

SKYLINE

Magazine

ISSUE #16



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Welcome back

SKYLINE
Magazine

*And so another term has finished, our kids have taken some days off after three months of hard work. Some of our adult students will be on holiday as well and we wish them and those staying **HAPPY EASTER!***

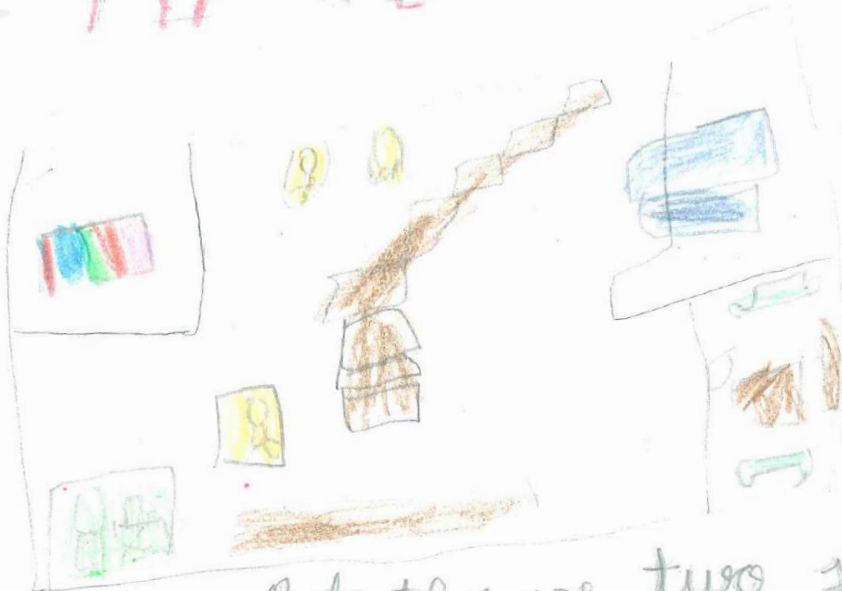
As for us, we continue doing our best.

In this issue you will find quite a lot of interesting things. One of our students who passed the First Certificate in English last year shares her thought about the importance of having a certificate in a second language. As well, other students are getting involved in the magazine and have decided to write a piece for the first time. One of them, expert in nutrition, writes about her area of expertise to teach us something about healthy lifestyles. The other one, an adventurer, takes us to Nepal and make us follow her footsteps while trekking in the Himalayas. As always, we offer you some ideas for your free time during April, with the help of a very important part of our staff. It would be great that you try the recipe and tell us about it. In the culture corner you will read about some famous Irish legends, don't be afraid, though, they are just legends...

I hope you enjoy the reading and remember that teaching you is our priority, you inspire us every day.

Learn well

MY FLAT



In my flat there are two sofas
there is one television
there are four tables and there
are eight chairs, there are three
bedrooms, there is one big
kitchen. There are three
telephones.

In my living-room, there is one
television, there are two sofas
there is one chair.

Javier 16

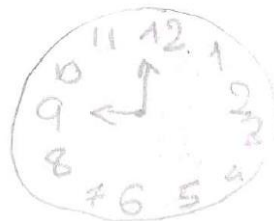
St. Patrick's

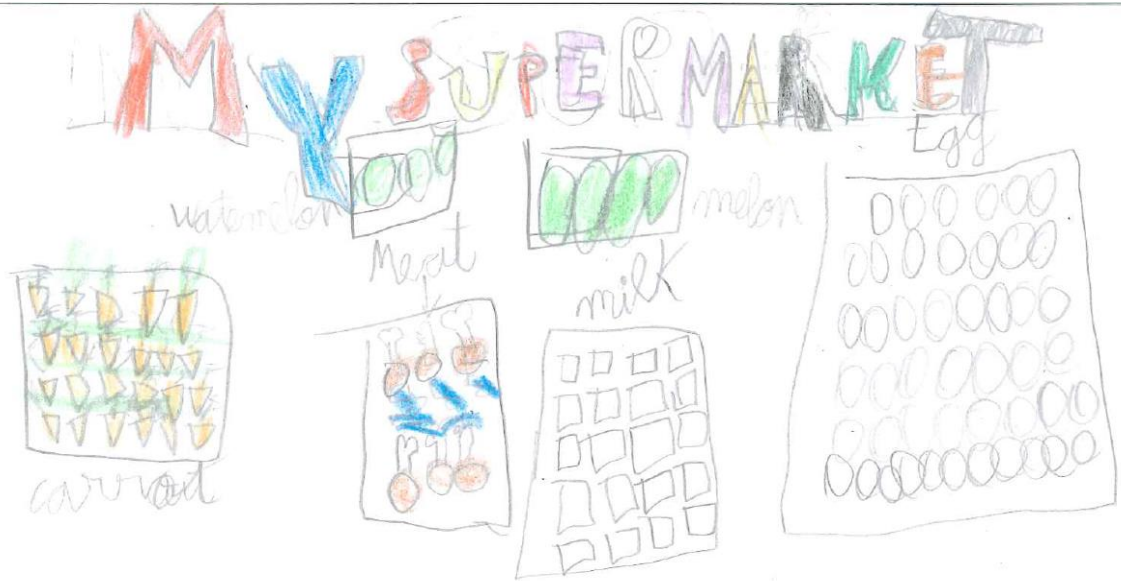
St. Patrick's Day is a popular holiday in Ireland. It is celebrated on the 17 of March. Its traditional symbols are the shamrock, the rainbow with a pot of gold and a brown beard. Green things are traditional



