



Roulette



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Roulette



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Présentation

Le Département des Langues du Collège des Sciences et des Humanités de l'Université nationale autonome de Mexico joue un rôle essentiel dans la formation intégrale des étudiants. Il offre l'opportunité d'acquérir des compétences linguistiques en anglais et en français, selon les intérêts individuels des apprenants, tout en permettant également une exploration de perspectives culturelles et de visions du monde distinctes de celles qu'ils connaissent.

Un élément fondamental pour l'apprentissage des étudiants est que sur le campus de Naucalpan, on dispose d'une Médiathèque reconnue pour son innovation continue dans l'enseignement de ces langues. Étant donné que c'est un espace dédié à la lecture des livres et des magazines, tous ces outils sont disponibles pour faciliter l'apprentissage d'une langue seconde, les apprenants peuvent aussi accéder à d'autres matériaux audiovisuels tels que des films et des documentaires, des ressources audio incluant des podcasts et de la musique.

Il est important de souligner que dorénavant, le patrimoine bibliographique de la Médiathèque s'enrichit avec l'introduction de la revue *Roulette*, dont je suis honoré de présenter avec enthousiasme et impatience les futurs numéros.

Dans ce premier numéro, les lecteurs auront l'occasion d'explorer une vaste gamme d'articles rédigés en anglais et en français abordant des thématiques liées à la linguistique ainsi qu'à l'apprentissage d'une langue seconde à travers le prisme du cinéma, de la musique et des jeux-vidéo. Nous aborderons également de questions cruciales contemporaines telles que les enjeux liés au genre, à la protection environnementale parmi d'autres et elle inclut également des articles d'histoire, de sciences, de santé et d'autres sujets variés.

Il est évident que *Roulette* a été conçue tant pour le divertissement que pour favoriser la pratique de la compréhension écrite en anglais et en français. Finalement, je tiens à féliciter les directeurs de cette revue, Madame Ana Laura Yañez Piñón et Monsieur Miguel Ángel Zamora Calderilla, pour le succès indéniable de ce projet qui servira d'inspiration afin de continuer à promouvoir des initiatives enrichissantes au sein de notre communauté.

Bienvenue au premier numéro de la revue *Roulette*. 

M. Keshava Quintanar Cano
Directeur du CCH Naucalpan

Prologue

The primary purpose of the *Roulette* magazine is to promote the development of reading and writing skills in English and French within the *cecehachera* community, addressing a wide variety of topics. This goal is grounded in the Communicative Approach to language learning, which supports the curricula of both subjects and adopts the practice of the four essential skills: reading comprehension, listening comprehension, oral production, and written production.

In this first issue of *Roulette*, a tool has been included to strengthen both listening comprehension and pronunciation. This tool is accessible through QR codes embedded in some articles, which redirect readers to an audio repository that complements the language learning and practice experience.

Writing in a foreign language enhances linguistic abilities by actively engaging with the grammar and vocabulary of the language. This practice not only improves fluency, comprehension, and both written and oral expression but also enriches the ability to convey ideas and emotions with greater precision and effectiveness.

Writing is an activity that benefits both personal and academic development by facilitating the

organization of ideas, allowing for a clearer understanding and articulation of concepts. Additionally, it promotes effective communication by teaching how to convey messages clearly and accurately, which are essential skills in any context or subject matter.

Moreover, writing fosters learning by developing competencies in research, information organization, and sharing knowledge with others, significantly contributing to cultural and educational exchange.

In this inaugural issue of *Roulette*, you will find articles written by members of our university community, including both professors and students. The topics covered range from tips for language learning, linguistics, gender perspective, environment, reviews of movies and video games, to health, science, history, and more. 

Ana Laura Yañez Piñón
Miguel Ángel Zamora Calderilla

Directors of the magazine



Prologue

La revue Roulette a pour objectif principal de promouvoir, au sein de la communauté "cecehachera", le développement des compétences en lecture et en écriture en anglais et en français, en traitant une large gamme de sujets. Cet objectif repose sur l'Approche Communicative des langues, qui encadre les programmes d'études des deux disciplines et incite à la pratique des quatre compétences fondamentales: la compréhension écrite, la compréhension orale, la production orale et la production écrite.

Dans ce premier numéro de la revue Roulette, vous trouverez un outil intégré visant à renforcer tant la compréhension orale que la prononciation des textes. Cet outil est accessible par le biais de codes QR insérés dans certains articles, redirigeant les lecteurs vers un répertoire audio conçu pour enrichir l'expérience d'apprentissage et de pratique linguistique.

L'écriture dans une langue étrangère contribue au renforcement des compétences linguistiques, car elle nécessite une pratique active de la grammaire et du vocabulaire. Cet exercice améliore non seulement la fluidité ainsi que la compréhension et l'expression tant écrites qu'orales, mais il enrichit également la capacité à transmettre des idées et des émotions

avec plus de précision et d'efficacité.

L'écriture constitue une activité bénéfique tant sur le plan personnel qu'académique, car elle facilite l'organisation des idées tout en permettant une meilleure compréhension et articulation des concepts. De plus, elle favorise une communication efficace lors de l'enseignement ou lors de la transmission claire et précise de messages, ce qui représente des compétences essentielles dans tout contexte ou sujet.

Par ailleurs, l'acte d'écrire stimule l'apprentissage en développant les compétences liées à la recherche, à l'organisation de l'information ainsi qu'au partage des connaissances, contribuant ainsi significativement à l'échange culturel et éducatif.

Dans ce premier numéro de la revue Roulette, vous aurez le plaisir de découvrir des articles rédigés par les membres de notre communauté universitaire, incluant des enseignants et des étudiants. Les sujets abordés englobent des conseils pour l'apprentissage des langues, la linguistique, les perspectives de genre, divers aspects environnementaux ainsi que des critiques portant sur les films et les jeux vidéo; sans oublier les thèmes relatifs à la santé, aux sciences et à l'histoire parmi d'autres domaines. 

Ana Laura Yañez Piñón
Miguel Ángel Zamora Calderilla

Directeurs de la revue



Tips for learning a language /
Conseils pour apprendre une langue

Polysemy in learning Spanish as a *foreign language*

By Claudia Castillo Vargas



On the one hand, it is essential to remember that given that the lexicon of a language is constantly changing and evolving, it not only leads to greater versatility of signifiers, but also provides languages with semantic depth. On the other hand, it is crucial as well, to bear in mind that this fact may also cause some ambiguity in the message that wants to be transmitted.

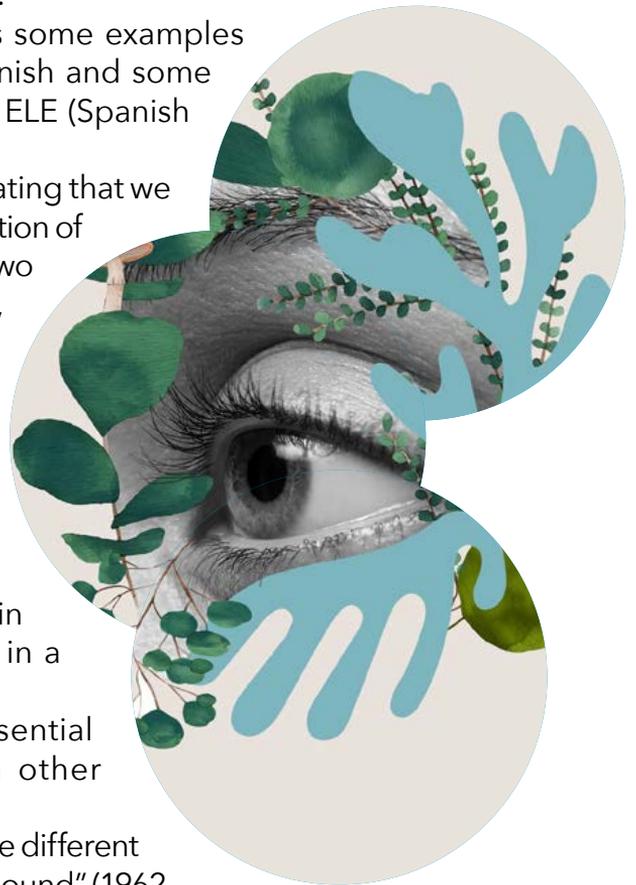
As a result of the merger of these qualities, polysemy can prove to be both: an enabler and an obstacle in the context of language learning.

On this basis, we will discuss some examples of the polysemy in Mexican Spanish and some difficulties it implies for learning ELE (Spanish as a Foreign Language).

First of all, we must begin by stating that we agree with Stephen Ullman's definition of polysemy: "a word [that] can have two or more different meanings" (1962, p. 179). This characteristic poses a challenge for ELE students, since these meanings adapt and vary according to different contexts and, in many cases they are difficult to comprehend by a student who does not live in the cultural context of Mexico and is in the process of learning Spanish in a Mexican dialect.

Among other things, it is essential to distinguish polysemy from other phenomena, such as homonymy.

Homonymy is when "two or more different words can be identical in terms of sound" (1962, p. 179). Although both phenomena are somewhat similar, it differentiates from polysemy because it can be identified by the different meanings that are included in the dictionary's entries visually represented by numbers. Moreover, it is essential to focus on how this linguistic phenomenon emerges.



According to Ullman, it arises from five specific aspects: *changes in application, specialization of a social environment, figurative language, reinterpreted homonyms and foreign influence*. However, for the purposes of this article, we will only focus on two types of polysemy with their respective examples in Mexican Spanish:

- 1) Application changes: in this type of polysemy the meaning of a word changes according to the context or sentence position where it is used. The figurative use of words plays a crucial role in the diversity of meanings.
- 2) Specialization of a social environment: In this case, the meaning of words changes according to the trade, profession or area of specialization where they are used. For example, the word "key" means something different to a musician, a locksmith, a banker or a mechanic. This type of polysemy also occurs when a common noun becomes a proper name, as in Rueda, Cosa, Cariño or Los Helles, Spanish towns.



Having said the above, it is essential to highlight that this phenomenon represents a difficulty when teaching Spanish to foreigners, since students need constant contact with said language to be able to interpret the communicative situation (Gutiérrez, 2010, p. 118).

Therefore, of course, polysemous words will vary depending on the region in which they are used, hence the understanding of polysemy occurs from pragmatic knowledge of the country or region.

One example of polysemy in Mexican Spanish that results from a change in application is the word "mother." In the DEM (Mexican Spanish Dictionary), we

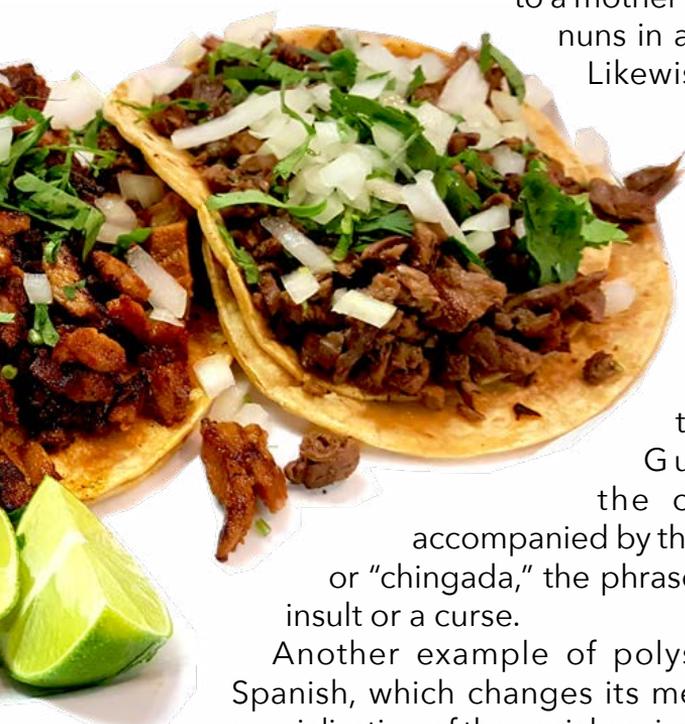
find 22 meanings for this word, which vary according to the type of verb or adjective it accompanies. For example, when “mother” is the direct object and accompanies a verb, it can be a vulgarity directed at someone, as in ‘mentar la madre’ or ‘chingar la madre’.

If the word “mother” is in the subject position of the sentence, the meaning changes; in this case, it refers to a mother or the title given to nuns in a religious context.

Likewise, if this word is accompanied by the adjective “holy,” as in “my holy mother,” it could refer to a compliment towards one’s mother or even to the Virgin of Guadalupe. On

the contrary, if it is accompanied by the adjectives “puta” or “chingada,” the phrase could refer to an insult or a curse.

Another example of polysemy in Mexican Spanish, which changes its meaning due to the specialization of the social environment, is the word “taco.” In the DEM, we find that it primarily refers to ‘a corn or flour tortilla that is folded or rolled to wrap some food’, typical of Mexican gastronomy. However,



taco SIN. / ANT.

De or. inc.

1. m. Pedazo de madera, metal u otra materia, corto y grueso, que se encaja en algún hueco.

SIN.: tarugo, zoquete, cuña, madero, bloque, tapón.

2. m. Pedazo de madera corto y grueso.

3. m. Cilindro de trapo, papel, estopa o cosa parecida, que se coloca entre la pólvora y el proyectil en algunas armas de fuego, para que el tiro salga con fuerza.

in the context of billiards, it refers to ‘a long, thin, and rounded wooden stick used to propel the balls in the game.’ The polysemy of this word also arises from a change in application, depending on the words it accompanies, as in the phrases “echar un taco de ojos,” “echarle crema a los tacos,” or “give each other tacos.”

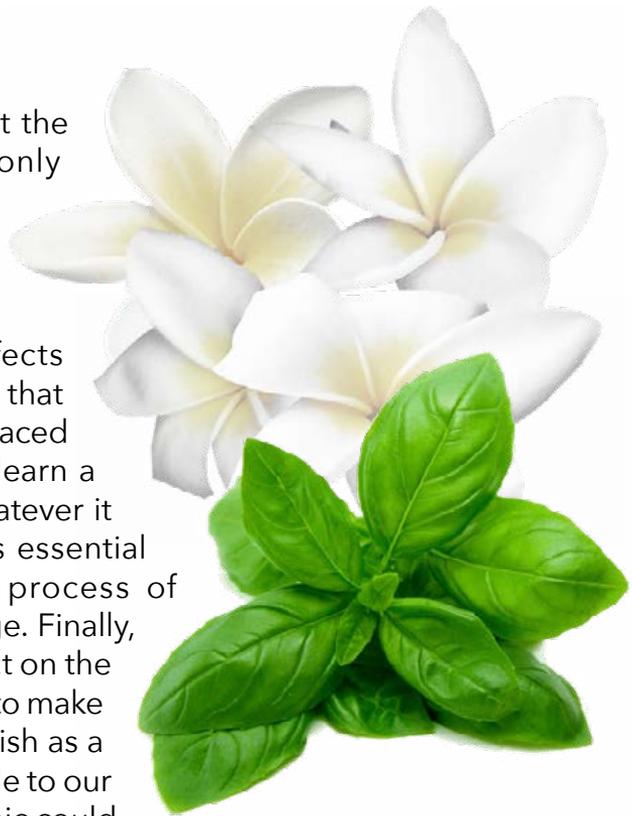
It should be noted that for a native speaker these examples of polysemy would be easy to understand; however, for a student who is just learning Spanish as a foreign language, these examples might cause difficulties. In this regard, Gutiérrez Haces (2010) mentions:

Although students who learn Spanish already have the experience of their mother tongue, in which there are multiple meanings for a single word, figurative language, double meanings, etc., when they face a second language the situation seems to become more complicated. At first, the meanings are almost one to one for them. Subsequently, a spectrum of multiple meanings and uses opens up, both of words and sentences (p. 120).

If we take into account what Gutiérrez mentions, we can infer that it is actually difficult for an ELE student to understand the polysemic meanings of Mexican Spanish, because in addition to adapting to the polysemy of Spanish in general, if you want to learn Spanish from Mexico you should pay attention to the different regionalisms, so this learning would be much more complex, then it seems that the student of Spanish from Mexico as a Foreign Language must not only know semantics and the lexicon of our language, but must also carry out a pragmatic analysis of the meanings of sentences and even being in the context of the language.



We are confident about the fact that polysemy not only affects the understanding while learning Spanish from Mexico but also all foreign languages, since it is a phenomenon that affects all of these. The difficulties that ELE students face are also faced by students who want to learn a second language (L2), whatever it may be, which is why it is essential to be persistent in the process of learning a foreign language. Finally, it is essential that we reflect on the necessary methodologies to make lexical knowledge of Spanish as a foreign language accessible to our students, although this topic could be addressed in another article. 📌



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Tips for learning a language /
Conseils pour apprendre une langue

What is the difference *teaching* ESL *and* EFL?

By David Tomás Flores García



ESL and EFL are terms that are sometimes used interchangeably, but in fact, they refer to different types of English language learning. To begin with, we are going to define these two terms and then we are going to analyze some aspects that involve teaching ESL and EFL.

ESL stands for English as a Second Language. Whereas EFL stands for English as a Foreign Language. Both types of teaching imply different challenges, however, there is one common goal: to be able to use English proficiently for communication. So what is the difference between ESL and EFL? Let's take a closer look.

Language learning scenario

An ESL classroom is in a country where English is the dominant language. The students are immigrants or visitors. The class is usually of mixed nationalities, so students don't share a native language or a common culture. Outside the classroom, students have a specific, practical need for English, and ample opportunity to use it. Students have extensive daily exposure to English-speaking culture, although their understanding may be limited by their language skills.

An EFL classroom is in a country where English is not the dominant language. Students share the same language and culture. Outside of the classroom students have very few opportunities to use English. For some, learning English may not have any obvious practical benefit. Students have more limited exposure to English-speaking culture, most often through TV series, music or internet.



Check out the audio of this reading here





Needs and objectives

An English language learner studying ESL may have more immediate English needs. The student may not need to worry about grammar right away, but may need to learn basic survival skills as quickly as possible.

A student studying EFL may not be as concerned about learning English as quickly as possible because he or she is probably living in a country where he or she speaks the primary language of the country and is able to take care of the necessities of daily life.

Motivation

In an ESL classroom, students are likely to have a higher intrinsic motivation because English is relevant to their daily lives. By being in the target language community, they have more opportunity to use English and see immediate results from using it.

In an EFL setting, intrinsic motivation can be low, and English may not seem relevant to the students since it is not part of their daily lives. EFL students may not care about learning English if they perceive it as having no practical significance in their life. EFL students who lack intrinsic motivation may have high extrinsic and instrumental motivation if their education system emphasizes the extrinsic reward of high test scores. These forms of motivation, while perhaps not as good as intrinsic motivation, can still inspire students to work hard under certain circumstances.

Activity selection

In an ESL classroom, the teacher can use the multilingual nature of the class as a resource in a variety of ways. The fact that the students come from different countries becomes a natural “information gap,” which can be filled by a variety of question-and-answer and discussion activities about the students’ countries.

In an EFL scenario, the teacher must deal with the fact that the students are probably not receiving any significant exposure to English outside of the classroom. Because of this lack of opportunity to speak English, teachers need to maximize fluency practice, getting the students to use the language as much as possible in class and reducing emphasis on accuracy.

Using students' L1

Using the L1 (students' first language) would detract from the English atmosphere of the ESL classroom.

Since the teacher is supposed to be the model for English speaking, interacting with some students using their L1 can cause all students in the class to feel that speaking English is not a high priority. Besides, there might be students with different first languages and the teacher could share the same first language just with some students.



In an EFL setting there is the possibility of an in-depth comparison between learners' L1 and English, which can be helpful in clarifying difficult points" such as grammar, vocabulary, pragmatics, and cultural subtleties.

Culture in the classroom

In the ESL context, the target language culture is significant for students because of its presence in their daily lives. With an increased awareness of the target language culture, students are better prepared to manage their engagement with native speakers.

The ESL scenario provides a great opportunity for students to teach their classmates about their culture as “cultural ambassadors.”

In the EFL setting, students need to be sensitized to the practices of a variety of other cultures in order to develop their intercultural communication skills, something the teacher can foster by including activities in the curriculum that get students to reflect on their own culture and consider alternate views from other cultures.

Activities for effective lesson planning

Hands-on activities are suitable for ESL lessons. If students are recent immigrants struggling with how to fill out forms, they need to practice how to fill out forms. If students are a group of foreign doctoral students, they could need skills on how to talk to their academic advisors. There may be a place for general grammar

instruction, but not until more pressing needs are met. Explicit cultural instruction.

ESL students can come from many places, so they need to know about the cultural norms. They need to learn how to get along in the new society. Understanding culture is an invaluable step towards fluency. Bridges towards integration. An ESL teacher needs to be ready to suggest concrete ways for students to address their daily problems in their local community. Whether that means referring them to an immigrant assistance association or helping them apply for a job online, teachers are likely to be the first person they ask for help.

For EFL classes, students need Lots of practice using English, especially orally. Students need to



speak in the classroom, but they must also be taught where to find opportunities to practice speaking English outside of class, for instance, tourist sites, international language centers, and ex-change students' centers. Exposure to living English. English is not a set of rules and words to memorize. It is the living, breathing creation of cultures and communities around the world. Activities such as Pen pals, non-traditional teaching materials, and field trips are great ways to make English come alive for students. Reasons to learn English, and motivation to stick with it. Teachers need to find out about each student's other passions and tie English into them. There are so many English communities online and from that it's possible to find a tie-in for almost any other area of interest. Social networks are powerful tools.

These are some of the main differences we can point out between teaching ESL and EFL. There must be many other aspects, but we considered these are the most significant. 

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Tips for learning a language /
Conseils pour apprendre une langue

Learning English through Songs and Movies

By Emmanuel Romero Reyes



Listening to music is one of the best ways to learn English. It provides a dynamic way to enhance language skills, including vocabulary, speaking fluency, pronunciation, and naturalness in English communication.

Why Learn with Music?

Who doesn't listen to music? We are surrounded by it daily, whether on our phones, in the streets, on social media, or at school. Often, it's in English or contains English words. Music offers a dynamic way to improve language skills. By immersing oneself in English songs, learners can enhance their listening comprehension.

The best learning happens when we're having fun, so it's important to choose music that you enjoy.

First Steps to Learning English with Your Favorite Music:

1. Choose a song. (Make sure it's not too fast.)
2. Search for the lyrics. (Use your music app, Google, or Safari.)
3. Copy and paste the lyrics. (It's even better to handwrite them.)
4. Analyze the song. (Listen to the song while reading the lyrics, highlight unfamiliar words, and search for their meanings.)
5. Practice listening. (Reading and listening simultaneously helps with understanding, but consistent practice is essential.)

Using music to learn English is a fun and effective strategy that harnesses the power of songs to enhance language skills. When listening to songs, students





immerse themselves in an authentic English environment, helping them become familiar with vocabulary, grammatical structures, and various accents. The catchy and repetitive lyrics facilitate memorization and reinforce learning. Additionally, by analyzing lyrics, students develop listening comprehension and critical reading skills. Singing along to songs also improves pronunciation and speech rhythm, boosting confidence in English communication. In summary, music is a powerful tool for improving English proficiency in an enjoyable and effective way.

Also, when you learn with music, you're not just picking up words; you're getting a feel for the culture behind the language. Songs often reflect the values, emotions, and experiences of the people who create them. So, by listening to English songs, you're not just learning words—you're diving into the culture itself.

Plus, learning with music sparks your creativity. As you analyze lyrics, you start to think critically and come up with your own interpretations. This isn't just about memorizing; it's about expressing yourself in a unique way. Music doesn't just teach you English; it helps you discover more about yourself.

In short, learning English through songs isn't just about learning words—it's about exploring a whole new world of culture and expressing yourself creatively. So, next time you're studying English, don't forget to turn on some tunes and enjoy the journey!

Learning English Through Movies

Movies are also important if you want to enhance this experience. Learning English through movies is another popular and effective method for language acquisition. Just like with songs, movies provide an immersive and engaging way to improve language skills while enjoying yourself. Here are some reasons why learning English with movies can be beneficial:

1. Exposure to Natural Language

Movies expose learners to authentic, natural language spoken by native speakers in various contexts. This helps learners become accustomed to different accents, slang, colloquialisms, and expressions used in real-life situations.

2. Visual Context

The visual component of movies provides context clues that aid in comprehension, even if learners don't understand every word spoken. Actions, facial expressions, and settings can help convey meaning and enhance understanding.

3. Cultural Insights

Movies offer insights into the culture, customs, and traditions of English-speaking countries. By watching films from different genres and time periods, learners can gain a deeper understanding of societal norms, historical events, and contemporary issues.

4. Vocabulary Expansion

Movies expose learners to a wide range of vocabulary, including everyday language, specialized jargon, and idiomatic expressions. Contextual clues within the film can help learners infer the meanings of unfamiliar words and phrases.

5. Listening Practice

Watching movies provides valuable listening practice, helping learners improve their listening comprehension, including recognizing different accents, intonation patterns, and speech rhythms.



6. Speaking Practice

Movies can also be used for speaking practice. Learners can repeat lines, mimic pronunciation, and even act out scenes to practice speaking naturally and authentically.

To get the most out of learning English with movies, it's helpful to choose films that match your language proficiency level and personal interests. You can start with English-language films with subtitles in your native language, then gradually transition to watching without subtitles as your proficiency improves. Additionally, incorporating movie discussions, vocabulary quizzes, and writing assignments can further enhance the learning experience.

