

PIP magazine

Where English is an adventure
Special Edition

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The Wishes Park



www.skyscrapercity.com

Wishes Park has a total area of 12.431 square meters for the 400.000 Medellín north inhabitants there, you can find many things to enjoy such as Medellín Sunlight, Eclipse, Solar clock, Voices at Distance, Celestial Sphere, Wind World, Muisca Observatory, and Heliostat.

The park has two buildings: The building of the planetarium and another as support for the planetarium which projects movies towards a great wall of the planetarium and it has a box with 300 seats.

HELIOSTAT It is a device which reflects four nearby planets to the earth through a mirror on the floor of the main small square; it is fastened of the ceiling of the 3º flat.

MEDELLIN SUNLIGHT It is a world map that at night reflects the shades formed by the city during the day, the lamps represent the sun and the water of the pond, from which the reflective sphere emerges, the Earth.

ECLIPSE In a wide tower there is the representation of a ring shaped solar eclipse. The moon is like a pendulum and the sun is a hole; a motor moves the pendulum and you can appreciate the eclipse.

SOLAR CLOCK The Solar clock is represented by two blocks like a couple of hands bent in horizontal alternating position and one in front of the other; These structures have engraved horizontal lines, sculpted from 6 to 12 in each one, these lines have a fall of 6º that represents the latitude of Medellín, each hour it includes 4 lines that are the quarter of an hour.

VOICES IN THE DISTANCE (ACOUSTIC SHELLS)

They are a couple of structures as shells one in front of the other separated by approximately 12 meters,

with curved surfaces, one with a convex face and the other with a concave face. The concave surfaces have sculpted the two faces of the moon, the one we see and the hidden one. In this face, there is supposedly the crater that honors the Colombian Julio Garavito, for his contributions to the study of astronomy. In the concave part of these shells, the wave that the human being emits when he speaks is emitted in the other shell. You stand up inside one of them and you speak in low voice and another person in the other shell can listen to you perfectly.

CELESTIAL SPHERE This sphere represents the sky, It has an imaginary equatorial line that divides the sphere in the northern and southern hemisphere. In the surface, It has engravings of the constellations that represent the zodiac and it is illuminated from the inside of the sphere with laser rays.

WIND WORLD A sphere formed by the imaginary lines of the Earth is on a metallic tower. It represents the eolic energy (wind energy). It is as a skeleton of the Earth that rotates by means of some crosses exposed to the wind under the structure.

MUISCA OBSERVATORY It is a space with small stones on the floor and with gravel, round monoliths of different sizes, sowed in the floor. Here it is observed the shades that they project during the day, the times in which the Earth enters in the mornings and in the afternoons. This indicates the solstices and the equinox. This system was used by the MUISCAS and it indicated them when to sow and when harvest the crops. The Spanish conquerors called it "the hell" because the monoliths resembled each other to phalluses or penises.

The entrance to the park and the tour with a guide is for free. The park opened up on November 27 2003. To visit the WISHES PARK is amusing, relaxing and interesting. The guides tell you what happens, what represents each way, image and construction. In the alternating building there are restaurants, cafeterias and in the second flat there are rooms of conference and art exhibitions.

By Maria Helena Palacio

AN AMUSING TRAVEL BY ROAD

If you haven't thought about your next vacation, you ought to consider a special option: A travel by road across our country. The region that you will know is the northern of Antioquia and Santander. You must take the way towards north; this road is called "Doble Calzada Bello-Hatillo". Then you will find towns as Barbosa, Cisneros, San José del Nuz and Puerto Berrío. You must be careful because this part of the road is very narrow and it has many sharp bends, but the landscape between San José del Nuz and Puerto Berrío is beautiful. Puerto Berrío is the last town of Antioquia, there you find the bridge above Magdalena river and later the route towards Bucaramanga.



This way is good but you'd better avoid the high speed because it has some pot holes. In this way you will find little towns and you can have a lunch near Lebrija. Some local specialties are Cabrito and Mute Santadereano. When you continue your trip, you will find Giron's entrance, in this town you may pass the night. It is a beautiful town where all the houses are white with brown doors and windows. In the morning you may have a breakfast in any cafeteria of this place.



