



# Mendoza Herald

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"It matters not what someone is born, but what they grow to be." Albus Dumbledore,  
*Harry Potter and the Goblet of Fire* – J. K. Rowling



## 2023: Charles III becomes King of the United Kingdom



2023 has brought many changes to our lives and to the world – from royalty to natural disasters and wars, to sports and films.

In the English-speaking world, the most important piece of news is probably the coronation of Charles III. Thus, a new Carolean age starts.

"I come not to be served,  
but to serve", Charles III,  
6 May 2023.

In Spain, our princess Leonor has come of age this year, and she pledged the Oath of Allegiance on her birthday on 31<sup>st</sup> October.

The world of sports has given us some happy moments, like the first victory of Spain in the FIFA Women's World Cup. **Page 8**



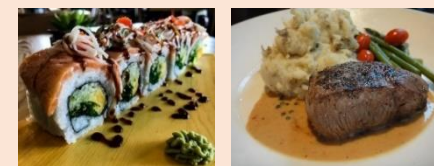
**Biodiversity in La Isla Park.** Get to know different species that call La Isla their home.

Many creatures are part of the population of our city – birds, trees, insects and others. One of the areas in Burgos with the greatest biodiversity and with the most living beings is La Isla. **Page 5**

### New Olympic sports

The Olympic Games are different every time, and not only because of the different location and organization, but also because the number of sports change – some are added and, less frequently, a few are eliminated. The Games of Los Angeles 2028 will introduce several new sports. Read about surfing, skateboarding, sport climbing, and lacrosse. **Page 7**

### World dishes and recipes



Travel the globe through food! Discover the story of traditional dishes that have become a favourite of many all over the world. Get your pans and apron ready and check out some popular recipes. Do try this at home! **Page 4**

### American celebrities past and present

Dwayne Johnson, actor. **Page 2**  
Andy Warhol, artist. **Page 6**

### Haka, a Maori dance

A *haka* is a traditional and passionate Maori dance which shows synchronised movements, quite frequently presenting the aspect of challenge. Almost everybody knows a bit about this stunning cultural element thanks to the New Zealand men's rugby team: the All Blacks. **Page 6**



### An exotic species in Burgos



A foreign duck species appeared in Arlanzón River a few years ago. When did it come and what is it doing here? Has it adapted itself to the environment in Burgos? **Page 5**

### A year in fashion

What have the hottest tendencies in 2023 been? Clothes, accessories, hairstyles and makeup. **Page 7**



### Anxiety, the silent pandemic



How would you feel if every day you suffered headaches, muscular pain, hyperactivity or sleeping problems? This is what around 301 million people suffer every day worldwide, according to the World Health Organization (WHO). It is called anxiety, and it has

increased throughout the last years. Check out this article to know more about the causes, symptoms and how to prevent it.

**Page 2**

### Online threats

The new technologies have created new dangers. The physical world has a mirror in the online one. And you wouldn't just leave your house keys around for anyone to take, would you? We must protect our privacy online in the same way.

Nowadays, young people spend a lot of time playing online games, chatting with friends, shopping, watching videos, searching for information, and so on. You feel safe with your mobile phone, but you are surrounded by dangers such as cyberbullying, grooming, sexting, phishing, identity theft, cyber addiction, challenges, pharming. Do you know them? **Page 3**



# ANXIETY, A SILENT PANDEMIC

How would you feel if every day you suffered headaches, muscular pain, hyperactivity, sleeping problems...? This is what around 301 million people suffer every day worldwide, according to the World Health Organization (WHO). It is called anxiety, and it has increased throughout the last years.

Alejandro Cabrera, Ángela González, Óscar Izcara, Celia Martínez, Héctor Marcos (3°C)

## 1. CAUSES

**Fear of failure:** Most teenagers don't trust themselves because they feel they aren't able to satisfy their expectations.

**High Expectations:** Today's teenagers are under a lot of stress and tend to place high expectations on themselves. Most teens want to do well in school and might expect to go to prestigious universities. Many participate in after-school sports and part-time jobs. Today's teens also volunteer, and participate in community events, have chores at home and want to maintain active social lives.

**Drinking and Drug use:** Many teens experiment with anxiety alcohol and, in some cases, drugs. They know they shouldn't be doing this and that their parents will disapprove. Peer pressure might also be involved. All these factors can lead to teenage anxiety before, during, and after the experimentation. Worse, some teens will go on to become addicted to these substances, which raises anxiety levels even higher.

**Parental Disapproval:** Teens are at an awkward stage where they want the approval of their parents, but they also want to do things that rebel against parental authority and society. This is frustrating for teens and parents alike. When they are met with parental disapproval, it's natural that they feel stressed and anxious.

**Hormones:** Your teen's hormone production ebbs and flows during adolescence. Sometimes your teen might feel anxious, upset, depressed, and angry for no reason at all. Some of this is likely caused by hormonal fluctuations.



## 2. SYMPTOMS

To break the ice, recent studies show that over 20% of teenagers in Spain suffer this issue and over 13% suffer strong symptoms.

What are the symptoms of Anxiety according to WHO?

- ▶ Trouble concentrating.
- ▶ Feeling irritable, tense, or restless.
- ▶ Experiencing nausea or abdominal distress
- ▶ Having heart palpitations
- ▶ Sweating, trembling, or shaking
- ▶ Trouble sleeping
- ▶ Having a sense of impending danger, panic or doom.

Depending on the symptoms that you experience, anxiety can be classified into several groups. Generalized disorder is the most common, followed by panic (panic attacks) and social anxiety disorder.

## 3. HOW TO PREVENT IT

To prevent anxiety, here are some tips:



### Regular exercise:

- Regular physical activity can help reduce anxiety by releasing endorphins and improving mood. Try to get at least 30 minutes of moderate exercise most days of the week.