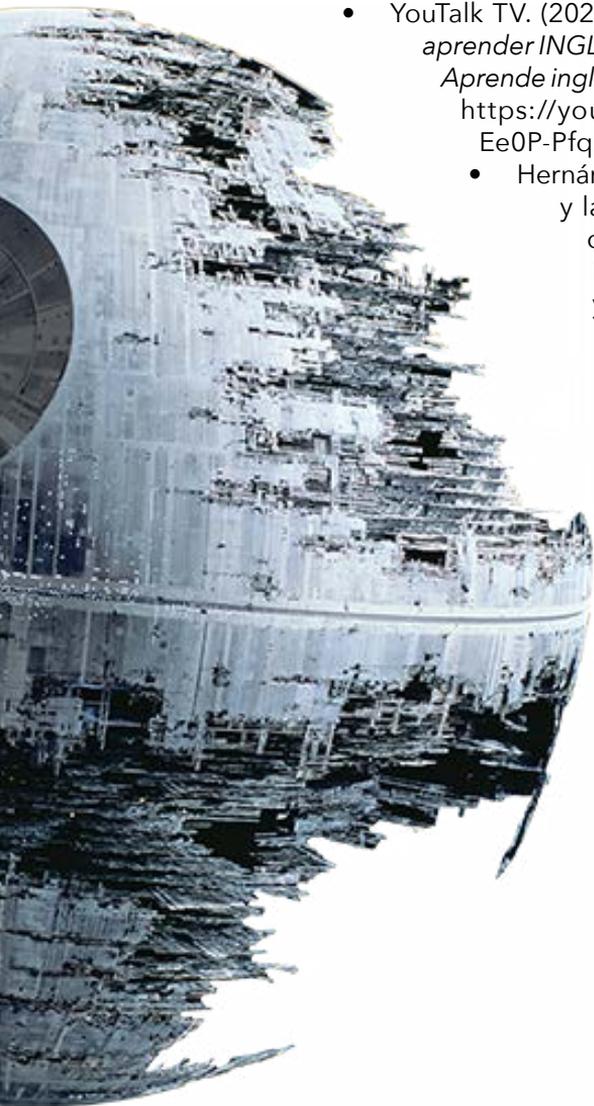
Overall, learning English through movies is a fun, engaging, and effective way to improve language skills. 🎬

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Gender perspective /
Perspective de genre

Child Sexual Abuse in Society

and Its Impact on Boys and Girls

By Keira Arellano Fischer



Arte de @freepik

Sexual abuse is a serious and sensitive issue that Mexico unfortunately faces, also known as pederasty. It involves an adult or an older person forcing a child to have sexual contact. It is estimated that in Mexico, one in four girls and one in six boys are victims of rape before reaching adulthood.

Experiencing sexual abuse during childhood has long-lasting psychological consequences, causing trauma that affects the victim throughout their life and leading to physical, emotional, social, and behavioral problems.

Sexual abuse can be perpetrated by both family members and strangers. Intra-familial sexual abuse is particularly complex for children, as it involves conflicting feelings about trust and protection. The abuse undermines the sense of safety and attachment that should be present within the family.



How can we tell if a child is a victim of abuse and how can we help?

If a child is being abused, they might show certain signs. We need to watch for these signs to offer help. Some signs to look out for include:

- Nightmares or trouble sleeping with no clear reason
- Acting distracted or distant at unusual times
- Sudden changes in appetite, either eating much more or much less
- Sudden mood swings, such as increased anger, fear, or insecurity
- How We Can Help:
- Talk to the child gently and listen to them.
- Keep talking and asking questions to understand their feelings.
- Avoid judging or blaming the child.
- Reassure the child that they are safe and supported.
- Be patient and understanding.



You can report abuse to local prosecutor's offices or find help online. It's important to be aware of the signs of abuse and to offer support. Some useful resources include:

- Federal District Center for Attention to Victims of Sexual Crimes (C.T.A.)
- Mexican League for the Defense of Human Rights (LIMEDDH)
- Association for the Comprehensive Development of Violated People (ADIVAC)

You can also find additional information and support through the following links:

- <https://youtu.be/ocLqRVRSbFw?si=r2J6JpyR0FNyAlf>
- https://youtu.be/-ne3u0aTQOw?si=_QFEAq9wyPZO-Krv
- https://youtu.be/Z0Zbl0dCR2M?si=Eom3C7sc-E2Bp_Ft





Environment / Environnement

“ Pourquoi on appelle
“
arbre à
l'arbre ?

By Itzel Macias Ramos



Quand on apprend à parler, on reproduit des sons et on espère que quelqu'un comprendra le message qu'on veut transmettre. Mais, ne t'es-tu jamais demandé qui a nommé les choses ? Ou pourquoi on appelle « arbre » aux arbres ? Pourquoi ne pas les appeler « schmilblick » ou d'une autre manière ? Même avant de connaître la linguistique comme une science, plein des linguistiques, comme Ferdinand de Saussure, se sont demandés l'origine des mots et des langues que l'on connaît.

Ferdinand de Saussure a été un professeur à l'Université de Genève et il est considéré comme le père de la linguistique grâce à ses célèbres livres « Cours de Linguistique Générale ». Toutefois, ces livres n'ont pas été écrits par Saussure, mais par ses étudiants. Après la mort de Saussure en 1913, ses étudiants ont fait une recherche pour trouver ses manuscrits mais, malheureusement, ils n'en ont pas trouvé assez pour écrire ces livres. Alors, ils se sont servis de notes de gens qui ont suivi le cours de Saussure pour organiser l'information et écrire le Cours de Linguistique Générale I, II et III. (Saussure, F., 1971, pp. 5-6)

Dans les ouvrages écrits en l'honneur de Saussure, on écrit et délimite la linguistique comme une science. Du fait que quelques disciplines se sont concentrées dans l'étude de la langue comme un instrument de la philologie, Saussure a affirmé qu'il fallait une science qui prend la langue comme une chose complète et complexe. C'est pour cela qu'il a dit : « La linguistique proprement dite [...] naquit de l'étude des langues



romaines et des langues germaniques ». (Saussure, F., 1971, pp. 12-13, 15, 17-18)

L'antérieur veut dire que le principal intérêt de la linguistique est l'étude des langues que l'on connaît. Par conséquent, la linguistique n'étudie pas seulement son bon usage, mais toutes les représentations et expressions des locuteurs. Donc, Saussure propose que la linguistique fasse la description des langues et cherchera leur histoire, ainsi comme leurs phénomènes généraux pour qu'elles puissent se définir d'elles-mêmes. Cela veut dire que l'objet d'étude de la linguistique est la langue et ses usages. (Saussure F., 1971, pp. 23-24, 27)

Dans ce qui concerne la langue, elle est le langage articulé et elle a un système de signes distincts correspondant à des idées distinctes. Ceci est la raison pour laquelle Saussure a dit que la langue est un sujet complexe. En plus, Saussure disait que l'usage de la langue est appelé « parole ». Il faut dire que la langue, selon Saussure, fait partie d'un domaine plus grand qui est la sémiologie. La sémiologie a été définie par Saussure comme la science qui étudie le langage. (Saussure, F. 1971, pp. 24-25, 27)

Étant un concept complexe, la langue a une unité d'étude particulière que Saussure a appelé « le signe linguistique ». Dans son livre, Saussure affirme que le signe linguistique est : « Une entité psychique à deux faces ». Quand il parle de « deux faces », il parle du « signifié » et du « signifiant ». Le signifié se réfère à la représentation mentale des mots, et le signifiant est définie par les sons spécifiques qu'on reproduit pour se référer à une signifié. Le signifié et le signifiant sont une unité complète et on la subdivise pour l'étudier, mais chaque jour on l'utilise même sans le savoir. (Saussure, F., 1971, pp. 110, 111)

En plus, les mots ou les signes linguistiques ont une série de principes qui décrivent la



nature des mots. Le premier principe est qu'ils sont arbitraires, c'est-à-dire que le signe doit être utilisé dans une société qui peut recevoir le message que l'on veut transmettre. Les mots, selon Saussure, sont une convention sociale. Cela est la raison pour laquelle on ne peut pas appeler « schmilblick » aux arbres. La société qui parle le français a décidé que le mot « arbre » désignait une plante avec un tronc et des feuilles. Même sans être conscient, on continue à accepter cet accord. (Saussure, F., 1971, p. 114)

Outre à l'idée de la langue comme un accord, la langue est aussi une imposition parce que l'on n'apprend à parler qu'en répétant de sons, sans se poser des questions ou sans essayer de changer les mots. On accepte qu'une certaine combinaison de sons ont un signifié spécifique et on les utilise pour s'exprimer sans objection. Ce pour cette raison que l'on dit que la langue est immuable. On ne peut pas changer les mots sur un coup de tête. D'après l'idée que la langue est un concept complexe, on ne peut pas faire des changements drastiques aux langues. (Saussure, F., 1971, pp. 118-119)

Cependant, le français que l'on parle actuellement a changé par rapport au français du XVIIème siècle dû à l'évolution linguistique. Les mots que l'on utilise aujourd'hui ont changé en raison de son usage et ce changement est appelé mutabilité. Alors, peut-on appeler « schmilblick » aux arbres et révolutionner le français ? Pas exactement. Pour que le changement de la langue arrive, un autre accord entre les locuteurs est nécessaire et ceci prendra beaucoup de temps à avoir lieu. Par exemple, si la société accepte de dire et d'écrire « j'sais pas » au lieu de « je ne sais pas », on aura une nouvelle expression pour parler formellement. Au cas contraire, la langue continuera à être telle qu'elle est. (Saussure, F., 1971, pp. 124-127)



Outre que le changement linguistique, on doit aussi considérer le signifié parce qu'il peut aussi varier entre les langues ou à l'intérieur de la même langue. Par exemple, on peut utiliser le mot « bureau » ou « écritoire » indifféremment, mais ils ont un signifié distinct.

Selon le dictionnaire de l'académie française, un bureau est : « Une table [...] devant laquelle on s'assoie pour lire, pour écrire ou pour effectuer un travail intellectuel » (Académie française, s. d.). Par sa part, le même dictionnaire dit qu'une écritoire est : « Un petit meuble ou nécessaire renfermant ce qu'il faut pour écrire » (Académie française, s. d.). Au début, ces deux mots désignaient la même chose, pourtant ils ont des définitions différentes. La divergence du signifié est un concept que Saussure a appelé « la valeur linguistique ». Ce terme fait référence au signifié irrépétible qui a chaque mot.

On a déjà parlé des changements du signifié qui concernent la même langue, mais il y a aussi des variations du signifié entre les différentes langues.

On peut réviser un cas entre le français et l'anglais avec le mot « tout ».

En anglais, on a certaines options pour dire « tout » comme « all », « whole », « everyone » ou « everything ». Même si l'on a plusieurs options, ces mots s'utilisent en différents contextes, mais tous, ils font référence à une unité complète. Ce phénomène se produit parce que les différentes sociétés ont décidé d'en faire une signification différente. Et, comme on sait maintenant, chaque mot a



une valeur linguistique distinct entre eux. (Saussure, F., 1971, pp. 187-188)

Comme on a pu voir, Ferdinand de Saussure a une place importante dans la linguistique et dans la compréhension des langues qui existent aujourd'hui. Grâce à lui, on peut apprendre des langues étrangères ou, quand même, savoir pourquoi on ne peut pas appeler « schmilblick » aux arbres. 🚫



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Movie review / Critique de film

The Scenarios of Lying in PK

Why to exchange the truth for a lie?

By Pablo Jesús Sánchez Sánchez



Arte: Cristo Policarpo

I lie to myself all the time.
But I never believe me.

**Susan Eloise Hinton,
The Outsiders (1967)**

PK is a 2014 Hindi film that, as a cinematic work, falls into the category of science fiction musical tragicomedy and, as a narrative work, into the category of travelogue.

An innocent humanoid alien with more honorable values than those of an earthling comes to explore our world. Moments after falling naked into the Rajasthan desert, he discovers inconsideration and abuse when, in his first social contact, a thief steals his only belonging: a flashing pendant that works as a remote control to call his spaceship and return to his planet. The plot lies on the setbacks and meanderings PK goes through to regain the communication device to call for his space shuttle.

PK is the Hindi word for "Drunkard", a nickname which is given to the protagonist by the other characters because the innocent and inquisitive nature of his questions and requests make them think he is inebriated.

The turns and detours of PK lead him to learn about the culture of dancing cars -the vehicles where nude couples caress each other, which is where he gets clothes- to recognize the value of friendship, to experience the heartbreak of death, to question

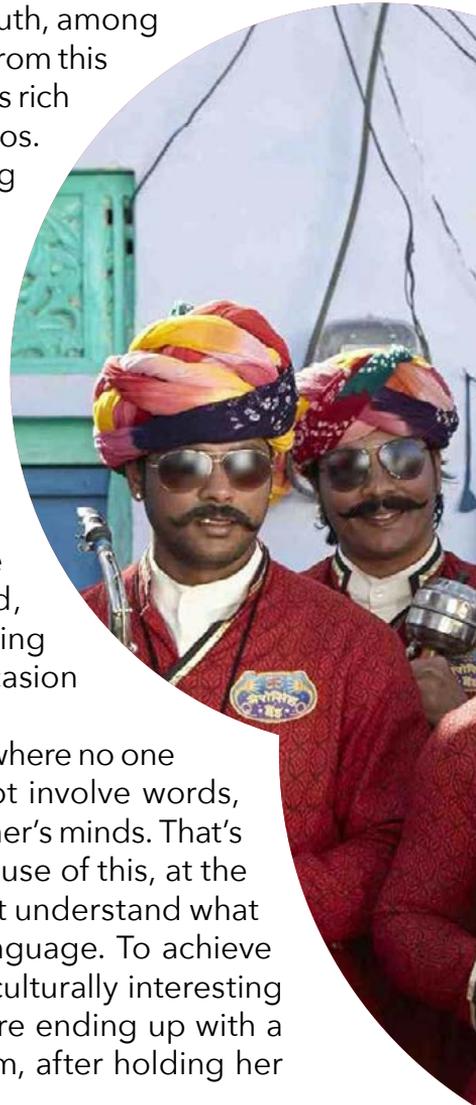


the content marketing of a man of God, to unveil the hypocrisy of religion, to live the illusion of falling in love, to give up the satisfaction of his desires for love and to change his culture of honesty for the sweetness of lying to protect others from the truth, among many things. As can be assumed from this non-exhaustive synthesis, the film is rich in subthemes, subplots or scenarios. Lying is one of the most interesting and moving.

Lying is a notion that we all handle, but it is difficult to understand because, socially, it is frowned upon, but, at the same time, it is a fundamental part of human relationships (Smith, 2017). So, on the one hand, lying has a bad reputation because it is associated with a manipulative communication strategy and, paradoxically, the sociology of lying is acceptable by virtue of the occasion (Mendiola & Goikoetxea, 2014).

PK (pikey) comes from a planet where no one lies and communication does not involve words, since it is possible to read each other's minds. That's why there's no need to talk. Because of this, at the beginning of the story, PK doesn't understand what others say. He must learn the language. To achieve this goal, he undergoes several culturally interesting and entertaining situations, before ending up with a prostitute he learns Bhojpuri from, after holding her hands for six hours.

Equipped with a language that allows him mobility, PK heads to New Delhi to seek his communication necklace. Since New Delhi is a city with more than 20 million inhabitants, the search for his sparkling device becomes a practically impossible task, so, following the advice of ordinary people, he decides to ask God for help.

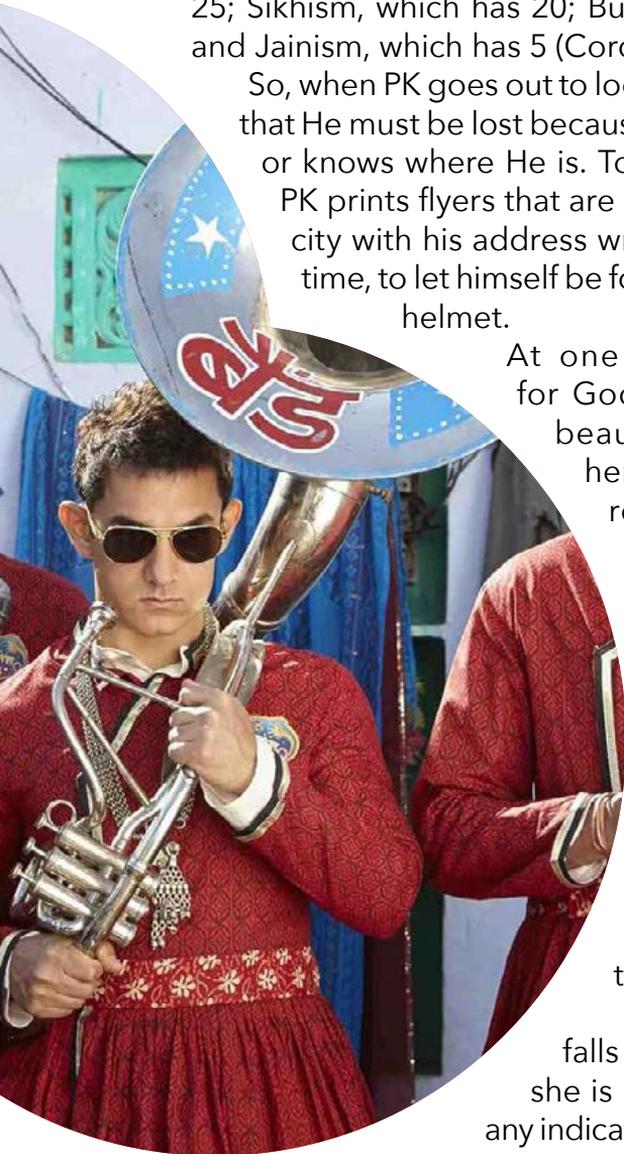


India is one of the most controversial countries in terms of religions and beliefs. Among its most important religions are Hinduism, which has one billion followers; Islam, which has 140; Christianity, which has 25; Sikhism, which has 20; Buddhism, which has 10; and Jainism, which has 5 (Cordero, 2008).

So, when PK goes out to look for God, he assumes that He must be lost because no one has seen Him or knows where He is. To have news from Him, PK prints flyers that are distributed around the city with his address written and, at the same time, to let himself be found, he wears a yellow helmet.

At one point in his search for God, PK meets Jaguu, a beautiful woman who, in her professional life, is a reporter who wants to do quality journalism for a producer who is only interested in ratings, and, in her personal life, she is disappointed because her Pakistani boyfriend, Sarfaraz, did not show up at a ceremonial center to solemnize their relationship.

As the story unfolds, PK falls in love with Jaguu, but she is not ready to recognize any indicator of affection because she continues loving the memory of Sarfaraz and hating the bad omen of the antagonist, Tapaswi Baba, a man of God who predicted that Sarfaraz would jilt Jaguu because he is Muslim and Pakistani and, due to these two characteristics, his carnal self can only look for lust and desire.



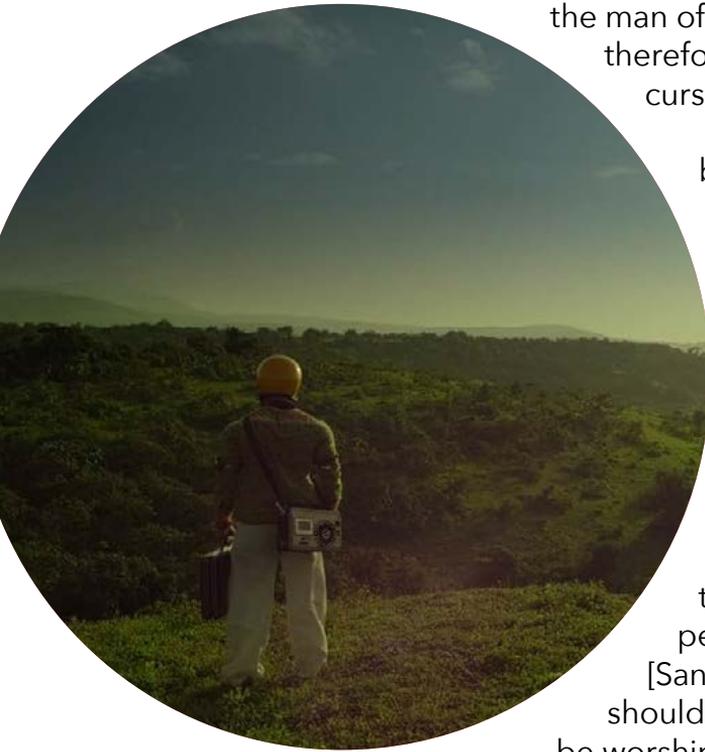
In the story, lying is visible through several subplots or scenarios. For example, lying is at the hardcore of cultural family beliefs, religious discrimination, and xenophobia. For example, Jaguu plans a hasty marriage with Sarfaraz because she believes in his honesty. Unfortunately, the marriage cannot be accomplished due to a regrettable confusion which makes Jaguu succumb to his father's cultural heritage, which is based on negative stereotypes of the Muslim religion and the Pakistani nationality, fueled by Tapaswi Baba, the man of God who baptized Jaguu and, therefore, has the power and right to curse her.

Similarly, lying is evident at the bottom of Tapaswi Baba's plan to make people believe that God is personally in touch with him.

The man of God secretly buys PK's communication device from the thief who stole it, but, in his temple, he claims that the glittering jewel is a gift which he received in the Himalayas directly from the hands of Lord Shiva, who told him that it was a crystal pearl, that he should call it *manka* [Sanskrit word for "soul"] and that he should build a larger temple for it to be worshiped by all believers.

Likewise, in the story the truth is exhibited as a lie. For example, when PK is in the cell where he causes them to lock him up so he can have a place to sleep and tells Jaguu that he is an alien, she attributes to him the intention to deceive because she thinks that the truth is a lie and that he must be drunk.

Correspondingly, in the story, lie is handled as truth. For example, when PK sees an actor representing Lord Shiva in a public restroom, he believes the actor is the real Lord Shiva. PK doesn't realize that the actor is not

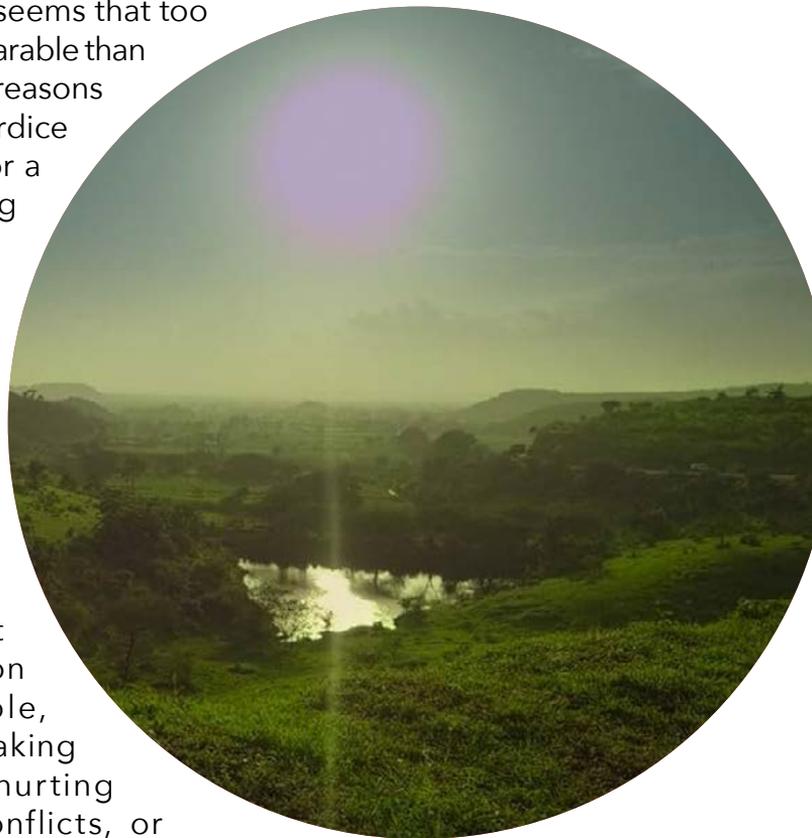


the god. So, he locks himself with the actor in the urinals to scold him for his nonperformance of duty. The actor gets scared, breaks the lock, and flees from the toilet, while PK follows him to Tapaswi Baba's foundation, where he sees his sparkling device and assumes that Lord Shiva showed him the way.

In several subplots of the film, religious dogmas and traditions are questioned, but, above all, the human condition: emotions, aspirations, morality, conflicts, decisions... It seems that too much truth is more unbearable than too many lies. Negative reasons for lying, such as cowardice to take responsibility for a deplorable act, avoiding the moral shame of a mistake, evading the legal consequences of a crime, or slandering to do harm, are what make good parents admonish their children to make them better citizens.

However, there are other types of lies that have a positive reason behind. For example, helping someone, making others happy, not hurting feelings, avoiding conflicts, or protecting the privacy of the people we love (Basáñez, 2019).

