

SKYLINE

Magazine

ISSUE #19



Contents

Welcome back.....	I
Skyline Junior.....	2-4
Tweets of the month.....	5
News.....	6
The Importance of Sleeping.....	7-10
The Platypus.....	11
Ski mountaineering in the Alps	12-13
Movie of the month: Man of Steel.....	14-17
Culture Corner: The Twelfth.....	18-19
Travelling “My” Eurocup in Poland.....	20-22
A story of a trekking journey in Sanabria.....	23-26
Cooking Corner: Summer Corn and Tomato Pasta.....	27

Welcome back

SKYLINE
Magazine

So this is it, summer has arrived, although struggling a bit, the sun is finally shining. This has been a school year of achievements for the Skyline family. We got our certificate as Cambridge Exam Preparation Centre, our students passed their exams and they got very involved with the magazine, writing a big number of articles for it. We have shared all this with our readers and I hope we can continue doing it. However, during the summer there will be a break, don't panic! Only until October.

I don't usually do this but I want to dedicate this issue to a little boy who was born on 11th June. Right now, it does not mean anything for him, but I hope it will in the future.

As every month, you will find very interesting things. The last pieces of work some of our kids have done, for example. An attention-grabbing piece about the importance of sleep by one of our more enthusiastic students. Also, you will find an essay about mountaineering, just in case you don't fancy going to the beach this summer. As promised in the last issue, you can read the continuation of one student's trip to Poland to see the Euro cup. An article about trekking in one particular area of Spain, this is the first time this student writes for the magazine and I am positive you are really going to like it.

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

Learn well

Have a nice summer!

My friends

My family is my dad, Notable and my Mommy.
 grandma and grandpa. She has got blue eyes.
 He has got brown. He has got brown
 hair. He has got brown eyes. He has
 got short hair. grandma has got
 short hair. grandma has got
 eyes. He has got short hair.
 gamma. Gamma. Gamma.

David



The dog

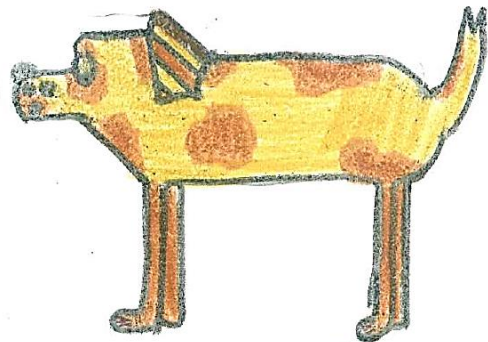
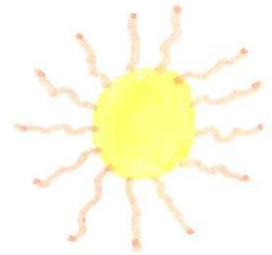
One day a dog caught a ball. It escaped very quickly. It chased the ball but couldn't catch it. A person threw the ball and the dog ran behind the ball. The dog searched but it didn't find the ball.

People laughed at him and the dog cried.

The dog was very sad. A person helped the dog to find the ball the next day. The person's name was Javier. Javier was very happy because he helped a dog. The dog became very happy.

The dog and the man are friends now.

The End



Mg. city.

Two hundred years ago, in Valladolid, there were horses. There weren't planes, there weren't even in people's houses. There weren't computers. There were elegant people, there were girls wearing very long dresses, there weren't supermarkets, there weren't a MP3 players and on Thursdays there were markets.

Fifty years ago there are cars, bus, ... There are tablets, MP3 players, there are more people. There are and shopping centres. Schools, the hospital. Are there more aren't modern playing cars yet, there are good and big houses, there are computers in the shops.



Tweets of the month



Alexis Denisof @AlexisDenisof

26 Jun

Is there a difference between real intelligence and seeming intelligent? And which one is more useful?



Jimmy Kimmel @jimmykimmel

21 Jun

Happy first day of summer - and remember, the sun is an angry ball of fire that wants only to kill us. So wear things.



J. Cole @ItsJCole

16 Jun

What comes easy won't last. What lasts won't come easy.
Expand



Joss Whedon @josswhedon

15 Jun

If you're headed for the elevator with an umbrella and you don't use the umbrella tip to push the button then why is life?



Will @WillyFerrell

9 Jun

If your future self hasn't come back in time to tell you not to do it then it isn't a bad decision...

