

# AHI VIENE CASCARRABIAS

UNA REVISTA LÚDICA VIRTUAL PARA APRENDER Y CONOCER.

— DICIEMBRE —

BACK TOGETHER STRONGER  
THAN EVER



# EDICIÓN

## R E D A C C I Ó N

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Regina González

Sebastián Guth

Joel Manzano

Gabriela Meza

Miranda Miotto

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## D I S E Ñ O

Romina Lara



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# An Interview with Mr. Kilner

By: Paulina Villanueva

March 2020 changed each of our lives drastically in different ways. For students and teachers, it meant seeing each other through a screen, relying on Google Classroom, and dealing with zoom. But what did that date mean for our directors?

For Mr. Kilner, the year 2020 meant his third year of being a director, a year in which he had set up his system and where everything should have been plain sailing. Just like everyone, he thought that the events of March 2020 would only last a few weeks. When online learning became the only choice, he found it to be a good challenge because it allowed him to problem-solve, something he has always found appealing about teaching.

He began tackling problems by changing schedules, training teachers with online tools, and offering support to students. However, we as a community had the tools to keep the standard from dropping: we are fortunate to have devices, internet access, and a quiet place to work at home. Most importantly, we, students and teachers alike, do the work and do it well.

Despite the incredible job done by everyone, we still lost so much of the important personal connection by being online. We, both students and parents, underestimate the amount of information teachers get just by being in the room with us - overheard comments, body language, general reactions - they all tell the teacher whether the students get it, whether the activities are working, and who is having a bad day. Similarly, we took for granted the social element of school: working in teams, laughing and joking, moving around, playing table tennis or chess or football at break. All of these small interactions are fundamental for our learning as well as for our well-being. Being stuck at home, staring at a screen all day, was a nightmare scenario. Staff and student



wellbeing rapidly jumped up from being something that was a consideration to being Mr. Kilner's biggest concern.

This is why even though people thought the decision was ridiculous or reckless, as soon as the government gave permission, Mr. Kilner realized a hybrid model was the best option. This new decision meant following the experts, which in turn led to safety measures like ventilation, distancing, masks, isolating suspected cases, and vaccines, measures that the school keeps insisting upon. All of these things could be diminished in the future; however, there are aspects that came from the pandemic that will continue to be implemented. The wellbeing of staff and students will always be a top priority, as well as a wider range of options for sports, dance, music and other activities. There are some new technologies and online learning options that we could still use, but honestly, Mr. Kilner thinks the pandemic has just brought into focus all of the great things that we can do when we are together on campus and has made us

appreciate that.

The pandemic gave Mr. Kilner the opportunity to reflect on his leadership and what ASPV means to him. He realized that since 2009, ASPV has allowed him to continuously learn how to become an educator. The school provided him a positive learning environment, backed by a close community that never fails to support its members. He loves the fact that people with initiative are encouraged to realize their ideas. Whether that is improving sustainability, fundraising for a new STEM building, or starting a magazine like *Cascarrabias*. The parents, teachers, and students at this school get behind projects, and together we make them happen.

ASPV and its members have given Mr. Kilner so much; however, as a student last year wrote in his college application, “In a society where teenagers often feel invalidated or inferior, [Mr. Kilner] reminds me that my feedback and opinions are worthy, and he has shown me the importance of prioritizing my mental health.” Even though students don’t interact with Mr. Kilner as often as they do with their daily teachers, it was through his leadership that we were able to transition smoothly through all these changes in the past two years.



# Christmas Traditions in Mexico

**By: Lianna Bernal**

Christmas isn't just a one day celebration in Mexico; we make it a whole month's tradition! As all holidays have their historical background, so do every country's practices. Mexico's traditions started when Catholicism arrived during colonization in the sixteenth century. Spanish priests brought many different Christian holidays that are still celebrated today, including Christmas.

The different celebrations kick off with "Día de la Virgen de Guadalupe" (Day of the Virgin of Guadalupe), celebrated on December 12th. In the first 12 days of the month, Mexican pilgrims from all over the country travel to the famous Basilica de Guadalupe, a church located in Mexico City, or to the nearest cathedral dedicated to the Virgin of Guadalupe. What makes the church in Mexico City especially important for pilgrims is the fact that la Virgen Morena (the Virgin Mary) is located there. After the ceremonial day, fireworks are set off and parades fill the streets with live musical performances to get everyone in the Christmas spirit. Deliciously warm and sweet foods keep these festivities going. Buñuelos are sold by the dozen all around the street and gives you a warm, homey feel when you realize that the vendors families' made them at home to sell to the rest of the community.

