

University of Pamplona - Colombia

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Opening

Writing
doors

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By **Gabriel Cote Parra***

One of my first concerns teaching writing, is to provide students the appropriate environment allowing them to become confident writers.

Since publishing is the last stage in the writing process, I intended to expose my students to a meaningful exercise. They understood the 'big picture' of the writing process: Write with a purpose. Write to be read.

Opening Writing Doors shows the Process and Product Approach based on the writing course. On one hand, some of these essays present an analysis of poems and short stories studied in English Literature. For instance, they show how deeply an author's personality is immersed within those characters he brought to life. On the other hand, the rest of the essays express students' thoughts on diverse topics such as: abortion, aids, drugs, violence, etc.

When I started this class at the Universidad de Pamplona, I had a well-defined thought in mind: Writing cannot be taught. It should be developed by sparking others creativity and imagination; awakening and sharpening their senses to begin expressing inspiration. There is no clear-cut pattern. It is hewn out of your experiences as you write.

Let me briefly present some activities students enjoyed while getting familiar with the writing adventure. 'Can we know about the world around us through the sense of smell?' I asked. Answers were varied. Absolutely! Students were asked to smell one out of ten little bottles filled with different odors, smells, scents, and fragrances. Then they put impressions on paper. I extracted the essence of the writing process that day.

We lean on the sense of sight just barely using the others. However, we are not good observers. Sometimes, we look at the cluster of grapes, but we cannot see the sweet, juicy berry.

Before the mid-term, they were asked to bring a blindfold; they wondered why. Drawing their attention away from its purpose I told them it was supposed to avoid cheating. Before the mid-term took place, they walked blindfolded through a path. They were to use their other senses different from sight in order to accomplish their goal: Taking their seats, and writing about their experiences.

The intense interest shown by all my students gives Opening Writing Doors a sense of accomplishment to everyone involved. I regret that all articles did not fit into this small Newspaper.

I wish to express my sincere thanks to Nadine Kieff for her expert support, time and patience during the proof-reading process. Many thanks to Rosy Eugenia Reyes P, Carlos Adrian Sánchez and Alfredo Ramírez Parra, for editing this Newsletter.

* *Writing and English Literature teacher at Unipamplona*

Editorial

To tell the truth

By Rosalba Quintana Parra

Since our beginnings and through our Integral Human Development, telling the truth or telling a lie has become a great paradox. People have to decide how to create an authentic personality, growing and developing with constant decisions.

"In some situations, telling the truth is better because our actions can be more truthful than our words. If we try to conceal the truth and say something that is not true, certain aspects of our body language like gestures, eye movements, stuttering, etc., can tell others we are lying; showing our words untrue^{*}. These actions are interpreted in a conscious or unconscious way.

Another point of view in favor of telling the truth is people won't believe you again if you tell a lie. "We can say for example, when children cover their mouths with their hands they are telling a lie. As we grow up we learn how to deceive and betray people's trust without covering our mouths^(*)", but our body language is still drawn towards the dishonest tongue; scratching the nose, rubbing an ear or simply, not looking someone in the eye when we are lying to him.

Telling "Little white lies" is sometimes acceptable if they are told in an unconscious way, but it is important to take into account that lying could become an illness. . It may be stressful causing subtle, personality changes, increasing heart rate and sweating. Also it causes stress in most people because each time you lie, you are creating a new world for taking refuge from reality. If you lie again, you have to remember the last lie and try to connect it with the new lie so as not to be discovered.

In telling a lie it is necessary to use a good method. When we lie, most of our experience has a certain degree of conflict, tension and fear

Personally, I do not know how to tell a lie; my anxious hands, my blushing face; my groping words or simply, my awareness and remorse with the deceived person do not allow me to tell a lie. That's why to tell the truth is the best way to be trustworthy both to yourself and others.

^{*} Some information about psychological studies made by Donald Watson; "To Tell the truth".

Christian Vs.

secular music

In general, music is the art of combining vocal and instrumental sounds in a harmonious way. Christian music instills hopefulness and peacefulness; it undeniably lifts listeners' spirits to higher levels of sensitiveness, since both types of music largely influence people's behavior controlling mental states. The difference is in their message and rhythm. They both present different results in attitudes.

