



Roulette

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Roulette





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Presentation

*Only those who are capable of loving one language,
are capable of loving all of them.*

Irene Vallejo

We are extremely proud to present our first-ever issue of a magazine entirely written in two foreign languages. Roulette is the first magazine of this kind in history of our school. It's a part of the culmination of the legacy that our founder, Dr. Pablo González Casanova, trust in us: the possibility that our students can use languages like French and English to reach out to the knowledge, developments and literature of other countries. Through our intrinsic innovation process, we aim to make our own contributions to sciences, humanities, culture and arts.

We think that it's so important, in the second decade of the Twenty First Century, with all the technological revolutions that we are experiencing, that our CCH students and teachers develop skills, practice and internalize one or two foreign languages in their daily school and life contexts. The

time of erased borders across the countries is now. We also need to think globally. The current knowledge is for all of us and is everywhere, but we need to be at the source, at the origin of it, to avoid mischievous interpretations of the phenomena or work that we are studying and enjoying. Furthermore, in

this sense, Irene Vallejo says that recent research affirms that speaking several languages trains the muscle of our mind: "it protects us from cognitive deterioration and expands the horizon of our thinking"¹.

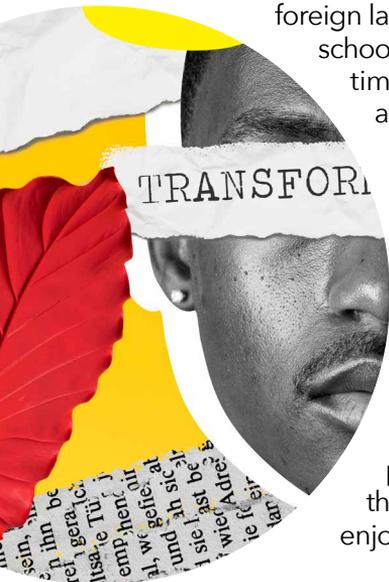
Most countries use English or French to communicate to the rest of the world. With Roulette, CCH Naucalpan is adding a part of its community to this worldwide conversation. We are so proud and grateful for our two magazine directors, Ana Laura Yáñez Piñón y Miguel Zamora Calderilla because they started and concluded this editorial project with passion and uncertainty. We will follow your path and your heart. We thank them and all of the writers who worked with us in the birth of this first English and French magazine of CCH Naucalpan.

We invite all of our community to write and dialogue with us and apply our founding principles: learn to learn, learn to make, and learn to be, also in French and English. Welcome to Roulette, the magazine of CCH Naucalpan, everyone is invited to this spinning celebration of the Word in every language. 

"And by my race will speak the spirit."

Keshava R. Quintanar Cano
Principal of the CCH Naucalpan-UNAM

1. Vallejo I. (2023) "Tongs of fire" in *Milenio, Literature*, saturday, december 30, p. 6.



Présentation

*Seuls ceux qui sont capables d'aimer une langue
Sont capables d'aimer toutes les langues.*

Irene Vallejo

Nous sommes extrêmement fiers de présenter notre premier numéro d'un magazine entièrement écrit en deux langues étrangères. Roulette est la première publication de ce type dans l'histoire de notre école. C'est une partie de l'héritage que Monsieur le docteur Pablo González Casanova, notre père fondateur, nous a confié : la possibilité que nos élèves puissent utiliser le français et l'anglais pour accéder aux connaissances, au développement et à la littérature d'autres pays et ainsi, en utilisant notre processus intrinsèque d'innovation, faire nos propres contributions aux sciences exactes, aux sciences humaines, à la culture et aux arts.

Dans cette deuxième décennie du XXI^e siècle, nous vivons toute sorte de révolutions technologiques et nous considérons important que, dans ce contexte-ci, nos élèves et nos professeurs du CCH développent des habilités dans une ou deux langues étrangères et qu'ils s'approprient ces langues et les utilisent dans leur vie scolaire et quotidienne : c'est actuellement le temps où les frontières entre les pays ont été effacées. Nous aussi devons penser d'une façon globalisée. Les connaissances actuelles sont pour nous tous, elles sont partout. Cependant, nous avons besoin d'aller à la source, là où ces connaissances prennent forme. C'est ainsi que nous pouvons éviter les interprétations malveillantes des phénomènes ou des travaux sur lesquels nous sommes en train de faire des recherches et dont nous pouvons en prendre plaisir. Dans

ce même sens, Irène Vallejo affirme que des recherches récentes soutiennent que parler plusieurs langues entraîne le muscle qui est notre cerveau : « cela nous protège de la détérioration cognitive et cela étend l'horizon de notre pensée. »

La plupart de pays utilisent l'anglais ou le français pour communiquer avec le monde entier et, avec Roulette, le CCH Naucalpan intègre une partie de sa communauté à cette conversation globale. Nous sommes reconnaissants et fiers de nos deux directeurs du magazine : Ana Laura Yáñez Pinzón et Miguel Zamora Calderilla. C'est eux deux qui ont commencé et fini ce projet éditorial avec passion et incertitude. Nous continuerons leur chemin et leur cœur. Nous les remercions et nous remercions aussi tous les écrivains et écrivantes qui ont collaboré avec nous à la naissance de ce premier magazine en anglais et en français du CCH Naucalpan.

Nous invitons toute notre communauté à écrire et à dialoguer avec nous et à mettre en œuvre nos principes fondamentaux : apprendre à apprendre, apprendre à faire et apprendre à être, autant en anglais qu'en français. Bienvenus et bienvenues à Roulette, le magazine du CCH Naucalpan. Vous tous, vous êtes conviés à cette célébration tournante des mots en différentes langues. 

"Et par ma race parlera l'esprit."

Keshava R. Quintanar Cano
Principal du CCH Naucalpan-UNAM
Traduit par Mareel Hernández Trevethan



Prologue

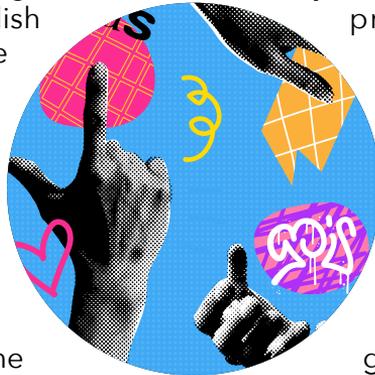
Language represents the intrinsic ability of all human beings to communicate through signs and symbols, allowing us to express our thoughts. There is a diversity of languages through which we can communicate, such as sign language, coded languages, among others. On the other hand, a language is a system of verbal, written, and gestural signs used by a group in a specific region. It is for this reason that the College of Sciences and Humanities includes language learning in its programs, such as English and French, as part of the student's preparation to acquire a second language and develop the four fundamental language skills: oral and written expression, reading comprehension, and listening comprehension, with the purpose of providing our community with essential tools for effective communication in a globalized context and the ability to participate in national and international student mobility programs. For this reason, an editorial project has been created to promote the practice of writing and reading in both languages, called "Revista Roulette."

"Revista Roulette" aims to encourage and motivate the university community to engage in the practice of

reading and writing in English and French. This editorial project was designed with the goal of enabling the community to contribute written materials on various topics in both languages, thereby contributing to the development of interdisciplinary skills by connecting with various subjects taught in the College. Knowledge of a foreign language allows for exploration of knowledge from different sciences and cultures.

For this reason, the community will be able to put into practice the various knowledge, skills, or learning acquired in their curricular classes by creating articles on various topics of interest. The magazine has several sections, such as poetry, linguistics, science, culture and art, video game reviews, gender perspective, language learning tips, health, movie reviews, environment, trivia, and language exercises.

You can submit your contributions via email to: revistaroulette@gmail.com.mx. We will be delighted to read and publish your writings in English and French. 

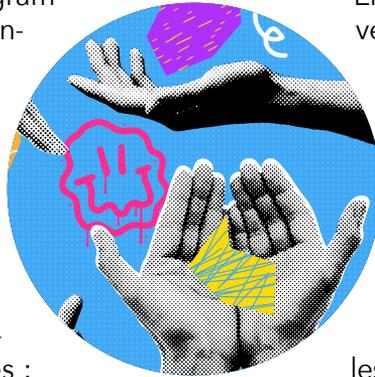


Ana Laura Yañez Piñón
Miguel Ángel Zamora Calderilla
Editorial Directors

Prologue

Le langage représente la capacité intrinsèque de tous les êtres humains à communiquer à travers des signes et des symboles, en nous donnant la possibilité d'exprimer nos pensées. Il existe une grande diversité de langages qui nous permettent de communiquer, telles que la langue des signes ou les langages codés, entre autres. D'une autre part, une langue est un système de signes verbaux, écrits et gestuels utilisé par un groupe de personnes dans une région spécifique. C'est pour cette raison que le Collège des Sciences et des Humanités

inclut, dans ses programmes d'études l'apprentissage des langues, telles que l'anglais et le français. Cela a pour objectif que les élèves acquièrent une deuxième langue et développent les quatre compétences linguistiques fondamentales : expression orale, expression écrite, compréhension de lecture et compréhension auditive. Celui-ci a comme but, d'abord, de fournir à notre communauté des outils essentiels pour une communication efficace dans un contexte globalisé et, finalement, la capacité de participer à des programmes nationaux et internationaux d'échange d'étudiants. C'est pour ces raisons qu'un projet éditorial, appelé "Revista Roulette", a été créé. Sa finalité est de promouvoir la pratique de l'écriture et de la lecture dans les deux langues enseignées au CCH.



"Revista Roulette" vise à encourager et à motiver la communauté universitaire à s'engager dans la lecture et l'écriture en anglais et en français. Ce projet éditorial a été conçu dans le but de permettre à la communauté collaborer avec des écrits, dans les deux langues, sur divers sujets qui relient les enseignements acquis dans les divers cours donnés au Collège, contribuant ainsi au développement des compétences interdisciplinaires. La maîtrise d'une langue étrangère permet l'exploration des connaissances issues de différentes sciences et cultures.

En créant des articles sur divers sujets d'intérêt, la communauté pourra mettre en pratique les différentes connaissances, compétences ou apprentissages acquis dans ses cours curriculaires. La revue comporte plusieurs sections, telles que la poésie, la linguistique, les sciences, la culture et les arts, la critique des jeux vidéo, la perspective de genre, des conseils pour apprendre une langue, la santé, la critique des films, l'environnement, des quiz et des exercices de langues.

Vous pouvez soumettre vos contributions par courrier électronique à l'adresse suivante : revistaroulette@gmail.com.mx. Nous serons ravis de lire et de publier vos écrits en anglais et en français. 

Ana Laura Yañez Piñón
Miguel Ángel Zamora Calderilla
Directeurs de Rédaction

Linguistics / Linguistique

The use of educational resources in the learning process

By Nataly Guzmán Alegre



Teaching English in the face-to-face and online modality is an activity that has allowed me to make some changes, not only in the teaching-learning strategies or in the tools or resources, but also in the motivation of the students towards autonomous and meaningful learning; taking their academic performance, the pace of work they are used to and the objective of learning a foreign language into consideration.

