

MARCH 2025

YSERN'S PARROT



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THE EXTINCTION OF POLAR BEARS

NAYARA RODRÍGUEZ GONZÁLEZ

Why are polar bears in danger?

The extinction of polar bears is a very alarming topic.

Polar bears are under constant threat because of the growing climate change, which is destroying their natural habitat. The more the Arctic melts, the more affected polar bears will be because the less ice there is, the higher the water level will be, so that the maritime transport and development sources increase the use of gas and oil.

There is also unsustainable hunting by the peoples of the Arctic region for animal's skin and meat.



60% of the world's polar bears live in Canada, but they can also be found in Alaska, the United States and in Russia, Greenland and Norway. Currently, the world population of polar bears is between 20,000 and 25,000 individuals.

To reduce the extinction of polar bears, we could do several things. Firstly, restrict the use of polluting vehicles to reduce CO2 emissions from the use of fuel. We could also try to save electricity and gas and thus not contribute with the destruction of their habitat.

In fact, the decline of polar bears is 30% since 1980. Polar bears spend approximately 130 days a year on land, this will increase by 5-10 days per decade.



The First "Extinction" and Recovery of Lear's Macaws

Introduction



Lear's Macaws, an species of bird from Brazil, became extinct because of illegal hunting and deforestation of their habitats, since they live in an exclusive area in the exclusive to northwest Brazil.

This bird had already been declared extinct until, through several explorations, the explorer Helmut Sick found these places in the Brazilian Caatinga where this species of Lear's macaws was found. Of course, the government had not tried until then to recover this species because they thought it was already extinct. When they discovered that some specimens of this species still existed, the Brazilian government quickly started its conservation.

However, this achievement has not been easy, and now I will explain why. To begin with, for the species to feel better under human care and reproduce more peacefully, the ideal is to replicate their original habitat as much as possible. The scientists from Loro Parque travelled to Brazil to take photos of the cliffs or caves where they had been found. They reproduced in detail the environment where these macaws were, with the textures and colour where they lived, and that was one of the many factors that made this project successful. sending the remaining macaws to loro parque in tenerife.



Brazil has sent nineteen macaws, out of which eight are already in nature, and they have already managed to raise four chicks for the first time back in their habitat. This is wonderful because, soon, they will be fully reintroduced, and these amazing birds will fly again in the wild.



Josué Carmona Castro

SANTORINI

Grece, Santorini

Santorini or Tera, Thera o Thira is being a official name. It is island located in Mar Egeo, southeastern Greece. Santorini has approximately 15,000 inhabitants, although this figure can vary slightly depending on the season. The population tends to increase significantly during the summer months due to mass tourism. Many of the residents live in the main urban areas of the island, such as Fira (the capital), Oia, Kamari and Pyrgos, which are the most populated centers. The island, which is part of the Cyclades archipelago, has an economy centered on tourism, viticulture and agriculture. Curiously, it is closer to Turkey (other country) than to Athens (capital of Greece).



Typical food

Fava: Mashed yellow peas, served with olive oil and onion.
Tomatokeftedes: Fried tomato fritters with herbs and spices.
Moussaka: Lasagna of eggplant, meat and bechamel sauce.
Souvlaki: Skewers of meat (pork, chicken or lamb) served with pita bread.
Kasseri and Graviera: Local sheep cheeses, used in many dishes.
Fresh seafood: Octopus, squid and other Aegean seafood.
Assyrtiko wine: A dry white wine typical of the island.
Melomakarona: Honey and walnut cookies, popular at festivals

It is famous because the amazing sunset, Santorini is known for its spectacular panoramic views. Volcanic origin, it has a unique volcanic history, with major eruptions that have shaped the island. Unique architecture Santorini houses are famous for their white walls, blue roofs. Black sand beaches because to its volcanic origin, Santorini has some unique beaches with black or red sand, which offer a fascinating contrast with the blue of the sea. Historical ruins, it has important archaeological sites, like Akrotiri, an ancient city that was buried by the volcanic eruption

Andrea Esteban 1ºA



PARIS

MARTA RIVERA GALLERA

Paris is the capital of France and the most popular city. It is known as the love city. It is the most visited tourist destination in the world, with more than 42 million foreign visitors per year. Paris is located in the north of France. The city is crossed by the Seine River. The best season to visit Paris is in spring (especially in april and may) and in autumn (especially in september and october). These seasons of the year are the best to visit because there are less tourists and the weather is nice.



