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International Day  
Of Older Persons

Reflections On English  
Language Teaching Materials

Our Story Or Our History?

Internet Of Things



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



The International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world.. 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](mailto:eherrera@utn.ac.cr). So far several readers have sent amazing pictures that we will be sharing with you soon. If you want to know what is happening in ILE, follow us in FACEBOOK.

Picture taken by ZeePack :<https://www.flickr.com/photos/zeepack/7988763454/>

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# EDITORIAL

## Awareness

by Jose Soto (ILE Director)



Merriam-Webster Dictionary defines “awareness” as knowing and understanding a lot about what is happening in the world or around you, and feeling, experiencing, or noticing something (such as a sound, sensation, or emotion). I

will stick to this last definition that is more appropriate to understand and draw attention to what is happening in October.

Back in 1996 I attended my brother’s graduation from grade school in a small school of a neighborhood in San Carlos town. I had the chance to meet a delighted family whose 12-year-old daughter was getting her first diploma as well. They had been friends with my mother for a long time then, and I got acquainted with them, too. Long time later, I had the chance to visit this family’s home, and the little girl had become a loving mother of two lovely little girls.

Before I continue with my reference story, I would like to bring up that October is the National Breast Cancer Awareness month. Most specifically, October the twenty-first is the National Mammography Day in the US, but we have seen the pink pins and ribbons around displayed in people’s shirts, and stickers in cars and other advertisement. National news, TV programs and commercials promote the exam and events related to detecting cancer on time.

Going back to our young mother, short after I met her again, and as social conventions of modernity call for social network affiliations, I kept in touch with her and her family. So then I realized a while later that she was being admitted in Mexico Hospital for what appeared to be a surgery. The postings did not say much about what was going on, but it was easy to tell as the young mother thanked everyone around for prayers and good wishes. Selfies of hopeful faces, no hair on her head and extreme low weight were obvious of the fact.

As you may now know where this story goes by making a clearer point; being aware that cancer is something that can be cured, is crucial.

According to statistics on [breastcancer.org](http://breastcancer.org), about 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of their lifetime. In 2016, an estimated 246,660 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 61,000 new cases of non-invasive (in situ) breast cancer. In Costa Rica, CCSS reveals that there has been a sixty-five percent increase of breast cancer between 1990 and 2000. The frequency in younger women is also on the rise. In 2014, a study of UCR and San Juan de Dios hospital showed an increase of patients between 30 and 40. 280 Costa Rican women perish out of cancer every year according to CCSS

The 29-year-old young mother of my story showed a significant recovery after visits to the hospital for her chemotherapy sessions. But the invasiveness of her cancer brought her back to a critical condition at the beginning of this year. She passed away in July. In 1996 she would have never thought of living such a short but loving, passionate and dedicated life to her beloved ones. Now a family and two young little girls will have to move on.

Making ourselves aware does not necessarily requires us to look for experience of cancer this close. We have to be conscious of the fact that we are in a fragile condition and therefore, be aware. At ILE we had the experience of Clare Goodman and doña Xinia Castillo who both became survivors or companions to a person with cancer. Solidarity in making everyone aware that early detection is crucial and that it can be cured, is of highly moral human principles.

Take the following quiz on how much you know about breast health, [http://www.nj.com/hudson/voices/index.ssf/2016/10/post\\_41.html](http://www.nj.com/hudson/voices/index.ssf/2016/10/post_41.html), and keep up with FUNDESO in Costa Rica, The Fundación Nacional de Solidaridad Contral el Cancer de Mama, <http://www.fundesos.or.cr/>.

## Be Aware.



## Alternative Energy Forum At UTN

On October 5th, UTN Environmental Management and Sustainable Development Program organized the V Alternative Energy Forum: Energy Resources and Non-Traditional Energy Resources.

The objective of this activity was to foster opportunities for discussion and exchange of experiences related to the exploitation of energy resources and development of unconventional renewable energy sources.

There is a growing movement that calls for a global shift to renewable energy, which is seen as the much-needed alternative to coal and other fossil fuels in order to address the issue of climate change. The challenge of reducing carbon emissions will be made easier if we can reduce energy consumption. Universities should get ready to take on the challenges facing society in the areas of sustainable energy generation, storage, and conversion.

UTN has been making serious efforts in two key



subjects to human survival and development: water and energy. For this reason, we want to contribute offering academic spaces for raising awareness of, disseminating information on and providing training with respect to such area that is so critical currently, said UTN Chancellor Marcelo Prieto. In addition, he said that UTN is working on an Energy Systems Engineering program that is expected to be offered soon.

## UTN Researcher Elected Regional Director

UTN researcher was elected World Aquaculture Society (WAS) Director of the Latin American and Caribbean Chapter. The World Aquaculture Society, through its commitment to excellence in science, technology, education, and information exchange, contributes to the progressive and sustainable development of aquaculture throughout the world. The World Aquaculture Society was founded in 1969 as the World Mariculture Society. Since its beginning the membership in WAS has grown to more than 3,000 members in about 100 countries repre-

senting the global aquaculture community.

The World Aquaculture Society is strategically positioned to play an important role in assuring the progressive development of aquaculture worldwide by meeting the increased global demand for science-based information and technology.

This designation strengthens the research, teaching and transfer of technology not only in an institutional level but also in a national and regional level, said UTN Research Department Chancellor Francisco Romero.

