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CONNECTED

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STUDENT ENTREPRENEURSHIP

ICE detention camps
and **COVID 19**

GET ORGANIZED

READ ABOUT OUR SUGGESTIONS TO
STAY ORGANIZED AND MANAGE
TIME MUCH MORE EFFICIENTLY!

5 EASY TIPS TO STAY HEALTHY
DURING **QUARANTINE**

OCTOBER 1, 2020

It's Food o'clock

[Article by: Isa Chang]

“Let’s feed our body and soul” is the mantra of two enterprising sisters, Natalia Hurtarte and Marcela Hurtarte, founders of local business Food o’Clock. They have learned the importance of creating a healthy lifestyle and respecting their bodies, and want to encourage others to do so as well.

The sisters decided to officially create their business in November of 2019. With the legal help from their very supportive parents, Food o’Clock is now a registered business in Guatemala. The business, although starting small, already has a wide variety of products to choose from. Ranging from granolas to seven types of peanut butters. They are all hand packaged and crafted with 100% natural ingredients. Although their product providers are confidential, they make sure to support small businesses in Guatemala by working with them.

“We provide food for the soul and body to people who value physical and emotional well-being, in order to promote a simpler healthy life.” There is a huge difference between only being a business which uses organic products and being a business that cares about the mental well being of their clients. On each product, you’ll find a unique, encouraging, wellness quote to keep in mind for the rest of the day.

In addition to that, Natalia gave us some tips on how to keep yourself healthy during quarantine. First, feed your mind through anything that keeps you happy and relaxed. Do that at least ten minutes everyday to find peace. It could be painting, reading, eating a cookie, etc. Then keep in mind that your body is your home, it is your “little soul box for the rest of your life.” Try to use what you have at home to prepare a meal, there are so many resources to find simple recipes that anyone can do. Natalia finds her favorite recipes in Tasty, Pinterest, and Instagram.



Whether you are in quarantine or self-isolation due to COVID-19, you will inevitably be spending more time at home. Following general healthy living advice such as eating a balanced diet, staying hydrated, being physically active, getting enough sleep, and managing stress are the best recommendations for staying healthy during times like this.

Here you'll find Food o'Clock's contact and Menu, keep in mind that Natalia's personal favorites are the coco chips and pistachio peanut butter!

CONTACTS

Website: itisfoodoclock.com

WhatsApp: 5632-3500

Instagram: [itisfoodoclock](https://www.instagram.com/itisfoodoclock)

MENU



PEANUT BUTTERS

- Pistachio butter 8oz for Q100 and 4 oz for Q60
- Pecan butter 8oz for Q100 and 4 oz for Q60
- Original peanut butter 8oz for Q50 and 4 oz for Q35
- Macadamia butter 8oz for Q100 and 4 oz for Q60
- Cashew butter 8oz for Q70 and 4 oz for Q45
- Honey roasted Butter 8oz for Q70 and 4 oz for Q45
- Almond Butter 8oz for Q75 and 4 oz for Q50



GRANOLAS

- Pumpkin Coconut for Q55
- Dates for Q50
- Allspice and Ginger for Q50

COCONUT CHIPS

- Coconut flake chips 8oz for Q35 and 2oz for Q10

FUN RECIPES WITH FOOD O'CLOCK PRODUCTS

- Breakfast bowl of oats and almond butter
- Red fruit bowl with granola
- Smoothie bowl with peanut butter
- Oats with granola and pistachio butter

ICE detention camps and COVID 19

Article by: Natalia Montes

The United States' Immigration and Customs Enforcement have an ongoing crisis in its detention centers as the Coronavirus spreads. New asylum seekers brought in the virus and quickly spread it due to not being given any face masks. With confirmed cases of the virus in the facility when new asylum seekers arrived, they were not given any face masks or gloves for protection. They are also not given any medical assistance and if they present any symptoms they are told that it is just a cold. Due to the confirmation of cases in many centers, the residents started fabricating masks out of sanitary pads and hair ties.

