

THE LITTLE GROUP THAT COULD

ENGLISH THIRD YEAR NIGHT SHIFT



June 2019

To travel far, there is no better ship than a book.

Emily Dickinson

SUPERVISED BY: RIGOBERTO MORALES M. A.

1.50

Table of Contents

President's Message.....	3
Editor's Message.....	3
Banapiña a hope for Baru.....	4
Public Market.....	5
Recycling.....	6
Bad habit of Panamenian Adopted.....	7
An understimated extinction.....	8
Black Holes.....	9
Get Together.....	10
Plagiarism in college.....	11
Anniversary of English school.....	12
Black Ethnic.....	13
Recipe.....	14
Religion freedom.....	15
Fine Arts.....	16
The Pier of Baru.....	17
Happy Monkey.....	18
Common English Proverbs and Idioms.....	19
Farewell.....	20



President's Message

JAZMIN SANCHEZ

The feeling of satisfaction of being able to finish this project is something that fills my hearth with happiness. From the start of the project it sounded hard to reach, and that the road to the final line was going to be really difficult for us. However we managed to use and improve our ability in every area we know. We had to improve our grammar and our writing skills such as others.

Working in a group is not always easy, but as a group we managed to climb that high mountain to get this project done. With our minds and heart at ease knowing that we did the best we could. In the road we learned that there is still a lot that we need to practice and experience. And that this challenge was nothing, but a way to motivate us to improve our knowledge, and I feel glad that we as a group decided to take that challenge, and we did overcome it. The experience we gained from this project will remain in us forever.

I feel honored to present this newsletter to you, my dear readers. A small combination of our effort, our loved city, and small touch of the world we live in, and I hope you enjoy your travel through this newspaper just as we did.

The University Extension of Barú was created by academic agreement No. 33 of September 22, 1993, of the University of Panama.

In academic agreement No. 17 of May 18, 1994, which approves Resolution No. 4-94, which officially establishes the creation of the University Extension of Barú, commencement of work (pre-registration process and presentation of pre-admission exams) in the month of January 1994, under the coordination of Professor María Corina Smith of Cardonamás, at the facilities of the Puerto Armuelles High School. This House of Higher Studies was a dependency of the University of Panama, whose rector at that time was Dr. Carlos Ivan Zuniga.



Editor's Message

CRISTIAN LOPEZ

First of all, we want to thank you for buying this edition of the Cruba newsletter. It was a challenge to carry out this project given the few members that we have in our group and a big thank you to Professor Rigoberto Morales for the supervision and guidance he provided throughout this project. This edition has scientific information that has had great relevance in recent months, issues of great importance that the community suffers from the lack of awareness of the inhabitants and in addition to the natural disasters that have affected our community. It also contains the tourist and commercial areas, as well as interviews with characters that have influenced many people and have helped in some way to the development of this community. Without more to say, we hope you enjoy your reading.

Banapiña

A hope for Baru



By: Niurka Gonzalez

Baru zone has been for about one century a pioneer land in banana production. Chiquita is a well-known brand around the world. In Panama Chiquita bananas were produced by the United Fruit Company, later also called Chiriqui Land Company. But this is a tale of the past. The Company stopped production about fifteen years ago and Cooperative Coosemupar was committed to continue the production, but they could not achieve the goal. Finally, banana production stopped completely and for more than a decade the people has been living difficult times and waiting for that days of prosperity to come back to Puerto Armuelles.



Interview With the manager of Banapiña

Name: Ramón Macías

Position: Administrative Manager, Lawyer, Human Resources and Labor Relations



Banapiña is the registration name of Del Monte Company in Panama, which will be dedicated to the cultivation of bananas in Barú and pineapple in the East of Chiriquí.

The Banapiña company started working with about 50 workers on March 12, 2018 in Mango and Jobito farms.

It currently has 462 employees working on 750 hectares. However, it is expected that in 4 years when the total production is reached there will be about 4800 people working.

Currently of the 750 hectares, 400 are in full production. 3840 boxes are packed per day representing 4 containers. One hectare can produce 3600 boxes in a single cut, which is excellent.

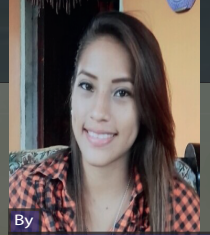
The initial contract is for 20 years extendable to 40 years if the company wishes so.

The benefit is direct for the 4800 people who work in the field and the other 400 people of administrative staff whose families will also be benefited. Therefore, we are talking about 10,000 people, businesses and many other areas that will be benefited thanks to the presence of this company in Panama.