The most famous places are: The Eiffel Tower, Louvre museum, The Arc of Triomphe and Notre Dame. Notre Dame is the cathedral of Paris, located on an island in the Seine River. You can climb two towers to see the gargoyles closer, which are the “guardians” of Paris. The Notre Dame Cathedral suffered from a great fire in April 2019, the interior of the cathedral and the exterior were deteriorated.

The Eiffel Tower is the tallest building in Paris, it is a 324 meters high iron tower, and it weighs 10.000 tons. They decorated it depending on the party they celebrated and according to the season of the year. It is located in the garden called “the fields of Mars”.

The Arc of Triomphe is at the end of the Champs-Élysées, a very long avenue of shops and cafés. Seen from the air, the streets that meet there make a star shape, commemorating the battles won by France in the war.

The Louvre Museum was the palace of the kings of France. You can enter through the glass pyramid encircled by water. It is one of the largest and most important museums in the world.

Paris has a good gastronomy, especially bread and sweets, typical dishes such as duck, onion soup and wined roaster or the so-called croissants.



HEALTHY LIFE IN THE ADOLESCENCE

ALBA GONZÁLEZ-MOHÍNO

Adolescence is a crucial phase in human development during what crucial social, physical and emotional changes happen. All these changes are connected to the beginning of our adult lives. During this period, the habits we acquire significantly influence our health while we continue growing. Encouraging healthy living among teenagers is essential to prevent sickness, improve their health and encourage a balanced lifestyle for the rest of their lives.

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In conclusion, starting to follow a healthy lifestyle during adolescence is taking care of your future self, which will lead you to an active, full and happy life.

ALCOHOL

BY ANDREA BENITO

Alcoholism is defined as excessive consumption of alcohol, in which control over its intake is lost. Characterized by frequent episodes of alcohol intoxication. In addition, there is an obsession with alcohol in alcoholism despite the consequences. The World Health Organization (WHO) suggests that 3 million deaths worldwide are caused by harmful alcohol consumption each year, representing 5.3% of all deaths. It is also the cause of numerous pathologies. Similarly, there is an important relationship between a number of mental disorders and alcohol.

The causes of alcoholism and its consequences.



Causes:

Certain genetic factors appear to play a role in alcoholism. Some studies have shown that there is a substantial genetic contribution to alcohol dependence. Several genes underlying susceptibility have been identified, but further research is needed. Moreover, this does not mean that a person becomes an alcoholic just because there have been cases of the disease in his family. There are many factors which may influence, for example:

- Being a person with low self-esteem.
- Suffering from other mental disorders such as depression. People with a lot of stress or anxiety are also determinants.
- Social factors. Alcoholism is very much determined by the culture and society in which you live. Accessibility to alcoholic beverages or cultural acceptance have a major influence.
- The type of work. It is a fact that people who work in pubs and night bars are more likely to suffer from it.
- Sustained consumption is also a factor in predisposition.



Health and public education

Public health and education are very important for every country. They are services that help people stay healthy and learn, no matter how much money they have.

Thanks to them, we can live better, have more opportunities and we can have a fairer society.

Public healthcare:

It is the system that makes it possible for everyone to see a doctor and receive treatments without having to spend a lot of money.

Advantages:

- It's for everyone: all the people can use it.
- It helps prevent diseases with treatments.
- Equality: everyone gets the same service.

Public education:

It is the system that allows everyone to go to school, by paying little money or nothing at all. It helps to learn and improve people's lives.

Advantages:

- Opportunities for everyone: everyone can learn.
- Civic education: it helps people become responsible and participate in society.
- Better future: a good education helps you get better jobs.

In conclusion, public healthcare and education are very important so that everyone has the same chance to live well. It's important to make them better to help everyone, so we can all have a fairer and happier future.

Liam Payne

by Daniela Velasco



This past October has left us with a bad taste in our mouths due to the unexpected news of the alleged suicide of Liam Payne, a former member of the band One Direction formed in a contest called X-Factor.

Born on August 29, 1993, his first time in X Factor was in 2008 with the bad luck of being rejected, but after two years he decided to appear again, this time he was chosen. . Thanks to Simon Cowell, One Direction was created, since it brought Liam together with 4 other boys. This band decided to continue when the contest ended because, although they did not win, they had great popularity among the youngsters. This lasted until August 2015, when they announced their separation. They promised to return after 18 months, but this was never fulfilled.

