

AHI VIENE CASCARRABIAS

UNA REVISTA LÚDICA VIRTUAL PARA APRENDER Y CONOCER.

FEBRERO



EDICIÓN

REDACCIÓN

Valeria Alcocer	Elijah Luna
Lianna Bernal	Joel Manzano
Lucía Bonnin	Miranda Miotto
Makenna Brissette	Valeria Ortega
Emilio Fernández	Natalie Ríos
Sebastián Güth	Jaden Shirley
Gabrielle Lumpkin	Armando Uriá

COORDINACIÓN

Laura Álvarez
Lucía Bonnin
Kyliel Casillas
Kara Heiniger
Romina Lara
Brenda Zazueta

D I S E Ñ O

Romina Lara

PORTADA

Lourdes Maldonado



SECCIONES

I N T E R N A C I O N A L

- 01 **Conflict entre Estados Unidos y Rusia sobre Ucrania** Por: Valeria Ortega y Joel Manzano

C U L T U R E

- 02 **White Lies — The dangers of skin whitening** By: Lianna Bernal
03 **Kobe Bryant** By: Jaden Shirley

E N T E R T A I N M E N T

- 04 **Kim and Kanye's Divorce** By: Armando Urias

R E C O M M E N D A T I O N

- 05 **My Two Must-Read Finance Books** By: Sebastian Guth
07 **Romance Recommendations** By: Gabrielle Lumpkin

H O M E

- 09 **Homemade Pasta with a Creamy Red Pepper Sauce** By: Valeria Alcocer

A R T E S

- 11 **Virtual Gallery**
13 **Alter Ego**
19 **Sobre la Portada**

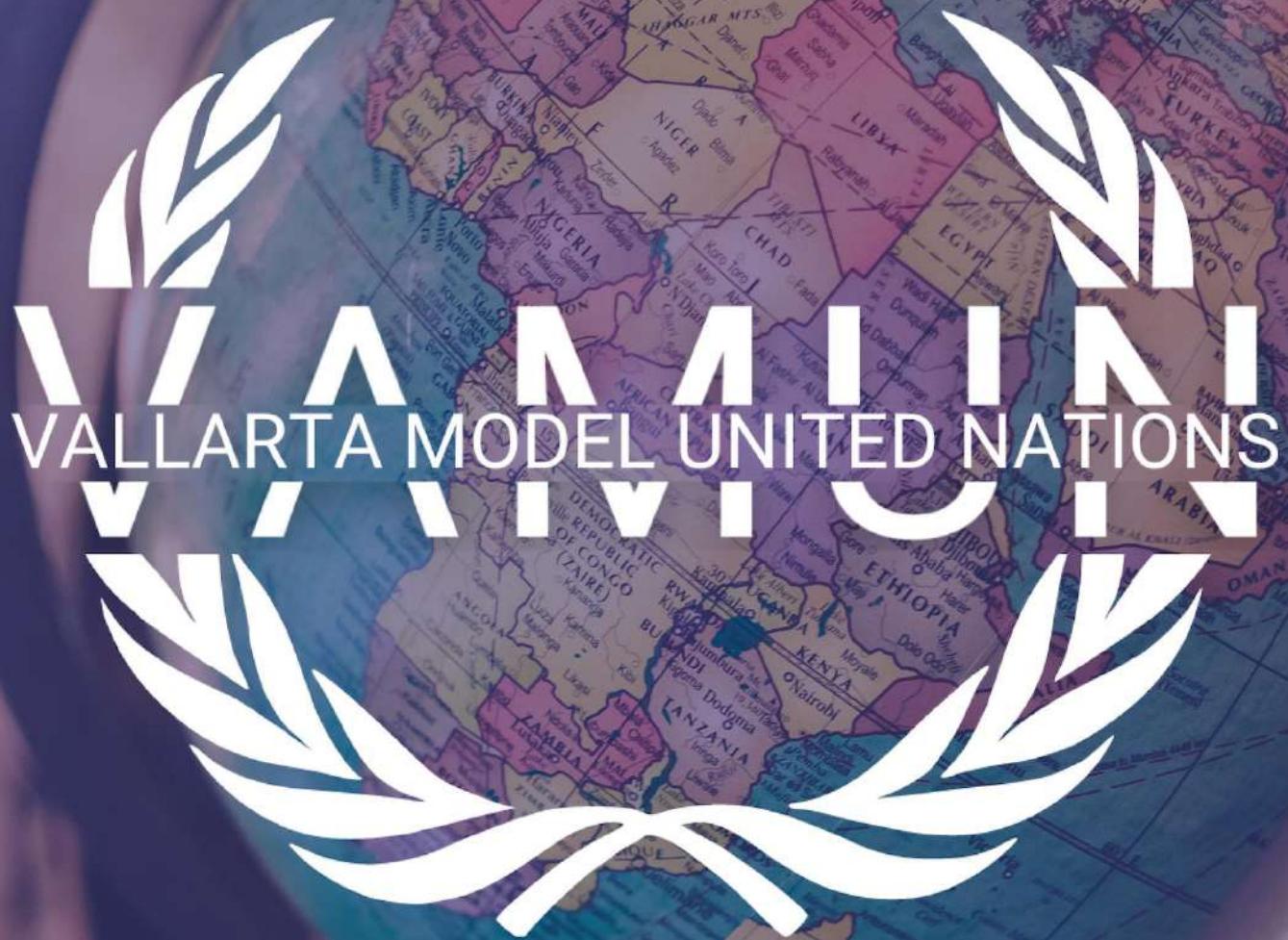
S T E M N H S P R E S E N T S

- 20 **Hand to Hand: a Recycling Initiative at ASPV** By: Makenna Brissette

B O S M U N

- 21 **My Boston Adventure** By: Elijah Luna
23 **Viaje a Boston** By: Lucía Bonnin

JOIN US
FOURTH EDITION



ASPV.EDU.MX/VAMUN

03
30

ASPV CAMPUS
NO COST EVENT

ALL WELCOME

VISIT OUR WEBPAGE
OR REGISTER [HERE](#)

GUEST SPEAKER

DR. JULIETA FIERRO GOSSMAN
MEXICAN ASTROPHYSICIST
AND RESEARCHER

Conflicto entre Estados Unidos y Rusia sobre Ucrania

Por: Valeria Ortega y Joel Manzano

La reciente tensión entre Estados Unidos y Rusia sobre la posible intervención en el conflicto Ucraniano tiene a todo el mundo preocupado. Esta serie de eventos se desencadenó desde la zona de contienda en el Donbáss. Desde ese entonces, la guerra armada ha dejado más 14,000 muertes que siguen aumentando hasta el día de hoy. Desde que se anexó Crimea de Rusia, el 18 de marzo, esta problemática sólo ha ido escalando negativamente. La disputa está principalmente entre dos mandos, ucranianos prooccidentales contra ucranianos prorrusos, los cuales, con la presencia de superpoderes internacionales, han dado mucho de qué hablar últimamente.

Actualmente Rusia tiene a 100,000 militares rodeando Ucrania, por esta razón Estados Unidos mandó a 1,000 militares a Rumanía y 2,000 a Polonia y Alemania, de los cuales 8,500 soldados están en estado de “alerta”. Los 1,000 militares en Rumanía están bajo el mando directo de Estados Unidos, por lo tanto los 2,000 soldados restantes obedecen a la OTAN. La preocupación principal de Estados Unidos en esta disputa es que la tropas de Rusia invadan Ucrania con la intención de recuperar y/o ganar territorio.

