La Francophonie

Le français, une des langues le plus partagées dans le monde, a fait le tour du monde avant d'arriver dans notre petite ville de Valledupar. Le mardi 12 avril 2016, les élèves du collège Bilingue ont célébré la Journée Internationale de la Francophonie pour la troisième année consécutive la Journée Internationale de la Francophonie. Des élèves de la cinquième à la neuvième ont exposé leurs connaissances sur la langue française, avec un enfoque spécial en l'honneur de la langue française. Alumnos de quinto a noveno exaltaron la importancia del idioma con representaciones y canciones. Se creó, en el auditorio, un espacio cultural donde se destacaron las diferentes culturas de habla francesa, con un enfoque especial en el habla francesa alrededor del mundo y la Revolución Francesa, dándose también a conocer que el francés no es solo hablado en Francia y que Francia es la cuna de la democracia moderna. Enseñada en el colegio desde hace solamente algunos años, esta lengua extranjera está tomando un auge importante dentro de la institución y se espera que esta celebración siga siendo parte de los eventos culturales del colegio para motivar a cada alumno a hacer de este nuevo idioma una parte de él.

El francés, una de las lenguas más habladas, dio la vuelta al mundo hasta llegar a nuestra pequeña ciudad de Valledupar. El día martes 12 de abril del 2016, los alumnos del Colegio Bilingüe celebraron por tercer año consecutivo el Día Internacional de la Lengua Francesa. Alumnos de quinto a noveno exaltaron la importancia del idioma con representaciones y canciones. Se creó, en el auditorio, un espacio cultural donde se destacaron las diferentes culturas de habla francesa, con un enfoque especial en el habla francesa alrededor del mundo y la Revolución Francesa, dándose también a conocer que el francés no es solo hablado en Francia y que Francia es la cuna de la democracia moderna. Enseñada en el colegio desde hace solamente algunos años, esta lengua extranjera está tomando un auge importante dentro de la institución y se espera que esta celebración siga siendo parte de los eventos culturales del colegio para motivar a cada alumno a hacer de este nuevo idioma parte de él.

CruciClipper

By: Francia Calderón

La Francophonie

2. A carnivorous marsupial found in the wild in the Australian island state of Tasmania
3. School anniversary is also known as…
4. International day commemorating the most amazing species ever created
5. Country created on the southern coast of China at the Pearl River Estuary and the South China Sea
6. An island country in the southwestern Pacific Ocean
7. A day commemorating the strongest human being
8. A typically sweet, usually brown, food preparation of cacao seeds roasted and ground, often flavored, as with vanilla.
9. A day designated to share with your relatives
10. Invitation of someone to a determined place, hour with the intention of knowing each other
11. An annual holiday celebrated on February 14. It originated as a western Christian liturgical feast day honoring one saint
12. Cooked sausage, traditionally grilled or steamed and served in a sliced bun, sometimes it include mustard, ketchup, onion, mayonnaise, relish, cheese or chili.
13. Illegal carrying or enticing away of a person, especially by interfering with a relationship, mostly done by aliens.
14. Also called Shrove Tuesday of Fat Tuesday refers to events of this carnival celebration, were masks steal the show
15. A resident born in or belonging to another planet who has not acquired citizenship by naturalization
16. Is a federal republic composed of fifty states, and federal districts, five major territories, and various possessions.
17. A day in the northern part of North America were Justin Bieber was born
18. A day in the northern part of North America was Justin Bieber was born

ACROSS

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DOWN

1. Intergovernmental organization to promote international co-operation
2. United Nations was created in 1945 to be a platform for nations to work together through understanding and cooperation
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The Greatness of Humankind

Internet nowadays is considered a source of learning or knowledge, but actually most of the things we can find there is thanks to the people who didn’t have access to it in the first place.

If we travel in time, to the years of Isaac Newton, when the only sources he had were his eyes and brain, and some scientific tools, we can understand the greatness of humankind has nothing to do with technology or the internet, but comes from within. In this century, people don’t take the time to think by themselves because they know almost every question they could possibly think of has been answered before. But that’s the problem: it starts; they make the wrong questions. In this consumerist society people don’t stop their busy lifestyles to wonder or question about any important things that could change our view of the world.

The only things that come to their minds have to do with the economy, media, relationships, and clothes, among many other contemporary issues.

