



MCNP-ISAP, Sister Co. relief packs formed the Philippine Flag to signify nationalism during the Typhoon Ulysses that hits the region.

MCNP-ISAP, SISTER CO. CONDUCT "Bangon Cagayan, Tulong Agila" Relief Ops



JOAN SANTIAGO

The Medical Colleges of Northern Philippines (MCNP) and International School of Asia and the Pacific (ISAP) together with its sister companies, the Holy Infant Hospital (HIH), Dr. Ronald P. Guzman Medical Center (RPGMC), and Apayao Cagayan Medical Center (ACMC) conducted a relief operation with a banner "Bangon Cagayan, Tulong

Agila" starting last November 15, 2020 in response to the devastating effect of Typhoon Ulysses (Vamco) in the Cagayan province.

The program which aims to provide assistance through giving basic needs to the victims of the massive flooding in the province was headed by the OIC, President, Mr. Christian R. Guzman and

Atty. Cristina G. Natividad, Vice - President for Innovations and External Initiatives, with the assistance of Ma'am Winnie T. Cancejo, RRT, MPH, OIC, Vice - President for Academic Affairs, and Mr. Lowie Palatan and Mr. Valentin Cera, Community Extension Coordinators of the twin institutions.

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CON upgrades lab with "Nursing Anne"



JOY CLARICE LUWANG

The College of Nursing has enhanced its Skills Laboratory facility through the acquisition Nursing Anne, making it as the first Skills Laboratory equipped with a high-fidelity training mannequin in the entire region.

The sustained effort of the college to continue providing quality teaching and learning experience among its students has embarked to high fidelity training mannequins to strengthen its Skills Laboratory program amid

the sudden shift to flexible learning approach due to the developing threat of COVID-19 in the sector of nursing education.

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GUIDANCE OFFICE HOSTS Webinar on Advisorship Programs



JAMES VIDAD

The Office of the Guidance Services in collaboration of the Office of Student Services held a webinar last September 29, 2020 on advisorship programs for classroom advisers as learning moves away from classrooms and into students homes during the coronavirus pandemic.

The advisorship program is one of the best practices of the school which holds to maintain the connection of the teachers and the students. Using the online platform, Carlo Suyu, RPh, one of the guidance facilitators, explained the major roles of the class advisers especially this season of pandemic through the wellness and the positivity programs.

PREPAREDNESS: THE KEY TO CALMING A BREWING STORM

"The calm before the storm..."

How would anyone describe when things could get worse especially at times when we are still struggling with our fight against COVID-19? However, 2020 yet again exceeded our expectations when last November, the province of Cagayan hit its lowest point when the worst flooding occurred in the region on top of the people's struggle with the pandemic. In just a matter of days, the flood had submerged towns. In just a few hours, it had turned roadways into muddy rivers. And in a blink of an eye, the flood had turned several families homeless. Some people wandered the streets and put up tents as their temporary homes. Some rushed back and forth into the flood trying to save what was left of their belongings. While some were unlucky enough to have not been able to evacuate and got stranded on their roofs, desperately waiting to be rescued. This devastating event not only left a permanent scar in the hearts and minds of the Cagayanos, but it also served as a catalyst that opened our eyes to the alarming truth that *"We are not prepared-and never had been"*

Although we have been aware that the physical characteristics of the surrounding landforms as well as the geographical

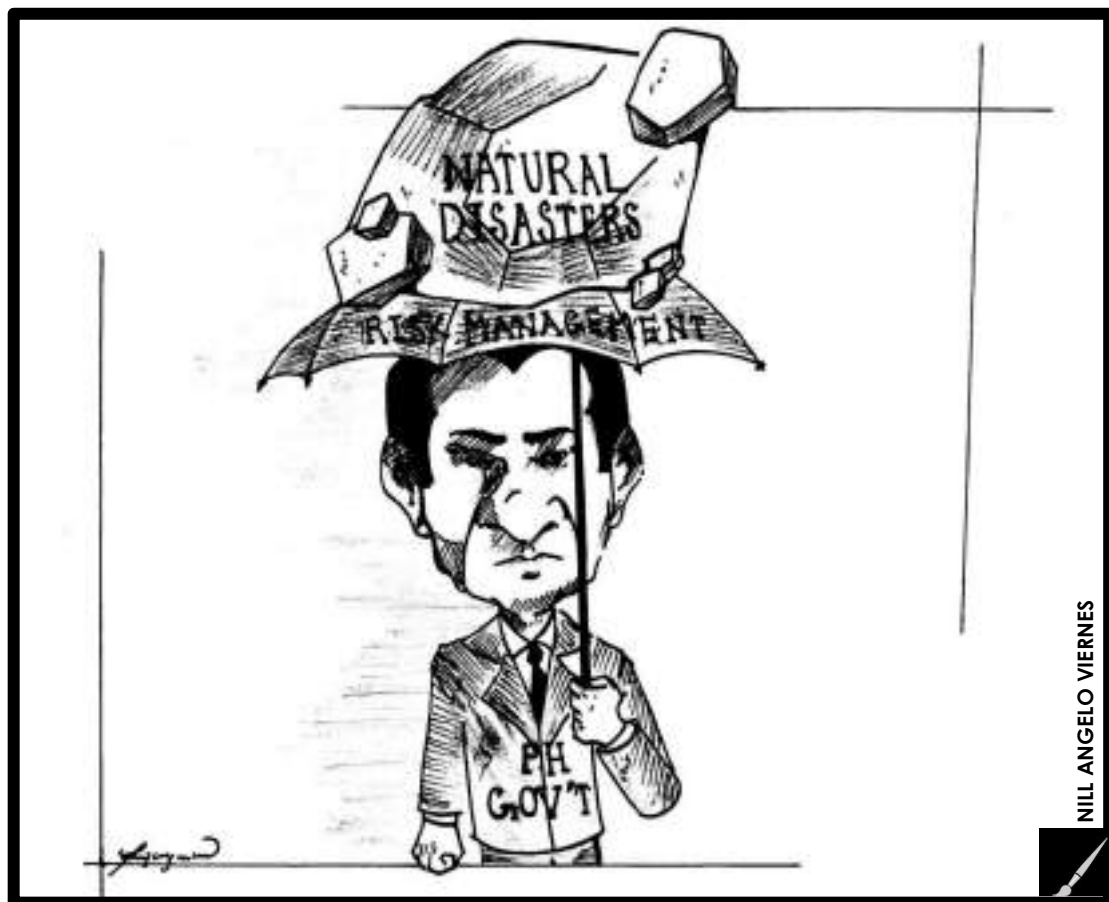
location of the province greatly contributed to the damages brought about by the flood, and not to mention that the releasing of water from the Magat dam too have played a crucial role in the increase of casualties as well as in intensifying the effects of the flood, we cannot deny the fact that what really led to this circumstance was none other than our region's lack of preparedness that rendered us helpless each time when our province is faced with a crisis.

Before, during and even after the flood, our region lacked in certain aspects which ultimately led our province to suffer the destructive effects of the

flood and to name a few: First, we do not have an effective drainage system. We have always been aware that Cagayan Valley automatically becomes a catch basin especially when we are expected to receive heavy rainfalls; Second, we are also aware that we are one of the places that would be greatly affected when water is released from dams; Albeit, the different towns and cities especially in low-lying and non-elevated communities do not possess a drainage system that can handle such level of flooding. Third, not having an effective drainage system is that we do not give much importance and attention to responsible and safe

house planning. Noticeably, low lying houses are often vulnerable to flooding and it is undeniable that not everyone could afford to have their houses be elevated--Still, there is a need to address such matter considering that this is now a recurring problem.

Another aspect that we considered to be lacking is the inability to respond immediately and effectively of local government units and relief organizations during the calamity. Not to mention the lack of participation of the members of the community during the crisis shows the region's inadequacy in



NIL ANGELO VIERNES

EDITORIAL



terms of disaster risk management and preparedness. To make matters worse, Cagayan Valley also lacked the most natural effective deterrent of flood which is trees. It is because of our desire to move towards industrialization which has caused the decline of trees in our region. Over the years, deforestation has become rampant and the clearing of lands for commercial use have been on the rise. Obviously, such activities placed pressure

on the environment which resulted to the gradual loss of trees in the region. Since there is nothing to seep the water from the ground and to keep the soil firm and intact, consequently, Cagayan Valley has become so vulnerable in face of natural calamities.

In reality, it is not because we are unlucky, or that our geographical location had us at a disadvantage, rather it was our apathy and lack of precaution that got us where we are right now.

We have been so focused and obsessed with advancement that we have unknowingly forsaken our environment as well as our safety for industrial progress. We have fed our narrow mentality that being resilient during calamities would be enough. However, here is the ugly truth- we Filipinos often mistake positivity with complacency and we Cagayanos are no exemption. It is high time for us to start making the necessary steps and trade

in our wrong sense of positivity for actual decisions toward radical change. Let us take off the smiling masks of complacency and put on the armour of resiliency equipped with ample preparedness. This time around, let us not be praised for being able to smile in the midst of an adversity but instead let us be known that we can smile for the reason that we are able to calm a brewing storm while it is still at sea.

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SIEZE THE OPPORTUNITY

Everyone is in a state-of-panic as COVID-19 related cases and mortality rate begin to increase at an alarming rate in the country. It is no longer the hospital rooms that get full; rather it is our morgues that pile up. Each day another person mourns for the death of a family member and every day the growing fear of losing a loved one gnaws into the hearts and minds of people. Although the government and health organizations have developed safety procedures to protect ourselves from contracting the virus, still one can't help but entertain the

question: are these enough? I believe that with the current state of our nation being vaccinated is the best way to reduce the cases or better yet mitigate the possibility of contracting the virus; however, not all are in favor of being vaccinated due to doubts regarding the development and credibility of the vaccination as well as the possible repercussions of the vaccine towards one's health. However, I believe that vaccination must be enforced because even though we have established precautionary measures for the members of the community to follow there are still some who

refuse to wear masks saying it's their right and proceed to do what they want.

As much as I wish that the way they handle our situation today is the same in the Spanish Flu Pandemic in 1918 where they have the rule "Wear a mask or go to jail", we cannot neglect the fact that we are now living in a different era and must approach this predicament differently and accordingly.

With all of these being said, I sincerely believe that COVID-19 vaccination is the safest way to build protection in this time of pandemic. Although,



NILL ANGELO VERNES

wearing masks and social distancing help lessen the possibility of being infected these actions are inadequate if we wish to completely eradicate the virus. The covid-19 pandemic has become an all-out crisis and the more drawn out the pandemic goes on, the more difficult it would be for us. I understand that a few groups might be worried about getting inoculated.

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JETHRO BANASAN

Who's to blame for the unceasing recurrence of Heavy Flooding and Landslide in Cagayan Province? Is it the administration of the Provincial Governor? Is it the reckless act of the Provincial officials?