Since the death of this artist, on October 16, great theories have not stopped coming out. After long investigations, it was concluded that, being under the influence of substances such as alcohol and drugs, he lost consciousness on several occasions and finally, when he was in the terrace of his room, he fell unconscious. In addition to this, there are testimonies from people staying at the Casasur Palermo hotel that he showed also aggressive behavior, which is why his room had destroyed furniture and knocking that could be heard all the time.



COCO CHANEL

Luna Rodríguez Hidalgo

Chanel is a French brand that was created in Paris by the designer Coco Chanel in 1910. The brand is specialized in designing luxury accessories such as make-up, perfumes or handbags.

It was selected as “The most important house of fashion in the world”.

Nowadays, there are a lot of shops located in all the countries and the brand also does advertisement campaigns to promote itself.

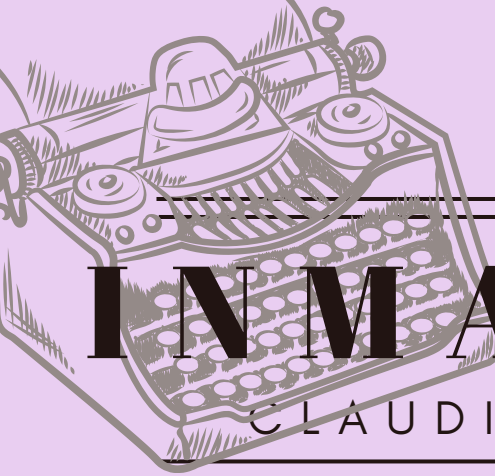
Their logo is double C, the company has become one of the most important high-end names.

The designer of Chanel is called Coco Chanel, she was a fashion designer from France who revolutionized the fashion industry of the 20th century. Her designs allowed women to use a corset and ornaments.

The real name of Coco Chanel is Gabriella Bonheur. She was born in a village called Saumur on 19th August 1883. She died on 10th January 1971. The managers of the company were Yvonne Dudel, Jude Cazoubon and Philippe Guibourgé.

Nowadays, the position of Chanel is important and recognized in the fashion world. This company's history is important because it changed the fashion world. This is one of the most luxurious brands. I love its handbags because they are good quality and have a nice design.





INMA RUBIALES

CLAUDIA CORSINO CHAMORRO



Inma Rubiales was born on 26 March 2002 in Extremadura, Spain. She started to write in 2012 when she joined Wattpad, which is a platform where you can read for free and also write stories.

The first novel she wrote is called “Un amigo gratis”. With this book she won an award in “Los premios Watty” in 2017. Apart from that one, she has written more stories and books such as “Mi conquista tiene una lista”, “Cántame al oído” and “Dímelo cantando”.

However, my favourites are “El arte de ser nosotros”, “Todos los lugares que mantuvimos en secreto” and “Hasta que nos quedemos sin estrellas”, which are the last books that Inma published. Furthermore, they are individual stories.



The protagonists of “El arte de ser nosotros” are Logan and Leah, who are a boy and a girl that hated each other. However, they started being friends and from then, they ended up being a couple. This book shows us the importance of taking care of ourselves and to eliminate from our lives the people that hurt us.

On the other hand, the book “Todos los lugares que mantuvimos en secreto” started with a girl called Maeve, whose mother was from Finland, so she grew up there. Furthermore, when her mother died, she never returned there. Now that she is older, she travelled to Finland and met her childhood friend called Connor, who has been in love with Maeve since they were five years old. Connor and Maeve made a wishlist of the things they would like to do in Finland and finally, they ended up together.

The last book is “Hasta que nos quedemos sin estrellas”, this one is about a famous boy called Liam, who made Youtube videos and a poor girl called Maia, who lives with his alcoholic mother and has also recently lost her sister. At the beginning of the book, they hated each other, but then, Maia helped Liam with his Youtube videos and his problems, and Liam helped Maia with his mother and her family situation. Finally, as in the other books, they ended up together.

For all the above mentioned, I love Inma Rubiales stories and the way she writes them, so I totally recommend her books if you like romance stories.



Victoria's Secret

It is an American company that designs lingerie and other women's beauty products. The company is especially known for its high-visibility marketing and branding, starting with a popular catalogue and followed by a fashion show, the famous Victoria's Secret Fashion Show starring models nicknamed 'angels'.

