



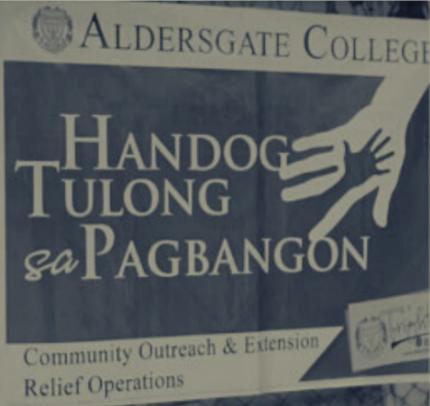
THE

Graduation 2020

# PARAGON

THE OFFICIAL PUBLICATION OF ALDERSGATE COLLEGE

AUGUST 2020 - APRIL 2021



# 50 years



# THE NEW NORMAL: AC'S RESPONSE

# AC holds First Virtual Commencement Exercises

BY LORREN GRAZE RAMIRO



**VIRTUAL GRADUATION.** College President, Dr. Prescilla Esperanza A. Soriano, conferred the awards and titles to 287 students during the Virtual Commencement Exercises on February 10.

In compliance with the Commission on Higher Education (CHED)'s advisories for the "Prevention, Control and Mitigation of the Spread of Coronavirus Disease 2019 (COVID-19), Aldersgate

College conducted its 1st Virtual Commencement Exercises with a total of 278 students who fulfilled the requisites for the academic year 2019-2020 last +February 10.

The Graduation Speaker, Prof. Andrew

S. Macalma, Dean of Student Affairs and current University Registrar of Saint Louis University, inspired the present and outgoing students to strive harder given the uncertainties of tomorrow due to the

current global crisis, in his heart-felt message during the online-streamed graduation.

He encouraged the students to discover new things and hobbies to help them cope with the situation, as well as being courageous while planning on how to handle things through time.

"Aim for your dreams and more. Do not just settle for what is paced, settle to what will allow you to grow and serve," Macalma said.

According to him, in these times of pandemic, students may engage in different self-rectifying activities to be able to be more focused and proficient in their chosen field.

"Don't doubt yourselves. Harness your

strengths, use your talents, and temper them with the education you have experienced," he added.

Moreover, Minerva C. Devis, Cum Laude from the School of Business, Management and Accountancy (SBMA), delivered the Valedictory Address as she received her Bachelor's degree in Hotel and Restaurant Management.

"Life is full of surprises and sacrifices, but remember that we can always choose to become better," Devis shared in her speech.

Devis expressed her gratitude for having their graduation rites despite the pandemic, and is hopeful for better days after the current global health crisis. #

## AC Commemorates Foundation Day Virtually

BY CONIE HOMBREBUENO

Aldersgate College celebrated its 56th year of long chequered and meaningful existence along with excellent service with the theme, "Surviving the Pandemic, the AC way" on January 27-29.

Foundation Day is a very much awaited event. By far, foundation day celebration is the grandest among all school activities.

However, this year, it was entirely different compared to the previous ones since a complete virtual experience took place to bring together the staff and students. This was to acknowledge the tough times the AC community had faced, and the incredible ways they were banded together as a family.

Students were given a chance to showcase their talents and intelligence

through music, dance, quiz bee and other various performances. All activities were excellent avenues for honing individual mental, physical, and emotional growth.

The 56th Founding Anniversary for Aldersgate College might be different this year, but the spirit of the event continued to live on. The celebration was organized by the SSC officers, advisers, and the administration

Organizing a successful event takes a lot of hard work and preparation like sending them virtual hugs and thank yous. May AC continue to play its part in the educational sphere and will direct its efforts towards the all-round development of the students.

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## CASE and SBMA seize MR. & MS. ACEA 2021

BY MARLOU ALMAZAN



From the School of Business Management and Accountancy (SBMA), Mr. Seth Navis, and from the College of Arts, Sciences and Education (CASE), Mrs. Johanna Chua, bested other male and female candidates as they claimed the crown, Mr. and Ms. Aldersgate

## AC's First Virtual Pageant

BY DAENIELLE AUDREY ESPINOZA



Althea Santiago from the High School Department and Dennis Aldrin Daguio from the College of Arts, Sciences, and Education were crowned as the Miss and Mr. Aldersgate College 2021 during the first virtual celebration of Aldersgate College 56th Founding Anniversary, with the theme: "Surviving the Pandemic, the AC way", January 27-29, 2021.

In the virtual competition released on January 20, Santiago and Daguio bested 8 other pairs that aspired for the crown. Winners were declared after

five days of preliminary competitions, and online discussions wherein each candidate exhibited their talents, advocacies, poise, and eloquence through videos and google meeting interviews held on January 25-29, posted at Aldersgate College SCC Interactive page.

"Preparing for the virtual pageant is very different from the usual pageants; the time it took was doubled, we got to take videos and photos for each candidate. We were pressured because we are the first to hold a virtual pageant in our province, but all in all, it was fun and

worth it," Daguio said in an interview.

Holding virtual pageants is one form of adaptation to the new normal. Mr and Ms. Aldersgate College competition had been a tradition to hone the potentials of students into becoming not only titleholders but socially responsible students, as well as citizens.

"Knowing that I was the only high school student among the female candidates, I didn't expect to win the crown that is why I am so glad and blessed to be the Miss Aldersgate 2021," Santiago said in an interview.

Meanwhile, runners-up for this year's search were: 1st - Janella Costales (CEIT), Kevin Roy Lapitan (CEIT); and 2nd - Jazelle Mae Cadorna (CASE), Richardson Gomez (SBMA).#

College Employees Association (ACEA) 2021 last January 29 at the AC grounds.

As part of AC's 56th Founding Anniversary anchored on the theme, "Surviving the Pandemic, the AC Way," the teachers and staff of the different departments showcased their talents and wit during

the search to promote unity and awareness among AC employees.

Meanwhile, Mr. Rommel Capelo and Ms. Rose Marie Tuscano, Mr. Jereme Penaflor and Mrs. Marites Pagaling, were awarded as first and second-runners up, respectively.#



**LEND A HELPING HAND.** Aldersgate College turns over 100 relief aids to Solano LGU for centralized donations.

## AC donates relief aid for Typhoon Ulysses-hit communities

**In an effort to respond to the calamity that struck Northern Luzon, Aldersgate College (AC) through the Office of Community Outreach and Extension Services made a way to support families and communities in Alcala, Cagayan affected by the aftermath of Typhoon Ulysses on November 20.**

Upon the exit of

Typhoon Ulysses which already had drastic effects on the area, Magat Dam, a reservoir in Isabela province, had its gates opened last November 13, triggering a massive flood that engulfed houses on a large portion of Cagayan Valley (Region 2).

Hence, donation drives were initiated through various groups and student organizations

BY LORREN GRAZE RAMIRO in the institution. The different departments also initiated collecting donations in kind through drop boxes at their offices.

Aside from this approach, a bank-to-bank cash donation was decided to be the means of giving help since the institution wanted to track the raised funds for transparency. "This initiative was made to provide opportunities

to help people who wanted to reach out but didn't have the medium to send their donations to the victims of Typhoon Ulysses," said Community Outreach and Extension Services director, Leticia D. Serrano.

A total of 100 packs of relief goods had been raised and were later turned over to the Municipal Government

of Solano as the focal response unit.

Aside from having the initiative to help, Seth Navis, SBMA Coordinator for Community Extension Program emphasized the importance of centralizing donations, may it be in any form, not to waste the efforts of everyone.#

### AC Commemorates... *from page 2*

The following were the winners in the contests held:

#### Quiz Bee

High School

1st: Jetrow Jess Rivera

2nd: Glyzza Manaig

3rd: Unicharille

Dulnuan

College

1st: Lorren Graze I. Ramiro

2nd: Corenne Hope

Obado

3rd: Massachusetta A.

Navarette

#### Tiktok Challenge

Elementary

1st: Wrianna Kaizen

Arzadon

2nd: Princess

Azucena

3rd: Bettina Jane Galima

Althea Lei Taborda

Consolations:

Ayesha Bless Alayu

Klaus Cyrel Cunanan

Precious Jewel Ilarde

Raijin Bergantinos

High School/College

1st: Joanne Jawod

2nd: Ria Carub

3rd: Tricia Joy

Fernandez

#### AC Got Talent

1st: Nathaniel Talledo

2nd: Jadelle Ross Manuel

Jetrow Jess Rivera

3rd: Garette Castro

#### Spoken Poetry

1st: Jayvee Domincel

2nd: Maria Rosalita

Suba

3rd: Karen Faith

Tobaco

#### KPOP Dance Cover

High School/College

Champions: Jezel Abalus

and Noriebelle Siador

Elementary

Champion: Eukia Nathaly

Talledo

#### Poster Making

Elementary

Champion: Quin Joshua

Maddela

High School

Champion: Aimee Bless

Talledo

College

1st: Bernabe Fernandez

2nd: Ryan Ruiz

3rd: Marisse Soriano

## Election for SSC Officers sets off amidst COVID-19

BY MAYBEL JOY ANICETO AND JESSIERIE SHANE CANO

**Due to restrictions brought about by the pandemic, the students of Aldersgate College (AC) selected their Supreme Student Officers for the school year 2020-2021 through online voting on November 28: The result of the said election was proclaimed on December 10.**

Due to COVID-19, Aldersgate College adopted the New Normal way of voting through the use of Google forms in order for the students to elect their desired officers amidst the pandemic.

