

I'M IN I'M INTER

# INTER

CONNECTED

## Katia Castellanos

MOTIVATION FOR ATHLETES

Physical and Mental Health during Quarantine

Coronavirus cases spike after Lebanon Explosion

## Catalina Vergara

STUDENT ENTREPRENEUR

September 1, 2020

# Achieving GREATNESS

## F R O M H O M E

Article by: Daniela Lombardi

**S**ports are major activities many of us practice on a daily basis. They distract us from our troubles, make us passionate and help us stay healthy. They have become an important part of many people's daily routines and something we look forward to doing every time we wake up. There are so many things that come by doing sports: we are physically active, we become disciplined, we find out our likes and dislikes, we become more organized, and we feel motivated. As teenagers, we love to be active and find things that help us become a better version of ourselves, something we can improve on every single day, and something we can't get enough of.

Students at Colegio Interamericano have definitely created a reputation for themselves and for the school in several different sports. The school has many amazing athletic students that dedicate most of their time to playing sports, whether it is on breaks, between classes,

ECAs, and even on their own personal time. Knowing we have many students that are involved in sports, we are aware that the transition from training everyday to being stuck at home wasn't easy or fun. During these hard times, we have no option other than to adapt and stay positive if we want to get better on the sport we practice. Being a student athlete is not an easy task and hearing how others are handling it, might help motivate you.





Therefore, we decided to interview someone recognized by their athletic background, in order for you to get some advice or inspiration in keeping up with your athletic activity.

Katia Castellanos used to be a student athlete and graduated from Inter in 2019. She is a very strong woman and has been professionally sailing for over three years. Katia has been involved in sports for more than fourteen years, and her interest for sailing began as soon as she tried it. Her talent has taken her far, earning a gold medal for Guatemala in Barranquilla, Colombia in 2018. Over the many years of sailing, her favorite moment has been the Olympic campaign for Tokyo. She has faced many obstacles throughout her journey of sailing, yet she said that she has never wanted to quit or change the sport she practices. Knowing of Katia's success, a spark of interest woke on how she has stayed disciplined and motivated throughout the years. "The level that has been demanded of me from the beginning and the commitment that I have shown, is what has made me the athlete I am today," she said. Like any other athlete, Katia has had role models that have kept her going and helped guide her, including: Cecilia Carranza and Santiago Lange.

Katia has definitely been one of many athletes that have been affected by the pandemic. Quarantine imposed by the government has limited her ability to practice her sport. It is interesting to see how important athletes like her have adapted to the situation. In her case, Katia hasn't been able to attend her normal practices since March and has no idea when she will be able to get back. Even though she hasn't been able to do her usual sport, she has spent her time doing other sports that are easier to practice from home, she even set up a gym in her house. No matter the situation, Katia has seen the bright side throughout this whole time we have been quarantined. She feels that being stuck at home has allowed her to focus on parts of her sport that she didn't pay much attention to. Also, she affirms that she hasn't lost any motivation because the situation has made her appreciate everything more.

Also, she believes this has been something positive because it has helped her analyze her performances and see the areas she needs improvement in. Having such an optimistic and motivated perspective, Katia's advice to you is to remember that "this is not going to last forever."

To finish up the interview, we asked Katia what were her plans after quarantine and after all this craziness was over. As soon as everything ends, she wants to get back to sailing, and she has big plans and goals for the future. Her dream is to go to the Olympic Games and win a medal. Katia plans to do this sport for as long as she can, and there is no chance that she will be changing or leaving that sport for another one. She lives by the motto: "Careers are won with day-to-day work." Katia is such a dedicated athlete and has always been one. We think she can set such a good example for young athletes to keep on going with their dreams and goals. Her message to them is to "dare, one can be a little scared, but it's worth it."

The situation we are living in today is not an excuse for you to stop doing what you love and stop trying to become the person you want to be. Everyone has bad and lazy days, but that doesn't mean everything must stop. Try turning the negative into positive, try new things, get better and better everyday in what you are practicing and trying to accomplish. Remember, life doesn't stop for you, you have to keep up with it.

“

Careers are  
won with day-  
to-day work"

”



# PHYSICAL AND MENTAL HEALTH DURING QUARANTINE

ARTICLE BY: LUIS MUÑOZ

**I**t is not a secret that quarantine has had a huge effect on many of our lives. Whether that be in the form of gaining some extra weight, having to deal with new emotions, or struggling to maintain certain relationships. This quarantine has affected all of us. It is important to take care of ourselves so here are some ways you can improve your mental and physical health during these hard times.

