

Issue 44 June 2016

Anne Frank's  
Birthday Anniversary

Environmental  
Management  
And Sustainable  
Development  
Program

Creative Commons  
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There are many heroes and people who inspire humanity to think about how well/wrong we act. In this edition, we want our readers to take some time to remember one of those inspiring human beings: Anne Frank. 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](mailto: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.

Picture taken by Denis Harvis : <https://www.flickr.com/photos/archer10/12083102515/>

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# EDITORIAL

## The Mourning Of The Orlando Victims

by Jose Soto (ILE Director)



Dear ILE POST readers, at UTN we promote diversity and we proudly embrace LGBT communities. From the point of view of this editorial, the Orlando massacre event cannot go unnoticed. But who can be better at expressing a message conveying adequate sensitivity as someone who is both close to

the U.S people and latinos in the U.S at the same time. **The following is a message written by Ricky Martin, Puerto Rican singer, actor and author, to the families, surviving victims, and so everyone who suffered hatred towards all of us.**

Although I am out of the country my heart is in Orlando. I still cannot believe that an individual filled with so much hate killed 49 people and injured 53 on June 12th. People that unlike him were celebrating love, freedom and life. I try to find calmness within, so that I can properly express my current state of mind in this article and share with you how I feel during this important mourning process. The tragedy that occurred in Orlando hurts me in so many ways. It hurts me as a man, as a human being, and as a gay person, because so many of the victims were brothers and sisters of the LGBT community. I am in pain, I am sad, I am angry. As I read the newspapers and watch the newscasts, the media is describing this act as a hate crime and an act of domestic terrorism. Many sources say this individual visited the club frequently in the last year. Some deduce that this was an act of "internalized homophobia," which is when a lesbian, gay, bisexual or transsexual feels hatred for their own community.

Nonetheless, the purpose of this senseless act seems clear: to strike terror in the LGBT community and to our society which value basic freedoms and civil rights for all; and to spew hatred in the largest mass shooting in U.S. history. It has also proven that gun laws MUST change in this country. However, my faith in humanity is greater than all of this. I do believe that love conquers all, but I also believe we need to join together and end this hatred.

So why were these 102 people shot? Because of who they love? Because they were celebrating their equality and civil rights? What were these people doing that was so awful that a man would drive to Orlando, Florida with an AR-15-style assault rifle and a handgun invigorated with the desire to kill as many from this community as his bullets and time would allow him? As I watch the news and see the mothers, fathers, family members and friends grieving this senseless act, my heart aches. I cannot fight the tears as I read the pleas sent by the victims through texts to their loved ones minutes before their executions. Waves of fear have been spread throughout the LGBT community and

our society as a whole. The LGBT community is the latest target of such violence that has included, among others, journalists, office workers and travelers. Yet, I ask that we stand strong and not give in to fear. We must be unified and bonded by these horrific, cowardly acts designed to silence and suppress us. We cannot allow for hate to win, and we cannot stay quiet and hide.

It seems recent headlines are increasingly filled with hatred and intolerance. We have grown as a society by moving towards greater inclusiveness, empathy, and acceptance, and we must continue down that path and always reject divisiveness and animosity. The United States is strongest rooted firmly in a foundation constructed on beliefs of freedom; whose laws are built to leave behind regimes that suffocate individuality; a country that welcomes differences and realizes its greatness resides in its people. These are ideals we strive for in the never-ending pursuit to build a better world. We often struggle in this pursuit, but we should never be deterred from the ongoing mission. This inexplicable tragedy in Orlando is a perfect example of **why it is wrong for people with power to use hate and fear to headline their religious and political rhetoric.** We as a society must never turn our heads or find it acceptable for hate, racism, and bigotry to become a part of our every day conversations. This was a man that allowed hatred to consume him to the point that he killed 49 men and women that were doing nothing else but proudly living a dignified life. It's time to change the conversation. We need to speak a language of love and openly reject hate no matter where it comes from.

Today, too many people continue to defend the indefensible. There are a series of issues in play here, but the United States of America has an undeniable problem with gun violence. How many more lives need to be lost before we do something about lax gun laws? How can a person previously tied to terrorism and interviewed by the FBI on several occasions be permitted to work as a security guard and still have the ability to legally purchase guns? How can we continue to stand by an amendment ratified in 1791 to justify an incomprehensible proliferation of firearms in the U.S? You know what else was permitted in 1791? Slavery, dueling as a way of settling arguments, consensual sex with children above 10 in most states (Delaware was 7), wife beating as a valid exercise of a husband's authority over his wife, and the list of absurdities goes on and on. Today, we know better as a society. We are more civilized. As President Obama stated, "To actively do nothing is a decision as well." People continue to say it is their right to bear arms. **What about our right to feel safe?**

## Environmental Management And Sustainable Development Program

UTN Environmental Management and Sustainable Development Program started in July 2012. Before 2012, there was a commission but not in a cohesive, formal and institutional way. This program is in charge of promoting environmental management and sustainable development within UTN in the academic, research and operational practice. In addition, it supports community projects and ideas that can benefit residents of the areas in which the projects are developed.