A partir de febrero de 2022, EUA activó la alerta roja, por lo cual abrieron sus fronteras a los refugiados civiles de Ucrania, donde la policía los está recibiendo; al igual que Polonia. Alemania, por el momento, sigue negando la distribución de armas “letrales”, tras el tratado después de la Segunda Guerra Mundial, el cual prohíbe la este tipo de ventas a zonas en guerra. En una reciente entrevista, Vladimir Putin, presidente de Rusia, dijo que EUA es el que está sobrepasando y que la razón para involucrar “armería pesada” y misiles es porque se sienten amenazados por el avance militar (de EUA) tan cerca de su territorio. Por lo cual mencionó, “¿Cómo se sentiría EEUU si ponemos misiles rusos en su frontera con Canadá o México? ¿Acaso nunca han tenido problemas fronterizos? ¿A quién pertenecía California y Texas?” Por otro lado, el presidente de EUA, Joe Biden, y Volodimir Zelensky acordaron, durante una llamada telefónica de cincuenta minutos, insistir en la “diplomacia y la discusión” ante Moscú. Este conflicto no muestra signo de finalización pronta. Las preguntas son, Rusia si tiene intenciones de invadir? Estados Unidos se preocupa por Ucrania o solo busca conflicto en orden de mejorar su economía? Escalará a mayores?

Debido a estos tiempos de inestabilidad tanto como política, como económica, no se sabe qué giro tomarán estos eventos. Creemos firmemente que las Naciones Unidas tienen que reforzar medidas graves para el o los países que actúen con fuerza militar para resolver este conflicto.

Medidas como tales deberían ser el rompimiento de tratados de comercio, la prohibición del uso del dólar en países como Rusia (lo cual desestabilizar su economía fuertemente) y fuertes multas por crear miedo e inestabilidad. Si una guerra llega a estallar entre estos dos países, sería nuevamente uno de los eventos donde había una gran destrucción, tanto de infraestructura como de familias, al saber que sus familiares tal vez no vuelvan a regresar.

White Lies – The Dangers of Skin Whitening

By: Lianna Bernal

Colorism, the discrimination against skin color within a racial or ethnic group, has always been a damaging issue, leading people around the world to undergo treatments and use dangerous products in an attempt to lighten their complexion. However, a hidden truth lies behind the smiling faces on advertisements for skin whitening products. The thing is, people don't seem to realize how harmful they really are to your skin.

In 2020, “the global skin whitening market was reportedly valid at \$8.6bn. It is projected to grow to \$13.7bn by 2025” (Anyangwe). That is an insane amount of people wanting to whiten their skin, and for what? The desire to whiten skin comes from prejudice and racism towards people of color. The belief that white people were superior just because of the lack of melanin pigmentation in their skin spread to the idea that even among people of color, lighter is better.

Skin whitening can be traced back to the Victorian era when European women were painting their faces with lead paint because whiteness was associated with purity and wealth, as nobles weren't exposed to the sun during labor. Even though complexion can't actually signify purity or status, women made their skin color shades lighter with products, which eventually caused them to get sick. This is when the practice was exported to the Americas. Eventually, not only were people using them, but they were advertising it and using culture's beauty standards as a way to sell more products. This continued the cycle of people attempting to gain some level of power and privilege that was associated with whiteness.



Has skin bleaching been banned before? Yes. Does anyone actually enforce it? No. On the Food and Drugs Board, it says skin-bleaching products are banned and shouldn't be advertised, but no one is going to prevent you from buying them. You can go to any store and find skin-bleaching products easily, and you can purchase them effortlessly as well. Even though people like to pretend they're “preventing” this issue, they really aren't.

What we need to do as a society is talk about the many problems that come with skin-bleaching and do something about it! What also needs to change is the fact that being a lighter skin tone doesn't change anything. We shouldn't give more “power” or “privilege” to those who are a certain skin color. Power comes with what you do, not what you look like. If people actually take action on this situation instead of just talking about it, I believe we can improve as a society.

Kobe Bryant

By: Jaden Shirley

January 26 marked the two year anniversary of Kobe Bryant's sudden and tragic death. Kobe Bryant, also known as the Black Mamba, is known to have been one of the greatest players in the NBA of all time. Kobe was born on August 23rd, 1978 in Philadelphia, Pennsylvania. At the age of six, Kobe and his family left the US for Italy where he learned to speak fluent Italian. Kobe stated that the people in Italy were very kind towards him and his family. According to him, his family was "considered 'both curiosities and celebrities.' Whenever they took a trip into town, strangers would buy them coffee or pick up their check at a café" (Newsham). As he grew up, he became better and better and was even offered a job cleaning the courts in Italy at breaks and half times. He would also show his moves to the audience after cleaning until officials kicked him off the courts. When his family returned to the US, he studied at Low Merion Highschool, where he played phenomenally well on their basketball team, scoring a record breaking 30 assists, 12 rebounds, 6 assists and 3 blocks per game.

When he made it to the NBA in 1996. Kobe averaged about 7 points in his first season. While this didn't lead him to immediate fame and success, he kept on practicing and practicing until he mastered his craft, and soon after, in 2006, Kobe scored a world-record-breaking 81 points against the Toronto Raptors, which to date is one of the greatest NBA performances of all time. From then on, he was considered one of the best players of all time in the league and was admired by many around the world.

In 1987 the rising star Michael Jordan had become the greatest player of all time, and everybody was scared to play against him. The coaches would always assign their strongest players to try and block him, but they never succeeded. This was until Kobe went against him. He was fast and good at what he did, so they created a dynamic match up. Kobe would always ask Jordan for tips and things he could improve on. According to ESPN, "He'd soak up whatever Jordan would give him. Work on it. Master it. Then come back asking for more." By now Kobe had inspired and encouraged many people across the globe and had shown that anything you put your mind to can be accomplished along with hard work and dedication. Kobe passed away on January 26th 2020.

Although Kobe Bryant was undoubtedly one of the best basketball players of all time, he was also a philanthropist. He established the Mamba and Mambacita sports as well as aided various foundations in order to improve the life of others or help with certain research facilities. This is what his legacy had become: one of which people could look back on and be happy for. Kobe Bryant was not only a person but an icon and figure that people admired for his actions. He had become loved by many around the world. He was one of the top shooting guards in NBA history and had what he called the Mamba Mentality, which meant focusing on the process and focusing on the hard work when it matters most.

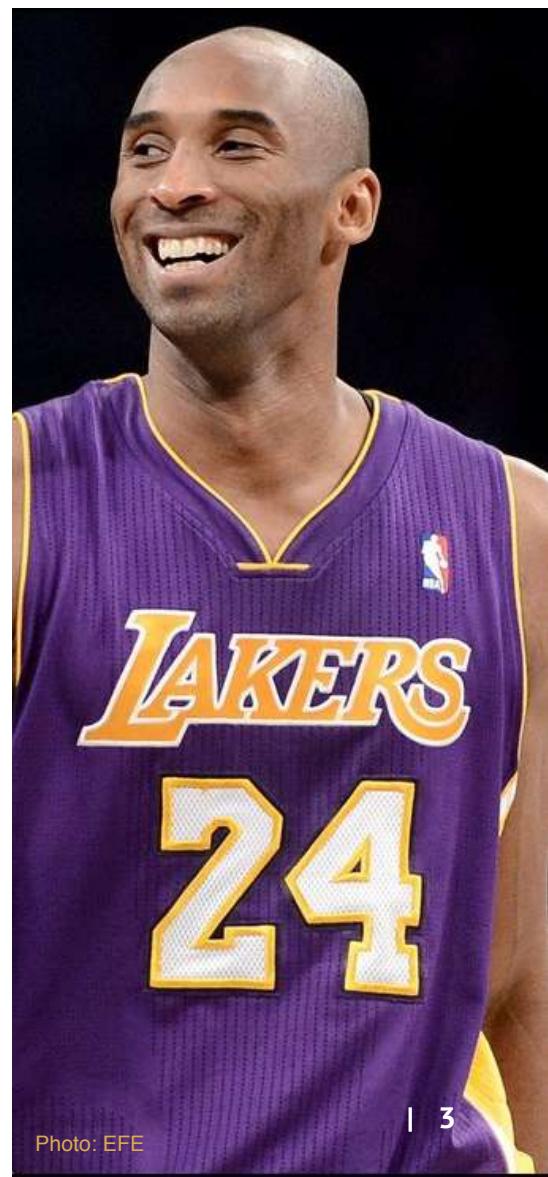


Photo: EFE

Kim and Kanye's Divorce

By: Armando Uría

Recently, Kim Kardashian filed for divorce from rapper Kanye West, who legally changed his name to Ye last year. Kim and Kanye have been married since 2014, and Kim stated “For so long, I did what made other people happy... And I think in the last two years I decided, I’m going to make myself happy, and that feels really good.” She publicly affirmed that “it’s okay to choose you” and decided to do anything to make herself happier regardless of the consequences and changes.

