

## GUATEMALAMILETINA STANDS IN PROTEST

**Article by: Natalia Montes** 

This Saturday, November 21st, a protest was summoned among Guatemalan citizens. The reason for this protest was to reject the government's budget for 2021. The Budget consisted of a 25% increase in comparison to this year's budget. In the description, there are cuts related to sections of health care, education, nutrition, justice, and human rights, despite the country being in a state of extreme poverty.

More than 50% of the total population lives in poverty and many more children suffer from chronic malnutrition. These cuts don't consider the Covid-19 pandemic and ignore the needs of the population in these matters. The budget's negotiation was also done in secret and passed without prior revision.

The protest was summoned to be in the Central Plaza of the historic center of the city, in front of the National Palace. On Saturday, from 2 pm onwards, protesters gathered to peacefully manifest their discontent with the budget and corrupt politicians. About 10,000 citizens gathered, carrying signs and flags, filling the center.



Among the protesters, a ballerina presented her opposition to the current political actions of the government through her dance. Her name is Joana Mariel Madrid, and she is 21 years old. She, along with photographer friends in ballet uniforms performed in front of the National Palace. In the photos taken she is seen dancing in front of the lined police officers guarding the building. She didn't expect the attention she got and her photos going viral, even being featured in the magazine "Soy502". As she said in the magazine, she dreams to advocate for what she believes through dancing and wishes that the government supported young artists and art in general instead of corruption.

### INTER'S 2020 so far

**Article by: Sara Rosello** 

#### **JANUARY**

- 3rd quarter began
- 100th day of school

#### **FEBRUARY**

- Valentines day celebration
- AASCA Soccer
- Math Counts
- Volleyball night

#### **MARCH**

- Distance learning began
- Online Career Club was founded
- 4th quarter began

#### **APRIL**

#### MAY

Last day of school

#### JUNE

#### JULY

#### **AUGUST**

- Back to distance learning!
- Class of 2020 graduation ceremony
- Virtual ECAs started
- Community wellness program implemented by student

#### **SEPTEMBER**

- Independence Day celebration
- 1st Interconnected magazine

#### **OCTOBER**

- NHS Induction Ceremony
- Participated in PANAMUN 2020
- Interact's 'Flowers & More' Facebook lives
- Costume contest STUCO

#### **NOVEMBER**

- NHS concert
- NHS among us tournament
- Participated in InteGIRLS puzzle competition
- STUCO Knowledge Bowl
- Participated in Expociencias 2020
- Thanksgiving celebration

#### **DECEMBER**

## AFTERMATH OF U.S ELECTIONS

Article by: Luis Muñoz

After 2 years of arduous campaigning from both Democrats and Republicans, the 2020 U.S elections have come to an end. So, who won? That is a complicated question to answer.