Recurrence of heavy flooding and landslide come in many reasons however I voice out for the literal rationale of the problem. The problem continues to rise not

WHO'S TO BLAME

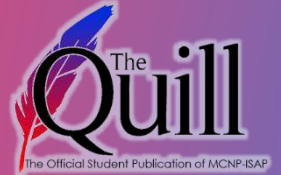
because the Provincial Governor does not generate action towards it neither the reckless act of the officials. It is simply because of the inhabitants' uncooperative behaviors which diminish their unity to take actions. If only these people did not allow deforestation to take place, there could have been a sustainable and flood-free province. Simple act of cleanliness and no dumping garbage in the waters could be of big help to combat heavy flooding which could result to landslides. However, people tolerated it and prioritized urbanization over their safety. Imagine the province with densely

forest habituated by diverse flora and fauna. There is no reason that flooding is impossible and landslide is inevitable.

The role of the provincial official in addressing such issues solely depends on the people. If only they have spoken and never allowed illegal action towards nature, the problem would have been out of their eyes. We cannot blame the administration of the provincial government or the reckless act of the officials. It is the people's fault because they allowed unlawful acts to surmount their province. I stand for my thought because I know that the people have

their rights and roles to participate in the matter. I would love to reiterate that the blame is not for any political individuals responsible for this cause. It is on the people and the people alone. The decision to have freedom of expression has not been observed by them. This issue is an emblem which reminds the people that they have valid reasons and that they are worthy enough to be heard. It is imperative for the readers to care for this issue since this is one of the in demand issue in the society and that it calls for reasons for all people to take up space. If people value unity, progress overflows.

OPINION



GRABING THE WRONG REINS



ANDREA VIERNES

It has only been a year since the COVID-19 has entered the country which caused the whole nation to undergo home quarantine; however, in just a short period of time, we have already surpassed the thousand-mark index and have already taken to account a total of 15,000 active cases as of April 3, 2021. Apparently, this news has only one implication and that only means that our life in quarantine has officially

become indefinite.

The quarantine not only has limited our actions and human communication but it has also limited our freedom. Several had their plans cancelled while some lost once in a lifetime opportunities and for others- they have lost what was most important which is family. The increasing anxiety and fear for the virus has caused many people to shift the blame to the government. Noticeably, these days several people are condemning the government for how poor its delivery system is during this time of the pandemic. People have actively and explicitly showed their animosity

towards the government. With the use of the different social media platforms, people bombarded various sites with lambasting posts expressing their hatred and frustration with the current administration's lack of action and effective strategy to mitigate the effects of the virus and the increasing number of cases in the Philippines. Even the news media did not withhold from releasing articles that are full of scrutiny and criticism about the government. This kind of reaction from the masses is not entirely uncommon as their feelings of contempt have become more revealing as years go by especially those who are

exceptionally public with their enmity towards the government. Moreover, these kind of content is what usually fill my news feed since the beginning of the quarantine which is why with all these in mind, it led me to the question -- *Are we also not to blame?*

Although we are aware that our government's response to COVID-19 was not deemed favorable and very effective by the majority as not to mention that the poor and slow reaction of local and regional government emergency services on local communities alone greatly contributed to the increase of cases in the country.

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2020 CALENDAR

Thinking what to write, where to start - probably using WH questions if possible. Here I am staring in this blank page with the cursor blinking, waiting for something to be typed. Thinking, and ding! I've got something in mind.

It's the eighth month of the year, four months more and goodbye 2020. However, it feels like a year had passed since January started. In as much as we what to welcome 2020 with open hearts and arms, unfavorable circumstances have knocked upon us. It should be fireworks that are booming in the sky, not the eruption of Taal Volcano that made the blue sky

turned gray; people shouting in glee as another year comes, not waiting for being temporarily homeless and be victimized by the said event; family, friends and/or acquaintances were celebrating for the whole duration of January happily but not seeing each other in an evacuation center. Many people are affected, especially those who live inside the Taal's perimeter. Lucky enough, there are volunteers from different places who helped them recover, and Filipinos are known for being brave despite life's challenges.

Things have been difficult for the first month

of the year, we were hoping for better days to come. February came, the month of hearts. Undying and unconditional love was felt in the air. A concoction of valentine schemes are witnessed that brought tingles in someone's heart. Then there comes our school's founding anniversary that's been enjoyed by everybody - from the first event down to the most awaited pageant. Before I forgot, it is a leap year and the 29th day of February is waving at us. Nonetheless, here comes 2020's twist for the second month of the year: news about the Corona Virus caused distress, havoc and unending fear in



KATHLENE PAMITAN

human kind. We are not ready for its sudden attack especially when the first case had been recorded in the Philippines before February started.

Who would have thought that things went well as the month changes. Yes! You read it right.

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OPINION

ONLINE LEARNING: FOSTER STRENGTHS AND CIRCUMVENT WEAKNESSES

"New Normal". One of the most used terms after this COVID-19 pandemic broke out. In education, new normal is the increased use of online learning tools. This new learning system is often referred to us "e-learning" among other terms. It is a type of distance learning, wherein it is unlike the traditional set up which all of us are accustomed to, classroom is now within the confines of our screens where learning can be accessed anytime we want.

Every educational institution paved their own way of welcoming and embracing online learning platforms to continue with the process of educating their students, making their own effort of digging deeper and gaining more

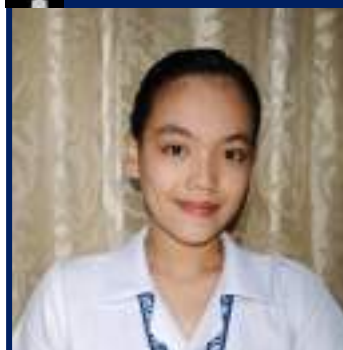
knowledge on how to effectively facilitate online classes. For many educational institutes, this is an entirely new way of education that they have had to adopt. In recent months, the demand for online learning has risen significantly, and considering the situation, I personally think it will continue doing so in the future.

Though many students are really struggling due to this situation brought by the COVID-19 pandemic, we, as students, cannot hide the fact that online learning has its own advantages and disadvantages. One of its strength is that it allows students to attend classes from any location of their choice. It also allows

schools to reach out to a more extensive network of students, instead of being restricted by geographical boundaries. Additionally, online lectures can be recorded, archived, and shared for future reference. This allows students to access the learning material at their own pace. Another good thing about this is that it builds a bridge that connects the students to their teachers, especially to their lessons. Students therefore, can now contact their teachers whenever they couldn't understand their lessons. Through this, it will also serve as a stepping stone for the teachers to check-up their students' progress, whether they can follow or not. In this, they can also check their teaching



JAMES SABADO



CHRISTINE CARABBACAN

strategy if it is good or ineffective.

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JAMES VIDAD

Sa mundong walang kasiguraduhan at puno ng mapanghusgang pagkatao, hindi natin alam kung paano pa tayo gagalaw ng maayos at tama sa paningin ng iba. Walang ibang ginawa kundi pansinin at pakialaman ang ginagawa ng iba.

Walang perpekto sa mundong ibabaw, oo, pero kailaman hindi naging

tama na husgahan ang iyong kapwa, kailanman ay hindi naging tama na ikaw ang magdikta sa pagkatao ng iba. ISYU dito, ISYU doon, isyung walang katapusan at walang hangganan, kailan tayo matututo, kapag ba huli na ang lahat? Kapag may nasasaktan ng tao? O kung tayo ay nagsawa na sa ating sariling kabulastugan, at sariling kasiyahan na saktan ang damdamin ng iba?

Ang nais ng bawat isa ay mamuhay ng marangya at payapa, yaong walang iniisip na problema, ngunit kahit gustuhin man nating mangyari ang mga ito,

"is(yu)SHOES"

mayroon pa ring mga tao na hindi titigil na guluhin ang buhay ng bawat isa. Pinagkukuwentuhan ka sa iyong likuran ng hindi mo nalalaman, kinainggitan ka dahil lamang sa maliit na bagay, pinagmumukhang masama sa paningin ng iba. Ayaw nating maisyu pero gustong-gusto nating makinig sa isyu ng iba kahit hindi naman totoo, gustong-gusto nating pagkwentuhan ang pagkatao ng iba, ating binibigyan ng maling kahulugan ang lahat ng galaw na ating nakikita. Kailan tayo titigil? Huwag nating hintayin na dahil sa

mga ganitong ginagawa natin ay mayroong isang buhay na magiging miserable, buhay na mawawala at mapapariwa dahil sa sakit na binibigay natin sa kanila, pinapatay natin sila ng mga salitang walang katotohanan, pinapatay natin sila ng hindi natin nalalaman. Masakit lang isipin na ayaw nating gawin ito sa atin ngunit pilit natin itong ginagawa sa iba, ayaw nating mapunta sa sitwasyon nila pero tayo ang naglalagay sa sitwasyon na kung saan hindi nila nalalaman.

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OSS Orients Mighty Eagle Freshies



JAMES VIDAD

At the start of this academic year, the Office of the Student Services in collaboration with the other non-academic offices of MCNP ISAP, held the Freshmen Week Orientation Program for the freshmen and transferees. At this gathering of the entire freshman class, new students get to meet their college classmates for the

first time in a virtual platform. They are introduced not only to the curriculum but also to the culture within the campus. Here is the list of activities that transpired:

- September 7 (AM) - General Welcome
- Program September 7 (PM) Orientation
- Program September 8 (AM) - Webinar on Ensuring Success for College
- September 12 (AM) -

Parent's Forum

The annual activity gives the freshmen and transferees the overview of how to be a mighty eagle, by presenting to them the members of the administration and the roster of teaching and non-teaching staff of the school. The activity provides them a welcoming atmosphere to ensure healthy adjustment to the eagle's nest.



MCNP-ISAP Official FB Page

Virtual "Buwan ng Wika"

Emphasizes value of Filipino Language



JAMES VIDAD

Love for Filipino language and nationalism is evident as MCNP ISAP celebrated the Buwan ng Wika using the online platform last August 30, 2020.

This year's theme is "Wika ng Kasaysayan, Kasaysayan ng Wika" culminated the activity through a series of contested events that

highlights to enrich and develop the culture of Filipinos, particularly our own dialect.

Students together with faculty members were divided into three teams namely: Makakalikasan, Makabayan and Makatao.

These three teams joined the different contested events like Essay Writing



MALAWEG/MALAUWEG was featured in the Vlogging Contest from the CORT who won in the contested activity.

contest, Photography Contest and Video Blogging. Thalia Cudal from the College of Nursing won the Essay Writing Contest, while Katrina Mae Piedad from the same department won

the Photography Contest, and Riace Miguel from the College of Radiologic Technology won the Video Blogging. They will be receiving one thousand pesos as cash prizes.