After the divorce, both Kim and Kanye have already been publicly connected in other relationships. Kim has been seeing “SNL” star Pete Davidson, and Kanye was dating actress Julia Fox. Despite Kanye’s relationship with Fox, Kanye posted some photos of Kim and their children in his Instagram account writing the caption “GOD PLEASE BRING OUR FAMILY BACK TOGETHER.”

The latest and greatest controversy has come from Kim supposedly not letting Kanye see his children. Kanye said he wanted his children to join him in Chicago to watch a sporting event, but his ex-wife wouldn’t allow it. Later, he went online to say “I want to bring my kids to my hometown of Chicago to see my basketball team play for 7 thousand people... And Kim is stopping that. How is this joint custody?” Kanye continues to publicly criticize Kim regarding their children’s custody. Over the past weeks, Kanye has been accusing Kim of refusing to give him the address to the birthday party of one of their four kids, Chicago; however other sources claimed it was a simple misunderstanding. Additionally, Kanye continues to criticize Kim for allowing their oldest daughter, North, to have a TikTok account without his approval.

Kim stated that one of the reasons she decided to divorce Kanye was because of the extravagance of their relationship: “I have the extravagant everything you can possibly imagine and no one will ever do it like that.” Even though Kim clarifies that she is grateful for those experiences, she seeks smaller and more meaningful experiences.

Despite the divorce and controversy between the two, they still maintained their friendship and reunited publicly on multiple occasions. Kim even agreed to recreate their wedding at one of Kanye’s “Donda” listening parties in August 2021.

They seem to have a better relationship as friends as they co-parent, and as an insider said in October 2021, she will be involved in Kanye’s future work ventures, and he will be involved with hers.



Photo: Karwai Tang/Getty Images

My Two Must-Read Finance Books

By: Sebastián Güth

RICH DAD POOR DAD- ROBERT KIYOSAKI

We will start this list with one of my all-time favorite books: *Rich Dad, Poor Dad* by Robert Kiyosaki. The book is about Robert's childhood, focusing on how his two fathers influenced his views on the financial systems, each in his own way. The title is based on the fact that his own father was poor while his best friend's father, who was like a second dad to him, was rich.

He is able to deliver his knowledge to the reader by passing on the advice he received from these two figures during his childhood. His father was a teacher by profession, but despite his high level of education, he was unable to build wealth. Although his "second father," his best friend's dad, didn't study or obtain a degree, he was able to grasp the concept of money and build wealth. The book uses the contrasting mentalities of each to teach people interesting concepts and switch their mindset so it resembles his friend's dad's.

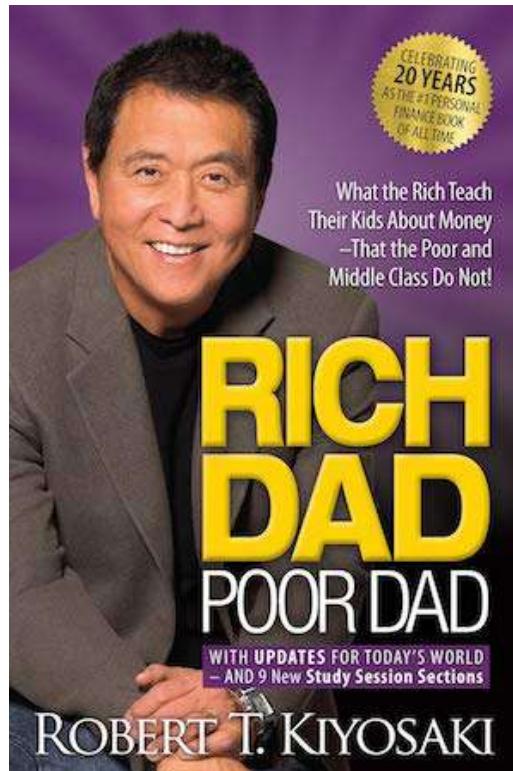
The main takeaway from the advice is that while his biological father always advised him to get a good school diploma in order to go to university, his rich father told him that it is important to educate yourself in entrepreneurship, finance, and taxes. He showed him how the money system works and taught both Robert Kiyosaki and his own biological son how to develop financial intelligence.

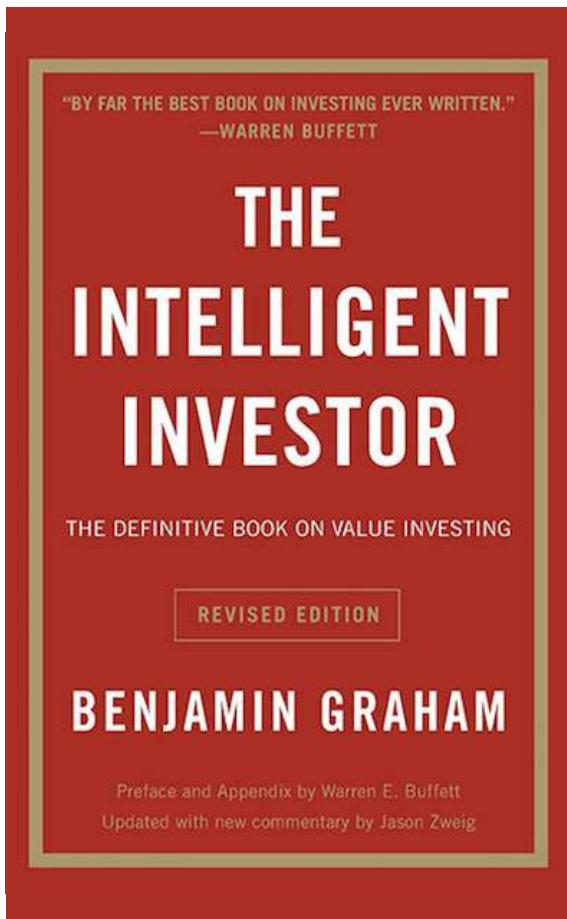
Robert Kiyosaki describes how his birth father, who was poor, had to work more and more to increase his salary, while his rich father did the exact opposite. He had more time for his family and was able to pursue his interests. He had employees and made them work for him, just as he made his money work for him. The book is divided into ten chapters, each relating to different lessons he learned. In addition to the advice of the two fathers, Robert Kiyosaki explains his own opinion and personal experiences from the execution of the lessons.

THE INTELLIGENT INVESTOR- BENJAMIN GRAHAM

In his 1949 book, *The Intelligent Investor*, Benjamin Graham wrote about the intellectual framework for value investing and teaches you to keep your emotions under control. Benjamin Graham's personal success and reputation as the father of value investing are enough to make you want to read his book, but also, his numerous successors demonstrate the effectiveness of the investment principles he wrote about.