Eventhough this is an ad hon-

orem appointment, it means national and international-recognised prestige for Costa Rica and UTN, said Pacific Campus Research Department Director. Guillermo Hurtado.



## Our Story Or Our History?



On October 11th, the ILE community had the chance to enjoy of Natasha Gordon-Chipembere's conference: "Facing Contradictions: Thinking about Afro descendant History in Costa Rica."

During 90 minutes a full auditorium had the chance to learn and know about several historical facts that because of different economic, political and sometimes just aesthetic reasons are not usually taught.

Some of the interesting things she told us include the lack or vague reference to slave history and African presence in Costa Rica; the different uses that master gave to slaves in colonial Costa Rica, and how these slaves arrived to the country to later, after many calamities and struggle, they became "citizens." In addition, Dr. Gordon captivated the audience with her narration of some research on

how Virgin of the Angels also known as La Negrita story was changed, adapted and manipulated by Catholic Church and the Government to fit in a Costa Rican society in need of this kind of belief.

### Natasha Gordon-Chipembere

Natasha is a writer, academic, and freelance editor/writing coach born in New York to Costa Rican and Panamanian parents. With a doctorate in English from the University of South Africa, an MA in African Literature from the University of the Witwatersand, an MA in Secondary Education from Teachers College, Columbia University and a BA in English from Vassar College, she has lectured extensively on issues of representing Black womanhood, especially discussing the narrative of South African Sarah Baartman and her legacy in the 21st century.



### Terms Used To Identity People Of African Descent In Colonial Costa Rica

<b>Bozales</b>	An African born slave who does not speak Spanish
<b>Ladinos</b>	Slaves who speak Spanish
<b>Pardos</b>	A free black person
<b>Zambos</b>	A person of African and Indigenous mix
<b>Mulatos</b>	A person of African and Spanish (Colonial) mix



## UTN Committed To Earth

Written by José Rugama Hernandez / Translated by Izabella Sepúlveda Aguilar

***"Either we do it today, or we become Homeless."***

For centuries it was thought that we could make use of all our natural resources at will and destroy the planet's biodiversity without feeling any remorse about it.

In the XXI century, the efforts to save the Earth have been monumental: many programs, projects and driven actions have been implemented. Also, the development of sustainable strategies, the adoption of international standards for environmental management, national laws of conservation and sustainable use of biodiversity, as well as, areas of ecological balance and environmental protection regulations for the exploitation of flora and fauna. In addition to treatment of solid, liquid and gaseous wastes, regulations on the use of agrochemicals, organic agriculture, clean technology, and good environmental practices, all of which have yielded some positive results in this extraordinary and magnanimous human mission. But still the lurid details that different worldwide environmental sources and environmentalists publish, fail to move the developed countries, or the countries devastating their natural resources to promote laws and more radical policies and to increase the investment to promote the recovery, conservation and sustainability of the planet's biodiversity. It is very difficult for people to believe that something that is happening in the jungles of Indonesia, on the island of Madagascar or Cocos Island in Costa Rica can affect us personally, but it does. **Every single being, resource and element on the Earth and the entire universe is interconnected and WE ARE TOO.**

Instead of listening about these problems as something that happens elsewhere in the world, with this space we aim that our people

get the idea that there is something we can still do as individuals, societies and cultures to reverse this negative global trend.

Let's remember dear brothers and sisters that: **"We simply are privileged visitors on the admirable planet Earth"** and we have the ethical, moral, social, cultural and spiritual commitment to protect and perpetuate the rights, resources and opportunities for future generations of humans and other living things. Let's start changing the "Planetary Culture" in our classrooms, our homes, businesses, and communities by assuming the responsibility that we have as the chosen inhabitants of this beautiful and luscious planet Earth ... "Given the human impunity there is always a Greater Spirit acting.



At the UTN, we promote a "Planetary Culture" for the safeguard, preservation and sustainable development of biodiversity of our unique House and Home in the Universe, the extraordinary planet Earth. "Either we do it today, or we become Homeless".

## Nobel Peace Prize Awarded To Colombian President



Efforts by Colombian President Juan Manuel Santos to end five decades of war in his country were recognized with the Nobel Peace Prize on Friday, October 7<sup>th</sup>.

The award came despite a shock referendum defeat for a proposed peace deal Santos had reached last month with FARC chief Rodrigo Londono, also known as Timoleon “Timochenko” Jimenez, after nearly four years of talks.

Santos was awarded the prestigious prize **“for his resolute efforts to bring the country’s more than 50-year-long civil war to an end”**, said Kaci Kullmann Five, chairwoman of the Norwegian Nobel Committee.

“There is a real danger that the peace process will come to a halt and that civil war will flare up again. This makes it even more important that the parties, headed by President Santos and FARC guerrilla leader Rodrigo Londono, continue to

respect the ceasefire,” she said. In a televised address from the Colombian capital Bogota, Santos declared: “I infinitely appreciate this honorable distinction with all my heart.

“I receive it not in my name, but in the name of all Colombians, especially to the millions of victims left by this conflict that we have suffered for more than 50 years. Colombians, this prize is yours.”

Flanked by his wife Maria Clemencia Rodriguez, Santos called on his countrymen to support the peace process, “and start to construct a stable and long lasting peace.”

Following the committee’s announcement, FARC leader Londono, who was left out of the 2016 award, said that he only wants peace and not a Nobel Prize.

**“The only prize to which we aspire is that of peace with social justice for a Colombia without**

**Para-militarism, without retaliation nor lies,”** he wrote on his personal Twitter account after the award went only to Santos.

