



Mendoza Herald



English newspaper of the Burgos highschool Cardenal López de Mendoza

Vol.12 May 2020

We cannot stop natural disasters but we can arm ourselves with knowledge: so many lives wouldn't have to be lost if there was enough disaster preparedness. *Petra Nemcova*

CANADA: NOT ONLY AN EXCHANGE



Would you like to go on an exchange to another country? If your answer is yes, you have to read this article. Some of Mendoza fourth year students have had the opportunity to live in Canada for three months, as part of an exchange with some high school students from there. Here you will learn about their experiences there, both academical and in their daily lives.

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ARTWORKS & MUSIC

Some third and fourth year students show us the works they have prepared motivated by some songs they have heard and analysed. The results are really surprising. Do you feel identified with them? Pages 4 and 5



THE AMAZON BURNS

The Amazon rainforest is slowly being destroyed. We should become aware of the huge problem that it supposes and the bad consequences that will appear in the future.

What can we do to stop it? Know more about that situation by reading this interesting article.



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AND OUT OF THE BLUE ... CONFINED AT HOME!

Spending more than 40 days at home without stepping out onto the street would have been something difficult to imagine and cope with! But here we are ...

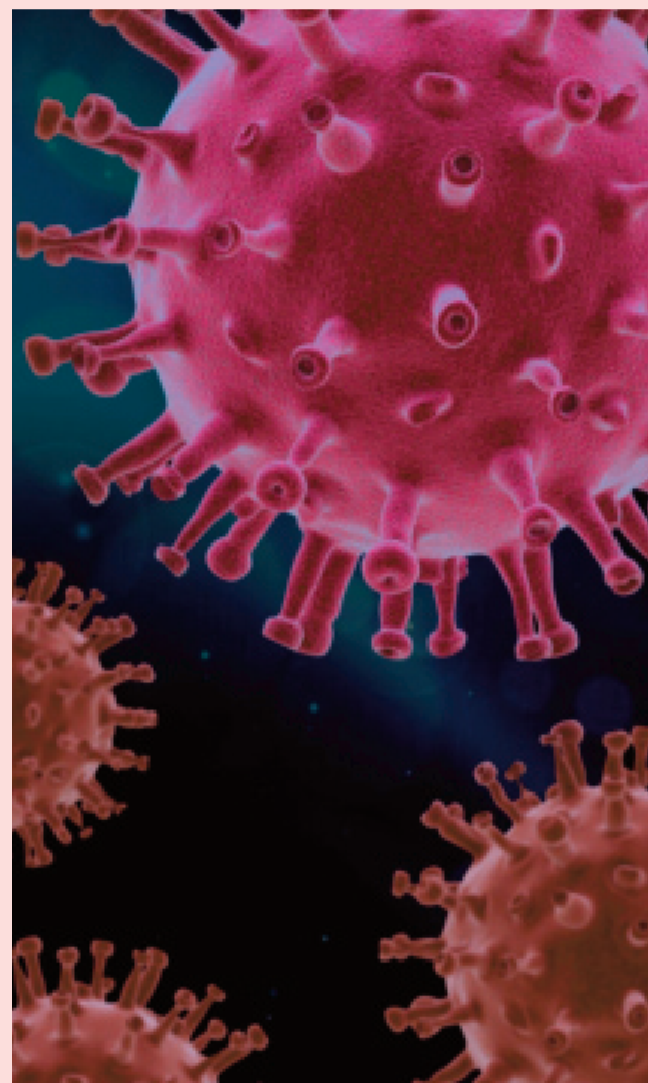
When on march 14, our president announced the State of Alarm, it was hard to see the bright side of this situation as we weren't allowed to see family and friends or go anywhere. I thought that it was going to be something temporary, so it was not going to have much impact in our daily life, but as time was going by, I realized that this was not going to be the case.

Now, we are at a point that we can go for a walk or do sport at certain hours of the day, but we still must be away from people and stay at home. It is also important that this time doesn't last for too long because if it does, we are going to be involved in another economic crisis as a result of the closing of small businesses or the temporary dismiss of workers in a lot of enterprises due to the Covid-19 situation. For these reasons, it is time to start saving money for the future and to keep away from the disease until a cure is found.

Regarding school, this experience is something positive for teachers and students as we learn new things, technologically speaking, and all of us are working very hard to deal with this situation in the best possible way. And last but not least, this quarantine has also been good because we can spend more time with our family playing board games, talking much more than normally and watching some films and series together, so we are setting strong family bonds. Moreover, this time is fantastic to take up new hobbies, like cooking, playing some new sport or to return to the old ones, like reading more or spending time doing things we wanted to do but we didn't have time for them due to the frenzy rhythm we used to have before the quarantine.

So, let's be positive and hope that this situation comes to an end as soon as possible!

David Ibeas. 3º ESO C



QUARANTINE AND TECHNOLOGY

In these moments that we have to stay at home, technology plays an important role in our daily routine, or maybe not and this is a good chance to be disconnected from all the electronic devices. What do you think?

Has technology helped you or haven't you used it during these days?

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OLYMPE DE GOUGES

An interview with one of the most important woman of the 18th century . She was an outstanding female activist, who lived during the French Revolution and died fighting for women's rights.

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CHEATING ISSUES

Have you ever tried to cheat in an exam? How did you do it? Have you ever copied your homework from a partner? Day by day, students get a hold of new ideas to cheat on quizzes, exams or homework and these tend to be quite varied to say the least.



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THE ISSUES THAT COME WITH CHEATING

The Cambridge Dictionary defines cheating as 'to behave in a dishonest way in order to get what you want'.

Day by day, students get a hold of new ideas to cheat on quizzes, exams or homework and these tend to be quite varied to say the least. If we look at cheating strictly from an academical point of view, the following actions are the most common:

Bribery: meaning, to give some type of gift to a teacher or a student in order to get a better grade or complete assignments.

Cheating: as in looking at someone else's work and copying it, which is more commonly practiced during the actual exams in class or the typical "Can I borrow your homework? I forgot to do it" comment from one of your peers.

