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## Ellen DeGeneres

By Romain Dethève

Many have heard of the Ellen DeGeneres show. But the show is only a little part of who Ellen is and of what she does. Ellen is an American comedian, television host, actress, producer and LGBT activist. She is a role model and has influenced many people. Before starting her own show, she worked as a comedian and actress in the 1980s. She made some appearances on some famous talk shows like "The Tonight Show," "Oprah Winfrey Show" or even "Good Morning America." Her voice can sound familiar because she recorded Dory's voice in the movies "Finding Dory" and "Finding Nemo."

What did she accomplish? Ellen has achieved enormous things in her life and has made huge changes, starting with her appearance on "The Tonight Show Starring Johnny Carson" making her the first female comedian to be able to sit on the talk show guest couch for a chat. Since 2012, Ellen earned a star on the Hollywood Walk of Fame mainly thanks to her show. Ellen was the 15th person to win a Mark Twain Prize for American humor. This award is only given to people who have made a significant contribution to American humor. Following her coming out, Ellen made the cover magazine of Time with the famous catchphrase: "Yep, I'm gay." Later, she also made the cover of Girl Spokeswoman. Ellen was the first openly gay person hosting the Oscar Ceremony. During the ceremony, DeGeneres took a selfie with 11 other celebrities, which became the first retweeted tweet with more than 1.8 million times in the first hour. In 2008, she married Portia de Rossi, and they are known as one of the cutest Hollywood couples.

How did her coming out change everything? Ellen started a television sitcom named "Ellen" in 1994. During the fourth season, in 1997, her character came out to a therapist played by Winfrey. At the same time, Ellen really came out on the "Oprah Winfrey Show." She became an icon of the LGBT community and encouraged many people to accept themselves. At this time, it wasn't as widely accepted to publically reveal homosexuality. Ellen helped make "coming out" more normal. She had given courage to many people to do the same and to love themselves as they are. For changing people's mind like that, Ellen was awarded by President Barack Obama. He said during the ceremony at the White House, "It's easy to forget now, when we've come so far... just how much courage was required for Ellen to come out on the most public of stages almost 20 years ago." Thanks to people like Ellen, gay rights were reconsidered and in 2003, Massachusetts was the first state of the US to allow gay weddings.

What is The Ellen DeGeneres Show? It is a one-hour talk-show broadcast on NBC, which makes people happy, forgetting about their problems. With the help of the DJ, Twitch, Ellen makes her audience laugh, dance, play games with her or even sometimes sing. The Ellen DeGeneres show started in 2003. Filmed in Warner Bros Studio in Los Angeles, the sixteenth season just began in September. Famous celebrities like Barack or Michelle Obama, Oprah or Nicki Minaj have been guests on her show. Ellen uses her show and her power to spread good vibes and help people and families in need by giving them big sums of money, like \$25,000. Since 2012, she has partnered up with Shutterfly to enable her to give huge gifts during the show. Every episode can be seen on replay on Ellen Tube or on YouTube. A few times after the start of the show, she launched a cloth collection on her new website named "Ellen Shop".

Why Ellen is a role model? Ellen DeGeneres can be defined as a role model. Here are eight reasons why. First, she always stands up for what she believes in. She speaks as well for those who feel they can't. For example, in one of her shows, she defends a boy who has been murdered for the wrong reasons. Ellen uses her privilege to help others, like giving them money to be able to support themselves. She shows that a kind and caring heart can defy and conquer the odds. Ellen isn't afraid to speak out when something is wrong. Of course, during the show, she brings joy and laughter to everybody and reminds us that being different isn't a problem. Ellen highlights the beauty she finds in others people.

What is the Ellen DeGeneres Wildlife Fund? Animal lover and Diane Fossey fan, Ellen received for her 60th birthday, the creation of the Ellen Campus in the Diane Fossey Fund. The fund was created years ago but it did not really work since Diane's death. Having several cats and dogs really makes her feel close to animals. Ellen is vegan and is opposed to animal violence. The goal of her project is to save the mountain gorillas because there are only 800 left in the entire world. The project will permanently secure the future of the wild gorillas in Rwanda by creating the Ellen campus. People can donate to this charity on the website [www.ellendegenreswildlifefund.org](http://www.ellendegenreswildlifefund.org) or they can buy some of the articles on the Ellen Shop. If they gain enough money, the construction of the facility will start during 2019.

How did I discover her and became a fan? I discovered Ellen nearly four years ago. I saw her on YouTube in my recommendations. The first video I've seen of her was an Ariana Grande's interview. I immediately became attracted to her humor and her kindness and after spending hours watching her, I became a fan. I love how she makes people feel better, more confident and helps them to forget about their own problems. I admire the fact that she is really her true self and speaks out for people who think they can't. Since then, I never miss one of her shows even if it's not always easy to watch it in France because we don't have channel NBC. Moreover, I think that if everybody was as kind and generous as Ellen, the world would be so much better and more pleasant.



***Prayer flags bring Nepalese hope from the mountains to the sky.***

Photographer: Charlotte Mazet



***Tree with Roman Bridge***

Photographer: Julia de Pablo Martínez

The greatness of nature, even the simplest, always eclipses human work. New technologies and all human developments must always be respectful of nature. Although humans can not overcome nature, they can destroy it, thus destroying their own life. The Roman bridge and the tree have remained in harmony for many centuries, but nature has always been in the foreground.

Collection of Photographs by Elisa D'Iseppi



I shot this photo because I've just wanted to say that the sun can change your morning into a beautiful one.

Then I chose this one because it transmits peace... I don't know why but I also think of God when I look at this..!



The dog was blinking at me!



I really like this photo because I also have the screenshot the screen of my phone and the result is this..!



It was a really sweet moment so I've just catch the phone and pick a picture... so cute!



I really don't know how I made this picture in this moment...



I was so happy and sad that day because I found the end of the rainbow... but no gold for me..!

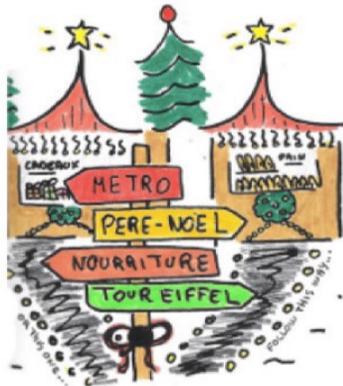
I love this because it transmits to me autumn vibes... and I LOVE autumn!



It has just rained and the windows were full of rain so why not..? I took a picture!

# - Christmas in Paris -

*The best things we have...*



**CHRISTMAS MARKETS**



**EIFFEL TOWER**



**CHAMPS-ÉLYSÉES**



**CHRISTMAS WINDOWS**



**BUT IN THE FASHION CAPITAL,**

**We especially have the best dressed dogs!**

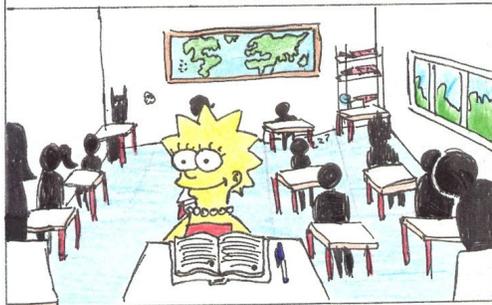
By Juliette Pelletier.



By graphic artist: Carolina García.

# TYPES OF STUDENTS IN EVERY CLASS

THE NERD WHO IS ALWAYS AT THE FIRST LINE.



THE STUPID ONE WHO SEEMS LIKE HE HASN'T OPENED A BOOK IN HIS LIFE.



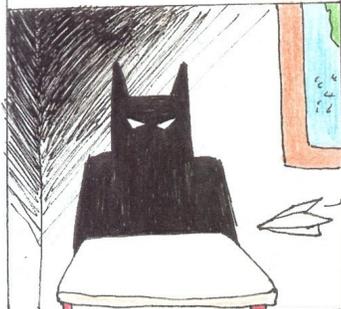
THE MOST "POPULAR" OF ALL GIRLS. SHE HAS A GIRL ARMY AND USUALLY HANGS OUT WITH →



THE SPORTY, GOOD-LOOKING "POPULAR" ONE.



THE ONE WHO IS OFTEN LONELY, BECAUSE HE WANTS TO BE



THE TWO INSEPARABLE FRIENDS THAT ARE ALWAYS TOGETHER.







By: Juliette Pelletier



## Love Decisions

By Lara Veramendi Marban Peñalar



Love is complicated. How do we know if someone loves us? How do we know if we are really in love with someone? How do we know if he/she is the one that we want? All these problems come to us in at least one moment in our lives. And for Katherine, or as everybody calls her Kathy, this wasn't just a complication. This was a major existing problem. Kathy was 15. Everything in her life was messy. Kathy was one of those people that expects the perfect first kiss, relationship, love, etc. The problem she was facing was one that we have probably faced more than once. She liked not one, but two people at the same time.

One of them was Adrian. He was tall and black-haired. He was a true gentleman and a very patient and charismatic person. Adrian was her brother's best friend since kindergarten. She didn't remember a time where her big annoying brother wasn't with him. So, he practically has been with her, her entire life. They were in the same school but never in the same classrooms, because he was one year older.

The other one was Thomas. He was not as tall as Adrian, but tall. He was blonde. Thomas was unique in many ways. He was the quarterback of the school football team, funny and attentive. She met him during one summer holiday at the beach, and since then, she has seen him every summer. They were at the same school, however they were never in the same class, or in the same group of friends. They were only friends during the summer vacation.

Kathy manages to avoid the problem all Easter vacations. Nevertheless, she had to come back to school in the end. The first day, she began to feel the nervousness of coming across one of them. She saw them, but she was just able to raise her hand in the way of saying hi. For her, that small gesture felt like shifting a mountain. Later, in class she realized that things have changed. She needed to be a more open and risky person. However, that change never came. Instead, something more interesting happened. A week had passed and suddenly Thomas came to her. "We should go out one day. We only talk to each other on vacation. That's really sad," he said. After talking for at least 20 minutes, they decided to meet on Saturday.

Everything went as planned. Thomas took Kathy to eat an ice cream and afterward they walked through the Park. Destiny had talked, she saw that Thomas was brave enough to ask her out. She kind of realized that maybe her fate was with him. They started to meet a lot. At school, everybody wondered if they were dating but they weren't. Kathy's heart was calm. She loved Thomas and that love eclipsed her love for Adrian.

Everything turned around one rainy day. Thomas seemed to be different at school that day. She came near him to ask if he was ok. His answer was rude and nervous. He answered, "Everybody knows I have kissed Ashly, and I know she doesn't love me." Kathy's heart broke. She thought that Thomas was in love with her. Now she knew that it wasn't true. All her hopes were: "I will give him time. He will change his mind." Thomas seemed so bad that they decided to meet in front of the sports center to talk about it. As friends, obviously.

Kathy was ready to leave her house when her mother shouted: "It's rainy and dangerous. I won't allow you to go out unless you go with someone." Kathy had no one to walk with her to the sports center. Her brother, who was hearing that conversation, said: "Adrian was just leaving maybe he can walk you there." She didn't like that idea but there was no reasonable reason to say no. They walked through the rain together: "So, your brother told me you are kind of dating a boy?" he said. Kathy answered the undeniable truth that they were just, friends. They arrived quickly after that. He had been so kind, she thought. It seemed he wanted to say something more, as he left. She stayed under a roof, thinking about Adrian. What was he going to say? Maybe she was imagining things. Although she was waiting for Thomas, she felt how much she wanted to see Adrian. She felt the pain of his separation from her. Was he the one she truly loved all this time? She felt as if she has been living a lie the entire month.

Despite everything, Adrian has been always there for her. And that doesn't matter what happened he will always be. As a friend as something more as a family member. Someone grabbed her hand. She turned and saw him there.

"I couldn't leave you alone here, " he said, out of breath. "I came back."

Kathy couldn't believe it. For the first time, in a long time, she felt she wasn't making a decision at all. She was simply facing the truth. The truth was that Adrian has always been there for her in the good and bad moments. And she wanted to be closer than friends. Here he was, in the rain, wanting to be with her as much as she wanted to be with him. He hugged her and she laid her head on his chest. His heart was beating strongly. In a moment he placed his hand around her cheeks, turned her head and kissed her. For Kathy, this was the perfection she was looking for.

