

Happy Birthday
The ILE Post

Stop Memorizing
and Start Reading

Engrade

Bibliotherapy

Happy Left Handers Day

cover page



This month, our cover page is dedicated to ourselves. Yes, as you hear it. The ILE Post is celebrating its second anniversary, 24 editions full of color, good stories, interesting news, a little bit of humor, technological tips, and above all, commitment and dedication to offer valuable information for all. We are blowing out our second year candle with our hearts full of pride. We promise to continue looking forward to becoming better day by day. To all our readers: THANK YOU for your support. All of you deserve a piece of this virtual cake.

(Picture taken from Fotopedia:
http://es.wikipedia.org/wiki/Adidas_Brazuca#mediaviewer/Archivo:Adidas_Brazuca.jpg)

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



<https://www.facebook.com/utnile>

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EDITORIAL

Happy Birthday The ILE Post

Our anniversary is a time to look back at the good times and a time to look ahead to live our dreams together.



ILE, you have a little something you can be proud of this month. You have kept a magazine going for 2 years. In July 2012, the first issue of **The ILE Post** was first published. It seems like only yesterday we were planning this magazine.

Being a part of something bigger than you can mean taking for granted the hard work that no one else gets to see. Choosing a topic, taking pictures, attending different events, contacting collaborators are just a few of them.

The ILE Post started from the desire to fill a need we saw. On one side, we considered it very important to communicate what teachers and students were doing; on the other hand, we wanted to create a space for people to express and share academic and artistic work.

In these two years, we have found a little bit of it all. While there seems to be people who do not understand the importance of this kind of project in a university, there is a little group of loyal collaborators who are always willing to give us a hand.

We hope in the future more voices will be added, more ideas will be sparked, and more collaborations

and work will be produced to continue with this ever-growing project.

We think that with our different sections about language, technology, news, traditions and celebrations we have delivered to a broad and varied audience. The ILE Post is alive. New sections are born on comments and recommendations the only goal being to offer valuable, useful information for everybody.

Today, as the person in charge of **The ILE Post**, I want to thank the ILE Director Jose Soto who has supported the magazine since day one when we sat down to write down the document that gave birth to the magazine; in addition, I want to thank the UTN authorities who so far have believed in our work, and all awesome contributors who monthly submit articles, poems, stories, pictures. Furthermore, I have to especially thank Niki Sims who has helped us during the last year with the final grammar and style edition. Finally, to all of you who read us, thank you for making this birthday possible. Your support has kept us going, and inspired us to work harder in order to offer a better magazine every month.

UTN NEWS

Marketing Projects of ILE Entrepreneurs

By Jose Soto (ILE Director)

Innovative, creative and smart products were presented by ILE students at their final Project for English for commerce and business course. Every year, professor Marlin Perez gets her students to come up with the most brilliant products and services based on principles and procedures of marketing. Even though the course takes them through the language of business in the market world, the students develop a considerable marketing plan for a product or service. This time, the presentations ranged from a clever secret can container to quail eggs. The honored guest was M.A. Cristina Dallanese, professor at the Finance and Accounting major.



The presentations included the main marketing elements of a product. The first group of students proposed a line of elements based on re-cycling materials for jewelry, safe boxes, coin holders under the name Second Chance, (<https://www.facebook.com/Secondchanceutn>). Another group had an interesting proposal for a family company devoted to producing quail eggs. They

go with the name "GoVa", who also offered some delicious samples of their product along with the actual selling of quail egg boxes.



Recycling products were the main raw material in these projects where the "wooden world" venture featured an interesting plan to export souvenir products to Central America.

Finally, Madecita marketing project closed the night with student Madeleine Garmendia in her solo presentation. As an activist, ecologist, photographer, entrepreneur but mainly a dreamer, she presented her creations of bags, scarves and some other interesting objects. You may visit her at <http://www.madecita.com/>.

The evening closed with a deep sense of achievement and gratitude towards professor Marlin and the guest professor Dallanese who said she was amazed and thrilled at such wonderful, creative and most importantly professional proposals for the course of English for Commerce and Business in Marketing.

UTN NEWS

More than Proud

One of the objectives of any major is to produce professional people who can get a job and become part of the Costa Rican work force. Taking into account this goal, the ILE major can take pride in student who have received positions in different institutions. Here, there are three ILE students who are teaching at CCCN.

Abigail Molina

Abigail is from Ecuador. She began classes in January 2012, and she is a current student. She will finish in May 2015.



Why did you decide to teach?

I really wanted to know how it was. I felt it was a call. Since I was a child, I saw my mother teaching, and I taught children what I knew about the Bible because I liked it, and I remember feeling such a satisfaction that it was worthy to help people get interested in learning, to provide them tools to use for life and inspire them.

Are you satisfied and happy with the ILE program?

I think that it is a complete and well structured program. Teachers are excellent. I am happy because I know I am prepared for the work field. When I go to a job interview I am not afraid because I know the English level of UTN students is remarkable; of course, there are some things that could be improved. I think ILE is a major that gives you tools to be competent in different jobs, and makes you aware of a culture that is in every single country nowadays.

