

I'M IN, I'M INTER

# INTER

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Panama Model United Nations XXVII  
Building Bridges: Confronting Global Polarization

## Inter at PANAMUN

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OUT THESE TIPS TO CHOOSE A MAJOR

NOVEMBER 1, 2020

# Inter at PANAMUN

Article by: Isabel Chang

You may wonder, what the process for the conference looks like. Well, after registering, each student gets assigned a country and one or two issues. The student's job is to research the country to the best possible means, after all you will be representing the country as their delegate (just like in a real United Nations meeting). The student also has to write an Issue paper, on which you address the issue, the country and the country's position. Once in the meeting, all students with different countries but same issues will gather in a room or "committee", and every room is led by two "chairs". Each student will then present an opening speech on their country's position on the issue. After that, the students divide into groups to work on a resolution paper, on which the group comes up with solutions for the issue.

"This year's MUN conference was definitely an experience that I don't think I will forget. At the beginning, I was very nervous and anxious because I did not know what to expect since the conference was going to be online. I thought that it was going to be awkward but it turns out that it was the opposite. The online conferences turned out to be fun and exciting. Sure, my back did hurt from sitting down all the time but I always looked forward to joining a meeting and debating a topic." -Emma Jop

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The fun part begins when resolution papers are turned in and ready for debate. Each group presents their resolution paper to the rest of the room. Not all students will agree with the solutions in the resolution papers and will

try to change them, strike them, or add to them. It's exciting to see how tension, scandals and uproars come up. After the amendments are made, the whole room votes on whether the resolution shall pass or not. That is the real essence of being in MUN.

But... What is MUN? Model United Nations, also known as Model UN (MUN), is an educational simulation and/or academic activity in which students can learn about diplomacy, international relations, and the United Nations. It is meant to engage students and allow them to develop deeper understanding into current world issues. There are even three awards given to three different students of each committee: best delegate, diplomacy and research awards. They are a great honor (and look great on resumes!).

The club was introduced at Inter in 2019 and it participated in the 2020 Washington DC conference before the pandemic. The pandemic however, does not stop MUN, as conferences are still available for clubs all over the world. You could say that the pandemic even brought clubs closer together, giving an opportunity to experience an interconnected world.

Being part of MUN is more than just a pretend game of kids being diplomatic, it is a real world experience, an opportunity to see how things work. For some, it's an event that shows a profession that they could be after highschool, such as Foreign Affairs. For others, MUN is a learning opportunity to gain research, leadership and teamwork skills, not to mention, you make friends from all over the world, becoming a global student.





# ICE DETENTION CENTERS & ALLEGATIONS ON HYSTERECTOMIES ON IMMIGRANT WOMEN

Article by: Natalia Montes

In the United States' Immigration and Custom, Enforcement allegations have been increasing on issues regarding immigrants' health neglect and unconsented hysterectomies on women. A hysterectomy is the removal of all or part of the uterus of a woman so there is no longer a chance to be pregnant.

A lot of the women who have undergone this surgical procedure, claim to not know the reason behind it and have also not been informed about what was done to them. Many of them do not receive a proper translation or explanation in their language (Spanish) and fear that it is not safe what they are undergoing. Multiple testimonies are expressed in the complaint file. The practices of the surgeries were reported on the Irwin County Detention Center in Georgia by a whistleblower nurse who is now identified as Dawn Wooten. She filed the complaint to Project South to initiate an immediate investigation, as it is not the first time complaints are filed on the health treatment that the detainees and medical personnel receive.

The complaint includes issues against the non-existent efforts to reduce the number of Covid-19 cases in the facilities for both detainees and personnel, as this is an urgent matter for the country and a violation of human rights. Urgent attention is needed for this matter, but it is not the only violation of the detainees' security that is happening. The number of hysterectomies on immigrant women is increasing at an "alarming rate" says Dawn Wooten. The women in the centers are taken to a gynecologist outside of the facility and everyone that goes will have a hysterectomy.