Benjamin Graham uses the imaginary investor Mr. Market to describe an investor's mental attitude towards market fluctuations. One of his core principles is that a stock is not just a piece





of paper with a price tag on it. A stock represents ownership of a stake in a company. However, since Mr. Market very easily becomes too optimistic or too pessimistic, the actual value of the company is occasionally over or undervalued. In *The Intelligent Investor*, Benjamin Graham advises investing only if you are willing to hold the stock in the future without being affected by the fluctuating prices of the stock market.

According to Graham, there are two types of investors. The defensive (or passive) and the speculative (or active) investor. The defensive investor, according to Graham, should build a portfolio that is 50% equities and 50% bonds. Another useful tip is that a defensive investor should invest a fixed amount of capital on a regular basis. This approach is known as the cost-average effect and results in a fair average price for stocks and bonds. An active investor typically looks at the price movements of their stocks many times throughout the day since they are there only for the short-term seeking quick profits.

Further ahead in the book, Graham mentions some mentality changes you need to invoke in order to become an intelligent investor. For example, it is most advisable for an investor to concentrate on the real-life performance of their companies and the dividends they receive, rather than paying attention to the changing sentiments of the market.

These are just some few points that Benjamin Graham is willing to teach the readers of his book: *The Intelligent Investor*. This is a great book for beginners, especially since it is being constantly updated since its original publication. It's considered a must-have for new investors who are trying to figure out the basics of how the market works.

Romance Recommendations

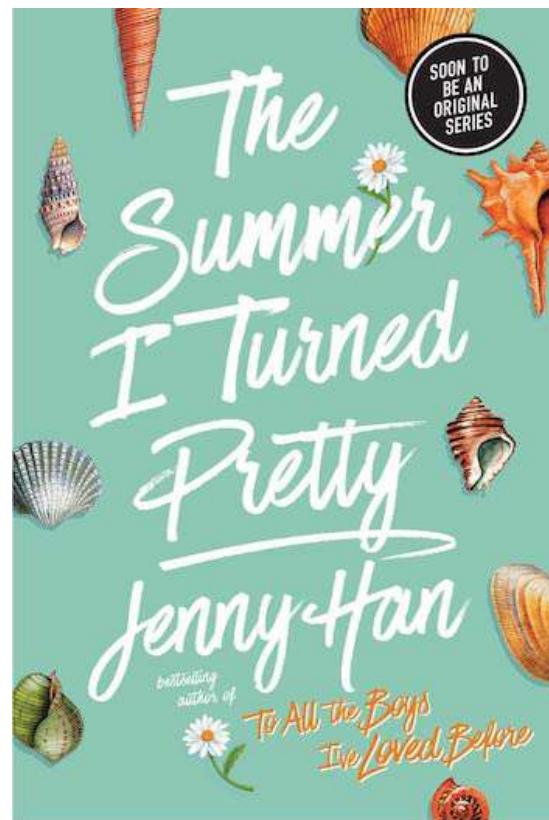
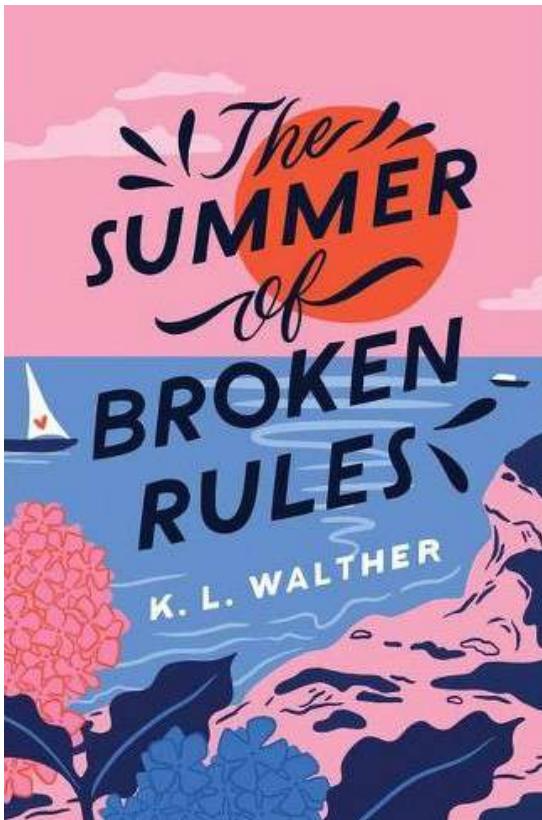
By: Gabrielle Lumpkin

In the spirit of Valentine's Day, I have five young-adult romance book recommendations! *The Summer of Broken Rules*, *The Summer I Turned Pretty*, *The Selection*, *When Dimple Met Rishi*, and *Eleanor & Park*.

Summer Romance

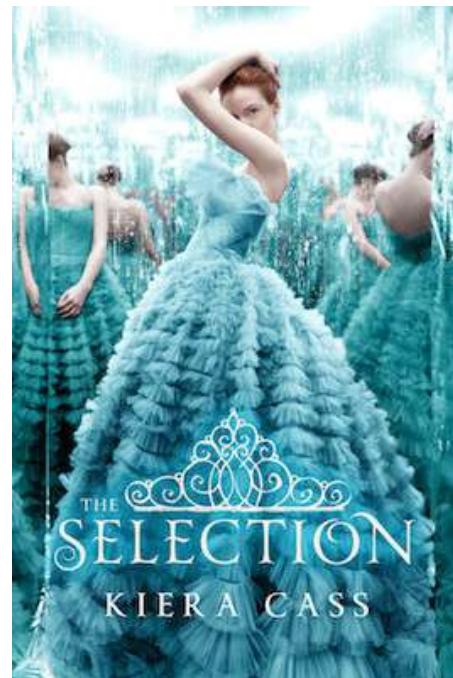
The first romance read I have selected is called *The Summer of Broken Rules* by K.L Walther. This book follows Meredith who is having a tough time after the death of her sister. Every summer, her family visits her grandparents' vineyard and plays a family game called "Assassin." This is Meredith's first summer attending without her sister, and their visit also happens to occur at the same time as her cousin's wedding. When she arrives, everything is as she always remembers—except the groom's family. As she navigates through her time at the vineyard without her sister, she may find love in unexpected places. I definitely recommend this book to anyone who might be going through a reading slump and just wants a fun, light-hearted, young-love kind of romance.

Another sweet, summer romance that I recommend is called *The Summer I Turned Pretty* by Jenny Han. This story follows a girl named Isabel, or Belly, who spends every summer at her mother's best friend Laurel's beach house. Laurel has two sons Isable has known for years: Jeremiah, whom Isabel has always admired, and Conrad, her close friend. This summer, Isabel is sixteen, and the boys don't see her the same as previous summers. This book definitely creates some heavier drama and tension than the previous book, so if you're looking for a good love triangle, then this is the book for you!