Would you recommend UTN to think about opening an English as a Second Language Teaching program?

Yes. Students need it. Those who want to become teachers would be pleased, and would not have to move to another university to get a degree in teaching.

What piece of advice would you give to some other students like you who want to teach in a future?

Get ready! "Education...is painful, continual and difficult work to be done in kindness, by watching, by warning, by praise, but above all -- by example." -- John Ruskin.

Fernando Céspedes

Fernando is from Poás. He began classes in January 2011 and finished his bachelor degree in December 2013.



Why did you decide to teach?

I was influenced, somehow, by all the teachers who, for good or bad, marked my student's life. Back in high-school, I warmly remember a very special one, Wendy Herrera, my Conversational English Teacher during 3 years (to whom I will always be grateful). This former teacher along with other amazing high school teachers made me feel that teaching was much more than meets the eye. At U.T.N, the marvelous staff of I.L.E finally gave me the final "push" into the right direction.

Are you satisfied and happy with the ILE program?

Yes, I am. The program made me feel that no area of English was left behind. Speaking, Writing, Reading, Intercultural Communication, and Idiomatic expressions are some fully-developed areas that I can mention off the top of my head.

Would you recommend UTN to think about opening an English as a Second Language Teaching program?

Yes, I would. It is necessary that the UTN finally opens a plan for those prospects of teachers waiting for a chance to shine.

What piece of advice would you give to some other students like you who want to teach in a future?

Go for it! Ask teachers about their experiences, memories, and be part of this wonderful life-changing adventure! Remember: Teaching creates all other professions!

Carlos González

Carlos is from Atenas. He began classes in January 2011 and finished his bachelor degree in December 2013.



Why did you decide to teach?

Once, during my second year at ILE, professor Aaron Torres asked the class to prepare a small presentation to explain different grammar aspects. Everyone presented the traditional exposition with written rules in a poster. I decided to do something different. I took some markers and explain everything by myself using the whiteboard, providing examples with each of the rules. Once I finished, prof. Aaron congratulated for my performance. I was excited. That day I discovered that teaching was "my thing".

Are you satisfied and happy with the ILE program?

You bet I am! I still have most of the copies and booklets that were provided by teachers during my years at ILE. I check them out once in a while, and all I can see is a really complete program which covers all the necessary areas for a student to effectively acquire and learn the English Language. People behind ILE should feel really proud of the program they have implemented. In fact, I have been recommending ILE as the best option to learn English. ILE has an outstanding staff, the best schedules, remarkable technology (English Labs), and as previously mentioned an exceptional program that must be taken into account by everyone who is considering learning English as a Second Language.

UTN NEWS

Improving Quality at UTN

On August 13th and 19th, the Academic Evaluation Department offered the conference: Quality Assessment and Evaluation. UTN authorities are aware of the importance of assessment as being at the heart of the educational process. Several important topics were explained and discussed for about six hours in which there was interesting brainstorming. Several teachers had the chance to express their ideas, giving organizers the chance to understand the academic perspective, as one of those who deal daily with students.

Another predominant aspect present during the presentation was the difficult role of educators in our society. The requirements of life in modern society constantly become more demanding and change continuously at an increasing rate. This change is most visible in the use of technology, but is also in social structures, occupational pressures and leisure pursuits. All this puts a new emphasis on skills such as adaptability, the location and evaluation of information, decision making, understanding risk and team building. It also requires a disposition to adapt to, or even welcome, change.

During the activity, an Auto Evaluation Commission was formed at UTN main campus in Alajuela. The Commission is formed by:

- ▶ Dean Emmanuel González
- ▶ Academic Director Xinia Castillo
- ▶ Planning Director Luis Guillermo Alvarado
- ▶ Purchasing Management Director Eduardo Selva
- ▶ Registration Department Head Gilda Jiménez
- ▶ Professor Ana Cecilia Odio
- ▶ Professor Ana Magali Salazar
- ▶ Professor Gerardo Molina

This commission will have the objective to coordinate and promote the Internal System of Quality Assurance, or SIAC) for its acronyms in Spanish (Sistema Interno de Aseguramiento de la Calidad).

At the end of the session, Presenter Jose Rugama said: "One aim of this activity is to promote a more serious commitment to quality improvement in the delivery of knowledge. This, we believe, will contribute to a more advanced system of quality management. In higher education, this means the quality of how we assess students, staff, institutions and systems."

WORLD NEWS

Actor Robin Williams Dies at 63

From an eccentric alien to an animated blue genie, a loveable British nanny and a fatherly therapist, actor Robin Williams used his multi-layered brand of comedy to make people laugh.

But behind the boyish exuberance and hyperactive energy was a sensitive man who lived to perform in front of a crowd, friends and colleagues of the actor said following his death from an apparent suicide on Monday August 11th. The actor Robin Williams tried to cut his wrist and hanged himself in a bedroom of his San Francisco Bay Area home after struggling with depression, officials said on Tuesday 12th.

