What's Up? 2014
# INDEX

## People
- Miguel Canillas: Life at war ........................................... 3
- Experiencing malvina's war ............................................. 5
- Dad, argentianin and a fighter ....................................... 6
- A new beginning ................................................................ 7
- Working for a N.G.O. Florencia Charpentier .................. 8
- Rocco Posca's film debut ............................................... 10
- Letter from the Editor .................................................. 11
- Eduardo Charpentier usted to be a pilot ....................... 12
- Our Headmaster .......................................................... 14
- Belen Busso: The start of a career .................................. 15
- The guardian of St. Mark's School .................................. 16
- Hardwork works? ......................................................... 17
- Janet Forbes: Life a teacher .......................................... 18
- What is diabetes? ....................................................... 19
- Healthy Person ........................................................... 20
- A hard working mother ............................................... 21
- Sergio de la Fuente, in the mine business .................... 22

## Reporters of the Month
- Choir Interhouse .......................................................... 24
- Reporters of the month: Spring Break! ......................... 26
- Presentations of Orientations ........................................ 27
- Reporters of the month: St. Mark’s Parade ................. 28
- Reporters of the month August: Trip to Puerto Igazu ... 29
- St. Mark's 50th Anniversary ......................................... 30

## Adolescente Issues
- Drug addiction in adolescence ..................................... 31
- The truth about Game Addictions ................................. 32
- Five tips on how to study ............................................ 33
- Suffering bullying or being a buller ............................. 34
- The trip of your life ...................................................... 36
- Travelling ...................................................................... 37
- Eating disorders .......................................................... 38

## Sports
- Sport Psychology: A wonderful job ............................ 39
- Villalba, the new hope ............................................... 41
- American Football ..................................................... 42
- Joaquin Ibañes Carreras and his experience at Norte Sur ... 43
- Brazilian Jiu-jitsu facts .............................................. 44

## Music
- Drugs ans music stereotype ........................................ 46
- Online playlist affecting our mood ............................. 47
- Liam Payne ................................................................. 48
- Experience at Lollapalooza ......................................... 49

## General Interest
- Saint Mark’s 50th anniversary .................................... 50
- Technology ................................................................. 51
- 7 Tips to survive the Wilderness ............................... 52
- Why are things creepy? ............................................. 53
- How to survive a Tornado .......................................... 54
- Mars One ................................................................. 56
- Living in the city or in the country ............................. 58
- Ebola: What is this virus that everyone is talking about .................................................. 60
- Test on animals ......................................................... 61
- Do we all see colors in the same way? ...................... 62
- Dylan O’Brien Fame .................................................. 63
- Modern Sculptures ................................................... 64
- Modern architecture .................................................. 65
- 3 steps to start controlling your dreams! ................... 66
- Introduction to Meditation ......................................... 67
- Ebola and cases ....................................................... 68
- Everybody could become a terrorist ....................... 69

## Story Corner
- Jealousy ................................................................. 70

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Congratulations to the students for their effort and commitment.

Sandra Luzi and Claudia Cortés
“Guerra de la Malvinas” was a ten-week war between Argentina and the United Kingdom over two territories in the South Atlantic: the Falkland Islands (Malvinas) and South Georgia and the South Sandwich Islands. It began on Friday April 2nd 1982 when Argentina invaded and occupied the Falkland Islands in an attempt to establish the sovereignty it has long claimed over them. On April 5th, the British government dispatched a naval task force to engage the Argentine Navy and Air Force before making an amphibious assault on the islands. The conflict lasted 74 days and ended with the Argentine surrender on June 14th 1982, returning the islands to British control. 649 Argentine military personnel, 255 British military personnel and 3 Falkland Islanders died during the hostilities. (Source: Wikipedia)

How did you experience war?
When we went to Malvinas we were happy to defend our nation. It was our pride. We thought we were invincible as well as we made songs against “El principito” (The little king) and England. After some time we were able to see the hardships: little food, a lot of cold, much work to do, endure the gunshot, the alerts of combat and later the fighting.

What are your thoughts about war?
War is never good and this was used to improve the image of the military government. However, the ones who went to fight (soldiers, officials and NCO) defended our territory with conviction.

Did war change you?
War and everything we live through change who we are. I learned to live on alert and prevention as well as caring for little things.

Picture taken before going to war
Was war a good or bad experience?
War is never good but it teaches. The first teaching is the benefit of living in a peaceful country and the other is to appreciate all the good things we have in our lives which we don’t appreciate yet.

Does war still haunt you?
War never haunts me. (I know companions that used to hear loud noises and they hid under the table).
Memories are many, yet I remember a dead companion. He was also my school classmate.

Was there anything funny or interesting that happened to you?
There were many funny things that happened:
• When we were on board the ship that brought us back to Argentina, we had to clean up all the things we had messed up. The English came with buckets, clothes and broomsticks. The NCO who treated us badly and in a bossy way (not all were that bad) started to shout their orders. “Se les subieron las tiras” (meaning they got bossy again) we thought. Nevertheless, the English said to the NCO that they had to clean. We, soldiers, enjoyed that moment and clapped.
• One day, while throwing an anti-air missile, we saw that it started to fly in a spiral way and was falling where we were. We ran for our lives! It was like a cartoon.

Do you still talk to your war companions?
For some years, my companions and I didn’t see each other and we lived our own lives. I went to university and only saw a few ones.
Some years later, we started to contact one another and we are more than 70 ex-combats.
It’s nice to meet my companions, and talk about our experiences, and make a “puzzle” of what happened during the war. Because each one remembers a part but others were erased from their mind.
Many years later, we recovered some photos that the reporter Casanzew had taken (I don’t remember how to write it) and our stories that are part of a museum.

Canillas Tamara
EXPERIENCING MALVINA’S WAR

Malvina’s war caused a great impact on its surroundings. Schools, offices and neighbourhoods were affected. An enormous training was made by every pedestrian. We had the opportunity of interviewing two people who had experienced what had happened: Diego and Lia.

(to Lia) How old were you when the Malvinas War started and how did you find out?
I was 11 years old when the war started and I don’t remember very well how I actually found out, but I do remember the fact that suddenly we were rehearsing fake attempts at school and that it made me feel really scared.

(to Diego) How did you feel when you found out you were going into the military service?
I felt quite scared and confused. I didn’t know if I was going to have to actually fight in the real war or if I just would go through the military training.

(To Diego ) How did you tell your family? How did they receive it?
I remember I sat my mom and dad down with 2 of my elder brothers and told them quite fast and really directly. By the look on their faces they didn’t like the news much, obviously but I mostly remember what happened once I got back from the CO-LIMBA; my entire family threw this amazing meal and invited lots of people....everybody was thrilled to see me, I couldn’t believe I was actually home.

(To Lia) How did your school prepare you for possible attacks?
As I said before, my school prepared us for possible attacks with rehearsals, they taught us how to react if a bomb suddenly fell over our school, so, it was quite scary for 11-year-old kids!

(To Santiago) What do you think when somebody says “colimba”?
Many memories come to my mind...some I can’t even recall completely, I feel that that part of my life has kind of blocked itself out, but it has its different ways of sometimes coming in.

(to Diego) Do you think you got something good from that experience?
Maybe at that time I was young and I probably learnt to be a bit more independent by separating a while from my usual life...but I wouldn’t call it a “good experience”.

(to Lia) Were you scared during war? Did that cause an impact on your present day in some way?
I was really scared during the war, but I don’t think it has such an impact on my life right now...I do remember it, but it doesn’t haunt me.

Malena Podestá and Mariano Roffé
Dad, argentinian and a fighter

Everybody in Argentina knows about the “Islas Malvinas”, but not all of us know what fighting in such a war meant. Tamara’s dad can provide us that information and give his point of view, as one of the brave men that fought to defend our country. Miguel José Canillas was very kind to aswer all these questions on the mail.

When the war ended, did you feel sad about losing or relieved for going home?
On one hand I was sad because we had lost the war. But on the other hand I was happy because I was alive.

If you ever thought of returning to Malvinas or to the army, in what conditions would that be?
I have never thought of returning, but some of my companions did and they brought pictures.

How old were you when you went to Malvinas war? Which were your feelings at that moment?
19 years old. At that moment, when we were focused on defending our country a whole life missing but after that we realized how much war meant.

Which country do you think has the right on the islands and why?
Argentina not only because it is part of the continental platform of our country but also because of the distance.

What does your family think about your past at Malvinas?
They dont think that it is important.

Have you ever seen any ex-combat again? Tell us about war and relationships in sad moments.
Yea, we have a meeting at least once a year and we are all connected via internet. The relationship with the other soldiers during the war was great; the problem was with some officers and some subofficers.

Which are your feelings and emotions when you remember fighting in such important moment? Is there anything else you want to tell us?
Years went by and the only sad memory that I have is remembering a former classmate who died during the war.

We got to the conclusion that the Malvinas War was not only a period of tragedy for Argentina but also we realized how much it meant for the soldiers that went to defend us. Now that we could hear the story behind the history books we can really understand what they have done for us. We should take a moment in our life to thank these brave people.
Agustina Doyle is going to explain the changes from school to university.

What is the biggest change in the university compared to school?
The biggest change from school to university is that you have more responsibilities because you have to manage your time, it is stricter, teachers explain the subject only once and if you were able to understand, good, and if not, bad luck. You can ask your teacher, but compared to school, he doesn’t care if you have understood it or not, since everything depends on your own actions, if you study and take notes to pass the subject. Moreover there is more material to study, a bigger amount of people so this means that you have to study most of the days.

How do you manage your time to work and study?
At the beginning it is difficult to organize yourself but you get used to it in time. You have to keep up with the subjects, reading the things that you are given, so you are prepared for the final test. You have to know how to get organized and make a schedule.

What do you find more difficult about university?
The most difficult thing is organizing for the final test and the habit of getting there every day.

What do you miss from school?
The thing I miss the most is being with all my friends the whole day and spending time with them sharing special moments.

Why was medicine your first choice?
I chose it because my grandfather used to be a doctor, so it inspired me to follow his steps, since he passed away, and it is a way to remember him. However, I like medicine and it was my dream, at first, because I wanted to be just like him, but then I found out that it was not what I really liked.

What made you change your opinion?
After I started studying, I realized that it was not the real thing that I was looking for, because I was not comfortable there, so I changed my mind about my decision and decided to be a teacher, which I like the most.

What is the thing that you find interesting of being a teacher?
I love being in touch with children since they make me feel really happy and I find the way they act very interesting. I also like being an example for kids and to teach them the basics things for life.

Why would you recommend us, students?
I would recommend you to follow your dreams and what you really like, not trying to be like anyone since, in the end, you end up being someone you really don’t want to be.
Working for a N.G.O.
Florencia Charpentier

Florencia is a twenty-four-year-old woman, who studied at Saint Mark’s school, and studied political sciences at the Di tella University. She entered an N.G.O, called “Teach for Argentina” which has the goal of teaching in low income places. She started working there a year ago. This one is a non-governmental organization, which is any non-profit, voluntary citizens' group which is organized on a local, national or international level.

We wanted to interview her to know more about how it is to work for a N.G.O

Why did you want to be part of an N.G.O?

“I think that Argentina is a country with high levels of inequality, social inequality. And I think that education is the way to change those inequalities, and therefore I thought that in a way I had to contribute to society, and so I think that education is the way to do so.”

What did you imagine it would be like?

“I wasn’t sure about it. I thought that being in front of a class of 30 students would be tough, especially because I am young and inexperienced, and because they come from lower income places or neighborhoods where education may not be valued as other families do. I thought it was going to be hard but I found that my students are great people.”

What do you teach and where?

“I teach philosophy and sociology in fifth and sixth of secondary school in Jose C. Paz, and I teach political economy and sociology, also in fifth of secondary, in a school in Las Tunas in Pacheco.”

Do you think the N.G.O is making a change in education of children? And in society?

“Yes, I think it does, I mean it is difficult because I think that changes in education and the impact it can produce are long-term processes, it is something that it is the result of effort; people and N.G.O and governments policies working on education are seen only in the long term. But anyway, it is an N.G.O that is part of a global network, called “Teach for all”, whose objective is to expand educational opportunities. As part of this global network, there a lot of studies we must carry on, and they have to do with measuring the impact that a teacher or someone with leadership, as they say, has on the students. And we
have a lot of excel sheets and stuff to measure the academic and non-academic impact. And we are willing to teach more than the academic stuff. And in society as a whole, yes I think that education is the way to create an impact in society and to spread more opportunities and to decrease the level of inequality, but I think that this is something that should be expanded in every province of Argentina and apart from that I feel that culturally we must make a change and value education more.”

**Are you comfortable working there?**

Yes, I am really comfortable, of course at first it was a bit odd to get to know the people and to know how the school works, and specially my group of students, because they are attending their last year of secondary school, and many of my students repeated so I have students that are 20 and I am 23, 24, so at first I thought it was going to be difficult maybe, but I am really comfortable. Every day I go to school I love the idea of seeing my students, to get to know how they are, what they did during the weekend, and in my classroom I think we have a really good atmosphere, we trust each other, and we can talk about everything, or almost everything.”

