

ISSUE 41 MARCH 2016

Earth Hour

UTN Social Responsibility
In Action

South Africa Bans Leopard Hunt

Screen Readers

INSIDE

COVER PAGE

- 3 EDITORIAL
- 4 **UTN NEWS**
- 4 Competency-Based Conference At UTN
- 4 Planet 50-50 By 2030: Step It Up For Gender Equality
- 5. UTN Social Responsibility In Action
- 5 Mother Earth Storytelling And Poetry Contest
- 5 **WORLD NEWS**
- 6 Cuba And Europe Sign Agreement To Normalise Relations
- 6 A Rare Superbloom Spring From Death Valley's Depths
- 7 Brazil Ex-President Lula Charged With Money Laundering
- 7 South Africa Bans Leopard Hunt
- 8 **THE ILE ETHOS**
- 8 More Than A Sport, It Is A Lifestyle
- 9 Bullying At ILE
- 11 **VOX POPULI**
- 12 **FACES AND PLACES**
- 13 **VALUE OF THE MONTH**
- 14 **LANGUAGES BITS**
- 15 **90 SECONDS WITH...**
- 17 **THE ATTIC OF BERTHA MASON**
- 17 TheDay I Had An Accident
- 17 A Terrible Wedding
- 18 It Is The Way...
- 18 A Path Full Of Obstacles
- 19 **HUMOR**
- 19 **TECHNOLOGY**
- 20 Screen Readers
- 21 **THIS MONTH IN HISTORY**
- 22 Earth Hour
- 23 **PROVERB OF THE MONTH**



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



As we commented in a previous issue, in 2016 we celebrate mother Earth. One of the most relevant events to raise awareness about the importance of taking care of the Earth is Earth Hour. In March when we take one hour to think about our mother Earth, we selected this beautiful picture that represents the Earth as a tree we need to take care of. 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.

Picture taken from: http://www.freepik.es/vector-gratis/arbol-con-el-mapa-del-mundo_770514.htm



CONTRIBUTORS

Marietta Arce	Academic Editor
Katherine Bastos	Poem Writer
Eric Herrera	Editorial and Photographs
Luis Andrés Pérez	Paragraph Writer
Cindy Rodríguez	Article Writer
Jennifer Sánchez	Paragraph Writer
Niki Sims	Academic Editor
Aarón Torres	Article Writer



EDITORIAL

Mad Max Fury Road In Costa Rica

by Eric Herrera (ILE Professor)



For those who are not familiar with the term Mad Max, this is the name of futuristic movie in which gasoline is scarce and monopolized and car gangs try to eliminate each other while insanely driving at high speeds in a no-rule highway. The panorama, at a lower scale, seems to describe what Costa Rica is experiencing today.

According to the latest World Health Organization (WHO) data published in may 2014 Road Traffic Accidents Deaths in Costa Rica reached 627 or 3.57% of total deaths, and it is ranked number 9 among the top causes of death in our country.

The Merriam-Webster Dictionary defines an accident as an event that is not planned or intended: an event that occurs by chance. However, when you see low education in road safety culture, the road users' 'irresponsible behavior, profound lack of respect and, in many cases, stupidity, it is difficult to categorize some catastrophic events as accidents.

To name but a few examples:

a) Most drivers either forget to use their turn signals before they make a turn, or might have their signal turned on and decide not to turn.

b) If there is a traffic jam, many drivers create new lanes on the street, so if the street has two lanes, to see three or four lanes is something normal.

c) In some places there is a center turn lane (a lane in the middle that is supposed to be used only for those turning). Many drivers make of this lane their own fast lane, and of course the follow the crowd culture makes it more terrible. (Belén-Santa Ana Radial)

d) We cannot generalize, but taxi and bus drivers can do what they want, for them the sky is the limit. There is a special mention for truck drivers. They are Titans, a category above all.

e) Fire bugs and motorcyclists play around cars and, depending on the place you live, helmets are optional.

f) Drinking and driving is allowed as long as you are not caught.

This kind of behavior, together with the lack of appropriate infrastructure for the number of vehicles, makes drivers handle high levels of stress that add to the already chaotic situation the last ingredient to turn roads into battle fields, in which the law of the jungle prevails.

The Train or Inmortal Joe

To make things worse, a new protagonist has come on the scene, the train. For years, Costa Ricans who have to commute from one province to another have dreamed about traveling by train. This means of transportation represents for many no traffic, punctuality, and comfort, or at least that is what people expect. However, the train has become a daily star in news programs for its constant participation in fatal accidents. So far in 2016 there have been around 20 collisions between vehicles and trains, according to the railway – the Instituto Costarricense de Ferrocarriles (INCOFER). Thankfully the trains in Costa Rica do not speed; they are more like a tram; otherwise, the number of victims will be amazing.

One of the last tragedies happened in Siquirres, March 11th. On hearing the loud sound of the train, a truck driver decided to stop at the rail crossing and the train, carrying a load of steel, hit the trailer, dragged it for several meters, turning it on its side and hitting a young girl (she died) and her pregnant mother, waiting at the corner for the train to pass.