MCNP - ISAP... from page 1

Committee which is chaired by Dean Cindy Duldulao, the Inventory Committee which is chaired by Dean Louise Cabling, and the Logistics Committee which is chaired by Program Coordinator May Ann Malobo and is in-charge with the sorting and packing of goods, transport and delivery, and documentation, and nourishment.

Volunteer faculty members and support staff were scheduled for repacking and distribution.

The non-stop heavy rainfall brought by Typhoon Ulysses has left twenty - six (26) municipalities in Cagayan flooded, affecting 499 barangays, 118, 262 families, and 431, 120 individuals.

MCNP-ISAP continues to support mental Health movement through its 3rd Mental Health Celebration



HANNA BALBUENA

Medical Colleges of Northern Philippines and International School of Asia and the Pacific celebrates the 3rd Mental Health Celebration last November 5-7, 2021 via zoom meeting conference that were attended by 479 people including MCNP-ISAP students, faculty and staff through the initiative of the Office of the Guidance Counselor.

With the theme "Mighty Eagles' Move for Mental Health", the celebration aims to raise a high sensibility to the significant and relevant issue that is Mental Health and also to get people moving and exploring more to start living not just surviving.

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Vidad sits as new COL Chair: Dayag, Sawad as Prexies

JOAN SANTIAGO

Empowered Leaders toward Innovation, Transformation and Excellence, ELITE Party straight victory. With the official COL Logo.

Junior BPED student, James Vidad gained the confidence and trust of his fellow students en route to being declared as the newest Chairman of the MCNP-ISAP Council of Leaders (COL), the highest student governing body, while Ria Elrica Dayag and Almightly Gee Sawad were chosen as presidents of

MCNP-ISAP respectively, following an election held on October 30, 2021 via online.

Joining them in the COL are John Isaac Valle (VP-MCNP), Sergie Castillo (VP-ISAP), Hanie Joy Sacramento (Secretary-MCNP), Erica Drapeza (Secretary-ISAP), Joeriz Ancuna (Treasurer-MCNP), Faith Raful (Treasurer-ISAP), Maverick Batang (Auditor-MCNP), Arlyn Daquioag (Auditor - ISAP), Ralph Andrei Guzman (PIO-MCNP),

Erwin Zipagan (PIO-ISAP), Graechelle Laguindo and Cidney Rose Miguel (Business Managers-MCNP), Arianne Simangan and Kwennie Trishia Mae Gaspar (Business Managers - ISAP).

The COL will implement projects and conduct activities for further development of the studentry through the guidance of Mr. Aristotle Gonzales, Dean of Student Services.

CON upgrade... from page 1

It was pioneered by Dean Reynaldo M. Adducul, RN, RM, MSN, JD, Ms. Louise V. Cabling, RN, MSN, MAN, and Mr. Franklin M. Decena, RN, MSN in collaboration with the school's administration.

"In the midst of this Health Crisis where face to face classes are affected resulting to the institution to look for strategies in delivering education effectively to students, the availability of this simulated mannequin is in the right time", said Ms. Gina M. Manongas, RN, MSN, a faculty of the college who experienced operating the equipment.

She added that with the absence of the Related Learning Experience (RLE) which is necessary for

students learning, the presence of Nursing Anne gives them the option to bring scenarios and demonstrate skills via virtual presentation. It creates a real-life situation because it can present an approximately perfect imitation of patient condition corresponding to the nursing skills required.

The newly enhanced skills laboratory with the Nursing Anne provides avenue for a higher learning experience to students. The "Nursing Anne" is a mannequin designed for scenario-based training for the care and management of basic patient handling skills to advanced nursing skills. Worth P2.6 M, this platform consists of



SAY HELLO TO NURSING ANNE. First Skills Laboratory equipped with a high-fidelity training mannequin in the entire region is now ready to serve CON.

accessories and Handling, Nutrition, interchangeable parts Urinary Elimination, Bowel Elimination, Oxygenation and Perfusion, Resuscitation, Fluid, Electrolyte and Acid Balance, Communication, Hygiene, Skin Integrity and Physical Assessment. Wound Care, Patient

Gaspar, Olunan win Reg'l Essay Writing

JAMES VIDAD

The Commission on Higher Education Region 02 announced the winners of the ASEAN 2020 Regional Competition (Essay Writing Category). Out of 10 entries from student writers among the higher education institutions in the region, two student writers from MCNP and ISAP entries emerged as first place and third place respectively.

First place goes to Kwennie Thrishia Gaspar, 2nd year BS Customs Administration of International School of Asia and the Pacific and Prince John Dave Olunan, 2nd Year BS Nursing from Medical Colleges of Northern Philippines.

"We never expected that we will win the competition. It was only a day before the deadline when my coach, Ms. Carisma Cabaruan sent me the guidelines of the essay writing contest. To God be the glory talaga" said Ms. Gaspar in an interview.

The Essay writing contest was sponsored by CHED in celebration of the ASEAN 2020. Ms. Gaspar will be receiving P5,000.00 cash and a certificate from the organizers while Olunan will be receiving P 3, 000.00 and a certificate.

The awarding ceremony was held through zoom application last August 28, 2020 culminating the ASEAN Month

SEIZE THE... from page 4

But right now stopping the pandemic requires using all the tools we have available and right now our best tool is the vaccine. We have already suffered long enough, we have already lost so many lives,

and now a solution is just sitting right in front of us. Let us not waste this chance and prolong our suffering any longer. The opportunity is already within our grasp all we have to do is to be brave enough to seize it.



Tuguegarao City and other Municipalities receive humanitarian relief via BCTA program

HANNA LAIKA BALBUENA

49 out of 49 barangays in Tuguegarao City and 15 out of 28 municipalities in Cagayan have benefited from the "Bangon Cagayan, Tulong Agila" program conducted by MCNP, ISAP, HIH, RPGMC, and ACMC starting last November 15 to December 1 in response to the recent flooding in the province.

The group of companies

distributed relief goods including face masks and face shields, potable water supply, toiletries, blankets, slippers, relief packs, and food supplements to the affected families in several areas of Cagayan. In coordination with the Local Government Units (LGUs) and barangay officials, they visited more than half of the devastated-stricken municipalities including Enrile, Solana, Amulung,

Iguig, Baggao, Alcala, Lallo, Lasam, Gattaran, Camalaniugan, Aparri, Sto. Niño, Abulug, Pamplona, Sanchez Mira, Claveria, Sta. Praxedes and all barangays in Tuguegarao City.

"The entire operation has been about "Bayanihan" among Cagayanos. Our team is so honored to have witnessed the Bayanihan spirit and the Filipino communal unity not only

in our team but to our fellowmen who were compelled to help in this time of need" said Mr. Christian R. Guzman, OIC, President of MCNP - ISAP.

The torrential rains and back-to-back typhoon had caused the recent flooding in Cagayan province with 26 out of 28 municipalities submerged and with several cases of landslide reported making it the Province's worst calamity

GRABBING,,, from page 5

However, in actuality we, the common people, are the greatest factor that led to the rapid increase of COVID-19 cases. We have been so used to blaming the government that we have failed to evaluate ourselves-Are we all doing our part to contribute to the eradication of this virus? Are we adhering to safety procedures? Or are we just one of the many people who complains a lot but don't do anything to help fix the problem? In the midst of the pandemic, we still travel around, host parties and conduct drinking sessions. We still join in mass gatherings such as fiestas and get-togethers. We also have people in authority that do not follow the safety protocol of using mask and

face shields in public and people who had been exposed are not cooperative in telling the truth during contact tracing. Sadly, we who backlash the government are the same people who break the rules.

Generally speaking, there is nothing wrong in expressing our dissatisfaction towards the services of the government because that is our right as citizens and our discretion as members of the community; however, let me tell you something, "we can only control what we can control." Although we can sway the government's decision to a certain extent we still don't have absolute power over the government. We must accept that our voices can

only influence the government at a certain degree. We cannot control the government and we most definitely cannot control other people. However, if there is one thing that we can control that would be ourselves and learning to take control of ourselves during the pandemic is the ultimate key to end this predicament.

The solution was nothing too complicated or too arduous for us to do. What we all need is a little bit of self-discipline; to be able to fight the urge to go out when unnecessary, to be able to refuse an invitation to a party and to not mind missing out on certain occasions. Let us stop all the useless complaining and withdraw from the

pointing of fingers and just start focusing on controlling what we can control. Stop trying to control others when you can barely take control of yourself. Let's get rid of that Filipino mentality that we only live once and succumb to every invitation to pleasure. Let us not trade in our freedom just for a mere taste of fleeting ecstasy. Let us take control of what we can control and let go of the reins that are beyond our reach. You don't know how great the impact will be if only everyone would take hold of his or her own reins. But now knowing this, *will you continue to take the reins that aren't yours?*



The Office of the Student Services conducted a Virtual Leadership Training titled "Enhancing Leadership Skills in Distance Learning, A Response to the Demands

OSS holds Virtual Leadership Training

JAMES VIDAD
of the New Normal Education" on October 22 – 23, 2020.

This 2-day seminar was fostered on the theme "Student Leaders gearing towards mindset from "ME" to "WE" which aims that student leaders will take an active role in the student organization, despite the pandemic and

to establish stronger culture of resiliency inside the student organization.

The topics that were discussed during the leadership training are Student Organization Online: Leadership in Distance Learning and Sustainable Student Leadership in the New Normal by Mr. Nico Arabes, Education Program

Specialist of DepEd – Division of Cagayan and Atty. Viva Olalia-Guzman, Legal Officer of MCNP – ISAP respectively. The activity was participated by 100 individuals who belong to the top four (4) positions of all academic and non-academic accredited clubs and organizations of MCNP – ISAP for S.Y. 2020-2021.

MCNP mark 1st virtual Nurses' Week

JOAN SANTIAGO

"Make a difference and ASPIRE to empower." These words were inspiringly expressed by Dr. Warly Remigio, the President of Philippine Nurses Association in New York for the annual celebration of Nurses' Week in Medical Colleges of Northern Philippines last October 28, 2020.

With the theme, "Nurses: A Voice to Lead- Nursing the World to Health", student nurses honored and appreciated all the dedicated nurses and nurse practitioners all over the country for their continued

concern for the health of Filipinos via zoom webinar.

Dr. Remigio gave emphasis to the genuine meaning of the word 'aspire' and what PNA really stands for and that was Achieving Strategic Partnership, Innovations, Resilience, and Excellence.

The event kicks off by the

opening remarks of Mr. Christian R. Guzman, OIC President of MCNP followed by the showcasing of talents of nursing students through Tagisan ng Galing in the afternoon.

Below were the results of the said activities:

continued to page 13

CON, CORT Level II Re-accreditation



JAMES VIDAD

The College of Nursing and the College of the Radiologic Technology underwent level II status Remote Virtual Accreditation (RVA) under the Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA) on October 8-9, 2020.

