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COVER PAGE



In this July issue, we are going to learn a little bit about Dante's poem, The Divine Comedy, an imaginary journey through Hell, Purgatory and Paradise is one of the most important works of medieval literature. 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 FACEBOOK.

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EDITORIAL

Let's Show Some Empathy Towards University Teachers

by Eric Herrera (ILE Professor)



In my opinion being a university teacher conflicts with family life because if you want to be a good university teacher that means you may not have enough time to do anything else. Tons of requirements and teaching commitments in the last years have transported university teachers to a world in which living to work may seem the maxim.

When some people meet university teachers, the first thought that comes to their minds is: they work three or four hours a day teaching a course. However, all the planning, grading, studying, and designing of materials can represent an average of five to six more hours a day. If we add counseling students, meetings and administrative work, that amount of time increases.

Another idea people have is that university teachers have a lot of vacations. For people who believe this it likely means that they do not know many university teachers. First of all, if the university has three semesters of fourteen weeks as UTN does, the two weeks between terms are used: to prepare exams, which is very short for a full time teacher teaching four different courses who has to prepare eight exams (four mid-terms and four finals); to grade those exams and do the administrative work; to prepare chronograms and plan diagnostic tests and activities for the next term.

Second, some universities, like UTN, demand teachers to have a licentiate and a masters degree and to take several mandatory courses. Many of these programs are either offered on Saturdays or online (virtual courses), which means teachers devote most of their lives to the university they work for.

Finally, even though technology has facilitated many tasks, it has also negatively affected the university teachers' workload. Nobody can deny that instant access to information and the use of all technology devices has revolutionized how

students learn today, but it has done it with such a speed that it is very difficult for institutions, and some teachers, to keep pace. In this way, universities implement projects to introduce technology to the learning process without taking into consideration the pedagogical practice that are associated with producing and improving learning in the different areas. These projects are sometimes perfect when they are applied in mathematics, but they do not work in the same way when they are applied to learning a language. In many cases, teachers not only need more time to study and learn how to use technology, but they do it under pressure.

In this scenario, when does the teacher have time for family, friends, or even for themselves? Well, in an economical situation in which there are not many jobs to choose from, spouses and children are the ones who suffer the most. Many couples think they married in theory, but not in practice because in most cases: teachers are at home but working, they are physically present but with their minds thinking about the thousand things they have to do, they are spending time with their children but watching cell phones for pending tasks to do.

For some, this might not look like a big deal, but the way this situation is seriously affecting the lives of teachers and their families is something institution must start taking into account. **Family disintegration, fractured relationships, burnout, and health problems are part of the everyday life of a university teacher.** Therefore, the next time you see a university teacher, do not think they are what they are trying to show when they are in front of the class. As William Shakespeare said: All the



Adult Literacy Program At UTN

UTN's extension and social action department has been developing during the last two years a literacy program for senior citizens for the last two years. Helping adults gain literacy skills helps reduce poverty and improve public health. About fourteen students receive instruction in reading, oral and written communication.

There are several women among the students who did not have the opportunity to attend school when they were young because the role of women at that time established that they had to be devoted to their families and household chores.



UTN And CANAPEP Signed Agreement

On August 31st, UTN and CANAPEP (The National Chamber of Producers and Exporters of Pineapple in Costa Rica) signed a framework agreement for inter-institutional cooperation, in Santa Clara, San Carlos.

CANAPEP was founded in 2003 with the aim of promoting producers, industrializers, and exporters of this fruit to work in compliance with environmental standards, the country's labor and social issues, and the standards required by international organizations. Costa Rica has been the world's main producer and exporter of fresh pineapple for more than two decades, surpassing other important competitors, such as Brazil, the Philippines, Thailand, and Indonesia. This leadership position has been achieved thanks to the combination of ideal agroecological conditions, good research in biotechnology, and a great so-

phistication in the various links of the production chain, from production to marketing and logistics.

The objective of this agreement is to promote and develop workshops, courses, professional practices, internships, seminars, research, community and production projects, and activities of mutual interest to both sides.

Main Campus Dean Emmanuel González said this agreement will enable pineapple producers to strengthen the effort to develop effective adaptation and mitigation measures to fight climate change and its impacts by showing their compromise to sustainable development and corporate responsibility.

UTN Chancellor Marcelo Prieto stated that search and implementation of agreements with development sectors take time and requires sustained or ongoing social



action, but it is extremely important to fulfill the work that the university is doing in Costa Rica. After the activity, NASA Specialist in Electrical Engineering and Physics Sandra Cauffman gave the conference entitled Climate Change Adaptation and Mitigation in Agriculture.

Ingresar a una
carrera técnica

PROCESO DE ADMISIÓN
NUEVO INGRESO 2019

Solicitud de Admisión Web

Del 22 de agosto al 15 de octubre del 2018

National Strike Papalized Costa Rica

On August 24th, the High School Teachers' Association (APSE) called for an indefinite national strike starting on September 10th, to protest a tax reform law currently being debated in the Legislative Assembly. All of Costa Rica's public unions joined the strike as well as some private sector unions.

Costa Rica finished 2017 with a deficit of 6.2 percent. The Central Bank of Costa Rica (BCCR) warned it could grow to 7.2 percent this year and country's economy could plunge without a significant tax reform.

Reason

Unions opposed Law 20.580, Strengthening of Public Finances because they say it puts the burden on the working class while benefiting the country's large industries.

