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

COVER PAGE



In this issue, we are going to learn a little bit about the Ides of March (Idus Martii in Latin, which is probably one of the best-known dates from the ancient Roman calendar in modern times. 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.

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

Nobody Knows What they Have Till It Is Gone

by Eric Herrera (ILE Professor)



Have you ever thought about what life would be like without water? Well, nobody knows what they have until it is gone. This aphorism (a short pithy saying conveying a general truth) clearly illustrates the situation Costa Rica is experiencing with the water crisis that the El Niño phenomenon is bringing with it this year. Taking a shower, flushing the toilet, or watering the garden

are common activities in the lives of most Costa Ricans. When people see the monthly water bill, they see a price (usually low or reasonable), not the real cost of bringing this liquid to their homes. For example, a cubic meter m³ (1.000 liters) costs ₡857. However, without understanding or knowing why, this cost may dramatically change if citizens and authorities do not pay close attention to the problem.

Worldwide Water Crisis

After seeing the apocalyptic story of Cape Town, South Africa where during the last three years they have experienced a devastating drought, humanity needs to take this water crisis seriously. The drought in Cape Town leading authorities to establish Day Zero, a policy in which water tap pipes will be turned off, so residents will have to stand in line to collect 25 liters of water per person per day. Just to get an idea of what you can do with 25 liters, in a home with older toilets, an average flush uses about 13.6 liters, an average shower of 5 minutes uses about 26 liters, a washing machine use per cycle (one load) is about 40 liters, brushing teeth, and washing hands and face use about 7 liters. In addition, the water that is used to cook and hydrate increase this amount of water usage. This country marked 2019 as the year in which Day Zero will be reached.

The causes of this situation in Cape town are basically the same in many countries around the world, including Costa Rica, which are experiencing: global warming, climatic events, increase in population density, and lack of water culture among the population.

El Niño in Costa Rica

El Niño is a climate pattern that has an impact on ocean temperatures, the speed and strength of ocean currents, the health of coastal fisheries, and local weather, causing extreme drought and heat waves. The present panorama indicates this playful El Niño could extend for around nine months in 2019. According to the Na-

tional Emergency Commission normally during January and February, the Pacific is dry and the Caribbean is very rainy, however, the amount of rain in the Caribbean and North Zone has been considerably less than normal in 2019. This January was the second driest in a registry that dates since 1940, which means that we are facing one of the strongest season droughts registered, explains the National Meteorology Institute.

The Costa Rican Water and Sewer Institute (A y A) estimates that 500.000 people are going to be affected by water shortages across the country due to drought caused by the El Niño phenomenon. In peak times, A y A says people could find themselves without running water for at least 12 hours, without running water for between six and 12 hours, and without running water for less than six hours. For this reason, A y A is asking the population to collaborate by:

- Fixing leaks
- Taking shorter showers
- Washing cars less frequently
- Reducing Hosing down sidewalks
- Installing water-saving shower heads
- Turning off the tap while you're not directly using the water
- Starting the washing machine only when you have a full load
- Watering gardens at nights and using buckets instead of hoses
- Collecting rainwater to reuse it on your plants
- Reporting any leaks on street pipes

It is everyone's responsibility to take care of water. Parents must teach children about the simple water-saving methods around their homes. Moreover, it is also the government's duty to implement campaigns to educate people about the importance of this liquid, especially in a country like Costa Rica where everybody is used to taking water for granted, particularly the ones who have always had water and are not aware of how easy and fast they can lose it.



CONARE Strongly Refutes Comptroller's Statements About The Planning And Accountability Of Public Universities

Translated By Izabela Sepúlveda (ILE Professor)



PRESS RELEASE

February 6th, 2019. The National Council of Chancellors refuted the statements of the Comptroller, Marta Acosta, made on Monday, in the Legislative Committee studying the Special Fund for Higher Education (FEES), on planning and accountability of public universities. Although it is usual practice to send the reports to the Office of the General Comptroller of the Republic, by the National Council of Chancellors and State Universities, it was sent to the Comptroller, by means of letter OF-CNR-20-2019, on February 5th and signed by the president of the CONARE, Henning Jensen, the monitoring reports of the National Plan of Higher Education Plans 2016-2020, corresponding to the years 2016 and 2017. Also, the process with which said monitoring was described as detailed:

1. The process starts from the indicators that were defined in the formulation of the 2016-2020 Plans.
2. In 2016, the Planning Directors Commission appointed the Indicators Subcommittee to follow up. This team elaborated the methodology with which it would carry out the monitoring and follow-up, which was approved by the Planning Directors Commission in session 04-17 of May 04, 2016.
3. During the year 2017 the collection and processing of 2016 data began with the established indicators, with which the document "Executive report of monitoring of the 2016-2020 Plans, Achievements of 2016" (Informe ejecutivo de seguimiento y monitoreo del Planes 2016-2020, Logros 2016) was prepared and approved by the Commission of Directors of Planning in the month of November of 2017.
4. The Office of Higher Education Planning (OPES), based on the commitments defined in the 2016 Higher Education Financing Agreement, prepared a proposal

for indicators and informed the Commission of Planning Directors for your observations.

5. Once consensus was reached on the indicators, which would be used to follow up on the commitments of the universities subscribed in the Financing Agreement, the Higher Education Planning Office collected the information corresponding to these indicators and prepared the document "Indicators for the follow-up of article 7 of the FEES 2016 Financing Agreement".

6. For the follow-up and monitoring of the 2016-2020 Plans corresponding to 2017, the report was worked in the same way as the previous year, with the Subcommittee on Indicators, and the data collection of the commitments assumed in the Financing Agreement of Higher Education. OPES collected the information and processed it.

7. The indicators originally included in the PLANS 2016-2020 and the indicators agreed with the Government to comply with article 7 were integrated into a single document to comply with the articles of the Financing Agreement for Higher Education University State-wide (FEES). This was signed in August 2015, effective for 2016, and it establishes that the monitoring of the commitments of the universities in this agreement will be carried out through the follow-up actions of the current PLANS.

8. As a result of the previous process, the document entitled "Monitoring Report on PLANS 2016-2020, Achievements 2017: Includes indicators related to clause 7 of the FEES financing agreement" was prepared.

9. On the website <http://siesue.conare.ac.cr/plan-nacional-de-educacion-superior-universitaria-estatal-planes/planes-2016-2020.html> the documents prepared to follow up to the advances in the matter of 2016-2020 Plans, of the commitments of the Financing Agreement of Higher Education, corresponding to the year 2016 and 2017 are available.

The public universities have rendered accounts to the citizens and to the corresponding instances, providing access to clear, sufficient, relevant and timely information, as part of the transparency that is a priority and distinguishes university management.