Exercise and physical activities are beneficial for your physical health. They improve your cardiovascular system, help you build muscle, strengthen your immune system and improve your mental health by releasing endorphins in your body. Endorphins are pleasure inducing neurotransmitters that your body releases when exposed to stress. They calm you down, help you think clearly and give you a lasting sense of wellbeing, until your next workout. Knowing this, it might be worthwhile to consider planning a weekly exercise regimen to help you cope with stress, boost your mental health and help your body's immune system fight bacteria.





Another way you can improve your health is by setting goals and working towards them. We all have goals, dreams and aspirations. Some of us are more ambitious than others; yet, we all share the desire to be better and obtain the lives we want for ourselves. Setting goals is an important part of this process, especially if you are about to begin a new stage of your life such as high school or college. This can be as small as being on time to all your online classes or as big as being accepted to your dream school. The purpose for both is still the same. Setting goals gives us something to strive towards, as well as a sense of self-fulfillment when we achieve them. They also give us structure and discipline that seem to be missing in our lives during quarantine. Try to be the best version of yourself, even if the world around you is not particularly the best it's been.

Seek to maintain and nurture your relationships in new and exciting ways. The type of physical contact we used to get at school provided us with spontaneous conversations, encounters and interactions. It gave us wonderful opportunities to nurture our old relationships, as well as the possibility to make new ones. Unfortunately we now lack that form of spontaneous interaction. However, we can still manage to nurture our preexisting relationships by finding new ways to interact with one another. Whether that be by playing a video game, video chatting or simply picking up the phone and talking to one another, looking after our relationships is something we should strive to do, no matter the circumstances. Like all things in life, relationships take work to stay afloat.



While going back to school with a good attitude and a desire to learn is important, one must also know the importance of managing your time to complement your mental health. To do this, evenly space out your work throughout the week, such that you don't push your limits one day. You must also set realistic expectations for yourself. Let's face it, human beings are not perfect. Also, don't let your expectations be guided by what others want. As well as don't let others tell you what you can and can't endure, that is up to you to decide, based on your current mental state and situation.

Staying at home is hard, but by doing it, we are contributing to the country's efforts of stopping the spread of COVID-19. Viewing these times as an opportunity to focus on ourselves is a great way we can stay mentally and physically healthy. Try to follow some of these as a rule of thumb to make you feel better in this time of uncertainty.

*Just because no one else  
can heal or do your inner  
work for you, doesn't  
mean you can, should, or  
need to do it alone.*



# CORONAVIRUS

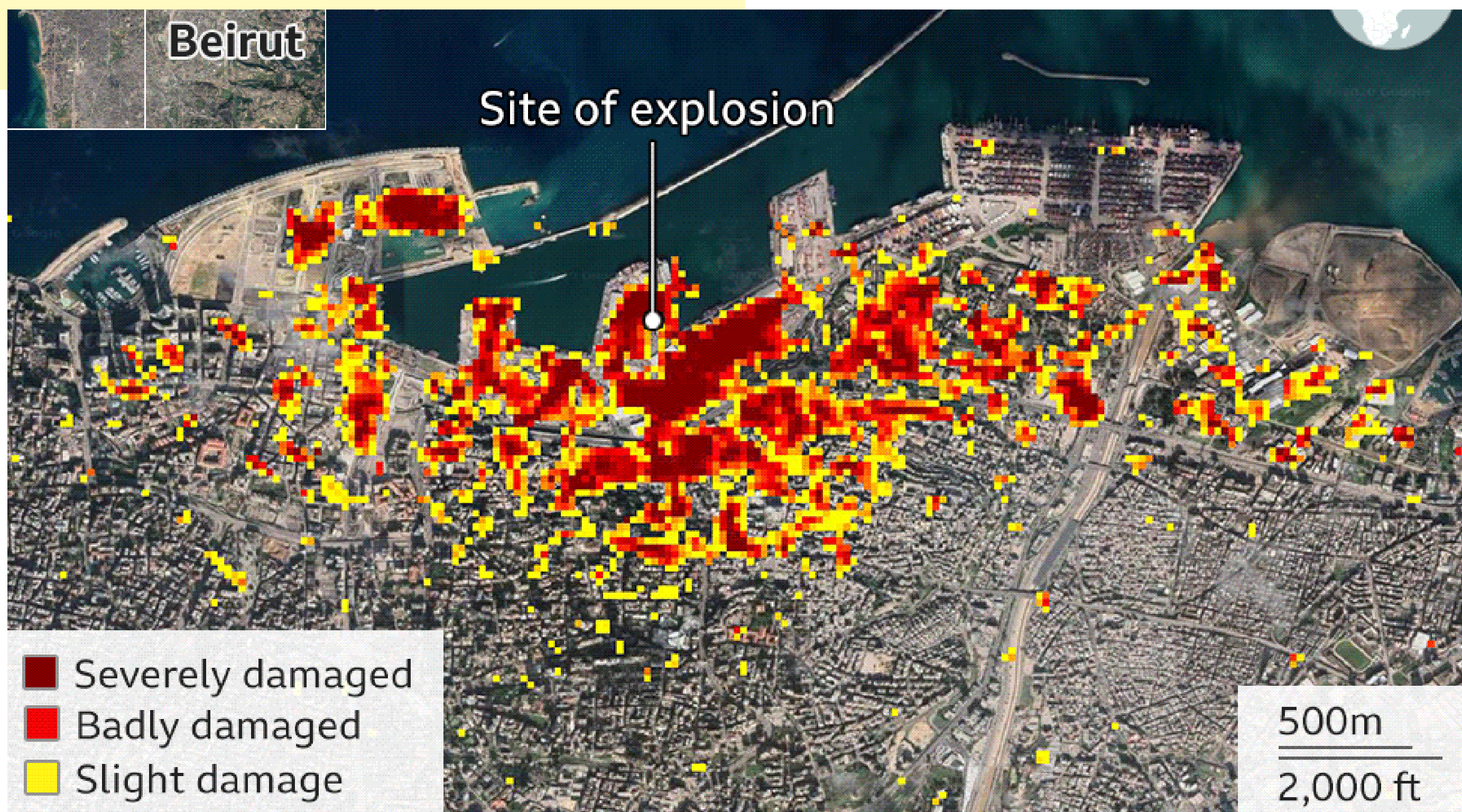
## cases spike in Lebanon after BEIRUT EXPLOSION