The most substantial part is the plan to replace the country's sales tax with a value-added tax (VAT). It would remain at 13 percent, but it would allow the government to collect taxes on services, a growing industry in Costa Rica, rather than just sales.

The reform would increase essential food items by one percent, and there are proposed cuts to public universities.

The proposed law would also affect income tax. It would add higher brackets for top earners, and would limit government spending on new projects.

Effects

Hospitals stopped delivering non-essential services. Appointments, outpatient treatment, and surgeries were all on hold during the strike. Emergency rooms remained open and critical surgeries continued.

The protests interrupted main roads that even affected the carrying of the Torch of Independence on September 14th. The students who carried the torch in the northwestern city of Liberia were surrounded by protesters, preventing them from passing for several hours. In light of concerns, the torch was transported via helicopter to Cartago, the former colonial capital of Costa Rica.

In addition, the strike caused serious problems between police and university students, violence in Limon and Civil Aviation which made authorities issued a yellow alert for the country's international airports.

According to the Ministry of Education, more than 8,000 educators went on strike.

Government's Reaction

President of Costa Rica, Carlos Alvarado, described the strike movement as unjustified, improper and illegal. He presented the formal request to the court in hopes to declare the movement illegal.



According to the Labor Code in article 371, in order for a strike to be declared legal, it must meet the following requirements.

"The legal strike is a right that consists in the concerted and peaceful suspension of work, in a company, institution, establishment or work center, agreed and executed by a plurality of at least three workers, representing more than half of the votes cast in accordance with article 381, by the employees involved in a collective labor dispute,"

states the article.

Voices

"We initiate a patriotic battle, in defense of the working class and the quality of life of Costa Ricans," expressed **Marta Rodriguez**, leader of Bloque Unitario Sindical y Social (Buscco).

"The fiscal 'combo' does not eliminate the structural causes of the fiscal deficit. It is demonstrated that this tax package and the budget cuts will generate less economic activity, having a negative impact on unemployment, poverty, inequality and exclusion," states a press release sent by the **Labor Unions**. "Here are the people demanding no more taxes on the working class, no more burdens on workers," said **Melida Cedeno**, president of the APSE teachers' union.

"It is not a pleasant subject, it's a tough pill to swallow, but it is necessary for the timely advancement of Costa Rica. Many people have claimed that it burdens the poor, but for every 100 colones that this proposal would collect, 80 would come from the 20 percent of Costa Ricans with the highest income" mentioned President **Carlos Alvarado**.



Botswana: 87 Elephants Killed Near Wildlife Sanctuary

On September 4th, the carcasses of 87 elephants have been found near a wildlife sanctuary in Botswana, in what conservation group Elephants Without Borders called “the largest scale of elephant poaching to date”. **The remains were discovered during an aerial survey near a protected elephant sanctuary**, the group said on Facebook.

Talking to the BBC, Mike Chase of Elephants Without Borders said he was shocked by the discovery of the elephants, who had their tusks removed for their ivory.

“When I compare this to figures and data from the Great Elephant Census, which I conducted in 2015, we are recording double the number of fresh poached elephants than anywhere else in Africa,” Chase said.

According to the organization’s elephant census, Botswana hosts the biggest number of African savanna

elephants with about 130,000 elephants, more than triple the size of Tanzania’s elephant population and almost eight times that of South Africa.

“The poachers are now turning their guns to Botswana. We have the world’s largest elephant population and it’s open season for poachers,” Chase added.

Botswana’s anti-poaching unit underwent budget cuts in May, shortly after newly elected President Mokgweetsi Masisi was sworn in.

Its shoot to kill policy was dropped as members of the unit were disarmed. Since then, poachers have crossed into Botswana’s territories more frequently, edging ever closer to its protected elephant sanctuaries.

The number of elephants in Africa has decreased significantly in recent years.

According to the Great Elephant



Census, **the number of elephants decreased by 30 percent between 2007 and 2014**, or about 144,000 animals. In total, 352,271 elephants in were counted in 18 countries by the census takers.

On a year-by-year basis, the number of elephants decreased by eight percent, mostly because of poaching. The vast majority of elephants, 84 percent, was spotted in protected elephant sanctuaries.



Information taken from: <http://mwcnews.net/news/africa/73873-elephants-killed-near-wildlife-sanctuary.html>

Image taken from: <https://pixabay.com>

Malaysia: Women Caned In Public For Lesbian Act

Two Malaysian Muslim women convicted of attempting to have sex in a car were caned on Monday in a rare public whipping that was denounced by some politicians and rights groups.

Lawyers and activists said **the women, aged 22 and 32, were seated on stools facing the judges and given six strokes from a light rattan cane on their backs by female prison officers. More than 100 people witnessed the caning in an Islamic court in the conservative northeast state of Tereng-**

ganu.

The women, dressed in white headscarves and clothing, didn’t cry or scream but “showed remorse”, said Muslim Lawyers’ Association deputy president Abdul Rahim Sinwan.

Unlike caning under civil laws, the punishment under Islamic law isn’t painful or harsh and was meant to educate the women, said Sinwan.

“Repentance is the ultimate aim for their sin,” he said.

‘Live in fear’

Human rights groups criticized the punishment as a setback for human rights and said it could worsen discrimination against people in Malaysia’s lesbian, bisexual, gay and transgender community.

“People should not live in fear because they are attracted to people of the same sex,” Amnesty International Malaysia said in a statement.