Some of the objectives of this program are:

- to understand the current status and future trends in sustainable development and social corporate responsibility
- to look for environmental tools and techniques to integrate sustainable practices
- to promote continuously increasing strictness of environmental legislation
- to encourage innovative pollution control practices

So far, this program has been working in the implementation and unification of policies for all UTN campuses according to what the Ministry of Environment and Energy. (MINAE) asks to



all public institutions, as well as, in an awareness raising and information campaign so that more and more people (from UTN and from the community) can recognize the importance of this program.

We are now working in a strategy for integrating the environmental dimension in the different UTN study programs, so that every UTN student feels identified with the environmental situation and become agents of change in their communities and future job places.



## VIII Aniversario

¡Felicidades a la  
Comunidad Universitaria!

4 de junio 2016

## Inclusive Job Opportunities Challenge

In the celebration del XX Anniversary of the signing of 7600 law, equal opportunities for people with disabilities, UTN organized the conference Accessibility and Disability: Experiences and Challenges Pursuing Equal Job Opportunities for Disabled People.

Even though 7600 law prohibits discrimination on the basis of disability in employment, government programs, public accommodations, commercial facilities, transportation, and telecommunications, there is still much to do in this area. That is why UTN has an institutional commission on this issue.

UTN Student Welfare Vice Chancellor Ana Ligia Guillén said: it was very important to

encourage greater understanding, knowledge and social awareness about the reality of disabled people in order to eliminate discrimination and negative attitudes and facilitate their full participation in society.

UTN Chancellor Marcelo Prieto expressed how important was for the university to offer these kinds of activities where

important data was shared in order to take practical measures in the different fields of UTN.

Finally, Commission Director Lilliana Rojas explained one of the main goals of this commission was to support disabled people to make their own choices, to have full control over their own lives and to reach their full potential.



## For A Greener Place To Live

On June 2<sup>nd</sup>, UTN officially joined the Centro American University Mother Earth Celebration. During the ceremony, UTN Chancellor Marcelo Prieto recalled that:

“Universities, as the pinnacle of formal, organized education, thus have a particular responsibility both to help define and also to become exemplars of environmental best practice. UTN must pro-

mote the integration of environment and sustainability concerns into teaching, research, community engagement, the management of universities including greening of UTN infrastructure, facilities and operations, as well as to enhance student engagement and participation in sustainability activities both within and beyond universities.”



## Human Resources Congress At UTN

On June 10<sup>th</sup>, UTN hosted the first Human Resources Congress: Emerging Trends. The congress was for all students from public universities that offer degrees in human resources. Historically the human resources area has been described as being responsible for the attracting, recruiting, selecting, training, assessment and compensation of employees while ensuring compliance with employment and labor laws; however, more recently this area has also become involved in succession planning, business con-

tinuity planning, workforce diversity, labor relations and some aspects of mergers and acquisitions.

Because the industry is constantly evolving, regulations regularly adapting, and employees changing, human resource trends change just as frequently as fashion.

The impact of these emerging trends brings with it the necessity to think about several aspects such as how:

- organizations have become more global in markets and operations
- organizations will experience higher levels of risk and uncertainty
- the disruptive nature of globalization will increase the need for organizations to be more flexible and agile

UTN expects to host more activities like this one in order to offer students critical thinking spaces where there is chance to exchange ideas and share with experts ideas and knowledge.



## IV Educational Technology Expo

On June 10<sup>th</sup> and 11<sup>th</sup>, the IV Technology Education Expo brought together technology enthusiasts. The activity took place at UTN Teacher Training and Education Technology Campus in Desamparados, Alajuela. Throughout the two days, attendants had the chance to participate in conferences, workshops, and exhibitions. Something new this year was a robotics marathon in which 40 students from high-school and university combined effort to put together small technology projects.

“This is an excellent opportunity for sharing of experiences, knowledge and concerns. The idea is to have an interactive expo where participants can get involved and really feel they are learning,” said Education Technology and Resources Production Department Director Nury Bonilla.





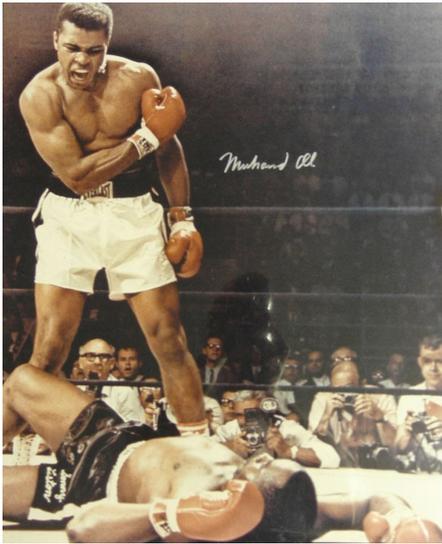
Semana UTN 2016

¡Disfrútala!

Del 30 de mayo al 5 de junio



## Boxing Legend Muhammad Ali Dies At 74



The former world heavyweight champion died late on June 3<sup>rd</sup> at a hospital in the US city of Phoenix, Arizona, having been admitted on Thursday. A family spokesman has described Muhammad Ali's cause of death as "septic shock due to unspecified natural causes".

Information taken from: <http://mwcnews.net/news/americas/59209-real-islam.html>  
Photo credit: eastcoastgambler99 via Small Kitchen / CC BY

Ali had become increasingly frail since being diagnosed with Parkinson's disease in 1984, aged 42, and in recent years had limited his public appearances. Earlier this month his brother Rahman Ali revealed that the condition was so advanced he could barely speak or leave his house.

