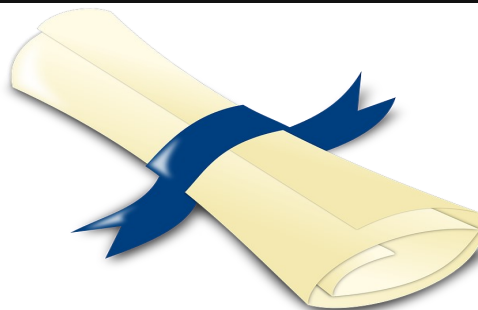




# THE DUAL DIPLOMA TIMES

**Fourth Edition**

**May 2016**



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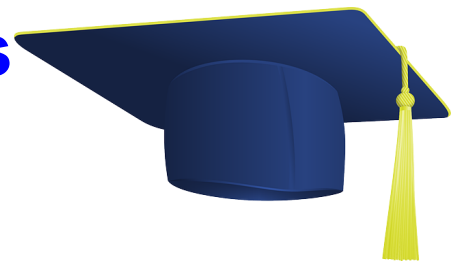
**Sara Varljen**

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**Silvia Martinez**

**Tanja Paulmichl**

# Dual Diploma News



## Look at What Great Things are Happening in the Dual Diploma Program!

By Beatriz Herrera Aguilar

The Dual Diploma program has a large variety of extracurricular programs:

> **AVE Amici** -- The AVE Amici Program is our very own online Pen Pal Program. International Dual Diploma students are paired up with our American students at Academica schools in the United States. The students have the rich cultural exchange by communicating with one another online using webcams and speakers in a supervised setting. This allows the students to make a friend in a fun, safe and exciting way, while simultaneously working on listening, speaking, reading and writing skills in a real-life setting.

> **AVE Ambassadors** -- The AVE Ambassador program allows Dual Diploma Students the opportunity to have an AVE Ambassador Peer Mentor in the United States. The program is designed to give Dual Diploma students the opportunity to have meaningful conversation in English as well as receive additional help with their dual diploma course work.

> **Dual Diploma Leadership Program** -- The Dual Diploma Leadership Program is designed to give new Dual Diploma students the opportunity to have a peer mentor. Each participating new Dual Diploma student will be paired up with a returning Dual Diploma student. Experienced and successful Dual Diploma Students take on the role of the Dual Diploma Leader/Mentor and support and help a new student get familiar with the program, learn the platforms, and provide academic support in their Dual Diploma courses. The program will also provide opportunities for team and community building, and networking with other Dual Diploma students.

> **Dual Diploma Alumni** -- Dual Diploma graduates are invited to join our Alumni Association. Alumni connect on our Alumni Twitter group and participate in our Live the Learning Program. This network provides Dual Diploma graduates the opportunity to connect with fellow alumni from around the world and build meaningful lifelong connections.

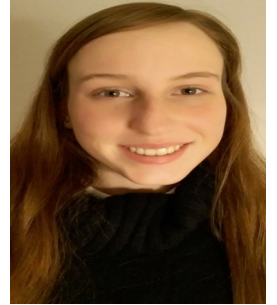
> **Live the Learning** -- The Live the Learning Program strives to provide Dual Diploma students with meaningful learning experiences that will prepare them for their future college careers and professions. Our Live the Learning Program allows our students to interact with professionals who are experts in their fields. We ask presenters to speak to a group of our students about their educational background, your experiences in their profession, and answer questions they may have. Guest speakers have included business owners, lawyers, radio personalities, psychologists, Representative Manny Diaz of the Florida House of Representatives, and Douglas Rodriguez who is the President of Doral College

# Dual Diploma News



## **SOCIAL MEDIA CLUB, A GREAT OPPORTUNITY**

**By Sara Varljen**



The Dual Diploma Social Media Club is an amazing opportunity offered by the Dual Diploma Program and sponsored by Mrs. Milisse Vera and Mrs. Lia Seirotti. It is a great way to share your opinion with other people and express your creativity through the social media world. Dual Diploma students can join this club through an application process in October, completed with their parents' permission, if they have at least a 2.0 GPA. They are expected to attend and to participate openly in the mandatory meetings hold once or twice a month, and to be active members in the club, posting and writing regularly on their social media pages.

Club members are involved in many different activities: they post on Edmodo and Twitter about anything they want, they write articles on their blog in AVE Horizon based on the category (topic) they have been assigned, they share various types of content, such as #HowWeGoToSchool pictures showing how they learn in the Dual Diploma, they attend meetings with guest speakers and experts. This semester, for example, they hosted three people who have made a life out of social media: a photo-journalist, a fashion blogger, and an author and life coach. They also opened a twitter account and hosted a Twitter party with the hashtag #TeachtheTeacher.

Thanks to the club, students had the chance to meet people that inspired them and taught them they are not limited and they should follow their dreams, because there aren't just traditional careers. Members have also learned a lot about social media and have a deeper knowledge of their own category. As the sponsors, Mrs. Seirotti and Mrs. Vera, state, the club allows students to have a voice, express their thoughts, ideas and opinions, which is very important when they are young, because they may feel like they have a lot to say but no one is listening to them; it allows them to learn with their peers, with their teachers, and with the evolving social media world.

## ASSAULT IN BRUSSELS

By Claudia Mateos Diaz



On Tuesday, March 22nd the violence came back to Europe, specifically in Brussels. Zaventem airport, the most important of the Belgian capital, which was the scene of the first attack. After eight o'clock of that morning, two explosions took many lives. The origin of this tragedy may be of the attack of a suicide terrorist.

The services of first aid, medical professionals and ambulances quickly appeared. It has been known that a Kalashnikov rifle and a belt of explosives have been found there. Then an evacuation protocol began with measures that included cutting access to the airport, roads and trains. Airplanes were diverted from the Belgian capital.