What is happening to us? Is saving one or two minutes more important than a person's life? Government but especially each individual should reflect about this terrible war we are living on our roads. There should be more punitive ways for those who violate the law, more high way patrol officers, more programs to educate people to become responsible drivers, and above all campaigns to rise public awareness about tolerance. **Let's keep our MAD MAX inside.**

Competency-Based Conference At UTN

On February 22nd, UTN had the visit of Dr. Roberto de Armas from Universidad de la Habana, Cuba. He has worked for a long time in the constant improvement of university curricula and processes of assessment and accreditation in higher education. A group of UTN Teachers attended a one-day workshop in which he explained how most Latin American countries have begun to reshape the curriculum around this controversial and powerful competency-based process.

Dr. Roberto de Armas expressed that "all educational institutions must give important attention to general and specific competencies, where the emphasis is on learning outcomes, what the student is able to do at the end of educational process and procedures that allow the individual to continue learning independently throughout his life."

Within this approach, the students' progress to more advanced work (is based) upon a demonstration of learning by applying specific



skills and content; therefore, each course is organized into measurable learning objectives that are shared with students. Students take responsibility for their learning, thereby increasing their engagement and motivation. For this system to work successfully, there should be active participation of educators, university authorities and students.

Planet 50-50 By 2030: Step It Up For Gender Equality

Last March 15th, UTN commemorated International Women's Day. The 2016 theme for International Women's Day is "Planet 50-50 by 2030: Step It Up for Gender Equality". UTN Chancellor **Marcelo Prieto** underlined the urgent need to accelerate concrete actions towards a more equitable world. As you all know, UN Women has defined the year 2030 as the expiration date for gender inequality. But studies show that at the current rate, the elimination of gender inequality will not be possible until 2095,"he said.

In addition, Student Welfare Vice-Chancellor **Francisco Romero** urged people to continue to fight for gender equality and support women around the world, whether that is at home in Costa Rica or in conflict zones like the Middle East.

As part of the activity, attendants enjoyed Costa Rican poet and actress Ana Istarú's presentation.



UTN Social Responsibility In Action

Gender equality and the empowerment of women are increasingly recognized as important requisites for achieving economic growth. The uneven distribution of the benefits has led to widening economic disparities, high incidence of poverty among women and increased gender inequality, especially in the informal economy and in rural areas. Increasing women's access to the labor market should be an integral part of national development policies and strategies. The government, together with private organizations should promote initiatives to improve women's situation in the labor market. As part of its corporate social responsibility, UTN has begun a project to train women in the field of aquaculture. Beginning in March, a group of approximately 40 women attended a training process on fish farming. The community of Agua Buena in the South of Costa Rica was chosen for this first experience. Lic. Guillermo Hurtado expressed that if female employment grows, family incomes grow with

a positive impact on the collective demand and the economy of the community. It is the duty of high education institutions to look for mechanisms to have an impact in society, especially of poor and vulnerable groups.



This project includes the participation of UTN, the American Embassy and Asociación de Productores Agropecuarios de la Zona Sur (Codagro). Participants expect that soon they can implement and develop a supportive infrastructure for sustainable production and trading practices.

Mother Earth Storytelling And Poetry Contest



We are often given stories to read at school, but how often are we told a story? People in general have an innate love of stories. Stories create magic and a sense of wonder at the world. Stories teach us about life, about ourselves and about others. Storytelling is a unique way for students to develop an understanding, respect and appreciation for other cultures, and can promote a positive attitude to people from different lands, races and religions. Taking into consideration the importance of using imagination to express feeling and communicate ideas, last year UTN Humanities Department held the first Storytelling and Poetry Contest.

On March 17th, the winners were revealed, and among them an ILE former student, Carlos Daniel González won the first place for second year in a row. **Congratulations Carlos From all who know you.**

Cuba And Europe Sign Agreement To Normalise Relations

The European Union and Cuba have signed an agreement to normalise ties, paving the way for the 28-member bloc to establish full economic cooperation and aid with the Caribbean island country.

Cuban Foreign Minister Bruno Rodriguez witnessed the signing of the deal on Friday at a ceremony in the capital Havana along with EU foreign policy chief Federica Mogherini, who was visiting Cuba.

"This is a historic day for bilateral relations," Mogherini said, before EU negotiator Christian Leffler and Cuban deputy foreign minister Abelardo Moreno signed the deal.

The agreement, which comes amid Cuba's thawing ties with the US, must now be ratified by the governments of the EU bloc and Cuba.

The accord establishes an ongoing political dialogue and sets parameters for commerce and aid, replacing a unilateral policy imposed by Europe 20 years ago that angered Cuba by pushing for changes to its one-party political system.

The culmination of nearly two years of intense negotiations for the agreement included the delicate subject of human rights, the issue that caused Brussels to suspend ties in 2003.

The deal comes just days before Barack Obama's scheduled visit to Havana on March 20, the first by a US president since Cuba's 1959 revolution.



Information taken from: <http://mwcnews.net/news/americas/57743-cuba-and-europe-sign-agreement.html>

Photo credit: Christopher Michel via Foter.com / CC BY

A Rare Super Bloom Springs From Death Valley's Depths



Defying its name, Death Valley is teeming with flowery abundance for the first time since 2005.

