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

COVER PAGE



In this issue of 2019, we are going to learn a little bit about Don Quixote which is considered by literary historians to be one of the most important books of all time, and it is often cited as the first modern novel. If you have an awesome picture you think could be the cover of one of The ILE Post editions, send it to eherrera@utn.ac.cr. So far several readers have sent amazing pictures that we will be sharing with you soon. If you want to know what is happening in ILE, follow us in FACEBOOK.

Photo taken from: [https://commons.wikimedia.org/wiki/File:Honoré_Daumier_017_\(Don_Quixote\).jpg](https://commons.wikimedia.org/wiki/File:Honoré_Daumier_017_(Don_Quixote).jpg)
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EDITORIAL

For The Sake Of Silence, No More!

by Jose Soto (ILE Director)



The news has brought another loud scandal in the country. The former president, and Nobel Peace Prize Winner Oscar Arias Sanchez has been accused of sexually assaulting several women. The story does not seem to be fading out as new accusers

keep coming forward to the public eye regarding President Arias' unwanted sexual advances over the past years. This has caused some ethical discussions in terms of who is being accused.

There have been similar cases of influential people who have allegedly harassed people sexually. For example, Neil deGrasse Tyson Astrophysicist and TV host; Morgan Freeman, Academy Award-winner; Richard Meier, famed architect; and finally, Les Moonves, the chief executive of the CBS Corporation and Mega-influential Hollywood producer Harvey Weinstein. The later allegation inspired the on line twitter hashtag #MeToo and the movement that caused turmoil in the entertainment business. Now in Costa Rica, one of our most influential politicians and UTN founder is going through summoning to the court and must respond to the allegations.

The blaming stones have been casted over Arias, and none has been able to stand by him so far. From my point of view, this is fortunate. The case of Arias has ignited a rage against those who could easily get away with murder due to their positions in politics, religion, entertainment and sports. Now the public anger is going in his direction, and the spotlight is on him—literally.

This month the editorial is meant to support Leonardo Garnier's position on this issue. Our stand at UTN is of profound respect and gratitude to a man who helped putting up together the UTN project more than a decade ago. Garnier's thoughts are of a thankful attitude and recognition of Arias's work, but also respectful to the victims by relating to female members of his family for whom he owes true loyalty. He has stood tall in stating that he believes in the women who have taken a leap of courage.

At ILE we advocate the rights and justice of people in general, and we condemn all sorts of silence in the face of injustice. Therefore, we encourage everyone to speak out.

A few weeks ago, a group of students produced an awareness video on the issue of femicide. This time taking the opportunity to exercise consciousness on this problem, and we say "Silence no more."

We invite readers to take a stand in favor of those who are still hiding in the dark and encourage them to embrace the #MeToo movement. In this very minute, one of our students, one of our teachers, one of our collaborators, relatives or friends could be one of those victims who are afraid of societies disapproval and rejection. We say to them **"do not fear because We believe you."**



UTN Opens Enrollment For Senior Project Management Technician

Translated By Izabela Sepúlveda (ILE Professor)

The National Technical University opens a new possibility of study in a short major. Its Quality and Productivity Center (CECAPRO) will be carried out from February 11th to the 22nd the enrollment for the Senior Technician in Project Management. This Senior Technician is aimed at those who are related to project management and need to specialize, deepen, expand, complement or start their training in the successful management of projects, both at the business level and in other areas.

The Technician's program is developed in seven bi-monthly modules and is based on the PMBOK guiding principles where the five process groups are developed: Start, Planning, Execution, Control, Closure and its Ten Areas of Knowledge, complemented with computer tools such as Power Point, Excel and MS Project.

The methodology is participatory with a practical approach.

The Senior Technician in Project Management is a year and two months long and will be taught on Tuesdays and Thursdays from 6 to 9 p.m. in the facilities of the University Administration, located in Villa Bonita de Alajuela.

David Guzmán Moya, who resides in Ciudad Colón, is one of the students who is studying Module 6 of the Project Management Technician. He still has a module to finish.

He is currently working in the Compliance and Quality Area for a transnational company.

Guzmán said that "the Technician degree's pro-



gram is adapted to their needs and it is quite clear. Much of the knowledge I am acquiring I apply it every day in my work.

David Guzmán did not hesitate to recommend this program because the teachers have a lot of knowledge and are willing to answer questions, and also the material is always available and updated.

Some acquaintances of the company in which he worked, and who graduated from this Technician in Project Management taught by the UTN have been able to ascend to higher positions thanks to the training they received in this technical program.

Those who wish to obtain more information can make inquiries to:

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UTN Started Its Self-Evaluation 2019 Process

Translated By Izabela Sepúlveda (ILE Professor)



On Thursday, January 24th and Friday, January 25th, 2019, the Directorate of Academic Evaluation of the National Technical University (UTN) began the 2019 Self-evaluation Process, for the majors of:

- International Logistics' Bachelor - Bachelor in Purchasing Management and Inventory Control, with the possibility of graduating with a Diploma in Purchasing Management and Inventory Control.

- Bachelor in Business Management (Guanacaste Campus) and Bachelor in Management and Business Administration (Guanacaste and Pacific Campuses), with the possibility of graduating with a Diploma in Business Management.
- Bachelor and Diploma in English as a Foreign Language.
- Electronic Engineering Bachelor with the possibility of graduating with a Diploma in Electronics.
- Bachelor's degree in Electrical Engineering with the possibility of graduating with a Diploma in lateral exit in Electricity.

During these days, there was a conference on awareness for all directors of the different majors

as well as for the previously established quality management teams.

According to Xinia Castillo, Academic Advisor of the Vice Presidency of Teaching, the work agenda that was covered included experiences of self-evaluation of majors in 2017, visits by peers, the need for coordination of majors in several branches, as well as aspects of the SINAES model, prospective of long-term majors, review and standardization of programs, the philosophical framework of majors, and coordination with quality advisors and technical team.

The training was given by the teams of the Academic Evaluation Office and the Curriculum Management and Evaluation Departments.

Academician Of The UTN Awarded The Aquileo J. Echeverría National Culture Award

Translated By Izabela Sepúlveda (ILE Professor)

The academic Christopher Montero Corrales won the National Award of Culture Aquileo J. Echeverría 2018, in the category of Short Story, for his work "**Los cerdos comen bellotas**" (Pigs eat acorns).

Montero teaches in the Humanities Area and in the Extension and Social Action Directorate of the UTN Headquarters.

