
THE PANAM

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For Immediate Release



WE'RE UNBEATABLE!

By. Silvana Bolaños

Soccer is one of the most popular sports at our school. This exercise is based on two teams made up of 11 players, to dominate the ball to score a goal or defend your court. At PAS we have female and male groups in the entire institution. During the last few weeks, we have come unbeatable.

Campus

We're unbeatable!

Silvana Bolaños

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Soccer is one of the most popular sports at our school. This exercise is based on two teams made up of 11 players, to dominate the ball to score a goal or defend your court. At PAS we have female and male groups in the entire institution. During the last few weeks, we have come unbeatable. The Eagles have won every game this season. Our teams have been working very hard to reach the goal of being well-prepared for the AASCA tournament.



Feminine team, division A.



Masculine team, division B.

The process to achieve this goal takes a lot of dedication and time. All team members get up early from Monday to Thursday from 6:30 am until 8:15 am, working on technique, physical condition, and teamwork. They are all a united group of people, which is an advantage for our school. Each person on the team has a different role and is a great contribution to the team. Through the last two weeks, we've faced Lighthouse, Blue Valley, and Word of Life, and every game has been a win.

This semester, sports have been promoted, and we have new members in all divisions. Our teachers, Alberto Mendez and Marcelo Rodriguez help all the players to grow by learning game techniques and growing as athletes. Sport is essential in life, it helps us stay healthy, strong, and disciplined. We invite you to enroll in soccer and all the sports of PAS so that we continue to grow as a team and school.

This competition is the Association of American Schools of Central America and is based on promoting academic, sports, artistic and cultural interaction. Pan American School participates in a variety of AASCA tournaments, either athletic or academic. In January 2023, AASCA soccer will take place in Honduras and we are preparing to bring the trophy home.



Soccer masculine team, division A

Campus

Basketball AASCA 2022

Sophia Green

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Our men and women basketball teams are happy to announce that they will compete in AASCA this year. Multiple past players and champions will compete alongside incoming and hopeful players. The teams will play in Honduras from the 26th to the 30th of October. After observing some of their training sessions and matches, I have concluded that the boys' team have the first place trophy in mind after the last AASCA result.

In the upcoming weeks, both teams will be going up against others in preparation for AASCA. It will also be an opportunity for the new players and coaches to get a feel of the interactions and dynamics of the matches. The upcoming boys basketball game is against AIS on September 16th.

Improvements and skills:

We also have a new coach, Oscar. Not only is he an amazing player, but he has proven to be a quality teacher. Thanks to his new strategies and drills, both teams have improved significantly and are beginning to incorporate more formations and skills into their games, such as, Diez, Horn, Cinco, Motion, and Monster.

Experiences at previous AASCA:

Helen Heller is a female player of the basketball team and has been participating at this school for a year and a half now but has been playing ever since she was seven. She described that when she plays basketball her emotions and worries go away and that no matter what time of day or how unhappy she is, this sport will always put a smile on her face and give her a sense of purpose.

Last year Helen went to AASCA for the first time and was given the opportunity to represent her school. After speaking with her for a few minutes about her experience in AASCA, I found out that the competition wasn't only a competition but also a great learning opportunity where she discovered her true passion for the sport and made many friends along the way.

I interviewed Helen Heller about her thoughts about AASCA this year and this is what she had to say, "Last school year, I went to the AASCA basketball tournament in March. It was a great experience and to be truthful, I broke my finger while playing. It was hard to recover as it was a bad break, but with a lot of physical therapy, it's great now! The basketball team has been working and training hard for the AASCA in October. We will miss all of the seniors who were on the team, but we will play our best with the knowledge they passed on to us. AASCA is going to be going on from October 26 to October 30th. Like I said, we are going to play our best and come back knowing we did!"

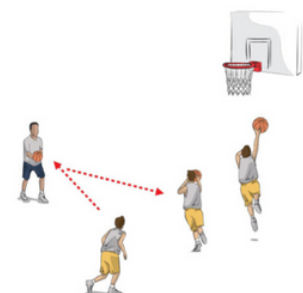
After learning more about what the AASCA experience is about and talking to Helen about her experiences, I have concluded that Basketball AASCA isn't only for the sport, it's also for the players to discover their true potential, to learn about different cultures within the south and central America, to become more comfortable with meeting new people and putting aside differences and overall learn more about themselves.

The dangers of Basketball:

Basketball is full of risks of injuries, some may even leave you unable to play the sport again. The injuries that every basketball player will experience at some point are lower body injuries such as sprained ankles, damaged knee joints and pulled calf or hamstring. Other injuries are usually within the hands and arms, for example broken fingers, sprained wrists, and pulled biceps or triceps. They may also be injuries within the upper body, such as head injuries, teeth, nose and eyes.

