

**One More Year of Peace,
Democracy and Independence!**

**Scotland Voters
Reject Independence**

**Communication Skills
in the Workplace**

A Parade of Contradictions

Coursera

cover page



This month, our cover page is dedicated to the torch of independence that tours the country. The torch was declared a national symbol in 2005 as a representation of the ideal of freedom and independence that connects Costa Rica with its brother countries of Central America.

(Picture taken from)

If you have an awesome picture you think could be the cover of one of The ILE Post editions, send it to eherrera@utn.ac.cr. So far several readers have sent amazing pictures that we will be sharing with you soon. If you want to know what is happening in ILE, follow us in



<https://www.facebook.com/TheILEPost?fref=ts>

INSIDE

Editorial.....	
UTN NEWS	
-New Database at UTN Library.....	1
-A Clean Island	1
-UTN at CONREVE.....	2
-Female Futsal Team Got Second Place.....	2
-One More Year of Peace, Democracy and Independence!.....	3
WORLD NEWS	
-Scotland Voters Reject Independence.....	4
-Catalans Demand Choice on Split from Spain.....	5
-Two US Men Found Innocent After 30 Years in Jail.....	5
THE ILE ETHOS	
-Communication Skills in the Workplace.....	6
-Reaping the Benefits of Music for a Balanced Life.....	9
-A Parade of Contradictions.....	10
VALUE OF THE MONTH.....	11
VOX POPULI.....	12
90 SECONDS WITH	
-Marcelo Prieto Jiménez.....	13
THE ATTIC OF BERTHA MASON	
-Are you mocking me?.....	16
-Costarriqueñismos.....	17
LANGUAGE BITS.....	18
HUMOR.....	19
TECHNOLOGY	
Coursera.....	20
THIS MONTH IN HISTORY	
International Day of Peace.....	22
PROBERB OF THE MONTH.....	23
CONTRIBUTORS	
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EDITORIAL

Moments of Change

By Trent Ham



In general, I've found that **four** things need to be in place for a moment of change to occur. You can't force them to happen, but you can have a life situation that's primed for one to occur. If you're primed for it, then a moment of change is much more likely to happen.

Self-Reflection

The first ingredient for a moment of change is sustained reflection on your life's situation. You've spent time evaluating the realities of your overall life and you know both what's good in it and what's bad in it.

Very few people have a life that is all good or a life that is all bad. We all have things to be proud of and we all have things we can improve. Self-reflection mostly revolves around thinking about both of those things until the realities of them become clear.

Deep Unhappiness with Some Aspect of Life

Generally, people who have a moment of change have some life element that is bringing them deep unhappiness. Self-reflection is basically how you really figure out what that unhappy element is, bringing it from a general sense of unhappiness to something rather specific.

Even for me, someone who is actively self-reflecting, the source of that deep unhappiness can be cloudy for a while. It takes time to really figure out what's wrong when you start to feel generally unhappy with things.

Resistance to a Change in Direction

The problem was the third ingredient needed for a moment of change: resistance. There must be something in place to keep you from making that change right now. Whether or not it's actually logical or correct doesn't matter. Something is stopping you.

It might be addiction. It might be a strong routine that you don't want to break. It might be fear of the changes that would occur in the

wake of your big change. It might be something else entirely.

For me, the big resistance was the creature comforts. I didn't want to give up all of the routines of spending money that I had.

A Life Open to a Catalyst

Many people, when they have the first three ingredients in place, will make small life shifts in order to keep their heads above water. Perhaps they'll cut down on their drinking or another bad habit, but not give it up. Maybe they'll make a few shifts in their spending routines or they'll cut down to four slices of pizza instead of five.

Sometimes, that little shift is enough to put things into a sustainable balance, which means that they've just indefinitely postponed their moment of change. Most of the time, all it does is slows the downward spiral, meaning that moment of change is still to come.

A life open to a catalyst is a life in which you're still engaging in those problematic behaviors even after you've really considered them and evaluated their impact on your life. The trend is still, on the whole, a downward trend.

For me, each time, the big moment of change was some event occurring in my life that altered what it was that was bothering me. Obviously, in the financial situation, it was the arrival of bills that I simply couldn't deal with. At other times, I can point the finger at medical visits and spiritual events.

I've found that you can't really manufacture these moments – I've certainly tried to. Instead, you just have to have your life in a situation where you're very open to them. You need to have reflected on the problem and be aware that it's a real issue, but find yourself with a bunch of resistance and excuses "explaining" why you can't (or won't) do anything about it. The more you reflect on those issues, the more primed you become to bring about a transformative moment in your life. What you choose to do after that is up to you, but the door will then be open to something great.

UTN NEWS

New Database at UTN Library

UTN students are now permitted to access some of the library's most popular online research databases. Beginning this month, users have access to **EBSCOhost, ETech, E-Libro and Proquest.**

These database services provide a complete and optimized research solution comprised of research databases, e-books and e-journals—all combined with the most powerful discovery service and management resources to support the information and collection development needs of libraries and

other institutions and to maximize the search experience for researchers and other end users.



Each year millions of articles are published, appearing in thousands of periodicals such as newspapers, popular magazines, trade magazines, and scholarly journals. The library's database gives an indispensable set of tools for searching this vast realm of published material to find just what

we need. The user can access this database from the university campus or from home. To get information on how you have access to EBSCOhost, ETech, E-Libro



and Proquest, you can consult the librarian on your campus. This is another effort of the Vice-Rector of Research and Development to offer UTN community access to the most updated information.

A Clean Island

On August 29th, UTN Pacific Campus organized the San Lucas Island Clean Up Campaign. More than 200 people sailed from Puntarenas to San Lucas island to clean up all debris and garbage that arrives to the beach, especially from Tarcoles and Tempisque river contamination. Garbage was classified to be recycled. Approximately two tons of garbage was collected.