Hundreds of people filed past his childhood home in Louisville, now a museum dedicated to his remarkable life, to honour the three-time heavyweight champion known simply as "**The Greatest**".

Mourners left flowers and other mementos remembered his sporting prowess and his activism, but also spoke of Ali and his Muslim faith and how his example can help dispel stereotypes about Islam.

Ali was respected throughout

the Muslim world - from Pakistan to Indonesia, from Saudi Arabia to Malaysia and across Africa - for the values he espoused and promoted, the imam added.

After the September 11, 2001 attacks on New York and Washington, Ali sharply cautioned Americans against categorising all Muslims as "extremists".

"Islam is a religion of peace. It does not promote terrorism or killing people," he said.

"I am angry that the world sees a certain group of Islam followers who caused this destruction, but they are not real Muslims. They are racist fanatics who call themselves Muslims, permitting the murder of thousands."

Ali's funeral was held on Friday, June 10<sup>th</sup> in Louisville, and will be preceded by a public procession.



## Witchcraft Among 269 Rights Violations In Africa

There have been at least 269 verified incidents of human rights violations and abuses in the **Central African Republic (CAR)** including arbitrary killings, sexual violence and allegations of witchcraft, since November 2015, according to a new UN report.

The report on activities of the UN regional office since November 15 did not give a breakdown of the number of killings or cases of sexual and gender-based violence, cruel treatment and arbitrary arrests and detentions.

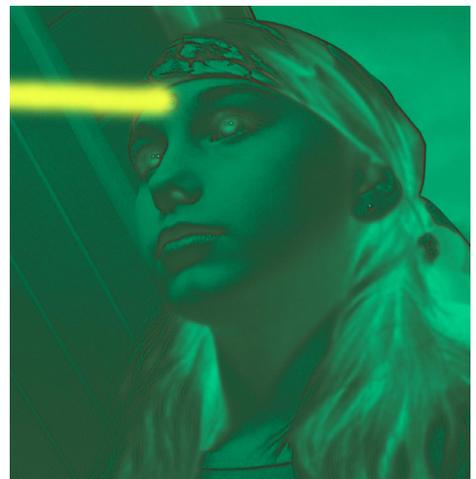
But it said, without elaborating,

that "18 incidents of human rights violations and abuse related to allegations of witchcraft affecting mainly women and children were documented". The CAR was struck by horrific violence after the Muslim-led Seleka rebels toppled Francois Bozize from the presidency in March 2013.

Widespread human rights abuses committed by Seleka led to the formation of the Anti-Balaka Christian and animist militia.

The Anti-Balaka unleashed **sectarian fighting** that forced hundreds of thousands of Muslim

civilians to flee to the north or to neighbouring countries.



Information taken from: <http://mwcnews.net/news/africa/59149-witchcraft.html> Photo credit: e<sup>3000</sup> via Hackers / CC BY-SA



## Scientists Find Likely Ancestor Of Mystery 'Hobbit'



Newly uncovered fossils on an Indonesian island dating back to 700,000 years might just resolve the mystery of the diminutive human species nicknamed the "Hobbit."

Scientists on Wednesday, June 8<sup>th</sup> described bone fragments and teeth retrieved from an

ancient river bed that appear to belong to the extinct Hobbit species.

Known to scientists as "Homo floresiensis," the Hobbits stood about 106 cm, possessing a small, chimpanzee-sized brain and was previously known only from fossils and stone tools from a cave in Flores island.

The new fossils, which were dug up in 2014, in grasslands nearly 70km east of the cave where the first Hobbit bones were discovered in 2003, bolster the theory that the Hobbits arrived on Flores island as a different, larger species of hominin, or early man, probably about a million years ago. And then, something very strange happened.

These upright, tool-wielding humans shrank, generation after generation, until they were barely half their original weight and height.

The process, called "island dwarfism," was well known in animals, with some species shrinking as much as six fold in adapting to an environment with fewer resources.

This is the first hard evidence of humans becoming smaller after being marooned on a spit of land transformed into an island by rising seas. One theory that can now be set aside, the researchers said, is that Flores' Hobbits were actually modern humans diminished by disease or genetic disorders.



Information and picture taken from: <http://mwcnews.net/news/asia-pacific/59250-mystery-hobbit.html>

## Norway World's First Country To Ban Deforestation

Did you know? Every year, an estimated 55 billion tons of fossil energy, minerals, metals, and bio mass is extracted from the Earth. As a result, humans are using up 50% more natural resources than the planet can comfortably provide. Scientists even speculate that within 100 years, the world's rain forests could completely vanish.