Deception: meaning, coming up with a false excuse to get an extension or not following the guidelines that the assignment clearly stated.

Fabrication: when someone falsifies their sources in an argument, an essay or anything of sorts.

Impersonation: when a someone completes the work that was meant to be done by someone else.



Plagiarism: copying information from a website, a book or in general, someone else's work and not citing the source.

Professional misconduct: when teachers assign grades based on favoritism (which students they like and which ones they don't).

And lastly, **sabotage:** when so-

meone prevents someone else from doing their work or does something that negatively influences the outcome of the person's own work.

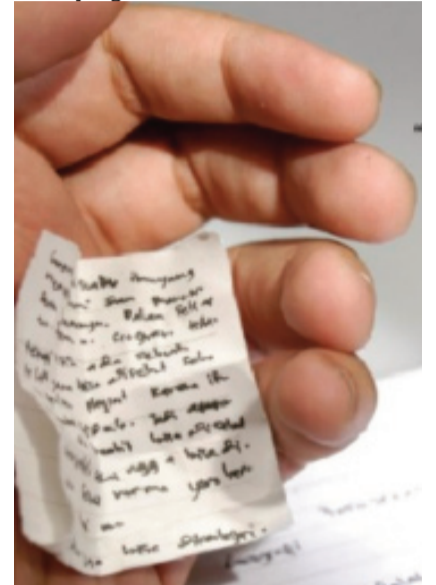
There are a number of reasons why student's cheat but some include: pressure from their peers, high anxiety that limits their chances of getting good results, lack of information on what qualifies as cheating and the consequences for it, issues in understanding the relative subject and lastly, poor time management.

For a long time, cheating was done in class, by sneaking in the ans-

Instagram where they can easily compare and give each other the correct answers while taking quizzes or anything of sorts.

A cheating story that I know of (apart from sharing answers online since that is by far, the most common way nowadays) would be one that occurred when I was in 5th grade back in my school in Japan. Basically, we used to have these desks that you could open upwards and store things inside so someone decided that it would be a 'great idea' to keep all the answers to the test inside of the desk and lift it every time so that they could

some time, I won't lie, it gets pretty annoying.



Some schools have established punishments for cheating students but not all make it so clear. Cheating can cause students to be dependent on it and therefore, they stop learning, putting in any sort of effort at school and they become reliant on it if they manage to not get caught. These consequences are the reasons why schools should implement stricter punishments for cheating students because otherwise, their futures will be affected. Some of the most commonly used punishments are detentions, suspensions, extra tutoring and so. The point is not to make the student feel guilty but instead, to give them the resources they need to get better grades by themselves so that they actually learn and can have a brighter future ahead of them.

I think that cheating should have stricter consequences in order for students to actually learn and not be dependent on previously getting the answers or copying them from someone else.

By Sofia Muñiz Garzón. 2º ESO



wers or whispering between friends but with the development of technology, this has truly changed. Nowadays, in many areas of the world exams are done online regularly which allows students to easily cheat and achieve good grades. Due to the Coronavirus, most of the world is currently practicing 'online learning' which means that all exams/quizzes are done online. This makes it easy for students to get good grades on not only tests but also homework and other assignments. What teachers don't see is while taking a quiz or doing homework, students can have their books right next to them and easily acquire the answers to all the questions, search them on the internet, ask their parents or other peers. Most students are connected by text messages on social media platforms like Whatsapp or

copy the correct answer.

Obviously, we all noticed this person was cheating because the sound of the desk opening and closing was so noticeable and in the end someone told the teacher and they failed the entire unit.

One of the most world-famous stories on cheating would be the one where students decided to recreate a pack of gum and wrote the answers to the test on the 'nutrition label'.

They eventually got caught when a student that was not aware of this plan accidentally showed the pack to the teacher when offering them some gum.

I'm one of those people that won't cheat on exams or homework but will always get asked if other people can cheat off my answers. At first, you just try to be nice but after

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Wash your hands

Use an alcohol-based hand sanitizer

Wear a face mask

Avoid close contact with people who are sick

Avoid touching your eyes, nose and mouth

Physical and social distancing

KEEP SAFE AND HEALTHY

We want to devote these lines to all the bilingual students from first, second, third and fourth year - the journalists - who have contributed with their work and their words to shape this edition of our newspaper.

Even in these special circumstances, you have been able to continue with our work in the Mendoza Herald.

Without you this would not be possible.

Thank You

THE AMAZON BURNS

WHAT'S HAPPENING IN THE AMAZON RAINFOREST RIGHT NOW?

We are talking about one of the biggest problems that the modern civilization has to deal with right now. The Amazon rainforest is slowly being destroyed, little by little and by all of us. The truth is that we are all on the same boat and we should start realizing about the huge problem that it supposes and the bad consequences that will appear in the future. Some people could think that the Internet and the media are making up this situation, but believe me when I'm saying that we are hearing it straight from the horse's mouth.

THE AMAZON RAINFOREST



JAIR BOLSONARO

MY OWN TAKE ON THIS SITUATION

To show you what I think about the problem I would like to introduce Raonu Metuktire. He is an indigenous born in the Amazon that has become famous for fighting for his land and he is the boss of the Kayapo's people. One of his famous phrases is that he is a real Brazilian, not like Bolsonaro. It is very sad to know that not a lot of people really care about this situation.

Everybody is conscious about the climate change, or at least they are acting as they are, but not a lot of people know the real situation that is taking place in the Amazon. If you fight for the Amazon, you're also fighting for the Earth and for the climate change, all of it affects the world.

So, there shouldn't exist problems or discussions, we should all be cooperating to save the Amazon, and we have to remember that we are against the clock. You could think that you're a drop in the ocean, but you can also help, a little change is a good thing. Fight for the Amazon, fight for the earth and you will be fighting for you and your people, too.