Send us your favourite tweets
@skylinecentre

Also on

facebook

News

Ainhoa Arteta and the Oscyl

On 6th July at 20.00, Miguel Delibes Auditorium holds a unforgettable concert, with opera Singer, Ainhoa Arteta and the Castile and Leon Orchestra conducted by Joel- Hornak.



"Street Photographer", by Vivian Maier

Valladolid will be holding the Vivian Maier's first European exhibition, 'Street Photographer'. Anybody will be able to enjoy it until 8th July in San Benito. Free admission.

MONÓLOGOS
LOS LUNES DE JULIO
CON JJ VAQUERO



Monologues at El Rincón del Erizo

If you like comedy, you can't miss this opportunity. El Rincón del Erizo presents every Monday in July at 21.00 a monologue. At a prize of only 10€ you will laugh with JJ Vaquero and Raúl Pérez.

The importance of sleeping



Three out of ten Spanish people have sleep disorders and they do not rest as necessary.

Human race cannot live without sleeping. Sleeping is among the critical necessities of human life. Our body needs to sleep as much as it needs water, oxygen and food. Sleep repairs our body every day. Experts say that if one person is eleven days without sleeping that person would die. Sleeping cleans the short-term memory and makes room for more information.

Usually those people who sleep go through five stages: 1, 2, 3, 4, and REM (rapid eye movement). Stage 1 “light sleep” is when you go in and out of sleep and you can be awakened easily. At this stage, the eyes move slowly and the muscle activity slows down. In stage 2, the movement of the eyes stops. Stages 3 and 4 are referred to “deep sleep” and it is very difficult to wake someone from them. In deep sleep there is no-eye movement or muscle activity.

REM is the time in which most dreams are produced, and if one person is awakened during REM sleep, this person can remember the dreams. Most people experience from three to five intervals of REM sleep per night. The physical restoration and the cognitive function (learning processes, memory and concentration) are produced during REM sleep. This way, what we have learned during the day is reaffirmed. There are some sayings in connection with this point: “lesson asleep, lesson learned”, “sleep on it”.



The importance of sleeping



Lack of sleep can produce consequences:

Different tests to study the lack of sleep for several days have resulted in the fact that after three days without sleep usually appears hallucinations and suffering from madness.

The lack of sleep also affects the ability to process glucose so it can encourage high levels of blood sugar and promote diabetes.

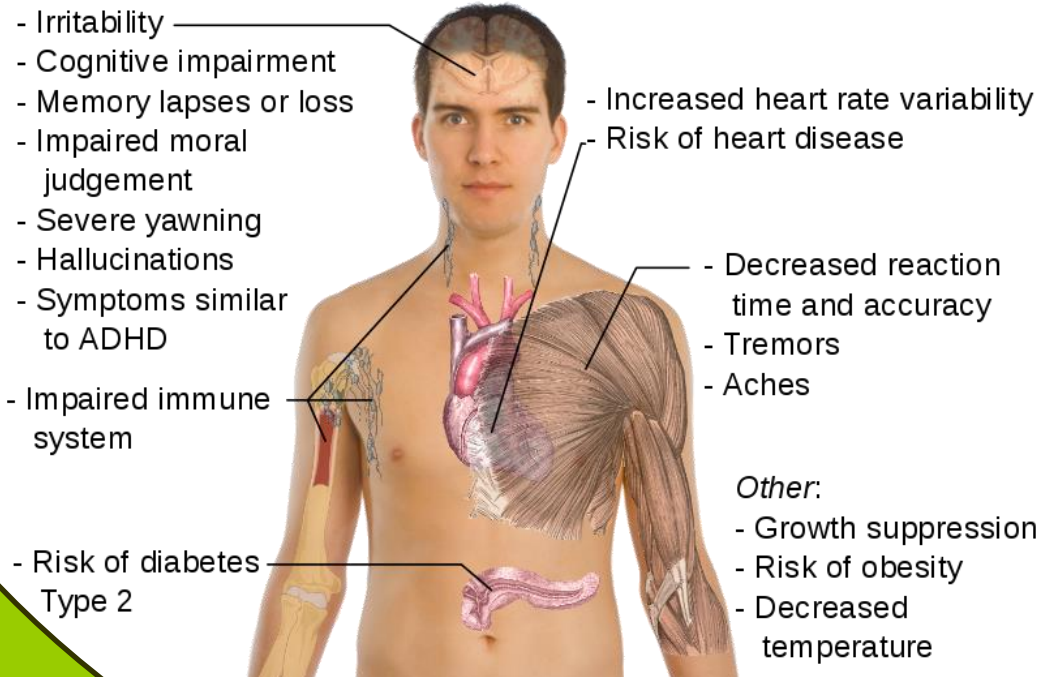
The lack of sleep can produce loss of memory and memories, speech disturbances and difficulty to learn, create and solve problems.