## The Message that Changes Sophie's Life!

By Mariona Rísquez Martí



Just as Sophie was about enjoy her last bite of toast, she heard her mobile device honk rudely. It was a special sound she had reserved just for one contact in her phonebook. From anyone else, Sophie heard a softer, more cheery ding. She dropped her toast. Proud as she had been of her decision to change the tone, so that it served as a warning, of a toxic relationship that she knew was wrong for her, for her life, the kind of relationship that any woman should recognize and avoid, her face flushed, her heartbeat raced. It was him. Steve. The ex-boyfriend that wanted back into her life. She took a deep breath before reaching for her pocket, as if her phone were his heavy, angry fist.

Sophie ended the relationship the week before, or rather, she let the authorities end it for her. They had been together for eight weeks that progressed from excitement and affection, to fear and intimidation. First, Steve was asking to hold her hand at the park. But soon, Steve wanted to look at her phone, and search it for any evidence of other possible love interests she might have, outside of their relationship. Sophie liked him. He was tall, strong, and the attention he paid to her was flattering. She was very excited to have a boyfriend of her own. Although, she began to resent that he felt he had the right to control her. Lastly, he asked her to stop wearing skirts. Sophie was not comfortable with another individual controlling her life. Last week was the last straw. Sophie went to the park, at 5 p.m., where they usually met. She brought a small bag of pastries, and some sodas. She sat under shade of their favorite tree. The sun's rays were broken up by the shapes of the leaves, making a canopy of light and dark, dancing across the skin on her legs outstretched before her. She was pulled out of her revelry by the shadow that fell over her legs, looked up. It was Steve.

"I thought I made myself clear," he said. Sophie looked at him without understanding. "No skirts! You are my girlfriend. No one else should see your legs."

Sophie, looked down. She imagined a summer in pants. It was simply incongruous. She might as well shut her windows in the spring, turn the volume down on the television, order french fries without salt and refuse gifts on her birthday.

"Steve," Sophie said, "you have the wrong idea about us. I will wear what I want to wear, and text who I want to text. If you want to be my boyfriend, sit down and have some pastries, hold my hand, talk to me, let's be happy together."

Steve turned around and clenched his fists. He sat down and was silent for a moment. Then he grabbed the bag of pastries and stuck his hand inside. Sophie held out her palm, expecting her share of the snack. Instead, she watched Steve squeeze both pastries until his knuckles were white. The jelly dripped down his arm.

Sophie did not feel safe. She began to run, as fast as she could, to the nearest familiar home. Luckily, her sister did not live far from the park. But he was fast, he stood in the doorway before she could reach it and asked her why he should let her pass. At the same time her sister, Mary, heard her shout for help, and called the police.

Sophie's phone honked a second time. She did not open the message to read it. A special honk was a warning. Remembering the jam dripping down his arm, Sophie opened her contacts and blocked the caller.



**Collection of Photographs**  
by Elisa D'Iseppi  
Part II



## Feminism then and Feminism now

By Carla Bach Yanes

Feminism is a social and political movement that started toward the end of the 18<sup>th</sup> century, more concretely between 1750 and 1789. Thanks to this movement, women started to be recognized as a human group, and it helped them begin their fight for the liberation of their sex by transforming society into a free place for everyone.

In 1791, Olympia de Gouges, a French writer, wrote *The Declaration of the Rights of Woman and of the Female Citizen* as a protest to *The Declaration of the Rights of Man and the Citizen* approved by the French National Constituent Assembly in 1789, because women weren't taken into account. Olympia was an abolitionist, she wanted to make disappear a lot of laws and traditions which positioned women as inferiors. Because of her beliefs she died by guillotine in 1793.

A year after the publication of *The Declaration of the Rights of Woman and of the Female Citizen*, Mary Wollstonecraft, a British philosopher and writer, wrote the *Vindication of the Rights of the Woman*. In the book, she explains that women aren't inferior to men by nature, but by the education they received. This book initiated the feminist movement because women started to doubt that they wanted to stay at home because they wanted to, and they began to realize that they were being forced to.

In 1848, in the United States, women fought for slave's freedom and their country's independence. After coming back from a trip to an anti-slavery congress in Great Britain, Lucretia Mott and Elisabeth Cady Stanton started the feminist fight and presented *The Declaration of Sentiments*, where they reclaimed their civil rights and the right to vote. In 1870 suffragism appears. This social movement started in countries where English was spoken and then it spread all over the world. Women started demonstrating, but they were ignored, so they started doing hunger strikes, political sabotages, fires, bombs, etc.

Consequently, in 1893, women won the right to vote in different countries. Even though the situation had changed for a lot of women, some of the female population suffered from a double exclusion, like Sojourner Truth and Flora Tristan. Flora Tristan was the creator of Socialist Feminism, a movement which thought that to improve women's situation they had to change the capitalist system of the time. From then on, women were divided into two groups: the ones who wanted equality, and the ones who wanted to change the system.

The Feminist movement stopped sometime because of the two World Wars, but in 1949, Simone de Beauvoir, a novelist and philosopher, published *The Second Sex*. This book became a classic for contemporary thinking, as the author analyzed women's situation psychologically and biologically in an effort to destroy feminine myths.

In 1963, Betty Friedan published another book called *The Feminine Mystique* that explained the answer to the question so many females had been asking themselves. 'I feel empty... incomplete', that's what a lot of women said though they had everything they needed to be happy according to what men said. Almost every woman who read her book realized they had been living a lie all their lives, they made them believe they were happy. The next year, Betty's book won a Pulitzer Award, and she became a follower of the new feminist ways of thinking.

Later on, during the 1960s, Liberal Feminism arose. This type of Feminism describes women's situation as an inequality and wants equal opportunities for both genders. Thanks to this, women were added to the labor market. Radical Feminism also appeared at that time, it fights against the domestic abuses and wants to destroy the patriarchal system.

From the 1990s onwards, more kinds of women were accepted (transsexuals, Muslim, African, Asian...) and women centers were created. These centers were for women who suffered from domestic abuse, needed self-defense, gynecology and childcare services.

In 2006, the #MeToo movement was born in social media, thanks to Tarana Burke, the creator, to bring attention to victims of sexual violence. This movement included black women with a low economic who had suffered from sexist violence. Nowadays, anyone who feels they have been a victim of sexual violence can become associated with this movement by sharing their traumatic experience in public forums.

On the world day of women in 2018, the 8<sup>th</sup> of March, many demonstrations around the world of great magnitude were held to claim that although we have already advanced a lot since 1750, women are still in a lower position in society. There still is gender violence, women still have a lower salary and important jobs are still reserved for men. Now more than ever, we need to fight hard to finish what our ancestors started, so our descendance can enjoy the complete equality they envisioned.



## **UNION MAKES FORCE, How France and Spain aided the AMERICAN REVOLUTION**

By Helena Durbán

Not until American colonies decided to send three members of each colony to Philadelphia in order to discuss what they would do to become free, did the American Independence war begin. England governed the first American colonies. They would not stop increasing taxes, even if the American colonies had helped in a very crucial war for England, the war of the seven years against France. As a result of the pressure that they were causing in the colonies, Americans decided to fight for their freedom from British rule. It was a war that would last eight years of constant political conflicts, improvised armed weapons, violation of women and of horrible images that would remain in history forever.



Sick of being subjects of the British emperor, Americans fought for their freedom from colonial rule. It was George Washington who guided the American army. This Independence war lasted from 1775 until 1783. France and Spain supported America during the war and that was crucial to the American victory in the Yorktown battle and so was the signature of the treaty of Versailles. However, the question is, why did Spain and France help the Americans? Well, France had nothing to lose and soon sent men, food, medicine and help. Spain though, had to think about the proposal a bit more; they did not want their confines to know what the revolutionaries where doing, but in the end they decided to help. Despite the fact that the English army was very strong, this new union was a strong force; and in 1781 during the Yorktown battle, Spain, France and America, won.

As a consequence of this revolution a new constitution was created. It claimed that America had a federal government, a president of a republic instead of a king (Washington) and three branches of government. Of course, this constitution included the division of the three branches of government, which, until this moment, depended all from the king. This division of power lead to having an executive branch which consisted of the president and a large amount of workers, the legislative part depending on the senate and a house of representatives, and the judicial branch, lead by the Supreme and the lower courts. It was a constitution inspired by French ideas, and based overall in democracy. France was well-known because of three illustrated ministers: Rousseau, Montesquieu and Voltaire. They defended equality and liberty for everyone, the division of powers, national sovereignty, and they created the concept of social contract, which was a non-written law that fought for peace among a population.

The American revolution was a very significant war in history. It involved the rebellion of a country in the face of their authority figure and concluded with very big changes in history. The Constitution of the United States of America caused a very notable impact in European politics that continued in a very strong political system. Europeans saw how Americans fought for their freedom until they achieved what they wanted, this was crucial for the start of many different revolutions in Europe such as the French revolution. The American war is an example of effort and constancy overall.



## My experience with college exchanges (Arcachon, France):

By Belia Daza

With 14 years I made a college Exchange and we went to Arcachon during 1 week, I had a hard time going because I am very shy and I'm not very good at languages because we had a teacher a little useless, but I went because some friends were going. The trip was boring because I was 9 hours in a bus and I was sitting with a partner who wasn't talking to me and I still don't know why. We were too nervous because we didn't know how was the family and if we had to give 2 or 3 kisses, surely all we have gone through that situation in which you are going to give a kiss on the right and he on the left and almost give him a kiss on the mouth.

When we arrived I didn't separate from my friends because I didn't recognize Luce (my French), until a girl comes up to me and tells me: "On peut y aller maintenant?" and my friend and I looked at each other without having understood anything and we said: "Can you say it in English?" and at the end it meant that if we could go now. Then, I met her family and we went to buy some pizzas I was freaking when her mother told me that Luce and her brother (12 years) ate a lot, they ate their pizzas and half of mine because I was full.

During the next day I was doing homework while my friends were in an amusement park or going shopping. At lunchtime the mother asked me if I knew the restaurant: "MCDÓ" and I was thinking "What was that?" and I said "Yes, yes, of course". At the end I found out that the restaurant was McDonald's and I kept thinking why they would call it that. On the afternoon Luce and I went to a park with her best friend that was hosting one of my classmate so I could speak Spanish with him. But I had never spoken with him in my life, it was the most boring afternoon of my life. Luckily afterwards we met my friends and it was more fun.

On Sunday we went for a walk on the beach and we approached to say hello to a friend of the mother because in France everyone gives two kisses when they greet even if they don't know each other. I saw how a very old lady was approaching us but I couldn't see her well because I wasn't wearing my glasses and as she was getting closer I was seeing that she was doing topless and Luce suddenly told me that If I wanted to go with her on the beach and I quickly said Yes, before the lady approached me. At night we went to a restaurant called "Le chipirón" (only the Spanish we laugh because the name) and we had dinner with the same old lady, but this time she wore clothes.



...continued

On Monday, my Friends laughed at me because I was wearing curly hair, I forgot the hair iron and we went on a trip to the Dune du Pilat, it was beautiful. To eat I was given a sandwich of a single slice of Ham York, I hate it, with a very soft bread like a bun, it was horrible, at the end I ate the food of my friends although I was amazed when they all had baby food, it was very good. I wanted to buy them and we went to a supermarket, we asked the guide where there was a supermarket and he told us that we had little time and the address. But we got lost, so I went to ask the hotel reception in a very badly spoken French and he told me that it was in the opposite direction or at least it was what I understood, but we got lost more and we had to stop to a bike, a car... At the end we found it but it was closed, I got really angry.



The next day I went to have a shower and when I finished, I turned and I saw a cockroach climbing up the shower curtains and paralyzed me for a moment and I to run to my room, got on the bed. The next day I told what happened to my teacher and laughed.



