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Universidad Técnica Nacional

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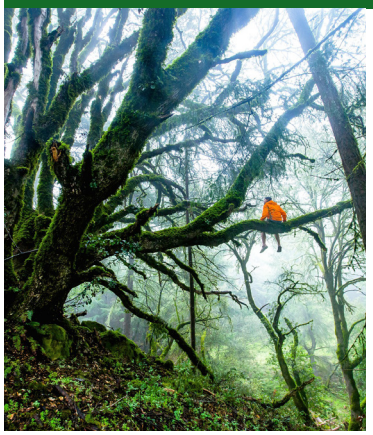

In this August issue , we are going to learn a little bit about 100 Acre Wood, which is an example of where authors use the world around them for inspiration. This place is part of a fictional land called Five Hundred Acre Wood in Ashdown Forest. This place is a part of the fictional land inhabited by Winnie-the-Pooh and his friends in the Winnie-the-Pooh series of children's stories by author A. A. Milne. If you have an awesome picture you think could be the cover of one of The ILE Post editions, send it to eherrera@utn.ac.cr. So far several readers have sent amazing pictures that we will be sharing with you soon. If you want to know what is happening in ILE, follow us in FACEBOOK.

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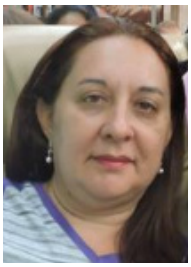
EDITORIAL

My Ideal University

by Euyenia González (ILE Professor)



Defining the ideal university model is not easy. The construction of the specific model you want is even more difficult, but not impossible. The model must consider modular aspects that will establish the objectives the university community will follow such as methodologies, assessment, soft and hard skills for students, professors' roles, and general policies that determine the way the community will work to get the defined goals. When researching information about those aspects, it is necessary to review different elements that make the model integral in the academic area.

A university model must be pertinent, which means it must take into consideration the time, context and needs of the students and all the community members; obviously, the society where it is developed determines those components. Besides this pertinence, the university community has to specify the goals they want to pursue. This is relevant since **believing in want you are doing is the key to make the sufficient efforts to get what you want**. Under other circumstances, imposed goals and regulations will affect negatively the members' performance and consequently their efficiency.

Respecting all the members and considering their opinions and needs are basic elements in a university community, so administrators must pay special attention to this. Otherwise, imposed regulations may lead to demotivation which is an obstacle in any scenario.

How do we motivate members of the university community? **Motivation is the presence of an enthusiastic feeling that drives people to make extraordinary efforts to obtain the expected results**. Obviously making members of the community feel active participants in the process may motivate them . Also, giving members the possibility to express ideas, collaborate in the construction of regulations and norms that are relevant to all the members is crucial to have participants working cooperatively. Moreover, it is a relevant fact that everybody should have the right to make decisions and express opinions in the process, and for this, there should be an open dialogue among the members of the community. Especially authorities must pay close attention to the member's suggestions and complaints since these comments and ideas may help the community to improve the university´s performance. **It is a must to consider that in a public university all participants in the process have the right and the duty to collaborate to improve the conditions in which knowledge is developed**.

Furthermore, it is an undeniable fact, that members of the community, especially students, must have enough resources to develop the skills required to acquire the professional and personal competencies to develop themselves professionally and ethically. Students need to have access to recreational areas where they can practice different sports and socialize with their peers. There must be at least one dining hall with an adequate nutritional program for all the members in the campus. In addition, permanent quality internet access and library resources, labs, scholarships, and convenient infrastructure among others for everyone. Because many of our students are mothers, it is also important to offer them access to a breastfeeding room. Many of our students are mothers, so for their welfare, they must have a hygienic specific room to feed their kids or collect the milk for them. Mothers should also have the possibility to have a child care service for their children especially when they do not have money to pay for this service. Moreover, **professors are the face of the university since they are the ones who are in direct contact with "our customers"**, the students. For this reason, there must be adequate spaces with appropriate equipment and accessible and updated sources of information for professors. In this way, they can do childcare at work. On the contrary, being at the university is just a waste of time for them who have to go home and finish the tasks they couldn't finish at the workplace.

It is understandable that administrators have a lot of responsibility. Dealing with many collaborators implies a lot of work and organization. Nevertheless, to have my ideal university, each member must be responsible for working actively to fulfill their role. Working hard to improve the university members' performance should be one of the main goals, and having motivated members is one clue for getting those objectives. Promoting participants work cooperatively in activities that are contextualized and necessary is significant to the collaborators. Finally, the university is a democratic place where everybody has rights and duties. For that reason, being involved in the construction of our university model is something that has to be done collaboratively. Nevertheless, impositions and unilateral decisions will continue damaging the members' performance and consequently the university prestige.

UTN NEWS

UTN Students Present At Cyber-Camp In Spain

Last July, Information Technology Engineering Students Marcos Daniel Herrera and Alexander Jesús Marín from Pacific Campus and Software Engineering Student Emiliano Aguirre from San Carlos Campus won second place during Aceleradora de Emprendimiento Camp held in León, Spain, and organized by Instituto Nacional de Ciberseguridad (INCIBE).

These students participated in a cyber-security challenge, which is an activity where teams of young cyber-talents from different countries test their technical skills and capabilities by trying to overcome a series of challenges. UTN students were elected after participating in the course: Creando una Trayectoria Profesional en Seguridad Digital, organized by Organization of American States (OEA). The five students with the best marks among 160 participants got the recognition to represent America in this cyber-cam, and these three UTN students were among the winners.

CyberCamp is the major cybersecurity event that INCIBE organizes on a yearly basis for the purpose of identifying, appealing, managing and contributing to the creation of talent in cybersecurity that can be transferred to the private sector according to its demands. This initiative is one of the tasks that the Trust in the Digital Sphere Plan, included in Spain's Digital Agenda, has requested INCIBE to carry out. The main objectives of this activity are:

- to identify the professional trajectories of young talents.
- to reach families through technical activities, awareness and dissemination of cyberse curity for all.
- to awake and promote cyber security talent through work shops and technical challenges.

