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Zeus

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COVER PAGE



This year we dedicate our cover pages to different legends and ancient myths. In this issue, we are going to learn about Zeus who is the god of the sky, lightning and thunder in Ancient Greek religion and myth, and king of the gods on Mount Olympus. 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 on FACEBOOK.

www.flickr.com/photos/danramarch/14990157336



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EDITORIAL

The Right People For the Right Positions

by Eric Herrera (ILE Professor)



In April, UTN will be holding elections. Therefore, people who are running for the chancellor, deans and university council positions should responsibly be able to fulfill the requirements of these position plus keep in mind the difficult economic situation the

university is facing which demands the right people in the right places.

The role of these authorities is central to the good governance of the university. They should gain an in depth understanding of how the university functions and its strategic priorities as well as insight into the overall workings of the Costa Rican public higher education sector and access to wide professional networks.

Some of the duties the newly elected authorities need to be prepared for to carry out their functions include:

- to establish clear policies and due processes to avoid misunderstandings, friction and conflict among the members of the university community,
- to open fluent channels of communication between the academic and the administrative sectors,
- to offer spaces for the academics to express their concerns and present their proposals,
- to analyze the impact some programs such as the language and metacognitive ones have had so that they can be improved or redesigned if necessary,
- to stimulate the interpersonal relationships among the staff to create a healthy labor environment, encouraging self-awareness and

reflection in group work,

- to promote more linkages between different disciplines and departments not only within the university but also with the private sector,
- to improve the access to technological recourses (better internet access, data bases, internet tools, etc.),
- to work on achieving more strategic partners nationally and internationally,
- to generate more means of communication to inform society about the university's work in its different areas,
- to look for new innovative opportunities to generate income to finance different programs,
- to invest in specific training programs for academics in the technical and technological areas the university considers there is a need for specialization,
- to support staff research by launching the corresponding incentive programs all universities offer,
- to write and publish several regulations the current administration has not worked on such as the university council and telecommuting among others.

It sounds easier said than done, but there are enough talented professionals to undertake this profound transition. If UTN finds the way to place the right people in the right places then what is currently perceived as a huge challenge of change may become the prosperous opportunity for a renaissance in the years ahead.



Electronics Major Presents Innovative Electronic Health Prototypes

Translated By Izabela Sepúlveda (ILE Professor)

The Electronics Engineering major held an exhibit of Innovative Electronic Prototypes for the solution of social health problems on December 10th at the UTN's campus in Puntarenas.

Those are the final projects that correspond to the courses of Electronics II and Digital Electronics II, both in charge of the teacher María Teresa Jiménez Ramírez, which are the last courses of the diploma curriculum.

"There is a misconception that Electronics is separated from everything, that it is only related to gadgets like cell phones and others; however, these projects show that Electronics is applied in all areas and can provide a better quality of life to people," said Jiménez.

One of the main challenges, according to the teacher, in the process of creating these projects was that the students managed to get the idea that not everything is invented, so it was important to break that barrier in their minds and for them to realize that things can be created from existing ideas. Eighteen students were in charge of the nine projects.

Each one was presented separately and had the participation of the San Rafael Clinic Director Hannah Diemissen and officials of that institution from different departments related to the projects that were presented, authorities and officials of the Puntarenas Campus.

María Teresa said she was very happy because despite the academic level of the students who are taking the diploma course, the projects presented satisfy the needs of the health area, which can be carried out and improved with the required support. For Electronic Engineering major Director Mario Durán, these projects solve health problems in a sim-



ple yet effective way.

"They have ample room for improvement and as students advance in their studies they will create better products. It shows high potential in students, and it is clear that with an excellent guide like the one given by Professor Maria Teresa, they will develop personally and contribute to the community welfare, said Duran.

Puntarenas Campus Dean Fernando Villalobos Chacón, congratulated those involved in this exhibition, Ing. María Teresa Jiménez, the Director of the Electronics Major, Eng. Mario Durán Varela and Lic. Ricardo Segura Amador, Puntarenas Campus Extension Director.

"These types of projects where students put classroom theory into practice, and apply it to everyday life, generate motivation, the nine projects presented applied to the area of health, are first class. They represent a significant learning, innovation and an entrepreneurial spirit from the learners, with these actions we reaffirm our educational model and that the University is on the right path towards innovation and the Industrial Revolution 4.0.," said the Dean.



UTN Presents Three Majors To SINAES

Translated By Izabela Sepúlveda (ILE Professor)

On November 28th, Universidad Técnica Nacional presented to the National Accreditation System (SINAES), three more majors to continue with the stages of external evaluation towards accreditation.

The Directors of the majors presented the self-assessment reports and improvement commitments.

The majors that continue with the accreditation process are:

- Diploma in Photography and a Bachelor in Image Technology
- Diploma and Bachelor in Foreign Trade
- Diploma and Bachelor in Customs Administration

According to Xinia Castillo, Academic advisor of the UTN, it is expected that by the beginning of the year 2020 the visits of the external peers will be received to end the accreditation process.



To read original news in Spanish, go to: www.utn.ac.cr/content/utn-presenta-ante-el-sinaes-tres-carreras-para-continuar-con-las-etapas-de-evaluación

Atenas Campus Successfully Celebrated Its The Research Day 2019

Translated By Izabela Sepúlveda

On November 29th, the Research and Transfer Coordination held the 2019 Research Day with the topic Applied Research for production areas, in which different experts participated in six different presentations that were prepared and offered in stands.

One of the speakers of the event was Mr. Juan Calivá, who pointed out the great challenges that currently exist for production, such as climate change, market distortions, use of Tic's, environmental care and animal protection.

Other aspects that were developed at the conferences were the exploitation of livestock potential through adaptation measures, because of climate change more real studies, mitigation measures and training should be carried out.

A topic that was highlighted at the event was innovation, "innovating is the art of generating value and cultivating it, until it is not possible to sustain a product over time, it cannot be guaranteed that there is innovation," said Mr. Guillermo Pérez, Responsible of the Tropical Forage Species Research Unit at UTN's Atenas Campus. Within the framework of this day, the signing of agreements between the Buffalos Breeders Association and the Chamber of Buffalo Owners of Costa Rica was also carried out, to unite the buffalo activity with the research area of the Technical University National.

Summary of papers:

Paper 1: The relevance of research in agriculture and livestock of the 21st century. Dr. Juan Calivá, Consultant



Presentation of educational infographics on fodder. M.Sc. Guillermo Pérez Chaves, UTN.