The Colombian civil war between the government and the Marxist Revolutionary Armed Forces of Colombia (FARC) has claimed more than 220,000 lives and displaced almost five million people during half a century of conflict.

On Sunday, October 9<sup>th</sup>, slightly more than 50 percent of Colombian voters ticked “No” on their ballots which asked whether they supported the terms of the September 26<sup>th</sup> peace deal. Opponents of the deal believed the truce accord was too lenient on the rebels.

Santos joins a list of 129 Nobel Peace Prize Laureates including US President Theodore Roosevelt; three-time recipient International Committee of the Red Cross; US civil rights leader Martin Luther King Jr; South African President Nelson Mandela; and Yemeni activist Tawakkol Karman.

Born in Bogota in 1951, the former Navy cadet pursued degrees in Britain and America before returning to Colombia to work as a journalist.

In 2005 he helped found the Social Party of National Unity (Partido de la U), Colombia’s largest political party.

Santos has been Colombia’s president since 2010.

The prize was first awarded in 1901.





## Haiti Death Toll From Hurricane Matthew Passes 1,000



The number of people killed in Haiti by Hurricane Matthew has hit 1,000 as the country battles new deaths from a cholera outbreak and buries bodies in mass graves.

The powerful hurricane, the fiercest Caribbean storm in nearly a decade, slammed into Haiti on Tuesday, October 4<sup>th</sup>, whipping it with 230 kilometer an hour winds and torrential rains.

The country is struggling to cope with a rise in cholera cases with officials warning that contaminated water and a lack of hygiene are posing serious risks to thousands of people in the impoverished country.

While the capital and biggest city, Port-au-Prince, was largely spared, the south suffered devastation. Aerial footage from the hardest-hit

towns shows a ruined landscape of shanties with tin roofs blown away and downed trees everywhere. Mud from overflowing rivers covered the ground.

Citing local officials, Reuters news agency reported that at least **1,000 Haitians had been killed**.

Authorities began burying the dead in mass graves in some areas - such as Jeremie, a city of 30,000 people - as bodies started to decompose, said Kedner Frenel, a government official. Frenel said there was great concern about cholera spreading, and authorities were focused on getting water, food, and medication to thousands of people living in shelters.



**Cholera causes severe diarrhea and can kill within hours if untreated.** It is spread through contaminated water and has a short incubation period, which leads to rapid outbreaks.

In the village of Labei, locals said that the river had washed down cadavers from villages upstream. With nobody coming to move the corpses, residents used planks of driftwood to push them down the river and into the sea.

Down by the shore, the corpse of one man lay blistering in the sun. A few hundred meters to his left in a roadside gully, three dead goats stewed in the toxic slime.

**"It seems to me like a nuclear bomb went off,"** said Paul Edouarzin, a UN Environmental Program employee.





## US Formally Accuses Russia Of Political Cyber Attacks

The US government has formally accused Russia of conducting cyber attacks against American political organizations during the campaign for the November 8<sup>th</sup> presidential election, including **hacking of Democratic Party emails**.

Friday's October 7<sup>th</sup> statement was the first official accusation by American officials against Russia in the spate of cyber attacks.

"We believe, based on the scope and sensitivity of these efforts, that only Russia's senior-most officials could have authorized these activities," said a joint statement from the Department of Homeland Security and Office of the Direc-

tor of National Intelligence. The statement said the US intelligence community "is confident that **the Russian government directed the recent compromises of e-mails from US persons and institutions, including from US political organizations**".

It said the disclosures of alleged hacked emails disclosed on WikiLeaks and other websites and by the online persona "Guccifer 2.0" were "consistent with the methods and motivations of Russian-directed efforts."

"These thefts and disclosures are intended to interfere with the US election process," the statement said.

"Such activity is not new to Moscow - the Russians have used similar tactics and techniques across Europe and Eurasia, for example, to influence public opinion there."

The condemnation coincides with increasing tensions between the US and Russia on a range of international issues, from the Middle East to Ukraine and cyberspace.



Information and picture taken from: <http://mwcnews.net/news/americas/61388-us-formally-accuses-russia.html>



## China Targets Parents With Religion Rules In Xinjiang

Parents and guardians in China's heavily Muslim region of Xinjiang who encourage or force their children into religious activities will be reported to the police, the government said on Wednesday, October 12<sup>th</sup> while unveiling new education rules.

Hundreds of people have died in recent years in Xinjiang, the

far western home of the Muslim Uighur people, in unrest blamed by Beijing on fighters and separatists, though rights groups say the violence is more a reaction to repressive Chinese policies.

The government strongly denies committing any abuses in Xinjiang and insists the legal, **cultural and religious rights** of the Uighur people are fully protected.

While China officially guarantees freedom of religion, minors are not supposed to participate in religious activity. Authorities have cracked down on underground Muslim religious schools in Xinjiang in recent years.

New education rules, to come into effect on November 1<sup>st</sup> and carried by the official Xinjiang Daily, say **parents or guardians cannot "organise, lure or force minors into attending religious activities"**.

Neither should they promote hardline beliefs in children, nor force them to dress in specific clothing or other symbols, the newspaper said, echoing the tone of previous rules against beards for men or head coverings for women.

"Any group or person has the right to stop these kinds of behaviours and report them to the public security authorities," the government said in the rules.