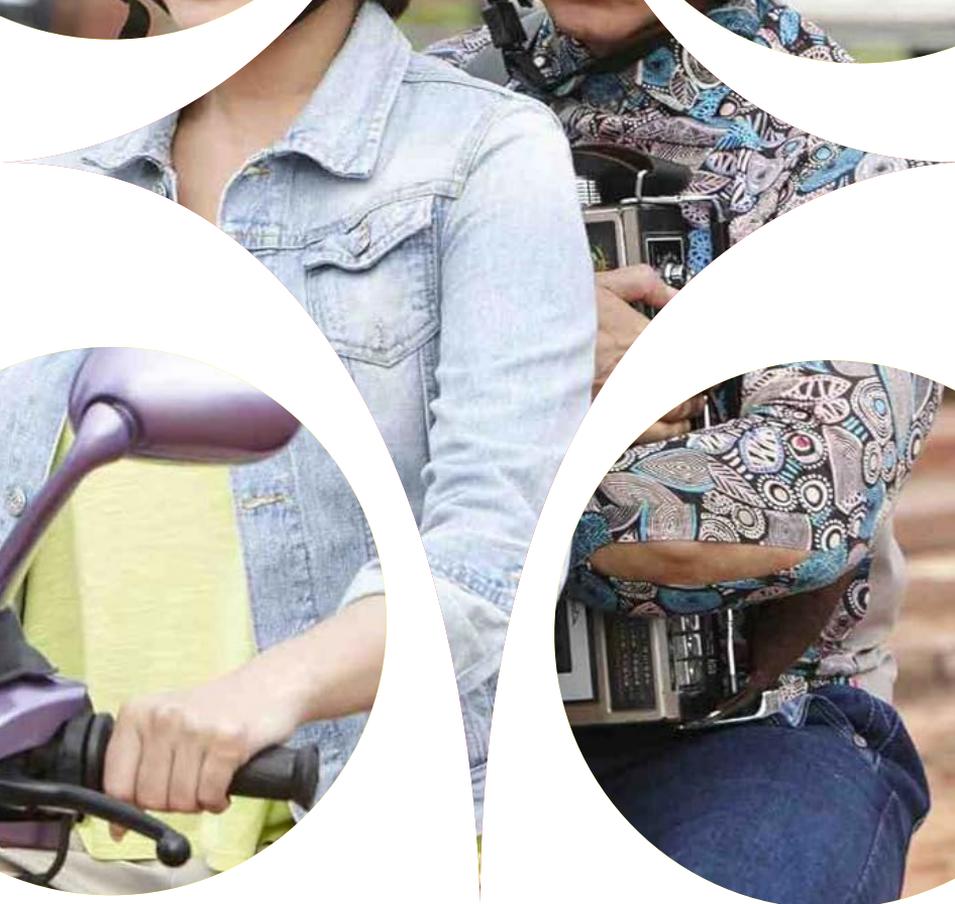
The film offers a variety of scenarios where liars are unmasked. However, the beauty of the story lies on the irony of lying, that is, in the art of recognizing the moment, the place and the person that make it worth changing a planetary culture of worshipping the truth as the highest value, for the greatness of lying with a positive valence when ready for true love. 🍷





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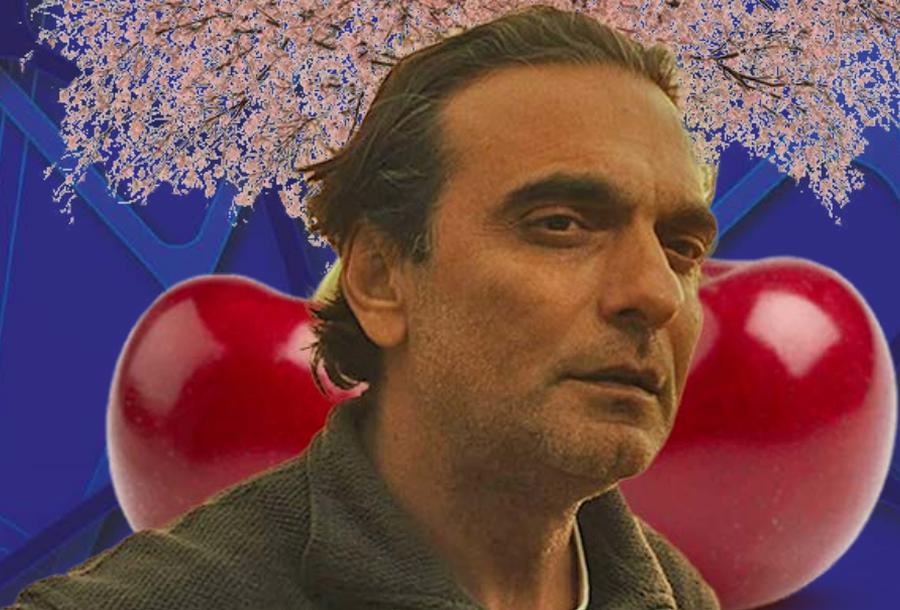
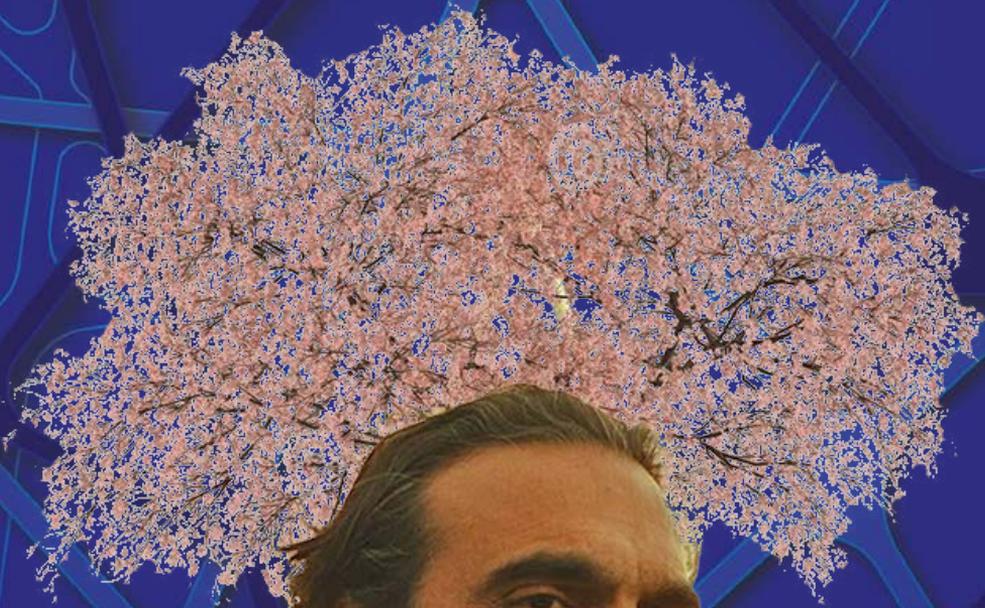
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Movie review / Critique de film

You can comprehend my Pain,
but you cannot
feel it

By Romina Vanesa Rivera Pérez



Arte Cristo Pollicarpo

Let's talk about the movie 'Taste of Cherry'. In this 1997 Iranian film, directed and written by Abbas Kiarostami and starring Homayoun Ershadi, we follow the story of a man named Badii. Badii wants to end his life, but there's one thing he needs before he can go through with it: someone to bury him after he's gone.

Along the way, Badii meets various people who try to convince him not to end his life. They share their own stories, explaining how they overcame their struggles, hoping he will rethink his decision. His journey continues until he meets Mr. Bangheri, who is struggling to pay for his son's medical expenses. Initially, Mr. Bangheri doesn't believe Badii is serious about his intentions. But when he sees the burial site and understands the gravity of the situation, he becomes determined to stop Badii. Mr. Bangheri questions why someone would give up everything for what seems like a minor problem, especially when Badii is young, handsome, and wealthy. He wonders what could be troubling Badii so deeply.

Why would he want to die? What could be the problem tormenting him so much?

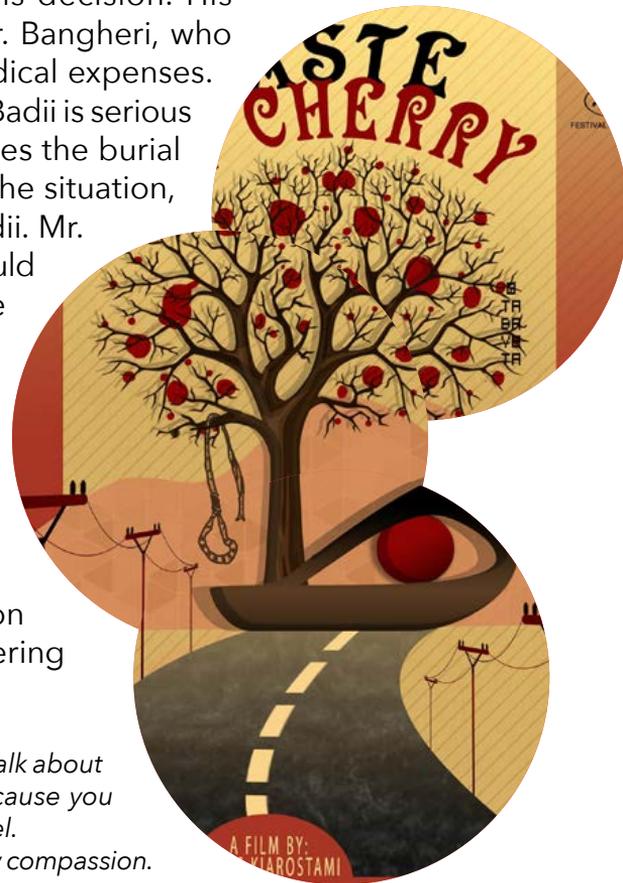
Mr. Badii responds to his question with something that leaves us pondering for a while.

"-It wouldn't help you to know and I can't talk about it and you wouldn't understand. It's not because you don't understand but you can't feel what I feel.

You can sympathize, understand, and show compassion. But feel my pain? No.

-You suffer and so do I. I understand you. You comprehend my pain, but you can't feel it".

This statement invites deep reflection. While we can empathize with others and strive to understand their struggles, we can never fully experience their emotions or their personal experiences.





This is portrayed in the movie as we witness the experiences of the people Badii encounters on his journey. Each person has faced different challenges and found their own solutions, which they believe to be correct. As the film suggests, “Solutions are good or bad, depending solely on us.”

The film is visually simple; it mainly consists of conversations and the path the protagonist takes in his car.

This focus allows us to concentrate on the essential aspects—the dialogues and interactions Badii has with the other characters. The film evokes a sense of melancholy while providing tranquility through its serene environment. As Michael O’Sullivan of *The Washington Post* notes: “It evokes sadness without being sentimental, has a universal resonance without sacrificing personal immediacy, and portrays real drama without resorting to artifice.” 

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Movie review / Critique de film

Marcello, marcello

By Mareel Hernández Trévethan



Arte Cristo Pollicarpo

Sur une petite île italienne, depuis très longtemps, il se déroule une drôle de tradition : le jour du 18e anniversaire d'une fille, à 15h pile, tous ses prétendants doivent porter un cadeau au père de celle-ci. Le garçon, dont le cadeau est le plus apprécié du père, obtient le droit à un premier rendez-vous romantique avec la jeune femme. Suite à ce premier rendez-vous, la plupart de couples ainsi formés finissent par se marier.

Marcello Romei, fils de pêcheur, trouve cette tradition stupide et il pense que c'est la cause de beaucoup des malheurs et d'énormément de mariages ratés dans son petit village, comme à l'instar de celui de ses parents, puisque sa mère est partie car son père était tombé amoureux d'une autre femme.

Ainsi, Marcello essayait d'échapper à la tradition, jusqu'au jour où il voit débarquer sur l'île la belle Elena, fille du maire du village, qui était partie faire ses études à l'étranger. Marcello tombe immédiatement amoureux de la jeune fille qui fête son 18e anniversaire deux jours après son retour au pays, et qui semble bien intéressée par lui.

Bien entendu, Marcello va faire tout son possible pour apporter le meilleur cadeau au père d'Elena et il sait quoi lui offrir : le coq du boucher qui, avec son chant, réveille tous les matins le maire de très bonne heure, l'empêchant de dormir tranquillement jusqu'à tard..



Check
out the
audio of this
reading here



Pour obtenir le coq, Marcello va devoir passer des accords avec quelques habitants de l'île. Le boucher va lui demander quelque chose de quelqu'un d'autre pour lui donner l'animal, ce quelqu'un d'autre va lui demander une autre chose de quelqu'un d'autre pour obtenir ce dont il a besoin et

ainsi de suite. Jusqu'au moment où quelqu'un lui demande quelque chose à lui, une chose que Marcello est dans l'impossibilité morale de donner...

Mais, jusqu'où va-t-il aller pour passer quelques instants avec la belle Elena ? Va-t-il céder aux exigences des habitants de l'île ? Est-ce que tout peut s'acheter, s'échanger ? Même l'honneur et l'amour ?

Pour arriver à bon port, Marcello va compter sur l'aide et le soutien de ses deux meilleurs amis qui vont empêcher leur professeur et le prêtre du village d'attraper Marcello le temps qu'il obtienne tous les objets nécessaires pour faire les échanges. Marcello va aussi devoir affronter son père qui souhaite un meilleur avenir pour son fils.

Cette comédie romantique du 2008 du réalisateur suisse Denis Rabaglia est fraîche et légère. Tourné sur l'île de Ventotene et dans la région de Ligurie, en Italie, il présente de très belles images grâce à Filip Zumbunn, également un autre suisse. Accompagnés de la musique de Louis Crelier et Henning Lohner, les personnages de cette comédie



sont attachants. Une belle recommandation pour s'évader le temps d'un film du train-train quotidien. À regarder gratuitement, sous-titrée ou non, sur le site TV5Monde Plus (<https://www.tv5mondeplus.com/fr/cinema/comedie/marcello-marcello>). 



Video game review / Critiques de jeux vidéo

Revisiting a Legend: The Iconic Tomb Raider

Trilogy Arrives on Nintendo Switch

By Rosa Laura Díaz Serrano

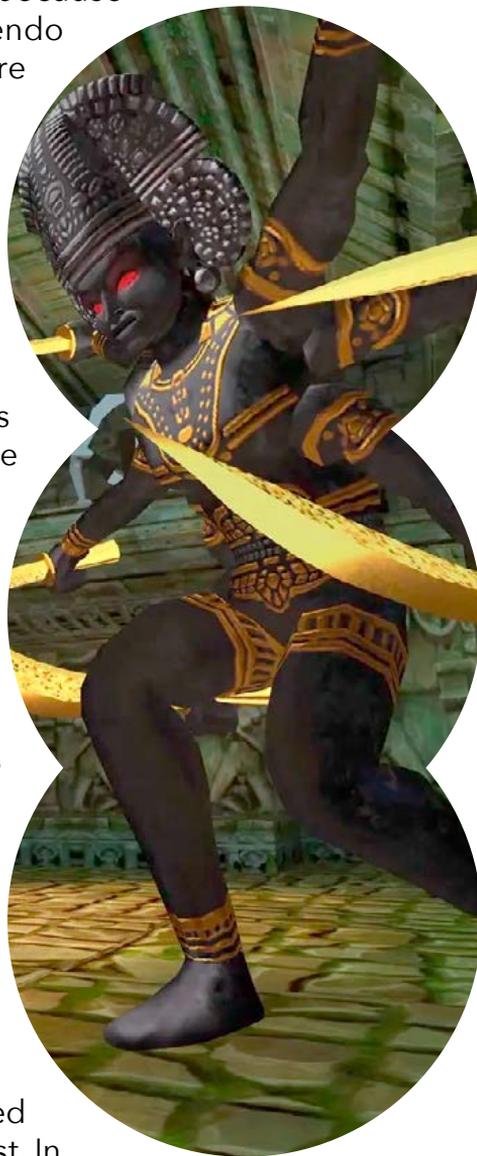


Arte de @nintendo

Prepare to grab your controller and embark on a journey through gaming history, because something extraordinary awaits Nintendo Switch fans this February 14th. Picture this: the iconic Tomb Raider trilogy, the cornerstone of adventure gaming, is set to make a triumphant return with its original polygonal graphics intact. Yes, the classics are back, ready to whisk you away on a pulse-pounding expedition overflowing with ancient secrets and heart-racing action.

As a seasoned gamer who has traversed digital landscapes since the illustrious 80s, stumbling upon this electrifying announcement sent a surge of excitement coursing through my veins. Flashback to the days of Commodore 64 and the genesis of gaming - that's where my fascination with pixels and polygons first took root. However, the gaming landscape was vastly different back then. Video games often targeted a predominantly male audience, featuring protagonists who were mostly boys embarking on quests involving war, cars, or battles with demons.

Then, in 1996, everything changed. Enter Lara Croft, a pioneering heroine who shattered conventions and redefined the essence of a video game protagonist. In a genre where female leads were scarce, Lara emerged as a beacon of empowerment, capturing the hearts of gamers worldwide. Finally, here was a character embodying strength, intelligence, and fearlessness - qualities that deeply resonated with female players who had long awaited a figure with which they could truly identify.

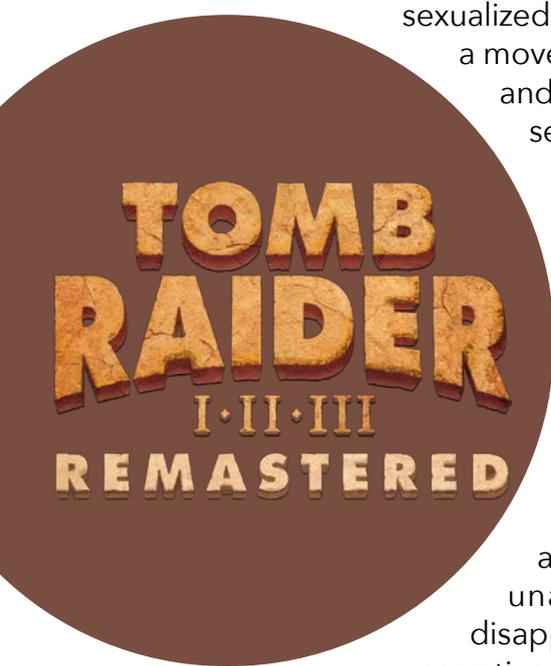


Nevertheless, Lara's hyper-sexualized appearance drew criticism, initially causing actor Angelina Jolie to decline portraying her in the 2001 movie adaptation. Only after her boyfriend at the time convinced her to take on the role, displaying the game's essence, did she agree. Consequently, in the 2018 movie featuring Alicia Vikander as Lara Croft, the character exhibits a more athletic physique. This departure from the hyper-sexualized portrayal of previous iterations represents a move towards a depiction that is more realistic and relatable, resonating with contemporary sensibilities and emphasizing Lara's strength, agility, and resilience.

But Lara Croft was not just any ordinary adventurer. Oh no, her story was woven with layers of mystery and intrigue. Born to the enigmatic Lord Richard Croft, also known as the Earl of Abbingdon, Lara's upbringing was far from ordinary. Her father, an esteemed archaeologist, vanished under mysterious circumstances when she was just a child, leaving behind a void that would shape her destiny. The unanswered questions surrounding his disappearance only added to the allure of Lara's narrative, fueling her relentless pursuit of truth and adventure.

In the thrilling inaugural installment of the Tomb Raider series, we join the fearless Lara on an exhilarating quest to recover the legendary artifact known as the Scion. This ancient relic, rumored to possess unimaginable power, is fragmented into three pieces, hidden within treacherous locales scattered across the globe.

Our intrepid heroine is enlisted for this perilous mission by the enigmatic Werner Von Croy, a figure whose motives initially appear noble. As a young and ambitious archaeologist, Lara eagerly accepts the challenge, unaware of the tangled web of intrigue awaiting her.

The logo for Tomb Raider I·II·III Remastered is presented in a circular frame with a dark brown background. The text is rendered in a bold, golden, 3D-style font that resembles weathered stone or metal. The words 'TOMB' and 'RAIDER' are stacked vertically, with 'I·II·III' centered below them, and 'REMASTERED' at the bottom. The letters have a slight shadow and a metallic sheen, giving them a tactile, ancient appearance.

TOMB RAIDER I·II·III REMASTERED

From the lush jungles of Peru to the haunting temples of Cambodia, and from the majestic ruins of Greece to the timeless sands of Egypt, Lara's journey unfolds across a tapestry of awe-inspiring landscapes, each brimming with its own set of challenges and perils.

But danger lurks at every turn. Deadly traps lie in wait, ancient guardians stir from their slumber, and rival mercenaries' scheme and plot to seize the Scion's power for themselves. Yet, undeterred by the odds stacked against her, Lara presses on, her determination unwavering.

As the plot unfurls, secrets are unveiled, and alliances are tested. Von Croy's true intentions become known, revealing a sinister agenda that threatens to unleash chaos upon the world. But Lara is not one to cower in the face of adversity. Armed with her wit, agility, and sheer grit, she confronts Von Croy in a showdown of epic proportions, ensuring that the Scion's power remains out of reach from those who would seek to misuse it.

In the end, it is Lara's courage and resolve that triumph, cementing her status as a legendary adventurer and marking the beginning of an unforgettable saga.

In the second installment, Lara sets her sights on retrieving the legendary Dagger of Xian before it falls into the clutches of darkness. Said to possess the fiery might of a dragon, this artifact's power is nothing short of legendary.

At the heart of the quest lies a sinister plot orchestrated by Marco Bartoli, a cunning Venetian merchant with nefarious ambitions. His scheme? To wield the Dagger's mystical power in a bid to resurrect the long-forgotten Emperor of Xian, a feat that could plunge the world



into untold chaos. With the stakes higher than ever, Lara races against the ticking clock to thwart Bartoli's plans and safeguard the fragile balance of the world.

But this is no ordinary adventure. From the labyrinthine streets of Venice to the majestic peaks of Tibet, Lara's quest takes her across the globe, each destination brimming with its own set of challenges and secrets waiting to be unearthed. Whether she is navigating treacherous waters in an underwater city or hurtling through snowy landscapes on a snowmobile, Lara's courage knows no bounds as she tackles each obstacle with trademark finesse and determination.

However, it is not just human adversaries that Lara must contend with this time around. From the icy depths of Tibet to the sun-drenched plains of China, mythical creatures lurk in the shadows, ready to strike at a moment's notice. Yeti, mythical tigers, and even the undead guardians of ancient tombs stand in her way, evaluating her mettle like never before.

As Lara delves deeper into the mysteries surrounding the Dagger of Xian, the game's rich lore comes to life, weaving a tapestry of myth and legend that adds a layer of depth and intrigue to the overall narrative.

In the third installment of the saga, Lara finds herself in possession of a mysterious artifact, revealing the existence of a potent meteorite fragmented into four pieces, dispersed across the globe. These fragments hold immense power, attracting perilous individuals eager to exploit them. Motivated by her thirst for knowledge and the looming threat posed by these fragments, Lara embarks on a mission to retrieve them before they fall into the wrong hands.



Lara's journey takes her to diverse locations with distinctive challenges and threats:

India: Unravel ancient secrets in hidden temples, navigating deadly traps and facing mythical creatures like tigers and Nagas.

South Pacific: Traverse jungles and sunken ruins, battling pirates and tribal warriors while encountering mysterious forces.

Nevada: Infiltrate the top-secret Area 51, confronting enigmatic government operatives and even alien technology.

England: Solve cryptic puzzles within the British Museum, delving into hidden catacombs beneath London.

Antarctica: Brave the treacherous frozen wasteland to confront the final antagonist in a climatic showdown.

The Tomb Raider series has been hugely successful, selling millions of copies across various platforms. Lara's presence in the industry has paved the way for other diverse and complex female characters in games. From Aloy in *Horizon Zero Dawn* to Chloe Frazer in *Uncharted*, her impact is clear, encouraging representation and challenging gaming stereotypes.

While her initial depiction was not without controversy, Lara Croft's cultural impact and evolution over time solidified her position as a major icon in the video game industry. She continues to inspire both developers and players, her legacy evident in the diverse landscape of gaming today. So, get ready to dive into a world where danger lurks around every corner, where ancient relics hold the key to unimaginable power, and where one woman's courage knows no bounds. Adventure awaits - are you ready to seize it? 



Health / Santé

Harmful Health Effects on *Teenagers Due* to Recreational Vape Use

By Miguel Ángel Zamora Calderilla



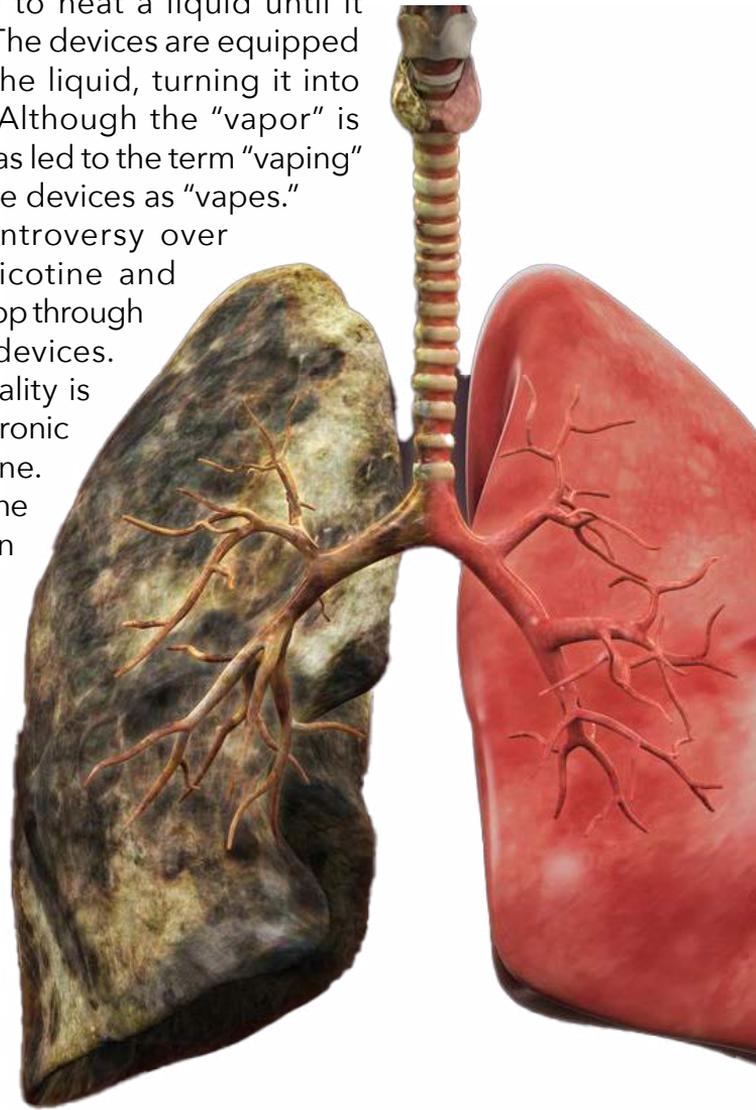
Arte Cristo Polcarpo

Electronic cigarettes or vapes are a type of tobacco product known as electronic nicotine delivery systems (ENDS). These devices contain several components that function to heat a liquid until it transforms into an aerosol. The devices are equipped with a battery that heats the liquid, turning it into a “vapor” that is inhaled. Although the “vapor” is technically an aerosol, this has led to the term “vaping” and the designation of these devices as “vapes.”

There is significant controversy over whether vapes contain nicotine and whether addiction can develop through recreational use of these devices. However, an undeniable reality is that the vast majority of electronic cigarettes do contain nicotine.

Evidence shows that nicotine harms adolescent brain development. Additionally, its use during pregnancy can lead to premature births and low birth weight in babies. Beyond nicotine, electronic cigarettes and their aerosols contain propylene glycol and/or vegetable glycerin. These substances are used in the production of stage or theatrical fog, which has been shown to increase lung and respiratory irritation after concentrated exposure (ACS).