Heavy rains fell last October, stimulating dormant seeds that had been lying in the soil for a decade. Autumn and winter then brought the right amount of warmth and rain to trigger a mass sprouting of seedlings.

Death Valley is a desert and National Park straddling the US states of California and Nevada. It advertises itself as "Hottest, Driest, Lowest" and is actually the place that has noted the highest recorded temperature on earth. It has held this record, a temperature of 56.7C, for 103 years.

At 100m below sea level, it is the driest desert in North America. Deserts always get a little rain and this one is no exception, managing an annual average of about 60mm. But in

October 2015, flash floods were seen and two roads, damaged at that time, are still closed.

The floods were a consequence of the current major El Nino event: with the east Pacific waters warmer than normal, the weather pattern too is abnormal. This is when the desert blooms. For the past two months, the suddenly fertile ground has been coloured by wildflowers.

Called a "super bloom", this beauty of nature happens rarely. The last occurrences, in 2005 and 1998, were also due to an El Nino weather pattern.

"I never imagined that so much life could exist here in such staggering abundance and intense beauty," said Alan Van Valkenburg, a park ranger who has lived in Death Valley for 25 years.

Currently, 20 species of wildflowers are in bloom, with the majority having short, deliberate lives. They blossom quickly, and generate seeds before the dry heat stifles them once more.

The most abundant plant is the aptly named "Desert Gold", a large, bright yellow daisy-like bloom. The stems this year are reaching waist height and the flowers cover entire hillsides and vast areas of the valley floor.

The bloom is spreading north and lifting in altitude. You would expect the spring heat to put an end to it, but, for this week at least, rain looks like a frequent visitor. That should prolong the colour for a while longer.

Information taken from: <http://mwcnews.net/news/americas/57645-death-valleys-depths.html>

Image taken from: https://www.flickr.com/photos/marc_cooper/24556736593/



Brazil Ex-President Lula Charged With Money Laundering



Former Brazilian president Luiz Inacio Lula da Silva has been charged in a money-laundering investigation led by Sao Paulo state prosecutors.

On Wednesday, a spokesman for the state prosecutors declined to specify the charges, but state investigators said they suspect Lula's family owned an undeclared luxury beachfront apartment in the city of Guarujá.

Federal investigators echoed those allegations after they detained Lula for questioning in police custody on Friday, fanning a political crisis that has rattled his successor, President Dilma Rousseff.

Lula has denied any wrongdoing and rejected the idea that he owned the luxury condo in Guarujá built by engineering group OAS, one of the conglomerates snared in a vast corruption scandal tied to state-run oil company Petrobras.

Lula's lawyer called the charges an attempt by prosecutor Cassio Roberto Conserino to smear the former president.

The charges may make it more urgent for Lula to accept, if offered, a post in Rousseff's government. Brazilian media reported on Wednesday that Workers Party members were pressuring Rousseff to offer its founder Lula a ministerial portfolio that would shield him from possible detention.

If appointed, Lula could only be tried in the Supreme Court, placing him out of the reach of the federal judge investigating kickbacks at Petrobras.

Rousseff's minister in charge of legislative affairs, Ricardo Berzoini, said on Wednesday that Lula could join Brazil's government if he wishes.

According to two sources close to Lula, he was reluctant to join the government but pressure from his party has had some effect.

The snowballing scandal puts Rousseff in a tough spot as she promises independence for investigators while trying to contain the political fallout in her Workers' Party.



Information taken from: <http://mwcnews.net/news/americas/57718-brazil-ex-president-lula.html>

Image taken from: <https://www.flickr.com/photos/worldeconomicforum/3445706836/>

South Africa Bans Leopard Hunt

South Africa has banned the leopard hunt for the 2016 season - the first time in decades hunters with deep pockets cannot target the so-called "Big 5" game animals in the country.

The temporary ban comes in the wake of a global uproar last year over the killing of Cecil the Lion in Zimbabwe by a US dentist.

The decision to ban the leopard hunt, however, was driven by science, not emotion.

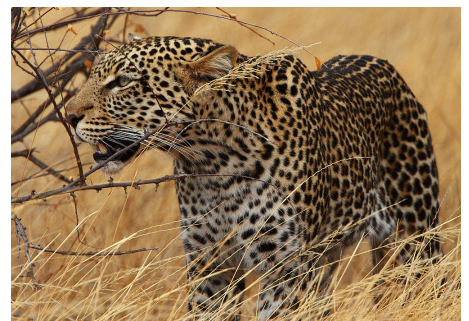
South African Environment Minister Edna Molewa is a vocal advocate of the hunting industry, which the government estimates contributes \$410m annually to Africa's most advanced economy.

The South African National Biodiversity Institute, a government research organisation, recommended the temporary ban because it said leopard numbers could not be firmly established.

The leopard is one of five game most desired by hunters, along with lion, rhino, buffalo and elephant. Given their secretive and nocturnal nature, leopards are not easy to count.

South Africa has also been scorched by its worst drought on record and Unwin said this was good for leopard numbers, as predators typically thrive when the rains are poor, leaving much of their prey in a weakened and easy-to-kill state.