"I was in the line to register and then I heard a explosion. I have seen the smoke, the people with panic, running to the exit. Then has been a second explosion too, so closer to me. I was very afraid about that"- told a witness.



Investigation has identified two of the terrorists involved in the attacks in Brussels as Khalid and Ibrahim Bakraui brothers, the first of them detonated the bomb in the station Maelbeek Metro and the second, that has participate in the attack at the airport of the European capital.

We are very nervous about what the investigation will able to find. We hope this can end someday.

All our support to Brussels!

## Fear All Over Europe: "Terrorist Attacks in Belgium"

By Paula Barcelona Lahoz



The incident was a terrorist attack, for which the Islamic State, or Daesh, claimed the responsibility. It happened in the airport and in the train station in Brussels, Belgium, on Tuesday March 22nd. People put bombs in these places and approximately 150 people died. As people know, the world is experiencing a horrible situation. Terrorism is defined as "The use of violence and threats to

frighten and force one's will on another". There are a lot of causes, for example political aims, religious purposes...but these catastrophic acts also have a lot of consequences on people's life.

The Brussels attack happened recently, and people still haven't forgotten the terrorist attack occurred in Paris last November. Hundreds of people with relatives, with wives, with husbands, with children, were killed in these two events. These attacks are just the ones we can feel nearby, but every day and every hour, thousands of people are dying in several countries, such as Syria.

We must help terrorism to end!

# Dogs – Man’s Best Friend?

By Claudia Tatay Garcia



A dog named Dick, looked for help when his master, Anatoli Chernenko, about 77 years old had an accident. This occurred in Novosibirsk, Russia when the man fell in a hole in a frozen lake in March.

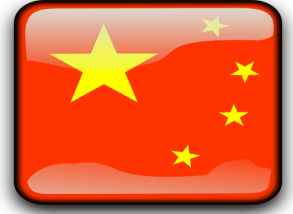
Another man, Vladimir Karolin, heard the dog barking, and tried to help him, but the dog started biting the man, trying to protect his master. Finally the man helped the 77 year old man, and he’s in the hospital getting better.

This is a really emotional story that shows us the loyalty that the dogs have with their masters, and the friendship between each other.



# Super Population in China and India

by Pilar Folque



In China at the moment the number of population is around 1.357 billion and in India is 1.257 billion. This is why they have organized family planning, which has helped China reduce the number but in India the number increases 19 million every year because of the high fertility rates. This is a problem of the twenty first century.

Even though the number is decreasing, in China, they still have a lot of problems: such as the trafficking of women and children being managed by mafias. This is a problem that is caused by the law that says that one marriage can only have one child. This rule has changed in the past years, now they can have two kids: one boy and one girl. The boy has to be older than the girl. In some other countries they have bigger problems with the population, this is the case of India.

In India, the population has tripled in the last sixty years. This increase threatens the environment and represents an enormous burden on social services. But they are trying to fight this problem with the sterilization of women. Another way they are trying to reduce the number is by encouraging girls to stay in school.





We Support You, Ecuador!

By Pablo Jurado (Social Media Club Member)

As you may know, in the Social Media Club we usually inform about our interests and other fun things, but today is different. As you have probably seen in the news, there has been a terrible earthquake in Ecuador. This natural disaster has led to a hideous catastrophe that has killed hundreds of people and, what's worse, has left many families with no hope of having a decent life.

Everything started on Saturday, April 17, in Manabí. No one knew that a 7.8-magnitude tremor that was felt for less than a minute would be able to destroy so many lives. It happened at 18.58 (local time), and affected lots of zones of the country. 600 people were killed and between 70,000 and 10,000 still need immediate help. It took around one day for the rescue teams to reach the affected zones. "I fear that the death toll will rise considerably," said the Ecuadorian President Rafael Correa.

Almost 230 aftershocks hit these zones again on the following days, making the damage even greater. Some of them have even hit the most tourist areas, injuring people from many other countries. Fortunately, there has already be announced that around 15,000 thousand people from the army and the police force have been mobilized to help all the affected, and many other specialists from other supporting countries, like the United States or Spain, are already on their way to Ecuador.

In the Social Media club, we want to show our support to Ecuador through this article and a video that will be uploaded soon, so stay tuned for more news!

<http://avehorizon.weebly.com/social-media-blog>



## A Lucky Trip to Punta Cana, Dominican Republic

By Nicolas Martinez De Urbina

We, as a community, are habitants of developed countries; our homes are pretty comfortable and safe, and we've got wealthy lives. Consequently, there are many standard benefits we consider as obvious and completely normal; and therefore, we don't appreciate their importance or how lucky we are to possess them. So, most of us need a spark that lights our consciousness in order to appreciate that luck. In my case, this spark came in form of a trip to the Dominican Republic.



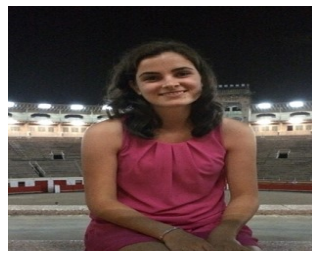
To start with, we got there by plane and later a bus took us to Punta Cana, the tourist prepared side of the island. We spent the next few days inside the massive resort we were sleeping in. There was a dining room where we could eat whatever we wanted, a big pool with a bar inside, soccer and volleyball pitches... We would be there for a whole week, so we tried a wide range of activities, such as windsurfing or kayaking. Everything there seemed a perfect paradise.