Despite the pandemic that occurred early this year, the two programs continue to make effort to sustain the culture of excellence and meet the demands of the accreditors by presenting documents under the Ten (10) areas inspected by PACUCOA.

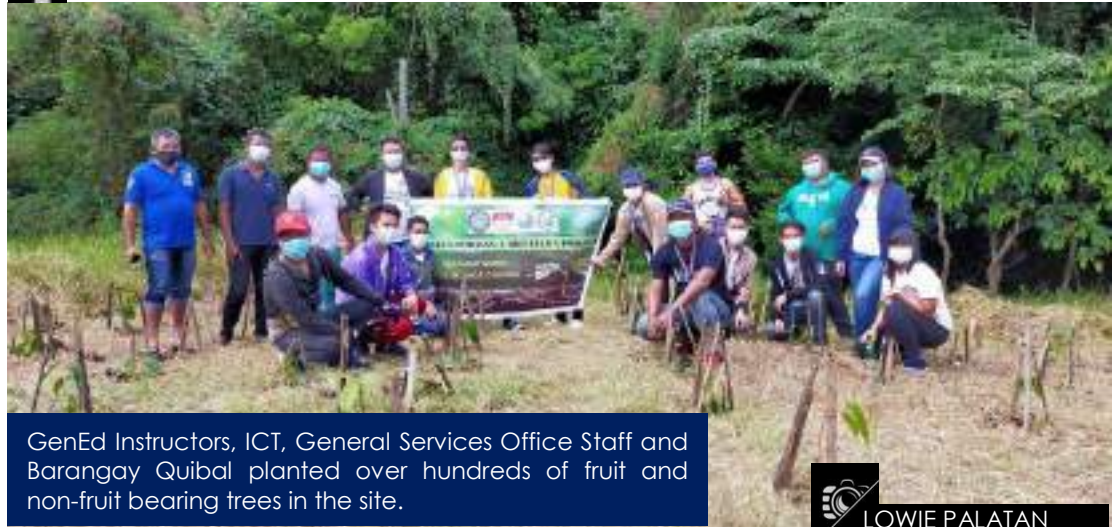
The IATF recommended that school cannot have face-to-face classes, and other activities, but the institution has come with best strategies and motivation to continue our ministry of teaching using the digital platforms and other sources.

"The virtual accreditation would not be easy and comfortable, but a strenuous one, yet, I can see the smiles in our area heads because we know that our mighty institution had waited and prepared for this, our hardships in preparation has paid off" stressed Reynaldo Adducul, RN, MSN. This visit was headed by Dr. Dante Silva of the PACUCOA.

MCNP-ISAP Employees hold Tree Planting Activity to combat environmental issues



LOWIE PALATAN



GenEd Instructors, ICT, General Services Office Staff and Barangay Quibal planted over hundreds of fruit and non-fruit bearing trees in the site.



LOWIE PALATAN

The Medical Colleges of Northern Philippines and the International School of Asia and the Pacific conducted a tree planting activity in Quibal, Peñablanca on January 7, 2021, after experiencing series of flooding in Cagayan Province last 2020.

This Greening Program entitled, "Oplan Kalikasan: A Tree Legacy Program", is in partnership with the Provincial Environment and Natural Resources Office of Cagayan and the Barangay Local Government Unit of Quibal, Peñablanca, which aims to support the Greening Program of the Government and to combat the issues of climate change that brought disastrous effects in the environment.

Mr. Lowie Palatan, the ISAP Community Extension Coordinator said, "Because of climate change, we have been experiencing flooding and different environmental

disasters. Thus, in responding to those issues, it is the right time that we should help protect the environment and plant more trees."

Also, despite the pandemic, the school is still aware of its responsibility to take care of the environment.

"While the province is currently under the General Community Quarantine, some guidelines are relaxed that enables the MCNP-ISAP employees to engage in the

activity", he added.

During the activity, General Education Instructors, Information and Communication Technology and General Services Office Staff, and Barangay Quibal Chairwoman Tin Taguinod planted over hundreds of fruit and non-fruit bearing trees in the site.

The Community Extension Office will conduct another tree planting activity on February 2021 in the same area.

Physical Therapy Department Celebrates First Ever Online PT Day



ALEXA PASCUAL

The Department of Physical Therapy conducted their "PT Day" with the theme: "Reigniting the Physical Therapy Profession Towards the New Normal" on November 24, 2020, staff and students of the department participated through an online meeting for the first time.

The said event aims to enlighten the students about the Physical Therapy profession, perceive adaptation measures towards new normal system and to show the work and role of a Physical Therapist in the new normal condition.

continued to page 13

2020 CALEND,,, from page 5

Despite the widespread news of the Corona Virus, health and safety reminders from the World Health Organization (WHO) and the Department of Health (DOH), here we are facing the month of March. Hope can be seen in our eyes and bravery of the hearts prevails as we are united to fight against the outbreak of this pandemic disease. Frontliners are being recognized and they serve as everyone's hope and heroes in this Pandemic. It is also my birth month, one of the memorable birthdays ever. It should be celebrated with my friends but here comes March's twisted fate, they issued a lockdown due to the escalating numbers of COVID-19 cases. Instead of feeling down, I made a very solemn birthday wish

in my graphic birthday cake molded as the Earth with my candles spelled as COVID-19; may the world surpass this pandemic and let those people who suffered from it be healed. I never lose hope, my heart and faith never falter.

I wish that Corona Virus is one of April fools. I never expected it to be this way, not this life changing. Employees from different sectors are affected. Some become jobless, most of us are struggling financially. There is no fooling time this April; this is a serious matter that we need to deal with. It's scary to go out now, we'll never know what will happen when we go outside and get exposed to people. This is not the time to be careless; we need to be responsible about our actions and allot self-time to be healthy physically, spiritually and mentally.

Months after April passed by so fast like playing video in a two-times speed or more than that. The second semester for school year 2019-2020 continued and a student like me can feel all the pressure from the online class. This is definitely new to us, we are like a baby taking little steps. I thought everything will get better, but I was wrong. As the new normal does its part in the situation we were facing, news about students getting stressed out and worst ending their lives are circulating on social media, television and even on the radio. Aside from that, the number of COVID-19 cases increases from hundreds to thousands. It is a total disaster! 2020 calendar gone bad so far, I pray that COVID-19 will end too.

People are scared, we feel lost and hopeless. The pressure are felt differently that affected our mental health and our actions. Despite everything that is happening this year in our individual lives, we continue to welcome challenges and changes. We may not stop it from occurring but the most amazing part of these are overcome it with bravery, self-confidence, believing in yourself and to the power of prayer. We will all get through this, we are Filipinos and we tend not to give up easily. We will fight until we win, this battle will come to an end. May we use this time to reflect and be the best the version of ourselves; the year did start differently than the past years, but it doesn't mean that it will end that way.

MCNP-ISAP Celebrates Virtual Students' Christmas Fellowship

In commemoration with the Christmas spirit and festivities, the Medical College of Northern Philippines and International School of Asia and the Pacific celebrated its first ever Virtual

Student Christmas Fellowship last December 21, 2020 with the actual events held at the school campus collaborated with its students and staff online.

With the theme

HANNA BALBUENA

"Magkakasama Tayo sa Kwento ng Pasko" the school aimed for a purposeful and joyous celebration while simultaneously adhering to the strict health protocols and lockdown measures of the COVID-19.

The Blue Shark, Green Panther, Red Scorpion, White Panda, Yellow Tigers, and Pink Falcon were the six teams from both college and high school departments who participated in this year's fellowship. The activities include Vocal solo

competition, Spoken Poetry, Video Blogging, and Dance challenge.

The Blue Shark and the Pink Falcon dominated the competition. The Blue Shark won both the Vocal Competition and Spoken Poetry while the Pink Falcon garnered first place in both Video Blogging and Dance challenge.

Amidst the Party-less Christmas, this year's virtual fellowship continued the school's tradition of promoting camaraderie among MCNP - ISAP family.

MCNP's Radiologic Technologists join in celebration the International Radiologic Technology Week

JAMAICA AGGARI



RTSS 2020-2021 FB Page

College of Radiologic Tehnology Celebrates the International Radiologic Technology Week, This mosaics by the Radtech students represent the discovery of X-rays with Wilhelm Conrad Roentgen and to the frontliners during this time of pandemic.

Recently, the Medical Future" in celebration of Colleges of Northern International Radiologic Philippines (MCNP) - Technology Week on the College of Radiologic 8th to 13th of November 2020.

The faculty and staff of the department together with the theme, "Building on with the Radiologic Our History, Creating the Technology Students'

PHYSICAL,,, from page 11

The half-day program was initiated through a prayer led by Natilyn Guzman, a BSPT 2 student, and the presence of OIC, VPAA, Mrs. Winnie T Cancejo, Ms. Mary Rose A. Colting, PTRP, Top 9 Nat'l Board Topnotcher who gave her inspirational message and Mrs. Cindy Duldulao, PTRP, MPH, dean of the College of Physical Therapy has truly graced the program.

Mrs. Jeny C. Macapulay, PTRP, a speaker, refreshed the students about the physical therapy profession and inspired them by sharing her journey abroad

and experiences in working from one hospital to another.

Students from each year level were given a chance to share their journey as student physical therapists in MCNP. "Right from the start, PT talaga ang gusto ko, kaya nung ibang course ang pinasok ko during my first year, I thought nababagay rin sakin yun, pero as time goes by, di ko pala kayang mahalina yung course na yun, kaya parang nawalan ako ng gana sa pag-aaral. And then after one month, I've decided na mag-drop nalang at mag-enroll bilang PT sa ibang

Society (RTSS) led by Ms. Ma. Serina Eden S. Paleg, the RTSS Adviser and Mr. Ricky James R. Agustin as the Program Coordinator constantly pursue such event in the form of a webinar series.

Different fun and exciting activities greatly influenced by Harry Potter series were conducted including aRTikTok Compilation, RTalentado Jingle Making Contest, Letter for HogwaRTs, Tagisan ng Talino Radtech Wizards Edition, RT knows aRT: Musika't Tula Competition and RT Mudbloods in Disguise.

The students of the department from level one to three actively participated in the event since there have been a lot of contested activities where they had shown

their creativity and best version of themselves.

During the opening remarks of Mr. Christian R. Guzman, the OIC - President of MCNP-ISAP said that, "As we continue to face each other under the new normal circumstances, colleges and universities had been adversely affected by the pandemic, but we in MCNP-ISAP had been quite resilient and to all of you RT Students, you chose to continue your education, you chose not to give up, you chose to find ways to cope and adapt to the changes taking place around us."

Indeed, MCNP-ISAP and the College of Radiologic Technology can truly adapt well with changes, excel in academic and harness thy talents.