There have been many allegations of detainees complaining about not having the appropriate environment for social distancing as they may share rooms and bathrooms with 4 or more people. These bathrooms and other common sharing environments are cleaned by the same detainees and they are given no protection to do so. With these types of complaints rising and being reported to the direct line of Freedom For Immigrants, lawsuits have been filed. Federal judges are ordering ICE to identify Coronavirus, high-risk detainees, and to consider releasing them.

As some other allegations by detainees and whistleblowers are made regarding the safety and health of the residents of the centers, investigations, and media coverage of the progression of the situation will be needed. Lawsuits are still going and along with the internal complaints and food strikes that have been happening since March, change is needed. Safety and sanitary treatment must be given to the detainees and workers of the centers to ensure the slow spread of the virus in the country and overall American region.

Many immigrants have been transferred between centers and have not been tested once, regardless of a large amount of contact with others who have also not been tested. Due to this the data and numbers that ICE presents about cases on facilities are not reliable and the IRC (International Rescue Committee) expects the cases to be 15 times higher than what ICE discloses.

Among many other allegations by residents of the centers, they are not given food, because as prevention of the spread of the virus, cooks have been dismissed from their job, and the residents only receive bread and water. These inhumane conditions have been shed to light and many protests have arrived. Doctors have protested their nonconformity with the medical neglect that immigrants face. Many locals of the places where the centers are located have protested for the unfair treatment and horrible safety conditions that they are situated in. They are not only risking their lives but also endangering others in the country and in the countries where the immigrants are returned to in case of deportation.

Get Organized

ARTICLE BY: NICOLLE DARDÓN

Without the normal structure and schedule of school and our usual extracurricular activities, it is a lot harder to get things done and still have enough time for the basics: eating, sleeping, exercising and time for yourself. Although it might seem impossible to find the motivation to not only get school work done, but also have sufficient time for these other things, there are tools you can use to help you!

There are two main ways to help you get organized. These are through organizational applications or through planners and agendas. Each app varies in its approach to get organized; some let you organize your to do list by due dates, classes or importance. Other apps let you create a master list of the things you have to get done, and assign them to a specific day that you will complete it.

Now, planners and agendas allow a little more liberty. Whether you use an electronic or physical planner, you can be as specific or broad about your to do list as you want. As with apps, each type and brand of planners work better for different aspects. The following list details which app or planner is best for what aspect.

APPS

Moo.do

- task management
- email organization
- note taking
- appointments
- reminders

Trello

- boards
- checklists
- cards

My Homework

- assignment classification
- due dates
- classes schedule

My Study Life

- tasks
- reminders
- manage classes

Todoist

- organize tasks
- deadlines with reminders
- habits/priorities

Focus Keeper

- boost focus time and productivity

Flora

- to do lists
- motivation by planting real trees
- block distracting apps

PLANNERS

Passion Planner

- set goals
- monthly lookup
- weekly or daily formats
- blank pages for creative expression
- plan day

Panda Planner

- built-in routines
- schedule
- end of day review

Desk Planner

- monthly overview of due dates and important events

By organizing your life you can reduce stress, increase overall productivity, reach your goals, improve your grades, and get ready for life in general. Once you get used to and rely on your planner for jotting your tasks and to do's, you won't have the stress of forgetting the things you have to do. Which approach of organizing yourself will you try?

5 EASY TIPS TO STAY HEALTHY

ARTICLE BY: LUIS MUÑOZ

The stress of daily life is mounting for all of us. In many ways, our stay-at-home orders have reinvigorated a newfound joy of cooking and eating. However, it's also stimulating anxiety for many people, as they have had challenges related to stress eating, healthy food access, and optimal nutrition to support strong immune systems. So, here are 5 easy ways to follow tips to stay healthy and learn during these highly stressful times.

1. EAT HIGH PROTEIN FOODS

According to Dr .Layne Norton a PhD in nutritional science and innovator in modern nutrition,"You really only need about 0.8g/kg per day to prevent a deficiency (hence the 'need') but if you want to optimise body composition and muscle building, something closer to 1.8-2.4g/kg is going to be more optimal. Moreover, high protein diets have been demonstrated to increase lean body mass, improve recovery from exercise, and improve fat loss relative to calorie-matched, lower protein diets."