MY DAY

In the morning I get up at eight o'clock
I have breakfast - Milk and cake, Then, I
go to school. At nine o'clock. I go to school
by car. At two o'clock I go home I
have lunch. In the afternoon,
I do my homework, in the
evening I watch TV
I have dinner and
I go to bed.





The supermarket hasn't got tomatoes
 The has got Meat I like Meat I don't like get
 potatoes I like carrots I like potatoes It has
 got Sweets It hasn't got granades I like
 Sweets and granades It has got melon It has got
 Watermelon I like watermelon I don't like
 melon I like cheese I has got cheese I
 has got ham I like ham

Pablo L. 7



Tweets of the month



26 Mar

Alex Berg @ActuallyBerg

Over the course of my life so far, My most consistent injury has been "burnt mouth from being too hungry to wait for hot food to cool."

22 Mar

Jackie Collins @jackiejcollins

"Be miserable or motivate yourself. Whatever has to be done, its your choice..."- WAYNE DYER

22 Mar

Jason Binn @JasonBinn

You can only live once, but if you do it right, once should be enough.

21 Mar

Mike Posner @MikePosner

Success is a man who wakes up in the morning, goes to sleep at night, and in between he does what he wants. --Bob Dylan

2 Mar

Will @WillyFerrell

I refuse to trust anyone who smiles before 8 am.

Expand



Send us your favourite tweets
@skylinecentre

Also on 

News

Theatre

Un Noche con Gabino

One decade after its premiere, Gabino Diego comes back with his successful monologue. On April 5th and 6th, at Zorrilla Theatre, you can enjoy “Una Noche con Gabino”. A stage actor who wants to create his own show without knowing the storyline. Such a desperating creative crisis that he even looks for advice. The tickets cost between 18 and 24 €.



La Camisa del Hombre Feliz

LAVA Theatre welcomes on April 21st “La Camisa del Hombre Feliz”, a play for children created for the whole family. The theatre company Zum Zum uses all its imagination to tell a tale by Leon Tolstoi with nothing but words. You can get the tickets for only 5,50€.



News

Music

Lori Meyers

If you like pop music, you should consider going to Lori Meyers' concert on April 27th at LAVA. The band is releasing their new álbum "Cuando el Destino nos Alcance", a melting pot that combines four decades of pop music. Buy the ticket in advance and pay 20€.



Carmen Flores

The Spanish folk artist, Carmen Flores, is coming to Valladolid next April 12th. She will perform at 20.30 at Zorrilla Theatre at a Price of between 18 and 25 €.

Exhibitions

The Irish and the Spanish Monarchy (1529-1800) : Links in space and time

If you are a history lover, you can't miss the exhibition held at Archivo General de Simancas during these months. A journey through history to learn about the migration of Irish people to Spain for more than 200 years. The purpose of this exhibition is to teach us about the relations between Irish and Spanish by means of 51 original documents. Free entrance.



Other Activities



Old books Fair

One more time, the wonderful Word of literature comes to Valladolid. In Acera de Recoletos you can visit the Feria de Libro Antiguo y de Ocasión. From March 22nd to April 14th every day. Don't miss it!

Should I get a certificate?

The First Certificate in English (FCE) is one of the exams that are offered by the University of Cambridge. This certificate is considered to be a level B2 of the Common European Framework of Reference for Languages. Once you pass the exam, you prove your capacity of speaking English in an efficient way. The FCE will be up to a lifetime.

But, why is it so important to get the First Certificate nowadays?

TO FIND A JOB!!!! That is what everyone is trying to do.