Information and picture taken from: <http://mwcnews.net/news/asia-pacific/61454-china-targets-parents.html>



## Reflections On English Language Teaching Materials

By Xinia Nagygeller (ILE Professor)



The design and development of teaching materials in the field of ELT and TESOL (textbooks, handouts, audio, and others) seems a quite complicated matter. This is because there are so many aspects that need to be considered in order to find the materials

that best suit the needs of a specific group or at least a specific kind of students. There is for instance the issue of authenticity. Sometimes as teaching professionals, we are told that using authentic material is the best for students, that they should be exposed to the language as it is used on the streets because anyways, there is where they will need to use it. This may be true; however and based on my teaching experience, for beginning students the use of authentic materials or language may be very overwhelming and even frustrating. On the other hand, the language presented in many textbooks and audio programs may be too simplistic and it may miss many of the features of a real life interaction between native speakers of the target language. Surely enough, for materials designers it is difficult to make decisions on content, language scope and other aspects that will influence how successful the material produced will be in a given ELT situation. I believe a lot of research on the needs of specific groups of ELT learners must be carried out and then used to inform what is designed and included in pre-prepared materials such as textbooks and other types of teaching methods. Harwood (2010) mentions that there has to be content analysis in the linguistic area to determine the language, the pragmatics, and the genre that will make up the basis for commercial materials as well

as analysis in the cultural themes they treat so that what these materials present will not differ much from actual spoken and written language. I think that his suggestion is quite right. I can think of textbooks I have used in my classes which seemed to be ill-designed and which lacked the organization, the relevant input (challenging enough) for the use of language in real life, and the kind of activities that would raise students' interest for the language. Some books have been quite elementary and sometimes the activities presented in them are too short or simple and do not challenge students enough or lead them to a freer use of the language, and in general, activities are too controlled. Therefore, many times it has been necessary to adapt and supplement them with other more productive and more "open" activities through which students can show what they already know and hence use the language in a more natural way.

This takes me to another point I would like to mention here: the need for teachers to take the time to study commercial teaching materials and adapt them to their classes and their teaching styles. Even though teachers are usually loaded with work and have little free time for this, it is necessary not to stick to a textbook and follow it to the letter, for this material may not always be suitable for their classes. Moreover, just following a textbook and prescribing the material in it is not real teaching in my opinion. Yes, we may have to use a given material for a course, but we need to be conscious of our students' needs, necessities, lacks, and wants, and try to adapt materials and even look for others which are more appropriate to achieve course goals.



As Harwood (2010) mentions, this may not always be so easy for beginning teachers. I guess all of us have been there. Experience teaching different levels and kinds of students gives us a feeling for what is needed and what would suit better a specific class or course.

Finally, Harwood (2010) claims that it is necessary to consider the contextual factors where the designed teaching materials are to be used in order for these to be relevant. I remember using a book series that was in the British version for some oral courses some time ago. The language in this version was difficult for students to understand, no matter if they were in the first or in a higher level, and honestly, even though students need to be prepared for all kinds of “Englishes,” for me there was no point in studying this version because the direct English influence we experience in our country comes from the United States, and even all teachers in the institution spoke American English. Probably, selecting this text

was a mistake, and more careful thought should have been given to it. It just did not fit in our context and did not help students deal with the daily needs they experience at work or in our environment. Therefore, I think that the author’s claim is valid and wise. It would not make any sense to prepare students with a kind of language they are probably not going to use frequently instead of the one they are more likely to need and use at any moment. Hence, not only materials designers but also those in charge of materials selection need to pay careful attention to the context where the language is to be taught and used.

In brief, I agree with the idea of taking students’ situation as a guideline to select appropriate materials or to adapt the available ones. This demands time and careful thought, but in the end, the rewards of seeing students advance in their knowledge and use of the target language are worth the effort.

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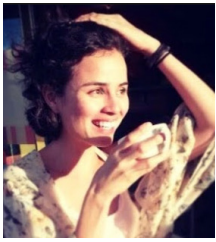
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PICTURE TAKEN FROM: <https://pixabay.com/en/classroom-education-school-leave-379216/> Public Domain

## Recycling Should Be The Very Last Action

By Cindy Rodríguez (ILE Professor)



The other day, I visited Balsa de Atenas. On my way there, I noticed that the new reservoir "Proyecto Hidroeléctrico Chucas" had recently opened. It is exactly located in the middle of a beautiful and dry forest (mostly secondary). I was very curious to see the project finally finished (it took over 6 years of work). I peeked out of the window hoping to see the new man-made lake that was recently released, filling out the area I once had walked. Suddenly, I noticed something weird on the water, a friend of mine thought they were water lilies that had taken over the surface, but once we got closer we noticed they were not plants at all, it was garbage! Thousands of plastic bottles and plastic bags, thousands! I mean it! Then, we looked down and noticed more and more "islands of garbage" floating around. It was weird to the eye, and my head could not really understand how come I was looking at a river (Grande de Tárcos) literally covered with garbage from side to side. I have only seen that kind of extremes on National Geographic Magazines. The reservoir is not producing that garbage, but it is allowing us to see all the garbage that the river holds and that it is not usually seen altogether. I felt frustrated, angry, powerless and frankly hopeless.

Due to the nature of my job as a university teacher, I am in contact with hundreds of people. I can give faith of people who drink "Tropicales" and buy water bottles on a DAILY basis, at least one per day, meaning at least 200 bottles a year. I hear them saying that they "recycle" them, which means "I occasionally toss them in a recycling bin that is not correctly labeled, and that I am frankly not sure if it is truly recycled or if it ends up on a regular dump or on a river."

