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CONNECTED

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February 14, 2021

A message from the **COVID-19**

Article by: Isabel Chang

CUPID

Dear people with something to do on the 14th of February in the year 2021,

Cupid's arrival this year is not convenient. At all. And I know some of you lovey-dovey couples out there can't stop yourselves from being cheesy once again. So, here it is, my attempt to help all of you stay a little less cheesy this year.

Masks, hand gel, clear plastic face shields, and social distancing are all against you right now, trying to keep you safe. Yet, they don't follow the ideal picture of a romantic date at all. Sorry to burst your bubble, but for this date to happen, you will need them.

You will also need a broomstick or a pool stick, or two-meter long sticks taped together if you want to get DIY on me. Now, print this and follow the next steps closely.

First, get yourself a fashionable fanny pack and make sure it fits your hand wipes, hand gel, alcohol spray, gloves, an extra mask, and oximeter in case your heart races so fast you think it's a bad symptom.

Next, set up two washable blankets/towels in a spacious open area. I hope you measured those two meters between the towels. Jeez, people! Please leave the room (2 meters) for air.

Third, this is a movie date if you have not noticed, so you will need a laptop or tv, to set up outside. I HIGHLY recommend watching Five feet Apart as this movie is astronomical, even exemplary.

But, what is the stick for? Well, if you watched the movie I recommended, you'll know. In case you didn't, just go for a walk outside with your date and pretend you're holding hands. Or use the stick and each person can place a hand (with gloves on) on either end. Please remember to bring your handy fanny pack on this walk!

Lastly, for the end-of-the-date-much-awaited kiss, you will need to get a bag of kisses from your local grocery store. Feel free to share one with your date!

That is all for now.

Go be cheesy.

With love, Your COVID-19 Cupid

P.S I hope you remembered to invite your date to this pleasant afternoon beforehand.

Disclaimer: The purpose of this article is not to encourage meet-ups or anti-pledge behavior. Please keep in mind that safety is always the #1 priority and that this article is purely for entertainment and to remind the readers to take precautionary measures like hand gel, masks, and social distancing.

MYANMAR POLICE COUP

Article by: Sara Roselló

On Monday, February 1, the citizens of Myanmar woke up to military vehicles all over the street, where the military announced a year-long state of emergency, handing power to army leader Min Aung Hlaing. They defended this coup by declaring, without substantial evidence, that the Myanmar 2020 general election, where the National League of Democracy (NLD) won, was fraudulent. They conducted a morning raid where they detained NLD members, such as president Win Myint and Aung San Suu Kyi. Aung San Suu Kyi published a statement where she urged people to protest against the military coup.

Protests and violent police retaliation towards the protestors followed the days after the release of the statement. Tens of thousands are out in the streets in Yangon and other parts of the country chanting "Military dictator, fail, fail; Democracy, win, win" in what people believe to be the largest protests since 2007. The United Nations Security Council has called for the release of Suu Kyi and all the others who were arrested. Even president Joe Biden, in his first foreign policy address, stated that the Myanmar military should relinquish power and release all those who have been arrested.

The Myanmar military has also shut down several social networks such as Facebook, Instagram, and Twitter and implemented heavy internet restrictions on large areas of the country, going as far as people losing complete internet access. The military can do this due to the 2013 Article 77 of Myanmar's Telecommunications Law that permits the government to cut down telecommunications during a national emergency. However, under the present circumstances, many human rights groups and activists call for this law to be changed to protect freedom of speech.

What is currently happening in Myanmar has been called a violation of democracy and human rights. Many houses have already taken down their NLD flags out of fear. With each passing day, new circumstances and events arise that might change the course of action. Despite this, protestors are still fighting for the future of their country and its citizens.





Kit for a Kid!



¡LOS NIÑOS Y NIÑAS DEL REFUGIO "VERITAS" A CARGO DE FRAY CARLOS CÁCERES NECESITAN DE TU AYUDA!

Sugerencias de Donaciones:

-Mochilas (en buen estado)

-Artículos de higiene: talcos, pañales, pasta de dientes, cepillos de dientes, desodorantes, shampoo y jabón personal, etc.

-Ropa (tallas 0 a 17 años): camisas, pantalones, calcetas/calcetines, suéteres, sábanas, chumpas, zapatos, etc.

-Cuidado contra el COVID-19: mascarillas nuevas, gel para manos y caretas

-Educación: libros (en español), cuadernos y utensilios escolares

Recursos extras (completamente nuevos):

-Ropa interior, toallas sanitarias, bloqueadores

TAMBIEN PUEDES AYUDAR CON DONACIÓN MONETARIA: DEPOSITAR EN LA CAJA FRENTE A HS, O POR TRANSACCIÓN BANCARIA A LA CUENTA DE AHORRO DEL BANCO INDUSTRIAL #3899684, MARCELA BILLINGSLEA DURINI

TE AGRADECEMOS ENTREGAR DONATIVO LIMPIO, EN BUEN ESTADO Y EMPACADO DENTRO DE UNA BOLSA TRANSPARENTE (SEÑALANDO TALLA/EDAD)

FEELING HOMESICK

Article by: Ceci Zúñiga

We've all felt homesick at some point, whether on a trip, on the other side of the country, or when staying over at our friend's house. Soon most of our Inter seniors will be leaving to study abroad, and it is very likely for that feeling to creep into their lives. Especially during this pandemic, this feeling has been stronger than ever. With a big part of our faculty coming from different parts of the world, the pandemic has deprived them of seeing their families.

