

SKL

Magazine

ISSUE #23



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Welcome back

SKYLINE
Magazine

Last year, our resolution was keeping on doing what we do best: teaching. Well, mission accomplished. Yes, you are guessing right, we have exactly the same resolution for the upcoming 2014! What about you? Have you already decided on your New Year's Resolutions yet? Looking back on this last year, we have been successful because our students have been successful, those who took official exams have passed, a big number of those who were looking for a job have found one and that makes us feel extremely proud and happy for them. They have proved to be loyal and there are no words to show how grateful we are. As well, we were included in the short list of Cambridge English Language Assessment Exam Preparation Centres, which is a great honour!

In this issue, you will find some of the work our young kids have been doing. Two of the adult students have helped us this month. One of them with the travelling corner, Catania seems to be an interesting place to visit. The other one, who already helped us couple of months ago, encourages us to practice body combat. I am sure you will like both pieces. This time I want you to pay special attention to the tweets of the month, because is our special farewell to Nelson Mandela, through his words. As always, we offer you some ideas for your free time during January, with the incomparable help of Marta. In addition, you will learn some of the different ways people celebrate New Year's Eve in some English-speaking countries.

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

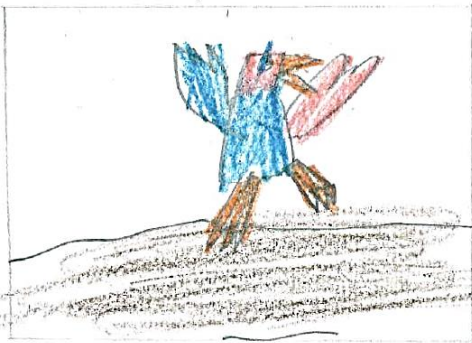
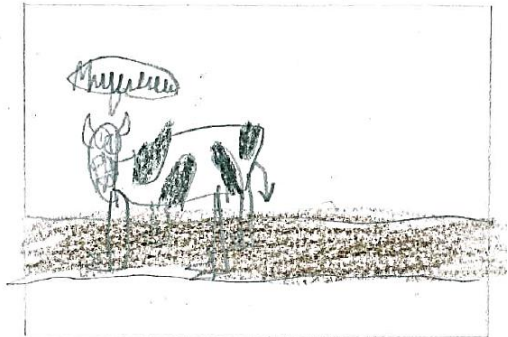
Learn well

Happy New Year 2014!

ANIMAL FAMILIES

mammals

- ✓ they have hair
- ✓ they have warm blood
- ✓ their babies drink milk
- ✓ Examples: bear, fox, cow, mouse.



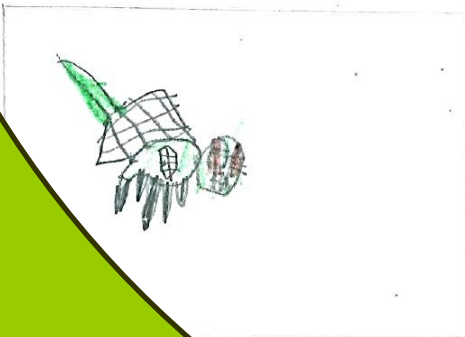
birds

- ✓ they have feathers
- ✓ they can fly
- ✓ they lay eggs
- ✓ Examples: toucan, ostrich, penguin, parrot.



