

All Souls' Day

UTN has an Information
Access Center

Second Science, Technology
and Society Forum

Igniting a Passion
for Learning

Skloog

cover page



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November is a special month for many. It is dedicated to remembering our beloved dead. It's certainly sad to remember people who we love and who have died, but our faith tells us our tears will eventually be turned into joy. This month we want to share this picture with you as a momento of reflection near the end of the year.

(Picture taken from: <https://www.flickr.com/photos/lilimlib/3180497407/>)

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



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

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Sofia Alfaro (poem writer)	
Sandra Argüello (column writer)	
Luis Fernando Chaves (biography)	
Jose Miguel Espinoza (story writer)	
Clare Goodman (article writer)	
Cindy González (section contributor)	
Joaquín Rodríguez (poem writer)	
Niki Sims (academic journal editor)	



EDITORIAL

Keeping the Dead Alive

"If the people we love are stolen from us, the way to have them live on is to never stop loving them."

~The Crow, written by James O'Barr, David J. Schow, and John Shirley, 1994



If there is one month that can be described as "reflective," for me that would be November. In the Catholic Church, the month of November is dedicated to remembering our beloved dead. It is certainly sad to remember people who we love and who have died, but our faith tells us our tears will eventually be turned into joy.

Nobody wants to die; however, death is inevitable and the only thing we can do about it is to accept it. Furthermore, coping with the loss of a close friend or family member may be one of the hardest challenges that many of us have faced. When a person is diagnosed with a terminal illness, it gives him/her the time to set his/her affairs in order; nevertheless, most of the time death just strikes anyone without a warning.

Religion tries to comfort people. The scriptures say that death is just a step on the way, something like a separation of the soul from the body to enter a different, more spiritual life. If this were true, people will celebrate death instead of condemn it. However, letting

go the people we love so much is difficult. I lost my father a month ago, and even though our relationship was not as close as I would have liked, I cannot stop thinking about him as if he were more present now than when he was alive. Every time I close my eyes and think about him, I only remember the many beautiful and precious moments we spent and nothing else. Preaches, punishments, disagreements just disappeared.

American writer Washington Irving said: *There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief... and unspeakable love.* Tears of grief have two jobs to do. A little at a time, they release pain from the deep wounds of loss. In addition, they leave bits of strength and healing in their salty rest.

I invite all of you to take some time to remember those who left this world but live in our hearts and minds, to enjoy one more time those meaningful moments that give them eternal life in our memory.

R.I.P father and thank you for helping me become who I am. I know you are watching over me and I am really grateful for all the lessons I learned from you.

UTN NEWS

ILE 2014 End of Program Diagnostic Examination

On Wednesday, November 3rd, the ILE major applied its 2014 End of Program Diagnostic test, for the third year on a row. This test is a tool that enables the major to assess or measure student's levels in terms of skills and knowledge. It enables the major to know the strong and weak points of its program in terms of the four main skills to be developed: listening, speaking, reading and grammar.



According to the ILE major exit profile, a student should achieve a B-1 level based on the Common European Framework (CEF). The CEF provides a common basis for the elaboration of language syllabuses, curriculum guidelines, examinations, textbooks, etc. The CEF is designed to describe how language users communicate and how they understand written and spoken texts. The results from this test will be used to improve syllabus and implement strategies to benefit the ILE program. This year almost all students registered in the sixth level took the test for approximately three hours and thirty minutes. Most students show a high level of self-confidence under a comfortable environment.



The report, together with its corresponding analysis, will be ready by the middle of December. This year is the last time the exam will be applied only in Sede Central. Beginning next year, the idea is to have an instrument that can be applied in all campuses. The data collected during these three years will be shown in a document next year. "We are proud to be the first program in which this kind of initiative is implemented." Said ILE Director Jose Soto.

Smart Board Training at UTN

On Friday, November 20th, UTN offered the first Smart Board training to teachers. Interactive whiteboards (Smart Boards) were installed in all classrooms in module 6. A smart Board is an electronic white board with touch recognition capability allowing you to write, erase, and move objects with a touch of your finger. From the Smart Board you can

access and navigate the Internet, make notations, and save the image. You can even capture your work to a software where you can edit and distribute your files. You can also save notes as file formats compatible with a variety of applications including Microsoft PowerPoint, Excel, Word, and AutoCAD.



The technology upgrades will provide our university with the professional tools we need to improve instruction with 21st-

UTN NEWS

Century technologies. These technologies actively engage students with vastly different kinds of abilities and learning styles, an important feature in a world of tougher academic

standards and expectations for all students, regardless of ability. Teachers must be comfortable with technology, able to apply it appropriately, and conversant with new technological tools,

resources, and approaches. If all the pieces are put into place, teachers find that they are empowered to advance their own professional skills through technology tools. There will be more sessions in all UTN campuses; so all teachers can learn how to use this technology.

Second Science, Technology and Society Forum

Last November 18th and 19th, the Centro de Formación Pedagógica y Tecnología Educativa (CFPTE) organized with great success the second national forum on Science, Technology and Society.



During the activity there was participation of special guests, students and officials of all the venues of the UTN. Leading experts gathered to discuss perspectives and convergence of social issues, science and technology. During this two-day Forum, over ten

keynote speeches, workshops, dialogue sessions and panel discussions were presented on themes such as innovative education and science, quality in e-learning, and how to improve learning environments.