Proceso de Adimisión 2019: Fechas Importantes

Universidad Técnica Nacional

• Solicitud de Adimisión Web Nuevo Ingreso	22 de agosto-12 de octubre 2018
• Recepción de Notas de Presentación, Documentos Probatorios para aplicar por Acciones Afirmativas y Documentos para Eximirse del Ciclo Introductorio	22-29 de octubre 2018
• Publicación Web de los Promedios de Admisión de los Aspirantes de Nuevo Ingreso	16 de noviembre 2018
• Solicitud de Corrección en los Promedios de Adimisión de los Aspirantes de Nuevo Ingreso	19-23 de noviembre 2018
• Publicación de Resultados de Adimisión y Citas de Matricula Admisión para Aspirantes de Nuevo Ingreso en el sitio Web www.utn.ac.cr	11 de diciembre 2018

Pacific Campus Presented Its I-2018 Budget Report

On August 3rd, at Pacific Campus Puntarenas, UTN presented the budget report I-2018, in which is in charge of the University Planning Department and Financial Management Department.

Chancellor Marcelo Prieto, Teaching Vice-Chancellor Katalina Perera, Student Affairs Vice-Chancellor Marisol Rojas, Community Extension and Social Action Vice-Chancellor Luis Fernando Chaves, Research and Knowledge Transfer Vice-Chancellor Francisco Romero, University Management Department Director Doris Aguilar, Budget Department Head Sergio Ramírez, Pacific Campus Dean Fernando Villalobos, Research Department Director Guillermo Hurtado were only some of the personnel present during this activity.

I-2018 Achievements

•In the teaching area, the enrolment targets for the major, bachelor and licentiature degrees were exceeded. UTN Pacific Campus expected 1889 students; however, the final numbers cut showed an enrollment of 2390 students.

•In the Research and Knowledge Transfer area, four new projects were implemented

•The Annual Gastronomic Festival held in March was a total success.

•In the Community Extension and Social Action area, all the different University Community Service (TCU) programs were successfully implemented. About 269 students took part in these programs. In addition, there was a participation of 185 people in continuing education courses offered by UTN to the community.

UTN Trains Environmental Education Enablers

During April, May, and July, UTN Water Resources Management Department, together with Universidad Nacional, held a workshop: Training Enablers on the Municipal Program of Environmental Education, Protecting and Conserving our Water Resources in a Climate Change Scenario. UTN has been part of all these initiatives since 2016.

Renewable energies and environmental education face a serious lack of attention This workshop is an opportunity to enhance attention and to provide cooperation among members of different communities. The workshop emphasized the need to see water resource management as a cross-sectorial issue to be mainstreamed within the most development policies of each community.

Seventy-five people including teachers, community leaders, public officials, environmental managers, and students took part in all the activities committed themselves to applying, implementing and transfering all knowledge, procedures and strategies learned during all of the workshop to a group of at least fifteen people in their corresponding communities.

During this workshop, participants had to write a story about Go-tica, a water drop born on the top of Poás Volcano who starts a journey trying to the downstream part of the basin. In its way, Go-tica interacts with different characters such as: trees, birds, flowers, and animals to exchange ideas about the current situation of the environment and the effects of climate change. The story has a second part which was written in different communities in Germany.

There's A Huge Subterranean Lake Of Liquid Water On Mars

It's official. There is liquid water on Mars. And not just a little, either. A research team led by Roberto Orosei, a professor at the University of Bologna, has detected a lake of liquid water 20 kilometers (12.4 miles) wide about 1.5 kilometers (.9 miles) below the surface of Mars' southern ice cap in a region known as Planum Australe. **They suspect that dissolved salts from nearby minerals prevent the water from freezing**, despite the low temperatures.

At the center of this discovery is Mars Advanced Radar for Subsurface and Ionosphere Sounding (MARSIS), an instrument aboard the European Space Agency's (ESA's) Mars Express spacecraft.

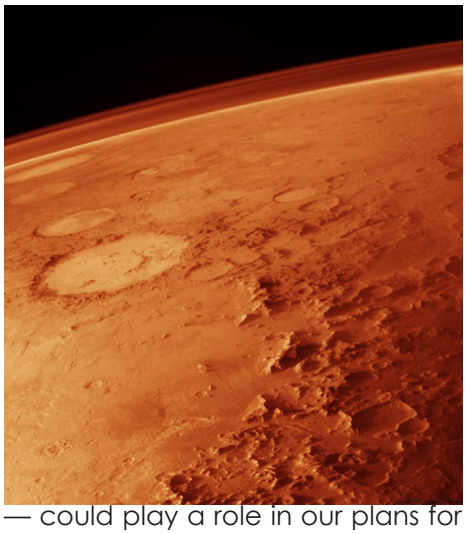
They published their research on the Martian lake Wednesday in the journal Science.

At the center of this discovery is Mars Advanced Radar for Subsurface and Ionosphere Sounding (MARSIS), an instrument aboard the European Space Agency's (ESA's) Mars Express spacecraft.

This instrument, which is positioned hundreds of kilometers above the surface of Mars, sends electromagnetic radar waves down toward the center of the planet. When those waves transition from one material to the next (from ice to rock, for example), they reflect back up to the instrument. Scientists can then analyze those reflected waves to determine what sort of material exists beneath the Martian surface.

This isn't the first discovery of water on Mars — we already knew the planet was home to ice as well as small amounts of water vapor. We've even found evidence of liquid water on the Red Planet, but this is the first time anyone has actually detected it.

There's a reason NASA's mantra toward studying Mars is "follow the water." Not only is water important in helping us understand the climate of Mars, past and present, any deposits — liquid or otherwise



— could play a role in our plans for Martian colonization.

Perhaps most exciting of all, though, it what this discovery of a Martian lake could mean in our search for extraterrestrial life. Almost anywhere on Earth that there's water, there's also life. If the same holds true on Mars, this discovery may mean the probability of the planet hosting some sort of life may have just increased dramatically.

Information taken from: https://futurism.com/martian-lake-liquid-water/ Image taken from: https://pixabay.com

Global Warming Could Be Far Worse Than Predicted

A new study suggests that **global warming could be twice as warm as current climate models predict**. This could mean the landmark Paris Climate Agreement – which seeks to limit global warming to 2 degrees Celsius (3.6 degrees Fahrenheit) above pre-industrial levels – may not be enough to ward off catastrophe.

"Even with just 2 degrees of warming – and potentially just 1.5 degrees – significant impacts on the Earth system are profound," said study co-author Alan Mix, a scientist from Oregon State University.

"We can expect that sea-level rise could become unstoppable for millennia, impacting much of the world's population, infrastructure and economic activity," Mix said.

In looking at Earth's past, scientists can predict what the future will look like. In the study, the researchers looked back at natural global warming periods over the past 3.5 million years and compared them to current man-made warming.