The National Culture Awards are recognitions granted annually granted by the Costa Rican State to recognize the trajectory of work, effort, tenacity and excellence, which has reached people, artistic-cultural groups, popular interpreters, as well as other community-based organizations, in different cultural disciplines.

According to Christopher Montero, his work, which consists of a set of micro-stories, was mostly written in Córdoba, Argentina, inspired by the book "Falsifica-

ciones" (Falsifications) by the Argentine writer Marco Denevi.

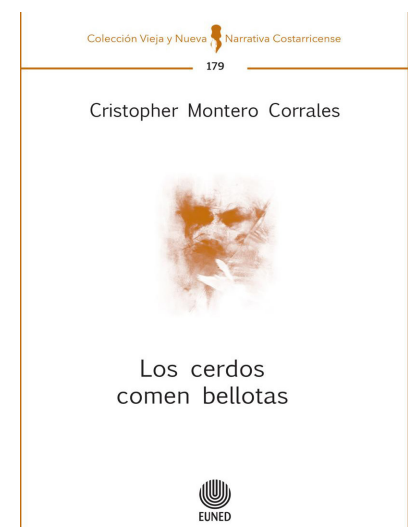
Montero added that, at that moment, he was going through a period of grief, he lost many things and had to renew himself. Because I was having many internalized discourses that hurt me, and it was precisely, making those discourses productive, from anguish to creativity and anguish to desire, which allowed me to specify some phrases and tones, following many of the forms that Marco Denevi used in his work", added Montero.

The book has been on sale since November of 2018 in the bookstores of UNED.

Cristopher Montero Corrales, is a graduate in anthropology and sociology at the UCR. He has a degree in Teaching and has a postgraduate degree in literature and comparative culture. He has also published the following works: "**Canicas galaxia**"

(Galaxy Marbles), "**Criaturas exhaustas**" (Exhausted Creatures), "**A ojo de pájaro**" (A Bird's Eye), "**Apuntes para una educación holista**" (Notes for a holistic education) and "**Échele Miel**" (Throw Honey to it").

Those interested in contacting Montero, can do so at cmontero@utn.ac.cr or at 8580-5278.



Trump Era Has Been Terrible For Science

President Donald Trump is no friend to science.

At least, that's the main takeaway of a new report by the Union of Concerned Scientists (UCS), an influential group of nearly 250 scientists and experts that offers policy suggestions on pressing science-related issues. In the report, published Monday, the group details all the ways it believes science has suffered under the current president — and how Americans could fight back.

According to the UCS report, titled "The State of Science in the Trump Era: Damage Done, Lessons Learned, and a Path to Progress," the Trump administration has attacked science 80 times in just over two years.

The attacks listed by the group include the exclusion of scientists from the political decision-making process, the appointment of unqualified individuals to lead science agencies, and the rollback of sci-

ence-based protections for the environment.

"This large number makes it clear that these are not isolated incidents at this point," research scientist Jacob Carter wrote in a UCS blog post announcing the report, "but a pattern that signifies that this administration is undermining science in the policy process."

The report doesn't just outline the ways the UCS believes the Trump administration has attacked science — it also includes the group's recommendations for resisting the attacks.

The UCS floated several suggestions for the newly elected Congress, including the recommendation that it pass a Scientific Integrity Act, a piece of legislation that would "defend federal science from political interference." The UCS also suggests Congress investigate how anti-science actions might threaten public health or safety, and take a look into any potential corruption regarding corporate influences on science policies.

Information taken from: <https://futurism.com/the-byte/trump-attacked-science-report>

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



But lawmakers aren't the only ones who can fight back against the Trump administration's attacks on science, according to the UCS — scientists and the public must continue to make their voices heard, too, by participating in public events, such as marches or rallies, or by writing letters and making calls to their local government officials. "There is path forward with a new Congress to stop this administration's sidelining of science, but continued and sustained engagement is required," wrote Carter. "I hope you'll continue to march on with me — there's a lot that we all can do."



Pope Francis In Panama

Pope Francis visited Panama as part of World Youth Day. World Youth Day 2019 was January 16th and celebrated from the 22nd to 27th January 2019. Bergoglio was welcomed by the President and his wife. T During his visit, the Pope warned: "It is impossible to think of the future of a society without the active — and not merely nominal — participation of each of its members, in such a way that his or her dignity is acknowledged and guaranteed through access to quality education and the promotion of dignified jobs. These two realities help make it possible to recognize and appreciate the genius and the creative dynamism of this people. Similarly, they are the best antidote to any

type of "guardianship" that would restrict your freedom and subordinate or ignore the dignity of citizens, especially that of the most poor."

In addition, he expressed that "Another world is possible! We know this and young people urge us to take our part in building it, so that our dreams do not remain ephemeral or ethereal, but can promote a social contract in which everyone has the chance to dream of a tomorrow. The right to the future is also a human right."

World Youth Day is a gathering that brings young people from around the world together with each other and the Pope in a festive, religious and cultural atmosphere, which displays the vitality of the Church and

affirms the contemporary message of Jesus Christ. It is held every three years and the last one took place in Krakow in 2016.



Information taken from: <https://famvin.org/en/2017/09/30/theme-song-world-youth-day-panama-2019-released/>

Image taken from: https://es.m.wikipedia.org/wiki/Archivo:Papa_Francisco_na_IMJ_-_24072013.jpg



Doomsday Clock Ticking



Information warfare is amplifying major worldwide threats like climate change and nuclear warfare, endangering the future of civilization, US experts said Thursday as the symbolic Doomsday Clock stayed at two minutes to midnight.

The manipulation of facts, fake news and information overload -- along with global warming and flirting with nuclear war -- are all factors that have brought humans as close to destroying the planet as ever, said the non-profit Bulletin of the Atomic Scientists.

"Humanity now faces two simultaneous existential threats, either of which would be cause for extreme concern and immediate attention," the group said in a statement, Presstv Reported.

"These major threats -- nuclear weapons and climate change -- were exacerbated this past year by the increased use of information warfare to undermine democracy around the world, amplifying risk from these and other threats and putting the future of civilization in extraordinary danger."

The clock did not budge from last year, but that "should not be taken as a sign of stability," said Rachel Bronson, president and CEO of the group of scholars and international experts in security, nuclear, environmental and science fields.

"It is a state as worrisome as the most dangerous times of the Cold

War," said Bronson at a press conference in the US capital, describing the current climate as "The New Abnormal."

"The velocity of information has increased by orders of magnitude, allowing information warfare and fake news to flourish," she said.

"It generates rage and polarization across the globe at a time when we need calm and unity to solve the globe's greatest problems."