Some of the main presenters were: Dr. Apolo Díaz Cantú, Lic. Fernando Jorge Mortera, and Mag. Xinia Corrales Escalante among others. Organizers were happy to see crowded auditoriums and labs. People's participation

was excellent. "We saw people from San Jose, Heredia, Limón and Alajuela. We hope this activity becomes one of the most important forums of this type in Costa Rica." Said UTN Educational Technology Director Mag. Nury Bonilla. One more time UTN showed its commitment to offer this kind of academic activity, and the excellent organization structure there is in the University to organize such events.



UTN NEWS

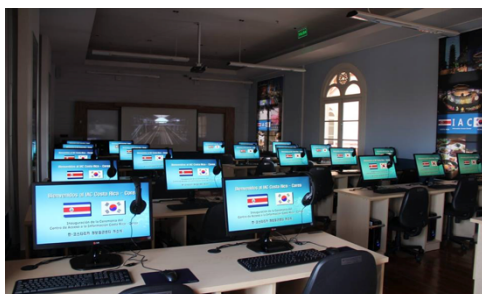
UTN has an Information Access Center

On Thursday, November 19th, UTN opened the first Information Access Center (IAC) in Costa Rica. The opening ceremony was held at Luis Alberto Monge building in Alajuela downtown.

The Information Access Center was established under the auspices of the Ministry of Science and the Republic of Korea. Being a leader in the ICT sphere, the Republic of Korea has opened such centers in many countries since 2002.

The IAC is designed to create an environment that the public benefits from information technology (IT) and raises IT literacy while promoting IT cooperation between countries and helping to reduce the global digital divide.

The opening ceremony was attended by Minister of Science Guisella Cooper, UTN Chancellor Marcelo Prieto, Republic of Korea Ambassador Hong Jo Chun, and the Vice-President of the National Information Society, Jeongwon Yoon. The Center will focus on organizing educational activities in the field of information technology for the public, providing training for IT startups and conducting conferences, seminars and presentations dedicated to the use of information technology in various fields – education, science, economics, public administration, etc. Since 2002, 30 Information Access Centers have been established in Cambodia, Rumania, Viet Nam, Egypt, Philippine, Bulgaria, Laos, Tunisia, Indonesia, Nigeria, Mongolia, Uzbekistan, Kenya, Guatemala, Mozambique, Sri Lanka, Azerbaijan, Bangladesh, Morocco, Algeria, Paraguay, Peru, Bolivia, Kyrgyzstan, Jordan, Rwanda, Nepal, Ukraine, Ghana, and Panama.



WORLD NEWS

Mexico Shocked by Students' Massacre

Furious protesters burned several vehicles and threw firebombs at a southern Mexican state's headquarters on Saturday, November 8th after authorities indicated that gang hitmen slaughtered 43 missing students. More than 300 students, many wearing masks, descended on the Guerrero government headquarters and burned around 10 vehicles, including trucks.

Mexico was confronted with one of the grisliest massacres in years of drug violence after gang suspects confessed to slaughtering 43 missing

students and dumping their charred remains in a river.



The confessions may have brought a tragic end to the mystery, but parents of the victims refuse to accept they are dead until DNA tests confirm their identities, saying the government has repeatedly told them lies. Three suspected Guerreros Unidos gang

members told investigators that local police handed them the students between the southern towns of Iguala and Cocula.

In taped confessions, the suspects said they bundled the 43 in the back of two trucks, took them to a nearby landfill, killed them and used fuel, wood, tyres and plastic to burn their bodies for 14 hours. If the confessions are true, the mass murder would rank among the worst massacres in a drug war that has killed more than 80,000 people and left 22,000 others missing since 2006.

(Information taken from: <http://mwcnews.net/news/americas/47698-mexico-shocked.html>
Image taken from: <https://flic.kr/p/5vovZH> Attribution 2.0 Generic (CC BY 2.0))



Erdogan says Muslims discovered Americas

Turkish President Recep Tayyip Erdogan has said that Muslims discovered the Americas in the 12th century, nearly three centuries before Christopher Columbus set foot there.

"Contacts between Latin America and Islam date back to the 12th century. Muslims discovered America in 1178, not Christopher Columbus," the president said in a

televised speech during an Istanbul summit of Muslim leaders from Latin America.

"Muslim sailors arrived in America from 1178. Columbus mentioned the existence of a mosque on a hill on the Cuban coast," Erdogan said.

Some Muslim scholars have recently suggested a prior Muslim presence in the Americas, although no pre-Columbus ruin of

an Islamic structure has ever been found.

In a controversial article published in 1996, historian Youssef Mroueh refers to a diary entry from Columbus that mentions a mosque in Cuba.

However, the passage is widely understood to be a metaphorical reference to the shape of the landscape.

(Information taken from: <http://mwcnews.net/news/americas/47849-muslims-discovered-americas.html>)



WORLD NEWS

European Space Probe Marooned in Comet's Shadows

By Maria Sheahan

A probe that landed on a comet in a first for space exploration has ended up in the shadow of a cliff, about a kilometer (0.6 miles) from its intended resting place, the European Space Agency (ESA) said on Thursday, November 13th.

The lander, named Philae, was released from its mothership Rosetta on Wednesday as it orbited comet 67P/Churyumov-Gerasimenko, in the climax of a 10-year mission for the ESA. But harpoons to

anchor it to the surface failed to deploy and it bounced twice before floating to rest two hours later. The ESA needs to analyze data beamed half a billion kilometers (300 million miles) back to Earth to pinpoint its location.