MCNP marks,,, from page 10

HARRY POTTER SERIES		
1 st place	Arabella Schaub-Vidal	BSP2 1-1 student blue team
2 nd place	Kiana Chelostine L. Baodang	BSP2 1-2 student pink team
3 rd place	Philo Jose E. Breydo	BSP2 1-3 guest team
4 th place	Isabelle Ann Chinggo	BSP2 1-4 student team lead
5 th place	Kyla Mae A. Mahang	BSP2 1-5 orange team
6 th place	Kendylene V. Daglagan	BSP2 1-6 from blue team
HARRY POTTER SERIES PART 2		
1 st place	Shaina Dale Baccan	BSP2 2-1 orange team
2 nd place	Kristal Vayne Fuentebello	BSP2 2-2 yellow team
3 rd place	Ralph Gregorio Guzman	BSP2 2-3 pink team
HARRY POTTER SERIES PART 3		
1 st place	Isabelle M. Uy	BSP2 3-1 green team
2 nd place	Joy B. Canaban	BSP2 3-2 yellow team
3 rd place	Cherelle Gutierrez	BSP2 3-3 blue team
4 th place	Mara Nita S. Magallana	BSP2 3-4 red team
5 th place	Krista Mae C. Ganto	BSP2 3-5 yellow team

school kahit ma-behind na ko sa lessons kase at least don, mahirapan man ako, at least ganado pa rin ako dahil yun talaga ang nasa puso ko.", Alexa Pascual, a 2nd year student of the department stated. There were also games like quiz

bee competition that was truly enjoyed by the students. The success of the said programs is because of the initiative and cooperation of the APTs club and all the staff and students of Physical Therapy Department.

Online... from page 6

Ensure that they are productive and at the same time students are still acquiring the 21st century skills. However, the safety of their students from the virus is still their utmost concern. That's why I believe that another advantage of this new learning platform is that students can continue their studies and at the same time, they can ensure their safety. Thus, with this, we can lessen the number of COVID-19 cases.

On the other hand, the disadvantage of which is that if the student only uses a mobile data for connection, and to think that internet connection in their place is very poor, the student will either think that he was already lost in track and was already behind his classmates, or worst, the student might be discouraged to continue the field he was into.

Another factor to consider is the affordability. The cost for online learning is not a joke especially for students whose family is less fortunate compared to others. Not all students can afford to have a Wi-Fi in their home. We tend to buy loads weekly. And considering nowadays' situation where many of our dear parents lost their jobs, money does not come easy. Thus, I daresay, online learning at some point is difficult to the poor and less fortunate, for they bear most of the risk and burden. Pity more to the teachers, they even spend

their own salary in buying wifi, load and other learning equipment which is supposed to be for their living and for their family. However, there's hidden strength within this kind of weakness for online learning... it's the cost of living. We cannot deny that students, especially those whose home are far beyond reach of the school will surely rent apartments near the institution. But due to the pandemic, apartment fees and cost of living are deducted to the student's finances. With this idea, we can say that online education is far more affordable as compared to physical learning. This is because online learning eliminates the cost points of student transportation, student meals, and most importantly, apartment fees. Additionally, all the course or study materials are available online, thus creating a paperless learning environment which is more affordable, while also being beneficial to the environment.

For many students, one of the biggest challenges of online learning is the struggle with focusing on the screen for long periods of time. With online learning, there is also a greater chance for students to be easily distracted by social media or other sites. Therefore, it is imperative for the teachers to keep their online classes crisp, engaging, and interactive to help students stay focused on the lesson. I, therefore highly recommend that whenever

teachers are conducting virtual class, they must require students to open their camera to ensure that students are really participating in their class. With this, I think that students will be more focused and productive.

Another key challenge of online classes is internet connectivity. While internet penetration has grown in leaps and bounds over the past few years, in smaller cities and towns, a consistent connection with decent speed is a problem. Without a consistent internet connection for students or teachers, there can be a lack of continuity in learning for the child. This is detrimental to the education process.

Many parents are concerned about the health hazards of having their children spend so many hours staring at a screen. This increase in screen time is one of the biggest concerns and disadvantages of online learning. Sometimes students also develop bad posture and other physical problems due to staying hunched in front of a screen. Another thing is the mental challenge for every students. There's a huge number of students who don't have healthy and suitable environment for such kind of learning set up. A good solution to this would be to give the students plenty of breaks for themselves from the screen to refresh their mind and their body and we, the students, must learn how to manage our time wisely

when we are on screen. Eliminate unnecessary interactions online and focus on things that needs to be done. In that way, both students and our parents will reduce the fear of us having a disease regarding radiations, migraine and such. We need only to show how disciplined we are in consuming our time online and on screen.

And as to the expenses, specifically learning equipment, mobile loads and wifi, we, students and teachers are asking help from the government. A right amount of load allowance would be of great help to us.

I'm also recommending to every institution that they must conduct an every month mental health consultation program and an "Online Kamustahan" through our guidance counselors to maintain and monitor the mental health of every student and teacher.

Online learning. No matter what angle you use to justify it, it doesn't change the fact that it is hard to study, with this kind of learning. Most especially, my field of learning needs a thorough application and imagination is kind of vague way to do.

It may have its own perks, but as a student who prefers to be under pressure, seated in front of the class, and loves to see actual demonstration, it's indeed hard.

continued to page 15

Online... from page 14

With the continuously increasing number of COVID-19 cases, it is very important for every learning institution to sustain their students' learning performance. One more thing, is quality assured in this kind of modality? Well, as a millennial who grew up in the advent of technology bathe in the sweetness of easy life, I am also well aware, that I have the right to question the word HONESTY. And how about the ones who strive to be with the flow, but are unwillingly deprived by the unfair demand of modern technology?

I'm not questioning the process, because I know we have to cope and survive. We have to take into account that we are in an unprecedented and unpredicted circumstance where we all need to retreat in our houses, and even workplace are brought home. We are not ready for this. But, as we desire to continue schooling, perhaps, this is the only choice we have to pursue academic learning. Far more difficult, onerous, and inefficient as considered by many, but we can't deny that in this trying times, we are left with two choices--online class or academic halt.

"IS(YU)... from page 6

Paano kung baliktarin natin ang mga pangyayari? Paano kung ilagay natin ang ating mga saril sa kanilang sitwasyon? Ating isuot ang SAPATOS na kanilang suot na kung saan tayo mismo ang nagpasuot sa kanila, para maramdaman natin ang hirap na kanilang pinagdadaanan dahil sa ating mga kalokohan at walang kwentang kaisipan. Matuto sana tayong ilugar ang mga biro na hindi naman talaga na nakakatulong sa iba, ang mga isyu na walang patunay, mga isyu na nabubuo dahil lamang sa galit at inggit. Hindi nating intensyon ang makapanakit pero yun ang ating ginagawa, ayaw nating masaktan pero nanakit tayo ng damdamin ng iba. Lagi mong

tataandaan na sa bawat maling salitang iyong binibitawan, isang tao ang nasasaktan. Hindi ba tayo mabubuhay kung hindi natin pakikialaman ang buhay ng iba? Hindi ba natin kayang laging gawin ang tama kaysa siraan o sirain ang buhay at pagkatao ng iba? Mahirap malagay sa sitwasyon na hindin natin ginusto, sitwasyon na kailanman ay hindi makakatulong sa pagkatao natin at pagkatao ng iba. Pilit nating itinataas ang ating sarili pero sa kabila ng pag-angat natin naiisip ba natin kung may mga tama pa ba tayong ginagawa sa ating kapwa. Napapansin ka o nakikilala ka dahil ikaw, oo, ikaw, isa ka sa mga taong nagbibigay ng isyu na wala namang katotohanan.

MCNP-ISAP CONTINUES,,, from page 7

The said program includes a lot of activities for the faculty and students, activities like Digital Making contest, Extemporaneous Speech, Spoken Poetry and Tagline Contest. Students were actively participating during the event.

and help them cope during this difficult time.

Also, one of the highlights of the celebration is the TALKSHOW: "Magergo Ittam", conducted last November 6, through a zoom conference and Facebook live, its purpose is to help students and teachers to acknowledge mental distress to support

On the last day of the Mental Health Celebration, MS. RACHEL G. MIGUEL, RPsy, shared her expertise, time, and knowledge on the topic, "DOING WHAT MATTERS IN TIMES OF STRESS and Employees get together with Mr. Aristotle Gonzales, Dean of the Office of the Student Services which were really enjoyed by the employees. MCNP-ISAP Office of Guidance Services is looking forward to conduct its next mental health celebration in a face-to-face manner.

Gusto mo bang marinig sa iba ang mga salitang; "Siya ba yung taong matalino pero ang daming ginagawang isyu na hindi naman totoo?" , "Siya ba yung walang ginawa kundi magkwento ng buhay ng iba, magbigay ng maling kahulugan sa ginagawa ng iba?", hindi ba't ang pangit pakinggan, na kasabay ng ating pag-angat nasasama rito ang mga maling gawain na ating ginawa sa ating kapwa. ISYU lang yan, pero nakakasakit ng damdamin. Huwag nating hayaan na kainin tayo ng mga bagay na walang katotohanan. Mas mabuting tumahimik ka na lang, wala namang mawawala kung hindi ka magiging human CCTV sa iba. Pakialaaman mo ang sarili mong buhay at problema, huwag ka ng makialam pa

sa buhay ng iba. ISUOT mo ang SAPATOS ng iba para malaman mo kung ano ang ipinaglalaban nila. ISUOT mo ang SAPATOS ng iba para maramdaman mo kung gaano kahirap ang sitwasyon ng binibigyan ng isyu na hindi naman totoo. Lagi mong tataandaan aking kapatid na sa ating panahon ngayon, ISYU mo - SAPATOS mo, na bago mo ibuka ang mga bibig mo at magsalita ilagay mo muna ang sarili mo sa sitwasyon ng iba.

FEATURE

"Sagip ng isang Panaginip"

JAMES SABADO

Binigyan ako ng kamalayan ng mga mumunti ngunit nagraragasang mga alon sa di ko mawari kung anong klase o anong anyo ng tubig. Mapanakit na noon ang sinag ng araw ng maimulat ko ang aking mga mata. Sa kasamaang palad ay tila di ko maigalaw ang aking sariling katawan na noon ay ramdam parin ang pagod at panghihina. Wala din halos akong maalala kung bakit ganun na lamang ang aking sinapit.

Sa kagustuhan kong mabigyan ng kasagutan ang mga tanong na noon ay patuloy sa pag-ikot sa aking isipan ay dinahandahan kong icalaw ang aking mga kamay. Nagtagumpay ako't ng lumaon ay naitayo ko na din ang aking sarili mula sa pagkakahiga sa mala kulay kape na anyo ng tubig na iyon. Ngunit sa sandaling iyon ay biglang tumulo ang aking mga luha. Ito'y marahil nakararamdam ako ng takot sa kung anong pwedeng mangyari sakin.