However, one day, my parents had an idea. They were sure it would be best that my sister and I saw how most people lived on the island. Early the next morning, we caught a bus to the nearest big city, Higüey. The one-hour-drive cost the equivalent to fifty cents and we were the only tourists in the coach. As we got to our destination we were a little scared. Suddenly, a kind-looking man with a light blue uniform jumped inside the bus, came towards us and presented himself as a volunteer tour guide from the Basilica of Higüey. We were very relieved to now have someone to accompany us around the city. That day I saw the real poverty in Dominican Republic. The streets were muddy and dirty and there were colored liquids flowing through. The market spread an awful smell; holes in houses had been covered with mud. A crowd of skinny kids were coming behind us, asking for our caps and glasses. Others just came up with a little shoe cleaning kit in a cardboard box, sat down and started brushing our sandals in exchange for a few cents. We walked for more than three hours up and down, more than enough to appreciate how people lived there; they all looked miserable, but still had a remarkable smile and eyes of hope.



This experience has made me value much more the things I have and the place I live in. I had already heard about poverty on TV before. But it's not the same at all when you see it with your own eyes. In conclusion, I would highly recommend trying the same as we did and see what real life is outside sublime vacation resorts and hotels.

By Patricia Rodriguez



## Traveling for a Better World

by Tanja Paulmichl

We can explore our world and make a difference to it in an endless variety of ways. No matter if you want to do this while being surrounded by other people or rather by enjoying the beauty of nature, the purpose of these journeys is always the same: supporting our planet and those who live on it.

**“We travel not to escape life, but for life not escape to us.” – Anonymous**

Volunteer Travel supports the developing world while journeying and contemporary learning from other cultures. Keeping consistently present this aim, it offers you many different options in order to voyage in a meaningful way: caring and teaching projects, environment and species protection programs as well as cultural and community projects all over the world. Organizations such as *diversitytravel* and *ProjectsAbroad* arrange travels to places across the globe for people who desire to work for a not-for-profit project. If you are not interested in participating in one of those programs, some associations even provide the possibility to take private vacation trips while donating a part of the travel expenses to a charity organization. Principally, however, they give Volunteer Travelers of every age the opportunity to find a suitable and cost-efficient journey. Furthermore, they facilitate the contact with a host family and the local staff, featuring a journey that gives you actually the impression to bring out the best in the time spent.

**“Remember that happiness is a way of travel – not a destination.” – Roy M. Goodman**

The destinations of Volunteer Travel are mostly located in the Third World as a great part of aiding projects takes place in these areas. The most common target locations are Ghana, India and Nepal for social programs and South America (especially the Amazonas Rainforest) for conservation commitments. Although the destination is an important point of a journey, while traveling as a volunteer the focus should be brought into the precious and estimable work that helps and supports our community and our earth. However, also the people who get through a Charity Travel come away with new friendships, a great understanding of a culture and above all with experiences of exploration. And it is this what makes this way of travel so unique.



The first thing you need to know is where you want to go. This will give you an idea of what you need to bring in your suitcase.

There are different prices for different places and moments, so be sure to reserve your travel with time to get it even cheaper.

Then when the departure time is arriving, be sure to pack all that you need, if it's necessary make a list. But try to do it first so if you need to buy something you can go and buy it all at once.

Also, plastic bags are not good for your



bring a plastic bag to save dirty

clothes. Another tip is that if you are going to take a plane prepare a bag with the stuff that you would need (money, passport, papers, phone-charger). Keep in mind that you will be in the airport for just a couple of hours so don't bring useless things.

At the moment that you arrive to the hotel try to unpack your bag and keep your valuables in a safe. Before the flight you made your diary, keeping in mind the places you wanted to visit or the activities you wanted to do. One important tip for those people that like to look back at the places where they travel is to capture the moment with a camera. But instead of a taking pictures of the just the place that you visit, make a sure you are in the pictures too!

The last tip is to enjoy, try to do new things and don't say no to new experiences!

With all this said you are ready to go!



# THE CITY OF LOVE AND LIGHT, PARIS

*You still haven't chosen your summer holidays destination? Here I am to help you. Visit Paris, a city full of amazing things to see, eat and have fun with! Why are you waiting to visit one of the best cities in the world?*



By Anna Berenguer Mateo

Paris is an amazing city. There are no words to explain how astonishing everything is, how small you feel surrounded by ancient buildings... The power of Paris is unlimited! There are plenty of things to do while you're in the metropolis. Follow me on this article to discover what to visit and eat, because who doesn't like Parisian culture, French food and the awesome climate?

Arriving to the biggest city of Europe is already a reason to be happy, but seeing the Tour Eiffel at night, with all the lights opened, is truly a spectacle. Of course, the Tour Eiffel is not the only thing you have to see in Paris. Other buildings like the Château de Versailles are a "must see", and others like D'hôtel de Ville, or the Centre Pompidou, the huge Sacré-Coeur at the top of Montmartre, Notre-Dame's Cathedral at L'Île de la Cité and others, are as beautiful too!

When it comes to the gourmet ones, Paris is a city with an amazing foodie tradition. You can't leave the French capital without eating French fries, crêpes, snails, pastries, croissants, croque-monsieurs, éclairs, falafels, hot chocolate, chestnuts, etc. All the food is great, you just have to know where to eat it!

Finally, I would like to add that the sunny summer climate of Paris, and the smiles and education of French people, will make you never want to leave the city. My friendly advice is to wear your camera or phone with you all the time because everything is worth a picture!