The Banapiña company also has as one of its goals to provide social assistance in the improvement of the district.



PUBLIC MARKET OF PUERTO ARMUELLES



By
Karolyn Vasquez

From the beginning, the market was a place where people would go to buy and others to sell many products, some of them vegetables meats and fish. In the start people could go and find everything in one place, over time the market was deteriorating or people no longer attended because there was no longer the same income as before, also because many of the people emigrate from Puerto Armuelles since there are not many places to work at. The closing of the market occasioned that all the products that were sold there, people have to sell them on the streets, to date people keep doing it since there is no specific place to sell them. Thanks to the new initiative of the government, a new market is being rebuilt, which can again make it easier for people to buy everything in one place.

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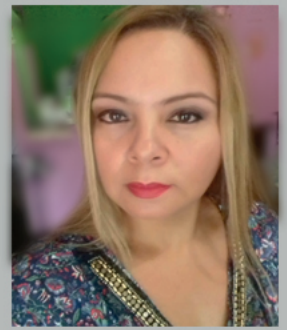


Recycling

Recycling is defined as the process whose objective is to convert waste into new products or raw materials for later use. In Panama there is a big problem with the pollution generated by garbage, it is considered the second Latin American country with the highest production of waste. In view of this problem, the Panamanian government launched environmental programs such as "Garbage zero", "Guardians of the environment", "Globe". These programs promote recycling in industrial and residential areas, consisting of garbage collection in areas contaminated by waste and the separation of materials for recycling. In our community, recycling is not a priority for many people, since in many places you can see how garbage is thrown away without being separated. In some schools in Puerto Armuelles, a recycling project was proposed that consisted of classifying trash like paper, plastics and glass containers for recycling. However, it was a total failure since the students and teachers did not take their importance at that time. On the other hand, there was a success in the art with recycling, in many schools you can appreciate the crafts with recycled materials, such as plastics and tires, even sculptures. In supermarkets such as Romero and Super Puerto Armuelles, the use of reusable bags for consumers has been implemented to avoid the use of polyethylene bags that are discarded daily in large quantities. In addition, plastic bags are being removed from the supermarkets to only use reusable bags. The benefits of recycling are many, such as the preservation of natural resources, the reduction of pollution, saving energy and saving oil. By recycling, we avoid the unnecessary felling of trees for the manufacture of paper, we reduce the pollution that affects our fauna and flora. If it is not recycled as it should, it would cause the death of many living beings and the spread of diseases due to the bad state of the ecosystem and, of course, the deterioration of our ozone layer due to the emission of toxic substances such as the gases generated by the trash.



By
CRISTIAN LOPEZ



By: Niurka Gonzalez

Littering, Panamanians' bad habit.

This is a habit that the Panamanians have adopted, and that habit affects many people. Sometime people are driving their cars and at the same time, they are throwing garbage in the streets. Other people collect garbage from their homes, then they go to places where nobody sees them and throw the garbage. Many times this garbage produce bad odors that pollute the environment. Sometime some people throw appliances that they don't use on the banks of the rivers or drainage channels. It is very common to see people eating something, and then litter garbage anywhere. Here in Puerto Armuelles I have seen some places that people have taken as garbage dumps. Government workers have placed baskets to throw away garbage, but people prefer to litter garbage on the streets or outside the basket.



Puerto Armuelles is a place very visited by people from other countries. Have you ever thought about what every foreigner who visit Puerto Armuelles, and look at the street and the beaches with full of garbage would think?

The earth is the habitat of every living beings, also seas and rivers.

For this reason, we must put an end to this bad habit because this brings serious consequences. Some consequences that this bad habit brings are that we pollute the environment and breathe contaminated air that affect our health. Also many marine animals die because people throw garbage in the rivers and seas.

The rivers and drainage channels are blocked when people throw garbage and this in winter weather cause floods.

This article was written with the purpose of making the population aware so that this bad habit may ends because the earth is our habitat and we must protect it.

AN UNDERESTIMATED EXTINCTION

Bees are one of the most important animals but they are a bit underestimated, Bees help to pollinate a process where the animal takes the pollen from one flower to another flower, and help them to breed and that is why they are fundamental for our ecosystem. but lately it is alarming how fast they are extinguishing.

Bee extinction – Why would it affect us?

As the University of California – Berkeley says Out of the 100 crop species that provide us with 90% of our food, 35% are pollinated by bees, birds and bats. It's that simple.

Bees are the primary initiators of reproduction among plants, as they transfer pollen from the male stamens to the female pistils. Why are bees endangered?