2. SET A REGULAR EATING SCHEDULE

"Get on a general schedule of eating to help prevent random snacking. Give yourself, and your family, a lunch break at the same time every day, just like you would take in a workday. Choose strong, protein rich snacks, especially in the afternoon to prevent swings in energy that initiate cravings," says Jenna Braddock, MSH, RDN, CSSD, CPT of Make Healthy Easy.

3. STAY OCCUPIED AND HYDRATED

"When you find that you are stressed and constantly going for food instead of stop, take a glass of water and listen to your body to see if you are truly hungry. If that does not work, try removing yourself from the kitchen. Find a task that will distract your mind and your hands. Maybe you have a closet you have been meaning to clean but haven't had the time or you can sit down and play a game or a puzzle," says Jeanette Kimszal, RDN, NLC.

4. DRINK CAFFEINATED BEVERAGES

According to a 2002 study by CN Bozer et al. published in the International Journal Of Obesity found significant beneficial effects on body weight, body fat and blood lipids of a herbal Ma Huang/Kola nut mixture (90/192 mg/day ephedrine alkaloids/caffeine) in overweight men and women who were otherwise healthy. This product also presented minimal side effects

5. EXERCISE

It is no secret that exercising will make you burn more calories, increase your metabolism and make you grow muscle. While I know this can be tedious, even a short 20 minute run can make a difference in improving your cardiovascular health and your immune system, according to Acute exercise effects on the immune system. Med. Sci. Sports Exerc., Vol. 32, No. 7 (Suppl.), pp. S396-S405, 2000. Even acute low intensity exercise can massively improve your health markers and immune function. Even if you physically can't get out as much as you would like, try to exercise as much as possible.

THE *Benefits* OF READING

Article by: Ceci Zuñiga

"Reading is not only to entertain, but it actually helps us even more than we think."

Reading is arguably the most important cognitive skill we have. While reading is used on most daily tasks, such as homework, research, using recipes, etc, for many people, reading is a pleasurable activity. Some find shelter in books, using reading as their coping mechanism or a form of entertainment. While some may find it boring, unnecessary, and unproductive, reading is an essential skill for so many reasons. Reading is not only to entertain, but it actually helps us even more than we think.

Our brain, as many of us know it, is a muscle that needs constant exercise to reinforce its ability to carry out its functions. For example, when learning something new in school you are exercising your brain. This organ has complex networks of circuits and signals that can be strengthened through reading. In past research, done by the PubMed Central, it has been found that reading changes our brain. They showed, through brain scans, that during and after a reading period, the brain's connectivity increases with a prominent boost in the somatosensory cortex, which is the part of the brain that responds to movement and pain. This is just one example of the many ways reading can benefit both your physical and mental health.

ADDITIONALLY, HERE ARE OTHER
BENEFITS READING PRESENTS:

1 PREVENTING AGE-RELATED COGNITIVE DECLINE

It is recommended by The National Institute on Aging to read books and magazines since it's a way of keeping our mind engaged as we grow older. Senior citizens who read and solve math problems daily have maintained or even improved cognitive functioning. It is recommended to start as early as possible since people who've maintained mental stimulating activities during their whole life are less likely to develop lesions and plaques.

2 GREATER VOCABULARY RANGE

Reading helps expand our vocabulary. Even if it's unconsciously, while reading we learn new words that begin to be processed by our brain. It was found that students who began reading books regularly at a young age are more likely to develop large vocabularies that can have a big impact in several areas of their life. The most efficient way to expose ourselves to new words is by reading books and understanding the words through various contexts.

3 REDUCES STRESS

There was a study done in 2009, which measured the effects of reading on the stress levels of students who were taking very demanding programs in the United States. It was found that 30 minutes of reading was able to lower blood pressure, heart rate, and feelings related to psychological distress.