Paper 2: Applied research at the UTN's Atenas Campus: advances and challenges. M.Sc. Eduardo Barrantes, UTN

Paper 3: Importance of traceability in livestock: export tool. Ing. Juan C. Barrantes. SENASA, MAG

Paper 4: Conservation outside protected wild areas "Agropaisajes a new conservation paradigm" M.Sc. José P. Carvajal, Academician UTN- Atenas

Paper 5: The potential of bioferments for sustainable agricultural and livestock production. M.Sc. Manuel Amador, UTN Researcher- Atenas

Paper 6: The water buffalo: potential species to produce meat and milk in humid areas. M.Sc. Gerardo Barboza, UTN-Atenas Researcher

To read original news in Spanish, go to: <https://www.utn.ac.cr/content/sede-de-atenas-realizó-con-éxito-la-jornada-de-investigación-2019>

More Worrying Environmental News – Now What?

The reports just keep rolling in, each adding to mounting evidence of humankind's treading on perilous ground. But, as the just concluded "UN COP25 Conference" in Madrid has made clear, contemporary action is unpromising.

The recently released **"NOAA Arctic Report Card 2019"** from the U.S. Dept. of Commerce is hugely sobering. Perhaps not so surprising is its showing of record levels of melting sea ice and of glaciers on land, all happening at an accelerating rate. (There is an enormous mass of water going into the ocean every second from Greenland alone, feeding into the rise in oceans globally.) However, this report is most striking in that it presents evidence that permafrost is indeed becoming the much-dreaded magnifier of climate change. (The permafrost thawing is releasing lots of extra carbon into the atmosphere as CO2 and methane.)

Evidence of fish species decline and migration is also unnerving. The

Information taken from: www.the-brights.net/movement/bulletin/bulletin.html?b=latest
Image taken from: www.pixabay.com

changes are affecting the entire ocean ecosystem, thus impacting the humans that depend on the fishing industry for sustenance in their historically fixed geographic locales.

The international "Emissions Gap Report 2019" is similarly discouraging. This annual global report informs us about where greenhouse gas emissions are heading versus where they need to be if the world is to get back on track towards the previously stated goal of holding temperature rises close to 1.5 degrees Celsius. For meeting that goal, then emissions need to fall by 7.6 per cent each year over the next decade!

The really bad news of this latest report from the UN Environment Program is this: At the current trajectory, we seem to be headed toward a temperature rise of over 3°C. That amount of change forecasts vast mass extinctions and large parts of the planet becoming uninhabitable. The report's good



news is that technologies and policy knowledge already exist to cut emissions. However, transformations must begin now to close the #EmissionsGap.

Given the intensifying evidence from various scientific bodies, humanity needs to supercharge its #ClimateAction ambition immediately. As a constituency of individuals, we Brights can endeavor to keep ourselves informed of what is happening, and of what is required of the citizenry. Then, we each can decide how best we personally will pursue and propel positive movement within our own spheres of influence.



Archeologists Discovered Mayan Palace In Mexico

Archeologists have discovered a large palace likely used by the Mayan elite more than 1,000 years ago in the ancient city of Kuluba, near the modern day tourist hot spot of Cancun in eastern Mexico, Mexican anthropology officials said.

The remains of the six-meter high building, 55 meters (180 feet) long and 15 meters wide, suggest the palace was inhabited for two long periods between 600-1050 C.E., the National Institute of Anthropology and History (INAH) said in a statement, mirror reported.

The Mayan civilization reached its peak between 250 and 900 C.E., when it ruled large swaths of what is now southern Mexico, Guatemala, Belize and Honduras.

The palace was discovered in the

east of the Kuluba archaeological zone, a key pre-Hispanic site in Mexico's Yucatan state.

"This work is the beginning, we've barely began uncovering one of the most voluminous structures on the site," archeologist Alfredo Barrera said in a video shared by INAH.

Kuluba had important ties with the Maya cities of Ek' Balam and more crucially, Chichen Itza, falling under its influence and becoming part of its network of trade and territory.

Along with the palace, Mexican experts are exploring four other structures in the area known as "Group C" in Kuluba's central square, including an altar, remnants of two residential buildings and a round structure believed to be an oven.

Conservationists are exploring refor-



esting parts of Kuluba to protect the historical site from wind and sun damage, INAH said.

The site should be opened to the public in the medium term, the institute added.



The Growing Threat Of Water Wars

Posted Dec 19th, 2019 by Jayati Ghosh



In 2015, United Nations member states adopted the Sustainable Development Goals, which include an imperative to “ensure availability and sustainable management of water and sanitation for all.” Yet, in the last four years, matters have deteriorated significantly.

NEW DELHI—The dangers of environmental pollution receive a lot of attention nowadays, particularly in the developing world, and with good reason. **Air quality indices are dismal and worsening in many places, with India, in particular, facing an acute public-health emergency.** But as serious as the pollution problem is, it must not be allowed to obscure another incipient environmental catastrophe, and potential source of future conflict: lack of access to clean water.

We may live on a “blue planet,” but less than 3% of all of our water is fresh, and much of it is inaccessible (for example, because it is locked in glaciers). **Since 1960, the amount of available fresh water per capita has declined by more than half,** leaving over 40% of the world’s population facing water stress. By 2030, demand for fresh water will exceed supply by an estimated 40%.

With nearly two-thirds of fresh water coming from rivers and lakes that cross national borders, intensifying water stress fuels a vicious circle, in which countries compete for supplies, leading to greater stress and more competition. Today, hundreds

of international water agreements are coming under pressure.

China, India, and Bangladesh are locked in a dispute over the Brahmaputra, one of Asia’s largest rivers, with China and India actively constructing dams that have raised fears of water diversion. India’s government has used water-flow diversion to punish Pakistan for terrorist attacks. Dam-building on the Nile by Ethiopia has raised the ire of downstream Egypt.

And cross-border conflicts are just the beginning. Water-related tensions are on the rise within countries as well, between rural and urban communities, and among agricultural, industrial, and household consumers. Last year, water scarcity fueled conflicts in parts of eastern Africa, such as Kenya, which has a history of tribal clashes over access to water.

In fact, there are long histories of conflict over the waters of many major rivers, including the Nile, the Amazon, the Mekong, and the Danube. But the severity and frequency of such conflicts are set to increase, as climate change alters rainfall patterns, leading to more frequent, intense, and prolonged droughts and floods.

Making matters worse, dwindling water reserves are increasingly contaminated by industrial pollutants, plastics and other refuse, and human waste. In middle-income countries, less than one-third of wastewater is treated; in low-income countries, the share is much smaller. Roughly 1.8 billion people get their drinking water from feces-contaminated sources. The depletion of aquifers and inadequate investment in water infrastructure are exacerbating these problems.