The following are two representatives of each kind music. Let's look at some similarities and differences. Shakira and The Rescate Group sing the same rhythm. Shakira's music uses bass, guitar, percussion and piano among others, as does Rescate. In spite of this, Shakira's music makes use of subliminal messages full of evil contents: Satanism, drugs and rebelliousness. For instance, when the tape "Where are the thieves?" is played backwards, we can clearly hear, "He created us, He knows well... A flock of rats... Mockeries to the Creator... Take, Take Creator." In contrast, The Rescate Group transmits a living and hopeful message, keeping the Scriptures in mind. This group does not make use of subliminal techniques.

Mostly, the secular singers use the Backward Masking Process in order to attract people through their music. As the word SUBLIMINAL indicates (Latin etymology of subliminal: sub- below limin-threshold meaning below the threshold of sensation or consciousness)*. These messages treacherously harm the listener, since the barriers of conscious and intelligent choice are violated. Hence, one might say, "it does not hurt me;" "I do not pay attention to those messages". The subliminal method manipulates the person, causing evil influences inside the human brain. That is why Christian music should be listened to by every

The topic of music is a broad field to explore. Many human attitudes come from without. Secular music violates our consciousness and influences behavior. It also depresses us, whereas Christian songs offer us peacefulness.

* Taken from the Dictionary of Current English.

The highs and lows of

Colombia

By Richard Cabarcas Berrio

Colombia is one of the best countries in the world, for living and visiting. Its beautiful places and variety of natural resources are important to its economy. Its culture and language make of Colombia a wonderful country. But when we try to compare two cities in Colombia, it is always a little difficult, since habits and customs vary depending on the area we come from.

From the plains of San Onofre to the mountains of Pamplona, we can observe geographical differences between these two places. The coastal city is almost at sea level and Pamplona is over two thousand meters high.

Logically, the weather in San Onofre is hot and Pamplona is variable to cold. We sometimes see a rainy day here and then it's sunny and then, both rainy and sunny at the same time.

I wanted to leave the difference in food at the end, because this aspect creates controversy among people who come to Pamplona from the coast. 'The fruit of the sea' is something I really miss. Here, because of the cold weather, a high-carbohydrate diet is the menu of the day.

In spite of their differences, these two cities have a lot of things in common; one of those is, they have both stolen my heart.

The Lie

By Ferman A. Madero

Did you know that something so simple like a lie, could be a serious mental problem for you?. It could be the simplest of words like a "yes" or a "no".

A poll carried out in Colombia by the Nacional Consultory Center (N.C.C), calculated that nearly 95% of the Colombian people lie.

Generally, many people lie for several reasons. There are three kinds of lies: little white lies, teasing or exaggerations, and dangerous lies. The first one is a lie that you tell to avoid hurting someone's feelings; the second one is to make jokes and laugh at someone by embarrassing the person; and third is a lie that involves a lot of risks and causes some problems.

Experts believe that lies can become a grave psychological problem in certain cases, because there are people who end up believing and living their own lies. This psychological problem is known as pathological lying.

I think it is necessary to always tell the truth so that other people can believe our words, and thus we obtain credibility, respect and good faith from everyone. Since people should never have to point you out as a liar.

Also we can live a better life without deceit having confidence in our own actions.

Although, sometimes to make the other people happy telling the truth could embitter some people's life.

“A Red, Red Rose”

By Robert Burns

**O, my luve is like a red, red
rose,
That's newly sprung in June,
O, my luve is like a melodie,
That's sweetly play'd in tune.**

**As fair art thou, my bonnie
lass,
So deep in luve am I.
And I will luve thee still, my
dear,
Till a the seas gang dry.**

**Till a the seas gang dry, my
dear,
And the rocks melt wi' the sun!
And I will luve thee still, my
dear,
While the sands o' life shall
run.**

**And fare thee weel, my only
luve,
And fare thee weel a while!
And I will come again, my luve,
Tho' it were ten thousand
mile!**

By Maribel Rizo

This poem presents one of the greatest feelings that exist inside each one of us: Love. The transcendence of love through the years, time and distance. It is not shown as superficial or passionate, but it is presented like something transcendental, it bridges time and even death. It is a promise, and a declaration.

The reader may already be familiar with the poem's first line: "O, my luve is like a red, red rose". Its appeal over time probably stems from the boldness of its assertion — the poet's love is conveyed through the conventional image of the rose and through the line's very strong rhythm. His choice of a rose may at first seem trite, and the color is a symbol of love and passion. Yet, if the comparison between the beloved and the red rose verges on a cliché, a careful reading reveals subtler ways in which the speaker expresses his conviction.