The candidates for officership were given 3 days to campaign on social media that started on November 25. They delivered their own

platforms and visions for the studentry during the campaign period.

On December 10, the hard work and prayers of the officers paid off as the results of the online voting were released.

The SSC Officers for the school year 2020-2021 are: Ms. Florimae Lacangan (CASE) as President, Mr. Marlou Almazan (CASE) as Vice President, Ms. Noime Suarnaba (SOC) as Secretary, Mr. Vil Jethro Parocha (SBMA) as Treasurer, Mr. Ryan Ruiz (CASE) as Auditor, Ms. Nikki Gangan (SMS) as Press Information Officer, Ms. Bea Ann Relucio (SOC) and Mr. Bryan Castillo (CASE) as Business Managers,

Mr. Marc Kenneth Garino (SBMA) and Ms. Madellene Doles (SOC) as Marshalls, Ms. Shamae Pasion (CEIT) as Informatics Representative, Mr. Ranji Villen (SBMA) as HM Representative, Ms. Roxan Domingo as SMS Representative, Ms. Queency Jade Castro as the SOC Representative, and Mr. Andy Cabangan as CASE Representative.

Congratulations to those who won and may you all do your promises and responsibilities as the newly elected SSC officers of Aldersgate College.#

## AC-SSC spearheads Leadership webinar

BY FLORIEMAE LACANGAN

**To create a new reality for the 104 student leaders of Aldersgate College, the Supreme Student Council integrated a Leadership Program Webinar via Zoom Meeting on March 12.**

Anchored on the theme "Resilient Leadership from New Normal to New Better,"

the series of webinars were participated by the officers of different organizations from Elementary to College Level, meeting the goal of enhancing the management, governance, and innovation capacity of youth with resiliency in the new normal.

Mr. Geep ee Kelsey E. Vidad, Youth Formation Coordinator of

Schools Division of Nueva Vizcaya, graced the event with his encouraging and inspiring message entitled "Blangko." In his speech, Mr. Vidad assimilated the idea of relationship to leadership.

He stressed that there will be a time that

*Continued on page 4*

# Aldersgate College, Brgy. Quirino LGU launch community pantry

BY LORREN GRAZE RAMIRO



**BAYANIHAN.** Aldersgate College team up with Brgy. Quirino LGU in launching a 3-day Community Pantry beside the old ADMIN building. Photos from Sir Jaycis Agsunod's Facebook account.

On April 26, Aldersgate College (AC) team, led by Mrs. Leticia Serrano, AC Community Extension Program Director, in partnership with Barangay Quirino Local Government Unit (LGU), opened up a 3-day makeshift community pantry in Brgy. Quirino, Solano, Nueva Vizcaya.

Following the initiative of the Maginhawa Community Pantry which unfolded in Quezon City, the idea slowly spread in other provinces. The

emergence of these "community pantries" started as an endeavor to provide help to those who are in dire need during these setbacks.

In this community pantry, residents were encouraged to donate any essential goods, such as canned foods, rice, or vegetables to help those who are greatly affected by the COVID-19 crisis. These essential goods could then be freely taken by anyone in the area - drivers, laborers, street

vendors, etc.

Thus, while strictly following health protocols, people who can't afford to buy their own only lined-up to get what they need for free.

Citizens are urged to contribute in any way they can, no matter how small it is. These small yet genuine donations are great assistance to others who are struggling and who are in need of a helping hand.#

## LOCAL NEWS

### R2TMC Rolls Out Sinovac Vaccines

BY LORREN GRAZE RAMIRO

On March 6, the first batch of Coronavirus disease 2019 (COVID-19) vaccines arrived in Region 2 Medical and Trauma Center (R2TMC), marking the first step to fighting the virus with an immunized community.

Since then, the national government-operated hospital has received a total of 1,100 doses of Sinovac vaccines. Due to the limited number of allocated vaccines, healthcare frontliners are being prioritized to receive

the vaccines as part of the Department of Health (DOH) guidelines.

According to Dr. Napoleon A. Obaña, R2TMC chief, at least 150 health workers from the R2TMC have agreed to take the jab while more than 200 other health workers of the Nueva Vizcaya provincial government-operated hospitals have initially signified their intention to be vaccinated.

As of the 15th day of April, frontline health workers were completely vaccinated

while 3,530 were given the first dose of vaccines. Also, more than 40,000 senior citizens in the province, the next priority group, are set to be inoculated with COVID-19 vaccines once green light would be given by the DOH.

The vaccine rollout raised hopes of stopping the spread of COVID-19. Hence, healthcare workers who received the doses are hopeful that they may be able to work more efficiently once the vaccine finally takes effect.#



**PROTECTION.** Healthcare workers received their first dose of Sinovac COVID-19 vaccines on March 8, the first day of the Department of Health (DOH)'s Resbakuna vaccination program in Nueva Vizcaya. Photos by R2TMC

### AC-SSC spearheads...

from page 3

leaders tend to give up but at the end of the day, you will rise up if you know the whys and you can answer the hows. He also asserts that "We need you (leaders) not only because you need to learn from us but we need you because we also need to learn from you." Leadership is always in the heart of a leader. The second lecturer, Mr. Reymart P. Domingo, SK Treasurer of Tuao North, Bagabag, Nueva Vizcaya shared his journey on becoming a leader at a

## NATIONAL NEWS

### CHED, LANDBANK unveil grantees' debit card

BY JOHN REY LACANGAN



The Commission on Higher Education (CHED)'s Unified Student Financial Assistance System for Tertiary Education (UniFAST), together with state-run Landbank of the Philippines, introduced on January 15, a new way of receiving the Tertiary Education Subsidy (TES) stipends for the Academic Year 2020-2021.

The LANDBANK Mastercard Prepaid Card (LMPC) is a general-

purpose reloadable card for TES beneficiaries that can function as an electronic wallet and can be used as a debit or ATM card. Through the LMPC, student-beneficiaries of TES can already easily and safely receive their stipends amid the coronavirus disease pandemic. Its features include no required maintaining balance, reloadable for free, transfer, and cash out funds through Landbank branches, and agent banking partners

nationwide.

"We have realized that the restrictions during the time of pandemic made it very difficult for the government to help our needy students," said CHED chairperson, J. Prospero de Vera III.

The old grantees are the ones who are qualified for application as of now.

According to Mrs. Divina Arzadon, TES Focal Person, 500 slots have been provided at most for Aldersgate College.

Initially, at least 300 TES grantees from Aldersgate College have already applied for the Mastercard through the UniFAST portal and are now awaiting for its release.

AC-TES grantees are looking forward to the full and beneficial effect of the said project.#

young age. At first, he didn't expect that he can be a leader with his timid attitude. That is why it really takes a lot of effort and courage to achieve what

you have right now. He also substantially answered all the questions of the student leaders and advisers of different organizations during the open forum.#

## NEWSBITS

### AC-SSC establishes Community Pantry

BY MARLOU ALMAZAN

The Aldersgate College-Supreme Student Council (AC-SSC), initiated by its President, Florimae Lacangan, recently conducted a community pantry at Barangay Lactawan, Solano, Nueva Vizcaya on May 11-16.#

### AC's Response to Covid-19

BY FLORIMAE LACANGAN

Education goes on amid COVID-19 at Aldersgate College through modular and digital platforms. Since traditional modes of teaching are not feasible, the administration of Aldersgate College adopted blended learning; a combination of online and offline learning modes. Online technology made used in delivering the lessons, while other classroom activities are done offline using printed modules, video tapes and storage devices.

Aldersgate College-Helpdesk Online was created to provide a special service for the admission of students, helpdesk hotline numbers for each department, announcement and SIAS online. The school had also adopted a skeletal workforce to finish the academic year 2019-2020, to issue credentials to students, and to prepare for flexible learning arrangements for the next academic year.#

editorial



## HAPHAZARDLY OPTIMISTIC

The Filipino people are witnesses to frequent large-scale calamities. You name it... consecutive typhoons with subsequent flooding during the rainy season, regular eruptions of a volcano or two, series of earthquakes, and more damaging, the International outbreak of a deadly disease, coupled with the disastrous response of our government following the wake of said outbreak... no big deal. It's just a regular day in the life of Filipinos for they can get through anything the world throws their way, right? They are tough and resilient. Indeed, no catastrophe can bring them down!