His wife, Susan Schneider, likely was home at the time but was unaware, Keith Boyd, a Marin County sheriff's lieutenant, said.

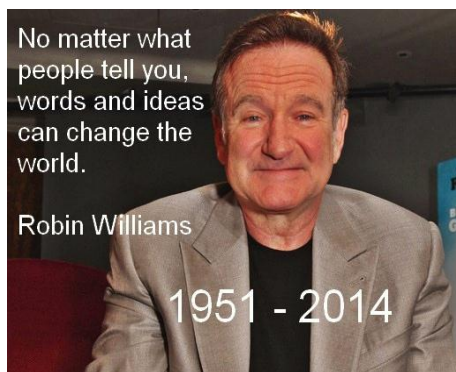
Williams was last seen alive by Schneider on Sunday night when she went to bed, Boyd said. She woke up the next morning and left, thinking he was still asleep elsewhere in the house.

Shortly after that, Williams' personal assistant came to the Tiburon home and became concerned when Williams failed to respond to knocks at a door. The assistant found the 63-year-old actor clothed and dead in a bedroom.

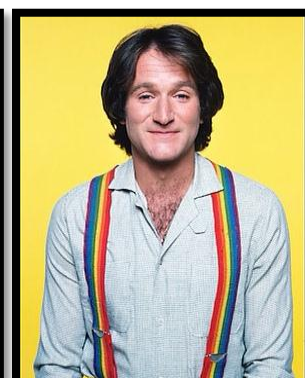
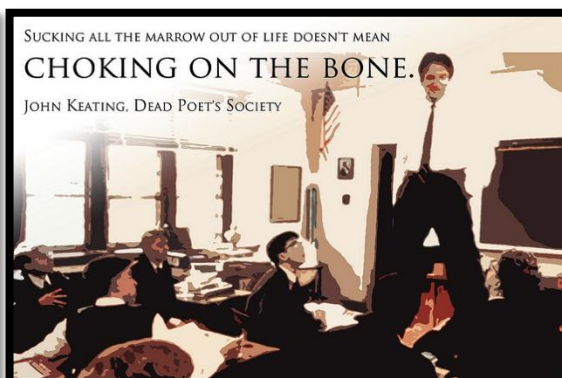
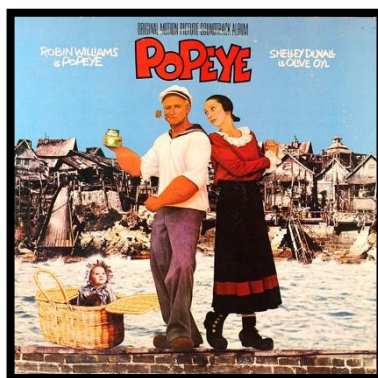
Boyd said all evidence indicated the star of dozens of films committed suicide.

But he said a final ruling would be made once toxicology reports and interviews with witnesses were complete.

The condition of the body indicated Williams had been dead for at least a few hours, Boyd said. Williams also had superficial cuts on his wrist, and a pocketknife was found nearby.



Some of his many famous characters include: Popeye, Mr. Keating and Mork.



(Information taken from: <http://mwcnews.net/news/americas/44747-robin-williams-death.html>
 Image taken from: https://farm6.staticflickr.com/5570/14895426922_a730e54bec_z.jpg
 Popeye: https://farm3.staticflickr.com/2670/3976392071_4abb5167c5_z.jpg
 Dead Poets' Society: https://farm4.staticflickr.com/3748/11232929964_d230bb53b8_z.jpg
 Mork: https://farm4.staticflickr.com/3861/14704227590_4507c79c50.jpg)



WORLD NEWS

Iranian the First Woman to Snare Math Prize

Iranian mathematician Maryam Mirzakhani has become the first woman to be awarded the Fields Medal, mathematics' equivalent to the Nobel Prize.

The professor at Stanford University in California was among four Fields Medal recipients at the International Congress of Mathematicians held in Seoul, and the first female among the 56 winners since the prize was established in 1936.

"This is a great honor. I will be happy if it encourages young female scientists and mathematicians," Mirzakhani was quoted as saying on Stanford's website.

"I am sure there will be many more women winning this kind of award in coming years," she said.

Mirzakhani was born in Tehran and lived there until she began her doctorate work at Harvard University. She said she dreamed of becoming a writer when she was young, but she pursued her enthusiasm for solving mathematical problems.

"It is fun - it's like solving a puzzle or connecting the dots in a detective case. I felt that this was something I could do, and I wanted to pursue this path," she said. Mirzakhani was recognized for her work in understanding the symmetry of curved surfaces.



According to Stanford, the work could have an impact on the theoretical physics of how the universe came to exist.

"On behalf of the entire Stanford community, I congratulate Maryam on this incredible recognition, the highest honor in her discipline, the first ever granted to a woman," said Stanford President John Hennessy on the university's website.



(Information and image taken from: <http://mwcnews.net/news/americas/44717-snare-maths-prize.html>)

WHO Declares Ebola Epidemic an International Health Emergency

West Africa's Ebola epidemic is an "extraordinary event" and now constitutes an international health risk, the World Health Organization (WHO) said.