Sa unang hakbang ng pagpadyak ng aking mga paa ay lumigon ako sa lugar na aking kinahantungan. Sa aking pagkakataanda ay maraming mga nasirang halamang mais na nakapalibot sa lugar na iyon, na noon ay kasama din ng mga umaapaw na

mga troso at basura sa mabahong tubig-ilog na yon. Tama, nasa tabi nga ako ng ilog. Siguro kung hindi pa ako nag-isip ng mangilan-ilang beses ay di ko talaga malalaman kung anong anyo ng tubig iyon sapagkat ibang-iba ito sa mga ilog na napuntahan ko. Sa tabi ng ilog na yon, ay may mga katawan din ng mga hayop tulad ng baboy at pusa na noon ay inaagnas na. Masangsang na ang amoy at nakakadiri ding tignan. Dahil dito ay minabuti ko na lamang ang maglakbay sa kung saan ako dalhin ng aking mga paa dahil sa totoo lang, noon ay wala pa akong kamalayan sa kung ano ang nangyari.

Sa aking paglalakbay ay nakakita ako ng mga nagkalat na dahon. May nadaanan din akong mga tumbang poste at may mangilan-ilan ding mga nakatayo pang bahay subalit wala ng bubong. May mga mangilang-ilan ding natabunan ng lupa. Sa lahat ng aking nakita, ay parang isa akong musmos, di parin mapagtanto ang mga pangyayari.

Inalis ko ang aking tingin at muli akong naglakad. Sa pagkakataong iyon ay nakaramdam na ako ng pagka-gutom ngunit sa kasamaang palad ay wala akong mahanap na pagkain. Sa aking paglalakad muli ay

napanghihinaan na ako ng loob. Para akong isang basang sisiw na naihiwalay sa kanyang inahin.

Naglakad muli ako at sa pagkakataong iyon ay tila bumalik ang lakas sa aking mga kasu-kasuan. Ito'y sa kadahilanang may nakita akong isang mama na noon ay aking makakasalubong. Di na ako nagpaatubili, humingi ako agad ng pagkain sa kanya ngunit sa kasamaang palad ay tinakbuhan niya lamang ako. Nabura agad ang di maipintang kagalakan sa aking mga mukha.

Naglakad muli ako at sa pagkakataong iyon ay may nakasalubong naman akong Ale ngunit tila mabagsik sa akin ang pagkakataon at naulit lamang ang nangyari. Sa pangatlong pagkakataon ay may nakasalubong ako na isang batang lalake. Madungis ako sa panahong iyon pero hindi ko lubos akalain na may mas madungis pa pala sa'kin. Kaya naman parang isang yelo ang aking puso't natunaw sa napagmasdan ko. Sa halip na humingi ako ng pagkain sa kanya ay minabuti ko na lamang na huwag siyang pansinin. Ngunit parang mapaglaro ang tadhana at siya mismo ang lumapit sa akin. "Manong, inka pumila idjayan ket adda agiteted ti rasyun", ang sabi niya sa akin. Wala akong magawa

kundi ang maiyak sapagkat hindi ko lubos akalain na siya ay madungis na batang lalake ngunit siya ay parang isang mabuting samaritano. "Agyamanak ading", ang tanging sagot ko sa kanya at dali-dali naman akong naglakad papunta sa sinasabi niyang namimigay tulong.

Pagkarating ko doon ay nakita ko ang maraming tao na pumipila pa para makakuha ng mumunting tulong. Nagmadali naman akong pumila at sa wakas ay nakakuha na din ng rasyon at mainit-init pang lugaw na saktong-saktong pampainit ng tiyan. Dali-dali kong tinikman ito ngunit parang iba ang lasa nito. Mapapansing rasyon lang talaga, pagkaing hindi para namnamin at lasapin kundi para maibsan lamang ang pagtunog ng tiyan.

Sa pagkakataong iyon ay tumabi sa akin ang isang mama na isang tingin pa lamang ay malalaman mo na kung ano ang kanyang trabaho at katayuan sa buhay. Siya'y isang magandang lalake at halatang may pinag-aralan. Sa pagkakataong iyon ay kanyang binuksan ang kanyang cellphone at nanood ng balita sa isang malakas na bagyo. Sa kanyang pinanood ay nadinig ko ang apilyedo ng buong pamilyang sumakabilang buhay at isa

FEATURE

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sa kanila ang hinahanap pa dulot ng malakas na pag-ulan at paglaki ng tubig-ilog na nagbunga ng pagkatangay ng kanilang bahay kasama ang buong pamilya.

Sa hindi inaasahan ay nabitawan ko ang isang basong lugaw at napahagulgol dahil sa balitang aking nakalap. Oo, napaiyak ako't nagsisigaw na din pagkatapos kong mapagtanto ang lahat ng pangyayari. Pamilya ko pala ang nasa balita.

Nawalan ako ng malay sa sandaling iyon at agad-agad naman ang pagbigay first-aid ng mga lokal na pamahalaan. Sa sandaling nabawi ko ang aking malay ay bumangon ako't umiiyak na tinanong ang Panginoon kung bakit sa pamilya ko niya hinayaang gawin ito. Tinanong ko siya kung ano ang aming ginawa at kasalanan kung bakit kami ay ang kanyang pinarusahan?

Bumangon na nga ako ng tuluyan at humingi ng tulong sa lokal na pamahalaan. Sinabi ko na din sa kanila na pamilya ko ang nasa balitang aking napanood. Pagkatapos non ay lumapit sa akin ang isang di pa katandaan na lalake at halatang siya ay may kinauukulan. Nagbakasakali ako na siya na nga ang makatutulong sa akin para makita ko ang labi ng aking pamilya subalit ang tanging sabi niya sa'kin ay "Iho, huminahon ka, mataas pa

ang tubig at umapaw lahat ng tulay na pwedeng lakaran ng sasakyan. Kung gusto mo, pagkababa ng tubig at pwede ng bumyahe, ako mismo ang maghahatid sayo sa bahay niyo". Kahit papaano ay gumaan ang bigat na aking nararamdaman sa sinabi niyang ito.

Pagkatapos ng araw na yon ay nagmuni-muni ako. Mataas parin ang tubig non at di pa pwedeng bumyahe. Tinatanong ko ang sarili ko kung ano nga ba ang mga nangyari. At doon ko naalala ang lahat at di ko dapat sisihin ang Diyos sa mga nangyari sapagkat hindi niya rin kagustuhan ang mga pangyayari. Sa totoo lang, dapat lang siguro na singilin ng kalikasan ang aking pamilya sapagkat walang magandang ginawa ang aking pamilya.

Ang tatay ko't mga nauna kong kapatid na lalake ay nangangaso't kasama din sa mga illegal na pagmimina. Nangyari na matabunan ang mga bahay ng lupa dahil wala na ang mga punong kahoy na humahawak sa lupa. Gumuguho ang mga ito dahil sa mga kagagawan ng mga tao tulad ng pagpuputol ng kahoy sa mga kagubatan at pati narin sa pagkakaingin. Nakakaranas din tayo ng mga pagbaha dahil wala na din ang mga punong sumasagipsip sa mga tubig-ulan.

Ang nanay ko't mga

kapatid na babae naman ay nagtatapon ng basura sa ilog at sa kung saan saan. Di tinatapon ang mga basura sa tamang paglalagyan kaya naman samu't saring mga basura ang kasamang naanod sa baha na nagreresulta sa pagkamatay ng mga isda at pagpalit kulay ng tubig. Ang mga di naitatapung basura naman sa kanilang dapat paglagyan ay naiipon at nagiging sanhi sa di magandang daloy ng tubig sa mga kanal na nagreresulta ng pagbaha kahit pa kaunting ulan lamang. Ito ang mga di kanais nais na gawain ng mga tao na nagreresulta din ng kanilang pagkasawi sa buhay.

Pagkatapos ng sandaliang aking pag-iisip ay may biglang sumigaw. Kaya naman dali-dali akong lumabas para tignan kung sino ito at ano ang dahilan. Sa sandaling iyon ay kahit sobrang sakit at pait ang nararamdaman ng aking puso dahil nangungulila ito sa aking mga mahal sa buhay ay parang naibsan ang aking nararamdaman dahil sa aking nakita. Nakakakita ako ng isang anghel mula sa langit habang naghahatid ng saya at tulong sa mga nasalanta ng bagyo. Siya'y walang iba kundi si Angel Locsin. Kasabay nito ay ang hindi ko mapigilan din na pagkagalak habang sinisigaw din ang kanyang pangalan.

Angel Locsin!

Ang paulit ulit at malakas kong sigaw habang natutulog. Kaya naman dali-dali akong ginising ng aking kapatid mula sa aking panaginip. Nagising nga ako't napagtanto ang lahat, na ang lahat pala ay pawang panaginip lamang. Laking pasasalamat ko sa panginoon at ito'y isang panaginip lamang. Na buhay pa pala ang aking mga kapatid at mga magulang.

Sa aking pagbangon ay parang isa itong bagong pagkakataon at paalala na dapat tayong lahat ay magising sa katotohanang nagrerebelde ang kalikasan dahil sa mga di kanais nais nating gawain. Magsimula tayong lahat sa kung ano ang dapat at mabuti nating gawin.

Bilang mamamayan ng bansang Pilipinas, responsibilidad nating alagaan ang kalikasan at huwag puro iasa sa gobyerno. Sa simpleng pagtanim ng mga punong kahoy at pagtapon ng mga basura sa wasto nitong paglagyan ay malaking tulong ito para sa ating lahat. Huwag na sana nating hintayin pa na mangyari ang mga di magandang pangyayari sa aking panaginip. Naway' maging isa itong babala sa lahat at maging daan para sa mas ligtas at magandang kinabukasan. Ating pakatatandaan, isa itong "Sagip ng isang Panaginip!"

“THE THREE SIMPLE RULES OF Quarantining”



ANDREA VIERNES

It has been around 425 days since the start of home quarantine. Approximately, 10, 220.016 hours have passed and a total of 36,792,057.6 seconds have lapsed but out of those moments that are now forever gone I haven't done anything productive for myself. I feel I was able to stop, take a breather, and get myself a cup of coffee and just enjoy myself?

This quarantine, I believe everyone has encountered this problem that although we are spending all of our time at home now a days, we feel like *we still simply don't have enough time*; enough time to watch a movie, enough time to start an exercise routine, or enough time to have a short chat with friends. Every day as I browse different social media sites I can see my peers and people alike ranting about how each day is the same—wake up, work or study, then go to sleep. Their usual day would be like they have just passed multiple requirements but here comes another fresh batch of work to do or they have just finished a project but lo and behold another one gets assigned to them. The same goes for I usually do my professionals; they feel like there's more work to do than ever compared to when they were working face-to-face.

