

SKYLINE

Magazine

ISSUE # 20



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Welcome back

SKYLINE
Magazine

Summer has finished and winter has already started, soon enough winter will come. Some look at it as a negative thing, no more holidays, back to school and work. . . However, for me, it is exciting since we will have the opportunity to meet new students and to see the old ones again. Last school year was quite good and I hope this one is even better. Our students go on taking official exams with great results and that makes us feel very proud of them.

Last July 27th one of our staff gave birth to a beautiful baby boy who is already part of the Skyline family. Also, we are welcoming this year a new teacher who comes from USA, Danielle, we will try our best to make her feel at home.

In the upcoming months we will have as every year our Halloween party and the SKYLINE FOOD RACE, let's see how much food we can raise this year. As well, we will have our pronunciation workshops and we will offer specific classes to get ready for official exams. As for the magazine, you will see that this issue is a compilation of some of the best writings of our students, both children and adults. However, we will go back to normal in the next issue, with the best tweets, movie of the month, travelling corner and the news, of course.

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

Learn well,

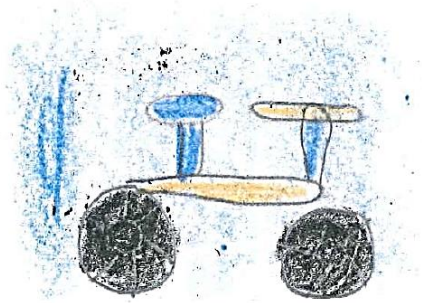
Maria Menéndez
Skyline English Centre

Children at work



My Bike

This bike is purple and pink. The wheels are black and grey. It is for a girl aged 7-11. I like my bike.



My bike is blue and orange, it has got an orange seat. It's a bike for children aged 7-9. I ride my bike on Saturday.

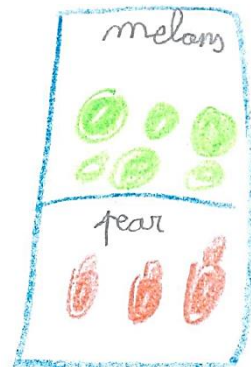
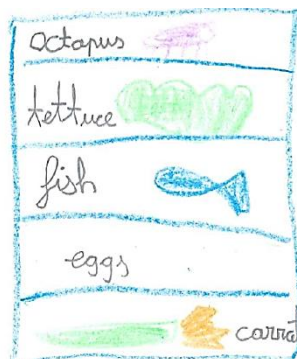
My bike is blue & it's black and big. It's 6-10 years old. I ride My bike on Saturdays and Sundays.



Sergio, Alberto & Pablo

MY SUPERMARKET

The supermarket has got melons but it hasn't
 pear. I like octopus and sausages. I don't like
 biscuits. It has got sweet is. It hasn't chocolate.
 It loves ham. I hate cauliflower. I like chicken.
 The supermarket hasn't got Bread. I don't like
 corn. I love banana. It has got eggs. I like
 carrots. I don't like hamburger. I don't like
 cucumber. The supermarket has got pears. I
 like lettuce. I hate bread. I love grapes.
 I like fish. It has got pepper. I don't like
 onion. I like fruit. I like Watermelon.



Sergio, 7

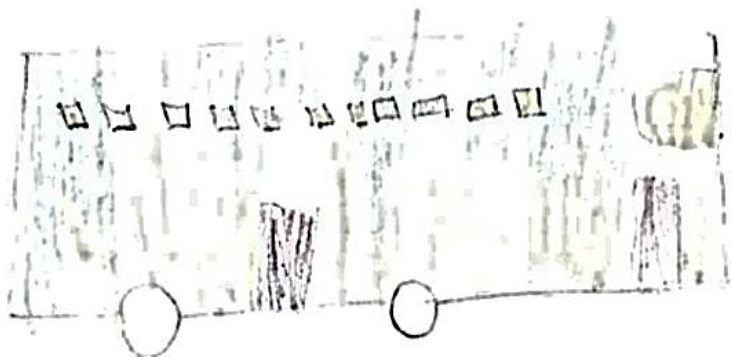
MY CLASSROOM



In my school. We have got a digital whiteboard, the teacher's table and tissues. I have got a shelf and books. We are 25 children. I study maths, Spanish, Science, art, P.E., Religion and French. I have got chairs, posters and pegs. I have got paper, rubbers and a cupboard. I have got a computer, tables and a blackboard.