## PADDLE ATTACKS

By Marta Rus  
Guillemat



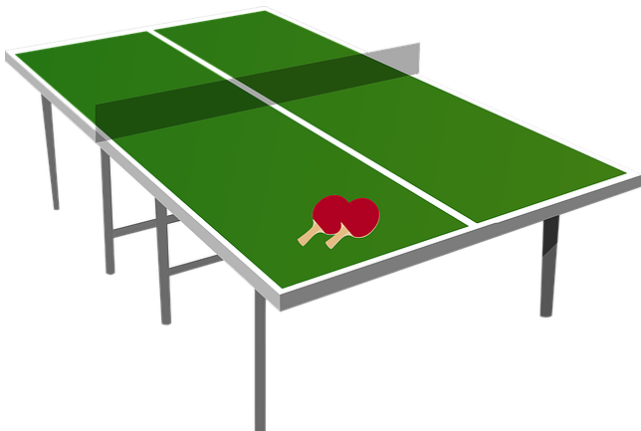
Now the paddle is one of the most played sports in Spain .

The paddle is played with a special shovel with a tennis ball and within a rectangular track. The paddle is played in pairs.

Some of the best players of paddle are:

- Fernando Belasteguín
- Juan Díaz
- Ale Salazar
- Marta Marrero
- The sisters Alayeto

It is very successful in Spain and Argentina . In the United States it is not as well known , but there are people who already play .



## WADA: READY TO INVESTIGATE ON DOPING OF RUSSIAN ATHLETES

By Alberto Barban



The World Anti-Doping Agency (WADA) affirmed that it will investigate the accusation made by British daily 'The Times' about the widespread doping in the Russian Swimming.

The British newspaper states that doping took place for many years in Russian Swimming and one of the examples used, is the case of Sergei Portugalov, a sport doctor banned by WADA for life for his role in a doping conspiracy in athletics.

However, these accusations are not based on concrete evidence and the investigation will have the goal to check them. Already in the past, the daily points out, there were two Russian swimmers whose positive tests for EPO, a banned blood-boosting hormone, in 2009 were hidden by anti-doping agency RUSADA because, as the report said, the responsible doctor supporting the blood test, had police protection.

Then, through the test made by WADA, it was discovered that other Russian athletes were found positive to doping substances and so, in the future, there will be more anti-doping test on Russian athletes.



# Sports

## Zinedine Zidane - Coach of Real Madrid



### By Borja Medina de las Heras

Zinedine Zidane is the coach of Real Madrid since January 4<sup>th</sup>, 2016 replacing the free space that left Rafa Benítez when he was removed.

Zinedine Zidane was born in Marsella in 1972, he is a former footballer and is considered one of the best footballers of all time. When he was a footballer he played as an attacking midfielder. First he played as a professional footballer in AS Cannes y Bordeaux, after he played in Juventus, and then he played for Real Madrid. He played with the French selection for 12 years and he won a World Cup and a European Cup. After this he stopped playing on July 9th 2006.

He started his career as a coach when he was named assistant coach of Carlo Ancelotti, after this he was named the coach of Real Madrid Castilla, and finally he was named the coach of the Real Madrid. With Zidane as the coach, Real Madrid is almost unstoppable. In 12 of 14 matches that they have played, one of the 3 attackers have scored a goal. For example, in the first six matches of this season Real Madrid has scored 23 goals.

I think that with Zidane in the lead Real Madrid can do a lot in the remainder of the season, even possibly win the championship.



## Maria Sharapova Caught for Doping?

By Silvia Martinez



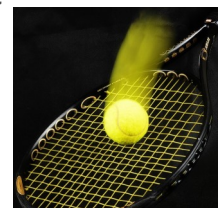
March 8<sup>th</sup> 2016 the famous Russian tennis player Maria Shrapova declared to reporters that she tested positive of Meldionium in the last control of the most recent Australian Open.

Before she declared that to the reporters of Los Angeles she said “I am going to make an important announcement” on her personal website. All of her followers thought that she was going to announce her retirement.

She said “I took this medicine for 10 years to prevent diabetes because I always got sick. Also because some members of my family had this illness and I already showed signs. But then the Tennis Anti-doping Program (TADP) made an investigation of this substance and they found out that apart from preventing diabetes it also favors the arrival of oxygen to muscles and also helps your concentration.”

Finally Maria Sharapova emphasized “I don’t want to finish my tennis career in this way. I know that there are going to be consequences, but I hope I would have a new opportunity to play tennis again.”

We don’t know how this is going to finish, but we think that as a case of medicating there is not going to be such a traumatic end.





# College Corner

## Biomedical Engineering as a Career

By Claudia Perez Garcia



Biomedical engineering is the application of engineering principles to the field of health care. A biomedical engineer may design instruments, devices, and software, bringing together knowledge from many technical sources to develop new procedures, or conducting research needed to solve clinical problems. Some examples may be artificial organs, devices that replace body parts, electrical circuits, software to run medical equipment, or computer simulations to test new drug therapies.

Biomedical engineering started during WWII when a group of biologists that were making advancements in radar technology started developing electronic appliances in medicine. A gap between new technologies and the next generation of biologist who didn't understand them needed to be filled, so doctors interested in engineering and electrical engineers interested in medicine became the first biomedical engineers.

And now you may be wondering where you can study biomedical engineering... Well, some universities that offer biomedical engineering as a PhD in the United States are Johns Hopkins University, Cornell University, University of Miami, MIT or even Harvard. There are also programs in Europe at the University of Navarra, Pompeu Fabra University or the Polytech University of Madrid in Spain.



# Technology

## Mobile World

### Congress 2016

By Oscar Becerril



As every single year since 2006, the MWC has been celebrated in Barcelona during the 22nd and the 25th of February. In this event, the main companies (Samsung, LG, Sony, Xiaomi...) announced their "top-of-the-line" mobile products for this year. These products are not only smartphones, but also they include smartwatches, tablets, wearables, Virtual Reality glasses and many more products.