Public universities have been an example of transparency processes, which is reflected in the annual study of the Transparency Index in the Costa Rican Public Sector (ITSP), prepared by the Ombudsman's Office, where they hold high ratings for the promotion of an institutional culture oriented towards good practices of access to information, accountability, citizen participation and open data, through the websites.

UTN Offers Inclusive English Program For Work

Translated By Izabela Sepúlveda (ILE Professor)

The National Technical University, in coordination with the Municipality of Alajuela and the National Council of Persons with Disabilities (Conapdis), has been offering the Inclusive English for Work Program since February 13th, aimed at people with disabilities.

Mauren Guevara García, head of the Languages for Work Program (PIT), mentioned that the idea of developing this project came up in a meeting with people with disabilities organized by Conapdis. Later, in a meeting held with the teaching staff of PIT, it was proposed to work with vulnerable populations, which is why, from the beginning, it was defined to start with people with disabilities.

The professor in charge of the program, **María Ling Nieto, said that people with disabilities who attend are selected by the "Empléate" Program of the municipality.** The program is provided free of charge. The pedagogical and logistical support part is provided by the Institutional Program of Languages for Work (PIT) of the UTN and the Conapdis provides technical advice and resources for people to cover transport costs to the university and personal expenses.

The Employment Intermediation Office of the municipality of Alajuela through its Inclusive Employment, Capacity and Employability project, in charge of following up on the labor insertion process.

Lizbeth Barrantes Arroyo, executive director of Conapdis said that "because of the work we have developed with the UTN, it was found that people with disabilities

who are looking for a job do not speak English. With the support of our regional head in the West, Giselle Rojas, it was coordinated with the university and managed with the Municipality of Alajuela to develop the program that we started today with people with disabilities that the municipality has in its employment program." Barrantes acknowledged the commitment of the National Technical University and the Municipality of Alajuela to improve, through the teaching of the English language, the possibilities of employability of people with disabilities.

What this program intends is to teach them English to facilitate their insertion into the labor market.



See original news in Spanish in: <https://www.utn.ac.cr/content/utn-imparte-programa-de-ingles-inclusivo-par-el-trabajo>

UTN And Banking System For Development Signed A Cooperation Agreement Framework.

Translated By Izabela Sepúlveda (ILE Professor)

The National Technical University and the Banking System for Development signed a Framework Agreement to establish the bases of a reciprocal cooperation that allows the agreement and execution of cooperation and coordination of processes and projects that are useful for both institutions, to promote national development.

UTN Chancellor Marcelo Prieto Jiménez, said that **this agreement will allow the university to develop multiple initiatives and cooperation projects to benefit the economic and social development of Costa Ricans.**

Prieto added that this agreement "will not only focus on the development of the incubation of technology-based companies that the UTN has wanted to undertake, but that it also has to be oriented towards SMEs and outside of the University. This is because its mission transcends beyond the traditional role of training professionals, and also must seek new channels so

that the knowledge that is managed in its academic core flows to society and is returned to the university to be fed back with new knowledge."

Miguel Aguiar, Executive Director of the Banking System for Development, declared that Costa Rica's current population is one of the most educated generations and it has more possibilities to undertake more ambitious projects that really generate economic growth and well-being. This is where the Banking System for Development has been building this important pillar of entrepreneurship and innovation.

Aguiar acknowledged that the Banking System for Development has been building its logic of articulation which this agreement with the UTN is a part of because if there is no integration among the private sector, the academy and the State, innovation is not possible nor the power to undertake and be successful.

See original news in Spanish in: <https://www.utn.ac.cr/content/utn-y-sistema-de-banca-para-el-desarrollo-suscribieron-convenio-marco-de-cooperación>

Uganda's Social Media Tax Is Leaving People Disconnected

By James Propa

The number of people using the internet in Uganda has dropped by more than 12 percentage points since July 2018, when the country's so-called "social media tax" was put into force.

Prior to the tax's implementation, 47.4% of people in Uganda were using the internet. Three months after the tax was put in place, that number had fallen to 35%.

The tax resulted from an Excise Duty Bill passed in parliament in May 2018, which allows Uganda Revenue Authority (URA) to tax users' access to IP-based over-the-top (OTT) communication services, including all major social media services. In practice, the rule has forced people to pay 200UGX or roughly USD \$0.054 per day for social media access.

President Yoweri Museveni and several government officials said this was **an opportunity to curb online rumor-mongering and generate more revenue** for the East African nation.

But for many, this is a violation of freedom of speech and a form of double taxation, as citizens already

pay a tax on data bundles to access the internet. Opposition members of parliament, journalists, activists and the general public argued that the tax would lock thousands of people out of online services — especially youth, who make up more than 70 percent of the population.

The tax was the subject of large-scale public protests in July and August 2018. During one protest against the tax, key opposition leader, activist and musician Bobi Wine said that the tax was enforced to oppress the young generation.

Global Voices also took part in advocating against the tax by holding a tweetathon for Ugandans and supporters across the region to speak out and raise awareness.

While some people have gone offline altogether, others are simply finding different and more affordable ways to connect. People are creating shared access points where one device pays the tax and tethers the rest as a WiFi hotspot, or relying on workplace and public area WiFi networks to access the services.



In addition to leaving Ugandans with less access to communication and diminished abilities to express themselves online, it has also affected economic and commercial sectors, where mobile money and online marketing are essential components of daily business.

Juliet Nanfuka of the Collaboration on International ICT Policy in East and Southern Africa (CIPESA) revived the call for a reassessment of the policy, citing stakeholders who have asked for "a more inclusive financial economy and digital society that does not discriminate or disenfranchise already marginalised and vulnerable communities." Time will tell whether these arguments take hold among government decision-makers.

Information taken from: <https://advoc.globalvoices.org/2019/02/09/ugandas-social-media-tax-is-leaving-people-disconnected-and-failing-to-meet-revenue-targets/>

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



Australian Court's Historic Rejection Of Coal Mine Highlights The Impact Of Climate Change

In a groundbreaking decision, a court has used the impact on climate change as one of the reasons for rejecting a new coal mine in Australia. The proposed Rocky Hill mine is near Gloucester in New South Wales' Hunter Valley. Chief Justice Brian Preston of NSW's Land and Environment Court said that the open-cut mine "would be in the wrong place at the wrong time."

Lawyers, lobbyists, academics, environmentalists and economists have responded online about the implications of the historic judgment.

Environmental law academic Justine Bell-James explored the future for climate-based litigation at The Conversation, concluding: "It is hard to predict whether his decision will indeed have wider ramifications. Certainly the tide is turning internationally – coal use is declining, many nations have set ambitious climate goals under the Paris Agreement, and high-level overseas courts are making bold decisions in climate cases."

The rejection of the mine may still be overturned by a legal appeal or government legislation. Howev-

er, the risks of climate litigation for international greenhouse gas emitters are unlikely to go away in the near future.