Scientists hope that samples drilled from the comet by Philae will unlock details about how the planets – and possibly even life – evolved. The rock and ice that make up comets preserve ancient organic molecules like a time capsule.

Comets date back to the formation of the solar system some 4.6 billion years ago. Scientists suspect comets delivered water to Earth when they collided with the planet aeons ago.

(Information taken from <http://cyprus-mail.com/2014/11/13/european-space-probe-safely-anchored-on-comets-surface/>
Image taken from: <https://flic.kr/p/4PbWH1> Attribution 2.0 Generic (CC BY 2.0))

Mass Murderer Charles Manson gets Marriage License

By Sharon Bernstein

Mass murderer Charles Manson has been granted a marriage license, and would be allowed to wed in prison, a spokeswoman for the California Department of Corrections and Rehabilitation said on Monday, November 17th. Manson, 80, was issued a marriage license by Kings County, California, where he is serving a life sentence at the California State Prison, Corcoran,

corrections spokeswoman Terry Thornton said.

Manson, a charismatic ex-convict who assembled a group of runaways and outcasts into a "family" in the late 1960s, directed his mostly young, female followers to murder seven people, including actress Sharon Tate, in 1969 in what prosecutors said was part of a plan to incite a race war. Manson is ineligible for the family visits because he has not been

granted a parole date, Thornton said.



Manson has been repeatedly denied parole in California. His last parole hearing, which he did not attend, was held in 2012. His next is set for 2027, Thornton said.

(Information taken from <http://cyprus-mail.com/2014/11/18/mass-murderer-charles-manson-gets-marriage-license-state-says/>
Image taken from: <https://flic.kr/p/2D81ur> Attribution 2.0 Generic (CC BY 2.0))



WORLD NEWS

British Stars gather to Record Band Aid Single for Ebola

Boy band One Direction and U2 lead singer Bono joined some of the biggest names in British pop and rock music yesterday November 14th to record a new version of the Band Aid charity song to raise money to combat Ebola in Africa.

The single, "**Do They Know It's Christmas?**" was first recorded 30 years ago after musician and philanthropist Bob Geldof inspired a host of stars to come together under the Band Aid name to help those affected by famine in Ethiopia. The song has

been given a makeover, with words to the original version, which he co-wrote with Midge Ure changed to reflect the current crisis. The original song from 1984, which raised 8 million pounds (\$11 million), featured some of the era's biggest acts including U2's Bono, George Michael and David Bowie. It has been re-recorded twice in 1989 and 2004.

Bono will be joined this time by Robert Plant, frontman of rock band Led Zeppelin, Coldplay lead singer Chris Martin

and singers Ed Sheeran and Sam Smith.



Ebola has killed more than 5,000 people since it broke out in West Africa earlier this year according to the World Health Organization, mostly in Sierra Leone, Liberia and Guinea.

(Information taken from <http://cyprus-mail.com/2014/11/15/british-stars-gather-to-record-band-aid-single-for-ebola/>
Image taken from: <https://flic.kr/p/71LVJN> Attribution 2.0 Generic (CC BY 2.0))



Honduras' Miss World Contestant found Murdered

By **Gustavo Palencia**

A Honduran beauty queen has been found murdered just days before she was due to compete in the Miss World pageant in London, police said on Wednesday, November 19th. The bodies of Maria Jose Alvarado, 19, and her sister Sofia, 23, were found buried near a river in the mountainous region of Santa Barbara in western Honduras, said Leandro Osorio, head of the criminal investigation unit.



Alvarado, a student who aspired to become a career diplomat, had been due to take part in the Miss World events that start on Thursday and culminate in the final in London on Dec. 14.

Honduras is the world's most violent country with a murder rate above 90 people per 100,000. Drug cartels use Honduras as a staging post for US-bound cocaine from South America, aggravating violence in the impoverished Central American nation that has helped spark a surge in illegal immigration to the United States.

(Information and image taken from <http://cyprus-mail.com/2014/11/19/honduras-miss-world-contestant-found-murdered-with-sister/>)



THE ILE ETHOS

Igniting a Passion for Learning

by Clare Goodman (ILE Professor)



**“The mediocre teacher tells.
The good teacher explains.
The superior teacher
demonstrates.
The great teacher inspires.”**

This quote by William Arthur

Ward really demonstrates that as teachers it is important to inspire and ignite a passion for learning in our students. This quarter I had that opportunity to inspire the students to really feel passionate about learning. I did this by having them experience English in a dynamic, active, and engaging way. I was given the opportunity to teach Tourism 2 and 3 over the past two quarters. So, I decided that the best way to really learn about this topic is to live it! What I mean by living well, having the students really experience what tourism is like here in Costa Rica by taking the students on field trips. I am going to tell you about how important and easy it is to organize such activities in order to have students leave the classroom and really see and experience things first hand.

During the past eight months I have organized over six field trips for Tourism 2 and 3. We have gone to Zoo Ave, the Marriot, INBioparque, Freddo Leche Tours, and Café Britt. At the beginning, I was worried about the work that it would entail to organize these activities, but as I discovered it was very easy. Nowadays, most places are very willing and eager to have students visit them. I found out with the tour I organized to, Freddo Leche Tours in Vara Blanca. The manager was extremely willing to help me and offered a reasonable price for my students. So, for any teacher that wants to organize a field trip you can easily go to the place’s website and give them a call or send them an email in order to arrange the price, time and date. Of course, make sure that you try

to book the transportation a few weeks in advance.