### Healthy eating:

- Eat a balanced diet with nutrient-rich foods.
- Avoid excess caffeine and sugar, which can contribute to anxiety.

### Social Connections:

- Maintain strong social relationships and seek support from friends and family.
- Sharing your concerns with someone you trust can help ease the emotional burden.

### Set limits:

- Learn to say no when necessary and set healthy limits on your commitments.

Remember that anxiety prevention and management may vary from person to person.

# THE DEVELOPMENT OF TOOLS

Isabel San Juan, Adrián Saiz, Iria Calzada y Maya Naharro (3°C)

As humans have evolved, tools have also evolved. The ancient Greeks, Romans and Egyptians had hand tools. Those tools were the first models of the tools we use today.

Throughout the Bronze Age and later the Iron Age, people improved tool designs and materials to make them more effective and durable. There are significant differences between ancient and modern agricultural tools. One of the main differences is that ancient tools were largely manual and required a large amount of physical strength to perform tasks, as we have discussed. Meanwhile, modern tools use technology to perform tasks faster and more efficiently. In this article we are going to talk about the development of tools throughout history.

## Have you asked yourself how the tools that you use nowadays were in the past and how they evolved?

For example, between a stone knife and a modern saw there are many differences; a trivial one is their production time gap, thousands of years, and there are deep technological differences. But both objects serve the same purpose, and the saw cannot exist without the prior existence of the other. Both are examples, distant in time, of hand tools which humans has devised as an extension and improvement of the basic ones.

The date of creation of the first hand tool is much more uncertain, since it is lost in the mists of time: at some point in the Neolithic age, when someone thought of using a heavy stone to sharpen and shape, a flint stone, the mallet was born; the basic hand tool, which uses the most primary mechanism: the vertical force.

These tools are divided into families or groups; the first family, which is based on tools using the vertical force, for example the hammer; the second, that is based on cutting tools, for example the knife; and the third one, where there are the lever tools, for example the lever.

## Tools that have been developed throughout history:

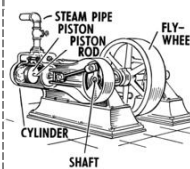
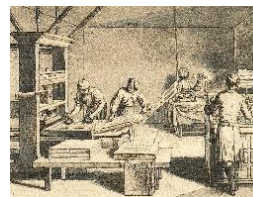
There are many important tools that have been improving during the history, but we are going to talk about the most significant ones.

**The knife:** It is one of the oldest tools. It has been used for at least 2 million years and it has been evolving as humanity has done, adjusting to the necessities of the moment.



**The plough:** The first uses of this tool date back to Mesopotamia. It has been the basis of agriculture and without it agriculture would not have developed in the same way.

**Print:** It was invented in the middle of the 15th century. It promoted the spread of ideas (especially religious ones), the spread of knowledge, literacy, and the creation of libraries in Europe. It was a key revolution that accelerated the transition from the Middle Ages to the Renaissance.



**The steam machine:** It was invented in 1775. It revolutionized transportation and machinery in the 19th century and fuelled the First Industrial Revolution, quickly moving from an economy based on agriculture and commerce to an industrialized one with much more production capacity. Thanks to this technological invention, locomotives, steamboats and even the first automobiles emerged.

**The mobile phone:** In 1983, the first mobile phone was launched. The first generation of cell phones was only used for talking, but as it evolved, the terminals provided new functions, such as sending SMS or email, opening the way to smartphones capable of browsing the Internet, capturing photos, listening to music, guide using GPS or update social networks, among many other functions. Today it is one of the essential technological inventions in personal and professional life.



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# DWAYNE JOHNSON

Dwayne Johnson is an actor and former wrestler. He retired in 2019 to focus on his acting career. He is also called the Rock. He was born in Hayward (California, USA) on May 2, 1972. He is 51 years old and is a great inspiration to many people. The Rock has starred in many films such as *Fast and Furious*, *A Spy and a Half*, and many more.

He was a very good athlete and was very good at American football. But not everything was so pretty for him. Before he was famous and had a lot of money, when he was little, he was evicted from his home on the island of Hawaii. He went through difficult times, but he eventually managed to succeed.

He had to steal chocolates from a store to eat. But now he is very rich and, apparently, he has a fortune of 370 million dollars. For this reason, when he grew up he came back to that store and gave 1 million dollars to the boss of that place. Unlike other celebrities, almost no one hates him.

*Fast and Furious 8*, *The Rundown* and *Red Alert*, among many others, are his best films. Of course, seeing him in a movie is a true experience.

Finally, he is not only an actor. Among other things, he has a company called Zoa Energy.

# WOMEN'S ROLE IN SAUDI ARABIA

Pablo Gago and Sara Ávila (2º ESO A)

The role of women in Saudi Arabia is not the same as that of women in other countries such as Spain or France. In Saudi Arabia, women have no rights, and if they have any, they are inferior to the rights of men.

The rights that women have are fixed from birth. They live under a male guardianship system that controls everything they do, and they have no freedom. Also, unlike men, they cannot make their own decisions. They need their guardians' permission for everything, for example, to study, go to the pharmacy, and much more. They are not allowed to go to public places, but when they do go, they are more controlled than men.

Most women who live in Saudi Arabia must wear an *abaya*. It consists of a black tunic that reaches down to the ankles and a veil that covers the head and only exposes part of the face. The country's religious police, *Muttawa*, controls the appropriateness of women's clothing in public spaces.

If this is not followed, they can be penalised in different ways. Several women have decided to modernise the *abaya* in order to have more comfort and freedom of movement, although this is seen as an act of rebellion that attacks religion.