The Geneva-based U.N. health agency said the possible consequences of a further international spread of the outbreak, which has killed almost 1,000 people in four West African countries, were "particularly serious" in view of the virulence of the virus.

"A coordinated international response is deemed essential to stop and reverse the international spread of Ebola," the WHO said in a statement after a two-day meeting of its emergency committee on Ebola. The declaration of an international emergency will have the effect of raising the level of vigilance for transmission of the virus.

The agency added that while all states with Ebola transmission – so far Guinea, Liberia, Nigeria and Sierra Leone – should declare a national emergency, there should be no general ban on international travel or trade.

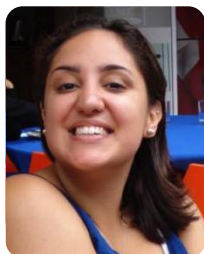
The WHO said the current outbreak was the most severe in the almost 40 years since Ebola was first identified in humans.

(Information taken from: <http://cyprus-mail.com/2014/08/08/who-declares-ebola-epidemic-an-international-health-emergency/>)

THE ILE ETHOS

Stop Memorizing and Start Reading

By: Natalie Nazar (PIT Professor)



As a high school writing and literature teacher in the United States, I often get asked how students can improve their test scores on the standardized entrance exam for college. As an English language assistant teacher, students will often ask how they can improve their language skills. My answer in both situations remains the same: read. Reading, a skill we learn as children and use every day yet at the same time is our most under-used ability. Yes, we read every day; we read text messages, street signs, comments on Facebook and Twitter, and the occasional article on a website. However, a reading culture is still lacking in our society even though studies demonstrate that sustained reading for a minimum of twenty minutes a day greatly improves one's language skills. So you may be wondering what's the big deal with reading? Why bother with the book when you can just watch the movie? Movies and oral communication and comprehension have their legitimate place in language learning. The difference comes when we understand the importance of words in books versus in movies. It is estimated that a person who reads for twenty minutes a day comes in contact with over 1 million words over the course of a year. Yes, many of the words are probably repeated and already known (think: prepositions, articles, etc.). However, perhaps you come across a word you already knew but used in a different context or you find synonyms for commonly used words. For example, did you know that there

at least 15 different ways to say the word "said"? Every once in a while, you will come across a word you had no idea even existed which adds to your own personal knowledge and lexicon. In addition to learning new words, think about all the difference sentence patterns a reader comes across. The poet E.E. Cummings doesn't use a single punctuation mark in his poetry. I personally find Ernest Hemingway to have overly detailed sentences while J.K. Rowling employs relatively easy to follow sentence structures. There are literally thousands of ways to manipulate and arrange words and punctuation marks in order to get a point across and they can be at your disposal by simply observing what other writers do.

Vocabulary isn't the only thing one can gain from reading. One of the richest and most wonderful things about reading is the exposure to different cultures, ideas, and lifestyles. You can get a vivid and painful first-hand look at what it was like for Germans who were Jewish sympathizers during World War II in Markus Zusak's *The Book Thief*. We get a glimpse into the austerity of English society in Jane Austen's *Pride and Prejudice* and we come to know the anguish of living with a mental disability in Sharon Draper's *Out of My Mind*. The three works mentioned are fiction; yet, they provide a profound glimpse into worlds outside our own. Aside from all the realistic elements found in books, every once in a while, it does the brain a little good to get lost in the fantastical element of vampires, ghosts, aliens, and futuristic societies. Often these fictional works highlight critical

THE ILE ETHOS

elements in our reality that need to be analyzed and deserve careful reflection.

Reading opens doors into which the reader can come in contact with different perspectives and worldviews, be forced to reflect on his or her own values, and acquire new language elements without ever leaving the comfort of the living room sofa. It is an act which stimulates the brain, the

imagination, and the consciousness by showing us new ways to manipulate language, forcing us to create imaginary worlds using only the words on the paper, and giving us a view into another way of thinking. Therefore, stop memorizing vocabulary lists and pick up (or download) a book.

Why is Finland Successful in Education?

By Eugenia Gonzalez (ILE Professor)



Finland is today one of Europe's richest and most successful nations. In fact, according to the World Economic Forum, Finland has the world's most competitive economy.

Moreover, Finland's educational system is one of the best in the world and generates people with the right skills to succeed. This country also has one of the world's most literate societies. According to Finland's 2010 statistics, more than 98% of students attend preschool classes, 99% complete basic education and 94% of the students who start secondary school graduate (Brown, 2005). Teachers are greatly respected. Being a teacher in Finland is recognized as being a surgeon or diplomat in our Latin American countries. Then, when we analyze that information, an interesting question arises: what are they doing to get those results in the educational field? There are different aspects that shape their educational system; we can find that Finland has a careful selection of teachers, a constant evaluation of the educational process and an integral environment in their

classes. These factors have been influencing their outstanding results in education.