This year's MWC, has led to very interesting products. Galaxy S7, the successor of the great Galaxy S6, is the best smartphone of all time for a lot of people. As some people usually say: "If it is good, do not change it". This is what Samsung did with their product: they just improved some defects of their last smartphone, and now, this is the closest device to be the "perfect device". But it has a not so perfect price, close to \$800.

In second place, and without making much noise in the event, Xiaomi has announced their new Xiaomi Mi 5. Maybe you have never heard about this franchise, but for sure it will be known by a lot of people soon. Their device, very similar in specifications to the Galaxy S7, and with some great features, is being sold about \$400 less than the Samsung device, nearly half its price.

Finally, I'd like to talk about the price that it costs to attend to the MWC. The cheapest ticket cost nearly \$800, while the most expensive one, is about \$5,000.

Now you know the main information about the Mobile World Congress, you can decide whether or not to attend next year. Until then, two more technology events will take place: the IFA in Berlin, and the CES in Las Vegas.





# THE FUTURE OF THE TECHNOLOGY: GRAPHENE

By Mario de la Fuente García

Graphene is a revolutionary material made out with a common element of our nature, which is carbon. In the case of graphene, carbon atoms are distributed in an isolated layer with a hexagonal pattern, which has demonstrated to be the key element of this shocking material. In fact, it is one million times thinner than paper, so thin that it is scientifically considered as a two-dimensional product.

The history of this astonishing material started many years ago, in the decade of 1940. The scientists of the Second World War and the Post-Second World War Era investigated graphene more rudimentarily than nowadays and came up with a conclusion: two-dimension materials have no physical chance to exist. However, this statement didn't stop the research, and many other independent investigators continued trying to isolate a single layer of graphene atoms, which was an actual challenge. Eventually, in 2002, a researcher from the University of Manchester, Andre Geim, discovered that applying tape to graphene and peeling it away could create thinner layers of this material. By 2004, he and Kostya Novoselov, his scientific mate, made public a big discovery: they have created a method to obtain isolated free-standing graphene layers. In fact, this discovery was so important that they received the Nobel Prize for it in 2010.

On one hand, this material stands out due to four characteristics: conductivity, strength, flexibility and transparency. In reference to the first characteristic, graphene is considered as a super-conductor, because it allows electricity and heat to flow with almost no interruption. In the aspect of strength, graphene is just shocking: the full weight of an adult elephant is needed to break a single layer of graphene. Apart from this, those bonds between the carbon atoms also claim a huge flexibility that gives this material the best relation ever seen between strength and flexibility. Finally, another important characteristic of this material is its transparency, as it absorbs just 2,3% of the visible light, which is a ridiculous number that means that you can see through it like you see through the air. But its best characteristic is not this, but is that graphene is auto repairable. As the main components are very abundant in the air, the carbon atoms that form this material would use the materials they find in the air to repair every damage. It means graphene is almost indestructible!

In fact, with all these amazing characteristics, graphene has a strong chance to become a revolutionary material in indefinite areas like solar power, transistors, batteries, cameras, cancer treatments or even in prosthesis. With all these characteristics, we can claim this is the future of technology!



## Technology

**PAYING  
WITH  
OUR  
MOBILE  
PHONES**  
By Die-  
go Garcia Lopez



Technology has developed a lot in the last years and one of these "inventions" or discoveries is the new way of paying. Nowadays paying with our mobile phones is very easy. You only need a mobile phone and an app.



If your bank has included this way of paying you will have this option. One example of this is BBVA, which has decided to join this smart pay. Some mobile phone companies have also followed this initiative for example: Apple with its Apple Pay or Android with Android Pay.

This "Smart Pay" works with NFC (Near Field Communication), a wireless technology.

A curiosity: The first Spanish bank that joined this initiative was BBVA (mentioned before), which launched its app "BBVA Wallet" in December 2013.

Now all the banks, companies, shops and others are joining this opportunity of changing the world and developing technology. This will make our daily lives easier.

We know that every time we go forward on this topic, the technological progress will be more useful to us.

# Fashion



What are you going to wear this spring / summer? Shorts? Or maybe short skirts? Keep reading and you'll find your look for more fashion this season.

By Alicia Gutierrez

These are the styles that take us into spring / summer:

Sailor: Do not forget the clothes with stripes, prints and anchors because you'll need them.

Logomania: The return of luxury brands.

Goddess: Do not forget to have in your closet silk fabrics and subtle pleated chiffon

Souvenir: postcard prints - typical garments achieve a very cosmopolitan outcome.

Romantic: languid straight cut suits and silk shirts.

Military: Give a martial air with hunting green, khaki and earth colors

Gypsy: A style marked by boat necklines and skirts full of movement.

Tribal: somewhat wild suede pieces, animal 'prints'

Bling Bling: clothing with rhinestones, 'paillets', sequins and metals.

These are the clothes that will give you a very chic look:

Bombers, oversized jackets, denim jackets, tops with ruffles, knit sweaters, cropped tops, white shirts, tailored skirts, tailored pants, night dresses, knit dresses, goddess dresses, boho dresses, shirt dresses, suede halter dresses, lace dresses in color, princess dresses, long skirts, pareo skirts, parachute pants, sweat pants, leather pants, oversize pants and swim-wear.

These are the colors that you cannot miss:

Cake, silver, tricolor, earth, white and black.

These are the prints you most see in the street:

Stripes, flowers, geometric, tropical, wild and pictures.

Finally discover the different effects:

Ruffles, pleats, grid and ties.

I hope these tips will help your look become more chic!



Dear reader,

Today I would like to talk about fashion.