Fortunately for us, with the lack of internet, technology and with a limited amount of things to do, there was nothing left for geniuses such as Newton, Hooke, Einstein, Halley, Tesla, Galileo, among others, but to start thinking and questioning about everything. Their actions have led to the discovery and invention of things and theories that form part of the common world’s knowledge today. Moreover, their advances helped other scientists to create more things and almost build our entire bases of education.

It wasn’t the Internet, which made such great progress or development. It was the perseverance, dedication and determination of a few people who tried to find answers. We should also highlight the things we find on the internet weren’t produced by a machine, but by humankind. The type of humankind that was free from any distraction the world could possibly offer.

Some people declare great scientists or geniuses to be born with it and that their capacities were better than ours, but that argument is only an excuse to not do anything for the enhancement of the world. I believe everyone has the ability to make a change, it just takes commitment, hard work and a little of faith in yourself.

Given these points, even though the Internet and technology help people all around the world, it has also lead to the loss of curiosity or concern about many aspects of our universe. Remember a change isn’t just an improvement in science, but an enhancement of our world. I will leave you to think about all of this with the following quote: “I fear the day that technology surpasses our human interaction, the world will have a generation of idiors.” - Albert Einstein.

Valentina Monsalvo - 10B

LITERATURE MONTH

There is no doubt that books are a great company. Anywhere, at any time, they take the reader to other places, to other dimensions. Moreover they teach, challenge the imagination, and force us to confront. Literature has immense cultural value. People who read are structured and express themselves well both orally and in writing. This why people promote literature and dedicate themselves to it.

Some of these spaces include the London Book Fair to be held between 12 and 14 April at the Center Convencion/Galpón, April 19 to May 9 in Buenos Aires, Argentina and from 19 April to 2 May in Bogotá where about 25,000 publishing professionals from publishers, booksellers, headhunters, academics and designers from 124 countries are present to live the world of letters. Open debates, conferences and debates, as well as several events to commemorate the 400th anniversary of the death of the most important writer in the English language: William Shakespeare and in the Spanish language: Miguel de Cervantes Saavedra.

If you cannot attend, please follow the event online.

Being educated never gets old because the human being is worth what you know and not material wealth.

I invite parents to read with their children and to comment on the readings, to hear their views. Students ask them to invite their parents to share readings and live every moment of life passing on their knowledge, because children should listen to the experiences of parents.

Por: Dr. Julio Villazón Baquero

ALL YOU NEED TO KNOW ABOUT THE CHAMPIONS LEAGUE 15/16 SO FAR

There were a few surprises, like Manchester City, that are still up for the trophy at this stage of the competition for the first time ever. The English club, which is up against Paris Saint-Germain, will visit Paris in the hopes of winning the first game of this important stage against the outstanding French club. The first leg will kick off on April 5 and 6, with the returns scheduled for 12 and 13 April. What are your predictions for the quarterfinals? Which team do you think will win the ‘best European club’ title?

By: Camila Ovalle 11B

Zinedine Zidane and James

Zinedine Zidane, Real Madrid’s new coach, has been working hard with his players to reshape the way they play and have a more offensive game. This is good news for Colombia’s and Real Madrid’s #10, James Rodriguez, who feels very comfortable with his new coach. Zidane recently praised the play and work of James however it will not be an easy task for him to win his place in the starting team because the side has the great Spanish player Isco Alarcon, who has played exceptionally well lately.

Moreover, in recent weeks the Colombian player has gone through a few controversial moments including one were he was arrested by the Spanish police and subsequently fined for speeding on the streets of Madrid. The media that wanted to damage the career and performance of the Colombian superstar exaggerated this news, as usual. Nevertheless, James has remained on the sidelines and continues to strive every day to accomplish what the French coach asks of him.

In this way we hope the best from our #10 that will captain the Colombian side in the next America’s Cup. For the dream of an entire country!

By: Andres Camilo Daza - 10B
FCBVA REPORT

ALBANIA

The Fundación Colegio Bilingüe de Valledupar was invited to Albania for a friendly tournament in the soccer and basketball categories. Last December the tennis team, Male and Female, in the categories of age 6, 7, 8 and 9, led by coach Laura Moran achieved an excellent result in the First Regional Tennis Tournament. Alberto José Zabaleta (2a) and Laura Hernandez grade (2b) were champions in their respective categories, and Juan Sebastian Porto of the 3rd grade was a runner-up.