San Lucas Prison plays an important part in Costa Rican penitentiary history and has a great historical and cultural value: it houses the remains of the biggest criminal center in the country. The remains of the prison stand above the landing site as a sad and silent reminder of more brutal times, and now are considered "**Patrimonio de Cultura,**"



or cultural heritage sites.

The prison operated for over 100 years from 1873 to 1882.

UTN authorities are very grateful for the support the Puntarenas Government, some companies, community and students have provided with this cleanup initiatives.

UTN NEWS

UTN at CONREVE

by Daniela Flores

Each year, the Annual Session of the Regional Council for Students Affairs (CONREVE for its name in Spanish), formed by all public universities in Central America and the Dominican Republic is celebrated.

This 2014, Costa Rica had the hosting roll, meaning all five public universities were receiving representatives from 22 colleges, their student federations, and Students Affairs Vice Principals.

In addition to regular meetings and formal committee gatherings, this multinational encounter is also taken as the scenario for the

Ruben Darío Award, a prize for the academic excellence in the region.



Vice Chancellor for Student Affairs Department worked hard in the organization of this event.

That is, the official recognition and award to the very first place student on each public university, belonging to Central America and the Dominican Republic.

So this past August 30th, UTN had the honor to host the closing event of the most important for Students Affairs Department's gathering. About that, it's fair to remark that Valeria Calero Camacho, is a Management and Business Administration student and currently first place among UTN students.

Her grade is a proud 9.79 and that is why she has been honored with the Award for Academic Excellence "Rubén Darío" 2014.

Female Futsal Team got Second Place

San Carlos Campus female futsal team got second place in the National Second Division Championship. This has been the first time UTN participated in this championship. Trainer Joaquín Gamboa was very happy with the result and with having the chance to represent UTN. The team gave an outstanding presentation throughout the year, and now we are going to prepare for JUNCOS 2015. UTN lost against Municipal de Desamparados that will compete in the first division next year.



UTN NEWS

One More Year of Peace, Democracy and Independence!

UTN celebrated Civic Week September 15th-19th. The week included academic and non academic activities such as concerts, viewing and post-film discussion, conferences, typical dance presentations, typical breakfast, and art expositions. UTN proudly wore white, red and blue through all campuses. In addition to UTN community, this year activities had some special guests. Alajuela Mayor Roberto Thompson and Actress Eugenia Fuscaldo from TV Show La Pensión shared with us during this patriotic commemoration.



Monday, September 15th was Independence Day in Costa Rica and Central America in celebration of 187 years of independence from Spain. Guatemala proclaimed their independence from Spain for all Central America on September 15, 1821. Ironically, Costa Ricans didn't find out of their independence status until a month later.



One of the activities that caught the most attention and active participation was the Planting a Tree Campaign. University and community volunteers removed weeds and litter,



cultivated the soil, and mulched the tree beds, while engaging the community and spreading the word about tree care involvement. Some of the seedlings, that were planted, will prevent soil erosion and draw carbon dioxide from the air, leaving us a little less vulnerable to the threats posed by climate change.



To close such a wonderful week, there was a concert with former Inconsciente Colectivo singer Pato Barrasa. Even though rain was present, people enjoyed the event singing songs old and new.



WORLD NEWS

Scotland Voters Reject Independence

Scotland's landmark independence referendum has resulted in most voters choosing to keep the 307-year union with England. With all 32 regional electoral centers reporting on Friday, September the 19th, supporters of the United Kingdom won about 55.3 percent of the vote that has worried allies and investors. About 44.7 percent voted for independence.

Alex Salmond, the Scottish first minister, conceded defeat, saying "we know it is a majority for the No campaign" and calling on Scots to accept the results of the vote.

He also said he would step down from his post and as leader of the Scottish National Party (SNP) at its conference in November. Those against independence received a massive boost by strongly taking Edinburgh, the capital, and Aberdeen, the nation's oil centre. The average turnout was 86 percent - a record high for any Scottish election.



Risks to economy

Salmond had argued that Scots could go it alone because of its extensive oil reserves and high levels of ingenuity and education. However, many saw it as a "head versus hearts" campaign, with cautious older Scots concluding that independence would be too risky financially, while younger ones were enamored with the idea of building their own country. In return for staying in the union, Scotland's voters have been promised significant - though somewhat unspecified - new powers by the British government, which had feared losing Scotland forever.

Nick Clegg, the UK's deputy prime minister, on Friday said he wanted the coalition government to

deliver new powers to Scotland, saying Scots' rejection of independence was a signal for wider constitutional reform across all of Britain.

"I'm absolutely delighted the Scottish people have taken this momentous decision to safeguard our family of nations for future generations," Clegg said in a statement.

"We must now deliver on time and in full the radical package of newly devolved powers to Scotland. This referendum marks not only a new chapter for Scotland within the UK but also wider constitutional reform across the Union."

Trouble averted

The result saves David Cameron, UK prime minister, from a historic defeat and also helps opposition chief Ed Miliband by keeping his many Labor Party legislators in Scotland in place. His party would have found it harder to win a national election in 2015 without that support from Scotland.

(Information and picture taken from: <http://mwcnews.net/news/europe/46311-scotland-voters.html>)



WORLD NEWS

Catalans demand Choice on Split from Spain

By Elena Gyldenkerne

Hundreds of thousands of Catalans were to pack the streets of Barcelona on Thursday, September 11th to demand the right to vote on a split from Spain, with hopes fuelled by surging support for independence in Scotland.



About half a million of Catalans have signed up to dress in red and yellow, the colors of the Catalan flag, to form a "V" for "vote", a show of support for the perceived right to decide on their own status beyond Spain.

Catalonia is a wealthy region in Spain's northeast with its own language and culture.