And one of the worst things was the food, but it was only one week. One day a friend and I saw how a bus took away the parking barrier and left, we were laughing and the police came and asked us something in French (I guess about the accident), but we didn't understand. In spite of everything I had a great time and I achieved to buy the baby food. Many times we remember this trip and we laughed a lot and I also I lost weight. Whenever I'm asked about this trip I recommend it, but many people are afraid. And you shouldn't be afraid because what has to happen, will happen.



## Road Safety

By Genís González Bosch

We ride cars and motorcycles to go to one place faster or just because we don't want to walk. The cars have air conditioner, comfortable seats, you can listen to music, we use GPS to know where do we have to go and how can we go. Cars have lots of accessories. Going with a motorbike is a unique sensation. Some people like motorcycle because they can park near where they want to go and they don't have to wait if there's a traffic jam. But... we never think about how dangerous is going by car or motorcycle. There are lots of accidents every day and we can avoid lots of them. There were more than 1.2 million deaths the last year in traffic accidents.

Before our parents touch the steering wheel, we have to put on our seat belt. We don't know about how important is the seat belt, we can't imagine how many lives did it save. But with the seat belt isn't enough. The person who drives the car has a lot of responsibility. This person has to have the 5 senses set by the road. Logically, having the phone in his/her hands or smoking a cigarette aren't a good form to drive. The motorcycle is very dangerous too and drivers must wear a helmet. We have to pay attention at traffic lights and signals and respect the traffic rules as velocity limits and give priority to pedestrians. Is advisable to have a break after driving for two hours. At night, the motorbike and car lights must be on.

The weather is very important too. If it's very sunny and it's a hot day there's risk of tire and less reaction and the driver may fall asleep. It's important to be rested and hydrated. And if it's raining or snowing, the road will be wet and there's risk of slide. So in this case the driver must go slowly.

Drive after the consumption of drugs and alcohol is illegal. It can cost more than \$1100 or a 4 years prison sentence. It's the most important risk because 29% of died persons in 2017 were under the control of alcohol. So, almost 1/3 of the driving deaths were because they consumed alcohol before driving.

Be careful and enjoy your journey.



## Three ways to cope with stress

By Sara Borsari

Do you know that your body is your best friend? It keeps you alive even if you don't think about it.

At this very moment, your heart is beating. Your lungs are drawing in air. Chemical reactions are occurring in your brain. Did you notice?

The human body is the most interesting and complex piece of art ever created. But, every now and then, something makes us feel a little blue or puts us out of the game. This is called stress.

When we feel anxious or stressed out, our body can be affected by: headaches, high blood pressure, abdominal pain, nausea, panic attacks, chest or back pain, difficulty in sleeping and fainting. Also, there are some psychological effects like violent behavior, lack of focus, and in the worst cases, depression.

Stress and anxiety can affect anyone without making any distinction at all. One of the many categories of people that are put under stress are students. In fact, about 48% of students are affected by stress. This statistic is divided into females and males. On a total of 100%, 60% of stressed students are females, while the other part are males.

But don't worry, there are various coping methods to cope with stress or anxiety that bring benefits to our mental and physical health. Also, these methods are meant to be experienced by everyone, so they can also be cheap and fun to do!

According to Anxiety and Depression Association of America, the most common coping mechanisms are divided into three categories:

The first two can be applied as part of a healthy routine. The third, is best reserved for moments when we feel anxious and overwhelmed.

Mechanism number one: foster a healthy mindset

- Accept the fact that you can't control every single thing
- Do your best, but don't torment yourself if you don't reach perfection, because, simply, no one does.
- Try to maintain a positive attitude even if you think that the situation you are in is the contrary, because it is not the situation that has an impact on you, but how you react to the situation. So, instead of thinking in a bad and negative way, try to lift yourself up!
- Know what produces your anxiety and externalize it, it will help your mind so that you don't accumulate too much and prevent an emotional "explosion."

Mechanism number two: Maintain a healthy body

- Try to drink more water instead of beverages that contain alcohol or caffeine, because they can contribute to develop anxiety through both a biological and a mental way.
- Improve your diet.
- Get enough sleep. Scientific studies and research proved that sleep contributes a lot to a person's mood. So find out how many hours you need to recharge your body and prepare your mind for a new day!
- Do some exercise. Remember that it can make you feel good and it will maintain your body's health.

But also, don't forget to exercise your brain, too.

Mechanism number three: ride the storm

- Inhale and exhale. Taking deep breaths will help you relieve the stress.
- Slowly count to a certain number, that can be 10, 20 or even 100 if you need.
- Help and be active in your community. It will give you a time of rest from stress and you will also be helping others!

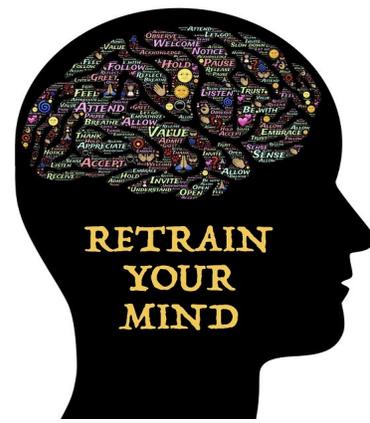
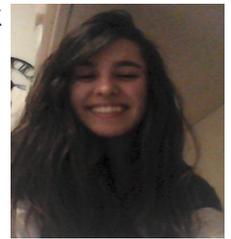
· Talk to someone about what is making you feel anxious and worried. Sometimes we just need someone that listens to us. In addition, another person can give us advice to help us.

The Anxiety and Depression Association of America has listed a bunch of ideas that can help and individual to feel better, but the most important thing is to do what makes you feel happy and positive. You can find the way to do that by exploring a few more coping strategies that are good for your health.

Other coping mechanisms can be simple as taking a walk, listening to our favorite song, eating our favorite food or taking a hot bath.

To conclude, I'd like to cite a quote from Eleanor Roosevelt, who reminds us that we can learn to overcome stressful situations:

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."



## **Don't say goodbye to foods you love, say hello to NEW foods!**

By Alejandra Saguino Alia

You don't want to hear that you cannot eat sugar, fats and high sodium foods in order to be healthy. Instead, you want to learn about what new foods to try, because healthy nutrition allows you to feel good with yourself, have energy to perform daily activities and improve your health, which leads to an improvement in your mood. Doesn't that sound better?

What is a healthy diet?

Eating healthy means eating a variety of foods that contain proteins, carbohydrates, fats, water, vitamins and minerals that give us the nutrients we need to maintain our health in good conditions.

To follow a healthy diet we can obtain help from the food pyramid, or the healthy eating plate.

We don't need to eliminate certain categories of food from our diet, but rather select the healthiest options from each category.

Protein gives us the energy we need. We need more high-quality proteins as we get older. We can obtain the proteins from animal products or from plant origin.

Fat gives us energy, too! But not all fats are the same. Bad fats can increase your risk of diseases. Good fats protect our brain and heart. Healthy fats, like omega-3s (which is mostly found in fish) are vital for physical and emotional health.

Fiber lowers the risk for diseases. You can find fiber in grains, fruits, vegetables, nuts, and beans. It helps us especially to go to the bathroom correctly, helping our large intestine function correctly.

Calcium prevents osteoporosis, which affects our bones. We can obtain calcium from milk, cheese or yogurts among others.

Sugar gives us energy that lasts a short time. Excess sugar is stored in the body as fat. Foods with natural sugars, such as fruit and honey are the best options. So if you want something sweet, go for bananas or apples before you try cake or pastries.

Carbohydrates are the main sources of energy. Most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs (white bread, sugar).

Carrying out this research about health and nutrition, I remembered that my neighbor is a chef and I asked him a series of questions that helped me a lot to carry out this work. Here is a piece of the interview:

Question: So, Saul, what is your opinion about the food pyramid? Do you carry it out?

Answer: I think the food pyramid helps us to know what we should eat to have a healthy diet, but not the quantities in which we have to take those nutrients. For knowing the quantities I always use the healthy eating plate.

Q: I haven't heard that before. Would you mind explaining me what is the healthy eating plate?

A: The healthy eating plate consists of creating balance meals for each day.

½ of our plate must consist of vegetables and fruits:

All fruits and vegetables of different colors and varieties are valid. Important fact: even if the potato is a vegetable, we will not count it as such due to its negative impact on blood sugar (it is a carbohydrate).

¼ of our plate of whole grains: Whole and intact grains like seeds—whole wheat, barley, quinoa, brown rice, and foods made with them. They have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains. ¼ of our plate of proteins: Fish, chicken, and nuts are all healthy protein sources. They can be mixed into salads, and pair well with vegetables. Limit red meat, and avoid processed meats such as bacon and sausage. Healthy plant oils – in moderation: Choose healthy vegetable oils like olive, canola, soy, corn, sunflower. Avoid palm oil, is not good for the health. Drink water: Minimum

8 glasses a day. Avoid sugary drinks because they are fats.

Q: So if I take in account the pyramid and the plate I could have the perfect healthy and balance meals, no?

A: Of course! I would recommend following this healthy lifestyle to everyone.

In my opinion, each person has a different body and a different lifestyle, but one thing that we all have in common is our need for good health.

We see how, by making a minimum effort, without carrying out strict diets, we can eat well in a healthy way that helps our body to be healthy and moving.

To sum up, taking in account our needs and doing physical activities each day we can reach a very healthy lifestyle which will help our health and our mood, to our wellness. Knowing how to combine the nutrients in the different required quantities will make the perfect meals.

## School Bullying

By Karel Bergia

“I was just kidding...”

He whispered, looking at the girl who was laying on the hospital bed, bandages covering open wounds on her wrists. Bullying is the act of physically or mentally assaulting someone repetitively. It is more and more present in schools, especially in high schools.

According to the National Center for educational statistics, in 2016, more than one out of five students reported being bullied. School bullying is an international problem, that can lead to heavy consequences. Bullying can take different forms, all as harmful as the others. First, physical bullying is about not respecting someone's body, by, for instance, hurting this person or harassing her. Verbal bullying includes every said or written things that can hurt someone morally. It could be insults, inappropriate sexual comments, or else.

But the most used kind of bullying in our generation, is cyberbullying. Indeed, with the new technologies and the social medias, cyber bullying became a widespread type of harassment. With internet, bullies can follow their victims even at home, making it even worse for them.

Several reasons can explain why bullies do what they do. A lot of bullying happens without being meant. Indeed, bullying often happens inside a group of friends, where one of them is rejected. He can be mocked and criticized by the others, repetitively, as a joke, but that's considered bullying, and that can have big consequences on his health.

However, some bullying is intended by their authors. This kind of people, can bully for different reasons. For example, they can find that fun, and then will bully several random victims, just to laugh with their friends. Another example, is bullying people because of what they are, for instance because of their origins, their body shape, their sexual orientations, or else.

Most bullies do what they do, because they've suffered it before in their lives, as a past experience. Others just want to follow their friends, even if what they do is bad.

As said before, bullying can have bad consequences, both on the victims, and on the bully. This kind of harassment can lead to social consequences for the victim, like school problems, or troubles to evolve in society, to talk to people. But it can also lead to physical self-harm, and even sometimes to suicide.

Moreover, bullying can affect the bully. Indeed, a lot of bullies don't realize how bad what they're doing is, and they're probably not realizing what consequences it includes either. So, when the victim does something, like hurting himself badly, or even kill himself, it destroys the life of the guilty, and changes him as well as the life of the victim, forever.

A lot of schools, and a lot of programs have been created to stop bullying from happening. But the problem is, a lot of bullying are never mentioned, or reported. That's why it's extremely hard to know when someone's getting bullied. However, witnesses play a crucial role in a bullying. Indeed, if you notice someone getting bullied in school, or if someone talks to you about being bullied, you should talk about it to a trusted adult. It's not always easy, but if the victim doesn't talk, then you should do it. It's for the best, and you might save someone's life from being destroyed.

Bullying happens often in schools, all around the world. But to resolve it, it needs to be spoken about. That's why multiple numbers are available, so don't hesitate to call one of them if you're getting bullied or know someone who's getting bullied.

“No one can make you feel inferior without your consent.” -Eleanor Roosevelt



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## Social medias and the spreading of fake news

By Valentin Soullignac

Nowadays, almost 2.7 billion of people have a social media. But what exactly is a social media? According to the Cambridge dictionary, social media is: "websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone". Social media has taken a major place in miscellaneous fields such as politics, economy and many others, including -of course- divertissement. Social media has multiplied fake news: it becomes easy to say whatever you want, and you can easily reach a wide audience.