By: Luis Alberto Angulo 10A

FCBV ATHLETICS IN THIRD BIMESTER

Last December the tennis team, Male and Female, in the categories of age 6, 7, 8 and 9, led by coach Laura Moran achieved an excellent result in the First Regional Tennis Tournament. Alberto José Zabaleta (2a) and Laura Hernandez grade (2b) were champions in their respective categories, and Juan Sebastian Porto of the 3rd grade was a runner-up.

Rodrigo Salcedo Garcia, won the trophy for most valuable player of the tournament and additionally was the high scorer of the entire championship.

In the month of March youth football and basketball teams (male and female) participated in an exchange with the Association of Albania (Guajira). It was an absolutely excellent turnout showing above all a solid technical level in these sports. Moreover the students displayed exemplary behavior spreading the impeccable reputation of our school.

Currently students are participating in interhouse competitions where students try their best in a variety of different sports with the goal of winning the championship at the end of the year.

From the 17th to 20th of February this year the FCBV side participated in the tournament organized by the Berkley International School in the city of Barranquilla. It was a very competitive tournament where highly recognized schools participated, such as British Cartagena, Marymount, San Jose, Berkley, British and American School of Barranquilla.

Science Fair

We live in a society in which science and technology play a fundamental role in the production system and everyday life in general. It seems difficult to understand the modern world without understanding the role they fulfill. The population needs a scientific and technologically advanced culture to approach and understand the complex and global contemporary reality. People today need to acquire skills that allow them to function in daily life and interact with their environment. Science of Nature has been incorporated into social life to the point where it has become essential in interpreting and understanding contemporary culture.

Therefore, it is no longer possible to give access of the scientific and technological culture to the elite. Society has become aware of the importance of science and its influence on issues such as health, food and energy resources, environmental conservation, transport, the media and the economy. It is necessary that large portions of the population, without distinction, access to the challenge and satisfaction of understanding the universe in which we live. Through this we can imagine and build, collectively, a better world.

It is important to access scientific knowledge for various reasons, because as Guy Claxton (1994) says, "matter in terms of finding better ways to explore the potential of nature without damaging it and without stilling the spirit. Matter in terms of the ability of the person to enter the world of science for pleasure and fun. Matter because people need to feel they have some control over the selection and maintenance of the technology they use in their lives ... and matter because science is a fundamental part and constantly changing our culture and because without an understanding of their rudiments no one can properly consider worship as Charles Percy Snow said many years ago."

MES DE LA LITERATURA

No hay duda de que los libros son una gran compañía. En cualquier parte, en cualquier momento, transportan al lector a otros lugares, a otras dimensiones. Además enseñan, retan la imaginación, cuestionan y confrontan. La literatura tiene un valor cultural inmenso. Las personas que leen son estructuradas y se expresan bien tanto de manera oral como escrita. Por ello son promovidos los espacios que se dedican de lleno a este universo.

Uno de ellos es la Feria del Libro de Londres que tendrá lugar entre el 12 y el 14 de abril en el Centro de Convenciones Olímpico, del 19 de abril al 9 de mayo en Buenos Aires, Argentina y del 19 de abril al 2 de mayo en Bogotá donde cerca de 25.000 profesionales del sector editorial entre editores, librerías, caza talentos, académicos y diseñadores proveen de 124 países hacen presencia para vivir el mundo de las letras. Abrá tertulias, conferencias y debates, así como varios eventos para conmemorar los 400 años del fallecimiento del escritor más importante de la lengua inglesa: William Shakespeare y de la lengua española: Miguel de Cervantes Saavedra.

Si usted no puede asistir, haga seguimiento del evento por internet. Ser cultos nunca pasa de moda porque el ser humano vale por lo que sabe y no por la riqueza material. Invito a los padres de familia a leer con sus hijos y a comentar las lecturas, a escuchar sus puntos de vista. A los alumnos pido que inviten a sus padres a compartir lecturas y a vivir cada momento de la vida transmitiéndoles sus conocimientos, porque los hijos debenercer la experiencia de los padres.