In The United States only (barely) 30% of

water bottles are truly recycle; I wonder if that is the case in our country, and even though it were a similar number, that percentage is frankly pathetic.

### Costa Rica, Pura Vida

That phrase that is known worldwide for being a reflection of our culture and life style. However, scenes like the one of the river makes us think about how pure we are with nature life. Everything has a price, and it is hard to believe that the price to hydrate a person is the pollution of a river, a source of that water we are using.

### What to do?

**First**, do yourself (and me and the world) a favor and stop drinking that bottled and liquid crap.

**Second**, find a nice, high quality and insulated bottle. Insulated and aluminum bottles will allow you to carry iced water or cold lemonade or any refreshment you want, and then, you will be able to refill it either with more ice or water.

**Third**, simply do not buy plastic bottles! Just say NO!! PLEASE!! Buy a refreshment on a regular glass or carry your insulated bottle, or if you have no choice but to buy it, buy a bigger bottle you can find and refill your aluminum bottle (same thing with any product that comes on a wrap or plastic bag).

The above are three simple actions that can be taken to totally avoid plastic bottles consumption. We do not need them! Years ago our relatives did not use plastic bottles because they did not exist; they drank tap water and homemade refreshments. This was a brief call of attention on plastic bottle use, which is one of the major problems, but many other habits should be changed for your, my, and our own good.



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

## What values have the Costa Rican society lost?

*We have lost the value of respect, especially for the older persons. Young people do not think that in the future it would be the other way around, and they would like to be respected.*

*Yéssica Molina*

*People have lost the value of tolerance. If something is different or against my opinion, I criticize it and reject it.*

*Renia Domínguez*

*We have lost the value of patriotism. People do not celebrate and get involved in national holidays.*

*Clara Avila*

*We have lost the value of sincerity. By just watching news, you see how people get into trouble for lack of honesty.*

*Daniela Jiménez*

*We have lost the sense of morality. Women confuse sexy clothes with vulgar ones.*

*Viviana Sáñez*

*We have lost the value of humbleness. People do not appreciate what they have, and they try to show off with every single thing they get.*

*Juan José Muñillo*

*We have lost the sense of reality. We have become a superficial society.*

*Natalia Rodríguez*

*We have lost the value of responsibility. People are lazy and try to avoid all responsibilities at home, work, school, etc. We have become an irresponsible society.*

*Sugey Espinoza*



## National Theater



The National Theatre of Costa Rica is located in the central section of San José, Costa Rica. Construction began in 1891, and it opened to the public on 21st October 1897 with a performance of Johann Wolfgang von Goethe's *Faust*.

The National Theatre stood as a cultural asset of the country during a time when coffee exports were a source of its success. It presents high quality performances, with artistic criteria being very high.

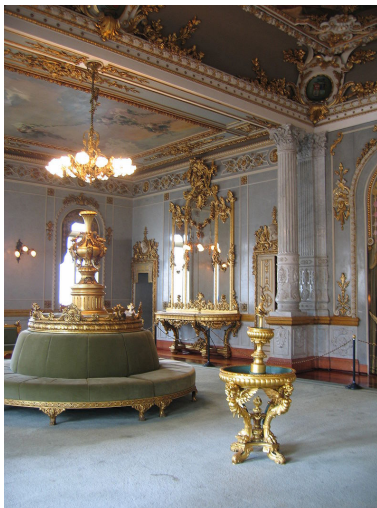
The building is considered the finest historic building in the capital, and it is known for its exquisite interior which includes its lavish furnishings.

As well as having performances several times a week, the theatre is a tourist attraction.

Performances by the National Symphonic Orchestra (NSO) take place as part of orchestra's regular season, and include both Costa Rican and foreign composers.

To finance the construction of a theatre suitable for name "National Theatre", the President of Costa Rica, José Joaquín Rodríguez Zeledón decided to place a tax on coffee, then the principal export product. Later, one coffee planter begged the government to remove the export tax on his product and put it on rice and beans (also principal export products of the time).

The front of the theatre features statues of Calderón de la Barca and Ludwig van Beethoven. There are several monuments by the entry walkway including Frédéric Chopin. The inside features the mural *Allegory of Coffee and Bananas* by Milanese artist Aleardo Villa, which is featured on the five colón bill.





## *Diligence At The Work Place*

An important aspect personal aspect each person should pay attention to is the responsibility to have a green eco place to work. A green place to work is a clean, safe environment, organized with people in mind. This month of October we want to share with you some interesting thoughts about diligence at work-space.

SOME people seem to be born hard-workers, slogging their guts out all the way from kindergarten to after hours in the office while the rest of us hit the playground and/or pub.

It isn't difficult to fall into the trap of seeing yourself as naturally lazy or less committed to tasks than those people, and thereby continue to slack through life with that indolent self-image.

Like any habit, becoming a hard worker is a matter of practice. It's all about setting yourself a routine, being passionate about the activity you're investing yourself in, and remembering to push yourself to maintain that routine when working is the last thing you feel like doing (he wrote, on a sunny Saturday afternoon while all his mates were texting with pub plans).

Sometimes it'll sneak up on you. There'll be a raft of deadlines bearing down, and no way to do everything at the last minute like you used to at high school. In that kind of sink-or-swim situation, you either build the rudiments of a schedule or you die screaming and end up with no job. It might be dates scribbled on a whiteboard, a rough to-do list on a scrap of paper, or an Excel document so crude it would make a project manager burst into tears.