The two unidentified women were discovered by officials in a parked car in April and sentenced last month

to six strokes of a cane and \$800 fines each after pleading guilty.

It was the first conviction for same-sex relations and the first time a caning had been carried out in public in Terengganu, Satiful Bahri Mamat, a member of the state executive council, told Reuters news agency.

Malaysia follows a dual-track justice system. Nearly two-thirds of Malaysia’s 31 million people are Muslims who are governed by Islamic courts in family, marriage and personal issues.

The caning occurred amid a climate of fear and discrimination against Malaysia’s lesbian, gay, bisexual and transgender community. A few weeks ago, authorities removed the portraits of two LGBT rights activists from a public exhibition.

Malaysia religious minister Muja-hid Yusuf later said **the government doesn’t support the promotion of LGBT culture.**



How Will Climate Change Impact On Fresh Water Security?

by Dr. Neil McIntyre

Fresh water is crucial to human society – not just for drinking, but also for farming, washing and many other activities. It is expected to become increasingly scarce in the future, and this is partly due to climate change. Understanding the problem of fresh water scarcity begins by considering the distribution of water on the planet. Approximately 98% of our water is salty and only 2% is fresh. Of that 2%, almost 70% is snow and ice, 30% is groundwater, less than 0.5% is surface water (lakes, rivers, etc) and less than 0.05% is in the atmosphere. Climate change has several effects on these proportions on a global scale. The main one is that warming causes polar ice to melt into the sea, which turns fresh water into sea water, although this has little direct effect on water supply.

Another effect of warming is to increase the amount of water that the atmosphere can hold, which in turn can lead to more and heavier rainfall when the air cools. Although more rainfall can add to fresh water resources, heavier rainfall leads to more rapid movement of water from the atmosphere back to the oceans, reducing our ability to store and use it. **Warmer air also means that snowfall is replaced by rainfall and evaporation rates tend to increase.** Yet another impact of higher temperatures is the melting of inland glaciers. This will increase water supply to rivers and lakes in the short to medium term, but this will cease once these glaciers have melted. In the sub-tropics, climate change is likely to lead to reduced rainfall in what are already dry regions. The overall effect is an intensification of the water cycle that causes more extreme floods and droughts globally.

When planning future water supplies, however, the global picture is less important than the effect of warming on fresh water availability in individual regions and in individual seasons. This is a much more complicated thing to predict than global



trends. The IPCC technical report on climate change and water concludes that, despite global increases in rainfall, many dry regions including the **Mediterranean and southern Africa will suffer badly from reduced rainfall and increased evaporation.**

As a result, the IPCC special report on climate change adaptation estimates that around one billion people in dry regions may face increasing water scarcity.

However, the degree to which this will happen cannot be predicted with confidence by current models. In many regions different models cannot even agree on whether the climate will become wetter or drier. For example, a recent study of future flows in the River Thames at Kingston shows a possible 11% increase over the next 80 years relative to the last 60 years. However, under an identical emissions scenario, the same report shows an alternative projection of a 7% decrease in flows.

Especially little is known about future declines in regional groundwater resources because of lack of research on this topic, even though around 50% of global domestic water supply comes from groundwater. Although scientists are making progress in reducing uncertainty about fresh water scarcity, these kinds of unknowns mean that water supply strategies must be adaptable so that they can be effective under different scenarios.

The direct impact of climate change is not the only reason to be con-

cerned about future fresh water scarcity – a fact highlighted by a recent United Nations Environment Programme report. The increasing global population means more demand for agriculture, greater use of water for irrigation and more water pollution. In parallel, rising affluence in some countries means a larger number of people living water-intensive lifestyles, including watering of gardens, cleaning cars and using washing machines and dishwashers. Rapidly developing economies also result in more industry and in many cases this comes without modern technology for water saving and pollution control. Therefore concerns about climate change must be viewed alongside management of pollution and demand for water.

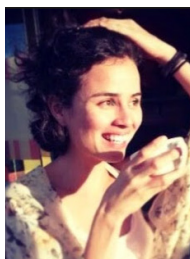
The most common solution to increasing demand, and a way of insuring against possible climate change impacts, is the engineered redistribution of freshwater over space and time: reservoirs to store it, pipelines to transfer it, and desalination to recover freshwater from the oceans. Efforts are also being made to increase water saving, reuse and recycling, and in the UK there is currently major investment into education and water-saving technology by the government and water industry.

Continued investment in education and research will be essential to providing the knowledge, skills and technology needed to combat fresh water scarcity in the future.



Chronicle of My Child's Birth

By *Cindy Rodríguez (ILE Professor)*



At 8:00pm I started feeling some kind of pressure on my lower back, I did not believe I was having contractions because it was totally tolerable. I even thought I might

be one of those lucky women that do not feel pain while in labor, but I was very wrong. By 10:00 pm my lower back pain became more intense but still manageable, I was even able to take a short nap, but by 11:00 pm I was feeling very uncomfortable. My husband took notes of what I believed were contractions, but I was not quite sure because it did not look like what you see in the movies. We decided to stay at home until my contractions were five minutes apart.

We decided not to tell anyone in the family, we did not want them to worry. The only person we told was my sister because she is a doctor, and we wanted her to be there with us. She lives in Quepos, so I gave her a call telling her that I was having some pain. She told me "oh Cindy, you are so having this baby today. I'll be there in two hours." At 1:00 am, she was knocking on my door with her cat in one hand and some luggage in the other. "You smell like parturient" was the first thing she said (apparently, women in labor smell different).