The weeks between the Day of the Virgin of Guadalupe and Christmas are filled with posadas from the 16th to the 24th of December. During these days, children walk from door to door singing the traditional "Las Posadas" song. Each night, the processions end at a different house for a fiesta (party), with a ton of food, drinks, and piñatas for everyone to enjoy.

One of the most celebrated traditions in Mexico is Nochebuena ("Good Night"), the Spanish name for Christmas Eve. On this day, families will attend midnight mass and then go home together for a family dinner. Presents, fireworks, and poinsettia flowers all over cities and in people's homes make Christmas Eve a warm and joyful celebration.

The final tradition that is celebrated for Christmas is on January 6th: Three Kings Day (Día de Los Tres Reyes Magos). This is when children all around Mexico receive gifts brought by Los Tres Reyes Magos (Three Wise Men). The celebratory food eaten is Rosca de Reyes, a sweet baked bread in the shape of a wreath. There are usually baby Jesus figurines hidden inside the bread, and whoever gets it would have to host the Día de la Candelaria party on February 2nd. What comes with that is having to bring tamales for everyone attending.

# Teenagers Hospitalized After a Near School Shooting in Colorado

By: Valeria Ortega

On Monday Nov 13, 2021, six teenagers were wounded after a drive-by shooting in a park near a suburban Denver high school. The victims' ages ranged from 14-18 years old, and they are all expected to survive. Police officers are currently investigating possible suspects who, based on evidence, shot multiple rounds from various different guns, and it's suspected that one of them would have been on foot. First responders on the scene were the officers assigned to the school who heroically applied tourniquets that potentially saved the lives of more than one victim. A neighbor of the community said he heard "about 30 to 50" rounds.

Three of the victims were in stable condition when taken to the hospital, and not long after, they were reunited with their families, while another victim was taken in for emergency surgery. Chief of police, Vannesa Wilson, commented that she's relieved the students are expected to survive but said gun violence is a public health crisis.

The school was then put on a "secure perimeter" which basically means no one goes in or out but the people inside are free to move around the perimeter. A lot of parents of the community expressed concerns for their family's safety because, over a recent weekend, another shooting involving three other teenagers took place in a mall near the school and the murder of an 18-year-old just five miles away. Recent updates revealed that the victims were male 14, 16, 17, 18 years old and female 15 and 16 years old.

Wilson also commented, "Talk to your kids, please come forward if you have any information. any information, no matter how small, we need it." Even though they haven't found the offenders, the police department stated that they won't rest until they do and will increase security in the entire neighborhood. Join us as we send prayers for the friends and family of the victims and everyone who had to go through such a horrible event.

Gun control in the U.S. has been an ongoing issue for quite some time now. Due to the gun control policies and the accessibility to guns the citizens have, there's a higher risk of guns being involved in an altercation. According to the Pew Research Center Survey, "four-in-ten U.S. adults say they live in a household with a gun, including 30% who say they personally own one." But one of the biggest issues is the attitude people have towards this issue. Based on studies, the opinion on whether this is a problem that should be addressed or not is divided based on race, ethnicity, party and community type. From an outsider's point of view, gun control is a huge problem affecting mostly the younger generation, and given the fact that they are the future of the world, this is very concerning because of the emotional scars that this type of event might cause them. .

# Angela Merkel y su legado para la mujer

Por: Lionn Pérez

Angela Dorothea Merkel nació en Hamburgo, Alemania, el 17 de julio de 1954 y es una de las mujeres más reconocidas del mundo. Merkel es la canciller de Alemania (un puesto semejante al de primer ministro) y lleva 16 años de mandato. Su carrera política comenzó en 1989, al unirse al Despertar Democrático (DA), tras la caída del muro de Berlín. Un año después, se integró a la Unión Cristiano Demócrata, poco a poco incrementando su popularidad con los cristianos demócratas. Eventualmente en el 2005 se postuló para intentar ser la primera mujer canciller federal en Alemania, y por su gran influencia y reputación, ha logrado mantenerse en posición hasta la fecha.