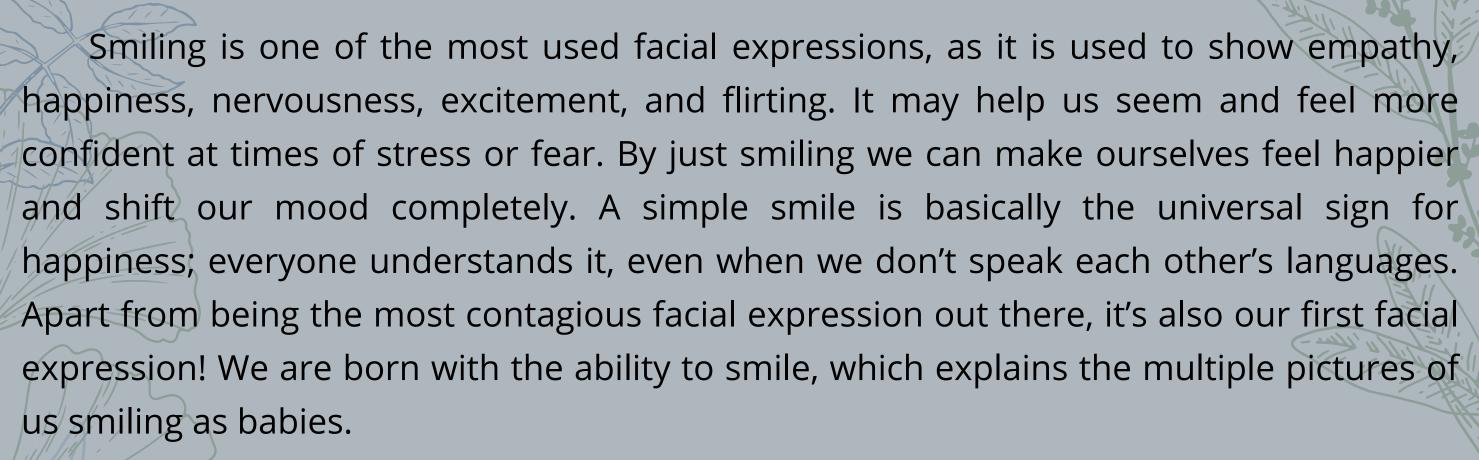
You see, the 2020 U.S elections were highly devised and hostile, with both Democrats and Republicans being more partisan than ever about their views on who should win and why. On one hand, you had Democrats emphasizing the importance of Joe Biden winning to the now polarized nation, introducing socialized healthcare and addressing systemic racism in the country. On the other hand, Republicans emphasized the importance of Donald Trump winning to steer away from a socialist government, restore the U.S economy after Covid-19, as well as control the borders of the country, etc. Both of these groups learned to despise one another and even acted violently. Further, businesses shutdown operations in preparation for what was to come after the election.

When all was said and done, the results came and listed Joseph Biden as the president-elect of the United States of America, beating Donald Trump with 290 electoral votes as opposed to 232. However, Republicans and other analysts investigated the possibility of fraud in swing states as thousands of votes seemed to appear out of nowhere as well as people born in the 1800s voting Democrat. For this reason, Trump announced himself the winner of the election days before it was even over. Moreover, he launched a full on investigation into election fraud in these swing states. Democrats, in response to this, reiterated their concerns before the election even began that mail-in ballots would be responsible for most of the Democratic votes and should be considered when mentioning the possibility of electoral fraud.

It has now been weeks since the election and the Trump administration have not been able to present conclusive evidence to show that democratic or even simple electoral fraud occurred, only presenting the possibility of faults in the voting system. The president has to give up the presidency on January 20 if no conclusive evidence is found.

# THE BENEFITS OF (Mi)

Article by: Ceci Zúñiga



Smiling can help us feel good. Studies show that when we smile, our bodies release endorphins, serotonin, and natural painkillers which are responsible for our happiness. Not only does it elevate our mood but it can also help relax our body as well as help with physical pain. There have been countless scientific studies that prove that a genuine smile is generally considered attractive to others, and it can also elevate our own mood and the mood of those surrounding us.

#### Here are some more benefits of smiling published by the United Concordia Dental:

- Improves our moods: As stated before, smiling can boost our mood, and can even be beneficial for people struggling with anxiety and depression. In a 2010 study it was found that making ourselves smile when down helps improve our mood and increase positive thoughts.
- It lowers our blood pressure: Laughing, just like smiling, helps lower your blood pressure meaning that it is good for the health of our heart. In a 2009 review it was explained that laughter is the cause of an increase in heart rate, which follows a period of muscle relaxation and a decrease in heart rate as well as blood pressure. This reduces the risk of developing heart disease in the future.

- Relieves stress: Smiling helps our body deal with stressful situations more effectively.
   A 2015 study in Psychological Science figured that smiling can result in the lowering of heart rate during very stressful situations. Maintaining a smile when stressed helps provide both psychological and physical health benefits.
- Better relationships: People who smile more are perceived as more likeable than those who don't, shown by a study done in 2014. Likeability makes the building and maintaining of relationships easier, being an important factor to our overall health and well-being. A 2010 study also found that people with positive emotions do have a better possibility of having a stable marriage and better interpersonal skills.
- A stronger immune system: Laughter helps boost our body's immune system. The Mayo Clinic reported that laughter and positive thoughts help release signaling molecules in our brain that help fight stress and illnesses. Laughter therapy increases immune responses for women who were just in labor according to a 2015 study.
- Pain Relief: A study by the Mayo Clinic showed that laughter causes our body to release its own natural painkillers. Along with this, a 201 study discovered that social laughter increases our bodies pain threshold, eventually giving our body a higher pain tolerance.
- Longer lifespan: A 2010 study found that smiling and having positive emotions are associated with an increase in our lifespan.