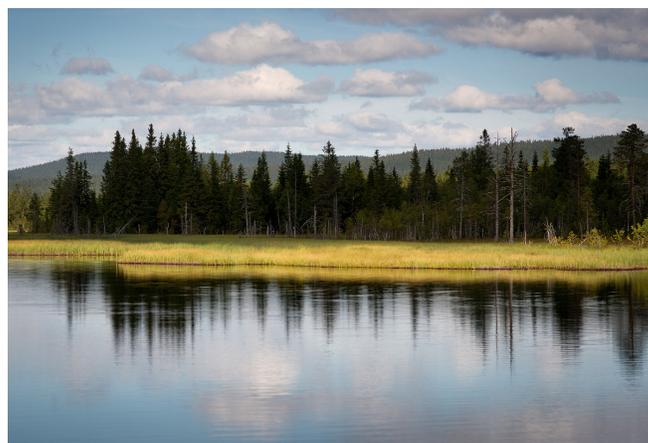
This spells trouble for future generations, which is why **Norway recently banned the practice of deforestation** – the first in the world to do so.

According to HuffPost, the country committed to zero deforestation on May 24<sup>th</sup>. The groundbreaking move means that the nation pledges to ban

any product in its supply chain that contributes to the deforestation of rainforests through the government's public procurement.

Lawmakers also committed to finding a way to source essential products like palm oil, soy, beef, and timber so that they leave little to no impact on their ecosystems. Such could be transformational as the U.N. estimates that the production of palm oil, soy, beef, and wood products are to blame for a little less than half of all total tropical deforestation.

Norway's pledge was made at the U.N. Climate Summit in 2014 alongside Germany and the United Kingdom. Now, says Ranum, it's time for the countries to uphold their pledges and follow Norway's example.



Information taken from: <http://beforeitsnews.com/alternative/2016/06/breaking-norway-becomes-first-nation-in-the-world-to-ban-deforestation-3366861.html>

Photo credit: Thomas Leth-Olsen via Remodel Blog / CC BY-SA

## Statement Of Teaching Philosophy

By Sandra Argüello (ILE Professor)



That education can change the world might sound like a cliché, but I strongly believe that to be true, whether one is teaching Math or ESL. In my years of teaching, I have learned a few things, and they summarize my philosophy.

**1. I believe we learn better by doing.** That is why, whenever possible, I try to implement project-based learning. By collaborating with peers in real life situations, students learn not only about a particular subject, but also about collaboration, respect, research, among others. One example of a project was the creation of a culture-based lesson plan for primary school students. Students interested in teaching worked to develop a lesson plan on stereotypes targeted for kids.

**2. I believe all education must engage in some sort of dialogue about the world at large.** We as humans are facing difficult times, with wars, terrorism, and the threat to nature being very present. Learning about being a global citizen is one pedagogy I like to use to tackle that. I look for opportunities to engage my students in research and discussions about pressing issues. For example, in one oral communication class, the main objective is for them to improve their communication skills in English, and we did so by researching and talking about climate change, sustainability, and the like.

**3. I believe we need to be more compassionate and caring.** Recently, students participated in a workshop called StoryTheater led by actor Jesai Jayhmes. StoryTheater is about creating sketches based on students' own stories. Later, they commented on how good it was to learn about the experiences, oftentimes hard, that other people had faced. We need to relate not only as participants in an academic situation, but as human beings with stories.

**4. I believe students need to be innovators.** The world changes rapidly, and new difficulties arise with new technologies and changes. That is why I like to use inquiry as pedagogy. How can we make this world a better place? How can we create products and services that target new challenges? I have so far tried to address this by fostering critical thinking skills in all my classes.

**5. I believe learning should be enjoyable.** Too often learning is associated to tasks, boredom, and repetition. I like to find new ways in which my students can feel engaged with the material and the process. This requires a balance between recognizing student's interests and finding ways to engage them with new ideas and materials.

There are so many more issues to address regarding teaching. I recognize this is a work in progress. As I engage in formal and informal classes myself, I enrich my philosophy.

## Dining Etiquette From Around The World

Posted by LEAF Architect on Monday, September 22, 2014

**“Do NOT talk with food in your mouth!”** Every child has probably heard this phrase at one time or another as well as **“Keep your elbows off the table.”** Both of these phrases correspond to the dining etiquette that is part of the American culture (although some did not get the memo). Table manners are how people view others as being respectable and exceptionally polite. Other table manners that are widely encouraged in the United States are placing the napkin provided on your lap until the end of the meal, waiting until everyone is served at the table before eating, and use the silverware farthest from your plate first. These are courtesies one learns during their adolescence and should become a constant routine when enjoying their dining experience as a respect to those who accompany them or are nearby.

But were you aware that other countries have their own version of dining etiquette? There are some table manners that might seem quite bizarre to those born under American influence, but learning the beauty of another culture is what the thrill is all about. I will be specifically speaking in regards to the **DO's** and **DONT's** of the cultures residing within Portugal, France, Japan, Italy, India, Thailand, and China.

In **Portugal**, it is considered extremely insulting if one asks for salt and pepper when there are none sitting on the table. This is in regards to the chef and would be considered offensive. They would assume that you are down-right bashing the chef's culinary skills. But a DO in this country is leaving a tip of around ten percent.

In **France**, one should keep their hands on the table even resting one's wrists on the edge of the table is considerate enough, but one should never lay their hands on their lap. An-

other DO is using the bread provided as practically another utensil for the bread should be used to move food onto the fork. The bread must also never be directly bit into, but rather tearing of a small piece and then consuming it. Once the bread is no longer used, it should be placed on the table and never on a plate. A huge DON'T in France is to split the bill because it is considered unsophisticated and one should pay it in its totality.