Many injuries are caused due to player-to-player contact, abrupt direct on the court and being fouled. Furthermore, many players stretch muscles or sprain body parts due to the lack of stretching, or warming up your muscles beforehand to ensure that you can't begin moving too quickly. Not cooling down and stretching at the end of a game or training may also leave you sore or injured.

As more matches are played and the time for AASCA is near, we should all support and cheer on our female and male basketball teams.



A drill the basketball team usually do to practice their layups and passing skills.

Glocal

¡No Hablo Español!

Stella Merval

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Hola, me llamo Stella, soy de Nueva Zelanda. That was the extent of my Spanish-speaking skills when I first joined Pan American School. I've grown up attending international schools, and I have never been in a position where the host country's language is completely unknown and compromised my learning. But when I started at Pan American School, I quickly realized that not speaking Spanish would be an obstacle I would have to overcome.

As someone who is generally positive about life, it was a shock to me to feel so alone and excluded on my first day of school. I remember that on that day, I had one class where the teacher started the class in English. Eventually, I had to go to the bathroom, as one does, and I assume they started speaking Spanish when I left because as soon as I returned, the teacher said, "Guys, we have to speak English again because Stella is back". This made me feel like I was ruining the class because I was the only one who didn't speak Spanish. Although, I know that the teacher's intention wasn't to make me feel excluded.

In the first semester, my Spanish B teacher left unexpectedly; I was told to stay in the normal Spanish class. They argued that it would help me learn faster because I would be listening to people speak it fluently - but when I didn't even understand how to say "...", how would I ever be able to understand the native level Spanish language and literature? While being immersed in everyday Spanish is helpful, being so far out of my depth just meant I switched off. I couldn't understand any of what they were saying with my level of Spanish, even though I tried my best. Thankfully, they quickly found an amazing Spanish teacher and now I feel like I am learning a lot. I think now I can understand one of those lessons - maybe not contribute, but understand!

I found that being in a class where the teacher didn't speak Spanish was way more comfortable, not only because they did all of the lessons in English but also because they understood what it was like to be in the same position as I was. Some of the Spanish-speaking teachers made a difference for me when they were considerate of the fact that I didn't speak Spanish as well as everyone else. In the first semester, one of the teachers who had previously been teaching in Spanish suddenly started supporting me with English materials in class. I didn't know at the time that the week before the teachers had had discussions about students feeling included and this teacher had made a positive change after these discussions.

I don't know if he understood how big of a difference this made for me in a class, but I started to feel like I could understand the topic and do the work as well as anyone else. After a year and a half at Pan American, I feel like many teachers have made positive changes to improve things for other students who don't speak Spanish. Even though I can now understand and speak much better (Thanks, Ms. Dani!) I see how the teachers are much more aware of how non-native speakers might feel in their classes.

When international students come to PAS, we often come from different countries and cultures with unique food, climate, social norms, and ways of behavior. When we start school, it is one less thing to worry about when teachers make the effort to include us.



Costa Rican and New Zealand flags.

From the land of Bolívar to the American dream!

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A person in a blue shirt and white cap holds a large pink sign that reads "ALTO A LA DISCRIMINACION DE LATINO AMERICA TITULO 42 DISCRIMINA". In the background, a group of people stands in a dry, open field with a fence and hills in the distance.

A person is holding a Venezuelan flag. The flag has horizontal stripes of yellow, blue, and red, with a white arc containing seven stars in the center. Below the flag, a white cloth with handwritten text in black ink is visible. The text reads: "Venemos de Venezuela", "¡Ayudanos! con caridad", "o una moneda", and "Dios te bendiga". In the background, a person is partially visible, and a small logo with the letters "VCA" is in the top right corner.

Costa Rica has offered support to the Venezuelans in every way possible, since their main objectives are to transfer them to Nicaragua, since resources for humanitarian aid are scarce. Several churches contribute through the donation of clothes, giving them food and shelter for the nights they have to spend in the country. In addition, Venezuelans in the streets ask for help from Costa Ricans. Their aspiration is to raise money to continue their journey and try to enter the United States. Others want to wait a while in the republic, find economic stability, and when the problems subside, they can travel to their final destination. Hope continues to prevail in these human beings despite the unfortunate conditions.

Glocal

Anxiety Within School Society

Sophia Green

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Within this modern era, school is not only a place of learning but also social interaction. Many kids within the educational system have to suffer from anxiety and other mental health issues due to the school environment. School anxiety can affect students of all ages and can affect communication, friend-making, public speaking, and more skills needed further along in life. In this article, I will discuss how schoolwork and other factors affect students and what they can do to work it out.

Social causes:

Many students suffer from anxiety due to the social aspect of the school environment, whether it's due to not having enough friends to bullies. Most students will say their classmates and friends encourage them to go to school, but many students say interaction with friends or classmates can be a source of stress and anxiety. Making or not having enough friends, interacting with people you don't know, feeling left out of discussions or specific topics, interpersonal conflicts, peer pressure, and communication/interactions are some of the social aspects of anxiety, including many more. Although social causes of anxiety in school are due to face-to-face interaction, others may appear online such as images, text messages, or other media within the school. Many students can become addicted to technology to try and get away from their social anxiety, which may affect their academic performance, and also their future social interactions. Social anxiety is just one of the side effects caused within the space of learning.