Water stress affects everyone, but the agricultural sector—which accounts for 70% of all water consumption globally, and as much as 90% in the least-developed countries—is particularly vulnerable to

constrained supplies. Lack of water makes it difficult to keep livestock, since every drop has to be preserved for crops or human consumption.

Urban areas are also headed for disaster. **Last year, Cape Town, South Africa, faced such severe water shortages that it began preparations for a “day zero,”** when the municipal water supply would be shut off. (Thanks to supply restrictions and other government measures, that day never came.) Similarly, Mexico City has struggled with a water crisis for years.

As with climate change, the most severe consequences of water stress disproportionately affect those in the world’s poorest regions—especially Africa and South and Central Asia—who contributed least to the problem.

Meanwhile, the advanced economies not only avoid many of the consequences of water stress (at least for now); they also maintain the **lifestyle excesses that have propelled climate change and environmental degradation, including water depletion.** Rice cultivation is often cited as a major water guzzler, but a kilo (2.2 pounds) of beef requires five times more water to produce than a kilo of rice, and 130 times more than a kilo of potatoes.

In 2015, United Nations member states adopted the Sustainable Development Goals, which include an imperative to “ensure availability and sustainable management of water and sanitation for all.” Yet, in the last four years, matters have deteriorated significantly. The international community might be able to fool itself for a while—as it has proved so adept at doing, not least with regard to environmental destruction—but the threat of water wars is only drawing nearer. For many in Africa, Asia, and elsewhere, it has already arrived.

Lights, Camera, Teaching! Using Movies In The Language Classroom

Written By Alonso Salazar (ILE Professor)

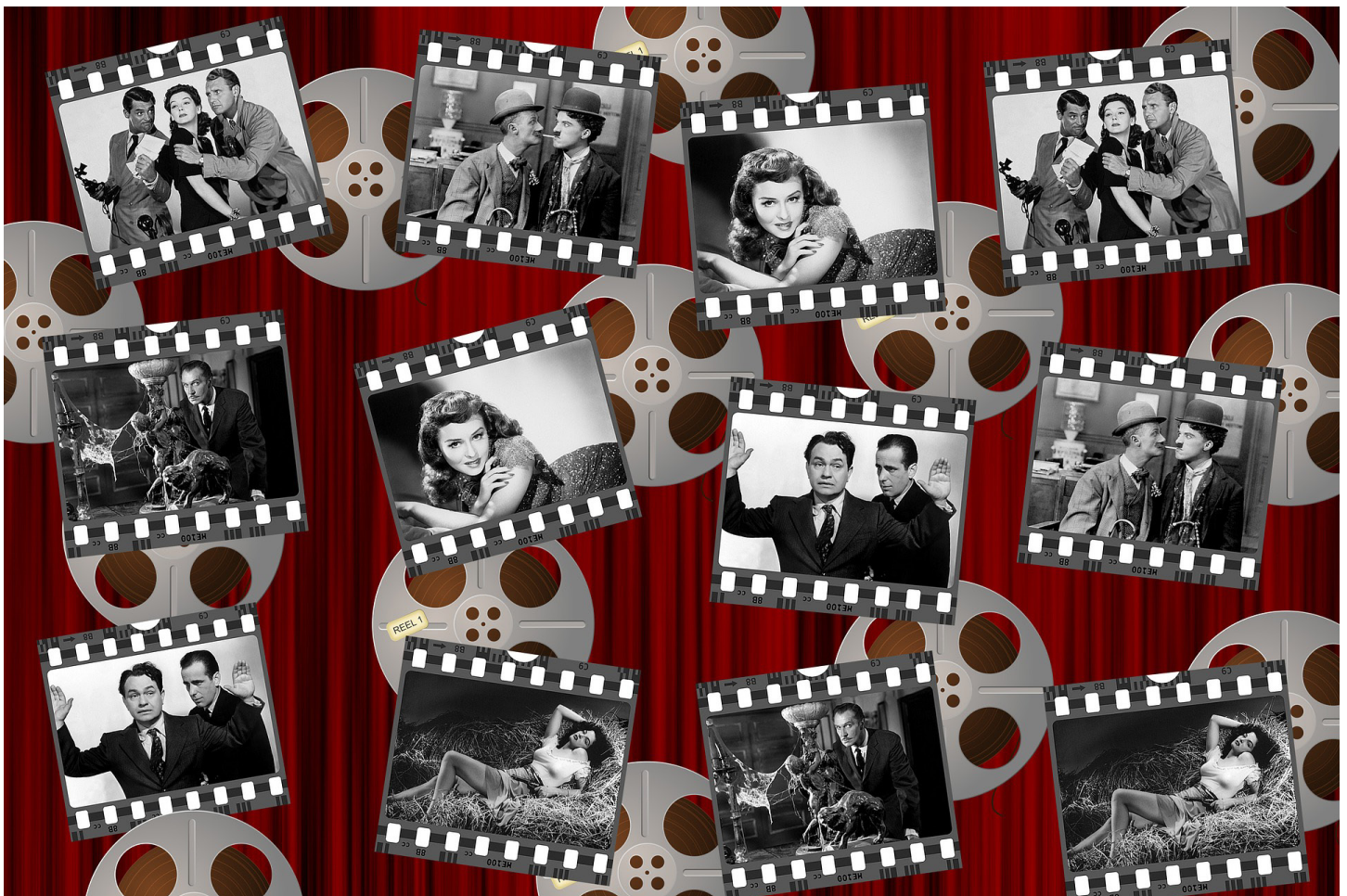


The movie “**Bad Teacher**” was released on June 24th, 2011. It focuses on the lazy middle school teacher, Elizabeth Halsey, who forcefully returns to the teaching job she hates and tries to make enough money for breast implants after her wealthy fiancé dumps her. Halsey’s teaching methodology deals with showing her students movies (some of them inappropriate for their age) while she takes naps, sends texts or drinks alcohol. Leaving aside the ingestion of liquor, Elizabeth’s behavior portrays a reality that many students experience around the world: a teacher who does not know how to make the most out of movies in the language classroom. “**Movies are the new books,**” the character says during the movie. I would not go that far as to suggest films can substitute reading books. However, based on my teaching experience, I can testify how useful and effective movies are to enhance comprehension, encourage unmotivated readers and develop extended thinking strategies. One problem inherent with literature is how to evaluate student comprehension. Some teachers use quizzes or in-class activities. However, what can be done with those students who fail the quiz or whose in-class activity does not really show they understood the reading? Evaluation is important for letting us know who is not keeping up, but it is somehow useless for helping us catch up the students who are falling behind. A video version of the book offers a quick-and-easy solution to this dilemma. Instead of waiting until the end of the chapter of a book, show 5-10 minutes of the movie after every few chapters. With the story still fresh in their minds, the students who have strong comprehension skills

