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By **Whendy Ruiz** (7th semester Social Communication & Journalism student)

Traffic or business does not define the word narco at all. It is also an aesthetic and it can be seen in Colombia through fashion with the name narcoaesthetics.

Although there is a diversity of styles in Colombia, it seems that it has become common for foreign media to criticise us for being a country that has been totally influenced by narcoaesthetic fashion.

Firstly, I would like to clarify the word narcoaesthetics. "Aesthetics" is a difficult word to explain because basically what could be gorgeous for me could be horrible for you. This is based on our pleasures, culture, education, environment, people, family, and other things. So, drug trafficking is not just what is related to traffic or business. When we put these two words together – aesthetics and narcotraffic- it becomes something that we can see in many different ways: music, architecture,

fashion, language, among other things. The journalist Omar Rincón exemplified the narcoaesthetic as flaunting money, being exaggerated, having expensive cars, plastic surgeries and expensive farms.

Following this idea, a news photographer from The Guardian, who is also Colombian, made the generalization that all Colombian women grow up in a world where they are seen like objects and also where plastic surgeries rule. Then there is another media service, Vice. A Vice journalist went to Colombia Fashion Week basically to make rude statements like, "in this place we just found exotic dances, the Pablo Escobar brothers and creepy plastic surgeries".

I would like to tell these two journalists, and also to respond to various comments that are behind these news reports, that Colombia is not the only country in the world where plastic surgeries are carried out. More than 20,000 people in the world receive them and not in the way in which these two journalists describe it. There are many types of plastic surgery

around the world, and we cannot relate plastic surgeries with narcotraffic because not all these patients are escorts, or drug smugglers. In Colombia, women have many different styles.

One way to look at this is that, as the Colombian fashion theorist Vanessa Rosales says, narcoaesthetics is just a cultural topic. She then proposes that we see this world with a richer view. For example, we can see what this aesthetic reveals about us, because there is a Colombian brand of denim which exports its products to more than 27 countries.

In conclusion, this and other good examples help the Colombian economy a lot because the fashion industry raises our GDP and allows this Colombian industry to be known abroad. For that matter, there is nothing wrong with narcoaesthetics if it doesn't have anything related to the armed conflict in Colombia. It is a window on the good things of our country because we are just showing an aesthetic –among many others- which lets consumers choose what they prefer.



Narcoaesthetics

for Colombia and the world

Universidad Externado de Colombia

Hello, and welcome to issue 19 of Ink, the Externado University's English magazine!

Once again we have a great selection of articles for you to enjoy, covering such diverse topics as food and health, and recent topics in Bogotá.

Remember that this is your magazine, and your participation is extremely important. The Ink blog is a great place for you to share and comment on the articles, and also read some blog-exclusive articles:

<http://inkenglishmagazine.blogspot.com/>

You are also more than welcome to participate in future issues of Ink. Just ask your English teacher or send us an email.

Enjoy!

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The idea of Ink is to display pieces of writing, in English, by members of the Externado community. As we try to maintain authors' originality as far as possible, you may find some minor mistakes in the articles. The views expressed do not necessarily reflect those of the Externado University.

Would you like to continue practising your English? We have electives available every semester!

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How I fell in love with comics

By **Andrea Durán** (FIGRI English Area teacher)

Imagine a tall, chubby 12-year-old going grocery shopping with her mom in Fort Lauderdale, Florida. When we got to the counter there was this small-format comic called Archie comics. I begged my mom to buy it for me and she agreed. From then on, I was hooked. Will he choose good-natured Betty or greedy Verónica? As time passed, I started reading graphic novels that I bought at the nerdiest shop in the area (I'm sure there was a Dungeons & Dragons game going on in the back at all times). Anyway, the owner took a liking to me, probably because I was the only girl that came into the store, and he guided me through the must-reads.

I've been collecting since then and I have a decent collection now. Comics help me and entertain me depending on my mood. There are some that I've read more than ten times, always finding new pleasure in the story and art.

Now I have a new challenge; I'm trying to learn superhero lore even though I have every Batman ever published. The thing is, I never quite saw him as a superhero. It has been an interesting project, but a bit overwhelming since there is so much material and I still have to find time for my other comics.

Let me give you a bit of free and maybe unwanted advice – try it out. Not only are comics so much fun, but they are fast to read. They use natural language and the art will help you keep up with the story. Even if your English is not the best, I promise you will find something interesting about them. If you want a recommendation, just ask. Our library is currently building a collection of really great comics and will keep adding more as time goes by.