Unwin said it cost up to \$20,000 to shoot a leopard, and several of PHASA's members had to refund clients who had put down deposits for leopard hunts.



Information taken from: <http://mwcnews.net/news/africa/57777-south-africa-bans-leopard-hunt.html>

Photo credit: Rainbirder via Foter.com / CC BY-NC-SA

More Than A Sport, It Is A Lifestyle

By Aarón Torres (ILE Professor)



In my previous articles, I wrote about academic topics related to learning a second language. However, on this occasion I will be sharing a lifetime experience that totally changed my life for several reasons.

Let's start defining an underrated sport called bodybuilding. Every person who joins a gym and wants to make their body look in a better shape becomes a body builder. On the other hand, there are people who take it to a deeper level and make bodybuilding more than a hobby. Competitive bodybuilding is by far one of the hardest sports to practice. Sadly, for most people who do not know of this discipline, they judge participants and believe it is just a fashion in order to show off or to have a "beach body", and that is so wrong indeed.

I joined a gym at the age of 17; I saw my first bodybuilding contest at 18 years old. Ever since, I fell in love with the sport. For several reasons I was on and off training; then, the desired end results were never gotten. The fact is that two years ago I decided to follow my dream of preparing and competing at a bodybuilding competition. I did not get the support I had wanted at first. I had to work and earn it. Even my closet friends laughed at me and made jokes for my chubby physique and my limited chances to have a competitive physique. Yet, I kept on and in December 2014, I was part of my first bodybuilding contest. It was a turning point in my life, I relatively succeeded then.

I get asked on a regular basis what keeps me going, what keeps me motivated. The answer is pretty simple at its roots: I love this

sport, and I love what I do! There are so many people who get involved in competing that do not really love the process, they just want to look good or be part of something. I will be the first one to tell them that competing is not the right hobby if they do not love it. Contrary to what most people think and say, this sport is not easy. Eating the same food every day, being hungry or overfull, training when you are exhausted or sore, the mental ups and downs you go through are a whole other ball game as well.

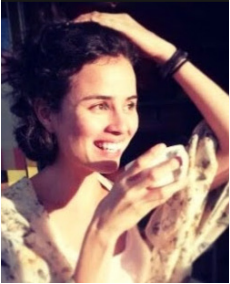
If anyone wants to succeed in bodybuilding there has to be a part of them that just loves it. I just do not mean competing or working out, I mean everything including the horrible really horrible parts. When I am suffering, and I feel like quitting, I remember what bodybuilding is.

I also competed in the Nationals last October placing sixth in my category, 70 to 75 kilograms. I can proudly say I am the 6th best bodybuilder in the country in my category. I will soon be competing in Beach Bodies Jaco 2016. I have been working hardest to be a better athlete and show it with actions more than words.

Finally, I can say I have learned more about life through bodybuilding than in all my years at a university classroom or at any job. This has become my magnificent obsession whether I get criticized or cheered on. I encourage all people reading this article to follow their dreams as impossible as they might seem. Hard work always pays off, and the more you put into something, the more you are going to get out of it. As my idol Kai Greene states, **"Because in life it is really always up to you, tremendous power just rest in our hands, always, whether we are a king or a 'slave.'"**

Bullying At ILE

By Cindy Rodríguez (ILE Professor)



The word “bullying” has become so commonplace that it has become a joke. I have heard a lot of friends and co-workers joke around by saying, “eso es bullying” to some things that are not bullying at all. However, lately I have become more and more concerned about new forms of bullying that are taking place here at ILE, and I want to speak out.

When talking about bullying most of us might think of little kids and high school teens being rude verbally and physically to each other on a daily basis. However, after observing, having conversations with university students, and even after having experienced it, I have become really aware of the existence of bullying at the university level.

What is bullying?

Believe it or not defining bullying is not as easy as it might seem, specially since it takes various forms. Gary D Phye and Cheryl Sanders wrote a book on bullying where they begin by trying to understand what bullying really means. To this end, they came up with a compilation of a series of definitions. The ones I found more accurate to this article (due to the adult academic context) were these two:

.... a subset of aggressive behavior that involves an intention to hurt another person (Camodeca et al. 2003; Olweus, 1978; Rivers & Smith, 1994; Smith & Thompson, 1991).

... negative intentional behavior can be manifested in a variety of ways. Not only can it be displayed physically, but it also can be subtle and elusive (Rivers and Smith, 1994).

Bullying at the university is critical, especially because this place is in charge of forming the professionals of the future, and if bullying is taking place here it will take place at work and with their kids.

Culturally, Costa Ricans are known for being laid back and Pura Vida, meaning that nothing is a big deal to us. We are also a culture of jokes and fun comments; we even sabotage ourselves by using self-deprecation humor! These are some of the reasons why, in my opinion, I consider bullying is often overlooked and taken for granted.