However, as a second language teacher, I am constantly updating my knowledge, renewing strategies, as well as the use and development of didactic and technological resources, which work as a pedagogical support in my teaching role as a guide in the conceptual and procedural subject matters on the contents to be learned, achieving the objectives and guiding students to learn in real contexts, in addition to facilitating interaction in the classroom. Therefore, it is important to respond to the motivation, needs and interests of my students through the use of these resources such as: applications, educational platforms, interactive cards, songs, games, quizzes, crossword puzzles, word search, tongue twisters, movies, videos, among others; which allow me to strengthen the autonomous and meaningful learning of students, in the practice and reinforcement of receptive skills (reading and listening), productive skills (speaking and writing), as well as use of the language, vocabulary and pronunciation of English.

As a brief conclusion, I think that the design and implementation of these resources in the classroom or virtual classroom, allow me to improve the teaching-learning process from the way I lead students to a better learning and how I motivate them to achieve the expected results. 

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Linguistics / Linguistique

From
Linguistics
fascination
to the English classroom

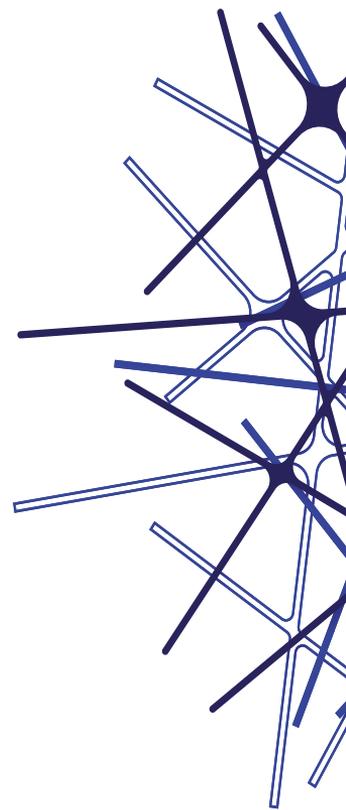
By Ana Patricia Rodríguez Gutiérrez



*m*any people believe that having to choose a career path at the age of 16 or 17 is simply unacceptable because teenagers are still too young to picture themselves in such a long-term future. Based on my experience, I partially agree. When I was in the position of choosing which Bachelor's Degree to study, I couldn't really imagine how my life would be (or even how I would want it to be) ten years after that. In the end, being a teenager implies a neurological inability to consciously plan for the long term. We are preoccupied with experiencing the present intensely, in the here and now, and every parent or High School teacher can agree.

Although I can't quite remember the exact reason why I chose to study Hispanic Language and Literature, I do know that I made the decision based on the things that excited me at that time: the arts, the complexity of human beings, the joy of exploring Spanish grammar, and my admiration for polyglots, to name a few. I'm lucky enough to still feel a strong passion for these subjects, which I was able to immerse myself into when I began my degree and discovered the fascinating world of linguistics, a truly interesting social science.

Linguistics involves the study of all aspects related to language, including the way we learn it. For me, one of the most interesting concepts in the field of applied linguistics, in terms of teaching and learning, is the Affective Filter hypothesis developed by Stephen Krashen in 1982. This theory suggests that affective factors such as motivation, self-confidence, and anxiety play a vital role in language acquisition, which is most effective for communication purposes. On the other hand, learning, which is more





focused on acquiring knowledge of grammar rules, may not necessarily translate into practical use in day-to-day interactions. If we have negative feelings toward the language we are learning, our “affective filter” acts as a barrier that delays our progress compared to other situations. Not only does studying become more challenging, but according to Krashen (1988), the new information fails to reach the part of our brain responsible for acquiring a new language and achieving fluency. In simpler terms, if we do not enjoy learning a particular language, such as French, for example, it will be scientifically more difficult for us to master it.

In my lessons, I place great importance on the Affective Filter. I view languages as keys that can unlock doors to different worlds, and this belief motivated me to teach Spanish and English. I also obtained a certification in basic German and explored French and Italian. Studying linguistics has increased my love for languages, and whenever I teach in front of a group, I often incorporate concepts to explain the reasoning behind rules or unexpected connections between English and Spanish, for instance. I for communication try my best to maintain a stress-free environment in the classroom and share my point of view about language with my students. I make the students know understand that they will never be judged or humiliated for making mistakes. Instead, we work together to address those mistakes and gradually internalize the correct forms. I’m sure that if students associate English with positive ideas and emotions, they will not only learn more effectively but also be motivated to study and explore the language beyond the classroom. In the end, that’s what we teach English for. 📖

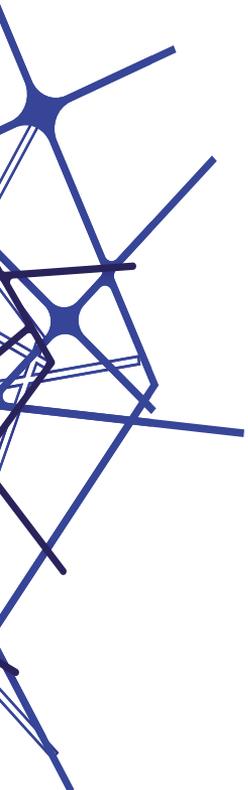
Culture and art / Culture et art

Culture and *Language*

By David Tomás Flores García



Arte de @freepik



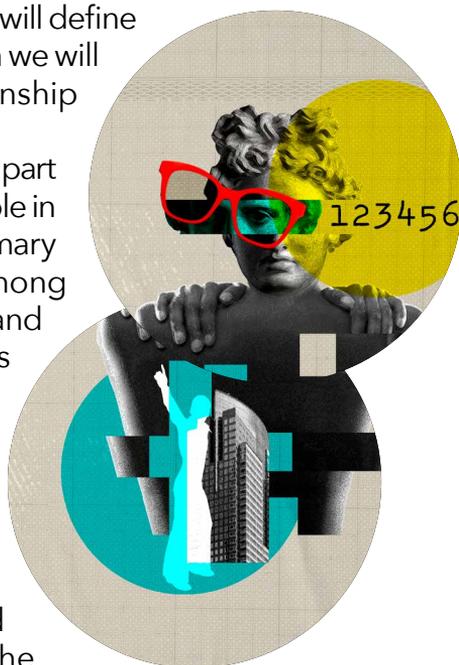
What is the relationship between culture and language? First, we will define these two concepts, and then we will be able to show the relationship between them.

Language, as one important part of culture, plays a significant role in human life. It serves as the primary means of communication among human beings. It is a system and as a system it contains rules that speakers must adhere to. Language reflects an individual's personality and their culture, and it allows the transmission of culture and the transmission of the knowledge produced by a society so it ensures the continuity of societies.

Culture, on the other hand, includes everything that results from human creativity, initiative, and work within a specific moment in history. It enables the occurrence, preservation, and continuation of a society, and this can happen due to the fact that humans can make use of language, among other things.

A language is used to communicate within a particular society and culture. It is influenced by the society in which individuals speak, not only in terms of regional accents or dialects but also by social factors. Due to those social factors or social contexts, there are social communities or speech communities, which are defined as groups of people who share a set of linguistic norms and expectations regarding the use of their language. Several social factors, such as age, gender, social class, education, and ethnic group, influence the way people speak.

The function of language is to express thoughts and to communicate information through messages, fulfilling various tasks such as greeting people, conducting ceremonies, motivating individuals during events, and



more. These cultural events are shaped and transmitted using specific speech acts.

It is evident that language plays a crucial role in the development and transmission of culture. Language allows human beings to store meanings and experiences, facilitating communication within a society. The relationship between culture and language is undoubtedly strong, as language serves as a vehicle for expressing and preserving cultural ideas, values, and traditions.

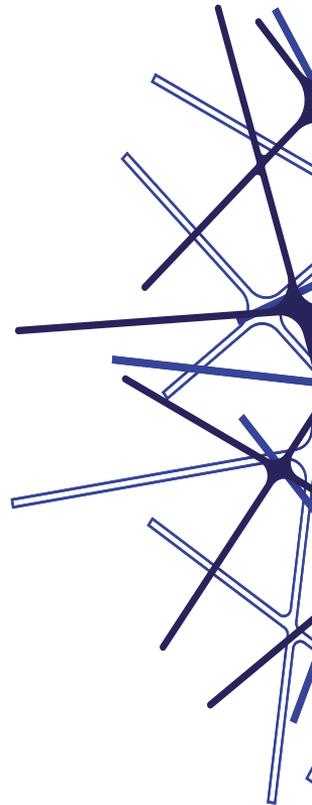
Language is a major component and supporter of culture, as well as a primary tool for transferring and transmitting messages in a society. However, language is influenced and shaped by culture; it reflects culture. Cultural differences are the most serious areas causing misunderstandings and even conflicts in cross-cultural communication.

Learning a second or foreign language necessarily involves learning about another culture. There are specific cultural aspects that learners must understand about the society or culture associated with the language they are learning. It is not enough to convey a message using correct grammar, structures, and vocabulary. To be able to communicate effectively, learners need to be aware of the nuanced sociocultural aspects of the foreign language. 