The pain was increasing every time, it was intense, it hurt but I did not feel like screaming or anything, it was just a bit painful. I got into the shower, sat on a stool and let the hot steaming water relax my muscles a bit. I would let my husband and my sister know when I was feeling the contractions, which was every 15 minutes or then. I

stayed in the shower for a good 30 minutes. By 2:00am, my sister said it was time to go to the hospital. I remember getting in the car and thinking "I am having this baby today". I tried to remain calm. In the hospital lobby, while waiting for my name to be called, my husband told me the contractions were five minutes apart. I could not stop walking; the pain was too intense.

"You are 7cm dilated," the obstetrician said after he checked me. "What??, I shouted, "you have to be kidding me!!! With this pain I must be at least 9!" I told the obstetrician in despair. He smiled and said, "Cindy, you are doing great, do not worry." Then he got me into those pink hospital robes, and I was admitted. Jason, the obstetrician assigned to assist my labor, showed up to plan the delivery together. I told him I did not want any drugs, and that I wanted them to put my baby on my chest immediately after being born, I also asked not to cut the umbilical cord immediately so to allow all the blood from the placenta to get into the baby, and I wanted my baby to crawl all by herself to my nipple seconds after being born (which is a natural thing babies do but they are rarely allowed in the hospital). My obstetrician was fantastic, he agreed to everything I said, allowing me to have a truly humanized birth. I was quite proud of our public health care system. The birth took place at San Rafael's Hospital.

Once my water broke, by 3:00am, I felt the worst pain ever. I cannot describe it, but it is still clear in my mind. I tried to hold myself together, but it was hard. I tried to walk a bit but couldn't, then I tried to do squats but could not even finish one, I could not be seated or standing or anything. My husband

was right next to me every minute, letting me squeeze his hand during every contraction or just walking along side me. By 4:40 the obstetrician said I was ready, so I was officially in labor.

"Push during the contraction." Jason said calmly, and so I did, but apparently, I was not pushing hard enough. I got exhausted with every contraction. "I can't do this!" I said whimpering and sobbing after three or four contractions. All my team was supporting me and telling me it was fine. I kept pushing but nothing. "Jason, talk to me, what do you see?" I said out of breath, afraid that he would say I was having problems. "I see a very brave woman having a baby", he was so nice. Then, all I did was pray. I prayed to God and so did my husband. During the next contraction, I felt it, I felt my vagina ripping off a bit, but it did not hurt at all, it was something positive, her head is coming out!!! I did not stop pushing. And after a long, squishy push, Paz, my sweet lovely baby was placed on top off my belly. Then some soothing, calm seconds followed, and next thing I was doing, as if nothing had happened to me was cheering and screaming, "eso Paz!!" "Good job!!" Both her dad and she were crying in the sweetest way you could imagine. My sister was sobbing; she was very moved.

Paz was there, finally, in my arms, calm and tender, both fragile and strong at the same time, growing non stop. And me, I was there, with a new story to tell, and without the slightest pain, with warm love inside me, and with a new start to the unknown, trusting God that everything will just work fine. That's the story of my vaginal birth.

My “Top 3 Best Practices” For Second Language Learning Experience

By Izabella Sepúlveda (ILE Professor)



Over the years many students have asked me about the “right way” to learn a language. My answer is always the same, “There is no right or wrong way to learn a language, but there are different methods that can help you acquire a second language in a more efficient way”. Of course,

their usual next question is: “Which method is the best, then?” To what I am always emphatic, “There is not a “best” method to learn a language. We all learn in different ways; what you, as a student, need to do is identify how you learn, so you can look for the most appropriate method for you”.

When I think about my own English language acquisition process, I have to admit it was not the most conventional one: enrolling in a course to learn. Still, when I look to it I am glad it helped me identify my strongest learning areas that now I take advantage of whenever I can.

In the next few lines, I will tell you a little about my personal English learning process as a native Spanish speaker and which is the Top 3 best practices which helped me the most. My hope is, at least one, if not more can also help you in your current process of learning English.

My second language learning process started 32 years ago when I was an 11-year-old girl from San José. One day, at that age, my parents told me that we would move from Costa Rica to Montreal, Canada and so, the adventure started. And what an adventure that was!

So, there I was, one day I am going to school in Heredia as any 11-year-old Costarican girl in fifth grade, who had never been out of the country. The next day though, I was living in a developed country; trying to learn English and French (both spoken in Montréal); eating foreign food and dealing with completely different life experiences.

I can still remember my first day at school. I felt anxious, misunderstood and frustrated. Not only did my teacher only speak French, but she did not know anything about Spanish. Furthermore, she had mentioned to my two only Spanish

speaking classmates not to use Spanish in class with me. So, there I was day one and I had to start learning the most basic expressions going around the school and communicating with the others. I did not know a single word in either language, English nor French, so I was like a baby. I had to learn everything! That day I learned more than any other day at school in Costa Rica for a very simple reason, I needed it!

And I learned tons! Things like asking for permission to use the restrooms, to say: hello, thank you and please, the names of some food, and some pieces of clothing, among others, all in just one day. By the end of the school day I was ecstatic for everything I had learned that I did not know that same morning.