SHOOKING FACTS

1. The hard situation that the indigenous and the animals are living

It is impossible to imagine an enormous fire that could completely destroy our house and our city. Well, that is what the indigenous of the Amazon are living right now. If this fire would take place in Europe, it would have as twice as much importance it has in Brazil and that should make us feel blue.

SHOOKING FACTS

2. The consequences it will have

An eye for an eye and a tooth for a tooth, the forest will take 20 to 40 years to regenerate in the case it is allowed to, and if we don't fight against it, we will pay in the future. Fortunately, there are still chances to save the rainforest, and if we work together and leave our problems apart, we can finally help the earth instead of destroying it.

SHOOKING FACTS

3. The attitude of the Brazilian government

I'm sure that there are a lot of Brazilians horrified with the fires, but their president Jair Bolsonaro, seems to be calmed. A man's home is his castle, and instead of trying to reduce as much as possible the fires, he is relaxing the rules to allow deforestation in the Amazon. Is hard to believe but is actually happening, and there's nothing we can do about it apart from trying to make people understand the problem.

DIEGO MARINA MARGOS -4º D

CARROT CAKE



This quarantine has been the perfect time to spend time cooking with the family. So, treat yourself with this delicious carrot cake!

Prep: 30min > Cook: 30min
> Ready in: 1hr

INGREDIENTS for 12 serv.

- 250g self-raising flour
- 2 teaspoons ground cinnamon
- 400g caster sugar
- 350ml vegetable oil
- 4 eggs
- 350g grated carrots
- 120g chopped walnuts
- Cream cheese icing
- 225g cream cheese
- 110g margarine, softened
- 450g icing sugar
- 120g chopped walnuts - optional
- 1 teaspoon vanilla extract



METHOD: preheat the oven to 180 C / Gas 4. Grease two 23cm round cake tins.

1. In a medium bowl, stir together the flour, cinnamon and sugar. Add the oil and eggs, mix until blended, then stir in the carrots and nuts. Divide the cake mixture evenly between the two prepared tins.

2. Bake for 25 to 30 minutes in the preheated oven. A skewer inserted into the cake should come out clean. Cool cakes on wire racks before removing from tins.

3. To make the icing: In a medium bowl, cream together the butter and cream cheese, add the sugar and cream well. Stir in the nuts and vanilla. Use to fill and ice the cooled cake layers.

Yummy! Yummy!

Julia Cossío & Alicia Valdivielso. 3º C

HOW CAN YOU CREATE A LAPBOOK?

A lapbook is a type of single-subject book created by a student, generally as a supplement to a curriculum. A lapbook consists of a paper-board folder such as a file folder with small pieces of folded paper glued inside. You can make very different models for each thing we want to write. It's important to put an image next to the text. And we always need to try making the text short and the images

must be very expressive. And another very important thing are the titles; they must be bigger than the text and they must be the first thing you see when you open the lapbook. It consists of a file folder (or folders) base with mini-books, foldables, lists, charts, graphs, layered books, and/or accordion books fixed to the base. There are actually a wide variety of ways to make a lapbook.

Biology handmade: lapbooks

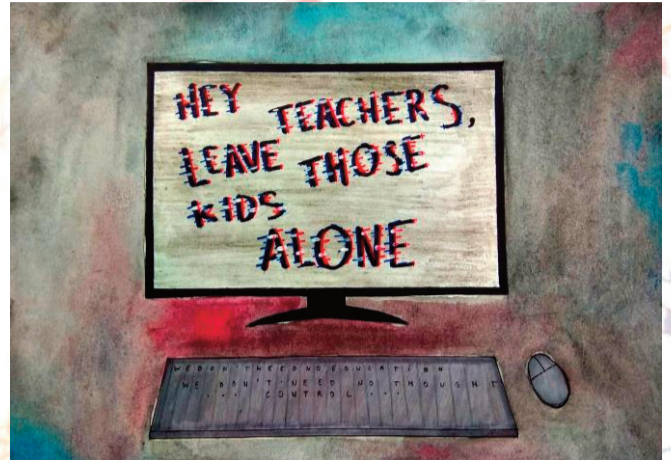


ARTWORKS INSPIRED BY MUSIC

PINK FLOYD – ANOTHER BRICK IN THE WALL

We don't need no education
 We don't need no thought control
 No dark sarcasm in the classroom
 Teachers leave them kids alone
 Hey, teachers, leave them kids alone
 All in all it's just another brick in the wall
 All in all you're just another brick in the wall
 We don't need no education
 We don't need no thought control
 No dark sarcasm in the classroom
 Teachers leave those kids alone
 Hey teachers, leave those kids alone
 All in all you're just another brick in the wall
 All in all you're just another brick in the wall
 "Wrong, do it again! Wrong, do it again!"
 "If you don't eat yer meat, you can't have any
 pudding
 How can you have any pudding if you don't eat
 yer meat?"
 "You, yes, you behind the bike sheds, stand still,
 laddy"

I have chosen this song as I think it represents the thoughts that most of students are going through. The lyrics talk about the education, the feelings that give to students and kids. In this current situation a big amount of students are saturated with the big amount of homework they have to do, so this draw tries to portray the thoughts and bad feelings of the teenagers. Most of us are feeling blue or desperate as we don't know how to manage it. We have the impression that we are not learning anything, just doing homework without any sense. We are constantly under pressure as every teacher gives us different types of works less or more tough. Adolescents are overloaded and that leave us just a little time of free time. Some people believe we spend all our time on playing videogames or watching series and that's not true, there are some teens that are developing its creativity. For example, I draw all the days except the ones I don't have enough time to do it. And that only give us a bad experience about school. I tried to express in the draw the bad feelings and boredom that teenagers feel about the "electronic education" in the background using black and dark colours. In the middle of the draw there is a computer that represents the online classes. The sentence "Hey teachers, leave those kids alone" like the thought of the students to leave them alone. In the keyboard there are also some sentences like "We don't need no education" or "All in all you're just another brick in the wall". In conclusion, the draw and the song express the feelings of the students, but I wanted the draw to express the current situation with education.