**What are the main differences between a private school and a state one? Is every one accepted in both cases?**

“I don’t know the differences between these two types school, but yes, I can separate them into low income school, and high income ones. For example, the school I have been part of, Saint Mark’s, and the schools I teach.

There are a lot of differences, I mean the building they have, the amount of tools and things they can do; for example, my students learn information technology, in a blackboard with chalk, they don’t have access to a computer, they have two that are very old and they cannot be used. So, I really see differences in terms of technology, all the teachers have to bring any material printed, because they do not have a projector, and only have one TV, that is very old and small. And as it is shared by all the school, from kinder to secondary, it is always being used. Therefore, it is really hard for us to work with documentaries, or films.

**Would you like to change anything of “Enseña por Argentina”?**

“There are always things that we can do better, but I think I will like it to be more federal, in the sense that it is called “Teach for Argentina”, but it only exists in Buenos Aires, I mean they only work in Buenos Aires. Now they are starting to sign agreements to start in Salta. But I think that the idea of the N.G.O is to do it in all the provinces, so as to have a more global program within Argentina. But I mean, “Teach for Argentina” gives us a lot of courses, where they teach us how to teach, and how to work in a class with students. But in general terms I am happy with the N.G.O”

Veronica Seward and Carolina Charpentier

The whole group of “Teach for Argentina 2012” and their students
Rocco Posca’s Film Debut

Rocco Posca has recently launched his film career with Gaston Gallo’s brand new movire “El Gato Negro”

What revealed your interest in acting?

When I was 7 I went to a class at Hugo Midon, which was an acting school. And there I had a great time, I used to laugh a lot, and I realized I could enjoy acting. Then at 12 I left acting school for 2 years. Until a year and a half ago I went to a class at Nora Moseinco’s, and there I discovered that I had the same feeling as I had had before. From what I felt from the environment in the class, it was all the same as I remembered.

What was the casting like? Were there many people for the role?

I was called into a garage-house thing, and I went up some stairs. Downstairs, the room was very precarious, and upstairs it was filled with cameras. First we did some tests with the cameras, that was what I liked the least. Then I was told things about the character, what he was like and things of the sort. And last they asked why I wanted the role and that they were going to do an improvisation. That is the best moment of acting, when you create and let go of everything, everything that inhibits you in daily life. The result is not important. Everything was really prepared, there were lots of people. There were two guys that filmed, and a lady with which you improvised.

How was your experience in the filming set?

It was awesome because in that moment I realized that I could mix the things that I like about my theater class, and the serious thing, shooting. It was like the theater class except you had to film. I discovered that I could put together a job and something healthy.

Did your receive any advice from the directors? If so, what was it?

No, I tried to create my character myself. Think that Pirata is a boy who lived in the street, but in the 60’s. Maybe the director liked what I did, and didn’t tell me anything about it
What was your filming scheme like? Was it tiring?

There was a time, in July, when we shot really often. For a scene we needed many places. And for that we needed to travel a lot, and that took days. But we filmed more often in Mar del Plata, because we were getting out of time, and everything had to be really clear. It was never tiring. Maybe when you had to wear those shoes with platform, they made your feet really sore. Once we were up all night, form 9 to 7, yet it was really amusing.

What was it like to see yourself on a movie theatre for the first time?

I just couldn’t see myself and I criticized myself in everything I did. I thought every gesture I saw was out of place and shouldn’t be there. And then I thought about it, and I realized that those gestures were quite natural, and helped me to create the character.

What are your hopes for the future?

I wish these opportunities would keep coming to me, and I will look for them too. And also, I will keep studying what’s good for me.

By Tomas Paterno & Santiago Grinberg

Letter from the Editor

In this edition of the What’s Up magazine, we, the students of S3, are going to entertain you with lots of different topics of discussion, such as bullying, meditation, travelling, Ebola, and more. Although these topics aren’t very frequent, it is very interesting to read others’ opinions about issues of our daily life.

This magazine was the result of the hard work of two groups for which we feel very proud. As we started the year and our JT teachers told us about this project, we were not very enthusiastic about it, but when we started making the interviews, the articles and the reporters of the month, we realized how great this project was. And now, watching how it ended we feel extremely proud of what we have accomplished.

We, as editors, wish you all enjoyed our magazine as much as we did and furthermore, feel identified with some of the articles that we have written because in the end, the point was to entertain our readers.

Triny Reynoso
Eduardo Charpentier
usted to be a pilot

We interview Eduardo Charpentier, Caro Charpentier`s father. He used to be a pilot for Aerolineas Argentina, almost for 37 years. Now he is retired but he is working in the A.N.A.C (Administracion Nacional de Aviacion Civil) as an inspector of operations. He loves airplanes and he knows a lot about them.

We wanted to interview him to know which are the most common problems and failures the companies of airlflights had throughout history, especially Aerolineas Argentinas.

What is it like to fly an airplane?

For almost all the persons who chose to fly as a job is something that we enjoy a lot at the same time we do our work. Several people around the world pay to have a plane, so they can fly as a hobby. I am really lucky, that people paid me to fly, because I was a professional pilot, which is the most amazing thing on earth.

What made you love planes?

Really I don’t know. This is one of the mysteries in life, how you decide to be whatever. I guess that initially some books, inspired me, especially one of Pierre Clostermann, called “The Big Show” (Le Grand Cirque). He was a French Air fighter in The Second World War. This book is about all his memories and is really interesting and bitter. I enjoyed it a lot, I read it 4 or 5 times in one year. So, I guess this is the way I decided it.

What would you do on a regular day?
Is it a profession you would recommend to your grand children?

Yes, of course I would recommend it. But, to fly a plane either as a hobby or as a profession, you have to love planes. But if you love it, it is the BEST PROFFESION OF THE WORLD. I am really sure of that.

Where you ever afraid of flying? Why?
Not fear of flying. Maybe I had some stressful flights. As I have been an air force fighter before I became a commercial pilot, maybe I had some fear that time ago, but not so much. It was something exciting and scary.

Which was the most enormous accident in the history of airplanes?

Still today, the most enormous accident is one at Tenerife, Canary Island, Spain in 1977. It was on the ground, and it was a crash between a KLM Boeing 747 and a Pan Am Boeing 747. Considering the amount of deaths, that were around 550 people, it is considered, in my opinion, the biggest accident in the history of planes. It was a mistake, a very complicated mistake.

Do you know anybody who went through that accident and after decided to quit his or her job?

No, really I don’t know anyone that decided to quit his job because of an accident.

How many “small” accidents did you have?

I didn’t have an accident, but I had some problems, not big, with a very small plane. I had a little shock when it landed; the nose of the plane crushed the ground, and then it return to the normal position. I wasn’t so used to that plane, and there was a lot of wind. I brake strongly, and the plane was very light, and it had 2 wheels at the front and one at the back. But it was not such a problem. The propeller was bent, but that was it.

We know that accidents scare people, what can you tell us as regards flying?

The real fact is that the people is scared of flying because they don’t know what the plane is built like, how the system works. If you take into account the statistics, going from your home to the airport in Buenos Aires, by car, is far more dangerous than flying. Because there are millions and millions of flights a day, and nothing happens.

Can you compare Aerolineas Argetinas with other airlines?

Yes, I can. For me the best thing of Aerolineas Argentinas is the very long time without an accident, so, this is a very good record, among airlines in the world. Also, this airline is very worried about the training of the crew and safety of the flights. In this sense it is a very good company, and I am very glad I worked there.
Our Headmaster

Gustavo Halle is the headmaster of St. Mark’s School which means that he is responsible for the whole school and must be someone that represents the institution. This job involves a lot of pressure and stress.

What do you consider the most difficult task to do as the head of the school?
When I got to know what you were going to ask me, this question was the most difficult, because there isn’t only one difficult task. But for example, handling time and deciding which are the most important things that I have to do and when I should do them and whether to spend too much time to something or too little time, that’s the most difficult thing.

When did you start being the headmaster of this school? Did you work in another school before?
Well...I started at St. Marks in 2008. Before I worked since 1983 in many schools. I started being a primary teacher, teaching most of the subjects, such as Social Studies, Maths, Language and Science and when I was in secondary, I taught Philosophy, Psychology and English. After some years of being a teacher, I became the headmaster of primary, later of primary and kindergarten, and finally of the whole school as I am today.

How would you describe your experience at St. Marks?
I like it a lot, I feel happy for doing what I like the most. I feel very happy because I have always felt very comfortable in all the schools that I worked, they have all been very similar to St. Mark’s, they were all private schools but in here it was my first time in which I worked in a school that did not have an owner, it is my first time in a school that has a board that there is not a one person owner. I like it here because I consider it better than an owner.

What is your relationship with your colleagues like?
I have a very nice relationship with the other heads. With the heads of primary, secondary, kindergarten and administration we get together once a week at this same table in my office to discuss about the improvements we can make on the different areas and all the things that are happening at school.

How did you manage to include all the subjects to be represented into the 50th anniversary? How did it work out?
We started planning with Marcella and other teachers last year, we discussed what could be done and in a way that all the subjects were connected. Some decided to do something related to Maths, others with Technology or others with Arts.

Are there going to be other celebrations apart from the one on the 25 of April? Which ones?
Well...there’s going to be a Musical Festival with the band and the choir, a play at the end of the year into which parents, teachers and students are going to take part. We are also planning something for the Sports but it is a surprise.

Trinidad Reynoso, Paloma Casañas & Francesca Tallone
Belén finished school five years ago at St. Mark’s and has been working as a secretary since June last year. She’s friends with both teachers and students. She also studied Communication and Advertising in the Catholic University. Now she’s doing a course on Fashion Marketing in Espacio Buenos Aires and practising the design and making of clothes.

Have you liked your experience at St Mark’s so far?
I love my experience at St Mark’s. It’s a pleasure to come and work every day, not only my colleagues are kind and good companions, but also teachers and students are easy to get along with. Everybody has a human quality that is not easy to find in all jobs.

Do you consider your job here at St. Mark’s temporary?
I guess so! In the near future I would like to find a job related to what I study as I need to grow and get some experience in Communication which is the career I chose.

Which is your dream job and why?
My dream job, nowadays, would be working in the fashion industry. I would love to work in a magazine or in a clothes company in the marketing and communication area.

Why did you study Marketing and publicity?
At first, when I finished school I was going to study medicine, I even enrolled in the State university. But after many comings and goings I got to the conclusion that I doubted a lot and probably I wasn’t taking a good decision, so I took a vocational orientation course. That’s how I decided for communication.

Would you change your career into another direction if you could?
I wouldn’t change my career, but if I had some time in the future I would like to study psychology.

Do you think your internship at TITO GLOBAL TRADE SERVICES (from December 2009 to April 2010) has influenced your life as it is now?
I think that every job will give you some experience on something, no matter if it is related to your career or not. My internship in TITO, was a good experience to show me how business works and the type of personnel management they take. I learned how to deal with other companions and superiors and to work as a team.

What are your plans for the future?
I am not sure of what I am going to do in the future, but I would try to look for a job based on my career and probably start a personal project related to fashion. But I still don’t know, I have plenty to do and study before that.

By Guadalupe Ojeda and Matias Kipperband
The Guardian of St. Mark’s School

Mendoza has worked in this same school for more than 20 years. He knows all our names, he is very kind and some people consider him a symbol of the school.

Trinidad Reynoso, Francesca Tallone & Paloma Casañas

Do you have any hobbies?
-Yes, I do. Most of them I do at home, I love everything that has to do with tinkering, for example, repairing doors, or windows, the lights. I do not play any sports unfortunately but I do play cards.

Do you have children? And grandchildren?
Do you like spending time with your family?
-I have three children, older children, one is 31, another is 29 and the last one is 27. They do not have children, and they still live with me, but of course each of them has their own job. I live spending time with them. We really enjoy it.

What do you do in your free time?
-As I told you before, I like to repair things but also finish my tasks here at school and checking everything is well done.

Tell us about your experience at St. Mark’s, what makes you laugh or makes you sad?
-I am really committed to my job; I love being here and have a very good relationship with the students and also the teachers or the people at school.

How has the school changed from your point of view? Are the people the same as before?
-I’ve been here since 1986, twenty-eight years and a half. I have seen lots of changes. Referring to the structural part of the school, now it is amazing, all the buildings, classrooms, computers, everything is bigger now. Although I am not the one who knows the most about the education system, I truly believe that what has to do with that part of the school, when people graduate from here, they usually have a very good future and they are very well prepared for what life is. I deeply think it is a wonderful school.

Are you planning to leave the school soon? Why?
-I haven’t thought about that, but maybe later, I still have a few more years here!

Thanks you very much for your time, goodbye.
-Goodbye.
Magali Ruiz is the owner of Yo Me Amo, who is a friend of Florencia’s sister, and who has done a very hard work for the progress of her store. We decided to interview her to know her experience in this job.

How did you manage to start the business on your own?

It was a hard decision, but I needed to raise money for my university since my parents refused to pay for private education; so I organized my time to work and asked for a loan to pay for the store.

How do you organize the work with your employees?

I asked some friends of mine if they could help me for some weeks and, after the store was already organized, I would pay them what they deserved. At the beginning, the salaries that I could pay were very low, but in time, business did well and we earned a lot of money.