will enjoy seeing how the movie compares to their mental picture of what they have read. The students who struggle with comprehension will be able to see what they misunderstood and catch up to their classmates. In any class, you are going to encounter students who do not like and even loathe reading the assigned book, or who dislike reading in general. **By using the movie versions of the books, you are reading to excite those students who are struggling to become or stay interested.** Show the movie versions of one or several of the most exciting, funny, or interesting moments in the book as an activating strategy before you begin reading. You can also use movie trailers to get students excited about their upcoming reads. Ask your students to write down their predictions about the book based on what they saw. By doing so, you are asking each student to become invested in the literary piece before they have even begun to read it. Even your unmotivated students will be interested in discovering whether or not their predictions were correct. Extended thinking strategies are some of the most important skills we can give our students, but they can also be some of the most difficult to fit into our lessons. Covering essential vocabulary, comprehension, and other important skills – like comparing and contrasting, analyzing perspective, constructing support, or error analysis – can be challenging, if not impossible to fit into your curriculum. Movie versions of the books that your class is reading can help. Have students work with in groups to complete a Venn diagram or even just list the differences and similarities between the first three chapters of the book and the first 10 minutes of the movie. As a class, discuss what they added after watching the movie and if their perspective changed based on that.

Hold a class debate over which version is better – the book or the movie – and ask each student to construct support for their position. Require students to work in groups to come up with lists of the differences between the book and the movie. Display the posters in the room and have students add to them as you watch a bit more of the movie each week. By the end of the book, you will have had tons of chances to increase your students' extended thinking skills by using 10 minutes of video only once or twice a week. To conclude, introducing movies to classroom instruction can certainly turn into a double-edged sword. However, if used properly

the benefits clearly outweigh the perils. On one side, there are irresponsible teachers like Elizabeth Halsey that just play random movies in class for the sake of wasting time and being lazy. On the other side, there are those who understand that movies can be great allies to literature. This second group uses movies to assess their students' reading comprehension, engage them into the reading habit, and improve their extended thinking strategies. With new generations being bombarded by multimedia and visual stimuli since they are born, taking a leap into a less traditional approach does sound like the right thing to do.



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Are You A Toxic Handler? An Emotional Intelligence Article



Maybe you have already heard the commonly used phrase: **“working with other people is such a difficult thing to do”** many times, and it actually is because your co-workers can normally convey so many different emotions to you when you do not even realize it.

People normally come to work carrying many positive values such as enthusiasm, good sense of humor, teamwork, and even friendship that seem pretty contagious. However, there are times when negative feelings such as anger, sadness, frustration, or rage cross your office door, seriously affecting your professional performance at your job and your personal relationships with your co-workers. The important thing to find out is if you identify yourself as a toxic handler at your organization in order to learn how to deal with all these toxic emotions effectively, and stop other colleagues' negative feelings to make your working environment an intoxicating atmosphere.

If you are the kind of co-worker who is always trying to manage your colleagues' personal issues when they are emotionally overloaded, you should consider yourself a toxic handler. Toxic handlers normally tend to keep themselves optimistic to provide emotional support to their co-workers when they encounter interpersonal conflicts with their colleagues at the organization or company they work at. (Review, 2017) As a result of this complex situation, **toxic handlers tend to suffer high levels of tension and emotional stress that can damage their mental and physical health as well as their personal lives and professional projects within the workplace.** In order to determine if you are showing potential signs of being a toxic handler, you can ask yourself some of the following questions:

1. Do you work in an organization that is normally characterized by numerous changes or unstable policies?
2. Does your job involve dealing with different groups of people or levels in your own department?
3. Are you surrounded by colleagues

Written by Christian Corrales (ILE Professor)

who discharge their personal problems, secrets or concerns with you during office hours?

4. Do you experience a hard time saying “no” when asked for personal favors or professional requests from your co-workers?
5. Do you normally tend to take a mediator role between a toxic individual and other colleagues in a conflict?

If you have answered affirmatively to more than three of these questions, it is possible that you have become a toxic handler. Before that new label may make you feel disturbed, you need to know that there is still hope for you to overcome this frustrating feeling, and place yourself in a healthy working environment again. In order to do so, there are some easy recommendations you can follow while having interpersonal interactions with your possibly toxic co-workers.

Reduce the stress symptoms. Doing daily meditation, exercising, sleeping enough and keeping a healthy diet will help you minimize the stress caused by the noxious talks with your co-workers. At the same time, you can also show them how important it is to take care of themselves by sharing some of these healthy habits with them during your regular social interactions in and outside of your working environment. You are the reflection of what you want to see in your own co-workers, so in order to take care of others; firstly, you need to learn to take care of yourself.

Choose your own battles. **It is important to determine under what specific circumstances your actions will have the strongest impact on others.** Sometimes it is not worth it to take part in a situation if the opinions or solutions you provide are not taken into consideration to solve the conflict you may be involved in. If this is the case, that battle does not belong to you, and it is better to stay away from the conflict, and wait for others to deal with it on their own. Do not participate in a troublesome conversation where you already know you will not be heard, or your opinions will not really matter to the ones you are giving them to.

Learn to say “no” whenever you need to. One of the key points to develop this useful habit, is by showing a sincere empathy towards the pain or difficulty you are exposed to. Tell your co-workers that you totally understand how they really feel, but you are not able to help them right away, and if necessary, give them the reasons why you cannot support them at the moment. By applying this strategy, you will show your conflicted colleagues you care about them, but you are not taking total responsibility to provide them with the emotional aid they need. Also, if you believe there is nothing you can do about it, just turn to alternative sources of support such as supervisors, managers and even other co-workers to come up with creative solutions to the emerging problems inside the organization.

Release yourself from feeling guilty for not being able to help. If by any chance, you feel guilty for not helping someone, there are some ideas that can become extremely useful to release you from that intoxicating sensation. First of all, you need to acknowledge that conflicts can work out more effectively when the counterparts focus on the solution without you being part of it. If you are always there to help them find the solution, they will not be able to develop the emotional skills they need to deal with any conflict on their own. Secondly, question yourself to realize if you are the only person that can mediate in the conflict; this means if your professional intervention is totally necessary to solve it. There might be other co-workers who can handle the conflict besides you. Finally, remember your emotional capacity is limited. Handling other people’s issues can take your attention away from other important projects and tasks that require your interest as well. Take short breaks whenever it is possible. This is as simple as closing your office door to avoid being disturbed or interrupted by others. Again,

this does not have to make you feel guilty for not helping others when they need it. This is just a way of telling yourself that you also need to be isolated from the troublesome situations that take place at your organization. Also, applying for a different position can help you disconnect yourself from the toxic environment that may surround you. This will make you change your personal perception towards other co-workers, and establish more efficient interpersonal relationships with new ones. **Life is all about change, and this is totally applicable to toxic handlers, who normally tend to absorb the emotional stress coming from others in their daily working lives.** Another strategy you can implement easily relies on not talking about work during recess hours. This means there could be different conversational topics on the table at breakfast or lunch breaks. This is another way to rest from unbearable work-related conversations that may ruin your day.