In this country, women can only marry if their legal guardian authorizes their relationship. Nowadays, there are still arranged marriages, which means that women are forced to marry. If they want to divorce, they cannot, but the husband could do so, even without notifying his wife. Now they are obliged to do it, at least by notice or otherwise.

A few years ago, a woman was arrested for wearing indecent clothing – a short skirt – in a video. She was later released. In 2018, there was a campaign on social media that consisted in turning the *abaya* upside down.

Some time ago, the fight for the end of male guardianship put women in prison. Indeed, since 2018, dozens of women have been imprisoned for defending human rights. One case was that of Loujain al-Hathlou, who was arrested in May 2018 along with other activists for destabilising the country by campaigning for women's rights. They were also denied access to justice and accountability, and they were allegedly tortured and harassed during their first three months in prison.

The oppressive system has advanced somewhat since the 2000s, with notable achievements including the ability to vote since 2015, form businesses without permission from their guardian and obtain a driver's licence since 2018. Additionally, those who turn 21 can apply for a passport and leave the country without their guardian's consent.



Young Saudi Arabian woman in abaya.

# Women's role in Algeria

Carolina García (2º ESO B)



Algeria is a country located in the north of Africa, bordering the Mediterranean Sea, between Morocco and Tunisia. Women in Islam didn't use to have any rights. Their marriage was agreed to and they couldn't work out of their houses. In the 1970s, a family code was created that didn't refer to women's right to work and education.

In the 1990s, the Islamic Salvation Front (FIS) meant a serious problem for women's rights. After its legalization, the appearance of Islamic terrorism has been a problem for women in Algeria. In 2005 the family code was reformed, and it permitted economic and social improvement. It also improved the quality of women's lives.

Many women work at home without being paid, doing jobs in fields such as agriculture, ranching, transformation of farming products, textile and dressmaking. However, they aren't considered part of the workforce. Family traditions or restrictions limit the possibility of women participating in activities, travelling, working out of their schedule or during weekend, and having contact with people outside of their family. They are also less prepared and informed for corporate life. Families frequently give more rely on young men in projects of corporate creation.

In a recent interview with a woman in Algeria, she said that she wanted her daughter to go to university, but not having to work. Men don't respect young women. When women exit their homes, they must wear a veil (a type of shawl that women use to cover up their heads and part of the entirety of their face) They must wear always an abaya, which is a large black tunic that goes until the ankles. They can't show their body. Now, they continue taking care of their children and taking care of their houses. They have the initiative of greeting with the hand or just with a head inclination. They must constantly avoid visual contact.

Women don't choose their husbands. Their parents and the boy's family are usually the ones that choose it. The boy's family request an interview with the girl to pair off her with their son. Men can have several women, in some cases up to four women – anyway, he needs his wife consent.

Because of all of this, people started demonstrations against President Bouteflika. More women work in politics and business, but a big part of the population aren't being accepted by the rest.



Protests in Algeria in 2021 - AFP

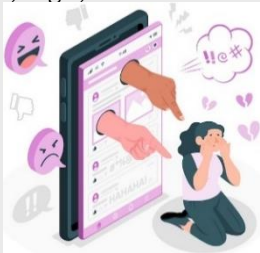
## ONLINE THREATS

Nowadays, young people spend a lot of time playing online games, chatting with friends, shopping, watching videos, searching for information, and so on. You feel safe in your room with your mobile phone, smartphone or tablet, but you are surrounded by dangers such as cyberbullying, grooming, sexting, phishing, identity theft, cyber addiction, challenges, pharming. Do you know them?

Iván Bartolomé Pérez and David Ayuso Vélez (1º ESO F)

### What is cyberbullying?

Have you ever been insulted or bothered by someone on the internet? Cyberbullying is harassment or intimidation through electronic devices. It can occur on social networks, messaging platforms, and mobile phones. It is a repetitive behaviour that seeks to frighten, anger, or humiliate others.



### Have you heard of grooming?



Have you heard in the news, or from a family member about grooming? Grooming is a criminal form of harassment involving an adult who contacts a child or teenager to gradually gain their trust and then involve them in sexual activity. Its digital evolution, online grooming, is online sexual harassment and abuse.

### What is identity theft all about?

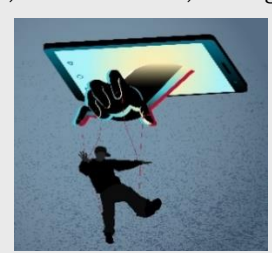
Identity theft is a crime where someone uses your financial or personal information without authorization to commit fraud or an illegal act. To prevent identity theft, do not share or post more than necessary, and set privacy settings for your contacts.



Never send your passwords and PIN by email and never give them to third parties. Verify the identity of the person requesting them and ask for information to rule out the possibility of fraud.

### Have you seen any challenges?

Do you know anyone who has done a challenge, or have you done any challenges yourself? In most cases, there are dangerous viral challenges for teenagers that are camouflaged as simple games, but they can end up damaging your physical and mental health or, in extreme cases, causing death.



### What do you know about sexting?

Sexting is the activity of sending photos, videos, or messages with personal sexual and erotic content, through technological devices. It can involve compromising or intimate situations.



### What is Phishing?



Phishing is a social engineering technique in which e-mails are sent that simulate the identity of companies or public organisations and request the user's personal data and bank details. To protect yourself against phishing, you should not reply to emails asking for personal or financial information, you should not send personal information by email and you should not access them from public places.

### Have you heard anything about cyber addiction?

Cyberaddiction refers to an addiction to the Internet and technology. It can show itself in a variety of behaviours, including addiction to social media, smartphones, internet videos, and knowledge. How can cyber addiction be avoided? To avoid cyberaddiction, it is important to foster face-to-face personal relationships, look for alternatives to the use of the Internet, and respect study, sleep, and meal-times.