Did you know that 31% of child and teenagers in possession of a social media have shared a fake news story online? In fact, young people are considered as more gullible and are more likely to believe a fake new.

The major issue of fake news is that we cannot always recognize them, and although some of them are absurd, some others are well construct and hard to detect.

Here are different types of fake news:

- The clickbait ones: they have a title that catch the eyes. They are often found in gossipy magazines, staring celebrities, or illegal streaming website. They promise you that you will lose 20 pounds in a night, erase wrinkle with this amazing new cream or earn 10000\$ in two hours by following these two easy steps. They might also tell you that this celebrity was seen kissing her co-star and is cheating on her boyfriend, or that this star is pregnant and is expecting twins. They are used to increase the number of website visitors and advertising revenues.
- The misleading headings: like the clickbait ones, the have an attractive title, and they do not provide the content the title was promising. The story is not all false, but slightly distorted to reach a bigger audience. They can often be found on YouTube, with a big colorful title and a shocked face on the thumbnail.
- Propaganda: common in politics or economy, they are used to discredit a personality such as a party leader or to create confusion and uncertainty. They are hard to detect, and can greatly manipulate voters.
- Sloppy journalism: these articles are similar to the propaganda ones, yet officially are the result of an error. For example, a journalist might not have checked his sources correctly, or the sources might have lied.
- The biased ones: used to comfort someone in the veracity of their theory, often a conspiracy theory. They affirm that dinosaurs still exist or will explain you with five "obvious" proof that reptilians live among us or that Elvis Presley is still alive and lives with Michael Jackson in a private island. They can be dangerous and manipulate credulous people. For example, thousands of people are convinced that aliens live among us, or that the government is responsible for the diseases in the world. They can encourage isolation or violence.

The amount of fake news that can be found on the web creates an untrusty atmosphere: even broadsheets are losing their power: 24% of people believe that fake news can be encountered on CNN, and 17% on The New York Times.

Google and Facebook promised that they will take special measures to detect fake news, but they cannot erase all of them. In consequences, you have to pay attention to the news you are reading.

What exactly can we do to stop the spreading of fake news?

Before sharing an information, always check the source, the writer and try to enquire on the subject, to check if other people are talking about it.

Pay attention to fake profiles. Avoid accounts you have never heard of, check the posts they have previously shared. Look at the kind of subscribers they have. Question everything, and signal fake news when you detect them.



## Haiku

By Daniel Pinto

On the topic of exams and studying for them...  
A rough road is near,  
the true test of our knowledge  
we can't escape from.

On the topic of winter and the coming cold season...  
In the cold of winter,  
a frigid sensation is  
creeping up our spine.

On the topic of unfair distribution of resources in the world...  
Some have all they need,  
while others struggle to use  
the things we all share.

On the topic of inspiration...  
Sometimes we find the  
words that fit in a poem  
in our daily lives.



## The Sea

Author: [Mathilde de Saily](#)

**S**he, who can be calm, unrestrained, outrageous  
**S**he, who changes from light blue to turquoise blue.  
**S**he, who owns fish, dolphins, whales, and sharks,  
**O**r darker creatures that shine with sparks.

**B**ut men destroy her day after day like all he has,  
**W**hether it is with black gold that imprisons birds,  
**O**r even with bad products such as poison gas.  
**H**e will still have a way to destroy what he owned.

**T**hrow away your waste without even thinking  
**T**o men and women about what is happening  
**T**o living creatures that live in the sea

**E**ven if a man seeks to dominate the sea,  
**E**ven if men and women seek to control the sea,  
**A**nd no matter what you say, she'll always be free.

## **Music heard around the world.**

By **Paula Cervelló Casas**

We all listen to music and a lot, making music a part of our life. Music influence people, specially teenagers, and it makes us admire our favorite musicians. There are a lot of types of music (Pop, Rock, Latin Music, Dance,...) but some countries prefer another types of music than others.

Slowly, the year 2018 is ending. 2018 bring us so many Hits and albums of the most famous artists in the world like Ariana Grande, Dua Lipa or Cardi B. In this article we will go to 6 different countries to see the most listened songs of each nation in 2018.

### **United States**

To represent North America, United States is the best option. Ariana Grande, Halsey, Selena Gomez or The Chainsmokers are examples of the potential that United States has in the music world.

**Top 5 of 2018:** *God's Plan Drake, Girls Like You Maroon 5 and Cardi B, Perfect Ed Sheeran, Lucid Dreams Juice WRLD, Psycho Post Malone and Ty Dolla \$ign*

As we can see Rap is the type of music that this country has listened. A little bit of Pop and Rock are too in the most listened songs in the USA in 2018.

### **Germany**

To represent Europe and to change a little bit the language, Germany is one of the best options. Germans like Robin Schulz, Felix Jaehn or Paul van Dyk are part of the most famous artists in the world.

**Top 5 of 2018:** *In my mind Dynoro and Gigi D'Agostino, One Kiss Calvin Harris and Dua Lipa, Perfect Ed Sheeran, Bella Ciao El profesor and HUGEL, River Eminem and Ed Sheeran*

In Germany, people listen a lot of different types of music but Dance Music, Pop and Rap are the most listened types.

### **Australia**

To represent Oceania, Australia is the best option. Australia is the native country of big artist like Kylie Minogue, Sia or Iggy Azalea.

**Top 5 of 2018:** *Shotgun George Ezra., Promises Calvin Harris and Sam Smith, One Kiss Calvin Harris and Dua Lipa, God's Plan Drake, IDGAF Dua Lipa*

Seeing the Top, we arrive in the conclusion that Australia likes more Pop (in general).

### **Mexico**

To represent the Latino Zone of America, Mexico is the best option. Mexico give us a lot of artist like Thalía, Luis Miguel or Belinda.

**Top 5 of 2018:** *Calma Pedro Capó and Farruko, Adan y Eva Paulo Londra, Taki Taki Dj Snake, elena Gomez, Cardi B and Ozuna, MIA Bad Bunny and Drake, Ella quiere beber Anurel Aa and Romeo Santos*

Latin Music Poweeeeer! We arrive all in the conclusion that Mexico is one of the most important states of this type of music, seeing the Top, Latin Music and a little bit of Dance Music invade Mexico.

### **South Africa**

To represent Africa, South Africa is one of the better options, cradle of great artists like Troye Sivan, this country is going to go to the top.

**Top 5 of 2018:** *In my mind Dynoro and Gigi d'Agostino, Eyadini Manqonqo, Dason and Saviour Gee, Drive Black Coffee and David Guetta, Girls like you Maroon 5, East side benny blanco, Halsey and Khalid, South Africa's population listened more Pop and Dance Music.*

### **South Korea**

To represent Asia, South Korea is one of the most popular options. K-pop famous groups like BTS or BLACKPINK are from this country.

**Top 5 of 2018:** *Bboom Bboom MOMOLAND, IDOL BTS, Fake Love BTS, DDU-DU-DDU-DU BLACK-PINK, There was never been a day I haven't loved you Lim Chang Jung*

In conclusion, South Korea listened more K-Pop and Pop.

### **Global**

2018 was the year of Ed Sheeran. The singer from England has broke many world records and in the present, he is one of the most famous singers in the world. In 2017, he released his 3<sup>rd</sup> album called Divide and it's still popular. BTS, Dua Lipa and Calvin Harris are the most listened artists this year too.

## Review of *The Giver* by Lois Lowry

By Noémie Roux de Bézieux

Lois Lowry is an American writer born in 1937 and famous for her children's story. She find her inspiration in her traveling experience and she wrote a book for a grand-daughter when her son died. She was inspired to write the Giver because of her father's loss of memory. Her works range from dystopian worlds to fantastic narratives.



Speaking about the book, it has been published in 1993 as a young adult dystopian novel.

In the world where Jonas lives, there is no such thing as war, poverty, unemployment, divorce. Inequality, disobedience and revolt do not exist. Harmony reigns in the family units carefully constituted by the Committee of Wise Men. The over-age, as well as incompetent newborns, are "enlarged", no one knows exactly what this means. In the community, only one person truly holds the knowledge: he is The Receiver of Memory. Only he knows what the world was like, generations earlier, when there were still animals, when the human eye could still see the colors, when people fell in love. In a few days, Jonas will be twelve years old. During a large ceremony, he will be given, like all children of his age, his future job in the community. Jonas doesn't know yet that he's unique. He will face an extraordinary destiny. A fate that can destroy him. He is about to become The new Receiver of Memory.

### II. CRITICISM

Positive points:

This novel is truly an apology for freedom. Jonas, by becoming the receiver of Memory, acquires knowledge of the past and above all of freedom: the freedom to choose, to desire, to love, to think... As the smuggler's memories pass through him, the hero realizes the reality of society devoid of life and spontaneity. Refusing to comply any longer, Jonas decided to exercise his freedom, which he had been deprived of for too long. Thanks to a mastered narrative, the author offers us a portrait of a society that is cold in the back but that encourages us to think. That's what I love about the book. It's not just a common story about a community and the life of its residents. More deeper, it's used to question our society. Although it is described very negatively, with war, conflict, power,... We can see very clearly here that despite these defects, it remains positive and that we must look at life on the bright side. Indeed, we notice that in this society where everything is controlled by the "Council of Wise Men", the inhabitants no longer have the right to think what they want, to be free, and even to have access to their past, their history. When I first read the book I couldn't at all imagine living in such a world where no one has their own thoughts, where everything is regulated, codified, where every children is assigned and born only to surrogate mothers, a world where only "the same" prevails and where the beings not adapted to this life are "released". An absolute horror! I turned the pages traumatized by the brainwashing of people living in this community. I loved following Jonas and seeing him open his eyes to the world around him. His discovery of colors and love particularly touched me, and the emotion he feels shows how difficult it would be to live without all this. The writing is beautiful and transports us into this created world from scratch. The novel is very well tied up and the pages are turning at a frantic pace.

Negative points:

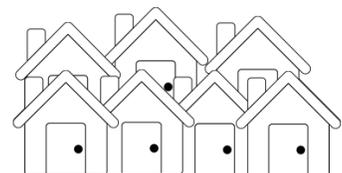
I'm sorry that this part is going to be much shorter than the positive points. I really enjoyed the book so I was a bit disappointed when I ended up it. The end felt just like a fly in a soup. Some people like when they can imagine what happens next but I don't.



### THE GIVER FROM LOIS LOWRY

### III. CONCLUSION

To conclude, The giver is a book full of quotes that make us think about the world, society and what we think of a utopia world is actually not, A book that was first written for children but is perfectly adapted to adults.



## Review on Love Actually

By Anna Carbonell

Love Actually (2003)

Cast: Hugh Grant, Keira Knightley, Liam Neeson, Andrew Lincoln, Colin Firth, Bill Nighy, Emma Thompson and Alan Rickman.

Director: Richard Curtis

### Synopsis

This movie tells nine different stories that have something in common: Couples must manage and mend their personal problems during the time of Christmas.

### Review

Maybe the name Richard Curtis doesn't pop into your mind as maybe a well-known director as James Cameron, but Richard is the director of many romantic movies that we enjoy: Notting Hill, Four Weddings and a Funeral and the latest Mamma Mia: Here We Go Again, but the most recognized film of them all is Love Actually.



The film is set during Christmas vacation in which explains 9 different stories that they are not only related because of Love but also the characters are joined. For this film, we can see how British well-known actors play lead roles: Billy Mack is played by Bill Nighy a rock star whose Christmas single becomes #1 in charts and even though he considers himself as the life of the party until he starts to get bored. Juliet (Keira Knightley) and Peter (Chiwetel Ejiofor) are a young couple and Peter's best friend, Mark (Andrew Lincoln), has been in love with Juliet for a very long time. Jamie (Colin Firth) goes to Juliet and Peter's wedding without a significant other claiming she was sick, but apparently she was cheating on Jamie with his brother, and so he switch England for France to focus on his book, yet he falls in love with his Portuguese housekeeper. Harry (Alan Rickman) and Helen (Emma Thompson) are a happy marriage until Mia (his new secretary) starts to flirt with him. David (Hugh Grant) is the new Prime Minister and starts to fall in love with a member of his staff Natalie (Martine McCutcheon). Daniel's (Liam Neeson) wife has recently passed away and now he is in charge of Sam (Thomas Brodie-Sangster), a young boy who is starting to experience first love. Sarah (Laura Linney) and Karl have been for a very long time co-workers and there have been attracted reciprocally this whole time. Colin (Kris Marshall) is tired of the idea that British girls don't love him and he tries to go and give it a shot in America. And the last couple John (Martin Freeman) and Judy (Joanna Page) both meet in a film set and unexpectedly they fall in love.