Its long-standing independence movement has grown significantly over the last decade, exacerbated by Spain's economic crisis and what many see as a deaf-ears tactic by the Spanish government in Madrid.

The Catalan regional government, which has large degrees of autonomy within Spain, has called a referendum on November 9 over whether to separate. But the Madrid government says the vote is illegal and cannot go ahead.

"We want to decide our future. We don't understand why that is constantly denied. We look

up to Scotland," said Victor Panyella, a 50-year-old professor who was wearing a yellow t-shirt with a red "V" on it.

"They are so lucky to belong to a country that allows that kind of vote. That is a big difference between the two of us, but we are linked by the excitement of deciding our future."

An official Catalan opinion poll shows support for an independent state tripled to 45.2 per cent in March 2014 from 13.9 per cent in March 2006, although many commentators in Madrid, where there is fierce opposition to Catalan nationalism, question the way such polls are carried out.



(Information and picture taken from: <http://cyprus-mail.com/2014/09/11/catalans-to-form-v-for-vote-to-demand-choice-on-split-from-spain/#prettyPhoto>)

US Men Found Innocent after 30 Years in Jail

Two mentally impaired half-brothers have been freed after serving three decades in a US prison for the rape and murder of a child after DNA evidence proved they were not guilty.

A judge in Robeson County said on Tuesday that Henry Lee McCollum, 50, North Carolina state's longest-serving death-row inmate, and Leon Brown, 46, were innocent of the 1983 rape and killing of

11-year-old Sabrina Buie after the evidence came to light. Both are severely intellectually disabled and were teenagers at the time of their arrests in 1983. Following false confessions, McCollum was given a death sentence and Brown was serving life for the rape.

"This case highlights in a most dramatic manner the importance of finding the truth," said Ann Kirby, Brown's lawyer.

"Today, truth has prevailed, but it comes 30 years too late for Sabrina Buie and her family, and for Leon, Henry, and their families.

North Carolina state law now requires murder interrogations to be recorded or videotaped, but at the time the brothers were convicted such laws were not in effect.



(Information taken from: <http://mwcnews.net/news/americas/45721-us-men-found-innocent.html>)

THE ILE ETHOS

Communication Skills in the Workplace

by Vincent Cooper (ArticlesBase Writer)

Fifteen years ago, the typical college graduate looked forward to a 9 to 5 job with a detailed job description. That employee expected a long work history with the same employer and a pension waiting upon retirement. Today, business and industry are downsizing and reengineering. Businesses are trying to increase productivity while decreasing costs, so many U. S. companies are shrinking staffs. Today business and industry leaders are looking for specific skills in entry-level employees. The current workplace trend in education helps to teach those skills, based on the competencies established for all workers by the U.S. Department of Labor. In particular, today's workers need communication skills: oral, written, and technological.

Kevin is a new employee of one e-business in Hong Kong named geminideal. "I think I am suitable for this job in that I have enough knowledge, and I work hard for my job". Relying on good English, he was named as the Marketing Manager in his second month of employment. At the beginning, everyone admired him as a leader and co-worker. However, problems follow him very soon, he found that people began to dislike him and disobeyed his instructions.

We can trace the current emphasis on education's responsibility to train students for the workplace to the 1980's. Think back to that decade. America was rebounding from an economic slump. Competition with other countries was reflected in slogans like "buy American" and movies like *Gung Ho*. A

disturbing series of reports on weak workplace skills grabbed the attention of educators and the government. One of the first reports of that decade, as explained by a recent article by Donovan and Schneider in *Technology and Learning*, was the 1983 publication of *A Nation at Risk*. Schools need input from the workplace in order to develop articulation agreements with business and industry and to establish curricula designed to create a skilled workforce. To insure the changes are carried out, school administrators must also secure the cooperation of the instructors, as pointed out in a recent article by Bragg and Layton in the *Community College Review*: "No educational reform effort can succeed if it does not have the backing of those who will implement it." But what do business leaders have to say about necessary skills? I spent summer and fall 1995 finding out. I interviewed twenty employers in the Raleigh-Durham area, all representing one of the technical clusters we offer at Wake Tech: business management, engineering technology, environmental and life science, human and social services, industrial technology, marketing, and medical/health. magazines.

THREE MAIN SKILLS

Employers highlighted three skills needed by all workers: teamwork, flexibility, and communication. A final quality many stressed was a positive attitude in the interview and on the job. Most would not hire an applicant who lacked enthusiasm.

THE ILE ETHOS

WRITTEN COMMUNICATION

Oral communication is the mode of choice in most workplaces today; the paper memo is dead, replaced by voice mail, informal conversation, and sometimes E-mail or fax-mail. But two writing tasks still loom before the entry level worker: Writing reports and filling out forms. For example, many companies these days are seeking certification in a variety of world class standard programs, like ISO or QS 9000, an automotive quality certification. These certifications require extensive documentation. Workers have to fill out reports that ask them to describe exactly what they do and how they do it.

ORAL COMMUNICATION

We can see that employees still need written communication skills. Yet interpersonal oral communication skills are the ones most prized by employers in the new informal workplace atmosphere. Some employers, like Raychem, even test technicians in their ability to follow oral directions. Employees who work with the public or closely with teams need skills in empathy and feedback techniques, especially in fields such as customer service, criminal justice, medical, and legal. Critical thinking and the ability to function as part of a problem-solving group are also skills that employers look for.

Oral presentation skills lead to promotions. At Buehler Products, those willing to present proposals or recommend strategies are those who are positioned for advancement. The HR there tells of a junior engineer he hired. In five years, that worker had risen to production engineering manager. How? He floated to the top because he demonstrated effective communication skills, he stayed cool under pressure, and he delivered strong presentations. He earned an extra \$25,000 a year because of his

communication skills. At a local bank, managers noticed that a particular teller was exceptionally good at explaining policies to customers, who often requested her. She was promoted to trainer and a position that provided an extra \$10,000 a year and her own office upstairs. Communication skills are essential for promotion. At the Cary Police Department, officers who do not develop communication skills remain officers instead of moving up.