Among the women and nurses who notice this pattern, a feeling of concern has emerged and worry that the doctors are experimenting with their bodies like in a concentration camp. More than a dozen women have described their treatment as rough and frustrating as they always received different explanations on what they need to receive. Whenever they ask for clarification or negate any of the doctor's observations, they are ignored or yelled at.

Mexico's President Andrés López Obrador announced September 21st that if the allegations were confirmed there would be legal actions taken against the US. There is recorded information on the violations of the health of six Mexican women, who have been contacted by the government of their home country. The investigation of these has been taken seriously by the US Congress and more than 150 members have called for the investigations to start and to be made professionally.



# COVID-19 VACCINE RECENT DEVELOPMENTS

Article by: Luis Muñoz



Ever since the Covid-19 outbreak at the beginning of this year, it has become a world wide priority to find a way to mitigate the disease. Many countries joined the race to find a vaccine for the disease, but none had sufficient information to make this a reality.

Finally, researchers in China published the genome sequence of the Coronavirus on January 21, giving a big break in the development of the vaccine. The first batch began human trials on March 16. It's now joined by nearly 200 others being tracked by the World Health Organization — 44 of which have entered human trials.

CoronaVac, developed by Chinese firm Sinovac Biotech, is one such inactivated type of vaccine racing toward the finish line. Study results from Phase 3 trials, which are currently being carried out with tens of thousands of volunteers in Brazil, Turkey and Indonesia, are expected to be available in November. Although clinical trials are still underway, CoronaVac was approved for emergency use in China in late August as part of a programme to vaccinate high-risk groups, such as medical workers. Initial results from studies on Macaque monkeys showed that the vaccine produced antibodies that neutralized 10 strains of SARS-CoV-2.

ChAdOx1 nCoV-19 is a viral vector vaccine in Phase 3 of trials, with developers aiming to recruit 50,000 volunteers. Initial results from the first two clinical phases showed the vaccine triggered a strong immune response, producing antibodies and T-cell responses in volunteers.

So far both vaccines are still in the human trials phase. However, the effectiveness of both seems to not fulfill the requirements needed globally. Yet there is still hope!





# HOW SOCIAL MEDIA AFFECTS OUR MENTAL HEALTH

Article by: Ceci Zuñiga

Being socially active can help with stress, anxiety, depression, self-esteem, loneliness, and can even achieve a longer lifespan. Humans usually communicate with words, gestures, and symbols in person but with new technological advancements, technology has slowly taken over our social interactions. More and more people are constantly using apps such as Snapchat, Instagram and Facebook to connect with other people around them.

While social media gives us an easier way of communicating, it still does not replace in-person contact with others, which can trigger hormones that help alleviate stress and produce happiness. Spending too much time on social media may induce feelings of loneliness and isolation, and may correlate with mental health problems such as anxiety and depression. Even if social media does not provide the feeling of face-to-face contact, it still has positive aspects about it just like the following:

- We are able to communicate and stay up to date with family and friends all over the world through different platforms.
- We are able to find new friends and even communities through similar interests and ambitions as well as promote and join important causes such as raising awareness on important issues of the world.
- It may help people with social anxiety, marginalized groups, limited independence or those who live in a remote area to find a key social connection.
- Social media can be an outlet for our creativity and self-expression, one can share their art, writing, and even more in social media and can also help find sources with valuable information.