This film is more special when it's watched during Christmas time, but I sincerely believe that this film you can watch whenever you want, it has a beautiful and powerful message about all the different scenarios where love can be found and with people, you can fall in love with.

Some people may not be interested in the film, just because of the love story. Love Actually, is not only romance, but it's also a comedy. This movie tries to show love in a way viewers don't get bored when they're watching it. Love Actually, is one of those films which, no matter how many time you watch it, you will enjoy it as if was the first time.



## **Gatsby and me;** Review of the book 'The Great Gatsby' by Francis Scott Fitzgerald.

By Inés Chinchilla



The first thing I thought when I finished the book this summer was that it is very different from what I expected. This narrated by the character of Nick Carraway, a man from Minnesota that studied in Yale and lives in West Egg, a village of Long Island (New York). He rents a house between two gorgeous mansions of rich people, one of them from the peculiar and very popular Jay Gatsby. Gatsby is a multi-millionaire who hosts the best parties in New York, but he doesn't participate in them. In one of these parties, he met Nick, introduced by a friend of both called Jordan Baker. When they met, Nick discovered that Gatsby knows his cousin Daisy, who is married to Tom Buchanan, and that she and Gatsby had been in love when they met in Louisville many years ago. So Gatsby uses Nick to see Daisy again. At this point, we also know that Daisy and Tom are in a marriage without love and that Tom has a mistress called Myrtle. So when Nick invites Daisy to his house and she sees Gatsby, they decide to start seeing more each other. As a conclusion to his reaction in the meeting, we can see that Gatsby is still deeply in love with Daisy and that everything he's achieved, was for her to be proud.

So, during the summer, they begin a love affair. Daisy's husband Tom, suspects that Daisy loves Gatsby, and, although he was also having an extramarital affair, decided he couldn't allow Daisy to continue to see Gatsby. Tom invites all of them to drive to the Plaza hotel in New York City. Once there, Tom starts to talk in a disrespectful way toward Gatsby and to ask him about his life. After one of Tom's questions, Gatsby, who can't stand anymore the threats, confess to Tom his affair with Daisy. So, Tom, hurt for the confession, tells Daisy where Gatsby's money comes from (illegal business with drugs). So, she gets confused and Tom tells her to go back home in Gatsby's car with him.

But, on the way back home, Daisy, that she's driving Gatsby's yellow car, she has an accident and kills Tom's mistress Myrtle. Both freak out and they run away and hide the car. Also, they decide to say if someone discovers, that the one who was driving was Gatsby. So, in a moment of pain, George, the husband of Myrtle asks Tom, who is his friend, who is the owner of the yellow car. And Tom tells it's Gatsby, so George, also thinking Gatsby it is his wife lover, shoot him and then shoot himself.

At the end of the book, Nick prepares Gatsby's funeral and, Tom and Daisy move back to Chicago, where they lived before moving to New York. During Nick's attempts to honor Gatsby, discovers that he didn't have so many friends as it looks like, only a very humble and proud of his achievements father. And Nick, trying to escape from his now witched New York, come back to Minnesota, his home.

So, as I said, I didn't expect this book like it is when I bought it. I imagined it was only about the crazy 20s, but I never thought of a murder, and it has surprised me in a positive way.

Also, the last few weeks, I've been researching a lot about Fitzgerald's life, and I've found lots of similar things between that and the book. For example, he was married to Zelda Fitzgerald, and his first book, this side of paradise, that expresses a beautiful love story, was written when they fell in love, and this book, that talks about adultery and superficial marriages, was written when they were passing a bad moment. And this is not the only reference to his life. Scott Fitzgerald met Zelda in a very similar way of how Gatsby and Daisy met, and Fitzgerald was, as Nick, from Minnesota, and, though Nick studied in Yale, he studied in Princeton. Even the crazy parties of Gatsby described by Nick were very similar to the description of assistants to Zelda and Scott parties. And, at the beginning of the book, Nick talks about what Daisy said when she saw for the first time her daughter and discovered she was a girl, well, so Daisy's words were, Zelda words in the same situation.

So, now, talking more focus on the book, Gatsby's character made me think a lot, he's moral could be that a few good friends it is better than a lot of fake friends, as it is shown on his funeral, which is practically empty. But, anyway, I think my favorite character is Nick, not only because of him but also because what I think he represents. As my opinion, the most crucial sentence in the book and the one that makes me think about what I'm going to talk was a sentence he said to Jordan during the big fight before the car accident. Jordan was asking him something and he was distracted, so when he finally answered, he said: "I have just remembered today's my birthday".

I remember reading this sentence and stop reading and think of it, although he could be considerate it the principal character, he doesn't consider that himself, he is all the book focus on the others, and much times, forget telling us about him, and this sentence is the perfect example. It shows us this, that he forgets about himself, that he has the small house between the two gorgeous mansions, as a metaphor for him in the book, in his own story.

I would say that everyone should read this book at least once, because what it means and represents, a whole society and how they lived, how they thought and how that has changed. Also, I love books that make me think of what I have read, and that makes me investigate or reread it to find other meanings, and, definitely, this book meets these requirements.

In conclusion, this book introduces us in a lifestyle very different from the one in the present, a story of sacrifice, patience, friendship, hate, guilt, and the most important things, love, and what humans can do for it, also surrounded by a lot of money and luxury.

## Huntington Chorea: A Disease or a Superpower?

By Alexandru Isacov

“Human beings lose their moral orientation and their own balance in society when they are deprived of two things: dignity and concrete hope.” It's Charles Sabine talking, correspondent of war for the American television network NBC News, witness to a dozen wars, five revolutions, four earthquakes, and more suicide attacks than one can count. Fascinating connoisseur and supporter of that “better humanity” capable to emerge in the most difficult situations, Charles Sabine today fights a battle against the disease that will affect him and against the mark that surrounds it. It's called Huntington's Disease (HD), and it's one of the most serious inherited diseases affecting the human brain. The first signs and symptoms of the disease develop mostly between ages 35 to 44 years, when people can already have a family and children. It may include mood swings, cognitive and memory disorders, uncontrollable movements, spasms, while the unstable gait becomes a “dance”. This is the reason it's also known as Huntington's chorea, from the Greek word χορεία (choreia, dance). Afterwards, the body gradually loses its functions, slowing down until it becomes immobile.



### Causes and inheritance

The cause is a gene with its triplets of nucleotides CAG, whose discovery is linked to one of the most extraordinary scientific challenges in the world, which was conducted by a team of 58 researchers from different countries and institutes, alongside Nancy Wexler, neuropsychologist and president of the Hereditary Disease Foundation. It turned out that all human beings have the gene HTT that, if mutated, causes the disease.

This gene gives instructions for making a protein called huntingtin. The HTT gene mutation that causes the HD involves a DNA segment known as a CAG trinucleotide repeat. This segment is made up of three DNA building blocks that repeat multiple times in a row. The CAG segment in a normal HTT gene repeats about 10 to 35 times. In people with HD, it may repeat from 36 to over 120 times. People with 36 to 39 CAG repeats (an intermediate size) may or may not develop HD, while people with 40 or more repeats almost always develop HD.

Huntington's disease (HD) is inherited in an autosomal dominant manner. This means that having a change in only one of the 2 copies of the gene is enough to cause the condition. When a person with HD has children, each child has a ½ chance to inherit the mutated gene and develop the condition.

### Diagnosis

Huntington's disease is a suspected diagnosis by a primary care physician in people with characteristic symptoms or with a family history consistent with this type of inheritance. Moreover the diagnosis can be confirmed with genetic testing. This is a highly debatable topic: as for many other diseases, some people would want to know as soon as possible if they'd eventually be affected, others would rather live without knowing until they have to.

Huntington disease is progressive, eventually leading to disability and death. However, the disease affects everyone differently; the age of onset, specific symptoms, and rate of progression varies for each person with HD. While there are well-defined symptoms, their progression is unpredictable: the duration of the disease varies considerably, with an average of 19 years.

Unfortunately, there is no cure for this disease, at least for now. The only thing doctors can do is delay the lethal effects of the toxic protein by treating each symptom individually. Furthermore, there is another side of this disease: the psychological impact it has on the patients. Depression and suicide are more common among affected people, who, therefore, have to be taken very good care of.

But after all... why does this disease even exist?

Decades of studies and hundreds of brilliant minds have allowed us to discover the path the gene involved in the chorea has followed. It first showed up in an amoeba, 800 million years ago; its sequence was very different from ours and it didn't present any CAG trinucleotide repeat at all. Through species it evolved and first had a CAG triplet in Echinoderms (2 CAGs), then in Cephalochordates (2 CAGs as well) and finally in chordates (with increasing numbers of triplets). The analysis of this evolution led researchers to the conclusion according to which, CAG sequences confer properties which promote neuronal communication and the functioning of the brain. The higher the number of triplets, the more “capable” are the species, because the structures of neurons are better and better defined.

### Genetic Background

Genes are segments of DNA made up of four simple units, the nucleotides, represented by the letters C, G, A and T, which are repeated in large numbers and form three-letter “words” (triplets), each one of which corresponds to a certain amino acid in the protein. Each gene in our DNA produces a protein, but genes are not directly used to build proteins.

The information they contain is copied to an intermediate molecule, the messenger RNA, a nucleotide filament which acts as a mold for the production of proteins. When the message to be decoded is the one of the HTT gene, for each CAG triplet the protein will include one amino acid glutamine (Q). If, for example, the Huntington gene has 22 CAGs, there will be 22 Qs in the huntingtin protein.

## **A beluga whale has been seen swimming in the river Thames**

by Beatriz Alcolea Quittard

For the first time in history, a beluga whale has been seen swimming in the river Thames. Onlookers named it Benny. Far from its home in the Arctic, experts wonder what led Benny to the River Thames. The last beluga whales were seen three years ago around the Irish coasts. In general, they are seen in the North Sea of Scotland.

Benny has been seen for the first time by the ornithologist and ecologist Dave Andrews in Gravesend, Kent. This strange event has attracted crowds seeking to spot the beluga whale, some who have taken video. Another scientist has verified that Benny is, in fact, a beluga whale. Richard Sabin, Principal Curator of Mammals at London's Natural History Museum, said that according to the video he saw he strongly suggested it was a beluga whale. "The white body color, absence of a prominent dorsal fin, bulbous forehead and general swimming motion all suggest this very strongly."

"We do have quite a lot of plastic bags, which could be quite an issue. We're hoping if we give it enough space and keep an eye on it, it will find its own way out of the Thames to an environment that's more appropriate for it," said Tanya Ferry, the environment manager at the Port of London Authority.

It's best for Benny if onlookers stay away. Lucy Babey, Head of Science & Conservation at ORCA said: "It's an incredibly unusual sighting. Considering how far the animal is from its range, it may be distressed and so it is vital that onlookers both on land and at sea keep their distance."

"This one is thousands of miles from where it should be. They are Arctic species" said Danny Groves, spokesman of Whale and Dolphin Conservation Society. The beluga whale's species was considered endangered and it is now listed 'of least concern' by the International Union for the Conservation of Nature (IUCN).