The reality is, we are left with nothing but the hope that our infamous 'resilience' saves us. We are constantly fed images of citizens battling through torrential winds and surviving pandemics amidst poverty, and we respond with awestruck 'oohs' and 'ahhs'. We have grown to love... No, we are now addicted to this narrative: that people in poverty are the strongest among us, that their stories of resilience are inspirations to all - as long as they can manage to flash a smile captured by a camera, everything is good!

When our own people are thrown into rock bottom, and they manage to survive the fall, we should help them climb back out, not cheer them on how they survived. We should stop searching for silver linings when there aren't be any. Besides, not everyone has the privilege of doing so. This rhetoric creates a very dangerous mindset: it romanticizes hardship and objectifies people in poverty by reducing the horrors they have gone through into inspirational stories for those who live in comfort to immerse themselves in. We have put the misfortunes of our countrymen into little boxes for us to watch and feel better of ourselves - like obsessive-pornographic viewing.

And yes, it isn't difficult to understand how this thinking came to be. This well-known resilience, or the "Filipino spirit", can also be the rock that people hold on to as the worst things in life come knocking at their doorstep, like an anchor of strength amidst difficulty.

However, this belief ultimately does more harm than good, no matter how optimistic we force ourselves to be. This thinking and this news angling merely shifts the burden to the citizens by allowing the government and those reliable to deny and forfeit the protection and support they need. By doing so, we negate the need for practical and essential government plans for alleviating poverty, and in return, our focus is directed incorrectly. We uphold resiliency instead of holding governments accountable. We rely on self-sufficiency instead of questioning why those in power do nearly nothing to aid us. And we applaud the barest of all efforts as the standard has been set so low. But this isn't how things should be. As Filipino ex-journalist, Alanah Torralba, once said, "Our ability to withstand adversity should not preclude us from demanding accountability."

In the end, the resiliency we have come to know and love (albeit for the wrong reason) isn't resiliency at all, but abuse. We aren't doing well in the face of tragedy and trauma; rather, we are merely subjects to cruel treatment and excessive neglect. Those in poverty have gone through the punishments of a lifetime, and because they come out alive, their stories of tribulations are mispainted as sources of inspiration. And like any addiction, we feel the impulse to listen to these stories of poverty and cannot seem to stop.

We eat it all up like addicted gluttons and forget that things could be better - in fact, can always be better. We need to stop romanticizing and objectifying people in poverty as something beautifully inspiring, but see it for what it truly is... an injustice towards our most vulnerable.#



**RAMIRO,**  
LORREN GRAZE

*"We uphold resiliency instead of holding governments accountable. We rely on self-sufficiency instead of questioning why those in power do nearly nothing to aid us. And we applaud the barest of all efforts as the standard has been set so low."*



**HOMBREBUENA,**  
CONIE

## My Mind Will Not Slow Down

Occasionally being sad or feeling hopeless is a part of every child's life. However, some feel doleful or blasé in things that they used to love, or feel incapacitated or unenthusiastic in situations they are able to change. When children feel persistent sadness and hopelessness, they may be diagnosed with depression. It is not uncommon for people with depression to experience anxiety, along with symptoms such as nervousness, irritability, and trouble sleeping. Likewise anxious people can experience rock-bottom drive or no longer excited, interested, or enthusiastic

about anything in life. To help slow the spread of coronavirus, many schools have closed and transitioned to virtual instruction for at least some time. With these closures, children and their parents are experiencing ongoing disruption and changes to their daily routines. Research during the pandemic highlights concerns around poor mental health and well-being for children and their parents. For example, many parents with school-aged children are now more concerned about their children's emotional well-being than prior to the

*Continued on page 7*



**LACANGAN,**  
FLORIMAE

## Covid Vaccination, ain't or right?

*Is Covid vaccination safe? Do we trust the government? It's a matter of life and death.*

The Philippines started immunizations last February despite suffering Southeast Asia's second-worst outbreak of the coronavirus with more than half a million infections and over 10,000 deaths. Government officials did admit that they have an uphill struggle to persuade many people to take the vaccines. Last January, President Rodrigo Duterte defended his government's decision to purchase Chinese-made coronavirus vaccines, saying they are as good as the shots developed by the Americans and the Europeans. Duterte made

the remarks as questions have been raised over the level of protection the experimental Covid-19 vaccine can provide, after researchers in Brazil released late-stage clinical data showing efficacy that was lower than initially announced.

According to the report of the Philippine Information Agency Region 2, a total of 10,640 doses of coronovac, the Covid-19 vaccine developed by the Chinese pharmaceutical company Sinovac Biotech, arrived in Cagayan Valley last March 5. The vaccines, now stored at the DOH-Region 2 cold storage

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# THE PARAGON

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## What relief goods should really look like?

"Everything is well in the nation," said President Duterte, before the affirmation of the first COVID-19 case last January 30, 2020, guaranteeing the people and that aids is accessible. Then, in a great showcase of pretentiousness, he said on national television that he would "slap the infection" and that it will simply pass on in its own. The Secretary of Health even boasted in late February that the Philippines is a model nation containing the plague.

In any case, things started to disintegrate when the first local transmission of the infection was confirmed in the first week of March. The administration's reaction first and foremost was unstable - there were no recognizable hospital rooms to manage the emergency explicitly. Instead, ambiguous requests and proclamations were given by Malacañang, just to be deciphered in various ways by various authorities. All these uncovered their vacant declarations of status and their carelessness.

It had become evident that the Government is managing the health crisis utilizing the Peace and Order Paradigm when the President proclaimed a State of National Public Health Emergency two weeks after the suggestion

of the Department of Health. The government, indeed, is prepared to modify the law to constrain obedience from all administration branches, units, and the whole masses and control analysis and contradiction. Thus, people should ask.

*What relief goods should really look like? What political decisions must they to make during emergencies?*

Firstly, transparency

***“What we need in this time of crisis is the union of every leader and every citizen.***

***It is not the time for politics, corruption, and profiteering.”***

is important. Transparency begins in the government, with bidirectional lines of correspondence and adjusted procedure between bureaucratic, common, and local governments and no data being smothered anyplace in that chain of command. Governments must favor transparency with the general population by dispersing valuable data on numerous correspondence channels. They should be clear about what we do and don't have a clue. Without realities and trust, rumors and panic may be inevitable. The Government must

guarantee that society and the wellbeing framework stay fair during crises. Face covers, clinical beds, relief goods, financial support, or a specialist's consideration immediately run out. Governments must guarantee adequate and differentiated supplies, reasonable and equivalent dissemination, and clip down on profiteering. A competent and safe outbreak response matters as much as a reasonable and equivalent one. Something else, the union and solidarity of a whole nation or society will be gradually broken by every outbreak threat.

Furthermore, what we need in this time of crisis is the union of every leader and every citizen. It is not the time for politics, corruption, and profiteering. It is the time wherein politicians should put into action all of their promises during the election. Same as what has been heard recently, maybe if the pandemic happened simultaneously as the election, politicians may have been generous and are voluntarily helping everyone, specially the poor ones. I just hope that this pandemic had opened up our eyes for the upcoming election. We should be voting wisely from the bottom of our hearts for our younger generation, for the whole country, and for God. #



## Miriam Entitlement

Our paper currencies have images of the legendary and great people in our country. Although the standards were unknown, we surely know that they made a big contribution for the wellness of the people in our country. During the selection of the Miss Universe Philippines in October 2020, Ms. Rabiya Mateo, a candidate who was eventually crowned was asked on who will be the new image of a paper currency bill if she was given the chance to create one. Ms. Mateo directly answered that she will use the face of the late Miriam Defensor Santiago because she is the best president that we never had. If you will be given the chance to judge, will Miriam Defensor Santiago fit as the image of a new paper currency bill?

Miriam Defensor Santiago was a great and intelligent woman. She was well-educated and a hard working person. She fought corruption. She deserved to be on a paper currency bill. Miriam Defensor Santiago was one of the most intellectually brilliant leaders in our country. She graduated as magna cum laude in Bachelor of Arts, and cum laude at Bachelor of Laws from the University of the Philippines. She also earned degrees abroad on Masters of laws and Doctor of Juridical Science. She also finished the Degree of Arts in Religious Studies abroad.

She worked for the three branches of the Philippine government; judicial, executive and legislative. Her intelligence is a great contribution in guiding and making projects among the Filipinos. Miriam's intelligence is an inspiration for every aspiring dreamer.

Miriam Defensor Santiago is remembered for her smart and strong quotations. Some of her quotes are, "Ignorance can be treated but stupid is forever, Let's hope this is a case of ignorance", "When the government employee

***“In this world full of corruption, at least we knew that somehow we have this lady who was not dazzled by money. Miriam Defensor Santiago deserves to be commemorated.”***

is poor, and he works in a corrupt agency, he can resist everything", "Corrupt politicians are threatened by an educated public". Santiago's words made her countless enemies. She had a passion for everything she did.

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## ACADEMIC FREEZE: A selfish concept

Struggle is real! As distance learning kicks in during the quarantine, it undeniably has affected the lives, businesses, and education of each individual.