One of the more relevant aspects in Finland's educational system is the selection of teachers. In this process, the candidates for education departments are selected following different procedures. For example, they have an interview that tests the aptitude for the profession. They create real school situations in which the candidates have to deal with different problems and solve them effectively. As a matter of fact, it is a very competitive process. Not only the academic skills, but also the aptitude is a requirement for teachers. Besides that, students have to take several examinations to measure their knowledge in subjects such as literature, reading and writing process and topics related to the subjects taught in the school. If these evaluations are not enough, a Masters degree is also required for basic and secondary education (Öztürk, 2013).

Value of the Month

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

Resiliency

Resiliency is the ability to persist in the face of adversity and “bounce back” from setbacks. Resiliency comes from a combination of positive attributes we develop through our upbringing, education, social and cultural connections, and other life experiences. Resiliency helps us cope with disappointments and stress, overcome obstacles, recover from or adjust to change or misfortune, and deal with the normal stresses and challenges of life.

One issue that would test anyone's workplace resiliency is a problem with a supervisor, boss, teacher, etc. There are no magic solutions for these kinds of difficulties, but here are some ideas that might help.

Don't take it personally. Try to see the situation from your supervisor's point of view. What does she have to accomplish? What pressures does she have to deal with?

- ❖ Look for a positive quality of your supervisor. Does she have abilities that you admire? What can you learn from her?
- ❖ Your ideas and needs are worthy of your supervisor's attention and respect. However, keep in mind that you are dealing with someone in a position of responsibility and authority, so prepare yourself well, be respectful and present facts rather than emotion. Offer positive solutions and show how they are beneficial for your workplace.
- ❖ Ask for what you want and need, but realize that you won't always get it.





VOX POPULI

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

Would you recommend the ILE major to people who want to study English?

Yes, I would. It is a hard program, but if you are passionate, you will love it.

-Madeline Garmendia

Yes, I would. It is a great program. Teachers are well prepared. I have seen a huge improvement in my English.

-Stephanie Salazar

Yes, I would. It has been so useful for me. I have learned a lot during these 2 years.

-Dayana Guillen

Yes, I would. You will learn a lot. English will open a number of meaningful opportunities.

-Abigail Molina

Yes, I would. It is a hard long path, but you will make it through. At the end, you'll see you enjoy being here. Give your best and don't give up.

-Raquel Solano

Yes, I would. It has been an excellent experience. I have had the chance to learn and practice in different ways.

-Jordan Solera

Yes, I would. The major is worth it. The quality of courses and teachers make of this major something great for people who really want to learn English. What you learn here is important for you to have a successful future.

-Joselyn Padilla

Yes, I would. The program, the courses, the teachers and the learning process is fantastic.

-Mariana Murillo

90 seconds with...



We see them walking around the UTN campus. They are always willing to help us when we need information, advice and guidance. UTN academic and administrative staff are an important element of the university. However, people hardly have the chance to meet them. In this section, we will try to give you a glance of the other side of all those people who are behind UTN organization and functioning. In this issue, let's meet:

Nury Bonilla: Educational Technology and Instructional Resources Production Director, Runner, Ping Pong Player and Dog Lover

Where are you originally from?

When I was a child and a teenager, I used to live in Barrio Corazón de Jesús. I am 100% Manuda.

Best childhood memory?

The place where Alajuela Public Library is located today used to be a coffee plantation. There were many trees there, and I loved to go with my friends to get jocotes. It was great.

First job

My first job was at Parque Nacional de Diversiones. I was a mechanical ride operator.

Favorite food

I love rice with shrimp; however, in terms of restaurants, I love Mexican food from Antojitos restaurant.

Something you really can't stand.

I hate avocado. I feel as if I had butter in my mouth.

Would you class yourself as a day or night person?

I get distracted easily, so I take advantage of the early morning to work. I sometimes get up at 2 or 3 am to start working in a project. At that time, everything is really quiet, and I can concentrate better.



90 seconds with...



A good book

I remember one of the first books I read when I was in the university: *The Grapes of Wrath* by John Steinbeck. It is the story of two families set during the Great Depression, and something that really caught my attention was how they portray loyalty and commitment to one another within a family to establish true kinship.

What is always in your fridge?

There is always blueberry yoghurt and green apples in my refrigerator.



Dream house: rural retreat or urban dwelling?

Where would it be?

I would love to live in a place similar to Fraijanes, Alajuela, up in the mountains. I really like it.

A trip you will always remember

When I went to Cuba. I could understand a social and political situation that we usually only know about in the news. To see the level of poverty and repression people suffer there really impacted me and helped me grow as a person.

Someone you admire

Mother Teresa. I really admire the example she gave and what she did for her fellowman.