This "New Abnormal" is "a state that features an unpredictable and shifting landscape of simmering disputes that multiply the chances for major conflict to erupt," she added. "We appear to be normalizing a very dangerous world in terms of the risks of nuclear warfare and climate change."

Robert Rosner, professor in astronomy and astrophysics at the University of Chicago, described this "New Abnormal" as "the disturbing reality in which things are not getting better."

"The fact that the Doomsday Clock's hands did not move is bad news indeed," he said.

The Doomsday Clock was created in 1947. Its time has changed on 20 occasions since then, ranging from two minutes to midnight in 1953 -- and again in 2018 -- to 17 minutes before midnight in 1991.

Last year it moved from two-and-a-half minutes before minutes to two minutes, as near as it has ever been to the hour of the apocalypse, largely based on concerns over the possibility of nuclear war with North Korea and "unpredictability" from US President Donald Trump.

Over the past year, the "rhetoric" between North Korea and the United States "has eased but remains extremely dangerous," said Bronson.

Meanwhile, relations between the United States and Russia "remain unacceptably strained."

And on the environmental front, "carbon emissions began to rise

again after a period of plateauing," Bronson added.

On tensions with North Korea, former US defense secretary William Perry said the latest talks between Washington and Pyongyang may have done "nothing" to move North Korea away from its nuclear program.

"On the other hand, and this is a big other hand, it stopped the insults and threats between our two countries, and therefore reduced the chances of blundering into a war with North Korea," Perry said.

Jerry Brown, executive chair of the Bulletin of the Atomic Scientists and former governor of California, said world leaders are not doing enough to scale back the threat of nuclear weapons.

"The blindness and stupidity of the politicians and their consultants is truly shocking in the face of nuclear catastrophe and danger," Brown said.

"We are almost like travelers on the Titanic, not seeing the iceberg up ahead but enjoying the elegant dining and music."

Brown also took issue with journalists who report on every word the US president utters on social media.

"Journalists, yes, you love Trump's tweets. You love the news of the day. You love the leads that get the clicks but the final click could be a nuclear accident, or mistake, and that is what we all have to be worried about."



My Top Five Principles To Live By The Year 2019 And Probably For The Rest Of My Life

By Andrés Bejarano (ILE Professor)



Mindfulness is starting to become a pretty trendy word nowadays; especially for those who are always in search of living an extraordinary life and embracing it to its fullest. All of this, regardless of the ups and downs that come along our way and that one needs to accept as part of what life is all about. There are certain statements that are typically attributed to

either mother Teresa of Calcutta or to Sai Baba who also happens to be a spiritual leader from the mystic country of India. Some of these famous quotes such as life is a game, play it or life is a song, sing it ; life is a challenge, meet it and even life is bliss, taste it are definitely worth living by. All of these phrases encompass the overall challenge of taking life as a gift from God no matter what your concept of God is. It has always been one of my major goals in life to understand it but I have come to the conclusion that we do not need to understand it to enjoy it and to be able to say that you are making it as fulfilling as it can be. But something important to always bear in mind is that it has to be fulfilling not only for you but also for the people you surround yourself with.

That's why I recently decided to draft the 5 most important principles or guidelines that would enable me to fulfill this goal of mine.

1. Enjoy nature: This is not only a matter of hiking or taking long walks along the beach but trying to maintain this attitude that is particularly common in children and sometimes in older people who stop and not just watch but observe all the intricacies of every single form of nature whether it may be in plants or in animals. I believe nature is as infinite as the universe itself and that if you halt to admire it, you become aware of both your own greatness and how meager you are in comparison to the vastness that is around you.

2. Embrace other cultures: For this one, in particular, I intend to do it either by traveling a little more but also by getting to know people of different cultural backgrounds and interact with them whenever possible. And not just the typical foreigner from around the corner but from whole communities and ethnic groups that can always enrich one's life with their wisdom and their view of the world. Life has taught me to be open minded but as I advance in life, I will try to bring my cosmovision to the next level and take every opportunity to see the world from another perspective.

3. Take care of the elderly: This one holds a special meaning for me because at this point in my life, doing so is becoming more and more important. Taking care of my father and mother as well as helping one my aunts whenever the opportunity arises has taught me a great deal about life and about how fragile we human beings really

are. And another person who is very endearing to me is my wife's grandmother who happens to be 102 years old and who is in pretty good shape for a person her age, both mentally and physically. She just cracks me up all the time and it is also from her that I have learned to love and respect the little things in life and the greatness of nature.

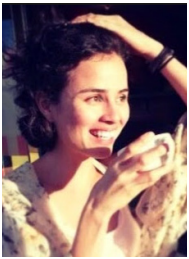
4. A permanent learning experience: I would talk forever about this one, because I believe that learning does not necessarily mean acquiring knowledge of this and that in an encyclopedic fashion but becoming a wiser person regarding the subtleties of life. Understanding your own emotions and the emotions of others and becoming aware of the permanent change that we all go through is an important skill to develop. And of course, acquiring knowledge in itself for me is also super important but I mostly leave it to learning languages and becoming more skillful at playing the keyboard, the saxophone and perhaps learning how to play other instruments in the future, who knows. Facts about nutrition, nature and to a lesser extent technology are also topics that I consider compelling and that I tend to explore whenever I have the time.

5. Nourish the body and the spirit: Finally, for the icing on the cake, I like to take care of my health and keep an overall positive attitude. Eating well and applying what I have learned from my research concerning the area of health and nutrition is one of my top priorities. I also try to exercise whenever possible. I practice what is called High-Intensity training every other day and sometimes I take a walk around the neighborhood with my dog. Then, in regards to the spiritual realm, I love learning about the wisdom of religions in general. Having friends from different religious backgrounds and coming from a very Catholic family have made me realize that what God really intended for us human beings on this planet was to live a happy life regardless of the challenges and also help others do the same. There is a famous phrase by Saint John of the Cross that encompasses this idea that I try to abide by and that I use it as a reminder to understand what is my main purpose in life: "In the evening of life, you will be judged on love alone. But of course that includes not only the love for others but all the forms in which love manifests itself and that to me and to many believers around the world, it is the best way through which we can really understand God and realize that this force we call love is what actually leads us towards living a truly meaningful life.

So there you go, just a few of my favorite ideas for living a fulfilling life. Perhaps most of you already practice many of these principles but this was meant to be just some kind of food for thought for those who may or may not have figured out how to make the most out of life.

Zero Waste?