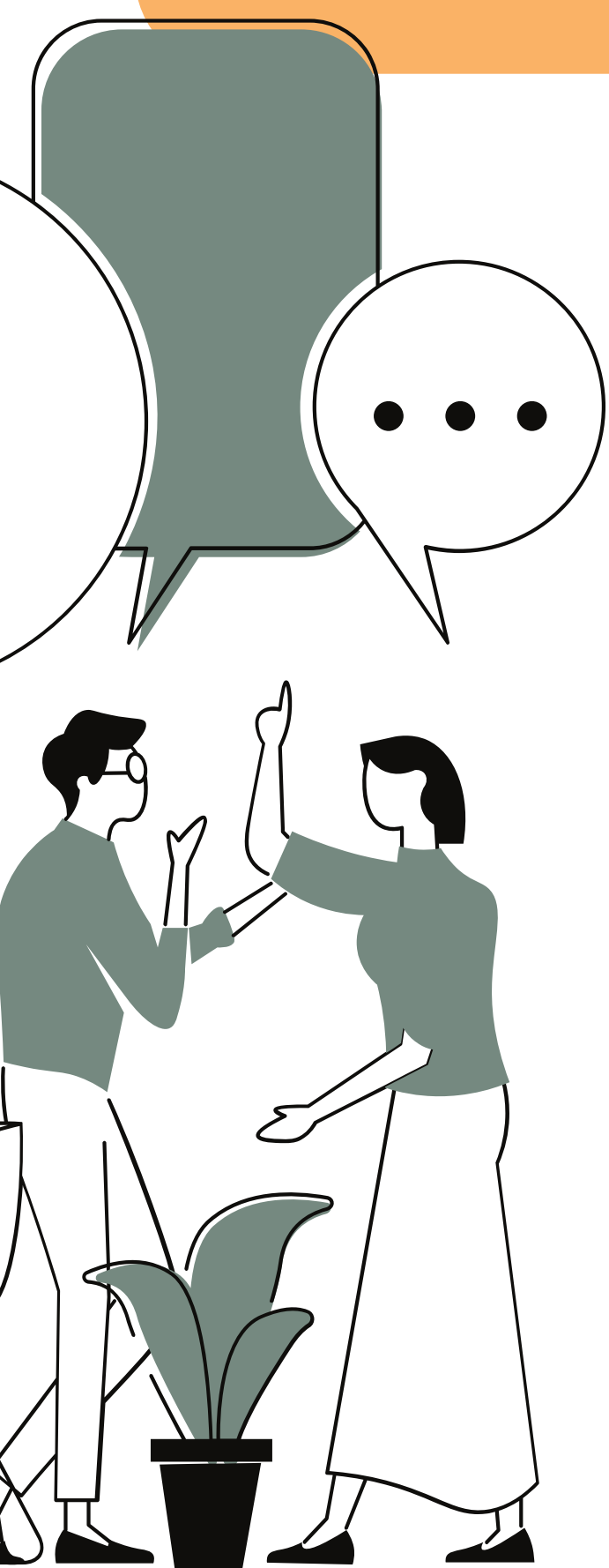




While there are several positive aspects of social media, there are also negative aspects that can affect our mental health. It has been proven that there is a strong association between heavy social media use and an increased risk of anxiety, depression, self-harm, loneliness, and suicidal thoughts. Social media can be the cause of negative experiences, this may be:

- **An intense fear of missing out.** Being on social media may cause feelings of exasperation, seeing others having fun and living the life we dream of can be upsetting. The idea that we are missing out on experiences can impact our self-esteem, trigger anxiety and stress. This fear causes us to constantly be checking our phones, even at the risky moments such as driving.
- **It may influence cyberbullying.** Social media platforms are usually the places where lies, hurtful rumors, and abuse happens that may scar a person emotionally.
- **Insecurity about our lives or appearance.** We know that images in social media are usually manipulated but we can't help but to compare ourselves and make us feel insecure about ourselves or our lives.
- **May cause isolation.** A study at the University of Pennsylvania showed that reducing social media usage can help us feel less lonely and isolated, as well as improve our overall well being.

We are all different, and may react to social media differently but at the same time, we all face the risk of being affected by its negative consequences. We can reduce the risk of this by decreasing our time online. A study in the University of Pennsylvania showed that by reducing the use of social media to 30 minutes a day reduces levels of many factors including anxiety. We don't necessarily have to cut back our social media usage, by simply being more aware and mindful about our use, we can benefit emotionally and have better focus. To try and reduce an excess amount of social media usage we can set a time a day where we turn off our phone, it can be when we go in a car or go to the gym or while doing homework. We can also turn off social media notifications, since it is hard to resist the noises and buzzing of our phone this may help us stray away from social media just a little bit more.