Por: Dr. Julio Villazon Baquero

Science Fair

Feria de Ciencias

Vivimos en una sociedad en que la ciencia y la tecnología ocupan un lugar fundamental en el sistema productivo y en la vida cotidiana en general. Parece difícil comprender el mundo moderno sin entender el papel que las mismas cumplen. La población necesita de una cultura científica y tecnológica para aproximarse y comprender la complejidad y globalidad de la realidad contemporánea, para adquirir habilidades que le permitan desenvolverse en la vida cotidiana y para relacionarse con su entorno, con el mundo del trabajo, de la producción y del estudio. Las Ciencias de la Naturaleza se han incorporado en la vida social de tal manera que se han convertido en clave esencial para interpretar y comprender la cultura contemporánea.

Por lo tanto, ya no es posible reservar la cultura científica y tecnológica a una elite. La sociedad ha tomado conciencia de la importancia de las ciencias y de su influencia en temas como la salud, los recursos alimenticios y energéticos, la conservación del medio ambiente, la innovación, las condiciones que mejoran la calidad de vida del ser humano. Es necesario que amplios sectores de la población, sin distinciones, sean accesos al desafío y a satisfacción de entender el universo y que puedan imaginar y construir, colectivamente, los mundos posibles.

Es importante acceder a los conocimientos científicos por muchas y múltiples razones, pues como dice Claxton (1994) "importan en términos de la búsqueda de mejores maneras de explorar el potencial de la naturaleza, sin dañarla y sin ahogar al planeta. Importan en términos de la capacidad de la persona para introducirse en el mundo de la Ciencia por placer y diversión. Importan porque las personas necesitan sentir que tienen algún control sobre la selección y el mantenimiento de la tecnología que utilizan en sus vidas ... y importan porque la Ciencia constituye una parte fundamental y en constante cambio de nuestra cultura y porque sin una comprensión de sus rudimentos nadie se puede considerar adecuadamente culto, como dijo C.P. Snow hace muchos años."
The students’ extensive preparation really paid off and everything went just as planned.

It all started with the Opening Ceremony on Thursday the 25th when the secretary general, president, general coordinator and even Dr. Maria Doris Villazín and a special guest got to introduce themselves in front of everyone. Then, each delegate had the time to expose their opening speeches and some were so controversial that they caused other delegates to feel offended and started attacking the one who was upfront. After the last delegate concluded, the ceremony ended with some appetizers and getting-to-know each other time.

The first and second day were committee work that consisted of reading position papers and starting a debate for each topic and, at the end of the day, the committees needed to present a resolution. According to the presidents, the work of their delegates was unbelievable, impeccable and amazing and that there was not a single time when a debate wasn’t on the table and for those reasons every BIMUN staff member and organizers were satisfied with the preparation, dedication and hard work delegates put on their respective committee. Everyone was interested and involved and that is was quite difficult for presidents to pick the best delegates and outstanding ones.

On the last day of the event, five of eight committees gathered in the Auditorium for the General Assembly while the three missing ones continued working. The General Assembly consisted of debating and voting the resolution papers. There were times that some delegations needed to be warned because of their behavior, but nothing the chair couldn’t handle.

After this, the Closing Ceremony with everyone in the Auditorium started with some words from the Secretaries and General Coordinator, Mister Guillermo and Dr. María Doris Villazín to congratulate and thank everyone who participated and some speeches even produced some tears. Then, each president presented their prizes for best delegate, outstanding delegates and best position paper.

For the last part, Press presented the “Superlatives” and a video that couldn’t handle.

As for the last storyline is about the assassins, the planning of the dictator’s death and the motives that made them part of a plan that due to its high risk could end their lives easily.

Vargas Llosa did a wonderful job that should be appreciated by everyone. To read about one of the most painful periods in the history of Latin America is not easy, but he did it in such a beautiful way that its hard not turn keep flipping the pages.

Angela Ortega - 11A

The Feast of the Goat is one of the most ambitious novels of the Nobel Prize for Literature winner Mario Vargas Llosa. Everyone, especially from Latin American, should read it before they die. The book follows the assassination of Rafael Leonidas Trujillo in 1961, a Dominican Republic dictator who committed atrocities and created a reign of terror from the time he seized power in 1930. The novel tells a story of his aftermath from two points of view: what occurred immediately after his death and what happened 35 years later. This novel has really interesting references of Dominican Republic history as well as other dictatorships in Latin America.