Perhaps, you think that to find a job it is important to know English and the way to prove it is in an interview and not with a certificate. That is true but there is an intermediate step between applying for a job and having the interview.

You have to send a CV with which they will decide if the company is interested in you or not. It is important to notice that currently, when, for one job they receive hundred or even thousands of applications where all the people have an ‘intermediate’ level of English, if you have evidence, that could be the difference you need to be interviewed.



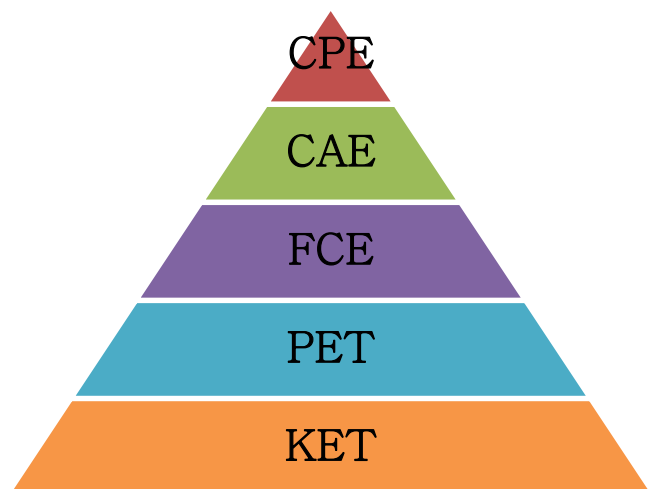
Should I get a certificate?

Thus, there is the difference! The FCE does not give you any extra knowledge but it provides you with something tangible with which anyone can know what your level of English is.

Of course, there are other English certificates such as the Test of English as a Foreign Language (TOEFL), or the Trinity's **Integrated Skills in English (ISE)** and Graded Examinations in Spoken English (GESE) that can show your English level as well as the FCE. But perhaps, because of its lifetime, some of them have expiration date, and its recognition around the world, the FCE is the best option to get a certificate in English.

CEFR (Common European Framework of Reference)	GESE Trinity (Graded Examinations in Spoken English)	ISE Trinity (Integrated Skills in English)	TOEFL (Test of English as a Foreign Language)	CAMBRIDGE ESOL
B2	GRADE 7	ISE 2	6.0	FCE
	GRADE 8			
	GRADE 9			

As well, the University of Cambridge offers other lower and higher exams, from A1, which is a basic level, to C2, which means you are bilingual. Also, people who are more interested in business English can take the BEC (Business English Certificate) which can be useful to get a job or a promotion.



A.C. Advanced

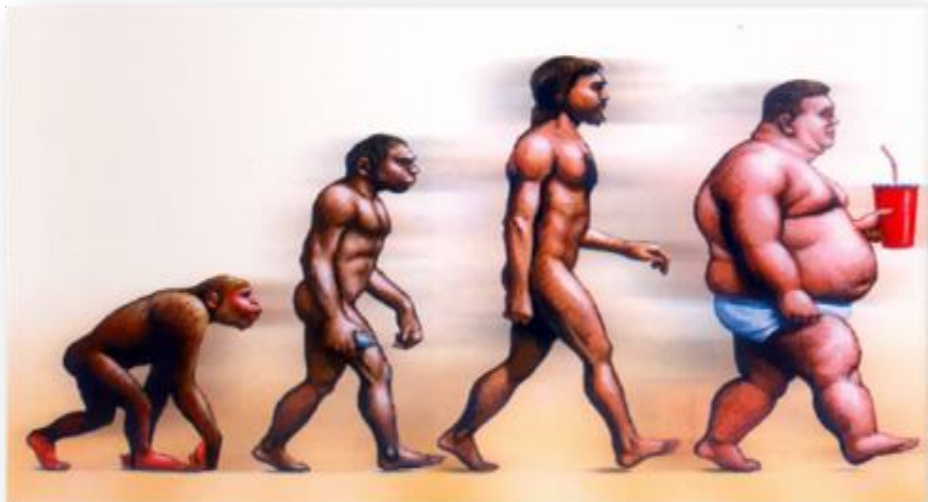
why do we put on weight?



Fifteen days ago the Health National Interviews results were published. Among these facts it was showed the number of Spanish people who are overweight or obese and how much obesity has increased during the last twenty five years.

Before this information, I remembered an article written by José Ahumada for El Comercio newspaper that I read some time ago. Its title was “Why are we fat”. I would like to share it with you.