Overwork:

Usually, many students get anxious and stressed due to the amount of work assigned. Many students aren't able to deal with the pressure that teachers and parents put on their shoulders to get good grades. Overwhelmed students commonly end up with extreme anxiety with frequent panic attacks. In most schools teachers are pressured to ensure high test scores, which are transmitted to the students. Only a few years ago, in kindergarten, children were being taught the ABCs, letters, and the basics, whereas most kindergarteners today are being taught to read and write, which may cause high cases of stress and anxiety in future generations. The work that is given to students is becoming harder and larger in quantity, which is impacting kids negatively.

Family Time:

Due to over-scheduling, most teenagers don't have a lot of family time and are unable to talk and connect, which leaves many teens bottled up and unable to express themselves to someone they trust about their troubles and conflicts. This leaves many students anxious and unable to function properly due to being too stressed and overwhelmed with not only pressure and work from school but also mental health issues. Anxiety further increases at home because of the lack of interaction with their family, which also worries the parents.

Many parents are unaware of the challenges their kids are facing daily, therefore, unable to help them deal with their inner conflicts; a reason many teens and preteenagers face anxiety daily due to school.

10 Ways to cope with anxiety at home and at school:

1. Breathing exercises
2. Progressive Muscle relaxation
3. Acknowledgement of feelings
4. Take small actions out of your comfort zone
5. Don't worry until a specific time during a day where you can reflect and rethink the day and worries.
6. Diary (get to know your anxiety)
7. Talk to someone about it
8. Exercise
9. Step out of the situation that is making you anxious
10. Do something that you enjoy
11. Meditate
12. Yoga
13. Take breaks if you need them
14. Ask for help if you need it
15. The most important, be kind to not only others but yourself

“Do not let your Difficulties fill you with anxiety, after all it is only in the darkest night that stars shine more brightly” - Imam Ali

“Your anxiety is yesterday's problem, not today's” - Sophia Green



Culture

A day of joyful remembrance for the dead!

Elizabeth Ramirez

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The Day of the Dead, more commonly known as “El Día de Los Muertos” in Spanish, is a commemorative holiday for loved ones who have passed away. Its origins can be traced back to Mexico, around 3000 years ago when the Aztecs held a festival to worship Mictecacihuatl, the goddess of the underworld. This deity is said to watch the bones of the dead and swallow the stars during the day, earning her the nickname “Lady of the Dead.” These celebrations blended with Catholic beliefs when the Spaniards arrived in Mexico, altering some traditions.



La Catrina by José Guadalupe Posada.

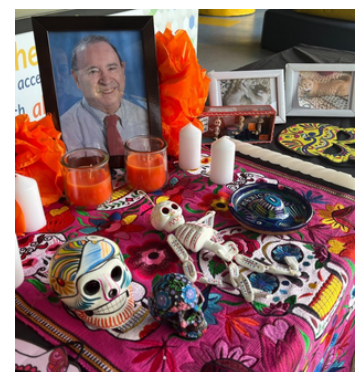
For example, the holiday now takes place over two days to fit into the Catholic calendar. Furthermore, The Day of the Dead usually takes place from October 31st to November 2nd (though it can go up to November 6th depending on the location) and has a series of stages. Firstly, at midnight on October 31st, the veil between the spiritual and physical realm diminishes, allowing spirits to roam the Earth.



People celebrating The Day of the Dead.

On November 1st, the spirits of children can rejoin their families while the spirits of adults can join on November 2nd. This allows reconnection which is heavily celebrated in numerous ways. Families come together and visit the graveyards where their loved ones are buried and leave them Ofrendas (altars). This came from the belief that leaving water and food would help the deceased in their journey to the land of the dead. Now, people leave all sorts of things including water, the lost person's favorite food, flowers, and tokens such as pictures that memorialize the person's life. It's also common to leave Marigold flowers, as their strong odor and color can guide the spirits back. A modern symbol of The Day of the Dead is the skull, specifically, “La Catrina.” La Catrina was originally a 1900s artwork created by Jose Guadalupe Posada intended to mock upper-class Mexicans and their desire to become “more European.”

Now, this image has become the face of El Día de Los Muertos, with numerous reproductions and developments now visible on every street corner during the celebrations. Pan-American School recently took part in the celebration by joining in on some of the customs. The staff set up an altar where the community could put pictures of deceased loved ones along with flowers, memorabilia, and photos. Some teachers also dressed up as their representations of La Catrina, with colorful flower headbands and delicate skull makeup. Apart from the customs, the most important part of this holiday is the joyful remembrance it creates. The Day of the Dead isn't a day where people mourn and cry, but rather celebrate and honor the dead by creating festive traditions and keeping their spirits alive.