4 IMPROVES MEMORY

We work on our memory while reading when having to remember the characters, backgrounds, history, plot twists and settings. With every new memory made we create new brain pathways and help give strength to existing ones. This helps our short-memory recall and stabilizes our moods.

5 INCREASES ATTENTION SPAN

When reading a book, we need to put all of our attention in the story to be able to absorb every detail of the characters and the plot itself. By reading 15 to 20 minutes before work/school you'll notice an increase in your attention span. It may also help you relax by reading something that brings you inner peace.

Reading is essential during our everyday life, and has many benefits that come with it, even some that we wouldn't even think about. As mentioned, the brain is a muscle and books are our own personal gyms. We all have different capacities, but there's always going to be a book/text/magazine that a person will like.

If you don't have the habit of reading everyday, you should think of implementing it in your daily routine. You can begin with 5-10 minutes a day and increase this time as you engage with more high interest pieces. Feel motivated to make yourself better!



CATCHING UP WITH THE SPORTS WORLD

ARTICLE BY: DANIELA LOMBARDI

The sports world is back for the first time since the start of the pandemic and there are many fans watching their favorite teams and players every week. This week, we are going to talk about interesting news coming from the NBA and NFL.



The NBA is getting crazier by the minute since the playoffs began. There are four teams that survived the Conference Semifinals: Miami Heat, Boston Celtics, Los Angeles Lakers, and Denver Nuggets. These four teams had to fight their way to the Conference Semifinals and now they will have to work even harder to get to the NBA Final. The semi finals started with the Celtics playing against Miami. Unfortunately, this didn't go well for the Celtics since Miami won by 3 points on Tuesday. On Thursday, Miami came to the game even stronger and came out winning for the second time against the Celtics. These two teams will face each other again on Saturday, with Miami Heat leading by 2 games.



Lebron James and the Lakers will play against the Nuggets to see who will get to the final against the other team. Game 1 has already been played and the Lakers came out victorious against the Nuggets with a 12 point lead. Game 2 will be played on Sunday to determine if the Lakers get a 2 game lead or if the Nuggets work hard enough to make it a tie. So grab your popcorn and your drinks to see which two teams make it to the NBA Finals, and which team will take the title home.

The NFL is back and ready to start things off with new popular rookies and with many changes throughout the off-season. It started last week with an amazing Thursday Night Football game which involved the Super Bowl champions, the Kansas City Chiefs, against the Houston Texans. The Chiefs ended up winning the game with a score of 34-20 and made an amazing opening to the season. On Sunday, we had many amazing games that have been anticipated since the draft and since the schedules of the game came out to the public. The game of the week was the New Orleans Saints taking on the Tampa Bay Buccaneers. As we all know, Tom Brady left the Patriots and joined the Buccaneers during the off-season, as well as his partner in crime, Rob Gronkowski.



People were very excited to see Brady on a new team, and what better way to put him to the test and make him play against Drew Brees on his first game as a Buccaneer. Tom Brady and the Buccaneers couldn't outplay the Saints and ended up losing 34-23. Another game that was much anticipated was the Bengals against the Chargers.

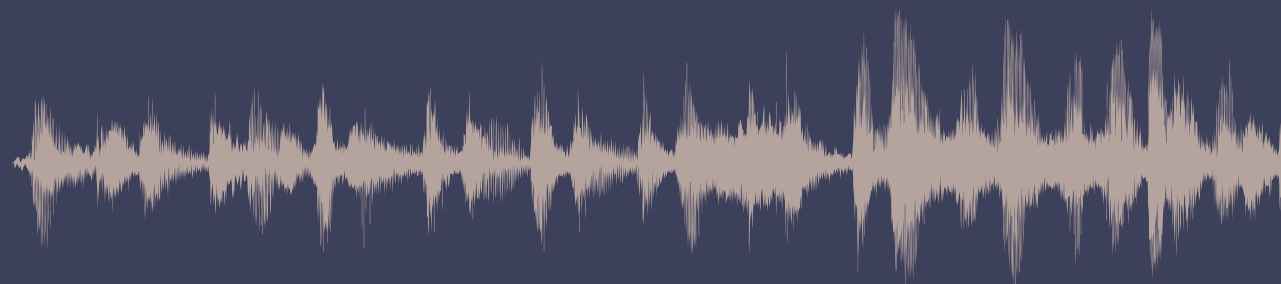
This doesn't seem like a very popular game, but since the star QB Joe Burrow joined the Bengals as his first team in the NFL, people were very excited to see him. Joe Burrow and the Bengals tried their hardest until the end of the game, but the kicker couldn't handle the pressure and missed the field goal that would've tied the game and made it go to extra time. The Chargers came on top and won with a score of 16-13. Every single other game was interesting due to all the changes with players, staff and even new stadiums. We hope that your teams won their first game and hopefully they do great in this season.