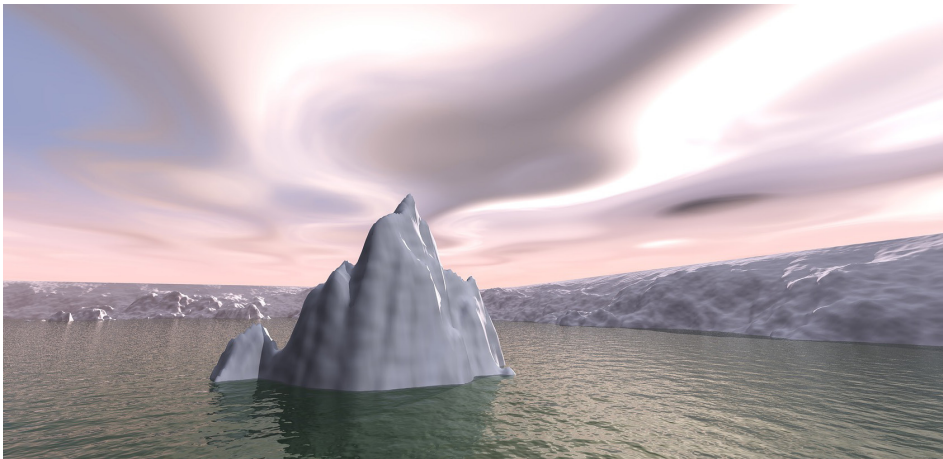


Information taken from: <https://globalvoices.org/2019/02/27/australian-courts-historic-rejection-of-coal-mine-highlights-the-impact-of-climate-change/>

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



Trump's Absurd Attempt To Use Cold Spell To Deny Global Warming



President Trump is using his tweets to make ridiculous statements claiming the cold spell hitting the nation now is more proof that global warming is not something we should worry about. The climate denier-in-chief ignores accepted scientific findings that it is precisely the rapid and dangerous warming of the Arctic that can push colder air further south into the lower 48 states. But scientific reports issued by the Trump administration itself and outside climate scientists contradict Trump's suggestion that global warming can't exist if it's cold outside. A look at his recent tweet on global warming:

TRUMP: *"In the beautiful Midwest, windchill temperatures are reaching minus 60 degrees, the coldest ever recorded. In coming days, expected to get even colder. People can't last outside even for minutes. What the hell is going on with Global Waming (sic)? Please come back fast, we need you!"*

THE FACTS: While the Midwest is in the grip of a chill that's setting records, Earth is still considerably warmer than it was 30 years ago and especially 100 years ago. The lower 48 states make up only 1.6 percent of the globe and five western states are warmer than normal. The Earth as a whole —

and it is global warming, not U.S. warming — on Tuesday is 0.54 degrees (0.3 degrees Celsius) warmer than the 1979 to 2000 average and 1.6 degrees warmer than it was on average about 100 years ago, according to data from the University of Maine's Climate Reanalyzer and NASA.

"This is simply an extreme weather event and not representative of global scale temperature trends," said Northern Illinois University climate scientist Victor Gensini, who is in the midst of some of the worst subfreezing cold. "The exact opposite is happening in Australia right now."

Australia is broiling with triple-digit heat that is setting records opposite the Midwest. Adelaide last week was 115.9 degrees (46.6 Celsius), setting the record for the highest temperature ever set by a major Australian city.

Trump is cherry picking cold weather to ignore the larger picture of a warming planet, said John Cook, a professor of climate change communications at George Mason University.

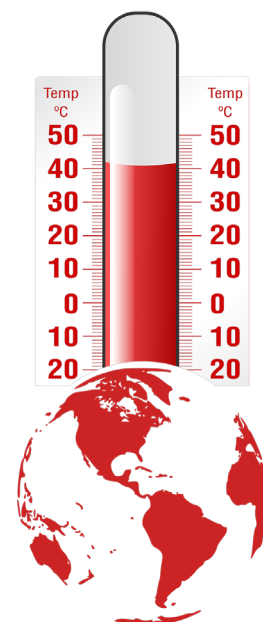
"This myth is like arguing that nighttime proves the sun doesn't exist," Cook said.

As far as how it affects people, Trump's own administration re-

leased a scientific report last year saying that while human-caused climate change will reduce cold weather deaths "in 49 large cities in the United States, changes in extremely hot and extremely cold temperatures are projected to result in more than 9,000 additional premature deaths per year" by the end of this century if greenhouse gas emissions continue to rise at recent rates.

Even with global warming, winter, snowstorms and cold weather will continue to exist, say scientists and the National Oceanic and Atmospheric Administration. That's because Trump is conflating weather and climate. Weather is like mood, which is fleeting. Climate is like personality, which is long term and over large areas the size of continents, hemispheres and the planet.

"In a warming world, you're still going to have unusually hot and unusually cold events happening in a particular part of the world," said Berkeley Earth climate scientist Zeke Hausfather. "Weather is not going away."



A Brief Review About Karla Sterloff

Written By Nydia Zamora and Translated by Olga Sánchez H.

Karla Sterloff is a writer, a psychologist and a teacher. She is the author of the books of rhymes: *Minor Species* and *The Breathing of Things*. Her first storybook is called *The Mordant*. This book reflects urban and feminine worlds of today's society, the contemporary Costa Rica, where the characters unfold in small city contexts.

For this work, the author received the National Prize Aquileo J. Echeverría. She also got the *Áncora* Prize in the stories category. In *The Mordant*, the themes impact for their humanity, in which the female figure even unintentionally, gains protagonism by the nudity of its actions. The constant use of literary figures and the profuse descriptions give great value to the narrative.

There are shocking and nail biting stories that invite to unravel the tangle of situations that occur. In most of her stories, the daily life of women is portrayed. Women who live common, but intense lives, with a pain of past experiences that is expressed with outcomes that confuse, but at the same time surprise the reader.

For instance, in "That is How Stories Were Told", in a coming and going populated with startles; the primal impetus of female sexuality, permeated by abuse, emerges. In other stories, like "The Guitar", highlight hidden and long-desired situations. For example, the pregnancy and the motherhood, which are the consequences of infidelity.

In the story called "Summer", maternity is questioned as an almost obligatory condition of women; and surprises with a final that confuses, but that leaves in the reader a rabid restlessness.

The stories possess a certain thread, with issues that might be perhaps recurrent. Although it seems that it is not a premeditated fact; it is as if lives of the characters forced such a circumstance. In the words of this writer, "literature is nourished by life", therefore the arguments of her stories suggest that they are obtained from the life of ordinary people, observed with sharpness and taken to literature.