Altar at Pan-American School.

Culture

Winter Holidays Around the World!

Marcela Vega

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If you've visited a retail or department store in the last few weeks, you've probably seen Christmas decorations everywhere, most displayed even before Halloween. This time of year, the ringing of bells, the aroma of pine, and the warm glow of lights strung across the neighborhoods serve as a reminder of how near Christmas is. However, most people are unaware of the various winter holidays celebrated across the world, as well as their unique characteristics. The following is a brief history of some of the world's end-of-year traditions.

Diwali Festival of Lights (Birtles, 2021)

- *In honor of the triumph of good over evil, Hindus, Sikhs, and Jains from all over the world light colorful fireworks, hang festive lights, bake sweet treats, and host family gatherings during the lovely Diwali Festival, which is celebrated in accordance with the Indian calendar between October and November. The day Lord Rama, Devi Sita, and Lakshmana return home after a 14-year exile is one of the most well-known Diwali origin tales and fundamental scriptures in Hindu mythology. A line of lights spans the town as residents cheer for Rama, who just vanquished the evil king Ravana. Another well-known tale describes how Lord Krishna liberated the subjects of his realm by vanquishing the demon Narakasura, and declaring the date a day for festivities.*

Hanukkah (History.com Editors, 2009)

- *Hanukkah, also known as Chanukah, is a Jewish holiday that commemorates the Jewish people's victory over difficult adversity. Judea, commonly known as the Land of Israel, fell under the rule of Antiochus III of Syria, whose son, Antiochus IV Epiphanes, banned the Jewish faith and killed thousands of its believers, around 200 B.C.*

- *He also forced Greek mythology onto "his people" and changed the revered Second Temple of the city into a temple dedicated to Zeus, where sacrifices were made. A massive uprising against Antiochus and his kingdom, led by the Jewish priest Mattathias and his five sons, erupted and the reign was ultimately put down. In order to purify the Second Temple, the rebellion lit the menorah—the gold candelabrum whose seven branches represented knowledge and creation—and kept it burning every night.*

**Diwali Festival of Lights****Yalda Night / Winter Solstice (Mahdavi, n.d)**

- *Yalda, also known as Chelleh, is a celebration of the morning after the longest night of the year, the winter solstice, that has its roots in the pre-Zoroastrian custom of worshipping Mithra, the God of the Sun. The longest and darkest night of the year was thought by the ancient Persians to be when evil powers were most powerful. In anticipation of the sun rising, people stayed up all night telling tales and consuming dried fruit, melons, and pomegranates. Persians danced and pounded drums to welcome the dawn's first rays of light as they poured through the sky. It was believed that Ahura Mazda, the Zoroastrian god of knowledge, owned the day that follows the winter solstice.*

Kwanzaa (History.com Editors, 2012)

- *Kwanzaa was founded by Black nationalist Maulana Karenga as a means of strengthening and unifying the African American community in the years following the Watts Riots. He based his holiday on customary harvest celebrations in Africa and chose the name "Kwanzaa" from the Swahili phrase "matunda ya kwanza", which means "first fruits." Additionally, Karenga explained that the extra "a" in Kwanzaa was only inserted to accommodate seven children who each wanted to represent a letter during the first-ever Kwanzaa celebration in 1966.*

Las Posadas

- *Every year, from December 16th to the 24th, towns and villages throughout Mexico celebrate the posadas (also celebrated by certain central American and southeast nations). Particularly in Mexico, the posadas are held over the nine days before Christmas. During these festivities, people often eat and drink traditional Mexican cuisine including tamales, ponche, pan dulce, champurrado, and a variety of fruits. We also can't forget the iconic ritual of smashing piñatas and eating the leftover sweets that fall to the floor.*

**Las Posadas**

Culture

Getting ready for the Holiday seasons!

Camila Castro

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December is the month when Christmas trees are set up, dreidels are spun, Kwanzaa candles are lit, and love is spread around the world. Holidays from all around the world are celebrated. From the land of Israel and the Jewish religion, Hanukkah. Or from African culture and proud African Americans, Kwanzaa. And most known, originated by Christians, Christmas. Each enjoyed it in their unique way, but they all have one thing in common: family. It's that time of year again when all communities, friends, and relatives gather to celebrate and convey joy to all. Some traditions may include food or presents; nevertheless, during this time of year, individuals may gather to watch movies that remind them of wonderful memories associated with their holidays. In honor of the Holiday season, here are a few movie and holiday specials from your favorite tv shows suggestions for you to enjoy with your loved ones.

**TV Show:** Friends

Episode and Season: "The One with the Holiday Armadillo." (Season 7, Episode 10)

Holiday: Hanukkah and Christmas

Directed by: Gary Halvorson

Best for: 12+ teens who are looking for a quick laugh with the iconic Friends characters.