Other sleep disorders in the long term are: trembling, early aging, exhaustion...

The consequences of not sleeping well are evident throughout the day. Some of them are: tendency to fall asleep at all hours, sudden mood changes, sad, irritability, pessimistic attitude, increased stress and anxiety.

Furthermore, I am going to explain some of the sleep disorders.

Effects of Sleep deprivation



The importance of sleeping



Furthermore, I am going to explain some of the sleep disorders.

Firstly,

Insomnia is the most frequent sleep disorder. It is the inability or difficulty for sleeping, it is produced by trouble to get to sleep, wake-up during the night... It produces exhaustion and affects the daily lives of people who have it. About 10% to 30% of the population have this problem; the majority of them are women, elderly, people with high economic level...

There are two types of insomnia: chronic (constant) and intense (short-term). The intense insomnia is common and its causes are stress at work, family pressure or traumatic situations. It can remain for days or weeks.

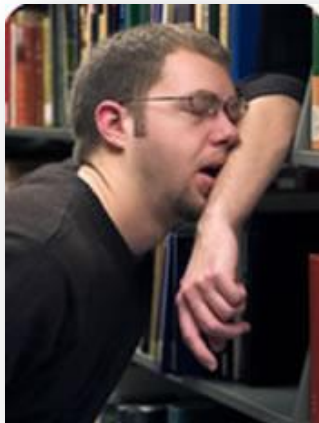
Insomnia causes excessive sleeping and having little energy during the day. Moreover, it can also cause several problems, for example: sleepiness while driving which may cause an accident.

In addition,

Narcolepsy Is a sleep disorder that causes periods of extreme daytime sleepiness, night-time sleep disorder and disorder in REM sleep. In Spain there are 25,000 people who suffer from this sleeping disorder.

Some people who have this disorder suddenly fall asleep, even if they are in the middle of talking, eating, or other activity.

It consists of cataplexy, hallucinations and sleep paralysis. Cataplexy is a sudden loss of muscle tone while you are awake and results in your being unable to move.



People with this disorder have the same condition of sleepiness as a person without this problem has if he/she stays 36 hours awake.

This sleeping disorder cannot be cured, but there are medicines to reduce the attacks and lead a more normal life.

The importance of sleeping



Also, I have watched a TV program “21 days” about sleeping disorders. It is a program carried out by Adela Ucar, she is a journalist. She was subjected to a study of the University of Granada. The study was based on spending three days without sleep, what they wanted confirm was how the lack of sleep affects the behaviour and the reflexes.

She was living with other three people locked in a house. They had to stay 60 hours without sleep, the house didn't have beds but it had games: card games, play on words... They were all time controlled by doctors: they had to take tests and control the blood pressure.

After 24 hours without sleep there were negatives and significant effects in all aspects that doctors controlled: mood (irritability), anxiety, low performance...

Besides this, she chose to experience what life is like for people with sleeping disorders for this reason she was living for several days with three people with sleeping disorders, first she lived with someone who had “restless legs syndrome”, and about 6% of the Spanish population has this disorder, when they are more tired is when increase the effects. Just after, she lived with someone who had narcolepsy and finally she lived with a person who had insomnia.

However, she learned to understand how these people try accept their sleep disorders and learn to live with them.

Anyway, if you are curious to know how the experience of this journalist was, I encourage you to see the entire program.



The Platypus

The platypus is one of the strangest mammals in the world for these reasons: It's a mammal, but lays eggs. The female incubates them for 10 days when they are outside of her (the eggs spend 28 days inside). The platypus and the equidna are the only mammals that lay eggs. The female has milk but doesn't have nipples; it has glands that "sweat" the milk which are licked by the young. The mouth is like the beak of the duck, without tooth (they are born with them but they lose them quickly).

They detect their prey by electro location. They feel the little electric currents that the animals create when they move.

They are good swimmers. When they swim, they close the eyes, the mouth and the ears. They propel themselves with the front legs (it has membranes like a duck), while they use the back legs and the tail to direct them.