### What is pharming?

Have you ever been scammed on a web page? Pharming is an online scam that redirects internet users trying to access a specific website to a different, fake site. This type of social engineering cyberattack is used to steal sensitive information, such as passwords, social security numbers, account numbers, etc. Cybercriminals often attack websites in the financial sector, including banks, and payment platforms online or e-commerce sites.



You can see that there are many threats on the Internet, so be very careful when you use it, and ask your parents or teachers for help if you have doubts.

# Typical Japanese dishes that became international

Mar Mate Navarro and Aroa Patiño Álvarez (2° ESO A)

Japanese gastronomy has evolved a lot along the years because of political and social changes. It has been influenced by Chinese culinary traditions in the past. Nowadays, it is one of the most popular gastronomies because of how unique it is. In this article, you will read about the most popular dishes from Japan.

## Sushi

You probably think *sushi* is just fish with rice rolled to make a log-like shape, but it is more complex than you think. Contrary to popular belief, *sushi* does not mean raw seafood. Instead, the word refers to the vinegared rice that can be paired with raw seafood, which is called *sashimi*. The pressed seaweed "paper" used to hold *sushi* together is *nori*.

There are two main types of *sushi*: *maki* and *nigiri*. *Maki* is rolled *sushi*, with the ingredients laid upon a sheet of *nori*, rolled to form a log-like shape. In *nigiri*, the main ingredient is served upon a formed finger of vinegared rice. If *nori* is used, it will be presented as a thin ribbon placed on top of the main ingredient.

The oldest reference of *sushi* we have is from the 8th century. Over time, the way of making *sushi* has changed. It became widely known all over the world in the 20th century because of the Japanese immigration to the US, and then it came to Europe, making it the most famous Asian dish.



## Ramen

Ramen is a soup that comes from China, but it is also very popular in Japan. In the 17th century, Zhu, a Chinese writer and politician, travelled to Japan, and he was taken in by a Japanese feudal king. To thank him, he offered him a dish of noodles with broth. This is the origin of ramen.

Japanese ramen consists of Chinese noodles with meat and vegetables broth. This one can also be a seafood and fish broth. Noodles are made of wheat flour, water, salt and *kansui*. In Japan, we can find seven kinds, but the best-known type is Tokyo ramen. The original one is usually eaten with chopsticks.



## Dorayakis

*Dorayaki* is known for being the favourite food of Doraemon, the cat of the TV series. *Dorayaki* is a typical Japanese dessert. It consists of two small pancakes filled with *anko*, a paste made with a type of red bean. Sometimes, it is filled with a paste made of chestnut, jam or chocolate. It's usually served with tea. Originally, it only had one layer, and the current form was invented in 1914 by Ueno Usagiya.

Here, in Spain, the *dorayaki* that we can find is filled with chocolate, and the traditional one filled with *anko* is hard to get.



# 3D Printing

Alejandro Bracerás Lessovaya 1° ESO E

The world of technology is constantly changing. In this article I invite you to discover the importance and benefits of 3D printing in our daily lives.

**3D printing might have been invented before the internet... But what is it actually?** A simple definition is that it is an additive manufacturing process in which a physical object is created from a digital model file. With this technology, plastic material is applied layer by layer to create a complete object.

## The history of 3D printing processes

The 3D printing process was invented in the 1980s and was originally known as "rapid prototyping". It was Chuck Hull from 3D Systems who invented the first 3D printing process called "stereolithography" in 1983.



3D printer of IES Cardenal López de Mendoza

The first 3D printers were large and expensive, but they allowed companies to develop prototypes quickly and more accurately than with other methods.

After more than 40 years of modernization, the possible applications of 3D printing are now much more diverse. The introduction of 3D printing has led to manufacturers, engineers, designers, educators, and medical professionals using the technology for an enormous range of applications. 3D printing has the potential to create complex and innovative geometries that would be difficult, expensive, or even impossible to realize using conventional methods.

## The way 3D printing works

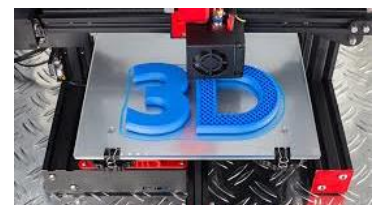
3D printing uses an additive manufacturing process. This is the opposite of subtractive manufacturing processes, where a final design is cut out of a larger block of material. As a result, 3D printing produces less material waste. It creates 3D models by adding material layer by layer.



Dragon created by Nicolás Izquierdo Herrero (1° ESO D)

There are three different phases in 3D printing: design, slicing, and printing. First of all, you have to design the object to be printed. You can use the Thinkercad program. The file must be saved in STL format. Next, you need a slicing program like Cura to translate the STL file into the GCODE format. With this, the 3D printer knows how many layers of plastic to insert and how to start printing. After that, the GCODE file is copied to a memory card that is inserted into the 3D printer. Finally, it prints the layers in different thicknesses, known as layer height. Similarly to pixels on a screen, more layers in a 3D print will give a higher "resolution". This will give a better-looking result, but it will take longer to print.

**Conclusion.** 3D printing is used for the rapid creation of models, visual prototypes, functional prototypes, tools, spare parts, automotive parts, aerospace components, art, buildings, tissue and organs, clothing and jewelry design, footwear, custom products, sports equipment, military equipment, educational tools, toys and games, pharmaceutical and drug delivery systems, and lots more.