## The Threat of Resistant Bacteria

By Estela Camino Tamargo

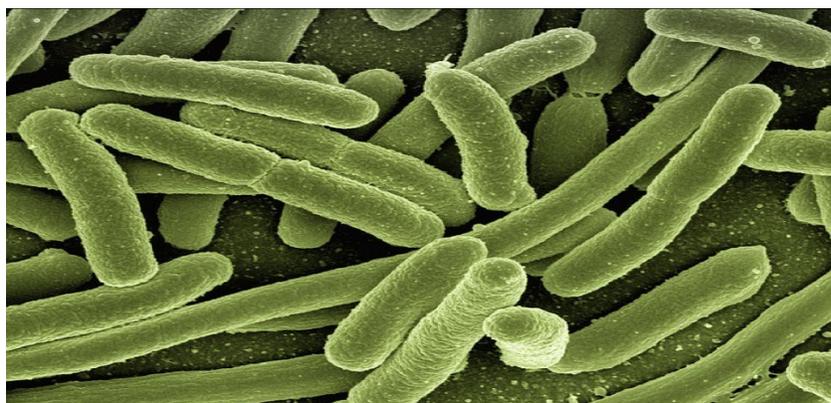
Antibiotic resistance has become one of the biggest threats to global health, food security, and development and today it is increasing to perilously high levels in all parts of the world. Antibiotic resistance can affect anyone, in any country, of any age. It has become one of the world's most urgent health issues on healthcare, veterinary, and agriculture industries. Around 2 million people are infected every year in the U.S. with antibiotic-resistant bacteria, and, as a result, around 23,000 people die. In the EU, antibiotic resistance is behind 25,000 deaths every year. The numbers are increasing dramatically reaching 700,000 deaths per year. Many common infections such as pneumonia, tuberculosis, blood poisoning... are becoming more difficult to treat, and sometimes even impossible. Generally, antibiotic resistance creates higher medical costs, prolonged hospital stays and it is responsible of increasing mortality. Everybody can get an infection caused by a resistant microorganism but there are some people that are at greater risk than others (elderly, children and the people with chronic diseases).



Microorganisms will always find a way to survive and resist to the new antibiotics. Antibiotic resistance is due to natural selection and genetic mutation. The problem is getting worse because microorganisms are sharing their resistance with one another expanding globally their ability to beat antibiotics. The world needs to change the way that it prescribes and uses antibiotics because the discovery of new antibiotics is not keeping up with the quickly evolution of antibiotic resistance. Although some new antibiotics have been developed, none is expected to be effective against the most dangerous antibiotic-resistant pathogens. The accomplishments of modern medicine have been put at risk by antibiotic resistance. Common procedures, such as organ transplantations, chemotherapy, joint replacements and surgeries are becoming very dangerous without antibiotics to prevent and treat possible infections. Without action, common infections and minor injuries can again kill.

In order to control and reduce resistant microorganism we have to follow the next guidelines to ensure that we do not favor antimicrobial resistance:

- Only take antibiotics when they are prescribed by a doctor
- If your doctor says you don't need them you cannot demand antibiotics
- When taking antibiotics follow your doctor's advice
- Do not share or use leftover antibiotics
- In order to prevent infections, we should wash our hands, avoid close contact with sick people and keep injections up to date.
- Prepare food on a hygienically way (keep clean, separate raw and cooked, keep food at safe temperatures...)
- Just buy foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.



## Cicadas know their prime numbers

By Laura Espinosa



Wouldn't it be great to avoid coinciding with your worst enemy? Well, believe it or not, this is something that a minority of insects do, like for example cicadas. This spectacular insect is able to prevent the loss of a big amount its species, thanks to prime numbers. But... how do they do it? Before explaining how they do that, it would be great to know that the prime numbers are very difficult to observe in nature and the behavior patterns of animals

The Magi cicada septendecim or the American cicada has a life cycle of 17 years, the longest life cycle among insects. It starts underground where the nymphs absorb nutrients from the tree roots. This insect suffers an incomplete metamorphosis, in other words, they go from nymphs to adults without going through the chrysalis.

So, every 17 years a large number of cicadas invade the North Eastern US for a short period of a few weeks. They mate and die, covering the earth with exoskeletons.

According to experts on the matter, the cicada mates and dies every 17 years as an adaptation that allows it to avoid it's main adversary (most likely a predatory parasite). Their timing is an effective strategy, because other life forms follow different patterns. For example, if the parasite has a life cycle of 2 years, they would only coincide with cicadas every 34 years. If the life cycle was 3 years long, the parasite would coincide with cicadas every 51 years. And if the parasite enjoyed a 15 year life span, they would only coincide with cicadas every 255 years. It is virtually impossible for a predator to develop an instinct for hunting cicadas.

At least 14 different species of insects have prime number lifespans. For example, the Magi cicada tredecim has a life cycle of 13 years, another prime number.

Next time you review prime numbers in mathematics, think of how much they have helped the cicadas.



## Diego Clemente and Multiple Sclerosis

By Raquel Lopez Garcia

Each day scientists are able to make significant advances in many fields, like for example in medicine. Through this article I will talk about Multiple Sclerosis, known as MS, and the advances that biologist, Diego Clemente, of my town, Miranda de Ebro (Spain), has been able to achieve

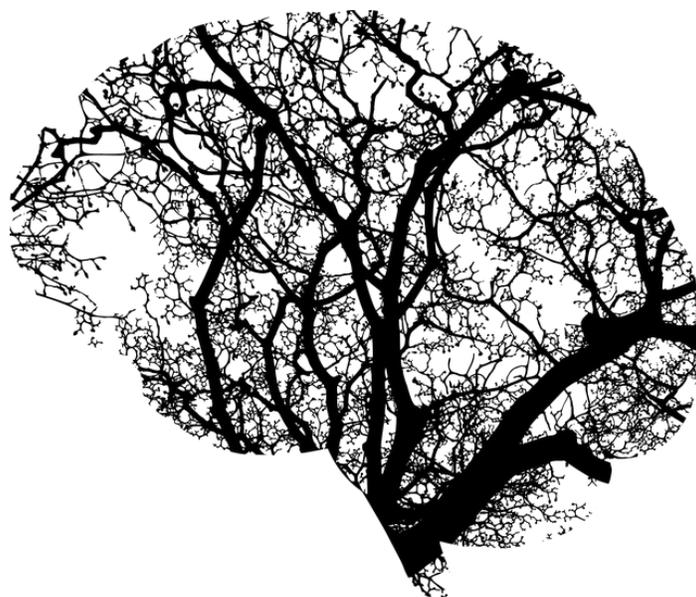
He was licensed with Cum Laude in Biological Sciences by the University of Salamanca (one of the most famous and old universities of Spain). When he did the PhD he got the maximum mark possible. He has always been interested in the Central Nervous System and since 2004, he has been studying MS, a disease for which there is currently no cure.

MS is indicated by a lack of functioning of multiple areas of the myelin sheath of the brain. If the myelin sheath is destroyed or harmed, the ability of the nerves to conduct electrical impulses from and to the brain is interrupted, provoking this disease. The symptoms of this disease include: trouble walking, thinking problems, speech problems, clumsiness or lack of coordination, muscle spasms and Optic Neuritis (vision problem).

In 2016, Diego directed an investigation project about a kind of medication (an antibody called Glubomab) that would, with just one dose, completely block the destruction of myelin sheath in mice, removing the effects of the disease. This was published in the magazine "Brain" one of the most important in this field.

He also is the co inventor of two patents of biomarkers that help doctors detect MS in patients. A biomarker is a gage that can be measured objectively, they show if a biological process is normal or pathologic (which shows that there is a disease). Biomarkers are used to measure the consequences of an illness, to do statistics about the inhabitants of a region that have a tendency to an illness, as well as, to look for more effective treatments.

I decided to write this article about Diego Clemente because I live in a town of about 30.000 inhabitants, and I am very proud that this man, worldly known, and very important for biology, is from Miranda de Ebro.



## Bioethics

By Ariadna Blanco

To be IMMORTAL, or not to be. That is the BIOETHICS question.

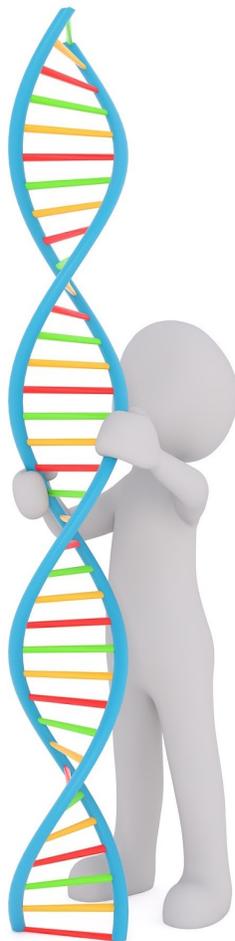
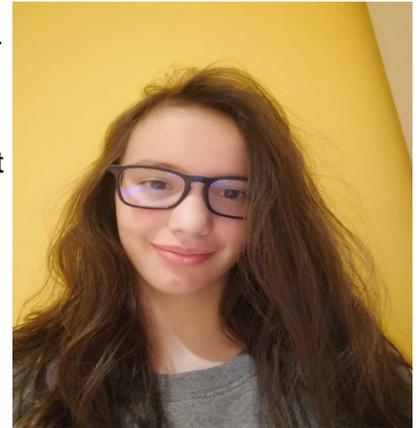
Shall we use Norwegian salmon cells to preserve food better? Shall we experiment with chromosomes and DNA to see from the color of the eyes of a baby to possible diseases?

As the era of technology facilitates experimentation, Scientists must ask: What is the limit? Bioethics holds the answer. Bioethics is defined as “a field of study concerned with the ethics and philosophical implications of certain biological and medical procedures.” But coming to the original question, shall we use the information that we know to exceed our scientific limits? Are our limits really limits or we can do everything?

For example, take natural death. Should we accept the average age of death as limits of our time on earth? Can we extend that time?

Immortality is contrary to the natural cycle of life: we are born, we grow and then we die. The last is the scariest ones and we've been afraid of it for years and years. As we are afraid of it, we are willing to do anything to avoid it. Cryopreservation and transplanting a brain into a robot which were science fiction a few years ago now are ways to avoid the unavoidable: we all die.

Not only scientists are interested in finding anything that can provide us immortality, great companies like Microsoft and a well-known universities like Harvard are seeking immortality through science. Bioethical concerns arise: Should well-off institutions invest in these projects when there are other problems to solve, such as world hunger.



There are different projects which are based on different methods to create the way to immortality. In Barcelona, for example, scientists are studying chromosomes. They have seen that as a human being reaches 50 years of age, the endings of our chromosomes (telomeres) shorten and this causes aging. Another study identifies zombie cells which is the name that is given to those cells that are dead but are still in our bodies, making us age. Experiments on rats have proven to extend life; the rats lived 40% more, which in human years would make us live until 120 years old or more.

Bioethical concerns may caution scientists against the challenges of overpopulation. New paths must be laid for extended human life. We can build new cities but the space available for building is limited, natural reserves like forests that are the lungs of Earth and keep the planet alive are limited. The only way would be colonizing new planets but it would mean lots of money, work, machines, industries, pollution... So again, is it really worthy being immortal?

## La marato TV3

By Anna Ventura

“Time doesn’t cure cancer, research does.”

Cancer is the second reason why a lot of people pass away every year and this is the topic of “La Marató” this year. People who want to help, are going to give and raise money for a good cause. Catalan researchers are going to research a cure for this disease which lots of people suffer all around the world.

One way in which they raise money is recording a CD with songs that everyone knows, sung by famous singers. The main difference is that these songs have been translated from any language into Catalan, so that’s a big challenge for singers who are not from Catalonia and don’t speak Catalan. This year there are songs like “What a feeling” (Flashdance film) called “Tu pots caviar-ho tot” in the CD, sung by Aitana, a participant in a reality TV show called “Operación Triunfo”. There is also the song “This is me” (The greatest Showman film) called “Sí, sóc jo” in Catalan.



“La Marató” uses a lot methods in order to raise awareness and spread their message. Famous people make a video talking about the topic of the telethon with people who suffer it in order to inform people that they have to do something to help.

Here I will talk about the videos to raise awareness

- Money gathered and topics:

1- 2016 - Ictus and traumatic brain and spinal injuries. (They raised 11,384,148€)

2- 2017 - Infectious diseases. (They raised 9,758,075€)

3- 2018 - Cancer. (They have raised 10,715,430€)

People in La Marató de TV3 foundation think that in some years they will raise a lot of money because every year, they raise a little bit more than the others years. So now you know, if you want to help, you can do it the next Marató.