In fact, a certain group of youth, students and citizens initiated academic freeze to address the issues of distance learning such as no stable internet connection, lack of resources, and adverse environment. However, when academic freeze will be implemented, teachers will be affected especially in the private sectors. It will be really difficult for them to

survive particularly in the midst of an economic downfall. It's not just the educators but also on the students' position as their acquisition of knowledge might be interrupted. Thus, the time for learning would be put on hold.

In brief, academic freeze is not the only possible solution in dealing with the complexities of today's learning. The government should do their part and have a concrete plan so normal education would resume without compromising the health of everyone.

Education is one of the shields of our country.

We should not pause the time to study because it is our pride and honor.#

***“When academic freeze will be implemented, teachers will be affected especially in the private sectors. It will be really difficult for them to survive particularly in the midst of economic downfall ”***

## Covid vaccination ... from page 5

facility, will be shared by six government hospitals in the provinces of Cagayan, Isabela, Batanes and Nueva Vizcaya.

Confidence in vaccines was knocked by controversy over French Company Sanofi's Dengvaxia. Spread out rapidly in 2016 to more than 800,000 children to protect them from dengue-it was banned after its maker said it could worsen the disease in people who had not previously been exposed to the infection and more than 100 criminal cases that linked child deaths to the anti-dengue shot- though such links have never been proved. It's imperative to remember, elsewhere

will the struggle find its meaning?

As many have voiced concerns over safety, memories of a dengue vaccine that has been banned locally are putting people off the idea of immunization even before the campaign begins. It was indeed a major protest because of the ill-fated vaccine against dengue. We are afraid of the novel coronavirus but even more afraid of vaccination. Kung di tayo kikibo, sino ang kikibo? Kung di tayo kikilos, sino ang kikilos? Hihintayin pa ba nating mas marami ang mawalan ng buhay? Covid Vaccination, ain't or right? Or ain't right?#



## Safety first before leisure

It is for a fact that we struggle with the imposition of Quarantine protocols imposition. Some of us get depressed and bored in our homes and recently, the Inter-Agency Task Force (IATF) planned to reopen the cinemas and arcades games in General Community Quarantine (GCQ) and Modified General Community Quarantine (MGCQ) areas with operation having fifty percent and seventy-five percent capacity, respectively.

The way I see things, the government should be more attentive that what we are facing right now is not a joke; thus, the re-opening of cinemas and arcades

plainly for leisure purposes should not be allowed. Safety first before enjoyment. Because even if we follow social distancing

**“We can instead divert our attention to other significant things that enhance our individuality.”**

inside the cinemas and arcades, chances are, the virus would spread in the air since the volume of people is high.

Therefore, we should just stay at home and follow the protocols. I know the situation has a

big impact on our economy and daily life, but let’s bear in mind that life comes first. We can instead divert our attention to other significant things that enhance our individuality. We can instead divert our attention to other significant things that enhance our individuality. We can work at home doing part time jobs online, play games at home and watch Netflix, Youtube, Facebook to lessen the feeling of boredom, etc.

To stay at home is better than risking our health for in return, a collective participation can mitigate the spread of the virus and later on, everything we can return back to our normal lives.#



## Lugaw is essential

Food is life. Filipinos love eating. But due to the continued increase of positive cases in our country, we are now depending on delivery riders to satisfy our cravings. But, *“Food in this time of crisis should not be hampered in delivery or hoarded”* because they are *physiologically needed by a person*

Few months ago, a delivery rider who apparently works for Grab Food after a commotion with barangay officials in San Jose del Monte Bulacan. According to the female barangay official in the said video, "lugaw" or rice porridge is not essential because

people can live without it. Under ECQ where restrictions like curfew from 6 p.m to 5 a.m is set, and only essential goods and services are allowed to operate. The question lies in, is rice porridge essential? Looking closely you ordered was *be hampered in delivery or hoarded* into it, delivery riders are considered essential workers. On the other hand, lugaw is essential, logically, because it is food. For that reason, food delivery in this time of crisis should not be hampered nor should be delivery or hoarded because they are physiologically needed by a person. We certainly can’t live without food.#

## My Mind ...

pandemic. Both parents and their children have experienced worsening mental health since the start of the pandemic, and women with children are more likely than their male counterparts to report worsening mental health. Ever since the schools closed down and went to remote, I’ve been so unmotivated. Last year, I was doing pretty good and was actually somewhat enjoying school, then the school closed down. The start of my third year has not been good. I feel like there weren’t many good resources for me to use.

This pandemic has resulted in magnified sadness, mental strain, anxiety, and depression, among many students. Anxiety, or fear and worry, can happen to anyone from time to time, too. It’s not unusual to experience anxiety before a big event or important

decision. Students can use a variety of coping strategies while at home to improve their mental health. Try to include activities or hobbies that you specifically enjoy. At first, you may not enjoy them as much as

**“Spend more time thinking about others than yourself. If you spend most of your time thinking about yourself, you’ll be an unhappy student.”**

you did before, but if you keep active and persist, the enjoyment should eventually return. Spend more time thinking about others than yourself. If you spend most of your time

thinking about yourself, you’ll be an unhappy student. No matter how many good things there are going on in your life, keep in mind on helping others and you’ll be a happier student.

No matter how much you attempt to get rid of skepticism from your life, the truth is you already accept a lot of it every day. If you are working, try to conserve your energy. Learn to take a break because it can help you focus less on worries about the future. The COVID-19 pandemic has majorly affected our lives. A large number of us are confronting difficulties that can be upsetting, overpowering, and cause compelling feelings in grown-ups and kids. General wellbeing activities, for example are important to diminish the spread of COVID-19, however, they can cause

us to feel segregated and desolated and can build pressure and tension. All through the pandemic, anxiety, depression, rest interruptions, and contemplations of self-destruction have expanded for some youthful grown-ups. They have likewise encountered various pandemic-related outcomes - like terminations of colleges, changing to distant work, and loss of pay or business - that may add to poor psychological wellness. In addition, expanded anxiety and depression, work misfortune may prompt other antagonistic psychological well-being results, for example, substance use problem.

The COVID-19 pandemic can feel all-burning-through and interminable on occasion. Attempt to keep up point of view and recollect that COVID-19 is a genuine

from page 5

yet transitory infection. Clinical and general wellbeing specialists are working nonstop to more readily comprehend and contain the infection, treat individuals, and build up an antibody. Advise yourself that like different flare-ups in our set of experiences, the present circumstance will likewise pass.

Making and keeping a day-by-day schedule will help you adapt to this new, flighty circumstance and cause you to feel more in charge. Cut out squares of time for self-care activities like making nutritious dinners, extending, going on strolls outside, and working on breathing activities and other supportive techniques. You ought to likewise focus on remaining associated with loved ones through standard calls and unwinding.#

## Miriam...

Miriam Defensor Santiago has been called the incorruptible lady, the iron lady, the tiger lady, the platinum lady, the lady of Asia, the queen of popularity polls and the undisputed campus hero. She is famous but never been awarded much more than she deserved. She dreamt to be a president but she was never given a

chance. Looking at the images in other currencies and comparing them to what she accomplished, doesn’t she deserve to be one of them too?

In this world that is full of corruption, at least we know that somehow we have this lady who was not dazzled by money. Miriam Defensor Santiago deserves

to be commemorated. We may not know what the requirements are, but parsing out from the things that she has done she deserves to be put on a paper currency bill to be remembered as one of the great leaders of the country.#

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### EDITOR'S NOTE

The PARAGON is now on Facebook!

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@theparagonpub



# Through the Tapestry of Time

BY CONIE HOMBREBUENO

As a young girl growing up in Bambang, Nueva Vizcaya, Curie Pascua Domincel dreamt to be a Social Worker. She studied at Wesleyan University of the Philippines in Cabanatuan City to pursue her dream but then, due to her illness, she was forced to go back to Nueva Vizcaya. At Saint Mary's University, she took Bachelor of Science in Secondary Education Major in Mathematics but then during her first year, she was influenced by her friends to major in English.

At this point, the 19-year old Curie has realized her dream, to become a teacher. A teacher is a crucial figure in everyone's life. She provides a decent education and establishes good habits. A teacher is the person who has the most effect on a student's character, habits, career, and education in life.

Madam Curie Palattao is a lovely woman who is kind and compassionate to all of her students. She is not only joyful and nice, but she is well-educated and well-versed. According to her students, they had a lot of fun during their classes with her. She is really concerned about her weak students and goes out her way to assist them in their studies even after class hours.

In the classroom, she has taught her students a great deal. Students learned to be disciplined and prompt. She teaches her students excellent habits in simple and acceptable methods. During class, she also provides practical activities and moral lectures. She inspires students when they are sad and guides them through their difficult moments. She also mentors various school competitions like journalism and identifies student's true abilities. Having such a wonderful teacher who believes in equality and treats all students equally is a privilege. She is well-known not just in other local schools, but also in the whole of Region 2, for her excellent teaching abilities and upbeat personality. Even the parents looked up to her and sought her wise counsel. She ensured that discipline and creativity were instilled in the classrooms.