The narrative plays a little with the verb tenses, the rhythms and the order. So you can perceive certain fragmentation in some of the stories. The previous perhaps with the idea of achieving without intending, an air of suspense to expand the information about the characters and the facts. It

is as if the present is paused and retouched after. The characters feel authentic what allows the interaction with the reader by means of descriptions and dialogues that are not abundant, but even so, they contribute to the effectiveness of the narration, as in the story "The Mordant", in which the anguish and loneliness of the woman is perceived, lost in an ungrateful and dark city, where: "the city sometimes lies, like boleros".

The tone in the stories is perceived intimately, in others, somber, loving, realistic, even melancholic. That is why the emotions of the protagonists lead the reader through a carousel of emotions without respite.

The book of stories "The Mordant", impacts the reader not only by the narrative resources, by a language that calls for a calm reading, but also because their stories disturb and in occasions they even confuse by the unexpected of an abrupt end.

Perhaps because of her poet's condition, the author provokes sensations through descriptions with overtones of poetic prose, in a painting of a daily current world, but one that catches the reader.

Almost all the stories are narrated in the first person in which the feminine theme predominates. In one of the stories, it deals with transvestism, but it does not seem like a denunciation, but as a well-taken care of literary exercise, with the eagerness to provoke reflection in the diligent reader.

The daily and random life of the characters hit by their rabid reality. The author tries with her stories, to poke the reader inside the life of ordinary women, worn out by the silence, the infidelity, the motherhood and the sexuality seen as an abrupt entrance to an urban society filled with worries and fears.

Many of these stories more than hurt, rabidly eaten the silence and hidden daily life of beings worthy of being brought to the literary light, with the object of, as expressed by the title and its etymological meaning, serve to fix in the mind of the reader, snippets of women's lives that like the acid that wears a plate, remains engraved in the retina of the reader.

The Negotiating Leader

By Gabriela Calvo (ILE Professor)



The topic of leadership has gained strength in recent times; nonetheless, it is not an organizational style that many companies have yet adopted. It is argued in the business context that it is not easy to find a true leader capable of moving an entire organization forward.

A leader is not just a person who runs an organization. A leader is someone who can influence people to achieve a common goal together. Furthermore, a leader is that person who motivates, listens, and understands employees and coworkers knowing that without the human talent, it would be simply impossible to achieve the proposed objectives.

Great leaders are great negotiators. Leaders who lack the ability to negotiate can find themselves losing deals or getting into situations that they might later regret.

A negotiating leader must have some distinguishing traits, which could be inbuilt or acquired. Here are just some of the characteristics a negotiating leader usually possesses.

Conflict solver: For a good leader, dealing with conflicts and negotiations represents a challenge, and coping with these situations will contribute to the well-being of his/her entire team.

Good communicator: Every good negotiator must be able to express himself/herself clearly to ensure the interest of the person or people with whom he/she is going to negotiate. A person with leadership must be very clear when expressing his/her ideas or requirements; therefore, his/her coworkers, colleagues or employees would carry out the assigned tasks in the best way.

Observer: A good negotiator usually looks at things and at people with great care and attention and captures aspects of them that may go unnoticed by other people. In the case of a leader, he/she must have the ability to perceive even small details that might generate conflicts within his organization at some point.

Enthusiast: A good negotiator faces every new

negotiation with enthusiasm in order to achieve the best possible result. A leader must project enthusiasm before any new challenge that is presented or assigned in his/her administration.

Persuasive: To achieve a successful negotiation, a good negotiator must have valid arguments to persuade his/her interlocutors. A leader must have well-supported arguments to reach agreements with his/her collaborators or clients effectively and efficiently.

Sociable: A good negotiator should like to relate to others. A leader must have the ability to establish good personal relationships with his collaborators, but at the same time set limits. He/she must be able to create an atmosphere of trust and camaraderie without falling into the extremes of favoritism or being very friendly not to make the necessary decisions in cases that might be required.

Respectful: Accepting and understanding that your interlocutor may have different ways of thinking and acting is another characteristic of a good negotiator. A good negotiator is respectful of those differences. In the labor field, a respectful leader should also keep in mind that his collaborators will have different ways of thinking, acting and resolving situations.

Professional: A good negotiator is a trained person. He/she does not run the risk of improvising; for every new negotiation, he/she is always well prepared. A leader must likewise be professional, competent in his/her work. If for some reason he/she does not have all the tools for the position or for the job, he/she must be professional enough to admit it, in the first place, and then look for ways to receive training or ask others better qualified for help.

These are just some of the features every good negotiator – a leader negotiator – should have. While many people may have all or some of these qualities as innate traits, many of them can also be learned or improved upon.

The Importance Of Reflection

By Thomas Galvez



During a summative assessment in traditional education, a student will usually do a test, write an essay, do an oral presentation, or complete an individual or group project to demonstrate their knowledge of the content delivered in the previous unit. The teacher then grades the assessment (with varying levels of feedback, depending on the teacher) and returns the assessment. The student looks at their achievement level (grade, percentage) and will maybe read through feedback given. The student or teacher then files the assessment, and the class continues on to the next unit at the end of which the process will repeat. Questions arise from this process:

- **Did the students really learn from any mistakes or problems encountered?**
- **Can they identify what led them to those unsuccessful moments?**
- **Are the students aware of what habits and frames of mind they used to be successful?**
- **Can the students articulate and project into the future how they will use and apply the content and skills learned?**

More often than not in traditional education, the answer to these questions would be "No." In order to turn the answer to these questions to "Yes" a distinct and required reflection process needs to be put in place. **Reflection is the process of thinking critically about one's learning experience** (both content and skills) and the thought processes used within the learning experience (metacognition). Most students won't reflect on their own. Reflection is a skill, so it's something that needs to be taught and given time for in class. Many teachers are weary of giving time for reflection because it will take time away from covering more content; others just

don't see the value in it. There is incredible value in reflection, however, especially if one of our goals as educators is to develop life-long learners. Even if that means reducing the amount of content being covered, giving students time to reflect will benefit them more in the long-term.

The Atlantic recently published an article where an empirical research study about the importance of reflection was presented. The study found that participants who were given time to reflect scored 23 percent better on the end of training assessment than those who were not given time to reflect. If the process of reflection will improve a summative result by this much, it seems like a no-brainer to include reflection in the learning process.

Ideally, reflective processes would be done throughout an entire learning process and would be shaped by the mode of thinking taking place at the time. Reflection would go hand-in-hand with formative feedback the teacher is giving during the learning journey. Reflection could be both written or oral. It could be done in the moment alongside the teacher and/or it can be done in isolation where a student can sit and study her experience and thought processes more intimately, presenting her reflection through whatever medium is suited to the context.

Here are some reflection questions put together by the 21st Century Learning Academy and made available by Edutopia that can help both students and teachers frame a successful reflection process.