Comics helped me put different cultures in a new perspective, while helping me become even more proficient in English. So if you're struggling, you have a very useful tool at your disposal because not only will you have the comics in the library, but there are literally thousands of copyright-free comics online.

I do hope you give comics a chance. Comics changed my life in very deep ways, and they can change yours too. Happy reading!

The Externado University Comic Club meets every Friday from 1:00 p.m. to 2:30 p.m. in the library and is a good place for both new and experienced comic readers to enjoy this medium together.



By **Bibiana Paola Moreno Sequera** (8th semester Social Communication student)

Concordia Plaza, located on calle 14, has been frequented by students from the area who know that there they can find very good food at a good price considering that, for students, 'any saving is a gain'.

When I was doing some work for the university, I met Gloria Inés Peña, better known as 'Doña Gloria', a woman who has spent 48 years of her life dedicated to working in this place with her business of functional juices and smoothies. I quickly understood that what stands out here is not just the delicious food that can be found, but also the quality of people that work there. Doña Gloria is a person with many different qualities; for example, she is a very kind person, and a calm, successful, trustworthy, happy, and friendly woman.

Gloria Inés says that the inspiration to start her business was the fact that her daughter had been born with a serious lack of calcium and because of that, she began to study the best way to restore calcium to her daughter's body. Later, she studied the components

'Promoting health in La Candelaria is also part of patrimony': Gloria Inés

of each fruit and each herb and learnt what they could do. The most interesting thing, and something lacking in many people, is that she learnt her craft because of her own will and her love for her daughter.

I can say that today she is part of Candelaria's patrimony. In fact, as Doña Gloria says, 'young people really like this business and it also offers healthy options to everyone. I've seen many people who are sick and just by looking at the person, I know which juice is best for them. It all depends on your age and what you have.' In this way, the most interesting part of the business is that each juice and smoothie is personalised.

Moreover, the most popular smoothie franchise Cosechas has talked and negotiated with her to buy her recipes. Doña Gloria hasn't taken a decision yet, though.

Doña Gloria knows what works for you and has a unique gift for this. Today, when everyone wants to take care of themselves and feel good, Doña Gloria offers hundreds of possibilities to be healthy with delicious juices and functional smoothies because they can prepare you for anything from a cold to a lack of calcium.

Colombian Fusion Food



By **Andrea Hernández** (8th semester Social Communication student)

Lately the term fusion food is used increasingly in Colombia. To begin with, it is important to explain what this term really means.

According to the 2008 Condislife dictionary of gastronomy, fusion food is a culinary style that blends different ingredients, cooking methods and culinary traditions of different cultures in one dish or recipe, taking the best of them.

Fusion cuisine is not new. In the El Universal newspaper, Chef Willians Lucumí and Daniel A. Riveros, the Academic Director of the Instituto Superior Mariano Moreno School of Gastronomy, say that pasta was one of the first fusion dishes. In China, pasta was included in the food and then travellers took it to Italy. In this country,

pasta became popular and began to be cooked with many ingredients from both China and Italy.

Also, in Colombia you can find a variety of fusion food.

Surprisingly, even one of Colombia's traditional dishes, ajiaco, is fusion food. According to Lucumí and Riveros, ajiaco is fusion food because it includes capers, and this ingredient comes from Europe. The same is true of the cream that is added to this dish, because it comes from French cuisine.

As the famous gastronomy phrase goes, "in variety, taste can be found". Experimenting with different ingredients and recipes has led us today to lose some of our original traditions and original identity, but gain new flavours and customs.

By Melary Muñoz Rodríguez (1st semester undergraduate Economics student, level 4 English)

Social mobility is the name of the phenomenon in which a person manages to change their quality of life. It refers to equal opportunities, regardless of how lucky someone was at the time of their birth (for example, thinking about the economic, social and educational status of their parents and the setting where they grew up) and the random events that take place in an individual's life, according to the Colombian lawyer Rodrigo Uprimny. It works as a measure of how much progress a person has achieved through their own efforts.

In this way, we can understand social mobility as a multidimensional phenomenon scale and therefore its analysis and interpretation cannot be limited to a single variable. A vital foundation of social mobility is education. In Colombia, a social rule of law requires educational coverage but it is a challenge for the educational system to be suitable for everyone, and the country must rebuild itself for this purpose.