Students always knew that she will always be there. A teacher, a mother and a friend, she can be anyone. With her 35 years of meaningful service at AC marks a milestone for a dream she never hoped-for. As she always says, "Do all the good you can."



*35 High Five*  
@atemongaccountant

How many years was it?

35 great years!

35 years for being the light that complete our task

35 years for being the answer to questions we ask

35 years for being fair and just

35 years of 'Thank you' for the trust

You have been like spring, out of green sprout

You have been encouraging, to even those in doubt

You have been Winter during hard snow

You kept all comfortable and make them glow

For you, we are your dedication

For us, you are our motivation

You gave us your best years

We gave you just half an ear

Thank you for all your deeds

You have inspired a million brains

So many young minds expanded

Those are the fruits you've created

Thank you for all you've done

Now it is your turn to have fun

Indeed you are a lifesaver

Our dearest mother, mentor and teacher

For the teacher you are

You are our shining star!

*CURIE-in mo ako*  
@sirmongpogi

Nakikilala kana

Kinikilala kana ng iba

Kikilalanin palang kita

Nakita kana ng aking mga mata

Bulung bulungan ang kabaitan

Sabi-sabi ang taglay mong katangian

Bali-balita ang maamo mong mukha

Kasama nito ang maganda mong pakikisama

Sa pangalan mo ligtas ako

Dahil ang gamot ay laging bago (mercury)

Ay akala ko pinangalan ka sa pinagbibilhan ng gamutan  
Biro lang, pero ikaw ang gamot sa mga takot na kabataan

Natatakot na ipakita kung anong mayroon sila

Natatakot ibahagi ang saloobin nila

Natatakot na sabihin ang kanilang mithiin

Noong nandiyan kana takot ay nawala

Sa serbisyo mo makikita

Kung gaano mo kamahal ang mga bata

Itinuturing na anak kahit di kaniya

Inaaruga kahit 'di galing sa sinapupunan niya

Mga payo na hindi makakalimutan

Pagtuturo na maaaring maging puhunan

Salamat sa aral na nagsisilbing moral

Salamat na din sa iyong pagmamahal

**“You'll never  
know the result,  
until you try. Take  
chance and risk. Is  
it fight or quit?”  
- Ma'am Curie**

# NICOLE: Proud WYI of Nueva Vizcaya

BY: CONIE HOMBREBUENO

Nicole Hope A. Salvador, a freelance singer, songwriter, and vlogger, was born on September 29, 1998. She is the eldest among the five children of Mr. Fredel L. Salvador and Mrs. Menalyn A. Salvador. She was conferred a bachelor's degree in Accountancy at Aldersgate College, batch 2020. At present, she is enrolled as a Law Student at Saint Mary's University.

In 2017, her mother finished Bachelor of Secondary Education Major in English. Her father completed Computer Secretarial Course in 1998, Bachelor of Science in Security Administration in 2001, Master in Business Administration in 2003, Master in Public Administration in 2013 and Bachelor of Science in Financial Management in 2020. Throughout her journey, her parents have been very supportive and happy with everything that she does. They are proud of her abilities and showed an interest in the subject of her passion.

Talents need openings to develop. Once it is open, grab it! Just like when 'Born To Be A Star' returns for a new season on TV5. This was a great opportunity for her to develop her talent to its full potential. She passed the audition and became part of the Born to be a Star Trainees. According to her, she likes Bossa Nova and Jazz as her genre of music. She also stans different celebrities like Regine Velasquez-Alcasid, Lea Salonga, Sitti Navarro, Moira Dela Torre, Bruno Mars, and Taylor Swift.

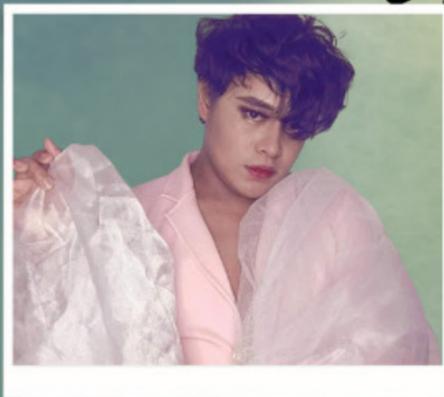
Nicole also shares her experience during her journey at the Born To Be A Star, a reality singing competition, "The whole experience is too good to be true. For someone who had no formal voice or dance lesson, stepping into this whole new world was exciting and intimidating, especially noong na meet ko mga kasama ko kasi nakikita ko na sila sa TV before. But as we go on with the rehearsals and the boot camp mas naging comfortable ako sa environment until I found myself showing the "Nicole from Vizcaya" on and off the screen kasi nung una nahihya pa ako. I learned so much, gaya nga ng sabi ko, I had no formal lesson kaya every technique, lessons and advices sa akin, I cherish and keep it in my mind. I feel so honored na maka bond ko ang mga bigating vocal coaches ng Pilipinas, ang G-Force, our star agents, mga artista, coordinators and producers of the show. I feel so honored na ma represent ko ang probinsiya natin. Ang dami kong babauning memories and experiences na I get to share with the people around me."

She also leaves a message for everyone, "Focus on your dreams whatever it may be. I know these times are really trying but keep going. Invest in your studies, mahal in niyo ang sarili niyo, ang pag aaral niyo because your education is a privilege and not everybody gets to go to school (or have classes that you have) so don't take it for granted."



# the heartIST and his heart

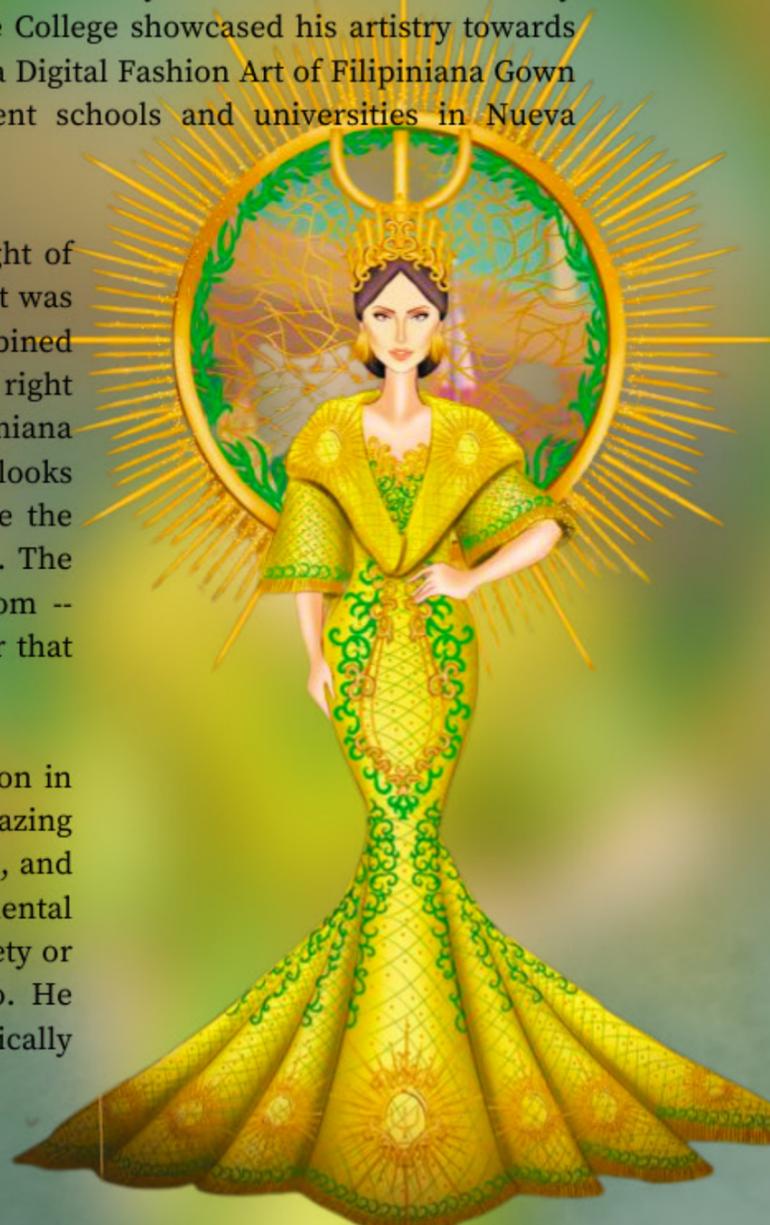
BY: CONIE HOMBREBUENO



Omar P. Dela Cruz, a 22-year old third year Bachelor of Elementary Education student of Aldersgate College showcased his artistry towards creating fine work of art. It was a Digital Fashion Art of Filipiniana Gown inspired by the logo of different schools and universities in Nueva Vizcaya.