Bees are going extinct mainly because of two reasons: pesticides and parasites.

Effects of bee extinction on human life

Less production of food crops will ultimately lead to worldwide famine. Hunger and poverty will be very common. Freshwater will start drying up as well as, as there will be less trees for water retention to occur. With less water and diminishing food, humans will die of thirst and starvation. Fertility would also suffer a setback, followed by a drop in the rate of reproduction. Ultimately, we wouldn't be able to sustain and would be forced into extinction within a few hundred years.

The tragic irony of this is that by killing bees, we're only hurting ourselves. Our survival depends on the health of the planet and its species, and unless we begin to face this fact, we will continue to contribute to our own demise. Unless we take drastic measures to save the bees, the planet's survival is in doubt.



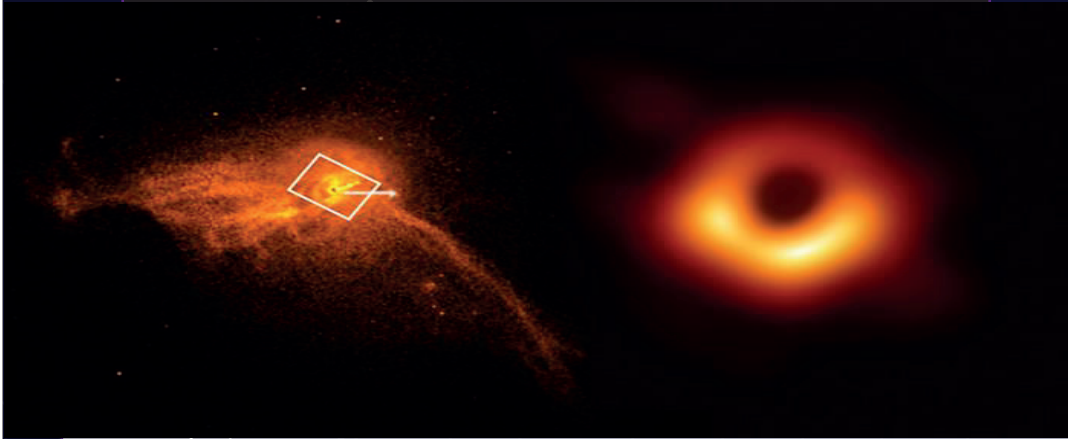
*If we die,
we're taking
you with us.*

The extinction of bees would affect in a huge way the capacity of food production, affecting different sections of the population. From families that consume food to subsist to the economic balance of our town. Being Puerto Armuelles a small but beautiful city we should try to preserve its nature.



By
Jazmin Sanchez

Black Holes



In the month of April, there was a topic that was discussed a lot on social networks and the news of the country, black holes. A subject that I did not know much about and I saw many people talking about this topic. So it called my attention and I began investigating a little about what are black holes and why it was suddenly a world trend. And I want

to share a brief summary of how works this spatial phenomenon that devours all the matter around it. A black hole is a massive mass with a gravitational field from which no particle can escape, even light can not. A characteristic of black holes is that they are capable of emitting a type of radiation, called Hawking radiation. This radiation is a set of stellar gases and dust that revolve around the central object that will eventually be swallowed and added to the mass.

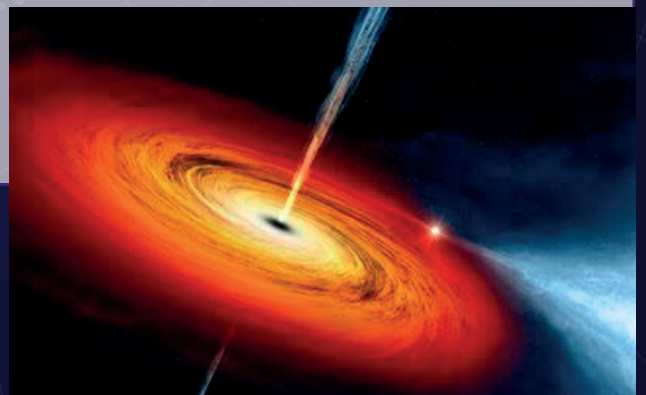
Black holes are formed from the death of a massive star that is 10 to 25 times the mass of our sun. After billions of years, the gravitational force of this star begins to exert force on itself forming a concentrated mass. This process transforms the dead star into a white dwarf that continues to push its gravity to the limit to the point where the force of attraction is equal to the escape velocity, which means that the speed of light could not escape its gravity.