It's hard to admit it but the concept of Mediterranean diet is an American invention. Ancel Keys, a North American scientist, in the fifties, spread the idea that in the south of Europe there was a lifestyle which explained that these countries had the smallest percentage of people with cardiovascular diseases. The concept was seen as an ideal nutrition, eventually, which was based on eating fruit, vegetables, pulses, together with bread and other types of cereal, and in which the biggest amount of fat came from olive oil. But we must pay attention to a couple of details: that frugality was a result of poverty and it came with a great physical activity that hard work required. This lifestyle is an example of good habits that we can sum up with this saying: “few dishes and more shoes” but today it has fallen into disuse with visible consequences: that tough, skinning and fibrous Spanish became a lazy, flabby and potbellied man.

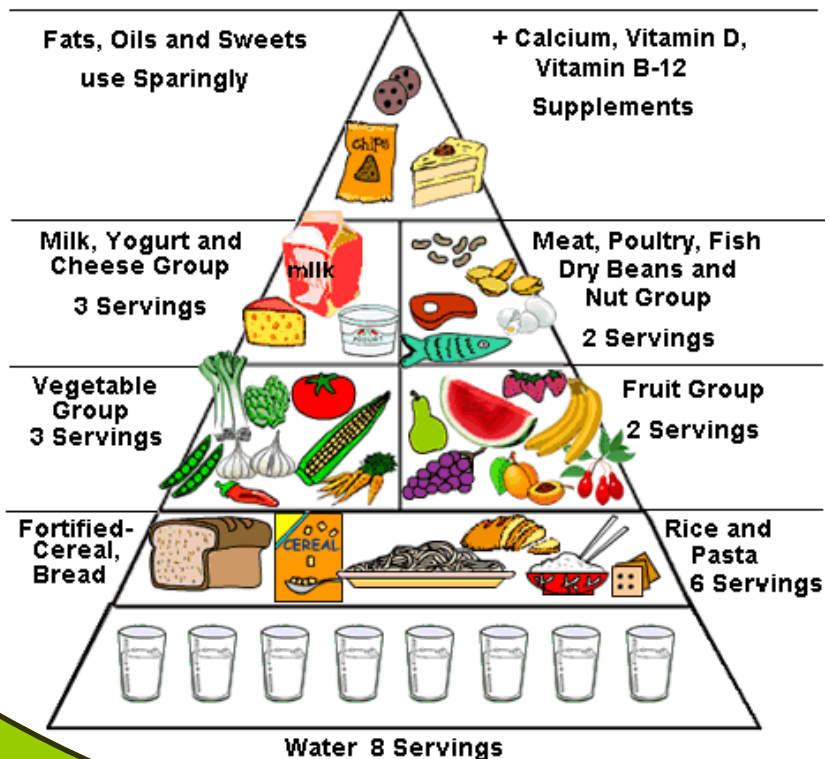


why do we put on weight?



We should think that overweight means a higher health risk (heart problems, diabetes, hypertension, cancer...) and it brings about a higher health cost too. It's for these reasons the people in charge of the public healthcare system have approved the creation of the Nutrition and Obesity Study Observatory, the Spanish Food Safety and Nutrition Agency (AESAN) will be accountable for it, with the objective to fight the excessive weight amongst the population, especially children, also the causes contributing to it will be analyzed.

According to Rosa María Ortega, Professor of Nutrition of the Complutense University, who carries out a lot of studies about diet, physical activity and health, "food habits have taken the wrong path, our diet is getting less and less balanced, because we eat less vegetables and cereals and these are rather low-calorie foods although they have a lot of nutrients". Nevertheless, Ortega doesn't want to be tempted to say the high overweight rate among the young population is a consequence of the scones (biscuits, cakes and other sweets) or soft drinks consumption. "If it were so easy, we would only quit that food, but it's not that. the main problem is the sedentary lifestyle. Children are sitting long time. Humans have been designed to survive doing a lot of physical exercise and eating little food".



why do we put on weight?



The Phelps trick

The lack of physical exercise becomes the main factor for obesity, more than the amount of food eaten. An example, maybe something extreme, would be the Michael Phelps case. This North American swimmer, the sportsman with more Olympic medals (he won 22 medals), amazed everybody and made the most greedy eaters green with envy, when he revealed his food habits in Beijing's Olympic Games. His lavish breakfast consisted of three sandwiches of eggs, cheese, tomato, lettuce, fried onion and mayonnaise; it was followed by three pancakes with some pieces of chocolate, an omelette of five eggs, three toasts with sugar, a bowl with cornflakes and two cups of coffee. For the rest of the meals he could ate one kilo of pasta, two ham and cheese sandwiches with mayonnaise, a big pizza and a lot of energy drinks. In total, he consumed 12,000 calories each day (the normal consumption is between 2,000 and 3,000 calories), a quantity that only an accelerated metabolism such as a Formula one car could burn.