The company was founded in San Francisco, California, in 1977 by Roy Raymond and the first shops were sold in 1982 to Leslie Wexner. Wexner quickly expanded it across the United States and eventually in 1990 Victoria's Secret became the largest lingerie retailer in the United States.



Victoria's Secret Fashion Show

This annual event, sponsored and hosted by Victoria's Secret and used to promote and market its products, is one of the most famous fashion shows in the world, and is also known for its models nicknamed 'angels'.

Their nickname 'angels' and their characteristic wings in the fashion shows were first introduced in 1998 after the great success of the 'Angels' bra line. Over the years the fashion show featured various shapes and sizes of wings (butterfly, peacock...). Some models considered it an honour to wear these wings.

Adriana Lima has worn the largest number of winged outfits in the history of the show, 24 pairs of wings.

It is also very characteristic of the Victoria's Secret Fashion Show to bring in singers to sing while the models parade, singers such as Rihanna, Bruno Mars, Taylor Swift and Cher have been some of the many guests of this event.



This great fashion show has gone through a lot of criticism and for 6 years it was discontinued, but after so many years this famous event will be presented again on 15 October 2024 in New York. This great news caused a lot of commotion and excitement among the fans of the brand.

Finally, the grand return of the Victoria's Secret Fashion Show was a great success and brought back the brand's prestige.

Esther Ocampo García

DRAKE

Sara Martín Panadero

Aubrey Drake Graham (born October 24, 1986), known simply as Drake, is a Canadian rapper, singer, songwriter, record producer, and actor.

Being an influential figure in contemporary popular music.

Drake's first three albums, Thank Me Later in 2010, Take Care in 2011 and Nothing Was the Same in 2013. He's reviews were good and they implied the vanguard the hip hop. Drake's fourth album is Views in 2016. In my opinion, my favourite album is the second one (Thank Me Later).



The most popular songs of Drake are Best I Ever Had, One Dance, Started From the Bottom, 5AM In Toronto, Get it Together...

Drake started as an actor, not as a musician. Drake lived a romance with Rihanna between 2009 and 2016, with many breakups. By finishing with Rihanna, Drake spent two months with Jennifer Lopez, when she started to be with Alex Rodriguez. Drake talked about her in a song: Free Smoke. In this song he talks about his feelings for her. In his song: Started From the Bottom, he tells us that during his childhood, he and his mother lived in hard poverty so he set a goal: by the time he was 25 years old, he was supposed to have 25 million dollars.

His father appears in the music video for: Worst Behavior. He is one of the artists with the most memes in history.



OUTER BANKS


Carla Barco González

Outer Banks is an American series where the action and mysteries are divided into two “sides”. Firstly, there are Kooks that are those rich people who act as if the city is their property. In the other point of the story there are the Pogues who are a poor and noble group of very good friends. These groups face each other. Kooks think that they are better than the Pogues because they have so much money and want to make their life impossible.



The Pogue’s objective in the first season is to discover what happened to the missing father of the group (the leader), John B.

While they had been looking for John B’s father, Pogues discovered a treasure which was linked to him. Next season starts with the search for a new enormous gold treasure located in Mexico. They faced a criminal group who tried to steal all the gold from the protagonists. In another point, they found John B’s father alive, who helped the Pogues to recover the treasure where it belonged .



In the third season, after being very close to achieving the gold treasure, this adventurous group of friends were persecuted by John B girlfriend's father and brother, who wanted this dear treasure. In a desperate act this father sacrificed him-self to save his beloved daughter and his friends from the criminal group of the last season.

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Finally, in my humble opinion, it is challenging that you don't like this series, therefore I recommend it 100% , since it makes you think about who could be the guilty.

TRIATHLON



Triathlon is a sport which has three disciplines: running, cycling and swimming.

They are done in order and the time you spend to change from one discipline to the other is called transition.

According to triathlete, historian and author Scott Tinley, the origin of this sport dates back to 1920-1930 in France. It was called "Les trois sports", "La Course de Débrouillards" and "La course des Touche à Tout". Since 2010, this race has been celebrated each year. Triathlon made its debut in the Olympics games in Sidney in the year 2020 with the Olympic distance. By this time, the Federation had limited the participation to 100 athletes, so 48 women and 52 men took part.

DUATLON, AQUATLON AND TRIATHLON.