There is a lot of speculation about the functioning of a black hole, what happens to the matter that is absorbed? It is taken to another place or simply disappears. As everything that enters the horizon of events can not come out (the event horizon of a black hole is the point of no return, i.e. everything that enters is trapped in that singularity), you can not know exactly what happens with that. What is known about a black hole is that it is not something physical or substantial simply an empty space in space with a circular shape. In addition to its accretion disk, which is the matter that revolves around the black hole that is absorbed by it.

On April 10, 2019, the first image of a supermassive black hole located in the center of the galaxy M87 was revealed 55 million light-years from ours, with a mass 500 million times greater than that of our sun. This image was taken by the Horizon Event Telescope. But for this, it was necessary to connect all the

telescopes of the world that called the combined network of the event horizon (the event horizon of a black hole is the point that there is no return, that is, everything that enters is trapped in that singularity).



By

CRISTIAN LOPEZ

GET TOGETHER

The get together is organized every year by the fourth year students of the English school in the month of June. Each year a different theme is chosen from which they will focus, this activity is only done in the English school and only the students participate. Last year it was held on June 28 at 7:00 PM at the San Antonio School. Students had to present different activities such as stand, perform choreography, a drama or sing, also a small review of the topic that corresponds to them. This is an activity seen by many people who do not belong to the university since it is an activity where anyone can attend. In this activity, students show their skills and abilities in singing, dancing or dramatization.



Jacqueline Strickson
Professor at Cruba



By
Karolyn Vasquez

PLAGIARISM IN COLLEGE

Plagiarism is the act of quoting material without making reference to the source creating false impression of our authorship of such text. There is no argumentative defense to justify the act of plagiarism with expression like “I forgot.” Or “it is only a rough draft.” Or “I did not know it was plagiarism”. The act of quoting material without making reference to his author is sufficient to convict someone of plagiarism. The subject of plagiarism in college is rarely discussed in legal journals and law textbooks. Plagiarism is wrong because reputations in academia are made on the basis of creating new knowledge: discoveries of new facts, new ways of looking at previously know facts, original analysis of old ideas, and new perspectives in science. A plagiarist receives credit for expression or analysis that was improperly taken from someone else. This way, the plagiarist commits the crime of fraud by claiming the work of other people as his own work.

In our country, we tend to see plagiarism as something culturally expected and accepted, especially in college where professors tend to be very tolerant of such acts. Laws in civilized societies regard intellectual property as important as any other property of his author. A fundamental goal of education is to produce students who can evaluate ideas by means of analysis, and who can produce significant original thoughts. Plagiarism is simply repeating words or thoughts of other people, without adding anything new. Therefore, submitting a plagiarized paper, in addition to the wrongful conduct, does not demonstrate the level of understanding and skill that an educated person is reasonably expected to have, especially someone who is about to be granted a college degree.

Plagiarism in minor of cases can be the quotation of a sentence or two, without quotation marks and without a citation or a footnote to the true author. In the most serious cases, a significant fraction of the entire work was written by someone else: the plagiarism removed the true author’s name and presents it in own name, perhaps re-formatting of the text, then submitted the work as a term paper or essay, or as a requirement for a degree like a thesis or dissertation. In order to avoid plagiarism when using another person’s words, a conscious writer must always provide a citation or footnote indicating the author of the idea. It is also advisable that the cited words are indented and put between quotation marks. Using italics is another way of indicating such action. This reference to the use of people’s ideas is called indicia of a quotation. Bear in mind that you look as bad taking other people’s ideas as when you take other people’s properties because they are not yours.

The main ideas of this text were taken and summarized from an academic paper titled Plagiarism in USA Colleges by Ronald B. Standler 2000.



By: Professor, Eliseo Pitty
Professor at Cruba

Anniversary of the English School



Since its beginnings in 1995, the Regional University Center of Baru (CRUBA) has been fulfilling its mission to prepare professionals in the various areas of academic training that the region needs.

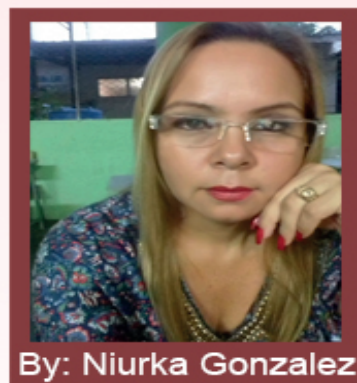
Not only because it is a coastal area with possibilities for tourism development, the inhabitants of Baru require knowledge of the English language, whether to work in private companies or in any state institution. However, the area demanded the preparation of professionals in the English language.