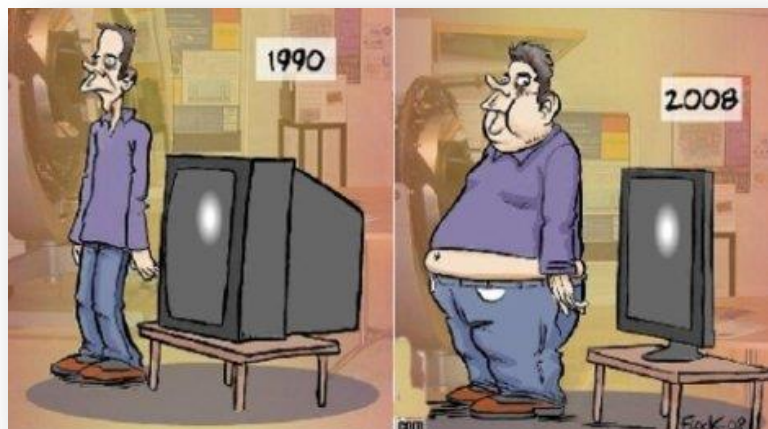
This doesn't look to be the case of Spanish children who are spending more and more free time with the so-called passive games. Thinking about a hypnotized child playing with games console looks like a cliché, but it's very similar to the truth. According to the result to some studies by Ministry of Health, the percentage of children with a normal weight is higher for those children without a computer, DVD or games console in their bedroom.

why do we put on weight?



The Thao Fundation promotes programs aimed at encouraging good food habits amongst schoolchildren, because the infant overweight and obesity percentages are similar to those in USA that is a country with the worst examples. The foundation thinks we are investing very little in prevention, in spite of the situation. Rafael Casar, Thao's scientist director, said: "It has been very easy for the population to get fat but now it's being very difficult to turn it round because it means a change of lifestyle". He thinks that the current lifestyle has the false idea that we have little time to do physical activities or have human's relations. "Everybody has less time because before we weren't on Facebook but now it takes half or one hour from us. There's time but we spend it on other things: some years ago when we arrived to our homes we made three calls and now we're constantly on the phone. Something similar happens with the TV: before, we only had two channels and now there's a great offer". Fighting against the sedentary lifestyle and getting a better nutritional balance need a powerful and constant educational campaign.

Often the Governments want to take a short cut and they not only try to stimulate the good food habits, but they also try to raise money with taxes in fast food (food and drink). The sale of XL soft drinks (more than half a litre) in restaurants and cafes has been banned in New York, while in France and Finland they had set up an especially tax only for sweet drinks. Denmark penalizes the products with more of 2.3% of saturate fats. These measures remind us to the strategies to reduce tobacco consumption, with the inevitable controversy about the Government's role that tends to punish and ban the unhealthy things instead of educating to reduce them.



why do we put on weight?



It should also be emphasized that an excessive calories diet doesn't match up with a higher socioeconomic standard. Contrary to what we think, the more fortunate classes eat better and they have a more balanced diet, because they can do it. Maybe the Governments should think about the amount of calories people can buy with only one euro in a hamburger restaurant in comparison to the five euro that one kilo of tomatoes can cost in a supermarket.



After I read this article I remembered an animation film of Disney - Pixar called Wall•E in which the humans are fat people who are only eating, in front of a screen and they don't move unless a machine transports them. It's extreme, but do you think we will have a similar future someday?

I'm sure what this article tells it's nothing new for you. But I think remembering it is good for us to alter little things once and for all and with time we will have a great change in our lifestyle.





Movie of the month



Hansel & Gretel Witch Hunters

Not so long ago, when I was a child, I used to read fairy tales and see the Disney versions of them. Snow White, Little Red Riding Hood, Hansel and Gretel... Apparently that is not so cool nowadays. Since Tim Burton decided to make *Alice in Wonderland* and was extremely successful, every piece of fantasy and fairy tale has been pilfered as source material for Hollywood blockbusters. We have already seen *Red Riding Hood* (2011), *Snow White and the Huntsman* (2012), *Mirror, Mirror* (2012), *The Wizard Of Oz* (2013), and *Jack The Giant Slayer* (2013). All of them forget about the beauty of the stories and prefer to give it a dark touch, some more than others. *Hansel & Gretel, Witch Hunters* is no exception.

It is an American-German production that mixes action-horror and fantasy with some black comedy, or, at least, that was their intention. Directed by Norwegian Tommy Wirkola and produced, among others, by Will Ferrell. As I listened to that name I had hope on the humorous touch to the whole project since Ferrell is responsible for some of the most hilarious comedies of recent times. However, I was wrong.