Two hundred years ago, there weren't any motorbikes, buses, cars, trains and planes. People were wearing hats and dresses. The houses were ancient and old. The streets were narrow. In the school there were few people. There were houses on the roads. People worked in the field. There weren't supermarkets and there were small shops. There were street markets on thursdays were you could by things.

Nowadays, there are houses, and more people. Ferries, buses, helicopters, motorbikes, planes, trains, taxis. There are more frames, schools, banks, and more jorks. The houses are modern and beautiful. Now the horses don't walk in the streets. Now there aren't so many weapons. Now there are taxis that go to our houses.



Julia, 10

My house

In my house, there is one big living room
 there is one kitchen, there are two bathrooms
 there are three bedrooms There is one garden
 In my living room there is one television
 there are two tables There are six chairs
 There are two sofas In my kitchen there
 is one television There are cabinets There is one
 stove There is one fridge There is one table

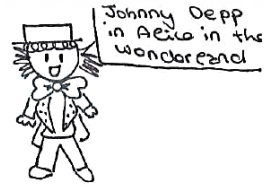


MY DAY

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.



Johnny Depp



Johnny Depp is an English actor.

He is 46 years old, but seems less.

He has got brown hair and short hair.

He has got brown eyes too and he usually wears glasses. He is quite tall. He is pale-skinned.

He has acted as Eduardo Scissorhands, battered man or Jack Sparrow...

He began his career in (1987)

and his last film was made in (2012).

He has been in a long relationship but he has never got married.

His characters are usually a little silly or completely crazy.

But in real life Johnny Depp is a nice man, who doesn't have much to do with his characters.

My friends

My friends are Elsa, Ainhoa, Ana, Patricia, Daniela.

Patricia has got brown eyes, Ana has got

Straight hair, Patricia has got curly hair

Ainhoa has got brown hair.

Ana hasn't got blue eyes, Ana has got brown

eyes, Elsa hasn't got blond hair, Ainhoa

hasn't got curly hair, Ana has got brown hair.



SKYLINE

RULES

Don't speak in Spanish

Raise your hands to speak

Be punctual

Speak in English

Do your homework

Don't run in the English school

Don't shout

Don't eat in the Classroom

Study a lot.

Don't break the pencils

Sandra, 8 Julia, 7 Alberto, 9

Sergio, 8 Pablo, 7

The dog

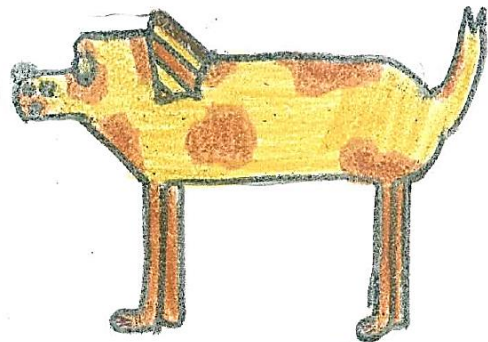
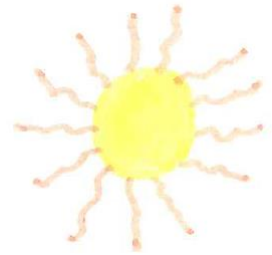
One day a dog caught a ball. It escaped very quickly. It chased the ball but couldn't catch it. A person threw the ball and the dog ran behind the ball. The dog searched but it didn't find the ball.

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.

My dream summer holidays

In my dream summer holidays
I spend on a beach that is all mine
I will have a party on the beach.
I will to go surfing because it
very fun.



very fun.



*When
adult
students
write...*

Sports in Scotland

Sports are very important in whatever country; knowing which kind of sports are usually played in a foreign country you would like to visit is an important way to find out more about personality, culture and lifestyle people have there.

I mean, here in Spain, there's no doubt football is the most important sport and that's why many Spanish people get together in pubs, canteens or in a friend's house to watch their favourite team match on TV, drinking some beer and arguing about referee's decisions; and I think this could be considered part of our culture or maybe of our spare time preferences.

Now, shall we start with Scottish typical sports?

Well, actually all countries have lot of interesting popular games or sports but Scotland is one of my favourite lands in that way because it has several funny and I'd dare to say even strange ones.