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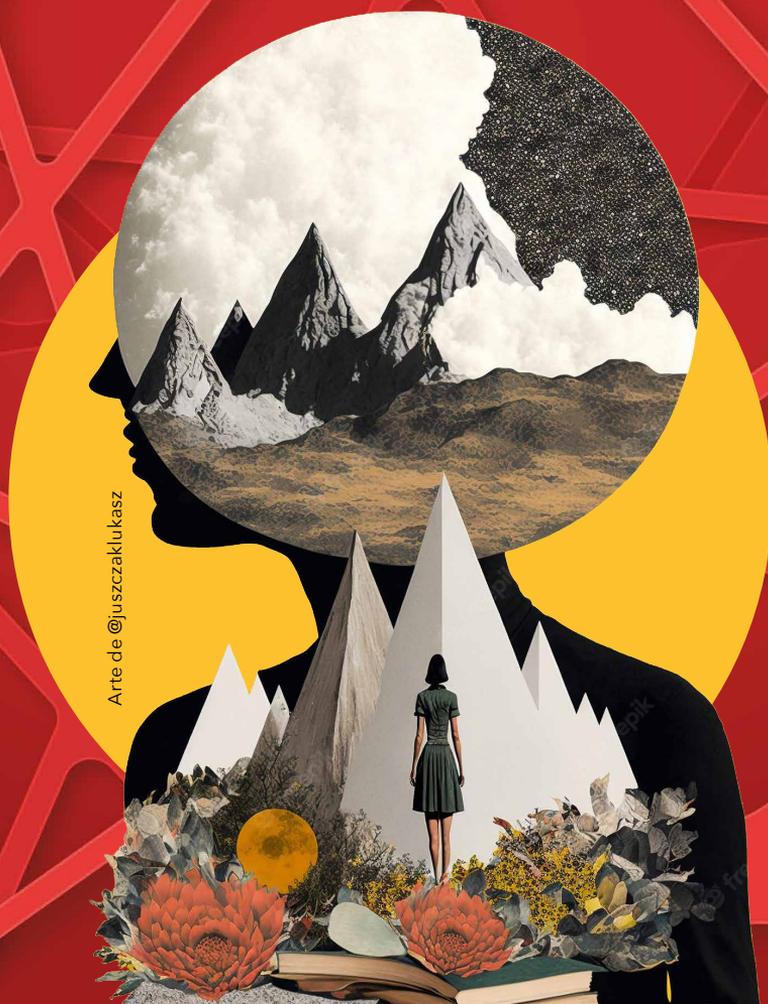


Culture and art / Culture et art

À la découverte d'un Pays

francophone: la Suisse

Par Mareel Hernández Trevethan



Arte de @juszczaklukasz

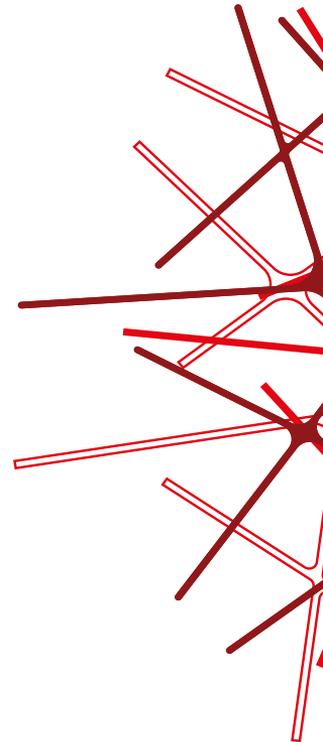
Probablement, étant donné son importance dans les affaires internationales, nous tous, nous avons déjà entendu parler de la Suisse. Mais, connaît-on réellement la Suisse? Qu'est-ce que nous savons sur ce petit pays juste un petit peu plus grand que l'état de Yucatan?

Si l'on nous demandait de parler de la Suisse, probablement nous mentionnerions ses fameux couteaux, ses chocolats et ses paysages avec des montagnes et des lacs ou on dirait qu'il s'agit d'un paradis fiscal plein de banques... et nous ne nous tromperons pas, mais la Suisse est beaucoup plus que ça.

La Suisse, comme je viens de le dire, est juste un peu plus grand que le Yucatan et elle se trouve au plein cœur de l'Europe. Mais, c'est petit pays, considéré comme un des pays les plus riches du monde, ne compte pas avec de la matière primaire. Les Alpes, qui couvrent six dixièmes de la surface du pays, rendent toute cette surface improductive.

Alors, d'où vient la richesse de la Suisse? D'un travail acharné et d'une discipline sans faille afin de façonner des produits à haute valeur ajoutée et d'une qualité inégalable et, aussi, d'une politique, vieille de 1515, date de la Bataille de Marignan, quand les Suisses sont devenus totalement neutres après une âpre défaite. Cette neutralité, pilier de la culture suisse, a permis un développement économique et une stabilité qui garantissent aux investisseurs étrangers la réussite de leurs investissements dans le pays.

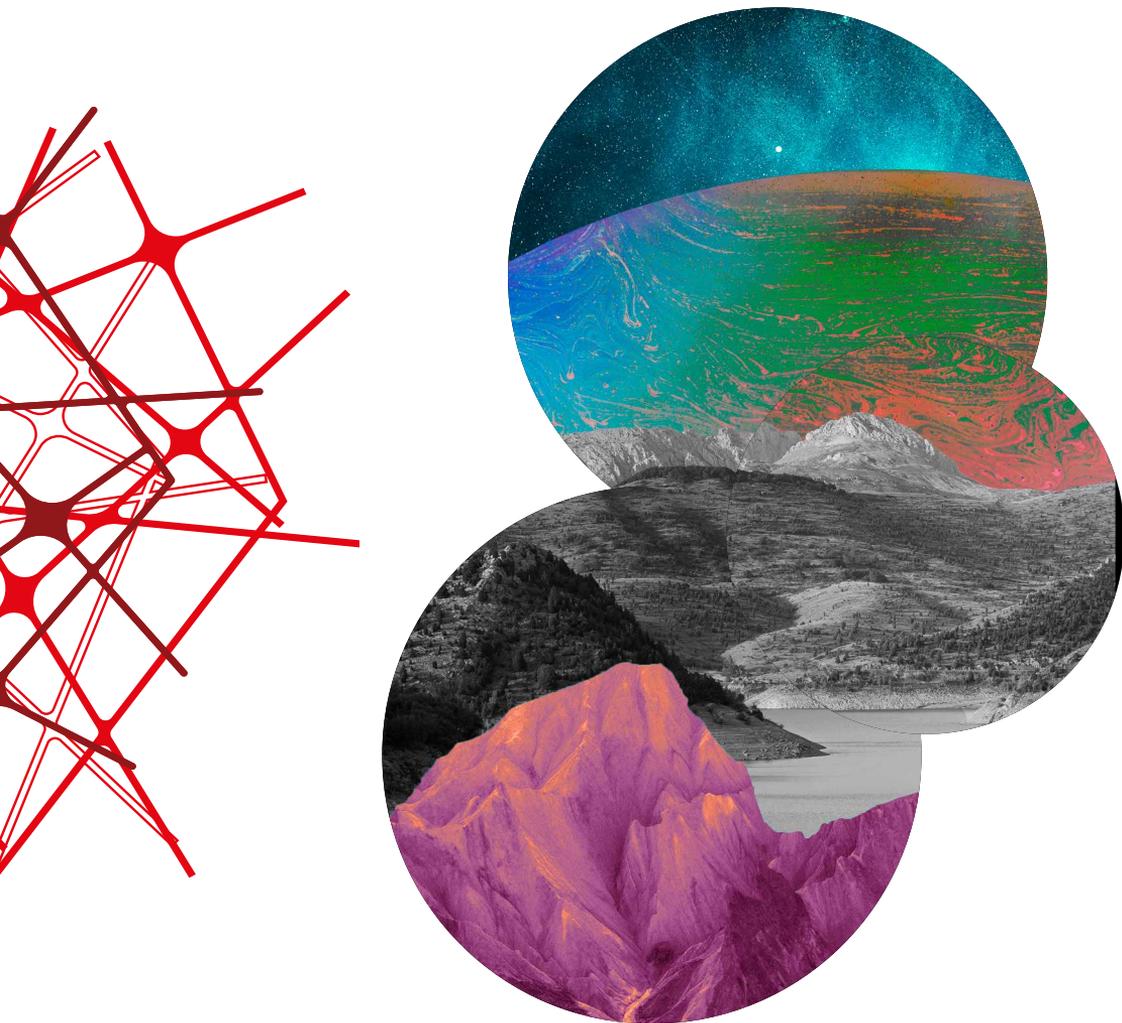
D'ailleurs, la richesse de la Suisse n'est pas qu'économique: malgré sa petite taille, le pays est si divers que l'on ne peut pas parler d'une identité suisse. Le pays est divisé en trois régions culturelles distinctes: la Suisse-alsacienne, la Suisse-Romande et la Suisse-italienne. Ces 3 régions représentent les 26 cantons qui forment la Suisse et chaque canton a ses propres traditions. De la même façon,



chaque canton est indépendant des autres cantons et du gouvernement fédéral pour dicter la plupart de lois comme les lois sur l'éducation, la santé ou les impôts.

En outre, chaque canton parle sa propre langue, c'est-à-dire que l'on peut parler de 26 langues parlées dans toute la Suisse. Même si cela est relativement vrai, la Suisse ne va compter qu'avec 4 langues officielles: le haut-allemand, le français, l'italien et le romanche.

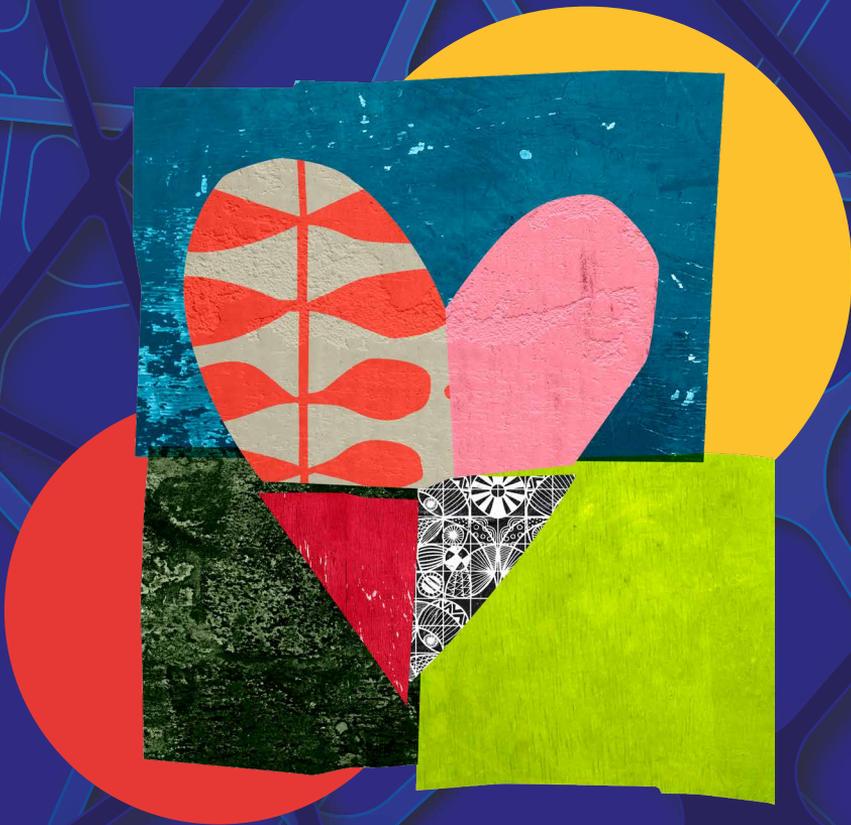
Tout cette diversité, rendre la Suisse un pays unique et très complexe, mais aussi très intéressant à découvrir en profondeur. 