By Cindy Rodríguez (ILE Professor)



Have you heard about something called Zero Waste? It is a new trend promoting people to generate as least waste as possible, and by waste, they mean plastic, fabric, and paper; that is, any material that may go into landfills. So this movement promotes people to buy fewer things, to reuse as much as possible, to recycle just the minimum (or nothing for that matter), and to compost the rest.

Nowadays, the awareness of the environmental chaos is way more than it used to be in the nineties, however, the lie of recycling is taking over people's consciousness in order to excuse their disgusting level of consumption. For example, EVERYONE I KNOW says that they "recycle" the plastic bags from the supermarkets, using them to line their trash cans at home. Well, first of all, that is not recycling, that is reusing; and second of all, they end up in landfills or in the ocean anyways. The next figure, taken from the World Economic Forum (2016) shows what happens to plastic. Only 14% is actually recycled, 40% ends up in landfills, and a close 32% ends up in our oceans; therefore, this waste winds up in our stomachs. (through microbeads). So, you are just lying diplomatically, like politicians when saying you "recycle."

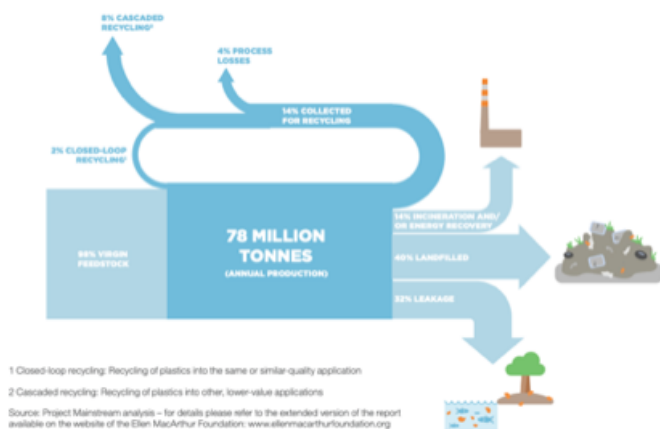


Figure 1: Global Flows of Plastic Packaging Material in 2013, World Economic Forum, 2016

So, What Can We Do?

World Economic Forum states that there is still time to

act and do something, so here are some useful tips that Zero Wasters give:

1. Reject First

The "Rs" should have an order: REJECT should be first, then reduce, repair, reuse, and finally those things that are difficult to substitute (at least here in Costa Rica, like shampoo) should be recycled. Do not accept plastic bags (carry your own). Say no to plastic cups, for example at parties, or when you buy fruit shakes, cold coffee, or ice cream. Carry your own cup! Same thing with bottles!

2. Substitute

Say no to those plastic razors, like Gillette razors! Buy an old school safety razor and just change the blades! They are very high quality and they work perfectly, and... you will save a lot of money. Buy bamboo or wooden toothbrushes, and instead of deodorant try using a deodorant stones (or crystals, they work wonders). And finally, use lead pencils or wood pencils instead of pens.

3. Say no to plastic packaging

Go to the farmer's market, or choose those products that do not come on a plastic package. But bread only into paper bags, put strawberries on your own container, buy vegetables that do not come in a bag.



Figure 2. Zero Waste Alternatives: The Ultimate List. Lauren Singer, 2013

4. My last piece of advice. CAREFUL WITH TOYS!

Toys are a huge source of hard plastic waste that end up in birds' stomachs! Change the gifts! Give books and wooden or cardboard toys instead!

I cannot change your mind, you have to do it yourself, and little by little, you can help other people to understand.

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Singer.L. (2013) Zero Waste Alternatives: The Ultimate List. Retrieved from <http://trashisfortossers.com/zero-waste-alternatives-ultimate-lis/>

Confronting The Fear And Challenge Of A New Curriculum

By Nigel Coutts



Change in schools is particularly challenging. Teacher identity is closely linked to our role as teachers and our perception of that role is reflected in our pedagogy. Where the intended change alters the nature of our pedagogy and fundamentally shifts the relationships between teachers and students, and between teachers and knowledge resistance is more likely. Smollan and Sayers indicate the importance of understanding the socially constructed nature of identity and the potentially negative impact that change can have on this for individuals, 'that change 'dislodges' identity and leads to anxiety and grieving' (Smollan & Sayers. 2009 p439) and that this can result in resistance to change.

When the intended change combines a shift in our pedagogical practices and an embrace of new knowledge outside of our comfort zone, resistance is likely to be high. A new approach to the teaching of mathematics or literacy is likely to be accompanied by a degree of discomfort as we question the validity of the method and contemplate how we might adjust to the new strategies. In cases where we are confronted with the challenge of teaching entirely new skills and content through pedagogical methods which we also find confronting we have little upon which to construct a new set of actions. This is the challenge facing teachers as they adapt to the teaching of Digital Technologies and Design & Production in Schools.

Successful change requires a clearly communicated and compelling vision if it is to be accepted (Causon 2004, Kotter 2008, Burnes 2011, Rogers

et al 2006, Self et al 2007) - Early on in the change process inspirational leadership will be needed to get teachers interested in the new curriculum and asking questions about what it will mean for them and their teaching practice. It might be necessary to communicate a degree of urgency around the process while creating an environment that builds confidence and competence. Teachers need to understand the importance of the endeavour, believe the goal is obtainable and know that they will have the support they require.

Research on change management point to certain conditions which might support the introduction of new methods and ideas. Building on an inspiring introduction that provides a clear vision and purpose as may be described by change experts such as Kotter & Cohen, leadership might shift from an inspirational model to what Perkins (2003) describes as an 'inquiry-centered leadership' style where the group's leadership acts as a facilitator for the development of the group's collective knowledge processing. In such a model challenges are discovered by the group collectively and solutions are allowed to emerge from within rather than from the top down. Such an approach can be quite empowering and support teacher agency. Given the current pace of change within education it can be easy for teachers to see change as something that is constantly being inflicted upon them. By shifting the locus of control away from external forces such as a new curriculum and back to the teacher a new dialogue becomes possible; one where change is a response to opportunities identified by the teacher.

ACADEMICS AND MORE

Research by Gibson-Langford and Laycock (2006) shows 'that teachers like to learn together through informal knowledge creation and sharing opportunities characterised by critical dialogue, frequent feedback, critical reflection and appreciative behaviours'. This emergent inquiry approach is elaborated on by Burnes who adds that **'It also sees change as a process of learning and not just a method of changing organizational structures and practices'** (Burnes. 1996 p13) - Such an approach to change and particularly to the introduction of a new curriculum is more likely to allow teachers to see how it will fit with their existing beliefs about education and how it might benefit their learners. Providing an environment characterised by dialogue and learning aimed at developing understandings of the curriculum and then using this to guide individuals and small teams towards embracing its affordances in their own way can maintain agency and autonomy.