Hobby

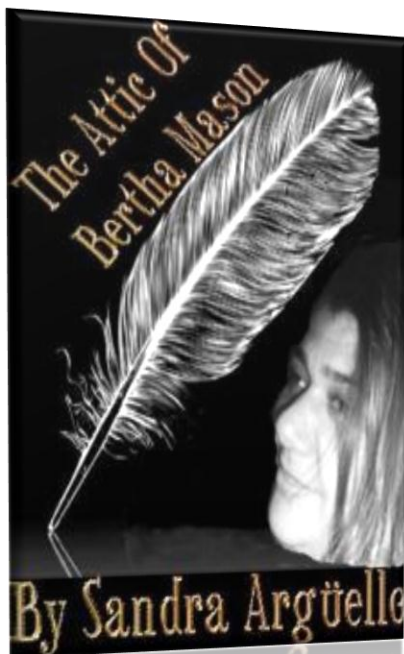
Besides playing Ping Pong (I actually got a fourth place in a national competition), I love studying and reading. Studying about different areas and be able to express my ideas about many things.

Tell me a joke or proverb you remember right now.

I am constantly setting goals, so a phrase I always keep in mind is: Don't let anything to stop you. I always give my best effort in order to get what I want.

The Attic of Bertha Mason

Bibliotherapy



Can reading heal? The answer is Yes! to a very different kind of therapists: bibliotherapists. The idea behind this concept is that works of literature can help people cope with difficult situations in their lives, for example, depression. Of course they do not imply that books alone could “cure” a condition as complex as depression, but they have understood that writers old and new have faced the same basic emotions: love, pain, regret, shame, and a long line of etcs.

Alain de Botton, Swiss-British philosopher and founder of The School of Life, is one of the contemporary enthusiasts of bibliotherapy. His books have titles like *The Consolations of Philosophy* and *How Proust can Change Your Life*. At The School of Life there are four available bibliotherapist who are also available for online consultations. They are avid readers and writers who could advise you on what to read according to your problem.

Though I wouldn't call myself a Bibliotherapist, here are some of the book titles that have helped me throughout my life.

1. *Little Women* by Louisa May Alcott. This book still puts a smile on my face. Here I find my hopes on humanity restored. It also made me a romantic.
2. *When you are Engulfed in Flames* by David Sedaris. This one I re-read in moments of mild dark nights of the soul. I always get a good laugh and a feeling that yes, things could be worse.
3. *The Feminine Faces of God* by Sherry Ruth Anderson and Patricia Hopkins. This nonfiction books helps me in time of spiritual crisis. It tales stories of women and how they came to a spiritual realization, awakening of their spiritual side, or realization of their feminine power.

When self-helps meets literature I am there. Shamelessly, there's no need to hide my book when reading on the bus. Ok, let's face it. I am beyond that. Or almost.

The Attic of Bertha Mason

The Majesty of Río Celeste

By Adriana Álvarez (ILE Student)

Río Celeste is for sure one of the most magic and amazing tourist places in Costa Rica. I still wonder how I have never been there before, until last week. Every single element surrounding this area is not only attractive but also an unexplained delight of nature. It is located inside the Tenorio Volcano National Park in Guatuso, Alajuela. The ticket price is only \$10 for foreigners and believe it or not, less than two bucks for Costa Rican citizens!

I had been told many times that the walk can be exhausting, the trails can sometimes be muddy, so that it was not recommended for older people or younger children or those not in good physical condition. But with the opportunity in my hand I did not think about it twice, put on my comfy sneakers, a cap and with a bottle of water in hand started my journey.

At that moment I thought to myself "I won't be able to make it", because in the entrance of the park I saw many tourists



wearing special hiking shoes, huge back packs and a tourist guide. "Oh God, I am not very well prepared" I repeated over and over again in my head, until after the first 200 meters I started to come across people of all ages, and many others without any provisions of even water.

Of course, the idea to be in such a beautiful place, with an old and extensive forest, the sound of so many species of bird and bugs, and last but not least, the stimulating sound of the water running down the river, gave me the strength to keep walking, no matter how long each stage took.

Then there is the waterfall located around 40 minutes from the entrance. One more mile up the hill are the "teñideros" which is where the magic happens and the water turns in the blue color. Speechless!

I heard comments like: "How can this possibly happen!" or "They use special ink to dye the water", but the truth is that some chemical from the volcano is the responsible for this astonishing phenomenon, just one more piece of enchantment in our little country.

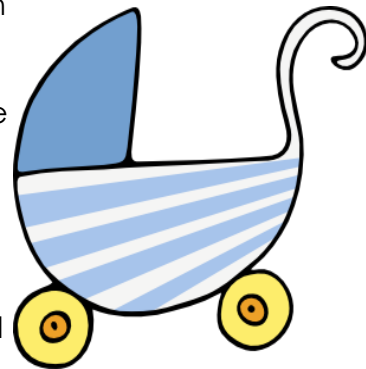
The Attic of Bertha Mason

Tico's Baby Shower

By Jocelyn Rojas (ILE Student)

The arrival of a baby is considered a major blessing within Costa Rican families. For that reason, parents prepare everything needed to offer the new baby the best conditions. However, not only parents are focused on the childbirth, everyone, even the whole family and friends follow the process.

When the future mother is about to have her baby, the family and friends start planning the "Baby Shower" or as "Ticos" call the event: "Te' de Canastilla"; it is a wonderful activity that is planned with joy and sometimes to the mother's surprise.