By combining a wide range of measurements from ice cores, sediment layers, fossil records, dating using atomic isotopes and many other established paleoclimate methods, the researchers pieced together the impact of those climatic changes.

Human-inflicted climate change is caused by the burning of fossil fuels such as coal, oil and gas, which release heat-trapping greenhouse gases such as carbon dioxide and methane into the the atmosphere.

The research also revealed how large areas of the polar ice caps could collapse and significant changes to ecosystems could see the Sahara Desert become green and the edges of tropical forests turn into fire-dominated savanna.

However, Meissner said "we cannot comment on how far in the future these changes will occur."

Referring to the study findings, lead author Fischer said that without serious reduction in carbon dioxide emissions, there is "very little margin for error to meet the Paris targets."

The study, which was conducted by dozens of researchers from 17 countries, was published last week in Nature Geoscience, a peer-reviewed British journal.

Information taken from: http://www.africametro.com/world-news/us-canada/global-warming-could-be-far-worse-than-predicted-new-study-suggests Image taken from: https://pixabay.com

Smartphone Use Linked To ADHD Behaviors In Teens

Teens who are heavy users of digital devices are twice as likely as infrequent users to show symptoms of **attention-deficit/hyperactivity disorder (ADHD)**, the study finds. The association is persistent as researchers tracked nearly 2,600 teenagers for two years.

The study focuses on the mental health consequences of a new generation of ubiquitous digital diversions, including social media, streaming video, text messaging, music downloads and online chatrooms, among others. It differs from previous research that linked use of TV or video games to the illness.

"What's new is that previous studies on this topic were done many years ago, when social media, mobile phones, tablets and mobile apps didn't exist," said Adam Leventhal, professor of preventive medicine and psychology and director of the USC Health, Emotion and Addiction Laboratory at the Keck School of Medicine of USC.

"New, mobile technologies can provide fast, high-intensity stimulation accessible all day, which has increased digital media exposure far beyond what's been studied before," he said.

The findings have ramifications for parents, schools, technology companies and pediatricians concerned that tech-dependent teens are driven to distraction—or worse. For example, a recent survey by nonprofit Common Sense Media showed teens spend about one-third of their day—nearly nine hours—using online media. A separate survey published last month by the US Centers for Disease Control and Prevention shows 43 percent of high school students used digital media three or more hours per day. While the popularity of digital media in kids is well known, the impacts are not.

In the USC study, the scientists began with 4,100 eligible students, ages 15 and 16 years, across 10 public highs schools in Los Angeles County. The schools represented mixed demographic and socioeconomic status, from South L.A. to the San Fernando Valley to the San Gabriel Valley. The researchers focused on teens because adolescence marks a moment for ADHD onset and unfettered access to digital media, Leventhal explained.

Next, they pared to 2,587 participants by removing students for preexisting ADHD symptoms. The scientists' goal was to start with a clean slate to focus on occurrence of new symptoms manifest over the two-year study.

The researchers asked students how frequently they used 14 popular digital media platforms. They sorted media use frequency into three categories: no use; medium use and high use. Next, the scientists monitored the students every six months between 2014 and 2016. They sought to determine if digital media use in 10th grade was associated with ADHD symptoms tracked through 12th grade.

In the end, they found 9.5 percent of the 114 children who used half the digital media platforms frequently and 10.5 percent of the 51 kids who used all 14 platforms frequently showed new ADHD symptoms. By contrast, 4.6 percent of the 495 students who were not frequent users of any digital activity showed ADHD symptoms, approximate to background rates of the disorder in the general population.

"We can't confirm causation from the study, but this was a statistically significant association," Leventhal said. ***"We can say with confidence that teens who were exposed to higher levels of digital media were significantly more likely to develop ADHD symptoms in the future."***

The National Institute of Mental Health describes ADHD as a brain disorder with symptoms that include a pattern of inattention, hyperactive behavior and impulsiveness that interferes with functioning or development. It's a common mental disorder in children and adolescents and also affects about 4 percent of US adults, according to the National Institutes of Health.

Leventhal, the corresponding author of the study, said the findings help fill a gap in understanding how new, mobile media devices and seemingly limitless content options pose a mental health risk to children. And the findings serve as a warning as digital media becomes more prevalent, faster and stimulating.

"This study raises concern whether the proliferation of high-performance digital media technologies may be putting a new generation of youth at risk for ADHD," Leventhal said.

information and images taken from: http://news.schoolsdo.org/2018/07/smartphone-use-linked-to-adhd-behaviors-in-teens/ Image taken from: https://pixabay.com

An Entrepreneur Story To Inspire You

By Gabriela Calvo (ILE Professor)

Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.

- Gail Devers

Starting a new business is never an easy endeavor to accomplish, unexpected hurdles are most probably going to get in the way, and dreams do not always come true effortlessly.

In this opportunity, however, I would like to present the story of an entrepreneur who despite the odds was able to accomplish her goals.

She is a makeup artist and professor Lindsey Hernández.

Lindsey was born and raised in Turrialba, Costa Rica. As a little girl, Lindsey never thought that her hard work and dedication would bring her all the blessings she is able to share with us today.

Before becoming a businessperson, Lindsey lived in Jamaica for several years and worked in University of the West Indies as the assistant for the Spanish as a Foreign Language Department. Lindsey loves English, so this is why she made the most of living in Jamaica studying and improving her English. She graduated in Educational Sciences for primary education; she has several degrees in English and holds a diploma in Spanish as a Second Language.

Since life takes many turns and presents us with once in a lifetime opportunities in the most unexpected of times, when the window of good fortune to become a makeup artist was opened, Lindsey could not let it close without getting a glance through it.

That was how Lind's new project started seven years ago. Lind was back in Costa Rica and had been home for some time, taking care of her newborn baby girl, and without the opportunity of working as a teacher. This situation depressed her a little since she loved teaching and did not want to stop doing so.

Lindsey started working as a beauty consultant for Mary Kay Cosmetics as a way of helping her husband with the financial situation of the household. With a little baby of only a few months old, starting on a project she knew very little about, Lind thought it was mission impossible at first. Nevertheless, she was not willing to give up without a fight. She started with difficult sales goals she had to meet in short periods of time, and which, with great effort and sacrifice, she was able to fulfill successfully all the time. She introduced Mary Kay's products to people she knew, family, friends, and neighbors. Little by little, she expanded her horizons. She traveled to her homeland, Turrialba, from time to time, in order to promote the products she had come to love; in no time, she was selling cosmetics and teaching women almost all over the country how to look more beautiful. In this way, Lind's true vocation of being a professor continued.