In duatlon, you have to run, ride a bike and then run again. There are two types of bicycles, mountain bikes and road bikes. Depending on the duatlon you choose, you need to use one or the other. When you use the mountain bike, the discipline you are doing is cross.

On the other hand, aquatlon consists on running, swimming and running.

Finally, in triathlon you have to swim, ride a bike and run.



TRIATHLON



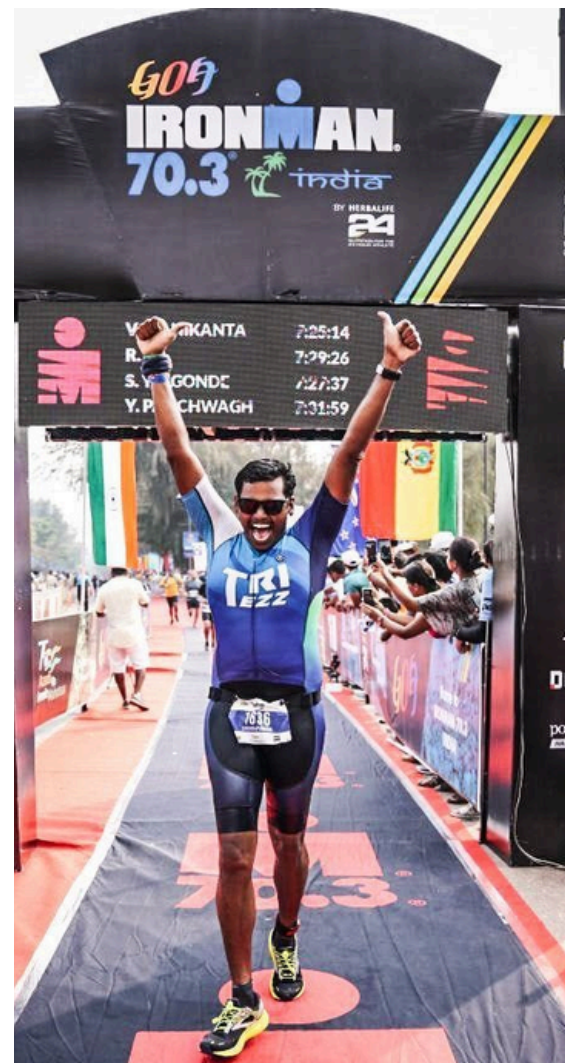
Depending on the distances, triathlon is called:

- SuperSprint: 350 meters swimming, 10km riding a bike and 2,5km running.
- Sprint: 750m swimming, 20km riding a bike and 5km running.
- Olympic: 1,5km swimming, 40km riding a bike and 10km running.
- Mid-distance: 1,9-3km swimming, 80-90km riding a bike and 20km running.
- Long-distance: 1-4km swimming, 100-200km riding a bike and 42km running.

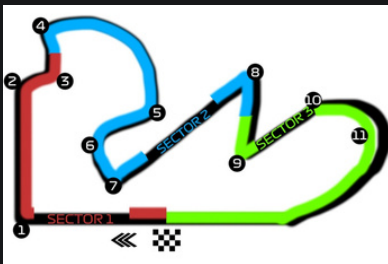
One modality of triathlon that is very complicated and requires a lot of training and perseverance is ironman. It consists on an extreme triathlon with very long distances: 3,86 kilometers swimming in the ocean, 180 kilometers riding a bike and 42,2 kilometers running. This race has a limited time of 17 hours.

Furthermore, there is a triathlon that is done in three days because the distances are too long. It's called Ultraman and the distances are 10 kilometers swimming, 415 kilometers riding a bike and, to finish with, 85 kilometers running.

The first day, you have to swim all the kilometers and ride 145 kilometers, the second day you have to ride the 270 kilometers that are left, and the last day, you have to run 85 kilometers.



FORMULA E



Technology is improving very quickly, so cars are better. The latest Formula E cars, called Gen3, have a power of 350 kW (470 hp) and can go up to 280 km/h. They use a braking system that allows to recharge the battery during the race.

If technology keeps improving, electric cars will become more common in motorsport. They will push the limits of racing while helping to make the automotive industry more environmentally friendly.

Nowadays, electric cars have become very important in motorsport. These cars are usually used on normal roads, but they are also used in different racing competitions, like Formula E.