Durante su mandato como canciller, Merkel tuvo que enfrentarse contra cinco crisis económicas y políticas de gran escala: El calentamiento global, la crisis financiera del 2008, la crisis del euro, el flujo de refugiados sirios e iraquíes en el 2015 y la pandemia del coronavirus. Entre sus soluciones a estos problemas, se le reconocen mucho las acciones que tomó durante el 2015 cuando decidió abrir las puertas de Alemania a miles de refugiados. Sin embargo, el miedo al islam y a los atentados terroristas crearon un poco de incertidumbre acerca de las acciones de Merkel, pero tras el triunfo de Donald Trump y el Brexit, Merkel se convirtió en un rayo de luz ante un surgimiento populista y la llevaron a ser denominada como la “líder del mundo libre” por la prensa.

La última batalla de Merkel fue contra el coronavirus. Sus acciones inteligentes y estrictas le ganaron el favor de tres cuartas partes de la población alemana e impulsó su popularidad mundialmente. Un ejemplo de esto se presentó el año pasado, cuando Merkel respaldó la recomendación del Instituto Leopoldina de incrementar las restricciones antes de navidad al cerrar antes las escuelas, reducir los contactos sociales e incrementar la disciplina ante el Covid.

Durante los 16 años de mandato de Merkel, el papel que desempeñó Alemania en el ámbito internacional cambió y, gracias a una gestión presupuestaria rigurosa, se convirtió en la primera economía de Europa. Adicionalmente, la tasa de desempleo se redujo de 11.2% a 5.7%, una cifra impresionante para lograr en tan solo 16 años y que aguantó incluso durante la reciente pandemia. Sin duda Merkel es un ejemplo a seguir para todas las mujeres aspirando a tener puestos de liderazgo.



# Importance of Sleep

**By: Jaden Shirley**

Sleep is a human necessity, just like food and water which we consume every day. However, we often don't prioritize sleep in the same way we do healthy eating or working out. Instead, we stay out late or lose track of time scrolling on our phones, forgetting about the importance of sleep. Not getting enough sleep can cause both mental and physical health issues, and as the new year approaches, this is one area of wellness we can all easily improve.

Sleep nowadays is without a doubt very beneficial and important in a person's life, allowing them to perform everyday tasks successfully and increase productivity. When it comes to getting a proper rest, the National Sleep Foundation suggests that the average adult should be getting around 7-9 hours of sleep daily, and for teenagers, it should be between 8-10 hours. Sleeping for these recommended hours can lead to many health and physical benefits, including reduced stress, better performance in school and work, mental clarity, a lower risk for health problems, and even better decision making in your daily life.

If you have trouble getting a full night's rest on a regular basis, a sleep routine might be able to aid you. Start by going to bed around the same time every night, giving your body a natural rhythm and allowing your brain to fall into a pattern. To support your biological clock, avoid napping during the day so that you're truly tired when it's dark and time to sleep. When it's time for bed, it's best to remove all distractions from your room, including your phone or any object that may keep you awake late at night. Avoid caffeinated drinks as it is known to keep you awake for long periods of time.

Part of your sleep routine should include some mental health practices that will quiet your mind. According to Sleep Advisor, reading a book before bed is known to reduce stress and can help you wind down, which leads to falling asleep faster. Other ways of relaxing into sleep include a quiet yoga practice, journaling, listening to music, or meditation. These practices will boost your emotional wellbeing and quiet your mind from the distractions of the day.

The holidays are starting soon, and if you have trouble getting a good night's rest, practice over the Christmas break by applying these tips to your schedule and see if your quality of sleep improves. The students at the school prioritize sports and being active, but many forget that it is also important to prioritize sleep and avoid distractions during the night to wake up fresh and ready for the next day.

# Rivian and Their First Electric Pickup

By: Joel Manzano

After many years of what seemed to be a dream, electric vehicles are now a reality thanks to years and years of research and development done by scientists, designers and engineers. Many car companies are currently attempting to transform their line of production to shift into a more sustainable car market, including giant car manufacturers such as Toyota, Volkswagen, and Chevrolet. Smaller car manufacturers as well have shifted their focus for a more efficient and green way of transportation. One of the smaller companies, Rivian, has stormed the American domestic market with its recent release of their IPO (Initial public offering) on the market and their two new models the R1T and R1S.