Reflection shouldn't be a burden for the learner or the teacher. It should be a natural part of the learning process and students should understand its benefits. When built into the fabric of the learning experience, students will benefit from the process and put them on the road to being life-long learners.

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:

Has technology brought more advantages or disadvantages?

It has brought more advantages because today people think differently, people are more open-minded because they have access to all the information. In the past, people usually had access to only part of the information.

Kenneth Chaves

It is a double-edged sword. On one side, technology can help to improve people's lives and help the environment. On the other hand, depending how it is used, it can also damage them.

Mariam Aguilar

It has brought more advantages. For example, cell phones are indispensable tools for work; they also make communication with people all around the world possible and easy.

Guadalupe Muñoz

It has brought more advantages because we have the answer to almost everything in a few seconds. However, I think that technology has made people lazy.

Carlos Campos

Even though technology has a lot of positive aspects, it has contributed to the deterioration of face to face communication. Today, young people communicate more by texting than sharing and being together, so the emotional connection is not the same.

Yesenia González

Technology has undoubtedly brought more advantages. Information is accessible everywhere in just seconds. Automatization makes things simple in life and work, so people have more time to enjoy with family and relatives.

Carolina Agüero

I definitely think technology has brought more advantages, especially in the medical field where today doctors can work on very difficult surgeries that were impossible in the past.

Gioconda Soto

As everything in life, there are positive and negative aspects. In areas as communication and medicine, it is fantastic to use all the technology we have now. On the contrary, technology has also been used to create weapons and start wars.

Natalia Fuentes



It Is Forever

By María J. Solano (ILE Student)

It was Wednesday morning at 5:59 am. The sun rays were passing through the old-fashioned plaid curtains of Donda's window. They were not only burning Donda's forehead but also trespassing the orange screen of his eyelids. Don David, better known as "Donda," a 79-year-old retired man was both asleep and awake at the same time wrapped in his white wool blanket when the alarm clock went off at 6:00 am to pull him out of his dozy state.

Donda sat on the edge of his bed and turned off the deafening sound of his vintage greenish alarm clock. Slightly frowning, Donda was looking at his hands thinking how it was possible that the years have gone by so fast without having any mercy on him. The wrinkles in his hands were counting loads of unforgettable summers, and his chapped skin needed Amelia's favorite moisturizing lotion as soon as possible.

"Ah... Amelia," he mumbled.

Since she left, there was no more fresh cucumber lotion to scent the room. There was no one to take care of him as Amelia used to do it. No one to remind him to take his memory pills; no one to make him eat bananas for breakfast to increase his potassium level; no one to prepare coffee everyday at 4:00 pm sharp; no one to talk about how the cracking of his legs was actually growing increasingly important; no one who could stand the repertoire of bad jokes he has to tell before going to bed; no one who could stare at him and look directly into his eyes like Amelia used to do. Life was exceedingly tough and difficult without Amelia.

Amelia once told him that people should never leave sadness to take control over them. She also made him promise that if she left before him, he would continue doing all the hobbies they did together like the monthly visit to Amelia's favorite café. In spite of his melancholy, Donda knew that Amelia always looked for his happiness and well-being, so Donda started to follow Amelia's advice. In the end, it would keep him away from the wistful feeling that overwhelmed his heart at least once a day.

The café was tremendously special for Donda. It had been a witness of countless dates between Amelia and him. Once you got there, you could hear the crowded sound of people chatting. Glasses, dishes, cups, and spoons clanking all together just like a concert given by the kitchenware. You could also hear the coffee maker burbling, the blender mixing fruits and crushing ice at the same time, and all the stainless steel machines whirring synchronously without being too loud. Every time you opened the door, the coffee's aroma went squarely to your nose. Words were not enough to describe the scent of that place. The air was filled either with a woody smell of fresh coffee or with the aroma of caramelized brown sugar. Whenever you approached the counter, those aromas became more and more intense.

The confectionery and pastry section was a delight for the sight. Among the many different types of bread, cupcakes, biscuits, cookies, croissants, bagels, rolls, pretzels, and doughnuts, it was incredibly challenging to decide what to try first. You could easily notice not only the pleasant fresh-baked smell of bread but also the aroma of cinnamon, apricot, vanilla, and much more. Amelia's favorite appetizer was the chocolate cake, which she constantly craved for chocolate cake. Eating that soft spongy slice with fudge and yogurt cream filling was an entire pleasure for anyone, so walking into the café always brought a huge bunch of memories for Donda who was already sitting at the bar waiting for service.

"Good morning. What would you like to eat?"

"Hi, good morning. Can I have a slice of chocolate cake please?"

"Sure. Any drink?"

"Mmm... Yes. A cup of coffee, please."

"Immediately, sir."

Just like Amelia, Donda also had a real sweet tooth. Since she could not go with him anymore, the chocolate cake also became Donda's favorite dessert. It was so Amelia: so soft, so delicate, so sweet. Oh, Amelia! You have no idea how much I miss you! If I could only see you once again, I promise that I would give you all the chocolate cake in the world. Sometimes Donda felt that Amelia was there in front of him wearing her favorite blue dotted dress. He imagined Amelia with her rose lips, her white skin, her beautiful honey eyes, and her gray hair in a bun.

"Excuse me? Could you tell me how much is it?" Asked Donda to the waitress.

"One coffee, one piece of chocolate cake, two croissants, and one cinnamon roll. It adds up to a total of 3275, sir,"

she replied.

"Yeah, sure," said Donda while putting his hand in his pocket.

He was trying to find his wallet and the €3275 he needed when he suddenly realized that there was nothing inside the pocket.

"Just give me a second," said Donda with a giggle.

He tried all the pockets his pants had, but his wallet was not in any of them. He turned his head to the waitress who was already looking at him suspiciously and eerily. He was pale like marble and felt lightheaded.

"Is there any problem?" Asked the waitress raising an eyebrow.

Donda panicked and did not know what to do. He knew that if Amelia had been there, it would not have happened because she always remembered everything. He felt safe and confident with Amelia beside him.

"I don't have money. I can not find it," he said.

"Sorry?"

"Excuse me young lady, but I am afraid I am not carrying my wallet, I thought I—"

"Excuse me, sir! You must be kidding. Right?"

"Oh God, I wish I was kidding. I am really sorry."

Donda lowered his head in shame. He had never felt such angst before. However, an elderly woman who was next to him heard everything that was happening and approached them.

"€3275?" the lady asked.

"Yes ma'am." Said the waitress.

"Here you go!" she said, giving the waitress a bill and some coins.

Donda immediately turned around to see her. The elderly woman had the warmest smile he could have ever imagined.

"Oh my God! I feel deeply embarrassed! How can I compensate for your kindness?" Said Donda.

"Oh, don't worry! You don't have to! It has happened to me too! We are old! I can relate!"