Currently, there is a wide range of vapes available in different colors, flavors, and sizes. Although they vary in some of the chemical components they contain, most of them may present one or more of the following volatile organic compounds:





- 1 Dimethyl Ether
- 2 Ethyl Propionate (Propanoic Acid, Ethyl Ester)
- 3 Isobutyl Acetate
- 4 Ethyl Butyrate (Butanoic Acid, Ethyl Ester)
- 5 Propylene Glycol
- 6 Butyl Acetate (Acetic Acid, Butyl Ester)
- 7 L-Lactate Ethyl (Propanoic Acid, 2-Hydroxy-, Ethyl Ester, (L)-)
- 8 2-Methylbutanoate Ethyl (Butanoic Acid, 2-Methyl-, Ethyl Ester)
- 9 Isoamyl Acetate (1-Butanol, 3-Methyl-, Acetate)
- 10 (E)-3-Hexen-1-ol
- 11 2-Hydroxypropyl Acetate (1,2-Propanediol, 1-Acetate)
- 12 1,2-Propanediol, 2-Acetate
- 13 Cis-3-Hexenyl Acetate (3-Hexen-1-ol, Acetate, (Z)-)
- 14 Hexyl Acetate (Acetic Acid, Hexyl Ester)
- 15 1-Hexanol, 2-Ethyl-
- 16 Glycerin
- 17 Benzyl Alcohol
- 18 Linalool
- 19 Menthol
- 20 Ethyl Maltol
- 21 2-Phenylethyl Acetate (Acetic Acid, 2-Phenylethyl Ester)
- 22 Anethole

- 23 4-Ethylguaiacol (Phenol, 4-Ethyl-2-Methoxy-)
- 24 1-Ethyl-3-Piperidinol
- 25 Eugenol
- 26 Methyl Cinnamate
- 27 Vanillin
- 28 γ -Decalactone (2(3H)-Furanone, 5-Hexyldihydro)
- 29 N-Ethyl-5-Methyl-2-(1-Methylethyl) Cyclohexanecarboxamide
- 30 Methyl Dihydrojasmonate (Cyclopentanecarboxylic Acid, 3-Oxo-2-Pentyl, Methyl Ester)
- 31 Methyl Decanedioate (Decanedioic Acid, Diethyl Ester)
- 32 Nicotine
- 33 Flavorings



(Source: *El Financiero*).

The global controversy surrounding vape use is extensive. Some argue that there are no recorded deaths directly related to vape use or the various substances they may contain. However, some health bulletins and warnings caution that certain products may have harmful health effects, ranging from addiction and metabolic disturbances to severe risks such as death.

As this is a relatively new device, it is understandable that there are not many conclusive studies linking its use to health damages or proving its innocuousness for recreational use.

In 2021, several entities in Mexico, including COFEPRIS, CANADIC, and the Ministry of the Interior, issued warnings about vapes. These



alerts highlighted the risks associated with the use of these devices, emphasizing their addictive potential and the health damages they can cause. Vapes, which are popular as an alternative to traditional tobacco, have raised concerns due to their harmful effects, such as respiratory and cardiovascular issues and potential impacts on brain development in young people.

The stance of these entities reflects a growing global concern regarding the use of vaping products, considering that, while they may appear less harmful than smoking conventional cigarettes, they still present significant health risks.

As part of the alert, health authorities highlight three main types of health damage associated with these products:

- Respiratory damage from lung tissue inflammation, leading to conditions such as chronic obstructive pulmonary disease (COPD), asthma, and cancer.
- Cardiovascular damage due to changes in blood circulation, which can cause arteriosclerosis and heart attacks.
- Mutagenic damage, increasing the risk of cancer and reproductive alterations, such as erectile dysfunction (SSA).

The World Health Organization (WHO) maintains that nicotine-containing electronic cigarettes are harmful to health and highly addictive. Although not all their long-term effects are known, it has been shown that these devices release toxic and carcinogenic substances, and they may increase the risk of heart and lung



disorders. Additionally, these substances can affect brain development and cause learning problems in young people. It has also been established that fetal exposure to electronic cigarettes consumed by the mother can have negative effects on development (UN).

It is important to note that, according to Article 26 of the General Tobacco Control Law, the use or activation of any tobacco product is prohibited in 100% smoke-free spaces, as well as in public and private basic and secondary education schools. Therefore, at our College of Sciences and Humanities, the use of vapes by any community member is prohibited on campus. 

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Health / Santé

The 5 Dimensions of Health and the Factors That Affect Them

By Leslie Aguilon



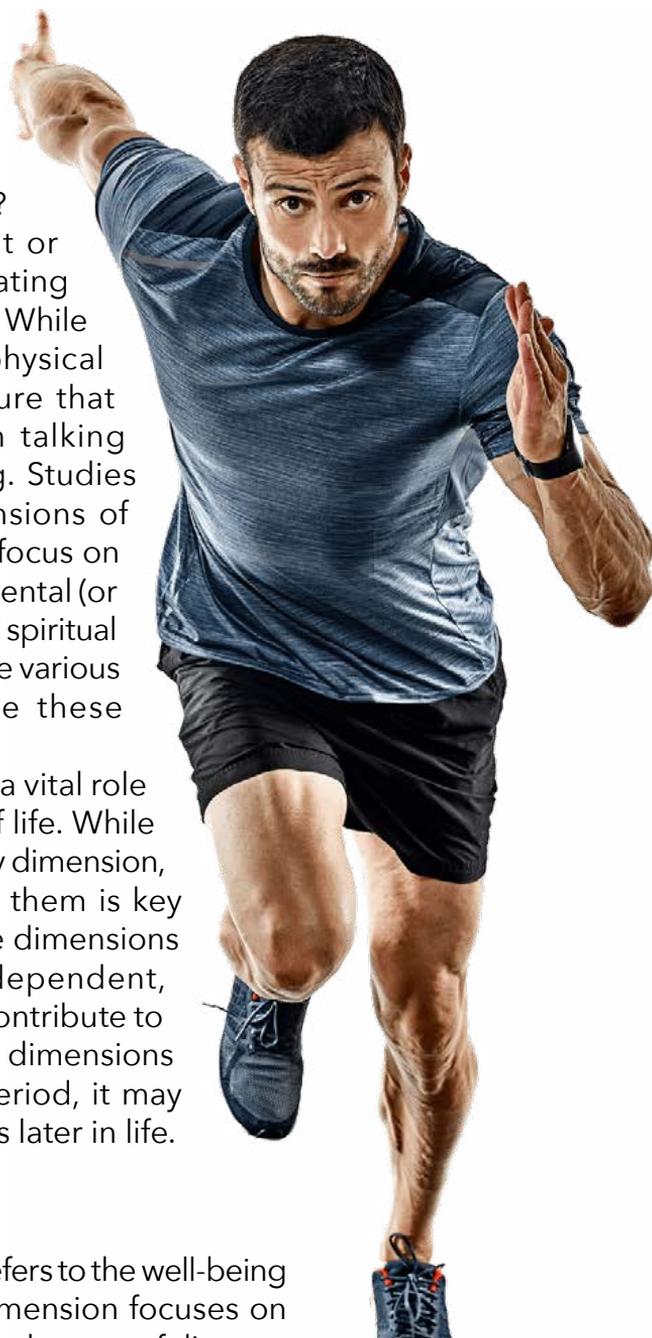
Arte Cristo Polcarpo

When you think of the concept of “being healthy,” what is the first thing that comes to mind? Some people may say being fit or exercising. Others might say eating healthy and avoiding fatty foods. While these elements contribute to physical health, there is a broader picture that needs to be considered when talking about an individual’s well-being. Studies have identified up to 10 dimensions of health, but in this article, we will focus on five main dimensions: physical, mental (or intellectual), emotional, social, and spiritual health. Additionally, we will explore various external factors that influence these dimensions in our daily lives.

The dimensions of health play a vital role in one’s well-being and quality of life. While it’s not necessary to optimize every dimension, maintaining a balance between them is key to living a fulfilling life. These five dimensions are interconnected and interdependent, meaning they work together to contribute to overall health. If any one of these dimensions is neglected for an extended period, it may lead to negative health outcomes later in life.

Physical Health:

The physical dimension of health refers to the well-being of your body as a whole. This dimension focuses on physical activity, nutrition, and the absence of disease. A healthy adult should engage in at least 60 minutes of moderate to intense physical activity daily, whether it’s walking, running, swimming, or playing a sport that engages the heart and muscles. Additionally, proper nutrition is crucial for the body to function correctly.



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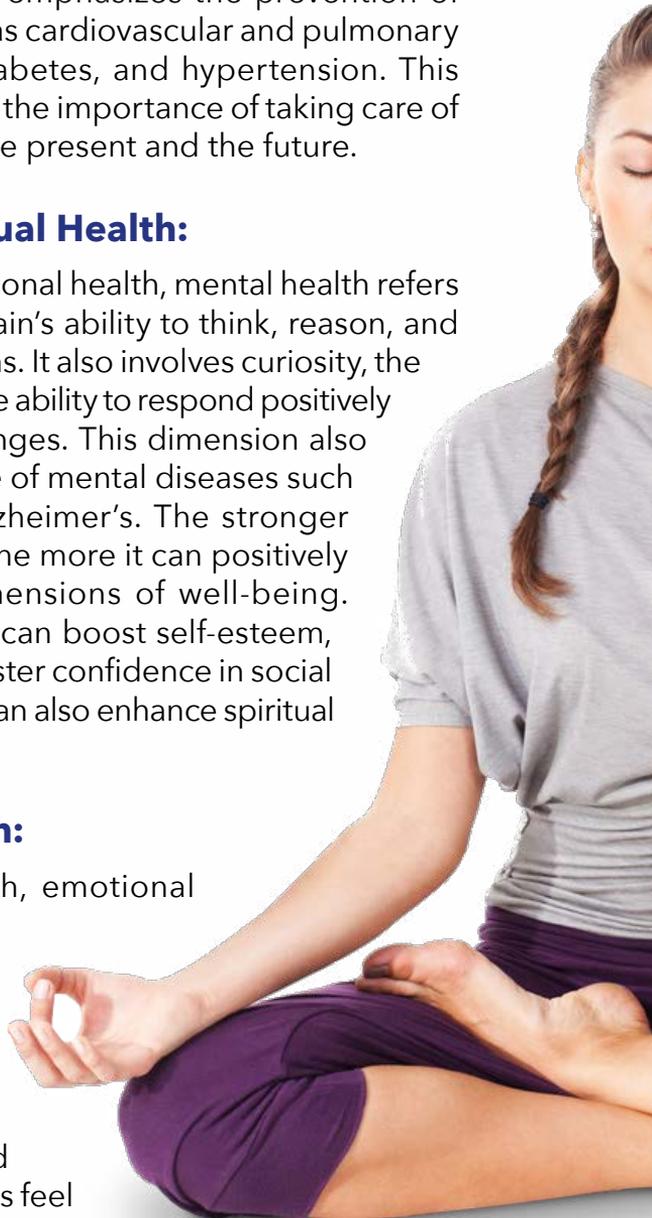
Physical health also emphasizes the prevention of major illnesses such as cardiovascular and pulmonary diseases, cancer, diabetes, and hypertension. This dimension highlights the importance of taking care of your body, both in the present and the future.

Mental/Intellectual Health:

Often linked to emotional health, mental health refers specifically to the brain's ability to think, reason, and make logical decisions. It also involves curiosity, the desire to learn, and the ability to respond positively to intellectual challenges. This dimension also includes the absence of mental diseases such as dementia and Alzheimer's. The stronger your mental health, the more it can positively influence other dimensions of well-being. Good mental health can boost self-esteem, reduce stress, and foster confidence in social relationships, which can also enhance spiritual health.

Emotional Health:

Unlike mental health, emotional health focuses on our body's hormones, which influence our moods and feelings. Hormones like endorphins and serotonin can make us feel happy, while their absence or insufficiency can lead to feelings of sadness. A long-term lack of these hormones can lead to anxiety and depression, which can impair logical decision-making and overlap with mental health issues. Emotional health also involves recognizing and expressing feelings appropriately, managing emotions effectively, and maintaining a positive outlook on life.





Spiritual Health:

Spiritual health involves having a sense of purpose in life and aligning your values and goals with your actions. Some find this sense of purpose through organized religion, while others find it through personal reflection or different means. Both paths are valid in enhancing spiritual well-being. Research shows that individuals who feel a sense of purpose are generally healthier than those who do not.

Positive outcomes of strong spiritual health include improved perspective, resilience in the face of adversity, and better social relationships.

Social Health:

As social beings, humans need interaction and relationships to thrive. We depend on social connections for emotional support and overall well-being. Social health refers to our ability to form and maintain meaningful relationships with family, friends, partners, co-workers, mentors, and others. This dimension also focuses on creating a sense of belonging within our communities.

In addition to the five dimensions of health discussed, other dimensions include cultural, digital, environmental, financial, and occupational health. It is clear that health involves more than just physical exercise and healthy eating. For this reason, many emerging studies focus on comprehensive health, examining how all dimensions work together to produce different health outcomes.

Can we change our dimensions of health?

Can we make active changes in our daily lives that influence healthier choices? Absolutely! According to the National Institutes of Health (NIH), you can change your life by changing your habits. A habit is a recurring action triggered by a specific context and often carried out without much awareness. Studies show that once a habit is ingrained, it rewires the brain and becomes difficult to eliminate, though it can be replaced by a stronger one. This explains why breaking bad habits is so challenging. However, once you develop healthy habits, they can benefit many aspects of your life, including decision-making and focusing on the future. To replace bad habits, increasing self-awareness and implementing effective strategies can enhance your chances of success.

While we can change personal factors and habits to improve our dimensions of health, there are also external disadvantages that are harder to overcome and can lead to negative health outcomes. Some of these disadvantages include low income, environmental issues, racism, discrimination, and genetics. These are examples of health disparities, which are widespread in the United States, particularly among minority groups.

Health Disparities

A health disparity is any factor that negatively affects low-income or low-resource populations compared to the general population. According to the NIH, research on health disparities examines how socioeconomic



status, race, ethnicity, physical environment, and cultural factors interact to produce different health outcomes. Populations that commonly experience health disparities in the U.S. include ethnic and racial minorities, LGBTQIA+ individuals, under-resourced communities, people with low socioeconomic status, and those with disabilities. These groups often face discrimination in healthcare, leading to higher rates of negative health outcomes.

Examples of Health Disparities

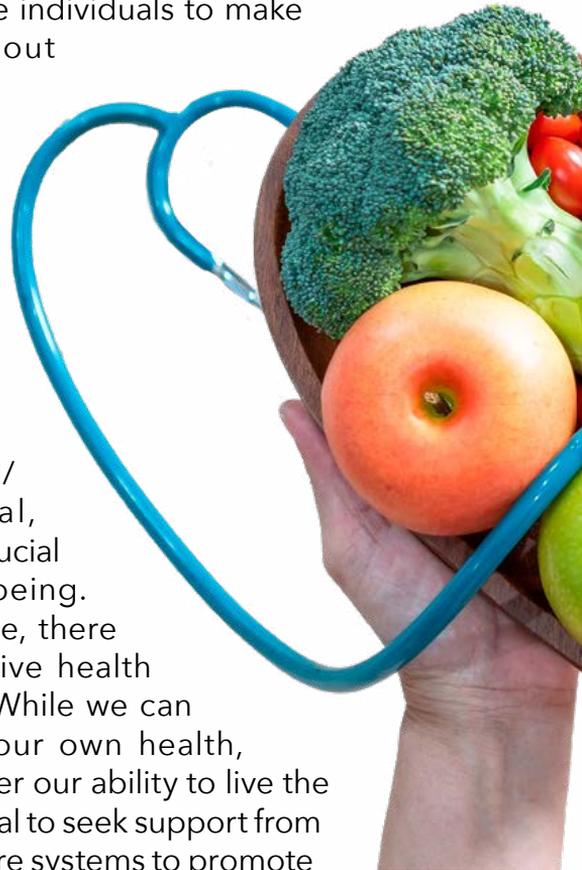
Imagine a transgender woman visiting a clinic for her monthly check-up. If the clinicians misgender her by using incorrect pronouns and make derogatory comments, she may feel uncomfortable and avoid returning to the clinic. This discrimination could prevent her from monitoring her physical health (physical), worsen her mood (emotional), discourage social interaction (social), and cause her to question her sense of purpose (spiritual). This scenario can apply to anyone facing discrimination, such as individuals with disabilities or members of ethnic minorities.

People with low socioeconomic status may also face challenges such as limited access to green spaces, safe exercise areas, and healthy food options (physical). They may experience high levels of stress as they struggle to pay bills (emotional) and may lack time or resources to pursue education (mental/intellectual). These disadvantages can further prevent them from living healthy and fulfilling lives.

Potential Solutions to Health Disparities

To address these health disparities, several solutions have been proposed. One is improving the training of healthcare professionals to ensure they are empathetic and culturally competent when treating minority populations. Another is increasing health literacy in affected communities by providing education and resources that enable individuals to make informed decisions about their health. Additionally, healthcare providers can advocate for policy changes that address health disparities, and efforts should be made to track and evaluate the progress of health equity programs.

The five dimensions of health—physical, mental/intellectual, emotional, spiritual, and social—are crucial to an individual’s well-being. Without a proper balance, there is a risk of facing negative health outcomes in the future. While we can take steps to improve our own health, external factors may hinder our ability to live the lives we desire. It is essential to seek support from government and healthcare systems to promote health equity and prevent adverse health effects. This version improves grammar, punctuation, and the flow of ideas while ensuring clarity and coherence throughout. ¹⁰





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Health / Santé

Significant Transformations in
Global Health:
Exploring Concrete
Advances

By Emiliano Mendez Martínez



Arte de @fre

Global health has experienced significant transformations in recent decades, particularly in three fundamental areas: advancements in cancer treatment research, the impact of technology on health, and the critical relationship between nutrition and cardiovascular health. These topics not only represent scientific progress but also highlight the complexity and interconnectedness of factors affecting our well-being.

Firstly, cancer treatment research has made significant progress. New therapies that target cancer cells directly and use the body's immune system to fight cancer are changing how we treat the disease. Recent discoveries about how cancer works at the molecular level have led to more precise and effective treatments, improving survival rates and reducing side effects to enhance patients' quality of life.

The impact of technology on health is significant. Telemedicine has become crucial, especially during global crises like the pandemic. Artificial intelligence and big data are transforming how we predict diseases and personalize treatments. However, these technological advancements also bring ethical and privacy challenges that must be addressed to ensure their responsible and beneficial use.

The link between nutrition and heart health has become more important.

Learning how diet affects the heart has led to changes in dietary advice. Diets like the



Mediterranean diet, which is rich in fruits, vegetables, and healthy fats, are recognized for helping prevent heart diseases. These findings highlight the importance of healthy eating habits for long-term health.

In conclusion, these three areas highlight the evolving and interconnected nature of global health advances. Progress in cancer research, technological innovations, and the link between diet and heart health are not only scientific achievements but also prompt us to rethink our approach to health in today's connected world. These advances save lives and encourage us to continually update and improve our understanding of health in a rapidly changing environment. ¹

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Health / Santé

Specific Learning

Disorder

and Its Effect on Self-Esteem

By Tania Rosmely Cortes Cruz



Arte de @freepik

Introduction

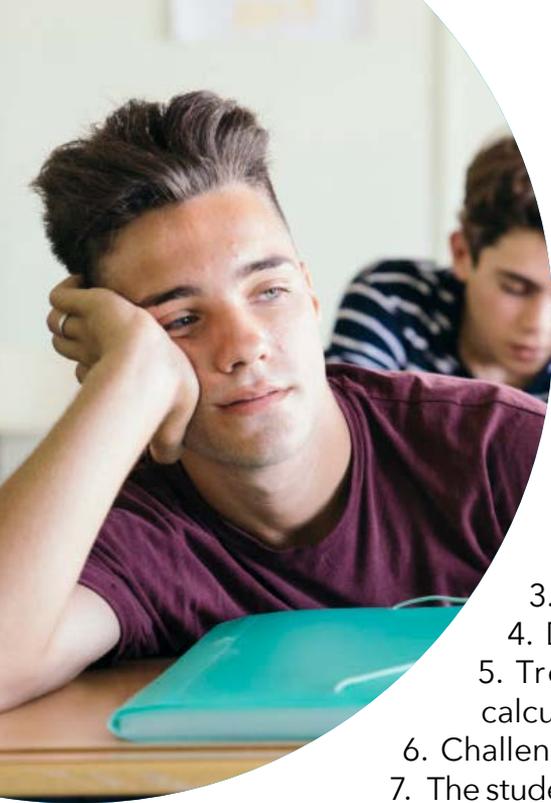
Specific Learning Disorder (SLD) is when a person has a hard time learning in one or more areas, even though their motivation or overall intelligence is not affected. This disorder can be identified in children as young as 5 years old. Without the right support, children with SLD may experience low self-esteem, which can lead to poor school performance or even dropping out of school.

At some point, students with average abilities find certain activities or subjects difficult. This can happen because the material is hard to understand or because some teachers may not be as effective. As a result, these students might start failing subjects or barely pass. On the other hand, some students easily get good grades and understand all the topics well.

From this, we realize that there are students who have different abilities and who are good at some things and that there are others in which they do not stand out as much. It is in the classroom where the situation of the students is observed, for example:

1. *Students who obtain the best grades without effort.*
2. *Students who put in a moderate effort to pass.*
3. *Students who often fail, but if they try hard, they succeed.*
4. *Students with Specific Learning Disorder (SLD) who, despite their effort, often end up failing.*





When Does a Specific Learning Disorder (SLD) Exist?

SLD is present when at least one of the following six symptoms has lasted for at least six months:

1. Reading words inaccurately, slowly, or with effort.
2. Difficulty understanding the meaning of what is read.
3. Spelling difficulties.
4. Difficulties with written expression.
5. Trouble mastering number sense or calculation.
6. Challenges with mathematical reasoning.
7. The student's academic skills are below the expected level.
8. There is no cognitive, intellectual, sensory, motor disability, or other disorder affecting the student's learning.
9. Learning difficulties start at school age but may continue until the student's academic abilities surpass their individual capacities.

How is This Disorder Treated?

Treatment for Specific Learning Disorder (SLD) mainly involves psychopedagogical support and speech therapy. The goal is to improve cognitive, academic, functional, and emotional performance in various areas of personal development.

Treatment typically focuses on:

- 1-Cognitive flexibility
- 2-Planning
- 3-Problem-solving

Conclusions:

Identifying Specific Learning Disorder (SLD) is crucial because it helps us support those who have it and understand if we might have it ourselves. Recognizing SLD can explain why some topics are challenging and help us address these difficulties. By understanding SLD, we can prevent it from affecting our self-esteem and focus more on the skills where we excel.

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Health / Santé

Drugs

By Valery Ximena Oalde Gómez



What you need to know

Finding drugs is not difficult, and at times, it may seem like everyone is either using them or encouraging you to try them. However, just like with anything that seems too good to be true, there are serious disadvantages and dangers associated with drug use.

How do drugs work?

Drugs are chemicals that alter the functioning of our bodies. Some drugs are medications that help people when prescribed by doctors, but many lack medical utility.

When drugs are taken (by swallowing, inhaling, or injecting), they enter the bloodstream and travel to the brain and other parts of the body. In the brain, drugs can enhance or dull the senses, change alertness, and sometimes reduce pain.

Because of their effects on the brain, drugs can impair judgment and lead to poor decision-making. Even alcohol can cause risky behaviors, such as driving while impaired or having unprotected sex.

Although drugs might make you feel good at first, they can cause serious harm to your body and brain. Activities like drinking alcohol, smoking or chewing tobacco, using illegal drugs, and even inhaling glue can damage your health.



What are the most abused drugs?

People often abuse the following drugs:

- Alcohol
- Amphetamines
- Bath salts
- Cocaine and crack
- Cough and cold medicines (DXM)
- Central nervous system depressants (sedatives, tranquilizers, barbiturates)



- Fentanyl
- GHB
 - Heroin
 - Inhalants
 - Ketamine
 - LSD
 - MDMA (ecstasy)
 - Marijuana
 - Methamphetamine (meth)
 - Hallucinogenic mushrooms
 - PCP
- Prescription painkillers (opioids)
- Rohypnol
- Salvia
- Xylazine

Where can you find help?

If you think you or a friend might be addicted to drugs, talk to a parent, friend, family member, or someone you trust. They can help you find the support and assistance you need.

Types of treatment for overcoming drug addiction

There are two main types of treatment for drug addiction:

Behavioral Treatment: Helps people change their behavior related to drug use.

Pharmacological Treatment: Uses medications to assist in recovery.

Treatment experts teach people how to live without drugs, including how to handle cravings, avoid triggers for drug use, and manage relapses.

Overcoming drug addiction without treatment or professional help can be challenging. It takes time and is not something you can do alone - everyone needs help and support. Experts helping individuals with addictions are trained to provide assistance, not to judge their patients. ^R

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Health / Santé

Little by little, the

jar fills

By Beatriz Adriana Díaz Ugalde



Every day, we make decisions—every moment of our day, whether we realize it or not. But why don't we notice some of these decisions? The answer is that many of these actions have become part of our routine, things we do almost automatically. This collection of behaviors is known as habits.

You may have heard the word before, but have you ever wondered what habits truly are? According to the Unidad de Prevención Comunitaria en Conductas Adictivas de Meliana in Spain: "Habits are all those actions we perform mechanically because we have repeated them enough times for them to become part of our routine. For this reason, they no longer require our attention or effort to carry out."

Researchers at Duke University, California, USA, say that "habits account for about 40% of our behaviors each day." These actions require minimal effort because we have repeated them many times. The researchers also found that habits leave a lasting imprint on specific circuits in the brain, affecting our mechanisms of action and response.

This can become a problem when harmful actions are acquired and become habits, particularly if they affect our health. However, this does not mean we cannot modify them or that we are forced to keep these harmful behaviors in our lives. To change these behaviors, various actions and strategies need to be implemented.