Coming in at a \$74,000 MSRP (Manufacturer Suggested Retail Price), this one-of-a-kind pick-up truck has two front and two rear motors giving it an efficient and very fast response to those with both light and heavy feet. This 7,148 pound truck has the ability to travel 314 miles on a single charge and can reach 0-60mph in 3 seconds (according to multiple reviews and their own website). Why is such a heavy truck so capable and fast you may wonder? The answer and the reason this truck became such a hit on the market and a key pivoting point towards a more eco-friendly mode of transportation: electrification.

Even though this truck has a hefty price tag, this overall encourages and at the same time pressures other companies to further improve their current gas-powered vehicles to become electric.



# Qualityland: The Book That Dictates a Near Future

**By: Sebastián Guth**

*Qualityland* is a dystopian novel by the German author Marc-Uwe Kling. *Qualityland* spent months on the German bestseller lists, selling more than half a million copies to date internationally, and it's currently in production as an HBO series.

The book begins with an introduction to the main character and the dystopian world he lives in. It explains how Earth needed a rebranding, so it was changed to Qualityland. The main character is basically an outcast, a loser compared to everyone else around him. His name, Peter Jobless, implies why. In Qualityland, last names are assigned depending on your occupation; therefore, Jobless is unemployed after his occupation becomes obsolete.

The whole story takes place in a near future when technology and artificial intelligence dominate every aspect in society. The algorithm controls the people's lives, including who they date, what they eat, and what they want. In Qualityland, a ranking system determines the social hierarchy and career opportunities for every human in society. People with a higher social level are able to benefit in certain ways, for example, controlling traffic lights, skipping lines, and other small details. The system functions like a videogame: you level up if you reach certain achievements or benefit society in any way, but it is also possible to level down, just like Peter Jobless when he dropped down below 10, which the system automatically categorizes as useless. In order to keep yourself informed, everyone has tablets called QualityPads, which are useful for everything. For relationships, an application matches you with someone who is believed to be your "soulmate," but the issue is that it constantly matches you with a different partner. One of the most shocking aspects is how citizens of Qualityland consume goods. A remake of Amazon exists called The Shop and delivers items to your doorstep before you even know you want it based on algorithms extracted from your online profile. Technology in this dystopian world has reached a critical point where humans depend 100% on it.

The whole storyline is based around Peter Jobless, the main character, receiving an item he is sure he doesn't want and goes on a full adventure with many altercations to return it, meeting new people on the way, both humans and androids. In Qualityland, humans live in a shared society with androids with artificial intelligence inserted into their circuits. There are all types of androids and robots, for example self-driving cars, moving trash cans, burglars, talking printers, etc.

What really impacted me after reading the book is how the world where the novel takes place reflects the possibilities of our own reality. We have reached a critical point of dependency on technology. While we don't have an algorithm that rates each member of society creating a structural hierarchy or androids running for president, robots and artificial intelligence are catching up to humans, like in this dystopian novel by Marc-Uwe Kling. The book is considered to be a satire on the world we live in, and the author uses a touch of dark humor to elaborate distinctive ideas on what he believes society is transforming into. The author wants to transmit a message that we, humans, should not base everything on technology since it is capable of backfiring on a huge scale. This novel questions the role of artificial superintelligence and brings philosophical issues into play.

# Christmas Music

By: Armando Uría

Christmas music always feels warm and nostalgic when the holidays approach, even for Grinches who dislike Christmas. Everyday pop music is more about putting yourself out there, new relationships, new beginnings, etc... On the other hand, Christmas music is all about homecoming, nostalgia, looking back to a more innocent time in one's life or cultural history.

Many and most of the holiday songs are pretty old. There are hymns from hundreds of years ago, and the more modern pop and jazz tunes were written in the 1940s-50s, and even still, artists from Dolly Parton to Ariana Grande are putting out new holiday music.

Brain Rabinovitz, a lecturer at the College of William and Mary and an expert in music neuroscience, said that Holiday music burrows into a sweet spot in our brains' wiring.