In **Italy**, it is considered rude to add extra cheese to pizza unless it is offered by the server, but it is even worse to add it to any type of seafood. They recommend avoiding milk beverages after a dinner for it would complicate digestive issues, but one can go for the espresso on the menu. Now if the service that one has received is remarkable then one should leave a five to ten percent tip, otherwise no need.

In **Japan**, they have a few DON'T's in which one might want to be very cautious about. The first one is that you should not do anything with your chopsticks but eat properly with them and you cannot place them vertically in the bowl of rice for that is considered dangerously rude. Don't even cross them either! Another DON'T is passing food using chopsticks for this is only done during funerals and nowhere else. Also one does not need to leave a tip for the staff because it could be taken incorrectly. But one should drink straight from the soup bowl and make loud slurping noises because it is taken as a kindness towards the chef.

In **India**, a definite DON'T is leaving any food on the plate for one needs to finish it all because it would be considered wasteful. Also one must eat all their food at a moderate pace, cannot be too fast or too slow.

# THE ILE ETHOS

It is also hygienically important that one cleans their hands before and after dinner especially cleaning under the fingernails where unwanted particles might lie. They actually prefer to eat with the right hand rather than the left because it is considered unclean to use the opposing hand.

In **Thailand**, one actually receives all of their meals at the same time for this is a custom in this country. Dishes are always expected to be shared between all individuals accounted for at the table. A major DON'T is to use your fork to eat, it should only be used to move the food onto the spoon. It is also customary to not take the final bite from the plate in which is being shared within the group.

In **China**, it is very common to dress fashionably as well as being on time as a kindness for the diners nearby. A DO in this country is to belch once one is finished with their meal to show gratitude to the chef for serving such

a wonderful meal. Several DON'T's that one should be aware of in Japan is that one must not finish their food entirely as opposed to the customs in India. This is merely for the fact that is expected that the chef has given you plenty to eat and then some extra left over. You also cannot dig through the food to find something specific that you want to devour, everything is eaten together. Finally, restaurants specifically have a no tip policy in this country. Cool huh?

Comparing all of these manners to the ones practiced in the United States, it is evident how distinctive each and every country can be with regards to their culture. But remember that etiquette is courteous and should be respected within each country no matter how different it is. Now go out and enjoy the pleasantries of other cultures. Bon appetite!



Image taken from: <http://www.remodelhunt.com/>

Article taken from: <http://www.leaflanguages.org/folium-dining-etiquette-around-world-via-joindarkside/>

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 can we do to help the planet get greener?

*First of all, the government should invest money in clean energy and campaigns to educate people, so that we pay more attention to our planet.*

*Walter Trejos*

*We should start by classifying waste and spend less water.*

*Fabián Castro*

*To have a positive attitude towards taking care of our planet is the most important thing.*

*Andreina Castillo*

*Recycling is very important to reduce all the waste we produce.*

*Andrea López*

*We should stop contaminating rivers, streets and oceans.*

*Natalia Sánchez*

*We should avoid buying tetra pack products and stop using so many plastic bags. In addition, we need to teach others to do this too.*

*Jaesiry Montero*

*We need to plant more trees and surround cities with more gardens.*

*Natalia Mora*



*The least we can do is to start buying recyclable products and save as much water and energy as possible.*

*Jordan Campos*



# PLACES AND FACES

## Soda Los Sapitos



SODA HNOS. GONZALEZ		
<b>REFRESCOS EN AGUA</b>	• ENSALADA DE FRUTAS	€1300
• MORA • PIÑA • PAPAYA Y FRUTAS	• AGUA DULCE • TÉ	Peq. €500
€1100	• CHOCOLATE • CAFÉ	Gde. €600
• LINAZA • TAMARINDO	• EMPAÑADAS • TORTAS	€800
• CHAN •	€600	
<b>REFRESCOS EN LECHE</b>	<b>EMPAREDADOS</b>	
• MORA • PIÑA • PAPAYA	QUESO • JAMÓN • CARNE	€1500
• CEBADA • CAS • COCOMALT	<b>GALLOS</b>	
€1500	SALCHICHÓN	€800
• CREMA CORRIENTE	PICADILLO • QUESO	€800
€1300	• MACARRONES	
• CREMA ESPECIAL	<b>ARROZ CON</b>	
€1600	PICADILLO • MACARRONES • CARNE	Peq. 1500 Med. 2000 Gde. 2800
<b>JUGOS</b>		
• NARANJA Y ZANAHORIA		
€800		
• COPA DE HELADOS		
€900		
• GELATINA CON HELADOS		
€1100		
	<b>PLATO CON TODO</b>	€2.800
	<b>PINTO CON</b>	
	HUEVO • CARNE • PICADILLO	
	CAFÉ • NATILLA • PAN	€1
	<b>BIENVENIDOS</b>	
		
	GRACIAS POR SU PREFERENCIA	

Do you like good, home made typical Costa Rican Food at a good price? Well, if you are in Alajuela, you definitely have to visit Soda Los Hermanos González. Better known as Soda Los Sapitos, this excellent small cafeteria is located in Alajuela Central Market, East entrance.