The second step, which is more about minimising the need for self-discipline than anything else, is to be passionate about the thing you're doing.

Finally, once you're there in front of the computer or workbench, you have to focus on what you're doing. Don't let yourself be distracted by social media or your phone.

If you have good time management, know what you have to get done and focus on the actual task at hand when you're at your workstation, you're already halfway to being the person people can rely on when they need something done.



SITUATION	FORMAL	RELAXED	INFORMAL
A friend is being very slow. You tell him/her to hurry up.	Please make haste.	Come on.	Get your skates on.
You tell a friend that he can sleep on your sofa tonight.	You may repose upon my sofa tonight.	You can sleep on my sofa tonight.	You can keep on my sofa tonight.
You thank a friend for some important information which helps you avoid a potential disaster .	Thank you most kindly for the useful information which assisted me in averting a calamity.	Thanks for the warning.	Thanks for the heads up.

Information taken from: Hot English Online Magazine #114 p.36

## “ENGLISH FOR YOU CR” PRESENTS, WISH



When we want to something to be different in the present or the future, we can use wish. For example:

- I **wish** I didn't have to work every day (but I do, in the present)
- I **wish** I could speak English perfectly (but I can't).

For the hypothetical future, wish works just like the second conditional:

- I **wish** you were here for Christmas (but you won't).
- I **wish** I could go to the beach with you (but I can't).



# 90 SECONDS WITH...

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

## ***Gilda Jiménez, globe trotter, jogger, lovely grandmother and UTN Central Campus Student Registry Department Chief..***

### ***Where do you live?***

I am originally from Naranjo, Alajuela. However, my mother decided to move to Alajuela when I was young because at that time it was a little bit far to live in Naranjo if you wanted to have access to higher education schools. Now I live in La Brasilia, Alajuela.

### ***Best childhood memory?***

Naranjo used to be a very rural place, so I remember I played every day with my friends among the pastures. I have to say that I was not very careful, so I used to entangle in the barb wire fences that divided the pastures. In addition, I remember that my grandmother used to bring me different simple but lovely presents when she came to Alajuela such as: toys, umbrellas, wood trucks, etc.



### ***Favorite food***

My favorite food is rice with chicken; I love it. I eat almost everything; maybe, morcilla is one of the few things that I do not like.

### ***What is always in your fridge?***

In my refrigerator, you will always find candy and chocolates for me and my family.

### ***Favorite Music?***

I love merengue, but I also like slow music in Spanish like Arjona's.

# 90 SECONDS WITH...

## **Would you class yourself as a day or night person?**

I consider myself a night person. Even though I usually wake up a 6 am, I have to admit that it is hard for me to wake up early.

## **First job**

When I was a teenager I remember I worked in a store for the Christmas season. I also worked collecting coffee.

## **A good book**

There was a time in which I read several self-help books, like Carlos Cuauhtémoc's. I think, that depending on your age and the events of life, they can be really helpful. Nevertheless, there is a book I have in mind to read is Don Quixote. When I was in high-school, I had to read it, so I did not enjoy it. Well, I think it is time for me to read it again.

## **One of your favorite places**

Abroad I would like to go back to Machu-Pichu in Perú. The place is more amazing that I thought. The environment you feel up there is hard to explain with words.

## **What is your greatest fear?**

My greatest fear is not meet the different goal and objectives my boss and I set. I consider myself an extremely responsible person, so I do not like to disappoint people with my job and the expectations they have upon me.

## **Tell me a joke or proverb you remember right now.**

I do not use proverbs that much, but I am a little superstitious. For example, my mother used to tell me not to walk under a ladder, and this is the day that I never do it.



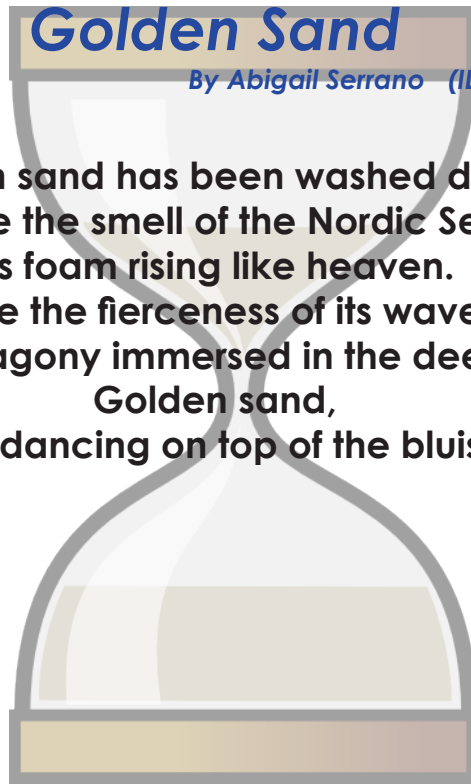


# THE ATTIC OF BERTHA MASON

## *Golden Sand*

*By Abigail Serrano (ILE Student)*

Golden sand has been washed down,  
I love the smell of the Nordic Sea,  
Its foam rising like heaven.  
I love the fierceness of its waves,  
The sound of agony immersed in the deepest water.  
Golden sand,  
sunbeams dancing on top of the bluish water.



## *Unconventional Ways*

*By Abigail Serrano (ILE Student)*

Stillness speaking of your eyes.  
I like the aroma of the dry wood,  
mint and pepper burning in the fire.  
Little night secrets,  
Unconventional ways.  
I like the breeze and the summer bright sky,  
I like your touch, your scent.