Movie of the month



Hansel & Gretel Witch Hunters

The plot is simple. Hansel and Gretel were abducted by a witch as children but they managed to escape, a nice story by the Brothers Grimm that taught us not to go away from our parents and not to talk to strangers. So far, so good. There is a brief introduction to this in the movie, but the real stuff comes some years later when the two siblings have become witch hunters, I would add, completely traumatized and poisoned by their experience. The setting is the German woods in an old-world but, of course, with a modern touch in both the costumes and the weapons. The main characters wear trendy clothes and use some type of cool weapons to fight against witches.

In general, the title sells everything because there is nothing else to sell. The characters are flat, not the actors particularly, just the characters. There are a lot of points that they could have developed a little more, but they didn't. For example, the relationship between the brother and the sister which would have been quite interesting, that was a missed opportunity. Their dynamic is quite thin, but again, the director did not want to go deeper into that, he only shows two action characters and uses their past as a mere excuse for their obsession with witches, regardless the amount of great material you can get out of that.



The movie was supposed to be released back in March 2012 but, due to Jeremy Renner (Hansel) prior engagements, was postponed until the end of January 2013. In early January 2013, illegal copies of the film were discovered in a major anti-piracy bust. Even though movie critics agree on the level of the movie, it has been quite successful because the producers knew perfectly the target audience, teenagers who don't care about Hansel and Gretel but are looking for some blood and action. As a matter of fact, the film has earned \$205 million worldwide and that is why Paramount Pictures has already announces the development of the sequel. We will see if they continue the same path or decide to do something different.



Irish Legends



Thankfully, Ireland has never suffered much from the interference of modern ways when it comes to traditional folklore.

Stories have been, and still are told around the fire, usually with the story teller enjoying a 'wee drop o the black stuff to whet his whistle'. (Having a glass of Guinness to quench his thirst while he tells the story).

Ireland's long history is riddled with ancient mythology and folklore. Ireland's ancient societies, the Druids and the Celts, believed in the power of magic and many of these beliefs spread to modern day legends told again and again across the country. Stories of warriors with all the knowledge of the world, fairies playing pranks on farm owners and leprechauns hiding their gold at the end of a rainbow add to the mysterious appeal of Ireland.



The Banshee

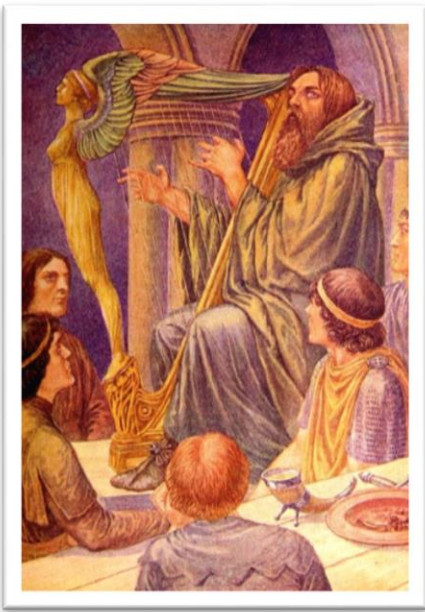
The Banshee is said to be a woman who carries with her an omen of death. The Banshee sometimes show herself as an old woman dressed in rags, sometimes as a young and beautiful girl and sometimes as a wash woman, ringing out bloody clothing. Whenever she is seen, she lets out a horrible cry and legend has it this cry brings death to any family that heard it. King James I of Scotland thought he was approached by a Banshee. Shortly after, he died at the Earl of Atholl. Today, horror and science fiction series used the legend to create fictional characters.

Irish Legends



Pookas

No fairy is more feared in Ireland than the pooka. This may be because it is always out and about after nightfall, creating harm and mischief, and because it can assume a variety of terrifying forms. The Pookas are a certain type of fairy- one bent on creating havoc in the mortal world. The Pooka appear at night across rural Ireland and the seaboard. On a good day, the Pooka can cause destruction on a farm- tearing down fences and disrupting the animals. On a bad day, the Pooka can stand outside the farmhouse and call the people outside by name. If anyone comes out, the Pooka will carry them away. The Pookas also love to mess with the ships pulling away from Ireland, and were blamed in the past for many shipwrecks along the rocky coast.