Reptiles

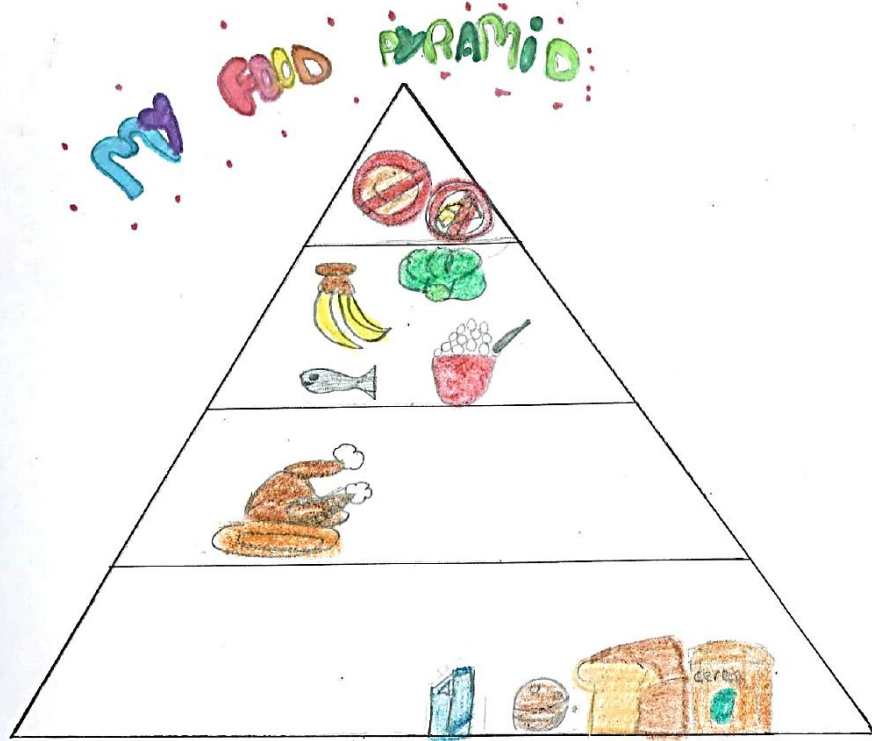
- ✓ they have scales
- ✓ they have cold blood
- ✓ they lay eggs
- ✓ Examples: crocodile, alligator, snake, turtle.



Insects

- ✓ they have six legs
- ✓ they have cold blood
- ✓ they lay eggs
- ✓ Examples: butterfly, beetle, bee, fly

Nicolás, 7



I eat cereal everyday. I eat a banana two days a week. I eat some lettuce three days a week. I eat fish three days a week. I drink some milk everyday. I eat biscuits some days. I eat bread some days. I don't eat pastries any day. I don't eat butter any day. I eat chicken one day a week. I eat rice four days a week.

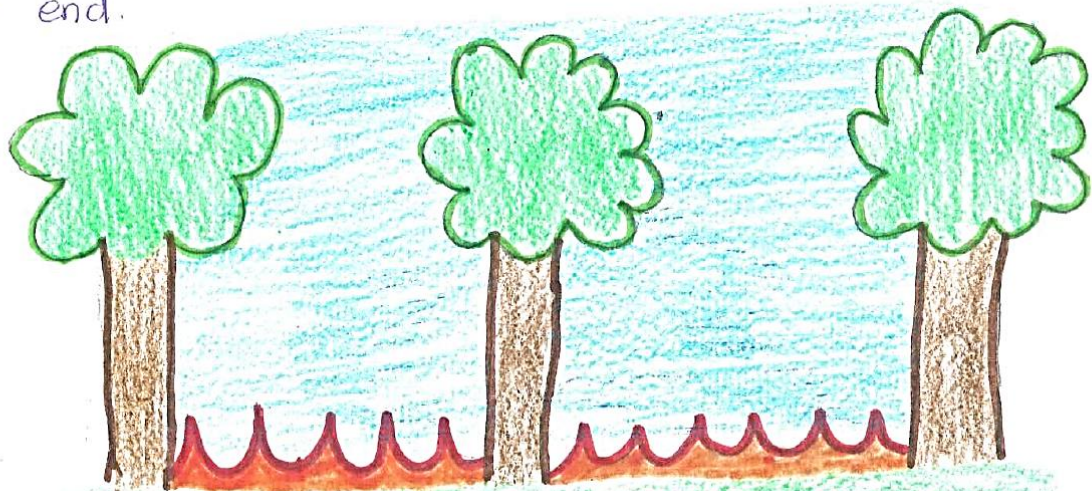
Forest fire

Irene.

One day in 1972 in the Mediterranean forest there was a terrible fire. Vicente Vancoco threw a cigar in the forest. He went in his house. The fire ignited and went in the old forest. The fireman extinguished the fire with a fire extinguisher.

The fire then was extinguished. I was very sad because two houses were burned.

The end.