Although the business was booming, Lind wanted more. Soon she became a unit leader of a small group of women. Today, this group, which started with only a few women under her leadership, includes more than 40 women. The group's main objective is to enrich women's lives, following the Mary Kay Approach to Beauty, Business, and Feminism.

About four years ago, Lind's efforts launched her business even further when she created Lind's Studio Makeup Training Center. This is the place where dreams come true for many students who have had the opportunity to learn through Lind's experience the art of makeup. As Lind herself believes, "Makeup is a complement to already existing beauty. Makeup helps us externalize our own inner beauty."

Lind thanks her growing success to her family, especially her husband and daughters, who have always supported her, but above all, Lind is thankful to God. "All my life I have had a lot of faith in God, and many times I have said that I "live by faith" because there have been moments not so pleasant in my life. It has not been easy, but for God nothing is impossible, we will continue working."

I hope you have enjoyed reading about Lindsey, a humble ordinary girl from Turrialba who started as a cosmetics consultant, but today is the proud owner of her own makeup training center in Alajuela.

You may follow Lind through her Facebook - Lind's Studio MakeUp training center.

Lind's Studio
MAKEUP TRAINING CENTER

I Am Mother: Pretty Much The Same Person But With Super Powers

By Cindy Rodríguez (ILE Professor)

I did not understand mothers until I became one. In the moment we get pregnant, we begin to study, but we graduate the moment our baby is born. Mothers can go through a lot. Sleep deprivation, lack of food, muscle pain, and still find ways to make babies laugh. Here are just **15 things I have learned that only mothers can do**:

1. Push a baby out of their vagina and staying up all night the following five nights without complaining.
2. Stay up almost all night just to check the new born is breathing.
3. Breastfeed every two hours even though their nipples are cracked and bleeding.
4. Clean the entire house while the baby is taking a short nap.
5. Carry all grocery bags and a crying baby, and still find the house keys, and open the door while holding his/her pee.
6. Remain calm when the baby is crying out loud in the middle of the night with poop dripping out of his/her dipper.
7. Smile and sing lullabies in traffic jams with lousy drivers screaming things at them, in the middle of a storm.
8. Milk themselves several times a day.
9. Carry an 8 kg baby for more than four hours and not complain about it.
10. Genuinely getting extremely happy and doing the rain dance when baby poops after three days of not doing so.
11. Catching baby vomit into the air with their hand or foot.
12. Know what the baby needs just by listening to the baby crying.
13. Breastfeeding and peeing at the same time because she could not hold it anymore.
14. Sleep in the most uncomfortable position in order not to wake the baby up.
15. Hold all the baby's toys, the baby, and the blanket in one hand, while getting a call and opening the car door with the other.

Mothers are amazing beings. We are just humans who develop bodies potential to perpetuate the human race. Nature is magical, God is extremely wise. Being a mother is the Olympic Games of the human's body. It is wonderful to see the change happen. **Some of the changes are:**

1. Brain shrinks (not kidding) to allow a woman to become smarter and to react faster to a baby's needs.
2. Boobs increase and fill up with the exact amount of milk the baby needs every two hours.
3. The senses of smell and hearing becomes sharp and alert.
4. It is hard for you to see far away, most things look blurry but close up your sight seems to be sharp, so you can focus on your baby.
5. Milk is produced from your own body, changing its composition as your baby grows.
6. Nipples burn as a signal when it is time to breastfeed (even though babies have not cried)
7. When pregnant, the body stretches 20 times more and then goes back to place.
8. The vagina stretches in order for the baby to be born.
9. Arms become gradually stronger, making women used to the baby's weight.
10. A mother's instinct does exist, the only way it can be explained is: it is God's wisdom in action.

I became a mother, and I do believe I am capable of doing things I have never done before, just for love, but with the help of instinct and God. Now I understand the meaning of the word "mother", now I do understand why they make a big deal out of Mother's Day. I love to be a superhuman.

Image taken from: https://pixabay.com

Higher Ed.'s Societal Obligations In A Globalizing Economy

The American Association and Colleges and Universities (AACU) just released a survey of employers that looks at the characteristics employers want to see in the graduates they hire, and a related paper from the AACU Board called **The Quality Imperative**. The survey (which does not in any way contradict others that I have seen previously) reports that only one in four employers feel that higher education is doing a good job in preparing students for success in the global economy. Not surprisingly, employers would like to have graduates who have both in-depth and broad range knowledge and skills Highest on their wish-lists for learning outcomes are several intellectual skills, e.g. critical thinking, that, as emphasized by **Derek Bok** in Our Underachieving Colleges, we don't teach very well. The learning outcomes that 70% or more of the employers felt should get increased emphasis from higher ed are:

- **The ability to effectively communicate orally and in writing (89%)**
- **Critical thinking and analytical reasoning skills (81%)**
- **The ability to apply knowledge and skills to real-world settings throug internships or other hands-on experiences (79%)**
- **The ability to analyze and solve complex problems (75%)**
- **The ability to connect choices and actions to ethical decisions (75%)**
- **Teamwork skills and the ability to collaborate with others in diverse group settings (71%)**
- **The ability to innovate and be creative (70%)**
- **Concepts and new developments in science and technology (70%)**

What needs to happen in education can be described in a nutshell as:

> ***To prosper in today's knowledge economy, in sum, all individuals will need a contemporary blend of liberal and applied learning.***

In addition they make a recommendation that I consider to be of paramount importance:

> ***Ensure that all fields of study help students achieve demonstrable competence in the essential learning outcomes, including the ability to apply their learning to new settings and unscripted problems.***

In other word, we actually need to measure what we are doing, so that we – and everyone else - can see if we are being successful in doing what we say we are doing.

The report actually shows an area in which society – or at least employers – wants the same thing as the academy. Eighty one percent of employers want us to do more to teach critical thinking and analytic reasoning skills. By comparison, according to Bok:" **With all the controversy over the college curriculum, it is impressive to find faculty members agreeing almost unanimously that teaching students to think critically is the principal aim of undergraduate education."** However, even with this pretty complete overlap of goals, it turns out, according to the results quoted by Bok, that we actually do a terrible job in teaching these critical skills. Bok argues that our failure results from our unwillingness to acknowledge and face the changes in our learning approaches that would be required in order to improve critical thinking amongst our students. So our support of this societal goal actually is rhetorical rather than real.