Synopsis: When Ross, one of the six friends, introduces his uninterested son, Ben, to his holiday, he created the Hanukkah equivalent of Santa, the Holiday Armadillo, to try and make the festival more fun for the young boy.

**TV Show:** The Proud Family

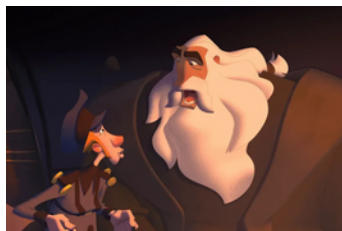
Episode and Season: "Seven Days of Kwanzaa." (Season 1, Episode 11)

Holiday: Kwanzaa and Christmas

Directed by: Bruce Smith

Best for: All ages who are excited to celebrate Kwanzaa, a holiday where African-Americans celebrate their heritage and show pride in their ethnicity.

Synopsis: As The Prouds go Christmas shopping, they encounter a poor family, and when consumed with the Christmas joy, they ask them to join them on their dinner. When exchanging gifts, the homeless share their true holiday, Kwanzaa and teach the Prouds all about it.

**Movie:** Klaus

Holiday: Christmas

Directed by: Sergio Pablos

Best for: All ages who wonder, "What are the origins of Sanat Klaus?"

Synopsis: Jesper, a self-centered postman, is ordered by his father to move to Smeerensburg, a depressing, frightening, and dangerous island that is isolated from any and all civilization. He nonetheless teams up with a solitary toymaker named Klaus to bring cheer to the gloomy town.

**Movie:** Little Women

Directed by: Greta Gerwig

Best for: Anybody who is looking for a movie to watch during break with no particular relation with holidays.

Synopsis: Set in the 1800's during winter time, four sisters Jo, Amy, Meg and Beth in their teens, live with their mother. Their father is in the civil war in North America. Each of the sisters have her own talents. Jo is an incredible writer, Amy is a formidable artist, Beth plays the piano exceptionally, and Meg is an independent and responsible woman. They go through many events with which they suffer, laugh and cry as they live their lives.

**TV Show:** The O.C

Episode and Season: "The Best Chrismukkah Ever." (Season 1, Episode 13)

Holiday: Hanukkah and Christmas "Chrismukkah".

Directed by: Sanford Bookstaver

Best for: Anybody who is faced with a family who celebrates both Christmas and Hanukkah.

Synopsis: When Ryan is introduced to a bi-religious holiday known as "Chrismukkah", he is obliged to pick between one or the other celebration. He however sticks to his own character and is loyal to the new festivity.

Culture

Insight Timer: Meditation in times of stress!

Pamela Mendozapamela.mendoza@panam.ed.cr

Insight Timer: Meditation in times of stress

As students have to keep up with our good work and aim for excellence, as we approach the end of our unit, stress levels start to rise and anxiety kicks in. Meditation can be a great device to maintain stability within ourselves.

Some benefits of Meditation

Focus and concentration: Mindfulness meditation facilitates concentration in daily tasks. Brain scans based on studies experiencing relaxation programs show the connectivity of brain parts with the part of the brain that controls attention.

Self-esteem and self-awareness: It allows you to self-reflect and detect positive qualities about yourself. On top of that, it also benefits social anxiety

Reduce stress: Meditation lowers cortisol levels, and stress hormones, which gives a calming effect.

Anxiety or depression: Helps train the mind to focus on the present, stopping anxious thoughts that contribute to depression. Mindfulness meditation reduces loss of appetite, low mood, and trouble sleeping.

Kindness: Meditation encourages compassion for yourself and others, nourishes circuits in the brain that picks up on others' emotions, and decreases unconscious bias.

As we can see, this practice further improves health benefits that help with a sense of stability in your life. Currently, around 200 to 500 million people around the world meditate daily intending to improve their wellness. An easy way to make meditation a habit is through apps, Insight Timer is one of the biggest ongoing online mental health communities that assist 15 million people in the world. The app was founded in 2009 aiming to provide income to their teachers, supply the community with free meditations, and the ability to document their journeys. According to the use you give the app, it will recommend meditations based on your liking; sleep, anxiety, morning, etc. There are plenty of free sessions for people searching to start their meditation practice and the techniques of mindfulness.

Member plus is the Premium version available with a cost of 1209 dollars per year which converts to around 700,000 Costa Rican Colones annually. This version supplies the user with unlimited courses, advanced audio, the creation of folders, the custom of milestones, and an advanced journal, and while meditating 50% of that income goes to the app's teachers.

When I've tried other wellness apps I find them limiting based on the number of courses available, but Insight Timer opened a door to an almost infinite number of options given. This app is an easy way to start your smooth journey to the mental health you want to achieve.