The red

Why is the word “red” repeated? While red is the expected hue of the flower, the repetition of the adjective represents the most lovely manifestation of the rose. Such is the nature of the writer’s love. “Newly sprung,” as crystalline waters in their purest and most perfect state — none of its vitality has faded; time has not scarred it with age or decay.

Yet this embodiment of love is a temporary one. Like the rose, the lushness can exist only “in June.” The speaker’s feelings and his beloved’s beauty cannot remain frozen in time. They, like all other forms of beauty, are passing.

The repetition of “Till a’ the seas gang dry” is in keeping with the musicality. But in it, there is also a hint of reconsideration, as if the speaker has just understood the implications of what he has said. From this, he moves to another attempt to express eternity. This, too, depends on the word “Till”. However, he will love “Till the rocks ‘melt wi’ the sun.” But the rocks may indeed melt one day, or erode. In any case, under the effects of sun, wind, and weather. So again, his sentiments are not wholly timeless.

In the following lines Burns recognizes that the rose’s beauty is brief and decides to pursue another metaphor for his love. This time he chooses to compare her to a lovely melody from a song, but this is also a temporary form of beauty. While a song may be “sweetly play’d in tune,” it too, is a product of time, of beats and measures.

When the song has ended, its beauty only lives on in one’s memory.

The second stanza plays on the word “luve,” revealing the elusive nature of the concept. When the speaker says “I will luve thee still...” he emphasizes time. The line seems to indicate that the writer will love forever.

Line 12 also casts some doubt on the poet’s intentions. It can be interpreted two ways: he could mean that their love is beyond “the sands of time”. This indicates that it will last forever because of time’s decaying influence. But, he seems to show that even the sands do not remain forever, saying, “time is running out”, as the sand runs out of the hourglass. This direct reference to time reminds us of the momentary, time-bound state of a “red, red rose that’s newly sprung in June.” Read this way, the poem becomes more than a simple love ballad. Instead, it can also be seen as a reflection on Burns’ consciousness.

In the last part it seems to shift away from the predominant concerns of the first three stanzas. The poet turns from time to that of parting. He is journeying away from his love, assuring her that he will be true to her and will return. Yet, time enters here as well since the speaker will transcend not only vast distances—“ten thousand miles”—to be with his love, but even time itself, using words like “awhile” and “again” drawing us back to the main concerns of the first three stanzas: “The eternity of love.”

red rose

Discovering ourselves

“E

By Luis Alfredo Carvajal Rincón

very day I walk alone, in the midst of people. The world goes around me and I go around the world. In my path there are wild beasts, flowers and sweet dreams. I only battle with my heart and my soul. I want to overtake the sky and to cross the seas.”

This is a principle I would like to share with you, readers. To construct happiness or unhappiness as sensations to be managed reasonably. Let me ask you, have you not felt that you have done things you really did not want to ?

We spend our life trying to conquer all which occurs outside us. We sometimes give the control of our lives to external things.

We believe that we are energy. The universe is energy and material things also are. The most important and relevant thing to know is that energy helps us interpret the limitations of our minds. We are unified to the force that is pure love. If we stop to admire the beauty that surrounds us and that pertains to our soul, It may be found.

Hate is the opposite pole of love. That enemy of inner equilibrium has been discouraging the hope of men and women, separating them from the capacity to create their own stability.

The Word is love

Your thoughts are similar to a radio frequency. They have secret sounds; so when thinking, you produce several charges of energy. Some of these thoughts take the form of words. The following sentence could be part of our daily awareness: I do what I love and I love what I do to be awake to the sense of accomplishment that we are an infinite soul in an temporary body.

¹

As it has been said, we cannot wait for changes to come from outside ourselves. We have to plan our progress considering: ² Every event in our lives is in some way orchestrated by a divine force and strangely we learn to live and to love intensively.

1 and 2. There is a Spiritual solution to every problem. Dr Wayne W . Dyer.

To abort the life

of a Child

By Ronald Ramón

According to an article published in "El Tiempo" June 9th this year, Yamit Amat interviews cardinal Pedro Rubiano. Yamit asks: 'What about the proposal of the Attorney General on the "No Penalty" of the abortion?'. The Cardinal's answer: 'It's a death proposal, not of life. To abort is to take away the Child's life.'

I absolutely agree with the Cardinal. Abortion is a murder. I don't know how a woman who has carried a creature, can kill it because she doesn't want it. Why didn't she think of this before conception?

Legalizing abortion isn't the solution. Has life the right to be saved?