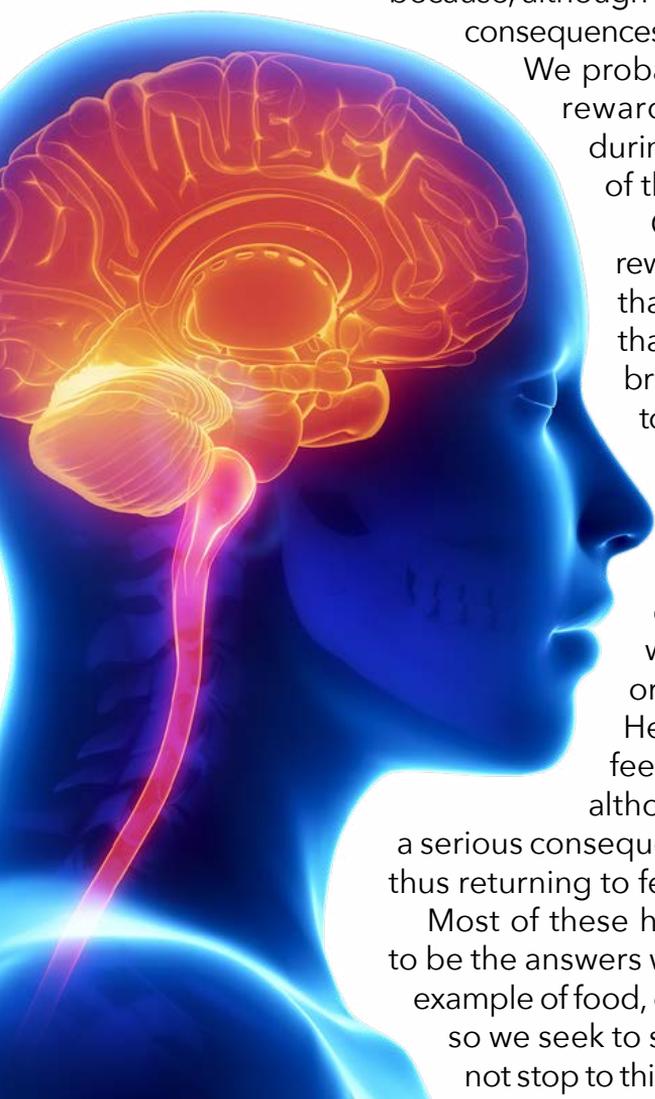
Start the change!

To identify your current habits, you can make a specific record of the activities you did during the day, along with the duration of each one so that it is easier to identify in which you invest more time, the activities that you wish to continue performing and those that you do not, indicating them in the same register.

While the first and main thing to do is to review and become aware of the habits that we do, this is not always enough to be able to modify that behavior, because, although we know and are aware of them, the consequences and what it means to perform them, We probably keep them for the immediate reward and satisfaction they offer us, during doing them and in anticipation of that gratification.

Our brain is interested in immediate rewards and prefers to perform actions that satisfy you in a short time, rather than ones that in the long term would bring you better benefits, so it's easier to do what you think is more attractive and easier. For example, a worker will find it easier, faster and more convenient to buy a pizza near work than to do the whole cooking and cleaning process so why not just go through a car service or order food and be ready to eat? He will prefer to satisfy the need to feed without having to make an effort, although he is aware that it could mean a serious consequence for his health in the long term, thus returning to feeding part of his routine.

Most of these habits are generated automatically to be the answers we give to our needs, following the example of food, eating is a necessity, we feel hungry, so we seek to satisfy it at that moment and we do not stop to think about the long-term implications

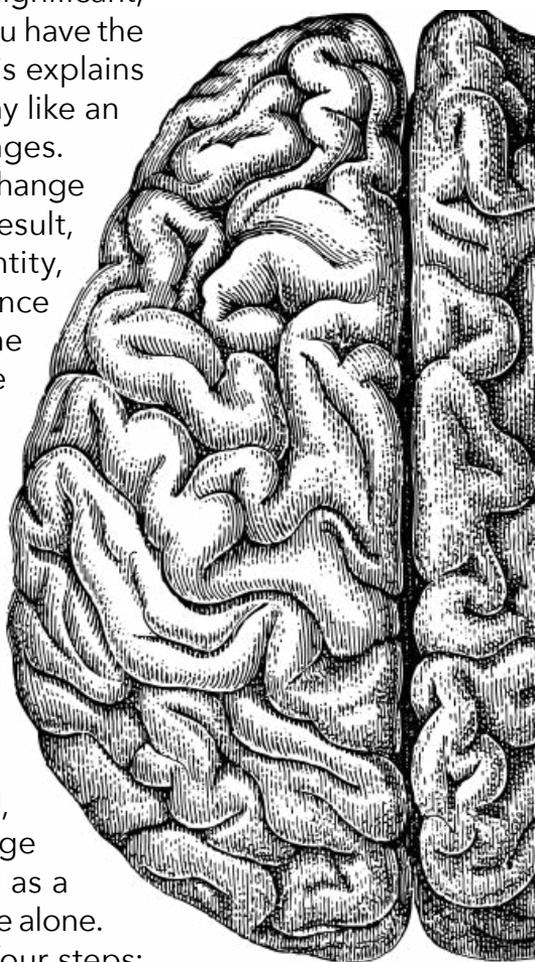


of that decision, because we want to solve a certain need instantly, so the short-term consequence, which is to take away our hunger, is more important to us.

So, it is not enough to be aware of the habit and the evil that could cause us, or that already causes us, to change or eliminate it. We need to act, perform constant actions to get rid of it gradually, these may be small, but repeating them regularly will lead to change, James Clear in his book "Atomic Habits" mentions: "habits that at first may seem small and insignificant, will transform into extraordinary results if you have the will to maintain them for several years". This explains the title of his book, habits that seemed tiny like an atom are capable of generating great changes.

In the book he tells us that many times to change and acquire habits we focus first on the result, then on the process and last on the identity, when the best way to achieve that difference is to start changing your identity, assume the type of person you want to be, then change your processes and get different results. If your goal is to get better grades, you should assume the identity of a student with academic excellence, make your skills your own, because you are already someone with those characteristics, So you're wondering what do I as a student with academic excellence do in my day to day? Attend and pay attention to class, fulfill all jobs and homeworks, have good organization, sleep habits, study and food, etc. So, by changing your identity you change your habits so that there is coherence and as a consequence the results you expect will arrive alone.

James Clear shares that habits work in four steps: cue, craving, response and reward and shares four rules to implement new and four others to eliminate those we no longer want, in essence, are the same, only reversed.



First, we observe the laws to create new habits that are:

- First Law (CUE): Make it obvious.
- Second Law (CRAVING): Make it attractive.
- Third Law (RESPONSE): Make it simple.
- Fourth Law (REWARD): To make it satisfactory.

It could be, if what you want to implement or reinforce is reading, first you must make it obvious, visible and part of your routine, you can leave the book near your things that you carry when you leave to read it along the way, going to work or school is an action that you already do and that you could implement new things, that makes it obvious and simple, To make it attractive you can choose a book that interests you and read something you like while you wait and avoid boredom makes it satisfying.

To eliminate negative habits, the rules are reversed: Inversion of the First Law (CUE): Make it invisible.

- Inversion of the Second Law (CRAVING): Make it unattractive.
- Inversion of the Third Law (RESPONSE): Make it difficult.
- Reversal of the Fourth Law (REWARD): Make it unsatisfactory.

Let's take an example with social media, which is also mentioned in the book, if you delete social media apps, you're making it invisible, you can still access them by the explorer but this already makes the experience unattractive for the functions it loses, you can make it



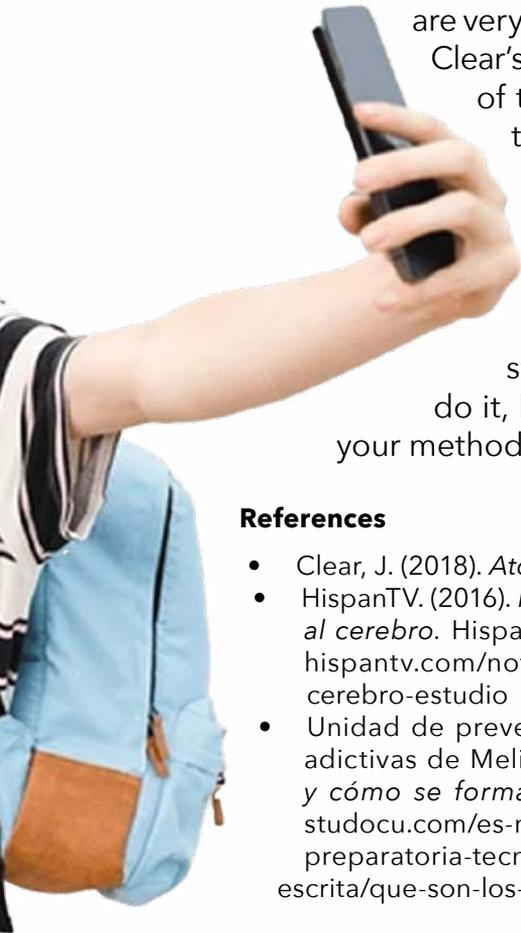
a little more difficult by removing your username and password so every time you want to enter you have to enter this data again, all these obstacles make the idea of entering social networks be unsatisfactory.

These new habits can be done before or after one already implemented so that it is easier to carry them out using a structure in the form of a chain and so when you make the one you already have in your routine you can remember to perform the other you want to create. Another way to do this is by following a routine for the morning and evening. If you have the opportunity to select a schedule, space, tools and activities that you will do and use to avoid spending time planning everything at that time, just do not forget to be flexible.

While we may think that these changes are very small, as we quote from James Clear's phrase, the constant repetition of these habits are what lead us to the change. The best time is now and the best resources are the ones you already have, don't wait a specific day to start, or the objects you think you need. If you can start today with what you have, do it, little by little you can improve your methods, but start today.🔴

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Health / Santé

“I’m not fat, I’m strong”

The Megarexia

By Rosa Ivette Hernandez Hernandez



Introduction

Megarexia is a relatively new eating disorder with characteristics opposite to anorexia. Individuals with megarexia do not perceive themselves as overweight or obese, but rather as thin or normal. They tend to overeat junk food lacking nutritional value, often do not exercise, and consider themselves healthy despite being overweight or obese (Brugos, 2012).

Like other eating disorders, megarexia can be linked to psychological disorders and irrational thoughts about body image. However, there are multiple factors that contribute to the development of this disorder.

What is megarexia?

Brugos (2005) coined the term “megarexia” to describe the underestimation of body image. It is defined as the opposite of anorexia, affecting obese individuals who perceive themselves as thin due to a distorted perception. They are unable to recognize their weight gain, denying their worsening health with fallacious arguments like “I’m not fat, I’m strong” or “I have big bones” (Sánchez, 2013).



Symptoms and early signs of megarexia

Altered body image perception:

Similar to anorexia and bulimia, individuals with megarexia cannot accurately perceive their bodies. They see themselves as healthy and thin, failing to evaluate the extent of their problem and resisting lifestyle changes. They may associate excess weight

with health and vitality, which adds to the resistance to changing habits (Sánchez, 2013).

Lack of concern about personal health:

Believing themselves to be in perfect health, those with megarexia show little interest in exercise, proper diet, or general self-care. They often consume large amounts of junk food, leading to poor nutrition despite being overweight (Canal, Rodríguez, & Romero, 2011).

Health consequences of megarexia

Being overweight or obese, as is common with megarexia, significantly increases the risk of numerous diseases such as metabolic syndrome, diabetes, cardiovascular disease, and cancer. As pointed out by (Esquivel et al., 2014), given the number of overweight and obese people in the world, as well as the increase in such conditions, it is likely that many of these overweight or obese individuals are undiagnosed megarexics, who will end up with degrees of obesity and greater health damage if they do not become aware of their problem and rectify their lifestyle.

Treatment of megarexia

Nutritionist Jaime Brugos, who coined the term “megarexia,” has developed theories about healthy diets that promote weight loss in a healthy and revitalizing way. He emphasizes choosing nutritious foods over low-calorie diets, which can weaken the



body and encourage a sedentary lifestyle, in addition to causing the well-known 'yo-yo effect' (getting fat again quickly as soon as the diet is not strictly followed).

In order to cope with megarexia, it is necessary for the person to recognize that has a problem; but since they perceive a different image than the one reflects the mirror, it does not coincide with the perception they have of their own body, which makes

it difficult and unlikely for them to change their minds. Therefore, as mentioned (Esquivel et al., 2014), professional help is required to guide them and their family about the disorder they suffer from; The intervention of a nutrition specialist is also necessary, who can advise and determine the guidelines for healthy eating, which will help them lose weight. 



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Science/Science

Fantastic Animal!

Axolotl

By Joselyne Rangel Olivares



The Mexican axolotl, (*Ambystoma mexicanum*), is a salamander with an unusual characteristic. It lives among the fir forests or in the wetlands of Xochimilco. It is found in streams and canals where its presence is a sign of clean water and a healthy ecosystem.

Characteristics of the Mexican Axolotl
The axolotl keeps its tadpole-like dorsal fin, which runs almost the entire length of its body, and it also has external gills that look like feathers sticking out from the back of its wide head.

The axolotl is the closest relative of the tiger salamander. It can grow quite large, up to 30 cm, although its average size is about 15 cm. Axolotls are usually black or brown with spots, but white or albino types are also common.

The axolotl can live up to 15 years and feeds on mollusks, worms, insect larvae, crustaceans, and some fish.

The first records of the Axolotl's history

We have to go back to the Aztecs, who documented the axolotl in several codices. In scientific literature, it first appeared in 1615 in a natural history book, but it wasn't until 200 years later that it was given a scientific name. Since then, the axolotl has been important in Mexican culture, used as food and for medicinal purposes, though without scientific evidence. Due to its popularity in labs and as a pet, axolotl breeding farms have been set up around the world since 1989.

Axolotls in danger of extinction

The axolotl population is declining because the demand from nearby Mexico City has led to the draining and polluting of much of the waters of the Xochimilco lake



system. It is also commonly traded for aquariums, and roasted axolotl is considered a delicacy in Mexico, further reducing its numbers.

Actions for the conservation of the mexican Axolotl

Efforts to help its conservation focus on recovering the balance of Lake Xochimilco through education, ecological tourism and the implementation of habitat restoration work. Furthermore, axolotls are bred in captivity to help recover their populations. This species is also used in biomedical and physiological research, as.

The risks of fame for the axolotl

The popularity of these animals as pets has catapulted them to fame with the help of social networks. By 2023, they had gained at least 3.1 billion views in English and 773.8 million in Spanish on TikTok alone. Their appearance in popular video games like Fortnite, Roblox, and Minecraft has also contributed to the increased demand for them as pets. However, this can be risky if people don't know how to properly care for these animals.

Curious fact: The axolotl, which is native to Mexico City, is featured on the back of the Mexican 50-peso bill. This image represents the ecosystem of rivers and lakes in Xochimilco. 🌐

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Security/Sécurité

Les séismes et

La mitigation des risques.

By Mareel Hernández Trévethan



Marion respirait avec un peu de difficulté et regardait avec un peu de méfiance le bâtiment d'où elle venait de sortir. Autour d'elle, elle voyait toutes les personnes de l'Université qui étaient sorties de l'édifice avec elle. Entre les chuchotements des gens et le son des sirènes d'alarme, on écoutait attentivement les consignes du personnel de protection civil qui demandait de se tenir tranquille, de ne pas rentrer dans les constructions avant que les autorités en fassent une révision structurelle, d'attendre quelques minutes avant d'avoir plus d'informations...

Même si auparavant, Marion avait déjà entendu parler des tremblements de terre ; en tant que Française venue de la capitale, c'était la première fois qu'elle en ressentait un. Cela faisait quelques semaines qu'elle avait déménagé à Mexico dans le cadre d'un programme d'échange pour aider dans les cours de langues et elle n'avait jamais eu à faire à cette force de la nature.

Debout, à côté d'elle, il y avait deux personnes qui semblaient très calmes, comme si elles n'avaient pas du tout ressenti le mouvement qui avait secoué toute la ville. Marion était presque sûre que dans les nouvelles du soir, elle entendrait parler de plein de morts, de blessés et des bâtiments écroulés... et ces deux personnes avaient l'air de n'avoir rien ressenti, de ne pas donner de l'importance au mouvement de la terre. Elle se demandait pourquoi elles réagissaient ainsi. Curieuse comme elle l'était, elle a décidé de leur poser la question.



Découvrez
l'audio de cette
lecture ici



Bonjour, je m'appelle Marion, je suis française et c'est mon premier tremblement de terre. J'ai eu très peur, certainement qu'il y aura beaucoup de morts et de dégâts après ce séisme.

Bonjour Madame, vous n'avez rien à craindre, au moins pour cette fois-ci, même si les sirènes de l'alerte sismique ont commencé à sonner et que nous avons dû être évacués du bâtiment, la secousse

sismique n'a pas été très forte et c'est presque sûr que les dégâts, s'il y en a, ne seront pas graves.

Le séisme a été de faible intensité, donc pas suffisamment fort pour endommager une ville conçue pour faire face à des tremblements de terre bien plus forts.

Mais, comment est-ce que vous pouvez être si sûrs ?...

En fait, Marion ne le savait pas, mais les personnes qui se tenaient à côté d'elle étaient des ingénieurs spécialisés en génie sismique.

S'il avait quelqu'un qui pouvait bien expliquer ce qui venait de se passer, c'était eux.

D'abord, il faut savoir que la croûte terrestre est formée par des plaques tectoniques. Celles-ci bougent tout le temps et c'est ce mouvement-là qui est à l'origine de séismes. Lorsque le sol bouge, il y a de l'énergie qui se libère ; plus il y a d'énergie qui se libère petit à petit à travers des secousses de faible intensité, plus le risque d'un gros séisme diminue.



Il faut aussi savoir que le Mexique est situé sur une zone connue comme « Ceinture de Feu ». Cette région est ainsi appelée car elle enregistre la majeure activité volcanique de la planète. Elle se localise autour de l'océan Pacifique et coïncide avec un ensemble de plaques tectoniques. La « Ceinture du Feu » touche, entre autres, les États-Unis du côté de l'Alaska, le Japon, les Philippines, l'Indonésie, le Chili, le Pérou, l'Équateur, la Colombie, le Costa Rica, el Salvador, le Guatemala et, comme on l'a dit avant, le Mexique.

Du côté de notre pays, son littoral se trouve sur la Plaque Caraïbe, la Plaque Pacifique, la Plaque Nord-Américaine, la Plaque Rivera et la Plaque de Cocos. Il y a aussi des failles à l'intérieur de la terre, bien loin des frontières des plaques tectoniques. Ces failles sont appelées « failles intraplaques » et sa mécanique du mouvement, encore peu connue, n'a aucune relation avec le déplacement des plaques tectoniques. Bien que la plupart des séismes au Mexique sont dus au glissement d'une plaque par rapport à une autre, la rupture des failles intraplaques peut aussi causer des secousses importantes.

Marion commençait à comprendre : l'écorce terrestre est constituée des plaques tectoniques et il y a aussi des failles loin de la confluence de ces plaques ; lorsque les plaques tectoniques ou les failles intraplaques bougent, il y a des tremblements de



terre. Comme le Mexique se localise sur des plaques tectoniques et qu'en plus il y a des failles intraplaques, il y a aussi des séismes.

Mais, bien que tout cela expliquait la raison pour laquelle le sol avait bougé, cela n'expliquait pas la tranquillité des ingénieurs. Pourquoi pensaient-ils que le séisme n'aurait pas de grosses conséquences ? Elle était presque sûre que la même secousse aurait causé des dégâts très importants s'il avait eu lieu à Paris... et elle ne se trompait pas. C'est ce que les experts ont confirmé.

En fait, les conséquences d'un phénomène naturel ne dépendent pas que de son intensité, c'est-à-dire de la force avec laquelle il frappe un endroit, mais aussi de l'exposition et de la vulnérabilité du lieu concerné : s'il y a un séisme très fort dans une région où il n'y a aucune construction, aucun être vivant, la secousse n'aura aucune conséquence ; s'il y a un tremblement de terre de faible intensité dans une zone peuplée où les bâtiments sont faits avec des matériaux de mauvaise qualité ou mal conçus et où la population ne sait pas comment y réagir, c'est presque sûr que les dégâts seront de grande ampleur. Par contre, si une forte secousse touche une région hautement peuplée mais très bien conçue et préparée à résister à ce type de phénomène, les conséquences devront être minimales, voire inexistantes. Probablement, la ville de



Paris, peu habituée à ce genre d'événements, n'est pas autant organisée pour affronter les forces sismiques que Mexico, où les tremblements de terre ont lieu fréquemment et les dégâts dans la ville lumière seraient beaucoup plus graves qu'à la capitale du Mexique face à des secousses de caractéristiques similaires.

Marion voyait plus clair avec cette explication: les dégâts provoqués par un tremblement de terre dépendent de la force de la secousse, de la quantité et de la qualité des bâtiments et de la préparation et du comportement de la population.

Si les dégâts dépendent du séisme, est-ce que l'on est en mesure de prévoir l'intensité d'un tremblement de terre ou de le prédire ? - a demandé Marion.

Malheureusement, non. Pour l'instant, les connaissances actuelles que nous avons sur les tremblements de terre et sur la sismicité de la planète ne nous permettent pas de dire où, quand ou de quelle intensité sera le prochain séisme. La seule chose que nous pouvons calculer c'est la probabilité d'occurrence d'une secousse dans un endroit déterminé.

Alors, les cartes sont jouées et il n'y a rien à faire pour se protéger.

Heureusement, Marion se trompait : il y a beaucoup de choses à faire pour diminuer les conséquences d'un séisme et les ingénieurs le savent bien.

Même si c'est vrai qu'on ne peut rien faire pour modifier un séisme ou pour prédire où et quand il aura lieu, on connaît les régions de la planète où il y a plus de probabilité qu'un tremblement de terre ait lieu. De plus, les dégâts ne sont pas seulement le résultat du séisme, mais aussi de la vulnérabilité du site concerné et, sur cela, on peut agir.





La première chose à faire pour se protéger est d'avoir une politique d'aménagement qui considère les forces sismiques auxquelles les édifices devront résister. Ceci passe par la qualité des matériaux avec lesquels on bâtit, par le design de l'immeuble, par la qualité du sol sur lequel on fait les édifications et par les règlements de construction. À Mexico, ceux-ci tiennent compte des trois types de sol différents qui existent: un sol meuble qui réagit très mal aux séismes et qui augmente l'ampleur des ondes sismiques, c'est-à-dire qu'elles deviennent plus fortes et provoquent plus de dégâts ; un sol de qualité moyenne où l'intensité des ondes sismiques n'augmentent pas et ne diminuent pas non plus et une zone où le sol est très dur et absorbe les ondes sismiques et, de cette manière, les immeubles ne sont pas ou presque pas touchés par le mouvement.



Outre la réglementation mise en place à Mexico pour rendre les immeubles plus sûrs, il y existe un système d'alerte précoce qui indique à la population de la ville qu'une secousse va avoir lieu. Il y a certaines conditions sous lesquelles les alarmes se déclenchent : l'épicentre du séisme doit se situer sur la côte des états de Jalisco, Michoacan, Colima, Guerrero ou Oaxaca, il doit être d'une intensité égale ou supérieure à 5 degrés sur l'échelle Richter et l'épicentre doit être entre 170 et 350 km de distance de la ville concernée, cette distance dépend de l'intensité du tremblement de terre. Dans la plupart de cas, à Mexico, les alarmes sismiques annoncent une secousse environ 60 secondes avant l'arrivée des ondes sismiques et ceci donne un peu de temps



pour évacuer les bâtiments ou pour se protéger à l'intérieur des constructions.

Une autre chose à faire, c'est de bien préparer la population. Pour cela, une bonne pratique est la réalisation de simulations. Marion avait déjà vécu l'expérience à son arrivée à Mexico. Le lendemain de son déménagement, les alarmes sismiques avaient sonné et elle et ses colocataires avaient dû sortir de leur appartement, comme tous les voisins du quartier. La pratique des simulations permet l'automatisation des gestes qui peuvent sauver des vies, du fait que les personnes apprennent comment se comporter dans une situation de crise : ne pas courir ou pousser les autres gens même si on a peur, savoir où se localisent les zones de sécurité, rester calme... mais ils permettent aussi la révision des sorties de secours et des systèmes de logistique, la supervision des réactions des autorités et des services de secours, l'entraînement du personnel de protection civil...

Finalement, il y a des consignes déjà établies pour savoir quoi faire avant, pendant et après un séisme :

Avant la secousse, il faut : concerter un plan de protection civile avec sa famille ; préparer un sac avec des documents personnels, une torche, des piles, une radio, de l'eau, des boîtes de conserve, des habits, des allumettes ou un briquet, des clés, une trousse de premiers secours, du papier toilette et des lingettes, un peu d'argent, un calepin avec les numéros de téléphone d'urgence et ceux des membres de la famille ; contrôler qu'il n'y a pas d'objets lourds en hauteur ; fixer les meubles qui peuvent se renverser ;

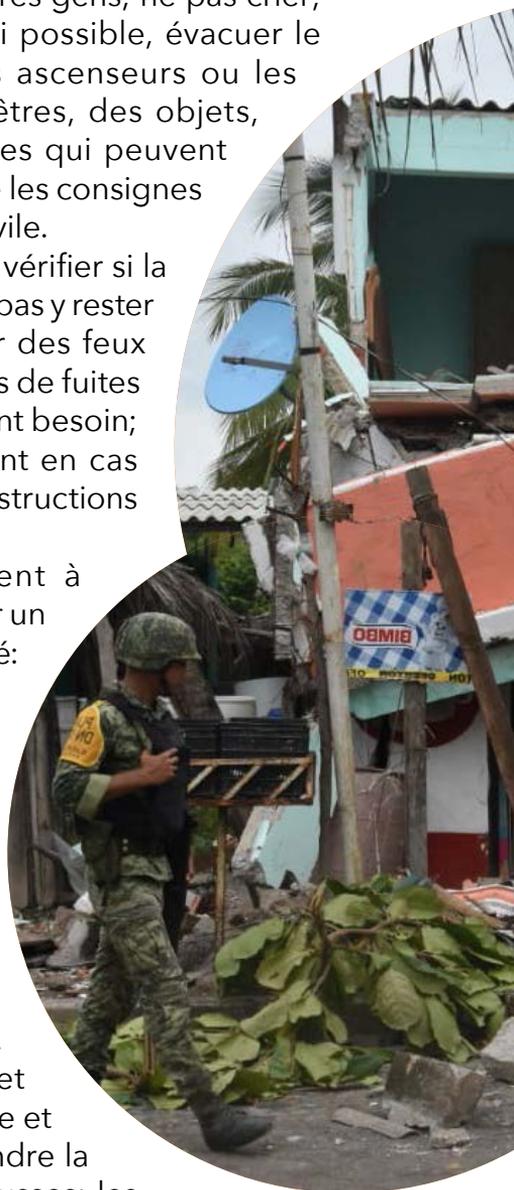


vérifier que les sorties de secours sont dégagées; identifier les zones de sécurité ; vérifier les installations électriques et de gaz ; faire réparer les constructions si elles sont endommagées.

