has spoken and rejected more of the same."

Days before the elections, groups of people were in the streets, cheering their candidate and criticizing the other for foul play. The shadow of a rigged process that the still president wanted to extend created a rarefied atmosphere in the squares of North American cities, with clashes between

radical groups on both sides. This climate of civil confrontation must be lowered. Democracy is much bigger than a president. Stepping out of the chair, Trump will have to face at least six major lawsuits related to corruption, sex scandals, obstruction of justice, federal bank and tax fraud. It should be remembered that one of the richest men in America has not paid taxes for 10 years and in 2016 he paid \$ 750 in taxes.



MEME Trump does not accept he is a loser

Trump who is a fan of Twitter, his favorite way of expressing his thoughts, is being attacked by thousands of MEMES and jokes that ridicule him.

BLACK LIVES MATTER

This social movement actually started in 2014 after the death of a black person. After some riots, demonstrations and the lives of many people, the movement stopped for some years. This year, the 2020, the protests started again after the death of George Floyd in Minesotta. He died due to the police brutality, when a police officer put his knee against his neck. George said: "I can't breath", this sentence is



now very popular among the people wich report the racism in America or in different parts of the world. The protests started in the Covid-19 pandemic, where people risked their lives or their health, but there was a reason: **justice in the world**. A lot of people wore a mask, and other people helped with water, hand sanitizer or new masks, that is solidarity. Also a lot of celebrities went to those demonstrations to "set a good example", but they were more hated than praised, because they wet there just to take pictures and make a good idea of themselves. This year a lot of people died because of police brutality and racism: Breonna Tylor, Tamir Rice...

We have to stop this.

Martín Aleksiev 3°

Ladies & gentlemen:

Mr. RAFAEL NADAL Best tennis player ever, with Federer,s permission

Rafael Nadal, the best spanish sportsman in history did it again. He won his 13th trophee in Roland Garros, a hit unreachabe for any other player, even this rare year, competing in clay in October.

"All the players, even Roger or Novak, had some moment of mental downturn in their career or moments in which they could fall a little emotionally during a game, and could lose for this reason. But Rafa did not. Rafa is the only player in history, **it doesn't matter how he feels on the track, whet-**

Not in vane, Rafa equal Roger Federer in the number of Grand Slam victories, the four most important tournaments in tennis world: 13 in France, 4 US open, 1 Australia and 2 Wimbledon, on green.

Apart from that, the style he always shows on the court, applauding his opponents, defending players againts some decisions of ATP, and **always being a gentleman**, in and out of the pitch, has won the love and recognition of every player and millions of sup-

San Pablo Burgos The spirit of a city

The Burgos team has entered through the big door in the World Basket Olympus after proclaiming itself champion of the FIBA Basketball Champions League against the host, AEK Athens (85-74).

Last season the young team, only three year in highest competition, was very close to play the ACB final in Valencia.

**B R A V O
S A N
P A B L O!**

The start of this new season was particularly difficult due to the absence of several players outside the team with COVID. The ACB forced San Pablo to play against Fuenlabrada with only six official players, in a competition fraud. They later decided to change the minimum number to 8.



That match should never have been played. And not to mention the first game in Barcelona in which the referees stole the possibility of winning with possession and 20 seconds to finish with 1 point less.



CHAMPIONS OF EUROPE

Anyway, the arrival of new players has given a clear growth in the team's sights. **Nothing is impossible**. The pity is that the Coliseum is still closed for fans who are eager to enjoy and sing with the players: **Ohhh, San Pabloooooo!**



Nadal's traditional bite at Roland Garros

her good or bad, because in the end he will always finds a way to win»

porters in the world. Rafa represents the fair play and the esence of an sportman. **VAMOS RAFA!**

Juan Carlos I runs away from Spain

Without prior notice, the emeritus king fled Spain, leaving the royal house more in question if possible. The debate on the suppression of



the monarchy in Spain grows wrapped in monetary scandals of the king and his lineage, his lovers, black cards, and the voices that demand a new republic for the country.