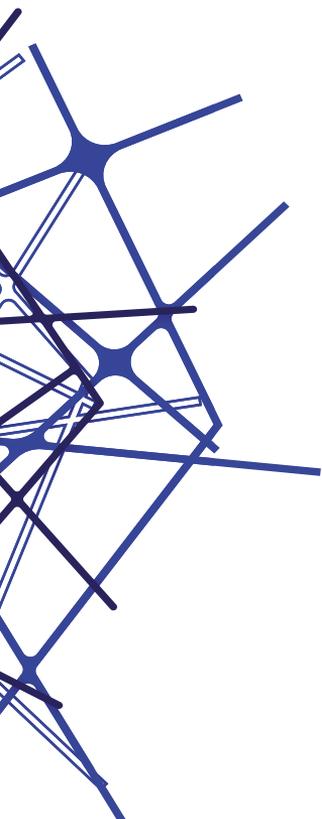
Culture and art / Culture et art

About some
tender moments
“lost in translation”
in Charles Bukowski’s *On Love*

By Keshava Quintanar Cano



What matters most, its how well you
walk through the fire.
Charles Bukowski



I recently acquired a bilingual anthology of lyric poems by Charles Bukowski titled *Amor* (2022)¹, -*On love*, in its original title-, edited and translated by the spanish, Abel Debrito. Although it is a very good selection of his most tender poems, some of his translations dislocate the original meaning.

One of the most common problems is that Debrito, as soon as he discovers the words "take" or "pick up", immediately translates it them as "coge". Instead, as we would do in Mexico, of using words like "toma", "agarra", "sujeta" or others, depending on the context of the phrase. The Spanish word "agarrar", within the framework of Bukowski's poetics and Mexican Spanish, breaks with the aesthetic proposal and meaning of several of the most corny and beautiful poems in this anthology.

Another example: Bukowski utters: "Jesus!" and the spanish translator says: "Joder!" Once again, in Mexican Spanish, colloquial expressions have to adhere to a social and national context; otherwise, the pact of verisimilitude is broken, and the magic of the poem is *lost in translation* (2003), like Sophia Coppola movie.

Hence, we recommend, for nothing more than the

1. Bukowski, Charles, (2022) *Amor* (*On love* in English), translation and edition by Abel Debrito, Visor editions, Madrid.

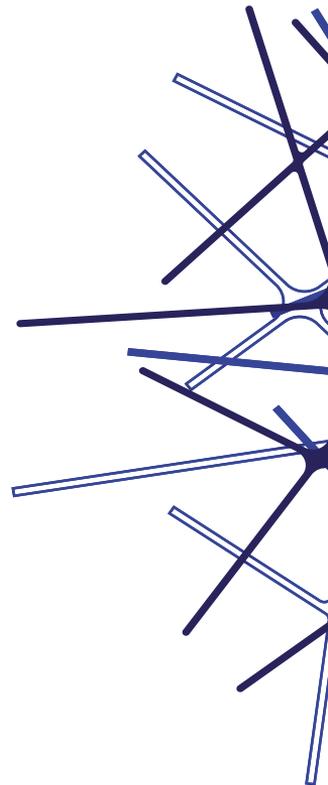


respect that a work of literary art deserves, that when we are trying to transcribe it into another language, translators take into account the small international nuances that make the big differences between the reader and the meaning of the work, especially in cases like Bukowski, “the last of the underground heroes”²

At first, when teachers Ana Laura Yáñez and Miguel Ángel Zamora kindly invited me to write for the first issue of our Roulette magazine, I thought about talking about these observations in the translation of Bukowski’s book “Amor”. It is a complex reading due to the fact of translating a “cursed” and stark poet from North American English to Spanish from Spain, later read in Mexico. However, instead of doing this and sharing various translation failures, I preferred to talk to you and share with you a brief selection of poems that I discovered in this beautiful anthology. Let’s say that lyrical poetry won over critics once again. Although I finally did talk about it, showing that in writing as in life, we do not have absolute control over most of the things really meaningful.

Well, despite the fact that Bukowski has been assigned the subgenre of “dirty realism,” and his poetry abounds in the obscene, the stark, the sexist, the misogynistic, in his great poetic catalog, there are also romanticized pieces about the moments in which love sneaks through the blinds of everyday life and eclipses the poet. I share with you some examples of this, clear examples in which aesthetics and meaning balance in a tender and kitschy symmetry, and that do not necessarily portray happy moments. I leave you three extremely beautiful poems; I hope you’ll like them.

2. Bukowski, Charles, (2021) *Poemas de un viejo indecente*, translation by Francisco Jaymes, Aleph editorial, México.



For the 18 months of Marina Louise³

Sun sun
is my Little
girl
sun
on the carpet-
sun sun
out the
door
picking a
flower
waiting for me
to rise
and play.

An old man
emerges
from his
chair,
battle-wrecked,
and she looks
and only
sees
love, which I
become
through her
majesty
and infinite
magic.

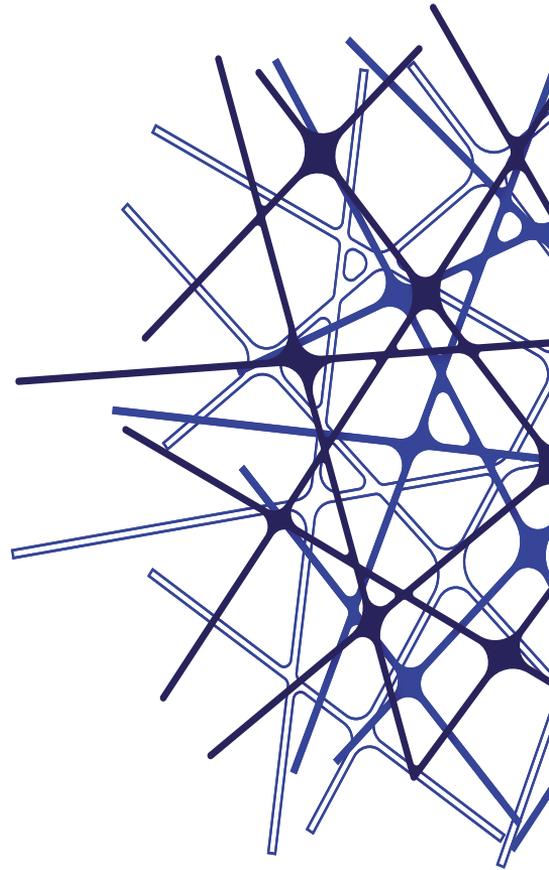


3. Bukowski (2022, p. 78-80).

For Jane: with all the love I had, which was not enough⁴

I pick up the skirt,
I pick up the sparkling beads
in black,
this thing that moved once
around the flesh,
and I call God a liar,
I say anything that moved
like that
or knew
my name
could never die
in the common verity of dying,
and I pick
up her lovely
dress,
all her loveliness gone,
and I speak
to all the gods,
Jewish gods, Christ-gods,
Chips of blinking things,
Idols, pills, bread,
fathoms, riks,
knowledgeable surrender,
rats in the gravy of 2 gone quite mad
without a chance.

4. Bukowski (2022, pp. 48-50).



An answer to critic of sorts⁵

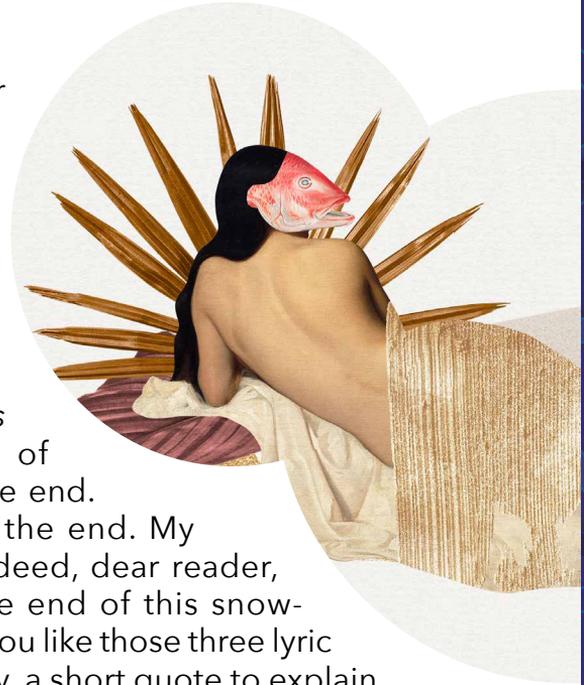
A lady will perhaps meet a man
because of the way he writes
and soon the lady might be suggesting
another way of writing.

But if the man loves the lady
he will continue to write the way he does
and if the man loves the poem
he will continue to write the way he must

And if the man loves the lady and the
poem
he knows what love is
twice as much as any other
man

I know what love is.
This poem is to tell the
lady that.

And like *The Doors*
said, through the voice of
Jim Morrison: "This is the end.
Beautiful friend. This is the end. My
only friend, the end". Indeed, dear reader,
this is how we reach the end of this snow-
white reflections. I hope you like those three lyric
poems about love. Finally, a short quote to explain
"what love is" in Bukowski's poetic: "Love is nothing
but headlights at night running through the fog."⁶
Thanks for reading, my beautiful friend. 📖



5. Bukowski (2022, p. 96).

6. Bukowski (2022, p. 200).

Tips for learning a language /
Conseils pour apprendre une langue

Tips for learning a New language

By Cintya Guzmán Camacho



Arte de @freepik



Did you know that learning a new language can be a gratifying experience? It can bring new and better job and school opportunities and make your travel adventures more enjoyable. You will also become conscious of different ways of understanding the world by getting to know the culture and customs of other people. Besides, research studies have shown how learning a new language can improve your memory and attention. Here, you will find five tips to help you succeed.

1. Set realistic goals. They can be as simple as learning a few new words each week or talking about the weather with friends, family, or foreigners. You can use flashcards to help you learn new vocabulary and expressions, but don't forget to practice using them in different types of sentences and contexts to minimize the chances of forgetting them.

2. Don't worry about making errors.

Everybody makes mistakes when learning a new language, including in our native language. Mistakes are a natural part of the learning process. Instead of being discouraged, try to learn from those mistakes and keep practicing.

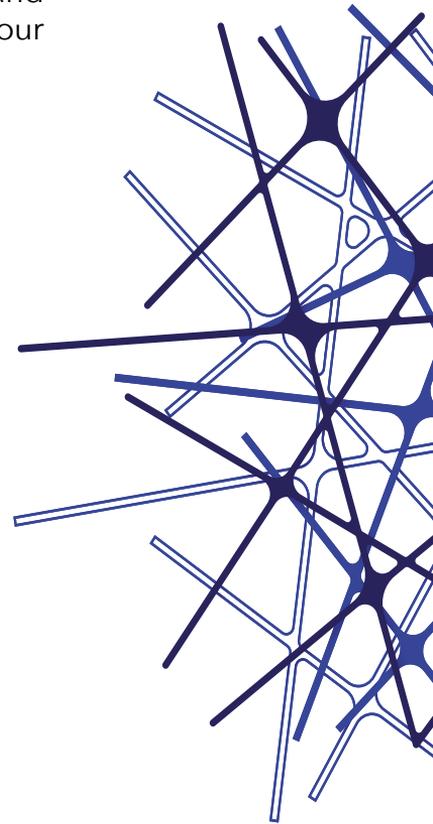
3. Enjoy the process. Some students enjoy attending classes, while others prefer learning through books, apps, or online resources. Add as much variety as possible using different methods and techniques until you find the ones that suit you best and take into account your own learning style. Think about learning each and every day something new and make it a habit.