The solution is education, but sometimes it is not sufficient. People think "that can't happen to me." That's somebody else's problem.

What are the arguments; why do people say "yes to abortions"? One reason can be the economic situation of the mother. Supporting a child requires a stable financial situation. Similarly, a poor child will not be happy. It is better to be dead than alive. Do they have

the power to foresee their lives?

I think those are not strong reasons for aborting a future human being. Education is really the one solution at the present time. There are entities and people who have the will to breed children for mothers who are not able to.

Abortion is the easiest way out for eluding predicaments but the bad news is that women don't know it's an even bigger health risk for them. Is it possible they don't realize that abortion is a dangerous process? Although the techniques of abortion are improving, the percentages of negative physical effects are increasing, and the psychological effects are traumatic.

Women who have an abortion have more possibilities of getting breast cancer, and intense bleeding of the uterus, fractures of the backbone, infertility, convulsions and finally death. Besides the psychological effects like nightmares, visits of their aborted child in dreams etc., are haunting side effects.

Fame:

a curse?

By Amaury José Rodríguez

Many men have desired to enjoy the pleasure of being famous and rich. But we must wonder, however, if being famous and rich is a blessing or a curse.

A celebrity is someone who works hard all his life to become well-known and his life and all his efforts have become a problem because of the weight of fame. That's why they have to wear costumes and dark glasses to avoid being recognized.

The main advantage of fame is that it tends to go hand in hand with being rich. Despite the fact that money cannot buy happiness, famous men can, at least, be miserable in comfort. With fame comes adoration. It means that they are welcome wherever

they go; surrounded by the best things in life and protecting them from other people's bad intentions.

There are negative things in being famous. One of them is a complete lack of privacy. Nowadays, celebrities are followed wherever they go by photographers who like to catch them "in fraganti".

Furthermore, a famous person can never be sure whether people like him for the person he is rather than his fame, which can lead to a sense of loneliness and sometimes to consume drugs and alcohol.

In conclusion, fame, wealth, money and adoration seem not to be happy achievements after all, because they can be a knife with a double cutting edge. In other words, not always whatever glitters is gold.

How do you feel?

By María Yolanda Vesga Gualdrón

There is a great variety of beverages, for different moments and moods. There is almost a beverage for any taste and price. For instance, there are hot drinks, cold drinks, alcoholic drinks, soft drinks, just to mention a few. We can find different types of trade marks on the market, which are adapted to the purse of each person.

When you are thirsty, you might choose a cold drink. It could be a soft drink, a lemonade, a soda, and, why not, a very cold alcoholic drink, as well. On the other hand when it is cold, it is really comforting to drink a delicious hot cup of chocolate or coffee.

In Colombia, coffee is the most common hot drink people prefer. Although chocolate also has

a great index of preference among consumers. However, caffeine is a substance in coffee which causes an addiction to whoever drinks it; for this reason, coffee is the most common hot drink that people prefer in this country.

Chocolate, is a taste people feel passionate about; it goes beyond the "sweetness" of it. Instead of choosing cold drinks before you go to bed, you may want to make a nice hot cup of relaxing and non-addictive chocolate.

I think that the state of mind influences the kind of beverage chosen; for example, if you are sad, depressed or just in a bad mood, you may prefer an alcoholic beverage.

What are YOU in the mood for?

Differences between the countryside and the city

By Luz Aida Sarmiento Romero

Why do people choose to live in a city as opposed to the countryside? The answer is easy. People think that living in a city gives them more benefits. They prefer the shops, the tall buildings, the restaurants, etc., but to say that the quality of life in a city is better, is not completely true, since the countryside has many advantages, too.

If we show the benefits of living in the country, we can name many different things. For example, the level of pollution in a big city is tremendous. On the contrary in the

country, the air is pure due to the quantity of big green zones and the calm and quiet places. In the cities there are big buildings, constructions, crowded streets and a lot of traffic, too. That's why people usually live stressed lives in the city and country people take things more calmly.

If you are a person who loves stillness, peace and quietness, far from the city's noise and confusion, the best option is country life. But if you love the city's attractions, the hustle and bustle, obviously life in the city is the best option for you.

The Queen of mystery

By María Garzón

Nowadays Agatha Christie is very much remembered as a famous writer who caused great questions still to be uncovered. She has marked history with her mysteries. She has conquered hearts of fanatic readers with her novels and short stories, her titles and interesting collections. The magnetism that draws readers back to her books is the way she keeps you guessing until the very end who the murderer is.