Responding to this need, on March 17, 2003 the CRUBA opened the English School with 44 students, the coordinator of that first year was Professor Edwin Samudio. Then the school was in charge of Professor Jeremías Pimentel, then Professor Rigoberto Morales from 2007 until 2009. Professor Tecla Elizabeth Williams Cerceño was the coordinator for 10 years. Currently, the English school is coordinated a new by Professor Rigoberto Morales

Each year students and teachers of all grades of the English school celebrate the anniversary with various activities. Last year, in 2018, the commemorative activities were carried out in two days beginning with a mass at the Catholic

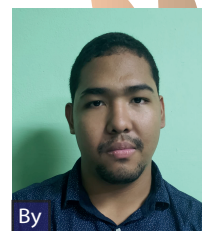
Church of Puerto Armuelles, then a walk through the main streets of the town to finish at the park. The professor in charge Rigoberto Morales took the customary address at the local radio station with some students. In the afternoon, there were recreational activities in the gym. The following day, gift baskets were delivered to some mothers in the Dionisio Arrocha hospital. Later interesting seminars were presented in the CRUBA auditorium by Laura Layton volunteer of the Peace Corps with her seminar on phonetics and Professor Eliseo Pity with his seminar on grammar. Finishing with a dinner for all the participants.

Thanks to this educational initiative, many who were students are now professionals in the English area and today they have a job and teach their knowledge to children and young people in different teaching centers.



By: Niurka Gonzalez

BLACK ETHNIC



By

CRISTIAN LOPEZ

On May 30 is celebrated the day of the black ethnic group nationwide, this festival was born thanks to an Afro Panamanian from Puerto Armuelles named Claral Richards Thompson.

Thanks to him and the legislator Osman Gómez, who promised in his electoral campaign to bring before the assembly the preliminary bill for the commemoration of black men and women. Thus, on May 30, 2000, the national day of the black ethnic group was officially established. Our community celebrates with many festivities throughout the month of May, definitely the most notable



Claral Richards Thompson

is the parade that takes place in the city of Puerto Armuelles

where all the afro-descendant come to parade with their Afro-Antillean dress, which is characterized by its mixture of style tropical, geometric and animals. The cultural contribution of the Afro-Antillean community in Panama is of great importance, many of our typical foods and folklore are derived from Afro-Antillean culture. In addition to the economic contribution that this community has contributed and favored the development of the nation in vital projects such as the construction of the transisthmian railway and the Panama Canal.



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Patacones filled with shrimp is a delicious menu that becomes part of the gastronomy of our country. In the district of Puerto Armuelles, you can find restaurants where they offer menu based on seafood. Puerto Armuelles is a place where fishing is practiced for this reason the seafood is included in the traditional dish of this district.

INGREDIENTS:

Kosher salt

Juice of 3 limes

4 green plantains, peeled and sliced into 1-inch pieces

Canola oil, for frying

1/4 cup extra-virgin olive oil

1 large yellow onion, finely diced

1 Cubanelle pepper, finely diced

1 red bell pepper, finely diced

6 cloves garlic, minced

1 pound medium shrimp (about 20), peeled, deveined, tails removed and split lengthwise

2 tablespoons fresh oregano, finely chopped

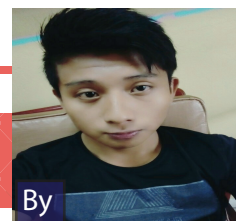
Freshly ground black pepper

1/4 cup fresh cilantro leaves, roughly chopped, plus additional whole leaves, for garnish

Patacones filled with shrimp

DIRECTIONS:

1. Preheat the oven to 250 degrees F. Line one baking sheet with a kitchen towel and another baking sheet with a cooling rack.
2. Combine 4 cups of water, 2 tablespoons salt and the juice of 1 lime in a large bowl. Add the plantains and let sit for 15 minutes.
3. Pour about 2 inches of canola oil into a large Dutch oven or heavy-bottomed pot. Heat over medium-high heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F.
4. Transfer the plantains to the towel-lined baking sheet using a slotted spoon; blot dry with paper towels. Fry in batches until the outsides are light golden brown and the centers are tender, 6 to 8 minutes. Remove to the rack-lined baking sheet using the slotted spoon.
5. When the plantains are cool enough to handle (after 2 to 3 minutes), use the bottom of a can to flatten each plantain to 1/8 inch thick. Check to make sure that the canola oil is still at 350 degrees F. Fry the flattened plantains in batches until crispy and golden brown all over, 3 to 4 minutes. Remove to the rack-lined baking sheet with the slotted spoon. Generously salt the fried plantains and transfer the baking sheet to the oven to keep warm.
6. Heat the olive oil over medium-high heat in a large skillet. Add the onions, Cubanelles and red bell peppers and cook, stirring constantly, 2 minutes. Add the garlic and cook, stirring, another 2 minutes. Add the shrimp and oregano and sprinkle liberally with salt and pepper. Cook, stirring constantly, until the shrimp turn opaque and are just cooked through, 3 to 4 minutes. Turn off the heat and stir in the remaining lime juice and the chopped cilantro.
7. To serve, top the tostones with a portion of sofrito and shrimp. Garnish with additional cilantro leaves and serve with lime wedges.