# THE ATTIC OF BERTHA MASON

## Sergio's Revenge

By Rosario Pacheco and Gabriela Linares (ILE Students/San Carlos Campus)

It was a cold rainy morning in a small rural town when the doors of jail opened to let Sergio one of the most dangerous criminals free. This tall man was moving his big arms full of tattoos trying to comb that long messy hair that identifies him, and with an evil smile in his face showing the hate inside him, he began to walk out of that place.

That morning, he decided to take revenge of those terrible years in prison, so he wanted to find Mr. Jones's house who was the police officer who put him into jail several times. Sergio constantly remembered the man in charge of him. He was a merciless man who did not care about the prisoners; he always said that criminals in jail could not change because they are like animals.

Sergio suffered a lot because of this man's actions and words, so one day in prison he had the chance to look up on a computer about Mr. Jones's life, and he realized that he had a son called Neal, a ten-year boy without any study. That day, Sergio promised himself that he will find that boy to make him feel like his father had made prisoners feel in jail.

When Sergio finished his judgment, he started to look for Neal. After walking for many hours, he finally found Mr. Jones's house. Sergio knocked at the door and a handsome guy with brown hair and blue eyes opened it and greeted him nicely. Sergio was surprised because of his humble and lovely reaction. However, Sergio had to do what he had promised; he pushed him back aggressively, and forced him to sit down on a chair; then, he got a rope and tied him to the chair. Neal was screaming and crying while Sergio was looking for a knife to hurt and kill him; nevertheless, when Sergio had the knife on Neal's neck, he looked at his face and could contemplate the innocence in his deep blue eyes, so he decided not to kill him.

Neal was confused and immediately asked him about his intentions, but Sergio did not answer; he just cried. Then, while he was trying to explain Neal about his actions and reasons

and the hate for his father, he cut the rope and let Neal free.

Not really surprised about the explanation, Neal started to tell Sergio the depressive story of his childhood with Mr. Jones as a father. He explained Sergio how much his father made him feel like garbage, telling him that he was so stupid to study. They realized they were in the same situation; both had experienced unforgettable situations. Neal was sharing his terrible experiences with Sergio when Mr. Jones arrived to the house. He heard people talking inside the house, so he decided to keep quiet and listen.

Some minutes later after Mr. Jones had listened to his son talking about him as the worst father in the world, he realized that he actually was a stupid man that only worried about his job; however, he knew it was too late to rectify his actions, so he took a pen and started to write a note to his son; afterwards, he took a gun and shot himself committing suicide.

The guys inside heard the noise and went out to see what the sound was, and as a surprise Mr. Jones was dead on the floor with a note in his hands that said; "Please, forgive me! I heard you talking about how horrible I was. I am a coward, and you will be better without me, love you".

Neal started to cry and regret for everything he said; he was shattered and Sergio felt so guilty as well. Neal really loved his father and Sergio realized he felt respect for that police officer more than revenge. Maybe he was a criminal, but he had never killed anyone because he knew people are just human beings with rights. Mr. Jones was cruel, but that was his job, he was a police officer of one of the most terrible jails in town, and they did not understand that until now. That afternoon, both Sergio and the police officer's son learned an important lesson. People are not perfect,; they can make mistakes and forgive others who hurt them, but especially, they have the opportunity to learn from their errors and move on.



## LET'S THINK ABOUT IT

### Surgeons Discussing Operations

Four surgeons were taking a coffee break and were discussing their work.

The first one said, "I think Accountants are the easiest to operate on. Everything inside is numbered."

"I think Librarians are the easiest" said the second surgeon. "When you open them up all their organs are alphabetically ordered."

"The third surgeon said, "I prefer to operate on Electricians, all their organs are color-coded."

The fourth one said, "I like to operate on Lawyers because they are heartless, spineless, gutless, and their heads and a\*\*es are interchangeable."



### English A Funny Language



1. We take English for granted. But if we explore its paradoxes, we find that:

- quicksand can work slowly,
- boxing rings are square and
- a guinea pig is neither from Guinea nor is it a pig,
- writers write but fingers don't fing, and grocers don't groce and hammers \ don't ham?

2. In what language do people:

- recite at a play and play a recital
- ship by truck and send cargo by ship, and
- have noses that run and feet that smell?

3. You have to marvel at the unique lunacy of a language in which:

- your house can burn up as it burns down,
- you fill in a form by filling it out, and
- an alarm goes off by going on.

learn

## What Is Internet Of Things (IoT)?

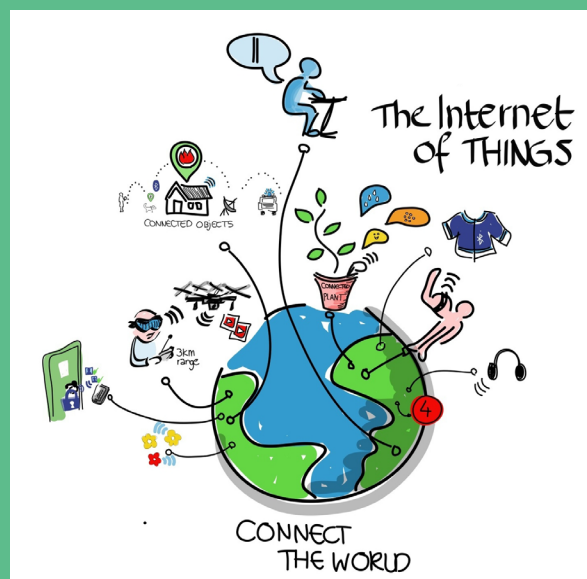
The INTERNET OF THINGS (IoT) is the internetworking of physical devices, vehicles (also referred to as “connected devices” and “smart devices”), buildings and other items—embedded with electronics, software, sensors, actuators, and network connectivity that enable these objects to collect and exchange data.