THE SCIENCE LESSON

My SCIENCE LESSON

I really enjoy science because it is very interesting! I learn new things too and also it is very important for my life in the future. Last month, we studied many things. We studied the cells, the ecosystem, the human body, the plants and the animals and the reproduction. What I liked the most was the human body. All this was interesting, and very funny. This month, we are talking about the universe and I learnt all the planets too. The solar system is amazing! - Now I can name all the planets, the parts of the human body and the environment. We don't use goggles, and we never do experiments





Tweets of the month



Joe Manganiello @joemanganiello

24 Dec

"There is no passion to be found in settling for a life that is less than the one you are capable of living"
-Nelson Mandela



Iyanla Vanzant @IyanlaVanzant

6 Dec

"The greatest glory in living lies not in never falling, but in rising every time we fall." Nelson Mandela



Sanam Baloch @realsanambaloch

6 Dec

"Do not judge me by my successes, judge me by how many times I fell down and got back up again." — **#NelsonMandela**



Harry Shum Jr @iharryshum

6 Dec

"It always seems impossible until it's done." - Mandela. I am grateful to live in the same lifetime as this man. Rest in Peace.



Kat Graham @KatGraham

5 Dec

I learned that courage was not the absence of fear, but the triumph over it. - Nelson Mandela Rest In Peace



Send us your favourite tweets
@skylinecentre

Also on

facebook

Theatre

The Wizard of Oz: The Musical

From 12th to 26th of January Zorrilla Theatre holds this show for children based on the movie of the same name. We can find some magic tricks and five new shows. The tickets cost 12 euros.



Joaquín Reyes: "Qué me Aspen"

If comedy is your thing you can't miss this show on 25th of January at Zorrilla Theatre. The comedian tells shows on stage some of his best moments, monologues, musical moments... The price varies from 15 to 18 euros.



Exhibitions

'The Bikeriders' and 'Uptwon' by Danny Lyon,

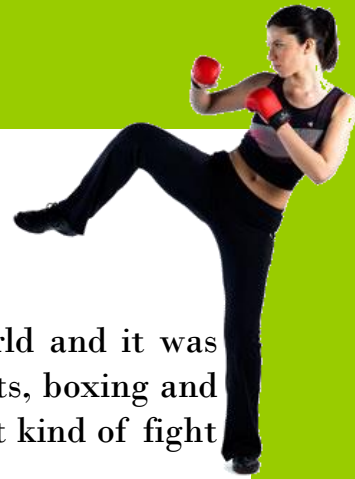
San Benito holds two of the most famous exhibitions by photographer Danny Lyon: "The Bikeriders" (1962-1966) about bike riders on the American Midwest, and "Uptown" (1965) about the immigrants in Chicago. The exhibition will be open until 12th of January.



Gafas de Autor

B&B Opticos-Optometristas (40 Paseo de Zorrilla) holds this exhibition that shows 28 works by painter Javier Serra, "Glasses and Eyes". Paintings and drawings in which we can see his passion for cinema, pop, opera and jazz. Available until 25th of January from 10.00 to 13.30 and 17.15 to 20.00 on weekdays.





BODY COMBAT is the most famous kind of Fitness in the world and it was born in New Zealand a few years ago. It is inspired on martial arts, boxing and kick boxing. I think that it's so famous because it is a non-contact kind of fight and it's very funny. You can shout in class to relieve stress.

Body Combat has only two rules, the first one is to imagine that you have an enemy face to face, and the second is to enjoy the class, it's very easy. You can do body combat in a lot of gyms around the world. An instructor teaches the choreography that is based on kicks and punches. If you do body combat, you will train all your body because it's the most complete sport at this moment. A Body Combat class lasts 1 hour and you can burn between 300 and 700 calories per class.

Each class has ten tracks: We start in the first track with the warm-up, and in the next seven tracks we work all our muscle groups, then in the ninth track we have to do sit-ups and in the last track we have to crane all our muscle groups. Every three months the choreography is changed, and you have to learn the different techniques to combine punches and kicks.





If you want practise body combat you will need:

- Sport clothes.
- A pair of comfortable trainers, because you are going to jump a lot and you need a soft sole trainers because you can have feet ache if you don't wear the correct ones.
- A drinking bottle, because you need to all the liquid that you lost during the class back.
- A towel to dry your sweat.
- Another optional thing that you can use during the class is a pair of boxing bandage to protect your wrists.

The main movements that we can do in Body Combat are these:

- JAB/CROSS You have to give punches in the nose of your imaginary enemy with your left and right fist.
- HOOCK You have to give a lateral punch to your enemy's molar.
- UPPERCUT You have to give a punch directly to your enemy's chin.
- ROUNDHOUSE KICK It's a kind of kick in which you do a semicircular motion with the front foot.