By

DIEGO BONILLA

FREEDOM OF RELIGION

We live in a country of freedom, and one of our human rights is “Freedom of Religion” Now days religion has become a polemic topic for their differences, but now I want to talk about one in specific. Seventh-day Adventists. One of their beliefs is that sabbath start at sunset of Friday. Sabbath is the day of worship. Its not allowed to work in any way, to study or to attend to a party or wedding as examples. So how does an Adventist student do to attend to classes on Friday’s night shift or sometimes on sabbath? They don’t attend to. There are some things that should be clear out and of them is that Adventist do not follow a Priest, they follow what is written on the bible. They cannot ask for permission.



Also, there is “Academic Freedom” that right allow the professor to manage their classes as they desire. But what do they do if they personal opinion goes against a student’s Religion? It is true that some people could think of it as favoritism because the student is not attending to classes on Fridays, but still it is their right to worship the religion they want. There are cases of persons like Ana Rosa Zeledon Umaña, Student of UCR Universidad de Costa Rica. She started a lawsuit on 2002 against the university because her religion freedom was being violated. She had to repeat 2 years of biology because she did not attend to laboratory classes on sabbath. In the end she won the lawsuit. But still she lost two years. Everyone’s rights should be respected, and religion freedom is as important of any of the rest.

“We have no right to prejudice another in his civil enjoyments because he is of another church.”

— Thomas Jefferson



By
Jazmin Sanchez

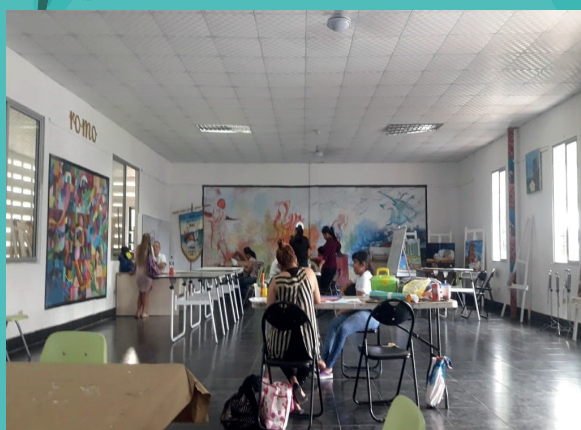
BELLAS ARTES



I love art and I think that through art, we can transmit our feeling and culture. In Puerto Armuelles there is a place where the artist is born. For this reason, the school of Bellas Artes is full of painting, colors, creativity, and students that wish to learn and develop their skills in paint. In fact, I participated in a course in 2013 and my experience in this place was amazing because I did my first paint on canvas and I discovered new technique in Bellas Artes. Nowadays National Institute of culture, it offers services at the technical level higher at all the students who are interested not only in art, as well, folk music, and drama that are given in Puerto Armuelles. Its

mission as an institute is to train students and teachers so that they can acquire the necessary knowledge and continue their career as a painter or a teacher.

The school of Bellas Artes was founded in Puerto Armuelles in 1993. Under the supervision of professor Berisimo Castillo in 1998, it increases to technical artistic plastic and had the first graduation of three-level graduates. Moreover in 2000 this increase to higher technician also the little in technique superior with plastic arts. This year the school of Bella Artes has registered fourteen students in the first year of school, in the second year, it has two students, three years two students. And in course core nine students.



CARLOS MIRANDA

Teacher Carlos Miranda comment: This year we give a program to open music projection courses under the supervision of professor Mario Castillo. Also opening a compass to the folklore with the hope that people sign up as a group of school projection and helps have a registration to choose in the later years and free course for children and adults in the area of plastic arts. Our vision is to create, promote, communicate culture in the district and nationally. However, it has been a difficult challenge in Puerto Armuelles because there is not support of government but little by little it is going to increase.