The IoT allows objects to be sensed and/or controlled remotely across existing network infrastructure, creating opportunities for more direct integration of the physical world into computer-based systems, and resulting in improved efficiency, accuracy and economic benefit.

“Things,” in the IoT sense, can refer to a wide variety of devices such as heart monitoring implants, bio-chip transponders on farm animals, electric clams in coastal waters, automobiles with built-in sensors, DNA analysis devices for environmental/food/pathogen monitoring or field operation devices that assist firefighters in search and rescue operations. Legal scholars suggest to look at “Things” as an “inextricable mixture of hardware, software, data and service”. These devices collect useful data with the help of various existing technologies and then autonomously flow the data between other devices.

When IoT is augmented with sensors and actuators, the technology becomes an instance of the more general class of cyber-physical systems, which also encompasses technologies such as smart grids, smart homes, intelligent transportation and smart cities. Each thing is uniquely identifiable through its embedded computing system but is able to interoperate within the existing Internet infrastructure. Experts estimate that the IoT will consist of almost 50 billion objects by 2020.

To know more about Internet of Things, go to: <http://www.postscapes.com/internet-of-things-examples/>





# THIS MONTH IN HISTORY

## IT HAPPENED IN OCTOBER

October 2nd, 1968	California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.
October 3rd, 1932	Iraq gained independence from Britain and joined the League of Nations.
October 5th, 1964	The largest mass escape since the construction of the Berlin Wall occurred as 57 East German refugees escaped to West Berlin after tunneling beneath the wall.
October 11th, 1939	Albert Einstein warned President Franklin D. Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."
October 15th, 1917	World War I spy Mata Hari was executed by a French firing squad at Vincennes Barracks, outside Paris.
October 23rd, 1989	Hungary declared itself a republic 33 years after Soviet Russian troops crushed a popular revolt against Communist rule.
October 26th, 1955	Ngo Dinh Diem proclaimed South Vietnam a republic and declared himself president.
October 30th, 1990	For the first time since the Ice Age, Great Britain was connected with the European continent, via a new rail tunnel under the English Channel.

## FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
Jesse Eisenberg	Movie Actor	October 5th, 1983
John Lennon	Rock Singer	October 9th, 1940
Sal Khan	Khan Academy	October 11th, 1976
Sarah Ferguson	Royalty	October 15th, 1959
Ryan Reynolds	Movie Actor	October 23rd, 1976
Chad Smith	Red Hot Chili Peppers	October 25th, 1961
Juliette Gordon Low	Founder of Girl Scouts US	October 31st, 1860

# THIS MONTH IN HISTORY

## International Day of Older Persons

The holiday is celebrated on October 1<sup>st</sup> by raising awareness about issues affecting the elderly, such as senescence and elder abuse. It is also a day to appreciate the contributions that older people make to society.

This holiday is similar to National Grandparents Day in the United States and Canada as well as Double Ninth Festival in China and Respect for the Aged Day in Japan.

The 2016 United Nations International Day of Older Persons (UNIDOP) will take a stand against ageism by drawing attention to and challenging negative stereotypes and misconceptions about older persons and ageing.

Ageism is a widely prevalent and prejudicial attitude that stems from the assumption that age discrimination, and sometimes neglect and abuse of older persons is a social norm and therefore, acceptable. It is a reality in some form in all societies, and finds expression in individuals' attitudes, institutional and policy practices, as well as media representation that devalue and exclude older persons. In 2014, Governments around the world adopted a resolution at the Economic and Social Council that recognized ageism as "the common source of, the justification for and the driving force behind age discrimination."

Such discrimination shapes



how older persons are treated and perceived by their societies, including in medical settings and workplaces, creating environments that limit older persons' potential and impact their health and well-being. The failure to tackle ageism undermines older persons' rights and hinders their contributions to social, economic, cultural and political life.

The composition of the world population has changed dramatically in recent decades. Between 1950 and 2010 life expectancy worldwide rose from 46 to 68 years, and it is projected to increase to 81 by the end of the century. It should be noted that at present women outnumber men by an estimated 66 million among those aged 60 years or over. Among those aged 80 years or over, women are nearly twice as numerous as men, and among centenarians women are between four and five times as numerous as men. For the first time in hu-

man history, in 2050, there will be more persons over 60 than children in the world.

Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older. The increase in the number of older people will be the greatest and the most rapid in the developing world, with Asia as the region with the largest number of older persons, and Africa facing the largest proportionate growth. With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate guarantees are in place. Human rights lie at the core of all efforts in this regard.



# 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. In this month, in which we celebrate International Day of Older persons, we want to share this Nilotic proverb that expresses the importance of the elders' wisdom and words:

*“The wisdom of the elderly is like the sun, it illuminates the village and the great river.”*

*-Nilotic 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 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.



To buy the books and learn more about Discovering Pura Vida go to: [PURA VIDA](#)

# 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)



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.

## 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](mailto:programaidiomas@utn.ac.cr)