The Cambridge Dictionary defines the feeling of homesickness as being "unhappy because of being away from home for a long period." It's when we long to be home with our family and friends after they've been absent from our lives for a long time. Over 69 percent of first-year college students experience a severe level of homesickness, while 30 percent experienced a low level. This can also be because of feeling out of the place where they are, especially for students studying in entirely different countries from their own. But, what happens when we are homesick?

Homesickness can cause symptoms, affecting us cognitively, behaviorally, emotionally, and physically. From a cognitive perspective, one may start continually thinking about their home, start getting negative and inappropriate thoughts throughout the day and over idealize one's home.

At a behavioral level, a person may notice a loss of concentration on daily activities, frequent episodes of sadness or crying. They also may face difficulty sleeping and eating resulting in weight loss, withdrawal from all social life, and the inability to adapt to a comfortable routine. Then we have the effects at an emotional level. One may face intensified episodes of sadness or loneliness, mood swings, increased anxiety and anger, and a lack of energy and motivation. Finally, at the physical level, homesickness can cause dizziness along with constant headaches and migraines. Additionally, they are more likely to face sickness since when one is suffering from emotional distress, their immune system weakens, and muscle tension increases.

Everyone deals with this feeling differently, but here are some ways you can feel better.

1. Let yourself be homesick: Give yourself a specific time to feel homesick, to cry about it. Once the time is up, stand up, take a walk, or text a friend and meet up for coffee.

2. Always keep yourself busy: It may be tempting to stay in your room, but this will only make the feeling worsen until unbearable. Isolating yourself will make your feelings stronger, so keep yourself busy. Go and study in the library, watch a movie, get a part-time job.

3. Keep in touch: Talk to your family and friends at home through social media. It will help close the gap and make you feel more involved with your home. Do not keep in touch too much, it may make you realize the distance between you and your family.

4. Plan nice things for yourself: Staying positive is a vital part of this process, and you can do that by adding something you like to your day. You can read your favorite book, eat your favorite food, or even do your favorite outside activity.

SUPER BOWL LV

THE END OF THE NFL

Article by: Daniela Lombardi

What a week for the NFL, especially for the Buccaneer's fanatics! This past Sunday, we witnessed the infamous Super Bowl at Tampa Bay, and let me tell you, the outcome was surprising. The teams that played against each other were the Kansas City Chiefs and the Tampa Bay Buccaneers. This was the desired game that everyone wanted to watch because of the distinguished competitiveness both teams have against each other. Tom Brady, considered to be the best player of all time, battled young Patrick Mahomes, who people believe is the future of football.

This game was longed by NFL fans as the best defensive (Buccaneers) and offensive team (Chiefs) were contested. Most people believed the game would result in a very close score. However, that wasn't the outcome we got. Tampa Bay Buccaneers became the world champions against Kansas City Chiefs, winning 31-9. This final score for a Super Bowl isn't an easy one to obtain because you have the best two teams in the league playing against each other. The Chiefs had a lot of trouble during the game resulting in a total of zero touchdowns and accumulating a few points through field goals. Contrastingly, Tampa Bay scored four touchdowns and a field goal. Tom Brady won his seventh ring and is ready for another season.

I hope next season your favorite team can have a lucky draft for them to make it to the Super Bowl and win a ring for their fans.

Review by: Matias Vico

MOVIE OF THE WEEK

THE PROPOSAL

2009

–

Romance/Rom-Com

–

1h 48min

Directed by: Anne Fletcher

If you are interested in an unforgettable romantic comedy for Valentine's Day, I recommend *The Proposal*. This movie stars Sandra Bullock and Ryan Reynolds as they leave us unable to deny how their onscreen chemistry is impeccable. This movie is about a New York editor (Margaret) that faces deportation and convinces her secretary (Andrew) to marry her into staying in the country. Andrew decides to take her on a trip to his home town where everything turns sideways. As the story progresses and the movie unties the recurring family problems, the characters keep developing.

This movie is funny, heartwarming, and very entertaining to watch for people of all ages. The quirky comedic timing of Ryan Reynolds is perfect, as always. On the other hand, the clumsy, awkward, and comedic sense that Sandra Bullock brings to the table is just incredibly entertaining. *The Proposal* is a movie that you can watch many times without getting tired of it.



Matias's rating:

7/10

**WINNER FOR
THE NHS
PHOTOGRAPHY
CHALLENGE**



Photographer: Marizu
Cath Weller Rios

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!

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