The biggest challenge for electric cars in racing is the battery life. Gasoline cars can refuel very quickly, but electric cars need more time to recharge their battery. This means that the teams spend a lot of time making strategies during the race.

Electric cars are also being used in other competitions, like the Electric GT Championship and the Extreme E rally. In these races, we can observe that electric cars can be better than gasoline cars in motorsport. Some people think that electric cars will be the best option in performance.

Formula E is one of the most famous electric cars league in racing. The type of car for this race was invented in 2014. There are two main competitions: Formula 1, where cars use gasoline engines and Formula E where cars are 100% electric. The difference between those types of cars are the advanced batteries and lightweight materials, the Formula E one can go up to 280 km/h.

DANCE

The dance does not have a specific date in which it was created, since we have been dancing all life in tribes, during wars, etc. The dance has mainly four styles: traditional, classical, modern and contemporary; from which many more styles have originated, to the point that there are thousands of different types and styles of dance.

THEN AND NOW

Dance has always been used to convey emotions, to tell stories and to celebrate.

In 1920, dance studies began to be considered as academic disciplines. Today, these studies are an integral part of the arts in many universities.

FOUNDATIONS AND BENEFITS OF DANCE

Every kind of dance is created by a choreography.

Dance is made up of different basic elements:

- Body movement
- Body expression
- Facial expression
- Space
- Style

Dancing is not only fun, but also offers many benefits:

Physical: it improves flexibility, strength, endurance and coordination.

Emotional: it reduces stress, improves mood and boosts self-esteem.

Social: it encourages interaction and teamwork.

Cognitive: it stimulates the brain and improves memory and concentration.

Today, the dance is a fundamental part of many popular music genres, such as reggaeton, electronica, pop and more.



Alba Fuentes Granado



HISTORY

The history of basketball began in a cold December morning in 1891 in Springfield, Massachusetts by Canadian physical education instructor James Naismith as a sport less prone to injury than soccer. The game took hold fairly quickly and became very popular as the 20th century progressed, first in the United States and then in other parts of the world.

BASKETBALL

IMPORTANT LEAGUES AND COMPETITIONS:



There are quite a few leagues and competitions in the world of basketball, but the most "known" are: NBA, WNBA AND FIBA:

- **NBA** (National Basketball Association): It is a professional basketball league that was established in 1946. The acronym NBA is internationally recognized and is associated with a standard of excellence in the sport of basketball. Initially, these acronyms represented a small local sports league in the United States, but over time, the NBA has grown to include players from around the world. This growth has broadened the meaning of the acronym, making it synonymous with elite basketball and international talent.
- **WNBA** (Women's National Basketball Association): The organization in question was founded on April 22, 1996, but officially began playing a year later. The WNBA has 12 teams that compete in two conferences (East and West). The WNBA regular season begins in early May and runs through early September, and is followed by the WNBA playoffs that determine the league champion.
- **FIBA** (International Basketball Federation): is dedicated to regulating the rules of basketball worldwide, as well as holding regular competitions and events in the two disciplines, founded in 1932.

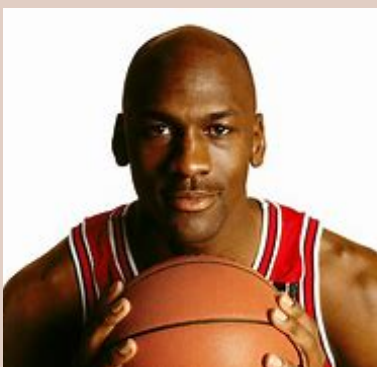


MOST IMPORTANT SPANISH PLAYER

The best Spanish player in history is Pau Gasol, who played basketball professionally for 20 years in the NBA, the Spanish National Team and the ACB. He played 18 seasons in the NBA, where he was twice champion, and other three seasons with FC Barcelona. With 2.13 meters tall, he played at the power forward position. He is widely considered the best Spanish player of all time, among the best Europeans to have played in the NBA and one of the most decisive FIBA players in history.

HISTORICAL PLAYER (NBA)

The best basketball player in the NBA world, without a doubt, was Michael Jordan, a tenacious defender, an excellent scorer and a quick and imaginative passer; but even more striking was his extraordinary ability to jump and the acrobatic maneuvers he used to dodge the opposing defense and get to the basket. He seemed to be able to remain suspended in the air for a few moments; such a faculty or "gift from heaven" -never said better- earned him the nickname of Air Jordan.



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