How do you get all your products?

All my products are produced by a Chilean factory, and each month, the products are brought to Buenos Aires, for us to sell.

What is your opinion about the progress of the store?

I really believe that the progress is shown every day since it has grown a lot in a short period of time, so I am very proud of my team’s work and mine.

How do you organize the business and its publicity?

The publicity of the shop is spread all over Facebook and other sites of Internet, where we publish the new products that are brought from Chile, and we also give to each of the buyers cards with all our data. Yo Me Amo is organized in different sections according to the type of clothes and the season.

Do you ever think about the future of the shop?

Yes, I have thought of it, and I believe that we have an enormous future since many teenagers love buying clothes there and it has grown a lot in the last few months, so in some years, it will grow even more. I have thought about the opening of more branches of “Yo Me Amo”, for the next years. Yo Me Amo has been recommended to all San Isidro.

By Valentina Parodi, Violeta Bonani and Florencia Magan

Hard work WORKS!
Janet: I started teaching when I was 20 years old at a little school (Instituto Renard) in town, where most of the student’s moms and dads were psicologists and were all in the psycology analitic circle. I was studying psycholology too and every now and then kids wouldn’t do what I asked them to do so it took some time getting round them like I wanted. But 2 years later when I was about to leave the school my students asked me to stay so it was a very nice experience.

Matias: How old were you at the time of the dictatorship in Argentina?
J: I was about 20-21 years old and my dad in that moment, worked for a multinational company, Nobleza (tobacco industry), and well what we experienced was our family being in danger because of my dad’s work. My dad was a manager and he would be fetched to work by men with guns. And my sisters and I always looked out of the windows because one of the policemen was very handsome so we would look out of the window to see him but what we didn’t know was that my dad would tell him to wave at us. Oh, and once my dad was nearly kidnapped. And many of those things made us live through a situation which was complicated in different ways, although we did not feel persecuted but we felt that many situations were dangerous for us.

Guadalupe: Have you always lived in Argentina?
J: Um, yes except for one year and a half in which I was 11 and we lived in England. And we went to school there and it was quite a challenge. The only thing I didn’t understand was the counting the money. It has helped me nowadays with my speech in English. It was positive. I also remember one time in which my dad and I lived in Bolivia some time and we had the chance to travel around Bolivia and to know another country with other cultures and it is very nice to get to know more.

M: What would you say was the best trip you’ve ever had?
J: 2 years ago I did a trip with my husband to most of Europe. And we had a very nice time.

G: Could you describe your most precious memory?
J: Well, that trip I just told you about was very important to me.

M: Do you recall the most frightening moment of your life?
J: When the police stopped me and my friends once, I was very afraid and I was like “can you call my mom?” and the policeman told me to be relaxed and he asked us where we were going; and perhaps I knew that we were going a little fast in that car so next time that I went up again that car I knew that it would go slower. But yes, it was a frightening moment to me.

G: Is there anything you regret not doing in your early youth?
J: Not really, I mean, if I had a time machine I would probably go back and change a couple of things but nothing in particular really.

M: And finally, are you happy with how your life turned out to be?
J: Yes, I look to the future, I look forward to all the things I could do.

By Guadalupe Ojeda and Matias Kipperband
**WHAT IS DIABETES?**

*Diabetes is a disease related to the glycaemia and the blood sugar levels. To know more about this, we decided to interview Javier Costa, Jose’s father, who has diabetes and is going to tell us about this illness.*

**How do you deal with diabetes?**

All the time you are thinking about what you are allowed to eat or not. It is necessary to control your glycaemia levels.

**What type of diabetes do you have? What’s the difference between them?**

I am type 2 diabetes. There are 3 different types. Type 1 diabetes is typically diagnosed when you are young, it requires insulin treatment to control blood sugar level. Type 2 diabetes is typically diagnosed when you are adult, it is associated with obesity and it is usually controlled with oral medication. There is a new category called LADA that is diagnosed at middle age, it is treated with oral medication and insulin and is difficult to control.

**What “measures” do you have to take?**

I perform a daily blood glucose test in the morning and I take my prescribed medication.

**How do you get this disease?**

This is a metabolic disease with a mix influence genetic and exogenic in relationship with your diet intake.

**Does this disease influence your everyday life? Why?**

Yes, for sure, you are always worried about your blood sugar level all day long. It is very uncomfortable.

**How do you feel when you can’t eat something that the rest of the people around you can?**

At the beginning I felt upset but then I got used to the situation and I learned how to deal with it.

We feel that is essential to control yourself to be able to overcome this situation, not only with food but also with glycaemia levels. If you follow doctor’s indications, you would be fine.

Josefina Costa & Francisco Valloscuro
Being a healthy person is very important because it prevents many diseases such as, cancer, overweight, high cholesterol, heart diseases, and many others. Tobias has a healthy life in which he does sports. We want to interview him because we feel he is an example to follow because, actually, many people don’t have good habits.

**Do you have a diet? If so, what type of diet do you have?**

No, I don’t follow any diet given by a professional. However I do keep an eye on what I eat every day, making it as healthy and enjoyable as possible. For example, if I had the opportunity of eating at McDonald’s for a complete week, I wouldn’t. I’d go once or twice. If I’m hungry between tea time and dinner I’ll eat some fruit or a Knorr soup. I got used to this kind of snacks and I enjoy them a lot. That’s why this has turned into an ordinary thing, not with the purpose of following a diet.

**What is essential to be fit?**

For acquiring a good physical condition I recommend exercising. You can eat whatever you want as long as you exercise enough. There is no need of doing any special activity; running, making push-ups and crunches every day resulted more than enough for me.

**Can you tell us your regular physical activities during your week?**

Yes I can. I go to Crossfit as many times as my body allows me. When I find myself tired or in some muscular pain, I rest. Before I made the inscription for this place, I practised Boxing and did crunches and push ups every day.

**Do you like having a healthy lifestyle? Why?**

Yes, I do. You feel more energetic and self-confident. Regarding healthy food, I got used to it so I won’t complain when we eat a salad for dinner, that’s why I like a huge variety of different foods, which is favourable. I also have less probability of high cholesterol and heart problems.

**Do you avoid any food? Why?**

No, I don’t. I just avoid eating significant quantities of junk food.

**Why do you think people should have a healthy lifestyle? Why?**

People should have a healthy life in order to avoid cancer, high cholesterol and heart diseases. Moreover, being healthy in terms of body fitness can allow you to greatly enjoy some sport of your preference.

**In the future, would you like to become an athlete? If so, in what sport?**

No, I don’t care about being an athlete. I just enjoy training.

Josefina Costa & Francisco Valloscuoro
A hard working Mother

This has been a very busy time for Cande’s mom, Patricia Kaplis. Apart from being a recognize lawyer, and a caring mother, she is an amazing daughter. She has been taking care of her mother while she was on a hospital trying to fight her disease. We had the chance to interview her during the week to know a little bit more about her situation and her mother.

Which is your job? Do you like it?
I am a lawyer at El tribunal de San Martin. I love my job and I wouldn’t replace it for nothing in the world.

Which were your feelings and thoughts while your mom was at hospital? Was she in very dangerous conditions?
I felt worried during the whole time. I thought that maybe it was a way to treat her disease, but unfortunately there is not. She is now in a very dangerous situation and there is nothing we can do about it.

Do you feel stressed when you return home?
Yes, I always feel stressed, but when I come home I have my beloved family waiting for me, what makes me feel happy at the end of the day.

Does your family and people you help appreciate your work? Why?
Even though they don’t show it to me very often, I know they do. Sometimes without realizing, they do some actions that make me feel as they are really thankful, such as helping with the home cleaning or by smiling most of the time they are with me.

How old were you when you started working? Which was your first job? Did you like it?
I started working when I was 16 years old at a coffee store. I liked it, although I didn’t do it for pleasure, because my family needed the money. Since my mother got sick and my father died, I was the one who took care of my brother.

Do you enjoy spending time with your mother?
Although there are not many things we can do together at the hospital, we try our best to make it easier by playing cards games such as “Chin Chon”.

Were you a good student at school?
Yes. I was one of the best students in my whole school. I earned lots of awards, and what is more, I got a scholarship, which really helped my family’s economy.

As a conclusion, we think that Cande’s mother is an excellent example. What she has done through her whole life shows us that she is a fighter and a kindhearted person, who does everything with a smile.

Candela Marcote and Carola Rezza
MINING IS THE EXTRACTION OF VALUABLE NATURAL MATERIALS FROM EARTH, USUALLY WITH AN ECONOMIC INTEREST. THE MINING BUSINESS IS KNOWN TO HAVE CAUSED MAJOR POLLUTION IN EVERY AREA WHERE IT HAS BEEN HELD. THEY FOCUS ON THE EXTRACTION OF PRIMARY ALUMINUM, LEAD, COPPER, ZINC, SILVER AND WHAT THEY ALL WANT THE MOST, GOLD.

LET’S ASK HIM SOME QUESTIONS

How did you feel encouraged to get into the mining business? How did you get prepared?

I always wanted this since I was a child, my father was always encouraging me with engineering stuff and the importance and value of geographical materials. I got prepared studying electrical engineering, experience and lots of courses on natural and environmental engineering.

Which was the first company you worked for?

My first job in the mining business was at a gold extraction mine administrated by the company Barrick Gold.
What did you do there?

My job was kind of a monitor. I was told about every process there and I supervised them and gave indications to the other workers. Then I had to make a full report to my boss, which was another monitor for monitors. As you can see, these are very big organizations.

What was the company focused on?

Barrick Gold is one of the biggest gold extractors mines industries, they are worth a billion capital. They just want to extract gold with the smallest investing possible.

What does barrick gold do with the resources extracted?

With the gold extracted, Barrick Gold owns another company that melts and cleans it and turns it into bricks that can then be industrialized and transported more easily. Remember that one liter of gold (about a big bottle of water) weights more than the metals we know, and a bar ready to industrialize weights around 12 kg. That’s why when you see in movies a robber carrying a full bag of gold bars, you must know that it is fake, because no one can carry that weight.

What do buyers use the bricks barrick gold produces for?

Buyers are usually jewelry companies and companies that produce fancy objects such as watches or house decoration objects. In the last decade, plane companies such as Airbus or Boeing or Rolls Royce for jet engines have been buying melted gold to produce wire. Gold is the hardest metal, and it is so pure that its electrons are so together with one another that they conduct electricity faster than any other metal, plus they do not get burnt. That is why, for a machine that can’t fail as a plane, gold is the best option.

How does the company perform extractions?

Barrick Gold uses dynamite and other explosives to make controllable explosions and blow up stone. Like this they make their way into the mountain or ground itself and scan for gold. When they find it, it is very carefully extracted and the area is cleaned. Magnets are used to get every single piece from the floor.

And finally, why did you stop working there? What happened?

I stopped working there because of a personal decision. The environmental problems mining has caused were starting to bother me and I felt responsible of all the people whose water and air was contaminated. And then I realized that it is not their water or their air that we are dealing with. It is ours, it belongs to all of us. Apart from that, Barrick Gold was starting to move away from the country and I was going to have to leave soon. Now I am very happy for devoting to education and transmitting all my knowledge.

Tobías Lewinson and Felix Cibils
On June 13, the choir interhouse took place. It is an event in which all secondary and primary students can participate and join their houses (red, blue, green and yellow) to sing or play an instrument. They all participate but the older students are in charge of controlling and leading the groups by choosing the song they will perform and organizing the team. Each color had to perform three different songs: one in which only some students sang solos; another, only with instruments and the last one which all the students sang together directed by the team leader.

The green team was the first one and sang “Have it All” as their solo song. They continued with an instrumental song called “Shipping out of Boston” and at the end they all performed “Top of the world”.

The Red team came second and started with the solo song “Somewhere only we know”. Secondly, they played “2112 rush” and finally all the students sang together “It’s time”.

Band of the read panthers playing “2112 rush”

Band of the green team playing “shipping out of Boston”
Yellow was the third one to sing and began with “Dynamite”. They continued with an instrumental song called “Repitie” and finally, all together they sang “Rather be”.

Blue was the last and started with “Pumpes up Kicks” as their solo song, continued with “Clocks” (band song) and finished by singing “Don’t you worry child” all together.

After all the houses had sang the judges counted the points that each team had won. In the meantime, the members of their choir sang some songs to entertain the public. Finally the judges announced that the results were this:

<table>
<thead>
<tr>
<th>Position</th>
<th>Team</th>
</tr>
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<tbody>
<tr>
<td>1st</td>
<td>Blue</td>
</tr>
<tr>
<td>2nd</td>
<td>Yellow</td>
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<tr>
<td>3rd</td>
<td>Green</td>
</tr>
<tr>
<td>4th</td>
<td>Red</td>
</tr>
</tbody>
</table>

No matter who won and who did not, this event was very nice to see and everyone enjoyed it a lot. It is great to see how students can show their artistic talents every year with this competition while they work even harder for their academic area during the year.

We hope that people enjoyed it as much as we did and that every year more students will participate and more people will attend to the competition.
Spring Break!

In September we had the Spring break! It took place between the 14th and 20th of September. We decided to investigate what we, the class did in these holidays. A lot of people stayed relaxing here yet some went to new and interesting places.