Unless we can demonstrate that we are in fact doing things that society needs as we move into globalization, we risk suffering some of those political and financial outcomes that he had envisaged only for aberrant corporations. So we should pay very close attention to the AACU's call for **"demonstrable competence"** in areas that will be essential for the future health of our society.

Article taken from: http://www.changinghighereducation.com/2010/01/the--american-association-and-colleges-and-universities-aacu-just-released-a--survey-of-employers-that-looks-at-the-charact.html
Pictures taken from: https://pixabay.com

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. This month we asked students:

What is wrong with the world today?

The biggest problem is people´s selfishness and that people with a lot of power make decisions in their favor without thinking about the rest of the people.

Jarrod Esquivel

People are only focused on making money at any cost. The worst part about this aspect is that it is contagious, so more a more people are doing it, and that is the way we are teaching young and future generations.

Jonathan Pineda

It really makes me feel sad to see all the violence, pollution, and indifference there is in the world. I want a better world for me and future generations.

María José Solano

The lack of positive values, lack of empathy, and selfishness are leading the world to a chaotic situation where nobody knows what is going to happen next. *Jose Stephanie Moscoa*

Even though people do not perceive it, society is constantly being influenced by the way people behave. There is a tendency to follow the crowd without taking into account if it is something right or wrong.

Katherine López

One terrible problem is that we have made of education a lucrative business. The cost of books, courses, and supplies very often denies valuable people to achieve a degree, so they have to look for a different way to survive.

Mariano Chaves

Society has lost important values from the past. This has happened because we copy a lot of stereotypes and negative behaviors that are in mass media like TV, radio, and the Internet.

Carlos Ovares

People keep fighting for power, and that leads to inequality. The fact that some people still believe that they are second class citizens is unbelievable.

Hailyn Fernández

Our Teacher Gabriela

By Maricruz Ovares and Freicel Segura (ILE Student)

Throughout the process of learning, people meet different kinds of professors. Some of them are boring, unfriendly, and frightening because they are not interested in making classes enjoyable, getting along with the students, and helping students. However, since I started studying at the university, I have met a lot of lovely professors. Nonetheless, Gabriela has caught my attention.

Her personality is fantastic in some specific aspects. First of all, she always tries to build a pleasurable environment because before being a teacher, she prefers to be a friend. Then, she is that kind of person who loves to support students when they need it. Thirdly, I have never seen her cheerless even if she is undergoing a bad situation. Therefore, I consider that she is one of the happiest teachers at the university.

Another aspect is her physical appearance. Every single time that Gabriela is working, we suppose that she takes care of her hair because it is shining, dyed, and manageable. Her body is one of the aspects which catches the attention most because she is tall, thin, and fit. In addition, Gabriela has a stunning face, her triangular face with huge dimples, and perfect teeth easily impress everyone.

Even though we do not see her so often, we can notice that she likes to exercise because of her athletic body. Besides, we can see through social media that Gabriela usually posts photos traveling around the world, so we know that she enjoys visiting many places. On the other hand, we think that her favorite hobby is teaching because every time she is in class we observe how big her passion for her profession is.

Universities are places where you have the chance to meet both bad and awesome people, so we as students need to learn how to deal with that. In conclusion, I would say that every professor has different qualities, personalities, hobbies, or even ways of teaching. However, Gabriela is the kind of teacher that I would like to have forever.

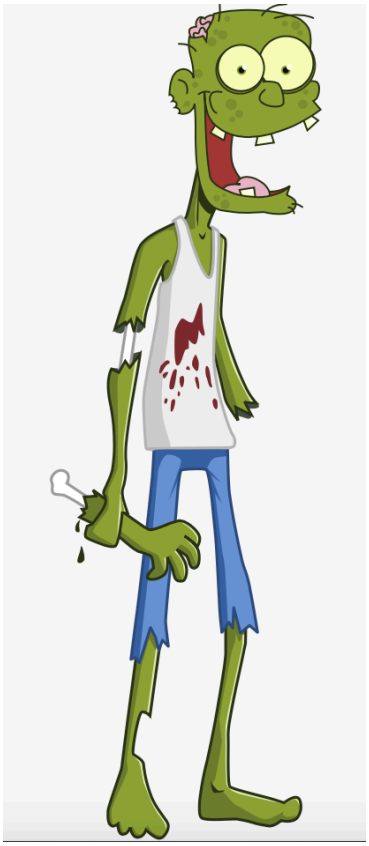
Photo credit: https://designdroide.com/untroubled-woman-illustration.html#download_101685_untroubled-woman-illustration.svg_1535

Blurry Face

By Christopher Venegas (ILE Student)

There is a monster hidden under my bed that wants to sadden me. His name is Blurry Face. He came to my life to achieve his main goal which is to steal my happiness and depress me. Every night, he mutters depressing words such as: "loser", "stupid", and "unworthy little boy." He sometimes makes me feel down when I see him, and I get to notice his frightening appearance. His horrifying facial expression is what scares me the most. He wears a giant red silk gown which conveys me that his intention is to bother me and desolate me until I give up. The only way he makes me feel like I cannot take it anymore is when he affects my senses. When I can feel his harsh skin touching my toes, I completely became paralyzed. His rotten scent appears at any hour of the day; whenever I am in my bedroom, and it destroys my positive vibe. Blurry Face wants me to give away my energy by affecting my senses and vibes.

Photo credit: https://designdroide.com/thủy-quái-vương-water-monster-king.html



A Monster

By Christopher López (ILE Students)

As a child, I always feared a monster I used to imagine. I always thought that this huge horrible beast would eat me. I used to see its incredibly giant head, with eyes that looked like rotten melons, making you think of that smell. Its ears were enormous, with a line of rings making them look really heavy. I also remember its claws being super large and dark; they could cut meat in seconds easily. All of his enormous body was covered with hair. The smell coming from it could kill any living being close to it. I will never forget it wearing rags as clothes falling to its feet, just thinking about those clothes going all the way down to its stinky and gigantic feet makes me shake. Thanks God, it was all in my imagination, and this horrendous creature does not exist.