Putting the shot (sphere)

Accepted as the most ancient pitch sport and the easiest for the youngsters of the village as well, due to the natural resources there: large smooth stones from the riverbeds. These stones are made of iron or steel and its weight vary from 5.9 to 12.7 kilos depending on the location because there aren't standard dimensions about the stone. The ball must be thrown with one hand in front of the athlete's shoulders. There's a pitching area where it's not allowed to get out if you want to make a legal attempt.

Scottish Record, 22 pounds (9.97 kgs): 16.2 meters Geoff Capes in 1982, in Crieff
Scottish Record, 16 pounds (7.25 kgs): 19.9 meters Geoff Capes in 1982 in Oxtou.

Sports in Scotland

Throwing the Hammer



In any village of ancient Scotland hammers were used either by blacksmiths, in quarries or other farms, very soon also they were served as entertainment for the community.

Not only strength is important in this sport, but also body movements, coordination and control are necessary if you want to get a great pitch.

Athletes must be put back to the mark release to keep spectators safe.

Like the shot putters, the resin is a good help to firmly hold the hammer.

The old hammer was replaced with an iron ball attached at the end of a wooden stick.

Record Scottish hammer 16 pounds (7.25 kg.): 47.76 meters by Bruce Aitken in Aboyne Games, 2000.

Record Scottish hammer 22 pounds (9.97 kg.): 39.58 meters by Mat Sandford in Halkirk Games, 1998.



Sports in Scotland

Throwing the Weight

Shot with ring

There are two different modes of shooting with ring: height and distance pitch. The one in the picture belongs to the height one. Here, different from the sport we have talked before, strength is more important than body movements' control.

The athlete has to put himself turned back and under the bar he's trying to surpass with that heavy weight which swings between 24.5 -25.4 kilos keeping the record in 5.13 metres.

Shot put distance
the weight is held by his ring
with one hand, to be released
after a three-hander's body
turns to the greatest possible
distance.

Inevitably remembering sister
mode in the Olympics, but in
these, the grip is made with both
hands. In this case 28.2 metres is
the largest distance an athlete
has ever got.



Sports in Scotland

Jossing the caber

Trunk Release

This is my favourite competition of the Scottish Highlands, there's no doubt.

"Caber" is a term derived from Latin that means "to take", and refers to a large trunk stripped of his branches and bark.

The competitor must grab the trunk in crouching, then take it down on the narrow side with both hands while the race starts to get the highest impulse in order not to pitch the trunk as far as he can but to turn the entire trunk describing a vertical imaginary circle.

Caber Dimensions and weight:
Standard measures are around 68 kg weight
- 5.5 meters length - 23 cms and 13 cms in
each end of the pine trunk.



If you have practiced all these sports, they are indicated for storing men but what about women then? I promise tell you about traditional Scottish women games or plays in the next issue.

I hope you enjoy this article, see you soon.

Ckech the second part on our
March 2013 issue

A. H. Upper Intermediate

Carnival of Aguilas



“The Carnival of Águilas” is a festival of National Tourism Interest. This year, 36 “peñas” (clubs enjoying the festivity) and more than 2.000 participants are going to parade in the most important streets.

The Carnival starts with “The Show of the Change of powers”. In this event, the characters of the last carnival give their symbols of power to the new characters. The characters of the carnival of Águilas are: “Don Carnal”, with a powerful stave; “Doña Cuaresma”, the baton; “Musa”, the beautiful scepter of the eagle; and “Mussona”, this character is unique in this carnival and he has the “water stick”. All these characters have their children’s version.

The next day, “The paper dress competition” and “The body painting contest” are celebrated. Also, “El Pesaje de los Personajes del Carnaval” , they will receive their weight in land products. And many other contests and activities: sports, literary, drawing...



Carnival of Aguilas



And finally, “La Suelta de la Mussona” takes place on Thursday; it is the signal of the start of the carnival, this event happens at night. The Mussona is half-human and half-animal; this character expresses the duality between the civilized man and his wild side that he keeps inside. The Mussona must be invoked in the castle “San Juan de las Águilas” with a spell.