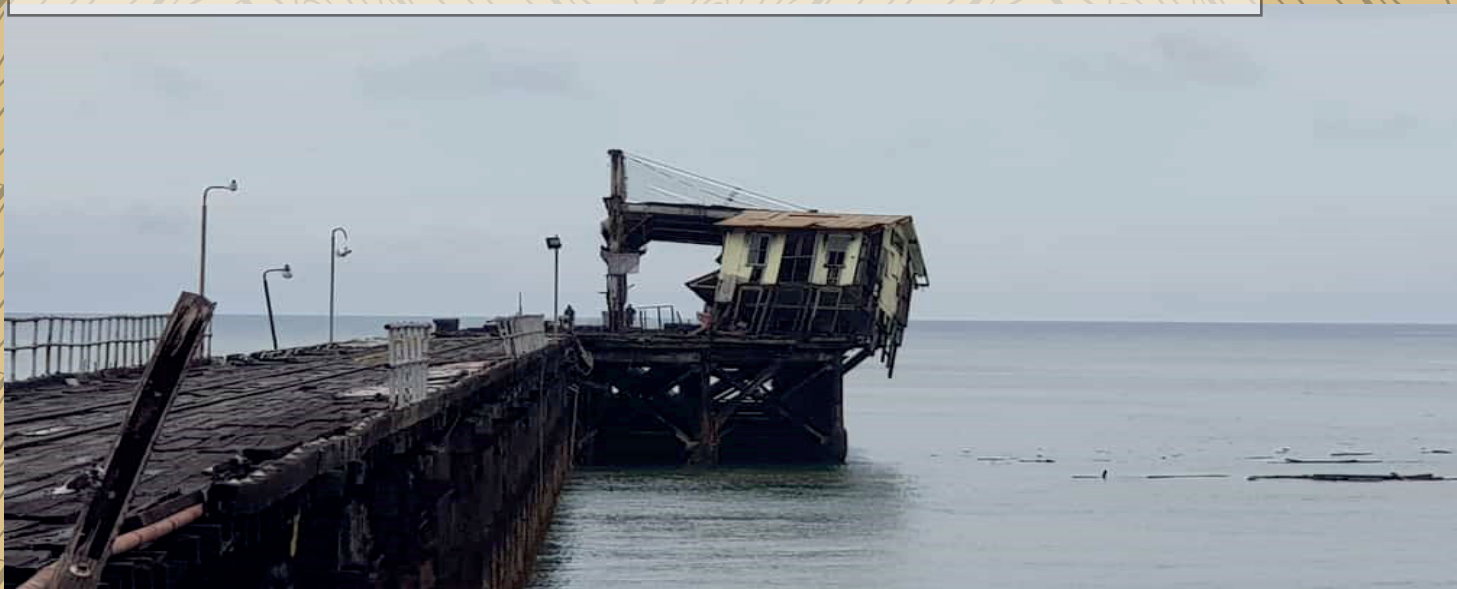


By

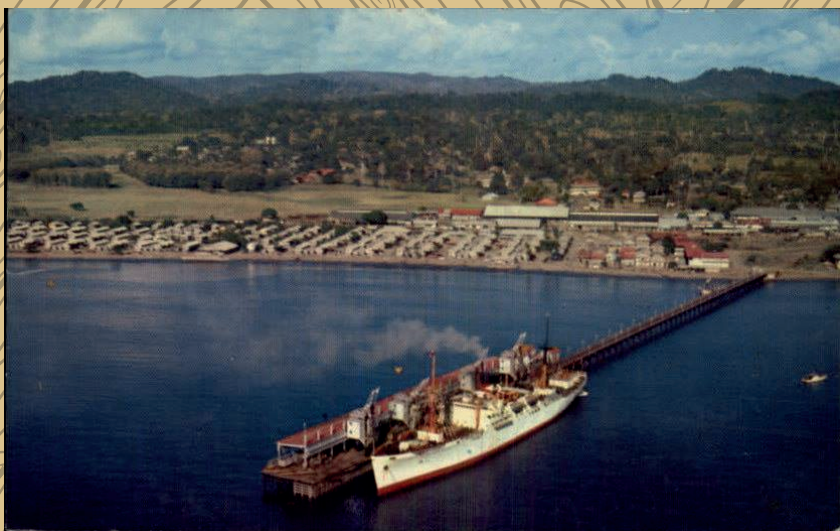
DIEGO BONILLA



THE PIER OF BARU



The pier was the main source of income in the district of Baru in the 60s, the boats arrived to find the banana that produced Chiriquí Land Company, the berthing work and after filling the banana warehouses that were initially embarked in bunches, then in boxes of 42 pounds loose, and finally embarked on the pallet system until 1998. This source of income came to stabilize much of our district's trade, since the worker's salaries (docks), depended on his majority of the time and their extra hours (since they were rotating themselves) they obtained a good salary due that it was by contract each one obtained different wages according to his area of work.