We asked our classmates. Half the class went to different and awesome places while the other half stayed home. Later, we also asked them what they had done here or there.

The places where our friends went:
• Buzios: It’s a place in Rio de Janeiro, Brazil. It’s a well-known touristic place worldwide but specially to Brazilians and Argentinians. It has a lot of nature and the beaches have clear water. It is a very beautiful place. Our classmate who went there had a great time at the beach!
• North of Argentina: It’s a very touristic part because of the culture of native Americans. There you learn a lot about the culture of Quechuas and other tribes.
• Calafate: It’s a touristic place because of the “Parque Nacional Los Glaciares” which have well known glaciers such as Perito Moreno or Upsala. Also, you can go to some caves where the first humans painted and learn about the Mapuche’s culture.
• Santiago de Chile: As the name tells us it is the capital city of Chile. It is 3 hours from the beaches which are very beautiful yet cold. Our classmate that went there was really happy!
• Mexico: Tourism in Mexico varies a lot. You have some important beaches as Cancun or Acapulco. Also you have the Mesoamericans ruins. Most of them being Mayan, Aztec or Olmec. Moreover, you have the Spanish conquestd historic places which are other touristic places.
• Canada: It is a place where a lot of people go because of the beautiful scenery.
• Barcelona: It’s a very interesting place because of the variety of things you can do. You can go to Roman ruins, medieval places, architectonical places and visit other interesting places.
• USA: United States of America is a place where a lot of people go. Why? Because It’s very interesting. It has beautiful places, cosmopolitan cities, huge amusement parks and so much more. Our friend who was there said it was a great place!

However, a lot of people stayed at home. These people had a week for relaxing from studying and other things that stress them. People who stayed here did some interesting things like going to the theater, cinema or the river. They also met their friends and had some good time with them without having to think about things that have to do at school.

All in all, this small vacation was the best! We had an excellent time in our houses or away as well as with people we love such as our friends or family, which was really awesome!

Tamara Canillas and Agustin Premoli
On September 18th, six students in their last year of school presented the orientations to the students in 3rd. These 6 students spoke about the differences between Humanities and Biology. The ones of Biology told us that they often go to the lab where they experiment with animals and different substances, while the ones in Humanities told us that they had not been to the lab since they were in 3rd and they also mentioned that we were going to think a lot more of possibilities to solve some questions than in Biology.

In Biology the solution to all the problems is exact and you can get to one solution but in Humanities you can see the solution to the problem from different sides, and that is why you think a little bit more.

Teachers also presented their different subjects to us. Alfredo Barletta presented Administration on September 24th, when he made us think, with some exercises, the situations in administration and the things we would do in the following years with him. One week later Lila Martinez also explained to us what we were going to do in her subject, and she gave us an example that said this. “If woman works at home cleaning the house, why, in the cleaning product Mr. Muscles is there a man?” After asking us to think about it, we started discussing the idea.

Both Lila’s and Alfredo’s talk made us think a lot about what we are going to do in the future so I suggest that in every presentation of the subject, they should make the kids work to make them think about the subject and the orientation they may choose...

Benjamín Marples
Every year, St. Mark’s students, organize a parade to collect money for “Un techo para mi pais”. After interviewing Senior 6 students, we were able to get to know all about the details of this exciting and frustrating moment.

First, the whole group was separated into several sub-groups, which had different tasks.

One of the groups had to look for a day. For that, they needed to talk with administration and arrange a day where there aren’t religious holidays, or in the middle of vacations, and to be sure they had time for a back-up plan if money wasn’t enough.

Later, another group, looked for the different brands of clothes, shoes, purses, but this year they had an advantage, Martina Stoessel is part of this year’s group, so she was able to get many excellent brands. The members of this group went to shops that had already participated, and asked them if they wanted their clothes to be part of the parade.

The theme of the parade was very important, it had to be attractive and at the same time, catch people’s attention. This year’s theme was the Cirque, which had been thought and prepared by another group.

An other group had the task of selling brands so they could prepare the booklet of the show and later put it in every seat. For this, Veronica Zar, one of the student’s mother, helped since she is a graphic designer.

Also, some girls prepared a show, where they were all wearing the same dancing costume but in different colors, which was very organized and very impressive.

Luckily, they were able to collect all the money they needed: the parade was excellent and the experience of “Un techo para mi pais” was unique, they could meet their goals, and at the same time they had a very special moment.
Trip to Puerto Iguazu

One of the most exciting things that we, Senior 3 students, experienced this year was our trip to Cataratas del Iguazú, in the province of Misiones. It is surely one of the most treasurable experiences we have had over all of our time at school.

Even if the expectations were incredibly high, because of the amount positive reviews we were given from our teachers, it surely surpassed our expectations. The wildlife of the province of Misiones is amazing to experience, and I personally would have never imagined it like that. The diversity of animals and plants you can encounter there is certainly impressive, as if the waterfalls weren’t impressive enough. There is a road, which is called Paseo Macuco, in which you can even see monkeys or yaguars.

It is incredible to see the giant masses of water falling off cliffs, and it does make you feel unbearably small. Therefore they are known as one of the biggest natural wonders in the world.

During our trip, we also visited the semi-precious metal mine in Wanda, about two hours away from Puerto Iguazú. We got there to experience one of the most important mines in Argentina, and even if the area we were allowed into was restricted, we were able to get the taste of what is like being in a mine.

The best of it all is that the place is not being mistreated of polluted at all, given that they have set up restricted areas and have a fine system for garbage produced by tourists. Because of that, the waterfalls will hopefully be visited by future generations.

Tomas Marzoratti, Tomas Paterno and Violeta Okretic
St. Marks is a school which was created in 1964 by several families which did not have a school nearby where they lived, so they created a school where their children could study. Originally, the school used trains, because they were cheaper than normal classrooms.

This year, 2014, the school is 50 years old, so the school said that this anniversary is very important for the history of the school. They wanted to commemorate the school by organizing several celebrations during this month, April.

First, the school organized a reunion at the soccer field where all the students of the school met together. Some of them read poems and other sang at the orchestra of the school. There were also parents and also a band called Patricios which played classical music with drums and trumpets. Finally, Posse, the Major of San Isidro, shook hands with Hale, the school headmaster, and also gave him the San Isidro’s flag. Not only were there former students, students and parents, but also the parents who created the school. I think that what they did this month was a very noble thing to do because we commemorated all the hard work of the parents that wanted their children to have a better education.

You can check this sources!!
Nowadays it is more common for teens get into drug addictions, but they don’t know what problems may arise.

Why do they do these things?

As regards ours research, teens might get involved in drugs because of depression, which can as well be caused by low self-esteem or the feeling that they do not fit in society so they have to do certain things, with which they might not feel comfortable or they would prefer not doing, just to belong to some group. Another cause may be a family history of substance use disorders, for example, if two brothers have a father who is alcoholic, there is a possibility that one of the two sons might get involved into a substance disorder.

Warning signs:

Some of the symptoms that an alcoholic or drug addict can present are the following:

Physical: fatigue, repeated health complains, red and glazed eyes, lasting cough

Emotional: change in personality, sudden mood change, irritability, irresponsible behaviour, low self-esteem, depression, general lack of interest.

Family: starting argument for no reason, breaking rules, withdrawing from the family and rebel themselves.

School: decrease interest, negative attitude, drop in grades, many absences, and discipline problems.

Social problems: new friends who are less interested in standard homes and school activities, problems with the law, changes to less conventional stiles in dress and music.

The great risk of consuming

Alcohol and Drugs can also cause health problems such as anaemia, which can cause fatigue and shortness of breath; cardiovascular disease that can lead into a heart attack; dementia and depression as well as high blood pressure, nerve damage and infectious disease. However, one of the most risky health problem is Parkinson because the cells of your brain are being destroyed by the drugs, which is a very extreme point. There is also another risky health problem which is Cirrhosis that cause the destroy of the liver.

Trinidad Reynoso, Joaquin Valerga & Francesca Tallone
The truth about Game Addictions

Pc Games addiction consists of an unusual amount of time playing a game in front of the electronic device. This addiction commonly affects kids’ interaction with others, so the addictive kids are normally unsocial people. Normally the kids or grown-ups who play these games turn into very aggressive persons and they might get very shy.

Symptoms:
1. The first symptom consists in worrying for the game when you are not near it. The kid or teen that has this sensation might turn irritable or distracted.
2. The second one consists of uncontrolled time playing this game. The addicted one might say he or she will play 15 or 20 minutes but then these few minutes turn into several hours.
3. The third symptom might affect their social life with their family and friends, and it might affect his or her studies and if they don’t study they will not promote.
4. When you ask him about how much time he spends playing this games the kid might turn into a defensive person.

Ways to avoid a Video and Computer Games Addiction:
1. Have prepared what to do when you come back from school or work depending your age.
2. The complete this first idea you have to make a list with the things you like, and you have to do, apart from playing video or computer games.
3. Complete this list every day life crossing out the things you have completed during the day. Make the list for a rainy day and another for a sunny day so you can avoid playing the game.
4. Play for a certain time and tell your friends who you are playing with that you are going to leave the game because you are going to the gym and in this way you might help others to avoid the same addiction that you have.
5. Try to do sports like going to run with your pet or alone, to play rugby, football, basketball or tennis.
6. Try to play a single player game rather than an online game. Playing a single player game eliminates the social aspect of an online game which may keep you playing for a long time.

Benjamin Marples and Santiago Rodriguez

If you want rather information check this websites:
http://www.wikihow.com/Avoid-Video-Game-Addiction
http://www.video-game-addiction.org/symptoms-computer-addiction-teens.html:
5 tips on how to study

Studying may be one of the biggest struggles for teenagers, it can not only cause sleeping problems but also affect your personality. There are several tips that are acknowledged worldwide to improve the way you can study and get the marks you need.

Let us begin with the tips:

1) Pick place and Time
You may have your preferences of where and at what time to study. We know that place and time affect the way people study. So, to have an ideal study time you must be comfortable, being in the place you want, at the time you want. So, remember not to leave study for the last hour of the night, because that lowers the study level.

2) Plan your Study
Usually, planning improves the way in you can study. To begin with, a studying session you must choose the topics you have to study and then pick a time for each subject. In this way, you can develop the way you can read, interpret and create logical links between the subjects. By planning your study you will save time and learn more things.

3) Memory Tricks
Mnemonics is a very good trick to study. To use this memory tricks, you must select a word o words and give them a meaning related to them. For example, you can relate in some way a Biology topic with your cat, so when you think of your cat, you will remember all the topic you had related to it. Mnemonics are particulary useful in subjects like Biology, Chemistry or History, where names, figures, facts need to be learnt by heart.

4) Mindmapping
Mindmapping is also a very good technique to study, because relating all topics into a web makes it easier to remember, not only the topic itself, but also the relation between the topics. To mindmap, you must select all the topics which have a relationship between them, and then select a main topic for the web, then you must relate all the topics to that main idea. In this way, you will estiamulate your lateral thinking and makes you remember the information on a visual manner.

5) Note Taking
This is the most important tip. While you are in class you must take notes of what the teacher says in every moment, because any extra information can be useful when you need to study at home. To be a good notetaker, you must pay a lot of attention in class, and select the extra information you think it may be useful at the time to study. You might think it not, but note taking will make your studying at home easier, because paying so much attention in class will make you learn most of the things you have to study.

Tamara Canillas and Thiago Kovnat

Read more about it...
http://www.educationworld.com/a_curr/top_five_tips_for_improving_student_study_skills.shtml
http://www.academictips.org/acad/
http://psychcentral.com/lib/top-10-most-effective-study-habits/000599/2
http://www.sess.ie/dyslexia-section/study-tips-and-mind-maps
Suffering bullying or being a buller

Bullying is described as aggressive behaviour that is typically repeated over time. It is meant to cause harm, fear or distress or create a negative environment at school for another person. Bullying occurs in a situation in which there is a real or perceived power imbalance.

How can you realize if your child is being bullied?
If your kid is being bullied he probably won’t come to you and directly tell you his problem. Instead, he is going to manifest himself by doing other things, such as:

- Unexplainable injuries.
- Lost or destroyed clothing, books, electronics or jewelry.
- Frequent headaches or stomach aches, feeling sick or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness or decreased self esteem.
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.

If my child comes to me and tells me he is being bullied, what is the best thing to do?
In that situation the best thing to do is to let your child talk about it. Some parents make the assumption that their kid has done something to bring on the teasing. Teasing isn’t always logical, and for your kid it doesn’t matter why—it just matters that it’s happening. Listen in a non-judgmental way about your child and about the teaser. Let your kid do the talking. Don’t try to solve the problem. Ask, “What happened? How did that make you feel?” to draw your child out. And try to find out more about the kid who’s doing the teasing.

Not only can your child be bullied, but also it can be a buller.

- You can realize this by the following tips:
- Get into physical or verbal fights.

If my child comes to me and tells me he is being bullied, what is the best thing to do?
• Have friends who bully others.
• Are increasingly aggressive.
• Get sent to the principal’s office or to detention frequently.
• Have unexplained extra money or new belongings.
• Blame others for their problems.
• Don’t accept responsibility for their actions.
• Are competitive and worry about their reputation or popularity.