The novel has three storylines that although at times can confound the reader, because the transitions between the present and the past are a bit blurred, doesn’t make it really difficult to read the story that is being presented. The first story is about Urania Cabral, the daughter of a former senator of Trujillo’s regime who lost everything and is now sick, who comes back to Santo Domingo 35 years later after the goat’s death to visit her father and find truths concerning their lives during the regime. The second one focuses on Trujillo’s life as a dictator, his inner circle and the strict routines he followed everyday because despite being a really cruel leader whose country was a mess, he really worried about everything being in total order and about hygiene. Finally, the last storyline is about the assassins, the planning of the dictator’s death and the motives that made them part of a plan that due to its high risk could end their lives easily.

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Meet Alessia, She is a 19-year-old singer from Brampton, Ontario / Canada who made her debut with the R&B EP “Four Pink Walls”. She was first known thanks to a youtube video, she used to have a youtube account in which she posted covers of her favorite songs. One of her most popular covers is Sweater Weather by The Neighbourhood where she was spotted by a talent scout and encouraged to write her own material. The first original song Alessia released was “Here” an anthem for wallflowers about feeling unwelcomed at a house party. It racked up 50,000 plays in 24 hours, eventually entering the US top 10.

Cara’s debut album is titled Know-It-All, which was released last November 13 via Def Jam. The album’s first five songs, including her hit “Here”, are featured on Cara’s recent EP Four Pink Walls, Alessia announced the Album release via Instagram. Also she was bought out by Taylor Swift at her Tampa Stop of her 1989 Tour to perform her hit single “Here”.

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The “Here” singer's Know-It-All North American Tour was announced on November 16, and started on January 15 in Montreal. Later hits cities like Toronto, Boston and New York before wrapping up at Edmonton’s Union Hall on April 1. She is titled as one of the most “to look out for” artists of 2016, let’s see what Alessia Brings us next.

By: Isabella Gómez - 10A

Alessia Cara - 11A

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**Film Files**

**What’s in the cinema?**

***Must see:*** Batman v Superman: Dawn of Justice

***If you have time and money:*** Zootopia, The Jungle Book

***Don’t waste your time and money:*** Visions

**Movies we are waiting for to premiere:** Captain America: Civil War, X-Men: Apocalypse.

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**88th ACADEMY AWARDS**

On February 28, the heavy weights of the film industry met at the Dolby Theatre in Hollywood, Los Angeles. This year’s Oscar show was marked by a great deal of controversy after a considerable number of African American members of the academy decided to boycott the ceremony due to the lack of diversity, as minorities were left out of the nomination pool. Nevertheless, the glamour flooded the red carpet and the excitement was palpable as this year’s list of nominees included a somewhat familiar name when it comes to the Oscars... Yes, it’s Leo I’m referring too, it was his sixth nomination and probably the biggest question of the night was if this would finally be his year. I think I speak on behalf of everyone who’s followed Leo’s career for the past twenty years and five unsuccessful nominations when I say that justice was finally made when his name was called, and just like you didn’t take the night for granted, I never took you for granted, Leo!

Here’s the list of some of the big winners:

- Best Supporting Actress: Alicia Vikander – The Danish Girl as Gerda Wegener
- Best Supporting Actor: Mark Rylance – Bridge of Spies as Rudolf Abel
- Best Actress: Brie Larson – Room as “Ma” Newsome
- Best Actor: Leonardo DiCaprio – The Revenant as Hugh Glass
- Best Director: Alejandro G. Iñárritu – The Revenant
- Best Picture: Spotlight

And our very own Ciro Guerra received a nomination for Best Foreign Film with his movie Embrace of the Serpent, but lost to the hungarian film Son of Saul.

Mr. Aldair Florez

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**English Speaking Cultures**

From the Statue of Liberty in New York City to the skyscraping towers of Hong Kong and from the peaks of Alaska to the two tides of South Africa, students explored the wonderful world of English Speaking Cultures.

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**BATMAN v SUPERMAN**

An epic superhero battle is happening in theaters right now, The Dark knight vs. the Man of Steel and it is AWESOME!!! I really liked this movie, it was impressive and entertaining watching a fight between two of the best superheroes in the world of science fiction. There was a lot of suspense in this movie, and it was exciting too, the special effects were very realistic, and this surprised me. I also liked seeing other superheroes like Wonder Woman, Flash, Aquaman, and Cyborg. The character of Superman played by Henry Cavill was very convincing because he showed his strength, but my favorite character was Batman because he doesn’t have any superpowers, but he gave a great fight and showed why he is an important member of the justice league.