Meditation

Opinion

The best coming-of-age movies to dive into the world of cinema

Emma Carazo

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What does it mean to grow up? How do we define that we've truly reached adulthood? It's no doubt that as teenagers, the coming-of-age narrative is one of the best genres to watch. Exploring the inevitability of growing up and accepting the maturity of your identity is something we all have to deal with at some point. As I reach the end of my school years, reflecting on everything life has taught me so far, has become something I find myself doing pretty often.

As always, films are my ideal place to find some sort of answer, and within this huge spectrum of genres and emotions, coming-of-age stories have been something I have always loved. Thus, with the purpose of sharing my love for these experiences, I have compiled my top 3 favourite coming-of-age movies.



Lady Bird (2017).

Lady Bird

There are certain movies from time to time that manage to change every perception you've had on yourself. Lady Bird is one of those. Every scene in this movie grips viewers closer, forging a connection between them and the characters on screen.

Whether it is a montage of friendship and happiness, or a youthful abandonment of Lady Bird's own feminine camaraderie, the film detours the traditional standard narrative of common coming-of-age-stories and, instead, brings in a personal dynamic of coming to terms with growing up. At the heart of it all, it portrays an incredibly well developed mother and daughter relationship, and shows what it's like to be a teenager in this day and age. This is not a fairytale portrayal of becoming an adult, its a raw observation of the complexities of human connection and what brings us together as teenagers, and there is no doubt that Greta Gerwig's direction of this film is the key to this wonderful success.



Moonrise Kingdom (2012).

Moonrise Kingdom

This film's structure perfectly achieves the blissful melancholy that has been at the heart of all of Wes Anderson's films. The precision in every frame and shot is so calculated and entrancing that even if this movie wasn't as heartwarming as it is, it would still be perfect. Euphoric but melancholic, hilarious but mature, simple but complex, Moonrise Kingdom is the type of movie that can be enjoyed on a purely sweet surface-level, but has so much going on beyond this layer.

The movie has a touch of innocence about it, which is evident in all Wes Anderson films but this one handled it so well it truly makes us feel the beauty of childhood and naivety.



Dead Poets Society (1989)

Dead Poets Society

Dead Poets Society is the perfect example of what to watch when you need encouragement. There's something true and inspiring in almost every scene of this movie. Vignettes of motivational discussion that if you can let in and believe, can truly empower the soul. Every frame is considered and works beautifully to create the wonderful story portrayed. Director Peter Weir balances every emotion and undertone of the search for one's identity growing up and with a fantastic cast delivers beautiful, layered performances. Finding a film that empowers us to grow, find our voice, and speak our minds is not easy, but with beautiful screenwriting and moments of glory, the famous "O Captain My Captain" scene does just that, making Dead Poets Society a truly transformative experience for anyone.

Opinion

The only moment that exists is now. Are you going to be here or not? : Tips on how to be more mindful

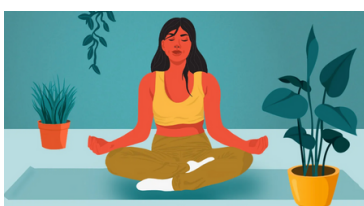
Miranda Brenes

imiranda.brenes@panam.ed.cr**What is Mindfulness?**

Mindfulness is known as the practice of being intentionally present in your daily activities and whatever it is you're doing at a certain moment without applying any judgment or evaluation to what this may be. In rather simpler words, it's the basic human ability to be aware of where we are and what we are doing, which although this is a skill we're all inherently capable of doing and not something we must summon or create, is something that must be practiced daily to truly master it and feel its effects, which involve altering our brain matters, as it was scientifically proven through neuroimaging. Now, although it may sound easy, mindfulness is truly something that must be practiced daily, as once you begin, you might realize its level of difficulty.

Meditation.

This is one of the most powerful keys to learning the skill of being mindful to later apply it to your daily activities. Meditation and mindfulness both go hand in hand, (since mindfulness is a type of meditation) however, it's still vital to recognize the difference between each term, as you could choose to not sit down to meditate and still practice mindfulness. Look at it this way, mindfulness is a quality, while meditation is a practice. I think everybody should try to sit down and intentionally meditate at least once in a while, but you shouldn't limit yourself to practicing mindfulness only through sitting meditations, as this might make it harder to accomplish when there are many other ways to practice this quality. Being mindful is a meditation in itself! However, if you do want to try it, you could start by searching for five-minute meditations from Calm and Headspace on youtube.

**Meditation****Mindfulness****Reminders**

I think one of the hardest things when wanting to become mindful in your daily life is remembering to do so. Often we are being so "not mindful" that we forget we wanted to do this in the first place, which leads me to this second tip, set reminders. When beginning to create this habit, I found it very helpful to list out some of my daily practices (such as washing my hands, eating, brushing my teeth, etc) and choose two/three which I was going to remember to be intentionally mindful when doing, this way, every time I would have a meal through the day, I would remember to be mindful when eating it and truly feel gratitude and taste every single flavor in my plate, or each time I would wash my hands, I would be fully present on what I was doing, and so on. You could also use objects or nature as a reminder; for example, Each time you hear a plane pass by (or see a big tree or a flower, or listen to music, etc) bring your attention to the present moment and take some deep intentional breaths. Later on, you will start remembering to be mindful more often until you get to the point where you are present in every single moment of your life, or at least the majority of it!