For the new curriculum to arrive at a point where it can be widely embraced it must first infiltrate the language and conversation of the school to a sufficient level. This is the initial goal and a sufficient goal for a first year. There will be those who rapidly adopt the change, those who are already genuinely interested and enthusiastic about either the content or new modes of thinking and developing understanding. There will be some who are already using the ideas upon which the curriculum is based. Teachers who have embraced a design thinking approach to problem solving or have adopted the use of certain

technologies such as robotics will feel well served by the new curriculum. There will be those who are willing to engage with the curriculum and will be open to guidance towards an understanding of what it is all about. There will be those who are willing to engage in dialogue about the new affordances and have some understanding of what they might be but are uncertain about their ability to bring the new methods into their classrooms. There will also be resistors both active and passive. Some will feel very uncomfortable with the new curriculum and find implementing it a great challenge. **When ideas are significantly outside of our comfort zone it is very normal to find ways to protect our self-identity.** In these cases, learning becomes difficult if not impossible and it is only when we are repeatedly shown that we are in a safe and supportive environment that we are able to engage the challenge. Schools must recognise that for some teachers, Digital Technologies is such a challenge.

Our learners will never now a world where Digital Technologies are not the norm. Using solutions developed within this space and with this mindset is already their normal. Unless they are to be slaves to this technology we must also empower them to be creators of digital solutions. To do this we must begin with recognising the challenges that a curriculum built around mastery of Digital Technologies brings to our teachers and seek to understand the supports they require. There is much to be excited about here but we must help every teacher see the opportunities beyond their fears.


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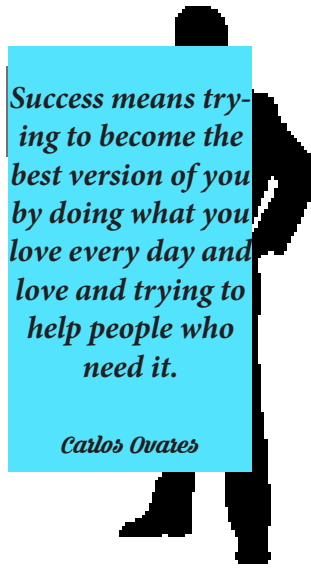
The UTN community includes professors, administrative staff and students. Each individual has something to say about everything. In this section, we give the university community the opportunity to express what they feel about different school, country and world issues that in one or another way affect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

How do you define the word “success”?



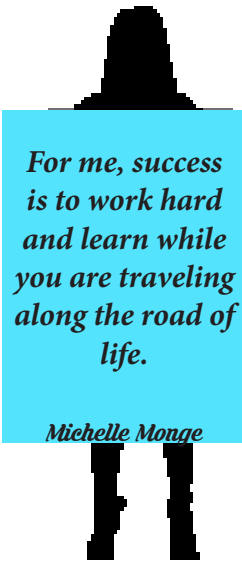
Success is accomplishing your goals, learning from all experiences you face in life, no matter if these experiences are good or bad.

Riusta Morales



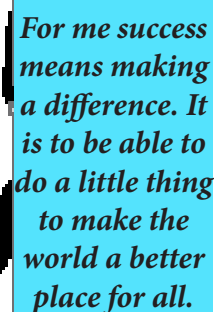
Success means trying to become the best version of you by doing what you love every day and love and trying to help people who need it.

Carlos Ovates



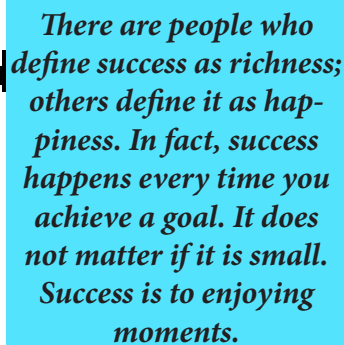
For me, success is to work hard and learn while you are traveling along the road of life.

Michelle Monge



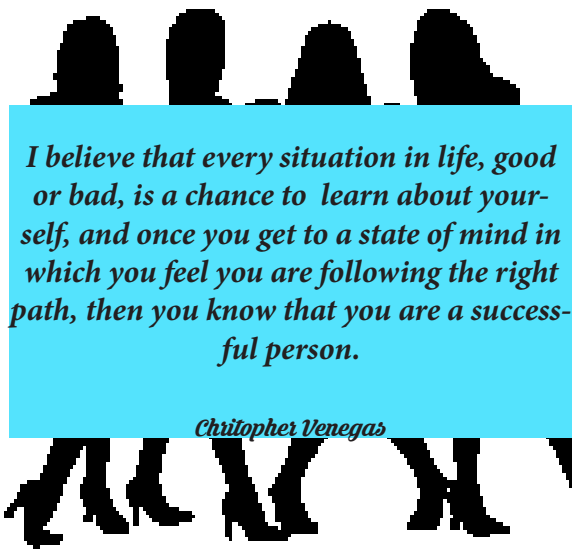
For me success means making a difference. It is to be able to do a little thing to make the world a better place for all.

Railyn Fernández




There are people who define success as richness; others define it as happiness. In fact, success happens every time you achieve a goal. It does not matter if it is small. Success is to enjoying moments.

Mariluz Chaves



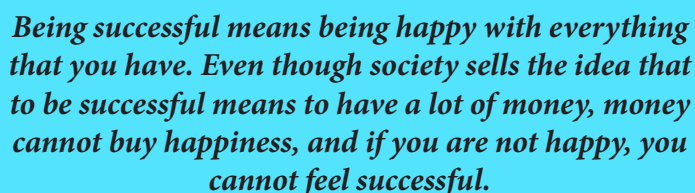
I believe that every situation in life, good or bad, is a chance to learn about yourself, and once you get to a state of mind in which you feel you are following the right path, then you know that you are a successful person.

Christopher Venegas



Success is when you put all your heart and effort into accomplishing your goals. It comes to you when you are disciplined and focused on what you are doing.

Jairud Esquivel



Being successful means being happy with everything that you have. Even though society sells the idea that to be successful means to have a lot of money, money cannot buy happiness, and if you are not happy, you cannot feel successful.