If you are a fan of superheroes and you always wanted to see this battle, I recommend that you go and watch this movie.

Cesar Gomez Soto - 6B
Throughout time flu has been a huge problem to humanity. In fact the era of medicines and infections is limited to the last 70 years of our history. It is quite important to remember an influenza outbreak that wiped out half of the population in Europe. Since then scientists have made a great effort to go forward in this field in order to create more powerful drugs and at the same time to make vaccines against infectious germs that are very common. Even though flu can be produced by a huge amount of different viruses and it has become the main objective of a group of investigators that are trying to create a vaccine against all the virus cells of the flu.

The variety of flu and its high rate of mutability has not made it possible for scientists to create a universal vaccine against this virus that directly affects people from all around the world. Recently the medical community has argued a new proposal to this problem: in order to beat this virus you must cut its head, literally.

Two groups of investigators have developed this procedure creating an innocuous version of the virus capable to activate the immune system against any type of flu. It was tested on mice and monkeys that share some conditions similar to humans. This has proved to be rather effective. This virus structure is very similar to a cell but inside it has a viral charge. The real risk is in its exterior membrane: a protein called hemagglutinin (HA) that causes agglutination of the red blood cells in the blood and an enzyme named neuraminidase (NA) that breaks the bonds between the HA and the infected cells in order to infect other cells. The different types of flu are classified depending on its specific structure of each enzyme and protein (H and N).

Scientists from the investigative institute of allergies and contagious diseases of the EEUU (VRC) found a way to cut the hemagglutinin's head and maintain the functional steam, making it similar to a flu protein in order in order to trick the immune system and activate a response. This is because epitopes that are sections of the hemagglutinin activate the response in the immune system that is higher in the steam and when it is present the effect of the epitopes in the steam is reduced. HA was the molecule used for the investigation in which its amino acids suffered some changes with the objective of preserving the immunogenetic part of the virus and to activate antibodies.

Nanoparticles were used to test the experiment in the different animals in different types of flu virus from the more inoffensive to the strongest. Results in its majority were positive. Animals were immune to any type of flu. It was also tested on animals without immunity and the results showed that most of them died. Now it's time to begin a new era of medicine. It is time to take it to the next level, to experiment on real humans. Are we ready?

By: Angela Zuñiga - 11A

In Science class Mr. Aldair showed us a documentary called “Cooked”, and It changed what I thought about bacteria.

Before watching the video, I thought that all bacteria were bad and that it could damage our bodies. I usually buy and use certain kinds of soaps that eliminate 99% of bacteria because I thought that a lot of our health problems were caused by it. I just thought there were no good bacteria, I was probably not the kind of person who felt good watching or talking about bacteria.

Now, I know that bacteria are the origin of life, thanks to them fermentation is possible, certain kind of drinks are made with bacteria. I used to think that all bacteria were bad, but now I know that there are good bacteria. If It wasn't for them, most of the food we know wouldn't exist. Bacteria are good for sustaining our lives and are necessary everywhere.

By: Juan Mario Martinez Osorio - 6A
Our little scientists had so much fun at Pre-K’s Lab showing their families how amazing science can be. They had the opportunity to work with Giants of Nature like Tornados and Oceans. String Telephones and Ramps were also part of the presentation. At the end of the day, our kids went home with a big smile on their faces.
What do you think...

**What did you do during Holy Week?**

*By: Carlos Carreño - 10A*

Carol Camila Armenta (1B)
I went to Ríohacha and I shared time with my family, we went to the swimming pool and to the beach.

Tatiana María Luján (3A)
On Holy Week I traveled to Cartagena with my parents. I enjoyed the time with them. We went to the beach, to the swimming pool and we also rode bicycles. We visited church on both Sundays.

Ana Sofía Martínez (4A)
I went to Pueblo Bello, Manigua and La Paz with my family and friends. I enjoyed it because I went out with close friends such as Martín, David, Carlota and Luciana.

**Why should we give up something for Lent?**

*By: Carla Ackerman - 5B*
I went to Pueblo Bello, Mayapo and Patiall. My father came from Barranquilla and we went to the river and we visited Los Corales for some juice.