How can I help a child to stop bullying others?
Kids bully for many reasons. Some bully because they feel insecure. So, if you realise that your own son is bullying, let him know that bullying is unacceptable and that there will be serious consequences at home, school, and in the community if it continues.

Try to understand the reasons behind your child’s behavior. In some cases, kids bully because they have trouble managing strong emotions like anger, frustration, or insecurity. In other cases, kids haven’t learned cooperative ways to work out conflicts and understand differences.

Veronica Seward and Violeta Okretic

SOURCES:
http://bullyingsinfronteras.blogspot.com.ar/

What to do if a classmate bullies:
Sometimes middle school life can be hard. Some of your friends or classmates could turn out to be bullies. In that case my best advice would be to ask for help, either to your teacher, or your mom, as well as, the headmistress or your father. You could also try and talk to your friend and make him understand what is good and what is bad.

Examples of bullying and reasons of it
THE TRIP OF YOUR LIFE
The new trend for young adults, traveling the world.

In the last few years, students who finish school, leaving home behind and ignoring life, have travelled the world without anything except their bags.

This new initiative has been the goal of most teens since 1993 when a young man, after finishing University, left his life behind and spent two years alone travelling to Alaska where he finally died of starvation. This story of Chris McCandless has had a great impact on young people. From this story a book was made and later on, in 2007 the movie “Into the Wild” was released which deals with this fascinating topic.

What does travelling alone through the world really mean? All teens may think that it is easy and that they would feel free of responsibilities. However, there are some issues that you should take into account. First of all, the way in which you are going to travel, maybe instead of walking and only having a bag you may prefer travelling by car if you want to make a big distance. A car may also be a risk because it consumes a lot of money on gas and so you should work more to keep it because you need to support not only yourself but also the car.

Although there are some risks, you should take this one in a life time experience. You are going to have adventures that will change your way of perceiving the world, situations that you would never have in your everyday life. You will meet people from different cultures and origins with which you might create new relationships.

To sum up, this trip is something that you should do. However you should be aware of what you are doing or else it can be dangerous. You may enjoy it more with friends or a couple, but if you do it alone it may be a trip in which you may find yourself, your identity.

Trinidad Reynoso, Francesca Tallone & Joaquin Valerga
TRAVELLING

CAROLINA CHAR-PENTIER TRAVELLS A LOT AND SHARES HER EXPERIENCES WITH US.

Which places of the ones you visited you like most?

The city I like most is New York because I like the museums, buildings and I also enjoy going out at night and seeing the landscape full of lights a lot. Another city I like a lot is Barcelona because I enjoy watching the architecture, parks and buildings.

Why do you travel so much?

I travel so much not only because I like it but also, because my father likes airplanes a lot so he works as a pilot and I received free tickets to travel to many different places.

Why do you travel so often to Miami?

Actually, Aerolineas Argentinas usually goes to Miami and from there I travel to an island called ‘‘Marco Is-

Do you like communicating with different people on your trips?

I don’t like communicating with other people because I get intimidated by them, that’s why I prefer not to communicate with them so much.

What do you like most about travelling? Why?

I think, getting to know different cultures in other cities or countries. Moreover, I enjoy landscapes.

Do you like travelling in the cabin with your father?

I love it. It’s magical, even looking at the cabin and how people work there and how difficult it seems to be.

Do you enjoy your trips?

I enjoy my trips a lot because I love my family and being with them, and they seldom have any type of quarrels while we are on a trip.

Delfina Olivero and Violeta Okretic

Carolina in one of her trips to Misiones

NEW YORK, one of Caro’s favorite places

Barcelona, one of Caro’s favorite places

New York, one of Caro’s favorite places

Carolina Charpentier travels a lot and shares her experiences with us.
Eating disorders

Eating disorders are conditions that cause a person to spend most of their waking hours thinking and obsessing about food, weight, calories, and/or body image. These obsessions may cause them to binge eat (obesity), starve themselves (anorexia), or binge and purge (bulimia).

What is obesity?

Obesity is a lot of body fat accumulated in someone’s body, usually, the fat, covers the 20% or more over an individual body. Obesity is associated with increased risk of illness, disability, and death.

Why do people become overweight?

People can become overweight because of many reasons, the most common ones are: lack of sleep, pregnancy, emotional factors, medicines, genes and family history, an inactive lifestyle, lack of energy balance.

What is anorexia?

People who suffer anorexia, are scared about gaining weight, what is more, they have a distorted view of how their body really is, and they see their selves fat. Many teens with anorexia restrict their food intake by dieting, fasting, or excessive exercise. They hardly eat at all.

What is bulimia?

Bulimia is similar to anorexia. The difference is that bulimics eat in excess but then they feel guilty about what they have eaten, so they try to get reed of it such as forced vomiting or excessive exercise, to prevent weight gain. Over time, these steps can be dangerous — both physically and emotionally. They can also lead to compulsive behaviors (ones that are hard to stop).

Why do people become anorexic or bulimic?

There are many theories as to why and how people become anorexic or bulimic. Some believe that anorexia and bulimia are psychological problems in which the person has lack of self control. Sometimes when a person feels they have no control over their situation(s) (maybe school, family, work, etc.), they transfer the need for control into control over their body.

Carola Rezza
Mara is a sport psychologist who is now working with Boca Juniors Team. She also worked with tennis and rugby players, she went to many places all around the world to do her job and if that was not possible she contacted the players by Skype or phone.

What do you enjoy about your job the most?
Well, my job is wonderful in many aspects but the what I enjoy the most is seeing the players happy and satisfied with themselves and their work once I have helped them.

Why did you decide to work at this?
I have been a psychologist for 15 years now, and it was 5 years ago when my husband, who is a rugby player, told me about all the stress and emotional stuff that the players experienced when their careers were getting more serious. This inspired me to direct my work to the sports area; so a month later I started studying until I was ready to work as a sports psychologist.

Which was the most difficult moment in your career?
The most difficult moment I had to go through in this career was when I applied to work in a club near my house before I started working with Boca Juniors. When I got to the club I thought that the owners of the club were going to ask for my curriculum and then decide if they were going to hire me or not, but instead they assigned me a fo-
What's Up? 2014

football player with serious emotional problems and I had a month to try and help him. In this month they saw what I was capable of and then hired me for the job. This was a very stressful moment because I had a lot of pressure and it was the first time that I was applying for a job as a sport psychologist.

Do you prefer working with tennis, rugby or football players? Why?
In my personal case, in consider working with rugby players more interesting because it is more challenging for many reasons. To begin with, rugby players often have a lot of team problems and a lot of anger kept inside themselves and it is very hard to make them speak about it. I also prefer rugby players because they remind me of my husband and by helping them I can improve my relationship with him.

What do you do so that the problems of the players don’t get involved in your personal life?
To keep the players problems separated from my personal life, I generally wash my hands after talking to each one and in that way, I get rid of all that sensations and problems. Moreover, I have to take a bath at least once everyday or else I feel as if I am carrying all the things that I had to listen to throughout the whole day.

Are you proud of what you have done already? Why?
I am certainly very proud of my success up to now because I know that I have helped a great amount of players from many clubs and even some that live outside the country that contacted me by telephone or Skype. Knowing that people have resolved their problems because of me, makes me feel not only proud because of my talent, but also happy, because they can live a much better life without those problems.

Which are your expectations for the future?
What I have planned for the future is try to keep working hard and improve everyday; continue doing my job with joy and enthusiasm and if I am lucky maybe one day try to apply for the rugby world cup. Wish me luck!

Trini Reynoso, Francesca Tallone & Paloma Casañas
Villalba, the new HOPE

Daniel Villalba plays at River Plate. He was one of the best players last season. He is a 21-year-old Argentinean who has two kids. He was born on 6th of July 1992 in Caá Catí, Corrientes, Argentina. He’s 1.55m tall and his playing position is Forward.

Which goal was your favorite in your career?  
Well I don’t know which goal was the one I liked the most because I like all of them but if I have to choose one I will choose the one vs. Lanus in the last tournament, which we won. I liked that one because it was a very exiting one because it was one match before Boca.

How did you feel when River won the championship?  
I felt great, it is an experience that I’m not going to forget because all the fans were celebrating and I have never seen something like that in my 8 years in River.

Which is the team in which you would like to be? Do you think this club would be interested in you and why?  
Honestly, I would like to be in an English team because in my opinion those clubs are the best ones. Well I really don’t know if an English team will want me as a player but I wish this happened.

Would you play for River next season? Why?  
I’m not going to play for River Plate next season but I want to. I can’t because I have a contract with Veracruz from Mexico.

Who is the player in River who you trust the most? Why?  
I like Cavenaghi as a player and as a person because he has the qualities of someone that plays everywhere, so I can say that he is the one who I trust the most.

Which was your favorite match this season in which you think you played better? Why do you think it was that one?  
I think that in the match I played better was against Lanus because I made a goal pass to Cavenaghi and an incredible goal.

What do you think about the transition tournament?  
I honestly like the transition tournament because it is good for the players so they can practise for the next season. I think Grondona (rest in peace) made a good choice making this tournament.

Well thank you.

No, thank you.

From: Benjamin Marples
American Football

When did American Football start?
American Football started in the United States in 1869. This sport is originated from Rugby Football. The ball measures one foot, that is why it is called football.

Walter Camp, “Father of American Football”
Walter Camp set a couple of rules in the last 50 years. He establishes the snap, eleven player teams and the concept of downs, and afterwards, changes in American Football legalized the forward pass, the neutral zone and the shape and length of the ball.

Why is it considered an enjoyable sport?
American football is one of the most enjoyable and exciting sports in many countries, mainly in The United States. For example, USA has a league called NFL, which is the most important events for football fans. Although one of the teams who reached the final of the Super Bowl loses, fans congratulate them for playing the final. Each team has some remarkable supporters who dress up like they want.

Nowadays set of rules
As usual, American football is a sport played by two teams of eleven players on each side playing on the football field, which is 120 yards long with one goalpost in every end. Players must advance ten yards to keep on having the ball, while attacking. If the attacking team has four downs, they must give the ball to the opposite team and defend their goal, because if they get to their goal, it is a Touchdown.

What is the Super Bowl?
The Super Bowl is the main event of the year for huge fans because it is the final match of the championship of the league NFL. It is always played on the first Sunday of February, every year. The trophy which can be won by any team is called Vince Lombardi.

Guido Fernandez and Agustín Algranti
Joaquín Ibañes Carreiras and his experience at Norte Sur

Joaquín is a first year student at Secondary school. He participated in Norte Sur tournament, which is a very important rugby competition in which the best senior one rugby players play a match between them, North schools and South schools.

How long have you been at St Mark’s?
8 years.

How did you feel on your first day at Secondary school?
I felt like a baby, I was really nervous.

Which are the main differences between primary and secondary school in your opinion?
You must be a lot more independent and also that last year I was the eldest one and now I am the youngest one.

What is the Norte Sur tournament?
It is a match between northern schools against southern schools in which one student of first year of each school participate.

What was your experience like?
I had fun playing rugby, that is what I liked the most and I had a great experience training with the other students because it was like training in a professional rugby team.

How did you feel representing your school in this tournament?
I felt proud of myself, I think that describes it all.

What do you like the most about playing rugby?
The contact, the fact that you can smash with the other player and run with the ball as fast as you can without being criticized by anyone.

What can you tell me about the other participants? Did you make any friends?
I met some students there and I made friends with many of them.

Thank you for answer all my questions, I hope you continue playing rugby like that.
The Main Positions and submissions

When performing fight, there are several positions which can be both defensive or not. The most usual one, and also known as the “base” or “initial” position that every fighter tries to get to is to the full guard. The submissions I will present do not require the use of a Kimono, because they are basic.

The full guard consists on taking control of the adversary so you can work con his arms and neck without the risk of an escape. This is an easy position, and it is what

FACTS

Jiu-Jitsu is a contact combat martial arts sport, which originates from Judo ground fighting. As its founding father it is considered to be Carlos Gracie, Brazilian. He adapted the teachings of Mitsuyo Maeda (Born in Japan, died in Brazil), a judo expert onto the modern Jiu-Jitsu, known as Brazilian Jiu-Jitsu.

A succeeded technique is called a submission. When the submission is performed and the victim is in pain or choked, he must make signs of his status by tapping the floor, or the opponent’s body or shouting. When this occurs, the perpetrator has “won by submission” and the victim has “tapped out”.

By definition, Jiu-Jitsu is one of the various martial arts, considered a “soft” sport. Why? This sport does not apply any kind of punch, kick or fundamental need of force; therefore, technics are applied on all human limbs in the exact point with a minimal need of force. This is when human anatomy takes place, because every technique causes uncontrollable pain and makes the adversary “tap out”.

The Full Guard

consists on taking control of the adversary so you can work con his arms and neck without the risk of an escape. This is an easy position, and it is what
every fighter tries to accomplish at the beginning of the fight. As well as giving you position and angle for many submissions, it also gives you time to think and plan the following move. However, you must be very careful and never let his arms go: with his arms freed, he might open your legs and perform a transition. Transitions consist on changing position to a more favourable one. In this case, the fighter inside the guard can get to a side mount. From the side mount he would have many more available techniques to apply in addition of making a big pressure on your chest.