TECHNOLOGY

Written and oral communication skills are very important in today's high-powered workplace, but employees must also be able to use modern technology to communicate. The technologies most often used for communication are voice mail, E-mail, fax, and word processing.

INTERVIEW AND RESUME PREFERENCES

Although workers need to develop skills in communication and technology, obtaining the job is the first hurdle. And the process of getting a job is grueling. Competition is stiff. Of course, in the Research Triangle, the competition is even stiffer than national statistics indicate. Some employers I spoke with reported getting as many as 300 applications for a single position.

If the resume is lucky enough to be among the few selected, the next step is the interview. One hospital administrator said of a candidate, "If I can't understand her, and I'm listening as hard as I can, what will a semiconscious patient do?"

The applicant who survives the telephone interview still faces a challenge. The formal interview really begins as soon as the applicant arrives at the site. His or her actions may be noted even out in the parking lot. Almost assuredly, the way the applicant acts in the waiting room will be reported to the interviewer. Interviewers frequently sneak out, ostensibly for a cup

THE ILE ETHOS

of coffee, to scope out the applicant unobserved. In fact, the interviewer may even be substituting at the reception desk.

Employers interviewed also provided examples of questions they frequently ask in interviews. These questions are designed to explore educational background and work experience, certainly. But today's HR manager is also interested in discovering the style of management the employee responds best to. That is the reason behind the question, "Which manager did you like best?" Personal attributes like flexibility and enthusiasm count, too. Employers do not like to have to coax people into talking about the job.

Applicants may not even get to go through the process for many positions.

More often these days, companies hire temporary workers. Considering how difficult the interview process is, it is amazing anyone is ever offered a job. Yet unemployment in our area is very low (hovering at 3.4%), and companies are actively seeking the right kind of worker.

That worker is the one with the necessary skills—skills in oral communication, written communication, and teamwork. These are skills that we English instructors teach. They are the skills our students need to obtain a job and to move up. They are skills for a lifetime.

(Article taken from: <http://www.articlesbase.com/meditation-articles/communication-skills-in-the-workplace-5259921.html>
This website offers articles to use, copy and share for educational use
Image taken from: http://www.cliparts/e/7/5/e/11949849161257289955radio_wireless_tower_cor_.svg.med.png)



THE ILE ETHOS

Reaping the Benefits of Music for a Balanced Life

by Azul Blue (ArticlesBase Writer)

Music has the power to heal and also helps one cope with anxiety and depression. It stimulates the brain and enhances optimism and creativity. In fact various spiritual studies have concluded that yoga meditation music offers a very powerful and holistic alternative healing experience. It creates an ambience of harmony in the heart and soul. Tranquil and serene music has the power to calm the troubled mind not only at the conscious but also the unconscious level. This is the underlying belief on which sound yoga is based upon. The sense of harmony and calm that is achieved brings a balance at the spiritual, emotional, mental and physical level. This is perhaps the reason why chanting and singing are an integral part of prayer in almost all religions.

Restoring Well-being in Individuals

Sound Yoga or sound healing uses vibrations, frequencies, musical tones and sounds to help restore physical, emotional, mental and spiritual well-being. The power of sound is immense and endless. It is this power that is tapped when we open our minds to yoga relaxation music. This music opens a new dimension in our life that resonates with positive vibrations. Singing bowls from Tibet, chimes, flutes, forks, musical instruments that have soft sounds, and even voices are all sources of positive vibrations that can heal the soul. Different individuals react differently on a subconscious level and thus the same vibration would have a different effect on different individuals.

Hence identifying the correct vibration is also important.

Understanding the Power of the Human Chakras

Thus while traditional yoga is powerful in itself, sound yoga has the additional benefit of music which makes it more powerful. Understanding how yoga music helps the body to heal is very interesting. The body is divided into seven chakras or energy centers and each chakra responds to a particular sound or frequency. Identifying the music that helps each chakra to rejuvenate is the key to ensuring the health and vitality of the chakras. When each chakra is healed, rested and stimulated the individual attains a sense of calm at a sub conscious level. This ensures a positive outlook and success in all aspects of life.

How Can a Meditation Retreat Help Heal the Mind and Soul?

Yoga meditation retreats help set an ambience of tranquility and peace in which the participants can heal their mind and soul. This ensures that each member at the meditation retreat achieves mental, spiritual, emotional and physical health. A balanced and positive outlook is the key to a successful life. Traditionally yoga is known to help the practitioner open the mind to the sounds of nature. As we retreat deep into ourselves, our subconscious mind soaks in the natural sounds around us. The meditation retreat aims to recreate the same ambience of peace and quiet to enable us to get in touch with our inner self.

A Parade of Contradictions

By Marlin Pérez (ILE Professor)



The Ministry of Education is reforming Public Education. Programs of different subjects such as Mathematics, Spanish and Social studies have changed their methodological approach and the organization of contents and objectives. The secretary of Education states that the new curricula have been designed in order to cope with the demands of a globalized world.

The government is trying to change Education paradigms by implementing new programs, without taking into consideration the lack of resources that most of the public schools face, the paradox of teachers who hold the highest levels of the educational ladder but do not know how to make these new programs work since they are not embracing the change having even fossilized the old procedures, learning strategies and techniques.

The most remarkable and ludicrous change in the programs is the fact that meanwhile the whole world is adding up new and more skills for the first graders' study plans. The local program does not require the development of a reading process for its successful implementation, which means that our children will be the only ones in Central and South America who will not be capable of reading at the ages of six and seven. If we analyze the results of Costa Rica in **Pisa** tests-a program for international student assessment, we can easily perceive all the shortcomings of our system because of our results. The Educators are glum with the constant changes in educational policies, low salaries, and delayed payments. Educators need to go through an attitudinal interiorizing where they realize that the social and economic development has always been in their hands, rather than the government's.