Fashion is erroneously considered as something superficial, but it is a deep expression of ourselves. It is often associated with very expensive clothes and famous brands, but there is much more than that. It does not mean to follow the style imposed by the market, even if it is far away from our taste, just to be part of our community. When we go out we should feel comfortable and confident with our outfit, depending on our personality and the context.

I live in Italy and we take fashion very seriously. I personally follow a very simple lifestyle and I have a minimalist, clear-cut way of dressing. I usually wear a pair of jeans and a simple T-shirt. I really love big sweaters, hoodies and ballerina shoes.

Choosing the right outfit is not only important in our western society; in fact, in eastern and even in third-world countries the way they dress has a specific meaning too. Therefore, I'd like to share some general fashion tips: Never wear too many accessories. Only one can enhance our outfit, while more than three can be flashy. If we want to wear a colorful or extravagant piece of clothing, we should keep the rest of the outfit simple to reach harmony;

When we wear a baggy top, we should wear skinny pants, and vice versa;

It's not suggested to wear the same solid color, but combine different shades and never mix different patterns;

Many brands are producing sporty outfits, keeping an eye on style and fashion. The target is teenagers that go to school and need to feel comfortable and up to date at the same time.

Benedetta Rigotti



## The New Competence of Models

– Alba Robledo

It seems like in this new spring collection, models are going to sit back and watch... Watch digital versions of them doing their job! Brands are taking this new trend, and design by computer their models.



This new technology named beauty & fashion, creates mannequins for the new campaigns of several companies. The use of these models are just confirmed by Louis Vuitton and Benetton.

The French brand, has a very special character: Lady Lighting from the video-game Final Fantasy XIII. She's wearing runway fashion looks designed by Nicholas Ghesquière thanks to the collaboration of the digital creators Square Enix and designer Tetsuya Nomura.

Benetton doesn't have a specific model, but a combination of different ethnicities, nationalities and races in the characters. Multiculturalism has always been a stamp of the brand.



**Kendall, Gigi, Gisele...  
Be on guard!**



# Fashion

## The History of Trousers By Ines Ochoa Arizu

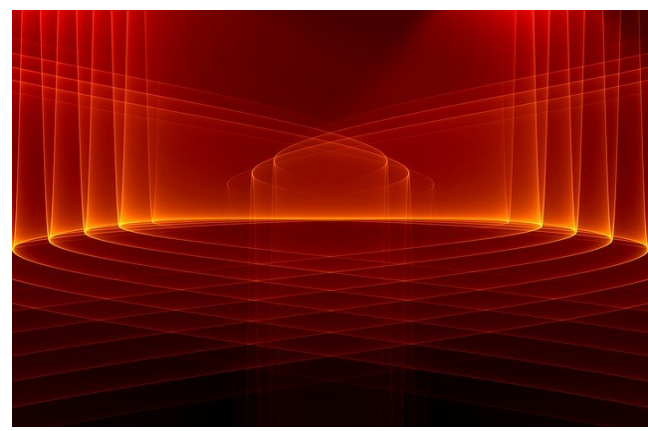


The name "trousers" is attributed to St. Pantaleon, physician of the fourth century and patron of Venice. Nearly four thousand years ago the nomads of Central Europe wore breeches tied at the waist. But the pants, as we know today, appeared in 1830.

Historically, in the Western world, women have worn dresses and skirts, while men wore pants. The writer Amantine-Lucile-Aurore Dupin, whose pen name was George Sand, started to wear trousers to travel the streets of Paris more comfortably. Women's pants have been changed a lot since then. From the widest and the tightest, through all the styles.

In the late nineteenth century, women began to wear pants for industrial work. Widespread activity of women wearing pants began during World War II. Women were needed to work on tasks previously only for men and they began to wear uniforms previously used only by men. They wore their husband's pants while they went to their job. Later in the 1960s fashion pants, special for women were made. Coco Chanel was the one who gave a feminine touch and popularized the "pant" in all social classes.

In the development of trousers all kinds of material have been used from silk, linen, leather etc. Tens of thousands of women worldwide wear pants each day without giving it any more importance than men. This garment has dressed small and great revolutions that have marked the route to the independence of women.



# Entertainment

## Broadway Musicals

### By Carolina Gorman Batllés

The most popular Broadway musicals are Cats, Wicked, Chicago, The Lion King, Les Misérables, West Side Story, The Phantom of the Opera, Cabaret, Mamma Mia!, Jersey Boys and Funny Girl.

Broadway started as a little theater in Virginia by the Hallam brothers, until in 1753, when they decided to move to New York and represent ballad operas, when it started becoming more famous.

Currently not all of the Broadway shows are musicals but most of them are very popular musicals that are watched by more than 10 million people and it increases every year. The Theater District is a popular tourist attraction in New York City. If you go to New York then you have to go to Broadway, don't you think?



## Japan: a beautiful island

By Gaia Ugolini

Japan is located in East Asia, in the Pacific Ocean. It's the tenth most populous country in the world. The Japanese territory is part of a large volcanic edifice whose most distinguished representative is Mount Fuji, the highest mountain in Japan. Much of the territory is characterized by mountains ranges alternating with deep valleys. I always wanted to visit this wonderful place for its nature and for its tradition.

My father showed me pictures of his trip to Kyoto, the old capital of Japan. The thing that most impressed me were the beautiful gardens near the temples. They had so many plants and flowers and they also were very clean. One example is the Sento Imperial Palace that was a palace for retired emperors, however it has been destroyed. Now it is a lovely garden where you can stroll among the nature of the place: lakes, streams and many different types of trees. Another attraction of Kyoto is Kiyomizu-dera Temple that, according to my father, it is the most beautiful temple in the city. I think it is very impressive: its main hall's large veranda extends right out over a precipice.