All the useful strategies above can help any toxic handler to stop identifying himself as one. Even though toxic handlers may not be aware of the signs related to this issue, they need to know that this unhealthy social pattern can be successfully modified in order to live within a healthier working environment. When taken into consideration, these tips will make you believe that dealing with others’ personal issues is not such a hard thing to do. It is just a matter of learning how to control your inner emotions, and how to approach the different day to day situations you deal with at work, or any other social context you find yourself in. Despite of your sincere interest in trying to save others from their own chaos, you need to save yourself from theirs, and you can do it by establishing clear limits with your co-workers, and giving advice to them whenever it is extremely necessary without threatening your own personal integrity.

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The Organized Mind: How To Better Structure Our Time In The Age Of Social Media And Constant Distraction.

By Daniel J. Levitin (05/31/2017)



The human brain evolved to focus on one thing at a time. This enabled our ancestors to hunt animals, to create and fashion tools, and to protect their clan from predators or invading neighbours. In parallel, an attentional filter evolved to help us to stay on task, letting through only information that was important enough to deserve disrupting our train of thought. This filter, discovered by British scientists Neville Moray, Donald Broadbent and Anne Treisman in the 1960s, is what captures your attention when you hear someone mention your name in a crowded room; it monitors input in order to deliver some events to consciousness and ignore others. This attentional system is one of the crowning achievements of the human brain, and the focus it enables allowed us to harness fire, build the pyramids, discover penicillin and decode the entire human genome.

But a funny thing happened on the way to the twenty-first century: The plethora of information and the technologies that serve our brain changed the way we use it. Increasingly, we demand that our attentional system try to focus on several things at once. Multitasking is the enemy of a focused attentional system. We talk on the phone while we're driving, listening to the radio, looking for a parking place, mentally planning our mom's birthday party, trying to avoid the road construction signs, and thinking about what's for

lunch. We can't truly think about or attend to all these things at once, so our brains flit from one to the other, each time with a neurobiological cost. Once on a task, our brains function best if we stick to it. To pay attention to one thing means that we don't pay attention to something else. Attention is a limited-capacity resource.

Uni-tasking is getting harder and harder to do. The information age now buries us in data coming at us from every which way. We are bombarded with more information than at any time in history — the equivalent of 175 newspapers a day, five times as much information as we took in thirty years ago. This deluge of facts, pseudo-facts, newsfeeds, and jibber-jabber tricks our attentional system because it is *new* and our attentional system evolved to be sensitive to novelty, to habituate to anything old. That's why you barely notice the hum of your old refrigerator until a friend walks in and points it out.

And then there are times we just zone out, staring out the window, looking at nothing in particular. In this state, thoughts seem to move seamlessly from one to another. There's a merging of ideas, visual images, and sounds, of past, present, and future. Thoughts are loosely connected, a stream-of-consciousness so much like the nighttime dream state that we call them daydreams.

ACADEMICS AND MORE

This daydreaming mode constitutes a distinctive and special brain state of great creativity. It exerts a pull on consciousness; it eagerly shifts the brain into mind-wandering when you're not engaged in a task, and it hijacks your consciousness if the task you're doing gets boring. It has taken over when you find you've been reading several pages in a book (or blog post!) without registering their content, or when you are driving on a long stretch of highway and suddenly realize you haven't been paying attention to where you are and you missed your exit. It's the same part that took over when you realized that you had your keys in your hand a minute ago but now you don't know where they are.

Daydreaming or mind-wandering, we now know, is a natural state of the brain. This accounts for why we feel so refreshed after it, and why vacations and naps can be so restorative. The tendency for this system to take over is so powerful that it's called the default mode. This mode is a resting brain state, when your brain is not engaged in a purposeful task, when you're sitting on a sandy beach or relaxing in your easy chair with a single malt Scotch (Glenfarclas, neat, please), and your mind wanders fluidly from topic to topic. It's not just that you can't hold on to any one thought from the rolling stream, it's that no single thought is demanding a response.

The mind-wandering mode stands in stark contrast to the state you're in when you're intensely focused on a task; it is responsible for so many high-level things we do that researchers have named that "the central executive." These two brain states form a kind of see-saw. When one is up (in terms of neural activation) the other is not; if we're in one mode we're not in the other. The job of the central executive is to prevent you from being distracted when you're engaged in a task, limiting what will enter your consciousness so that you can focus on what you're doing uninterrupted.

The mind-wandering mode is responsible for our moments of greatest creativity and insight, when we're able to solve problems that previously seemed unsolvable by making connections among things that we didn't previously see as

connected. Vinod Menon and I showed that the switch is controlled in a part of the brain called the insula, an important structure about an inch or so beneath the top of your head. If the relationship between the central executive system and the mind-wandering system is like a see-saw, then the insula—the attentional switch—is like an adult holding one side down so that the other stays up in the air.


Neurons are living cells with a metabolism; they need oxygen and glucose to survive and when they've been working hard, we experience fatigue. Asking the brain to shift attention from one activity to another causes the brain to burn up oxygenated glucose, the same fuel needed to stay on task. And the kind of rapid, continual shifting we do with multitasking causes the brain to burn through fuel so quickly that we feel exhausted and disoriented after even a short time. We've literally depleted the nutrients in our brain.

Every status update you read on Facebook, every tweet or text message you get from a friend, is competing for resources in your brain with important things like whether to put your savings in stocks or bonds, where you left your passport, or how best to reconcile with a close friend you just had an argument with. If you want to be more productive and creative, and to have more energy, the science dictates that your social networking should be done during a special designated time, not as constant interruptions to your day. Keeping your email program active throughout the workday is also distracting, and email should be best done at designated times (an unread email in your inbox can lower your effective IQ by 10 points). And what about increasing creativity? This will happen naturally as we tame the multi-tasking and immerse ourselves in a single task for sustained periods, say 30 – 50 minutes. And as a boost to creativity, several studies have shown that a walk in nature, exercise, or listening to music can trigger the mind-wandering mode. This acts as a neural reset button, and provides much needed perspective on what you're doing. To work, perchance, to daydream.



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

What is your goal/resolution for 2020?



My main goals for this 2020 are to finish the English as a second language major and get a job, so I can help my parents.

Rebeca González

I want to get good grades and help classmates with topics that they do not understand. In addition, I want an easy and peaceful year for my family and I.