## Live the Learning Martin Cooper

By Maria Hornero



Last October 17th, students from several classes in Nevada, some students from the Dual Diploma Technology Course and our Newspaper Club team had the privilege to talk with one of the classic superstars in the telephone business.

None other than Dr. Martin “Marty” Cooper, the Motorola developer who is attributed the invention of the first cell phone and who, in fact, made the first telephone call in 1973, gave the students a complete hour of his time to tell his story and to be asked any question they wanted.

Dr. Marty Cooper started by giving his definition of technology, “Technology is the application of science to create products that makes people’s lives better, if it’s not for this scientific curiosity”. The way to give technology a good use resides in choosing a problem, get an idea and hence, solve the problem. Dr. Cooper then proceeded to tell the students and teachers present in the Live Session about his professional life, which made the students keep their eyes open and their attention focused.

Dr. Cooper served on the US Navy, and when he came back, he kept moving companies until he finally landed in Motorola. He kept working and working, and at some point he decided he wanted to create a wireless telephone system. He knew he was talking with children, some of them went to Primary School, so he kept, outstandingly, a clear vocabulary that allowed the listeners to follow his story. “At that time, beepers was a huge industry”, he stated. But his company knew where the future lied: “Portable Phones”, and the only way to persuade them was to show them.

And that was what he did. In 1973, his team and him built a phone with a battery of 20 minutes, very heavy and which only function was to talk and listen. “It was revolutionary”, said Dr. Cooper. Then, they successfully made the first cell phone call ever, during an interview with reporters, from somewhere near a base station on 6th Avenue in New York; to Bell Labs’ New Jersey headquarters.

Motorola’s prototype was the first on the market and according to him, telephones have provided a path out of poverty. For instance, in Africa, around 1.2 billion people have savings thanks to the development of these portable phones. In India, a woman can buy a phone and work as an intermediary between villages for getting or selling certain products in the market.

Dr. Cooper then jumped to explaining the technology development in healthcare, and how we are virtually nearer to prevent more and more diseases, for example with inventions like the Apple Watch, which can measure our heart rate. He redefined technology by explaining how it has to be both intuitive and invisible, to make it comfortable for the user; and which ultimate’s function should be “to make life better”.

Then, the students who attended the Live Session proceeded to ask their questions.

A student from the school in Nevada, asked Dr. Cooper “how much had the phone cost”. Dr. Cooper’s answers surprised everybody when he said it would have been around a million US dollars. The Dual Diploma Program students who attended also got a chance to ask their questions which included “if he knew that the cell phone would have such an impact”. Dr. Cooper answered that he did not know and could not have guessed, but he merely thought everybody would be assigned a phone number, “something that would represent an individual”.

He also explained how he got the idea for developing new IT. The method was easy: first, find the problem which can be a local problem or an universal problem. Second, understand the nature of the problem; and finally, solve the problem for everyone, not just the rich people or those who can afford it.

From the first prototype, only two phones were made and Dr. Cooper had one in his residential home with him, however, this prototype works no more since analog was shut down some time ago. In those days, Motorola continued to improve their first prototype and they were able to sell an affordable commercial version in 1983 that had a day battery and weight less than half a kilogram.

The problems and issues to create the cell phone were big and numerous, to the point that they did not know they were going to make it. Dr. Cooper even had to persuade the engineers who worked with him in the project. Nonetheless, their achievement show us today that with the necessary effort, all the ideas we have can be put into action.

Dr. Cooper continued to answer questions from the students with patience, blessing all the people who were present with his knowledge and experience in the technology world. He also was kind enough to explain some of his last projects.

Therefore, with this article I want our readers to know what an amazing opportunity it was to be present in this Live Session and how grateful I feel for being able to attend. Dr. Cooper and his team are some of the most important pioneers in the technology and cell phone industry and I strongly believe that we would not be where we are today in this particular area if it had not been for them. Thank you from the bottom of my heart.

## **Crisis of technological industries is forcing changes**

By Victor Montoya

The technological industry has changed a lot, what used to take the space of an entire room is now in the palm of our hand. And exactly that is what we have been doing since technology was invented, we have tried to put more things in the same space: this is useful to make smaller devices and make electronic devices more powerful with the same size.

But first of all how do we make things smaller? Well, first we must know that a transistor is the basic unit of technology, is the basic part which we use to send information, machines send electrons through them, as smaller they are more electrons we can send and more power we get. So it seems simple to solve the problem, make them smaller, and this was the solution for years. Following Moore's law, every two years the amount of transistors that fit in the same space is doubled (this is not an actual law, is a general rule that has been true through the years). This was happening until three or four years ago, now this law is no longer true. Nowadays we have reached a point where it is very hard to make them smaller, right now the smaller ones are 7 nanometers, which is about 35 atoms of silicon, the material of which transistors are made of. Now that you know the problem we can see the different solutions and approaches that companies are taking. The first one is to use transistors in other ways, this means instead of making transistors better, use them more efficiently or in different ways, for example what Nvidia (the most important graphic card company) has done with their new RTX series. One of the strongest functions for this product is ray-tracing (which gives this series their name), ray-tracing consists of tracing rays of light to get better graphics, this would be very power-consuming if they calculated all pixels with this method so instead they just calculate some and deduce others through IA (using Tensor cores). So this should make games (this specific example applies especially to games but it has other uses) look prettier without sacrificing performance, right? No it doesn't, performance gets very bad when this feature is on. So this way of approaching the problem isn't bad but it has two flaws, the first one is easy to solve, it must be perfected in order to be useful and the second which is almost impossible to solve, it doesn't provide more power, once we have made it so we are using the power we have in the most efficient way we will be done.

Another way to solve the problem is redesigning how we put together transistors, the best example of this is AMD (the second biggest company in processors and graphic cards), with their last year architecture Ryzen 2 they created a new way of designing processors, which changes the way cores send data to each other (cores are lots of transistors that work together) for example, core 1 wants to send data to core 4, with a traditional system we would send it through all cores between them, which slows down the process. With Ryzen 2 using Infinity Fabric each core is connected to each other, so data is transferred faster. Now Ryzen 3 is taking a step farther, making it so there are little cores which are all connected to a centered chip, which makes it a lot easier for the processor to handle the data. This way of approaching the problem is better than the previous one, as we get more power, but we don't really know what the scalability of this method is, but time will show if it can make processors a lot faster or if it will only be a feature that will help a little bit.

And the third and final one is more of a long term solution that if happens it probably will happen in quite a bit of time, which is completely changing transistors. For example to switch from silicon to another material, even this is possible is not probable, silicon is the second largest mineral on the earth and it would be hard to switch it, but maybe graphene (not graphite) will as it's very small and you can make strings of one atom wide, which can be very useful. Another way to change transistors is using photons instead of electrons which travel a lot faster through space. These solutions are being proposed by scientists and engineers all around the world but none of them have been used in consumer products.

At this point it's uncertain what will happen, maybe we'll change transistors, maybe we'll find something new that may change completely the industry or maybe we'll be able to use quantum technology in our home devices, now they take lots of space and energy to work, but remember that when technology as we know started it took an entire room to calculate something which is a fraction of what our today's 90 gram weight phones can do easily.

In conclusion, the technology industry is having a crisis and this crisis is creating changes and through one way or another it will continue to change and evolve or else it will get stuck forever.

## Is the Internet as we know it going to end in Europe?

By Emanuele Viani

You probably noticed, while watching a video on YouTube or browsing on the web, of some pop-ups saying something about an “Article 13”

But what is the “Article 13?” and why it could change the Internet as we know it?

Last September, after it was originally rejected in July, the European Parliament approved the EU Copyright Directive, that wants to protect online creators from other web sites that copy their photos, articles and other contents. The amendment will make platforms like Google, Facebook, Instagram and YouTube directly responsible for contents that violate the copyright. “So, what’s the problem?” would you ask. To realize how big is this thing let’s think about what we upload on social media:

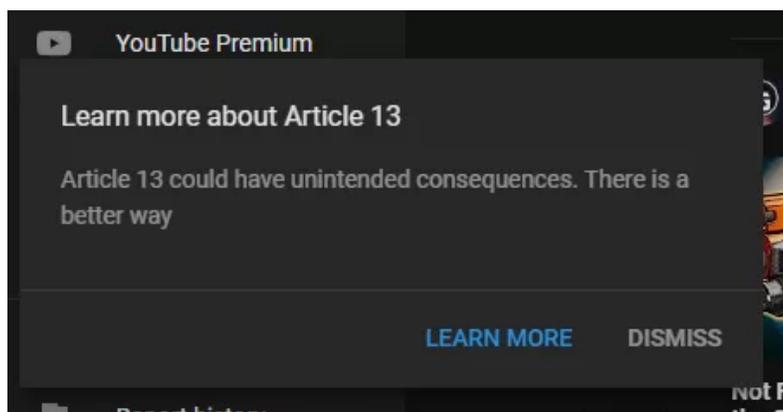
a photo of us wearing a t-shirt with a brand on it like “Nike” or “Adidas” could violate copyright, an Instagram story with a song in the background could violate copyright, etc. Social Networks and big platforms, where people share millions of files every day, couldn’t examine every single photo or video to find if it violates or not the copyright. Therefore, these platforms may no longer be accessible in Europe, because they can’t control all the contents uploaded and they would prefer to go offline instead of risking to receive legal claims.

YouTube and #saveyourinternet:

YouTube is one of the platform that will be most damaged by this directive. Indeed, YouTube now uses a system called Content ID, that is an algorithm developed to find copyright violations in the videos. The problem is that the Content ID isn’t a perfect algorithm and can sometimes ignore the contents protected by copyright. This imperfection represents a risk too big that the company doesn’t want to take. If the directive will be definitely approved, creator will have to demonstrate to hold the copyright on all the elements (images, songs, effects) that appear in the video. Be-

cause of this most of the video will be obscured and new videos will have to wait a very long time to be uploaded. Reviews, gameplay and all other types of video that shows other brands, also without violating the copyright, will be blocked. The algorithm isn’t as intelligent as a human, so he can’t distinguish between a violation and a review. This is why this directive could generate a sort of censorship, leading the content creators instead of helping them. In the last month YouTube is pop-upping a notice titled “Learn more about Article 13” that takes to a page that contains some info about the topic(

<https://www.youtube.com/saveyourinternet/> )



### Article 11 and Google News

Article 13 is not the only controversial article the Copyright Directive: article 11 says that online search engines will have to pay newspapers for the news that appear on the search results, therefore is called “the link tax” by its opponents. A similar law can also be found in Spain, where Google News hasn’t been accessible since 2015, and in Germany, where news are shown without a photo or a preview in the search results.

Google said it would be difficult to make a deal with every online newspaper. Actually, the search results help the newspapers to have a better visibility and to earn from their online article. Article 11 could lead the newspapers getting their visibility worse and making inaccessible a service like Google News that is used by millions of people in Europe.

### The other side of the coin

At this point is necessary to say that Copyright is one of the most important rights because it protects the content creators from who steal and copy their contents.

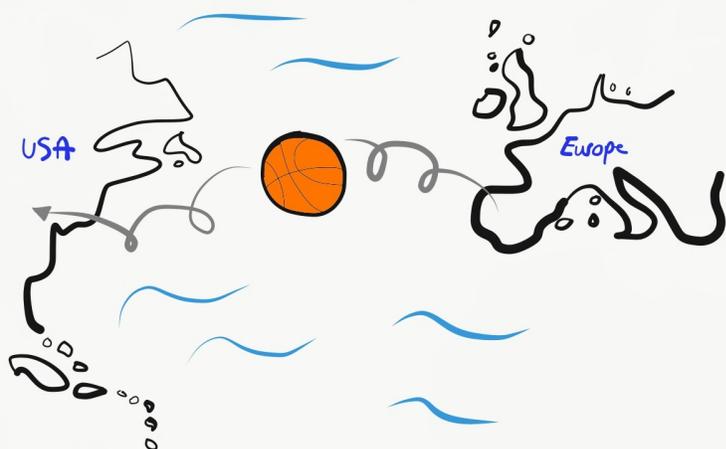
The EU wants to increase the power of this right because today there are numerous cases of stealing of ideas, especially on the web, that is not as much controlled like the real world. A better Copyright law a good thing but the one that has been voted has to be modified because it could lead to the content creators, instead of protecting them.