Manuela Gómez Alba (6A)
We should give up something we like during Lent because God sacrificed himself for us so this is a way to be grateful, also to be spiritually ready for Holy Week. We should be infinitely thankful to God because we have a family, friends and the resources needed to have a great life.

Juan Pablo Salcedo (7B)
We should give up something because when we help poor people or sick people, after we are going to receive many good things from God. God told us from the beginning that we should help people all the time and he could give us back what we give any other day in our life.

Maria Isabel Daza (9B)
We should sacrifice something we like for Lent because it is a way to thank God for everything he has done for us and to be with him in every difficulties. So if we give up something we like, such as our cellphones, it’s a sacrifice that we are making, it’s nothing like what he did for us but it is a way to give back to him for his mercy and his love.

Gabriela Muñoz (10A)
We should give up something we really like or something we use to do, for Lent as a sign of gratitude and as an effort we do to show we are thankful for what God has given to us and for his infinite love.

**Find the Differences**

Find the Differences is an interactive game. You must find the differences between the first picture and the second and circle them.

1. You must fill in the numbers from 1 to 4 (for a 4 x 4 grid) in each row and column. Do not repeat a number in any row or column.
2. The areas of the grid with dark outlines around them are called cages. At the top left of each cage is a target number and operation. In this example, the cage at the top left says “4+.” That means the two numbers that go in that cage must add (+) up to 4.
3. Look for other cages, rows, and columns where there is only one possible solution.
4. Keep going until you’ve completed the whole puzzle! Make sure you haven’t repeated any number more than once in any row or column.

**KenKen**

KenKen is a numbers game similar to that of the popular Sudoku only KenKen involves arithmetic equations.

**HOW TO PLAY KENKEN:**

1. You must fill in the numbers from 1 to 4 (for a 4 x 4 grid) in each row and column. Do not repeat a number in any row or column.
2. The areas of the grid with dark outlines around them are called cages. At the top left of each cage is a target number and operation. In this example, the cage at the top left says “4+.” That means the two numbers that go in that cage must add (+) up to 4.
3. Look for other cages, rows, and columns where there is only one possible solution.
4. Keep going until you’ve completed the whole puzzle! Make sure you haven’t repeated any number more than once in any row or column.
Natural is Perfect

It is common to hear people talking about how good it is to be healthy, going to the gym and eating properly. The truth is that today these factors have become very important daily life requirements, which has given greater value and impetus to the healthy lifestyle. However, health has always been an aspect of great relevance to the world, the only difference is that apparently the new generations have found what is supposed to be the true formula of what being healthy requires.

Nowadays, most people sacrifice their food cravings for their ideal figure. Their time is spent going to the gym for hours to achieve peak physical conditioning and feel comfortable with their bodies. People make every effort to be fit because this means they are healthy and beautiful. Despite this, I must say that even though the fitness culture has improved life quality, life expectancy and people’s health it has ended up being harmful to human beings in certain cases.

The terms “health” and “fitness” are often used interchangeably these days, and although they do interact, there are important differences between them. While health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, being healthy doesn't necessarily mean being fit. Fitness is a measure of the amount of physical capability of a person. Their time is spent going to the gym for hours to achieve a prototype of a healthy body with established measures would be genetically impossible.

On the other hand, to achieve a fit body, requires great sacrifice that only people who devote themselves entirely to this life can do. If a normal person dedicates the same time and sacrifice to being as fit as a bodybuilder, this person would eventually get sick because his/her body will not put up with such grueling demand. Fitness has created stereotypes and a standard of beauty totally unacceptable due to the fact beauty is not to be perfect but to be natural. To be healthy, you do not have to have abs, be toned, be thin, have a very small waist or bodybuilder legs. Just by eating right, exercising a bit without going to excess and loving yourself as you are, you can have a perfect status. Remember natural is perfect.

By: Luisa Montoya - 10B

Women's Day

“Woman is a full circle. Within her is the power to create, nurture and transform”

When you hear the word “woman” you start to feel a variety of emotions and different beautiful images go through your mind. The dictionary define the word woman as “adult female human” but this meaning is not enough to describe and to refer to the most amazing creation of God in the world.

Last 8th of March the whole world celebrated Women's Day. A day where we have the opportunity to appreciate and praise the importance and the contribution of women in our society. The importance of Women's Day is not only to give flowers, chocolates and have dinner, the importance is to tell to your mom, sister, girlfriend or any other women you care about how much you love her and how important she is to you because she represents love, sacrifice, intelligence and all the good in your life.