# CHOOSING A *major*

Article by: Sara Roselló

You might feel prepared to apply to universities, as you know what you need and how you're going to do it. But do you know what you want to study? That's by far one of the toughest questions to answer. It seems so overwhelming having to pick out the rest of your life at the age of 18, maybe even 17 or even 19. The truth is that while this decision is important, your whole life doesn't depend on it, at least not in the ways we might think. In this article we will be giving you some tips on how to choose the right major for you, and some advice that, while it may not necessarily be new, will sure be good to hear again.

## PICK A MAJOR, NOT A SCHOOL

I think this might be one of the most important tips. Sometimes students get so attached to a certain college or university that when the time comes for choosing their major, they might end up changing it because the school they want doesn't offer it. This information might be difficult to hear especially if you don't know what to study but have found a university that you love, but if you don't choose to study something that you are actually passionate about you might find yourself regretting it down the line. For those of you who are in that situation, you might have to consider looking at more colleges before choosing one. That way if one doesn't have your major, you can look at your other options.

However, I think that if you can you should choose a major before looking at any colleges. This will prevent you from getting too attached to a school that doesn't offer what you want, especially if you'd like to study something more unusual or specific. Look at universities that you know offer what you want.

## FIND YOUR INTERESTS

For some reason, this is inexplicably hard to do. It's not that you have no interests, but that you think the ones you have couldn't possibly help you find a career out of them. Not all hobbies or interests will end up playing a part in what you study, so don't even feel discouraged if many of them don't directly help you. The point of this is to find a common interest in what you do for fun or the classes you take, which might allow you to realise what it is you actually enjoy doing. Let's say you like playing video games; most of you probably do it because it's fun, so if that's the only reason it's okay. But if you realise that you also love the graphics and analyzing game strategies, maybe that could hint at game programming or analytics.



**The following tables might help you lay out all that's been said:**

HOBBIES/INTERESTS	WHY DO YOU LIKE THEM?	POSSIBLE MAJORS/CAREERS
<ul style="list-style-type: none"> <li>Feel free to list as many as you like.</li> </ul>	<p>What is it you enjoy about the activities you do. Don't worry if some motivations aren't as well developed or concrete as others, as not all interests will make it to the final stage.</p> <p>You might find a common pattern between your interests.</p>	<p>Look at column 2, and find majors that also have things in common with what you wrote.</p> <p>Maybe you like Humanities because it explains human behavior and the questions surrounding life. You might want to write down Psychology or Philosophy.</p>

HOBBIES/INTERESTS	GROUPS	WHY DO YOU LIKE THEM?	POSSIBLE MAJORS/CAREERS
<ul style="list-style-type: none"> <li>Feel free to list as many as you like.</li> </ul>	<p>GROUP 1</p> <p>This is especially helpful if you listed a lot of activities. Separate them into groups based on how related they are to each other.</p> <p>Say group 1 is watching documentaries, reading the news, and history class.</p>	<p>What is it you enjoy about the activities you do? Don't worry if some motivations aren't as well developed or concrete as others. Not all interests will make it to the final stage.</p> <p>You might find a common pattern between your interests.</p>	<p>Look at column 3, and find majors that also have things in common with what you wrote for each group.</p> <p>Maybe you grouped drawing and watching cartoons because you like creating things and also bringing them to life. You could write down Graphic Design or Animation.</p>
	GROUP 2		
	GROUP 3		

**DON'T THINK THERE'S NOT A CAREER FOR IT**

Let's say you finished the table, or you didn't even get to finish the table because your interests are so particular that you might not even think there's a career for it. That may have been true 50 years ago, but in today's world there's over 1,800 majors to choose from, so if you can think about a career for it, it probably exists. You can also choose to broaden your search. Maybe you don't want just a really specific thing, but instead you would rather study something with a much wider lens. You might like Engineering but get overwhelmed with all the options then you could just study Mechanical Engineering (it's one the broadest Engineering branches), or some universities allow you to apply for a more general degree (such as General Engineering) and then they let you declare a more specific major after one or two years.

Here are some links that might help you:



## LOOK AT IT WITH PERSPECTIVE

Sometimes you might think being a lawyer, for example, will mean you always get to deal with intense cases, scandals, criminals, and everything you see in movies or tv shows. That is probably wrong, there are several branches of law and the one I just described could be called criminal law. There are a lot of lawyers who work with families (such as divorce lawyers), bankruptcy, immigration, estate planning, intellectual property, and so on. It's important to do your research for any major you want. Look at the types of jobs you could end up doing and what your income might be, see if you can picture yourself making a living off of that.