Lucía Raposo Blanco 3ºC

Blur's Song 2 song was a whirlwind. The most powerful single from the Damon Albarn boys' self-titled album, released after the hit The great escape, did not disappoint. In fact, it raised the level even further. Their previous work, from which we could rescue here such popular themes as Country house or Charmless man or others with the musical beauty of The Universal (with its splendid beginning), positioned them in the first positions of sales lists around the world. It has two stanzas and two choruses. We are, therefore, before the second song of the fifth album by the British. It launches in April 1997 and reaches number 2 - oddly - on the UK Singles Chart and number six on the Billboard Alternative Songs. In other areas such as the military, in America, the Air Force asked to use the song as a pre-launch weapon and the charismatic Albarn (recognized pacifist), refused.

Song 2 was slated to be a parody of the grunge movement. But it had its own identity, that of being the outsider song of Britpop. However, the song has not yet convinced the leader of the band, who was annoying about the fact that in the United Kingdom it is known as The WooHoo Song.

For this assignment I took the sentence "I feel heavy metal" as it caught my eye and I considered that I could draw a thematic composition of heavy metal. I drew a skull, two lightnings, a hand, and a electric guitar. Also, I wrote "I feel heavy metal" with this theme typography. Then, with a pencil I outline all that drawings and I added like a kind of shades to make it more special and to make it look cooler. It just took me like one hour to draw it and finish it as it's not as difficult as the first one, as I didn't have to paint it.

Leire Rodríguez Camaba 3ºC



My work for the second week, which is about the song called "Song 2" is a digital illustration. At first I read the lyrics and I tried to translate them, I'm not going to lie I didn't have any idea, the lyrics were just like woo-hoo and I didn't understand what it was about. I don't really know if this song is about love, about broken hearts or about the actual society but I thought it would be a good idea to represent that anyone who think different is branded as crazy, I don't know if that is the point of the song but it's what came to my mind so it is what I did.

So as the song also mentioned needles: "And I'm pins and I'm needles", I thought it would be fine to represent the society as the needle and the brain as the society's brain. At first I tried to make a photo, I took a needle and I searched for brain pictures on the laptop, it was terrible, I couldn't handle to focus on the needle, the photos were blurred, my mum appeared on the background and I wasn't able to make the brain and the needle look proportional so that is why I decided to make a digital illustration, which is easier.

As in my last work I decided to use Medibang Paint and the process was the same. Firstly, I picked out the images that I wanted, then, I put them in different layers, and I adjusted the size and the inclination. Later on, I erased the background of the pictures and retouched it. Finally I saved the image as a png and I uploaded it to my drive.

I don't know what more to say so just stay safe and treat people with kindness.

Alicia Valdivieso Sevilla 3ºC

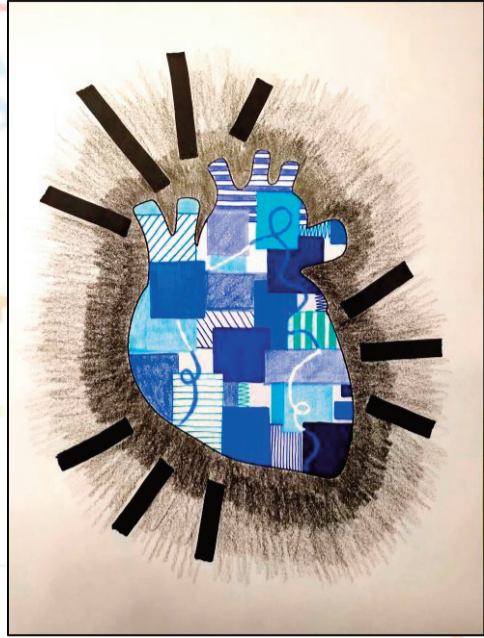


BLUR – SONG 2

Woo-hoo X4
 I got my head checked
 By a jumbo jet
 It wasn't easy
 But nothing is
 No
 When I feel heavy metal
 (Woo-hoo) And I'm pins and I'm needles
 (Woo-hoo) Well, I lie and I'm easy
 All of the time but I'm never sure why I need you
 Pleased to meet you
 I got my head done
 When I was young
 It's not my problem
 It's not my problem
 When I feel heavy metal
 (Woo-hoo) And I'm pins and I'm needles
 (Woo-hoo) Well, I lie and I'm easy
 All of the time but I'm never sure why I need you
 Pleased to meet you
 Yeah, yeah X3
 Oh, yeah

APPARAT – DAWAN

Inside armies
They come to me
Whispering of peace
In their digging
For cracks and holes
To hide
To hide
To hide
To hide
To hide
This moment, right
Out of focus
Left in space
Where no one cares
And I, signaling myself
Just to get through
For a second holds,
and then it starts to
slide



The first song we had to listen was Dawan from the German DJ "Aparatt", who composes electronic music. His first single was Algorithme and it was released in 2001 and his last album was released in 2019.

Dawan is the promotion of his album LP5, which has a mixture of a pop and electronic, and in some songs it reminds us of the 90s. To my mind, Dawan is a song that is a bit abstract. It has an undefined sonority that creates a weird atmosphere. In my drawing, the idea of making a human heart came because there is a constant beat that is similar to a heartbeat. I painted it all in blue because at the beginning there is this sound that reminds me of water, like drops falling. We usually represent water with blue colour, even though it is transparent. That is the way the song is in some parts, transparent, delicate, like the human heart.

When I listen to this single, I think of the rhythm as something mechanical, sometimes digital or technological. I decided to represent this idea with squares, rectangles, and parallel lines, and the result is that is similar to a whole bunch of open windows in a computer. I think the visual effect is kind of futuristic.

Moreover, I represented the melody with the lyrics with the curved line that keeps spinning around herself. I drew it this way because I think the melody is pretty light, it has not a defined shape or way. It is just wavy and sort of independent. The melody flows over the rhythm as the curly line flows over the blue squares.