Furthermore, the importance of experiencing things first hand is superior to presenting the material in class and having them read about it. The trip to the Marriot hotel was evidence of that. We had an employee give us a guided tour of the hotel. The students were able to ask questions, look at the rooms, and really get an idea of what the hotel industry is all about. I was so amazed to find out that two students had never been to a hotel, so it was truly gratifying to see the students so enthralled with the visit. I felt as if I had just taken them to Disneyland. Then we went on the **Freddo Leche** Tour where they had the opportunity to learn about sustainable tourism. We got to go on a tractor ride around the farm and we had an unforgettable experience of milking the cows. The students converted into little children with amazement and excitement. The class came alive and they were able to understand how things work firsthand. In addition, all of the assessment was linked to the field trips, so the students had a lot to say and they were able to relate to what they were talking about rather than just having them read the material and memorize terms.

In conclusion, taking students outside of the classroom can be a wonderful experience, and makes the curriculum come alive. I highly recommend teachers to go outside of their comfort zones and think about how you can make your classes more meaningful by teaching beyond the four walls. The famous quote *“The best teachers teach from the heart, not from the book.”* rings true and if you open up your classrooms to new and exciting adventures, you will, in turn, ignite the passion for learning in your students.

THE ILE ETHOS

Go Mindful!

by Cindy Rodríguez (ILE Professor)



Once I thought, "I'm exhausted, I am tired of the world itself, of the rush; sometimes I'm tired of people, of family, of professors, of students, and that does not mean that I do not love them or care for them". It is not a secret the world spins really fast, and every day's duties can be overwhelming. By Wednesdays and Thursdays I felt mostly burn out, heavy and loaded. And I can see that all around!!! It is not just me!! I see it on my students face, on my friends words, and on the worlds' energy in general. "**Life cannot not be this!**" I told myself.

Then I realized that my mind was always living in the future. For example, when I was driving my car, and I arrived home and I did not realize how I got there! I did not remember traffic lights, or turns I made. I was driving and thinking how to get my work done, what I was going to do the very next day, or how would I solve a particular problem. The same happened in every single activity I did: I took a bath and thought about everything and anything, I ate lunch and suddenly I had no food on my plate, I was having a conversation with friends or family and suddenly I realized that for the last five minutes I had not listened to them, I was just staring at them. Have you ever experienced that?

One fine day, thank God, I came across of a new term, that helped me to redefine my life: Mindfulness. I have to confess that I did not understand even the meaning of the word, because for me it meant, "mind full" and that was what I had! a cluttered mind filled with thoughts, problems and

worries! But then, I looked for the word on the Internet and found the Spanish meaning: "Atención Plena", that means being present in the moment, aware of everything that is going on in a non-judgmental way. What is it really about?

Well, for many, mindfulness may sound like something new, like the latest psychological practice or something, but it is not new at all. The practice of mindfulness has existed for centuries, especially in oriental cultures and religions like Buddhism. However, mindfulness is far simpler than, just sitting down in Buddha position (sitting crisscross) saying "Ommmm". That kind of meditation is just a type of mindfulness practice, because in my opinion, you can practice mindfulness through other simple practices by just BEING PRESENT AND AWARE on ANYTHING you are doing.

Some Mindfulness Exercises

Here I am listing three of the infinite number mindfulness exercises you can do. I say infinite because you can do mindfulness pretty much with any activity you do, but to start with, you may want to try these three. But before, I would like to introduce you the idea of "Grabbing the Butterfly". If you had a butterfly trapped in your hands you would have to be gentle with it otherwise you may kill it. Now if the butterfly flies away from you hand and you want to grab it back, you will have to try to grab it softly and gently, so not to hurt it or its wings. When talking about grabbing the butterfly in the mindfulness context is about your "concentration". For some people staying focused may be easier than for others, but through

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mindfulness you will learn to be more focused one day at a time. So, the idea is that, every time you are trying to be mindful, your thoughts and worries may invade your concentration, but you will gently (like grabbing a butterfly) try to go back and focus again. Do not worry about having to do it as many times as you need, the more you practice, the more focused you will see. Just be kind to yourself. So, here you have three common and simple practices to start with:

1. Mindful walks: this can be done during one or two minutes, it can be done when you are walking somewhere or just in your room or in an open space. The idea is to walk (barefoot is better) while paying attention to your body. Notice your toes, legs, thighs, while you walk. Pay attention at what moves, presses and releases while walking; focus on your balance, and on your breathing. And remember, if your practice is interrupted by any thought like "why the f@%k am I doing!" just gently grab your butterfly!
2. Mindful breathing: this can be done literary anywhere, as long as you feel you will be able to focus. Just close your eyes, and start breathing deeply. Following, you may want to put your hand on your stomach to feel how your belly rises and lowers while breathing, or just LISTEN to your breathing. Do this for one or two minutes. Remember to gently catch the butterfly every time you need it. The more you do this the more you will be able to concentrate. Now, I would not recommend doing it laying down on a couch, bed or even the floor, because you may end up falling asleep (as I have).
3. Mindful eating. This one may sound a little crazy, but you may

do it with anything you are eating or drinking. The idea is to enjoy the first who bites or sips; but to really enjoy them! For example, if you are eating a wild plum (Jocote), pay attention to the cracking sound of the first bite, to how your mouth waters right after you bite it, to how the chunk feels in your mouth; just shut the world down and let it only be you and your jocote!!! And remember: gently catch your butterfly and try to focus again if any thoughts interrupt your moment with the jocote!