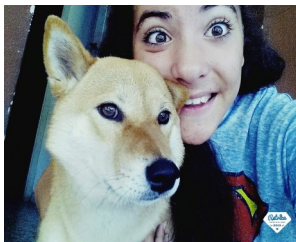
Tokyo, the Japan's capital city, is currently a constantly evolving metropolis but it maintains its tradition and historical sites as the Senso-ji, the Tokyo's oldest temple that was established in early 7<sup>th</sup> century. The National Museum of Modern Art shows how the city wants to strengthen its modernity and technology. The museum houses more than 12,000 items in its collection, with displays changing on a regular basis.

The typical Japanese dish is sushi that consists of a small mound of cooked vinegar rice and a slice of fish topping. You can buy fresh fishes, vegetables and fruits at the Tsukiji Market, Tokyo's central wholesale market. My dad has tasted many other Japanese dishes and is always amazed by their orderly presentation: the outer beauty concept in Japan is very important, as well as the cleanliness of the sites.

Another aspect of Japan to mention is the friendliness of the people. They are always helpful and for them to greet a person is essential: it is a form of courtesy and respect.

Japan is an island full of history and tradition but it pays attention to modernity too.

It's a country that cares about its places, enhancing its own nature.



## Interested in India

By Miriam Robledo



India is a country situated in the south of Asia of which I knew little about, that's why I decided to investigate about its culture and write this article.

Many languages are spoken in India, but 30% of the population speaks Hindu. The capital of India is Nueva Delhi. 80% of India's population is Hindu, but 11% are Muslims and some other people are Hindu or Buddhist.

India's history goes way back and so does its culture that is why they have so many traditions. For example to say hello, you have to put your hands together and tilt your head down. To get into someone's house or a religious place you have to take your shoes off. Women wear a sari, which is a drape tied around the waist with one end over the shoulder.

Some of the best well known Indian foods are butter chicken, tandoori chicken, Rogan Josh (red lamb) and Chole (chickpea curry).

Some well-known Indians are Mahatma Gandhi, Mother Teresa and Buda Gautama.

India has its own movie industry called Bollywood. In Bollywood movies, Indian dance numbers are always included!

I discovered a lot about the Indian world writing this article and I hope you got to learn something new too!



## SAUDI ARABIAN WOMEN, A STEP FORWARD TO FREEDOM

By Maria Fernandez



Arab countries had been known by their wars, fanatic religions and limits on women as well as other's restricted human rights. But in 2011, in Saudi Arabia the women are able to vote at least in the municipal elections.

This may not seem to be a very important change to us, in which country the vote, or even the act of driving are available to all of us, no matter our gender or sex, and are taken for granted, so even as the act of breathing. But in a country in which women are obligated to wear a veil called "hiyab" and in where the woman can do nothing without the permission of their counterparts, this is a huge step toward having equal rights.

This huge step wasn't possible without the law driven by the King of Saudi Arabia, Abdullah. This created a lot of controversy but the King Abdullah, then 87 years old, refused to take a step back. Women are now more able to take part in politics and this gives them hope.

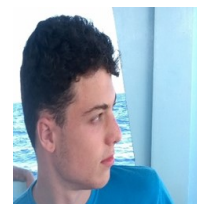
But now, with the hard situation with the Islamic state, western civilization has been left in the background increasing the problem of women.

This should not be so, and we must all be aware of the situation that these women are experiencing and do something about it.

Because everything we do, for as little as it is, matters.

## Icarus and Daedalus, a Greek Myth

By Sergio Perez



This is a wonderful story of the Greek mythology. It talks about Daedalus and his son, who were once locked in their own labyrinth. This story teaches us that disobeying can be a really bad idea.

"Daedalus was a really skilled architect, craftsman and inventor who lived in Athens. He was famous because he built Crete's Labyrinth and he invented underwater ships. He married with Ariadne and he had a child called Icarus.

The King Minos (King of Crete), who had offended King Poseidon, received as revenge that his wife, Queen Pasiphae, fell in love with a bull. Because of this love the Minotaur appeared (half human – half bull).

Minos asked Daedalus to build a labyrinth formed by lots of passages, which made finding the exit impossible. But Minos didn't want anybody to know about the way out, so he locked the architect and his son too.

They were locked there for a long time. Daedalus had an idea to escape. He created wings with bird feathers and wax, which could help them to escape from the labyrinth, flying. Before leaving, he told his son not to fly too close to the sun because the wax would melt and not to fly too close to the sea because the wings would get wet.

During the journey, Icarus first obeyed his father, but after a while, he started flying higher and higher, which ended up in his wings' wax melted. He fell to the sea and he drowned. After Icarus death, Daedalus arrived Sicilia, where he lived the rest of his life.

# Education

## MY GREAT CHALLENGE: BEO

By Jamie de Andres Lerma

My school Santa María del Camino will participate this year in BEO and I'm joining the competition!



### What's BEO?

BEO (British English Olympics) is an international competition celebrated in England formed by groups of children between 12 and 16 years of age from different countries all over the world which fight for the award cup.

This year is the first time Spain participates in BEO and our school has been chosen to represent our country.

Our team is formed by ten of us who are very excited and want to win.

The competition will take place between March 27 and April 10 in different British colleges all around England. We're staying in a college near Brighton in the South of England.



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This year's contest revolves around a theme: "Be Inspired and Inspire" and there are different topics based on this theme which we will be evaluated.

-TED TALK PRESENTATION: a presentation which wants to involve others in gratitude and acts of kindness.

-WORLD TRAVEL MARKET: to present a country unknown to us: Singapore.

-BEO DEBATE: will become teachers in Singapore and will discuss a theme: "Educating for the Future"

-SONG CONTEST: we've had to write a song about emotions.