**Kimura from the guard.** As mentioned before, the full guard helps you to accomplish many submissions with the arms. The Kimura is a very common and easy one. You just have to secure one of this wrists, then cross your other arm by outside his elbow and then get you own wrist. Like this you just pull up and you will be performing a perfect and painful Kimura. This basic submission can be done without a Kimono, so it is very usually applied in Mixed Martial Arts.

**Americana from side mount.** As I said before, side mount is a position from which you get by a transition from being inside a full guard. From the side mount, one of the various available submissions is the Americana, generating a big pressure on the shoulder with practically no force at all. You just have to get his wrist, take your other hand through under his arm making an “S” movement, and then secure your own wrist and pull with your second arm upwards. You will get a fast and clean win by submission.

**Triangle choke from guard.** Triangle is the most efficient choke that you could make. From the guard position, taking advantage on one opponent’s mistake you can perform a choke with your legs, that will make him pass away if you don’t let go on time. Just secure one hand, make suere you got the other one between your other leg and his neck, put that foot under your knee, close and press. In less than 10 seconds he is our, in less than a minute you would have killed the man due to lack of oxygen.
Drugs and music stereotype

Electronic music festivals or alternative music festivals are a common place to buy a drug called ecstasy or also known as “Molly”.

It produces a reduction in anxiety and seems to turn your world into slow motion for a while. The consumption of this drug produces depression that takes people to keep consuming it because they think that it is a way to stop feeling depressed, this means, that by taking the drug they would start to feel joyful again but what they do not know is that, pill by pill, depression increases.

Some after physiological effects could be:
- Dizziness, lightheadedness, or vertigo.
- Insomnia.
- Aches and pain by high physical activities.

This drug is mostly bought by people on young ages, between 12 and 17. Molly is often taken at electronic music parties as capsules or powder.

Reggae music is strongly vinculated to a drug called weed.

When people think about reggae music they usually think about marijuana (also called weed) and rastafaries. Weed is a plant whose leaves are being dried and then smoked. It increases your heart rate, increases your blood pressure, turns your eyes red, dries your mouth, slows your reaction time and increases appetite. Some long term effects can be the sensory distortion, panic, anxiety and poor coordination of movements.

Bob Marley is known as a man who took in weed

To conclude, there were many famous artists that seemed to make this stereotype of a serious link between drugs and music such as; Kurt Cobain, Bob Marley, Rey Charles, between other great musicians.
Online playlists affecting our mood

Studies carried out in the University Of Missouri have revealed that music with upper beats can change moods.

Music changes our mood from happiness to sadness within minutes or instantaneously. There is a therapy carried out by the American Music Therapy Association that was defined as “the clinical and evidence-based use of music interventions to accomplish individualized goals.” Music therapists use music with all of its facets such as: physical, emotional, mental, social, aesthetic and spiritual to make clients improve their physical and mental health. There is wide qualitative and quantitative research literature basis and it incorporates clinical therapy, psychotherapy, biomusicology, musical acoustics, music theory, psychoacoustics, embodied music cognition, aesthetics of music, sensory integration, and comparative musicology.

Grooveshark is a web page in which everyone can upload their music. There are between 100 and 110 million songs a month. There are also playlists for every mood.

A soothing tune can remove stress by relaxing your muscles as well as lowering your breathing rate. A study shows that listening to music while lifting is a great way of distraction, it makes you want to move.

Some songs put people on their zone. This means, that we associate songs with good or bad memories to make you feel as if you were there again. Music makes you escape from your present mood making you feel what the musician felt in that moment.

Deezer is an alternative site for Spotify in which there are premade play lists.

Tiago Aragona & Violeta Okretic
Liam James Payne was born on August 20th in Wolverhampton, United Kingdom. He was born dead for 2 minutes but doctors reanimated him. The reason was that he had one kidney which didn't work at all. Because of his health conditions he had 32 injections during the day and night till he was 5.

During his secondary school he was bullied, because of this he was made to learn boxing for self-defense. He was rejected by the same girl 22 times and nobody attended his 16-Birthday party.

On 2008 Liam auditioned for The X Factor and made it to the end, but Simon Cowell eliminated him because he thought Liam was too young. Some years later, in 2010, he auditioned again with the song “Cry Me a River”, inspired on the girl that rejected him 22 times. He didn't make it far this time, but Simon Cowell thought he was too talented to let go, so instead he formed a band with another four talented boys that also were eliminated. The band called “One Direction” (Zayn Malik, Harry Styles, Louis Tomlinson, Niall Horan and Liam Payne) made it all the way till the finals, when they were eliminated and got a 3rd place.

Simon Cowell knew they had potential, and he didn’t want them to be thrown to the trash, so he got them to sign a contract with Sysco Music for the boys.

Nowadays they are one of the biggest boy band in the world and they are about to release their fourth album called “Four”.

Liam Payne, nowadays, can be said to be a fine and healthy and, he is very happy with his girlfriend, Sophia.

Candela Marcote
Gonzalo Giachetti:
His experience at Lollapalooza

- WHICH WAS YOUR INSPIRATION FOR MUSIC?

“What inspired me the most might be that my father was always listening to music at home, in the car, everywhere. Although it was not the music I actually listen to, I think it was a very significant influence. I also see music as a way of expressing my thoughts and as a hobby too.”

- WHY DID YOU FEEL INTERESTED IN PLAYING THE BASS GUITAR?

“Principally, I believe that the fact that inspired me the most was that I listened once to a Red Hot Chili Peppers’ song, and the bass line was so good that I immediately decided that I wanted to play it. I also felt that the bass is an instrument that is very underrated, when it is actually very important.”

- HAVE YOU PLAYED IN A BAND? HAVE YOU EVER PLAYED ANOTHER INSTRUMENT AS A MEMBER?

“Yes, I played once in a band with my friends and I had a great time. We got to play at the school’s hall.

I didn’t play any other instrument other than the bass. I do know how to play the guitar, but only for fun, meaning I have never played it officially in any band, mainly because I do enjoy the bass guitar much more than any guitar.”

- HOW DID YOU GET TO KNOW ABOUT THE LOLLAPALOOZA FESTIVAL? WHY WERE YOU INTERESTED?

“Months before the festival I heard a commercial on the radio saying that the RHCP were going to play here in Argentina. It is my favorite band and I didn’t doubt about going to see them. I found out that was a two day festival when I opened the page for buying the tickets, which were rather expensive. I don’t regret having bought tickets for both days because I was able to see other bands such as Phoenix and Imagine Dragons and get to know better the place for the next day.”

- HOW IS THIS FESTIVAL ORGANIZED?

“There were four stages in total. The two main stages and the alternative one, plus the perry’s stage, which was for electronic music, and a bit hidden too. It took place at the Hipodromo de San Isidro, so everything was on grass. After the first day, the ground was all destroyed and muddy because of the 60.000 people that showed up. There was a little stage for little children, where bands played special music for them, and also four merchandise stores.”

- WHICH WERE THE BANDS?

“I don’t remember all the bands because they were like forty. But I do remember some the most important ones like Phoenix, Nine Inch Nails, Imagine Dragons, Lorde, Capital City, Pix-
St. Mark’s 50th Anniversary

By Valentina Parodi and Florencia Magan

On April of 2014 we had the pleasure of celebrating Saint Mark’s 50th anniversary. A lot of people came to the school for this big and important event. This included former students; teachers; students from kinder, primary and secondary school; parents and the founders of the school. The participation of these people made the event become much more interesting since they narrated the complete story of the school.

The celebration consisted in the Mayor’s speech, at the beginning; the “Banda de los Patri- cios”, who opened the event playing the national anthem; the presentation of the Choir of the school directed by Juan, our music teacher; and to end up, with the story-telling of the founders of Saint Mark’s.

This is what one of them told us: “It all started when the parents from the neighbor- hood needed good education for their children, so they started to think about making their own school. My husband and I joined a group of parents from San Isidro and began the plans. We, fortunately, found a place to establish this school, and it started with the purchase of a tram, where the first lessons were given. The time passed by, and St. Mark’s improved a lot, ending with this new remodeling of the last month. My companions and I feel so proud of the improvement of the school and I hope that it keeps going this way (…)”

After this emotive speech, the celebration ended leaving all of us with a huge interest in the school’s history and hoping this will remain in the future. Being part of this amazing experience, made all the families feel very proud of the growth of Saint Mark’s, and it was an important commemoration for it.
Technology

More than 10.000.000 electronic devices are made and sold every day to thousands of people. Nowadays technology advances so rapidly that we do not realise how important it is in our lives. Technology can affect positively or negatively our daily-life relationships.

As we see it, technology can bring to life positive and negative aspects. Positively, it affects society in many ways. To begin with, people can now buy the safest and newest cars or fly in the most modern airplanes. Moreover, technology increases access to knowledge, provides a communication platform and has generally made life easier.

Technology changed schools completely. For example, if a school’s library is outdated or lacking in a selection of titles, a student might find it difficult to compile the necessary research for an essay or research paper. As long as the school has a computer lab, students are able to use the Internet and digital encyclopedias to do the research they need. Another point could be when schools in different parts of the state, country or world connect, so that students can “meet” their counterparts through video conferencing without leaving the classroom.

In the past, students would have to travel to the other country, which would have cost a lot of money which might not be able to afford by many of them. Not less important, not every school has the resources and budget to send its students on field trips related to the course of study.

On the other hand, it has made people lazy. Overexposure can lead to internet addiction; it has made man overly dependent on it. For example, nowadays people could barely live without a phone and all the applications that one brings. Communication lost its personal touch. People have also become overly dependent on technology to do their work for them. They rely on machines more than human intellect.

These impacts have much changed the lives of individuals as well. The arguments against its benefits are many. Once, human life use to be restricted because no technological applications were available. Daily life then involved a lot of physical activity; nowadays people have more luxury and in the process have neglected the need for activity and exercise. Though technology may be advantageous in some ways, people argue that it has not because it has sprouted many unethical practices such as hacking, computer espionage, addiction and lack of regulation.

Machine replacing human beings may cause great issues such as unemployment and crime. With the developments in technology, we may be able to enjoy all the pricey luxuries but miss out on the little priceless joys of life.

Verónica Seward and Guadalupe Ojeda

Source: http://en.wikipedia.org/wiki/Technology
7 Tips to Survive in the wilderness

Juan Ignacio D’Adamo - Franco Ghirardotti

Surviving in uninhabited places may seem challenging, but it isn’t impossible. If you are on a desert, you’ll seem lost, but if you have some water you can have sort of a chance. Here we have 7 tips for you on how to survive in the wilderness.

1) Use wisely your water supplies: Water is one of the most important things you need to have and make sure it doesn’t run out before you escape. You should not be tempted to drink more water than what you need as drinking a few drops more could end up in a problem.

2) Before the night, try to make a campfire with two dry sticks by rubbing them so you create hot coal and try to burn sawdust which you can get by sharpening wood, and try to keep it.

3) If you sleep in a place where many bugs live make sure you’re sleeping in a safe place. Wherever you sleep, you'll need to sleep some feet off the floor to ensure you’ll be safe from creatures at night.

4) If you are lucky enough to see someone, be prepared to do a campfire or make a signal to call the attention of the person that is passing by.

5) Try not to move in the dark as visibility is low and some animals wake up to wander around and as previously said, visibility is low so you’ll not see them coming. Moreover, there may be holes or big branches from trees that you’ll not see due to low visibility.

6) Maintain your physical limitations; do not expose your body to strong physical probes. Try not to get tired as getting tired implies thirstiness and hunger and you must follow the food principle and not eat/drink too much.

7) Keep calm. Calmness is at the bottom of the pyramid of survival it is a key for surviving. If you go crazy, you’ll end up in trouble. Panic will just send you to your doom; you need to think of what you are going to do next every time.
Why Are Things Creepy?

by Gonzalo Giachetti

Doesn’t it seem weird that a gun or a rock falling from a cliff (things that are a threat) are scary, but also are things like a teddy bear with a full set of human teeth, which poses no real danger to humans?

This phenomenon has to do with ambiguity. That feeling that you get when you see a dog chasing you while riding your bike is reasonable, because it is dangerous, but the feeling of terror that you get when you see the picture above, as we like to call it; “the creeps”, happens because you don’t actually know if it is dangerous... or not. This is why smiling masks are sometimes creepy, because they hide the real face of a person with a fake emotion.

A good example of the power of the creeps is a picture called smile.jpg. It is a dark picture of a dog smiling which has been in one of those typical chain e-mails, telling you that if you didn’t forward it to a certain amount of people, you would die in a couple of days. But why did people actually do that? Why would I die for not sending an e-mail, that’s ridiculous… or is it? That is the feeling of ambiguity that is responsible for “the creeps”

Ambiguity is not the only reason why we find stuff creepy. The fact that people see different things as creepy has to do with childhood traumas, which can also create a feeling of fear or uneasiness to something which is not dangerous because of a disturbing memory that has to do with it.