FAKE HEAVEN

Article by: Sara Roselló

Alex Olivares (singer/songwriter/mixer), Santiago Estrada (rhythmic guitar), Erez Krispel (bass), and Lubeck Villaseñor (lead guitar/mixer). These four students from grades 11 and 12 make up Fake Heaven, a band formed on May 14 just before quarantine started. I was able to sit down with them and have an interview via Zoom.



Where did the name come from?

The band had to go through some trial and error before they found the name that most suited them. They started off with “The Skunks” but the name already existed so they soon changed it to “The Shrunks”. After that, they stuck with “Apple Dock Station” for about three months making an homage to the Red Hot Chilli Peppers with the idea of having an unconventional name with a certain ring to it. Finally, they settled on “Fake Heaven” because the name “is an idealist way of looking at life, but at the same time you’re aware that it’s not real” (Alex).

Who do you draw inspiration from?

They all draw inspiration from different artists and bands. Santiago’s main inspirations are Arctic Monkeys and Aerosmith. Erez’s main inspirations are The Strokes and The Beatles. Alex’s main inspirations are Gorillaz and Queen, and Lubeck says he draws inspiration from many places. Overall, despite the fact they have someone to look up to, they aspire to be the best version of themselves in their music.

How would you describe your band’s music style?

They’ve only released one Indie song, but they have several in the works and their style could be described as a mix of Indie, Alternative Rock, and Neo Soul.

How has quarantine affected the band and the music making process?

“We started during quarantine so we don’t see a difference at this point” (Lubeck). As a matter of fact they got together for their first rehearsal the same day that school shut down. They’ve used this time to work on their music making process since they aren’t able to do shows or any live performances. “This quarantine has [pushed] us to start writing more, producing more, learning a lot more about our instruments, [...] the only bad thing that has pretty much happened because of the quarantine is the fact that we can’t play our songs” (Alex). One thing they feel they could improve on is getting together for live sessions to practice; they try to do it once a week but school has kept them busy.

What’s it like to be in a band and in school at the same time?

They’ve been a band for 6 months so it can feel both normal and overwhelming. “I got used to it, but it’s hard because sometimes you have to decide [between doing your homework or finishing mixing a song in time]” (Lubeck). For those who aren’t familiar with the term mixing, it’s like the final stages of a song where you adjust sound and volumes to make the final product better. They compared it to the process of turning a picture into HD. “I see no difference, for me playing an instrument is more like a hobby than an obligation, [...] it’s just me at my own pace so that’s what I like about it” (Santiago). On the other hand, Alex has had a harder time balancing school and his music. He said that “due to school it’s been more like an obstacle rather than a path to success in time” when referring to his hopes that the band becomes even better with time.

Any plans for the future?

They hope to start playing a lot of live shows once quarantine ends, starting off small and branching up from there. Their immediate plan is to release some of the new songs they’re working on over the next couple of months. In the long term “I’m thinking probably like late spring or at least summer [of next year], we’re gonna release the album. Maybe a little earlier” (Alex). For them, like for everyone, the future is still unclear and in the end it all depends on how the current Covid situation goes. They do hope that it gets resolved sooner rather than later since two of the band members will go overseas for college.

Any tips for people who want to pursue music?