Even though they offer a simple menu, the food is authentic and tasty. You cannot go wrong with anything you order in the menu. Among their most famous dishes there is rice with meat, a delicious portion of rice covered with minced meat in a tangy tomato sauce, and the famous torta, made with flour, meat and spices; it comes on a tortilla and a bed of coleslaw. Another of Los Sapitos specialties is

their milkshakes, papaya, vanilla, or mora blended with milk, sugar and ice-cream, or the natural drinks like chang, carrot and orange juice or linseed.

The service is another characteristic of Soda Los Sapitos. Several women loudly singing what the customers order from all around the place fill the environment with a special taste of informality and happiness.

Even though tables and stools are not very comfortable, the prices are reasonable, the attention is fast, and the atmosphere so inviting. The place is usually packed, especially at meal times, but the wait is worth it.

Don't think about it twice. Come and enjoy an unforgettable experience at Soda Los Sapitos in Alajuela.



## Getting Green At The Work Place

An important aspect personal aspect each person should pay attention to is the responsibility to have a green eco place to work. A green place to work is a clean, safe environment, organized with people in mind. This month of June we want to share with you a series of simple steps to green your workspace.

1. **Use Electricity Wisely:** turn off all equipment that does not need to be left on at the end of the day and take advantage of natural sunlight as much as possible.
2. **Reduce, Reuse, Recycle:** look for ways to recycle paper, try not to use disposable cups unless it is extremely necessary and when you do make a purchase, try to bring your own bags.
3. **Encourage Car Pooling:** most people complain about traffic jam while we see many of them driving their car alone. Encourage coworkers to take turns to drive to the office. If it is possible, use public transportation.
4. **Aim A Paperless Office:** though the paperless office may still seem unrealistic, at least try to cut down on printed material when possible.
5. **Use Environmentally Friendly Products:** these kinds of products are about 10% more expensive than the regular ones, which is a small price to pay to cut down on waste and pollution.



SITUATION	FORMAL	RELAXED	INFORMAL
A friend is extremely boring.	He often lulls me into a state of slumber.	He is boring.	He bores the hell out of me.
A friend is a bit angry.	He is in a mild state of anger.	He is a bit angry.	He is in a huff. He got out of bed on the wrong side.
You recently moved. During the moving, you had to carry lots of heavy boxes.	We were conveying cardboard containers for the duration of the day.	We were carrying boxes all day.	We were humping boxes around all day.

Information taken from: Hot English Online Magazine #112 p.36

## “ENGLISH FOR YOU CR” PRESENTS, VERB PATTERNS



In English, we use two verbs together to express purpose, actions, feelings, or intentions. The first verb in each pair may be followed by an infinitive or gerund (-ing form).

In the first group, we have verbs that require an infinitive. Some are, decide, hope, promise, agree, manage, expect, pretend, seem, want. For example:

- I **promised to be** a good student. So, I **decided to study** harder because I want to pass my courses with excellent grades.

In the second group, we have verbs that need a gerund (-ing form), such as avoid, can't help, can't stand, enjoy, suggest, deny, finish, dislike, recommend, keep. For example:

- I **enjoy listening** to music, but I **can't stand listening** to very loud music. Doctors **recommend not playing** it very loud. This can help us **avoid damaging** our ears.

Finally, some verbs can take either the infinitive or the gerund: start, stop, forget, remember, love, like. In some cases, however, using the infinitive or the gerund will imply different meanings.

# 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:

## ***Andrés Araya Araya, Jogger, Bookworm, Guitar Player, and UTN Environmental Management And Integrated Water Resources Management Program Director.***

### ***Where do you live?***

I am originally from Paraíso de Cartago, and I still live there. It takes me quite a while to travel from Cartago to Alajuela everyday.

### ***Best childhood memory?***

Paraíso is a wonderful place in the rural area. I remember there was a train; actually, my grandma lives in a place called La Estación because it was close to the Paraíso-Limón train station. Well, I remember I spent a lot of time at her home because she took care of me while my parents worked, and there was a big backyard, full of trees at her home. One day, I went out and saw an animal I had never seen before on the rail lines, it was a squirrel. I got closed to see it, and for my surprise, it came to me and walked over my body. I got scared and threw it away. To make long story short, the squirrel got angry and bit me on the heel. There was blood everywhere.

### ***Favorite food***

I love Peruvian fish cocktail (ceviche). It is my favorite.

### ***What is always in your fridge?***

In my refrigerator, you will always find yoghurt, any flavor.

### ***Favorite Music?***

In English, I like Nirvana. In Spanish, I like Colombian and Mexican music. I like music with some message.



# 90 SECONDS WITH...

## **Would you class yourself as a day or night person?**

I definitely consider myself a night person. My most productive time is in the afternoons.

## **First job**

The first time I had a job was helping a milkman. A neighbor delivered milk around the neighborhood, and I enjoyed being on the back of the truck.

## **A good book**

I studied philosophy at UCR, and once I read a book called King Jesus by Robert Graves. In this book, he talks about Jesus but not as the Son of God, but rather as a philosopher with a legitimate claim to the Judean throne through Herod the Great, as well as the Davidic monarchy; and treats numerous Biblical stories in an unorthodox manner. He treats Jesus's history in a very interesting and different way.