4. Get into the language. Focus on the target language as much as possible. Watch movies, TV shows, cartoons, or advertisements in the language. Listen to music, look up unknown words or expressions, learn songs by heart, and sing along. Read books, magazines, or comics in the language. If possible, travel to a country

where the language is spoken. Sometimes we even have family living abroad that we can get in touch with to practice the language.

5. Practice with foreigners. Practice with native speakers of the target language, especially those who are learning your native language. Apps like HelloTalk provide a platform to connect with people from around the world for language exchange, where you can practice the target language while helping them practice yours. You can also use your social media accounts to meet people who would like to have this kind of exchange, just be careful. Additionally, in some cities, there are cafés where strangers gather specifically for language practice in a similar way.

For some people, learning a new language can be a challenging and sometimes frustrating process because it requires time, effort, and commitment. However, it's important to remember that it is also a rewarding and fulfilling experience. Don't give up and continue your hard work to achieve success! 🎵



Gender perspective /
Perspective de genre

The frequency of Love

By Ivette Carzola Brun

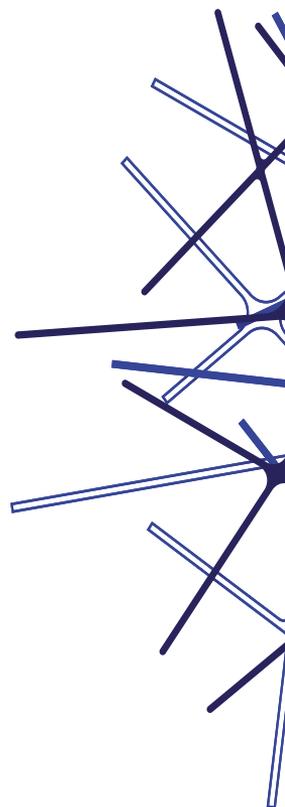


Arte de @freepik

The four fundamental forces that hold everything together and are responsible for shaping the universe and all known interactions in science are gravity, electromagnetism, the weak nuclear force, and the strong nuclear force. Each force has its own purpose, function, and importance in nature. The gravitational force is related to the property of weight and the motion of objects. The electromagnetic force is significant in the biological and chemical fields as it is responsible for molecular connections. The nuclear forces are responsible for holding all subatomic particles together.

JMAG Group (2022) states that “vibration and noise are caused by the resonance and amplification of electromagnetic vibration, which is a source of vibration, and the structure.” According to A. P. French (1971), “every system possesses the capability for vibration, and most systems can vibrate freely in a large variety of ways [...] The human body itself is a treasure-house of vibratory phenomena [...] Even the atoms of which we are constituted vibrate” (p. 3). Every living and nonliving creature is made up of vibrational energy fields at the quantum level and vibrates at its own unique frequency. We all vibrate energetically at a specific frequency. The Britannica website defines frequency as “the number of waves that pass a fixed point in unit time” and describes it as “the number of cycles or vibrations undergone during one unit of time by a body in periodic motion” (2023).

Sound vibrations can physically interact with the body and influence our consciousness at the mental, emotional, and spiritual levels. Musical sounds consist of notes arranged in ascending or descending order of pitch or frequency. The interval between notes can give rise to consonance and dissonance. According to Parncutt and Hair (2011), “The consonance of a sonority depends on its spectral harmonicity, temporal smoothness, and cultural familiarity. The consonance of successive sonorities depends on their pitch commonality and proximity, of a



tonal passage, on its perceived structure.” Consonance refers to the quality of a musical interval that has a pleasant or harmonious effect on the listener or recipient. Consonant intervals can evoke feelings of happiness, joy, courage, or calmness, whereas dissonant intervals can create a sense of tension, anger, fear, or sadness, thereby affecting the emotional aspect of consciousness.

It is said that love is a force that connects, brings together, and unites. It can be likened to the consonant interval that holds subatomic particles together. Thus, according to the definitions stated at the beginning of this text, love can be compared to a nuclear force. In order to generate vibration, a generator is required. This vibration then travels through a conductor until it reaches the recipient. Let’s imagine a person acting as a generator, where the energies of their heart and mind are connected, generating a unique, harmonious, and pleasant vibration known as love. Once this vibration is propagated through a conductor such as air, sound, or light, it reaches the recipient. If the recipient happens to be another human being who is synchronized at the same frequency, this vibration would be amplified and transmitted as well. 🎵

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Environment / Environnement

Beat the Heat:

Managing the Effects of Hot Weather

By Mariana Agreiter Casas

Arte de @freepik



Did you know that the weather not only determines whether you'll need an umbrella or sunglasses, but can also influence your productivity, decision-making, and even your sleep patterns? Weather has a significant impact on our daily lives, influencing everything from our clothing choices to our mood and activities.

Hot weather has a big impact on us. Feeling tired and lacking energy is common during hot weather. The heat makes it harder for our bodies to regulate temperature, so we sweat more and can become dehydrated. These factors contribute to feelings of exhaustion, reduced energy levels, and a lack of motivation.

When it gets hot outside, it affects how we feel and behave. We may become more easily annoyed or angry. When it's really hot, the uncomfortable feeling and stress from the heat can make people feel even more frustrated and may make them act more aggressively. Our mood can also go down, and we might not enjoy things as much as usual. Additionally, people may experience difficulty concentrating and focusing. When we're exposed to high temperatures, it can be challenging to stay attentive and perform well mentally.

The discomfort caused by the heat can distract us from our tasks and make it harder to stay focused on what we're doing.

In addition to fatigue and decreased concentration, hot weather can also disrupt our sleep patterns. High temperatures make it difficult to fall asleep and create an uncomfortable sleeping environment. Restless nights happen more often, and our sleep quality suffers. This can make us feel tired and less mentally sharp during the day. To sleep better when it's hot, it's important to find ways to cool down the sleeping area, such as using fans or air conditioning, using light blankets, and making sure there's enough airflow.

To stay comfortable and healthy during hot weather, it's important to drink lots of water to keep yourself hydrated, make sure to use fans or air conditioning to keep the air cool around you, wear

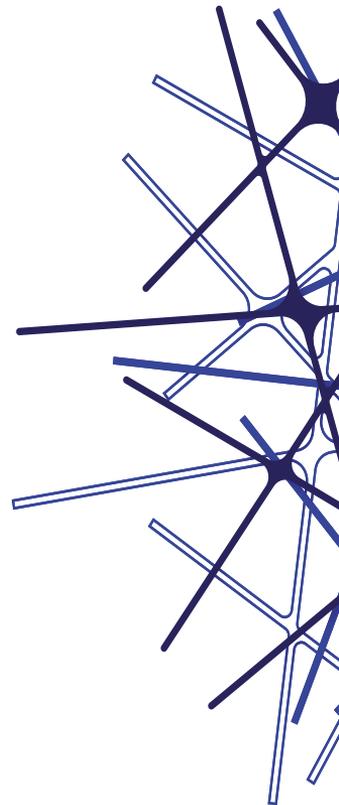


loose and light clothes that let your body breathe, find shade and avoiding too much physical activity during the hottest parts of the day, try to stay out of direct sunlight and protect your skin by using sunscreen and wearing hats or sunglasses. Overall, hot weather can affect us in different ways, so it's important to take care of ourselves during these times. It can be tough to stay comfortable and take care of yourself. But if you stay positive and make some small changes, you can have a better experience with the heat. With a good attitude and being open to change, you can make the hot weather a fun time for yourself. 🌞



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Health / Santé

Adolescence and Youth

By Miguel Zamora Calderilla



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Adolescence is the life stage that spans from childhood to adulthood; the World Health Organization (WHO) defines it as ranging from ten to nineteen years old. It comprises three phases: early adolescence, also known as puberty; middle adolescence; and late adolescence. Each of these stages is characterized by significant changes in various domains such as biology, psychology, and social dynamics.

Regarding youth, in Mexico, it is considered to encompass the period from twelve to twenty-nine years of age. According to the National Institute of Statistics and Geography (INEGI), there are 31.2 million adolescents and young people living in Mexico, of which 10.8 million are teenagers.

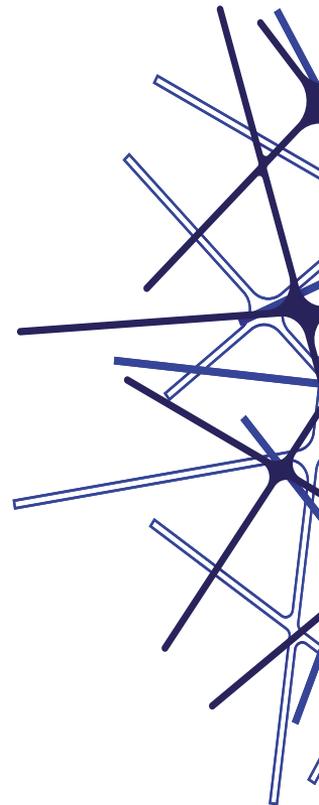
These stages are marked by numerous changes, experiences, and events that guide individuals from childhood into adulthood. The distinction between adolescence and youth essentially lies in the fact that youth constitutes a diverse social group that can be represented in various ways. It depends on factors such as family, local environment, health status, nutrition, society, culture, and education. On the other hand, adolescence is considered a series of biopsychosocial changes that prepare individuals for reproduction and adulthood.

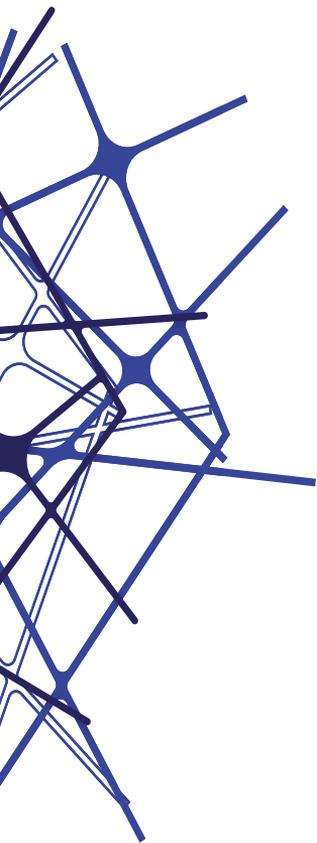
Adolescence serves as a transitional phase between childhood and adulthood, encompassing a myriad of changes (Allen & Waterman, 2019). Enumerating all of these changes is challenging, as they are experienced differently and with varying intensity.

In puberty, the most noticeable changes are morphological and physiological, represented by the maturation of reproductive organs and gonads, as well as the emergence of secondary sexual characteristics and accelerated growth.