The Benefits of Mindfulness

Jon Kabat-Zinn is a neurologist (also holds a Ph.D. in Molecular Biology) who introduced mindfulness to mainstream medicine. After learning about it he began doing studies to identify the impact that mindfulness and meditation may have on the human brain.

He conducted different experiments where a subject would be taught to practice mindfulness and daily sessions during eight weeks. The results were surprising, because they were able to see actual changes on the neurological level, especially in the prefrontal cortex, which is the part of the brain located right behind our foreheads and that is in charge of self-control, and empathy to oneself and for others. The prefrontal cortex is in charge of controlling our most primitive parts of the brain, and it was thought that it would be fully developed before we turn eight. The new studies on the plasticity of the brain, and the new studies on mindfulness and meditation, demonstrated, that as humans and as adults it is actually possible to modify and create new connections on this prefrontal cortex.

With these studies, Jon Kabat-Zinn created the Mindfulness-Based Stress

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Reduction Program (MBSR) where people used mindfulness as a tool to overcome depression, fatigue, pains suffered when going through cancer, panic attacks, eating disorders, among many other benefits. Mindfulness then, has become a tool to use our own body to be healthier and happier, because you are more present.

There are some studies done on the benefits of mindfulness on education, as a tool to increase concentration and to reduce stress, therefore to increase learning through pleasure. One of the most amazing results is that, thanks to

mindfulness, many kids, after going through mindfulness have changed "medication for meditation", that means, students were able to stop consuming drugs like Ritalin, and have substituted it for meditation practices.

Mindfulness is not rocket science, and you need no teacher, you just need yourself, time and perseverance (it has to be done often). You just need to find the mindful practice you feel more comfortable with. In my case, I love my mindful showers in the morning and body scans (you can find more info in Google). It is just one step at the time, and the secret is to enjoy life as it is, in the present moment, minute by minute, do not let your mind fly away, keep it grounded on earth, and enjoy it!

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Value of the Month

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

Solidarity in the Workplace

Solidarity is about feelings of sympathy and responsibility, shared by people within and between groups, encouraging inclusive, supportive action. It implies a sense of shared values and purpose, and often suggests reciprocity (meaning an exchange of similar or equivalent value). Without solidarity, there are just groups fending for themselves, either in active competition or conflict with others, or indifferent to how their actions impinge on the capacity of others to fend for themselves.

Solidarity is essential to a new social settlement because none of the goals can be achieved by individuals or groups simply fending for themselves and pursuing their own interests. They depend on collective policy and practice: sharing resources and acting together to deal with risks and problems that people cannot cope with alone. So it is vital to create conditions for different groups and individuals to feel sympathy and responsibility for each other.

Factors that can strengthen solidarity between groups include:

- ✚ Encouraging dialogue and participation
- ✚ Promoting co-production
- ✚ Raising awareness and changing the narrative





VOX POPULI

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

What are some characteristics we Ticos have?

According to different studies, we are some of the **happiest** people in the world.

-Elías Esquivel

Ticos are **friendly**. We like to make friends everywhere we go.

-Marilyn Robles

Ticos are **generous**. We try to help when there is a good cause like Teletón.

-Luis D. Lazo

We are definitely **lazy**. We avoid hard work, and we want to get things by giving the minimum effort

-Angie Solano

Ticos are **party lovers**. We celebrate if we lose, if we win, if we tie, if the game was postponed. We look for any excuse to have a party.

-Mauren Mena

Ticos are **honest**. We like to talk with the truth.

-Anthony Mora

We are **unpunctual**. We always arrive late to appointments, meetings, and even dates. On the other hand, we are **positive** people. We try to look on the bright side of things.

-Allan Chavarría

We are **peaceful**. Costa Rica does not have an army. In addition, we are **mockers**. We try to make fun of everything and everyone.

-Kenia Domínguez

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:

Luis Fernando Chaves: *UTN Extension Vice Chancellor, Movie Fan, and Countryside Lover.*

Where do you live?

I am originally from San Pedro de Poás, and I live in there now too.

Best childhood memory?

I grew up among coffee plantations, the mountains and the wonderful landscape of Poás. I have many good memories, but one I really remember is when I had to go and take lunch to my father. I used to stop by a house to ask for some water, but it was not because I wanted water. It was because in that house they always had "sobado" (some kind of candy made out of sugar cane).



First job

My first official job was at the Ministry of Economy. I got a job as a pricing inspector. I had just finished my high school, and it was the beginning of 27 years working there. Study and hard work opened many doors to the point I became SMEs General Director (Director General de PYMES).

Favorite food

I love seafood. One of my favorite restaurants is La Aldea. Besides good food and reasonable prices, it is located near my home; I do not have to drive.

Something you really can't stand.

I can't stand lamb. The first time I tried it, I was in Europe, and I got sick, so you can imagine what an experience to get sick when you are abroad.

90 seconds with...



A good book

White Nights by Fyodor Dostoyevsky. In this romantic short story, there is a man, a dreamer who has completely ostracized himself from the rest of the world and lost himself in his own mind and dreams. I could really understand a lot about the Russian point of view of the world.

Favorite music

I do not have a particular kind of favorite music. However, I like classical music. It really helps me relax.

What is always in your fridge?