Next, you can visit Bucaramanga, a city of architectural interest. You must take the way towards San Gil and you must find Floridablanca and Piedecuesta. Later you will begin to go up and in a crossroad you will find the Chicamocha viewpoint, you must pay a toll but you will find a exclusive, but non expensive zone with restaurants, beautiful places and an ATV track. At the end of this way you will stay in the top of Chicamocha Valley and you can watch an amazing landscape where you can distinguish in the depth the way towards San Gil. In this part you may have lunch with meat specialties.

When you return to the principal way, you will arrive to Chicamocha Valley, the way is bordered by rocks and a river, the way is dangerous but it is very special. From here you can see the place you stayed three hours before. Later you will find the PANACHI, a park where you will enjoy a fearful canopy of 200 meters of length and an incalculable height. This park is beautiful and you can find food, buggies track and an amazing sculpture that represents the history of Santander.



The last part of the way is San Gil. This town is recognized for the practice of extreme sports. Among the sports we can find rafting, rappel and speleology. You will need 3 or 4 days to enjoy these attractions. During this trip you can visit the Parque Gallineral and Barichara that it is 40 minutes from San Gil, this town is the most beautiful town of Colombia.

In this travel you can enjoy many places, eat specialties and feel extreme sensations. You ought to encourage yourself to take a spectacular travel by road through our country.

By Wilson Peláez



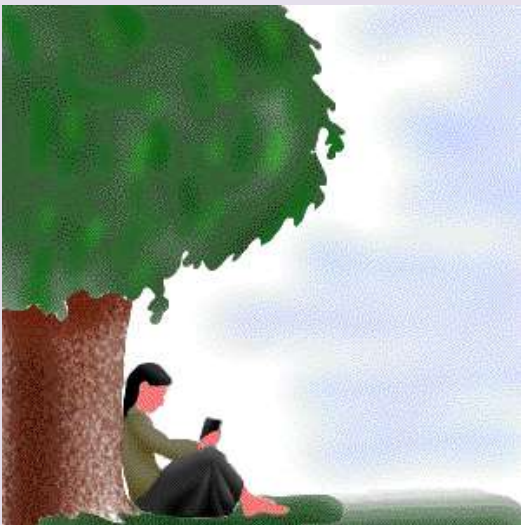
LIVING ALONE

While we grow up we create a natural dependency from parents or some relatives. They support us in things such as study, food, home and companion. However, at

a certain age, everybody wants to become independent, mainly when one is able to support oneself economically.

When we are young we love our parents and accept everything they do, but when we grow up we reject them, although this does not mean that we hate them, this means our behavior is different from theirs, they are old fashioned according to their age and we are fed up with their complaints.

There are some reasons for living alone. One of them is when people become orphans. In this case it is mandatory.



Another reason is when we want to, no matter what will happen in the future. Sometimes, making this hard decision could make people feel guilty of doing that, or worse: leaving their parents old, ill and defenseless in some cases.

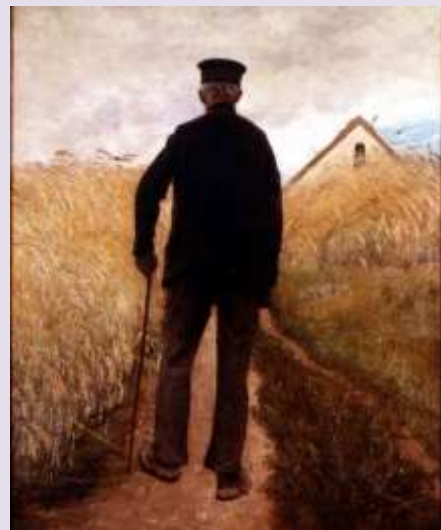
It must be recognized that living alone needs a special personality if one wants to be successful.

Some disadvantages of living alone are people with a depressive tendency. In this case there is a risk of committing suicide. Another one is the case of old and ill people suffering from diseases such as Alzheimer syndrome, diabetes, Parkinson and heart problems. Teenagers living alone could be a disaster.

Do not forget the case of men living alone. I think it is harder for them than for women to live alone because they always have created dependency on women.

Living alone has some advantages such as economical and social advantages. The budget could be less living alone than sharing the expenses with others. In this case we save a lot of money, although some researchers say that is more expensive living alone.

Talking about privacy, I think it is the most important advantage. The freedom of doing everything we wanted to, such as taking a shower without being bothered by someone, watching any T.V. program, eating or waking without schedule are things that somebody wishes for. Besides, some people enjoy the silence, an organized apartment, time for reading, or listening to classical music.