## **One of your favorite places**

I went to Mexico last year in Tepozteco, Morelos. There is a pyramid temple to Tepoztecatl, the Aztec god of the alcoholic beverage pulque. You have to go up a lot of stairs for about two hours to see it, but when you get there, you feel something mystic in the environment. I had the chance to see the Aztec writing first hand. I had seen it in books and TV, but it is completely different to see it carved on stones. The place is known for sightings of UFO and I am sure that day I saw a light in the sky that was a UFO.

## **What is your greatest fear?**

I have a couple of daughters and my greatest fear is that something wrong happens to them, and that I cannot help them.

## **Tell me a joke or proverb you remember right now.**

Of course, I have been using: One Reputation Follows Him (crea fama y hechate a dormir.)



## *A Decaying Nail*

*By Sandra Argüello (ILE Professor)*

Antonio Buenaventura loved to walk under the oppressive sun, even at noon. He wore his old-fashion suits with the pride that comes from knowing you are kind of an appreciated outcast. He had moved to Puntarenas several years ago to take on a teaching position at a public school. Social studies was his passion since he read about Marx in high school. His eyes had opened wide when we read “the proletarians had nothing to lose but their chains.” A proletarian he was. The son of a mirror maker and a stay at home mom of seven kids, he had grown up believing that the world was not necessarily just. But he also decided to embrace his proletariat condition with love and pride.

On this particular Monday, Antonio Buenaventura decided to take a walk a little bit after 10 am. He was a night shift teacher. Ten in the morning is an interesting time in a traditional town. Kids are in the schools, the men (if there are men in the house) are working, and the wives have begun their daily routine of preparing lunch. Buenaventura walked the streets of Puntarenas curious about the lives behind open doors. He would slowly turn his gaze towards the inside of the houses, trying not to appear too intruding. The smell of fried onion took him back to a time when he had a mother that cooked for him. He started to remember his mother, a chubby pale lady from Cartago who always said the greatest gift in life would be to die of a heart attack.

Antonio did not believe in God, but he considered the possibility after she actually died peacefully in her sleep. Anyway, that’s what the doctors said. Deep in his thoughts, Buenaventura suddenly stopped on his tracks when, through an open window, he caught the glimpse of a woman’s foot resting on a sofa. Camera-like, he zoomed in on the big toe. Then he flushed. For him, a 62-year-old man of leftist ideals, a decaying nail was the highest representation of the working class.

The woman’s toe had been painted red weeks ago, but time and sandals left their marks. The nail looked beaten, like factory workers after years of long shifts. At that moment, all he desired was to kiss that toe.

## **Technical English Training For Occupational And Environmental Health Engineering Students**

*By Ana Velma Carrillo and Yineth Zamora (ILE Students/San Carlos Campus)*

English is known around the world as the business language. It is important that schools and universities make the students aware of the importance of learning it, but also offer them the tools to do it. In that way, once they are professionals, they will have all the skills needed to communicate successfully in English. In addition, they will have an advantage among students that only speak one language.

At UTN, San Carlos, ISOA students do not have the access to an English training program since within their major is included in the PIT program (in Spanish: Programa de Inglés para el Trabajo), which is a program designed to train students in English for the workplace, and plenty of their articles and bibliography are written in English. This issue represents a frustration and big trouble for students who do not speak English or for the ones who are not related to the language. This was the reason that made the English as a Foreign Language (ILE) department and the occupational and environmental health engineering department (ISOA) join forces and work together to create an English training program that enabled ISOA undergraduates improve their English skills, and expand their technical vocabulary in English.

The English major director MSc. Eduardo Castro and the ISOA major director Douglas Barraza, along with two ILE major students gathered to come up with a project adapted to the ISOA students' needs to learn technical vocabulary and tools required for reading comprehension.

The project was created by the students Ana Carrillo Rojas and Yineth Zamora Araya and supervised by MSc. Eduardo Castro Miranda (ILE career director) and MSc. Douglas Barraza Ruiz (ISOA career director). It was focused on reading comprehension of texts related to the major and technical vocabulary. To get the knowledge needed, the students studied the ISOA articles by translating them so they could learn a little more about the major and the vocabulary needed to create the program. They translated a total of seven articles.

This program was designed to last 10 classes in which students improved their reading comprehension skills, and technical vocabulary, but also polished their grammar. Each session was planned to last one hour.

It was a pretty challenging opportunity for both of the ILE students since they had to study new terms in order to be able to create the program. On the other hand, the students said that even though it was a challenge, it was worth it, and it was a great opportunity for them to learn new vocabulary and expand their English knowledge. They also said that when they were given the opportunity to do the professional practicum at UTN and knew what the project was about they loved the idea since the beginning because their goal is to become teachers and this opportunity gave them a platform to do what they love which is to share their knowledge with others.

The project was fruitful for all the parties involved, which at the end was the main goal of the program.

## LET'S THINK ABOUT IT

### Lawyer Interrogating Doctor

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No.

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No.

Q: So then it is possible that the patient was alive when you began the autopsy?

A: No.

Q: How can you be so sure, Doctor?

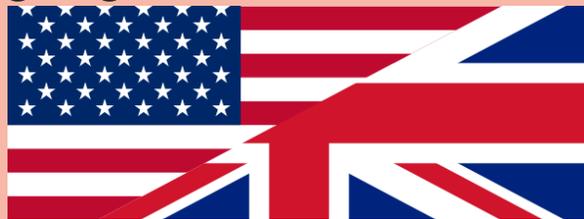
A: Because his brain was sitting on my desk in a jar.