Generally, all music can stimulate the brain's pleasure centers, but holiday music also evokes cherished memories, especially the ones that you hear every year. This means that it doesn't matter what type of music you might be interested in, it could be rap, rock, jazz, but you may involuntarily turn to mush when you hear "White Christmas" because your brain associates the song with your mom baking cookies when you were five years old.

Creating new Christmas songs is really hard for new artists since it needs to include many specific cultural associations for listeners while still being a new work. For those who succeed at this, Christmas songs have always been hugely profitable. "Happy Xmas" by John Lennon, "Wonderful Christmastime" by Paul McCartney, "Last Christmas" by Wham! are all songs that have become some of the most well-known Christmas songs of all time, but the song on top of them all is Mariah Carey's 1994 blockbuster, "All I Want for Christmas Is You".

No matter what you listen to this year, whether it's old or new, hopefully, it instills the true meaning of Christmas: hope and joy. Even the biggest haters of Christmas might find their souls uplifted with the occasional Christmas song or carol.



# 8 Movies to Watch Before Christmas:

By: Valeria Alcocer

Christmas is a time of reunion, and what better way to bond with the family than doing a Christmas movie marathon together. This compilation of movies reminds us of the importance of the Christmas spirit, and with the help of Ms Kara, each one is accompanied by a suggestion for the best snacks to pair with it.

## How The Grinch Stole Christmas

It all takes place within the magical land of Whoville, a place where the Whos live and adore Christmas. Just outside of this jolly town lives the Grinch (played by Jim Carrey), an unpleasant green creature that hates Christmas and plans to steal it from the Whos, who he equally detests due to an obscure past.

Ms Kara's Pairing Recommendation: Cinnamon sugar cookies: A little spice for the Grinch and a little sweetness for Cindy Lou Who.

## Home Alone

After he accidentally gets left by the rest of his family during their Christmas holidays, a rebellious eight-years-old boy named Kevin has to protect his house against a pair of burglars by creating a series of traps.

Ms Kara's Pairing Recommendation: While we can't get a Little Nero's pizza like Kevin did, we can get one from Little Caesars. "Keep the change ya filthy animal!"

## The Polar Express

A young boy who doubts the existence of Santa Claus receives a golden ticket to board a magical train heading to the North Pole, embarking on an extraordinary self-discovery journey that reminds him that the "wonder of life never fades for those who believe".

Ms Kara's Pairing Recommendation: "Hot! Hot! Yo, we got it! Hot chocolate!" Top it off with a generous squeeze of whipped cream.



**Elf**

Buddy was an orphan that accidentally got transported to the North Pole as a toddler where he was raised as one of the elves but never truly fit in due to his human size. This combined with his clumsiness caused a lot of trouble. When Buddy becomes an adult, Santa allows him to travel to New York in search of his real dad.

Ms Kara's Pairing Recommendation: Buddy the Elf's four basic food groups: Candy, candy canes, candy corns, and syrup.

**It's a Wonderful Life**

An angel is sent to Earth with the promise of earning his wings if he helps a man who, after a series of unfortunate events, wishes he was never born. His wish becomes true when the angel shows him how life would have been without him, making him realize how many lives he has impacted.

Miss Kara's Pairing Recommendation: Young George Bailey's favorite treat: an ice cream sundae. Top it off with as many treats and syrups as you can!

**The Holiday**

After bad breakups with their boyfriends, two women, one from the U.S.A. and one from Britain, decide to swap homes for Christmas. Each one finds a new romance but soon realize that their imminent departure might ruin their relationships.

Ms Heiniger's Pairing Recommendation: A cuppa English tea and a white chocolate cranberry scone.

**The Nightmare Before Christmas**

Jack Skellington, the beloved pumpkin king of Halloweentown, becomes bored from the same annual routine of Halloween day. One day while wandering in the woods, he stumbles into Christmas Town. Moved by the warm spirit, the Christmas carols, and the bright colors, he plots to bring Christmas under his control by kidnapping Santa Claus. He later finds out that stealing Christmas wasn't as easy as he thought.

Ms Heiniger's Pairing Recommendation: Pumpkin pie combines the essence of Halloweentown with the seasonal flavors of the holiday season.