In conclusion, living alone depends on every one and the circumstances we have to face.

By Marta Perez

STRESS

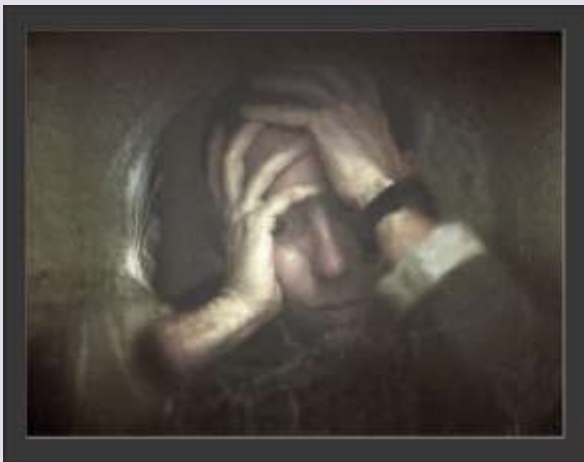
It has existed in the society for hundred of years and just nowadays the medical community has recognized it as a pathological problem.

Lately medical investigations are beginning to recognize stress as a public health problem. It has negative effects in the human body. These impacts are psychological and physical. In fact, the physical impacts of stress are normal animal responses, which in a situation of danger could save your life. For instance, if you are under threat, your body lets go a rush of adrenaline in order to make you go away or respond.

There are several causes of stress. These causes could be:

Physiological causes: These are related to the diseases and injuries of the body that cause stress to the person.

Psychological: It is related to the emotional and mental vulnerability. Vital crisis by certain changes: childhood, adolescence, maturity, oldness. Interpersonal relationships that are conflictive or insufficient. Sometimes, working or studying becomes frustrating.



Social: Each period brings new challenges, technological changes that are sometimes difficult for people to learn or get adapted to.

Environmental: Environmental pollution, feeding denatured with industrial toxics, pathogenic places of

work with little security or electrostatic load, microorganisms, catastrophes, etc.

The symptoms of stress are several, and as a result the pulse rate increases, the blood pressure goes up, blood sugar raises and the blood is spread to main organs like the lungs, heart and muscles. After that, you can feel yourself breathless, with dizziness, palpitations and nervous diarrhea.

Stress also may produce bad consequences in the human body: that your muscles are tense and you have difficulty to maintain your body in state of readiness and eventually you feel tired. In other occasions you cannot sleep, you cannot eat, and you feel nauseous and depressive.

Stress is not dangerous, however, when stress is persistent the symptoms can become severe and it can interfere the normal development of your life.



As stress is a response there is not cure for it, but you can get ways of feeling less stressed. If you recognize when you are stressed you can control it, and you must start to do something about it. For example:

- Learn relaxation techniques
- Practice some sport
- Try to remove from your life the factor that is causing you to get stressed.

Remember your life is over all!

By Silvia Patiño

Word search puzzle

C	A	M	A	R	A	M	I	A	S	A	M
R	I	O	D	E	J	A	N	E	I	R	O
X	Z	Y	Y	N	B	S	W	N	S	E	U
Q	A	U	B	U	X	P	J	L	R	W	N
G	C	S	E	S	C	R	L	O	K	O	T
T	I	R	V	D	Y	A	J	X	A	T	F
A	A	D	E	Z	F	E	T	D	V	L	U
J	M	I	R	L	X	T	W	A	E	E	J
M	A	X	E	B	Y	O	G	Z	N	F	I
A	J	G	S	P	V	S	R	X	I	F	O
H	N	H	T	M	J	H	T	V	C	I	U
A	D	X	P	N	B	A	K	Z	E	E	T
L	U	H	C	C	I	P	U	H	C	A	M

Letters soup: RIO DE JANEIRO, MOUNT FUJI, VENICE, MACHUPICHU,TAJMAHAL, JAMAICA, YUCATAN, EVEREST, ANGEL FALLS, MASAIMARA, EIFFEL TOWER, ETHOSA(NATIONAL PARK IN NAMIBIA)

Sudoku

9	4		1		2		5	8
6				5				4
		2	4		3	1		
	2						6	
5		8		2		4		1
	6						8	
		1	6		8	7		
7				4				3
4	3		5		9	1		2

SELF TEST FOR BAD BREATH

An easy method to realize if you have bad breath. Bad breath or Halitosis is usually caused by particles of food remaining in the mouth; they can rot, leaving an unpleasant odor. When you eat certain food as garlic, onions and spicy food, once the food is absorbed into the bloodstream, it is transferred to the lungs, where is spelled through your breath.