The Green-Gold Mermaid Filipiniana Gown, which is the highlight of the art, is full of authenticity that makes it very vibrant-looking. It was inspired by the logo of Aldersgate College, where its symbols combined as the details of the gown like the green patterns curving the right shapes. There is also a combination of multiple cuts of Filipiniana dresses such as Maria Clara, skirt, umbrella cut, and terno that looks formal but fierce. The fabric used would be banig to emphasize the creativity of Filipino in craftings and the beauty of our tradition. The wings formed in a circle represent the sun of hope and wisdom -- behind obstacles we have been faced, we must always remember that hope and wisdom are always there and God will never forget us.

According to him, his family and friends have a great contribution in making his art. They served as his inspiration in doing such amazing things that also help him to free himself from anxiety, depression, and loneliness. This pandemic has resulted in magnified sadness, mental strain, anxiousness, and depression, among many students. Anxiety or fear and worry, can happen to anyone from time to time, too. He quipped, "Try to include activities or hobbies that you specifically enjoy."



# QUARANTHINGS:

## When New Trends Covered the Whole World

Words by: Rhea Keith Rivera  
Visual Arts by: Bernabe Fernandez

**TRENDS**, six letters with influence and fulfillment in the midst of numerous lineages. Exciting, inspiring and appalling but lasts in a short period of time where new trends eventually replace the old ones, with the desire to achieve a goal and finish what started with passion.

People all over the world trudge with today's global trend due to the effect of the pandemic; boundless scrolling in social media, playing online games and becoming TikTok stars.

Absolutely, quarantine makes a lot of people jaunt into weird conditions— stress, modules and such. Thus, with the emergence of various circumstances, people are not letting boredom, stress and anxiety conquer them literally.



## TikTok

Who hasn't heard of Tiktok before? Everyone definitely has heard of it. TikTok, a six-letter word, which serves as the trend-setter for the year as millions of people became fond of it. Who among you joined a dance challenge? From "Marikit" by Juan Caoile to "Magandang Dilag" by JM Bales. Instead of being stuck inside, Tiktok became the shoulder to lean on by every user; from cooking tips to quirks that are ridiculous sometimes.

Down to recipes, Dalgona coffee certainly makes people wildly excited to create their own perfections. This is the cue to open a new normal inclination. Different versions were created such as Yakult Dalgona and Dalgona milk tea. How about pastries? Sweets are almost served everywhere. Lockdown makes everyone turn into baking banana bread, ube cheesedesal, etc. paired with coffee and, that makes a good combination. In fact, some Filipinos even made these opportunities as means for financial survival. Amazing, right?

## DALGONA



## ONLINE GAMES

Online games are walking towards prominence not only here in the Philippines but also abroad. Mobile Legends, Free Fire, Call of Duty, Among Us and such. It has also become a hobby of people especially the students during lockdown to unwind and make new friends through the virtual world.



## PLANTITA

Who among you have not ever seen a Caladium with a variety of leaves? It's better known as "Aba Aba". How about Mayana plants which help in the suppression of diabetes and ulcer? Everyone does, most especially the Plantitos and Plantitas. We can no longer deny that one of the extravaganzas during this quarantine has been the craft of gardening. It has also become the peoples' business which contributes to their day-to-day expenses.



We are here today in the midst of a worldwide crisis. Barely surviving through adapting to the new normal. But despite all these, we must not forget to pray and be firm in any battle. We must fight! Fight for our loved ones and for our health. Let's not let negativity surface our thoughts for so long; rather, enjoy the moment we get to spend. Of course, with proper use of face masks and face shields.

Better safe than sorry!



# Taking Chances or Losing Chances?

BY LORREN GRAZE RAMIRO 

As the rest of the developed countries has already started immunizing their people against the Coronavirus disease-2019 (COVID-19), only recently has there been inbound word of vaccinations in the Philippines. Even before, it is nowhere close to actualization as what experts say. Coupled with an unhealthy amount of vaccination skepticism by the general public, and lack of mass media communication informing about immunizations and debunking vaccination-related myths spreads in the internet, the Philippines' hope for fighting the deadly virus may be a total miss. What then must we do to even stand a chance against this health crisis?



Yet, understanding our greatest and most misunderstood weapon may be our best bet in the moment.

## What do we have to know?

Aldersgate College's school nurse, Korina Marie A. Maddela, believes that vaccinations may perhaps be the most important health discovery of the last 200 years. A vaccine is composed of dead and inactivated parts of bacteria/viruses which are capable of stimulating the immune system to form antibodies. Currently, local and national governments have been breaking ground to achieve herd immunization as soon as possible.

**"There is a need for us to get vaccinated against COVID-19 since it gives us protection against infection. It also helps us from getting seriously ill and it can prevent hospitalization and death even if we get the virus."**

Although Ms. Maddela wants everyone to get vaccinated immediately to stop the chain of transmission, she understands that some are still hesitant to do so due to the Dengvaxia issue before. Different local government units are left to their own accord because of this. Thus, Maddela believes that there is a need for the national government to address what actually needs to be done especially that this is the first time we have had a pandemic in our lifetime.



## What do we have to do?

According to Maddela, for a massive vaccination to work, two things should be prioritized. First, that the vaccine's availability, and second, the vaccine would generally be within the people; a crucial variable per se. There are few considerations considering the point about availability. Many of the vaccines require two doses and we have to assure that the two doses are available when they are needed.

Next, there is a predicament of getting people vaccinated. "Due to the incessant spread of false information on social media, perception on the benefits and risks of vaccination is highly compromised resulting to vaccine hesitancy to remain high. Therefore, to ensure a successful vaccine deployment, the masses should be rightfully informed," says Maddela. "It is not enough to buy the vaccines rather, the people should agree to receive the vaccines," Maddela ponders. "Ngayon, marami nang celebrity ang nagpapa-inoculate ng vaccine at 'yung ibang tao, ito ang nagiging basehan nila to get vaccinated as well... dahil nagpabakuna na yung paborito nilang artista. Actually, this is the most consequential of all considerations, where vaccine skepticism lies," she added.

## How to address the skepticism?

Ms. Korina Marie A. Maddela believes that there are lessons to be learned from countries who have kick-started their vaccination projects. One of which is the lesson of addressing vaccine skepticism early. **"Though getting vaccinated is just one among the many solutions to survive this pandemic, it is important to provide the community regarding the vaccine's necessary information and benefits,"** Maddela asserts. She notices that there is an absence of information dissemination regarding vaccines and their effects. **"Yes, we can't deny the fact that others are still doubtful about the vaccine, but we can address vaccine skepticism by asking our physicians more information about it or simply accessing the reliable website that provides accurate information about the vaccine to explain what the vaccine is, and why everybody should get vaccinated."**

At this early stage of the massive vaccination project, it is inevitable that some are still casting their hesitant votes against the vaccine. Speculations that this brings blood clots, detrimental effects in our body, etc. are all-around creating fear and worry. Thus, such may throw our chances of being victorious against the pandemic out of the window.

Therefore, it always boils down to being educated and informed, for part of the vaccine roll-out is the education of the people. Vaccine is of no use if people are still rejecting it. At the end of the day, it takes two to tango. It's up to us if we'll take the chance or lose the chance.



# tanaw

@atemongaccountant & @sirmongpogi

Magsimula tayo sa ating pagkabata  
Na walang ginawa kundi maglaro kahit nadadapa  
Nasugatan kung minsan may bukol pa nga  
Basta maging masaya ang nadarama.

Ngunit dapat mong malaman  
Hindi basehan ang nakaraan  
Para sa kasalukuyan  
Kasalukuyan na ating iniingatan

Maalala mo sana ang mga panahong  
matiwasa'y  
Kalmado na pamumuhay at hanapbuhay  
Malawak na isipan ang angking taglay  
Bumabangon tayo ng sabay-sabay

Sa tingin mo?  
O hanggang tingin ka nalang?  
O baka para ka lang nanunuod ng bakbakan  
Patayan at kdrama na sumasabay ka lang sa  
kilig at iyakan?

Maharil nagtataka kana  
Kung bakit ganito ang aking mga salita  
Kaya naman makinig ka at huwag agad  
humusga  
Dapat makialam para maiparamdam ang  
pagmamahal sa bansa.

Wala na bang bago?  
O malaki na ang pagbabago?  
Babalik nalang ba tayo sa NOON o NGAYON  
O simulan na ang ating pagbangon

Noon, isang sabi lang ng magulang mo  
susundin mo  
Ngayon, kahit sinabi na ng Pangulo na gawin  
natin ito  
WALA. Wala tayong ginagawa.  
Ang laki nga ng pinagkaiba.

Pagsuot ng face mask at face shield kapag  
lalabas  
Paghugas ng kamay, pagkuha ng quarantine  
pass at travel pass  
Pagpapanatili ng social distancing  
Mga bagay na kailangan ngunit hirap gawin.

Simpleng pagsunod sa mga patakaran  
Ika'y nahihirapan  
Kumplikadong sitwasyon  
Iyong sinusukuan

Ngayon nandito tayo  
Unti-unting tinatanggap ang pagbabago  
Ang pagbabagong babago  
Sa buhay ng bawat tao.