Carlos Andrés Chacón

I want to pass all the courses I am taking, improve my English and make more friends while enjoying the process. I want to push myself so that I can learn a lot of new things

I have three main goals in 2020. First, I want to get my driver's license. Second, I want to take advantage of the time I have, and study hard. Finally, I want to be fit.

Ratherine Marín

My main goal for 2020 is to work hard and organize my life as much as possible because I am getting married.


Jorge Hernández

First of all, I want to quit my current job because I do not feel comfortable in it. I will try to read more, as much as I can to improve my English. Finally, I will try to be a better person.

Emmanuel Soro

My main goals for 2020 are to lose some weight and apply for another position at work.

Juan Carlos Castillo



I want to start an international relations program, to finish the Portuguese program that I am taking, and continue working hard at the ILE major. I also want to travel abroad.

María José Vargas



ILE
Inglés como Lengua Extranjera

Beauty Pageants' Marvelous Benefits Upon Young Women's Life

By Mónica Rodríguez (ILE Student)

“Extravagant outfits and makeup, high heels and lots of hair spray” is what usually comes to people's minds when they hear the words “Beauty Pageant Contest.” Why is the beauty pageants' oppositions number bigger than the supporters'? Beauty pageants are entertaining contests, in which all contestants are judged by not only their physical traits but also their talents and behavior during the competition season. Unfortunately, some people think of beauty pageants as harmful or destructive for young girls regarding stereotypes, yet the benefits provided by this kind of competition, for young girls, are beyond the misconceptions. Beauty pageant contests should be an option for girls from a very young age since they can provide promising future opportunities, they can refine values, and they can also improve contestants' soft skills development.

Beauty Pageants should be offered to young girls since they certainly provide them the opportunity to build a promising future. Competing in beauty pageants provides excellent opportunities for young girls to make their dreams come true. Usually, young contestants are attracted to this kind of competition due to the magnificent study opportunities offered. Partial scholarships or fully paid scholarships are the motivation for those contestants who cannot afford to pay large amounts of money for school purposes. In addition, another strong incentive that encourages young women to participate in beauty pageants is the promising job opportunities professed. After the contestants' enormous effort during the whole competition season, well-paid modeling contracts, sponsorships from well-known beauty industry companies and wide recognition must be the best rewards. Fortunately, beauty pageants offer powerful future benefits for not only the winner but also the rest of the contestants.

Competing in beauty pageants gives the participants the opportunity to adopt new values. Beauty Pageants promote necessary values not only for the competition season but also for a lifetime, such as discipline and commitment. However, during the entire competition season, the contestants must be extremely disciplined and dedicated to following the rigorous training routines and strict diets for the contest. Beauty pageant contestants can learn positive competitiveness. Even though winning the contest is the main objective, the competition allows the participants to create strong bonds of friendship as they endure the long process together. The values obtained after participating in beauty pageants will always influence the participants' existence.

Beauty pageants can also powerfully enhance the contestants' soft skills development. Beauty pageants stimulate self-esteem and greater confidence in the participants. Consequently, contestants learn to appreciate themselves and their qualities during the competition season since they are judged not only for their physical traits but also for their remarkable personality and skills. Beauty pageants increase contestants' social skills since they participate in volunteering projects during the competition season. Hence, this is the perfect opportunity for young participants to get involved in community work; it could be in a hospital, shelters, or charities for social welfare. Beauty pageant contestants show the positive effects that these kinds of competitions have on them providing not only individual evolution but also social development.

In conclusion, beauty pageant contestants show that the influence of this kind of competition provides young girls with powerful opportunities to increase not only individually but also socially. In fact, after finishing this process, the benefits obtained show that, despite the opposition, the wonderful opportunities, remarkable values and experiences were essential to reach personal and social skills development in each young contestant.

The Real Cause Of Koalas' Extinction

By Judith Corella (ILE Student)

Did you know that currently there are only about 80 thousand koalas in Australia? Or that the species has disappeared in 41 out of 128 states in which they have lived? Koalas have stood out as one of the most exotic species known around the world; unfortunately, in the coming years, this could change. According to the Australian Koala Foundation, the species is closed to being functionally extinct, in other words, its population has decreased to the point that it no longer has a transcendent role within its ecosystem. This problem leads us to the question: what is the cause behind this sudden disappearance of the species? The greatest blame for the extinction of koalas should be attributed to humans because they have destroyed their habitats, sold their fur and encouraged droughts and fires.

Each day, more and more koalas are disappearing due to the destruction of eucalyptus forests. The diet of koalas consists only of eucalyptus leaves, they need about a kilogram of these leaves a day; however, there is currently not enough quantity for everyone. The destruction of eucalyptus forests, caused by human action, has produced a dramatic decrease in the population. On the other hand, large wooded areas have become private property, which has caused these spaces to be replaced by houses, roads or even buildings. Deforestation is practiced indiscriminately since no one is aware that these animals are becoming homeless, and even worse, that many trees are cut down while koalas are still up there, which causes death to many of them.

Over centuries, humans have chased koalas looking for their attractive fur. It could be said that the price paid for fur is quite large, which encourages hunters to go after these animals and then market their fur. Usually, these animals are hunted in order to make clothes, considering that their brown or platinum gray fur is very soft for coats. In addition, humans have used them as collection or decoration pieces which means many of them end up in the rooms of wealthy houses as simple carpets. Of course, this practice, despite being illegal, continues to be executed, causing deaths of up to 1000 koalas a year.

Finally, the higher temperatures and fires resulting from human action have been another source of the reduction in their population. There are many natural causes that have complicated the unaltered development of koalas such as the warming of the climate or climate change, but human activities have contributed substantially to the disappearance of this species. The pollution has originated droughts, which at the same time result in many animals, including koalas, dying from dehydration. In the same way, fires due to small bonfires, burns, cigarettes and fallen matches have spread rapidly, thus destroying the habitat of these marsupials. Recently, many images of burned koalas have been circulating through the networks, making it clear their innocence and helplessness in this situation.

Koalas, the iconic symbol of Australia, are at risk of disappearing because they are not only fighting against nature, but also against man's actions. Many experts believe that koalas will become extinct within the next 30 years if no action is taken urgently. Protecting their habitat so that they have an adequate space to live and eat is a step in the right direction. Nonetheless, before finding ways to solve some of the problems koalas have, we must first understand who are the real ones affected.

What Is Déjà Vu?



Déjà vu is technically the sensation that you have lived/experienced something before a recognition that you have a memory sometime in your past that you have lived this moment before. At least 70% of people witness to have had a déjà vu sensation in their lives. According to Dr Akira O'Connor a researcher specialist in memory déjà vu is a subjective experience of familiarity, alongside an objective experience of unfamiliarity.