During middle adolescence, changes initiated in puberty continue. Libido awakens, along with an interest in romantic and sexual relationships, culminating in the consolidation of one's sexuality.

Late adolescence represents the final stage of adolescence, generally indicating the completion of morphological development and attaining the definitive





height that individuals will have as adults. The aspiration of this stage is individual independence. Young people now decide how they dress, what foods they consume, and what music they listen to; they are no longer willing to let parents make these significant decisions for them. Particularly in this stage, gaining acceptance and fitting in with peers is crucial.

Adolescence and youth are intense life stages, characterized by experiencing euphoria and, almost immediately, potentially sinking into profound depression, thus risking their well-being. Another hallmark of this phase is the domain of emotional maturity and reasoning. Numerous studies conducted on adolescents suggest that they possess the rational capacity to assess risk in a manner similar to adults, yet their emotional intelligence drives them to make decisions that can be risky for their well-being.

Adolescents and even young adults often clash with adults. Typically, these situations are attributed to the adolescent's behavior. However, understanding adolescent behavior requires insight into the functioning of the adolescent brain and its neurodevelopment.

The process of brain maturation begins at conception, and the rate at which it occurs varies among children due to multiple factors. Development generally starts at the back of the brain and gradually advances toward the frontal part, following a pattern closely related to chronological age. Changes in neurodevelopment include anatomical development, followed by motor autonomy, language development, environmental awareness, proprioception, and, finally, the development of personal identity, the latter occurring during adolescence.



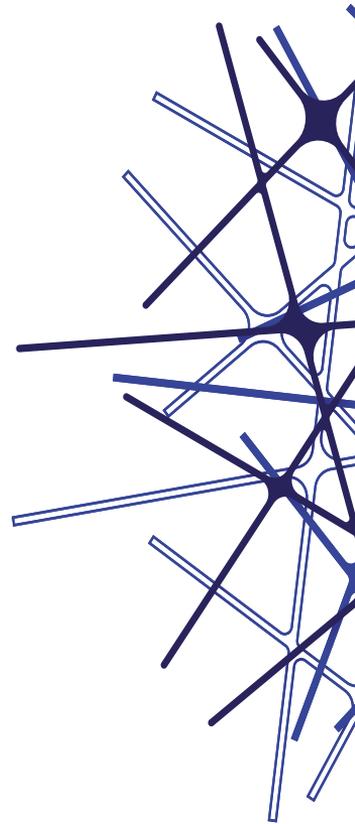
Brain development in children is characterized by rapid size increase and the creation of neural circuits responsible for perception, posture control, language, communication, and more. From adolescence onward, neural circuits focus on refining previously developed skills, such as cognitive abilities, memory, and language. However, a notable emphasis lies on critical analysis and decision-making.

During adolescence, there is an identifiable increase in the development of brain structures involved in adolescent neurodevelopment, such as the limbic system (amygdala) and the frontal lobe.

In adolescence, the limbic system processes emotions and rewards. Pleasurable situations trigger the release of dopamine by the limbic system, reinforcing behaviors and becoming a risk factor if young people engage in risky conduct.

The frontal lobe plays a crucial role in finer cognitive processes compared to those during childhood. It also impacts decision-making, task and time planning, and inhibiting inappropriate behavior in specific contexts. Additionally, it houses our self-awareness (Mas, 2016). Unlike young adults, adults can modify negative or risky behaviors to avoid future consequences, while adolescents are more prone to impulsive responses.

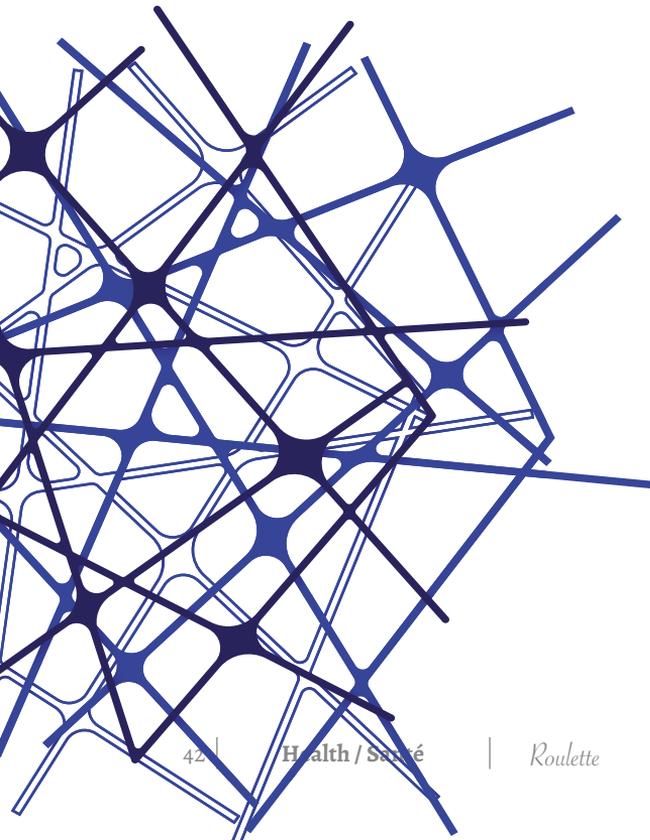
Although adolescents possess the capacity for reasoning, decision-making, planning, and other rational modes of thought and behavior (UNICEF), these capabilities are easily influenced by emotions or the sway of others, putting their holistic well-being at risk.



The decisions made by adolescents and young people, influenced by emotions or peers, render them vulnerable to unfavorable circumstances affecting their academic, personal, and comprehensive health pursuits. This vulnerability is reflected in high levels of alcohol consumption, the onset of drug use, unplanned pregnancies, as well as accidents and violent deaths associated with conflicts.

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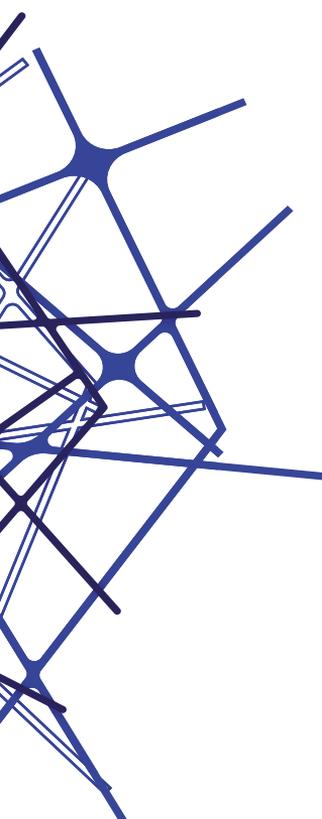
Experiences /
Expériences personnelles

My Journey as a Teacher

By Ana Laura Yañez Piñón



Arte de @freepik



Contrary to popular belief, being a teacher isn't a walk in the park just because there are many educators in our midst. Teaching demands the honing of various skills, especially as one has to engage with numerous personalities simultaneously.

Understanding Teaching

The term 'teach' originates from the Old English word 'tæcan,' which means to show or present and has Germanic roots. It's akin to the word 'token' and shares an Indo-European root with the Greek words *deiknunai* (show) and *deigma* (sample). Essential questions include: Who is the self that teaches? How do educators interact with their students, peers, and the world? How can teaching deepen one's character and sense of self? The core aim of teaching is to facilitate learning, keeping in mind the feelings, experiences, and needs of the students. For instruction to be effective, learners must be able to grasp what's being taught. Teachers, therefore, should be innovative and attentive.

For me, teaching is fundamentally about sharing knowledge. My inclination towards teaching began in childhood. Fond memories involve playing teacher-student games with my grandmother, who, interestingly, couldn't read or write. I cherished teaching her letters and reading together. Her engagement, whether genuine or pretend, significantly boosted my confidence.

Embracing English

At 12, a trip to Chicago introduced me to the English language, which my cousins spoke fluently. Overwhelmed by my inability to understand, I pledged to master English. After years of learning and another trip to Chicago, I was

disheartened by the lack of support for non-English speakers within the Mexican community there. This fueled my resolve to teach English to others.

On returning to Mexico, I pursued a major in "Enseñanza de inglés" (Teaching English). This program not only aligned with my passion for teaching but also my goal to bridge language barriers. During my course, I began teaching English in Acatlán. My first teaching experience was an affirmation of my choice - I was ecstatic, invigorated, and exhausted simultaneously.

Later, I joined CCH Naucalpan, overcoming challenges related to familial expectations. Despite the hurdles, the answers to my earlier posed questions about teaching became clearer throughout my academic journey.📌



Movie review / Critique de film

Movie review: "Blade runner"

By Laura Estela Lara Huitrón



“**B**lade Runner” was a low-budget movie filmed in the eighties. Forty years later, it has reached the level of a “cult film” and has been the inspiration for several sci-fi films. When it was released in 1982, public opinion was polarized: some praised its mastery, while others labeled it as “sci-fi pornography” and criticized it for its slow pace.

Furthermore, when “Blade Runner” was launched, many other science-fiction movies were released simultaneously (such as “Star Trek”, for instance), and the competition was harsh for this film. However, “Blade Runner” has stood the test of time and is undoubtedly a reference in the science-fiction genre.

Paul Dehkart is an extremely committed detective who is bored by his routinary job of destroying “replicants” (androids). He has been assigned the task of eliminating the last five replicants who are hiding in a chaotic and dimmed Los Angeles. The city is a flourishing place for these robots, who can only be discovered through an unusual test. An encounter with a state-of-the-art replicant (Sean Young) will change Dehkart’s beliefs and even his actions towards them.

Dehkart falls in love with this replicant, and immediately he finds himself against the wall. He has to fulfill his duties or follow his feelings for Rachel, whom he’s supposed to exterminate.

The last scene is the peak of the film and my favorite as well: Dehkart encounters the last replicant on the top of a decaying building. This replicant (Rutger Hauer) is furious because the detective had killed his friends and his girlfriend. Being a replicant, “Batty” is faster and stronger. He practically hunts Dehkart in an uneven fight, and when the detective is about to fall down from the building, the replicant decides to save him. Batty (the last replicant) loves life so much that he ultimately respects its beauty, and the

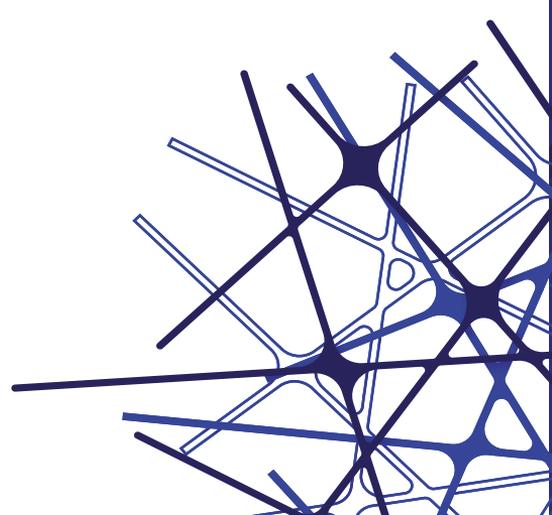


spectators understand that he is angry because he, too, is going to die. Batty's last words are, "...all these memories will be lost forever, like tears in the rain. Time to die."