As most people, I always have cheese in my fridge.

What's one of your favorite places to visit?

Once I had the chance to visit Annecy, in the North of the French Alps, it is called touristically the Venice of Savoie. There is medieval town center built around a 14th Century Chateau, which is dissected, by small canals and streams running out of Lac Annecy. I don't know why, but since I took the first step on it, I felt a strange feeling as if I had been there before.

What is your greatest fear?

Definitely darkness. I grew up in the countryside. At night, it was dark, and I had an uncle who used to tell us terror stories, so I think I developed this fear from that situation.

Tell me a proverb you remember right now.

I think in my life I use: Persevere and conquer (persevera y vencerás) because if you work and try hard, you can achieve your goals in life.



The Attic of Bertha Mason

Writing Prompts



Sometimes we feel like writing but are not sure where to begin. Writing prompts can be useful in said situations. A prompt will give you a hint, or a push, to begin your writing process. Some are going to be about your own experiences and others will give you a fictional situation. Here I will give you a list of useful writing prompts:

- The last time she ate ice-cream, Marianna had a sudden revelation.
- Pick a word you don't know. Look it up in a dictionary. Write about what the word inspires.
- My first childhood memory is...
- The night Sarah decided to quit was dark and starry.
- The smell of oranges remind me of...

Write. Write. Write. Let yourself be inspired by whatever comes your way.



The Attic of Bertha Mason

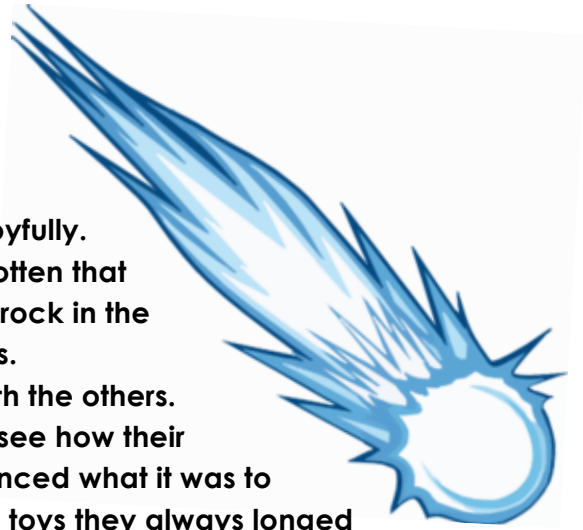
A Miracle Day

by Jose Miguel Espinoza (ILE Student)

Some months ago, a well-known scientist found out that a huge burning asteroid was about to hit the Earth and kill every living being on its surface. From that moment on, thousands of families got together to spend their last days peacefully and joyfully. Around the world, everyone seemed to have forgotten that the Earth would be soon turned into a lifeless cold rock in the mysterious universe filled with millions of shiny stars. Wealthy people decided to spend their money with the others. In that way, several poor hopeless children could see how their wishes came true. Some of those children experienced what it was to have an appropriate warm house and to have the toys they always longed for.

Wars around the whole globe were over. All the meaningless conflicts and rivalries were left behind, and peace finally reigned. On the last day of Earth's life, people gathered in different places around the world to wait for their unavoidable fate. Children hugged their parents tightly, but they did not feel scared because they knew they would be always protected. Parents kissed their children with their eyes filled with tears.

Love and forgiveness took over everyone's heart. In the infinite space, the deadly enormous asteroid was making its way to the Earth as if it were the angel of death itself. The sky became as red as embers, and all humans just looked at it. Surprisingly, the asteroid changed its course a few degrees, and went over the Earth as a burning shiny shooting star. Everyone was astonished. The planet was not destroyed. Scientists had not been precise. Later on, a strange cloud with an angel like shape covered up the sky, and a wind sound was heard. The ghostly tune seems to say "Love saved you all."



(Picture taken from: <http://www.clker.com/cliparts/R/1/h/G/p/c/comet-md.png>)

The Attic of Bertha Mason

We want to share a couple of poems from the Creative Writing class that show how students can express through words the vivid images and feelings they carry inside.

The Sky

By Sofia Alfaro (ILE Student)

The blue sky is an amazing sea
That hides a little bit of everything.
While flowers dance at the rhythm of the wind
Birds tell secrets behind the yellow leaves.

As the sunset marks the end of the day,
Lovers long to kiss, hug and share.
The stars bring light to people's hearts
And the moon seems to conspire with a big smile.

The Night

By Joaquín Rodríguez (ILE Student)

There is a gentle breeze blowing tonight
I wonder where it comes and why it's so light.
I can see millions of elegant bright stars,
But not the ones that travel in expensive cars.

While my mind keeps daydreaming,
Some black birds can't stop singing.
Maybe She doesn't notice it,
But certainly the night, everybody loves it.

LANGUAGE BITS

SITUATION	FORMAL	RELAXED	INFORMAL
You failed a test.	My work did not attain the required standard.	I failed it.	I flunked it.
You were shocked and amazed by something.	I was projected into a state of consternation.	I was shocked.	I was gobsmacked.
Someone was hit on the mouth.	He was struck upon the vocal aperture.	He was hit on the mouth.	He was hit on the gob.

(Information taken from Hot English Online Magazine #106 p.36)

What is a Loanword?