Some forms of bullying that take place at the university are:

1. Shushing others when participating or while talking in class.
2. Giggling and laughing at others when making language mistakes or just expressing their opinion
3. Rolling of the eyes or making faces intentionally in front of others when a classmate is participating.
4. Calling people names even though it seems as a friendly joke.
5. Referring with “friendly” sarcasm to other people’s initiatives and/or suggestions.
6. Intentionally asking questions that the other won’t be able to answer so to ridicule the other.
7. Mimicking people’s gestures or ways to talk.
8. Being excluded from group work.
9. People excusing themselves from the work area when you come in or want to work with them.
10. Others being late or absent to meetings you call.
11. Receiving the “silent treatment”
12. Cyber bullying

Bullying can come from many ends, from boys to innocent looking girls, from close friends to teachers, and even from students from other majors. What to do, what not to do and how to react is what will make a difference. **BE CAREFUL!** because depending on how bullying is handled it can lead to broken friendships, group conflicts, more bullying, silence and a horrible conflicted environment. How to react to it is something I consider should be carefully thought and meditated because if your reaction responds to immediate impulses and not to careful thought and decision making, it can be worse than the original problem.

The consequences of bullying and silence and overlooked emotional and psychological effects that might lead to low self esteem, depressions, and here at the university it might impact even more on STUDENTS LEARNING PROCESS, and the latest was the one that activated my alert instincts.

What to do?

What to do or how to react can be complicated, however it is a matter of being aware of what is going on and standing up for people. Now, I am not saying that you should have a confrontation, but depending on the situation you might want to:

1. Put it out there: Speak with the person or the professor privately.
2. Do not be a bystander: If you notice it and you do not say anything about it you are contributing to it.
3. Poker face: Do not laugh or comment towards other people's comments.
4. Change the topic: if you continue feeding the comments or jokes they will stay and grow.
5. Be assertive: be kind and direct but you

should always say if something is bothering you. Do not get angry or take it against the other person because that would be making the problem bigger.

6. If you realize you are the bully kindly apologize: some times it might slip out of your mouth. Apologies are always welcome.

No extremes

Now, I really want to encourage you all to be careful when dealing with the idea of bullying, extremes can make everything go wrong. Some extremes that I can think of are:

- Joking around and calling "bullying" to every joke comment that is said to you.
- Thinking everything that is said to you is bullying: if the amount of bullying you are receiving is a lot you might want to check on how do you perceive yourself and how much of you care about what others said.
- Aggressively reacting to bullying. If guided by the heat of the moment, reacting to bullying on the spot can lead to conflicts.
- Becoming extreme anti-bullying that points at everything as bullying.

Stopping bullying does not need to be a complicated and uncomfortable situation that ruins peer dynamic. As adults we should be mature enough to face when we are bullying someone and we do not even realize it. I like to see it as an opportunity for personal growth. Respecting, asking for respect should not be a monster people feel afraid of.


I make an open call to students and professor of ILE, to work towards a more open, honest and respectful major where mistakes, inclusiveness, differences, and uniqueness are welcome, an ILE where the "other" is as important and as valuable as yourself.

References

Bullying. Saint Louis, US: Academic Press, 2004. ProQuest ebrary. Web. 26 February 2016.

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 would be your ideal job?



Even though I am studying English, I would like to be a veterinarian. I love to work with animals, especially the homeless puppies.

Marjorie Arguedas

I would like to become a flight attendant because I would have the opportunity to travel, meet many people and practice my English.

Stephanie Espinoza

My ideal job would be an English teacher. I like to help others learn new things and be part of the lives of many people in such a positive way.

Daniela Jiménez

My ideal job is one in which I can express myself: one in which I can impact people in a positive way.

Esteban González

I think I have what is needed to become an English teacher in high school, and that is why that would be my ideal job.

Marisol Rojas

The ideal job for me is videogame maker. I want to know how much work demands producing videogames and everything that this kind of production involves.

Juan José Muñillo

My ideal job is one where I have time to work, study and spend time with my family. Of course, I want a job that I can enjoy.

Jordan Campos



I am studying English because I want to become a professional translator. In fact, once I finished learning English, I would like to learn at least three more languages.

Dayhanna Bienes



Sarchí And Its Oxcart



Sarchí is the capital city of the canton of Valverde Vega in the province of Alajuela. It is located approximately 27 kilometers northwest from Alajuela downtown.

Sarchí is Costa Rica's most famous crafts center. The town offers more than 200 stores and small family-operated woodworking factories producing wooden bowls and other tableware, fold-up rocking chairs of wood and leather, and a wide variety of kitschy items. The most popular items on sale are "carretas", elaborately painted oxcarts that traditionally carried coffee from the highlands down to the port on the Pacific coast. The oxcart was designated National Labor Symbol on March 22nd, 1988. During the nineteenth century, with extensive coffee plantations around the country, it was necessary to have a vehicle that could actually pass through muddy places, beaches, hills, curves, rocky mountains and deep small rivers. That is when this rustic, wooden, strong cart was created.

As the coffee industry of Costa Rica increased, so did the need to use the oxcart to produce and export the coffee beans. Thus, the first shipment of coffee to London was transported from the coffee plantations to Costa Rica's main ports by oxcart in 1843. Oxcarts carried coffee to the province of Puntarenas on a small road between 1844 and 1846. A curious fact is that oxcarts were originally pulled by people, not oxen. However, as the need for transporting goods grew, the loads became too heavy and the people were replaced by oxen.