Years ago women had a limited liberty and they didn’t have the opportunity to study and were considered less than men, modern society is beginning to recognize the individual identity of women. She is believed to have her aspiration, abilities and qualities as a man does too. She has the opportunity to develop her capabilities and express her opinion according to her own choice.

The world without women would not exist. Don't wait for Women's Day to tell the woman you love how much you care about her and how important she is for you.

By: Isabella Oñate - 11B
Valentine’s Day was an amazing day for everybody at Fundación Colegio Bilingue de Valledupar. Known as that day of the year when lovers dedicate time together with each other more than the usual. Typically boys buy flowers and chocolates and girls just act like they were impressed but actually they knew they were going to receive those things.

It began with the distribution of the candy boxes that moms of the juniors sold to the school’s students and teachers during recess and lunchtime throughout a three-week period.

During recess some junior moms did different hairstyles and makeup to pre-school and primary girls, while others were selling candies and roses, as well as mango and snow cones.

The broadcasting station was awesome. Four junior boys were in charge and they did a great job in choosing every song and the commercials. Physics and Chemistry labs were decorated all over with hearts because two girls from tenth grade were selling Polaroid pictures to students with a Valentine’s theme background.

After recess, students from first grade to eleventh grade entered the auditorium to see the Junior’s Show. The auditorium was decorated with planets, aliens and colorful hearts as well.

When the show finally began we could see, at first, the excellent participation of the presenters who hosted the entire show. Then there was a one minute prayer done and read by two students from tenth grade. It was right but did not know what the future was holding for him. We all hope Brazil can finally find a solution to the economic crisis and the corruption that is taking place in the government.

Recently, the Brazilian press revealed a recording in which Lula and Dilma were apparently talking about the way they could solve the problem which not only included being a member of her cabinet, but to bribe judges. This created a huge scandal among the Brazilian society and brought the attention of the international media to the country.

Last 15th of March, thousands of Brazilians decided to take to the streets in the most important cities of the country to show the government their disagreement and their desire to revoke the president. On the other hand Lula Da Silva declared that he is innocent and that all of the accusations are inventions of the media.

Lula da Silva once said, “When a poor man steals he ends up in jail, when a rich man steals he is named minister,”. He was right but did not know what the future was holding for him. We all hope Brazil can finally find a solution to the economic crisis and the corruption that is taking place in the government.

By: Gabriela Muñoz - 10A

By: Paula A. Urbina - 11A

On March 9th in Brazil, Luiz Inácio Lula da Silva was formally accused by Brazilian Justice Department of illegal enrichment and corruption in the management of the oil enterprise Petrobras.

Brazilians were angry and demanded the imprisonment of Da Silva and the resignation of President Dilma Roussef, both members of the labor party, for rejection of the way she has managed the economy of the country and the announcement of her government to appoint Lula as a minister in her cabinet.

By: Lucia Martinez - 11A

By: Lucía Martínez - 11A

BRAZIL IN CRISIS

WHO RUNS THE WORLD?

March 8th marked the 39th anniversary of the International Women’s Day celebration. This date was chosen to raise awareness of the struggles of women worldwide as well as the ongoing battle towards equality. However, the date is also used to remember the victims of the massacre of 146 women in the Triangle Shirtwaist Factory in 1911, when the factory was set into fire after the women employees refused to work, protesting for better working conditions and fair remuneration.

Nevertheless, this celebration is also to highlight the effort of hundreds of women who for more than a century have stood for equality and justice not only for the female gender but for all.

Rosa Parks, Mother Theresa and Malala Yousafzai are only a few examples of women who have marked history with their actions, leaving an example of hard work, courage and of course, time after time, proving that women have the same capacities men do. The rights we girls have today are the result of the endless tears, blood and sweat poured by generations of women who believed in themselves and on the underestimated potential women have to change the world.

However, the mission is far from accomplished. Salaries and job opportunities are still very unequal gender wise. This and the next generation have the task to show the world that the fact that we have babies and a big caring heart doesn’t impede us from studying, working and living at our maximum. We must fight for those girls who still don’t have access to education, or those who are forced to marry at an unbelievable young age. Our duty is to work hard to make this world a little brighter for the next generation of girls. We must never forget that if we work together, yes, we can do it.