They feel like every day would just be the same and that every day is just a

struggle to get through it all. To be honest, I too felt completely like this during the first months of quarantine. I feel like even though I have done nothing but do school-work I felt like I still haven't done anything productive for myself. I feel like I am a slave to the system and that my schedule for the day is dictated by my responsibilities as a student. I felt so hopeless and every day I wake up lying on my bed wishing for everything to just go back to normal. I was at my wits end and on the verge of a breakdown when I happen to hear these words from my favorite preacher, Joel Osteen. They were only two words but believe me when I say that it turned my entire life of quarantine around. “Live Now”, these are but two simple words however it opened my eyes to a lot of things and it made me aware of three simple rules.

Rule number one, **don't do it all.** Before, I was the type of person who would like to finish as many as I can and as fast as I can. I didn't want my workload to pile up and be stressed all about it later so I usually do my requirements as soon as possible. But let me tell you something, whether you do it today or do it the next day, eventually you would be able to finish it. It's true, how many times have you

stressed out because you still haven't done your assignments? Or how many times have you gone berserk because you still haven't written that essay only to find yourself being able to finish all of these at the end? The problem is we try to squeeze in as much as we can in our schedules because our mentality is that we feel like we can only watch a movie or get that free time for ourselves only and only if we get all our work done. But the truth is, we will never have that time unless we give it to ourselves. I was so obsessed to finish all my work all at once that I have exhausted all of my energy into only one aspect of my life that usually when I finish all that I have to do I feel so depleted that at the end of the day I no longer have the strength to do anything else. At the end, I will just grab my phone and waste the hours hoping to shrug the mental and physical fatigue off.

This is why we feel like we don't have time. It is not because we don't have it, it's just that we don't make it for ourselves. You have just finished only one or three assignments? Treat yourself by taking a short break or you have just finished typing half of the project? Go and place that order on Shopee. Don't wait for you to have that time rather give it to yourself better yet give yourself some time now.

Little progress is still progress, so go ahead and treat yourself!

Rule number two, **try to enjoy every moment.** No matter how small that thing may be try and enjoy that moment. How many times have you just listlessly went about your day not remembering what you did? Can you remember what you did last week or the day before yesterday? This quarantine we live our lives as if we are on replay. We do the things the same way every day treating these routines as nothing but small and trivial matters. Don't just go pass it rather try to immerse yourself in each task that you plan to do. When you eat, don't just chew then swallow rather savor the taste, admire the colors of the dish and eat as if you are dining at the most expensive restaurant in town. When you bathe, don't just mindlessly rub yourself with soap and wash yourself clean rather feel the trickling water down your spine, massage your scalp, and grab that dipper while you sing your lungs out. The point is invest your time and effort in every single thing that you do because in this way you will find yourself not only loving what you are doing but also appreciating the simple moments. Before, eating breakfast was just a routine but now it has become an exciting

FEATURE



part of my day. When it is my turn to cook I will always put a twist in it no matter how simple the dish is which made my family look forward to every meal. I learned that not every moment has to be grand but it only has to be valued for it to be called worthwhile.

Lastly, **be with yourself.** Being stuck in quarantine, our situation made us yearn for human connection more than ever that we try to find ways to connect with others that we

forgot to spend time with ourselves. We get so easily bored in quarantine because we were so used to be in the presence or company of others. Our idea of doing something is when you have someone to do it with. But here's a tip for you, you alone are already enough company. Take this time and opportunity to learn more about yourself. We are so desperate to try and find entertainment in others that we have failed to realize that we have

drained our own colors. There's no problem in wanting to spend time with others but there's a problem if you feel like you can't do anything alone. If your friends say that they enjoy being with you or you're fun to be around then you have nothing to worry about because you already have all the entertainment you need this quarantine.

Truthfully, we are subconsciously aware that it's not because we don't have enough time rather it

is simply because we don't make the effort to make the time and appreciate the time that we have. These are but three simple rules, but funny enough it is really the most obvious things that we tend to fail to do. Let us not wait for the pandemic to end to make special moments or to experience new things. Don't wait for you to have time rather make time. And if there is one more rule that I can add to the list is that if you are going to make it, DO IT NOW.

A Call Everyone is Entitled



HERZEST NICHOLE AY-EN

Growing up in a community where we never have experienced any strike of flooding incidences, I am not aware of what other people affected of such are going through and how hard it is to deal with the phenomena. The only thing I knew is that in every flooding scenario, humanitarian efforts at its best are always amplified through joint collaborations.

During the heavy flooding that happened in Cagayan, I was privileged to extend my help in the simplest way. The unexpected apocalypse devastated vast portions of land properties, penetrated

houses and overwhelmed pavements as well as it killed some individuals. With this, I was called to make a duty of lending assistance to the people. As a member of a youth organization in our province, I assisted the team in packing relief goods for the Cagayanos. Food and non-food items are collated from the different volunteering donors throughout the whole province to be delivered to the affected municipalities of Cagayan. Furthermore, I participated in the movement for a cause entitles 'Bangon Cagayan' initiated by the CYB team wherein

we collected some cash voluntarily provided by the people and we coordinated it to the city mayor for delivery to the site of the incidence. Other meaningful actions that I anchored to aid the Cagayanos is the utilization of the social media platform not just merely to be the voice of the voiceless but to amplify voices also. I shared posts concerning people needing help with the hope that non-government and governmental organization can take action to extend their help also.

As evidently observed, the humanitarian efforts

that time have been conspicuously seen and audibly heard on the actions and words of the participating organizations and individuals. I as one of those who really made an impact can say that we are all capable to save lives if we know our purpose and calling which is to render help for the welfare of others. And this is something everyone is entitled however, it just depends on our will to do so.

TAYMPERS

(Time Freeze)



RONEL ALLAM



RONEL ALLAM

Naaalala mo pa ba yung mga kalaro mo noong bata ka pa? Natatandaan mo pa ba kung paano mo tirahin ang lata tuwing naglalaro kayo ng tumbang preso sa kalsada? Malinaw pa ba sa isipan mo kung ano ang ityura ng bahay-bahayang itinayo ninyo sa silong ng kawayan at mangga? Tandang-tanda mo pa ba kung paano kayo magtakbuhan at magpalipad ng saranggola sa bukirin kapag natapos na ang anihan? E yung pagtampisaw niyo sa ulan? Patintero, sili-sili at taguan? Naalala mo pa kaya? Siguro oo. Siguro hindi. Matagal-tagal na rin kasi. Ang panahon ng ating pagkabata na siguro ang pinaka hindi malilimutang parte ng ating buhay. Panahong malaya tayong gawin ang gusto, panahong inosente pa ang utak at puso, panahong malayo sa gulo at panay ang lundag makatanggap

lang ng kahit simpleng regalo. Masarap balikan ang mga panahong iyon. Yung kagigising mo pa lang, hindi kapa nakakapaghilamos at hindi mo pa natatanggal ang muta mo pero nasa kapit-bahay kana, aalis kang malinis ang damit pero uuwi kang kasing-asim ng sinigang tuwing tanghalian na. Yung maliligo ka't makikipaglaro, at manghihinayang ka't mabibitin kapag sasapit na ang dilim. Yung magmamadali kang umuwi kapag tinawag ka na ni nanay kasi takot kang umabot sa puntong siya ang susundo sayo at may dalang pamalo. Napakasarap talagang balikan. Mapapangiti ka nalang habang iniisip mo ang nakaraan. Sa totoo lang ay gusto ko ulit maranasan ang mga bagay na ganito. Ang kaso, mukang tayo na ang huling henerasyong nakaranas nito. 90's kids,

Oo, tayo nga ang huling nakaranas ng pagkabatang malayo sa modernong mundo. Nakakalungkot na sa panahong ito, kahit saan ako tumingin, tila ba ang bawat isa ay may kanya kanyang mundo. Bawat isa'y may hawak na telepono, at iba't iba pang kagamitan na dulot ng modernong panahon. Ang mas nakakapanlumo pa'y maging mga batang nasa elementarya pa lamang ay nadadala sa ganitong sistema. Mas pinipili na nilang nasa loob ng bahay kalaro ang kanilang ipod, cellphone, laptop o tablet kesa lumabas, makihalubilo at makipaglaro sa kapwa bata. Hindi naman masama ang makisabay sa uso, pero sa murang edad nila, hindi naman yata tamang hayaan lang sila na nakababad sa gadget at nagpapakain sa sistemang mayroon tayo. Masakit lang sa loob kasi hindi nila naranasan ang

masayang pagkabata na gaya ng naranasan natin noong mga panahong simple pa ang ginagawalan nating mundo. Huwag naman sanang tuluyang maglaho ang mga larong nagpangiti, nagpa-iyak at nagpasaya sa atin. Ito yung mga larong pinoy na tatak ng ating pagka-bata. Mga larong simbolo ng pagkakaibigan, at nagbigay aral din sa atin kung paano ang tamang pakikisalamuha at pagrespeto sa kapwa. Mga larong tinuruan tayong wag sumuko kahit sa tingin mo ay natatalo kana. Mga larong nagturo sa atin kung paano tulungan ang kapwa kapag nadarapa, at nagturo sa atin na walang sino man ang may gusto at makakayang mag-isa. Kaya sana kapag tayo'y nanganak na, ituro natin sakanila ang mga larong iyon. Hindi lang ito basta mga laro, dahil ang mga ito rin ay may malaking tulong sa pagsisimulang pagbuo ng ating pagkatao. Ipamana natin sa ating mga magiging anak ang mga larong ito. Gawin natin silang instrumento upang buhayin muli ang masayang pagkabata na tuluyan na ngayong pinatulog ng modernong mundo. Kung pwede lang sanang ibalik ang oras, yayayain sana kitang maglaro. Kahit ano, patintero, tagutaguan, habulan, bahay-bahayan. Tara! Laro tayo. Ano sasamahan mo ba ako?

PANDEMYA

 JUDIE MAE BUMIDANG

Pandemya! Ito'y hindi makawala
Mga tao ay patuloy na nag aasam ng pag-asa
Pag-asa na sana ay may bukas pa
Bukas na makabangon pa
Mula sa pagkabalot sa kadiliman nangyayari
Nangyayari na hindi mawari
Kung ano ang puno't dulo
Sa kaguluhang ito.