The Mussona wears esparto, and all the years it's a different animal: a dragon, a shark, a Minotaur... When the Mussona is free, he goes down the streets to Plaza España. During this route, he enters the houses, jumps on the cars, climbs lamps, and scares people and snarls. The people that follow the Mussona are wearing also esparto and all kinds of things from the sea, and they are making shells sound. And the people chant his name to make him angry and they sing “Mussoooooona na!! Mussoooooona na!!”. When the Mussona arrives at Plaza España, the tamer and others Mussonas of previous years complete the spell and the carnival is starts.

And all the kiosks, music stands and food and bars open and offer delicious “Cuerva”, the typical drink f the Carnival of Águilas.



Carnival of Aguilas



People of all the places of Spain go to Águilas for this event.

Sunday is the big moment. "The First Grand Parade of Troupes and Floats", the most important streets are equipped with boxes. And all the balconies of the houses are full of people. The "peñas" of Carnival are preparing throughout the year for this moment. There are comical, dance schools, wonderful floats, amazing trellises and headgear, critical, children and ¡the dwarfs! The fantasy, the happiness and the spirit of carnival is around all the time.

Monday holds "The Second Grand Parade of Troupes and Floats", all the "peñas" parade with costumes of previous years and a lot of "peñas" of others places come for parade.



"The Carnival of the night" comes this day, a special night because all the people show their best and most original costumes. You can see four girls with a zebra costume that it's so amazing, costumes of films, fantasy, comedy... This night there are competitions of costumes and photo calls. Many of these people have been making these costumes for months.



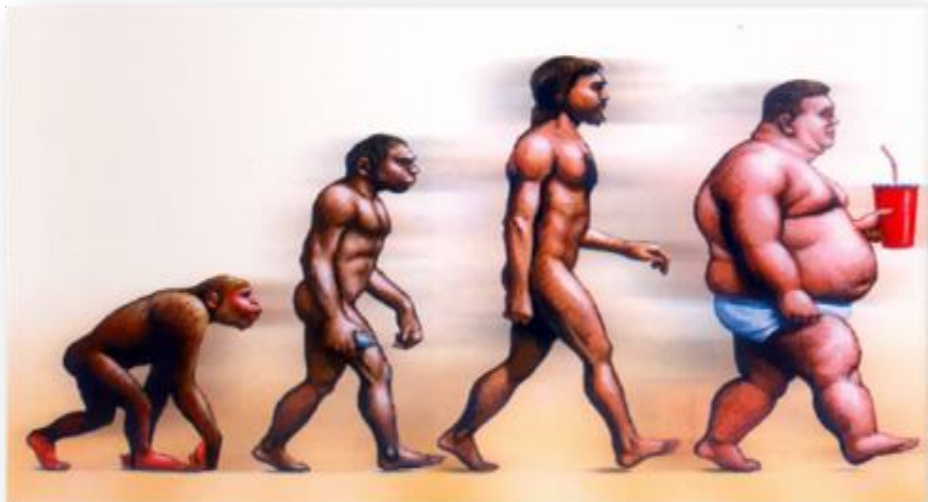
why do we put on weight?



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.