Their tail is flat like the beaver's tail.

In the back legs, the males have a poisonous spur. This venom isn't powerful to kill an adult, but it can kill a child or a dog. But the sting causes a deep pain which can go on during hours, weeks or months. The pain is so powerful that it can't be stopped, not even with morphine.

The platypus has ten chromosomes, unlike the rest of mammals that only have two. They have some genes which only birds, reptiles and amphibians have.

It's a carnivorous animal with a diet of: crabs, prawns, insects... It only lives in the rivers of Australia. Its temperature is 32°, the rest of mammals have 38°.



Ski mountaineering in the Alps: Valais's 4000s

What's ski mountaineering or ski touring? It is a kind of ski that consists in ascending and descending mountains with skis, sometimes to make it to the summit, some time across the mountain, forest or glaciers, you can also combine it with mountain techniques such alpinism and ice climbing. Most of the activity is ascending, which is a good aerobic exercise; on the summit you can enjoy the marvelous views, and then the descending, short and funny, although sometimes, depending on snow conditions, it can be difficult.

There is specific equipment. Skis are lightweight and shorter than alpine ski. One of the most important differences is the binding, when you are ascending the binding liberates the heel and you can move and drag ski, while in descending it is blocked and you are not allow to move your feet. Other special thing are climbing skins, originally made of sealskin now made of nylon, they let you ascend because they have fur that give traction over snow in backward and forward, they allow you to drag the ski over snow; on one face they have fur and on the other they have adhesive to stick to the ski. Other parts of equipment are boots, ski poles and ski crampons. Safety is very important, for this reason you must take crampons, ice axes and ropes, if you find ice you will need it. Other danger is avalanches, so you must wear ARVA (avalanche transceivers), shovel and probe, and know to use it.

Why doing ski mountaineering? One of the reasons is that it is a fantastic aerobic exercise which involves lots of muscles in every movement, at the same time that you enjoy the mountains. On the other hand you spend more money in equipment but you don't pay for ascending and you can ski during more time that in ski resorts.



Ski mountaineering in the Alps: Valais's 4000s

There are a lot of places to do ski, in Spain the most popular place are the Pyrenees, and in the world maybe the Alps, that's why there is more history about this kind of ski and there are lots of beautiful ski routes, the Haute Route is the most important and more repeated, between Chamonix and Zermatt.

Two years ago we decided to travel to the Alps on Easter. The route that we chose was one part of Valais 's 4000s, that is a circular route starting in Zermatt ascending all peaks since Matterhorn /Cervino to Monte Rosa, whose height is more than 4000m, five days hut to hut through the mountains between the Swiss border and Italian border.

We started in Zermatt, a beautiful and touristic Swiss village, there we took a cable car that put us near 4000m, and started to ascend mountains on ski. In some parts of the tour, to cross the edge you must put yours skies in your backpack and put crampons in your boots because the trail is very narrow and you can't ski. The most spectacular edge is Castor's edge. Most of the time you ski over glaciers so you must be careful with cracks, for this reason at some points you need to string yourself with rope to other mate. Avalanche risk rises as the day goes by and most people arrive to huts about midday, where you can have a delicious meal and then have a rest.

The highest summit we ascended was Signalkuppe or Punta Gnifetti, one of Monte Rosa's peaks, 4554m high, and there is a hut, Capanna Margherita, the highest hut in the Alps. After that, the descending, 3000 m of unevenness along the glacier to Zermatt.

It was a fantastic route and we left the Alps with the wish to return soon.





Movie of the month

Man of Steel



The Hero

In the late 90s Jerry Siegel and Joe Shuster created a fictional character whose impact would go worldwide: Clark Kent, born Kal-El, also known as Superman. The name Clark Kent is a combination of the names of actors Clark Gable and Kent Taylor. Although he was born in Krypton, a fictional planet that was destroyed, he grew up in Smallville, Kansas, after being sent to Earth as a child by his biological parents, Jor-El and Lara. He was adopted by Jonathan and Martha Kent and raised as a "normal" boy. He got a job as a reporter for the Daily Planet in Metropolis, very convenient to be near the crime scenes. Clark Kent is an introverted and conservative person, which helps quite a lot if you don't want to throw too much attention to yourself. His alter-ego is Superman, the most famous superhero of all times. He is probably the favourite superhero for so many people due to his morals, as he was brought up by a traditional family, he believes it is immoral to kill anyone and does everything in his power to avoid it.