Royal Romance

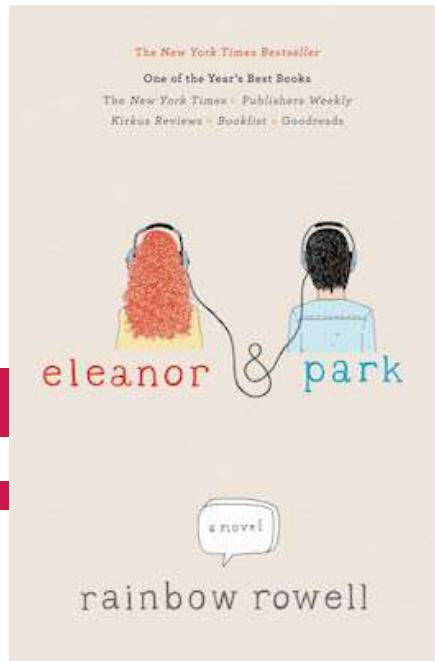
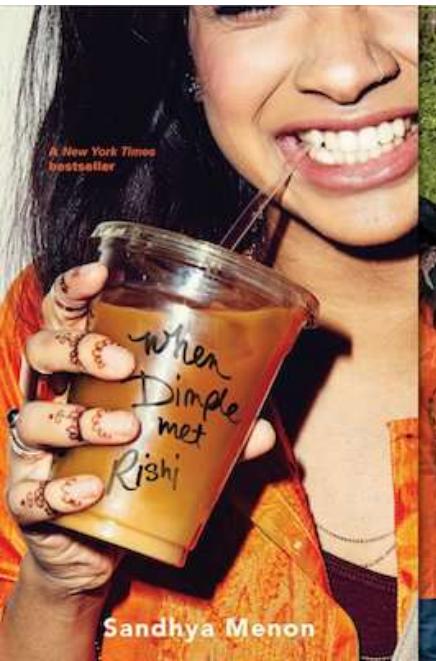
Next on the list of romance recommendations is “The Selection” by Kiera Cass, which is first in a series with a total of four books, and I definitely think that reading the first one will entice you to devour them all! It is on the cheesy side, which is why I would recommend it to a middle school audience, but that doesn’t mean anyone older wouldn’t enjoy it just as much. This story follows a girl named America who is one out of the thirty-five girls selected to compete for the heart of prince Maxton. As all the girls get to know each other, the competition gets real, but it soon becomes unclear what the girls are really competing for. Is it really his heart or the crown that they’re chasing after? Some girls may take it seriously while others are just along for the ride, but which category does America fall under? And how will America and Maxon start their own love story?



Heart-warming / Coming-of-age

When Dimple Met Rishi is an Indian-American story of two people that met at a web-developers summer camp. Is it purely by coincidence that they met, or is it arranged? As Dimple and Rishi get closer, their relationship starts to quickly unravel, and their parents can't help but get involved. Without Dimple's knowledge, a relationship between the two families had already been formed: an arranged marriage was set to happen between herself and Rishi just not so soon. Although Dimple doesn't know about the arrangement, Rishi does, and as a reader you can see how this affects their relationship later on.

The last book I recommend is called *Eleanor & Park* which is a coming-of-age, romance read. This book leads through both Eleanor and Parker's life as they try to fight off bullies and recognize the strong affection they have for each other. Even though they both can't shake the feelings of a blooming love starting to form, they also know that if they give in then they might not last. I do recommend this to an older audience who enjoys romance and can handle things that come with it. Overall, it is a good read and includes a lot of real world problems, which is something that I personally enjoyed.



Homemade Pasta with a Creamy Red Pepper Sauce

By: Valeria Alcocer

As we all know, 12th graders are graduating this year, and 11th graders are up next. Soon, they'll be out in the world, living independently. Living alone and having to preserve self health is difficult, even more so when there's limited time. Find here a guide to make a new easy homemade pasta recipe that can be made in 20 minutes—because cooking should never become boring or difficult.



Ingredients:

Sauce:

- Half of a red pepper
- Cheddar Cheese (40g)
- Salt (a pinch)
- Black pepper (1 tsp)
- Milk (50ml)

Pasta Batter:

(Precooked pasta also works.
It's optional to make it yourself)

- Flour (150g)
- Butter (30g)
- Water (60ml)
- Salt (1 tsp)
- 2 bay leaves

Instructions:

Sauce:

1. Cut the red pepper in half, remove the center (seeds), and then proceed to cut it into smaller slices.
2. Cut approximately $\frac{1}{4}$ of the cheese and slice it into little cubes.
3. Put the red peppers and the cheese into a blender. Add a pinch of salt and a tablespoon of black pepper. Then add 50ml of milk into the blender as well.
4. Blend all together until you get a homogeneous mixture.
5. Add the source into a pan and cook it until the cheese is melted.

Pasta:

1. In a medium bowl, combine the flour, butter, salt and water, and knead for 5 minutes. Add water if the dough is too dry. After the dough is a homogeneous mixture, cover it and place it in the fridge while you make the sauce.
2. Take the dough out of the fridge, and roll out and cut the dough into thin strips. Repeat the process until all the dough is used up.
3. Put the pasta into boiling water (recommendation: add a little bit of salt and 2 bay leaves to your water), and let it simmer for 5 minutes.
4. After the pasta is cooked, remove the bay leaves and drain it before adding it to the pan with the thickening sauce.
5. Serve it in a bowl, and it's ready to eat.

ARTES

VIRTUAL GALLERY

11 **Introduction** by Makena Brissette

ALTER EGO

- 14 Miranda Miotto
- 15 Valeria Alcocer
- 16 Emilio Fernández
- 17 Natalie Ríos
- 18 Armando Uría

Sobre la portada

19 Adriana González

Virtual Gallery

By: Makenna Brissette

Sustainability is a key aspect of life at ASPV. At the school, several efforts have been made to make the campus more environmentally friendly. Additionally, multiple projects have been completed to further spread awareness and ensure that the community in its entirety remains mindful of the trash we produce in the future.

And what better way to do this than art?

Miss Robinson has been leading several projects at the moment to contribute to our ongoing efforts.

Specifically, the third graders are working on a project that focuses on art with a message and a meaning.

On the subject, she says, “their sustainability project with their main teacher this year explores keeping our oceans clean, so this will be the main focus in Art for their final piece of the project.” Sustainability learning is a pillar in the formal education students receive at ASPV, and it’s only more impactful (and fun) when that message is tied into art.

She continues to explain what they’ve been creating: “Over the last two lessons the students discovered how they could make art out of anything, with no traditional art materials allowed. The 3rd graders created some awesome 3D sculptures out of trash and recycled materials. We will be continuing to create art with a focus on the ocean and recycled materials over the next few weeks. Keep an eye out for more amazing art from the 3rd grade.”



Iñaki Benitez



Estefana Marin

Coming from a coastal town, this not only supports the sustainability message taught to students, but actively makes work to clean up our very own community!

Apart from this, the ninth graders have been leading a project focused on sustainability advocacy, in which several encouraging messages and beautiful artworks have been planned for our very own cafeteria pillars.

Owen Santa Cruz added his own perspective on the project, commenting that “we are painting the pillars of the cafeteria with the objective of spreading the message of sustainability, pollution, and saving the Earth.”

Carolina Cabeza de Vaca spoke kindly about the initiative as well: “I feel very proud of this project because the message behind it is very important to me, and I feel really strong about it. I hope that my grade and I leave an important message to future students in ASPV and show them that the Earth is in need of saving.”

With artworks ranging from The Lorax to eye-catching nature landscapes, and lighthearted messages such as “keep the oceans blue, the planet green, and the animals safe,” the project is sure to brighten up the cafeteria while providing a warm message to the community about the importance of protecting and preserving the environment.



SECCIÓN LITERARIA

ALTER EGO

Divertimento con palabras dirigidas

Por: Miranda Miotto

I.

Lejos y libre de la ciudad, una se encuentra enamorada.
Al ver el vuelo de las gaviotas durante su visitada,
tal como los navegantes, en la vida, deseo ser encontrada:
independiente como los cauces, para ser desembocada.

El romper de las olas y el canto de las brisas,
Dan un sentimiento de libertad, al vivir la vida sin prisas.
Nadando y fluyendo como las ballenas, llenos de carcajadas y risas.
El viento escucha mis cantos, aquellos que me sostienen, tal como las cornisas

II.

