

EOI "MAR DE VIÑAS" TOMELLOSO

Con la colaboración del alumnado y profesorado del Centro



TOMELLOSO IS NOT SPAIN... OR IS IT?

Last Tuesday at 12 o'clock in the morning a Tomelloso police officer was astonished when he realised the man who was standing at the door of the local Police Station was the former president of the newly undeclared Independent Republic of Catalonia, Mr Carles Puigdemont.

By Vicente Becerra

The alleged former president, currently wanted by the Spanish authorities and supposedly fled to Belgium, was accompanied by a well-known neighbor of this town, bringing with them a banned flag known as the "estelada". The local policeman could not believe his eyes when former president declared he had come to surrender to Spanish authorities and to stand before the judge. After a few moments of confusion, everything became clear.

Sometimes appearances can be deceptive, or so it seemed, because everything was the result of a prank starring one of the members of the local club "The Canuthi" who, after the filming of their Christmas spot, in which all of them were disguised as different characters of today's political scene, decided to take the hoax further and start this funny event that puts this small Manchegan town on the world map, crossing national borders and awakening international interest.



Christmas time...

again?

Christmas is coming. Whether you like it or not, Christmas is coming and nobody can prevent it. Do you like Christmas or do you hate it? Because there is no place in the middle.

By Pilar Navarro

Not long ago, Christmas was the date when members of the family got together and celebrated Jesus Christ's birth. However the core of this celebration, the religious aspect, has been disappearing over time to make room for consumerism.

Nobody can imagine Christmas without shopping: people buy presents, decorations, food... and it does not matter that the prices at this time of the year are much higher. So much so that people are able to go into debt instead of not buying a present for their parents, siblings, friends... because if you do not buy them a present, it means that you do not love them.



Why? Why should I buy a present if I do not have enough money or if I do not feel like it? Why should I feel happy if I have a lot of problems? Why should I wish Merry Christmas and Happy New Year to the people I do not get on well with? Only because it is Christmas time?

Let me say that I do not understand, sorry.

THE BODINES



Consisting of Mike Ryan, Paul Brotherton, Tim Burtonwood and Paul Lilley, this band emerged from Glossop (England), near Manchester, in 1985. Fronted by Ryan, the Bodines's debut album *Played* (Magnet Records) became one of the best albums in the UK album chart in the summer of 1987. This music band is considered as a british indie pop-rock band.



In addition to this, the single *Heard it all* (Creation Records, 1986) was included in the Bodine's album *Played*, which represents a perfect hit in its discography.

This song talks about a close friendship. Nevertheless, as time goes by, it was spoiling.

Heard it all lyrics[1]

At first we were friends,
then we were enemies.
Now it ends.
We're back to familiar faces again.
I can't see an end
to this anonymity
toward which
people say we tend.
Incline my head to avoid your gaze.
Hear ye damn me with faint praise
but in your subtlest of circles
you may find that it pays.

It's changed,
it's different now.
The seasons come and go
and nobody told me.
How it gets different now,
just sit and frown
while the words disown me.
How then can hell be compared to limbo?
Hour after hour by the phone and the window,
my hands could write a recompense.
Up in arms to come to your defense
for all the things
it might incur.
There's two or three things
that I know about her:
when you think she's lonely
you phone just to make sure.

It's changed
it's different now
The seasons come and go
and nobody told me.
How it gets different now,
just sit and frown
while the words disown me.
Sorry, it had to be you again old friend,
fallen onto harder times again.
I'll see it through to the bitter end.
This is bitterer than I can stand.
Heard it all now (7),
I've heard it all now.

*Al comienzo, éramos amigos,
después fuimos enemigos.
Ahora termina.
Volvemos a ser caras familiares de nuevo.
No me imagino el final
de este anonimato
hacia el cual
la gente sabe que nosotros tendemos.
Inclino mi cabeza para evitar tu mirada.
Escucho que me condenas con un leve elogio,
pero en tus círculos más sutiles
puede que encuentres que se sufre.*

*Ha cambiado,
ahora es diferente.
Las estaciones van y vienen,
y nadie me lo dijo.
Cómo se escucha diferente ahora,
solo queda sentarse y poner cara de desaprobación
mientras las palabras reniegan de mí.
¿Cómo entonces puede el infierno ser comparado con el limbo?
Hora tras hora al teléfono junto a la ventana,
mis manos podrían escribir una compensación.
Levantado en armas para salir en tu defensa
por todas las cosas
en que es posible incurrir.
Hay dos o tres cosas
que sé sobre ella:
cuando piensas que está sola
telefoneas para estar seguro.*

*Ha cambiado,
ahora es diferente.
Las estaciones van y vienen,
y nadie me lo dijo.
Cómo se escucha diferente ahora,
solo queda sentarse y poner cara de desaprobación
mientras las palabras reniegan de mí.
Perdón, de nuevo tenía que ser tu viejo amigo
atravesando momentos difíciles otra vez.
Lo veré a través del amargo final.
Esto es tan duro que no lo puedo soportar.
Ahora se entendió todo,
ahora lo he entendido todo.*

[1] If you want to listen to this song, click on https://www.youtube.com/watch?v=FkI_sHs1RrU .

How to combat the indigestion of Christmas

There are no miracles in the nutrition world. To lose weight you need to combine diet and exercise and keep away from magic diets that promise that you'll lose weight lying on the sofa.

We all know that the first day of each New Year is when we start to feel regrets about how much weight we have put on over the last two weeks.

But you don't have to worry about that weight gain as you only have to follow some easy and simple advice to get back to your pre-Christmas weight (I mean your right weight before Christmas time) without any great efforts.

First, the most important thing is to have five daily meals based on salads, vegetables, low-fat yogurts, products without fats, etc.



Second, don't eat saturated fats. These types of fats are present in industrial pastry, the oily part of meats, fried food, etc., so you should avoid consuming them as far much as possible or, if you can't eliminate saturated fats entirely, use them in moderation.



Third, in addition to the fats, it is also necessary to be careful with the carbohydrates. It is important to consume them but be careful because if you do not do any exercise later, this one can play tricks on you and manage to turn into fat accumulated in your body.



Finally, besides being careful about food, it is also important to do some sort of exercise; because as many diets that you do, if you don't do anything of sport, you don't have anything to do. Among all exercises and sports that you can choose, the best way to start lowering weight is with aerobic movements such as swimming, walking, cycling or running.