Professors and primary teachers have to face the future with the knowledge they acquired in the past because the secretaries of education have copied methods, procedures, techniques and even methodologies and have tried to implement them in the country but the standards are still low. If the government does not have money to invest in teacher's training the standard in any kind of test will be high just in our dreams.

Our children are being raised in a technological environment, but the way they learn in school does not include gadgets that could make the teaching – learning process more interactive and thus more dynamic and anesthetic. Our students are being besieged with information from platforms, computers, i-Phones and many others, and we complain about the fact that they do not pay attention in our lessons. Everybody should think about parallel processes.

In a democratic country where the soldiers of democracy are students and the weapons are pencils and notebooks the target should be to provide the economic and technological tools to schools and high schools so that the success of the learning process can be assured.

If we want to put an end to contradictions between what we say, do and obtained in connection with the result of the teaching and learning process, we have to stop the myths of education and change paradigms that envisage the old conceptions of what is academic, theoretical and abstract. If the Ministry of Education wants to reform Public Education in a real way, it is indispensable to work based on the country reality and with the professionals who know the needs of the students.

UTN begins Value of the Month campaign. For the month of September, the value is Ethics in the Workplace. This campaign has the objective to permeate school life and, as students and staff live these values, their spiritual, moral, social and cultural development increases.

Ethics in the Workplace

Workplace ethics is integral in fostering increased productivity and teamwork among your employees. It helps in aligning the values of your business with those of your workers. Achieving this alignment requires that you encourage consistent dialogue regarding the values of your company or institution, which enhances community, integrity and openness among employees. Ethics enable your workers to feel a strong alignment between their values and those of your institution. They show such feelings through increased productivity and motivation.

You earn a lot of respect and cultivate a strong image in the public domain when you make ethical choices. The public would consider your institution to be operating with honor and integrity while valuing people over profits. Building a strong public image through ethical conduct also earns you more clients. The public would develop trust in you and do business with your institution.

Ethical conduct in the workplace encourages a culture of making decisions based on ethics. It also enhances accountability and transparency when undertaking any business decisions. During turbulent times, a strong ethical culture guides you in managing such conflicts by making the right moves. It can help you to introduce change successfully in your institution, which can be a challenge. Ethical conduct within the business sensitizes you and your staff on how to act consistently even in difficult times.



(Information taken from: <http://everydaylife.globalpost.com/benefits-importance-ethics-workplace-7414.html>)

Picture taken from: <http://steppingstonellc.com/2011/09/28/social-media-ethics-free-webinar-for-pr-practitioners-sept-29-ethical-musings/>)



VOX POPULI

The UTN community includes professors, administrative staff and students. Each individual has something to say about everything. In this section, we give the university community the opportunity to express what they feel about different school, country and world issues that in one or another way affect or impact our lives, feelings and opinions. Professor Cindy Rodriguez is in charge of this interesting section. In this issue, we asked ILE students:

I knew miracles were true when...

My daughter was born.

-Mireya Mena

My dog disappeared for three days, and then he came back home.

-Anthony González

I was healed from an early stage of cervix cancer.

-Hilda Espinoza

I saw my mother walked out of the hospital after surgery.

-Wendolyn Briceño

I started to believe in God, and I realized life depends on something more powerful than us that nobody can explain.

-Gian Carlo Padilla

I see all chances I have in life and all blessings I receive.

-Pamela Arce

My dog survived after a car ran over him. He lost a lot of blood and his legs were broken. I needed money to pay for a surgery and as soon as possible. Hopefully, I found a vet who did not demand the whole amount at once, so that gave me more time to find the money.

-Kattia Robles

My cousin had a terrible accident. As a result, he had a blood clot in his head. Without a medical explanation, two days later the clot had disappeared.

-Dayanna Vargas

90 seconds with...



We see them walking around the UTN campus. They are always willing to help us when we need information, advice and guidance. UTN academic and administrative staff is an important element of the university. However, people hardly have the chance to meet them. In this section, we will try give you a glance of the other side of all those people who are behind UTN organization and functioning. In this issue, let's meet:

Marcelo Prieto Jiménez: UTN Chancellor, Bookworm*, and Pasta Lover.

Where do you live?

I am originally from Plaza Iglesias, Alajuela. I have always lived in Alajuela, I graduated from Instituto de Alajuela High School, but now I live in Canoas, Alajuela.

Best childhood memory?

My most vivid memory is how much I enjoyed playing among coffee plantations, around Alajuela. At that time, farms and coffee plantations surrounded Alajuela. We got into these places and got different fruits with no problem. I also remember that every afternoon 30 or more children got together at Plaza Iglesias soccer field to play together. Children today cannot do that.



First job

I was nineteen years old. Professor Elizabeth Odio hired me to work in the research department at University of Costa Rica. I worked there for 2 years, and I remember they paid me 750 colones a month.

Favorite food

Believe it or not, my favorite food is rice and beans, but I am not talking about "gallo pinto". I take rice and beans and mix them. That's all. If I go out, I like to eat pasta.

Something you really can't stand.

I do not like chicken that much, and ripe banana (platano maduro). When I was a child, that was every day's dessert, so now I can't stand it.

*Bookworm: person who reads a lot

90 seconds with...



Would you class yourself as a day or night person?

I have changed with age. In the past, I could work better until late at night. Now, I prefer to sleep well, so I wake up early in the morning and try, as much as possible, to stop working by 6 pm.

A good book

There are three important books in my life: *La Nausée* by Jean-Paul Sartre, *The Rebel* by Albert Camus, and *Memoirs of Hadrian* by Marguerite Yourcenar. Especially the last one is a novel I recommend people to read. It helped me see life from a very interesting perspective.