How could humans not love their lives with such intensity and passion? And that's precisely the moral and beauty of this film: the respect for life that human beings, most of the time, take for granted. Being science-fiction, one of my favorite movie genres, I invite you to find this film on Netflix and make an introspection about your life and goals as you watch it.

There is a bonus for the romantic ones: the love story between Dehkart and Rachel, the replicant he loves. But I won't spoil it... better watch the film!! And for the music lovers, Vangelis was in charge of the film's soundtrack, and it is awesome!! 

Related YouTube links:



Movie review / Critique de film

Barbie: Promoting Empathy through Gender Equality in the *Blonde Girl*

By Miguel Angel Muñoz Ramírez
Translation for Laura Yañez





To embark on this review with a touch of opinion, I'd like to pose a question: Who among us hasn't at some point passed judgment on the stereotypical blonde girl? She's often labeled as superficial, silly, materialistic, dependent, living in her own world, and a long list of adjectives that society has ascribed to this character. This quintessential American stereotype has found its way into Latin culture. Examples such as "Legally Blonde" (2001) by Robert Luketic and "Mean Girls" (2004) by Mark Waters illustrate this phenomenon.

Perhaps, when we step into the cinema, our primary desire is to relish a movie on the grand screen, devoid of delving into an over analysis of what's about to unfold—a chance to immerse ourselves in an audiovisual narrative. However, since the 1970s, epitomized by the film "Jaws" (1975), cinema has become a platform for discussion, conversation, and even debate, transitioning from mere sources of entertainment.

The experience of watching "Barbie" (2023), crafted by the pen and direction of Greta Gerwig, leads us not only into a realm of spectacular and immersive visuals but also invites us to reflect upon the prevailing social issues we're all addressing today: equality, inclusion, and the pursuit of a peaceful culture. Personally, it transported me to uncomfortable territories that, as a cisgender man, demanded introspection and a process I'd term as "re-education," moving away from the concept of "deconstruction."

The movie commences with a tribute to Stanley Kubrick's "2001: A Space Odyssey" (1968), signifying that young girls were once conditioned to enact the role of mothers. The iconic monolith from Kubrick's film is replaced by an early version of the Barbie doll, embodied by Margot Robbie. This Barbie symbolizes both equality and triumph, simultaneously inviting us into her mesmerizing pink universe. Alongside her are various Barbies in diverse roles—president, writer, legislator—depicting lives of contentment and independence within a world free of walls or stairs. A whimsical reality where women can realize their dreams freely, in harmony with the doll's promotional mantra. Here, Ken, portrayed by Ryan

Gosling, also has his moments, representing a range of backgrounds including Asian, Afro-descendant, red-haired, among others. In this narrative, Ken and his counterparts serve as complements to Barbie. The film's turning point arises when Barbie faces existential concerns, including her own mortality. Seeking answers, she turns to the mysterious "Weird Barbie," brilliantly portrayed by Kate McKinnon.

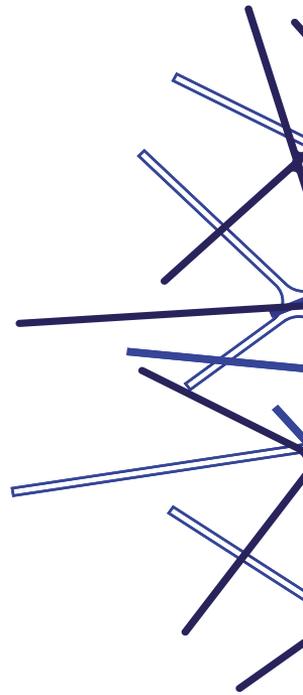
With her steadfast companion Ken by her side, Barbie ventures into the male-dominated real world. A particularly poignant scene emerges when a man forcefully slaps Barbie's posterior, to which she retaliates, only to ironically find herself detained by the police. How often have women faced renewed victimization for simply standing up to their aggressors?

The CEO of Mattel, personified by Will Ferrell, acts as a link between fantasy and reality. His environment reflects the typical capitalist workspace of the 1980s: seated high in a skyscraper, surrounded by almost identical subordinates in a setting of robotic conformity. Discovering their iconic doll navigating the streets, their instinct is to "return her to her rightful place within the box." In stark contrast, Ken rapidly adapts to the real world, venturing back to Barbie's domain to implement change. He seeks to instill the belief that men should oversee this pink-toned universe.

For many who grew up in the '80s and '90s, the prominence of the Barbie doll is evident, regardless of personal desires to own one. Every holiday season, the media was inundated with ads featuring the blonde protagonist and her pink accessories. Meanwhile, the debates and controversies surrounding Barbie, whether driven by empowerment, design, or marketing strategies, are widely acknowledged.

In my perspective, the film surpasses mere entertainment, sparking deep discussions about gender equality and our socio-cultural framework. It acts as a satire, reflecting our interactions through a gendered lens, moving beyond the obvious to address the intricate nuances of equality.

While the terms 'feminism' and 'feminisms' are conspicuously absent from the movie's dialogues, the underlying narrative clearly delves into various forms of feminism. In contrast, the term 'patriarchy' is referenced no



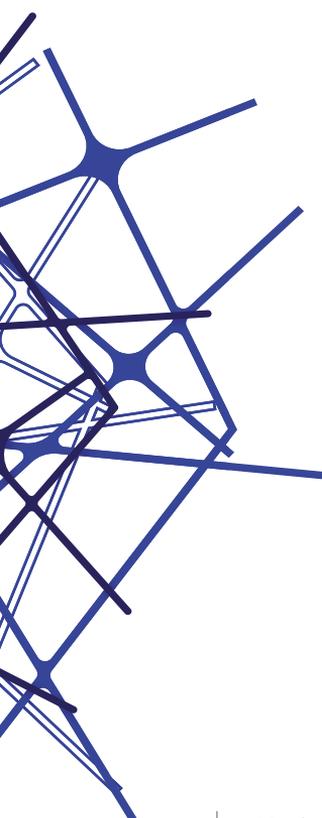


less than five times, indicating a system ripe for change. As previously stated, certain scenes unsettle me, not due to flaws, but for compelling introspection into a system where men's public victories contrast with women's private successes. However, these instances also pave the way for contemplation. The film doesn't diminish the significance of the male role but critiques the system's flaws and the lack of true equality.

As we draw near the end of this review, it's imperative to note the numerous cinematic references embedded in "Barbie," showcasing the director's prowess. These include "2001: A Space Odyssey" (1968) by Stanley Kubrick, "The Wizard of Oz" (1939) by Victor Fleming, and a few other iconic films. Greta Gerwig taps into these inspirations to enrich her scenes with diverse atmospheres. Notably, the cinematography, managed by Mexican maestro Rodrigo Prieto, is exceptional, adding depth to numerous movies in both Mexico and the U.S.

To conclude, the film emerges as a tapestry, interwoven with contrasting themes and motifs, allowing for multiple interpretations of Barbie's character. It has undeniably sparked a trend of individuals donning pink attire as they head to theaters, a phenomenon not observed for a while. Mattel was quick to capitalize on this, with Margot Robbie's Barbie doll instantly topping Amazon sales charts. This movie's success has catalyzed the announcement of over 45 films based on the company's toys, including 'Hot Wheels' and 'Polly Pocket.'

Ultimately, while the film critiques a system, it inadvertently becomes part of the very structure it critiques. Yet, as the credits play, it's heartening to note the film's avoidance of championing one gender over the other. Instead, it suggests that neither matriarchy nor patriarchy holds the answer to a truly equal society. Mutual recognition, empathy, and respect are the keys. Whether viewers embraced the film, felt discomfort, or engaged in debates on equality and gender roles, Greta Gerwig and her enigmatic lead, Barbie, have unquestionably captivated a vast audience, irrespective of their feelings toward the iconic doll and her pastel world. 



Video game review /
Critiques de jeux vidéo

Unwind and Immerse.

The Tranquil Escapism of Animal
Crossing: New Horizons

By Rosa Laura Díaz Serrano



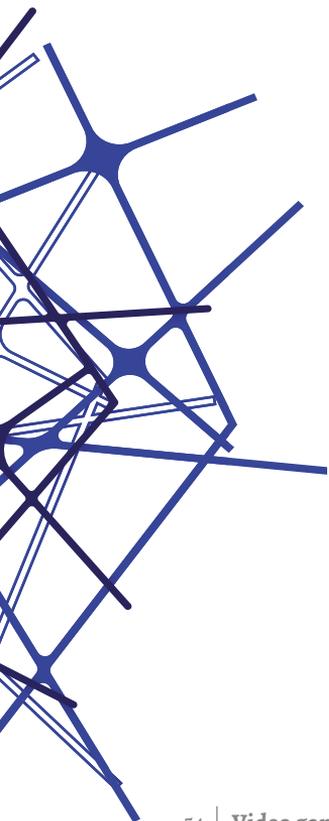
Imagine waking up on a train, feeling a little groggy. Suddenly, a cat named Bob jumps in and strikes up a conversation. You share that you're leaving your family home to chase an independent life. And guess what? It turns out both of you are heading to the same destination. Talk about a crazy coincidence!

When you finally arrive, Bob introduces you to Tom Nook, a clever raccoon who happens to own the only convenience store in town. He hooks you up with a job so you can afford to buy your very own house. But here's the catch - you'll have to pay off your mortgage to Tom Nook. Yep, he's got you in his pocket!

But that's just the start of your adventure in *Animal Crossing* for the Nintendo GameCube, which first wowed players back in 2001. Get ready to dive into a world where you can fish, catch bugs, dig up fossils, and turn your humble abode into a cozy sanctuary. It's all about making your mark in this charming and addictive game.

One of the best aspects of *Animal Crossing* is the lively bunch of anthropomorphic animal villagers you'll meet. They are incredibly adorable, and each one possesses their own distinctive personality and interests, making them feel like real companions. Building relationships, participating in heartfelt conversations, and taking part in their daily routines creates a genuine sense of community and friendship within the game. It's like having a virtual family right at your fingertips.