**A Christmas Carol**

Ebenezer Scrooge, a hateful bitter old man, visited on Christmas eve by three spirits (past, present, future) on separate occasions to reveal the opportunities he wasted on his youth, his current miserable existence, and what the fate that awaits him, giving him a second chance to redeem his actions. His future is in his own hands: death or redemption.

Ms Heiniger's Pairing Recommendation: Have a Christmas feast worthy of the Ghost of Christmas Present: Roast goose, mince pies, and a Christmas pudding.



# ARTES

## V I R T U A L   G A L L E R Y

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## A L T E R   E G O

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Miranda Miotto  
Armando Uría
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Gabriela Meza  
Jaden Shirley  
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# Virtual Gallery

By: Makenna Brissette

As Quarter 2 comes to an end and Christmas break approaches, many students in the ASPV community are putting their finishing touches on their final projects.

In primary school, students had the fantastic opportunity to work with artist Misael Lopez this quarter. Misael Ivan Lopez is a Mexican street artist born in Nuevo Laredo, Tamaulipas in 1987. In 1990, his parents immigrated to Twin Cities, Minnesota, USA, where, at the young age of four, he discovered his passion for painting, drawn to every aspect of color, creativity and outside-the-box thinking.

Misael found a home and a community in Puerto Vallarta, where the vibrant color of coastal Mexico and its rich culture of storytelling blended with his fascination for exploring psychedelic color schemes to form his own personal style.

Since his arrival, Misael has helped build a collaborative community around the Puerto Vallarta mural scene with other local artists and Pystreetart.com, a site dedicated to locating, documenting and creating murals in the city and its surrounding areas.

Miss Robinson spoke about the pleasure it was to have this event and the art that proceeded, mentioning that “Misael has painted some of the beautiful murals around Puerto Vallarta. In November he came to speak to our students about the environmental message he is sharing through his art.” She continued, “All students from pre-first to sixth grade had the chance to meet Misael and learn more about the important message of reducing our use of single-use plastics to help save the planet. Inspired by the talk, each child has created their own 'mini mural' postcard, with the aim to spread this message far and wide!”

Here are some of the excellent “Plastic in the Ocean’ artworks by a few of our fourth grade artists



Annalise Wordley



Jaida Vedd



Olivia Flores



Rebecca Ramos Cruz



Sarah Silva

In addition to these wonderful pieces, in High School, many students in tenth and eleventh created stellar work where they had free reign to do as they pleased. The art that followed contains different aspects of each individual artist, and displays some truly extraordinary talent. As each piece was in their control, the artists were able to control the narrative and story that their work told, selecting the technique and process they thought would work best to do so.



Valeria Alcocer

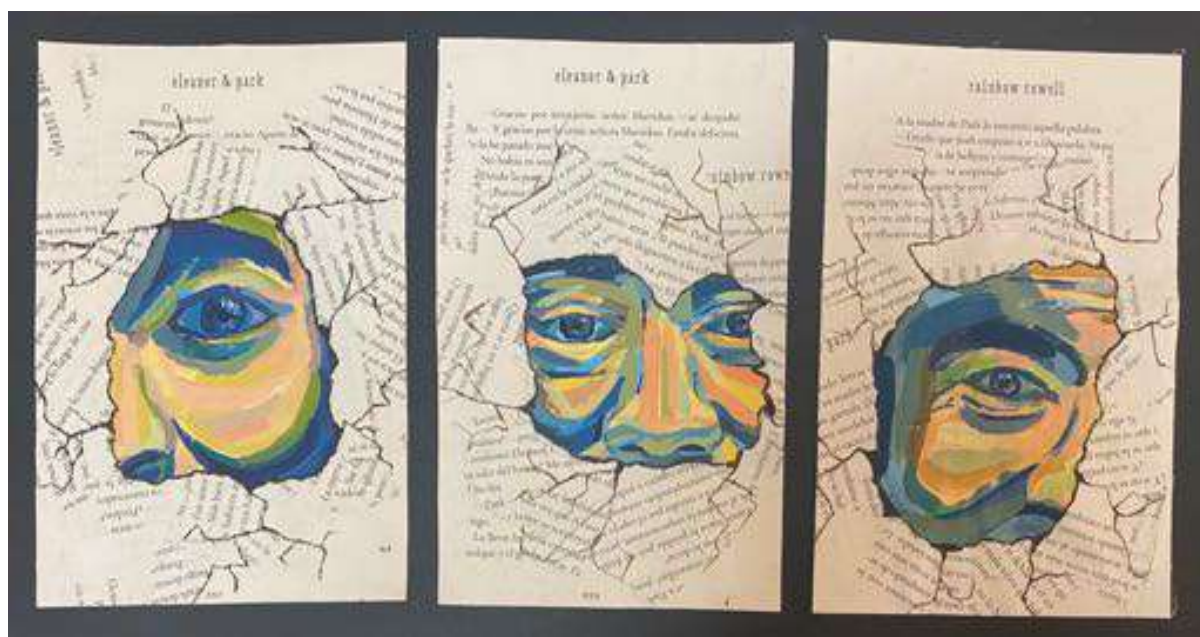
Valeria Alcocer from eleventh grade said, “The intention of my artwork was to try to represent in a physical media the perception of reality we achieve while dreaming. Dreams are conformed to different factors. In this painting I was trying to explore the faces we can't see while we're dreaming, and we're surrounded by imaginary characters that have familiar shapes but we can't identify 100%.” She continued on to say, “The repetition of the same familiar shape throughout my artwork is what I see would represent the process of construction and deconstruction our mind plays on us while we are dreaming. The technique I used for this project is called monprint, which creates a rough red fading reinforcing my idea of perception. The final product is not even close to my initial idea, and throughout the process I had to make adaptations, but I'm very happy with the outcome.”