Q: But could the patient have still been alive, nevertheless?

A: Yes, it is possible that he could have been alive and practicing law somewhere.



### Reasons why the English language is so hard to learn:



1. The bandage was wound around the wound.

2. We must polish the Polish furniture.

3. The soldier decided to desert his dessert in the desert.

4. Since there is no time like the present, he thought it was time to present the present.

5. When shot at, the dove dove into the bushes.

6. The insurance was invalid for the invalid.

7. A seamstress and a sewer fell down into a sewer line.

8. The wind was too strong to wind the sail.

9. I had to subject the subject to a series of tests.

10. How can I intimate this to my most intimate friend?

11. There was a row among the oarsmen about how to row.



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# THIS MONTH IN HISTORY

## IT HAPPENED IN JUNE

June 1 <sup>st</sup> , 1855	American adventurer William Walker conquers Nicaragua.
June 3 <sup>rd</sup> , 1977	Reggae stars Bob Marley and the Wailers release the classic album Exodus, which would be named Time magazine's "Album of the Century" in 1999.
June 6 <sup>th</sup> , 1752	A devastating fire destroys one-third of Moscow, including 18,000 homes.
June 10 <sup>th</sup> , 1944	In baseball, 15-year old Joe Nuxhall of the Cincinnati Reds becomes the youngest player ever in a major-league game.
June 12 <sup>th</sup> , 1665	England installs a municipal government in New York City. This was the former Dutch settlement of New Amsterdam, later known as New York.
June 15 <sup>th</sup> , 1846	The Oregon Treaty establishes the 49th parallel as the border between the United States and Canada, from the Rocky Mountains to the Strait of Juan de Fuca.
June 19 <sup>th</sup> , 1961	Kuwait declares independence from the United Kingdom.
June 25 <sup>th</sup> , 1938	In the US, federal minimum wage law guarantees workers 40 cents per hour
June 29 <sup>th</sup> , 1963	Beatles' first song "From Me to You" hits the UK charts.
June 29 <sup>th</sup> , 1974	Isabel Peron is sworn in as the first female President of Argentina. Her husband President Juan Peron had delegated responsibility due to weak health and died two days later.

## FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
Ronnie Wood	Rolling Stones	June 1 <sup>st</sup> , 1947
Robin Lord Taylor	TV Actor (The Penguin)	June 4 <sup>th</sup> , 1978
Hugh Laurie	TV Actor (Dr. House)	June 11 <sup>th</sup> , 1959
Jurgen Klopp	Soccer Coach	June 16 <sup>th</sup> , 1967
Benazir Bhutto	World Leader	June 21 <sup>th</sup> , 1953
Chuck Taylor	Entrepreneur (Converse)	June 24 <sup>th</sup> , 1901
Ariana Grande	Pop Singer	June 26 <sup>th</sup> , 1993

# THIS MONTH IN HISTORY

## Anne Frank's Birthday Anniversary

Annelies Marie Frank was a German-born diarist and writer. She is one of the most discussed Jewish victims of the Holocaust. Her diary, *The Diary of a Young Girl*, which documents her life in hiding during the German occupation of the Netherlands in World War II, is one of the world's most widely known books and has been the basis for several plays and films.

Born in the city of Frankfurt, Germany, she lived most of her life in or near Amsterdam, the Netherlands. Born a German national, Frank lost her citizenship in 1941 and thus became stateless. The Frank family moved from Germany to Amsterdam in the early 1930s when the Nazis gained control over Germany. By May 1940, they were trapped in Amsterdam by the German occupation of the Netherlands. As persecutions of the Jewish population increased in July 1942, the family went into hiding in some concealed rooms behind a bookcase in the building where Anne's father worked. In August 1944, the group was betrayed and transported to concentration camps. Anne and her sister, Margot, were eventually transferred to Bergen-Belsen concentration camp, where they died (probably of typhus) in February or March 1945, just weeks



before the camp was liberated in April.

Otto Frank, the only survivor of the family, returned to Amsterdam after the war to find that Anne's diary had been saved by one of the helpers, Miep Gies, and his efforts led to its publication in 1947. It was translated from its original Dutch version and first published in English in 1952 as *The Diary of a Young Girl*, and has since been translated into over 60 languages. The diary, which was given to Anne on her thirteenth birthday, chronicles her life from 12 June 1942 until 1 August 1944.

Over the years, several films about Anne Frank appeared. Her life and writings have inspired a diverse group of artists and social commentators to make reference to her in literature, popular music, television, and other media.

In 1999, Time named Anne Frank among the heroes and icons of the 20th century on their list *The Most Important People of the Century*, stating: "With a diary kept in a secret attic, she braved the Nazis and lent a searing voice to the fight for human dignity".

You can read some of her diary here: [The Diary of a Young Girl](#)

# 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. In this month, in which we celebrate Anne Frank's Birthday Anniversary, we want to share something she wrote in her diary:

*“Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!”*

-Anne Frank

## 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.

## 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](mailto:programaidiomas@utn.ac.cr)



# WHY DO I TEACH?

I am just a helping-hand so that students can foresee their own potential for learning.



Gabriela Calvo