The characters

Lois Lane



Lois Lane is the object of affection of both Clark and Superman. Her original physical appearance was based on the model Joanne Carter who will later marry the creator, Siegel. Lois works with Clark at The Daily Planet. She is a determined, strong-will person, although sometimes that character has been portrayed as a Damsel in distress.

Lex Luthor

Lex Luthor is a genius who created LexCorp, he is also Superman's archenemy. He is a criminal mastermind who has appeared in all versions of the Superman series.





Movie of the month

Man of Steel



The elements

Kryptonite

Pieces of the meteors that struck the Earth when Clark arrived. The smallest piece can weaken Superman, even kill him.



The "S"

It varies depending on the version. Marlon Brando contributed by stating that the "S" was the family symbol,; however, in the last version, Superman himself states that in his planet it stands for "hope"

The Fortress of Solitude

It is Superman' headquarters, traditionally located in the Artic. It has been visited by some of the characters depending on the version.





Movie of the month

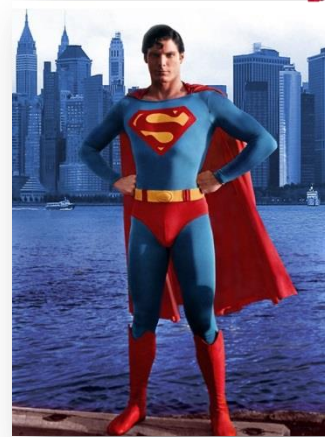
Man of Steel



The actors

Christopher Reeve

He is Superman, whoever came before or comes after, Christopher Reeve made the character popular for everyone in 1978 and sadly he passed away in 2004 after a horse-riding accident. His last acting job was a cameo in the TV series *Smallville*, also about Superman.



Dean Cain

He became popular thanks to his role as Superman in *Lois and Clark: The New Adventures of Superman* (1993). He was also guest star in *Smallville*.

Tom Welling

During ten years (2001-2011) he was the star of *Smallville*, playing the role of Clark Kent. He took the fans to the teen years of the hero, although there were a lot of differences between the comic and the show.





Movie of the month

Man of Steel



Brandon Routh

He has definitely been the less popular Superman. He starred in *Superman Returns* with Kevin Spacey in 2006.



Henry Cavill

He is the last version of Superman, under the direction of Christopher Nolan. The reviews he is getting are quite acceptable. He portrays a new different hero.



Only time will tell who will be the next Superman, but to be honest, no matter which actor Hollywood chooses next, for me, there will only be one Superman, and that is Christopher Reeve; I guess that is the feeling of a generation.

Look! Up in the sky! It's a bird? It's a plane?
It's Superman!



The Twelfth

The Twelfth, also known as The Glorious Twelfth or Orangemen's Day, is a day in which people in Northern Ireland annually commemorate the Battle of Boyne, which occurred on Ireland's east coast in 1690. It is a bank holiday on or after July 12 and often features marches. This day is known as "Orangemen's Day", "Orange Day", "the Glorious Twelfth" or just "the Twelfth".

In many towns in Northern Ireland, marches or walks are held by organizations with a Protestant orientation.

Participants in the walks, or marches, often wear dark suits, although they may remove their jackets if it is hot. Traditionally, they also wore black bowler hats and white gloves, although these are not as common now. The participants also wear collarettes. This type of collarette is made from a long thin piece of cloth, which is draped around the neck of the wearer and joined to form a "V" shape at the front. Many collarettes are made from orange cloth.

Many lodges carry at least one flag during the marches. This is normally the Union Flag, sometimes known as the Union Jack.



The Twelfth

Orangemen's Day, or the Glorious Twelfth, is a bank holiday in Northern Ireland. It normally falls on July 12 but if that date is on a Saturday or Sunday, the bank holiday falls on Monday, July 13 or 14. Schools, public offices, many businesses and organizations, and some stores are closed. Public transport services may run on their regular or special holiday timetables.

The night before the Twelfth is known as the Eleventh Night. On this night, large towering bonfires are lit in many Protestant, unionist and loyalist communities in Northern Ireland. It is also known as "bonfire night".

The Twelfth is a tense time due to the different beliefs in Northern Ireland. Since its beginning, this celebration has come with violence.