- **EVASIVE SIDE KICK** It's a kind of kick that you do to escape the enemy, you have to do that with the sole of your foot.
- **JUMP KICK** It's a kick in the air that you do while you are jumping.
- **PALM STRICKE** It's a kind of Muay Thai attack with the palm of your hand.
- **REAR KNEE** To do this movement you have to catch the head of your enemy while you hit it with your knee.
- **JUMP KNEE** It's like a rear knee but you do that while you are jumping.



Between this movements you do skipping, some scissors and some movement of Capoeira to link them.

I think everybody has to try this sport because it is very complete and it can help you to have a good health.

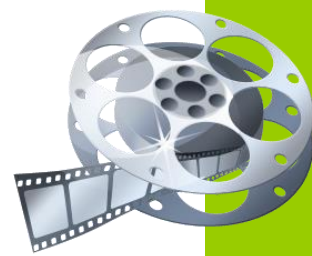


Movie of the month

DIANA



Diana is a biographical drama film, poorly directed by Oliver Hirschbiegel, which narrates the last two years of the life of Diana, Princess of Wales. It is based on Kate Snell's 2001 book *Diana: Her Last Love*. If we pay attention to the name of the book, we may think that it is going to be about her relationship with Dodi Fayed; however, it focuses on Diana's nearly two-year affair -- a passionate one, by all accounts -- with Pakistani heart surgeon Hasnat Khan. Anyway, that affair isn't news. But the film implies that Dodi Fayed, the boyfriend who died with her in that 1997 crash in a Paris traffic tunnel, was merely a minor fling -- a fling that was chiefly an effort by Diana to make Khan jealous. This shows the Princess as quite cruel rather than the kind-hearted woman that was known as the Princess of Hearts. Instead of offering us a portrait of a savvy, complex and compassionate woman adored by millions, the filmmakers turn her into a giggling schoolgirl, a love-struck airhead with no apparent inner life whatsoever.





Movie of the month

DIANA



Too sum up, the biopic presents Diana as a martyr in terms of the situation, the media..., but at the same time it offers a vision of her as a manipulative, self-centered woman. Hence, it is difficult to sympathize with the character since the audience knows about her baggage. In my opinion, it is a pity that the film somehow destroys the image and the memory of a person who was loved and admired by so many people.

As for the character of the surgeon, played by Naveen Andrews, the script turns him into a petulant, unsympathetic figure, unwilling to put love before career.

Certainly the worst part is the script by Stephen Jeffreys, full of non-sense wannabe catch phrases such as “you don’t perform the operation, the operation performs you”.

Also, the film completely ignores Queen Elizabeth II and Prince Charles, so we are presented with a one-sided view of the princess.

The only thing that may have a pass is Naomi Watts’ performance as Diana, since she mastered not just the character’s polished cadences, but also her trademark faux-shy eyes; however, Diana buries her efforts under a shoddy script and clumsy direction.



New Year's Eve



All around the world people welcome the new year in different ways, these are some in the anglo-saxon world:

Australia

New Year celebrations are traditionally made over an extended period of six days, with January 6 being the last day of celebration. The traditional customs of formally announcing the arrival of New Year is officially considered to take place with the twelve rings of the bell in the Church on the midnight of the New Year. Sydney New Year beach party, along with other New Year parties thrown on the eve of New Year, in which people pleasantly engage in with activities such as bonfires and camping.



New Zealand



Most of the New Year celebrations in New Zealand are organized openly, under the sky, thousands of people come together to be a part of it. Some of them have extended celebrations of few days, which keep all the visitors pretty pleased and entertained. People in Auckland on the occasion of New Year prefer to move to Whangamata on the Coromandal Peninsula, to the town of Mount Maunganui, located in the Bay of Plenty of New Zealand, or to Gisborne, which hosts a big open-air concert.

New Year's Eve



England

Apart from parades and fireworks, there is a tradition according to which people keep the back door of their houses open to symbolize for their farewell to the old year. On the same lines, they expect a dark haired and young man to arrive at their threshold on New Year's Day, as it is considered to symbolize for good luck in the coming year.



Scotland

In Scotland, New Year celebration is referred as 'Hogmanay', which is also the name of an oatmeal cake given to small children on New Year's Eve. People in Scotland also follow the first footing tradition, similar to the way it is followed by the people of England.



Wales

New Year's Eve is referred as 'Nos Galan', and New Year Day is referred as 'Dydd Calan'. There is a tradition of clearing all past debts before the arrival of New Year. On New Year's Day, small children wake up early, gather as one, and make a visit to all the houses in neighborhood while singing New Year special songs. In turn, people confer them with sweets, cookies, pies, apples, and coins.