Photo credit: https://designdroide.com/cartoon-zombie.html

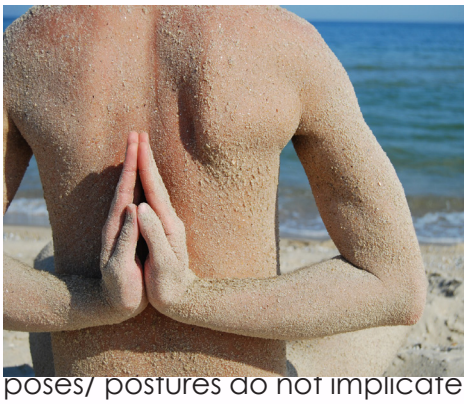
4 Myths And Facts About Benefits of Yoga

Yoga has over the years become a part of many people around the world. Some practice yoga as a form or exercise while some practice it to get balance/ relaxation in their daily lives. But with every good or popular form of exercise or lifestyle regime that has ever come up, there are many claims that have been attached to it. There are many negatives that have been attached to the practice of yoga and its benefits. But these negatives are not generally found to be true, and such claims are referred to as the myths of yoga. Here we are trying to help you get rid of a few of those myths and learn a few important facts so that you can enjoy your yoga practice all the more. So here follows **a list of few myths and the counter facts relating to the benefits of yoga.**

1.) Myth: Yoga is the best possible cardio workout that one could want.
Fact: Yoga has over the years been seen to improve an individual's flexibility, strength and overall balance. Many people mistake yoga as a weight loss mode but the fact is that most yoga will not burn much calorie or work as a good cardio workout.

2.) Myth: People with stiff bodies cannot do yoga or that yoga is meant only for the flexible.
Truth: The idea that an individual has to be flexible to even think about practicing yoga and that inflexible people cannot benefit from yoga is completely bogus. Inflexible people may feel some initial difficulty but everyone can improve their flexibility with yoga.

3.)Myth: Yoga requires a complete change of your lifestyle and even religion.
Fact: This is a completely baseless exaggeration. Yoga is a technique which requires specific body postures and movements which helps one achieve balance and strength in life. Though yoga is a huge concept and philosophy, practicing the



poses/ postures do not implicate that you have to give up non-vegetarian food, alcohol and your material belongings much less change your religion.

4.) Myth: I workout in the gym daily which is why there is absolutely no need for me to practice yoga.

Fact: While not practicing yoga is completely one's own choice, it is not true that those who workout in the gym do not need yoga. Yoga is much more than mere physical workout. It is a philosophy which helps one improve the overall balance in life and maintain mental peace while helping increase strength, agility and flexibility.

Information taken from: https://noknakmix.com/top-4-myths-and-facts-about-benefits-of-yoga/
Photo credit: https://pixabay.com

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VISITING LANDMARKS

SEATTLE

Seattle, Washington, has a left-coast vibe with a high tech spin. The birthplace of Jimi Hendrix and Kurt Cobain has an appealing laid-back vibe and is accepting of alternative lifestyles, but hosting companies like Microsoft and Boeing means you're as likely to run into a systems engineer as a grunge rocker. Well known for its rain, Seattle, Washington is a city of approximately 600,000 people sandwiched between the salt water of Puget Sound and the fresh water of Lake Washington. To the north is the Canadian province of British Columbia.

To the west are the Olympic Mountains, to the east the Cascade Range including just off to the southeast is Mount Rainier, the highest peak in the Cascades, and easily visible on a clear day from Seattle.

The city of Seattle contains 13 districts that in turn contain several roughly defined neighborhoods. In addition to districts and informal neighborhoods, the city also uses the designation "urban village" for some areas with increased density, a transit orientation and mixed land use patterns. Before incorporation into the city, some of these neighborhoods, such as Lake City and Ballard, were burgeoning cities in their own right.

Sights and Activities

The Space Needle

In 1962 Seattle hosted the world fair, and decided on a theme of Century 21, and wanted something futurist to be the visual anchor point for the fair grounds. Inspired by the Stuttgart TV tower in Germany, the architects decided on a tower, eventually topping the tower with a flying saucer to represent the Jetson-esque world that would await us in the year 2000. The needle includes the Sky City restaurant, the world's "first" revolving restaurant.

Seattle Waterfront

Seattle has a number of piers jutting out into Elliot Bay, originally built to handle Pacific sea traffic, most of the piers now house tourist attractions or cruise ships. Seattle still is the 9th busiest port in the USA, though the majority of the cargo traffic is handled away from the downtown core nowadays. There is a sculpture garden near the north end of the waterfront.

Pike's Place Market

Place Market, a 9 acre public market in operation since 1907, selling everything from produce to tourist kitsch. The most popular attraction in Pike Place Market, however, is the Pike Place Fish Market. The fishmongers at the Pike Place Fish Market don't hand each other fish, they toss them full force at each other. The Pike Place Fish Market has been featured on many TV shows, and you are bound to see them on any TV show featuring Seattle tossing fish out into the crowds. There is also a walking Ghost Tour.

Sleep

For such a large city, there is a surprising lack of accommodation options available, thus rooms in Seattle are more on the expensive side. Most sleeping options are in Downtown and consist mostly of mid-range or high-end hotels. Other options, especially budget hotels and hostels can be found near the Seattle Center, the University District, the International District, and in North Seattle. There are also bed and breakfast options in Fremont, Ballard, and Capitol Hill. Steer clear of the motels along Aurora Avenue N, as there are many sketchy places where you stay at your own risk.

Weather

Seattle generally has a wet climate. Look outside at any given moment in Seattle and you are likely to see overcast clouds. While it rains often, it doesn't rain very much. On average, it rains in Seattle at least half of the time, and the wettest months are between January and May and between October and December.

Summer is the driest and warmest time in the city, but there are occasional summer thunderstorms.

The weather also varies quite a bit over short geographies in the region and even within short periods of time within a given day. During the autumn and early winter there are often heavy winds.

Information taken from: https://www.travellerspoint.com/guide/Seattle/
Photo credit: https://pixabay.com

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Zotero

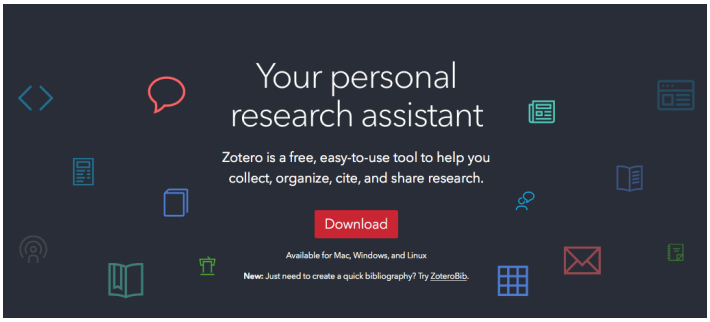
Reviewed by Amy Nicole Roberson, Trinity University

Developed by the Center for History and New Media at George Mason University, Zotero is a **free browser-based tool designed to collect, organize, cite, share, and sync research materials**. This review evaluates Zotero using the three notions of linked data discussed by John Voss in his plenary address at 2012 Annual Meeting of the Society of American Archivists.