Una se encuentra enamorada, lejos y libre de la ciudad
Durante su visita, al ver el vuelo de las gaviotas.
En la vida, deseo ser encontrada, tal como los navegantes,
para ser desembocada, independiente, como los cauces.

El canto de las brisas y el romper de las olas,
al vivir la vida sin prisas dan un sentimiento de libertad:
llena de carcajadas y risas, nadando y fluyendo como las ballenas,
aquellos que me sostienen, tal como las cornisas.
El viento escucha mis cantos.

Por: Valeria alcocer

I.

Perderse en la melancolía de las calles de la ciudad, te harán sentirte enamorada.
Cien mil gaviotas rondan los alrededores, siempre haciéndote sentir visitada,
Una misma se convierte en navegante cuando naufraga en la belleza encontrada.
Así la locura, guiándote a los cauces de una pasión desembocada.

Envuélvete con el sonido de las olas, para después desenvolverte con sus brisas
Alcanzando la libertad que tanto anhelabas, tomándote tu tiempo ya que no hay prisas
Haz caso a las ballenas, que precavidamente escucharás sus risas.
Las ciudades sueltan sus cantos, si las escuchas con cuidado, las oirás por las cornisas.

II.

Siéntete enamorada , dejándote guiar por el alma perdida en las calles de las ciudades.
Siempre rondando tus alrededores. te sentirás visitada. te tendrán en la mira cien mil gaviotas.

Cuando se naufraga en la belleza encontrada, una mismo se convierte en navegante de una pasión desembocada. La locura te guiará a sus cauces.

Se olvidarán como brisas los amantes que empezaron como olas,
No anheles las prisas, que a su tiempo vendrá la libertad.
Precavidamente escucharás las risas a lo lejos de las ballenas:
si las escuchas con cuidado, las oirás por las cornisas de las ciudades soltando minuciosamente sus cantos.

Por: Emilio Fernández

I.

Como me encanta esta ciudad, siempre enamorada,
siempre alegre, con gaviotas volando y cantando porque es visitada.
Yo aquí, siempre fui un navegante, quien al final se encontraba.
Por donde voltees hay cauces hermosos, que llevan a la desembocada.

Si vas al sur encuentras olas muy grandes y en el norte unas brisas:
te sentirás lleno de libertad, ya que por esta ciudad nunca hay prisas.
Cuando nades en el mar, verás ballenas y cuando salten te sacarán las risas.
Si llegas a escuchar cantos, significa que la gente está en las cornisas.

II.

Siempre enamorada, ¡ay, cómo me encanta esta ciudad!
Cantando porque era visitada, la gente volaba como gaviota.
Para quien al final se encontraba, yo siempre había sido un navegante.
Hermosa la desembocada y por donde voltees habrá cauces.

En el norte hay brisas y al sur solo verás el cantar de las olas.
En esta ciudad no existen las prisas, te sentirás lleno de libertad.
Cuando salten, las ballenas te sacarán las risas,
y cuando nades las verás en el mar,
en las cornisas escucharás a la gente cantar.

Por: Natalie Ríos

I.

Llegando a la ciudad, ya estoy enamorada,
Viendo las gaviotas pasar, me siento visitada.
Como navegantes en el mar, siendo encontrada
o los cauces en los ríos, desembocada.

Donde rompen las olas, donde soplan las brisas,
siento pura libertad y nada de prisas.
Donde saltan las ballenas, los niños llenos de risas.
Tantos, tantos cantos, sin fines ni cornisas.

II.

Ya enamorada, llegando a la ciudad,
me siento visitada, viendo las gaviotas pasar.
En el mar, siendo encontrada, como los navegantes.
o en los ríos, desembocada, como los cauces.

Donde soplan las brisas, donde rompen las olas.
No hay nada de prisas, siento pura libertad,
los niños llenos de risas, cuando saltan las ballenas,
sin fines ni cornisas, hay tantos, tantos cantos.

Por: Armando Uría

I.

Perdida por la ciudad, inevitablemente enamorada:
perdida entre gaviotas, fui amablemente visitada.
Se acercan los navegantes, fui finalmente encontrada.
Se alejan de los cauces a la eterna desembocada

El ruido de las olas rimando con el sonido de las brisas,
el sentimiento de libertad rima con el sentido de las prisas,
el respiro de las ballenas extrajo nuestras risas,
el lujo de escuchar los cantos debajo de las cornisas

II.

Inevitablemente enamorada, perdida por la ciudad,
fui amablemente visitada, perdida entre gaviotas.
Finalmente fui encontrada, se acercan los navegantes.
De la eterna desembocada se alejan los cauces

El sonido de las brisas, rimando con el ruido de las olas;
el sentido de las prisas rima con el sentimiento de libertad.
Extrajo nuestras risas el respiro de las ballenas
debajo de las cornisas y el lujo de escuchar los cantos.

Sobre la portada

Artista: Lourdes Maldonado

Técnica: Acrílico y digital



El diseño de la portada es una mezcla: pintado a mano (acrílico) y digitalización, sin conocimiento profesional sobre ninguna técnica. El diseño original era sólo un corazón por cada grado del Colegio pero al digitalizarlo e irle agregando más corazones me gustó como se integraban.

Cuando (Miss Brenda) me solicitó el diseño del mes de Febrero pensé que era una buena idea representar con corazones el cariño y apego que los alumnos van dejando con el paso de sus años escolares a toda la Comunidad ASPV.

Hand to Hand: a Recycling Initiative at ASPV

By: Makenna Brissette

As a school, ASPV is committed to sustainability, and actively works to include educational practices and initiatives to foster a love for the environment in the community. The UN's 17 Sustainable Development Goals are a crucial piece in the education models at ASPV, and can be found frequently around and across campus.

This ongoing message was relayed to students first using the Compass Education model, which gives students a systems-thinking framework where they learn to define potential areas of improvement and inspires our staff and students to lead environmental initiatives.

In the past, ASPV has held annual Sustainability fairs to further promote local businesses and community service projects. Furthermore, meetings and discussions are held often to improve the school's efforts and ensure that we are continuing to be mindful of the waste we produce.

Miss Cait, a Science, Community Outreach, and Climate Change teacher, works tirelessly to make the environment at ASPV more sustainable, and leads many of the inspiring movements at school to follow through with our institutional goals.

To do this, she, with the help of other teachers, compose the School Systems & Sustainability committee, which strives to better our school in those two respective aspects. In the past year they have dedicated themselves to helping the community. Some of their initiatives include: providing more paper recycling opportunities in the classrooms across campus, promoting the use of reusable shopping bags for staff when they go shopping across the street in the plaza, and most currently, an art project in the cafeteria creating murals with sustainable messages.

Their most recent recycling project is known as Hand to Hand. For this, a donation box will be located at each entrance of the school, High School, Elementary School, and the Kinder entrance. This box will remain permanent year round, and all parents and staff are invited to donate gently used clothing and toys whenever possible. These resources will be given to people in need who, given their circumstances, otherwise would not have access to such.

On the subject, Miss Cait says, "Throughout the year, the SSS Committee as well as the Community Outreach class work with local organizations to donate needed items. By always having a stock of donations, we will be less pressured to rush to gather donations only during the time they are needed."

This is especially important for times when a natural disaster such as when a tropical hurricane hits, so that resources are readily available for those in need. The group is ensuring that we can jump into action immediately with donations, and that eliminating the time when it usually takes to gather such supplies.

In the next week, information on what to donate, where, and when will be sent out, so keep an eye out!

My Boston Adventure

By: Elijah Luna

BOSMUN XXI: For me and many other ASPV students, this was our first ever Model United Nations conference in person. To be honest, I was very scared. Well, scared was an understatement. I was terrified.