When I got home that day, I was so tired that I only wanted to speak Spanish with my family, watch some T.V. or listen to some music, and relax. Of course, the watching T.V. part did not happen. The reason was so simple it shocked me how come I had not thought about it. The T.V. programs that I wanted to watch were only available in English.

So, there I was again at home, at night wanting to unwind and relax, but could not understand anything I was watching or listening. Again, my brain was so aware that I needed to learn it was no longer an option. I can still remember that was the day that I learnt the most just by watching T.V: numbers, colors, weather conditions, among others. I went to bed that night very tired, yet as happy as I could be because now I felt more connected to my new country.

The same routine repeated itself for many days which felt like years, but were actually only months. In fact, it only took me three months to interact with people in my school like any other 11-year-old girl coming from a foreign country would. I was able to speak, write and understand what I was told by most people – teachers, people on the street and my classmates.

As a teacher, when I think about this today, I understand that those three months of learning were successful for me because they implied a combination of many factors, methods, and systems applied to this process which was possible

THE ILE ETHOS

So, here are "The top three best practices" that help me learn a second language.

- 3. Speak, read, and write in English everywhere and every time you can. I mean, not only in school or with your teacher, but also at home or with friends, and whenever it may be possible: listen to music, watch T.V, or talk to your friends or family in English.**
- 2. When at school, if they do not already do this, tell your teachers and classmates to only speak to you in English all the time: in class, during breaks or even if you see them on the street or at the mall or anywhere.**

Last, but not least: my number one practice to get engaged in this beautiful experience of learning a second language:

- 1. Even though you cannot expect the process to be perfect or easy all the time, there is some thing you can always do and that is to enjoy the process of learning!**

JUST ENJOY IT!



Why Global Education Is Failing

by Joe Troyen, Founder, PenPal Schools on May 9th, 2017

If you've been to any of the major education technology conferences in the last few years then you've likely noticed the buzz around global education. While it's promising to see the great work of organizations and educators leading the global charge, the vast majority of classrooms across the US and around the world haven't taken notice. Globalization for adults - in our workplaces, politics, and daily lives - has been developing rapidly for decades now. However, most classrooms are not much more connected now than they were decades ago.

While there are many reasons why Global Education has been so slow to develop, most fall into one of three categories: Too much work for teachers, inadequate learning outcomes for students, and lack of support from administrators.

Teachers are notoriously overworked, so taking time for Global Ed - whether it is coordinating a pen pal exchange or figuring out how to set up a video chat across time zones - just isn't a priority for most. A variety of organizations provide great collaborative projects as well as opportunities to connect with other teachers, however many teachers fail to utilize these resources, and those who do must still



devote a lot of time to coordinating the exchange. Many **teachers have put in hours of work to overcome these logistical hurdles only to be overwhelmed by the learning outcomes for their students.** I've spoken with hundreds of teachers who have struggled to get more than a few outgoing

Joe Troyen is the founder of PenPal Schools, an organization that connects over 150,000 students from more than 170 countries to learn together. Before starting PenPal Schools Joe worked for 5 years designing software for Education and other industries, taught English in Spain, and researched the effectiveness of after-school programs in the Bronx. He holds a bachelor's degree in International Relations from Pomona College and is passionate about connecting learners and expanding educational opportunities around the world.

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. This month we asked students:

What is your opinion about the national strike?

In the beginning, I was totally in favor of the strike, but I changed my mind the moment I found out the government offered to have a meeting, and they did not accept it by saying they had not received a formal written invitation.

Mateela Monge

I am neither in favor nor against the strike. What I know is that this government must do something to find a solution to the strike and to the terrible situation regarding of the finances of Costa Rica.

Fraicel Segura

I am sure the strike is the only way to make the government understand that even though the tax reform is extremely important, the current proposal is affecting some people, and there are many other things that can be included in it.

Myadir Ruiz

I disagree with the strike because the tax reform that the government proposes is the only way we have to correct mistakes from the past. The people who are on strike are not fighting for their rights, they are fighting for their benefits.

Maricruz Ovares

I consider that the strike is not the way to solve this problem. There are many people who are suffering the consequences of it. Health services, streets, tourism, and other services are affecting the day-to-day lives of a lot of people.

Valeria Landgren

There is no doubt the economy of the country needs an injection of capital. The tax reform is very important because it will help support the huge deficit there is. However, if a plan is not balanced, people can express their discomfort with it, but they do not have the right to kidnap the whole country by paralyzing services.

Milton Gómez

I think the strike is bringing more negative aspects than benefits. Tourism and production are losing a lot of money with the paralization of the country. In addition, the world is getting a negative image of Costa Rica.

Daniela Vargas

Regarding this situation, we have to consider several perspectives. On one side, the country is tired of seeing lots of privileges and benefits for public employees. On the other hand, the business sector is not going to accept more taxes. The question is who is going to win?

Diana Villalobos



Toxic Relationship

By Hailyn Fernández (ILE Student)

Have you heard that quote that says that when you are in love, you do not think logically? That is why, once a relationship stops making us happy, it takes a long time for someone to end it. Getting out of a toxic relationship taught me to be a confident person.