Colombians deserve a better country; Colombian education is a very promising long-term investment and with greater interest in this, it will be one of the most efficient contributions to the future that will promote the country's development.

It is very important that the Government ensure equal conditions for all citizens, especially helping children and young people to achieve an improvement in their social and economic conditions through their own efforts. This would

contribute to greater equity, and in the future would reduce the gaps between different social strata.

Strengthening education creates greater social mobility. Providing greater educational opportunities creates more possibilities for Colombians to progress. Continuing with more strategies and incentives is a way to change so much inequality in our country.

In the words of the 19th-century Mexican president Benito Juárez, "freedom for me is the sacred right to think... education is the fundamental part for social happiness: it is the principle on which liberty rests, and the growth of all people."



Social Mobility and Colombian Education

The homeless, the forgotten

By Pablo Hernández, Ma. Alejandra López, Juan Camilo Reyes (8th semester Social Communication students)

The forgotten are approximately 15,000 people that live, or used to live, in the Bronx. Yes, we already have our own Bronx and it's as corrosive as the New York neighborhood. Bogota's Bronx is a particular location which housed almost every homeless person in the city. Blocks and blocks full of people who try to preserve their everyday lives by begging for coins and eating garbage. An entire community whose main form of subsistence is the drug trade supported by many criminal gangs. However, all of this is changing because there's a local government plan that consists of cleaning the streets by coercion.

Bogota's mayor, Enrique Peñalosa, is now focused on changing the city's image. In spite of the advice and thoughts of the opposition, he has decided to take every single homeless person off the streets and to reconstruct the Bronx as a new space of coexistence. In fact, the mayor has said that the Bronx's location is very important for his economic plans for the city. However, his plans haven't been very kind with these people. For example, by ejecting them from the neighbourhood, they now don't have anywhere to go. So they are reaching places where citizens never thought they could arrive.

A number of social problems have begun and we seem to be far from a real solution. Peñalosa, like every Colombian politician, didn't take into account the concerns of the homeless. He only wants to appear in the media by appearing like Bogota's hero. Instead of searching for solutions, he's using the police force to create panic in every citizen by damaging the image of the homeless. Rebuilding the city isn't about killing every single homeless person, nor exposing them, but helping them to re-join society. In times of peace, we must fight for people's equality as a result of all the social injustice that Colombia has suffered. So we must avoid every bad example like the mayor's, to create a proper environment that supports people's rights.



Peñalosa: The verdict so far



By María Alejandra Fonseca (2nd semester Economics student, level 5 English)

Bogota is the biggest city in Colombia and its population has never been satisfied with the mayors that it has had. Peñalosa is the current mayor of the city. However, at the moment he has very low approval ratings. I agree that Peñalosa has been a dreadful mayor so far because many of his proposals are disorganised and without correct planning. Nevertheless, I think that it is far too early to judge if his policies are right or wrong.

Firstly, he wants to turn Bogotá into a modern city but he hasn't considered all the positive and negative aspects of his projects. For example, he hasn't shown much concern for the environment because he is prioritising a motorway (the ALO) over one of the few nature reserves in Bogotá.

Secondly, Peñalosa doesn't favour all social classes equally. His ideas to improve the city are more focused on rich people and he is taking public resources away from low-income families.

On the other hand, he hasn't been in office for very long, so we cannot judge his policies fairly. During this year, Peñalosa has worked with Petro's budget and it is only from August that he has been able to work with his own budget. In the future, people will be able to decide if Peñalosa has satisfied their expectations or not.

In conclusion, Peñalosa has not planned all of his policies properly. His problem is that he hasn't taken into account all the priorities of the whole population of Bogotá. That is why many people in this city think that he is a terrible mayor.



Should Cars be Banned from the City Centre?

By Mauricio Parra (2nd semester FIGRI student, Level 5 English)

In cities such as Bogota, there is a considerable problem with traffic. In spite of the "pico y placa" policy, the problem still continues, and this has become a daily situation for people who need to get to their jobs in the centre. Given this issue, I believe that cars should be banned from city centres because this would improve mobility and make conditions healthier for a lot of people.

Firstly, most people who buy cars do not think about the effect of their actions on traffic. Every year, there are more and more cars and this creates traffic jams on the streets. In addition, the roads in the centre are very narrow and therefore accidents are common.