Have you ever seen an android, or a really realistic mannequin, or a wax statue that made you feel a bit uncomfortable? This is because of a phenomenon called “the uncanny valley”, and it is related to ambiguity. What happens is that we can find something creepy when it seems human... but not quite, so our brain doesn’t know what to do and it just looks disturbing. This is why some dolls look so scary.

Not much research has been done on this topic, so everything written in this article is actually a scientific hypothesis, but I found it really interesting and wanted to share it with everyone to enjoy. Now, having read all of this, think about something that you find creepy and why you see it like that.
Thousands of people die in tornadoes. Sometimes it is because people are badly informed so they stay home praying that the tornado wouldn’t pass by their house and the tornado ends up destroying the house and killing its owners because they aren’t prepared for that. Now you would say who I am to tell you what to do. Well, I have been to a lot of countries and many of those places I have visited had tornado problems, so when I heard about this I got interested. Therefore I researched and found plenty of information which I am going to share with you. Now I am going to give you some tips which can save you from a tornado.

First of all, you have to be ready for any Tornado depending on the place in which you are living. Before the attack of the tornado, discuss a plan with your family to keep them safe. If you are inside a house what is convenient to do is to move to an underground shelter or to a special tornado room.

- If you don’t have this special room, you should stay away from windows, and cover yourself with a mattress, cushions, or sleeping bags. If possible, get under a heavy table, which can protect you from falling debris, if there is a
heavy object on the upper floor try to avoid that area in order to avoid getting hit if the floor collapses. There is also a third option in which you can go to the bathroom because it's fortified with pipes and you can lay in the bathtub which is a heavy object.

- If you are in a car and a Tornado is near you must seek shelter as soon as possible. Your car is not a safe shelter because tornadoes can travel as fast as 60 km/h. If the tornado is far away and you aren't near a good shelter, your best option, if traffic allows, is probably to attempt to drive to some shelter or at least out of the path of the storm. Pick a stationary object near you and watch how the tornado moves relatively to that object. If the tornado is moving to your left, you should drive to your right if possible, and if it is heading to your right, drive to your left. If the tornado does not appear to be moving either right or left, it's either moving directly away from you or, if it appears to be getting bigger or closer to you, right at you. If it's moving at you, leave your car and seek safety inside a shelter.

When you think the tornado has passed, first check at the weather radio or in a local one to be sure that the tornado has passed away. And if the tornado has blown away and you want to go outside the shelter you should first avoid all the dangerous things that the tornado has blown away and they are lying on the floor, because they can hurt you.

**Other tips:**

- Some tornado survivors and specialist recommend to wear a helmet in order to protect your head from falling objects. It is said that this saved lots of people.
- Do not park under an overpass, since these tend to act as wind tunnels funnelling debris and magnifying winds.
- Avoid shopping malls, theaters, gymnasiums and other buildings with large open interior spaces where the roof might easily collapse.

*For more information visit this web pages:*

http://www.almanac.com/content/how-survive-tornado


http://www.wikihow.com/Survive-a-Tornado
• The foundation and its mission:

Mars One is a new foundation with no economic interests, whose objective is to establish a permanent human settlement on Mars. Mars is considered as human-inhabitable planet because of its similar temperatures to earth and its presence of water and soil. Mars One scientists have developed several ideas to generate a self-production population, which will produce its own energy, gather their own water and grow their own food.

This is why; the Mars One fathers have had this astonishing idea, let’s make the first human settlement on Mars.

How are they willing to do it?

The migration process consists on cargo missions. Each cargo mission will move a set of elements from Earth to Mars, one of them will be the first group of humans. To start with, the first cargo missions send the modules for people to live and to cover all their needs, then a rover is sent to explore the area and settle the modules in the correct place, and then the first group of four people is sent, and they will stray forever. The process is described in detail further below.

People on Earth will be aware of almost everything happening on Mars. Everything taking place will be documented in a reality show program which will be played all over the world, despite the 12 minute delay of lightspeed.

• What do volunteers say?
Heidi Beemer

“For most people, perhaps the desolate landscape of Mars is uninviting; for me, it was the future”

She states she has adaptability, resiliency, curiosity and leadership skills. She is ready to accept all the hard challenges of going to space and living on Mars. She has been working selected as the executive officer and chief geologist of Crew 99 at the Mars Desert Research Station in Utah. There she learned how to live, work and solve problems and work in Mars itself. Another challenging skill she has gained is the ability to take short showers and recycle every possible resource.

• What do criticism states?
Articles criticizing, Mars one state that the project cant be done with the technology actually available. For example, the food is planned to be gathered in a self production system and these crops will produce excessive oxygen in this modules. This amount of oxygen can kill members of the crew by suffocation and systems to control the amount of this gas haven’t been created yet.

Another plan developed by Mars One consists in extracting oxygen from mars’ water. This is said to be a fantasy because it has never been successful on Earth and the amount that can be taken is minimal.

The same happens with the idea of getting water from soil.

M.I.T engineers’ most solid criticism was that Mars One isn’t taking any kind of replacement parts while half of the supply should consist on this stuff. Mars is 60,000,000 km away from the Earth and if something breaks down, there is no way of bringing a new part so everything has to be taken before. Besides, on that lonely planet, if any part of the living units break down, they will all die.

•The process:
  •2011: The Project began.
  •2013: The crew selection started.
  •2024: Departure crew one.
  •2015: Begin with crew training
  •2018: Demo & Comsat mission.

A demonstration mission will be launched to Mars to test some of the technologies applied. A satellite will be placed as well, that will provide 24/7 communication between Mars and Earth.

  •2020: An electric rover is launched with a trailer. It will scan the areas to find a proper settlement region. When the settlement area is determined, the rovers will prepare the surface for the arrival of the Cargo missions.

  •2022: Cargo mission launched. Living units and Life Support Systems will be sent.

  •2023: Outpost Operational. The six Cargo units land on Mars. The Rover will pick up the Life Support unit using the trailer. It places the Life Support unit in the right place and deploys the thin film Solar Panel of the Life Support unit.

Tobias Lewinzon - Felix Cibils
Advantages and disadvantages of living in the city or in the country

Country

**Advantages**
While living in the middle of a country, far away from the city, you can get in touch with nature, thanks to the solitude and calmness of the village. Compared to the city, there is much less pollution, so you can live a healthier life. Furthermore, in the city more crimes are committed, so we can say it is insecure. But the country, as it is a quiet little village, it is safer, since you can walk in the street without being robbed.

**Disadvantages**
There are not many schools in the country, and the ones that exist, have a very low academic level. The jobs you can apply for, compared to the city ones, don’t bring a good family budget, as you don’t get paid well. You can also find loneliness as a problem, as an accident may occur, and maybe no one can hear you.
City

Advantages
Compared to living in the country, in the city you can apply for more and better jobs. Also, you can find a greater variety of entertainment, such as theaters, cinemas, and the like. Above of all, if you stay in the city, you will have richer social life, as there are more people that you can meet.

Disadvantages
The city often counts with a huge amount of pollution, so we can say that you’ll live unhealthier life, due to the smoke and trash smell. It is very insecure in the city compared to the solitude of the country, as you can get robbed easily. The city is generally very noisy. Above of all these disadvantages, you can find a higher cost of living in the city.
In this last couple of months, a virus called Ebola has started an epidemic which is still being spread, and now it is starting to spread in other countries. But what is this virus? Where does it come from? These are some of the questions that will be answered in this article.

Ebola is an infectious virus that causes hemorrhagic fever. Not only does this virus affect humans, but also primates (monkeys). This virus was discovered in 1976 by Dr Finkes when he had many cases of this fever in Zaire & Sudan.

Its name comes from the river Ebola, which is in Zaire. People who drank from this river would get infected by this virus and they were most likely to die. Due to its strength and that there isn’t a cure up to now, it is considered a biological weapon.

Ebola can be transmitted by direct contact with corporal liquids infected like blood, saliva, sweat and the urine or vomits from animals or people that are dead or alive. In the case that you are suffering from: sudden high fever, diarrhea, vomits, red eyes, soar throat and low energy, immediately contact a doctor to start treatment.

Recent research shows that if preventive methods are not taken, probably 1.4 million people will get infected. Ebola has not reached our continent, South America but there have been cases in United States. It is believed that if the virus keeps on spreading so quickly, some cases will start to appear in a near future.

Although there is not a cure for Ebola, treatment is being done. When the symptoms appear, it is recommended to: maintain a normal blood pressure and oxygen levels and to treat other infections if they appear. It is difficult to diagnose at the beginning because the first symptoms are headache and fever, which are also symptoms of other diseases.
Every year more than 100 million animals are killed in the U.S laboratories for biology lessons, medical training, food, drug testing, among other purposes.

Is this right?
This subject always arises different points of views... On the one hand, many people believe that it is safer to experiment on animals than on human beings because animals are thought to be less important than society, but on the other hand, others believe that animals have rights and do not deserve to die during testing.

In laboratories....
During testing a huge amount of scientists do not use any pain killers while doing the experimentation. Animal experimentation is cruel and extremely immoral. As we said before, animals are entitled to good treatment. Would people allow testing products on human babies or those mentally disabled because they have lower intelligence than an average adult human? Most of the testing on animals fail when tried on human beings, due to the different anatomy of the body.

In people...
Many people are against animal experimentation, and some people are in favour. The government does not get involved in the saving of the animals, instead it keeps on giving money to laboratories. Fortunately, the people that are against, do not stay quiet. They have demonstrated in many ways and with shocking things. So, at least there are people that care.

Money wasted on animal experimentation.

A good solution for this problem would be for society to start realizing that if they continue killing animals, even though they have new technology to avoid it, the biodiversity of animals will be endangered.

To stop this, there are many organizations that help all this huge amount of animals that are tested and badly treated. One of them is PETA, People for the Ethical Treatment for Animals (http://www.peta.org/). This organization does not only give us information about all the ways animals are abused, but also, it gives us tips to become vegan or to do something to help.

By Carolina Charpentier and Guadalupe Ojeda.
Do we all see colors in the same way?

It is highly probable that my blue is not your blue. But how does that work? It is simple.

It is highly probable that my blue is not your blue. But how does that work? It is simple. Color, has been proven to be an illusion. It is light that enters through our eyes, which our brain translates into the colors we see. So there’s a high chance that our brain interprets these colors in different ways, thus, making us see different things. But, we can certainly not notice because we were all taught colors the same. Imagine you are with your friend and you find an awesome flower, and you tell him “Look at this flower, it has beautiful colors” Your friend will probably agree. Then, your friend says “I love how the blue highlights over the green stem”. You would not say anything to him, because you do not know if he is watching the same two colors but just naming them differently as you.

Let us take an example. There is a blind person, who has never seen color in his life. When we try to describe colors to him, we may say that red is hot, and that blue is cold, but all of this will sound very confusing to him, and he will not be able to imagine those colors. Well, in every language, there is a certain combination of words that will make those colors pop up in your head. These words would be used to describe qualia, which means, the individual experience of a subject.

Have you ever seen a house that has an odd combination of colors? Well, you may wonder why the owner decided to paint his house pink and green, for instance. This may be because that person sees those colors in a different way, thus what he sees, is a combination of colors. Depending on who is observing the house, the qualia will be different. And that is why we have favorite colors. Maybe, all of humanity’s favorite color is red, we just call it differently.

There’s a theory to support this, which is called the inverted spectrum argument, which was first thought of by John Locke. To understand this we must imagine that we wake up in the morning and all the colors we see are inverted, that’s to say, red would be green, blue would be orange, yellow would be purple and the list goes on. Moreover, we discover that there has been no physical changes in our brain or body to explain this phenomenon. Locke thought that as we can imagine that without contradiction, we are imagining a change in the way we perceive things, without any physical basis.

Now, if this was to be true, there would be two colors we would see the same, light and darkness. Black, is the absence of light, so there is no way we can see it differently. White, on the other hand, is the combination of all of the colors, so we would see it the same.

It is probable that in the future we find those words that describe our experience, and we will be able to communicate how we see colors, but... maybe even technology advances won’t let us describe colors or see what others watch, and we think that that’s the most probable thing to happen.

Tomás Paternó & Mariano Roffé
His fame started when he was fourteen with his original videos posted on Youtube. This gave him the opportunity to work on a web series for a local producer, where he met an actor who connected him with a manager. Dylan was presented to several auditions and ended up getting one for the main role in MTV´s Teen Wolf, but he decided he would play Stiles´s role.

In 2011 he continued playing the role of Stiles in Teen Wolf, which haven´t ended yet, and one year later he played the main character named Dave Hodgeman of a new movie, “The First Time”. After this, O´Brien co-starred in the comedy film The Internship, with Vince Vaughn and Owen Wilson. In 2014, he played the main role in the film The Maze Runner, which is the adaptation of the famous book, while he continued filming for Teen Wolf. He also played one character in High Road. All these movies performed by such a young actor, show how he cares about his career and how talented he is.

This year, this amazing actor, who is only 23 years old, won three important awards for the work he has done in the last few years. O´Brien firstly received The Giffoni Award, then The Teen Choice Award in the category of TV villain and finally The Young Hollywood Award for the breakthrough actor.

Upcoming Movie!

The maze runner is set to be released on September 19, 2014, in the United States. The filming took place in Baton Rouge, Louisiana, which started on May 13 of 2013. This unique film´s opening was set to be on February 14, 2014, but its premiere was late and ended up being released on September 19, 2014.