Pendant la secousse, il faut: rester calme; ne pas courir ; ne pas pousser les autres gens; ne pas crier; aller aux zones de sécurité; si possible, évacuer le bâtiment; ne pas utiliser les ascenseurs ou les escaliers; s'éloigner des fenêtres, des objets, des meubles ou des structures qui peuvent tomber ou se renverser ; suivre les consignes du personnel de protection civile.

Après une secousse, il faut: vérifier si la maison a subi des dégâts et ne pas y rester si c'est le cas; ne pas allumer des feux avant de s'assurer qu'il n'y a pas de fuites de gaz; aider les gens qui en ont besoin; utiliser le téléphone seulement en cas d'urgence, faire réparer les constructions endommagées.

Toutes ces mesures aident à diminuer les dégâts causés par un éventuel séisme de forte intensité: elles peuvent sauver des vies et éviter l'effondrement de bâtiments. Les ingénieurs avec qui Marion parlait, savaient que Mexico se prépare contre ce type de phénomène depuis le grand séisme de Michoacan de 1985 où un tiers de la ville s'est écroulée. Depuis, les ingénieurs, les architectes, les autorités et les groupes de protection civile et de secours travaillent pour rendre la ville plus sûre contre les secousses: les techniques de construction s'améliorent, la réglementation est plus restrictive et tient en compte



des forces sismiques similaires à celles du séisme de 1985, la conception des bâtiments se fait avec l'aide de logiciels qui calculent les forces sismiques en tenant compte des caractéristiques du sol où la construction va exactement être placée, la réalisation de simulations est devenu une pratique courante, les zones de sécurité sont bien indiquées, le système d'alerte précoce a été mise en place et s'est élargi avec le temps...

Marion pouvait croire les experts : cette fois-ci, il n'y avait rien à craindre, mais elle réalisait aussi que le risque sismique existe et qu'il est présent dans la vie de tous les habitants de Mexico et d'autres régions du pays. Elle comprenait l'importance de s'informer sur quoi faire, comment réagir et de participer aux simulations sismiques afin de diminuer les conséquences d'une secousse. Elle comptait suivre les indications et les conseils pour être bien préparée dans le but de faire face à cette force de la nature. 



History / Histoire

Christmas Tunes,
*from Joyful
Melodies*
to Dark Legends

By Mariana Agreiter Casas



Christmas is coming, and a special part of the holiday is the music. Christmas songs are an important part of the celebrations around the world. From traditional carols to more modern songs, these tunes often bring feelings of joy, love, and peace. Besides helping us share our wishes and hopes during the holiday season. They help us share our wishes and connect with our traditions and cultural roots.

The origin of Christmas songs goes back to when Christmas was first celebrated in Europe, starting in the 4th century. During this time, music was composed to celebrate the birth of Jesus. Christmas music developed over the centuries and mixed with musical elements from different cultures and traditions. Over time, Christmas songs became an important part of Christmas culture in many parts of the world. Today, there are many different Christmas songs in various styles and traditions, and they are sung all around the world during the holiday season.

The iconic song

Since its release in 1994, Mariah Carey's "All I Want for Christmas Is You" Christmas song has dominated holiday music like no other. It has made history as one of the most beloved and recognizable Christmas songs around the world. Mariah Carey, known for her impressive vocal range and ability to compose hits, wanted to create a piece that captured the festive spirit in a cheerful and contemporary way, rather than following the trend of traditional Christmas songs. She wrote the song in just 15 minutes, a process she has described as a "Christmas dream come true."

This Christmas "anthem" did not become famous right away. Over the years, it gained popularity and became a holiday favorite. Each Christmas season, the song is played more frequently, solidifying its status as one of the most well-known Christmas songs ever.



Check out the audio of this reading here



The song has topped the charts in many countries, including the United States, the United Kingdom, and Australia. Its success is special because, unlike many Christmas songs, it's not a slow ballad or a traditional song. Instead, it's a lively and energetic tune that captures the spirit of Christmas love and joy.

The song has achieved classic status, meaning it's a song that is played year after year and is associated with the festive atmosphere of Christmas. It earned Platinum status in several countries, showing its lasting popularity and commercial success.

Every holiday season, the song's catchy melody and joyful lyrics are heard everywhere—from radio stations and shopping malls to holiday parties and family gatherings. It has inspired numerous covers, parodies, and references in popular media, further cementing its place in contemporary culture.

The song's success has also contributed to Mariah Carey's status as a Christmas icon, making her synonymous with the holiday season for her fans.

The chilling Christmas tune

In contrast, a very famous song that we often hear during the holiday season and in different movies is the "Krampus Carol." This song is different from the usual cheerful Christmas songs. Instead of celebrating joy and goodwill, this song talks about Krampus, a scary creature from old European stories who punishes bad children at Christmas, contrasting Santa Claus who rewards good ones.



The story of Krampus is part of old German Christmas traditions that start on December 6th, with Krampusnacht (Krampus Night) and Nikolaustag (Saint Nicholas Day). On this day, children leave out a boot to see if they receive gifts for being good or a stick for being bad. The legend comes from Norse mythology, where Krampus is the child of Hel, the goddess of the underworld. Krampus's job is to scare naughty children at Christmas, kidnap them, and punish them with chains and sticks before taking them to the underworld for a year.

Krampus is part demon, part goat, with horns, fangs, a long, sharp tongue, dark hair, and big claws. He also rattles rusty chains to let children know he's coming. Although the tradition of celebrating Christmas with Krampus was lost for years due to a ban by the Catholic Church, this monster is making a comeback. People in some European countries and even parts of the United States are interested in him because he adds a unique and unusual twist to the Christmas season.

The song written in his honor has a spooky and scary tune. The lyrics warn children to be on their best behavior during Christmas. It emphasizes that



Krampus, a fearsome figure, will come for those who have been naughty. The song warns that Krampus will come looking for misbehaving children, and if they haven't been good, they might face a scary Christmas, encouraging children to keep the Christmas spirit alive and to remember that their actions throughout the year will be judged.

The song and tunes are often used in movies to add a chilling touch to the holiday season. This shows the contrast between the happy side of Christmas and the more frightening stories from folklore.

While Carey's song captures the happy and modern spirit of the season, the Krampus Carol shows a darker side of holiday tradition. These different themes highlight the various ways Christmas is celebrated and remembered in different cultures, showing how music can reflect and influence our holiday experiences. 

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History / Histoire

From Planet of the Apes to Naucalpan:

Lessons from the Legal

Application of Bioethics

By Rogelio Aurelio Rojas Reyes

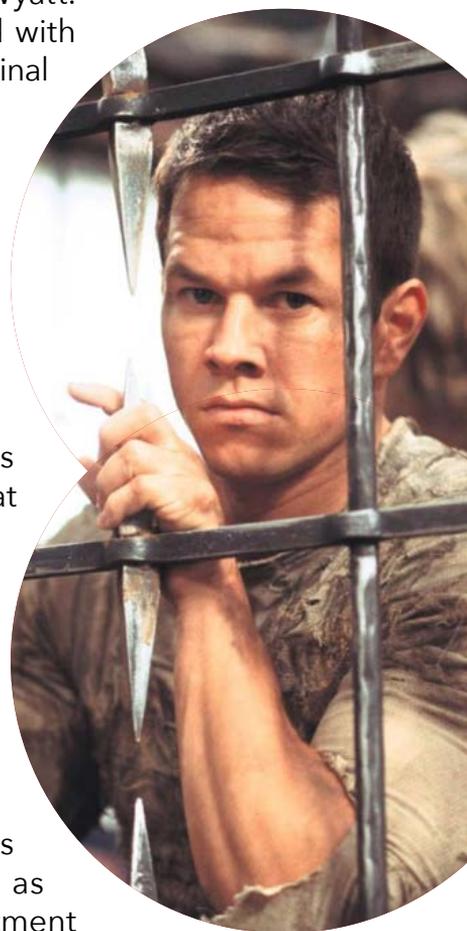


When I was young, I was captivated by *Planet of the Apes*, specifically Tim Burton's movie version. I remember the first time I watched it, around 2002, on the TVs at Home Depot while my dad was shopping. Later, I'm pretty sure I persuaded my dad to rent the movie from Blockbuster before heading home. A few years later, I vividly remember going to Cinemex (specifically the one in Plaza San Mateo) after classes at CCH with my girlfriend to see the new version, *Rise of the Planet of the Apes*, directed by Rupert Wyatt. I must admit that today, I'm not too impressed with those versions. Instead, I now appreciate the original movies from the 70s.

However, this article is not about my experience with that saga. Instead, I want to address one of the most important discussions for our generation: the ethical dilemma surrounding animal rights and its political and legal implications. The reason I started writing about *Planet of the Apes* is because *Rise of the Planet of the Apes* presents this dilemma in a compelling way. The great lesson the film has taught me, since the first time I watched it, is that animals can feel, organize themselves, and that the treatment we give them as humans is cruel and will eventually have consequences. We must treat them as equal living beings.

Throughout the movie, viewers observe scenes that reflect and critique the relationship between humans and animals, particularly apes. There are three contexts in which this is evident: first, in the early part of the movie, which deals with hunting and experimenting on animals as commercial commodities; second, in the treatment of animals as anthropomorphized pets; and finally, in the issue of animal abuse.

In all these scenarios, there is a prevailing anthropocentric perspective that prioritizes human interests and needs. The problem with this perspective is that it neglects the interests and needs of other life



forms. In this sense, I want to revisit some elements from Dr. Alejandro Herrera Ibáñez's conference at CCH Naucalpan (Herrera, 2024), where he asserted that animals are subjects of life, thus possessing intrinsic rather than instrumental value. This means they have beliefs, desires, perceptions, memory, emotions, interests, goals, psychophysical identity, and their own perception of right and wrong.

Consequently, he distinguishes between moral agents, who have rights and obligations, and moral patients, who have rights but no obligations. Animals, like babies or individuals with serious illnesses, are identified as moral patients. This means that moral agents have obligations toward moral patients, with the sources of these moral obligations being consciousness, sensitivity, and inherent goodness.

This implies that moral rights should be codified into law, serving as a legal reflection of ethics. In this context, we find norms such as the Universal Declaration of Animal Rights, as well as federal, state, and municipal animal protection laws.

Animal welfare and protection: the case of Naucalpan de Juárez

From 2019 to 2021, I worked at the Naucalpan de Juárez City Council, where I had the opportunity to participate in and coordinate the drafting of animal welfare and protection regulations through the Animal Welfare Commission. This included reforms to the Municipal Ordinance and a new regulation. Two factors facilitated this work: First, the existing regulations dated back to 2004, and significant changes had occurred in animal rights since then. Second, there was a reform to the State of Mexico's Constitution, specifically Article 18, which states:



This Constitution recognizes animals as sentient beings and, therefore, they must receive dignified treatment. In the State of Mexico, every person has an ethical duty and legal obligation to respect the life and integrity of animals; by their nature, they are subjects of moral consideration. Their protection is a shared responsibility. The authorities of the State of Mexico will guarantee the protection, welfare, and dignified and respectful treatment of animals and will promote a culture of responsible care and guardianship. Additionally, they will design strategies for the care of abandoned animals.* (Gobierno de Naucalpan, 2020: 31)



This reform encouraged the creation of new regulations from a bioethical perspective, acknowledging that sentient beings cannot be treated as mere objects and should have certain rights. Legally, this aligns with the natural law theory of human rights, which asserts that humans have inherent rights based on their basic needs and interests, independent of the law's recognition (CNDH, n.d.). This principle can be extended to discussions about animal rights based on their needs and interests.

However, the legal challenge arises from recognizing animals as sentient beings without granting them the status of legal persons with rights and obligations. This raises the question: Can an entity be a legal person with rights but without obligations? This presents the first bioethical-legal dilemma in recognizing animal rights within the legal framework.

The rationale within the Commission's staff was that if animals are sentient beings but not legal persons, they cannot be treated as objects. Unlike inanimate objects like tables or cars, which lack sentience and emotional capacities, sentient beings can experience emotions like anger, hunger, and happiness. This

argument is supported by the Cambridge Declaration on Consciousness (Low, 2012), which states:

“Convergent evidence indicates that non-human animals have the neuroanatomical, neurochemical, and neurophysiological substrates of conscious states along with the capacity to exhibit intentional behaviors. Consequently, the weight of evidence indicates that humans are not unique in possessing the neurological substrates that generate consciousness. Non-human animals, including all mammals and birds, and many other creatures, including octopuses, also possess these neurological substrates.” (Low, 2012: 2)

This implies that animals have needs and interests deserving of natural rights. In light of this, the State of Mexico’s Constitution recognizes animals as sentient beings, not merely living entities. This necessitates respect for animals as part of social coexistence.

The Municipal Ordinance

The Municipal Ordinance is the most important regulation in the municipality, promulgated annually on February 5th. While not considered a law, it encompasses the most important norms for the Municipal Government and its residents. Following the constitutional reform, the Commission’s staff promoted reforms to these norms. Article 16 outlines the obligations of municipal residents:

“Recognize animals as sentient beings, respect their life and rights, and provide dignified treatment and proper care to domestic animals under their ownership or care...” (Gobierno de Naucalpan, 2020b: 28)

This means that treating animals as sentient beings is not only the responsibility of the State or the Municipal Government but also a requirement for all residents within the municipality. This article is linked to Article 106, which covers animal control and welfare, including vaccination, identification of domestic animals, their hygienic conditions, and a prohibition on animals in circuses.

The most significant reform in the Municipal Ordinance was the prohibition of animal sales within the municipal territory, a decision that garnered significant media attention and legal implications. Article 63 states:

“The sale of... and live animals is strictly prohibited without exception, in public areas and common-use places, through fixed stalls, semi-fixed setups, open-air markets, mobile vendors, street markets, and shopping centers.” (Gobierno de Naucalpan, 2020b: 48)

This regulation prohibits the sale of animals in both informal and formal commerce within the municipality.

This was the most challenging part of the regulation reform, as it posed a legal battle between the conception of animals as sentient beings versus their treatment as commercial objects. Following the ban, the City Council faced lawsuits and injunctions, including one from the National Human Rights Commission, to suspend the ban on animal sales.

The main argument against the ban was the human right to work, similar to the argument used by those who organized cockfighting in Veracruz, where it was banned in 2018. The Supreme Court of Justice of the Nation (Zaldívar, 2018) ruled that such activities cannot be considered legitimate work when they involve animal cruelty. In essence, the ban did not limit the right to work but rather clarified that the sale of animals as objects cannot be considered a legitimate economic activity under municipal and state norms. Therefore, while the municipality retained the right to issue commercial permits for such activities, it encouraged the trade of animal-related items and food, and promoted adoption instead.

Additionally, a new Animal Welfare and Protection Regulation was created, focusing on three perspectives: recognizing animals as sentient beings and prohibiting



their sale, regulating the municipal registry to ensure dignified treatment of animals for human consumption, and establishing an animal control and protection system, converting the anti-rabies center into a transfer center for domestic animal adoption.

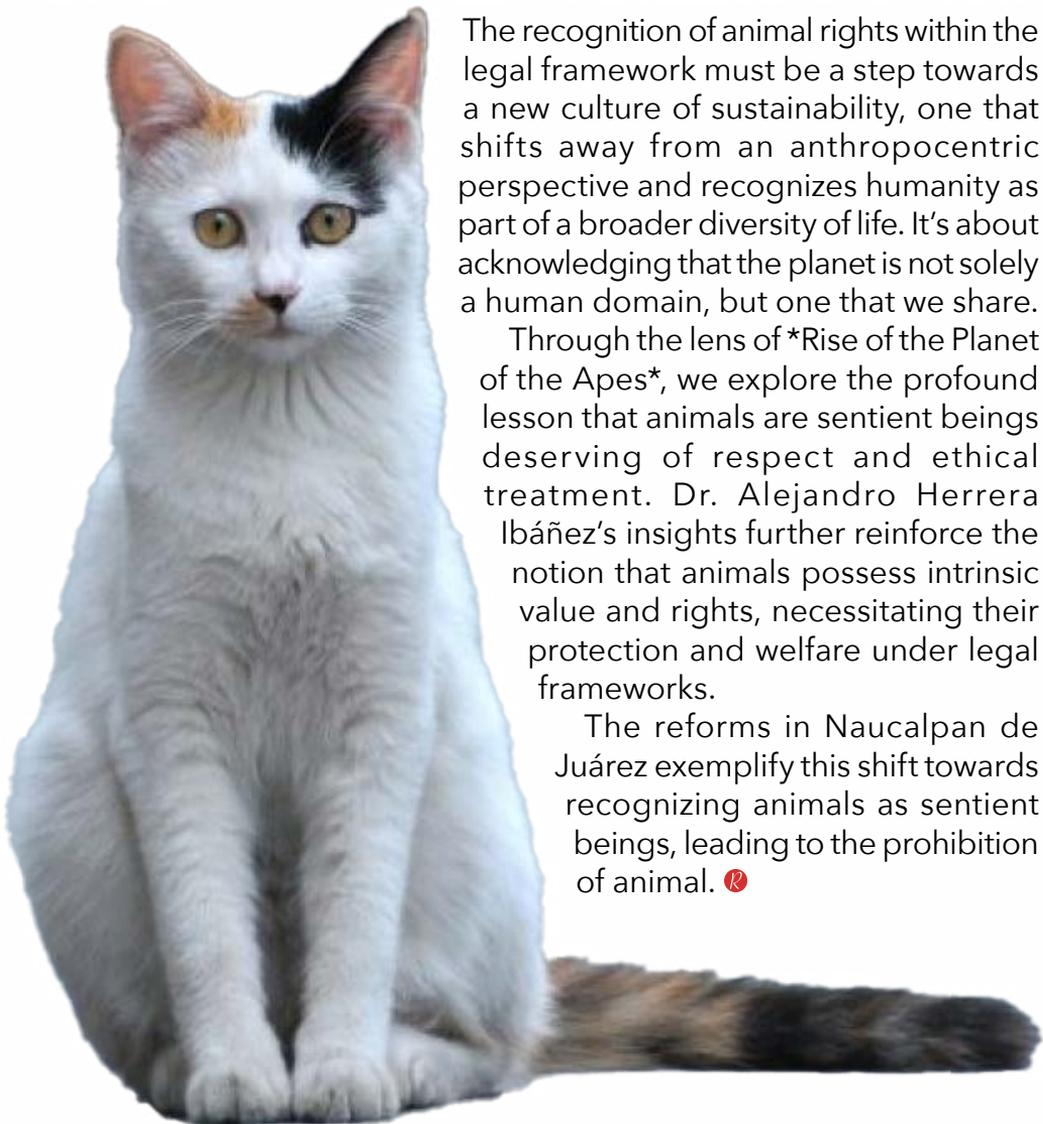
Unfortunately, individuals involved in pet shops, informal commerce, and some public servants were behind efforts to suspend the regulation. Today, the ban remains in place but applies only to informal commerce.

Final reflections

The recognition of animal rights within the legal framework must be a step towards a new culture of sustainability, one that shifts away from an anthropocentric perspective and recognizes humanity as part of a broader diversity of life. It's about acknowledging that the planet is not solely a human domain, but one that we share.

Through the lens of **Rise of the Planet of the Apes**, we explore the profound lesson that animals are sentient beings deserving of respect and ethical treatment. Dr. Alejandro Herrera Ibáñez's insights further reinforce the notion that animals possess intrinsic value and rights, necessitating their protection and welfare under legal frameworks.

The reforms in Naucalpan de Juárez exemplify this shift towards recognizing animals as sentient beings, leading to the prohibition of animal. 🐾





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History / Histoire

The Early Years of the National School

*“Colegio de Ciencias
y Humanidades”*

at UNAM

By Ana Laura Yáñez Piñón



The **Colegio de Ciencias y Humanidades** (CCH) is one of the most significant educational projects within the ***National Autonomous University of Mexico*** (UNAM). It was created to offer a new, modern approach to high school education. CCH has its roots in the late 1960s and early 1970s when Mexico was undergoing social and political changes. The establishment of this new educational model aimed to address the needs of a growing population and offer an alternative to the traditional preparatory schools in the country.

Origins and purpose

In the late 1960s, Mexico was experiencing a period of political unrest and social change. The student movement of 1968, which culminated in a violent clash with the government, raised awareness of the need for educational reform. The traditional educational model was seen as outdated and unable to meet the needs of a new generation of students who were demanding more relevant and critical forms of education.

In response to this situation, UNAM began to rethink its approach to secondary education. The goal was to create an institution that not only provided academic training but also encouraged critical thinking, scientific inquiry, and a humanistic perspective. This led to the creation of the **Colegio de Ciencias y Humanidades** in 1971.

The vision behind CCH was to offer a more flexible curriculum that integrated science and humanities. Unlike traditional preparatory schools, where students followed a rigid program, CCH allowed students to explore different fields of knowledge. The idea was to produce well-rounded individuals who could contribute to society not only through



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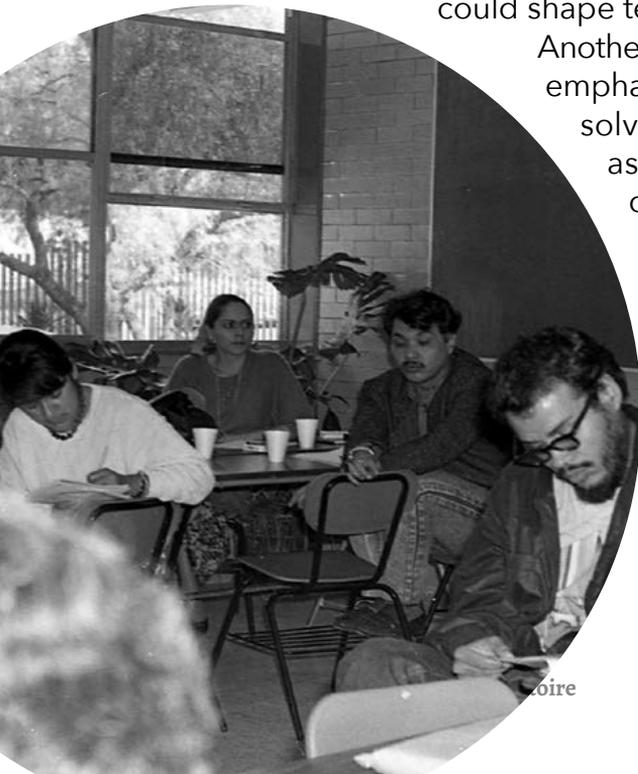
professional expertise but also through a deep understanding of social and humanistic issues.

The Curriculum and Educational Model

The CCH curriculum was designed to be different from the traditional educational system. One of the most important characteristics of CCH was its emphasis on interdisciplinarity. Instead of separating subjects into rigid categories, the curriculum encouraged the integration of knowledge. For example, science subjects were taught alongside humanities, showing students how these fields interact in the real world.

The core subjects at CCH included mathematics, physics, chemistry, biology, history, philosophy, and literature. However, unlike traditional schools where these subjects were taught separately, CCH used a teaching model that promoted dialogue between different areas of knowledge. This approach allowed students to understand how scientific discoveries impacted human history, or how philosophical ideas could shape technological advances.

Another key feature of the CCH model was its emphasis on critical thinking and problem-solving. Students were encouraged to ask questions, challenge ideas, and develop their own viewpoints. This was a significant departure from the traditional memorization-based education that was common in many Mexican schools at the time. CCH sought to create an environment where students were active participants in their learning, not passive recipients of information.





The First CCH Campuses

The first CCH campus was established in Naucalpan, located in the State of Mexico, in 1971. It was quickly followed by four more campuses: Azcapotzalco, Vallejo, Oriente, and Sur. These campuses were strategically located to serve different areas of Mexico City and its surrounding areas, ensuring that a large portion of the population could benefit from this new educational model.

Each campus was designed to reflect the principles of the CCH project. The buildings were modern, with open spaces that encouraged interaction between students and teachers. Classrooms were designed to be flexible, allowing for different teaching styles and group work. The campuses also included laboratories, libraries, and cultural spaces to support the interdisciplinary curriculum.

The opening of these campuses marked a significant moment in Mexican education. Thousands of students enrolled in the new program, eager to experience this innovative approach to learning. The early years of CCH were characterized by enthusiasm and optimism, as both students and teachers embraced the challenge of creating a new model of education.

Challenges and growth

Despite its innovative approach, the CCH system faced several challenges in its early years. One of the main challenges was the resistance from some sectors of society who were





skeptical of the new educational model. Many parents and traditional educators were accustomed to the rigid structure of preparatory schools and were unsure about the more flexible, interdisciplinary approach of CCH.

In addition, the rapid growth of the student population at CCH campuses created logistical challenges. The demand for spaces at CCH quickly exceeded the capacity of the campuses, leading to overcrowded classrooms and limited resources. This was a common problem in many Mexican public schools during the 1970s, as the country's population was rapidly increasing, and the educational infrastructure was struggling to keep up.

However, despite these challenges, the CCH project continued to grow. Over time, it gained recognition as one of the most innovative and successful educational models in Mexico. The emphasis on critical thinking, interdisciplinary learning, and a humanistic approach to education proved to be a valuable asset for students, many of whom went on to successful careers in various fields.

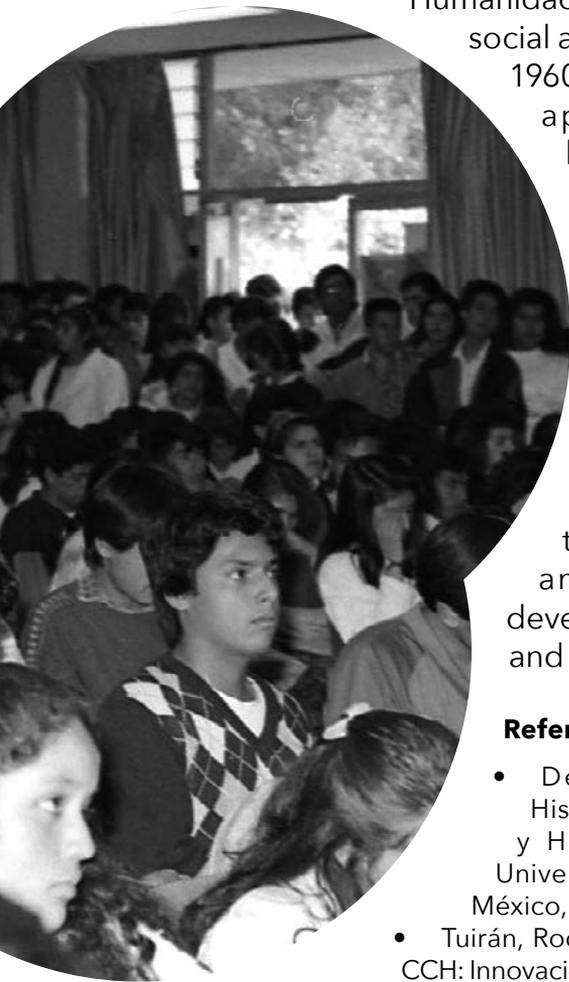
Legacy and impact

Today, CCH is considered one of the most important institutions within UNAM. It has educated thousands of students, many of whom have gone on to become influential figures in Mexican society. The interdisciplinary and critical thinking skills that CCH

promotes have prepared generations of students to face the challenges of an ever-changing world.