## European rookies landing in the NBA

By Alberto Sueiro García

Since the first European rookie--Fernando Martín--was drafted in 1985 many European rookies have arrived to the NBA. This is because today's rookies are very well prepared; the European rookies come from playing in professional teams in Europe, this means they have already played in a professional basketball league, the national league from the country, part of the Euroleague (the championship where the best teams around Europe play). These rookies have the advantage that they have played in a professional league since they were 15 years old; instead, the rookies that come from playing college basketball in the US must wait until they are 19 years old to join the NBA.

*To European rookies,*



**Welcome to  
AMERICA !**

This preparation they have can reflect in their maturity and decision making. There a lot of situations in a game that they have already been through and they have the experience of playing in a professional league.

A clear example is the rookie Luka Doncic, he started playing in Real Madrid (one of the best European teams) as a 15-year-old. Nowadays, he plays for the Dallas Mavericks, having really good stats in his first year in the NBA averaging 19 points, 6.5 rebounds and 4.2 assists per game, making him a good candidate for the rookie of the year award. After a game against the Mavericks, LeBron James said: "I think European players develop faster than American guys. The European guys are in a pro-development since they are 15 so these games are something they have seen before."

In conclusion, I think European rookies are really well-prepared to play in the NBA due to the formation they have had in the European professional leagues. This formation gives them an advantage over other rookies. Even though the European top rookies are still a minority I think the arrival of European rookies will continue to increase.

Graphic by Juliette Pelletier

## THE NFL AND THE SUPER BOWL: WORLDWIDE PHENOMENON

By Javier Ibáñez Oterino

Everyone knows the incredible phenomenon that sport produces in our societies today. These, change depending on each country: for example, in Spain, and in Europe, the king of all sports is soccer which is supported by many fans. In the USA the most widely watched sports are basketball (with the best basketball league in the world, National Basketball Association, NBA - which recruits the best basketball players in the world) and the American football, with the NFL (National Football League). The most watched televised event in the whole world is the Super Bowl.



In this article we will focus in the NFL and the Super Bowl, as a worldwide phenomenon:

What is American football?

The American football was invented more one century ago based on English rugby. This sport is practiced between two teams of eleven players each one that tries to carry a ball melon-shaped beyond a goal line of the opposing team. The hands and feet are used to play the ball and to prevent the attack, the player carrying the ball can be loaded and knocked down. The team that gets more points wins in the 60 minutes that the match lasts, divided into four equal parts.

What does NFL mean?

The NFL (National Football League) is the largest professional American football league in the United States. Its current structure of 32 franchises or 32 teams. The largest in economic terms and the record book actually are Philadelphia Eagles, The Angels Rams, New England Patriots, Minnesota Vikings, Jacksonville Jaguars, New Orleans Saints, Atlanta Falcons or Denver Broncos.

What does Super Bowl mean?

Super Bowl is the name given to the final match of the National Football League (NFL) championship, the main American football professional championship in the United States, in which the National Conference (NFC) and American Conference (AFC) champions face each other. The match is held on the first Sunday of February. This year, the Super Bowl will take place on Sunday, February 3, 2019, at Mercedes-Benz Stadium in Atlanta, home of the Atlanta Falcons and the next year 2020 will take place on Sunday, February 2, 2020, at Hard Rock Stadium in Miami Gardens, Florida.

The last Super Bowl champions have been Philadelphia Eagles that beat 41-33 New England Patriots in 2018 or New England that beat 34-28 Atlanta Falcons in 2017.

How does the Super Bowl affect especially in the field of American society?

The Super Bowl is watched every year by 184 million people who would meet in a bar or restaurant. Over the weekend of the Super Bowl will spend more than the US \$ 14,000 million across the United States, according to estimates of the National Federation of Commerce Statistics Institute of that country.

The Super Bowl is fierce competition for brands, but this exhibition has a huge cost: spreading a commercial of 30 seconds during the halftime of the game can cost the US \$ 4.5 million.

The meeting also unleashes the passions among the bookmakers, who will mobilize the US \$ 4,000 million during this final. The price of tickets also increases. Tickets are negotiated at the US \$ 5,725 in the resale market and can reach up to the US \$ 10,000 for the best seats. These values are far from the prices recorded in the first edition of the event in 1967 when tickets sold between the US \$ 6 and the US \$ 12, and 33,000 were left without a buyer.

This fact absolutely affects the economy and society, and this increase favorably the countries goods.

## My Adventure in the Grand Canyon

By Jone Escribano Uriarte

Seven people. Two rafts and two kayaks. A backpack and a big smile in my face. That was the start of the best travel I have ever done. I was going to run the Grand Canyon in kayak and in rafting; could you imagine how unbelievable that was for me?

However, the trip didn't start as well as I have written it; my family, my uncle and I were going with two good friends of ours who were from another city. We were supposed to meet in Barcelona; they would have to take two planes and we would have to take one plane. The things didn't go so well though; even if we took our plane, our two friends first plane was cancelled so they couldn't get the second plane. Although it was going to be a long journey, they decided to go driving to Barcelona, and for at least a moment we were all happy. Nevertheless, the car broke down, and they had to call to the tow and stay in a hotel near the city they were in. While they were looking for planes, I remember my family stressing out, because without them, we couldn't go rafting through the canyon! They were the key of our trip!



Even in the worst moments, there's always a light in the end; my mother looked for planes and even though our friends slept two hours before preparing our first camping to go through the Colorado river, they did it!

So here we were, in one of the most famous Human Heritage with an uncle who is a chef and kayaker, a funny dad, a loving mother, a very energetic brother and two guys who only slept two hours but who were very professional kayakers. And then of course, there was me, the documentarian of the group, the one that was keeping notes and taking photos of all the things happening around them. We met a group that came from Nevada. They were all huge and they were very surprised a Spanish group could kayak. I think they thought in Spain people can only manage to move a ball with their feet.

Anyway, after an amazing night hearing the cicadas singing and my uncle snoring, we got up really early (8 am) to start our first day in the river. Our day was going to be pretty easy if it wasn't because of the House Rock rapids. 10 years ago, when my father kayaked this river with his friends, one of their rafts overturned in that rapid. My father explained this experience as something horrible and heavy, because they had to flip over the overturned raft. They also had to help his friend get out of the water. They lost many of their supplies in that incident, so we couldn't let the same thing happen. Our two kayak professionals did a great job and the raft passed through the rapids without any trouble. I lived the moment as a little child who has never been in a roller coaster; the waves were incredibly big and I had to grab on to a rope, not because I was afraid, just because of the excitement. I wasn't in the raft while my father and his two friends did the rapid (for security, just in case) but I lived it as if I was inside of it. The rest of the rapids were quite easy. However, one of the things I enjoyed most was camping.

Some days were easier and other were harder; for example, there was a day on which we wanted to see a monastery of Indians. The temperature was very high and I didn't realized I only drank water once in all the morning, so while we were hiking, I started hyperventilating and fainting. I know it must sound terrible, but I learned an adventurer lesson that day: water is essential.

There was another day on which I was reading *Anne Frank's book in the sand without shoes when a storm started*. I was so surprised I started running without thinking about what could I step with my barefoot that I crash one of my toe nails with a rock and I started bleeding. I know it might sound hard and horrible, but it wasn't. It was similar to the series *Discovery gives: the ultimate survival*. Instead of drinking my own urine to survive, I just have to cure my nail.

We also lived very special moments, as when we saw the sunset with the color's reflection in the river, or when my uncle had to cook with a long dry wood stick. I also remember how even though the water was freezing (between 14 and 17°C) my brother was able to swim and have fun in the water. Could you imagine having a shower with that water? I had to do it many times and I can assure you get used to the temperature.

I feel I also must talk about the food; before going, the company you choose to provide you all the material (the rafts, the clothes...) must give you food. Donnie, who was the boss of the company we chose, gave us a lot of food, and when I say a lot of food, I mean a big bunch of food; I'll never forget the day I found out we were supposed to eat two big pots of peanut butter. I remember we all tasted it but we weren't able to finish not even the half of the first pot.

We also saw many animals such as the rattlesnake, beavers, mountain goats and so on. Obviously, we tried not to get very close to them, just in case. The rangers warned us many animals could steal our food. For example, one day, we were all chilling out in the camp when a beaver came near us. The beaver was just eating a leaf and we were all so focused on it we didn't realize there was another beaver getting of the water next to the food supply. Hopefully, one of us saw the other beaver and we were able to scare it away from our campsite.

The expedition lasted for 13 days of excitement, joy, nerves and happiness. I'm never going to forget all the things I saw, felt, tasted and smelled during that expedition, and I know they are always going to accompany me.

## How to survive alone in Frankfurt

By Elise Olle

Last summer, I decided to visit cities by myself. My dad's best friend, Michael, lives near Frankfurt, and I decided to come to his house for a week. It was the best way to visit a new city and being in security. I was visiting Frankfurt during the day, and spending the evening with him at his house. I wanted to improve my German before my last year of high school. Frankfurt is the headquarters of the European Central Bank, but also a cosmopolitan city with history and incredible people.

PICTURE 1: On top of the business district!

I'm completely afraid of heights but going on top of skyscrapers and looking at the view is something that I love to do. This is the business district; hundreds of bank buildings stand there. This a must do if you go to Frankfurt! [Pictures taken on top of the Main Tower]

PICTURE 2:

The business district takes an important place in the city. It really looks like a village added to the historic Frankfurt. The city has many common transports, but I prefer walking to see everything I can. The only transport I took was to actually go in Frankfurt. I had to take the bus and train every morning. One thing I learned is that German people don't use a lot their credit card, they prefer cash money. One morning I wanted to buy my ticket to go to Frankfurt with a 50 euros bill. But the bus driver refused because it was too big and she didn't take my credit card. I had to walk 30 minutes to go to the train station. Fun day!

PICTURE 3:

The complete name of Frankfurt is Frankfurt am Main. Main is the river that goes through the city. To take this picture I had to go over the skyscrapers, pass the old city and get close to the water.

PICTURE 4:

Germany is not known for its incredible summer weather. But when I was there it was between 35 and 40 Celsius degree during day time day in the town. It was really hot but the sky had pretty amazing color in the evening.

PICTURE 5: Deutsches Film museum

I'm the only person in my family that love to go to museum. And Frankfurt does have a lot of museums. To find them you must go on the opposite bank of the old city. There are museums for everything! This picture has been taken in the German Film Museum (aka Deutsches Film museum), which I recommend if you love movies.

PICTURE 6 & 7: MMK

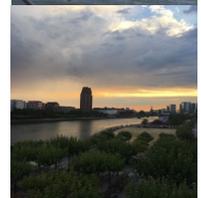
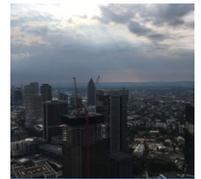
There is also a modern art museum (aka Museum für Moderne Kunst). There was incredible picture, in an old building. I loved this museum. I also may have taken a sit on the chair (picture seven) before someone told me that it was art.

PICTURE 8 & 9: Palmengarten

Palm Garden is a botanical garden in Frankfurt. It was really hot in the greenhouse but also splendid. It's a calm space away from the excitation of the town were kids come to play and old people to spend their sunny day.

PICTURE 10 & 11:

I kept the food pictures for the end! Germany is known for its sausages (die Wurst)! Every weekend there is a huge market, on the center of the city, where everyone come to eat sausages. It gathers people from all horizons to eat simple food and spend a good time. The second picture is a Kaiserschmarrn (you will learn the name as soon as you taste it). It is a dessert from Austria but it is also really known in Germany. I could eat that every day! It is a shredded pancake with sugar and marmalade. When I was going into shops or restaurants most of the time people were asking me to repeat. They said that my Fr\*ench accent was the cutest thing they have heard. It was actually very funny, and it shows how nice Frankfurt people are!



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