Neurologically, déjà vu sensation is linked to migraines and also to people who have temporal lobe epilepsy which is the most common form of partial or localization related epilepsy. The people who experience it, witness different emotions, feelings and thoughts which might be familiar or completely unknown. Some people claim to remember old memories once again and others feel as if everything is very strange to them. People who have temporal lobe epilep-

sy and migraine they have an aura sensation which is a warn-

ing system that they are going to have a headache or seizure. When they have them they experience a sensation that they have lived this moment before. There is a neurotransmitter called glutamate, which is an amino acid and is found in high concentration in every part of the body. It is the main chemical responsible for over than 90% of synaptic connections in the human brain. Glutamate is responsible for the near death experiences in which people witness a phenomenon called panoramic life review. If people can see their lives flashing before their eyes, it is being suggested that it is being recorded.

People can be hypnotized and go back in their past where they can see it as it was. We can conclude that we have in our brains a recorder. In a real death experience the life does not flash in front of people eyes but it actually is a three dimensional

“movie” something that Anthony Peak calls the Bohmian IMAX. In this case the déjà vu sensation can be explained as the feeling that you have lived this moment before.

So the déjà vu sensation could be explained by taking one section of the near death experience for example when people say “My life flashed before my eyes”. We could be living our lives in a matrix-like recreation of our lives. We can say that, when you really die you go back and live your life again in some form internally created model of your life.

At the baseline of reality there is Zero Point Field. This is an energy that can hold information and its everywhere. While we experience things we are downloading information in that infinite database which contains everything that happened and what will happen. We are in computer game and every action that could be taken is already encoded in that database. So we don't have only this life we have every potential outcome of our lives that we can pursue. What is more is that the work of Stephen Hawking and the John Cramer viewpoint of quantum physics suggest that everything is encoded there. As a result we live our lives in this matrix recreation of our lives and for example if you made a mistake the last time you lived your life, you can change it when you become aware of what happened the last time.

DULUTH, MINNESOTA



Duluth has always been a shipping town: first for furs, later for iron ore, timber, and grain. As a shipping and milling town, Duluth once had the highest number of millionaires per capita in the United States. This is still reflected in the large number of mansions in the east end of town. Ocean-going vessels come up the St. Lawrence Seaway into the Great Lakes to Duluth Harbor. Since these "salties" go through the locks, they are smaller than the native "lakers" that stay within the Great Lakes. Ships under many flags, including Nigeria, Greece, and Denmark frequently dock in Duluth to pick up grain and coal for overseas markets. Iron-ore and taconite still go to Indiana, Ohio, and Pennsylvania for processing into steel. Built largely on a 700-foot hill overlooking Lake Superior, Duluth also has a thriving tourism industry, with antique shops, excellent restaurants, cozy inns, and scenic views of the lake. There is a ski resort inside city limits. Canal Park and Superior Street have the highest concentrations of tourist destinations in the city. The famous Aerial Lift Bridge is on Lake Avenue, next to Canal Park. Particularly proud residents liken the city to San Francisco, which also has bridges, hills, a bay, and a thriving tourist business. The renowned Grandma's Marathon is held annually, named after Grandma's Saloon (restaurant) in Canal Park. The University of Minnesota-Duluth and St. Scholastica Col-

lege are the two largest colleges in the city with over 12,000 students together.

Duluth is the western endpoint of the scenic North Shore Drive, which follows the rugged north coast of Lake Superior nearly 700 miles to Sault Ste Marie (Ontario). Across the bay is Superior, Wisconsin.

Do

Canal Park is the hub of Duluth with restaurants, bars, and boutiques. It sits right on Lake Superior and should definitely be one of your first stops in Duluth.

Spirit Mountain is the place to go in any season: whether biking trails in the summer or skiing slopes in the winter, it offers endless outdoor adventure!

Take a scenic drive along the 20-mile **Skyline Parkway** and witness the natural beauty of Duluth. Grab a warm coffee and drive this road in Autumn for mind-blowing beauty. If you're up for a longer road trip, **Minnesota's North Shore Scenic Drive** is a stunning, 142-mile wilderness adventure from Duluth to Grand Portage. Bordered by Lake Superior on one side and the Sawtooth Mountains on the other, you'll be driving through lush forest and past jaw-dropping cliffs!

If you're a nerd like me and into the story of the railroads then check out the **Lake Superior Railroad Museum!** In the spring and summer, take a romantic walk through the **Duluth**

Rose Gardens, stuffed with flowers and the perfect garden to sit on a bench and take it all in.

Climate

Set on deep Lake Superior, the largest freshwater lake in the world by surface area, Duluth can be cool or cold anytime of year. The official temperatures are reported from the airport, over the hill, and can be ten or more degrees (Fahrenheit)



above the downtown temperatures. Sixties (about 18°C) for a high in August are not uncommon, but it can reach the 80s (about 28°C) just as easily. Bitter windchills can occur in the winter, although air temperatures generally do not go below -20°F (-29°C). Despite this, some people bike to work year-round. The temperatures can also change very rapidly, especially near the lake, a wind switch can be accompanied by a temperature drop of thirty degrees (F) in a couple of minutes.



DISCOVERING TECHNOLOGY

have been taken from an angle, albeit with mixed results. For larger numbers of scans, stability becomes an issue, though the app seemed able to save an image before closing, and then restarting itself.

Again, Genius Scan will not replace one's main digital preservation tools. Limitations on resolution, file type, and fine-tuning of settings substantially limit its use for preservation purposes. Along with PDFs, image files are available as JPEGs of various sizes, underscoring the app's emphasis on the portability of information. It is understood, of course, that uncompressed TIF image files would be prohibitively large; still, the highest-quality jpeg that one may select in the settings is by nature not "preservation" quality according to archival best practices.

In addition, some of the pre-set alterations Genius Scan makes are problematic, and this reviewer promptly reset the defaults to avoid them. There is no "gray scale," per sé, but a "black and white"



Originally posted on 2014-03-18

www.thegrizzlylabs.com/ Accessed 12 February 2014.

Reviewed by Maristella Feustle, Music Special Collections Librarian, University of North Texas [[PDF Full Text](#)]



enhancement that renders a flat, photocopy-like image. No appreciable difference was detectable in photographing monochrome images with the "color" enhancement, or with no enhancements. The "color" enhancement produced mixed results with color images, turning a photo of the reviewer's hand hot pink. "Enhancing a" photo of green construction paper on a white desk produced a strange lighting/shadow effect in addition to altering the color inaccurately. The "frame auto-detection" feature may crop out unintended areas, and there is no "undo" button. Metadata capabilities are certainly adequate for general, personal use, allowing users to create their own tags for images. Entering multiple tags is somewhat cumbersome, as one must save each one individually rather than, for example, simply separating them with commas. Higher-order description requires export to more robust platforms. Support on the website is available through contact information, but the FAQs for each operating system are not consistent in their coverage. An email to the company for clarification about certain features was answered within a few hours.