You need to have someone: a mentor, a friend, or a group of friends, who can help you through it. It’s a long process and you’re constantly learning throughout it, so it’s important to find people with whom you share a common goal so you can stay motivated. You can each do your own thing, but all centered towards reaching the goal you’ve set. Bassist Erez Krispel says, “Go for it”.



MOVIE OF THE WEEK



THE FORCE AWAKENS

STAR WARS

Review by: Matias Vico and John Naser

The Force Awakens

2015 – Action/Science Fiction – 2h 15min

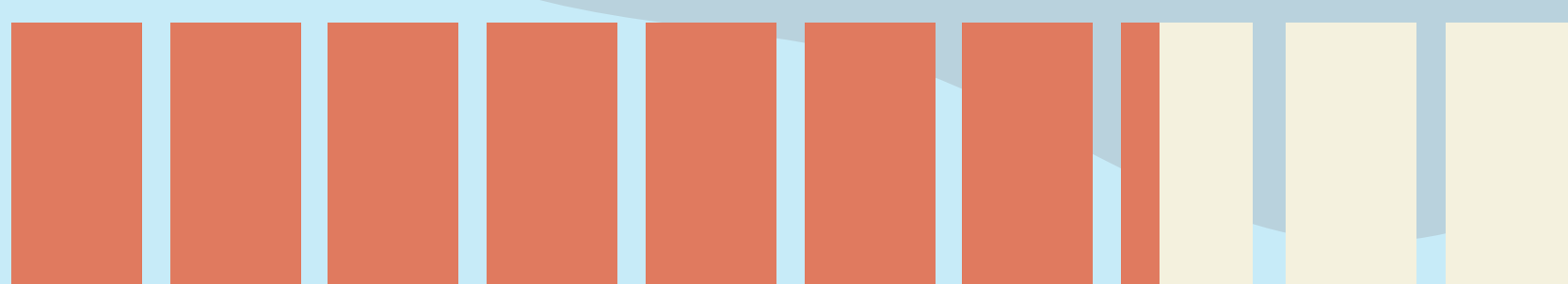
Directed by: J.J. Abrams

Star Wars: The Force Awakens, follows the storyline The Empire Strikes Back, 30 years later. It begins by introducing the protagonists who are: Rey, the last Jedi standing (a.k.a the last hope), Finn, an ex-Stormtrooper trying to find the Rebellion, and Poe, the best Rebellion pilot. The main plot is the recurring fight between the Resistance with their leader being General Leia, and the First Order with their supreme leader, Snoke.

As the story progresses Rey, Finn and Poe find each other and get to know who they really are. Together, they go through many adventures filled with thrilling yet breathtaking places to find the Resistance and gather information of the whereabouts of the New Order.

This film is also filled with amazing camera work, as every shot in this movie is absolutely jaw dropping. So, if you are looking for an entertaining and an absolute cult classic, this movie is definitely worth it and John and Matias recommend it!

We chose this movie because one of the main characters, Poe, is a Guatemalan actor, Oscar Isaac. He is the first Guatemalan actor that was nominated for a Golden Globe and has been in a great variety of films including Ex-Machina, Star Wars, Robin Hood, etc. We mentioned this great Guatemalan actor because he is a great example of what Chapines can achieve. He is an inspiration to all of us and we need to be proud of the people who represent this beautiful country worldwide.



Movie rating: 7.3/10

This movie is great. However, the first Star Wars movie is better in our opinion.

Oscar Isaac's rating: 12/10

Inspirational man.



HAPPY

Children's

DAY!

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 - President and Coeditor

Marcela Billingslea - Coeditor

Ana Isabel Herrera - Designer

Ayoung Choi - Designer

Daniela Lombardi - Writer

Luis Muñoz - Writer

Natalia Montes - Writer

Sara Roselló - Writer

Ceci Zuñiga - Writer

Matías Vico - Writer

John Naser - Writer

Nicolle Dardón - Writer

Yousef Hanna - Social Media Manager

Alexander Ghawali - Social Media Manager