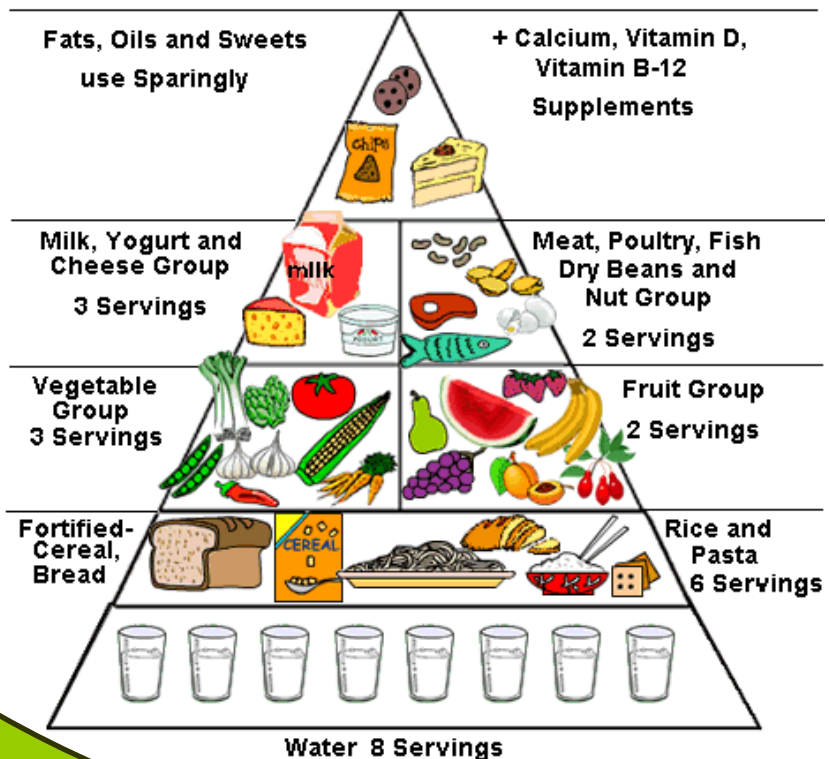


why do we put on weight?



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.



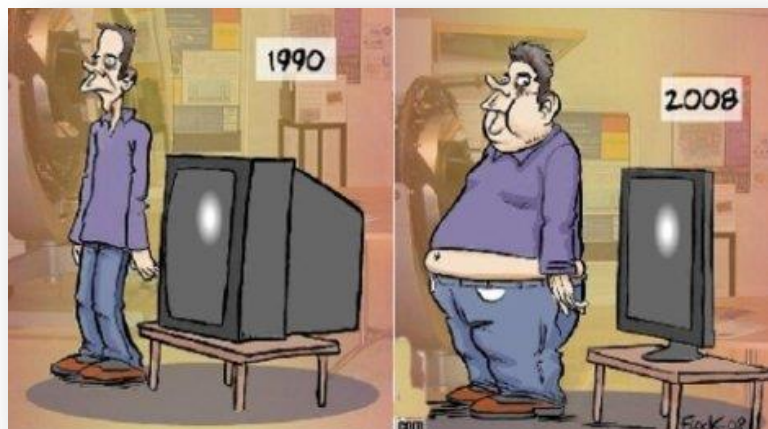
This doesn't look to be the case of Spanish children who are spending more and more free time with the so-called passive games. Thinking about a hypnotized child playing with games console looks like a cliché, but it's very similar to the truth. According to the result to some studies by Ministry of 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.



SEVILLE'S FAIR



Origins

The fair was approved by the council on the 18th of September 1846 and inaugurated on the 18th of April 1847 in the Prado de San Sebastian. It began as a livestock and agriculture fair. Currently, it is the third week after Easter when the fair begins, it is considered as one of the most singular expressions of colour and joy where the Sevillians and those who visit us enjoy the party during six days every year. Since its beginning the fair had bullfighting events. The first fair was a success; there were about 25000 foreign visitors.



Location

The fair is located in the neighbourhood of los Remedios. It is divided into three sectors: “Real de la Feria”, “Calle del Infierno”, and the car park. It is distributed as follows; 25 blocks, 1048 casetas, 15 streets with names of some bullfighters from Seville and its province.



SEVILLE'S FAIR



The opening "El alumbrado"

It marks the beginning of the April Fair and takes place on Monday at midnight. The grand opening of "La Feria de Abril" is "El Alumbrado" (the lighting), which begins every year with the official lighting of the lanterns where half a million little lights are turned on at once, especially at the main gate. The April Fair ends with a firework display the following Sunday, again, at midnight.

About the casetas: In the first years of the fair, there were stables because the fair was related to the sale of livestock. On this site, the people from Seville and companies build thousands of small, temporary "houses" of cardboard walls and canvas roofing, known as casetas. The "casetas" have a measuring unit known as "module", this structure is made of metal tubes, covered with green-white or red-white lined canvas.

The "casetas"

In the first years of the fair, there were stables because the fair was related to the sale of livestock. On this site, the people from Seville and companies build thousands of small, temporary "houses" of cardboard walls and canvas roofing, known as casetas. The "casetas" have a measuring unit known as "module", this structure is made of metal tubes, covered with green-white or red-white lined canvas.



SEVILLE'S FAIR



Outside the tent you will find banisters and little triangle-shaped flags. Its sidewalks are covered with special yellow soil called: Albero. It is the same as the typical sand in bullrings, formerly and currently you are known to have gone to the fair because your shoes are yellowish.

It is advisable to come to the Fair with Sevillian people, who will accompany us on their usual route to tents of acquaintances and friends, because most of the tents are private; you can only enter there if you have an invitation. But this is not a problem because there are many others tents with open access for anyone prepared to visit them.