The oxcart also served as an ideal transportation for family trips and other types of social activities such as weddings and funerals, and even for medical assistance. It is interesting to know that before the railway was built, which connected San José with Puntarenas, many families used the oxcarts to spend summer days in the coast. The round trip consisted of 4 ½ days to get there, 2 days in the beach and other 4 ½ days to return!

The golden age of oxcarts is said to go from 1850 to 1935. The custom of originally decorating and painting these carts began in the early twentieth century, when cowherds decided to add life to oxcarts by hand painting them with bright colors and geometrical figures. In 1903, people decided to start enhancing the carts by decorating the circle wheels, and in 1915, the entire wheels were painted and decorated to create a distinct look among families. After World War II, the oxcart became obsolete due to new inventions; being replaced by trains, tractors and trucks. It has been used since then as an ornamental object.



UTN continues with its Value of the Month campaign, but for the month of March, we want to take some time and talk about something necessary for the wellbeing of an institution: importance of a friendly environment at the workplace.

A Friendly Environment at the Workplace

Peer relations contribute substantially to both social and cognitive development and to the effectiveness with which we function as adults. The essentials of friendship are reciprocity and commitment between individuals who see themselves more or less as equals.

Individuals expect to spend time with their friends, share their interests, and engage in self-disclosure with them. Friends have fun with one another; they enjoy doing things together; and they care about one another.

FRIENDSHIP FUNCTIONS

- emotional resources, both for having fun and adapting to stress;
- cognitive resources for problem-solving and knowledge acquisition;
- contexts in which basic social skills (for example, social communication, cooperation, and group entry skills) are acquired or elaborated; and
- forerunners of subsequent relationships.

Peer collaboration among both friends and nonfriends has been studied more extensively. One would expect friends to share motives and develop verbal and motor scripts that enable them to combine their talents in achieving their goals. And indeed, recent studies show that collaboration with friends results in more mastery of certain tasks than collaboration between nonfriends. Friends talk more, take more time to work out differences in their understanding of game rules, and compromise more readily than nonfriends do.

Friendships are best viewed as developmental advantages rather than developmental necessities, and the current evidence concerning friendships as educational contexts should be read in this light.



Reference

Harlap, W. (1992). Having Friends, Making Friends, and Keeping Friends: Relationships as Educational Contexts. ERIC Digest. Retrieved March 15, 2016, from <http://www.ericdigests.org/1992-3/friends.htm>

SITUATION	FORMAL	RELAXED	INFORMAL
A friend earns a lot of money.	He earns a substantially large amount of money from his current occupation.	He earns a huge amount of money.	He earns a hell of a lot of money.
You had a bad travelling experience.	We had a most awful time during our journey.	We had a really bad time.	We had a hell of a time.
A friend has had a terrible week at work and is tired of everything.	I have feelings of anger and indifference with regards to my profession.	I'm fed up of this job.	I've had it up to here with this job.

Information taken from: Hot English Online Magazine #110, p.35

“ENGLISH FOR YOU CR” PRESENTS, STATIVE VERBS (NON-ACTION VERBS)

Stative verbs are verbs normally used to express emotions, sensorial impressions, and intellectual processes.

They are very important in English, and as a general tendency, are not conjugated in the progressive tenses. For example,

I see what you mean... and NOT I am seeing what you mean.*



- My mother heard the dog bark all night, **and NOT**
- My mother was hearing the dog bark all night.*

Typical stative verbs and verbs of the senses are:
see, hear, smell, taste, feel, understand, remember, forget,
think, love, hate, enjoy, seem and others

There are some exceptions, however, when the verbs are conjugated in the progressive form, and thus, they have a different meaning:

- I'm having baked potatoes for dinner (meaning: I will eat that).
- María is having a baby soon (meaning: she is going to be a mother).
- I'm thinking about you (meaning: you are in my mind).
- I'm feeling very tired (meaning: I am very tired in this very moment).

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:

Marvin Segura Trejos, Movie Goer, Jogger, Home Improvement Handyman and UTN Electromechanical Design Director

Where do you live?

I grew up in San Rafael de Ojo de Agua, and now I live in la Plywood, Alajuela.

Best childhood memory?

During the dry season, I loved to go and slide on a board along the many pastures there were near my home. San Rafael was the countryside at that time. I used to play with my friends to go from one tree to another but without going down. We had to jump or walk among the branches of jocote, mango, and guayaba trees. One mischievous prank I remember very well was once when we were playing with fire and burned a small dry cornfield.

Favorite food

I am a simple man who comes from a humble family, so I love to eat rice, beans and hard-boiled eggs. On the other hand, since I had a godfather who owned a fish shop, so sea food is not something that attracts me that much. He used to give us a lot of shrimp, octopus, mussels, etc., and there was a point in which they stopped calling my attention.

What is always in your fridge?

Light margarine must always be present in my fridge. I use it a lot, especially for bread at coffee break.

Favorite Music?

I am very diverse in my taste for music; however, I prefer songs that say something. I mean, they should tell a story or leave a message. Furthermore, I love 80's music. One of my favorite bands is AC/DC, and also national bands like La Pandylla, Los Hicsos. Ah, someone else I admire for his songs is Julio Iglesias. As you can see the combination of music I like goes from one extreme to the other.