Article by: Sara Roselló

COVID-19 has affected the whole world, but some countries like Lebanon are battling an even harder fight. On top of being in the midst of an economic crisis, they now have to deal with the aftermath of the Beirut explosion that happened on August 4, where roughly 3,000 tons of ammonium nitrate blew up the port and its surrounding neighbourhoods, including a couple of hospitals. Also, it has been reported that it killed 180 people and injured 6,000.

In the days following the explosion, Coronavirus precautions were left behind as people took to the streets to protest, seek treatment for their wounds, go live in a shelter, with a friend or family member (if they were one of the 300,000 people left homeless), clean up the streets, and aid others. The day after the explosion, Lebanon had a total of infections of 5,417, two days later that number had doubled.

On Friday, August 21st, Lebanon implemented a partial lockdown that is intended to last for two weeks. A curfew, from 6:00 p.m. to 6:00 a.m., has also been put in place and many establishments including: restaurants, beaches, nightclubs, and some shops were forced to close. Only pharmacies, banks, supermarkets, and other essentials were left open. It appears that the lockdown has slowed down the exponential growth of the virus, with Lebanon having a total of 14,248 cases up to date.



Source: ASA/JPL-Caltech/Earth Observatory of Singapore/ESA



However, the rise in cases wasn't solely due to the explosion. Since their first case back in February and up until the conclusion of its previous lockdown in the beginning of July, Lebanon had been handling the crisis impressively according to the World Health Organization (WHO). However, that changed after they lifted the July lockdown previously mentioned. Cases had begun to slowly but surely rise, and a partial lockdown was in the works before the devastating events of August 4th.



Currently, the WHO is sending medical backup and provisions to help with testing and treatment for patients. For the moment, let's hope that people respect the curfew and start actively practicing social distancing as well as the use of masks.





ARTICLE BY: CRISTINA MAKARIAN

# CATALINA'S COOKIE DELIGHT

A fifteen year old girl with a thriving business is not a story we hear every day. However, the current Interamericano 10th grader, Catalina Vergara, proved the contrary with her recent online business: Cookie Delight. Catalina's love for baking has been showing throughout the years, and now her delicious products can be tasted by everyone.

At the beginning of quarantine, Catalina realized that this was an opportunity for her to do something she had been wanting to do for a long time. This optimistic attitude drove her to begin Cookie Delight, a dessert business that she manages herself. Her main products are big chunky cookies for which she uses four fixed flavors and adds toppings to make them more interesting and unique to each client's preference. However, she also sells edible cookie dough which seems to be the favorite of many of her clients.