Family members and friends get together in the tents and enjoy dancing and singing the typical Sevillian dance. The origin of Sevillian dance would be in the years before the time of the Catholic Kings, in compositions that were known as “Seguidillas Castellanas”, eventually evolved and were aflamencado, adding dance in the eighteenth century.



SEVILLE'S FAIR



Gastronomy

The night of “pescaito” is the starting point of the fair. It is the dinner previous to the lighting. The principal dish is fried fish: squid, cuttlefish, pijota fish, anchovies, plaices...

As a general must in the fair, you can't forget the plate of ham, dried meat, prows, salmorejo, montaditos, Spanish omelette...

As a tradition, for lunch each tent prepares "the stew" every day. Within these stews you can find lots of variety; potatoes with cuttlefish, chickpeas with cod...

Other tradition of the fair is sweet fritters or churros with chocolate.



La guita on the wrist is very easy, there is a brand of manzanilla wine whose name is "La guita", in the bottle there are a little cord (between 10-15 cm) , and the people used to put on the wrist to know how many bottles had been consumed during the fair. Manzanilla and fine wine are drinks that have accompanied the fair since the beginning. In the recent years “Rebujito” has become very famous. It is a drink made of the combination of Manzanilla and soft-drink with a hint of lemon or lime and with a lot of ice.

SEVILLE'S FAIR



Clothes

The style of dress for women in the fair is the "Flamenco dress". It is the only regional costume that changes depending on the fashion. The dress of the girls can be short or long, tapered, with lively colour, with different patterns or polka dots, with many flounces... The accessories are essential: flowers in the hair, necklaces, earrings...

The style of dress for the men in the fair is the "short suit". You can only use it during the day. It is made as follows: hat, waistcoat, handkerchief in his waist, ankle boots...



Horse and carts parade

At noon the traditional horse ride starts. The official timetable is from 12 P.M. to 8 P.M. The horse ride is around all streets of the fair. People who ride a horse dress with the typical clothes: men with short suit and women with flamenco dress. The price for 45 minutes is about 50€.



The most important reason for going to the fair is just to have a good time with friends, enjoying it in a festive surrounding.

The theft of the century



Albert Spaggiari is not a well known man. Probably you have never heard of him, but he starred in a spectacular story, the theft of the century. It happened between 16th and 20th July 1976 in Nice, France.

In 1976, Spaggiari was 44 years old. He was the owner of a photo studio in Nice. He lived in a house in the hills of this city, called "Les Olies Sauvages". Soon, he got bored of a quiet middle class life.

When he learned of the old sewers passing near the vault of one of the biggest banks in France, "Le Societ e Generale in Nice", he began to plan to get into it.

He decided to do so by digging a tunnel to enter underneath. First he checked if there were seismic or acoustic detectors in the bank.

He rented a safe vault and he placed a powerful mechanism inside and he programmed a vibration and sound alarm at night. The bank has not seismic alarm. The safety vault was considered impenetrable; its wall was very thick and reinforced. There was not apparent way to access it.



Spaggiari requested assistance to the Marseille mafia. They thought that he was crazy. Then he recruited twenty people, each of them specialists in different types of work: an expert jeweller to know what to bring, an expert in coal pits, some locksmiths, miners, engineers...



The theft of the century



After one year making plans, they went underground to build a tunnel. They worked for three months, ten hours each day, to build a tunnel of at least ten metres long. He told them all to be three months without drinking alcohol and coffee, and all of them had to sleep ten hours a day.



They dragged underground machinery that weighed more than one ton. They came under the safety vault a Friday. It took a long weekend, on the feast of The Bastille Day, on July 16, 1976.

They entered and rather than take everything quickly and leave, Spaggiari ordered some food and drink for all people and they were locked up for three days.

The first thing they did was to weld the vault door from the inside so that nobody bothered them.

There were thousands of safe deposit boxes. They opened many of them and they selected the most interesting ones. They rejected what appeared to be personal savings. They also found photos of famous and rich people, all naked. They stuck them on the walls of the vault, and Spaggiari wrote on a wall "Sans armes, sans violence et sans haine", without weapons, without violence and without hatred. They put the booty in tight plastic bags on log rafts that floated in the sewerage water; they took out the booty out of the city without effort.