Positive emotions, laughing and smiling, are very beneficial for our mind, body, and our well-being. Try adding a couple of smiles to your daily routine, laugh a little bit, and think positive over stressful situations. You can make your day better, and during the process you may better someone else's day.



## WHAT'S NEW WITH SPORTS?

**ARTICLE BY: DANIELA LOMBARDI** 

The sports world has continued no matter the circumstances we are in now. Since my last article about the latest sports news, a lot has happened. Everyday is a new adventure with lots of entertainment from your favorite sports and players. Even though sports aren't like they used to be, every one of them has tried their best to keep the fans entertained and happy by making these events possible, allowing the athletes to do what they love.

Two major sports have sadly ended: basketball (NBA) and baseball (MLB). As you all may know by now, the Los Angeles Lakers became the 2020 NBA Champions on October 11. They ended up beating the Miami Heats in game six, taking home the trophy. Since the LA Lakers won the NBA Championship, the LA Dodgers had to come through and win Los Angeles another trophy in the MLB League. Los Angeles celebrated their win over the Tampa Bay Rays, which was an amazing fight between the best teams in the MLB.

Moving on, the NFL is still going and looking for the two lucky teams who will play against each other in the Super Bowl 55. If you have been watching the NFL, you know that there is one team everyone feels will get to the finals in 2021; namely the Pittsburgh Steelers. The Steelers are the only undefeated team in all the National Football League. The other top prospects from every group are: Buffalo Bills, Kansas City Chiefs, Indianapolis Colts, Philadelphia Eagles, Seattle Seahawks, Green Bay Packers, and the New Orleans Saints. Sadly, throughout the whole season we have seen tremendous injuries with many teams. The Cleveland Browns lost their star wide receiver, Odell Beckham Jr., due to a leg injury. The number one pick in the draft and the sensational rookie quarterback from the Cincinnati Bengals, Joe Burrow, left the game early on Sunday due to a serious leg injury. We hope to see these two players and the rest of the injured athletes back on the field next season.

I hope each one of you is entertained with the sports world because it is getting better everyday. For all fanatics, we hope next year you'll be able to go see your favorite teams play in stadiums filled with people, and be able to experience the sports environment.



and fell in love with it.



Cereal First

irst Milk First

Netflix

YouTube

Math

Science

Android

iOS

Pineapple on pizza

No Pineapple

D

Red

Soccer

Blue

Basketball

MacDonalds

Tacobell/Pollo Campero

Morning

Night

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## MORD SEARCH

By: John Naser

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BELLS
CHRISTMAS
JINGLE
JOYFUL

NORTH
POLE
PRESENTS
RUDOLPH

SNOWMAN
TREE
WINTER

Review by: Matias Vico

### MOVIE OF THE WEEK

# the GRINCH stole Christmas

2000 - Family/Fantasy - 1h 50min

Directed by: Ron Howard

If you are searching for a warm and goofy christmas movie, I seriously recommend "How the Grinch Stole Christmas". What can I say, this movie is a classic.

The cast was made to perfection, especially with Jim Carrey as the Grinch. I honestly think that this is one of the best Jim Carrey movies and the best Christmas movie.

During the whole movie, you get a roller coaster of emotions. At first, you can feel the loneliness of the Grinch and the curious Cindy-Lou. As the movie continues, the characters develop in a very entertaining and amusing way; this makes the movie so entertaining.

This is the type of movie you can watch every year at Christmas time and have a wonderful time with your family.



Matias's rating: 7.7/10

### 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!

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