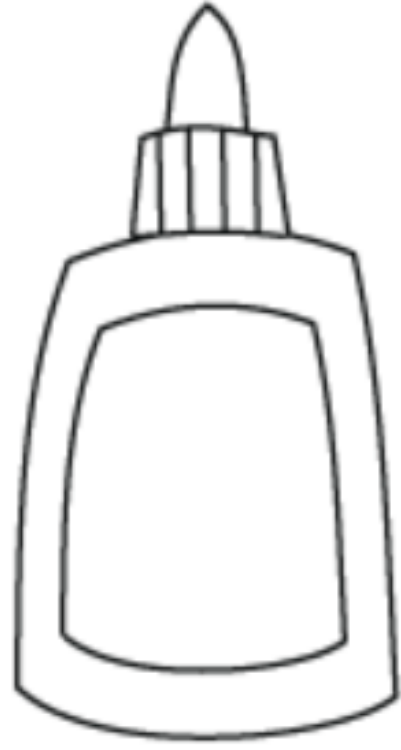


When starting this business, Catalina's main goal was to manage it alone because she wanted to prove to herself that she could do anything. According to her, the first goal has been completed as she has been able to maintain organization and responsibility throughout the process. Her brother has helped her with things that are out of her hands, like sending the cookies to each customer. Also, she thanks her parents "for always supporting her and believing in her ideas." Now, Catalina's next goal is to team up with larger companies that can distribute her products and she is really excited to see her business reach the next level.

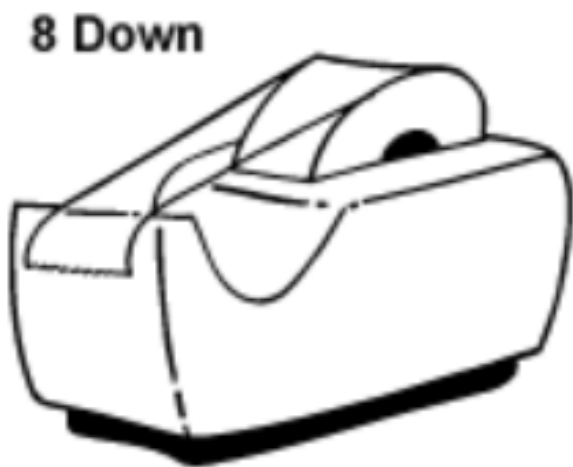
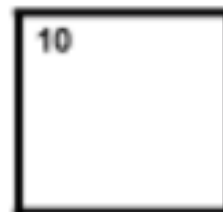
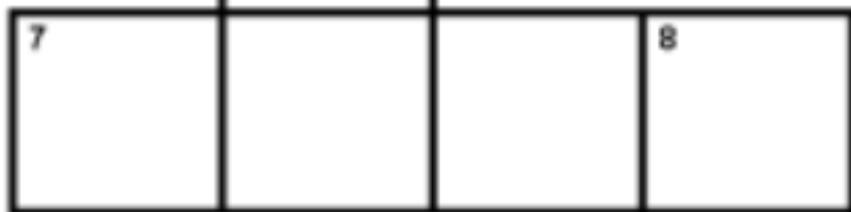
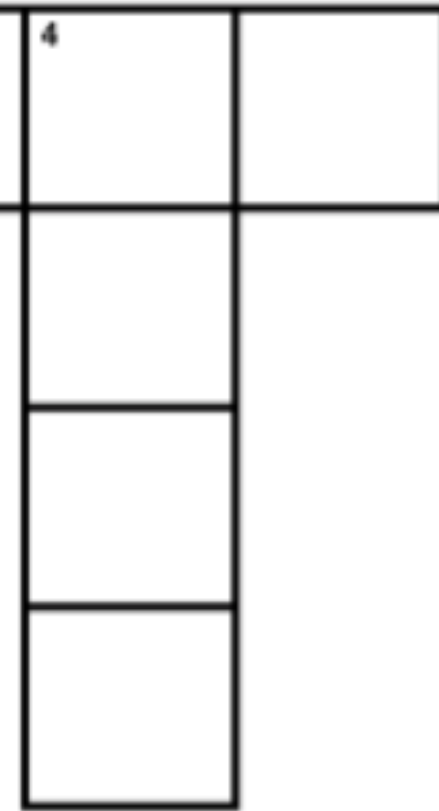
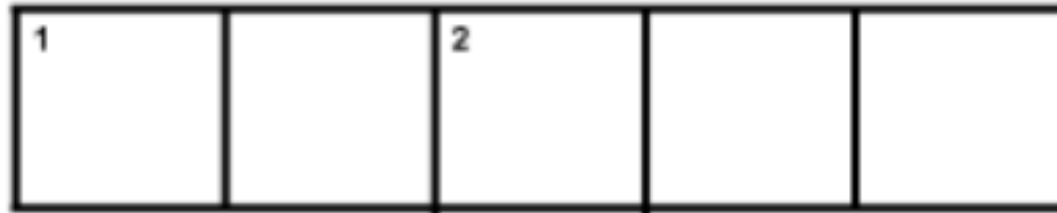
During quarantine, many people started their own small projects selling treats and desserts, but Catalina believes that her business' singularity is that each bite of the cookie gives the taster that "homemade feeling" as she calls it. She puts so much love and effort into each cookie, and makes sure every one of her clients feels that when eating them.