María José Solano

Health

By José Andrés Roldan (ILE Student)

Have you ever imagined what could happen if there were no doctors in the world? Can you think for a moment what would happen if patients did not have the chance to do a medical check-up every single year in order to make sure that they are healthy? The human body is constantly changing, and for that reason, people are at risk to get a disease that could affect their health in a serious way. . Even though annual medical check-ups are really important, there are patients that decide to avoid them for years; however, check-ups could work to prevent serious sicknesses, to localize health problems on time, and to avoid that patients self-medicate themselves for any reason.

Annual medical check-ups work to prevent serious sicknesses because check-ups not only give patients the certainty of being healthy every year but also give the opportunity to correct their lifestyles in a more healthy way. On one hand, patients can feel more secure when they have a blood test in their hands that give them the certainty of being healthy; on the other hand, in case that people have their health exams altered, doctors can advise the patients in order to change their lifestyle in a more healthy way.

Annual medical check-ups give patients the chance to localize health problems on time and to deal with them in case that people have serious disorder such as cancer, and sexually transmitted diseases, among others. Therefore, in case patients have a disease, they could act in order to confront the situation in time. Besides, sometimes people could feel afraid when they have realized that they have a serious disease like some kinds of cancer, so it is important to know how to deal with the situation and how to act carefully in the correct moment.

Annual medical check-ups can help patients avoid to self-medicate with any kind of reason because it is very common for people to take pills or antibiotics that could affect their health. Patients usually feel fear when they have a stomachache or any other pain; as a result, they act desperately and take all types of medicines. Even if people take those medicines, it does not mean that it will help; on the contrary, it could provoke serious health problems.

In conclusion, people must do annual medical check-ups to avoid any kind of health problem, and to deal with any situation or disease that patients could have. However, it is important to remember that self-medication can bring health troubles. If you have realized that you are sick, go to the doctor first.



Marihuana And Young Students

By Christopher López (ILE Student)

The use of marihuana is more often associated with young students, which unfortunately affects the way they perceive things, their grades in school, and relationship with their family and friends. Sometimes they think that everybody is against them; all these thoughts turn them into aggressive people. Of course, these kinds of behaviors make students not to do their best at school creating a big snowball that just brings more problems. In addition to all this, when parents, friends, or people try to help them, they just turn their backs on them. Drugs like marihuana are not okay, yet we have to try even the impossible to take our children away from the grasp of these dangerous substances.

We all know that marihuana or any other drug will affect the behavior of the user, and it will make them act in ways that probably no one has ever seen them before reacting to things that are not really happening. Sometimes, teenagers think that people are against them, and that makes them react to every single opinion that does not go with them; this, enhanced by the use of marihuana, will have terrible consequences since the use of drugs increases their need to go against people. In addition to this, after their parents start disciplining them for all those reactions, and of course, the use of drugs; they start rebelling even more and disobeying every one that tries to help them. All this causes damage in their brain if not treated by a psychologist in time since they may start thinking that everybody is their enemy and hates them. Psychological help, along with understanding a patience, is the best way to help them overcome these behaviors.

The use of drugs does not only affect the way students act; they also affect their responsibilities. Young students involved in drugs and illegal situations are more likely to fail at school. Students start being disrespectful to their superiors like teachers and principals causing them to get expelled from school and due to that not really good grades. To avoid being scolded or getting speeches from their teachers, students skip classes which will also bring consequences we all know. These kinds of actions should make schools improve their approach to students that have already been hooked by drugs like marihuana.

Another thing that helps young addicts is family and friends; they need all their support to overcome these difficult times. In many occasions, the addicts are the ones asking for help but their friends create a kind of barrier that makes them, the addicts, not trusting their friends; consequently, keeping themselves away from their friends. Addiction is the dependence on a substance causing the necessity of getting more and more, which makes young people to even steal from their relatives and friends to get money and pay for their vices. During these stages, students sometimes feel ashamed of what they have become and run away from their houses, so they start living on the streets, becoming homeless.

All these details show us how damaging these substances can be for anybody; just a little carelessness can be fatal for our children. Drugs can destroy anybody's life overnight; we need to protect our youth and make sure they do not fall for narcotics like marihuana that may open the door for many other things that could lead to heavier drug use or the use of more dangerous drugs.



Saint Patrick's Day



This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. Some churches may hold religious services and many schools and offices close in Suffolk County, the area containing Boston and its suburbs.

People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes, and shepherd's pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes. St. Patrick, or the "Apostle of Ireland," actually **started out in the pagan religion**. While not much is known about his early life, as many of his life's details were lost to folklore, letters from St. Patrick reveal that he was captured in Wales, Scotland, or another close area outside of Ireland and taken to Ireland as a slave. Years later, he escaped and returned to his family, who were Romans living in Britain, going back to Ireland for mission work after finding a place as a cleric and then Bishop within the Christian faith. He was born around 460, and by the 600s,

he was already known as **the Patron Saint of Ireland**.

There are many legends associated with St. Patrick. **The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity.** The three-leaved plant coincided with the Pagan religion's sanctity of the number three and is the root of the green color theme.

Another popular belief is that St. Patrick banished the snakes from Ireland. The story says that while St. Patrick was fasting, snakes attacked him, so he chased all snakes into the ocean. However, there have never been snakes in Ireland during the post-glacial period. The absence of snakes and symbolism involved with snakes is believed to explain the story, although it could have been referring to type of worm rather than snakes. One legend has St. Patrick sticking a walking stick into the ground while evangelizing, which turned into a tree.

The History of St. Patrick's Day and why it's celebrated.

St. Patrick's Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from.

Early celebrations continued this modest tradition. In New York, the first celebration took place as a small gathering at the home of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway. This began the tradition of a military theme in the parade, as they often feature marching military units. The holiday eventually evolved from the modest religious dinner into the raucous holiday we know today.

Worldwide St. Patrick's Day Parades and Celebrations

Parades and wearing green have always been a traditional part of St. Patrick's Day celebrations, but the events will vary based on the city:

Boston – St. Patrick's Day celebrations in Boston bring over 600,000 visitors to the city, which has a large Irish-American community. The city has one of the largest parades, which many veterans take part in, and events are held in the large number of Irish pubs in the city. The Irish Cultural Centre holds a celebration, and many events feature Irish food, such as corned beef.

New York – New York City is the place of the oldest civilian parade, which boasts over 150,000 participants. This may include veterans along with firefighters, policemen, and cultural clubs. It is led New York's 69th infantry regiment. Another city in New York state, Pearl river, has the second largest parade in the state with crowds of over 100,000. In Buffalo, there are two St. Patrick's parades.

Ireland – This celebration is more religious in nature, as it is considered a religious feast day. While it was made an official holiday in 1903, the first Saint Patrick's Festival was held in 1996. During these recent years, the event has become more cultural and consists of many celebrations in the streets.