The story "THE COMPANION" is narrated by Dr Lloyd to his friends. It is about two beautiful and sensuous English ladies who arrived on The Grand Canary Island to spend their holidays. Their names: Miss Mary Barton and Miss Amy Durrant.

When Miss Amy Durrant cried out for help while swimming at the beach, Miss Mary Barton swam out as fast as she could. Miss Durrant clutched her wildly and they both went under. At that moment a man rowed out in a boat and rescued them. After that Dr Lloyd appeared and worked unavailingly on the body of Miss Amy Durrant.

Then, the investigations began about the dead woman of whom no one knew anything. Miss Barton said that she had been with her as her companion, but she knew nothing of her private affairs or relations. Something changed when one witness said that Miss Durrant was not in difficulties when she called out, declaring that the other swam out to her and deliberately held Miss Durrant's head under water.

Later Miss Barton, feeling remorse called on the vicar saying she had committed a crime. The very next morning her clothes were found lying on the beach seemingly, she had drowned herself but her body was never recovered and the tragedy of Amy Durrant and Mary Barton ended. Did it?

Why had Miss Barton killed herself? Did she commit a crime? Was she the cause of Miss Amy's drowning?

This was a mystery that Dr Lloyd's friends wanted to solve and each listener had an opinion according to Dr. Lloyd's story. Each character guessed his own ending.

Miss Bantry, suggested a very interesting ending to clear up the mystery. She said that "Miss Barton -probably- had a young brother who shot himself for love of Amy Durrant."

It seems this could not be the conclusion of the story since Miss Barton and Miss Durrant neither had been friends nor had they ever spent holidays together. Sir Henry also gave an excellent ending to the enigma. He guessed that "Miss Barton was always mentally unhinged." This conclusion is unfounded because nothing had been mentioned about any mental illness.

I reread and analyzed the different endings given by the two friends and tried to reconstruct my own ending. Perhaps it could have occurred this way: When Miss

Barton was a child her family worked as servants in Durrant's family house. They were mistreated. For this reason The Barton's secretly decided to kill all The Durrants, poisoning them, perhaps at dinner. They died immediately.

After that the little child Amy Durrant suffered alone in an orphanage for a long time. Years later, Miss Amy and Miss Barton met each other on the boat. Miss Amy recognized her because of her long nose. They became travelmates; then Miss Amy decided to take revenge. The day they were on the beach, an argument began between them. Then Miss Amy died 'accidentally'. I think this is the reason Miss Barton felt guilty and decided to kill herself. Obviously, this discussion on the beach caused Miss Barton's confession to the Vicar.

I invite you to read this story "THE COMPANION." Making your own guess about the ending and perhaps an even more interesting one. Keep in mind the different supposed endings presented by the writer Agatha Christie. If you want to discover the truth, you will have to read the book, found in the Resource Center at the University of Pamplona.

Some Causes of Violence in society

By Janeth Jaimes Mogollón

W

hat is really causing violence? Is the Media the guilty one? Some people consider it is. The easy access to firearms generates many crimes. Others say that violence is an inevitable part of human nature.

Nevertheless, I think The Media (Newspapers, radio, television) are principal promoters of violence in society. Stories you read in the newspapers or listen to on radio, programs you watch on television, movies in Cinemas, even Cartoons and plays created for children... All is violence these days! For example, "The Simpsons" is a cartoon created for all ages. Characters in the program blame society, laws and reality, etc. These types of programs generate people's disinterest and the lack of solidarity with others.

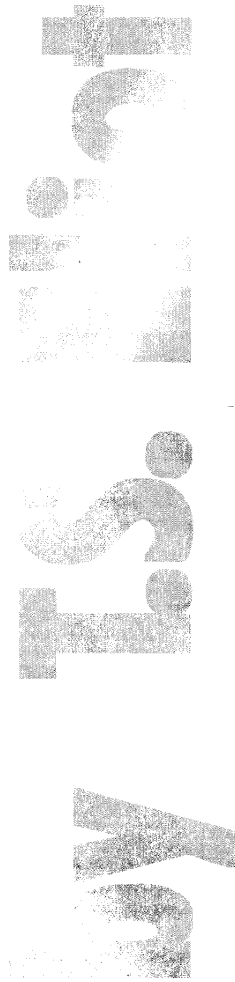
If children grow up watching people getting others hit, killed and pushed around, how will they resolve their own conflicts; probably by insulting, hitting, and even murdering. Is it because they have been watching violence since birth? Parents turn on the television, without taking the responsibility of what children watch: For example, aggressive programs that upset their emotions and imagination.