Intention

Adding to these reminders, setting intentions in the morning is a great way to become more mindful throughout the day. Every morning, take a small moment to sit down, breathe, and tune in with yourself and your mind, body, and soul and gently ask yourself "what is it I wish for myself, my loved ones, and the whole world today?", and don't pressure yourself into having an answer every day, but if you do, use it to create a statement.

For example, if you wish to love and peace for others, come up with an intention such as "I will be more mindful of how I treat and listen to others, and spread kindness while doing so" and use this as your intention for the day. If you didn't come up with an answer to the question, you could search for mantras/intentions on the internet and choose one that calls out to you. The idea is to become more mindful throughout the day via your attempts and intentional choice to practice this statement. At the end of the day, you can reflect on the experience you had and how this made you live more in the present moment!

**Be here now.****Delete it**

Now, If you are truly committed and want to take it to an extreme, I challenge you to delete your social media apps, even if it's just for a week! Oftentimes, when we find ourselves with nothing to do/waiting for something/, have a small moment of peace, we turn to our phones as an instinct, which immediately "numbs" our boredom but also causes us to completely lose ourselves in a loop of never-ending thoughts and media which we aren't even being conscious about. Therefore, if you were to delete these apps even for a week only, you will become more mindful of your unconscious practices and use this time to be in the moment instead, and observe the present life. I assure you once you download these apps once again, you will be more conscious of how many times you are picking up your phone, and might not even feel like being called to do so anymore! You will take back control over your own free will.

All in all, no matter in which way you choose to go about it, mindfulness is an incredible tool to help you live, as its vital to remind ourselves that the only moment that truly exists is the present, therefore if you aren't in it, you aren't living at all! So take back control, and be here, Be Here Now. (and also go ahead and read that book by Ram Dass if you are interested! it's quite amazing).

Sports

A history of the National Basketball Association brought directly to you!

Alejandro Gonzalez

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On August 3rd, 1949, the National Basketball League and Basketball Association of America merged after a long three-year struggle. This merger became known as the National Basketball Association, and yet it was only the beginning of such a grandiose organization, that would eventually become the third-largest sports league in terms of revenue... in the world.

In the beginning, there were only 14 teams, but the league rapidly saw itself losing both fans and groups alike, to end up with only 8 by 1955. Here, financial problems became plaguing the NBA; they were on the verge of dissolving, and many teams were in the process of relocating to larger cities to gain more profits. The Tri-Cities Hawks had moved to Milwaukee in 1951, only to shift to St. Louis in 1955. Additionally, the Rochester Royals relocated from Rochester to Cincinnati in 1957, with the Pistons moving from Fort Wayne, Indiana, to Detroit in the same year. In order to change the abundantly dull and slow pace of the game at this time, the NBA introduced the 24-second shot clock, where if a team does not attempt to score a field goal within 24 seconds of obtaining possession, they will lose it and hand it over to the opponent. Consequently, the NBA saw rapid growth and moved on to its next era... the era of the Boston Celtics.

Joining featured guard Bob Cousy, a rookie Bill Russell went on to lead the Boston Celtics to a record 11 championships, in only 13 seasons. This may seem incredibly shocking, but even more surprising than that, it was at this era in 1962 that Warriors center Wilt Chamberlain scored a (record-breaking) 100 points in a game against the Knicks. This statistic is so wild, that it still hasn't been beaten up to today, the closest was an 81-point game by Kobe Bryant in January of 2006, with the next 3 closest being other games from Wilt.

During these years, the NBA expanded heartily; from 1966 to 1974 they saw an expansion from nine to 18 franchises, and in 1976, they would be allowed to add four ABA franchises, raising the total number to 22. Although the era had been initiated strongly, it started falling off in TV ratings and attendance due to player issues that threatened to derail the league.



NBA Logo in 1950.

Regardless, the era of popularity was approaching, and from the years 1979 to 1998, the league saw a boom so loud you would think it was the 4th of July. With the addition of the three-point field goal line in 1979, the NBA slowly started shifting in play-style and pace; by adding a line that permitted a player to score more points, it spaced out players from the center and made it much more thrilling to see athletes zoom across the field. Additionally, the league would add the Dallas Mavericks to the league, bringing the total to 23 teams. Here, David Stern became commissioner of the NBA on February 1, 1984, who (may he rest in peace), is considered to have played a major role in the league's growth. It was during this time that the world saw the rise of Michael Jordan, who many to this day perceive to be the greatest basketball player... of all time. With the Chicago Bulls winning three back-to-back championships twice, they established themselves as the next dominant team. Even so, players such as Larry Bird, Isaiah Thomas, Hakeem Olajuwon, David Robinson, and Patrick Ewing all saw notable success, and this new organization of superstars provided increased ratings on TV and the beginning of a league that profited from merchandise and crowded attendance every night.

