

The General

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The “Lessons” of School

by Hudibel Ovalles



Scientists say that every human is different and that we possess different fingerprints capable of distinguishing us from one another. When we are young, we hear ourselves described with words like “irreplaceable,” “unique,” “unrepeatable;” words used to make us think we are actually special and we exist in our own galaxy or dimension outside this world.

But not here in school. Welcome to the world where you have to sit and listen, where your voice is no more than a whisper that no one listens to, where your life is based on how good or bad you perform in what *they* think is the “right thing to do.” Isn’t it fantastic that the place where we should feel the words above is the one that teaches us how we should “fit” in society?

The education system and a prison are more similar than what you think. My cousin used to tell a lot of stories about when he was in jail. I remember how he used to say how his name was absolutely ignored and how every time a police

officer called him it was always referring to his identification number, as if they were totally ignoring that he was a human being. This is also the first lesson we all learn in school: you are a number and the higher the number, a better future you will have. These numbers tell you that you’re “good enough” for certain things and not “good enough” for other things. These numbers follow us as a mark that we are good at certain things and that we qualify as being what they want.

As I grow, the “lessons” that I have learned are to keep my mouth shut, keep my opinions oppressed, no one cares about how I feel, my only “homework” is to listen, and I must behave and keep my opinion to myself. I am a lump of Play-Doh and the teachers are the ones who mold me as they want. They will always be right because they created us; we are the product that they are selling to society in a neat package. How sad that the only thing school has left me is not knowing who I am. ■

Caricatura by Brian Hidalgo

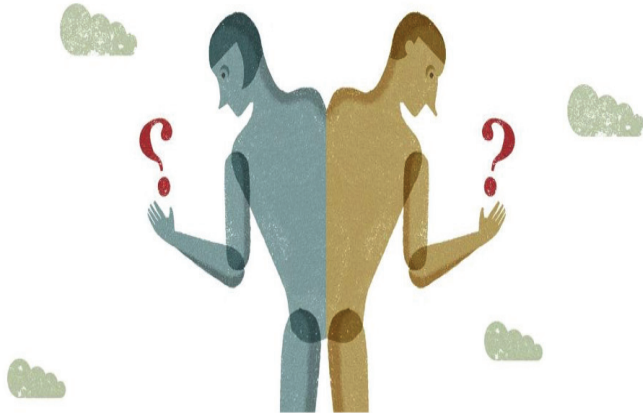


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La importancia de la identidad

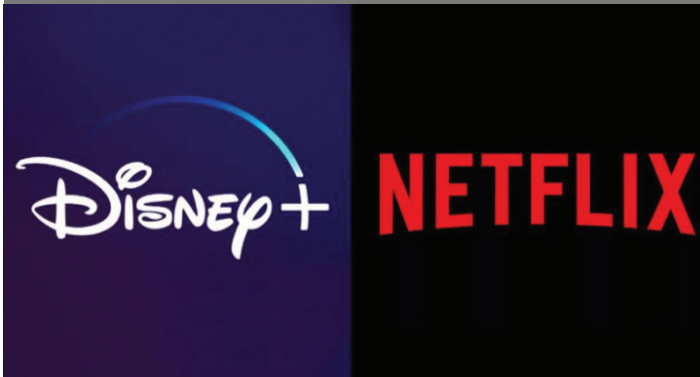
by Dogeiry Mora



El 8 noviembre del 2019, mi maestra de Inglés, la señorita Uquilas nos asignó un proyecto muy interesante acerca de la identidad. Desde mi punto de vista, la identidad es importante ya que nos permite aceptar y apreciar lo que nos hace únicos y especiales. Como resultado de esto, muchas veces el conocernos a nosotros mismos nos ayuda a posicionarnos en la sociedad y a identificarnos con las demás personas. El proyecto que hicimos en la clase consistía en investigar la definición de nuestros nombres, las cualidades que implica el poseer ese nombre y como nos identificamos personalmente con esas cualidades. Además de nuestro nombre, discutimos sobre cómo nuestras apariencias físicas y la cultura de donde provenimos afectan la manera en la que la sociedad nos percibe como individuos. Algo que agradezco de este proyecto es que nos ayudó a mis compañeros y a mí a conocer más sobre nosotros mismos y a darnos cuenta el papel que representamos es nuestra comunidad estudiantil. ■

Disney+

by Amayelin Meregildo



Remember *Good Luck Charlie* and *The Suite Life of Zack and Cody*? Probably, yes. We grew up watching Disney and Nickelodeon. Disney has created a new platform for us to watch old and new movies or shows. Disney+ has the oldest movies you can imagine and the newest ones for a low price. This created competition between Disney and Netflix. While Disney offers us our most loved childhood shows, Netflix gives us our grown-up shows that we love and cannot live without. The two platforms are great and have unique qualities. But, how can we choose? Personally, I can live without Disney +. Your choice is based on whether you can

live without one of the platforms. I would not be able to be myself without Netflix. Therefore, my option would be Netflix. When I want to remember my good childhood times, I know Disney+ would be there for me.

However, everyone is different and there will be people who are obsessed with childhood moments. Based on evidence from recent events, Netflix might be uploading old Nickelodeon shows. Which opens one of oldest controversial topics: Disney or Nickelodeon? This is going to cause a big discussion in our teenage world. Do you like *Victorious* more than *Hannah Montana*? Or do you like *Hey Arnold!* more than *Phineas and Ferb*? Exactly. Every show is completely different and we do not know how to decide. ■



¿Quién Soy?

by Keily Rosado



Cientos de veces a lo largo de nuestras vidas actuamos sin pensar bien en las consecuencias de nuestras acciones. Sin embargo, ¿de verdad esto nos hace felices? ¿acaso estas cosas nos llenan de tanta emoción que no podríamos imaginar nuestras vidas sin ellas?