Zotero enables users to create and curate libraries of research sources. The program "senses" research content from the web, allowing users to easily add sources from a variety of websites, library catalogs, and databases. At the same time, Zotero captures metadata for these sources to increase the discoverability and connectivity of the content, and so users may generate citations. Users have the option of adding PDF documents, images, audio, video, screenshots of webpages, and notes to the source's record. The sources may also be organized by collections or sorted through the addition of tags. Additionally, the ability to collaborate with others in a Zotero group is an important attribute of the tool. Members of a group may create a shared library, add notes, share documents, compile notes, and participate in discussions. Thus, Zotero shows the story of how individual users, groups, and content are connected in an easy-to-use interface.

Zotero succeeds in creating an archival content community through the use of nodes and links. Nodes in Zotero are users or groups, citations, attachments, user-generated notes, and discussion threads. These nodes link to each other through a variety of ways. For example, a discussion thread connects to a group and the group connects to a collection of research sources. Zotero has more options for sharing and collaboration than other citation management tools such as RefWorks, increasing Zotero's viability as an archival content community.

In his address, Voss also introduced the notion of "Archivist as DJ," those who create mashups of content, providing a new, cohesive experience for researchers. In a sense, **Zotero allows users to act as a DJ as sources may be sorted into collections and subcollections or organized via the addition of tags**. However, Zotero falls short of creating a robust mashup experience, as users cannot manipulate various sources within the program to create a new product as imagined in Voss's plenary address.



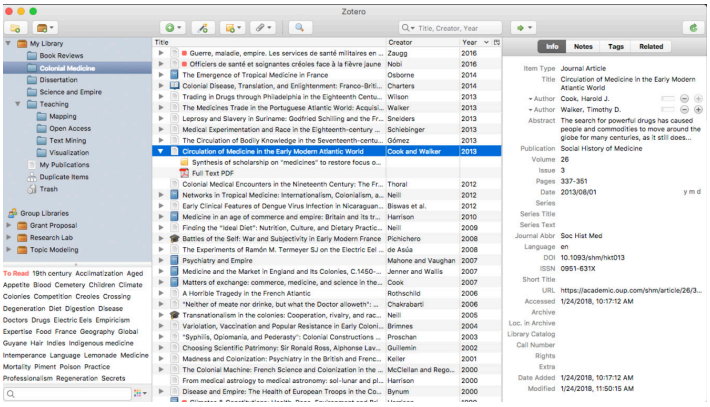
Zotero Commons is a newer addition to the Zotero platform that also contributes to this notion of an archival content community. Zotero Commons is a partnership with the Internet Archive's Scholar Work Spaces initiative. Users of the two sites are given the opportunity to back up and share scanned, public domain, primary source documents with the world. Once added to the Internet Archive through Zotero Commons, the documents are OCRed. These personal digitization projects allow researchers to play the role of archivist by contributing to the body of unique information available to users via Zotero Commons. There are two versions of Zotero, a version for Firefox users and a standalone version that interacts with browsers through the use of a plug-in. Zotero for Firefox seems to operate more seamlessly, easily detecting research content on the web. The addition of the browser add-on Readability, however, makes it easier for Zotero to recognize research content when utilizing the standalone version of the software.[1] The citations generated by Zotero are only as good as the data that goes into the system so if using the tool for graded or professional writing, double-check the accuracy of the information generated.

Zotero is an easy to use, cloud-based citation management tool that incorporates Voss's three notions of linked data. Although traditionally used as a citation management tool, libraries and archives might envision Zotero as a platform for building digital collections in an interconnected world.

Cite in style.
Zotero instantly creates references and bibliographies for any text editor, and directly inside Word and LibreOffice. With support for over 8,000 citation styles, you can format your work to match any style guide or publication.

Collaborate freely
Zotero lets you co-write a paper with a colleague, distribute course materials to students, or build a collaborative bibliography. You can share a Zotero library with as many people you like, at no cost.

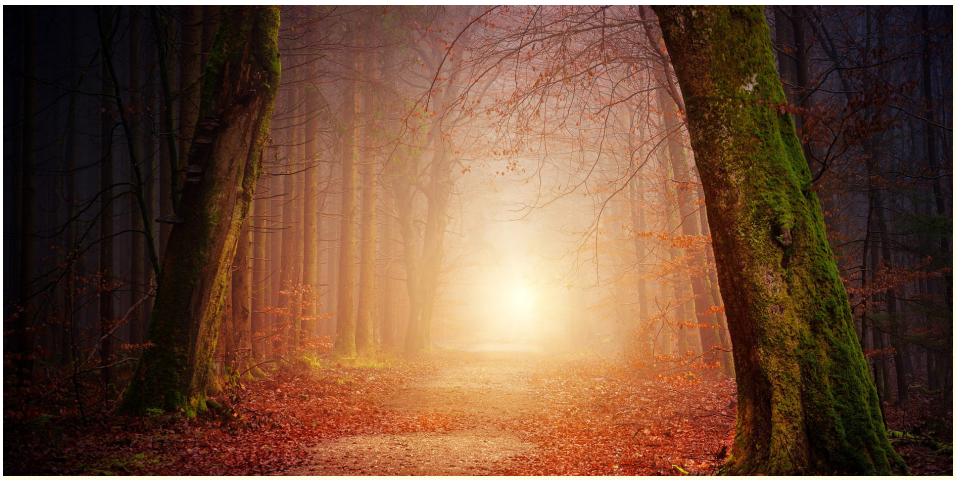
Collect with a click
Zotero is the only software that automatically senses research on the web. Need an article from JSTOR or a preprint from arXiv.org? A news story from the New York Times or a book from a library? Zotero has you covered, everywhere.



Amy Cavender, "Use Readability to Make Sites Zotero-Friendly," ProfHacker, May 5, 2011. http://chronicle.com/blogs/profhacker/use-readability-to-make-sites-zotero-friendly/33015.