Finally, I painted the outside part in black trying to represent the empty space. In my opinion, this song feels like something is happening but all the music is surrounded by empty space. It is as if the music is inside a box and it wants to grow but it is stuck inside that box. And then, outside the box there is nothing, just empty space, black space.

All this mixture of weird feelings was what Dawan transmitted to me, and my blue squared heart is a representation of those sensations.

Julia López Bol 4ºD

THE INFINITE'S LIMITS

Concentric circles. The infinite. Heartbeats. I am getting close to the center, but it is impossible to reach it. I can only feel peace, "whispering of peace" as the song says. I let myself go, I can escape reality for a few seconds as I drift into the music around me. I keep going to the center. I feel that it pushes and pulls me like a magnet do, as Ed Sheeran says.

How many people would have died while trying to achieve their goals, their dreams, THE CENTER? Will I die while trying it? Or maybe I am already death. I keep walking, without seeing the end.

I feel a shiver running down my spine, I am scared. I try to look for an exit, but a lot of issues still turning up around my head, they are driving me crazy. I wander through the days, spending time in nothing. What would happen if I disconnect? I am afraid of leaving me... No. Stop. I haven't talk about the tree. I realize that it has been here all the time and that it is full of life. There is hope. The skinny tree trunk is grabbed to the ground; the leaves ask me to come close to them.

The concentric circles are getting brighter; the atmosphere is warm. My heartbeats are calming down. The peace is coming back, and so do I.

There are amounts of people that never see the tree. They spend all their life walking in circles, thinking instead of living. That is why we all need to wake up. We all should whisper to our tree, our body "there is no home like you". We all have to learn to live with the infinite and keep walking. The infinite stills there, but I don't care.

Claudia Vicario Sierra 4ºD



For this second song I did more of the same, as the first time. I sat down by my desktop and play the song on YouTube, this time it didn't have a video, so I focused more on the lyrics. While I was listening, one part got stuck on my head "Oh, anything that might save, our place, for a little longer" that and the fact of the rain flowing through was the inspiration for this composition.

As the other time I liked the results, this one would also be made with the digital tablet. At first, I was going to represent a goodbye, something like a raining landscape, a girl walking without looking back and a hand or all the guy with a dead rose trying to get her while she started to vanish or disappear. But then another idea came to my mind, what if instead of a goodbye I focused more on the beautiful thing of "our place" and what that represented?

So, I finally decide to do an experiment with double exposition. Firstly, I take two portraits, one with a girl more kind of sad, and a side boy looking calmed, and made a double exposition so the face of the guy was "part of" the girl. Then the next thing was the background, that, my first choice was rain again, but then I realised that I wanted to make it more like a perfect calmed sunset. A photo in Hollywood with palms and so was a good option that then I mixed with a couple in a room watching the urban views, so it seemed like the same photo. But then the problem arrived, searching a bit more I find a couple with a ban in nowhere but having "their place" too (the little fire was added). The results where awesome too because this one made the faces more visible.

On a nutshell, for being indecisive I've decided to put it both, I think they represent exactly what place and the yearning of the couple. Briefly, the whole process of editing is summered on this: Take the portrait you want with the background out, touch a bit the colour, contrast, etc settings and then, in another layer, add the background and set it on "raster".

Raúl Sánchez Ramos 4ºD

**ZOLA BLOOD – GOOD LOVE**

Sent west
Senseless and way out
Let the hours unfold the answers
In a wasteland, baby
Let the rain through your hands
Let the rain through your hands
Always, I'll take good love
Oh, anything that might save
Our place for a little longer
Gold pressed
Temptress of silence
Let the morning call unanswered
And ransom the day off
Let the rain through your hands
Let the rain through your hands
Always, I'll take good love
Oh, anything I might save
Our place for a little longer



SPORT: THE GATEWAY DRUG TO A HEALTHY LOCKDOWN

"Workout" has become a buzzword in the last few months. Everybody is talking about it: we should exercise although we are confined at home. However, sometimes it's not as easy as that. The size of the rooms can be a problem or maybe you just don't feel in the mood to do sport. Don't bother, I'll let you know the solution for those issues, and you will have no excuses to burn some calories.



It is well-known that sport doesn't only enhance your physical capacity but also helps you feel good and healthy. Haven't you noticed that after working out

you feel fantastic? Doctors have a scientific explanation for that: when you are exercising, your body generates endorphins, also known as the happiness molecules. I'm not a scientist but I must say doing sport does improve

your self-esteem. Nowadays that we have to stay home because of the lockdown, people may feel down, stressed or frustrated. Moreover, you don't even walk as you used to do before. A workout will make you release the excess of energy and it will help you get rid of your stress and anxiety. If you are trying to deal with your frustration, I'm sure you'll be bitten by the sports bug.

Up to here everything looks amazing but, what about the space and the material? It's true that sometimes celebrities show off their out-of-reach sports gear and we may think that exercising like them is totally impossible. However, do you really need all of that to burn some calories? Of course not! You can find plenty of different workouts without any type of equipment. Zumba, kickboxing, yoga, bodyweight routines...those are just some examples of the exercises you can do with just yourself. And if what you are worried about is space, I promise the size of your place will not be a big deal.

Moreover, some YouTube channels offer you a huge variety of videos with routines for all levels: if you are ripped, you can take advance level workouts and if you haven't ever taken up a sport, don't worry, because you will find out routines which are easy peasy. One of those



youtubers is called Patry Jordan. In her channel *GymVirtual* she gives you the chance of exercising with her in a whole bunch

of different ways. You will be able to practise cardio, zumba, tonifying exercises... more that what you can

imagine. Patry Jordan, who has rocketed to stardom during the quarantine, offers you the possibility to work out with no gear and in a small space. Sports world will flip on your head if you follow her channel.

Another of my favourite ways of burning some calories is watching *Popsugar Fitness* videos. They have killer workouts but also modified versions if you don't want to sweat that much. In each video a guest comes to show a new routine: it goes from 10 minutes glutes and abs classes to half an hour of cardio Latin dance or kickboxing sessions. I swear you will feel the burn and power of their exercises. Believe me, you just need to try some of their routines to get hooked on *Popsugar Fitness*.