“My” Eurocup in Poland

Part 2 Match Day

Do you remember what I told you in the last issue? Let's continue with something funnier than that horrible hostel: the day when Spain won a place in the round of sixteen after defeating Croatia.

That day we woke up early in the morning, we had a shower and later we got dressed in accordance with that day, I mean in red. All of us had the Spanish T-shirt, the Spanish scarf and the Spanish flag so we were ready to go out through all over Gdansk singing, dancing, meeting a lot of people and seeing the match, and certainly it was like that.

From the first moment when we left the hostel, we began singing while we were going to the city centre and immediately we realised it was going to be a special day because there were lot of people, with the Spanish shirt or any other one because three days before it took place another match between Ireland and a South American country, I am not be able to remember which one it was it just right now, and three days after our match, it would be another one but the point was that people were happy and their intention was having a good time. There were lots of stands where you could buy beer or any kind of food, and all of them were plenty of people since early in the morning. Citizens were looking forward to making photos and we were like them so that's why I like so much this kind of events.





“My” Eurocup in Poland

Part 2 Match Day

But the best thing, at least for me, was the “fan zone”, the place where supporters of every team met to see matches, drink and eat. Enormous screens, live concerts, football spectacles and thousands of people made an unbeatable environment.



Afterwards, we had to take the train, for free of course, to get to the stadium; it had been built for the Euro cup, so it was very modern and absolutely amazing. There were also shows before the match and a lot of different European media were there too, and we were interviewed by “Telecinco” live, I still keep my video in my laptop.





“My” Eurocup in Poland

Part 2 Match Day

As everybody knows, we won the match and the Euro cup and although almost every Croatian’s behaviour was polite, some of them didn’t accept defeat and they started to hit whatever they bump into. But, well, this is football, with its strengths and weaknesses, isn’t it?

Finally, we went to Sopot to celebrate our victory and to say goodbye to Poland too. It is a small city at the north of Gdansk which was very similar to Benidorm; at least it reminded me of a city like that, with its night clubs, discos, and terraces and of course the sea! It was great.

I would be talking, or maybe I would say writing for hours about this experience, but I hope you could notice how much I enjoyed there and how much I am expecting next time because I’ll be there, don’t doubt it.





A story of a trekking journey in Sanabria

On ninth of January 1959, a little village became unfortunately famous when it was destroyed by eight million cubic meters of water from a broken dam. There were 144 deaths, of the 549 people who were living there, only 28 corpses were recovered. Whole families died and the town was completely destroyed, except for a few houses. Following the disaster, a campaign of solidarity began (even internationally, getting donations from as far away as New Zealand). From the sport scene there were several charity events, for example, a friendly football match between Real Madrid and Dusseldorf or a bike race at Montjuic (Barcelona). The unfortunate village was Ribadelago, located in Sanabria shire (province of Zamora).

In summer 2012, as I was working in Sanabria shire, I wanted to go one day to this village. So on one of my days off, I went there with my roommate and a friend who was visiting me. In addition, our other plan was to take one of the many trekking routes advertised in the shire, specifically 'the Tera Canyon route', which, by chance, starts in Ribadelago. This route runs from Ribadelago to the broken dam of Vega de Tera (cause of the tragedy). On this route you ascend almost constantly surrounded by canyon walls through which the Tera River descends. The tour is not very long. It is about 16 kilometers long (round trip), but there are many sections with steep slopes and the ground is full of rocks which obstruct for walking smoothly, so our forecast was about 8-9 hours to finish. Therefore, our plan would be to leave early in order to avoid high temperatures. However, plans sometimes suffer inconveniences. Our inconvenience was one of the many festivals which are celebrated during summer in the beautiful village of Puebla de Sanabria. It was held the night before ('the medieval market') and as we stood up late, we could not get up early the next morning.





A story of a trekking journey in Sanabria

At midday on the 15th August 2012, we got up around 12:00 and although it was late we decided to go to the small village. Before travelling, we filled our backpacks with a few bottles of water and prepared some food for the journey. The meal consisted basically of wonderful sausage omelets. At 12:45, at last, we went from Rosinos de la Requejada, where I was living at that time, to Ribadelago.