The famous Dylan O´Brien is performing a character named Thomas, one of the main characters of the story. When this boy wakes up, he doesn´t remember anything of his past life, not even his name, and he is the first one to change life in there. Accompanied by his friends he has to get clues from the strange maze and try to remember all of the events that happened in his past, to finally find a way to escape from that unknown place where they all live.

es.wikipedia.org/wiki/Dylan_O%27Brien
http://www.metro.pr/entretener/dylan-o-brien-thomas-en-un-lider-nato/pGXniw!2H0oZgXce0yG2/
www.imdb.com/name/nm3729721/
Modern sculpture is generally considered to have begun with the work of Auguste Rodin, who is seen as the progenitor of modern sculpture. While Rodin did not set out to rebel against the past, he created a new way of building his works, a radical new approach in the creation of sculpture.

A huge creation made by Tupungato.

Tinned made horse by Christopher Jobson.

Contemporary genres

Some modern sculptures are now practised outdoors, as environmental art and environmental sculpture, often publicly seen. Light sculpture and site-specific art also often make use of the environment. Site-specific artwork is intentionally created for a specific place. Land art, Earthworks, is an art movement that uses the real landscape to create works of sculpture and make use of nature altering its form. This sculptures are often made by materials found in nature like dirt, soil, rocks, logs, branches, leaves, water and so on. Temporary sculptures are often made by ice as the raw material. Ice sculptures feature decoratively in some cuisines, especially in Asia. Snow sculptures are usually carved out of a single block of snow about 6 to 15 feet on each side and weighing about 20 or 30 tons. The snow is densely packed into a form after having been produce by artificial means or collected from the ground after a snowfall.

Santiago Grinberg & Francisco Valloscuro

From the series “breaking the mould”, this is an abstract ceramic sculpture project.
Modernist movements at the turn of the 20th century, trying to put together the principles underlying architectural design with rapid technological advancement and the modernization of society are often called modern architecture.

Around 19th Century, a number of architects and designers around the world began developing new solutions to integrate traditional precedents (classicism or Gothic, for instance) with new technological possibilities. The work of Louis Sullivan and Frank Lloyd Wright in Chicago, Victor Horta in Brussels, Antoni Gaudí in Barcelona, Otto Wagner and the Vienna Secession in Austria, and Charles Rennie Mackintosh in Glasgow, among many others, can be seen as a common struggle between old and new. The work of some of these were a part of what is broadly categorized as "New Art". The fallout of the First World War resulted in additional experimentation and ideas. Following out of the experiments in New art and its related movements around the world, modernism in architecture and design grew out of stylistic threads originating throughout the world.

**Modern Architecture Should Include**

- The result of design should derive directly from its purpose.
- Simplicity and clarity of forms and elimination of "unnecessary detail".
- Materials at 90 degrees to each other.
- Visual expression of structure, as opposed to the hiding of structural elements.
- The true nature or natural appearance of a material ought to be seen rather than concealed or altered to represent something else.
- Use of industrially-produced materials; adoption of the machine aesthetic.
- Particularly in International Style modernism, a visual emphasis on horizontal and vertical lines.
3 steps to start controlling your dreams! by Delfina Olivero and Matias Kipperband

In lucid dreams, one can go flying, discover and create a whole new world.

A lucid dream is one in which the dreamer is aware that he is dreaming, thus, a great control can be had over the imaginary aspects of the dream, such as the environment. What this means is that once you are aware of your dreaming state, you can fully control where you are, who you are, and endless possibilities for the things you can do, and who wouldn’t want to get to do and create whatever one wants! Now, you may think this is easy, but it does require a lot of preparation, in this article we will give you three steps to begin practising this cool trick:

1. Keep a dream journal. First things first in the morning, write down what you remember about the dream you had last night. This will also help you have a bigger memory when it comes to dreams.
2. Find a dream signal. As you build up your archive, you will find certain similarities in all your dreams; an action or object that is repeatedly appearing in all your dreams. This object will be your dream signal, your dream signal determines that you are really dreaming, and when you became aware, you begin the process.
3. Start preforming reality checks in waking life. Every time you find your dream signal at daytime check your hands, for example. In your dreams, usually your hands are deformed, so if they look normal, you aren’t dreaming. This step is crucial so as to create a habit, eventually, you will find yourself preforming reality checks in your dreams, and when you, for example see that your hands are deformed, that means, you are dreaming, and as previously said, as soon as you are aware of the dreaming state, you can start controlling your dreams! Having lucid dreams can help overcome nightmares, inspire creativity, practise daytime activities and more!

Sources: The wall street journal, world-of-lucid-dreaming.com & Wikipedia
Introduction to Meditation

By Matías Kipperband

A meditating buddah. It is often said that meditation was first practised in Indian culture.

Although meditation began as a part of Hinduism and Buddhism, western cultures have pretty much taken a part of it. As big cities raised, so did stress, and a common solution many people have found to this is meditating. Meditating, common people have found, can help clear one’s mind, rid the stress and find serenity.

There are many types of meditations. Some are deeply linked to Buddhism while others would serve any person from any religion. It is said that by meditating daily one can help the body both mentally and physically. For example, it has been confirmed that by meditating one can lower his blood pressure but also lower anxiety! In this article you will find a simple way to meditate that will help you lead a far more healthy life!

Many people find breathing meditation the easiest. It can also help you calm your mind and sleep better. To practise breathing meditation you must first find 15 minutes off your day to relax. Find yourself in a comfortable environment and lie down or do the traditional cross-legged position, close your eyes and breathe. Breathe calmly and let go of any thought for the time, concentrate only on how the air goes into your lungs and then out again. Repeat this for 10 or 15 minutes and you will find your day far more relaxing and enjoyable.

Sources: how-to-meditate.org
goodlifezen.com
Ebola and Cases

The epidemic of ebola of 2014 is the largest one in the history of humanity. During this epidemic, the virus is affecting the population worldwide.

The first case of ebola in the United States was from a man that came from Liberia, which is the country with most ebola cases. When the man, Duncan, was feeling ill, he went to Texas Health Presbyterian Hospital where he transmitted the virus to the nurse Nina Phan. Duncan’s treatment wasn’t successful and he finally died on October 8.

Nina Phan was the first one to contract the virus in USA. She was the nurse who helped Duncan. She has been treated since October 16.

Amber Vinson was also a nurse who treated Duncan and tested positive for the virus. After a treatment, she was declared free from virus on October 24. She flew from Ohio to Dallas, so people were concerned about the spread of the disease through fluid contact. In spite of this, Ohio has not presented any case of Ebola yet.

A NBC Cameraman, Ashoka Mukpo, was working in Liberia when he tested positive for the virus. Immediately he was taken out of the country and transferred into Nebraska’s general hospital. He was successfully treated for the virus. He was declared virus-free some days later.

An unidentified American who contracted Ebola in Sierra Leona and who asked to remain anonymous was also discharged after some days of treatment.

Do you know that...
... it is a disease caused by the ebola virus?
... the mortality rate is around 50%?
... there is not a licensed vaccine?
... there have been reported 9,191 cases of ebola only in West Africa?
... bleeding is common in later stages of ebola?
... ebola has been found in monkeys and chimps from Africa?

Tamara Canillas and Thiago Kovnat

Sources:
http://www.who.int/mediacentre/factsheets/fs103/en/
http://news.yahoo.com/ebola-cases-united-states-203137501.html
http://en.wikipedia.org/wiki/Ebola_virus_disease_in_the_United_States#First_case_diagnosed_in_U.S.
EVERYBODY COULD BECOME A TERRORIST

Do you really know the people around you? Have you ever seen they sneak out at night? Terrorists are not only found in Islam, in fact, they are not even just found in Arab countries...

Terrorist groups have been found in almost every country in the world.

Terrorism is the use of violent acts to frighten the people in an area. Terrorists usually fall into terrorism due to religious matters which they use to achieve political goals. There has been created prejudice towards arab countries when, as a matter of fact, this is just generalizing.

This is why you should not be only very careful not to be tempted into becoming a terrorist, but also in not being around people who might become or already are part of these groups.

A common condition that can lead to the making of a terrorist is the lack of political means, specially if your country does not use the democratic system because in that case some people might feel as if their opinions are being “discriminated” or not paid attention to, so they might feel like rebelling.

A high rate of unemployment can also be a cause for new terrorist groups to appear.

After leaving college many people are unemployed and they fall into depression, feeling useless and without a purpose. These people are young so they are part of the target that terrorist groups look for; therefore, be very careful because this could be your college friends ..... or this could be you.

A lot of terrists have been bullied in their childhood. Probably, they joined this group because they had a need for belonging.. but... Do you really want to belong to this type of groups? There are amazing people in the world which you could hang out with, you don’t need that.

Another very big cause for common people to become terrorists is when they are looking for their own identity, they are looking for an answer to the question “Who am I?”. Terrorism is definitely not the answer, you are so much more, don’t feel tempted, DO NOT FALL.

Josefina Costa & Malena Podesta

Sources: Buzzfeed, National American Security and Wikipedia.
One morning, Natalie went to visit her friend Scarlet, as she entered the house and saw Scarlet, Natalie knew, by the look on her friend’s face and by the way she was talking, that something was wrong. They hugged and greeted each other as usual but, afterwards, Scarlet started crying because there had been a crime related to one of her family members. Therefore, she said that she needed a detective, but she neither mentioned who the victim was nor the crime.

Natalie knew exactly which detective to recommend to her, Malcom Weatheres. He was a 27-year-old detective who was very athletic and loved sports. His face was very particular; round, pale and with freckles, and his hair was short, curly and with a very dark colour. He was always seen dressed with suits and with a rosary hanging down his neck. As regards his company, he was always seen alone, with no company apart from his very cheerful and loyal assistant, Frederick.

Malcom had once solved a crime for Natalie so she knew how excellently well he worked. Suddenly, she started remembering his last mystery.

“It was a rainy night of 1913 when I got to Natalie’s mansion in the outskirts of London. A couple of hours before, this woman had sent me a letter explaining her difficult situation with her daughter Sarah. They had always been close until a week before she had disappeared with no warning or clues to where she could have gone.

When I got to the inside of Calloway Mansion, Natalie received me with a worried face, she was scared. I could perceive the tension in her throat when she talked, especially when she got closer to me and whispered:

“I know who did it, someone from the inside. Someone that is now in the mansion.”

She had ended up drawing this conclusion because her husband William, Sarah’s stepfather, hated her daughter and would have a chance to start a life without Natalie if her daughter weren’t there. Lately, William had been acting strangely, as if he knew something but was too scared to admit it.
I heard everything that she said but I preferred to take a look at the situation by myself and figure out my own conclusions.

First of all, I went to see Mrs. Carter, William’s mother, and proved my theory that she was not guilty. This woman was not only sweet and kind, but she was also really sick, she could barely move. There was no way she could have kidnapped Sarah.

It was in that moment when the maid, Elsa, entered the room with a tray in her hands. She was bringing the old woman her medicine but I could use that as an opportunity to check her. She was clumsy and messy but I noticed that she was sad because of Sarah’s disappearance. As Natalie was always working, Elsa was taking care of the girl, as if she were her real daughter. That’s when I remembered. She did have a daughter of her own, Sophie. That’s why I asked her to tell me about her and she described Sophie as a stupid girl with nothing special, nothing compared to Sarah.

I was shocked about the awful comment but I just nodded because I was getting closer to the conclusion.

Suddenly, I heard a scream.

We ran down the stairs and saw Natalie sitting on a chair with the phone on her hand and a shocked face with tears running down her cheeks. She told us that a body had been found under a bridge near the mansion, so as quickly as we could; we got into the car and went to the crime scene. However, when we got there, the body wasn’t Sarah’s but Sophie (the maid’s daughter) insisted that the body looked exactly as her.

We went back to the house and I was about to solve the case. Then, we sat down in the living room to talk and have some tea, when, suddenly, we heard some steps coming from the attic. I knew they were human steps, but Sophie quickly said that they must be rats so she ran upstairs to check it.

I could perceive that she was suspicious, so I followed her.

When I got to the attic I saw Sophie tying Sarah to a chair and putting some tape in her mouth. She was jealous of Sarah; she could not stand there seeing how her own mother preferred her before her own daughter. So she was about to kill her when we came in.

I screamed. In less than a second, William, Natalie and Elsa (the maid) came running into the attic. The happy face in Natalie because she was seeing her daughter, the shocked face in William and the angry face on Elsa were inexplicable.

The case was solved.

Sophie would be sent to do community service for two years. As she heard the consequences, she grabbed a knife and stabbed me in the middle of my chest.

Now I am feeling the pain, how my blood is getting out of my body and my vision is getting blurry. I am dying.”

When Natalie finished remembering the case that Malcom had solved for her, she remembered that he was dead, Sophie had killed him.
What’s Up? 2014

Tiago Aragona
Federico Catania
Gianfranco Garone
Santiago Grinberg
Matias Kipperband
Thiago Kovnat
Tomas Marzorati
Felipe Navasal
Tomas Paterno
Agustin Premoli
Francisco Ramirez Valloscuro
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