Moreover, the CCH model has influenced educational reform in other parts of Mexico. Many schools and educational programs have adopted similar approaches, recognizing the importance of integrating science and humanities, as well as fostering critical thinking skills in students.

In conclusion, the *Colegio de Ciencias y Humanidades* was a response to the social and political changes of the 1960s and 1970s. Its innovative approach to education, based on interdisciplinarity and critical thinking, represented a significant departure from the traditional educational model. Despite the challenges it faced, CCH has become a pillar of Mexican education, shaping the lives of thousands of students and contributing to the development of a more critical and informed society. 📖



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History / Histoire

The Industrial Revolution Ruined Humanity

(Ted Kaczynski, the “Unabomber”)

By Uriel Álvarez Sánchez



“Imagine a society that makes people terribly unhappy and then gives them drugs to take away their unhappiness.”

On May 25, 1978, in Chicago (United States), everything seemed normal until Buckley Crist, a professor of materials engineering at Northwestern University, received a suspicious package he had neither signed nor sent. He called the public security department, and Officer Terry Marker responded. Without much caution, Marker opened the package, which exploded, sending him to the hospital. Fortunately, the explosive did not detonate as intended. Unbeknownst to Marker, he had become the first victim of Theodore Kaczynski, a name that would not be known until nearly two decades later. Meanwhile, Kaczynski was known to the FBI and the media as the anonymous terrorist or “Unabomber.”

It took 18 years to identify the perpetrator of 16 bomb attacks carried out between 1978 and 1995, which resulted in 3 deaths and 23 injuries. The attacks were not targeted for personal reasons but rather for their implications, primarily targeting universities, airlines, and companies.

Theodore Kaczynski was born on May 22, 1942, in Chicago, Illinois. From a young age, he showed exceptional intelligence. A test in fifth grade revealed an IQ of 167, leading him to skip two grades and finish school earlier than usual. This achievement motivated him to apply to Harvard University, where he began his studies in 1958.

At Harvard, Kaczynski met Henry Murray, a psychologist and professor who involved him in a series of experiments. While these experiments were supposed to discuss philosophy, they actually





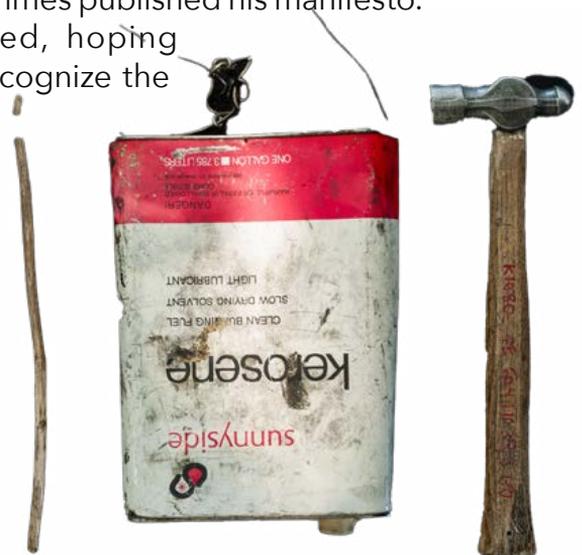
subjected Kaczynski and 21 other students to abusive stress tests. Many believe these experiences were a trigger for Kaczynski, who left the university a few years later.

By 1969, Theodore Kaczynski was living with his parents. In the following years, he gradually moved to a remote cabin in the forest, where he lived without water or electricity, growing and hunting his own food. Adopting a self-sufficient lifestyle, Kaczynski began to develop the idea for his attacks.

The investigation was challenging. Authorities created several psychological profiles of the terrorist. Only one matched Kaczynski's profile, but in 1993, it was discarded in favor of a profile of an airplane mechanic. This error set the investigation back 15 years.

In mid-1995, the "Unabomber" proposed to stop the attacks if the New York Times published his manifesto. The newspaper agreed, hoping that someone might recognize the "Unabomber's" writing style and report him. This happened when Kaczynski's brother recognized a phrase from the manifesto: "You can't eat the cake and have it too." He reported this, which led to the discovery of Kaczynski's location.

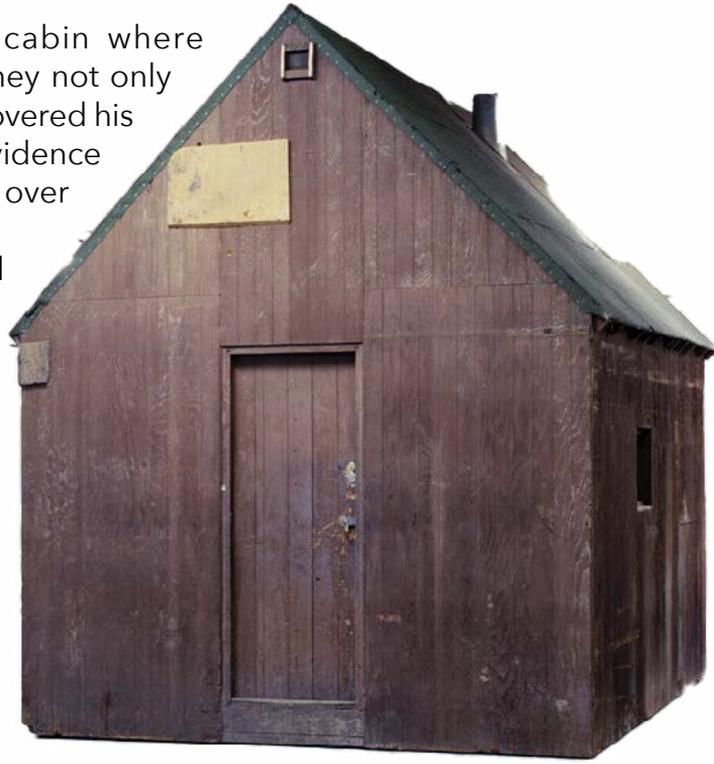
On April 3, 1996,



authorities arrived at the cabin where Theodore Kaczynski lived. They not only found Kaczynski but also discovered his diary, notes, and materials—evidence they had been searching for over 18 years.

In the 35,000-word manifesto, “Unabomber,” in addition to justifying the attacks committed, presents the reasons why, according to him, the industrial revolution ruined humanity. He argued that technological progress destroys nature, suppresses individual freedom, and forces humans to adapt to machines rather than the other way around.

Kaczynski criticized technological advancements for destroying small human communities and creating large, uninhabitable cities. He advocated for a return to a primitive, self-sufficient lifestyle where people live in harmony with nature, without dependence on technology or others. He warned that the collapse of the industrial system would be devastating and blamed the Industrial Revolution for almost everything bad that we have today. 



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History / Histoire

Mexico 68: Tlatelolco

By Juan Antonio López Compeán



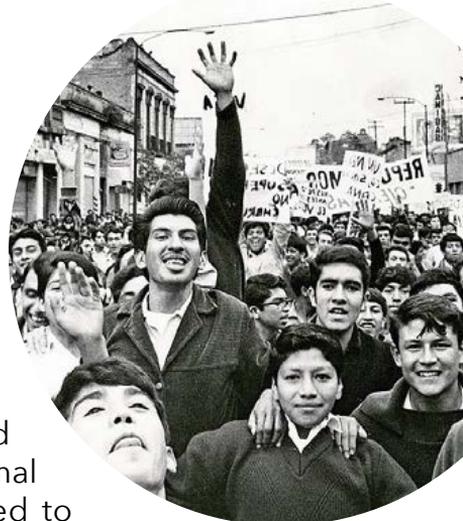
The year 1968 marked a significant moment in Mexican history, particularly with regards to the Tlatelolco Massacre. This tragic event occurred on October 2, 1968, just days before the 1968 Summer Olympics in Mexico City. The massacre cast a dark shadow over the nation and left a lasting impact on its people.

Students at the time were deeply dissatisfied with the government and prevailing educational policies. They felt the education system failed to meet their needs and demanded changes. They also sought greater freedoms and rights, expressing their discontent with how they were treated by the system.

Tlatelolco Square, a historic site in Mexico City, became the epicenter of a peaceful student protest that turned into a tragedy when government forces, acting under the orders of President Gustavo Díaz Ordaz, brutally suppressed the demonstrators. The exact number of casualties remains uncertain, but it is widely believed that hundreds of students and civilians lost their lives in the violent crackdown.

The Tlatelolco Massacre stands as a stark reminder of the political unrest and human rights violations that plagued Mexico at the time. The upcoming Olympic Games, intended to be a symbol of international celebration, contrasted sharply with the government's heavy-handed response to dissent. While the world focused on the athletic competitions, the echoes of the massacre reverberated through the streets of Mexico City, highlighting the deep domestic turmoil beneath the surface.

The consequences of the Tlatelolco Massacre left a profound impact on Mexico's socio-political landscape. The event has become synonymous with the struggle for democracy, freedom of expression, and the right of citizens to peacefully protest. It sparked a wave of activism and brought issues of social justice and political reform to the forefront of Mexican consciousness.





In the years following the massacre, the memory of Tlatelolco has remained a pivotal point of reflection and introspection for the nation. It serves as a stark reminder of the sacrifices made in the pursuit of a more just and equitable society. The Mexico 68 Tlatelolco tragedy will forever be engraved in the annals of Mexican history, standing as a somber testament to the resilience and determination of people striving for a better future.

In summary, the Tlatelolco Massacre during the Mexico City Olympics in 1968 remains a dark chapter in Mexican history. It left an indelible mark on the nation's conscience and highlighted the ongoing struggle for justice, human rights, and political reform. The massacre serves as a poignant reminder of the sacrifices made in the pursuit of a more equitable society and continues to shape the collective memory of Mexico. 

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History / Histoire

Les Jeux Olympiques et Paralympiques de Paris 2024: c'est bientôt

By Elise Monfort



Cette année, les Jeux Olympiques auront lieu chez moi, en France, à partir du 26 juillet. Les épreuves se dérouleront dans tout le pays, jusqu'à Tahiti, dans l'Océan Pacifique, pour la compétition de surf. Je voudrais commencer par vous présenter l'affiche officielle de l'événement, réalisée par le dessinateur Ugo Gattoni. Elle représente Paris comme un immense parc d'attractions où l'on retrouve différents symboles de la capitale: la Tour Eiffel au centre, soutenant le Stade de France, à sa droite le Grand Palais, un des plus grands musées de la ville, l'Arc de Triomphe, célèbre monument commandé par Napoléon, et aussi le Trocadéro, lieu incontournable pour les touristes visitant Paris. La Seine, où se déroulera la Cérémonie d'inauguration, prend une place importante dans cette affiche, où l'on retrouve aussi tous les symboles olympiques: les cinq anneaux représentant les cinq continents, la flamme et la torche.

On y remarque également la mascotte des Jeux flottant dans les airs: elle s'appelle la Phryge. Ce personnage très mignon, créé pour l'occasion, représente un Bonnet important dans l'histoire de France: le bonnet phrygien. Objet emblématique de la Révolution française, il véhicule les valeurs fondamentales de notre nation, comme la liberté, l'égalité, la démocratie. Cette année, la révolution ne sera pas politique mais celle du sport! En effet, le sport est un formidable vecteur des valeurs indispensables pour préserver la paix et valoriser la diversité: le respect, la tolérance, la





solidarité, l'esprit d'équipe, la fraternité, l'inclusion. Quel beau programme!

En parlant d'inclusion, évoquons les Jeux Paralympiques et ses 4400 athlètes handicapés qui viendront de 182 pays pour participer à la compétition, du 28 août au 8 septembre. Ces hommes et ces femmes souffrent de non-voyance ou de handicap mental, ont subi une ou plusieurs amputations, ou sont paralysés depuis un accident. Parmi eux, certains ont trouvé dans le sport une occasion de dépasser ces événements traumatiques qui ont marqué leur vie, ont retrouvé l'espoir et le goût de l'effort. Prenons l'exemple marquant de Laurent Chardard, nageur paralympique français, amputé de la jambe et du bras gauche à la suite d'une attaque de requins dans l'Océan Pacifique. Aujourd'hui, il est l'un des plus grands sportifs de notre pays. Quel parcours inspirant !

J'espère vous avoir encouragés à vous intéresser à ces Jeux, qui seront une belle opportunité de connaître le territoire français et des athlètes du monde entier depuis votre canapé, que demander de plus!

Elise Monfort, professeure française en échange avec les CCH

L'avis de deux élèves de la section bilingüe Littérature et communication du CCH Oriente:

Juan. *"Je crois que les Jeux Olympiques sont très importants pour la diversité, la santé, la camaraderie, pour le message que représente le respect et l'inclusion. J'aime la mascotte des Jeux Olympiques, la Phryge, parce qu'elle représente la liberté et la solidarité."*

Grecia. *"Pour moi, les Jeux Olympiques sont une bonne opportunité pour se rencontrer même si nous venons de pays différents, nous vivons sur la même planète; donc nous devons mettre de côté les différences et se rassembler pour jouer en tant que communauté."*



Escanea para
escuchar los
comentarios





History / Histoire

What is The 27 Club?

By Angel Gabriel Ramírez Sánchez de la Barquera

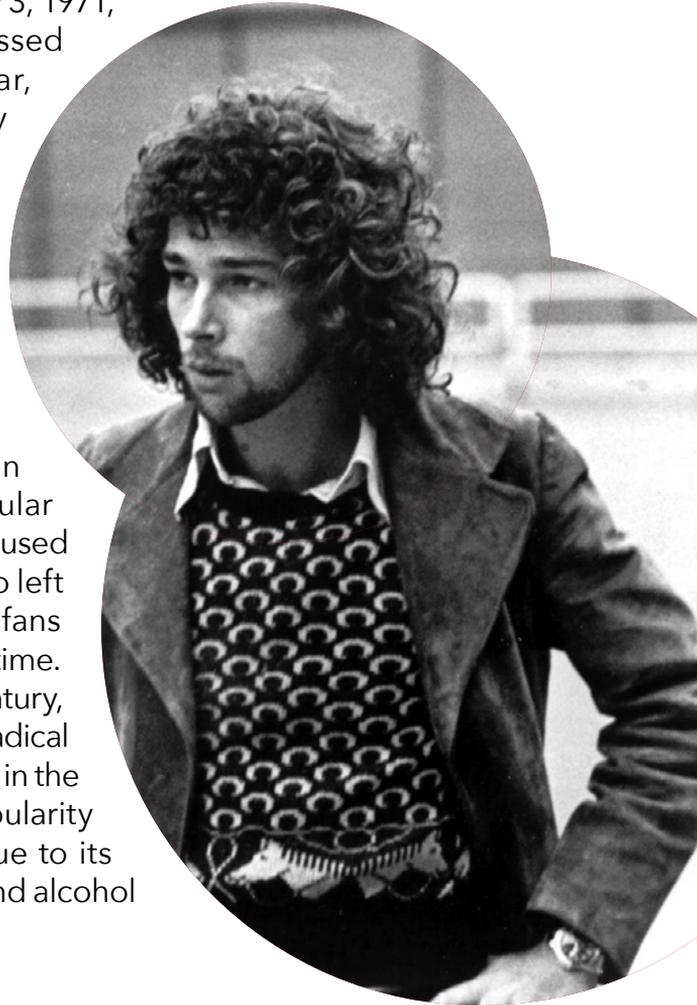


The “27 Club” refers to a societal concept that groups together popular artists who died at the age of 27, often under similar tragic circumstances.

It all began with the death of Brian Jones, a former member of The Rolling Stones, on July 3, 1969, when he was found dead in his swimming pool. A year later, on October 4, 1970, singer Janis Joplin died of a heroin overdose. Then, on July 3, 1971, Jim Morrison of The Doors passed away from causes still unclear, though his death was officially attributed to cardiac arrest, with some speculating murder or overdose. Notably, both Jones and Morrison died on the same date, exactly two years apart.

This gave rise to the popular myth surrounding the deaths of music industry figures at the age of 27, a phenomenon that remains ingrained in popular culture. The term “27 Club” is still used today to venerate musicians who left a significant impact, with many fans believing they “left” before their time.

For generations in the 20th century, the rise of rock and roll marked a radical shift in Latin America, particularly in the music industry. However, its popularity was often viewed negatively due to its association with drug use, sex, and alcohol consumption.



What is the truth?

A group of scientists conducted a study, published in the British Medical Journal, on the premature deaths of celebrities and concluded that these coincidences are linked to fame. Experts revealed that the lifestyle associated with the entertainment world, particularly

the music industry, is directly related to alcohol and drug consumption. Through mathematical analysis, the researchers found that the 10 years between the ages of twenty and thirty are especially dangerous for celebrities, particularly musicians, who are almost three times more likely to die compared to the general population.



More?

Not only are the artists mentioned above part of this club; in fact, many more have died at the age of 27. These include:

- Alexandra died on July 31, 1969
- Alan Wilson died on September 3, 1970
- Freddy Molina died on October 14, 1972
- Ronald “Pigpen” McKernan died on March 8, 1973
- David Michael Alexander died on February 10, 1975
- Pete Ham died on April 24, 1975
- Gary Thain died on December 8, 1975
- Chris Bell died on December 27, 1978
- Pete de Freitas died on June 14, 1989
- Richey James Edwards disappeared on February 1, 1995 (officially presumed dead)
- Kami died on June 21, 1999
- Jeremy Ward died on May 25, 2003
- Valentín Elizalde died on November 25, 2006

Some died from similar causes, while others from different ones. However, the common thread is that drugs and addictions leave behind significant damage, often leading to death, as seen with many of these artists. It's important to understand that the musical genre itself is not the cause of these tragedies, but rather the extreme lifestyles that some of these individuals led. 🚫

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Assorted / Divers

Jack of Hearth

By Atenea & Ximena



The third game of twelve in Netflix's series **Alice in Borderland**, season two, titled "Jack of Hearts" (also known as "Solitary Confinement"), revolves around trust between the players, making it the key factor for survival or death.

Since when has trust not been an important factor among humans, for better or worse, when we find ourselves stuck and need someone else's help to make decisions more easily? "Jack of Hearts" is one of the most dangerous games of hearts, where the theme is focused on breaking players down both psychologically and emotionally, with trust playing a crucial role. What about "Solitary Confinement"?

In this game, players cannot remove or move the collars they are wearing, which project card symbols on the back of their necks. Before entering their cells, they must know which symbol they have. If they give the wrong answer, they die inside their cells. The only way to know the symbol is by asking other players, placing their trust in them. The goal is to find out who the Jack of Hearts is, as the game only ends when the Jack of Hearts dies.

We find it admirable and brilliant how one of the players, Chishiya, managed to create doubt among the player pairs. By using logical arguments, he earned their trust and was eventually accepted as part of their team, helping him survive.

We also think that Chishiya remained mentally stable, persistent, and optimistic in order to make it through. His calm attitude in such a difficult situation is particularly noteworthy.

Have you ever imagined that, in certain situations, trusting someone you barely know could lead you to dig your own grave?

It's something that happens in real life, at different levels! 📌



Assorted / Divers

13

Reasons

Why

By Ximena



1 3 Reasons Why* is a series that deals with sensitive issues like sexual assault, substance abuse, and suicide. After Hannah Baker's suicide, Clay Jensen finds an anonymous package on his porch. When he opens it, he discovers a box with seven cassette tapes, each recorded on both sides.

On the tapes, Hannah unfolds an emotional audio diary, detailing the thirteen reasons why she decided to end her life. While watching the series, you can feel the confusion and desperation that the characters are going through. You witness everything that led Hannah to take her own life and see how everyone copes with her death in different ways. The series shows how people often don't care if they hurt others, and you also realize that adults are frequently unaware of what is really going on in teenagers' lives.

This series helps viewers understand the importance of respecting others. Teenagers often seek refuge in social media or with their friends to deal with personal problems, and many times, their parents have no idea what's happening to them.

Ask for Help

If you or someone you know is struggling and needs assistance or resources to face a crisis, visit 13ReasonsWhy.info for more information.

It was really hard for me to watch this series because I find it cruel. Watching how suffering led Hannah to do what she did and seeing how others hid their actions, even though they knew they were responsible for Hannah's death, was incredibly difficult.

This revision improves clarity and coherence while maintaining the emotional impact of the original text. 



Assorted / Divers

Axolotl

By Atenea & Ximena



Axolotls are amphibians endemic to Mexico. They originally inhabited lakes and wetlands in the Mexican Central Valley. However, they have largely disappeared from their historical range. Now, they are found in three areas in the southern part of Mexico City: the canals of Xochimilco, Lake Chalco, and Lake Chapultepec.

Did you know that people used to eat axolotls?

Axolotls were a source of protein for ancient Mexicans. Even today, these salamanders are still consumed in some areas, with the belief that they offer protection against respiratory and other diseases.

The spectacular power of regeneration has made scientists eager to harness this ability for human medicine. While regeneration of limbs is not uncommon among amphibians, the axolotl is uniquely able to regenerate its brain, spinal cord, and heart.

According to legend, the axolotl is the Aztec god of fire and lightning, Xolotl, who disguised himself as a salamander to avoid being sacrificed. However, these Mexican amphibians are impressive enough on their own, with the ability to regenerate lost limbs and remain “young” throughout their lives.

Their youthful traits include feathery gills sprouting from their heads like a mane. Although they retain their gills, adult axolotls also have functional lungs and can breathe through their skin. As if their eternal youthfulness weren't cute enough, their mouths are upturned in a permanent Mona Lisa smile.

However, those sweet smiles quickly turn into vacuum cleaners at mealtime. Axolotls eat voraciously, consuming crustaceans, mollusks, insect eggs, and small fish. 🚫



Assorted / Divers

The Rebirth of Yohiro

Japanese

true love legend

By Atenea Vázquez



Ancient Japan. A place where terrible battles were fought where thousands of humble combatants died every day, filling the entire country with sadness and desolation, with no moments of peace. This is where a true love story emerges at a time when it seems that the hope of continuing to live and find your true love has died.

Have you ever heard about the Hanami Festival that is celebrated in spring in Japan as honor of the Cherry Blossom?

In a time of high war conflicts, there was a forest which remained intact despite the wars. Among all the beautiful, leaf and colorful trees that sprouted delicate perfumes, there was one that was the complete opposite; it was dry and had an old appearance although it was young it had no flowers.

Until one day a fairy was moved and decided to help him by proposing to do a spell that would last only 20 years, where he could be a tree and a human at the same time, every time he wanted, to have human feelings and finally managed to flourish, but if he didn't achieve after that time, he would die.

The only situation the tree found was wars and deaths around him, so he was disappointed and saddened too much, then he returned to his original state for years as a normal tree and was losing hope little by little.

One Day, the tree with its appearance as a human, near a stream he met a beautiful young woman with whom he had a nice friendship after spending several years with her doing many activities together, which eventually turned into love, her name was Sakura.

Yohiro (name with which he named himself as an immediate answer to Sakura's question), declared his love to her when he realized that he did not have much time to live so he decided to tell her



everything but he was already disappointed when he didn't receive an immediate Sakura's answer, so he decided to spend his last days alone as a tree.

The fairy appeared instantly when Sakura also confessed her love to Yohiro and told him that she didn't want him to die.

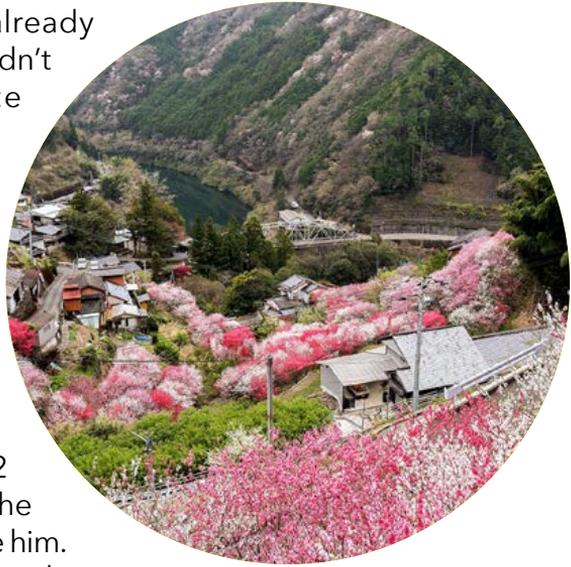
The fairy proposed 2 options to her: Stay like she is or merge with him to save him. Sakura, seeing her surroundings devastated by the wars, decided to merge with him forever.

Both became one and the tree finally blossomed, Sakura gave rise to the flowers of that tree and since then their love remains in the fields of Japan.

I found it very curious and cute how similar the characteristics endowed with the cherry blossoms have with Sakura .The ephemeral nature of their life in these type of flowers and their fragility that they present by having a very short life expectancy, as happened with Sakura, what predominates more was her life was ephemeral since she died in her full youth and innocence, in addition to having a transformation to give birth to life, giving color to it. It represents the rebirth of spring.

I felt and thought it was a cute love story in which Yohiro's part of the roots, trunk and branches of the tree, while Sakura as the flowers of the tree.

I hope you liked It and enjoyed this Japanese legend as I did! 🌸





Assorted / Divers

(G)I-DLE

By Ximena



(G)I-DLE is a 5 member South Korean girl group under Cube Entertainment. The group debuted on May 2, 2018, with 6 members: Miyeon, Minnie, Soyeon, Yuqi, Shuhua and Soojin. Soojin left the group in 2021 following a bullying scandal.