Secondly, banning cars from the city centre would help the environment. Traffic jams create a lot of smog and if the cars run on diesel fuel, they cause even more air pollution. This poor air quality causes severe respiratory diseases.

Finally, we should see the ban as an opportunity to develop healthy habits. People could ride a bicycle to work or they could walk there. This would provide healthy exercise and mean that people could see the city's sights on their way to the office.

In conclusion, we should support the idea of prohibiting cars from city centres as it would have a beneficial effect on our lifestyles and the environment.

Why not visit Medina?

By Juliana Garzón Alfonso (undergraduate 1st semester Public Accounting student, level 2 English)

I live in Medina. It is a beautiful and important small town in Cundinamarca. It's near the famous eastern plains, so there are a lot of tourists at Easter, Christmas, and New Year, because the parties there are fun and crazy, and everybody likes them.

Medina is a developing town. It is a university town, and its tourist sites are Devil's Volcano, Virgin Heights, the church, and the rivers. Medina isn't a modern place.

The weather in Medina is similar to that of Villavicencio, Meta. It is hot, but sometimes it is colder, when it rains.

Medina is famous for its mountains, and its people because they are very friendly. It's also famous for its traditional food, for example chicken, pork and beef. The food is delicious!

When I'm tired of life in the town, I can easily get out and enjoy the nearby villas, the mountains, the park, the people, and so on.

Finally, Medina is beautiful! I love it!

The Externado's Community Orchard

By Samuel Jiménez Guerrero (8th semester Social Communication & Journalism student)

Did you know that our university has its own community orchard?

Last semester, a group of students from several faculties (including Philosophy, Anthropology, Sociology, Journalism, and Law) started a project. It's related with the common interest of appropriation. The students wanted to have a space at the university where they could practice what they are constantly learning. Furthermore, they wanted to enjoy themselves.

We study in a peculiar institution. Externado University has very little space for students to relax. The green areas are limited and we are right in the centre of the city, next to neighbourhoods such as Egipto and Las Cruces.

The main idea of the many students who started the project is to have fun in a student-related space while connecting with the people who surround our institution. Since the space was given this purpose, the students have been working on cleaning the area in the hope of growing vegetables and flowers in the future.

Even though they have worked hard during the last two semesters (including during the vacations), it has not been easy. The authorised location for the orchard is a field in front of the Restoration faculty, and this was used for some time as a huge garbage can.

This area needs as much help as it can get. Cleaning up the space is planned to happen while cooking, listening to music, and organising different activities to spend time together and construct deeper social connections between students and neighbours.



Hands to the body!

By Gabriela Vasco Barragán (8th semester Social Communication & Journalism student)

Today we will focus on our abs. It's important to see that we can cure and have a healthy routine without the help of machines, devices or costly surgeries. I want to teach you how to make a homemade recipe to do a massage.

First, we will prepare an oil. You can do this 2 or 3 times a week, and for this we will need:

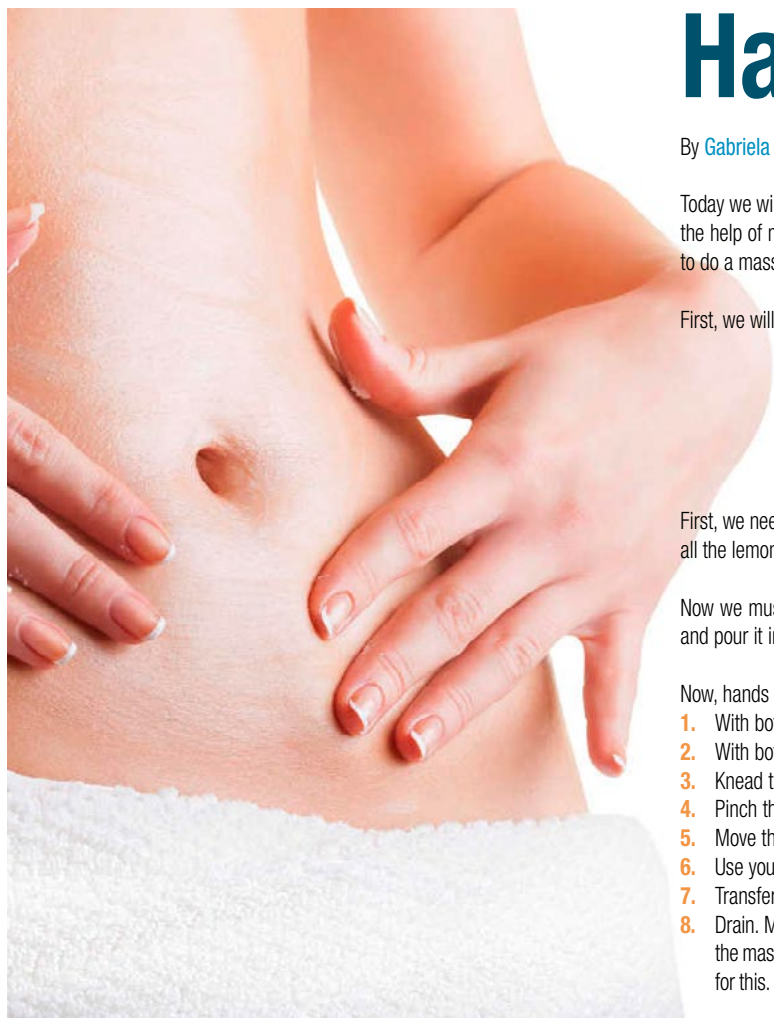
- 1 glass jar Extra virgin olive oil
- 2 lemons (only the rind)
- 1 ½ tablespoons of rosemary
- 1 ½ tablespoons of cinnamon