Favorite music

My favorite music is old boleros. However, I love Joaquín Sabina's music. I can say that I listened to his music almost every day.

What is always in your fridge?

There is always cheese in my refrigerator.

What's one of your favorite places to visit?

Even though I like the ocean, I do not go to the beach very often. My favorite place is the mountains, and I especially like to go to Poás Volcano.

What is your greatest fear?

My greatest fear is to be betrayed. I do not fear to face the enemy, but treason is something different that I really fear.

Tell me a joke or proverb you remember right now.

I always preach with Pepe Figueres's quote: *there is nothing so practical as a good theory.*



The Attic of Bertha Mason



Cool applications for writers

The internet has it all, no doubt. If you are a writer and want to get some extra help, here are some recommendations for applications.

Dragon Dictation

Don't let your ideas dissipate while you are on the go. This app recognizes speech and transforms it into text, so that you can later copy-paste it to Word.

Written? Kitten!

It's the place for procrastinators. Here you can set a goal of how many words to write and over what period of time. You will get a reward kitten (not a real one!) every time you reach your goal.

Poetica

It's a collaborative site where others can edit your work. Great for the writer who is tired of such lonely endeavor.

Bubbl.us

This app lets you create mind maps and organize information. There's also the option to share.

My Writing Spot

It's a workspace that allows you to organize your writing, save it and download whatever you write.

Whether you are an experienced writer or just testing the waters, these apps can make your writing life easier or more complicated, depending on your inner geek.

The Attic of Bertha Mason

Are you mocking me?

by Edwin Murillo (ILE Student)

Costa Rican people have sayings for everything. In our culture, it is very common to name things by its appearance, shape or brand. Sometimes, we simplify the day-to-day words and modify them to our necessity. I personally like to call things by its brand because it is easier for me to remember a brand than a very difficult name.

I used to work with my father two years ago. My father is a construction worker and also has the tendency to call tools by its brand, instead of by its real name. I guess that I got that tendency to call tools by their brand from him.

We had a Salvadoran friend who usually worked with us. Many times we made fun of him because he could not learn the names that my father and I used to call the tools. It was a day-to-day struggle for him.

Once, my father asked him if he could take "el metabo" to the second floor, but he replied: "What is a metabo?"

"Common Jose´ don't you know what a Metabo is." My father said. It is the grinding machine. Then, my father explained to him that in Costa Rica, it is very common to name things by its brand.

In another occasion, Jose´ could not understand some expressions that my father and I used when it was lunchtime. My father told Jose´ to have lunch with us, but my father used an expression that Costa Rican people like to use a lot which is "gallito".

He told Jose´ if wanted to have a "gallito" with us. Jose asked my father what a "gallito" was. My father just laughed. I told him that "gallito" is an expression that people in our country use to refer to lunch and dinner. He told me that he understood we were about to eat a little rooster for lunch because if you translate "gallito", it means small rooster.

The inconvenient, José had with the way we speak, is a typical problem anyone can experience when you are in a foreign country. This is because every country has its own expressions and own ways to say and name things. So do not get frustrated, a different culture will always teach us something different.



The Attic of Bertha Mason

Costarriqueñismos

by Adriana Calvo (ILE Student)

Here in Costa Rica, there are specific words and phrases for things that foreign people find difficult to understand since it is impossible to know the meaning by just translating. Those words, proper to Costa Rica, are called "costarriqueñismos".

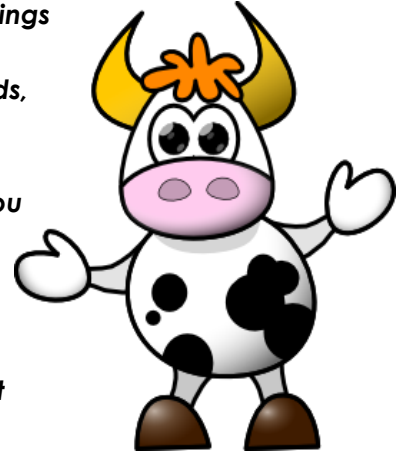
For example, when a Costa Rican says: "agarrado!", it doesn't mean that you are holding onto something. If someone tells you this, it's not that they are being nice to you since that means that you are being stingy. Tricky, right! What about "se ahorco"! Oh, no, no, nobody chokes. This phrase is common when saying that someone just got married. Jajaja!

Some other words that tourists might hear in a bar or restaurant are: "quieres unas bocas?" (Would you like some snacks?),

"birra" (beer), "que bañaso" (so embarrassing), "calabaza" (time to go or to go home), "deme un chance" (give me a moment), "un gallo o gallito" (a small portion of food, sometimes wrapped in a tortilla), "hablar paja" (to say nothing important), "culo de tres nalgas" (a show off person), "jacha" (the face), "jama" (food), "limpio" (a person without money), "llevela suave" (to not rush in doing something), "menear" (to shake or move yourself when dancing), "monchar" (to eat something), "una rubia" (a beer), "salado" (a person with no luck), "que torta" (a problem).

Let's not forget some funny phrases that people say on the street: "apriete el paso" (it means walk fast), "como las vacas" (when someone doesn't understand something), "no se monte sobre la arepa voladora" (relax, do not rush), "estar detras del palo" (not to understand or know something), "verla peluda" (to be in a difficult situation or problem), "hagase el maje" (to pretend you are not paying attention, to ignore) and there are too many other like these ones!

So from now on, when you hear something you don't understand or it is confusing, it is better to ask someone you trust to explain it to you. This happens in every country since it is very common within the society to create such things, to transform the language. So remember: "no se vaya con todo" (don't believe everything you hear)!