DRAMA FESTIVAL: we'll have to represent a theatre play about helping people selflessly that you don't know.

Depending of the evaluations we get we'll move to semifinals and reach the final.



# Environment

## AFTER A THOUSAND YEARS...GRAVITATIONAL WAVES

By Sara Varljen

On February 11th, 2016, at a National Science Foundation meeting in Washington D.C. physicists announced a discovery that proved a hypothesis made by Albert Einstein a century ago: gravitational waves, ripples that stretch and contract space-time. A US-led collaboration of scientists has been measuring distortions in space-time for decades using a complex and sensitive instrument known as interferometer. The event that caused the distortion that was detected in this case was the collision of two giant black holes at a distance of about 1.3 billion light years from the Earth.

LIGO interferometer, which is the protagonist of this discovery, is made up of a building and two 4-kilometer-long tubes connected to the building and perpendicular to each other. A laser beam is split and directed down the tubes from the building; at the end of the tubes there is a mirror that reflects the rays back to a detector inside the building that can identify distortions 10,000 smaller than a proton. When there is a gravity wave, the two tubes are slightly stretched or contracted, so the twin beams are not aligned as they were before the distortion and therefore it is possible to detect the wave.

But what does this discovery mean to physics? Is it really important? Of course it is! First of all, it is a convincing evidence that confirms important predictions of Albert Einstein's theory of General Relativity. Moreover, as theoretical physicist Stephen Hawking said "Gravitational waves provide a completely new way of looking at the universe, the ability to detect them has the potential to revolutionize astronomy." The technology used for the measurement also opens up many new possibilities that were almost unimaginable a few years ago. Although this event might not seem important to our everyday life, scientists' view on cosmic phenomena has considerably progressed.





## Life begins and ends with the heartbeat; the most perfect part of ourselves

By Miriam Lopez Expósito

The heart is the part of our body that sends the blood into all our cells to keep us alive. It is located in the middle compartment of the mediastinum in the chest. It lives since our birth and until our death. But it's not only the most important part of our body, it's also the symbol of love, the emotion that provides ourselves of happiness or why not, sadness. But there's people that don't know the awesome jobs of this organ.

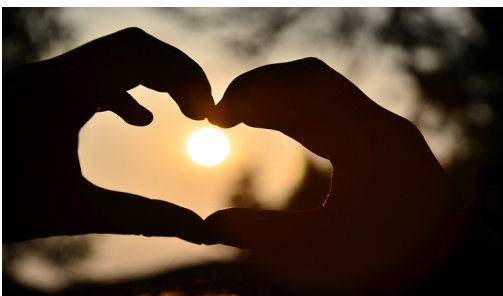
This beautiful muscle rhythmically pumps oxygenated to the body tissues. And it does so without rest about 80 times per minute. This action is done after we were born in the placenta. "So during one day, an average of 100,000 beats pumped around 8,000 liters of blood" (Texas Heart Institute).

If we close our fist, we can find the approximate size of the heart. Sometimes it's hard to think that in this insignificant part of our big body there's an indispensable organ that does more jobs than all the other parts of our body. It would be strong enough to push a vehicle 32 kilometers!

But also this perfect organ, can produce several problems. 7.2 million people have died of heart disease. In the United States, heart disease is the leading cause of death of men and women with almost 700,000 lives taken in a year. Risk factors include atherosclerosis, diabetes, obesity and lack of exercise, high levels of LDL cholesterol and hypertension.

This organ is the place of the deepest feelings, the barometer of our emotions. From that point of view, the affections of the heart and circulatory system are manifested in people with emotional problems and difficulties expressing love. Although it's only a symbol of what we feel, we see the heart like a special part of ourselves, because it allows to feel.

Let's say that the heart is the engine of life and emotions are its fuel. Can you imagine that instead of a heart of muscle you have a machine heart? This would be a very good discovery for a technologist or scientific person, because the machines don't stop working, but where will be our feelings be?



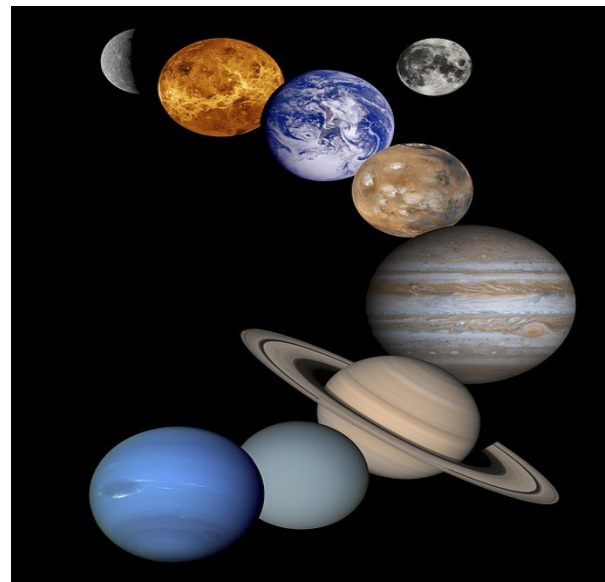
## New Planet Found in the Solar System By Miguel Lopez

Two scientists of Caltech have discovered a new planet beyond Pluto in the Solar System

These scientists (Michael Brown and Konstantin Batygin) found that some objects in space beyond Pluto, had a strange behavior and they determined that there was an object with a big gravity, a planet.

The ninth planet is 60% larger than Earth and 1200 times farther from the sun than the Earth. The orbit of the planet is more or less like 15000 Earth years. All this information is only mathematics because they haven't seen the planet because of the distance.

This important discovery has a very important effect in astronomy because it is the 3<sup>rd</sup> real planet discovery since the antiquity.



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of The Dual Diploma Times!

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