Gala Ugalde from tenth grade was drawn towards making a project based on mental health, more specifically, on schizophrenia: “I tried to represent what a schizophrenic person goes through. The faces represent the different things they see and hear, and how they're always tormented by them. I chose this theme because I want to spread awareness to these serious topics, since they need to be listened to more. The strings represent the attachment they have to the voices in their heads, and how they can't escape from them.”



Gala Ugalde

Eleventh-grader Citlalli Najera spoke about her independent project as well, stating that “the purpose of my artwork is to show how people relate to books. The artwork is made up of three portraits, and each of them is an individual story trying to escape. The cracks around the book page show the character facing the viewer as if wanting to show interest in having their stories read, and the colors seek to emphasize that they are fictional characters. The materials I used were sheets of books to be the background of the painting, and then I used small pieces of leaves to give the perspective of if the character was escaping. I used acrylic paint to form the face, and used warm and cool colors to give shadow and contrast. Finally, I used a dark color to make the cracks as well as a border around the painting. I believe that the final result was good and managed to fulfill my initial purpose with the piece.”



Citlalli Najera



Sophia Almaraz

Finally, Sophia from tenth grade discussed her work from this past quarter, specifically one piece that was inspired by dreams: “It reflects the creepy and bizarre feeling we get when we are having a nightmare. I used Photoshop with the photos that I took to make the wavy and smudgy effect on the person, and to overall create a sense that everything is out of control and unrealistic.”

S E C C I Ó N L I T E R A R I A

ALTER

EGO

# Atenea, la valedora de Atenas

Por: Valeria Alcocer y Miranda Miotto

Atenea, una mujer de sabiduría y estrategia,  
encantaba a todo su alrededor con su  
fortaleza e inteligencia.

Nació del dios de rayo, y al salir de su  
cabeza,  
se convirtió en diosa y heredó toda su  
riqueza.

Al salir completamente armada,  
un grito de guerra cantaba.  
Anunciando su llegada,  
la diosa de guerra y sabiduría fue declarada.

Debía competir contra el gran Poseidón,  
el dios de las aguas y los mares de su  
alrededor.  
Aquella batalla afirmaría el gran valedor de  
la ciudad  
y con su manto protector, a Grecia, tendría  
que cobijar.

Poseidón tomó su tridente y lo hundió  
contra la tierra,  
creando un cuerpo de agua salada como  
otra cualquiera.

Atenea, más astuta y audaz,  
plantó un árbol de olivas en el centro de la  
ciudad.

El pueblo tuvo que elegir a un dios,  
por lo cual, de Atenea sería su servidor.  
Trayendo el cultivo de olivo a su ciudad,  
implementó nuevas costumbres y bienestar.  
Extendiendo sus alas se cree que al pueblo  
baja a visitar,  
en forma de búho la sabiduría y paz  
impartirá.