LANGUAGE BITS

SITUATION	FORMAL	RELAXED	INFORMAL
A friend was confronted by a wild animal. He kept perfectly still.	He made no perceptible movement.	He didn't move.	He didn't budge.
You took a group of children to the cinema. They remained in their seats for the duration of the film.	They remained in their seats.	They didn't move at all.	They were glued to their seats.
You bought a new computer; however, it isn't as good as they said it would be.	They exaggerate the merits of the computer's performance and abilities.	It isn't as good as they said it was.	It's not all it's cracked up to be.

(Information taken from Hot English Online Magazine #103 p.36)

Idiomatic Expressions

One of the most difficult aspects of a language to master is the usage of idiomatic expressions. An idiomatic expression or idiom is a combination of words that has a figurative meaning owing to its common usage. An idiom's figurative meaning is separate from the literal meaning. There are thousands of idioms and they occur frequently in all languages. There are estimated to be at least twenty-five thousand idiomatic expressions in the English language. During the next editions we will show some idiomatic expressions, and we will divide them according to a particular word or topic. Here there are some idioms that use fruits and vegetables:

IDIOM	MEANING	EXAMPLE
To go bananas	To go crazy	<i>When I told Luis that he could go on the school trip, he went bananas.</i>
For peanuts	For very little money, for almost nothing.	<i>I was able to buy a used computer for peanuts.</i>
Full of beans	Feeling energetic, in high spirits.	<i>My aunt is full of beans tonight and she does not want to stop talking.</i>
Life is a bowl of cherries	Only good things happen in life.	<i>Ever since my father retired from his job he believes that life is a bowl of cherries.</i>
Polish the apple	To flatter someone	<i>Nobody likes the girl because she is always polishing the apple with her teacher.</i>

(Information taken from: <http://www.idiomconnection.com/food.html>)

HUMOR



I have discovered the secret to a clean house:
never let your children or husband enter it

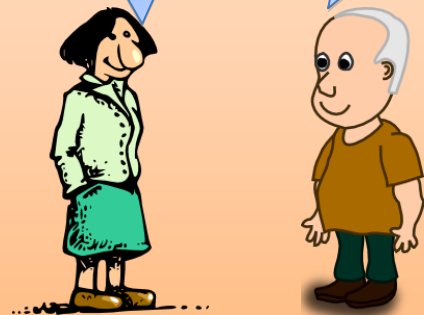


Come on Dad, let me borrow it. I'll be careful.
I won't scratch it. What harm can come to a
credit card?

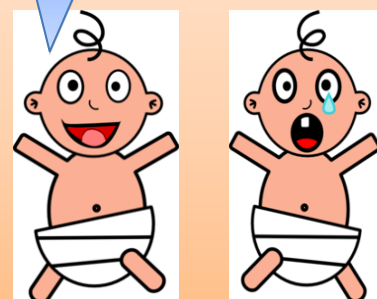


Our neighbor Mr. Gil kisses his wife every day before he goes to work. How come you never do?

Honey! How could I? I don't even know her.



Dude, I'm joking. You're not adopted.



I think I will call her Sara.

I'm sorry, but that name is already taken. However, you can still have Sara31 or Sara_12.



Technology

Coursera

Coursera is a for-profit educational technology company founded by computer science professors Andrew Ng and Daphne Koller from Stanford University that offers massive open online courses (MOOCs). Coursera works with universities to make some of their courses available online, and offers courses in physics, engineering, humanities, medicine, biology, social sciences, mathematics, business, computer science, and other subjects. Coursera has an official mobile app for iPhone and Android. As of September 2014, Coursera has 9.2 million users in 750 courses from 111 institutions.



Anyone with access to the Internet has the ability to receive a self-paced higher education. Even in local institutions, which lack elite professors, students can be guided and motivated by resources provided by Coursera.

All courses offered by Coursera are "accessible for free". The website provides courses in a variety of areas, including Humanities, Medicine, Biology, Social Sciences, Mathematics, Business, and Computer Science. Each course includes short video lectures on different topics and assignments to be submitted, usually on a weekly basis. In most humanities and social science courses, and other assignments where an objective standard may not be possible, a peer review system is used.

Coursera courses approximate from six to ten weeks long, with one to two hours of video lectures a week. These courses provide quizzes, weekly exercises, and sometimes a final project or exam.

Web forums are provided for courses, and some students also arrange face to face study meet-ups using meetup.com, or online meetups. However, the Coursera Honor Code prohibits copying answers, therefore the discussion should not exchange answers but should practice a healthy debate.

Coursera offers proctored exams at the end of these courses through ProctorU, an online proctoring service that connects proctors and students via webcam. The service costs \$60–\$90.

Coursera reduces the cost of the courses it offers by using instant computer-based marking where appropriate, making students grade their peers' homework in some cases where computer-based marking cannot be used, such as for poetry composition exercises and employing statistical methods to validate the assessment.

To learn more about this interesting website, go to: <https://www.coursera.org/>

(Information taken from: <http://en.wikipedia.org/wiki/Coursera>)

This Month in History

IT HAPPENED IN SEPTEMBER

September 2 nd , 1945	Vietnam declares its independence from France, forming the Democratic Republic of Vietnam (North Vietnam).
September 5 th , 1972	The Olympic Games in Munich, Germany are marred by tragedy when PLO terrorists hold the Israeli delegation hostage; 11 Israelis are killed during the ordeal.
September 6 th , 1941	All Jews over age 6 in German territories are ordered to wear a star.
September 9 th , 1947	First actual case of a computer bug being found: a moth lodges in a relay of a Harvard Mark II computer at Harvard University.
September 12 th , 1959	Bonanza premiers. First regularly-scheduled TV program presented in color.
September 15 th , 1928	Sir Alexander Fleming notices a bacteria-killing mold growing in his laboratory, discovering what later became known as penicillin.
September 18 th , 1952	The US bars Charlie Chaplin from reentering the country after a trip to England.
September 23 rd , 1889	Nintendo Koppai (Later Nintendo Company, Limited) founded by Fusajiro Yamauchi to produce and market the playing card game Hanafuda.
September 26 th , 1966	The first Chevrolet Camaro appeared.
September 29 th , 1979	Pope John Paul II became the first pontiff to set foot on Irish soil with his pastoral visit to the Republic of Ireland.