Dagda's Harp

In Irish mythology, the Dagda was a high priest who had a large and beautiful harp. During a war, a rival tribe stole Dagda's harp and took it to an abandoned castle. Dagda followed the tribe and called to the harp. The harp came to Dagda and he struck the chords. The harp let out the Music of Tears and everyone in the castle began to cry. Dagda struck the chords again and the harp played the Music of Mirth and all the warriors began to laugh. Then, Dagda struck the chords a final time and the harp let out the Music of Sleep. Everyone but Dagda fell into a deep sleep, allowing him to escape with his magical harp unharmed.

Irish Legends



The Children of Lir

The story of the Children of Lir comes from the Irish Mythological Cycle. Lir was the lord of the sea. He had a wife and four children. When Lir's wife died, he married his wife's sister, Aoife. Aoife was jealous of Lir's children and wanted to be rid of them. One day Aoife took the children to a lake. While they were swimming she performed a spell on them and turned them into swans. Under the spell the children were to remain swans until they heard the sound of a Christian bell. The swans swam from lake, to river to stream for years waiting for the sound of that bell, but it wasn't until St. Patrick came to Ireland that the children could be free of the curse- 900 years later.



Finn MacCool

Finn MacCool is a mythological warrior that appears in several Irish legends. One popular story tells of a salmon that knew all of the world's knowledge. Finn decided to eat the Salmon to gain the knowledge. As he was cooking the fish, juice squirted out and burned Finn's thumb. Finn stuck his thumb in his mouth to stop the pain and instantly learned the knowledge the salmon carried. From then on, anytime Finn sucked his thumb he gained whatever knowledge he was seeking.



Irish Legends



Faeries

Faeries exist in some form in mythology all over the world but hold a special importance to the Irish. The fairy society in Ireland is thought to be very much alive, and far from Peter Pan's Tinker Bell. An Irish fairy can take any form she wishes, but will usually choose a human form. They are said to be beautiful, powerful and hard to resist, which is unfortunate because most fairies in Ireland love to bring misfortune and bad luck to the mortals who come near them.



Leprechauns

The leprechaun is likely the most widely known type of fairy living in Ireland. Leprechauns have been in existence in Irish legend since the medieval times. Traditionally, leprechauns are tall fairies and often appear to humans as an old man, much different from the modern view of a small, childlike fairy in a green suit. As legend holds, Leprechauns love to collect gold, which they store in a pot and hide at the end of a rainbow. If a human catches a leprechaun, the fairy must grant the human three-wishes before he can be released.

TRAVELLING CORNER



ANNAPURNA CIRCUIT TREK

Two years ago I decided to go on holiday to Nepal because I love the mountains and there we can find the country with the highest peaks in the world, the Himalayas.

Nepal is a small country situated between China and India; Kathmandu is the capital. On the one hand, it is a poor country that lives off tourism and agriculture, whose life expectancy is 60 years and children in the schools are less than fifty per cent; but on the other hand, it has wealth because it has lots of different religions and cultures, Hindu and Buddhist, and marvelous wild landscapes. Nepal was a kingdom until 2008 when it became a federal republic after a civil war; one of the results is that tourists can travel with more safety. Some places are considered UNESCO's Heritage, these are the imperial cities: Patan and Bhaktapur; other important places are Durbar square, Pashupatinath, which is a funeral place close to the river where people burn his dead relatives; Monkeys Temple or Swayambhunath; and Bodhnath or Giant Stupa.

One of the best treks in Nepal is the Annapurna circuit trek; it is between 15 to 21 days long to go round Annapurna's mountain, from Besisahar to Nayapul, through two valleys with different landscapes, cultures, religions. The best season to travel is from September to November, you can also go in spring, but it is not recommended in summer because of the monsoon season.

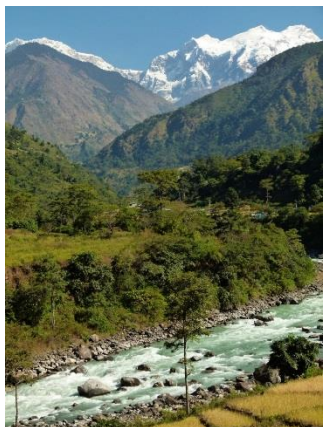


TRAVELLING CORNER



ANNAPURNA CIRCUIT TREK

I travelled to Nepal at the end of September by plane from Madrid to Kathmandu, doing stopover in Doha, for about fifteen hours. When you arrive at Kathmandu airport it is like you go back some decades, everything is different. The trip started the next day, 10 hours in a small van which dropped us off in the beginning of the trek. The following sixteen days we walked along Marsyangdi valley to Thorung La Pass, the highest point of the route which is 5416m high, which separates Marsyangdi valley to Gandaki valley. To finish the trek we walked one day on steps to get to Poon Hill with the marvelous view of the sunrise over the mountains.