90 SECONDS WITH...

Would you class yourself as a day or night person?

I am a mix. When I was young, I had a job which started at 5 am, so I had to wake up at 4, and after work, I studied in the evening. Classes finished at 9, so I got home at 10, and sometimes I had to study or work on assignments.

First job

When I was 7 years old, I received my first salary: fifteen colones for three days of work with my uncle growing onions. I remember it very well; I worked from 6 am to 11:30. It was hard, but I enjoyed it a lot.

A good book

There are several. One of them was Miguel de Cervantes Don Quixote de la Mancha. I admire the way Don Quixote changes reality with the force of an idea that sounds fantastic and crazy for the average population. There are many in real people in real life that seem to be Quixotic characters. They follow a dream and do not stop until they achieve it, sometimes fighting impossible obstacles. In terms of engineering, I like to read books about energy conversion and application.

One of your favorite places

I had the chance to go to Europe, specifically to San Sebastian de Grabandal, which is a rural village in the Peña Sagra mountain range of Northern Spain. The town is a place of pilgrimage for Our Lady of Mount Carmel. There, I experience some peace, tranquility and spirituality that I have a few times felt in my life.

What is your greatest fear?

To be or feel out of God's grace. We must be spiritually prepared to serve God and help others. I think that is one of the most important characteristics of a human being.



The Day I Had An Accident

By Luis Andrés Pérez (ILE Student)

I will never forget a hideous accident I suffered when I was just six years old in my neighborhood. Everything began when my friends and I decided to play a silly, local game called “Torito.” This game consists on riding your bicycle as if it were a bull, so you need to hit the participants. Unfortunately, when it was my turn, my friends were running away from me, but I was skillful enough to hit one of them from the back. I hit him so hard that I flew over him, hitting my head against a wall. As you can imagine, nobody was using a helmet or any type of protection. To make the long story short, I woke up in an ambulance with my unhappy father holding my hand. Later on, at the old Alajuela Hospital, doctors assisted me professionally leaving five stitches on the top of my head for me not to forget this day.

A Terrible Wedding

By Jennifer Sánchez (ILE Student)

My sister’s wedding was just one of those days, no matter how hard you try, you cannot forget. It was a warm and windy afternoon of October when everything happened. My sister was just on her late run with her hair and make up appointment. She had to be at the beauty parlor at noon, but by that time, she was checking on flowers, decoration, musicians and having lunch at the same time. To make things worse, my brother-in-law got sick because he was emotionally affected, for he did not want to lose his sister. As if that was not enough, suddenly it started raining just five minutes before my sister made her entrance to church, so everybody got wet trying to keep her dry. Right after the enchanting ceremony, I ran to take a look at the cake, but for my surprise it looked as if someone had bitten it. Looking for the criminal, I saw a Chihuahua dog with a Chantilly mustache under the table. In brief, as Murphy’s law established: “If anything can go wrong, it will.”

THE ATTIC OF BERTHA MASON

It Is The way...

By Katherine Bastos (ILE Student)

*There is something in your eyes,
That makes me feel butterflies.
There is something in your smile,
That makes me want to fly.
There is something in the way you speak,
That makes me feel unique.
It is the way you love me,
That makes me feel free.
It is the hug you give me,
The thing that cheers my week.
It is the way you love me,
That makes me want to be with thee.*



A Path Full Of Obstacles

By Katherine Bastos (ILE Students)

*Like a path full of obstacles are our lives.
Full of sharp knives,
That we should face everyday
In order to keep us alive
There is no reason to give up,
Unless you consider you are not strong enough.
In that case pull your socks up
Because life is very rough*



Images taken from: <http://www.pdclipart.org/>

SOME SMART JOKES

Q: Why did Beethoven get rid of his chickens?
A: All they said was, "Bach, Bach, Bach ..."



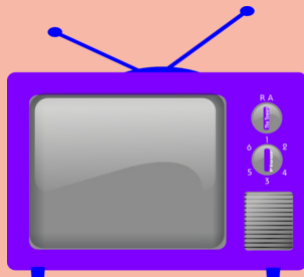
A sign at a music shop: "Gone Chopin. Bach in a minuet."

A philosopher says to a linguist
"What if, instead of periods,
women had apostrophes?"

The linguist replied, "They'd
be more possessive and have
more frequent contractions."



I wish there was a knob on
the TV to turn up the intel-
ligence. There's a knob
called brightness, but it
doesn't work!



Q: How do you know when
a man's going to say
something intelligent?

A: He starts his sentence
with
"My wife told me... ."



The worst thing about
election is the dis-
crepancy between
what we are promised
and what we actual-
ly get. This is called

ELECTIVE DYSFUNCTION

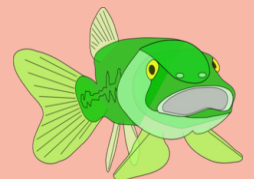
Q: What do you get when you cross a bear
with a deer?

A: Beer.



Q: What kind of fish does a dog catch?

A: Catfish.