"Well, let me tell you that you have become an angel for me today. God bless you Mrs."

"You're more than welcome!" She replied with a great smile.

The woman took the change, took her purse, and went out of the café. Donda thanked the waitress, stood up from his chair and followed her.

"Excuse me?"

"Yes?"

"Words can't express how grateful I feel about what you did."

"Oh, that's okay. As I said before, it could have happened to me too."

"Can I do something for you?"

"Well, would you mind coming with me while I wait for a taxi? It's kind of late."

"Yes, of course!"

A taxi was coming, and Donda signaled the taxi driver. The car stopped, and the woman got into it. Donda was looking at her through the window.

"Sorry, but before you leave, I would like to know your name," said Donda.

"Ohh David, that's not important. The important thing is that you owe me all the chocolate cake in the world. Remember? You promised it!" She replied with a bigger smile.

Subsequently, she winked, closed the window, and disappeared in the distance among the night lights and the cars. How was it possible that she knows my name? How can she know my thoughts? Donda had more questions than answers. He remained standing on the sidewalk for several minutes with a haunted look in his eyes trying to find a response.

"Amelia?..." he whispered.

Donda was unable to find out what really happened that day. What he really knew was that neither an emerging disease, nor a premature death, neither time, nor memories, or the lack of them, would make him forget Amelia, his true love. Even though she was no longer physically there, he could undoubtedly feel her in everything he did, and wherever he went.

Donda turned around and began to walk home with a mighty feeling of having shared a magical and unforgettable moment with something or someone that resembled as closely as possible to his beloved Amelia.

Technology Today

By Michael Granados (ILE Student)

Technology has brought great advantages to our lives such as broadening means of communication, shortening activities, and improving our health; however, each of these benefits correlate to disadvantages as well.

Cellphones make communication easier and faster for sure, but we have created a state of dependency in each one of us who uses a cellphone since we can carry it around all the time. And more importantly, we have come to the point of preferring to spend time using our phones rather than sharing with people when they are around us.

On the other hand, credit cards do make the paying process faster, but there are factors that could affect its speed such as expiry dates and potential risks of being hacked.

Finally, it is true that chemicals used in agriculture help preserve food for longer periods of time; however, they have negative impacts on people's health too, causing people to get sick and sometimes die.

In conclusion, anything that we create, and that is supposed to improve our lives and make specific aspects of our lives easier can also have a negative impact; therefore, the way to make things work out is by dealing with those disadvantages.

Advantages And Disadvantages Of Technology

By Christopher Venegas (ILE Student)

Over time, technology has evolved in such a way that it has let us live our lives in an easier way. However, certain disadvantages have come along regarding human communication, time management, and education.

One way in which technology has affected the way we communicate is how close we feel with others when using our devices. The incredible ability to communicate with someone over the phone or video calls has made us think that we no longer need human interaction. Sadly, it is now part of our culture to be more distant than closer to our loved ones.

Another problem is time management. It is very common to see teenagers, toddlers, and even young adults using a mobile phone pretty much all the time. We procrastinate just for the sake of having some joyful time, that in the end, is not even productive.

One more disadvantage is how education has been affected by technological changes. It is well known that many resources have been given for educational purposes. Nevertheless, how those resources have been implemented in class show that most of the time we do not really appreciate what technology has done for us. For instance, computers, projectors, internet access, and platforms are not being properly used. The problem is not the creation of those great inventions; the issue is the incorrect handling we give to them, and the fact that the tools do not receive proper maintenance.

Everything You Need To Know About the Radical Roots Of Wonder Woman

By Christopher Zumski

All these things are true about Wonder Woman: **She is a national treasure that the Smithsonian Institution named among its 101 Objects that Made America; she is a '70s feminist icon;** she is the product of a polyamorous household that participated in a sex cult.

Harvard historian Jill Lepore claims in her new book, *The Secret History of Wonder Woman*, that Wonder Woman is the “missing link in a chain of events that begins with the women’s suffrage campaigns of the 1910s and ends with the troubled place of feminism fully a century later.”



The hero and her alter ego, Diana Prince, were the products of the tumultuous women’s rights movements of the early 20th century. Here are 10 essential elements to understanding the history and legacy of Wonder Woman and the family from which she sprung.

Since that issue arrived 73 years ago, Wonder Woman has been in constant publication, making her the third longest running superhero in history, behind Superman (introduced June 1938) and Batman (introduced May 1939).

Wonder Woman’s creator had a secret identity.

Superheroes always have secret identities. So too did the man behind Wonder Woman. His name upon publication was Charles Moulton, but that was a pseudonym. It was after two years of popularity and success that the author revealed his identity: then-famous psychologist William Moulton Marston, who also invented the lie detector test.

William Moulton Marston was, as Jill Lepore tells it, an “awesomely cocky” psychologist and huckster from Massachusetts. He was also committed to the feminist causes he grew up around.

By 1941, Marston’s image of the iconic feminist of the future was already a throwback to his youth. He saw the celebrated British suffragist Emmeline Pankhurst speak in Harvard Square (she was banned from speaking at Harvard University) in 1911, and from then on imagined the future of civilization as one destined for female rule.

The Marston family was an unconventional home, full of radical pol-

itics and feminism. Marston lived with multiple women, including his wife, Sadie Elizabeth Holloway, a highly educated psychologist, and another lifelong partner, a writer named Olive Byrne, who was the niece of birth control activist Margaret Sanger. He had four children, two by each of the women, and they all grew up oblivious to the polyamorous nature of their parents’ relationships.

Marston, Holloway, and Byrne all contributed to Wonder Woman’s creation, a character that Marston explicitly designed to show the necessity of equality and advancement of women’s rights.

Princess Diana of Themyscira, or Diana Prince (Wonder Woman’s alter ego), comes from the land of the Amazons. In Greek mythology, the Amazons are an immortal race of beauties that live apart from men. In the origin story of Wonder Woman, Diana is daughter of the queen of the Amazons. She’s from Paradise Island (Paradise is the land where no men live), where Queen Hippolyta carves her daughter out of clay. She has no father.

She comes out of the feminist movements of women’s suffrage, birth control, and the fight for equality. When Marston was working with DC Comics editor Sheldon Mayer on the origins of Wonder Woman, Marston left no room for interpretation about what he wanted from his heroine.

“About the story’s feminism,” historian Lepore writes, “he was unmovable. ‘Let that theme alone,’ Marston said, ‘or drop the project.’”

The injustices that moved Wonder Woman to action did not just take place in the world of fantasy heroes and villains, nor was she only about women's rights. **She also fought for the rights of children, workers, and farmers.**

In a 1942 issue of *Sensation Comics*, Wonder Woman targets the International Milk Company, which she has learned has been overcharging for milk, leading to the undernourishment of children. According to Lepore, the story came right out of a Hearst newspaper headline about "milk crooks" creating a "milk trust" to raise the price of milk, profiteering on the backs of American babies.