I entered the conference room and sat down, looking like a ghost that had just seen an exorcist. I had been told that I wasn't allowed to use my computer in the conference. All my notes, opening speeches, and solutions were on that computer. Instead of trying to write all the information on my computer onto the notepad I was provided with, I froze and waited a grueling twenty minutes in silence while the other delegates spoke to each other.

Another reason why I had a sudden urge to give up before the debate even started was because I was in the CRISIS committee, which had a format that was unfamiliar to me. While some of our school's delegates were in regular MUN committees, a few of us were in these unique setups. In addition to moderate and unmoderated caucuses, we could also write things called CRISIS notes to characters outside the committee. These letters could ask for help or take action (in my case it was taking major action against Lord Voldemort, if you know what I mean).

The interesting thing about CRISIS was that the topic would diverge and dive into different scenarios. Every hour or so the CRISIS team would enter the room and update us on what we were debating on or provide a new scenario. This announcement came with some brilliant acting by the CRISIS team. Man, they should be on broadway!

By the end, I really felt like I had participated well in the debate. I met some incredible people that were very bright. Once the time for awards came, our ASPV MUN team sat nervously by some kids from another school. Miranda Miotto, a fellow ASPV MUN member, won a Verbal Commendation as well for her work as the United Nations International Research and Training Institute for the Advancement of Women in ECOSOC. She was a key member. We are so proud of you, Miranda!

The CRISIS committee was near the end of the award ceremony. I won "Best Position" paper. I was shocked! I had been hopeful about getting an award after all the hard work I had put in, and it had been awarded to me. In Model UN you need to write an essay on the topic to which you are assigned. The essay includes your summary of the problem, your position, and your proposed solutions. I wrote two of these for two different topics in the Crisis Committee Harry Potter: The Lost Generation. I spent hours formulating my position as a fictional character, and it felt really great to see it recognized.

Outside of the Model UN conferences, our school also got to experience the history and culture of Boston, Massachusetts. We visited Harvard on our free day after the conference ended. That's where I rubbed the founder's shoe for luck as I apply to Canadian universities in the future (I hope his luck extends that far north) about a million times.

Walking around Boston on the Freedom Trail in the cold air was actually (mostly) quite nice. This path winds its way through Boston's historical center past 16 important landmarks. However, it is most definitely not enjoyable when it's raining and there's a strong wind. It's also most certainly NOT pleasant to pull out my umbrella to shield myself and have it pulled out of my hands by the freezing wind. But that was ok, because it was a brand new experience for this

kid from Puerto Vallarta. As we went along, not only were many of my classmates' hands ice-cold even in mittens, but our stamina depleted quickly as we trudged up and down the frozen hills. When we arrived at the hotels to rest and use the bathrooms, we all felt a sense of relief out of the cold and icy rain.

Thankfully, we got to experience more of Boston's history on subsequent tours. On the Freedom Trail, I learned so much about the Boston Tea Party and the Boston Massacre, events we had only read about in our history class. We spent a day on a pizza tour - which took us past more historic landmarks, including the Paul Revere house: one of the oldest houses still standing in the United States.

I also had my first snowball fight. As we paused on a tour to look out over the Charles River, the parents suggested to our guide that we stop to get some energy out with a snowball fight. I will never forget Mr. Swindler's face as students violently threw a snowball at his head. But Mr. Swindler wasn't the only one targeted. Miss Brenda was also in the snowball zone, attacked by a horde of teenagers.

Pizza plus history - a great combination that kept that horde entertained. As a pizza connoisseur and history enjoyer, I certainly approved.

The Boston trip was for sure one of the best trips of my life and will never be forgotten. I want to thank all the teachers and parents involved for giving us such a great experience and I look forward to our next trip.

Viaje a Boston

By: Lucía Bonnin

El jueves 3 de febrero, el equipo de Modelo a las Naciones Unidas del Colegio viajó al extranjero para participar en la competencia de debate de Boston University. Fue una experiencia llena de aprendizajes, anécdotas, y recuerdos inolvidables.

Cuándo fuimos a Berkeley en el 2020, Líonn, Paulina, Máximo y yo íbamos en décimo. Éramos los más jóvenes y con menos experiencia del equipo escolar. Esta vez no solo éramos los mayores, sino que también éramos los únicos que habían participado en un MUN presencial. El resto del equipo se había unido durante la pandemia por lo que sus únicas competencias habían sido los debates por zoom. Estas experiencias, aunque también valiosas, no se comparan a la diversión y el crecimiento personal que ocurre en un modelo en persona.

Al llegar a las salas de conferencia del hotel, todos estábamos muy nerviosos, sin embargo, al terminar la primera sesión nos llenamos de confianza. En nuestros descansos, nos juntamos en los restaurantes alrededor del hotel y platicamos de las cosas que habían pasado en nuestros comités y las resoluciones que estábamos escribiendo. A pesar de estar en la misma conferencia, todos tuvimos experiencias muy diferentes, ya que nuestros temas variaron desde distribución de vacunas de COVID y cibercrimen, hasta las batallas de Harry Potter.

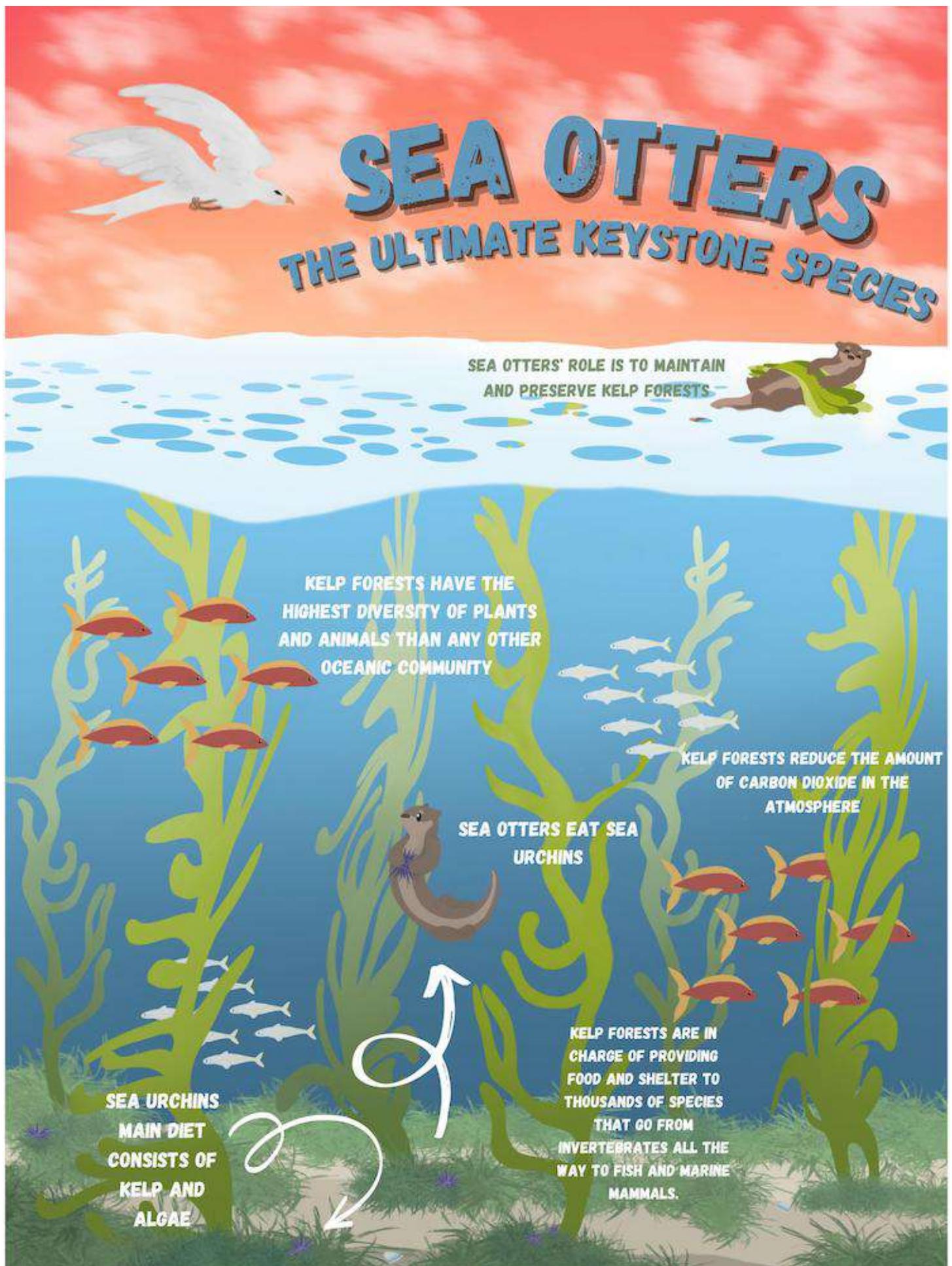
En las últimas sesiones de los debates pude notar cómo muchos de mis compañeros que habían estado muy nerviosos al llegar, ahora estaban emocionados por presentar sus resoluciones y seguir debatiendo. En los debates pudimos desarrollar habilidades desde hablar en público hasta negociar y redactar resoluciones.