# Recipes around the world

Julia Ruiz, Martina Krasimirov (1° F); Daniela Tudanca (1°G)

## Spain: Spanish omelette



### Steps:

1. We start by washing and peeling the potatoes and later we cut them in slices.
2. We continue cutting the onion (this ingredient is optional).
3. We put plenty of olive oil in a frying pan. When the oil is very hot, we add the potatoes and the onions. We cover it and we lower the fire. We cook it for 10-15 min.
4. Meanwhile, we beat the eggs with salt into a bowl.
5. When the potatoes are cooked, strain them into the bowl of the eggs.
6. Mix all the ingredients.
7. Now, put again the mixture in a frying pan and cook them.
8. YUMMY!

### Information of the recipe:

- ✓ Preparation time: 10 min
- ✓ Cooking time: 45 min
- ✓ Total time: 1 h

### Ingredients:

- 700 g of potatoes to fry
- 1 big onion
- 500 ml olive oil
- 6 eggs
- 1 tsp of salt

## United Kingdom: Wellington sirloin



### Steps:

1. We fry the sirloin in a frying pan for 10 minutes in all the parts. When we finish, we let it cool.
2. Meanwhile, we put transparent film over the table. Then, we put the cured ham slices on the transparent film in a rectangle form, after, we extend the paté on the ham. Then, we put the mushrooms over the paté.
3. We put the sirloin over and roll it.
4. After, we roll all the ingredients on the puff pastry, removing the transparent film.
5. We use beaten egg to paint the puff pastry, and we put it all in the oven at 200° for 30 minutes.
6. After 30 min, we take it out of the oven, and let it cool for 10 min.
7. READY TO EAT!!!

### Information of the recipe:

- ✓ Preparation time: 40 min
- ✓ Cooking time: 30 min
- ✓ Total time: 1 hour 15 min
- ✓ Servings: 6

### Ingredients:

- 1 kg beef sirloin.
- 30 ml olive oil.
- 2 puff pastry sheets to taste
- 1 beaten egg
- 1 can of paté
- 6 slides cured ham
- 300 g mushrooms

# Biodiversity in Burgos



La Isla - [www.turismo.aytodeburgos.es](http://www.turismo.aytodeburgos.es)

## Biodiversity in La Isla Park

Mateo Alonso de la Fuente and Nicolás Izquierdo Herrero (1° D)

In Burgos there are many creatures that are part of the population of our city – many species of birds, trees, insects, and others. One of the areas in Burgos with the greatest biodiversity and with the most living beings is the park La Isla.

One thing we love about this park is that all the trees have a small sign with their name, origin and scientific name. The animals have a bigger sign with all the species found in the park.

Firstly, there are many trees here, such as the **red sequoia** (*Sequoia sempervirens*), the largest tree species in the world, which is original from California. There are also **yews** (*Taxus baccata*), a unique tree because all of it is poisonous except for the fruit.

There are many species of animals and birds, such as the **fisher martin** (*Alcedo atthis*). This bird is so called because it catches fish from the rivers. They can be found in almost all rivers and wetlands of the Iberian Peninsula. It has spectacular plumage and a very fast flight. Its diet consists of small fish, larvae of aquatic insects and amphibians, on which it feeds. Also called kingfisher, until recently, it has been one of the species most affected by the degradation of inland waters in our country over the last few decades.

At night you can find **bats** (*Chiroptera*). To see them, you can throw something in the air, and they will spot you using echolocation.

In the river we can find **otters** (*Lutra lutra*). In this park there are generally many species of trees, and we recommend a visit because it is nice that you can see many animals, plants and others.



Red sequoia



Yew and its fruit



Fisher martin



Bat



Otter

## An exotic duck in Burgos

Iván Bartolomé and David Ayuso (1° ESO F)

A mandarin duck (*Aix galericulata*) was discovered in the city of Burgos some time ago. It is believed that this bird arrived in our city at the end of 2014, nine years ago. At the beginning, this male bird was alone. He was later joined by a female duck, but they were unable to have babies. After that, the female duck disappeared, and the male was on his own again for a few years. In 2021, he met a friend of the same species who joined him in the Arlanzón River.

**Where does the mandarin duck come from?** This bird's species comes from the Anatidae family and originates in China and Japan, where it has an enormous cultural importance because it is considered a love symbol, among other things. In Burgos, it is located on a small island near the Bessón bridge, close to IES Cardenal López de Mendoza, with other species of ducks such as the mallard (*Anas platyrhynchos*) or the common goose (*Anser anser*).

**What does it look like?** The male is orange with metallic shine throughout the plumage, while the female has a dark brown tone on the back and a mottled tone further down, and around the eye it has a white circle. Luckily for the mandarin, it is said that it is an "insensitive to the cold" species, and that it feels great loyalty to the home. They are also good fliers and capable of eating everything from grains to acorns.



Male (left) and female (right) mandarin duck.

**Why and how did it end up in Burgos?** There are two hypotheses. It may have arrived from the south of England or France, where populations of this specimen have been established. But most likely, it could have escaped from some collection of ornamental birds.



Two males of mandarin duck in Burgos

**What will happen in the future?** If more specimens of this species do not come, the two that remain will end up dying since their life expectancy is 10 years and let us remember that the first arrived in 2014. We hope that another female arrives so that this species continues to exist in the city of Burgos.

Most importantly, we should be proud to have this magnificent bird in our river. Most importantly, we should be proud to have this magnificent bird in our river.

## SUPERB ADDITIONS: EXPLORING FIVE NEW SPORTS AT THE 2028 OLYMPIC GAMES

The Olympic Games have always been a platform to showcase human athleticism and the spirit of competition. As the world looks forward to 2028 Olympic Games, hosted in Los Angeles, excitement is building not only for the traditional events but also for the inclusion of five new sports that promise to excite audiences.

Blanca Barbero, Andrea Lozano and Celia Redondo (4° ESO C)

### SURFING



In a nod to the coastal culture of Los Angeles, surfing will make its debut at the 2028 Olympic Games. Athletes from around the world will show off their skills on the waves. The inclusion of surfing not only expands the range of Olympic sports, but also emphasises the Games' commitment to reflecting the diverse interests of a global audience.