Information and images taken from: https://reviews.americanarchivist.org/2016/07/02/zotero/
Images taken from: https://www.zotero.org

100 Acre Wood



One Hundred Acre Wood is the setting of the well-known children's story Winnie-the-Pooh. First published October 14th, 1926, Winnie the Pooh and all of his friends who lived in the Hundred Acre Wood instantly warmed the hearts of thousands of families. The first collection of stories about the character was the book Winnie-the-Pooh (1926), and this was followed by The House at Pooh Corner (1928). Milne also included a poem about the bear in the children's verse book When We Were Very Young (1924) and many more in Now We Are Six (1927). All four volumes were illustrated by E. H. Shepard.

The Pooh stories have been translated into many languages, including Alexander Lenard's Latin translation, Winnie ille Pu, which was first published in 1958, and, in 1960, became the only Latin book ever to have been featured on The New York Times Best Seller list. Hyphens in the character's name were dropped by Disney when the company adapted the Pooh stories into a series of features that became one of its most successful franchises.

A. A. Milne named the character Winnie-the-Pooh after a teddy bear owned by his son, Christopher Robin Milne, who was the basis for the character Christopher Robin. The rest of Christopher Robin Milne's toys – Piglet, Eeyore, Kanga, Roo, and Tigger – were incorporated into Milne's stories. Two more characters, Owl and Rabbit, were created by Milne's imagination, while Gopher was added to the Disney version. Christopher Robin's toy bear is on display at the Main Branch of the New York Public Library in New York City.

Christopher Milne had named his toy bear after Winnie, a Canadian black bear he often saw at London Zoo, and "Pooh", a swan they had met while on holiday. The bear cub was purchased from a hunter for $20 by Canadian Lieutenant Harry Colebourn in White River, Ontario, Canada, while en route to England during the First World War.

He named the bear "Winnie" after his adopted hometown in Winnipeg, Manitoba. "Winnie" was surreptitiously brought to England with her owner, and gained unofficial recognition as The Fort Garry Horse regimental mascot. Colebourn left Winnie at the London Zoo while he and his unit were in France; after the war she was officially donated to the zoo, as she had become a much loved attraction there. Pooh the swan appears as a character in its own right in When We Were Very Young.

The Winnie-the-Pooh stories are set in Ashdown Forest, East Sussex, England. The forest is a large area of tranquil open heathland on the highest sandy ridges of the High Weald Area of Outstanding Natural Beauty situated 30 miles (50 km) south of London. In 1925 Milne, a Londoner, bought a country home a mile to the north of the forest at Cotchford Farm, near Hartfield. According to Christopher Milne, while his father continued to live in London "... the four of us – he, his wife, his son and his son's nanny – would pile into a large blue, chauffeur-driven Fiat and travel down every Saturday morning and back again every Monday afternoon. And we would spend a whole glorious month there in the spring and two months in the summer." From the front lawn the family had a view across a meadow to a line of alders that fringed the River Medway, beyond which the ground rose through more trees until finally "above them, in the faraway distance, crowning the view, was a bare hilltop. In the center of this hilltop was a clump of pines." Most of his father's visits to the forest at this time were, he noted, family expeditions on foot "to make yet another attempt to count the pine trees on Gill's Lap or to search for the marsh gentian". Christopher added that, inspired by Ashdown Forest, his father had made it "the setting for two of his books, finishing the second little over three years after his arrival."

The landscapes depicted in E. H. Shepard's illustrations for the Winnie-the-Pooh books were directly inspired by the distinctive landscape of Ashdown Forest, with its high, open heathlands of heather, gorse, bracken and silver birch punctuated by hilltop clumps of pine trees.

To learn more about the story of King Arthur, go to:

The World Of Winnie The Pooh

Information taken from: https://en.wikipedia.org/wiki/Winnie-the-Pooh Images taken from: https://pixabay.com

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"English For You CR" presents,

Articles a/an/the/ or nothing

In English as in many other languages, articles can be tricky. Today we'll discuss the articles **a, an ,the** , or **no article**. For example:

- She wants a cup of coffee. What a day! (article "a" goes **before countable nouns:** chair, person, dog, minute, dollar, etc.)

- It's raining, take an umbrella. I ate an orange. (article "an" goes **before countable nouns starting with vowels**)

We use the article **"the" when the other person knows what we're talking about, of if there is only one**:

- Close the door. Did you bring the money? (**it is clear what we're discussing**)
- The sun and the moon are beautiful. See you on the weekend. (**there is only one of each**).

We use no article for plurals when we're being general, but we use "the" for specific plurals:

- Motorcycles are noisy. (**general**: all motorcycles)
- The dogs in my neighbourhood are friendly. (**a specific group** of dogs).

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

alimony

an allowance paid to a person by that person's spouse or former spouse for maintenance, granted by a court upon a legal separation or a divorce or while action is pending..

EXAMPLE:

In the last three decades, courts have begun to apply gender parity to the awarding of alimony.

www.dictionary.com

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Edinburgh Fringe

The Edinburgh Fringe Festival is the world's largest arts festival with over 40,000 performances and more than 2,500 shows packed into 250 venues across the city. (4 August -28th August 2017) Scotland's capital city has bags of old world and contemporary charm and is definitely worth planning a visit. We would particularly recommend the city in the summer when its festival season or for the Hogmanay celebrations for great New Year's Eve party celebrations.

From charming vistas at every corner to sandy beaches, festivals to fireworks – the city has something for everyone, day and night.

The city is a UNESCO World Heritage Site, split between the medieval Old Town and the Georgian splendour of the New Town.

But Edinburgh isn't living in the past – it's a vibrant, cosmopolitan city, boasting an exceptional blend of contemporary pubs and bars, restaurants, specialist retailers and leading tourist attractions.

Days can be spent exploring the city's medieval alleyways and glorious architecture – not least the magnificient Edinburgh Castle, dramatically perched on an extinct volcano, high above the city centre.

Nights out in Edinburgh provide an opportunity to discover what makes the city tick amidst the bustling bars, clubs and lively street scenes.

Buying tickets and choosing what to see at the Festival is part of the fun. Lots of people will be touting and trying to convince you to check out the 'must see' performances so embrace a real festival spirit and the possible randomness of it all.

From castles to cabins, there are types of festival accommodation in Edinburgh to suit every visitor. Budget accommodation, family friendly options and luxury living are all on offer.

To know more about this festival, visit: https://www.edfringe.com

Information taken from: http://www.justaplatform.com/edinburgh-festival-2013-edinburgh-fringe-festival/
Photo credit: https://pixabay.com