My name is Hannah Williams. I am 22 years old, and I have been with my boyfriend since we were both 18. We were the typical teen couple so obsessed with each other, but as time passed, something that was supposed to be the perfect teenage dream turned into a real life nightmare. I was so in love with him that I did not care when he showed the first signs of being a toxic partner. The first sign was asking who I talked to; I did not suspect anything at the beginning, but it became a daily fight where I could not be on social media peacefully. As soon as he saw me talking to one of my girlfriends, he started making up nonsense stories about me cheating. All this led to establishing times in which I could or could not go out. He would get mad if I was out, or I did not answer his calls. In the beginning, I thought this could be a way to show me protection, but it was all unhealthy jealousy. Furthermore, every time we hung out, he manipulated the way I dressed. He would prefer to see me wearing a blouse and jeans rather than a dress. So is it that he would also say rude comments about the way my body looked in order for me not to wear the dress. These were very clear signs of him being toxic, but by that time, I did not take them as seriously as I should have.

As time passed by, I started to notice that this was not healthy, and I tried to get out of the relationship in the best and kindest way. When I tried to speak to him about the reasons to break up, he would turn the situation around and would start blaming me for the things he had done. At this point I was truly psychologically damaged by him, and I started to question if I were really capable of handling myself on my own. This is because when you repeat something to yourself constantly that you end up believing it, and when I tried to break up several times he said I would not be able to carry on with all of my responsibilities. Sometimes he would be kidding about it, but in the end, it hurt me. Finally, I tried to go, but I felt insecure about living my life without him. This is because I lived with him during my college stage, so we used to do all everything together. Besides, he was my very first long relationship; hence, I was insecure about ending it and not finding someone else.

By that being said, I decided to go to therapy in order to try to rescue our relationship; however, I realized it was me the one I had to rescue. My therapist advised me to finish it as soon as I could because these were signs of domestic violence. Therefore, one day I decided to move on, and when he acknowledged I was packing to go, he went crazy and hit me. It was like he was not the one hitting me but the reality of what was happening. It felt like the Universe was yelling at me "It's time to react, girl!". That was the moment that I realized the signs of a toxic relationship had been in front of my eyes all along.. It was like seeing all the events that had happened to me during the last four years passing in front of my eyes. Hitting someone is an insurmountable boundary, and I was not going to accept that from anyone. My value as a person is more important than any relationship. Consequently, I knew that definitely moving on was the only way since I understood I was in danger. Old habits die hard, and sometimes it is very difficult to let go of people we are used to spending time with, but eventually, you realize that you always have to take care of yourself first.

Dogs Vs. Cats As Pets

By Jackeline Chaves and Krista Morales (ILE Student)

Since I was a kid, I was delighted to see dogs and cats running, playing, and and having fun around my neighbor's huge yard. Unfortunately, my father Mackenzie had always been allergic to these types of pets, which is the reason why we did not have a pet at home; however, I did not listen to him, so I bought one without him knowing about it. Unfortunately, a week later, he got sick, and I had to give it back to the pet store. Most of the people take a delight in having a pet; likewise, it is very significant to get to know what advantages and disadvantages they could deliver to an individual's lifestyle. Both cats and dogs are excellent pets because they are pretty, they have breed variety, and they offer a good company for us; however, they differ in terms of attention, behavior, and the way they usually express their feelings.

Firstly, it is essential to emphasize how splendid these animals are. They are tender, also it caught our attention to perceive how charming they are. Just like cats, dogs are cute; for that reason, people usually adopt them as a member of the family. Secondly, no matter the kind of breed of these domesticated animals, both cats and dogs give us exceptional company mainly for young and elderly people who live alone.

When you have a pet, you need to take into consideration what type of pet you want to live with, and then you have to learn the needs of that specific pet. The first aspect that you must be aware of is how much attention they need. For example, a dog has many needs, you have to take them for a walk, you have to give them a bath regularly, and you have to brush their hair. On the other hand, cats are more independent, for they do not need too much attention. Continuing, dogs are active, and they tend to bite almost everything they see; on the contrary, cats are lazy, and enjoy long nap periods. Referring to feelings, dogs differ from cats in the way they express their emotions. Dogs are more affectionate with their owners because they love to spend time with them whereas cats only show affection for a few minutes whenever they feel the desire to do it.

To sum up, it does not matter if you have a dog or a cat as a pet. The only aspect that matters is that you take care of them, and treat them as a part of your family.

Health Benefits Of Chocolate

Chocolate has been portrayed as a lot of things: sexy, indulgent, joyful, special, luscious, gluttonous, and even opportunistic (hello, golden ticket) – but what about healthy? That's right! Chocolate, specifically dark chocolate, comes with a variety of health benefits for the mind, body, and soul. Cacao beans are packed full of antioxidants, vitamins, minerals, protein, and fiber. Cacao beans are actually seeds from the *Theobroma cacao* tree, which literally translates to "the food of the Gods" in Greek. Raw cacao, often in powder form, is chalky and bitter, which is why it's often processed with sugar, butter, and additional flavors to appease the masses. Unfortunately, this means that your favorite milk chocolate bar has little to no health properties left.

To benefit the most from choco-

CHOCOHOLICS REJOICE

late's healthy compounds, a good rule of thumb is "the darker the better." For instance, a 100 gram bar of dark chocolate with 70% to 85% cocoa contains high percentages of the Recommended Daily Allowance (RDA) of vitamins and minerals, including:

- 11 grams of fiber
- 67% of the RDA for Iron
- 58% of the RDA for Magnesium
- 89% of the RDA for Copper
- 98% of the RDA for Manganese
- It also has potassium, phosphorus, zinc and selenium

In addition to the health properties of chocolate, there have been numerous research studies related to the many health benefits of chocolate consumption. Here are 6 ways chocolate is beneficial to your health:

Improves Mood

Chocolate may not only bring your taste buds joy, but can also make you happier as well. Cocoa polyphenols have been found to improve contentedness and mood in a research study involving 72 healthy men and women. And, because many find eating chocolate so pleasurable, endorphins are also often released in the brain. It's a double-dose of the "feel goods."