Marsyangdi valley is a tropical valley with rice fields and bananas, as you ascend the landscape is changing, forest and cascades appear and longer wooden or metal bridges over the river are used to cross, and when you are about 3000 metres high the vegetation starts to disappear and you can see some of the 8000's peaks. Culture is also changing along the trek, at the beginning people are Hindu and in higher villages they are Buddhist and have Tibetan culture. You can see a lot of monuments and temples from both cultures during the trek. The weather is hot and warm in the tropical zones and colder in the higher zones, although during the day the temperature is ok but when the sun sets the temperature drops.





ANNAPURNA CIRCUIT TREK

The summit of the route is the Thorung La Pass, it is 5416 m. high, and there is a poster with lots of flags that indicate you are in this place. There is a tea house, so you can have some tea; it is great to warm you.

Then you start to descend to Gandaki valley, how different these valleys are! Now it is like a desert, there is no vegetation and some days there is strong wind, that's why you must cross the world's deepest gorge formed between two 8000s, Annapurna and Dhaulagiri. Trails are replaced by road with cars and lorries, and silence becomes noise.



At the end on the trek, you can visit Pokhara that is the second most important city in Nepal. There is a big lake which is surrounded by the city, and the Macchupucchre, the "Fishtail Mountain" is the most important mountain.

To do this trek you can hire a guide with some porters, but you can also go alone because this is a "tea house trek", lots of lodges or guest houses are situated within less than three hours walking distance, they are similar to a hotel, you can sleep and eat there.



TRAVELLING CORNER



ANNAPURNA CIRCUIT TREK

The most popular food in Nepal is dalbat, this dish contains rice with legume and sometimes some meat. In the guest house they usually cook pasta and different kinds of rice, and if you don't like spices, insist on them not putting any in your food. Tea is the typical drink, and also lashi, which is like a yogurt. Tap water is not recommended to drink, you can buy water bottles or fill it in the water treatment plant, and there are some of them along the trek because Australian government gave money.

To finish my holidays I spent the last three days in Kathmandu, I like different cultures and Nepal has a mix of them, and there are nice places to visit, specially Bhaktapur the biggest imperial town with lots of monuments, and Bodhnath or Giant Stupa, which is a huge Buddhist temple in Kathmandu, it is one of the few places without any noise in the city. Also you can get lost in street market and buy a lot of things of different kinds.

I liked this trip a lot so I will come to Nepal, I hope soon.



Miso Salmon

Ingredients

- | | |
|-----------------------------|---------------------------|
| ½ cup brown sugar | ½ cup sake |
| 3 tbsp soy sauce | 1 tbsp heavy cream |
| ¼ cup hot water | 1 stick (1/2 cup) butter, |
| 3 tbsp miso (soybean paste) | cut into 8 pieces |
| 4 salmon fillets | Squeeze of half of a lime |
| 1 tbsp butter | Steamed snow peas, |
| 2 tbsp ginger paste | broccoli, and carrot |
| 1 tbsp garlic paste | Steamed Jasmine Rice |



Whisk together brown sugar, soy sauce, hot water, and miso paste in a bowl until combined. Then, Place salmon in a lightly oiled baking dish and cover with miso mixture. Broil for 10 minutes, basting the fish with the sauce twice. While fish is broiling, melt 1 tbsp of butter over medium heat and add in the ginger and garlic paste. Cook for 2 minutes. Add Sake and bring to a boil for 3 minutes. Add in heavy cream and return to boil for 2 minutes. Add the heavy cream, bring to a boil, and reduce by half, about two minutes. Constantly whisk in butter, piece by piece, and once all combined and sauce has thickened remove from heat. Whisk in lime juice and salt if necessary. Place sake glaze on rice and top with a salmon fillet. And add steamed veggies to the side.



LEARNING CORNER



IDIOMS

- ✓ **To catch some Zs:** to sleep for a while, to take a nap.

You look tired, Dave. Why don't you catch some Zs?

- ✓ **To pay the piper:** to face the consequences for something you've done.

I stayed up too late tonight. Tomorrow I'll have to pay the piper.

PHRASAL VERBS

- ✓ **Let up:** To become less intense or slower.

It's been raining hard for a long time. Will it ever let up ?

- ✓ **Draw out:** To prolong something .

I thought the speech would never end. The speaker drew it out for an over an hour!

IN OUR NEXT ISSUE...

- Movie of the month:
Jurassic Park 3D
- Culture: Anzac Day



SKYLINE

Magazine



April 2013