### BREAKDANCING

Breaking, an energetic and acrobatic form of street dance, is developing into a new Olympic sport. With its roots in hip-hop culture, breakdancing brings a dynamic fusion of creativity and physicality to the Games. Athletes will showcase their agility, strength, and artistry in thrilling head-to-head battles. The inclusion of breakdancing is a testament to the Olympic Games' ability to evolve and embrace emerging trends in sport and culture.



### SKATEBOARDING

Building on the success of the 2020 Olympic Games performance in Tokyo, skateboarding returns to the 2028 Games as a permanent feature. This high-flying, gravity-defying sport embodies the essence of urban athleticism and youthful energy.



The inclusion of skateboarding not only attracts a younger population, but also symbolises the Olympic Games' ability to diversify sports landscapes.

### SPORT CLIMBING



The vertical arena of sport climbing offers an exciting mix of power, strategy, and mental strength. Athletes compete in three disciplines: Lead Climbing, Bouldering and Speed Climbing. The inclusion of sport climbing reflects the growing global interest in alternative and adventure sports. It promises to be a visually stunning addition to the Olympic programme as athletes climb challenging routes in the search of gold.

### LACROSSE

Lacrosse is an incredibly exciting and dynamic sport. It combines both speed and strategy, requiring individual as well as team skills. It originated in the indigenous cultures of North America and has developed into a fascinating international sport. This sport, which is performed in over a hundred countries, is about to be included in the Olympic programme for the third time.



These five sports represent a departure from the traditional Olympic lineup, embodying a commitment to inclusivity and relevance. The 2028 Olympic Games aim to engage a broader audience and inspire a new generation of athletes by incorporating these dynamic and contemporary disciplines.

In conclusion, the inclusion of these four sports at the 2028 Olympic Games not only diversifies the Games, but also emphasizes the organizers' commitment to innovation and inclusivity. As the world comes together to celebrate human achievement, these new sports promise to leave a lasting impression, contributing to the heritage of the Olympic Games.

# ANDY WARHOL

Lucas Alonso, Lucía Carballo, Paula Castelo, Óscar Izcara (3º ESO C)

Andy Warhol (August 6, 1928 – February 22, 1987) was an American artist and actor who played a crucial role in the birth and development of pop art. Now we are going to go over some of his best life projects.

## Andy Warhol and Marilyn Monroe

Óscar Izcara

The lives of an artist and an actress came together to create the most famous and expensive series of portraits in the history of modern art.

It all began in 1962 on East 47th Street in Manhattan, in artist Andy Warhol's studio known as The Factory. The beginning of that relationship would bring together popular art and Hollywood's golden period.

Unfortunately, Marilyn was never able to admire the work that would consolidate Warhol as the "king of Pop Art" while she was alive. Just four months after the sudden death of the actress in 1962, at the age of 36, the artist created *Marilyn Diptych* (1962), a piece of work that may contain a concise and short meaning: the American dream and perfection.

The stereotype of "idealized beauty" was something that Andy clearly understood, but the work of art does not analyse the idea of charm and perfection but rather questions it.



## Campbell's Tomato Soup

Paula Castelo

*Campbell's Soup* is one of the most iconic and recognized artworks by the American artist Andy Warhol. Created in 1962, it consists of a series of 32 acrylic paintings depicting each of the varieties of soup cans produced by the Campbell's brand.

Warhol was interested in the representation of everyday objects and their relationship with popular culture. At that time, Campbell's canned soup was a popular product in American homes and Warhol saw in it an opportunity to explore the idea of repetition and serialization in art. The soup paintings are all the same size and evoke a feeling of mass production and uniformity. The simplicity of each soup can is emphasised by its representation on a white background devoid of any decorations or ornamentation. The use of acrylic paint results in a clean finish without noticeable brush strokes, which helps to give the piece a uniform, mechanical appearance.



Without a doubt, Warhol's work was revolutionary in its day since it questioned established art conventions and opened the way for new forms of artistic expression. These days, Andy Warhol's *Campbell Soup Cans* are among the most identifiable and well-known works of modern art.

# HAKA - A TRADITIONAL DANCE FROM NEW ZEALAND



In November we had the opportunity to learn about this amazing topic thanks to our music teacher, Sonia Bol, whose 2<sup>nd</sup> ESO students helped us gain some knowledge on it.

Patricia Contreras, Alicia Andrés and Liang-Zhen Chen (4th ESO C)

## What is it?

A **haka** is a traditional as well as passionate Māori dance which shows synchronised movements, quite frequently presenting the aspect of challenge. Almost everybody knows a bit about this stunning cultural element thanks to the New Zealand men's rugby team: the All Blacks.



## How is it carried out?

To perform Haka, the participants need to include a series of famous actions like stamping foot, tongue protrusions and rhythmic body slapping to accompany a loud chant.

## Origin of the Haka

The Māori legend describing the origin of the haka paints it as a celebration of life. The story goes that Tama-nui-te-ra, the sun god, and his wife Hine-Raumati, who embodies summer, had a son named Tane-rore. On hot summer days, Tane-rore would dance for his mother, causing the air to tremble. This light and rapid movement was the foundation of all haka.

## When are Haka performed?

Originally, the haka was performed when two Māori tribes encountered each other. It was used before battle to get warriors physiologically and physically ready for battle. The haka, although looking fierce, could also be performed when tribes came together in peace as a show of respect.

Today they are frequently performed at Māori ceremonies and gatherings, which is a fact that grabs Europeans' attention when knowing more about this traditional dance. They are often used to celebrate someone, welcome guests, open new marae (meeting houses) or dining halls, honour ancestors and teach traditions to future generations. They are also present at funerals as an integral part of the Māori mourning process, which allows participants to show their anger since a loved one has passed away.