Loanwords are words adopted by the speakers of one language from a different language (the source language). A loanword can also be called a borrowing. The abstract noun borrowing refers to the process of speakers adopting words from a source language into their native language. "Loan" and "borrowing" are of course metaphors, because there is no literal lending process. There is no transfer from one language to another, and no "returning" words to the source language. They simply come to be used by a speech community that speaks a different language from the one they originated in. Borrowing is a consequence of cultural contact between two language communities. Here we give you some examples of loanwords used in English:

FRENCH	LATIN	ITALIAN	GREEK	SPANISH
café	anatomy	duo	climax	armada
noble	peninsula	opera	catastrophe	bronco
tax	insane	piano	parasite	canyon
parliament	vox populi	motto	skeleton	pachuco

(Information taken from: <http://www.ruf.rice.edu/~kemmer/Words/loanwords.html>)

HUMOR



Dear Santa,
For this year I'm requesting,
a fat bank account, and a
small body.

P.S. This year, please
don't mix them up, like
you did
last year!



-What day do eggs hate most?

-Fry-day!



When I was young I didn't like going to
weddings.

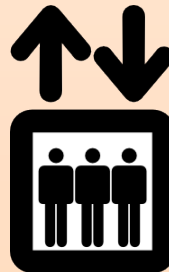
My grandmother would tell
me, "You're next"

However, she stopped
doing that after I started
saying the same thing to her
at funerals.



I was arrested at the
airport. Just because I
was greeting my cousin
Jack!

All that I said was
"Hi Jack", but very loud



An American visiting
England asks the hotel
concierge for the elevator.

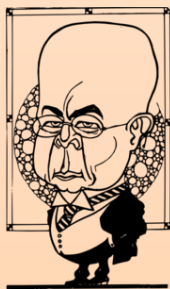
The porter looks a bit
confused for a moment
and then smiles as he
realizes what the man
wants. "You must mean the lift!"

"No," the American replies. "If I ask for
the elevator I mean the elevator."

"Well," the porter answers, "over here we
call them lifts."

"Now listen," says the rather irritated
American, "An America invented the
elevator."

"Oh, right you are sir," the porter replies
in a polite tone, "And an Englishman
invented the language."



One day an English
grammar teacher was
looking ill.

A student asked, "What's
the matter?"

"Tense," answered the
teacher, describing how
he felt.

The student paused, and then
continued, "What was the matter? What
has been the matter? What might have
been the matter...?"

Technology

Skloog

Skloog is an online bookmarking tool that like others gathers everything you love about the web in one unified place. Skloog provides the ability to tag and categorize bookmarks which most of us in the tech field desperately need.

Users will find the interface to be fairly

informative with category names, number of favorites, visibility setting and buttons to delete or edit bookmarks quickly. Visibility is a nice feature, allowing for bookmarks to be either publicly viewable or privately stored for *'your eyes only'*.

The feature that really makes Skloog an attractive choice is its use of images to display bookmarks. Users are drawn towards visual information on the web and Skloog takes full advantage of that by listing bookmarks with a distinguishable affiliated image. Typically a logo is used which makes finding a bookmark incredibly easy for users. A feature that we always look for in an online bookmarking site is import of existing browser bookmarks. Skloog handles imports from Delicious, Firefox, Chrome, Internet Explorer and Safari. Skloog lets you import the bookmarks you already have. This was a feature some of the others similar sites left out.

Once you have all of your bookmarks imported into Skloog, you have a couple of ways to track them down. You can use the search bar off to the left side of the page. The other way is to search using the category drop down.

This resource is best used as a teacher sharing tool for sharing links, RSS feeds, and other resources for students to use on specific projects or as general course links. Use this site to share with other professionals, team members, or parents. Use the categories to save bookmarks for different units you have in your classroom.

If you want to know more about skloog, visit: <http://www.skloog.com/>









This Month in History

IT HAPPENED IN NOVEMBER

November 2 nd , 1048	All Soul's Day declared. A Christian day dedicated to all departed souls of the faithful, especially those in purgatory".
November 4 th , 1923	Alfred Heineken (Heineken beer) born.
November 7 th , 1665	The London Gazette, the oldest surviving journal, is first published.
November 13 th , 1970	Cyclone kills estimated 300,000 in Chittagong Bangladesh.
November 17 th , 1558	Elizabethan era begins: Queen Mary I of England dies and is succeeded by her half-sister Elizabeth I of England.
November 20 th , 1910	Revolution broke out in Mexico, led by Francisco I Madero.
November 23 th , 1903	Opera tenor Enrico Caruso makes his American debut in New York City with the Metropolitan Opera in Rigoletto.
November 26 rd , 1966	The first major tidal power plant opens at Rance estuary, France.
November 28 th , 1582	William Shakespeare, 18, and Anne Hathaway, 26, pay a 40-pound bond for their marriage license in Stratford-upon-Avon.
November 30 th , 1782	Britain signs agreement recognizing US independence.

FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
 Marie Antoinette	Royalty	November 2 nd , 1755
 Ana Ivanovic	Tennis Player	November 6 th , 1987
 Bram Stoker	Author	November 8 th , 1847
 George Smith Patton Jr.	War Hero	November 11 th , 1885
 Condoleezza Rice	Politician	November 14 th , 1954
 Edwin Hubble	Scientist	November 20 th , 1889
Juleta Venegas	Singer	November 24 th , 1970

This Month in History

All Souls' Day

All Souls' Day is a day of prayer for the dead, particularly but not exclusively one's relatives. In Western Christianity the annual celebration is now held on 2 November and is associated with All Saints' Day (1st November) and its vigil, Halloween (31th October).