La competencia no fue fácil. Competimos contra algunos de los colegios más prestigiosos de la zona, y que participan en este tipo de eventos constantemente. A pesar de esto, se obtuvieron dos increíbles premios: mejor posición paper de Elijah Luna y reconocimiento de delegado a Miranda Miotto. La emoción al escuchar sus nombres y el nombre de la escuela en la presentación de premios es indescriptible y será algo que nunca olvidaremos.

Nuestro aprendizaje no se limitó a la conferencia, ya que también pudimos visitar sitios icónicos de la historia Estadounidense a través del Freedom Trail. Además, conocimos lugares increíbles como la universidad de Harvard, los parques de Boston, entre otros. Tuvimos peleas de nieve, comimos pizzas deliciosas, platicamos y nos reímos como nunca.

Me siento muy orgullosa de todos mis compañeros, ya que decidir unirse a este club es un gran reto. Todos los meses de investigación, preparación y práctica valieron la pena. Esto no hubiera sido posible sin la gran ayuda de los padres y maestros que nos acompañaron.

Estos dos viajes de MUN son experiencias que se quedarán conmigo para siempre. Estoy muy agradecida de que tuve la oportunidad de competir junto a mis amigos, conocer nuevas personas y agrandar mi perspectiva del mundo. Nada de esto sería posible sin Miss Brenda que siempre hace todo lo posible para darnos las mejores oportunidades de aprendizaje dentro y fuera del salón de clases. Aunque mi tiempo en este club está por terminar, me emociona ver lo que la escuela y mis compañeros seguirán logrando en el futuro.



FUENTES

INFORMACIÓN

Medios, C. M. S. (2022, February 14). Advierte eu que rusia podría atacar ucrania en cualquier momento, alertan a la población. Periódico AM. Sacado February 16, 2022, de <https://www.am.com.mx/mundo/Rusia-vs-Ucrania-Estados Unidos.-Advierte-EU-que-Rusia-podria-atacar-Ucrania-en-cualquier-momento-20220214-0015.html>

Niño, S. J. E. (2022, February 2). Estados Unidos confirma El Envío de 3.000 soldados al este de europa. El Tiempo. Sacado February 16, 2022, de <https://www.eltiempo.com/mundo/eeuu-y-canada/crisis-en-ucrania-estados-unidos-envia-soldados-al-este-de-europa-649002>

BBC. (n.d.). ¿Cuál es el origen del conflicto entre ucrania y rusia y por qué tiene relevancia internacional? BBC News Mundo. Sacado February 16, 2022, de <https://www.bbc.com/mundo/noticias-internacional-59883768>

Press, E. (2022, January 10). Cumbre EU-Rusia: Washington no cede Sobre Ucrania y moscú amenaza con medidas "militares". Publimetro México. Sacado February 16, 2022, de <https://www.publimetro.com.mx/noticias/2022/01/10/estados-unidos-se-mantiene-firme-en-platzicas-con-rusia/>

Anyangwe, E., & Equals, E. of A. (2022, January 25). Why CNN is launching a new series on skin whitening. CNN. Retrieved February 16, 2022, from <https://edition.cnn.com/2021/11/14/world/as-equals-white-lies-skin-whitening-launch-intl-cmd/index.html>.

Allen, M. (2021, November 24). The reality of skin bleaching and the history behind it. Byrdie. Retrieved February 16, 2022, from <https://www.byrdie.com/skin-bleaching>.

Games, …BoxingCFLChalkNCAACricketFI GolfLLWSMLBMMANASCARNBA et al. "MJ Kept NBA Superstars At A Distance, But Kobe Broke Through". ESPN.Com, 2022, https://www.espn.com/nba/story/_/id/29124581/inside-kobe-bryant-michael-jordan-private-friendship. Accessed 16 Feb 2022.

Newsham, Gavin. "How Growing Up In Italy For 7 Years Turned Kobe Bryant Into A Star". New York Post, 2022, <https://nypost.com/2022/01/08/how-kobe-bryants-childhood-in-italy-turned-him-into-a-star/>. Accessed 16 Feb 2022.

"How Many Awards Does Kobe Bryant Have | Statmuse". Statmuse, 2022, <https://www.statmuse.com/nba/ask/how-many-awards-does-kobe-bryant-have#:~:text=He%20won%201%20MVP%20award,awards%20and%205%20NBA%20championships>. Accessed 16 Feb 2022.

Moran, Kirsten. "The Meaning Of Kobe Bryant's 'Mamba Mentality' One Year After His Death". Nevada Sports Net, 2021, <https://nevadasportsnet.com/news/reporters/the-meaning-of-kobe-bryants-mamba-mentality-one-year-after-his-death>. Accessed 16 Feb 2022.

Duarte, Michael. "Kobe Bryant's Legacy Continues On One Year After His Tragic Death". NBC Los Angeles, 2021, <https://www.nbclosangeles.com/news/sports/kobe-bryant-lakers-legacy-memorial-helicopter-crash-tributes-gianna-mamba-nba-basketball/2511851/#:~:text=He%20became%20a%20philanthropist%20and,coach%20Gianna%20and%20her%20teammates>. Accessed 16 Feb 2022.

"Jerome Allen Overview | Statmuse". Statmuse, 2022, <https://www.statmuse.com/nba/player/kobe-bryant-48>. Accessed 16 Feb 2022.

Garcia, Bob. "Kobe Bryant Shockingly Admitted He Felt 'Terrible' Before His Legendary 81-Point Game". Sportscasting | Pure Sports, 2021, <https://www.sportscasting.com/kobe-bryant>

shockingly-admitted-felt-terrible-before-legendary-81-point-game/. Accessed 16 Feb 2022.

Staff, U., 2022. "Everything Kanye Has Said About Kim K. Since Their Split." Us Weekly. <https://www.usmagazine.com/celebrity-news/pictures/everything-kanye-west-has-said-about-kim-kardashian-since-split>. Accessed 18 February 2022.

Respers France, Lisa. "Kim Kardashian explains what led to Kanye West split." CNN. 10 February 2022. <https://edition.cnn.com/2022/02/10/entertainment/kim-kardashian-vogue-kanye/index.html>. Accessed 18 February 2022.

<https://pixabay.com/fr/photos/orchid%C3%a9es-orchidea-fleurs-5590932/>