The theft of the century



It was the early hours of Monday, shortly before opening the bank. The first to arrive were the employees, then, the police. It took almost a day to open the vault door. It was welded from inside. They calculated that they had stolen more than 60 million francs, about 1.200.000.000 of the old pesetas, about 7.500.000 €, but in 1976.

Spaggiari was very intelligent and he planned the whole theft very well. But the police arrested him. How? He didn't think about a jealous woman. His wife called the police before the theft thinking that her husband was with another woman. He called many times, and she told that her husband was going at night. The police went to the woman's house and arrested many members of the band, shortly after Spaggiari was arrested too.

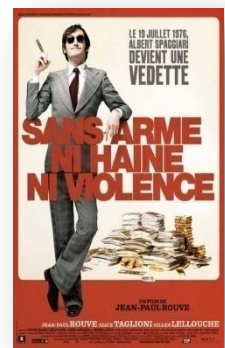


During the judgement, Spaggiari did not stop walking around the room giving absurd answers and telling incredible stories.

During one of the days of the trial, while he walked and spoke to the jury, he jumped through an open window. Everyone was scared, and all of them thought that he had committed suicide, but he didn't, he fell on top of a vehicle, which was parked, then he rode on a bike that was waiting and fled.

No one heard of Albert Spaggiari and his wife again. In 1979 a publishing company agreed with him to publish his biography. In 1989, his body was found lifeless by his mother.

I don't want to make a thief into a hero, but it is impossible not to feel sympathy for this romantic thief. Also, who did he rob? Exactly, a bank.



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.

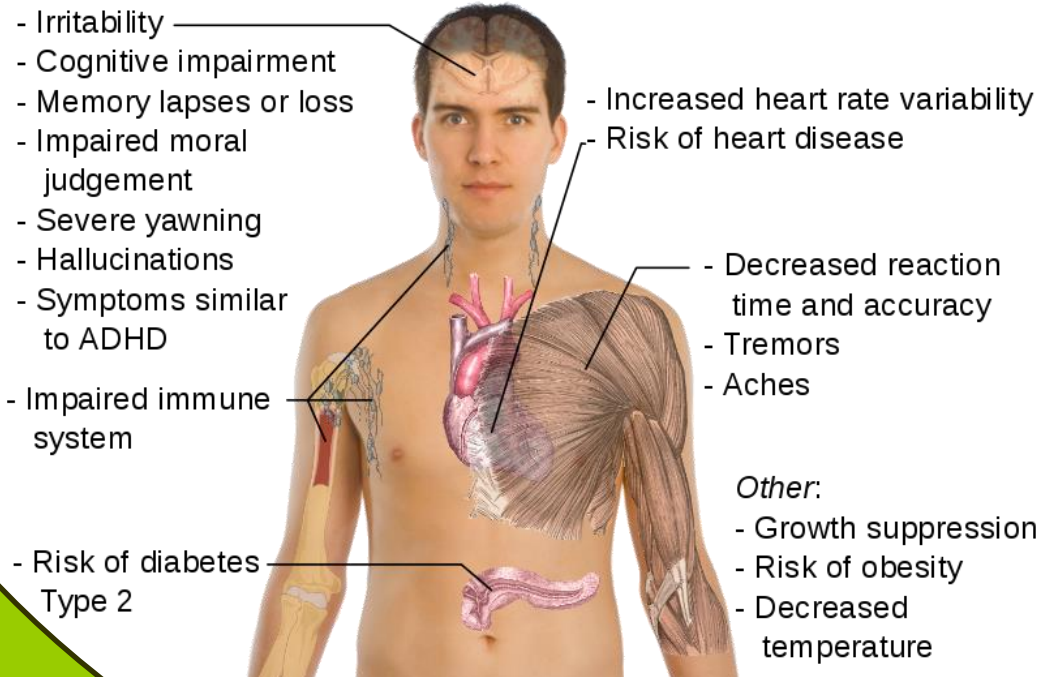
The lack of sleep can produce loss of memory and memories, speech disturbances and difficulty to learn, create and solve problems.

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.