Increases Satiety

Chocolate can help suppress food cravings and overeating. A 2011 study by the University of Copenhagen found that individuals who consumed dark chocolate, versus milk chocolate, felt more satiated, had fewer food cravings, and tended to eat less. Researchers concluded that dark chocolate promotes satiety, lowers the desire to eat something sweet, and suppresses energy intake. Eating dessert first may be acceptable after all!

Heart Health

Eating chocolate has several heart health benefits. According to a study conducted in England that followed 21,000 participants over 11 years, those who consumed chocolate developed 12% fewer cases of cardiovascular disease than their non-chocolate-eating counterparts. They were also 23% less likely to suffer from a stroke. This could potentially be attributed to the flavonoids found in the cacao bean. Flavonoids are a type of antioxidant



found in plants. Flavonoids in cocoa have been shown to help lower blood pressure, improve blood flow to the brain and heart, prevent blood clots, and fight cell damage. So, go ahead and indulge – your heart will thank you.

Reduces Stress

Daily consumption of chocolate has been proven to reduce stress. Researchers found that eating a small amount of dark chocolate each day reduces levels of the stress hormone cortisol, as well as the "fight-or-flight" hormones known as catecholamines, in highly stressed people. Stress can wreak havoc on the body and cause a plethora of additional problems. Fight back and combat stress with this tasty secret weapon.

Improves Memory

Chocolate has been shown to increase cognitive function in older adults. According to a research study, eating chocolate may help improve memory by as much as 25%. One surprising outcome of this study was the improvement of memory recall, such as remembering where a car is parked after shopping. Although more studies are being conducted, recent results indicated a positive correlation in chocolate consumption and memory improvement. Can't remember where you put your keys? Eating more chocolate may help you remember.

VISITING LANDMARKS

Memphis, Tennessee



Memphis is the second largest city in the state of Tennessee, after Nashville. The state rests in the southeastern portion of the United States. Memphis, with a population of more than 670,000, is also the county seat for Shelby County. The city's claims to fame include Graceland, the mansion Elvis Presley lived in during his later years. Perhaps more importantly, Memphis is considered by many to be the home of blues music.

Memphis is on the southwestern corner of Tennessee, with the Mississippi



River and the state of Arkansas bordering it to the west and the state of Mississippi to the south.

Memphis is an older city that has been through a lot. With that said, the city has developed a rugged yet, colorful sense of character that locals identify with. A lovely mix of old and new, Memphians have worked hard to build a vibrant community while keeping the city's old-time charm.

Memphis is extremely hot in the summertime, and the humidity can make you feel even hotter! Those

who have trouble tolerating high heat and humidity may wish to avoid visiting in July and August.

What to do?

- Walk to the river and touch the Mississippi's water with your fingers.
- Ride a trolley around the downtown area. Loads of fun, these are a great way to go places downtown, but in midtown and further you might want to rent a car. There are busses for you penny pinchers, though.
- Check out some live music on Beale Street
- Take a carriage ride around downtown and see Beale Street, Court Square, Confederate Park, the Mississippi River, Hernando DeSoto bridge, several movie locations on Front Street, the original and the current Peabody Hotel, all while learning about the great city of Memphis.

• Visit Graceland, Home of Elvis Presley, "The King of Rock and Roll". It's no surprise that this is the number one tourist attraction in Memphis. Think "tacky tourist" trap but don't miss it – you might be pleasantly surprised. Although it is not advisable to venture in the suburbs surrounding the site, there is lots and lots of Elvis stuff to see here - the house itself (the upper floor, with Elvis' bedroom and Lisa Marie's nursery, is not open to the public), customized private airplanes, an automobile collection, gold records, costumes, and more.

- From May to October make it well worth your while to visit the Mem-

phis Farmers Market which formed and began in 2006 - it is one of the brightest shining stars of the early Spring, Summer, and through Mid-Autumn.

• Downtown houses a large portion of Memphis' population. As a result, many commute to work in greater parts of the city. Much of the downtown area, with exception to Beale Street, is at its liveliest after work hours and especially on weekends. Stroll down the Main Street Promenade at dinner time or the riverfront at sunset to see downtowners enjoying their neighborhood.

Eat

Memphis is one of the cheapest places in the USA to live, and that includes going out to eat. Memphis is famous for two things: music and food. The local BBQ is well-known,



and you can sample it "wet" (with spicy, tangy sauce) or "dry" (rubbed with spices before cooking). Other options abound across the city, from Southern home cooking to international fare. You won't go wrong with famous names, but the adventurous will find real treasures in modest hole-in-the-wall joints that make up for their shabby appearance with fabulous flavor.

Get in

Memphis International Airport (MEM IATA). Memphis is the primary FedEx distribution center and the world's second busiest cargo airport, making the sky full of planes to make your eBay purchases a glorious reality.

Hell



For the Medieval faithful, Hell was the place of turmoil, chaos, pain, despair, wretchedness, and a general bad time. The Christians certainly took on these definitions of Hell, and used that fear aspect to its fullest.