For the Wonder Woman story, Marston attributed the source of this crime to Nazi Germany. But the action Wonder Woman takes is the same as the real-life solution: She leads a march of women and men in "a gigantic demonstration against the milk racket."

In the years that Marston was writing Wonder Woman, bondage was everywhere. "In episode after episode," Lepore writes, "Wonder Woman is chained, bound, gagged, lassoed, tied, fettered, and manacled." Even Wonder Woman herself expressed exhaustion at the overuse of being bound: "Great girdle of Aphrodite! Am I tired of being tied up!" she says.

There's little doubt that the sexual proclivities of the Marston family were in part responsible for this interest. A woman named Marjorie Wilkes Huntley was part of the Marston household—an "aunt" for the children, who shared the family home (and bedroom) when she was in town. Huntley was fond of bondage.

The theme was so persistent that an Army sergeant who was fond of the erotic images wrote to Marston asking where he could purchase some of the bondage implements used in the book. After that, DC Comics told Marston to cut back on the BDSM.

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But that bondage was not all about sex.

The bondage themes in Wonder Woman are more complex than just a polyamorous fetish, though. Women in bondage was an iconic image of the suffrage and feminist movements, as women attempted to loosen the chains that bound them in society.

Cartoonist and artist Lou Rogers drew many women in bonds, and Margaret Sanger appeared before a crowd bound at the mouth to protest the censorship of women in America.

Later, Margaret Sanger's Birth Control Review would use a similar motif. One cover image had a woman chained to the weight of unwanted babies.

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After the death of William Moulton

Marston in 1947, DC Comics took the feminism out of Wonder Woman and created instead a timid and uninspiring female character. "Wonder Woman lived on," Lepore writes, "but she was barely recognizable."

The first cover not drawn by the original artist, Harry G. Peter, "featured Steve Trevor [Wonder Woman's heretofore hapless love interest] carrying a smiling, daffy, helpless Wonder Woman over a stream. Instead of her badass, kinky red boots, she wears dainty yellow ballerina slippers," Lepore observes. Without her radical edge, Wonder Woman's popularity waned until the rise of second wave feminism in the '60s and '70s, when Wonder Woman was trumpeted as an icon of women's empowerment.

In a 1943 story, Wonder Woman is actually elected President of the United States. Marston was adamant that a woman would one day rule the United States, and that the world would be better when civilization's power structures were in the hands of women instead of men.

Wonder Woman's popularity soared as the feminist movement picked up in the late 1960s. Wonder Woman appeared on the first issue of *Ms. Magazine*, in 1972, with the headline "Wonder Woman for President." At that time, Gloria Steinem said of Wonder Woman, "Looking back now at these Wonder Woman stories from the '40s, I am amazed by the strength of their feminist message."

Wonder Woman is in for a great couple of years. *Ms. Magazine* just celebrated its 40th anniversary, and Wonder Woman is back on its cover. Jill Lepore's book has been getting wonderful coverage (see her on *The Colbert Report* below discussing the kinks of the Marston Family), and Noah Berlatsky's *Wonder Woman: Feminism and Bondage in the Marston/Peter Comics* was published in January.

JERSEY SHORE, NEW JERSEY



Probably the most famous and popular destination in New Jersey, the Jersey Shore is a popular oceanfront escape for landlubbers of Metro New York and the Delaware Valley, as well as parts of Maryland, Virginia and even the Canadian province of Quebec.

For New Jerseyans, heading 'down the shore' (never 'to the beach') is a classic summer tradition that sometimes stretches back generations.



Many families own, or more often, rent shore houses and stay for a week or two in the summer months of June, July and August. Towns along the coastline vary from large-scale, flashy, amusement-based boardwalks to smaller, quiet and laid-back seaside communities.

See

Summer after summer, the Jersey Shore lures travelers with its blue skies, refreshing breezes and 204 km of beautiful, white sandy beaches. It is one of the most desired year-round travel and vacation destinations on the East Coast. For the excitement of fun and fast nightlife,

there's Atlantic City with its many casinos and night clubs. For laid back family fun, enjoy famous boardwalks like Wildwood, and Ocean City. Whether it's Sandy Hook, Cape May or one of the diverse shore areas in between, you'll find world-famous resorts, an abundance of historical sites, legacies and breathtaking scenery at the Jersey Shore.

Barnegat Light. "Old Barney" is located 45 miles south of Sandy Hook, at the north end of Long Beach Island, at Barnegat Inlet. This 12 m tower stands in a well-maintained park, and the is open daily for climbing. edit

Monmouth Battlefield State Park — Site of a 1778 battle in the Revolutionary War. There is typically a reenactment of the battle in mid to late June.

Island Beach State Park. 16 km of undeveloped barrier island. You can enjoy the swimming beach, surf fishing, hiking, wildlife viewing, and kayaking. There is an entrance fee of \$5.00 - \$10.00 per vehicle depending on the season.

Sandy Hook Lighthouse — the nation's oldest lighthouse still in operation. Constructed in 1764 to curtail growing number of shipwrecks.

Ghost Tours — tour haunted areas in Ocean City

Dune Walks — Avalon has one of the only remaining high dune systems on the east coast. Guided Dune Walks are offered by Wetlands Institute staff

Sandy Hook Lighthouse

Twin Lights of Navesink, Navesink.

--a double lighthouse that sits like a fortress over the northern tip of the Jersey Shore. Complete with a canon, a tower to climb, a huge rotating light beacon, a museum, and, of course, a gift shop, a visit to the Twin Lights will be sure to interest visitors of all ages. The Twin Lights is so named because it is two lighthouses attached to one structure. One of the lighthouses, the North Tower, is open regularly for visits; the other, the South Tower, only on select occasions, such as the NJ Shore Lighthouse Challenge.

Eat

When you travel to the New Jersey Shore you will find every type of cuisine. Between cafes, restaurants, and boardwalk shops, one can find exotic international delights, gour-



met specialties, seafood, steaks, vegetarian, all American cuisine and traditional takeout.

Upon visiting the Jersey Shore, it is necessary to try a Pork Roll sandwich. Pork roll is a breakfast meat rarely found anywhere except New Jersey and Philadelphia. A common pork roll treat is the "Jersey Shore Breakfast" which consists of pork roll, egg and cheese often on a bagel or english muffin.

One big thing about visiting the Jersey Shore and its many boardwalks, promenades and snack bars is that anything can be fried, and it will be delicious. Oreos, candy bars, twinkies and those amazing intertangled webs of dough we know as funnel cakes can all be enjoyed down the shore.