Besides indoor sports, now that we can go out at certain hours, take that time for you and make yourself practising any sport. Just walk around your block or ride your bike, but you need to get a breath of fresh air from staying home all day long.

In a nutshell, sport has become a wonderful way to make quarantine more bearable. Now you have no excuses not to work out. So, if you feel desperate or overwhelmed due to this stressful situation exercise a little and you will quickly be relieved!

Julia López Bol 4º ESO D

MY LIFE IN QUARANTINE, HAS SOMETHING CHANGED?

Being in quarantine at home is something we have never done before. If someone had told us we were going to be obliged to stay at home without going out for almost two months, we would have said that it is impossible. But here we are.

With the pandemic lashing our lives and those of our beloved ones, and having to move the usual face-to-face work to the remote one, and possibly wor-

king more, if you do not want to go crazy, you must quickly incorporate new elements into your life.

It is said that it is better to look at each event of life with a good face and observe the advantages it offers. But, could we use this blockage to do something different? What advantages have we gained by being confined apart for guaranteeing health? Each confined person decides to live the quarantine

in a different way. Some people are living it with a sense of punishment, resignation and pessimism, or even sometimes with boredom. Others are taking advantage of it doing exercise, devoting more time to themselves, going on a diet, watching series, or using the phone. What type of person are you?

Jimena Redondo, Javier Cortés and Malena Diaz .
3ºESO C

In my street, in the afternoons, some Djs from their respective balconies started to play some music and playing some games in order not to get bored to death. One of these games consisted on listening to three or four seconds of a song and trying to guess the rest of it. While in my case, it is not appealing at all, my dad loved it, and, he is fantastic, but in some cases, he shouted so that he could make the Dj listen to his response, and it was hilarious, I could have been laughing all the night ...

Pablo Conde

When I heard about the lockdown, I felt down: I wasn't going to be able to meet my gang and all basketball courts were sealed; but, at least, something gave me a break, the schools were closed too, which I thought it was going to be a great fact; but, actually, it wasn't. I had never believed I would say this, but I miss being there.

I thought this was going to be worse, but I prefer my past life and I'm looking forward to meeting my buddies and to play table tennis and basket with them.

Rubén Gonzalez

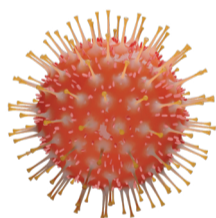
About two weeks ago, I decided to look out of the window and I saw some neighbours; each one was on a window playing paddle. I asked them if I could be the referee and they accepted. After about half an hour the rest of the neighbours started coming out of their windows and started to cheer the paddle players up, and it was kind of funny.

And since I couldn't pick up just one funny moment, I'm going to tell you another story: one day suddenly somebody knocked on my door and a neighbour showed up and told me that there was going to be a bingo game that afternoon, and we bought a couple of cards to play, we didn't win but we had a great time.

Julia Cossio

Last week, my father told me to help him cut his hair. I am not good at using cut-hair stuff, so I started slowly but then I got confident and accidentally I made a bald spot in his hair. When my mum and my sister were aware of what had really happened, we started making fun of him. We think that shaving his head is the best option, but he does not agree at all.

Milena Sanz



Due to the situation that we are living these days, we can't go outside or meet our friends as we used to do. Luckily, we live in a technological era in which is hard to get bored, there are thousands of things we can watch and do.

As you may not know, my sister and I practise swimming; we find this situation difficult; we can't go to the swimming pool and we don't have any place where we can train. So, one day, we put our swimsuits, swimming caps and glasses on and we went straight to the bathroom, where the bathtub is. It's small but we didn't matter. We called our parents and my father took a whistle. We prepared everything as we were in a competition, my sister and I pretended to be swimming in a relay and my mother cheered us up. It was extremely funny, and we laughed so bad that our stomachs ached.

Lucía Ibañez

When you are at home, you realize that you have a big amount of free time to be creative and enjoy yourself. If you continue reading, I will tell you some things that you could do or funny anecdotes not to be bored to death. When it comes to food, you can learn new recipes or make some cakes. But be careful I almost burnt my house!

Something that called my attention is that one day the policemen sang the "Happy Birthday" to our neighbours!

Lucía Raposo

I don't think I'm doing a lot of funny things that worth to be told. Nevertheless, I've learned to kill my time. Sometimes, I feel the lockdown is an opportunity to rest from the frenzy and to try things I didn't have time to do before. Other times, I feel tired of living like this. The first week I found it tiring being in front of the computer most of the day. Now I've been home for almost two months and got used to it, I've created a new routine. I miss going to school and seeing my friends, but I also feel lucky because I'm healthy and in a comfortable home.

I've learned that life and our habits can change in a second. I have never thought about this before, but in many other parts of the world this often happens.

Alicia Valdivielso

During this quarantine, a friend advised me to watch a scary film; I don't like these films, but I decided to watch it with my sister. After finishing the film at 2 o'clock in the morning, it was time to go to sleep. The worst part came then, when we had to go to bed and we didn't dare, we were scared to death.

While we were going to bed, we heard footsteps that were not ours and we saw a shadow and shouted so loudly that we woke up my parents and I'm sure all the neighbours too. We decided we would never see scary films again and never at night.

Laura Calleja

During these days my neighbourhood has been one of the funniest I've seen. For birthdays, they play songs for them. Besides, at eight o'clock, when people go out to their windows to clap for people who is in first line of this war, they also play lot of funny songs that make us enjoy that time. Some neighbours threw fireworks and firecrackers.

From my window, I have seen lots of ambulances and police cars that went to congratulate all of us for staying safe at home and some little children's birthdays.

Alejandra Marcos



OLYMPE DE GOUGES

An 18th century outstanding female activist fighting for women's rights

In the Modern Age, there were loads of historical figures, mainly men. Some of them became well-known, but others achieved great objectives and nowadays are not as renowned as they should be. That is the reason why we have decided to introduce Olympe de Gouges, an outstanding woman that lived during the French Revolution.