Nowadays money is important and no one will deny that, but so is living a fulfilled life. Don't live to work, work so that you can live. It might be very tempting choosing a career that doesn't interest you because it pays higher, and no one will call you out on doing so, but keep in mind that this is something you'll have to wake up every morning to do so it better be worthwhile.

## ASK AROUND

How can you choose what you want to do if you haven't done it yet? That's a tough one, but the best answer is probably to ask someone who HAS done it. Talk to family members, look at Youtube videos, or attend conferences about the majors you're interested in. It will help you have a much more accurate and personal perspective on what it's like and you'll be able to choose with higher confidence and accuracy.

If you need help you can always follow @careerclubcig on Instagram. It's a new student led club that brings speakers who work on different careers; it's a great opportunity to know more about your fields of interest and the work experience. You even have the opportunity to ask them questions.

## DON'T SETTLE FOR ONE, IF YOU DON'T WANT TO

People think that they only have one chance to pick their major, and once it's done that's what they will stick to. The commitment is admirable and should definitely be there, but the idea that you can only do one thing is a dysfunctional belief. Let's say you like Business, but you also like Engineering. You can look at universities that offer joint degrees, double majors, or even a major and a minor. That way you can study both things at the same time without sacrificing one of them. There's also the possibility of majoring in one thing first and then majoring in another after you graduate, or taking courses on the side about what you're interested in.

It's never too late to pick up a new interest. Even when you're older you can still find ways to study new stuff or do different things with what you already know. You can even combine both of the disciplines you like to make something better out of them.

## APPLY UNDECIDED

Last but not least, you can apply undeclared or undefined. If after everything you've tried, you're still not sure, apply undeclared. Many universities give you that option. It's the best way to get hands on experience without actually having to commit to any one thing yet. Usually once you get to your second year you have to declare a major, but that means you have a full year of trying things out.

## CHANGE IT

If the worst happens and you choose a major, but you end up not liking it, change it! Many universities, if not all, let you change your major. Of course the conditions might vary between universities so you'd have to research that on your own or ask the university counsellor, but it's always an option.

Don't feel bad about changing your major. It's better that you realized you wanted to do something different than having to do something you don't like for the rest of your life.



# HOW DOES THE NFL WORK?

ARTICLE BY: DANIELA LOMBARDI

The National Football League is one of the most famous sports in the United States. People admire the game and the feeling of rooting for a team. Even though there are many football fans, there's a lot of people who truly don't understand how it works.

A football game is divided into four quarters, with fifteen minutes each. There's the first half, which is the first and second quarter, then there is a fifteen minute halftime, and then the second half, which are the third and fourth quarters. The game consists of scoring touchdowns which make six points, scoring extra points (after the touchdown) which makes one point. When a team has the ball, they have four tries to gain ten yards. If by the fourth try, they have not gained those ten yards, they have a chance to punt it or risk playing the ball. If they decide to punt it, the other team will get the ball and when they get the ball they can either run and see how many yards they get or take a knee and stay where the ball landed.

There are two names for the teams who are in the field. The team that has the ball is called the offense and the team that is trying to stop the offense is called defense. The positions on the offense are called the following; Quarterback, Running Backs, Tight End, Wide Receiver, Tackle, Guard and Center. The positions for the defense; Safety, Middle Linebacker, Cornerback, Outside Linebacker, End and Tackle.



Time in football is the most important thing; it sometimes defines how the game will turn out. Each team has three time outs for every half. Football can be very violent and harsh, but at the same time it has many rules to try and protect the players from any serious injuries. The game has increasingly heightened attention to the following rules in response to concerns over injury: Defenders are not permitted to hit the quarterback when the ball is released, nor can they conduct a blind sided hit, and helmet to helmet contact is not allowed. Other rules like wasting time or sportsmanlike conduct are very important on the game results.