However, Some people don't consider The Media the generator of social violence. People are who choose to watch violent programs, who pay to watch bleeding movies or, who buy their children games of fights and death contribute to this growing problem.

In our society, there is violence and we have to find ways to counteract it. We must direct these to the cause of the phenomenon: The Media.

What do you believe is the real cause of social violence?

The Hollow Men



By Katty Yesenia Abril Avarado

Poetic language expresses love, happiness, hate, hollowness ... etc. Poetry plays an important part in human life since by means of it, we can express emotions. When you read poetry, it might inspire imagination.

When Eliot wrote the poem "The Hollow Men" he used his ideas of modern man living in a creative world. His images were based on historical allusions. The poem evokes a symbolism distorted between time and place and indeed, it creates a glance at reality through imagination.

It could be said that "The Hollow Men" is a term used to express the absence of some feelings, because of being "hollow at the core." They are beings with body and shape but without form, color, and motion. However, 'hope springs eternal.'

The "eyes" play an important role throughout the poem and those of the dead Beatrice in Dante's 'Divine Comedy', are symbolic of spiritual reality. In Eliot's poem, the eyes are compared to a dream. In 'death's dream's kingdom' the eyes are deep and solemn not of reality because "The Hollow Men" dread seeing anything that suggests truth.

In some lines Eliot uses a refrain to emphasize that no matter who you are, no matter where you are from, the most important thing to know is that every motion has a response just as every cause has an effect and this is reality. 'When the shadow falls, the world will end, and we will be only hollow men.'

Culture

clashes

By Emmy Alejandra Laguado

The University of Pamplona is able to lodge more than 6000 students. It is the home of a cross-cultural societal phenomenon. 'Costeños', 'cachacos', 'pastusos', and literally thousands of Colombians come to study here. This university is well-known all over Colombia. This is a definite advantage for the economy of a small mountain city whose out-of-town students are its greatest sustenance.

Notwithstanding, all of these newcomers do not create a positive reaction in the residents.

This large cultural mixture produces property-owner displeasure due to the behavior of some of these 'outsiders'. We can hear people complaining about all kinds of negative happenings. People from the Atlantic Coast are accused of writing graffiti on walls and buildings, shouting, loud music and deafening sprints. Many problems have come to cause disharmony within the environment.

One teacher's case shows a definite physical aggression done by out-of-towners. They raided his house and struck him until he was unconscious. All this happened

because he tried to stop the noise. The 'outsiders' got very angry and attacked him.

Violations, hold-ups and lesser crimes are attributed to these out-of-towners. The authorities are studying this case.

However, the 'cartageneros', 'samarios', 'cesarences', etc. should not 'drink all of the 'dirty water'. The 'cachacos', 'caleños', 'cucuteños', 'ocañeros', etc., are also in 'the eye of the hurricane' by their manner. They have the fame of hiding, and being tricky; these behaviors cause antagonism in the people from the Atlantic Coast.

One of the solutions to deal with this problem could be an adaptation to the medium and introduce civic culture to the people arriving. 'When in Rome...' An example of adaptation is the case of the same teacher who was attacked. He arrived 25 years ago from the Atlantic Coast and began his life here. People really love him because he has done many things for this town.

Nobody is a 'gold coin' in this situation. It could be due to our condition of being 'Colombians' that we cannot live in peace, harmony and tolerance.

Aids is here at the University

of Pamplona

By Lina Rocío Meriño Mejía

Here at my University, there are many infected students with HIV or AIDS. I didn't know this until some months ago when I heard a young man giving his testimony about how he was infected. I could see his sadness and impotence in the face of tragedy.

The Department of Norte de Santander is in the second place on the list as far as infected people are concerned here in Colombia.

You might pretend not to see, not to hear, not to notice, but AIDS is a terrible sickness and affects young people, poor people, old people, women, men, children. Everybody could get infected.

AIDS is the last stage of the HIV infection. Our body

loses the ability to fight infection and in some cases, it causes cancer. A simple cold could be the cause of death. Frequently diseases appear but we are too weak to fight them.

Some symptoms are inexplicable fever for several months, abundant nocturnal sweating, progressive weight loss, among others.

Care should be taken. It is a MORTAL sickness with no apparent cure. It not only kills our body, it also kills our image as a member of society, too.

We need to put more value on our health. This calls for acquiring consciousness about AIDS.

Have you felt any of these symptoms?