Gumising ka kapatid Marami ka pang dapat  
gawin  
Ang mga nangyari noon ay hindi  
mananatiling ganoon.  
Sa bandang huli itong mga ito ay magsisilbing  
pundasyon  
Kung ano at sino tayo ngayon.

## PILIPINAS, Pahalagahan

@sirmongpogi

Sa ating bansang puno ng pagmamahalan  
Buwis buhay ng ating mga katipunan  
Yaman na nakikita ng dayuhan  
Ginawang kabuhayan ng mamamayan

Pakaingatan ang lupang sinilangan  
Sa ating dugo't pawis na inilaan  
Masagana't mapayapa ang resulta  
Magkaisa at makiisa sa bansa

Huwag paapekto sa hirap ng buhay  
Harapin ang pasubok na binibigay  
Kailangan bumangon sa pagkadapa  
Tiyak may darating na bagong pag-asa

## Self, take care

@atemongaccountant

*I who see my reflection in the mirror  
I who see a beautiful flower  
I who grows and blooms  
Will forever be happy in being me*

*A flower that will not wither  
A flower that dances with the breeze  
A beautiful being  
That will always be shining*

*There are bad days and bad nights  
But I will face it with courage  
Like a flower in a storm  
That still blooms after the darkness*

*I who face challenges alone  
Like a thorn pierced into my skin  
With a hope in my mind  
With a love in my heart*

*I who blooms every day and night  
I who believes in hope  
I am a beautiful human being  
Like a flower that blooms beautifully*

## be you.

@mariya

**be your own piece,  
when others leave you in  
pieces.**

## When I look at myself in the mirror

@atemongaccountant

*Oh, what a crooked and imperfect teeth  
Eyes they don't seem to meet  
A face full of freckles and error  
All I can see when I look at the mirror*

*Even I am aware that I have no luck,  
To look like I'm worth a million bucks  
Oh, how I wish I could see clearer  
When I look at myself in the mirror*

*My curves that seem to scream I'm fat  
My skin, why are you blatched like that?  
I know I could get slimmer  
When I look at myself in the mirror*

*But today I stumbled upon,  
Peering through my glass window pane,  
A girl who chose to bloom  
For a mirror can't show what's beyond  
that little room*

*Today, I began to see  
Eyes that sparkle and resemble the color of the sea  
"I love myself," whispered a warrior,  
As she stared at herself in the mirror*

## SIGAW

@mariya

Karatulang bitbit,  
Sa ilalim ng araw  
Hindi titigil.  
Hangga't hindi pa tanaw

Hindi abot sa paningin  
Sapagkat sila'y nakaupo  
Mga taingang walang naririnig  
Mag suhestiyon, sakanila'y reklamo

Pakinggan mo ang himig,  
Subukan mong tumanaw  
Kaya ligtas ang tahimik,  
Dahil sa mga sumisigaw.

## hide and seek

@yuehanlei

Playing hide and seek in the dark  
In a busy town, people fright and shake  
Shelter and cover like a scaredy-cat  
While the devil's viruses make a flake

A town is like a wind in sunny day  
What cannot be seen appears every day  
How strange nothing you can do day by day?  
How far can you reach your love ones each day?

One year has passed, nothing has changed  
Learners adapting the new normal mode  
That keeps them busy with a normal range  
Soon the sun will rise and will be glowed

Keep in mind  
Live with your heart  
There will always be hope  
In almighty our savior we will cope



# Can video gamers be counted as true athletes?

by: Daenielle Audrey M. Espinoza



Photos from the Internet



As the COVID-19 pandemic hit, physical sports ceased. At least temporarily. As individuals dug in at home and searched for new lifestyle choices, work, learn, and obviously play, one game that arose may be more grounded than it's consistently been: **competitive video gaming or esports.**

Esports started getting a footing in the most recent SEA Games, wherein the committee recognized it as a "real sport," which is all well and good. But one of the biggest debates concerning esports is **whether competitive video gamers can be counted as true athletes.** To provide a basis, people start looking at the definition of an athlete. According to Oxford English Dictionary (n.d.) definition, "A person who has undertaken training or exercises to become proficient in physical activities such as competitive sports (athletics)." Athletics, also called track-and-field sports or track and field, is a variety of running, walking, jumping, and throwing events. However, many recent studies with findings **overrule the common perception that professional gamers are not 'athletes.'**

The initial term to break down is **physical exertion.** Various associations can be seen between physical work and video games. A study conducted by Modesti, et al. (1994) showed the pulse was raised while playing a video game. Additionally, numerous eSports competitors showed signs that could be viewed as physical exertion to stay aware of being an expert video gamer (Li, 2016; Rodriguez et al., 2016). Ingo Froböse, a German Sport University study lead, conducted a study to measure the stress hormone cortisol going through the players during rivalry coordinated with race vehicle drivers.

What's more, esports players likewise had pulses around 160-180 beats each moment, like running a mile nearly as fast as possible. Another fascinating research study titled "Do E-Athletes move? A Study on Training and Physical Exercise in Elite E-Sports (2016)" examined the training routines of 115 elite e-athletes, with a particular focus on their physical exercise routines. As indicated by these 115 members, e-athletes train roughly 5.28 hours consistently all year at the first-class level. About 1.08 hours of that day-by-day preparing is actual exercise. The more significant part (55.6%) of these tip-top e-athletes think coordinating physical activity into their preparation programs decidedly influences esports execution. Thus, integrating physical activity into their training programs positively affects esports performance. This study is possibly the first peer-reviewed research on the topic, illustrating that **esports players find exercise a critical ingredient to their success.**

Additionally, to become a professional gamer, a player must learn different skills and techniques to get better. Professional gamers were required to have a profound comprehension of the game since technique and flexibility are critical to triumph, alongside collaboration for games like Dota 2 and Mobile Legends: Bang - inferring football, volleyball, sepak takraw, etc. forth. Gamers should have a deep understanding, strategy, and adaptability, not just mere connections and research. Researchers have used video games to see how individuals create abilities (Boot et al., 2016). A study conducted by Green and Bavelier (2015) showed individuals take in abilities from playing action video

games. Bavelier, Green, Pouget, and Schrater (2012) reason that **not one expertise but rather numerous abilities are obtained from playing computer games.** In competitive gaming, skilled players dominate people that play for fun (Li, 2016).

Video gaming is already a sport by most measures, and gamers are a highly evolved breed of extreme athletes. The top players build their teams, compete in leagues, hire full-time coaches, and adopt strict training regimens. They sweat. They earn six-figure salaries and scoop up endorsement deals. In particular, **the Philippines, addressed by Bren Esports, won the 2021 M2 Mobile Legends: Bang World Championship.** Twelve groups from nine nations combat it out in Singapore for distinction, greatness, and a year of boasting rights on the war zone of Mobile Legends. The prize cash available for anyone at that point was a cool \$300,000, around 14 Million pesos. Along with the other Philippine representative Smart Omega, Bren Esports competed against Brazil, Russia, Indonesia, Malaysia, Singapore, Myanmar, Japan, and Cambodia. Hence, it is clear that we have an upcoming industry on the ascent; it is beginning to create billions in income; it has countless adherents. It will, without a doubt, increment in the blink of an eye.

Besides, countries have begun to recognize professional gamers as athletes. In the United States, skilled gamers can obtain P-1 visas given to athletes (U.S. Citizenship and Immigration Services, n.d.). In 2013, proficient gamer Danny "Shiptur" Le quickly got a P-1 visa for esports (Dave, 2013). In South Korea, the Korea e-Sports Association (KeSPA) has been perceived by the Korean Sport and Olympic Committee. KeSPA controls an athlete's amateur and professional status. The acknowledgment of expert gamers informed South Korea that the South Korean Air Force had an esports group when professional gamers needed to do compulsory military assistance (Li, 2016). **The energy of the esports business is one of the fundamental reasons why many individuals consider video gamers as true athletes.**

Things being what they are, once esports competitors play actual games against actual individuals in a digital arena, where will the lines be drawn at that point? Who's to say they aren't now athletes—just because they probably won't have the option to run 100 meters? Just because their pitch is digital and needn't bother with watering? Humanity has been redefining words, and adaptation is how we advance as a species. Lines that are drawn shift continually and are never entirely as limited as we might want to think. Thus, while the definitions of all the above terms will vary with time, one thing is for sure: **the future is becoming increasingly digitized.**

**Thus, eventually, esports players may be suited up and shoved into virtual reality tournaments to compete with other pro-teams in increasingly physically strenuous activities. But today, may we acknowledge the truth that a true athlete is someone who accomplishes something other than just run fast, hit hard, jump high or throw far – they use sport for good. Video gaming to represent the country and help themselves earn a living makes e-sport athletes genuine athletes.**

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# Jaworski, Muros lead 2021 PH Sports Hall of Fame class

Philippine basketball's 'The Living Legend' Robert Jaworski and track and field star Elma Muros-Posadas lead the 10 Filipino sports icons comprising the 2021 Philippine Sports Hall of Fame class.