# CENTRO CULTURAL

## *Miguel Ángel Asturias*

Article by: John Naser

The Miguel Ángel Asturias Cultural Center, generally called the National Theater, is located in the Civic Center of the city and is built on the same site as the old San José de Buena Vista Fort. The building, which was initially designated to the Architect Marco Vinicio Asturias, was designed and completed by the Engineer Efraín Recinos, finishing its construction in 1978.



This building is named after Miguel Ángel Asturias, a Guatemalan who won the Nobel prize in literature. Inside the theater, you can find an assortment of beautiful rooms. These include the great room Efraín Recinos, the Teatro al Aire Libre "Otto René Castillo", the golden room, Teatro de Cámara, Bar disco Tras Bastidores, Plaza Principal, Plaza Mujeres not only that inside the theater you can also find The national institute of Marimba and the Museum of the Guatemalan Army.

Some interesting facts about the theater are that The Miguel Ángel Asturias Cultural Center is a Cultural Heritage of the Nation through Ministerial Agreement 882-2012, On the land where the cultural center was built, the Castillo de San José was formerly located, which was demolished at the time of the October Revolution.



The Miguel Ángel Asturias Cultural Center is an architectural masterpiece in addition the theater uses the highest achievements of Guatemalan plastic integration.



# MOVIE OF THE WEEK

REVIEW BY: MATÍAS VICO

## COCO

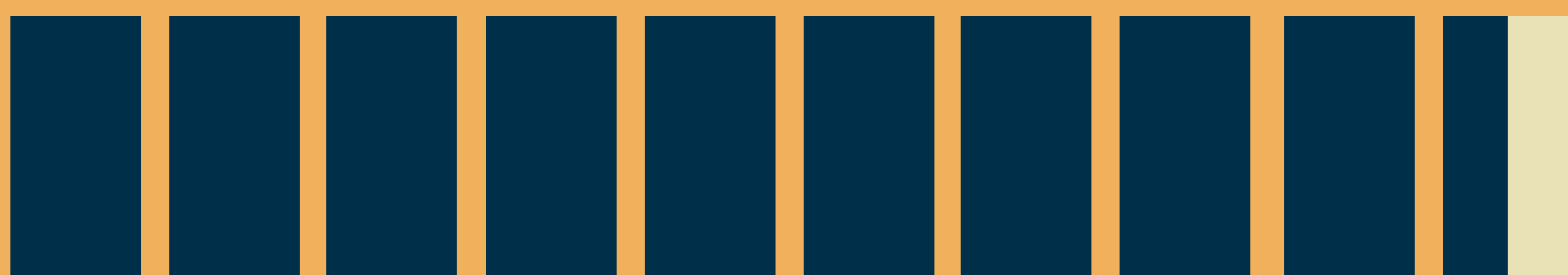
2017 – Animation/Family – 1h 49min

Directed by: Adrian Molina, Lee Unkrich

If you like Shrek, the Toy Story franchise, and Monsters Inc., we are sure you will enjoy Coco! Through an adventure full of mystery, love stories, friends, and family, the animated movie offers a rollercoaster of emotions to the viewer. It follows Miguel, a boy who wants to be a musician despite his family's ban on music. As the story progresses, you get to know the deep feelings of the characters and why each and every one of them play a crucial role in the resolution of the movie. The great thing about this movie is how anyone can watch it! A kid and a grown up are able to enjoy it equivalently, due to the intense plot and beautiful representation of Mexican traditions. In itself, the movie is absolutely gorgeous with all of the vibrant and yet soothing colors. This Oscar winning animated film also has one of the best original soundtracks that I have ever heard in a movie. The songs stay true to the tone of the scenes and the character.

Coco also teaches us about the holiday of “el Día de los muertos”, and the meaning that it has in Mexico and a lot of Latin American countries.

So, if you have not watched this movie, I encourage you to do so because I bet that you would enjoy it!



Movie rating:  
9.5/10

“The rest of the world may follow the rules,  
but I must follow my heart.”

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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

A Young Choi - Artist

Daniela Lombardi - Writer

Luis Muñoz - Writer

Isabel Chang - Writer

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