In 1988 and 1989, the NBA increased in numbers thanks to the addition of the Charlotte Hornets, the Miami Heat, the Minnesota Timberwolves, and the Orlando Magic. In 1995, they expanded to Canada through the Vancouver Grizzlies and the Toronto Raptors, the first teams to be located outside the United States and increasing the total to 29. Here, the NBA also created the Women's National Basketball Association.

At last, we reach the modern era; one with the most skilled players such as Stephen Curry, Allen Iverson, Kobe Bryant, and LeBron James. By this time, the three-point shot was increasing in usage exponentially each year; players such as Shaquille O'Neal dominated the paint, and others such as Steve Nash were incredibly talented at passing the ball to places no one even saw open. In 2004, the Charlotte Bobcats (now the Charlotte Hornets), were the last team to join, making the 30 we know and love today. From 2000 to the present day, it is said to be a league dominated by four main teams; the Los Angeles Lakers, the San Antonio Spurs, the Golden State Warriors, and the Miami Heat. Regardless, the rise of incredible talent paved the way for the league we know today, and the culture of basketball started reaching countries worldwide thanks to globalization and TV.



NBA Logo Today.

Sports

The World Cup is starting: what should you know?

Isabella Perez

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Every four years, an international community unites and comes together to celebrate soccer's most important event; the world cup. This event has been taking place since 1930, and all sorts of countries have hosted it, varying from Russia, Brazil, Germany, Italy, Japan, and this year; Qatar.

This year's World Cup is described as one of the most controversial ever. Whether it is because of the thousands of immigrant workers the government killed to have stadiums built or because it is illegal to be homosexual in the host country (and there are numerous openly gay players) is unknown. Regardless, news platforms have taken on the task of raising awareness for this information.



Denmark's team boycott shirt.

Due to the inhumane conditions workers had to endure and the efforts to silence the issue, a plethora of nations urged their teams to boycott the event. However, due to FIFA deals and investments that have been executed, no change was accomplished.

Amongst the leading delegations who have taken a stance are Germany, France, and Spain, but the strongest statement was made by Denmark, who unveiled a shirt with almost invisible logos with intentions of not being recognized as supporters. The media has been debating whether this action is admirable or just performative.

Even though this World Cup has caused a severe violation of Human Rights, it will still be taking place from November 20th to December 18th, and with that, I'd like to move on to another branch on this topic: Who will win?



Workers in Qatar protesting for their rights to be met and working conditions to be improved.

Speculations regarding which country has the highest chances of bringing home a win are one of the strongest topics of conversation that have been circling the past few months. Nonetheless, some countries have the most active supporters and their excitement is evident. Brazil, Argentina, Portugal, and Spain are the leading nations in these categories, each for different reasons.

Argentinians believe that since it's Lionel Messi's final dance, his performance will lead their team to a victory (like they did in 1986!). A similar situation takes place for Portugal because Cristiano Ronaldo is in the same position. Brazil always has strong fans and high hopes, and as for Spain... Let's just say people want to see Gavi and Pedri debut and take the win.



Argentinian delegation as possible champions.

Different countries and soccer fans have made decisions regarding whether or not they'll be watching the games due to the issues previously mentioned. So what about you?

If you are planning on supporting Costa Rica, make sure to tune in on November 23rd, 27th, and December 1st!

Group A	Group B	Group C	Group D
Qatar	Ecuador	Senegal	France
Ukraine	Costa Rica	Netherlands	Belgium
USA	Cameroon	Poland	Croatia
South Korea	Germany	Denmark	Japan
Japan	Spain	Sweden	Chile
Colombia	Belgium	Switzerland	USA
Costa Rica	Canada	USA	Wales
Germany	France	England	Italy
Spain	Portugal	Spain	Argentina
France	Brazil	Argentina	France

FIFA World Cup 2022 match groups.

Find the Difference!

FIND SIX DIFFERENCES IN
THE PICTURES!



Fun and Easy Riddles

WHAT BEGINS WITH T, FINISHES WITH T, AND HAS T IN IT?

WHAT GOES UP, BUT NEVER COMES DOWN?

WHAT IS BROWN, HAS A HEAD, AND TAIL, BUT NO LEGS?

WHAT BELONGS TO YOU, BUT OTHER PEOPLE USE MORE?

WHAT ROOM DO GHOSTS AVOID?

Fun and Easy Riddles

ANSWER: A TEAPOT

ANSWER: YOUR AGE

ANSWER: A PENNY

ANSWER: YOUR NAME

ANSWER: THE LIVING ROOM

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The Panam.

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