Food odor is transitory and should not be confused with bad breath. Some people with bad breath are not aware of their problem, because human sense of smell has the ability to adjust to odor. Just follow these 5 single steps

- With the middle part of your tongue, lick the back of your hand; let it dry for 20 seconds and then smell. If you feel a bad smell, it is possible that you have a breath problem.
- Use dental floss in your back teeth and smell it...
- In front of the mirror, take out your tongue as far as you can. If you look at the back part of your tongue and it is white-yellow color, you have a dirty tongue and it can produce bad breath.
- You can ask someone you can trust about your breath. Remember, your breath can change all time. Check it frequently.
- The dentist can measure your breath using the Halimeter. It measures the concentration of volatile sulfur compounds (VSC) in the mouth.

Other causes of bad breath are:

- Bad oral hygiene
- Food that collects inside the big tonsils
- Dry mouth (Xerostomia)
- Tobacco products
- Long time without food
- Medical disorder: Tonsillitis, Periodontal disease, chronic sinusitis and bronchitis, Diabetes, Gastrointestinal disturbance, Liver or kidney ailment and postnasal drip.

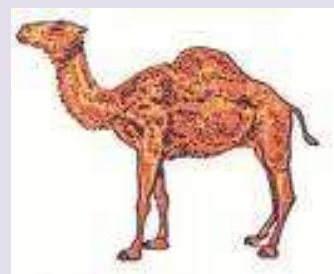
By: Miller Aguilar



Did you know?

Why camels are called "ships of the desert?"

Camels are called "ships of the desert" because of the way they move, not because of their transport capabilities. Camels sway from side to side because they move both legs on one side at the same time, elevating that side. This is called pacing, ship-like motions which can make the rider feel sick.





Did you know?

Why you shouldn't smoke?

If you smoke, you're also inhaling arsenic, benzene, cadmium, hydrogen cyanide, lead, mercury and phenol. In all, 4 000 harmful chemicals, including 44 types of poison, of which 43 are proven cancer-causing substances.



SOME IDEAS ABOUT TB!!!!

Tuberculosis or TB is an infectious disease; the form of transmission is through the air into the small drops. Currently, TB is preventable and curable if it is detected on time. People ill with the TB bacteria in their lungs can infect others when they cough, speak, laugh, sing or sneeze. When you have contact with the TB bacteria, your immune system can prevent you from becoming sick. It is important to distinguish between the infection and active TB.

- TB infection. It's called latent TB, causes no symptoms and isn't contagious.
- Active TB. This condition makes you sick and can spread to others.

The principal signs and symptoms of active pulmonary TB are: a cough lasting two or more weeks, weight loss, fatigue, fever, night sweats, chills, loss of appetite, pain when breathing or coughing (pleurisy). Tuberculosis also can affect any part of your body, including your joints, bones, urinary tract, central nervous system, muscles, bone marrow and lymphatic system. The signs and symptoms vary, depending on the organs involved. Some factors increase the risk of getting the disease, these factors include: lowered immunity, close contact with someone with infectious TB, substance abuse, malnutrition and health care work.

How can you prevent the tuberculosis?

- Keep your immune system healthy.
- Get tested if you have the symptoms.
- Finish your medication. When you stop treatment early, the TB bacteria has a chance to develop mutations that are resistant to the most potent TB drugs.
- If you live with a sick person, open the windows to ensure a good ventilation and lighting.
- During the first two to three weeks of treatment, be sure to cover your mouth with a tissue when you present laugh, sneeze or cough.

By: Liliana Villa

Medellín, The best city of Colombia

2.3 millions of inhabitants are able to make you feel comfortable.

Physicians are prepared for many surgeries: Esthetical, Corrective, Cardiological and health care surgeries in general.

You can find specialized hospitals for medical treatments and procedures: Clinica Cardiovascular with the top specialized doctors in heart health; Pablo Tobón Uribe, hospital recognized as the best, which recently got the first place in quality in Colombia; Clinica Las Vegas, las Americas, and a lot of Intermediate Units equipped with rooms and instruments to make any medical procedures. San Vicente de Paul assigned to the Universidad de Antioquia is the leader in organ transplants.