By
Karolyn Vasquez

Happy Monkey

A natural paradise away from the city and incredible experience is located on the coasts of the corregimiento of Limones. The sound of the birds, waves, and above all of the monkeys is something relaxing its fore sure worth taking a break; there are three types of monkey such as mono ahuyador, mono ardilla and mono cariblanca. Near the beach, there is an island used for fisherman but the surprising about this place is that just in the months of March and October there are low tides you can arrive on the island walking. The american Mr. Maikel started this project Happy

Monkey in 1997. who from his first time arriving Panama visited this place and he loved it. However, He didn't have enough money to make something, so he returned to the United State to work and collect money to buy the entire terrain, which is now a refuge of monkeys. In an interview LuzMila owner's wife comment: Maikel is a

special person who likes to help the neighbors and who despite not having a job to generate money is happy taking care of the monkeys and tourists who usually reach the place because tourism is the only source of economy for them. Happy monkey service offer, pool, hiking, camping with a beautiful view of the sea and the room for a price of 45 B/ per night.



By

DIEGO BONILLA



Common English Proverbs and Idioms

Proverbs

- 1- A bad workman always blames his tools.
This proverb is used when someone blames the quality of their equipment or other external factors when they perform a task poorly.
- 2- A bird in hand is worth two in the bush.
Things we already have are more valuable than what we hope to get.
- 3- Absence makes the heart grow fonder.
When people we love are not with us, we love them even more.
- 4- A cat has nine lives.
Cat can survive seemingly fatal events.
- 5- A chain is only as strong as its weakest link.
One weak part will render the whole weak.
- 6- Actions speak louder than words.
Actions are a better reflection of one's character because it's easy to say things, but difficult to act on them and follow through.
- 7- A drowning man will clutch at a straw.
When someone is in a difficult situation, s/he will take any available opportunity to improve it.
- 8- A fool and his money are soon parted.
Foolish people do not know how to hold on to their money.
- 9- A journey of thousand miles begins with a single step.
Howsoever big a task is, it starts with a small step.
- 10- All good things come to an end.
Good experiences eventually come to an end.

Idioms

- 1-Hit the sack
Go to sleep
- 2- A dime a dozen
Something common
- 3- Beat around the bush
Avoid saying what you mean, usually because it is uncomfortable
- 4- Better late than never
Better to arrive late than not to come at all
- 5- Bite the bullet
To get something over with because it is inevitable
- 6- Call it a day
Stop working on something
- 7- Break a leg
Good luck
- 8- Get out of hand
Get out of control
- 9- It's not rocket science
It's not complicated
- 10- No pain, no gain
You have to work for what you want

By

Jazmin Sanchez

“ANYONE WHO STOPS LEARNING IS OLD, WHETHER
AT TWENTY OR EIGHTY.”
HENRY FORD—

Junior Group Night Shift



Standing from left to right: Professor Rigoberto Morales, Cristian Lopez, Niurka Gonzales, Karolyn Vasquez, Jazmin Sanchez, Diego Bonilla.

Students words

CRISTIAN LOPEZ “I am very satisfied with the work done, it was a fun and good experience to be the editor of this newsletter. There were times when stress won me and I wanted to abandon this project, but in the end, I'm glad I continued until the end and thanks for reading it to the end.

NIURKA GONZALES “Everything seemed impossible al the begining ,but thanks to God mainly,teachers and other people achieved the goal,with care and perssistence nothing is impossible”

KAROLYN VASQUEZ “We have reached the end of our newsletter, the time has passed quickly, maybe it is because we were a group interested in making the newsletter wealth of information about our district, what was gathered was interesting since we learned from institutions and tourist places. Thanks I give to God for this experience.”

JAZMIN SANCHEZ“I am grateful for all the support I received during this trajectory of elaborating a newsletter. It was really an amazing experience that will be in my memory forever. It helped to me to improve my grammar and writing skills and now I know I will keep learning from now on, and when the time comes I will feel even more glad that I could make it through”

DIEGO BONILLA “I give thanks to God for having helped me in this newsletter and people who collaborate d with me. I had fun interviewing people and knowing places in Puerto Armuelles in the same way I acquired more knowledge and with the satisfaction of fulfilling another challenge”