JOSHUA TREE NATIONAL PARK



Joshua Tree National Park is a United States National Park that is located in the Southern California Desert. The park encompasses nearly 800,000 acres of the Mojave and Colorado Deserts, conserving two separate desert ecosystems at different altitudes. The name of the park is derived from the distinctive Joshua Tree, a tall-growing variety of the yucca genus that grows prevalently within its boundaries.



History

The area enclosed by the park was declared a National Monument in 1936, a Biosphere Reserve in 1984 and finally a National Park in 1994. The name Joshua Tree was reportedly given by a band of Mormons who crossed the Mojave Desert in the mid-19th century, the tree's unique shape reminding them of a Biblical story in which Joshua reaches his hands up to the sky. The profile of the Joshua Tree National Park (then a National Monument) was raised significantly in 1987 with the release of the best-selling U2 album *The Joshua Tree*, the cover of which featured evocative

black-and-white photography of the Park's landscape and distinctive trees.

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Flora and fauna

While it may at first appear lifeless, the desert supports many plants and myriads of creatures which become active during the evening and early morning. Joshua trees are the park's best-known plant, but oaks and junipers are also common, and in spring, wildflowers carpet the sand, and cacti bloom in vivid colors. Lizards, tarantulas, and rattlesnakes may be found among the rocks. Birds in the park include burrowing owls, vultures, golden eagles, and roadrunners. Coyotes are commonly seen near the park roads making their rounds. Jackrabbits

and the shy kangaroo rats emerge from their dens in the evenings to forage. Bobcats are less frequently seen, but a lucky traveler might catch one silhouetted against the moonlight.

Climate

Days are typically clear with less than 25 percent humidity. Nights are much cooler than days. Temperatures are most comfortable in the spring and fall, with an average high/low of 85 and 50°F (29 and 10°C) respectively. Winter brings cooler days, around 60°F (15°C), and freezing nights. It occasionally snows at higher elevations. Summers are hot, over 100°F (38°C) during the day and not cooling much below 75°F (24°C) until the early hours of the morning.



Photography

The odd shapes of the Joshua Tree, as well as the dramatic geology and desert scenery, make the park a great place for photographers. As with many areas, photography is best in the early morning and late evening hours. The park is very open and often mountainous, often providing good views of sunrise and sunset. During the daytime, the sun is painfully bright and its light harsh. Good photographs can be made during that time, but a polarizing filter is necessary, and even then most photographs have a great deal of contrast. Wildlife photography is also a possibility, especially near sources of water, which include campgrounds.



By Jacquie Murray

With the prevalence of digital computers, tablets, and smartphones nowadays, people could easily create their own digital files with the help of software programs. Publishers would have total control of the things that they wanted to do, and their ideas could produce high-end digital published materials such as brochures, menus, books, and magazines, among others. It is important to find out the best software program that will be used by a desktop publisher. Because there are many available software programs in the market today, the preference among publishers varies. The following software programs are the most common desktop publishing tools used by amateurs and professionals:

The three software programs from Microsoft are among the most recognizable desktop publishing programs in the world today, partly because of the prevalence of Windows computers in Asia, Africa, the Americas, and Europe. Most schools are also teaching their students the basic on using these programs, and most school projects are being created using these software programs. At an early age, people are already trained on how to create documents using Microsoft Word. The program is easy to use and it is user-friendly. It mimics how the typewriters work in the past. It is also used for drafting written works, and it has a wide range of compatibility. Microsoft Publisher is used by those who wanted to create magazines, newspapers, and other similar outputs. It is also user-friendly and has a lot of tools that are advantageous to publishers. Microsoft Powerpoint, on the other hand, focuses more on interactivity, providing animation, and it also has the capability to display images, video, and sound.



LibreOffice Impress and Writer

LibreOffice is the freeware counterpart to the Microsoft Office programs. It offers the same features found on Microsoft Office programs, and it can be downloaded straight from the Internet. LibreOffice programs are used heavily by desktop publishers who do not want to purchase the expensive software programs from Microsoft.



Apple Pages

Apple Pages is Apple's counterpart to the successful Microsoft Office suite. It is the standard among those who are using Macintosh computers and laptops, and it can also be downloaded from Apple's App Store. Desktop publishers who opt to use Apple Pages are saying that it is not prone to crashes or file corruption, making their file safe.



Adobe Photoshop, InDesign, and Illustrator

Adobe Photoshop, InDesign, and Illustrator are the top three desktop publishing programs for creators, and they are also one of the industry standards when it comes to the creation of digitally published materials. These programs provide freedom to the publishers how they would create their published material, and they can do everything inside the workspace, like drawing images and shapes, manipulating images, and putting digital text. There are minimal differences between these programs, but their importance in the industry is highly regarded. Adobe InDesign and Illustrator are used by those who wanted to create their own logo or image. The best thing about Adobe Illustrator is the program's use of vector imaging, which prevents the pixelation of an image. Adobe Photoshop, on the other hand, uses raster imaging, which makes the image blurry when scaled up or scaled down. However, this program is very powerful and digital publishers are still using it because of the rich colors present in the program and the photo manipulation tools that it offers. Using the three programs perfectly would give desktop publishers a chance to create a high-end digital printed material that is on par with professional work.



CorelDraw

CorelDraw is a photo manipulation software program that is preferred by desktop publishers who are working extensively on images. It has the same capabilities such as Adobe Photoshop, and it also offers exclusive features that are not found anywhere else.



Don Quixote



Often called the first modern novel, originally conceived as a comic satire against the chivalric romances. Don Quixote has been interpreted in many ways since its appearance. It has been seen as **a veiled attack on the Catholic Church or on the contemporary Spanish politics, or symbolizing the duality of the Spanish character**. Cervantes himself had believed in uplifting rhetoric, fought for Spain, and when he returned to Madrid after slavery, he found out that the government ignored his services. The English writer Ford Madox Ford stated in *The March of Literature* (1938) that Cervantes did with his book to the world a disservice: “**The gentle ideal of chivalry is the one mediaeval trait which, had it survived as an influence, might have saved our unfortunate civilization.**” Another major theme is the notion of quest, in this case not the Holy Grail, but reality. By traveling, Don Quixote is able to overcome his madness.

Neither wholly tragedy nor wholly comedy Don Quixote gives a panoramic view of the 17th-century Spanish society. Central characters are the elderly, idealistic knight, who sets out on his old horse Rosinante to seek adventure, and the materialistic squire Sancho Panza, who accompanies his master from failure to another. Their relationship, although they argue most fiercely, is ultimately founded upon mutual respect. In the debates they gradually take on some of each other's attributes.