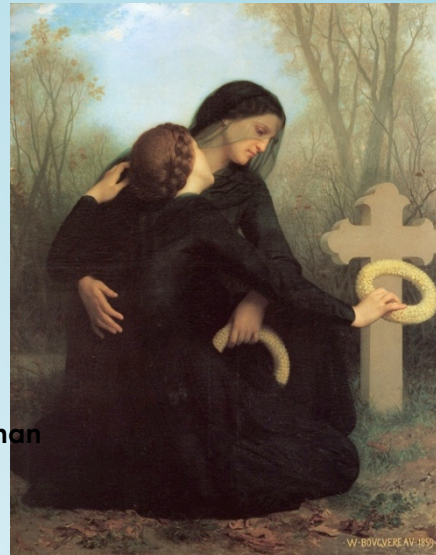
Some believe that the origins of All Souls' Day in European folklore and folk belief are related to customs of ancestor veneration practised worldwide, through events such as the Chinese Ghost Festival, and the Japanese Bon Festival. The Roman custom was that of the Lemuria.

The formal commemoration of the saints and martyrs (All Saints' Day) existed in the early Christian church since its legalization, and alongside that developed a day for commemoration of all the dead (All Souls' Day). The modern date of All Souls' Day was first popularized in the early eleventh century after Abbot Odilo established it as a day for the monks of Cluny and associated monasteries to pray for the souls in purgatory. However, it was only much later in the Medieval period, when Europeans began to mix the two celebrations, that many traditions now associated with All Souls' Day are first recorded. Many of these European traditions reflect the dogma of purgatory. For example, ringing bells for the dead was believed to comfort them in their cleansing there, while the sharing of soul cakes with the poor helped to buy the dead a bit of respite from the suffering of purgatory. In the same way, lighting candles was meant to kindle a light for the dead souls languishing in the darkness. Out of this grew the traditions of "going souling" and the baking of special types of bread or cakes.

In Tirol, cakes are left for them on the table and the room kept warm for their comfort. In Brittany, people flock to the cemeteries at nightfall to kneel, bareheaded, at the graves of their loved ones, and to anoint the hollow of the tombstone with holy water or to pour libations of milk on it. At bedtime, the supper is left on the table for the souls.

In Bolivia, many people believe that the dead eat the food that is left out for them. In Brazil people attend a Mass or visit the cemetery taking flowers to decorate their relatives' grave, but no food is involved.

In Malta many people make pilgrimages to graveyards, not just to visit the graves of their dead relatives, but to experience the special day in all its significance. Visits are not restricted to this day alone. During the month of November, Malta's cemeteries are frequented by families of the departed. Mass is also said throughout the month, with certain Catholic parishes organising special events at cemetery chapels.



(Information taken from: http://en.wikipedia.org/wiki/All_Souls%27_Day)

(Pictures taken from: http://commons.wikimedia.org/wiki/File:William-Adolphe_Bouguereau_%281825-1905%29_-_The_Day_of_the_Dead_%281859%29.jpg)

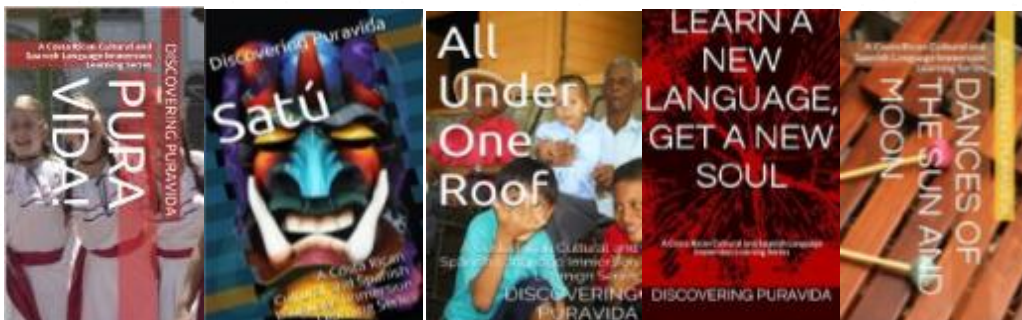
PROVERB OF THE MONTH

A proverb is a short saying or sentence that is generally known by many people. The saying usually contains words of wisdom, truth or morality that are based on common sense or practical experience. It is often a description of a basic rule of conduct that all people generally follow or should follow. Proverbs can be found in all languages. In this month where we remember our dead loved ones, we want to share this message:

“Love is stronger than death even though it can’t stop death from happening, but no matter how hard death tries it can’t separate people from love. It can’t take away our memories either. In the end, life is stronger than death.” ~ Unknown

Discovering Pura Vida

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



(Images taken from: Amazon: http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=discovering+pura+vida&prefix=discovering+pura%2Caps&rh=1%3Aaps%2C%3Adiscovering+pura+vida)

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PROGRAMA DE IDIOMAS



Description

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

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

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

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

Academic program

Our program consists of the following academic offerings:

English Introductory Level (INGLES NIVELATORIO)

IMPORTANT INFORMATION

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

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

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

Regular English Program (INGLES REGULAR)

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

Intensive English Program (INGLES INTENSIVO)

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

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

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

Portuguese

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

Italian

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



BE AN  SANTA TO

A SENIOR

**Honor Christmas in your
heart by making a Senior
happy!**

**Collect, wrap, and leave
your gift under ILE'S
Christmas tree**