Zeus



Zeus was the youngest son of Cronus and Rhea. He rescued his siblings from their father, led a revolt against Cronus, and took his position as ruler of the cosmos.

Like his grandfather and father before him, Zeus' rule did not go unchallenged, but he succeeded where they failed and managed to thwart his would be usurpers. After Zeus won the Battle of the Gods and the Titans, Gaia sent the monster Typhoeus against him. Later a race of giants revolted against Zeus, but Zeus defeated them with the help of his mortal son, Heracles.

As ruler of the universe, Zeus needed a wife, and he chose Metis, who had helped him rescue his siblings. Metis was the daughter of the Titans Oceanus and Tethys. Her name means "intelligence" or "cunning," and she is the personification of those qualities. When Metis was pregnant with Athena, Zeus learned that Metis was fated to give birth to a son who would one day overthrow his father. This would have perpetuated the cycle of rulers of the universe being overthrown by their sons, and Zeus wanted to end the cycle once and for all. Since swallowing his children did not work out well for Cronus, Zeus' father, Zeus decided

to swallow his wife instead. So, Zeus swallowed Metis while she was pregnant, leading to Athena's very unusual birth. Metis lived on within Zeus, providing him advice, helping him to become known for his wisdom and thoughtful arbitration.

After this marriage ended, Zeus had relationships with several goddesses: Themis (Natural Order), who bore the Horae (the Seasons) and the Moerae (the Fates); Eurynome, who gave birth to the Graces; Demeter, who bore Persephone; Mnemosyne (Memory), who conceived the Muses; Dione, who delivered Aphrodite and Leto, who begat Apollo and Artemis. (The gods, by the way, never have a sexual encounter in vain; children are always produced.) At some point Zeus married his sister, Hera, and together they had three children: Ares, Eileithyia, and Hebe.

Zeus pursued mortal women even more frequently than he pursued goddesses. He sired the god Dionysus with the mortal woman Semele. He came to Alcmene in the form of her husband, Amphitryon, fathering Heracles. He turned into a cow to avoid Hera's wrath to later traveled to Egypt and bore Epaphus, who became an Egyptian god. Zeus abducted Europa

in the form of a bull and took her to Crete, where she bore him three sons, Minos, Rhadamanthys, and Sarpedon. He came to Danaë as a shower of gold, causing her to become pregnant with Perseus. He came to Leda as a swan and she later laid two eggs with two sets of twins. Two were the children of Zeus, Helen and Polydeuces (Pollux in Latin) who were immortal; the other two, Clytemnestra and Castor, were the children of her husband, Tyndareüs, and were mortal.

Hera was notoriously jealous of her husband's affairs, though this did not stop him from pursuing relationships with both goddesses and mortals.

Zeus was also attracted to young boys. Ganymede, a young and beautiful Trojan prince, was abducted by Zeus and taken up to Olympus to be his personal cupbearer (and probably his lover as well). In the Aeneid, Virgil cites Ganymede's presence on Olympus as one of the reasons why Juno was so angry at the Trojans and why she constantly harassed Aeneas, despite Jupiter's commands to cease.

Because Zeus was the ruler of the gods, the gods often took their quarrels to Zeus for arbitration. He also meted out punishments to immortals and mortals alike who angered him. When the Titan Prometheus stole fire to give to mortals, Zeus had him chained to a mountain where every day, an eagle would come and eat out the Titan's liver; but it grew back again every night and the process would begin again the next day

To learn more about this book, go to:

[Zeus: Myths](#)

“English For You CR” Presents, Showing Gratitude in English



Although **gratitude** and **appreciation** are slightly different, today we will focus on how to express them, so you can go beyond the usual “thank you” you learnt a long time ago. Thus, for our purposes (and yours) we will use these words and phrases indistinctly. For example,
When somebody flatters you or says something you’re thankful for, you can say:

- Thanks a lot!
- I (really) appreciate that!
- Thank you very much!
- Thanks (a ton, a bunch, a million)!

There are other ways you can show gratitude can be more **familiar and colloquial**:

- You rock!
- You saved my life!
- You made my day!
- Hats off to (you, somebody in particular).
- You’re the best!
- You saved me!
- I owe you one!

Keep in mind that intonation is very important, so you sound more expressive and sincere. Besides, you can combine these expressions in order to sound more natural. For example, “Thanks a lot. You made my day.”

Remember: being grateful always shows good manners, good raising, and it will open new doors to you in academic, professional, and casual contexts. Thanks a lot for reading. You rock!

You can listen to our podcast including this section, music in English, and more in:
www.EnglishforYouCR.com and www.facebook.com/english.foryoucr

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

shilly-shally

verb (used without object) [shil-ee-shal-ee]

-To show indecision or hesitation; be irresolute; vacillate.

EXAMPLE:

-I made my choice and stood by it. But you shilly-shally between both sides.

www.dictionary.com



Bushfire Crisis

The fires ravaging eastern **Australia** are visible from space. North-westerly winds carried their dust and smoke across to New Zealand, bombarding the South Island. The sky is orange above Port Macquarie on the north coast of New South Wales, where the fires are worst. An area larger than one million football fields has already burned to ash. The chain of infernos stretches from Rockhampton in northern Queensland to the bush south of Wollongong. For the first time in history, Sydney's fire danger forecast was made "catastrophic" for 12 November. All before summer has started.

Bushfires on this scale are unprecedented, but they were foreseeable. Nine of Australia's 10 hottest recorded years have occurred since 2005, according to the Bureau of Meteorology. And atmospheric changes are pushing cold fronts further south, reducing rainfall in NSW and southern Queensland. The Climate Council of Australia's 2015 report, *The burning issue*, outlined that global temperature rises are causing longer fire seasons and hotter fires. "Globally, the length of the fire weather season increased by nearly 19 percent between 1979 and 2013. Longer fire seasons will reduce opportunities for controlled burning and increase pressure on firefighting resources", the report noted.

And most importantly, what is the government doing to limit global temperature rises, so that calamities like this do not become more common or more ferocious? They are doing nothing. Infinitely worse than nothing. Alongside a full-throttle expansion of coal and natural gas, there are moves at every level of government to outlaw climate activism.



Information and photo taken from: <https://mronline.org/2019/11/27/bushfire-crisis-welcome-to-life-on-a-burning-planet/>