Before the good Knight of La Mancha dubs himself Don Quixote, his name is Quijida or Quesada. His is a country gentleman, around fifty. During his travels, dressed in a old, black suit of armor, Don Quixote's overexcited imagination blinds him to reality: he thinks windmills to be giants, flocks of sheep to be armies, and galley-slaves to be oppressed gentlemen. Sancho is named governor of the isle of Barataria, a mock title, and Don Quixote is bested in a duel with the Knight of the White Moon, in reality a student of his acquaintance in disguise. Don Quixote is passionately devoted to his own imaginative creation, the beautiful Dulcinea. “Oh Dulcinea de Tobosa, day of my night, glory of my suffering, true North and compass of every path I take, guiding star of my fate...”

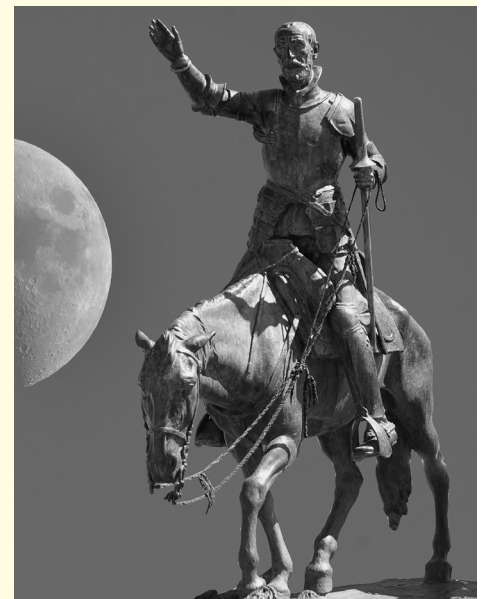
The hero returns to La Mancha at then end of part I. After a spurious sequel to Quixote by ‘Avellaneda’ came out in 1614, Cervantes was forced to write his own continuation. The real author behind the pseudonym has never been unravelled. Only at his deathbed Don Quixote confesses the folly of his past adventures. He forgives even Avellaneda. Most likely Vega had conspired with the another author.

It has been alleged that Cervantes died of diabetes, an untreatable disease at that time. His exact burial place remained a mystery for centuries, no stone or cross was set to mark the grave. Catalina died in 1626. In 2015, the presumed remains of

Cervantes, dug up by researchers from the crypt of the Barefoot Trinitarians, were reburied with special honors.

Cervantes's influence is seen among others in the works of Sir Walter Scott, Charles Dickens, Gustave Flaubert, Herman Melville, Fyodor Dostoyevsky, also in the works of James Joyce and Jorge Luis Borges, who wrote a short story about an author (‘Pierre Menard, Author of the Quixote’, in *El Jardín de senderos que se bifurcan*, 1941), who undertook to compose Don Quixote – not another Quixote, but the Quixote. After studies of Spanish, history, and the Catholic faith, he writes the novel, word for word. “Cervantes's text and Menard's are verbally identical, but the second is almost infinitely richer. (More ambiguous, his detractors will say, but ambiguity is richness.)” Dale Wasserman took for his 1965 Broadway musical *Man of La Mancha* (music by Mitch Leigh and lyrics by Joe Darion) a quotation from Miguel de Unamuno (“Only he who attempts the absurd is capable of achieving the impossible”) the guiding principle behind the show. One song from the production, ‘The Impossible Dream,’ gained a huge popularity.

A famous story about Geishas is: *Memoirs of a Geisha*, to read it, go to: [Memoirs of a Geisha](#)



“English For You CR” Presents, Using Fillers For Fluency



As you know, when we speak a foreign language we may “get stuck” and stop in the middle of a sentence while we look for the correct word or grammar structure to express what we want to say.

These pauses can sound awkward and a bit embarrassing. In order to **avoid those pauses** and to keep a fluent speech, just like in our native tongue, we may use fillers, which will “fill in” those uncomfortable silences and gaps in your speech. For example:

“Uh...”
“Well...”
“Let me see/let me think...”
“I mean...”
“In other words...”
“Hold on...”
“Wait...”
“You know...”

There are many others, but the idea is that you can **incorporate them when you need to buy time** in order to organize your sentence, or find a word.

Try not to overuse fillers, as they may also become annoying and a bad habit difficult to break in the future.

You can listen to our podcast including this section, music in English, news, and more in:
<http://www.EnglishForYouCR.com> and www.facebook.com/english.foryoucr

Imbroglia

-(noun) a circumstance or action that offends propriety or established moral conceptions or disgraces those associated with it : scandal

EXAMPLE:

“He was close to scandal—GOP chairman during the Watergate years, vice president during the Iran-Contra imbroglia—yet was not tainted by it.”

— David M. Shribman, The Boston Globe, 1 Dec. 2018

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Castells Competition In Spain

A castell is a human tower built traditionally at festivals in Catalonia, the Balearic islands and the Valencian Community, all in Spain. At these festivals, several colles castelleres (teams that build towers) attempt to build and dismantle a tower's structure. On November 16, 2010, castells were declared by UNESCO to be amongst the Masterpieces of the Oral and Intangible Heritage of Humanity.

Although based on the earlier traditional Muixeranga of Algemesí in Valencia, the tradition of castells within Catalonia originated in the Ball dels Valencians (Valencian Dance) in Valls, near the city of Tarragona, first documented in 1712. Over the course of the 18th century, they spread to other towns and cities in the area, including Vilafranca del Penedès and Tarragona, though it was not until the last 50 years that the practice of building castells began to spread to the rest of Catalonia.

A castell is considered a success when assembly and disassembly can be done in complete succession. The assembly is complete once all castellers have climbed into their designated places, and the enxaneta climbs into place at the top and raises one open hand. The enxaneta then climbs down the other side of the castell, after which the remaining levels of castellers descend in highest to lowest order until all have reached safety.

Aside from the people who climb to form the upper parts of the tower, others are needed to form the pinya, or bottom base of the castell, to sustain its weight. Members of the pinya (most often men)[5] also act as a 'safety net' if the tower structure collapses, cushioning the fall of people from the upper levels. It is not uncommon—when not in competitions—for other colles to assist in the pinya when a small colla is attempting a specially demanding structure in terms of people needed.

Information taken from: <https://en.wikipedia.org/wiki/Castell>

Photo credit: <https://www.flickr.com/photos/palaurobert/6331805344/in/photostream/>