First, we need to add the lemon rind to the jar. Then we will pour in the extra virgin olive oil until it covers all the lemon. Then add the rosemary and the cinnamon. Remember to mix it well with a wooden spoon!

Now we must let the mixture stand for 7 days at room temperature. After that time, open the glass jar and pour it into a new plastic container.

Now, hands on the body! These are the 8 steps for a complete massage:

1. With both hands (one over the other), in circular motions. (2min)
2. With both hands (one on each side) again in circular motions. (2min)
3. Knead the whole area with both hands. (3-4min)
4. Pinch the fat. (2min)
5. Move the fat. Pick it up and move it up or down. (3-4min)
6. Use your knuckles in circular movements. (4-5min)
7. Transfer the drainage. Move your hands on the waist from behind to the front. (4min)
8. Drain. Move both hands from the top down towards the center entering the abs. (4-5min) After doing the massage, all that remains is for you to remove any excess oil with a clean towel that you will only use for this. I hope you enjoy this tip that will help your abs, and give you a good figure and a good digestion.



Colombian Animals Crossword!

By Leydy Diana Charry Martínez (1st semester undergraduate FIGRI student, level 1 English)

Do you know the names of these important Colombian animals?

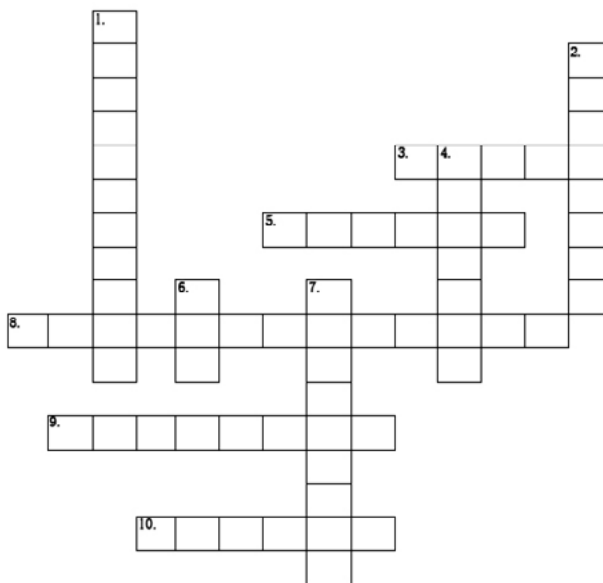
You can check the answers on our website: englishlink.uexternado.edu.co/ink19cwanswers

Across:

3. It lives in trees and can sleep for 20 hours a day.
5. This elegant bird is a symbol of Colombia.
8. Be careful! This amphibian is very dangerous!
9. This mammal has a long tongue to catch the insects it eats.
10. This reptile has a beautiful shell.

Down:

1. It lives in the Amazon river and is a beautiful colour.
2. It lives in the sea and it has a long nose and tail.
4. This big cat is covered in spots.
6. This snake squeezes the animals it catches.
7. This colourful insect drinks nectar from flowers.



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