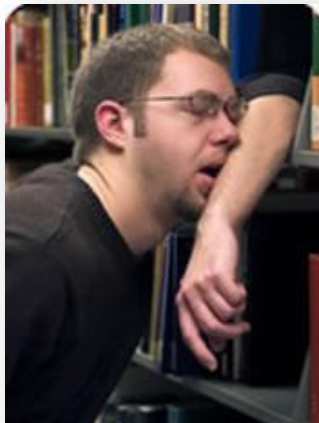
Insomnia causes excessive sleeping and having little energy during the day. Moreover, it can also cause several problems, for example: sleepiness while driving which may cause an accident.

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.



Let's cook!



Bourbon Mashed Sweet Potatoes

Ingredients

3 pounds garnet sweet potatoes, peeled
and cut into 1 inch chunks
Salt
3 to 4 Tbsp of bourbon whisky
4 Tbsp butter (more or less to taste)
4 Tbsp brown sugar (more or less to taste)
2 teaspoons vanilla extract



1 . Place the sweet potato chunks in a large (5 quart) pot, cover with water. Add a tablespoon of salt to the water. Bring to a boil. Cook until tender, about 15 to 20 minutes.

2 . Drain the cooked sweet potatoes and return them to the pot on the stove. Lower the heat to low. Add the bourbon and the butter to the pot and stir. Add the brown sugar and vanilla extract and stir. Mash with a potato masher until smooth. Add more salt, bourbon, butter, and brown sugar to taste.

Tiny Texas Sheet Cakes

Ingredients (4 servings)

1/4 cup butter, cubed
1/4 cup water
1 tablespoon baking cocoa
1/2 cup all-purpose flour
1/2 cup sugar
1/2 teaspoon baking powder
1/4 teaspoon ground cinnamon
Dash salt
2 tablespoons beaten egg
2 tablespoons 2% milk

Frosting:

2 tablespoons butter
4-1/2 teaspoons 2% milk
1 tablespoon baking cocoa
3/4 cup confectioners' sugar
1/4 teaspoon vanilla extract
2 tablespoons chopped pecans,
toasted, optional



-In a large saucepan, bring the butter, water and cocoa just to a boil. Immediately remove from the heat. Combine the flour, sugar, baking powder, cinnamon and salt; stir into butter mixture. Add egg and milk; mix well.

-Pour into two 5-3/4-in. x 3-in. x 2-in. loaf pans coated with cooking spray. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to a wire rack to cool completely.

-In a small microwave-safe bowl, melt butter; add milk and cocoa. Microwave on high for 30 seconds. Whisk in confectioners' sugar and vanilla until smooth. Spread over cakes. Sprinkle with pecans if desired.

Chocolate Cherry Lincoln Log

Ingredients

3 eggs
1 cup sugar
1/3 cup water
1 teaspoon vanilla extract
1 cup all-purpose flour
1/3 cup baking cocoa
1 teaspoon baking powder
1/4 teaspoon salt
Confectioners' sugar
1 quart cherry ice cream, softened

FROSTING:

1 ounce unsweetened chocolate
1 tablespoon butter
1-1/4 cups confectioners' sugar
2 to 3 tablespoons milk



Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper; grease the paper and set aside. In a large bowl, beat eggs for 3 minutes. Gradually add sugar; beat for 2 minutes or until mixture becomes thick and lemon-colored. Stir in water and vanilla. Combine the flour, cocoa, baking powder and salt; fold into egg mixture (batter will be thin).

Spread evenly into prepared pan. Bake at 375° for 10-13 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Invert onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack..

For frosting, in microwave-safe bowl, melt chocolate and butter; stir until smooth. Gradually beat in confectioners' sugar and enough milk to achieve desired consistency.

Unroll cake; spread ice cream evenly over cake to within 1/2 in. of edges. Roll up again. Place seam side down on a serving platter. Spread with frosting. Cover and freeze overnight

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.



Traditional Anzac Biscuits

Ingredients

1 cup rolled oats
1 cup plain flour
3/4 cup white sugar
3/4 cup dessicated coconut
125 g butter
1 tablespoon golden syrup
1 teaspoon baking soda
2 tablespoons boiling water



1. Preheat oven to 180 degrees C.
2. Grease a biscuit tray.
3. Mix oats, flour, sugar and coconut together.
4. In a small saucepan over low heat, melt the syrup and butter together. Mix the soda and the boiling water and add to the melted butter and syrup.
5. Add butter mixture to the dry ingredients. Drop the mixture by teaspoons on greased biscuit tray.
6. Bake for 12-15 minutes.

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.

SKYLINE

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