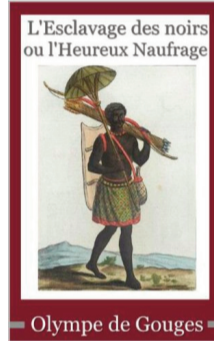
Today, Mendoza Herald takes a trip back in time to the 18th century to interview her.

Mendoza Herald: Hello Olympe, how are you?

Olympe de Gouges: Hi, I'm fine. It is a pleasure to be with you.

M.H.: Great, let's start. You are known as Olympe de Gouges, but this is not your real name, right?

O.G.: When I was born my parents called me Marie Gouze, but after my arrival in Paris, I realised that I loved writing and I started



to publish my books under the pseudonym of Olympe de Gouges.

M.H.: Oh, now that you have mentioned your parents, could you tell us how your family and where you are from?

O.G.: I was born on May 7th, 1748. My parents were from Montauban, France.

M.H.: And did you build your own family?

O.G.: When I was only a teenager, my parents decided that I had to marry an old man. I did not want to, but I had no choice. His name was Louis-Yves Aubry and I was not in love with him. After the birth of my son Pierre, my husband died. Since then, I have never wanted to marry again.

M.H.: Why did you go to Paris?

O.G.: I moved to Paris because I was worried about my son's education. While I was there, I started to visit literary meetings and I began to write theatre plays, although I barely knew how to read and write.

M.H.: Oh really! And what did you do in the theatre?

O.G.: I wrote loads of plays and I created a theatre company.

M.H.: Which is your most famous play?

O.G.: My best-known play is *Lesclavage des noirs* (The Slavery of the Blacks). It showed the bad conditions in which black slaves lived. But my literary career was not very successful, so I decided to move to politics.

M.H.: But in your time there were lots of slaves, did it cause you problems?

O.G.: Yes, in that time, many families became wealthier from the trade of black slaves. So, I was jailed, but I set free and I continued fighting for people's rights. I published thirty pamphlets, which contained a great variety of new laws, defending the equality between men and women.

M.H.: You have said that you did not like marriage, did your pamphlets contain something talking about this?

O.G.: Yes, I wanted marriage to disappear or the acceptance of divorce.

M.H.: What is your greatest achievement in politics?

O.G.: On September 14th, 1791, I wrote the Declaration of Women's and Citizens' Rights, based on the Men's Rights one. I wanted woman to vote, to participate in politics, to work in public areas, to have properties, to be part of the army and to study.

M.H.: Thank you so much for this interview Olympe!

O.G.: You're welcome!

On November 3rd, 1793, she died guillotined because she criticized the people who held the government. Her only son disowned her, because he did not want to die in the same way.



Her Declaration of Women's and Citizens' Rights was forgotten during the 19th century. But after the Second World War, Olympe became a great reference for the advance of feminism in France. For her, "if a woman can go to the altar, she can

also go to the rostrum"

Laura Martín, Virginia Pérez, Lucía Puente and Ana Ruiz. 2ºESO E/F

HOW IMPORTANT IS TECHNOLOGY IN THIS TIME OF QUARANTINE?

Nowadays, it is very difficult to live without technology because we use it to do a lot of things, for example to communicate, to relax, to meet and to interact with other people among others. Humans use technology from the moment they wake up until they go to sleep. Ups, not really, because even when they sleep they are using technology.

As you already know, last December a pandemic disease named COVID-19 started in China and expand all over the world. Last January the first cases appeared in Spain, and this virus spread in our country. In March the government decided that we have to stay at home, so the illness would not spread so quickly than hospitals wouldn't have capacity and equipment to attend all the sick people. In that moment, we were so scared because we didn't think we were able to stay at home for long, but technology has somehow helped us to cope with this situation.

Some countries, as Japan, are taking measurements to fight against COVID-19 spread, that involve te-

chnology, for example using robots in restaurants to bring the food to tables in order to avoid people to get or transmit COVID-19.



On one hand, in these moments, that we can't go out of home, technology have helped us to do a lot of activities that we used to do "face-to-face" in the last months and now we can't do, due to the COVID-19. For instance, we can continue learning from home thanks to educational platforms, where we can have lessons with our teachers to follow the classes as if we were in the classroom, but safely at home.

Other important activity that we can do with technology is to listen to the radio or to watch the news in order to know what is happening around us to be informed about the situation, so we can discern if we can go out of home or not, or if the disease is ending or growing up. In other words, we can be informed, which is so important in these times.

Being in touch with relatives who live far from us, communicating with friends, reading the newspaper, online shopping, watching TV series, teleworking or telecommuting by the Internet avoiding more infected people in companies, listening to music or playing online videogames are other activities that technology allows us to do.

On the other hand, if we didn't have technology during quarantine we could have done a lot of different things such as spending more time with our parents, brothers and sisters, sleeping more, playing table games, cooking, or doing sports.

There is people who think that in this quarantine we are very hook on te-

chnology, and this happens because we use it so excessively. That is why we believe that you must know how to manage the use of technology and give more value to other different things. Everything has its moment.



What is indisputable, is that without technology researchers and health workers, such as doctors or nurses, wouldn't have had the tools to save lives or to look for a vaccine for this terrible illness.

Life without devices such as smartphones, tablets, televisions or laptops would be harder, especially in these times of quarantine. It is being a hard time but technology is helping us a lot.

First year students 1º ESO E/F

CANADA: NOT ONLY AN EXCHANGE

What is it really like to live in Canada?

Marta Ruiz, 4ºD

Summers are warm in southern Canada!
 Weed is legal!
 People dress up and throw big parties for Halloween.
 You can drive as soon as you turn 16!
 Supper is at 6!
 Ottawa is the capital!
 It is a super multicultural country.
 Students sing the national anthem at school every day.
 Canadians really love travelling
 Teens hang out at malls.
 Everybody wears Roots sweatpants.
 Students go to school on yellow buses.
 Snow arrives in November and doesn't leave until April.