This early 'popular' view of Hell is vividly depicted in Dante Alighieri's 'Inferno', which is probably the most recognised non-religious depiction of Hell. Part of a total set of works, known as '**The Divine Comedy**', written from 1307 to 1321, it also includes 'Purgatorio' (Purgatory) and 'Paradiso' (Heaven or Paradise). His Rings or Circles of Hell are quite detailed, and he had a spot in them for just about everyone he knew, including the Pope! His work combines the positive values of Christian thought and chivalric idealism. Although it has an affection for classical antiquity, its world is the neatly structured, enclosed world of medieval theology.

The cosmographical idea on which the poem is founded is extremely simple. The Earth is a fixed point in the centre of the Universe. The Northern Hemisphere is inhabited by the race of Adam. Purgatory is an isolated mountain in the seas of the Southern Hemisphere, which was unexplored at the time at which the poem was written. The nine Heavens extend, one beyond the other, above the earth on every side, the ninth being infinite in extent. Hell is a central core of evil in the earth's interior.

The first level of Dante's work is a narrative of a journey through Hell, Purgatory, and Heaven, the three realms of the dead, as they were conceptualised by the medieval church of his day, which saw Earth as the centre of the solar system, and indeed of the Universe. As described by Anderson and Warnock, "Dante pictured the earth as a sphere floating in space, whose northern hemisphere consisted primarily of land extending from Gibraltar in the west to the Ganges in the east with the holy city of Jerusalem in its centre. Beneath this inhabited hemisphere is Hell, a vast pit in the shape of a funnel or inverted cone, having its apex at the centre of the earth. When Satan and the rebellious angels fell, this pit opened to receive them."

There are nine circles in Hell, each corresponding to the seriousness of the sins of the damned souls, in the lowest of which is Satan himself, here known as Dis, frozen forever in ice. On the other side of the globe of the Earth, in the centre of the Southern Hemisphere and directly opposite Jerusalem, is the Island Mountain of Purgatory. It is a gigantic pyramid structure, with nine ledges on which the souls of the dead may purify themselves for a time. At the apex of the pyramid is the Garden of Eden, the earthly paradise in which human beings originally fell from grace. Above the earthly Eden is the heavenly Paradise consisting of nine concentric

circles of heavens revolving about the earth and corresponding to the sun, the moon, the planets, and the stars. Surrounding them is the Empyrean, the motionless heaven where God and the Virgin Mary reside. It is the adventure of this trip through Hell, Purgatory, and Heaven, so often encountered in the literature of the ancients, that comprises the first level of meaning in the poem, with Dante demonstrating the Medieval theological world view.

To exit Hell, one must climb down the body of Lucifer, which is covered in shaggy hair; the ice stops a yard or so from Lucifer himself. If one climbs down for long enough, one eventually feels as if one is climbing up again. This marks that one is crossing the centre of the earth, or "the point to which all weight from every part is drawn". One then makes their way up to a type of hollow tomb, a echoing grotto of dimly lit grey rock, from the floor of which the hooves of Lucifer project upwards, upside-down from this perspective. A stream of clear, sweet water runs through this grotto.

To learn more about the story of Gulliver's Travels, go to:

[Digital Dante](#)



“English For You CR” presents, Indirect Questions



Indirect questions are used to ask for information **in a polite way**. They are normally **introduced by a phrase** like

“Can you tell me...?”

and they conjugate the main verb without an auxiliary (do, does, did, etc.) For example,

- What time does the bus leave? (Direct question)
- **Can you tell me** what time the bus **leaves**? (Indirect question with no auxiliary)
- **Do you remember** when **was** the last exam? (Indirect question)
- **I wonder if** this **is** the right classroom (Statement used as an indirect question)
- **Could you tell me if** the store is open? (Yes or no indirect question)
- **Do you have any idea whether** the exam is tomorrow? (Yes or no indirect question)

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<http://www.EnglishforYouCR.com> and www.facebook.com/english.foryoucr

scry

-to use divination to discover hidden knowledge or future events, especially by means of a crystal ball.

EXAMPLE:

Merlin could scry in any clear or shiny surface. Even now he had a basin of water ready at this elbow for watching his boy king.

www.dictionary.com



Whale Watching In Costa Rica

Enjoy the ultimate eco-tourist attraction: whale watching. Whales migrating from both hemispheres pass by Costa Rica, Whale-tail-paradise-bay, so you have a pretty darn good chance of seeing whales if you go to hot spots like Uvita, Sierpe or Drake Bay. The humpback whale migration is one of the most remarkable journeys by any creature on the planet - and it is made by one of the biggest creatures known to science. The humpback whales travel further than any other species of whale to reach their breeding grounds, more than 5,000 miles on one leg of the journey - the longest recorded journey by any individual mammal.

Whales and dolphins are commonly seen in the Drake Bay area, where its calm, protected waters provide the perfect breeding and birthing grounds for these magnificent creatures. Drake Bay is also home to the longest humpback whale season in the world as whales from both North and South America come here to breed and give birth.

The peak months are August through the end of November, when it is almost guaranteed to see whales in the Drake Bay, Caño Island and Corcovado area. They are also commonly spotted in March - June. If you come in October, when whale sightings are extremely likely, you will find low-season prices and less crowded conditions.

Information taken from: <http://muchacostarica.com/what-to-do/nature-activities/dolphin--whale-watching-.aspx>
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