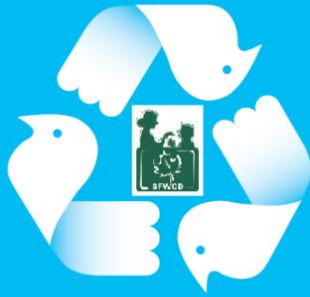
FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
	Javi Martinez	Football Player
	Jack Daniel	Entrepreneur
	Ferdinand Marcos	World Leader
	Ivan Pavlov	Scientist
	Serge Ibaka	Basketball Player
	Linda Hamilton	Actress
	Pedro Fernández	Singer

This Month in History

International Day of Peace

INTERNATIONAL DAY OF PEACE 📅 SEPTEMBER 21



**SUSTAINABLE
PEACE FOR A
SUSTAINABLE
FUTURE**

Each year the International Day of Peace is observed around the world on 21 September. The General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

The theme of this year's International Day of Peace is the "Right of Peoples to Peace". This anniversary offers a unique opportunity to reaffirm the United Nations commitment to the purposes and principles upon which the Organization was founded. The Declaration on the Right of Peoples to Peace recognizes that the promotion of peace is vital for the full enjoyment of all human rights. The International Day of Peace was established in 1981 by resolution 36/67 of the United Nations

General Assembly to coincide with its opening session, which was held annually on the third Tuesday of

September. The first Peace Day was observed in September 1982.

On the International Day of Peace, also known as Peace Day, people around the world take part in various activities and organize events centered on the theme "peace". Events vary from private gatherings to public concerts and forums involving large audiences. Activities include:

- ✚ Interfaith peace ceremonies.
- ✚ A toast for peace.
- ✚ A peace choir.
- ✚ Lighting candles.
- ✚ Peace prayers.
- ✚ A peace convoy of vehicles.
- ✚ Tree planting for peace.
- ✚ Art exhibitions promoting peace.
- ✚ Picnics for peace.
- ✚ Peace walks.

The United Nations invites all nations and people to honor a cessation of hostilities during the Day, and to otherwise commemorate the Day through education and public awareness on issues related to peace.

(Information taken from: <http://www.timeanddate.com/holidays/un/international-peace-day>)

(Pictures taken from: http://commons.wikimedia.org/wiki/File:International_Day_of_Peace_%26_Society_For_Women_%26_Child_Development.png)

PROVERB OF THE MONTH

A proverb is a short saying or sentence that is generally known by many people. The saying usually contains words of wisdom, truth or morality that are based on common sense or practical experience. It is often a description of a basic rule of conduct that all people generally follow or should follow. Proverbs can be found in all languages. In this month where we commemorate our independence, we want to close this month's edition with this Indian proverb about victory:

Your freedom is brought to you courtesy of the outstanding Men and Women who serve and have served this country with honor, dedication, pride and sacrifice!

~ Indian Proverb

Discovering Pura Vida

Remember if you want to read authentic stories made in UTN-ILE, you can find them in Discovering Pura Vida. The books are series of language learning and culture immersion original stories in English with an interesting way of learning Spanish. They are for kindle readers at the moment, but any PC or tablet can display them, too. Each book is \$3.99.



(Images taken from: Amazon: http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=discovering+pura+vida&prefix=discovering+pura%2Caps&rh=i%3Aaps%2Ck%3Adiscovering+pura+vida)

To buy one of these wonderful titles go to [DISCOVERING PURA VIDA](#)

PROGRAMA DE IDIOMAS



Description

Our language open courses have been designed to provide students an environment in which they can participate and role play everyday situations.

Experienced teachers and small groups complement a process applying appropriate foreign language learning strategies. Phonetic concepts are included to reinforce oral abilities in a way students can integrate other language skills, such as reading comprehension, listening, and grammar structures.

Besides, students are able to discuss and express their opinions on several topics regarding a variety of common interest issues such as sports, culture, pollution, social problems, and the like, by using proper grammar structures and pronunciation.

At the end of the program, students achieve an intermediate level of language production (B1 according to the Common European Framework) intended as satisfactory to fulfill their academic and professional requirements with native speakers.

Academic program

Our program consists of the following academic offerings:

English Introductory Level (INGLES NIVELATORIO)

IMPORTANT INFORMATION

- Registration fee is not charged.
- Placement test (Optional).
- Age requirement: 15 years old minimum. (does not include the Children Program)

Further information: Tel. 2435-5000 ext: 1192-1193 or through e-mail programaidiomas@utn.ac.cr

A basic two-month course designed to provide students elementary language tools.

Regular English Program (INGLES REGULAR)

A two-year program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Intensive English Program (INGLES INTENSIVO)

A twelve-month program in which students attend three times a week, morning or evening schedule.

English For Children and Teenagers (INGLES PARA NIÑOS Y ADOLESCENTES)

A two-year program designed for children and teenagers up to 14 years old. Students attend classes on Saturday evenings.

Portuguese

A fourteen-month program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Italian

A sixteen-month program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Publisher's error

In edition 23 (July) of this magazine, in the last paragraph of page 13 there was a spelling mistake with a verb used in Andrés Bejarano's article The Universal Meaning of Figurative Language:

If you are too young to understand the meaning of this idiomatic command and happen to **bomb** into somebody who is walking an angry looking dog and suddenly hear the phrase "**ushca**" or "**uscale**", I think it would be better if you run as fast as you can.

We should like to correct the verb bomb to **bump**. The ILE Post offers its apologies for this error.