New Year's Eve



Ireland

People sit around a table on New Year's Eve; have a special dinner for the evening, and count for the moment of the New Year to arrive. Everyone remember and pay homage to those who passed away in the Old year. They do this by leaving setting a place on the table, and by keeping the doors unbarred.



Canada

There are few customs and traditions which are rigorously followed with a belief that they bring good luck, peace, and prosperity to everyone. One such belief calls for going for a polar bear swim on New Year. There is also a tradition of clapping and roaring at the time of midnight when New Year arrives in Canada. Exchanging New Year gifts is a way of expressing New Year wishes in Canada, as well as kissing.

United States

Gatherings and fun moments includes watching of championship football games in the stadiums. The streets are crowded with youth and elderly people dressed fashionably to welcome the New Year with great joy. The Times Square in the New York City hosts several events which is hosted by the television celebrity Dick Clark. Many people love watching these programs broadcasted on the television with all their family and friends. The streets are decorated with lanterns, flash lights and coloured papers.





Catania

Last month I went to Italy. I spent one week in Catania visiting a friend who is on Erasmus there. I went with another friend of us and we really enjoyed the trip!

Catania is located on the east coast of the island of Sicily and it is the second largest city in Sicily with about 300.000 inhabitants. There is a lot of tourism in there. Big parts of Catania were destroyed in the past because of the eruption of the Etna, which is currently active. The city has a lot of places to see like the famous Square of Duomo in which we could see the Fountain of the Elephant, the Cathedral, Ursino Castle, Bellini Garden, Massimo Bellini Theatre...

Moreover, people in Catania were very kind, we met a lot of people, most of them Italian, Polish and Spanish on Erasmus, so...there was a lot of party! One day, an Italian friend invited us to have dinner in his house and he cooked pasta with the traditional recipe of his family. That was the best pasta I have ever tried: Spaghetti Norma (with aubergine). And, of course, pizza was delicious.

We also visited a lot of villages near Catania like Syracuse, Acicastello, Acitrezza... but the most beautiful place we saw was Taormina, which is a small town located at the foot of the volcano Etna. The Etna is currently active and the day we spent in Taormina, it was in eruption, so we could see the whole city covered with the volcano ash. Furthermore, from the Greek Theatre we could see an incredible landscape. That is a really nice place I would like to visit again!

It was a wonderful trip and we enjoyed it a lot, so I recommend you visiting Sicily if you have the chance!



Crumb-Crusted Pork Roast with Root Vegetables

Ingredients

1 boneless Pork Loin roast (2 to 3 pounds)
4 teaspoons honey
1 tablespoon molasses
1-1/2 teaspoons spicy brown mustard
2 teaspoons rubbed sage
1 teaspoon dried thyme
1 teaspoon dried rosemary, crushed
1/2 cup soft whole wheat bread crumbs

2 tablespoons grated Parmesan cheese
1 large rutabaga, peeled and cubed
1 large sweet potato, peeled and cubed
1 large celery root, peeled and cubed
1 large onion, cut into wedges
2 tablespoons canola oil
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 350°. Place roast on a rack in a shallow roasting pan coated with cooking spray. In a small bowl, mix honey, molasses and mustard; brush over roast.

In a large bowl, mix sage, thyme and rosemary. In a small bowl, toss bread crumbs with Parmesan cheese and 2 teaspoons of the herb mixture; press onto roast.

Add vegetables, oil, salt and pepper to remaining herb mixture; toss to coat. Arrange vegetables around roast.

Roast 1 to 1-1/2 hours or until a thermometer reads 145°. Remove from pan; let stand 10 minutes before slicing. Serve with vegetables. Yield: 8 servings.



LEARNING CORNER



IDIOMS

- ✓ **To show one's true colours:** to let others see what someone is really like.

Workers felt the company revealed its true colours during the crisis.

- ✓ **Not have a type of bone in your body:** to have none of the characteristic described.

He was friendly and kind and didn't have a mean bone in his body.

PHRASAL VERBS

- ✓ **Bend over:** To lower the top half of your body by inclining it forward.

We have to bend over and touch our toes a lot in yoga class.

- ✓ **Have over:** To receive a guest.

We are having some friends over for dinner.

IN OUR NEXT ISSUE...

- Movie of the month:
The Wolf of Wall Street
- Culture: Plough Monday



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