The other inductees of this year's Philippine Sports Hall of Fame are Olympic medalists Leopoldo Serantes, Roel Velasco, and Arianne Cerdeña; football legend Paulino Alcantara; swimmers Eric Buhain and Gertrudes Lozada; cager and booter Dionisio Calvo; and sprinter Rogelio Onofre.

## PHILIPPINE SPORTS HALL OF FAME 2021 INDUCTEES:



### ROBERT JAWORSKI - BASKETBALL

Jaworski, who turned 75 last March 8, is arguably the most iconic basketball player in the country. He led the Philippines to the 1967 and 1973 FIBA-Asia titles as a player and 1990 Asian Games silver medal as a coach. In the Philippine Basketball Association, he played for Toyota for over a decade and became a player and coach for Barangay Ginebra San Miguel from 1984-1998, making him a pillar of the team's "never say die attitude." He is also part of the PBA's 40 Greatest Players list and PBA Hall of Fame Class of 2005.



### ELMA MUROS-POSADAS - ATHLETICS

Muros-Posadas is one of the country's bemedalled track and field athletes, best known for being the "long jump queen." The Romblon native is a 15-time Southeast Asian Games medalist, two-time Asian Games bronze medalist, and a participant in the 1984 and 1996 Summer Olympics. Aside from the long jump, Muros competed in other events such as heptathlon, 100m, and 400m hurdles, 100m, 200m, and 400m sprint.



### LEOPOLDO SERANTES - BOXING

### ROEL VELASCO - BOXING

Boxers Serantes and Velasco represented the country in the 1988 and 1992 Summer Olympics, respectively. Both pugs took home a bronze medal in their respective Olympic stints.



### ARIANNE CERDEÑA - BOWLING

Cerdeña won the gold in bowling in the 1988 Seoul Olympics, although the feat was not counted in the medal table because it was then a demonstration sport. She is also a member of the 1990 Asian Games gold-medal winning team of five with another Filipina bowling legend Bong Co, Catalina Solis, Cecilia Gaffud, and Rebecca Watanabe.



### PAULINO ALCANTARA - FOOTBALL

The Iloilo-born Alcantara is best remembered for being the star of Spanish football powerhouse FC Barcelona, playing there from 1912 to 1916 and 1918 to 1927. Alcantara's 369 goals with FC Barcelona stood for 87 years as the most goals scored by a player in the Spanish club, only to be broken by Argentinian football star Lionel Messi in 2014. He was named Asia's greatest football player by FIFA in 2007.



### ERIC BUHAIN - SWIMMING

Buhain is a 12-time SEA Games gold medalist in swimming, highlighted by his five gold medal-haul in the 1991 edition in Manila. He also won two silvers and five bronzes in Southeast Asia's biggest sports meet. Buhain served as PSC chairman during the term of former Pres. Gloria Arroyo.



### GERTRUDES LOZADA - SWIMMING

Lozada, who belongs to a family of swimmers, represented the country at an early age. She was 13 years old when she competed in the 100-meter and 400-meter freestyle events of the 1956 Melbourne Olympics. Lozada is also a four-time Asian Games medalist and a participant in the 1960 Rome Olympics.



### DIONISIO CALVO - BASKETBALL

Calvo is a multi-sport athlete, who donned the national colors in basketball and swimming in the 1920s. He is most remembered for coaching the Philippine men's basketball team in the 1936 Berlin Olympics, where the Filipinos finished fifth. It currently stands as the best finish by an Asian basketball squad in the Olympics. Calvo is also the coach of the basketball team sent in the 1948 London Olympics.



### ROGELIO ONOFRE - ATHLETICS

Onofre copped the gold in the 1962 Asian Games and saw action in the 1960, 1964, and 1968 Olympics athletics events.

The search committee for the 2021 Philippine Sports Hall of Fame class was composed of Games and Amusement Boards chair Abraham Mitra, Philippine Olympic Committee secretary-general Edwin Gastanes, PhilCycling's Billy Sumagui, Philippine Olympians Association president Akiko Thomson Guevara, UAAP executive director Rene Saguisag Jr. and select members of the sports media.

#### Sources:

<https://cnnphilippines.com/sports/2021/3/12/Jaworski--Muros-lead-2021-PH-Sports-Hall-of-Fame-class.html?fbclid=IwAR2>

[https://en.wikipedia.org/wiki/Philippine\\_Sports\\_Hall\\_of\\_Fameov.au](https://en.wikipedia.org/wiki/Philippine_Sports_Hall_of_Fameov.au)

# DISTANCE LEARNING BE LIKE

BY FLORIE MAE VACARO



GOOD MORNING CLASS.

SO SINCE MOST OF YOU ARE ALREADY HERE, I THINK WE CAN NOW START OUR DISCUSSION.

ONE AND A HALF HOUR LATER...

SO BASED ON THE SHEAR AND BENDING MOMENT DIAGRAM OF THE BEAM, WHAT IS THE MAXIMUM ABSOLUTE VALUE OF THE SHEAR AND OF THE BENDING MOMENT?

silence....

OK, EVERYONE, PLEASE OPEN YOUR CAMERAS, AND I'LL CALL SOMEONE TO ANSWER.

MR. LARRY LIBANG

SIR!!

WHAT IS THE ANSWER? ANY IDEA?

S-S-SIR... SO-SO SORRY SIR, I-I DON'T KNOW SIR...

S-SIR, I DO-DO NOT ALSO KNOW THE ANSWER... SORRY SIR...

WHAT ABOUT YOU MISS DINA LIGHO? DO YOU KNOW THE ANSWER?

SIR...

THE MAXIMUM ABSOLUTE VALUE OF THE SHEAR AND OF THE BENDING MOMENT ARE 110 lb. AND 1100 lb-ft RESPECTIVELY, SIR.

THAT'S CORRECT. VERY GOOD MR. CRA- !!

WHAT ARE YOU DOING? ARE YOU REALLY LISTENING?

I'VE BEEN TALKING FOR MORE THAN ONE AND A HALF HOUR HERE, BUT NO ONE CAN ANSWER MY QUESTION?

IF NO ONE CAN ANSWER MY QUESTION CORRECTLY, I'M GOING TO GIVE YOU A QUIZ!

!!!

GHAAAD!! WHY DO YOU HAVE TO CALL ME, SIR?!

IT IS SO EMBARRASSING! NATE IS WATCHING! HUUHU...

gritting

Pffffttt! -chuckles-

SIR! SIR! I'M SORRY SIR. I THOUGHT I WAS ABLE TO MUTE MY MIC. SIR... SORRY!

WELL MISS LIGHO...

IT IS NOT MY FAULT THAT YOU ARE NOT LISTENING TO OUR DISCUSSION!

Huh!! Huhwaatt!!

AND HERE'S THE OTHER ONE!

Someone wants to join this meeting.

Andy Lim

Deny Entry Admit

MR. LIM! WHY ARE YOU SO LATE?

SORRY SIR, I HAVE SOME TROUBLE CONNECTING TO THE INTERNET, THAT'S WHY, SIR.

IF SO, THEN JUST GO OVER WITH THE PREVIOUS SLIDES LATER AND ASK ME IF THERE'S SOMETHING YOU CAN'T UNDERSTAND.

YES SIR.

OK LET'S CONTINUE. PLEASE EVERYONE, SET ASIDE FIRST THE OTHER THINGS THAT YOU ARE DOING AND LEND ME YOUR EARS, JUST FOR ANOTHER 30 MINUTES.

30 MINUTES LATER...

SO, THAT'S ALL FOR TODAY, IF EVER YOU HAVE SOME QUESTIONS REGARDING OUR LESSON, FEEL FREE TO ASK ME.

BUT BEFORE I DISMISS YOU, I JUST WANT TO TELL YOU SOMETHING IMPORTANT.

I KNOW THAT MOST OF YOU ARE GETTING TIRED OF THE SITUATION WE ARE IN, AND UNFORTUNATELY, WE CANNOT DO AN IMMEDIATE SOLUTION TO SOLVE IT, BUT... WE CAN HELP EACH OTHER TO COPE UP WITH THIS NEW NORMAL.

WE TEACHERS ARE DOING OUR BEST TO FULFILL OUR DUTIES DESPITE OF THE CHALLENGES, AND WE ALSO KNOW THAT SOME OF YOU ARE ALSO FACING THE SAME DIFFICULTIES, BUT PLEASE, INSTEAD OF USING IT AS AN EXCUSE TO QUIT, YOU HAVE TO DO SOME OTHER WAYS TO HELP YOURSELVES.

INSTEAD OF TAKING ADVANTAGE OF YOUR TIME, USE IT WISELY AND BE PRODUCTIVE.

DO YOU GET IT?

YES SIR...

OKEY, THANK YOU FOR LISTENING, I HOPE YOU KEEP THAT IN YOUR MIND.

THANK YOU SIR... GOOD BYE SIR...

YOU MAY NOW LEAVE GOOD BYE.

THE END.



*"Surviving the Pandemic, the AC way."*

#ACIANS #ADVENTUROUSYOU