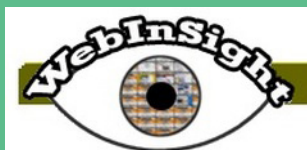




SCREEN-READERS

A screen reader is a software application that attempts to identify and interpret what is being displayed on the screen (or, more accurately, sent to standard output, whether a video monitor is present or not). This interpretation is then re-presented to the user with text-to-speech, sound icons, or a Braille output device. Screen readers are a form of assistive technology (AT) potentially useful to people who are blind, visually impaired, illiterate or learning disabled, often in combination with other AT, such as screen magnifiers. Two of the most popular screen readers are:

WebAnywhere



WebAnywhere is a web-based screen reader for the web. It requires no special software to be installed on the client machine and, therefore, enables blind people to access the web from any computer they happen to have access to that has a sound card.

To learn more about this tool, go to:
<https://webanywhere.cs.washington.edu>

Thunder



Thunder is award-winning free screenreader talking software for people with little or no sight. It works well with Windows 7, Vista or XP. Thunder is available all over the world in several languages and it really is absolutely FREE!






















To learn more about this tool, go to:
<http://www.screenreader.net/index.php?pageid=11>

THIS MONTH IN HISTORY

IT HAPPENED IN MARCH

March 2 nd , 1990	Nelson Mandela elected deputy President of the African National Congress.
March 4 th , 1790	France is divided into 83 dpartements, which cut across the former provinces in an attempt to dislodge regional loyalties based on noble ownership of land.
March 8 th , 1815	In Charlottetown PEI, Peter Byers, a black, sentenced to death for stealing five pounds; 2 weeks earlier his brother Sancho sentenced to hang for stealing a pound of butter and a loaf of bread.
March 10 th , 1848	The Treaty of Guadalupe Hidalgo is ratified by the United States Senate, ending the Mexican-American War.
March 12 th , 1894	Coca-Cola is sold in bottles for the first time.
March 15 th , 44 BC	Julius Caesar, Dictator of the Roman Republic, is stabbed to death by Marcus Junius Brutus, Gaius Cassius Longinus, Decimus Junius Brutus and several other Roman senators on the Ides of March.
March 17 th , 1921	Dr. Marie Stopes opens Britain's first birth control clinic (London).
March 20 th , 1969	Beatle John Lennon marries Yoko Ono in Gibraltar .
March 26 th , 1937	Spinach growers of Crystal City TX, erect statue of Popeye.
March 29 th , 1852	Ohio makes it illegal for children under 18 & women to work more than 10 hours a day.

FAMOUS PEOPLE BORN THIS MONTH

								
	PERSON	JOB	BIRTHDAY					
	Karen Carpenter	Singer	March 2 nd , 1950					
	Zach LaVine	Basketball Player	March 10 th , 1995					
	Patrick Duffy	TV Actor	March 17 th , 1949					
	Ursula Andress	Movie Actress	March 19 th , 1936					
	Gary Oldman	Movie Actor	March 21 st , 1958					
	The Undertaker	Wrestler	March 24 th , 1965					
	Manuel Neuer	Soccer Player	March 27 th , 1986					
								

THIS MONTH IN HISTORY

Earth Hour



**DARE
THE
WORLD** **TO** **SAVE
THE
PLANET**

Earth Hour is a worldwide movement for the planet organized by the World Wide Fund for Nature (WWF). The event is held worldwide annually encouraging individuals, communities, households and businesses to turn off their non-essential lights for one hour, from 8:30 to 9:30 p.m. towards the end of March, as a symbol for their commitment to the planet. It was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 7000 cities and towns worldwide. Today, Earth Hour engages a massive mainstream community on a broad range of environmental issues. The one-hour event continues to remain the key driver of the now larger movement.

Businesses and government

organizations, as well as community and political leaders also take part in Earth Hour. It's about giving people a voice on the planet's future and working together to create a sustainable low carbon future for planet earth.

A 2014 study published in Energy Research and Social Science compiled 274 measurements of observed changes in electricity demand caused by Earth Hour in 10 countries, spanning 6 years, and found that the events reduced electricity consumption an average of 4%

Earth Hour 2016 was on Saturday, March 19th, from 8:30 p.m. to 9:30 p.m. during participants' local time. It was the 10th year anniversary of the campaign's beginnings in Sydney, Australia.

WWF, which organizes the annual Earth Hour event, aims to stop the degradation of the earth's natural environment. It also focuses on building a future where people live in harmony with nature. The organization functions through a network of more than 90 offices in more than 40 countries worldwide. Its first office was founded in Morges, Switzerland, on September 11, 1961.

Last year, Earth Hour Costa Rica helped conserve 5 percent of the country's daily energy use. According to the Costa Rican Electricity Institute, the event helped conserve 5 percent of the nation's daily energy consumption, the equivalent of daily energy use for 1,300 homes.

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,, in which we celebrate Earth Hour, we want to share this Native American proverb about taking care of Earth:

“We do not inherit the earth from our ancestors, we borrow it from our children.”

-Native America 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.



To buy the books and learn more about Discovering Pura Vida go to: [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)



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.

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



WHY DO I TEACH?

I TEACH TO IGNITE THE PASSION
FOR LEARNING IN MY
STUDENTS, A
LEARNING FOR
LIFE.

Aarón Torres