At 13:00, we thought we had just arrived at our starting point, false alarm. Upon arrival at that point, we were able to read a sign that said 'Ribadelago Nuevo', so I looked at the map and I saw that we still had 1 kilometer more to the village where we were going. It is now called 'Ribadelago Viejo'. Ribadelago Nuevo is unlike any village in the area, it looks like an Andalusian village because of its white houses. These houses are totally different from the buildings in the area. In a typical house there, the walls and roofs are made of stone and slate, respectively. This new village was built to give shelter to those affected by the tragedy. The strange thing is that the vast majority of people preferred to continue living in the old village and they built their own houses themselves.

At 13:05, we had arrived in Ribadelago Viejo. There was no doubt we were there, mostly because the road ended there. If it were not for the monument, which is dedicated to the victims, and for the many crosses that are erected in the streets, nobody would think that a tragedy happened there. After we had parked and slathered on the sunscreen, we started to walk on the route.





A story of a trekking journey in Sanabria

The first meters of the route were completely flat and smooth, and there was a forest which provided shade. It looked a pretty comfortable route, but after those first meters we discovered that it would be the opposite. Soon the trees were disappearing along the route and, to make matters worse, small rocks were appearing on the way. Then those little rocks changed by large rocks. And as soon as we realized there was no sign of a path.

In just fifteen minutes, we were surrounded by the walls of the canyon. During that stretch, the slope is uneven but at times very high. While we were walking by the steepest slopes, I started to feel the heat. At that time the sun was at the top of the day and was beating down on us.

Anyway, there is no road or path for most of the route, however we did not get lost because of the many markers along the way. The route marked indicates the safe area, but there are alternative routes into the canyon, but they are much less safe and dangerous. Incidentally, while we were walking, we saw several walkers across Tera River, which flows through the canyon. They used their hands to help themselves to move during the journey, so I think it is a difficult walk, more suitable for climbers.

We had the first temptation to stop when we saw a small oasis among all the abundance of rocks. There was a crystal clear lake formed by the waters of the river Tera, I found it like a swimming pool. There were a few bathers enjoying the nice weather. We decided to take a few pictures of that beautiful place and continue the route. Then we came across others "swimming pools" but we did not stop walking because of the lack of time to reach our goal.





A story of a trekking journey in Sanabria

After walking for two hours, we crossed the narrow river easily, and half an hour later we arrived at 'La Cueva de San Martín'. I do not know the reason for that name because it is not really a cave; it is a lake much larger than the others that we had seen earlier in the route. From there, the narrow canyon became a wide valley. That seemed to us a beautiful and greenery area but we did not find anyone during our march there, it was empty of people. Although the ground was much softer and more comfortable to walk, our walk was a bit more difficult because of the many bushes and the absence of markers. Sometimes we had to turn around on the way that we had already gone, because of the impossibility to continue walking through the brush.

At 16:00, my empty stomach began to rumble. As we were already seeing on the horizon the broken dam, we decided to not stop for lunch. Although we thought we were near, we arrived to the dam in half an hour since we saw it. For about the last 500 meters of our route, we were finding waste arising from the destruction of the dam. This waste was mostly bricks, concrete blocks and steel bars. Upon arrival, we decided to take photos of the broken dam as quickly as possible and, so then, we immediately began to eat and relieve our hot feet in the cold water of the river Tera.

The return had to be in the opposite direction that we had already walked. So at 17:15, we left that place immediately with the fear that we would be overtaken by nightfall. We were walking so fast that, at one moment, we went through a shortcut by accident, this happened because of not realizing a marker. Although I was very tired in the final stretch, I found this really beautiful due to the amazing views of the Sanabria Lake and Ribadelago village.

After 21:00, the sun was hidden behind the mountains but there was still enough light to walk and we already had very little distance to finish. Finally we reached the parking but our luck was to find a refreshment stall which was still open, just in time to quench one's thirst with a cold beer. It was a great day but surely the best time was definitely that.



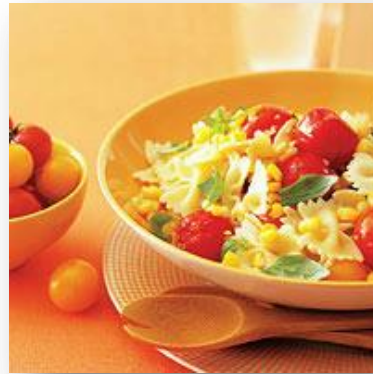


Summer Corn and Tomato Pasta

Ingredients

Salt

- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces



Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.

Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.

Add the vegetables, butter and basil to the pasta and toss.



**HAVE A GREAT
SUMMER!!!**



SKYLINE

Magazine



July 2013