Meaning of (G)I-DLE

(G)I-DLE is pronounced simply “i-dle” (ai-dl: sounds similar to “idol”). The “g” is silent. The “(G)” means Girl. The “I” represents each individual in the group. The “IDLE” is a reference to the Korean word Deul, which is used to make the plural form of noun words and in this case the plural form of “I”.

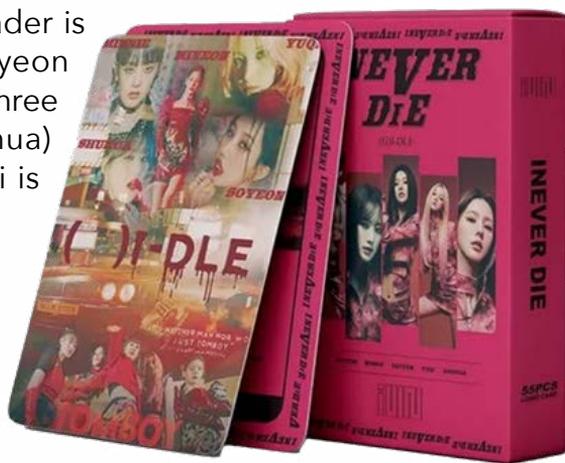
In essence the name represents six different individuals gathered together. “IDLE” is also in reference to the Korean word children.

Members

I-DLE is composed of 5 members born between 1997 and 2000. Their names are Miyeon, Minnie, Soyeon, Yuqi and Shuhua. The oldest member is Miyeon (born on January 31, 1997). The youngest member is Shuhua (born on January 6, 2000). The leader is Soyeon. Two of the members (Miyeon and Soyeon) are Korean. The other three members (Minnie, Yuqi and Shuhua) are foreigners. Minnie is Thai, Yuqi is Chinese and Shuhua is Taiwanese.

Fun facts

- The tallest member is Minnie with a height of 164cm.
- The shortest member is Soyeon with a height of 157cm.
- (G)I-DLE stands out from others idol groups because many of its members (Soyeon, Yuqi and Minnie) are involved in the production and writing of their own songs.
- Soyeon, Miyeon and Yuqi have debuted as soloist. 🚫



Assorted / Divers

Mexican Food Origins

By Atenea Vázquez



Mexican food is a typical example of the variety of Mexican culture . Mexican cuisine started to be as we know in the present when the Spanish explorer (Hernán Cortés) arrived in Mexico in 1519 and brought with his followers Spanish tastes and dishes to Mexico. Some time later, the French also influenced Mexican gastronomy.

Did you know that Mexican gastronomy was formed with the influence of the indigenous, Spanish and a bit of French?

Background

In Mexico Hernan Cortes found a lot of types of food , fruit, vegetables and also wild animals that Europeans had never seen before. For example, He found that people ate such things as mangoes, pineapples, avocados, tomatoes, coconuts and basic staples like maize, beans and spicy chillies.

Then he and his followers brought with them Spanish tastes and dishes, such as garlic, cereals, rice, wine, meats and sausages flavored with spices.

In the 19th Century the French also influenced Mexican cooking, especially in bread, sauces and methods of preparing food.

The basis of native Mexican Cooking was and still is corn-made (tortillas), They are the most typical of all Mexican food.

People also add color and spice to many dishes with chillies. There are over a hundred varieties of chillies commonly used in Mexican cooking, ranging in size, shape and flavor strength.

Chillies may be red, green, yellow, orange, or burgundy. Other important elements in Mexican cuisine are beans which came in many sizes and colors. They are used to accompany many dishes.®



Assorted / Divers

Criminalistics is *the science of* small details

By Valery Ximena Oalde Gómez



Origin of Criminalistics

Criminalistics, in general terms, is the discipline that studies the physical evidence found at the scene of allegedly criminal events, with the goal of assembling the “corpus delicti” and determining the presumed responsibility of the perpetrator(s). It plays a crucial role in assisting those who administer and deliver criminal justice.

Criminalistics emerged as a scientific discipline designed to apply specific techniques and knowledge to crime scenes during investigations, using scientific methods tailored to each specific case. However, like many new sciences at its origins, it initially lacked well-defined areas of knowledge research methods. This absence of clear systematization led to the application of techniques without proper verification, resulting in often entirely fallible knowledge.

Objective:

In any research, whether complex or simple, it is essential to have a clearly defined object of study. This applies to all scientific investigations, including criminalistics. The discipline’s well-defined object of study gives it its purpose and reason for existence.



Laboratory Criminalistics

Criminalistics encompasses various specialties, each typically housed in its own laboratory. In Mexican Public Prosecution, some of the most common specialties include: Forensic Acoustics, Forensic Physical Anthropology, Architecture and Civil Engineering, Forensic Ballistics, Forensic Locksmithing, Accounting, Criminology, Dactyloscopy, Document Examination, Forensic Electricity, Forensic Electronics, Facial Reconstruction, Forensic

Photography, Human Identification, Environmental Impact, Fires and Explosions, Forensic Computing, Hydrosanitary and Gas Installations, Forensic Mechanics, Forensic Medicine, Forensic Dentistry, Forensic Pathology, Forensic Psychology, Clinical Psychology, Polygraphy (Forensic Psychophysiology), Forensic Psychiatry, Forensic Chemistry, Forensic Art (Spoken Portrait), Cell Phone Forensics, Forensic Topography, and Translation and Interpretation in English, among others. While this list is not exhaustive, these specialties are among the most frequently requested in investigations of potentially criminal incidents. [®]

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Assorted / Divers

PERU: An Awesome Trip

By Laura Estela Lara Huitrón



I really wasn't expecting anything out of the ordinary in trip. It was just South America, right?

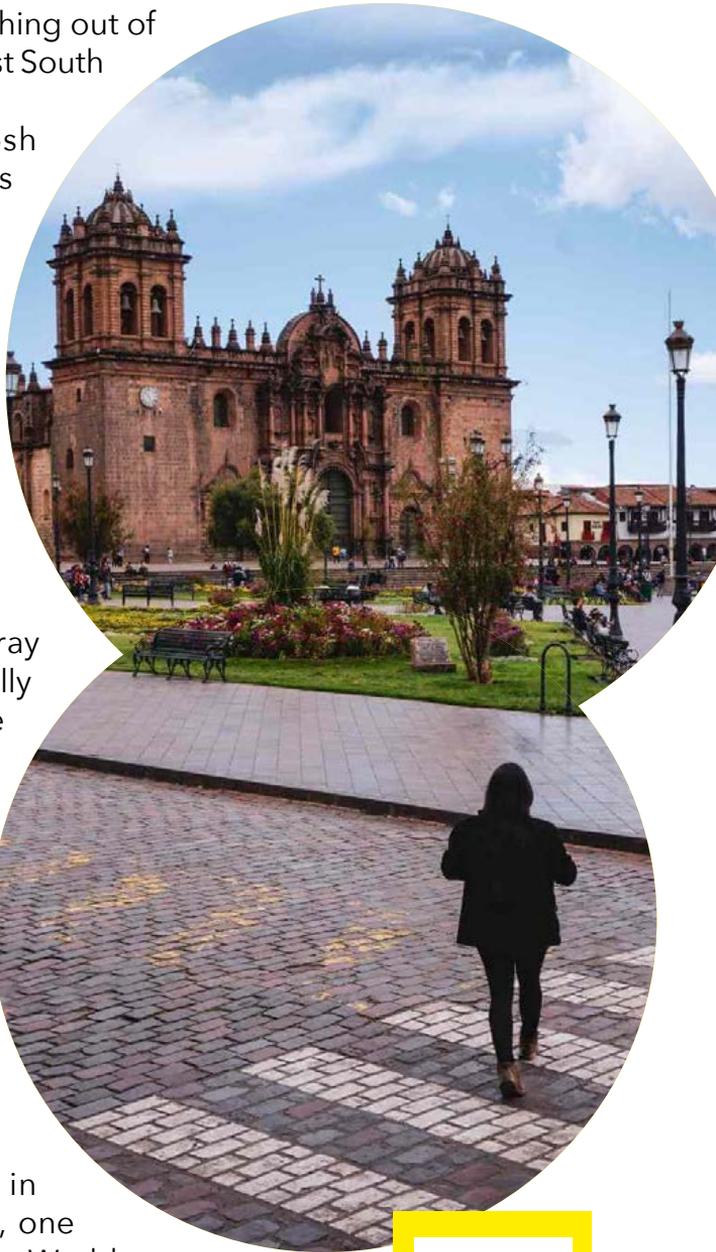
Nothing compared to posh London, the cobbled streets from Edinburgh or the iconic Eiffel

Tower, but Cusco left me baffled. Cusco is a little village that spreads into green mountains.

The cleanliness of its streets strikes the average tourist, especially if you, as I do, come from a polluted and crowded city like Mexico.

The streets are free of stray dogs, but the few I saw, are really well cared. Some even are dressed in colorful sweaters because the weather is extremely cold, specially at dawn. And there are improvised houses at any threshold of any local for canines, with a pillow and some blankets for them. The love for animals of the Peruvians is more than obvious.

You have to take a train in Cusco to get to Machu Pichu, one of the Wonders of the Modern World. The facilities are as good as any or even better: made of wood with large tables and logs working as stools. The "Inca Trail" is an amazing train! Its seats are cushioned and comfortable with panoramic windows so that the tourist can enjoy the landscapes in the two-hour journey to get to Machu Pichu.



Check out the audio of this reading here





The passenger is entitled to a vast breakfast as they are waiting for the bus that will take them to Train station. "The Inca Rail" is an amazing one. Its seats are cushioned and comfortable with panoramic windows so that the tourist can enjoy the landscapes in the two-hour journey to get to Machu Pichu.

At first, the windows are steamed due to the contrast of temperature, but after a few minutes, the tourist is delighted with the view; he/she is in constant awe: the dense forest abundant in pines, the mountains topped with snow, the river -at times very narrow-, in other parts wide and carrying logs without a problem, and even the occasional sight of a flying condor. Packs of colorful llamas graze lazily on the banks of the long river.

All these images bomb the tourists as they approach the little town of Cusco. The city sits in the steep slopes of green mountains. It seems like an anthill due to the amount of tourists from all the world, equipped with long poles for hiking and extra warm "Columbia" or "Discovery" brand jackets and boots, in preparation for the last leg of the trip to finally arrive to Machu Pichu.

Some tourists decide to hike and that



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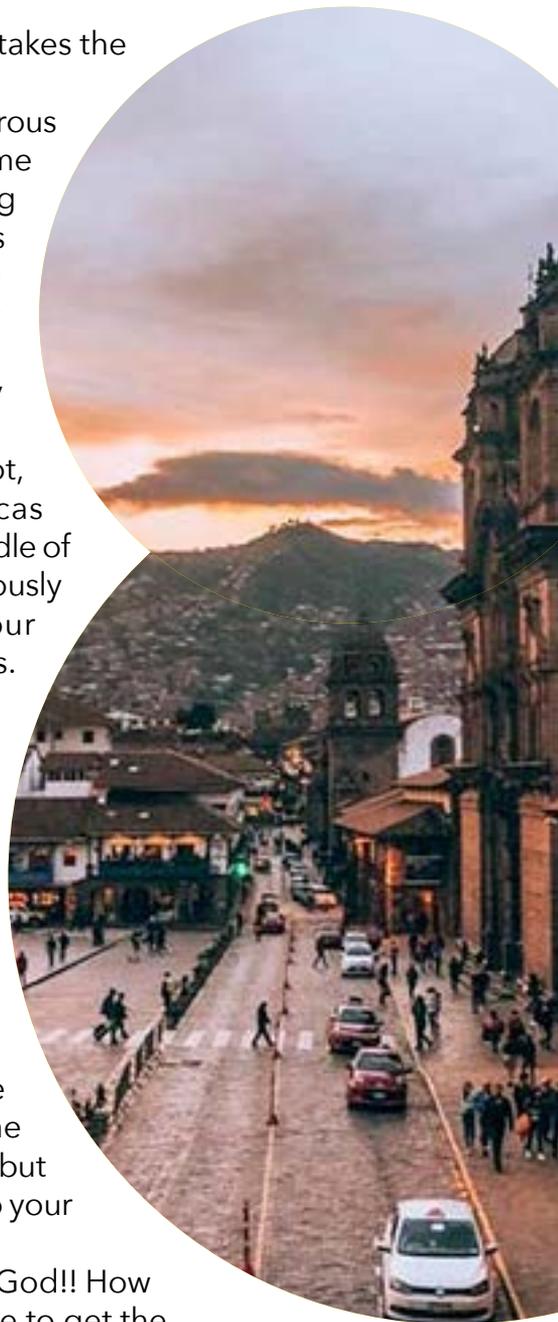
is a four-hour walk, the majority -like me- takes the bus.

As you ascend the mountains in a dangerous and winding path, you eavesdrop that some athletes climb the snowy peaks surrounding Machu Pichu, but they have to wait two years for a permission . As soon as they receive the permission, they need to sign their "death sentence" waivering the Peruvian government of any responsibility, as they fulfill their dream.

When the bus arrives to the parking lot, you start guessing why a bunch of Incas decided to set An incredible city in the middle of nowhere. Once you show that you've previously paid your pricey entrance and met your guide, you are allowed to enter the ruins. The entrance is really expensive, but in that way the government is ensuring that the local guides (who are very knowledgeable) will benefit and receive a decent salary.

Remember that a trip to Cusco also requires good physical condition. The first part of the hike is strenuous and if you are not in good shape, you're short of breath soon for the steepness and the altitude, but you also have the answer to your question. What a view!!

This city is really close to God!! How did those crazy Incas manage to get the blocks to construct this city? How did they find this wonderful location? A series of what, why and how's come to your mind as you witness how the clouds kiss the mountains of Machu Pichu. 📍



Assorted / Divers

Une Expérience À L'étranger

By Mareel Hernández Trevethan



Quand j'avais 13 ans, mon frère est parti quelques semaines pour faire un séjour linguistique au Royaume Uni. Il avait bien appris l'anglais au collège et au lycée et il y est allé pour améliorer son niveau de langue. À son retour, il nous a raconté tout ce qu'il y avait fait, tout ce qu'il avait visité et, même s'il n'était pas très bavard, il a bien fait voyager mon imagination et il a stimulé ma curiosité. C'est grâce à cela que j'ai eu l'envie de faire comme lui et, un jour, partir à la découverte d'une autre culture.

À l'époque, je n'étais qu'une petite fille et je ne parlais que l'espagnol. Malheureusement, mon parcours dans l'apprentissage de l'anglais ne s'est pas si bien passé et, à force, j'ai dû me rendre à l'évidence que la langue de Shakespeare n'était pas faite pour moi. En revanche, grâce à l'aide de ma mère, j'ai appris à lire un peu de français et, aussi grâce à elle, j'ai eu envie de connaître la France et de me promener dans les rues de Paris.

Il m'a fallu beaucoup de temps pour réaliser mon rêve de partir. Pendant des années, j'ai économisé mon argent de poche en vue de ce voyage et, dès que j'ai eu l'âge, je me suis inscrite au Centre de Langues Étrangères à Acatlan pour bien apprendre à parler le français. En même temps, j'ai fini mes études au lycée et j'ai commencé à fréquenter l'université.

Puis, peu de temps après avoir réussi la totalité des cours de français, j'ai pu m'inscrire auprès d'une organisation dans le but de faire un séjour linguistique dans une toute petite école à Paris. Huit ans s'étaient



Découvrez
l'audio de cette
lecture ici 

passés depuis que mon frère m'avait fait rêver avec ses aventures au Royaume Uni !

Alors, avec pas mal de peur car c'était la première fois que je partais toute seule et pour si longtemps, mais avec énormément de rêves, j'ai pris l'avion pour passer quatre semaines loin de ma famille et loin de mon pays.

À Paris, j'ai habité dans la maison d'une dame qui avait quatre enfants et, l'été, les garçons partaient chez leur père et la dame louait leurs chambres à des étrangers pour se faire un peu d'argent. Les midis, je devais aller à l'école de langues et suivre des cours de français et les matins, les après-midis et les soirs, j'étais libre pour visiter la ville, ses musées, ses palais, ses rues et ses églises. Je devais juste rentrer à la maison à 20h pour manger le soir car j'avais une demi-pension, c'est-à-dire, dans le prix de la chambre, il était inclus le petit-déjeuner et le dîner.

Pendant quatre semaines, je me suis donné le plaisir d'appivoiser une ville pleine d'histoire, de culture et d'art. À peine arrivée à Paris, je me suis mise à tout parcourir, en commençant par la Sainte-Chapelle avec ses vitraux du sol au plafond et ses arcades gothiques, la grandiose cathédrale de Notre-Dame de Paris, l'Arc de Triomphe,



construit par Napoléon pour célébrer ses victoires de guerre, l'église des Invalides où celui-ci est inhumé...

J'ai aussi monté les trois étages de la Tour Eiffel, j'ai parcouru les Jardins de Luxembourg, la Place de la Concorde, les Champs Elysées. J'ai visité la basilique du Sacré Coeur et je suis montée sur sa coupole pour admirer tout Paris sous mes pieds. De la même manière, j'ai découvert la beauté des tableaux et des sculptures dans les musées du Louvre, d'Orsay, du Grand Palais et au Carnavalet et j'ai appris un peu de l'histoire du pays en rentrant dans les cryptes du Panthéon et de l'église du Saint-Denis.

J'ai aussi eu la possibilité et la chance de visiter le nord-ouest de la France et de découvrir trois des plus beaux châteaux du pays, sur la rive de la Loire : Chambord, Chenonceau et Azay le Rideau et je suis même arrivée jusqu'à la côte de la Manche où j'ai visité la petite cité corsaire de Saint-Malo et l'Abbaye de Mont Saint-Michel, construite sur un rocher et qui devient une île lorsque la marée monte. J'ai aussi visité les villes de Gand et de Brugge en Belgique, deux petites villes gothiques qui semblent être sorties d'un conte de fées. Près de Paris, j'ai passé une très belle journée à parcourir les



salons et les jardins du Château de Versailles et pour un instant je me suis sentie appartenir à la cour du roi Louis XIV...

En fait, tout le séjour a été une expérience incroyable ! Le monde qui s'affichait devant mes yeux était juste magnifique : les églises style gothique que je n'avais jamais vues auparavant avec ses grands vitraux pleins des couleurs, les œuvres d'art des grands artistes dont j'en avais juste entendu parler par mes professeurs, les rues, les monuments, les palais et les châteaux remplis d'histoire sur lesquels j'avais lu dans mes livres d'école... Tout s'ouvrait à mes pieds... Tout me semblait tellement beau !

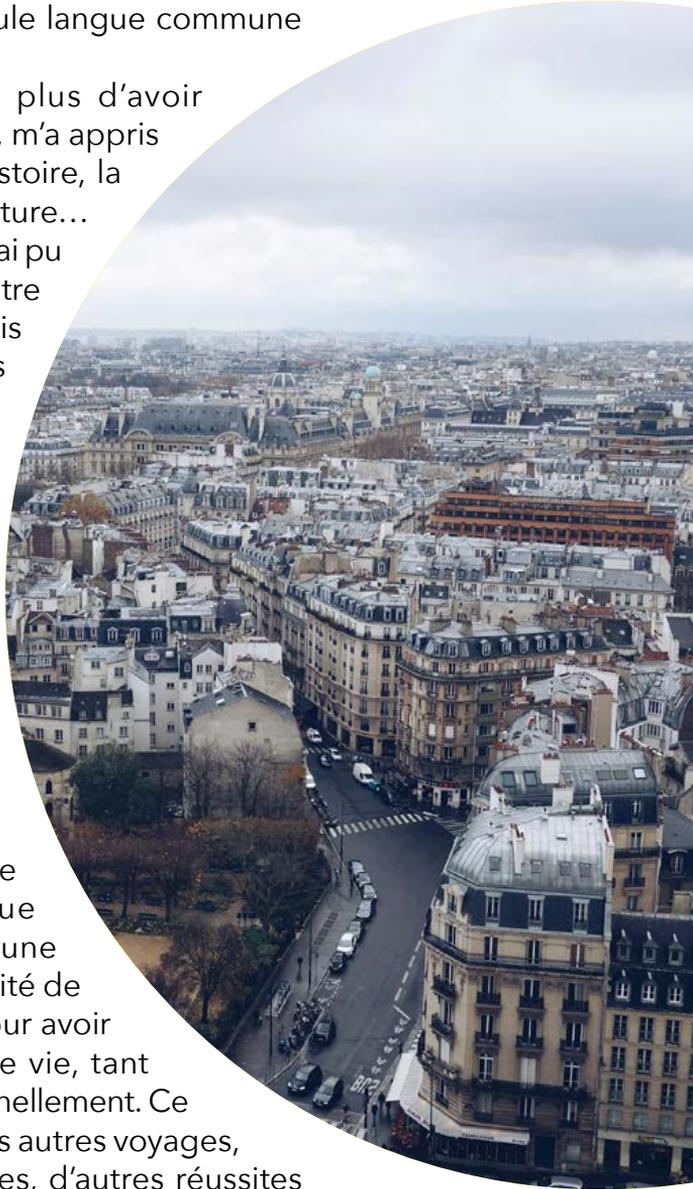
Mais, plus qu'une autre chose, ce qui m'a le plus marqué de ce séjour-là a été la rencontre avec d'autres gens venus de cultures différentes à la mienne, mais avec les mêmes joies, les mêmes problèmes, les mêmes rêves, les mêmes attentes que moi. Il faut dire qu'à l'époque Internet n'existait pas et les pays étrangers étaient vraiment lointains car les informations, les chansons, les films, les vidéos n'arrivaient que très rarement à nos mains. Voici la raison de mon étonnement et de ma fascination au moment de rencontrer des personnes d'autres cultures. Dans la maison où je logeais, j'ai fait connaissance d'une fille brésilienne et d'une autre fille coréenne avec lesquelles j'ai partagé la chambre pendant trois semaines.

De plus, dans la rue, pendant la fête nationale française, le 14 juillet, j'ai rencontré d'autres personnes qui, avec le temps, sont devenues des amis très proches



et avec lesquelles je suis toujours en contact : un garçon espagnol et une fille italienne. Bien entendu, même si avec le garçon espagnol, on pouvait bien parler dans notre langue maternelle, avec les autres personnes, il fallait absolument parler en français pour nous comprendre. C'était la seule langue commune à nous tous.

Ce séjour linguistique, en plus d'avoir amélioré mon niveau de langue, m'a appris énormément de choses sur l'histoire, la peinture, la sculpture, l'architecture... mais aussi sur d'autres cultures : j'ai pu ainsi découvrir des endroits à l'autre bout de la Terre. J'ai aussi appris sur les rêves, les envies et les besoins des gens comme moi, mais venus d'autres pays ; et, surtout, j'ai appris des choses sur moi-même : je me suis rendue compte qu'avec de la patience et de la persévérance, je pouvais réaliser mes rêves, que le travail paye, que je pouvais me débrouiller toute seule, que j'étais suffisamment responsable pour me gérer et pour prendre mes propres décisions... Et j'ai compris que la connaissance d'une langue étrangère ouvre les portes d'une infinité de mondes et à une infinité de possibilités pour s'enrichir et pour avoir des meilleures opportunités de vie, tant professionnellement que personnellement. Ce séjour a été le début de plusieurs autres voyages, d'autres séjours, d'autres langues, d'autres réussites professionnelles et personnelles et d'autres rencontres qui, au long de mon existence, ont changé ma vie et ma vision du monde. 



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The impact of *technology* on youth culture

By Zarisa Quijano García



In today's digital age, technology has fundamentally changed how young people interact, communicate, and experience the world. Technology, Relationships, Information, and Communication (TRIC) have significantly impacted youth culture. Below, we explore how these technologies have influenced teenagers' lives.

1. Connectivity and Social Media:

More than 90% of Spanish teenagers use the internet daily. Mobile devices, such as smartphones, have become extensions of themselves, keeping them connected to communicate, explore, and share experiences in real time. Social media, video games, and messaging apps are integral parts of their daily lives. These platforms offer them a window to the world, allowing them to connect with friends, family, and other cultures.

2. Education and Challenges:

Although mobile phones are ubiquitous, their use in the classroom has not yet been fully integrated. Few students use them for educational purposes. However, this technology also brings risks. Excessive use can affect their health, mental well-being, and relationships. A third of Spanish teens show signs of problematic technology use. It's essential not to overlook their rights in the digital environment. Technology not only influences their culture but also their identity, values, and worldview.



3. Social and Emotional Impact:

The internet is more than just a tool; it's a source of entertainment and emotional connection. Teenagers have fun, make friends, and find a sense of belonging online. Activities such as browsing social networks, watching series, and playing video games are significant parts of their free time.

In conclusion, technology plays a crucial role in shaping youth culture today. It influences how teenagers communicate, learn, and form relationships. While it brings many opportunities, it also presents challenges, particularly around mental health and digital responsibility. ¹²

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Spend it or save it?

By Fátima Barrera Pompa



Bartering moves the world—giving and receiving is one of the core purposes of money. We encounter money in different forms, whether in various colors, sizes, or even in non-material forms like “bitcoin.” This exchange system enables us to obtain essential services such as water, electricity, and gas, as well as necessary items like clothing, shoes, and other things we need to live comfortably.

Depending on your economic situation, you get money, whether you work or not, knowing how to manage it is important. Knowing which are the priority or essential expenses would be the right thing to do before spending it on basic services, personal hygiene products, and then other things such as toys or a console. By prioritizing your main consumptions, you could know what your possibilities are to save, whether it be saving a peso or two a day for a whole year and being able to save a little money in that period.

In addition to being able to save, you could also multiply your savings by selling sweets or reselling products. The important thing is that you stay within your means to be able to buy in generous quantities. When having a small business like this, it is important to consider where you are going to sell your merchandise since the public to which you offer it may not be as suitable and thus may not attract as much attention, while if you sell in an environment where it is possibly easier to promote and buy the product.

Giving an affordable price and also not distant from your purchase will help keep your sale afloat and increase if it is promoted well and its quality, flavor, or image is good.





Your profits could help maintain a cycle of sales and purchases, which would help you keep your business afloat. Maintaining consistency, responsibility, respect, and kindness will favor your business and give you an advantage if there is competition in the market.

Knowing how to use and maintain your savings could prevent you from incurring several debts to the bank, whether for paying for an accident, a car, or even achieving a goal you set for yourself. For these reasons, we should consider saving money as it makes life easier in some aspects. [®]

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