Some years ago, when my mother knew she was pregnant, my aunt planned a baby shower in her house, so my aunt Rosa started cooking all the food during the morning. I remember she cooked the traditional rice with chicken, lettuce and tomato salad; and she prepared fruits juice. Of course, we could not miss the delicious coffee. While my aunt was in the kitchen, some friends took the responsibility of the decoration; because the baby was a boy, they put everything with blue and white colors.

My mother did not know anything, but that day the whole neighborhood was at my aunt's house waiting for my mom; some minutes later she received a call from my aunt and she said: "please come to my house". I tried to convince my mother to put on some better clothes and put on some make up. When she arrived to my aunt's house, she started crying. During the activity, they played some games, one of them was to calculate the size of the baby, so they put a toilet paper roll around the belly, the winner was the one who reaches around her belly without leaving residues. While they were playing, they enjoyed the snacks my aunt put out on the table.

At the end of the activity, they prayed and made a toast to bless the baby's family and also to thank my aunt who planned everything. Then, the gifts were opened. This is an awesome tradition in which men are not allowed, where women have a great time.

(Image taken from: http://www.cliparts/4/c/4/1/1237916844238862235jean_victor_balin_Poussette.svg.med.png)

LANGUAGE BITS

SITUATION	FORMAL	RELAXED	INFORMAL
Someone does something horrible and not very nice.	That is utterly revolting.	That's disgusting.	That's gross.
You ask a colleague how she is.	May I enquire as to the nature of your well being?	How are you?	What's up?
You are angry with someone who is annoying you.	I am exasperated by your behavior.	I've had enough of you.	I've had it up to here with you.

(Information taken from Hot English Online Magazine #104, p.36)

Idiomatic Expressions

One of the most difficult aspects of a language to master is the usage of idiomatic expressions. An idiomatic expression or idiom is a combination of words that has a figurative meaning owing to its common usage. An idiom's figurative meaning is separate from the literal meaning. There are thousands of idioms and they occur frequently in all languages. There are estimated to be at least twenty-five thousand idiomatic expressions in the English language. During the next editions we will show some idiomatic expressions, and we will divide them according to a particular word or topic. Here there are some idioms that use weather words:

IDIOM	MEANING	EXAMPLE
full of hot air	A person who talks a lot and says things that aren't completely true.	<i>He's always talking about how he is going to find gold in the river. I don't believe him. I think he's full of hot air.</i>
a fair-weathered friend	A person who is only your friend when everything is good.	<i>I had thought Ted would stand by me when I was accused of theft, but it turned out he was only a fair-weather friend.</i>
under the weather	feeling bad	<i>Joan felt under the weather after she failed her history exam.</i>
weather the storm	To survive during difficult times	<i>Even though my father lost his job, we were able to weather the storm. Now everything is better.</i>
chase rainbows	When someone tries to do something that they will not achieve.	<i>I think she's chasing rainbows if she thinks she can get into Oxford with her bad grades.</i>

(Information taken from: <http://www.5minuteenglish.com/mar11.htm>)

HUMOR



In this month, The ILE Post becomes two years old. Because of this event, we want to share with you some funny quotes about age and birthdays. Have a wonderful month!



Technology

Engrade

Engrade is a free online grade book that allows teachers to manage their classes online as well as post grades, assignments, attendance, and upcoming homework online for students and

The Engrade logo consists of the word "engrade" in a white, lowercase, sans-serif font, set against a solid blue rectangular background.

parents to see. Engrade makes it easy for parents, teachers, and students to communicate and stay in contact. The free Engrade suite offers a grade book that automatically calculates grades and provides tools for custom grading scales and weighting assignments, an attendance book that automatically emails parents with absences, a homework calendar for students and parents, and online student reports where students can view their grades, homework and attendance in real time.

Educators love Engrade because it simplifies their workflow, increases efficiency in the classroom and empowers them to use the resources and strategies that work best to improve instruction and outcomes for each student. With Engrade, educators are able to connect the right content to the right student at the right time all in an effort to accelerate achievement, while also providing parents and students greater visibility into performance and progress.

Engrade solves critical issues in education like data accessibility, common core implementation and compliance reporting, as well as streamlines systems by consolidating critical information and resources at all levels – classroom, school and district. Through shared dashboards, all stakeholders can immediately access the information they need to act in one central platform.

Additionally, Engrade is compatible across operating systems and not only is the platform accessible from any device, it can communicate with technology used in the classroom, eliminating the need for teachers to manually input the data generated by students each day as they complete exercises, assessments and assignments either designed in Engrade or from a third-party application.

Since the launch of its flagship product – the most widely used grade book on the Web – Engrade has grown to serve more than 50,000 schools and support a community of more than 8 million users worldwide.