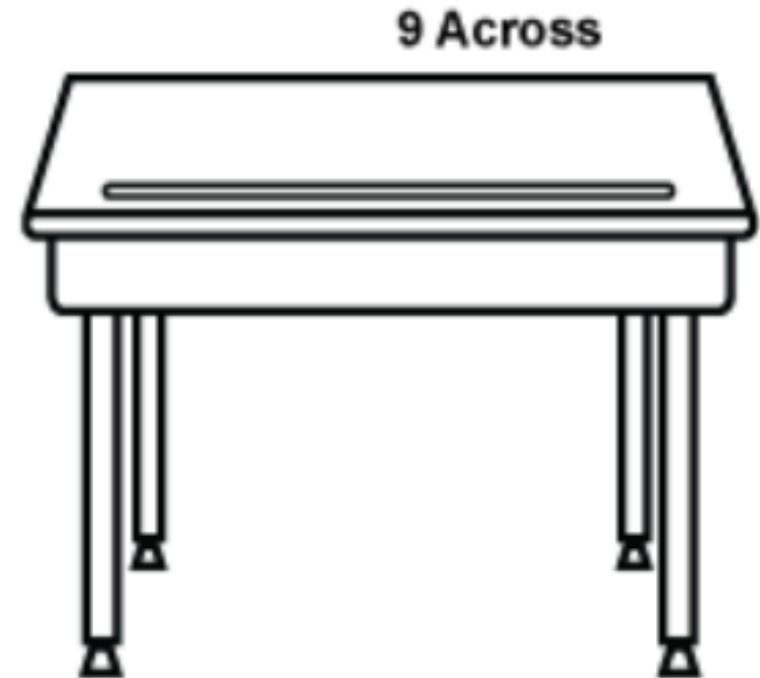
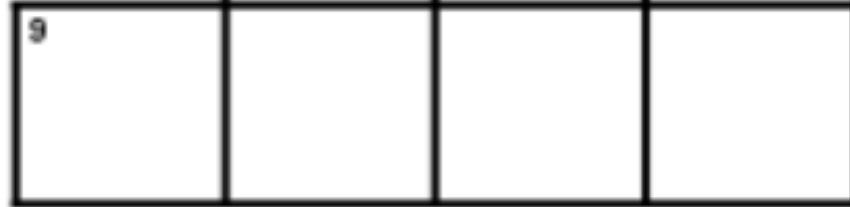
Of course, being so young Catalina has faced different challenges. From her perspective, the biggest obstacle she has had to face has been maintaining order. Receiving money in cash and deposits is a huge responsibility, but with effort Catalina has been able to get the hang of it and create her own strategies to keep her money organized and safe. Also, the business itself has faced challenges. At the beginning it was hard for Catalina to get people to take her seriously, "People say 'she is just a little girl', but I am working very hard and I'm making sure people know that," Catalina said.



5 Down



8 Down



9 Across

## Across

1. To help someone learn about a specific subject by giving lessons.
3. What you do when you are trying to learn about a subject by reading or memorizing facts.
6. We go to school to \_\_\_\_\_.
7. A set of questions that are designed to measure a person's knowledge, skills or abilities.

## Down

2. A response to a question
4. Another word for finished or completed?
10. To do something that requires physical or mental effort.



THANK YOU!

# WHO ARE WE?

Hard times like these require more efforts to maintain communication with everyone at school. We are really excited to introduce *Inter-Connected*, the new official student-managed Interamericano magazine, created with the hope of keeping you entertained while at home. We hope you enjoy it as much as we did!

Cristina Makarian - Coeditor

Marcela Billingslea - Coeditor

Ana Isabel Herrera - Designer

Daniela Lombardi - Writer

Luis Muñoz - Writer

Isabelle Canadine - Writer

Natalia Montes - Writer

Sara Roselló - Writer

Yousef Hanna - Social Media Manager

Alexander Ghawali - Social Media Manager