## Haka and the All Blacks

They are also regularly seen at New Zealand sporting events like rugby. 'Ka Mate' haka (Te Rauparaha haka) is the most well-known and it is a ceremonial one, celebrating the triumph of life over death. Besides, it is a challenge to the opponent and an opportunity for a team to show their physical strength in an attempt to scare them. As you can see, here we will present you the lyrics to get an idea of what it is about.



Ka Mate (Māori)	Ka Mate (English)
Ka mate, ka mate! ka ora! ka ora!	I die! I die! I live! I live!
Ka mate! ka mate! ka ora! ka ora!	I die! I die! I live! I live!
Tēnei te tangata pūhuru	This is the hairy man
Nāna nei i tiki mai whakawhiti te rā	Who summons the sun and makes it shine
Ā, upane! ka upane!	A step upward, another step upward!
Ā, upane, ka upane, whiti te ra!	A step upward, another... the sun shines



## Haka in sports

Apart from the All Blacks, the Black Ferns, New Zealand's women's rugby team, are also famous for performing thrilling haka and the one they perform before an international match is called 'Ko Uhia Mai' which means 'Let it be known' and was composed by Whetu Tipiwai.

To conclude, we strongly advise you to have a look at this video and see by yourself how The All Blacks perform this unusual dance in front of a huge crowd in a stadium before the game starts. Hope you enjoy it! <https://youtu.be/NoriJc5DuD0>

# 2023 Most fashionable clothes and accessories

1° ESO D-E students

## Fashion by seasons

This year, springtime brought with it an abundance of attractive colours, like pink, blue, and red. Sportswear was also highly fashionable, with many people wearing Adidas or Nike trainers. Slippers were also a popular choice for footwear, and a great deal of people wore sequin dresses. Due to their lovely colours, light blue and orange were generally preferred by all.

In summer people wear lighter clothes such as t-shirts, skirts, shorts, caps or hats, dresses and of course sunglasses. The colours of the summer of 2023 were lilac, yellow, orange pastel colours, silver, red, white, pink Barbie colour and kaki colour.

Autumn is the time when you can wear funny costumes. It's also the time when you use warmer colours. You need a loose jacket and hoodie because sometimes it's cold outside. Also, you can wear jeans, a coat, a cardigan, a sweater, a blouse...

Winter clothing includes thermal jackets, trousers or gloves that you can take with you into the mountains and for skiing. You should wear a scarf, a hat, and gloves to stay warm. Vibrant red as well as metallic shades in silver and gold tones were also popular.



## Accessories

In 2023, there is a great tendency to use very eye-catching accessories. Gold is often used for earrings and necklaces. Geometric or abstract shapes are also frequently used, such as a square, rectangle, or patterns. As far as shoes are concerned, combat boots and moccasins are very popular.



The saying "the bigger, the better" has been embraced by designers this season. Huge accessories were the focus of several high-profile fashion shows, including those by Tom Ford, Prada, Louis Vuitton, and others. You can accessorize your entire outfit in 2023 with larger-than-life accessories, such as huge bags and quirky jewellery.

## 2023 Hairstyles

In 2023, braids, wavy updos and lifting updos are considered the most fashionable hairstyles. If you have curly hair, you are on trend this year. The latest hairstyles for women are the XS bang, the curtain fringe, or the layered long bob. For extra volume, you can try the voluminous short haircut, the French bob, or the runway long hair, like Camila Cabello.

Trendy men's hairstyles include the mullet, the peaked fade, the buzz cut and the 90s haircut. In this year, 2023, men have different haircuts. But almost all of them shave the sides of their head or leave it very short. But they let it grow so that the hair is long on top and very short on the sides. They usually lift the hair on top and put hairspray on it.



## Best makeup 2023

This year there are a variety of make-up brands, but the most popular are:

- Charlotte Tilbury: this is a high-priced brand, but their products are of very good quality.
- Rare Beauty: This is Selena Gomez's make-up brand. Her products are less expensive than Charlotte Tilbury's, but original.
- Dior Beauty: This brand is always popular because its products are among the best-selling ones in the world.



## SPORTS, VITAL FOR US

In the fast-paced, technology-driven world we live in, the importance of sports extends far beyond the realm of mere entertainment. Engaging in sports activities is a holistic endeavour that positively impacts physical health, mental well-being, and social cohesion. Whether on the field, court or track, sports play a pivotal role in shaping character, fostering discipline, and building a sense of community.



Mario García (4° ESO C)

### Physical Health Benefits

One of the foremost advantages of sports is the promotion of physical health. Regular engagement in sports helps maintain a healthy weight, strengthens muscles and bones, and improves cardiovascular fitness. Physical activity is a natural antidote to the sedentary lifestyle that has become prevalent in modern society. From reducing the risk of chronic illnesses such as heart disease and diabetes to enhancing overall agility and coordination, sports provide a multifaceted approach to achieving and maintaining optimal physical well-being.

### Mental Well-Being

Sports are not just about physical exertion; they also contribute to mental health significantly. Participation in sports has been linked to the release of endorphins, often referred to as the "feel-good hormones," which can alleviate stress and anxiety. Moreover, the discipline required to excel in sports fosters qualities such as perseverance, resilience, and self-motivation - attributes that are invaluable in navigating life's challenges. The sense of achievement derived from mastering a skill or achieving a personal best contributes to a positive self-image and boosts overall confidence.