Actualmente, muchos jóvenes actúan por el simple hecho de complacer a sus padres o son influenciados por la presión social. Claramente, actuar de esta manera no es la elección correcta ya que las personas que nos precian ya han disfrutado sus vidas y han encontrado su identidad propia. Cada vez que puedo, le recomiendo a las personas que hagan lo que les hace feliz siempre y cuando no dañen o afecten a alguien que les rodee. Esto les permitirá en el futuro poder decir “esto es lo que soy” porque lo elegí y no porque alguien más me incitó a complacerlo.

Conozco una persona que estudió medicina por que sus familiares pensaban que era la carrera que más le convenía, pero realmente quería estudiar ingeniería industrial. Por el otro lado, también conozco a alguien que estudió Ciencias Políticas por elección propia y es mucho más feliz que quien eligió dejarse influenciar para estudiar medicina.

Es evidente que lo que haces por elección propia es lo que te hace ser tú mismo. Es lo que te dará alegría y la satisfacción de descubrirte a ti mismo. ■

Five Easy Steps to Overcome Stress

by Gabriela García



As a rising Senior in High School, I am constantly under pressure and very busy. Sometimes it seems that everything is so systematic I don't even have time to be a human. When the situations get out of my control, it's when I reflect upon the humanity of my existence. Things not always are going to go the way I want or expect, but the way I react to them can influence a lot on the final result. For that reason, I will introduce my five easy steps to overcome stress:

1. Take a break. I understand that you might feel overwhelmed at times and that rushing to finish things up seems like a good idea. But sometimes we need a break. From our routines, or just a specific task. Take time for yourself. Either if it requires a ten minutes nap, a spa day at home, or going to a good concert. Just breathe. That would give you more motivation to keep going instead of still falling down.
2. Go to your happy place. We all have some sort of paradisiac place that when recalled in our minds, it brings us peace, joy, satisfaction. Close your eyes for a few minutes and imagine that you are in that place. That you are feeling it, living it. Your brain will release dopamine (a chemical in our bodies that produces the sensation of satisfaction) and your body will feel much more relaxed.
3. Don't get stuck on the problem. Sometimes we get blind by the fact that we have a problem. But having a negative mindset will not help solve it. Instead of referring to the topic as "I have a problem," try to think of it as "I have the opportunity to overcome an obstacle by finding a solution." It might be difficult to change our minds, but not impossible.
4. Ask for help. Unfortunately, we are taught that asking for help might make us be perceived as weak or fragile (even as "useless" at times). However, it is ok to ask for help when you feel like giving up. Remember that you are not in this alone and the people who really loves you will always be willing to support you and help you.
5. Share time with loved ones. It is important to strengthen those relationships that are valuable for us. Whether it is to go eat with friends, do crafts with your grandma or watch your sister's game. Those small things make a huge difference in our mood and our self-esteem. Remember that time goes by fast. People changes, circumstances changes, that's inevitable. It's up to you how do you want to remember this time of your life when you get older.

Warning: this is one of those cases that could be considered "easier to say it than to do it." But you don't lose anything with trying. ■

Caricatura

by Nacaray Naranjo



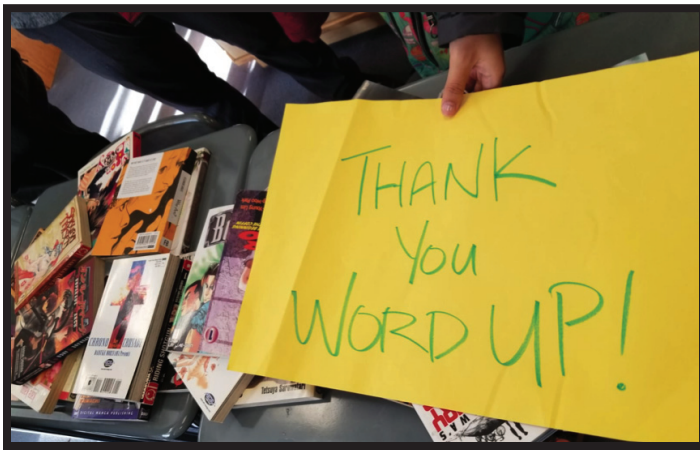
Recuerdos moribundos

by Bryant Paulino

Pasea por tu cabeza.
Será ella que no te ama,
O seré yo quien no me amo.
Te preguntas mientras piensas en los errores,
Que no pueden ser reparados
Pues son parte del pasado.

Todo para llevarse la sorpresa,
Que más de 1 hora a pasado
Y tu sigues con la pregunta inicial,
Y la oscuridad te consume mas.

En un cuarto donde tu te has encerrado;
En una vida llena de candados;
Donde el único enemigo a ser destacado,
Eres tu y tus cadenas. ancladas al pasado



Many thanks to Word Up Community Bookshop, who donated several books to the manga and anime club of Gregorio Luperon High School in November. The school and the group are very grateful for this gift they have given, which is very useful for the future activities of the group.



Amor Real by Jhonny Coello

Eres el aire que respiro...
 Eres la luz que me ilumina..
 Porque sin tu aire yo no vivo..
 Porque sin tu luz ya no soy nada..
 Eres la razón de sonreír..
 Eres mi razón de estar feliz..
 Eres quien oculta mi soledad..
 Cuando dices, te amaré hasta la eternidad.

Eres el agua que quita mi sed..
 Mi sed de tristeza..
 Eres quién me da el motivo..
 El motivo de amar sin pensar..
 Eres el sentimiento profundo..
 Eres la emoción leal..
 Eres tu mi amor..
 Un amor real.



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