Ahora el lugar su nombre llevará,  
la capital de Grecia, Atenas, la gran ciudad.

# Hades

Por: Armando Uría

Dios del inframundo,  
dios del fuego,  
destino final de almas en lo profundo,  
destino final de cualquier griego.

El más temido y detestable  
monstruo sin piedad  
no será protagonista, pero será memorable.  
Nubes y ríos rojos alrededor de la  
oscuridad.

Silueta que guía al palacio real,  
donde se llevará a cabo el juicio.  
Una linda, pero cruel bienvenida  
De la muerte, y nunca habrá despedida

Horca de dos púas, perro de tres cabezas,  
Perséfone con ojos llenos de tristezas;  
pero con sonrisas llenas de bellezas  
solos en la fortaleza de las impurezas.

# Perséfone

Por: Lorena Vital y Gabriela Meza

Divinidad de la primavera,  
sobre todas tus bondades  
tu delicadeza era duradera,  
antes de que Hades  
te impusiera una condena.

La que lleva la muerte,  
la que trae la destrucción  
¿Quién pudiera protegerte  
de tu dicha maldición?

Raptada por Hades  
en camino al inframundo.  
Arrebatando tus libertades,  
sin poder pensar un segundo

Secuestrada por tu belleza,  
en espera de casamiento.  
Deméter descuidando la naturaleza,  
Hérmes, en camino a tu salvamento

Yantar la fruta te prohibieron.  
Retornar al más allá te mandó  
tus preciados deseos se deslucieron  
Zeus un compromiso les brindó.

Seis meses de florecimiento,  
seis meses de frialdad,  
cumpliendo tu juramento  
hasta la eternidad.

# Zeus

Por: Jaden Shirley y Ryan Rodríguez

Zeus rey de los dioses,  
dios del rayo y el cielo.  
Lanza sus truenos en paralelo,  
el hombre más fuerte y poderoso del  
mundo,  
quien dejó a Poseidón en lo profundo.

Pócima le fue dada,  
para acabar con lo que todos habían  
deseado.  
Hacer vomitar a Cronos, quien sabía que iba  
ser derrocado,  
sacó a todos los hijos, lo cual empezó la  
Guerra de los Diez Años.  
Zeus sabía que no podía ganar.  
tuvo que distraerlo, era la manera de matar.

Zeus el divino,  
salvó la vida de los olímpicos.  
Se dice que fue su destino,  
ser más poderoso de lo que había creído.  
Así fue el más conocido  
de los dioses que habían aparecido.

# Villancico

**Por: Regina González**

Gran mañana para decorar la casa,  
decorar la casa para que ya huela a Navidad;  
adornar el árbol y cocinar galletas,  
y desayunar un plato con leche y cereal.

Dirigirme al mercado a comprar fruta,  
como plátano, manzana y maracuyá,  
ver las palomas volando en el cielo,  
por las nubes y por el mar.

Después de horas de trabajo,  
por fin pude terminar,  
pero solo terminé dentro de la casa,  
y todavía faltan los jardines por decorar.

Y de esta manera terminara mi día,  
y yo podré descansar,  
con una sonrisa en mi cara,  
y oliendo a Navidad.



# Kinder III's Trip to Pania Bakery

## Bakery

One morning, Kinder 3 went on the school bus.  
We went to the bakery, Pania.  
We got off the bus.  
We went inside the bakery.  
We put on an apron.  
We put on a cap so our hair wouldn't fall in the bread.  
We went inside where they make bread.  
They told us we were going to make cookies.  
First we put flour in the cookies.  
We put sugar in the cookies.  
We put butter in the cookies.  
We put water in the cookies.  
We made a ball and we gave the dough a massage.  
We put it in the oven.  
We went to the store and played eye spy.  
We didn't see the bunnies Miss Evelyn told us about.  
We went back on the bus.  
We went back to school.  
We ate the cookies. They were perfect.





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American School of Puerto Vallarta



# VAMUN

2022



March, 30th

## THIS YEAR'S SPECIAL GUEST:

DRA. JULIETA FIERRO GOSSMAN

Mexican astrophysicist and science communicator



# FUENTES

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