### Character Development

Sports serve as a powerful platform for character development. Team sports, in particular, teach individuals the importance of collaboration, communication, and teamwork. Athletes learn to set goals, work towards them, and handle both success and failure with grace. The competitive nature of sports instils a sense of determination and a strong work ethic, qualities that translate seamlessly into other aspects of life, such as academics and careers. The lessons learned on the field, such as leadership, sportsmanship, and the ability to persevere under pressure, become valuable assets in the journey of personal growth.

### Social Cohesion and Community Building

Beyond individual benefits, sports contribute to the fabric of communities. From local leagues to international competitions, sports have the power to bring people together, fostering a sense of belonging and unity. Spectators cheering for their favourite teams or individuals create a shared experience that transcends cultural, social, and economic differences. This shared passion for sports creates a common ground for interaction, promoting social cohesion and breaking down barriers.

### Conclusion

In conclusion, the importance of sports in our lives goes far beyond the thrill of victory and the agony of defeat. Engaging in sports activities is a holistic endeavour that positively impacts physical health, mental well-being, and community cohesion. The transformative power of sports lies not only in the physical benefits but also in the profound impact on character development and the building of strong, connected communities. As we navigate the complexities of modern life, let us recognize and celebrate the essential role that sports play in enhancing our lives and contributing to the overall well-being of individuals and society as a whole.

# 2023... A year to remember

2° ESO B students



## The coming of age of Princess Leonor of Spain

Leonor de Borbón y Ortiz (Madrid, 31 October 2005) is the current Princess of Asturias and, as the first-born of King Felipe VI and his wife, Queen Letizia, the first in line to the Spanish throne. Her birth has triggered a debate about the constitutional succession to the throne, which used to favour men over women. On 2 June 2014, King Juan Carlos announced his decision to abdicate, and she became Princess of Asturias. On 31 October 2023, she became 18. On 17 August 2023, she entered the Military Academy of Zaragoza, which will make her Captain General of the Armed Forces in the future.

## The coronation of Charles III of the United Kingdom

The coronation of Charles III of the United Kingdom, whose full name is Charles Philip Arthur George, took place on 6 May 2023 in Westminster Abbey (London). He ascended the throne following the death of his mother, Queen Elizabeth II. The ceremony was a significant event, characterised by tradition and royalty. During the coronation, Charles III swore an oath to fulfil his monarchical duties, cementing his role as monarch of the United Kingdom and other Commonwealth countries. On this occasion, dignitaries, leading politicians and citizens came together to celebrate the continuity of the British monarchy under his rule.



## Natural Disasters in 2023

▶ On 6 February 2023, a magnitude 7.8 earthquake struck in southern Turkey near the Northern border with Syria, followed about nine hours later

by a magnitude 7.5 earthquake about 95 kilometres to the southwest. More than 50,000 people died and 100,000 were injured.

▶ Similarly, on 8 September 2023, a severe earthquake struck near the city of Oukaïmedene in western Morocco. More than 2,900 people were killed and 5,500 injured in the shallow 6.8-magnitude quake and its aftershocks. The earthquake severely damaged parts of the ancient city.

▶ On 25 October 2023, Hurricane Otis made a devastating landfall near Acapulco on the southern Pacific coast of Mexico. It was a category 5 hurricane with wind speeds of 265 km/h. The death toll currently stands at 46 and 58 people are still missing. More than 250,000 homes have been affected by the hurricane.



## Wars and conflicts in 2023



**The Ukraine conflict:** The Ukraine conflict continues and tensions between the Ukrainian armed forces and the separatists are increasing. Recent reports of ongoing clashes have raised concerns about regional stability. Diplomatic efforts are aimed at defusing the situation and finding peaceful solutions to avoid further escalation and civilian harm.

**Israel-Palestine conflict:** Recent events in Israel and Palestine show that tensions have intensified, leading to increased clashes and casualties on both sides. Global calls for de-escalation and dialogue continue and underline the urgent need for peaceful solutions to the ongoing conflicts in the region.



## Sport news in 2023

**Football:** Spain came out on top at the Women's World Cup. Manchester City won the Men's Champions League and Erling Haaland has scored 42 goals in 2023, putting him just ahead of Harry Kane, Kylian Mbappé and others.

**Basketball:** The most important event in basketball is the Men's World Cup, which Germany won.

**Dakar 2023:** In Dakar 2023, a difficult competition, Canada won ahead of Spain.

**Tennis:** In tennis, we can talk about many competitions, but the most important one is Roland Garros, which Djokovic won. Carlos Alcaraz failed in the semi-finals due to a leg injury. Rafael Nadal is starting to train again after his injuries.

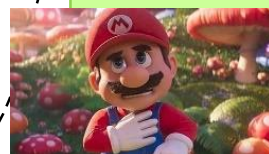
**Athletics:** At the World Championships of Athletics, the USA is the country with the most medals, but Kenya is the country with the most gold medals.

**Handball:** The most notable event in handball is the World Men's Championship won by Denmark.



## Movies in 2023

This year, the *Barbie* movie has become a huge blockbuster. Approximately 344 million people worldwide saw the film. Many people are talking about the movie and many others like to dress like her, including some celebrities. Barbies are old dolls, but they have never been out of style. The movie depicts the life of a flawless woman who has adjusted to real-world problems.



In *The Super Mario Bros. Movie*, Mario and his brother Luigi, two Brooklyn plumbers, investigate a subterranean breakdown and, while working on it, they discover a fascinating new world through a mysterious pipe. After the brothers separate, Mario must go on an epic quest to find Luigi. A worldwide audience of 168 million people watched the movie.

Equally remarkable is *Oppenheimer*, a historical biopic that portrays the life and career of J. Robert Oppenheimer, the physicist who developed the atomic bomb during World War II. The movie examines his personal and professional struggles, from his anxiety and homesickness as a young student, to his involvement in the Manhattan Project and its ethical implications.