If you want to learn more about Engrade, you can visit:
<https://www.engage.com/>

This Month in History

IT HAPPENED IN AUGUST

August 1 st , 1994	Michael Jackson and Lisa Marie Presley confirm rumors that they had married eleven weeks earlier..
August 4 th , 1984	Republic of Upper Volta becomes Burkina Faso (National Day).
August 9 th , 1976	USSR launches Luna 24, last Lunar flight to date from Earth.
August 15 th , 1947	India becomes independent, Islamic part becomes Pakistan.
August 20 th , 1940	Exiled Russian revolutionary Leon Trotsky is fatally wounded in Mexico City by an assassin's ice axe. He dies the next day.
August 23 rd , 1966	Lunar Orbiter 1 takes first photograph of Earth from Moon.
August 26 th , 1965	Number one hit on UK music charts - Sonny & Cher - I Got You Babe.
August 28 th , 1922	The first radio commercial is broadcast. Queensboro Realty receives 10 minutes of airtime on New York station WEFB for \$100.
August 30 th , 1997	The world learns of the Paris car crash that killed England's Princess Diana, her husband and Harrods's owner Dodi Fayed, and their driver.
August 31 st , 1888	Mary Ann Nichols is murdered. She is the first of Jack the Ripper's known victims.

FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
	Football Player	August 1 st , 1984
	Scientist	August 6 th , 1950
	Guitarist	August 8 th , 1961
	Entrepreneur	August 10 th , 1909
	War Hero	August 17 th , 1786
	Singer	August 20 th , 1992
	Soap Opera Actress	August 23 rd , 1988

This Month in History



International Left-handers Day

Not many people know that August 13th is Left-Handers Day but this international holiday is celebrated all over the world. Keep reading to find out how Left-Handers Day became an official holiday and how you can celebrate it.

How It Began

August 13th, 2014 is International Left-Handers Day. An organization called Left-handers International first declared this holiday on Friday, August 13th, 1976. They opened a business the same day that sold left-handed products for over 20 years before going out of business some years ago. They also published a magazine to clear up myths about left-handers and to let them know that they're all right, er, left.

How to Celebrate

This holiday is getting more and more popular. A good way to celebrate Left-Handers Day, even if you aren't left-handed, is to pay tribute to a famous left-handed artist, entertainer, author or anyone else left-handed you know. Left-handers are usually the butt of more than a few jokes so doing something nice for your left-handed peeps will let them know you care. You could buy them a fun gift like left-handed scissors, a left-handers coffee mug or maybe a left-handed mouse for their computer! There are also e-cards available to send to the special lefty in your life.

Did You Know?

- Left-handers are also called southpaws. Some people believe this term was originally a reference to left-handed pitchers in baseball.
- Some famous left-handed celebrities include Prince William, Demi Moore, Tom Cruise, Queen Elizabeth II, Adam Brody and Dakota Fanning!
- Coffee mugs with pictures and text are usually for a right-handed pick-up.
- The right hand is used for shaking hands, saluting, making the sign of the cross and swearing on the Bible.
- Almost 15 percent of the population are leffies. However, very few are completely left-handed. Many left-handers golf or bat right-handed. On the other hand, there are a lot of righties who can't do much of anything with their left hand.

(Information taken from: <http://www.kidzworld.com/article/1150-left-handers-day>
Image taken from: <http://www.j9musiclife.com/2011/08/celebrating-national-left-handers-day.html>)

PROVERB OF THE MONTH

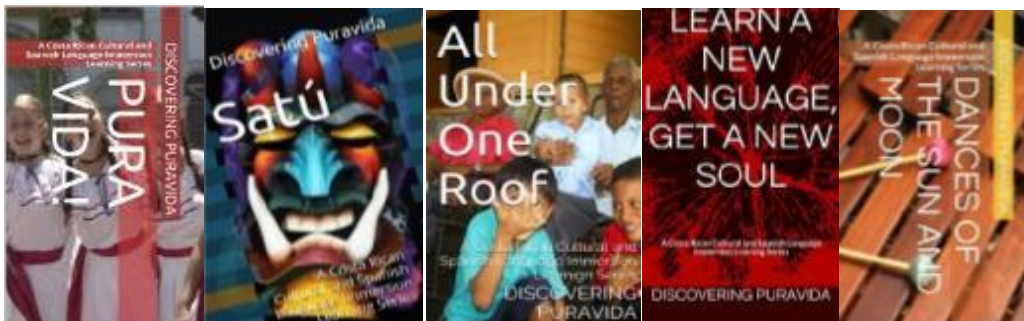
A proverb is a short saying or sentence that is generally known by many people. The saying usually contains words of wisdom, truth or morality that are based on common sense or practical experience. It is often a description of a basic rule of conduct that all people generally follow or should follow. Proverbs can be found in all languages. After these two years of work in *The ILE Post*, we want to close this month's edition with this French proverb about hard work:

*The difficult is done at once,
the impossible takes a little longer.*

~ French Proverb

Discovering Pura Vida

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



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

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PROGRAMA DE IDIOMAS



Description

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

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

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

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

Academic program

Our program consists of the following academic offerings:

English Introductory Level (INGLES NIVELATORIO)

IMPORTANT INFORMATION

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

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

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

Regular English Program (INGLES REGULAR)

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

Intensive English Program (INGLES INTENSIVO)

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

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

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

Portuguese

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

Italian

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