Oh, and let's not forget about the game's real-time clock and changing seasons; they introduce





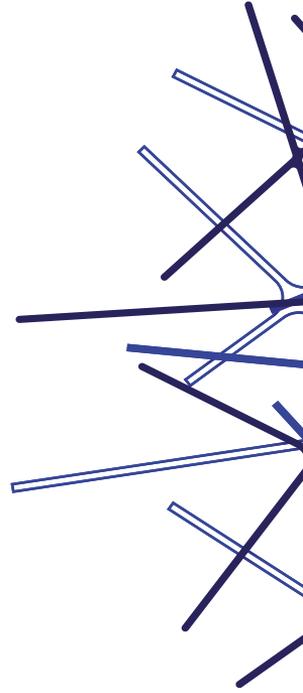
a whole new dimension of immersion and connection to the in-game world. With each passing day, there's something new to discover, whether it's exciting activities, unexpected events, or delightful surprises. Animal Crossing gently invites you to check in regularly, establishing a cozy routine that serves as an ideal way to unwind and escape from the hustle and bustle of everyday life.

Since its debut on the Nintendo GameCube, the Animal Crossing series has come a long way, evolving and improving with each subsequent installment. From Wild World to New Leaf, the games have introduced thrilling new features and gameplay enhancements, elevating the experience to new heights of captivation and enjoyment.

Animal Crossing: New Horizons, in particular, is an absolute gem in the gaming world. Its breathtaking visuals, adorable characters, and boundless opportunities for customization makes it a must-play for gamers of all ages. Whether you're a die-hard fan or a curious newbie in search of a relaxing and immersive gaming experience, New Horizons guarantees a delightful escape into a world of wonder.

So, grab your controller, get ready to meet unforgettable characters like Bob and Tom Nook, and let Animal Crossing: New Horizons whisk you away to a place where dreams come to life. It's time to embark on an enchanting adventure you won't soon forget.

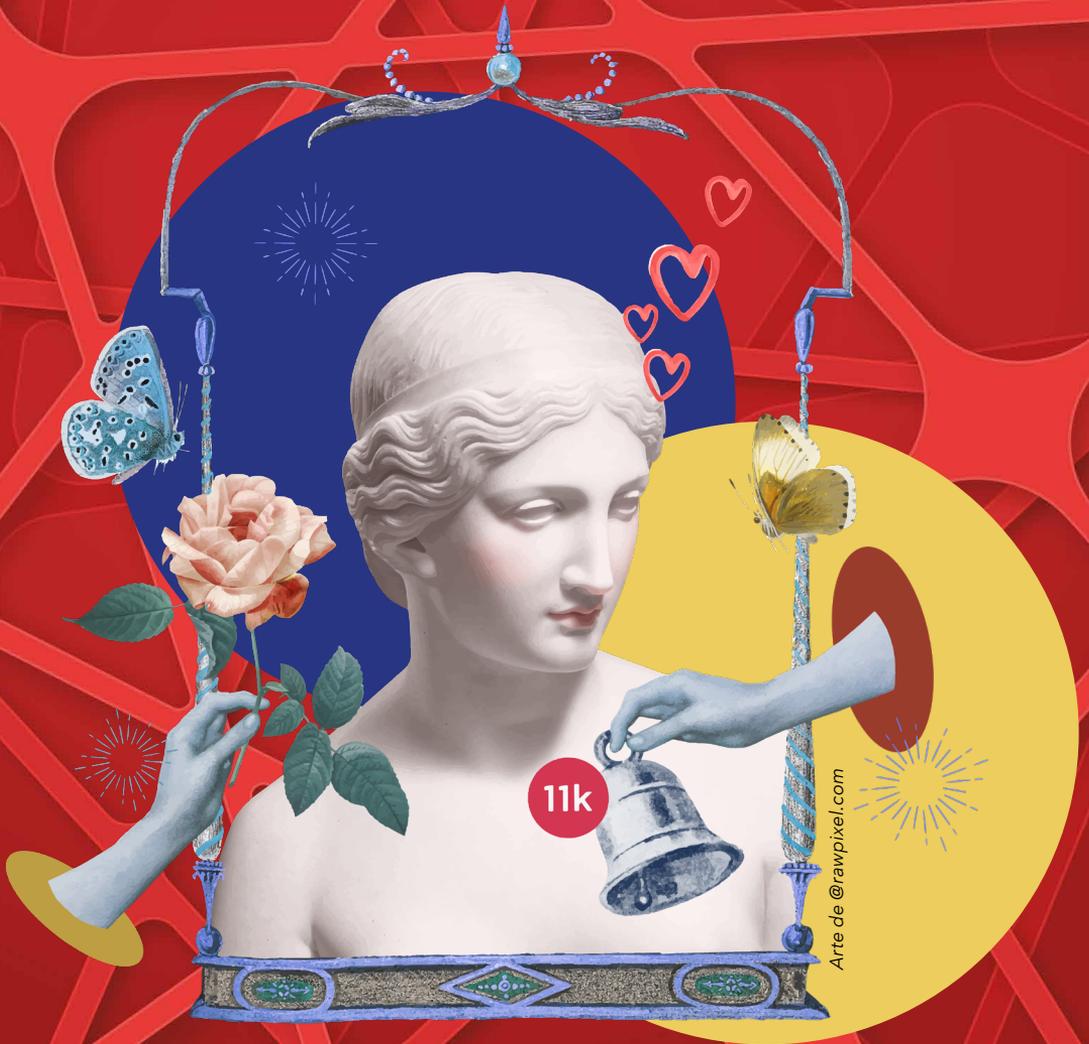
So, grab your controller, get ready to meet unforgettable characters like Bob and Tom Nook, and allow Animal Crossing: New Horizons to transport you to a place where dreams come to life. It's time to embark on an enchanting adventure that you won't soon forget. 



Poetry / Poésie

Embrasse-moi À la très chère

Par Arturo Pedroza González



Embrasse-moi

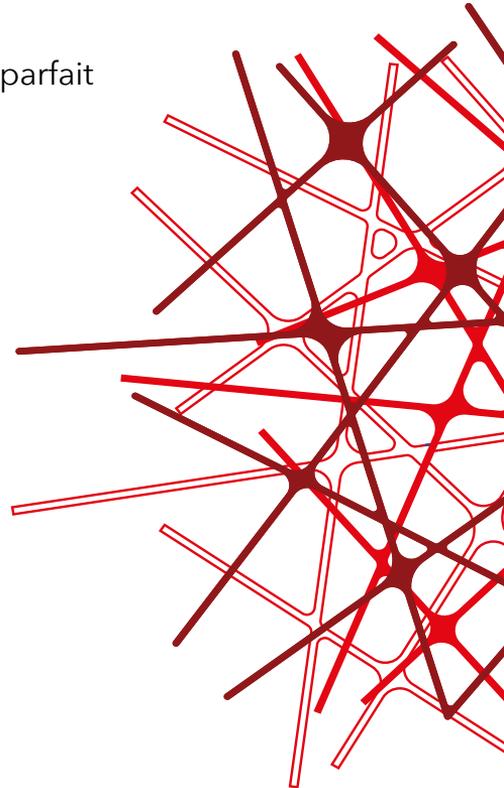
À la très chère

Embrasse-moi, tandis que le jour s'évapore,
Fais exploser la lumière autour de cet instant,
Montre-moi la chaleur de tes lèvres qui perforent,
Montre-moi d'un baiser le Paradis brûlant!

Embrasse-moi et fais disparaître le monde,
Embrasse-moi pour que je connaisse l'amour;
Fais-moi goûter, à travers ta langue profonde,
Le bonheur éperdu qui dissipe les jours.

Embrasse-moi toujours, embrasse-moi sans cesse,
Rassemble dans ta bouche toutes les sensations,
Transperce avec ta langue la joie et la tendresse.
Montre-moi le plaisir et la condamnation!

Embrasse-moi et fais-moi tout oublier.
Enivre mon âme de ton âme inassouvie,
Fais-moi trouver dans ta bouche un monde parfait
Et découvrir en toi l'amour et la folie! 



Poetry / Poésie

God is a question

By Lourdes Díaz Crail



Arte de @freepik

God is a question

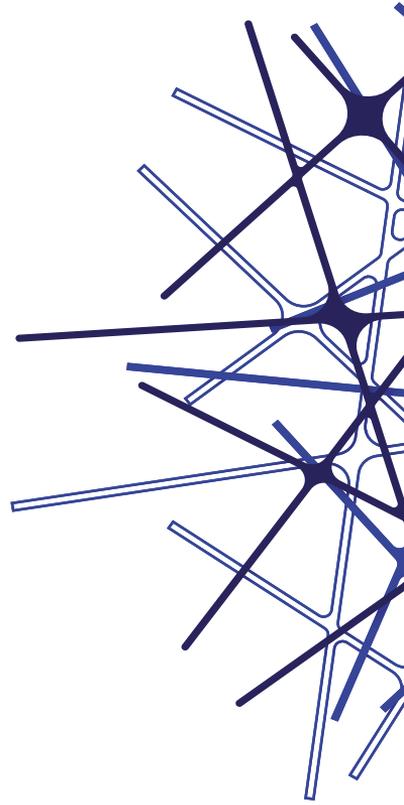
Who am I, or better yet, what am I?
These questions, I'll answer with more questions.
Why am I on this earth but to serve a lord?
What does He want from me—less prayer, more doings?
How am I to act in this place of sin?
If I don't know more than what is obscene?
Which is the right way—the easy, the hard?
If the easy isn't right, and the hard isn't easy.
Who is he, who can say who lives, who dies?
Am I just a card in this game of His?
What is His name? Why do I call Him God?
Is that the word, or are there many more?
Who are you, who live with me? Are you real?
Or just a dream in which we live to dream.
Why are you not God if you create me?
If you imagine me, you give me life.
Why am I not God if I create you?
If I imagine you, I give you life.
If you are my God and I am your God,
Why can I harm you? Why can you harm me?
We are not alone; there are many more,
and they create us as we create them.

We are too many, and air is little,
Not enough for them, for you, and for me.
The answer to the question is in this:
I am you, and you are me, we are all.
Your sadness makes me sad, and if you cry,
My heart will break, but which part? Mine or yours?
You, my lord, the one I serve night and day,
I will do little more and pray much less.
You are what makes this soul decay in sin,
For you appear to me really obscene.
Sometimes you make me walk on fire and die,
other times I fly to the sky on a cloud.
And you are the one who keeps me alive.
That is the way you play your cards all day.
Your name is not God but Love or Passion.



And other names others give you—just words.
You are all this for me, and perhaps more,
and you are here, and we are together.
You are my God, and I am your servant.
I am your God, and you are my servant.
I live in your head as you live in mine.
If you die, my air will die with your breath.
I am no more than a dream living for you,
Though my fears are yours as you think of me.

There are other Gods I want to adore,
Not Passion, not Love—these are only words.
I want something real, something I can touch.
I may want to kill this Passion with Love.
The passion for what exists, for what acts.
I don't believe in what I haven't seen.
I am a real thing even when there are
more like me, but I don't even trust me.
I don't trust anyone. Why would I?
They are the same thing I am and not more.
But who says they have to exist? Not me.
The one who thinks of them keeps them alive.
Thus, I cannot be a God; I won't save
a soul, then believe in the One above. 🚫





Roulette

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