DISCOVERING TECHNOLOGY

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Image Items

Images add color to the story, but more importantly, if well chosen, they compliment, add depth and meaning to words. There are many images out there on the web that are waiting to be added to your story (we accept all common formats jpg, jpeg, gif, png). For more tips on how to do an image search, [click here](#).

Of course, the higher the resolution, the better! Small images can, on the other hand, make the story seem somehow unfinished.

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Create stories with links to resources and quick quizzes to test students' learning.

Embed a Sutori story in Study Direct and develop it throughout the module (for help with embedding in Study Direct contact tel@sussex.ac.uk).

Let students create a Sutori story as a different form of presentation – including quizzes for their peers.

What are the alternatives?

Here are some alternatives to Sutori you may want to look at:

- [TikiToki](#)
- [Storify](#)
- [StoryMap](#)

Conclusion

You can find many more free digital tools which can be useful in learning in our [A-Z of apps](#). University of Sussex staff who would like help with using Sutori or to discuss how this or any other digital tools could help in teaching or learning can contact the TEL team.

Did you know?



Colonial map of Boston. It's changed quite a bit hasn't it?

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3

DISCUSSIONS & FEEDBACK

Take advantage of the comments feature and get your students to engage in the content. As a teacher you can participate and moderate these comments.

Also, if a student is in your list of students, you can automatically provide feedback on their work.

Beware The Ides Of March

By Shelby Brown



Common sense doesn't rule our daily lives; culture and habit do. Proof lies in the Roman method of describing calendar dates. You could not make this more unreasonable if you tried.

Every month had an Ides (**Idus in Latin**), signifying a day (although, to complicate things, the noun is plural) in the middle of the month...sort of. In the longest months—in the calendar that Caesar reformed only a few years before his death—there were 31 days in March, May, July, and October, and the Ides fell on the 15th. In all the other (shorter) months, the Ides fell on the 13th.

At any rate, the Ides per se were not all that special, but they got a lot of attention after Caesar's assassination.

Despite Caesar's fame, the only reason most of us have heard of the "Ides of March" (now that everybody doesn't have to read Latin) is that Shakespeare made them famous in his play *Julius Caesar*. In real life, did anyone ever really say to Julius Caesar, "Beware the Ides of March?" Not exactly.

Roman sources such as Suetonius, Plutarch, Cicero, and Valerius Maximus report that an Etruscan soothsayer named Spurinna warned Caesar about danger on (or leading up to and including) the Ides. Plutarch's *Lives of the Noble Grecians and Romans*, published in translation in 1579, was especially popular. The text was first translated from Greek into French, and then by Thomas

North into English, so the ancient text was a bit diluted by the time it influenced Shakespeare.

It was probably Shakespeare's decision to turn Spurinna into a mysterious figure in a crowd—issuing a clipped command about the Ides, in a loud shrill voice—that kept the term active (**Act I, Scene II**).

How did the soothsayer Spurinna know the Ides would be a bad day for Caesar? Roman soothsayers were in the business of checking out omens and portents in order to identify lucky and unlucky times for private and public activities. **This particular seer is identified in ancient sources as an haruspex, one who could assess the good or bad implications of the entrails of sacrificial animals.** The name Spurinna is Etruscan, and Etruscans were known for their skills with guts.

Livers and other organs were read for signs of divine approval or disapproval. Discoloration, defect, oozing, bad smell, failure to burn properly, and many other clues provided indications of divine ill will, and different regions of an organ might point the interpreter in different, usually bad, directions. However, the details of this once-essential practice are now mostly lost.

In hindsight it might seem a bit odd for Caesar to have disregarded the warning about the Ides, but the dictator had in fact discounted many a divine warning

before, including plenty of bad news about the Ides...keeping in mind that many of the reported omens probably came later, with hindsight. He followed protocol, but often didn't believe in, or just thought he was above, the negative messages from the gods.

One bad sign did worry him. The night before the Ides, his wife had a dream about his bloody murder that upset them both. This delayed his attending the Senate the fateful morning of his death, but his friend Decimus Brutus—confusingly, not his more famous, deceitful friend Marcus Brutus—ridiculed seers and dreams and talked him into coming to the meeting place (Plutarch, 64.2–5). There he was stabbed 23 times (Plutarch, 66).

As Caesar entered the Senate, he supposedly said to Spurinna, "You realize the Ides have come?" (As in, "How good a seer are you?") Spurinna's reply: "You realize they have not yet gone?" (As in, "Just wait!") That swift retort, more dramatic in the ancient sources than the third-person statements of warning, also survives in Shakespeare (**Act III, Scene I**), but is not as famous.

To read *Julius Caesar* and learn more about the Ides of March, go to:

[JULIUS CAESAR](#)



“English For You CR” Presents, Restating Your Ideas



Sometimes when we're speaking in English we need to **clarify** or **correct** what we're saying. We could also need to **reformulate** our sentences **to make ourselves clearer**. The following phrases can be used to restate your ideas, using them as the beginning of a new sentence.

For your listener, it will be easier to understand you.

For example:

- What I mean is...
- In other words...
- Let me put that another way...
- What I'm trying to say is...

Let me explain myself again...

Be sure to learn two or three of them, and to insert them in a conversation when you think your listener is not following your ideas.

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<http://www.EnglishforYouCR.com> and www.facebook.com/english.foryoucr

petrichor

-(noun) a distinctive scent, usually described as earthy, pleasant, or sweet, produced by rainfall on very dry ground.

EXAMPLE:

I surfaced from the tunnel in a shack, where the air was close and smelled of petrichor.

<https://www.dictionary.com>

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Camel Racing In Umm Al Quwain

Umm Al Quwain, one of the 7 members of the United Arab Emirates, covers an area of 800 square kilometres and stretches from the beautiful, lush green coastal mangroves lining the shores of the Persian Gulf, inland across the rolling sand dunes to the fertile oasis surrounding Falaj Al Moalla.

Going inland, the road to the Camel race track at Al Labsa affords an exceptionally pretty drive. This lovely race track is set in the lee of large dunes to the left of the road leading to Falaj Al Moalla. During the winter months, the camels race early in the morning on Thursdays and Fridays and spectators are welcome. Camel caravans are a familiar site crossing the desert from one race track to another. The dunes in this area, interspersed with wooded dales, provide a challenging terrain for off road desert drivers or as they are commonly called “dune bashers”. They also offer some of the most picturesque desert camping spots in the emirates promising an unforgettable night under the Arabian stars. Group camping trips can be arranged.

Camel Racing is a popular sport in the UAE and there is a race track at Al Labsa. Spectators are welcome to watch the thrilling races on Thursdays and Fridays in the cooler months. You may also spot camel caravans moving across the dunes as the camels are moved between race tracks.

Information taken from: https://en.wikivoyage.org/wiki/Umm_al_Quwain

Photo credit: <https://pixabay.com/es/>