In Medellin, children are growing studying and practicing sports. There are a lot of parks, libraries and sports centers that they can use in their free time. There are a lot of soccer schools where children and teenagers acquire techniques and physical treatment in order to be professionals in competitions when adults. There are three great teams like Atletico Nacional, Independiente Medellin and Envigado Futbol Club.

The Atanasio Girardot stadium is called the little silver Cup when it is full of fans when our teams play international matches. Atletico Nacional was the first in the Copa Libertadores de America championship in Colombia.

This land produces a great diverse kind of people: Famous presidents, artists, sportsmen/women, teachers, and scientists such as: Álvaro Uribe Velez, Fernando Botero, "Juanes", Santiago Botero, Maria Luisa Calle, among many others.

Medellin is the capital of the Universe of beautiful women. Here, important international fashion events take place: Colombia Moda, Colombiatex and many marketing shows in which you can see the best international models. However, you find in the streets, parks, theaters and restaurants a lot of pretty natural women as you could never imagine.

Try to come to Medellin and give us the opportunity to say "welcome" and make you feel comfortable.

Medellin left behind the epoch of violence, this is a city of peace, it is in constant progress, and "it's the best educated" city.

By William Correa Gómez

Cooking with Beatriz

CESAR SALAD

HERB SALAD DRESSING

Ingredients

- 1 clove of garlic
- 120 ml olive oil
- 30 ml vinegar
- 15 ml mustard
- Salt and pepper
- 2 tablespoons fresh herbs (tarragon, basil, thyme, parsley)

Instructions

Peel and chop the garlic with a little salt. Gradually add the oil, vinegar and mustard.

Add a little pepper. Chop the herbs, and add them to the dressing. Stir. Serve with chop lettuce, little toasting and grating cheese. Stir.

Serve with salad. Mix together all your favorite salad ingredients and pour the dressing on top.

Dolphins Therapy

SOMETHING MAGICAL HAPPENS BETWEEN CHILDREN AND DOLPHINS, SOMETHING THAT WE WON'T EVER FULLY UNDERSTAND

Over the last thirty years, dolphin assisted therapy has been used to help humans suffering from autism, attention deficit disorder, down syndrome, stress, anxiety, depression, Alzheimer and even Trisomy 18 T-18's disease (a terminal illness that causes severe handicaps such that the children are unable to speak and nearly unable to use their limbs and muscles, and 90% of children with T-18 die before they reach one year old), among others.

Many researches and experiences show us that dolphins use their advanced echolocation sonar for detecting physical disability in children, and their communicative skills or feelings for helping them. Dolphins, immediately become gentle, as if they sensed they could help the children by rubbing up against the person or sticking their nose up to one's solar plexus (a system of nerves at the back of the stomach).

The most intelligent mammals in the water can help them.



Many Parents feel that interacting with dolphins is therapeutic for them. The parents who have been bringing their sons to the dolphin care facility for many years enjoy watching them, being so happy in the water with the dolphins. They say that all the family enjoys the relaxing time because in those sessions their sons can be as normal kids, and it doesn't matter if they can't speak or move very

well. The parents think dolphins and the boys have communication and the animals know that the kid is special.

"Nobody's claiming that dolphins cure those illnesses but for many families it's enough that the unique experience puts a smile on their child's face".



The boy who was taught to talk by dolphins

Nikki Brice was born in London. When he was born, he was starved of oxygen. All his life he had never spoken a word, even though he had the physical ability to speak. All the techniques which were tried in Britain had failed, so eventually, in desperation, his mother took him to the dolphin pool in Florida to try to get him to talk.

Her mother flew to Florida with Nikki after raising £10,500 with the help of family, friends and celebrities. Nikki was given a combination of conventional speech therapy and daily forty minutes swimming sessions in a pool with a team of eight dolphins. After just three days of the seventeen-day treatment at the Dolphin Human Therapy Centre in Miami, Nikki spoke his first magic Word.

One morning during the break. Nikki's mother was talking him out of the pool when he firmly grabbed her hand, pointed to the dolphins in the pool and said: 'In'. Her mother said 'He was telling me that he wanted to get back into the water'. Since that first Word, Nikki has gone from strength to strength, and has spoken other words like 'please' and 'duck'.

By Beatriz