Trips to fairy tale landscapes

Claudia Vicario, Sergio Rabadán, 4ºD

Canada is the second largest country in the world. Despite that, Canadians are not afraid of going on long drives for weekend outings.
 If you search "Alberta" on the net, you'll find gorgeous landscapes as if they came out of a fairy tale.
 No one should miss Banff, an incredible place and also the oldest national park in Canada. If you ever decide to visit Canada, I highly recommend it!
 Going camping to Castle falls was astonishing. We went there by trailer and stay there for a few days. Something that really called my attention was that, as bears can be easily found there, they have some kind of locks in the garbage cans in order to have extra preventions.
 But the city I visited the most was, by far, Calgary. My host family and I went to the Saddledome stadium to watch hockey games, we visited Heritage Park and did a little tourism.

High School: the American dream

Raúl Sánchez, Julia López, 4ºD

High school was definitely one of the most exciting parts of our experience. The first time we saw it we felt astonished. It looked just like a movie.
 We had to decide between a massive number of courses that could suit every taste: for the ones that have a sweet tooth, you'll love "Foods".
 If you are more into sports choosing Gym or Athletics worth's a try. Cosmetology, Forensics, Guitar, Fashion, Robotics, Dance, Drama... naming only a few.
 All students in Canada are encouraged to practise a sport or to join one of their awesome role clubs. Almost everyone participates in a team because it adds up to your credits. They have this amazing atmosphere of brotherhood among pupils and teachers that makes them get involved in each event. Volunteering gives them another perspective about studies and life.

Playing American football

Diego Marina, 4ºD

It was one of the things I was looking more forward to when I arrived in Canada and it surprised me in a good way. It is actually very similar to the movies and the importance that it has, the work and sacrifices that it implies are worth it.
 We were known as the Red Knights and I played in the defensive team as a middle linebacker.
 During a Game Day, people are extremely hyped in the high school and you have to skip some courses in order to get yourself prepared and play the game. The atmosphere is awesome, and you feel part of the high school. It's all the same with the other sports, but football is the main one.

LIKE FATHER LIKE SON



Kaia Gerber is a model like her mother, Cindy Crawford.
LIDIA MORENO

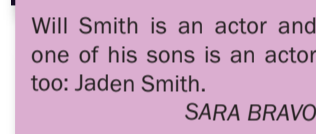
Eric Roberts is an actor and his daughter Emma Roberts is also an actor.
RAFAEL RUIZ



Carlos Sainz - father - was a car racer and his son Carlos Sainz is a car racer too.
HUGO MESONERO



Paul and James McCartney are both musicians. Paul was more famous than his son James, but both are musicians.
JORGE HOCASAR



Will Smith is an actor and one of his sons is an actor too: Jaden Smith.
SARA BRAVO



Miguel Bernadeu is an actor like his mother Ana Duato.
SARA MARCOS



Javier Bardem is an actor like his mother Pilar Bardem.
MENCÍA NUÑEZ



My father has been an archer for the last 8 years and I also do archery with him but I belong to the archery club since 2016.
NUÑO MIÑÓN

FAREWELL TO AN AMAZING GROUP: 4º D

Years go by very quickly, that's something undeniably true, but these students have left a mark. The main features to describe them are, funny, energetic, reliable, smart, sympathetic, thought-provoking and many more adjectives. But, at the same time, they were always ready to get the most out of every situation and have a good time, apart from being very good at working hard whenever needed. So, we (your teachers) wish you the best and hope that you have good memories of your years of "bilingualism". Here we can read some of their views on these four years.



"Putting that cross next to the "bilingual section" four years ago has been the best decision I could have ever made. We

might be up to our ears in work but the relationship we have created all together is fantastic. Every laugh, every single moment with them and their memories will always be in my heart of hearts."

"During these four years, I have learned a lot and how to work hard, but I have also lived unique and special moments with this group. They are my second family and if I had to choose just one moment, I would pick the trip to Madrid singing songs all together, it was really nice!"

"One of the best things these years in the bilingual section has given me is the special bond with my classmates. They are much more than that, they are friends. We have made awesome memories together and I'm sure some of them will be friendships for a lifetime."

"I entered the bilingual group in my second year at second

dary school and it was one of the best decisions I've made. The class has changed a lot since then, but every year has been even better than the previous one, and we've lived so many things together... They'll be unforgettable."

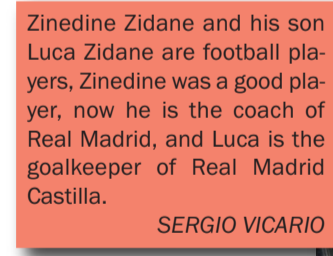
"Belonging to the Bilingual Programme has been an unforgettable experience. After all these years I feel so proud of my mates because we have grown up together and we have supported each other. Joining this group has been the gateway drug to finding a second family."

"From the beginning we have been a very close class and we have always been ready to give a hand to each other. We are like a very close-knit group."

"I joined the bilingual group in 4º, when I moved from another school. The first days were totally different, I was confused, and it was a big change for me; but, day by day, I got totally convinced that I have chosen the best class I could, the unity and friendship of my mates, the good atmosphere, and much more aspects made me feel really good here, I can only say good words of my experience being in this group."

"I will always remember the great bond we have created, we are much more than classmates."

"After four years I have known some of my best friends and won't forget our jokes in class and how close we were. That's why before exams, we said: we stick together as a gang."



Zinedine Zidane and his son Luca Zidane are football players, Zinedine was a good player, now he is the coach of Real Madrid, and Luca is the goalkeeper of Real Madrid Castilla.
SERGIO VICARIO



Michael Douglas is an actor, who has the same profession as his father Kirk Douglas. And Michael Douglas' son is an actor too!
SARA ROS

1º ESO Students E/F

Carolina Herrera is a fashion designer and her daughter, Adriana Herrera, is a fashion designer as well.
NICOLÁS CASADO