Tayo'y patuloy na nakakulong
Nakakulong sa ilalim ng bubong
Na patuloy na iniisip kung kailan makaahon
Makaahon sa hirap na ating nararanasan
Lahat ng plano ay di umabot sa dulo
Sa dulo na dapat lahat ay nakadalo
At sama-samang ipagdiwang ang pasko

Pasko na dapat ang pamilya kumpleto
Pasko na dapat lahat ay masaya
Masayang ipagdiwang ang kaarawan ni Hesu
kristo
Subalit ang ihip ng pasko ay hindi ramdam ng
bawat isa
Nawalan na ng pagnanasa at saya

Ano pa't nangyari ito sa mundo
Maraming mga katanungan ang gumugulo
Sa matinong pag-iisip ng tao
Ang mga okasyon ay hihinto
Huminto para sa kaligtasan mo
Maraming nawalan ng trabaho
Maraming nawalan ng maisalang sa lamesa
Kung tutuusin sakit ang dala
Sa pandemyang ito
Huwag sana natin banggitin ang salitang suko na
ako
Hindi ko na kaya
Manalig ka lang at magtiwala
Dahil sabi nga hindi tayo bibigyan ng pagsubok na
di natin kaya
Huwag kang mag-alala
Hindi ka nag-iisa
Lahat tayo ay magkakampi
Magkakampi upang ang krisis ay ating
matagumpayan
Lahat tayo tagumpay ang gusto
Kailangan natin bumangon
Para makaahon
Makaahon sa hirap ng mundo na hindi naman
natin ginusto
Kaya natin to!

PASSION OF CONGRATULATION

 JUDIE MAE BUMIDANG

In every person there is passion
In every passion there is fashion
In every fashion there is an innovation
An innovation that leads to a new action
An action that can be our direction
To fulfil our passion
And we must encounter destruction
Destruction from our own that leads us to
our respective destination
A destination wherein there is our ambition
An ambition that is waiting for completion
A completion from our hardship and action
And gives as a big CONGRATULATION!



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COURAGEOUS LION

 MARIE ANTONETTE GITGANO

*Lion represents his name
Engage with bravery and pain
Over the struggle of life, he remains
serene (and);
Noxious one try to bring him down but
still fighting is part of his routine
Amazing personality makes him one of
the greatest person I know
Red represents courage but he represents
courage with love and sorrow
Don't let him down, because
Outstanding lion will always prevail and
gets the crown.*

I don't Care: 2V1



KATHLENE JOY PAMITTAN



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BANG!

I got startled from my seat
Screams from people made me sick
I can feel the heat around my eyes
My heart thump bad and fast

BANG!

Shots from the gun, again!
I saw it with my eyes, the man did it
One man against two who he killed
Anger arise through me
I just witnessed a crime virtually
What I saw is total brutality and overuse of
power and authority
Justice must prevail, killings must stop
immediately

"TO SERVE AND TO PROTECT"

It's been their goal for decades of serving
people
But he chose anger and gun instead of
talking
In broad daylight, a heinous crime was seen

One man, double murder

Two victims and a gunman made it three on
the scene

Four shots, breathless

BANG! People of the Philippines shouts

SHADOW OF MY MASK

CHRISTINE JOY CARABBACAN

Everybody adores me,
I am their definition of beauty.
Everybody knows me outside,
But they never dwell inside.
Nobody will want me,
I am the exact opposite of beauty.
Nobody knows me,
Nobody will love me if only they'll see.
What if they turn away,
If I show them who I really am?
I am afraid of what might happen,
So I kept this part of me hidden.
I wore a mask,
I portray a girl with class.

But I am my mask's shadow,
Who I truly am is what I can't show.
Everybody thinks I'm perfect,
But they are never correct.
Behind my eyes are sorrows,
Behind my smiling lips is fear that grows.
I am not perfect and will never be,
They will turn their back if they'll know
what is behind this beauty.
Pretending is my task,
And I will always remain to be the
shadow of my mask.



MATANG-AGILA



KATHLENE JOY PAMITTAN

Sinubok tayo ng panahon.
Tinuruang lumaban, bumangon
Lahat ng balakid ay hinarap nang may tapang
Magkakahawak-kamay, hindi sinukuan ang hamon sa buhay

Samu't saring pagyayari ang mga naganap
Pagbabago ay hindi mawari, kaakibat ng takot na minsan na ring namutawi
Hindi maitatangging ang pagkabahala para sa susunod pang mga araw ay
bumuhay sa ating katatagan
At hindi tayo nagpadaig sa takot at kawalan ng katiyakan

Sama-sama nating abutin ang pangarap na nais makamtan
Hindi lamang para sa isa kundi para sa lahat
Maging ehemplo tayo sa pagtuklas ng mga oportunidad gamit ang mga
pagsubok na nakalatag sa ating harapan
Tayo may nagmula sa magkakaibang departamento, kolehiyo at institusyon
Hangarin para sa ikabubuti ng lahat ay iisa
Tayo'y magtulungan upang maipanalo ang laban, at magbigay pag-asa

Sa mga empleyado na kumakatawan sa mga adhikain ng ating minamahal
na paaralan
Sa ating institusyon na tungkuling magbigay ng dekalidad na edukasyon sa
mga mag-aaral
Sa mga guro na handang gumabay, magsakripisyo at magsilbing
ikalawang magulang
Sa tulad kong estudyante na hindi umuurong sa anumang laban makamit
lang ang pangarap na malapit nang makamtan
Sa mga natatanging lider na patuloy sa paghubog sa mga susunod na mga
propesional

Hindi ang pandemyang ito ang makakapagpigil na gawin ang mga bagay
kung sino tayo, sapagkat ito rin ang humubog sa kung ano tayo ngayon
Samakatuwid, isa iyon sa magsisilbing daan upang maging matatag sa
pagharap ng mga hamon
Hindi ang pandemyang ito and hahadlang sa layunin nating tumulong sa
mga nangangailangan
Bagkus, ito ang magmumulat sa atin sa katotohanang may ihihigit pa tayo
kaysa sa nakaraan

Ito ang tamang panahon upang maipakita ang natatangi nating kakayahan
Humarap sa anumang pagsubok ng may dangal at katatagan
Ipagpatuloy ang ating nasimulan sa paghubog at pagpapanatili ng mga
pangmalakasang lider at propesional
Katulad ng isang agila, samantalain natin ang mga hamon upang lumipad
ng higit pa sa inaasahan
Kita sa mga matang-agila ang tapang at dedikasyon, katulad sa kung
ano'ng mayroon tayo ngayon

Lipad ka-agila!
Huwag sumuko, magpatuloy ka.



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MALAYA, MAUNAWA

AT MANDIRIGMA



HANNA LAIKA BALBUENA

Tila isang bulalakaw na bumagsak sa lupa,
Nakagugulat, nakatatakot at nakababahala
Isang karamdamang dala-dala'y kamatayan CORONA VIRUS,
tuluyan na ngang kumalat sa sanlibutan.

Tatlong klase ng tao ang umuusbong sa ginta nitong pandemya.
Si Malaya na ang ginawa'y magsalita at magbigay opinyon sa
problema.

Si Maunawa na sinusunod ang mga alituntunin ng kinauukulan at
patuloy na umuunawa

At nariyan din si Mandirigma na iniaalay ang buhay sa bansa.

Panay ang post sa social media,
Ginagamit ang karapatang malayang magpahayag sa kapuwa,
Naglalatag ng mga solusyong para sa kanya ay tama
Siya si Malaya, na minsang taliwas sa gobyerno ang kaniyang mga
ideya.

Sa gitna nitong sigalot,
May mga tao pa ring mabubuti at 'di na dumadagdag pa sa gusot
Simpleng pananatili niya sa tahana'y malaking tulong na,
Idagdag no na rin ang pagdarasal at pagbabahagi na kaniyang
biyaya, siya si Maunawa.

Kung mayroon mang taong maituturing na bayani,
Ang magiging na frontliners — mga doktor, nars at kawani.
Kapaguran at kapahamakan ay 'di nila alintana
Bagsik nitong sakit, sila ang nagsisilbi nating Mandirigma.

Pag-isipan kung nasaan ka ba sa tatlong tao na iyan,
Ikaw ba ang malaya, umuunawa o mandirigma, san ka kabilang?
Bagamat magkakaiba man ang tungkulin at adhikain
Matapos na ang krisis, ito ang ating iisang mithiin.

Kaibigan, sa langit ay hindi demokrasya
Nararapat na sumunod sa lahat ng utos ng siyang Lumikha
Paano na ang iyong kaligtasan kung pagsunod ay di mo magawa
dito sa lupa

Kung kayat pagkakaisa ay kailangan ng ating bansa.
Maging ikaw man si malaya, maunawa at mandirigma.
Inuulit ko, parte ka ng solusyon at hindi problema.



PADAYON



KATHLENE JOY PAMITTAN

Bawat isa ay may suot na maskara
Ikinukubli ang tunay na nadarama
Nagagawang pagtaksilan ang sarili
Katotohanan ay sa dilim ikinukubli

Bitag tayo ng mga emosyong hindi
mailabas
Gapos ang pandama, luha'y tuloy sa
paglandas
Ang bigat sa dibdib ay tangan-tangan
Sumusunod lagi nang walang alinlangan

Ang dilim ng kahapon ay patuloy na
bumabalik
Binubulag tayo at hindi pinapatahimik
Hinagpis at poot nasa dibdib
Kailan magagapi mula sa sariling pighati?

"Bangon!", sigaw sa kung saan
Nangilabot ako sa aking napakinggan
Saan nagmula ang tinig ng sinuman?
Liwanag ay nagpakita, sigaw ay umulit pa.

Ito na nga ba ang solusyon?
Ipinapahiwatig ba nitong kailangan ng
umaksyon?
May takot man at pinanghihinaan,
Kakayanin para sa kinabukasan.

"BANGON! PADAYON!"

HINDI BASTA STUDENT-ATHLETE LANG!

JAMES VIDAD

Good morning sir, puwedeng pa excuse po lahat ng athletes, may emergency meeting lang po kasi."

"Coach, may training po ba mamaya?"

"Puwede po bang hindi muna mag-attend ng training, may kailangan lang po kasi akong tapusing academic paper"

"Sir, hanggang anong oras po yung practice? Malayo pa po kasi uuwian ko."

Ilan lamang ang mga iyan sa mga tanong at mga salitang naririnig natin sa mga student-athlete. Mga tanong na kailangang may palaging kasagutan, dahil kung hindi sila ang madedehado.

May mga atleta na ginagawa ang lahat upang mapagsabay ang kaniang pag-aaral at ang pag-eensayo sa kinabibilangang koponan o varsity. Mga atleta na handang isakripisyo ang oras sa pag-aaral upang mapagtuunan ng pansin ang kanilang kinawiwilhang laro na parte na ng kanilang buhay.

"Oras", "Pangarap", "Sakripisyo", "Pamilya"

Ito ang mga salita na nakadikit sa buhay ng bawat atletang mag-aaral. Mga salita na sa bawat galaw nila at mga binibitawang mga salita ay mapapansin na dala at pasan nila ang mga katagang nakatatak na sa kanila at sa mga nakakakita sa kanila.

ORAS ang kanilang kaaway at kakampi, sa bawat paghampas at pagbato ng bola, at

pagtakbo at pagtalon, oras ang tanging kinakapitan nila. Kaya karaniwan naririnig natin sa kanila ang mga katagang "Student-athlete ako kaya dapat alam kong i-manage ang oras ko." Hindi natin sila masisi kung ang kanilang pag-iisip ay ganoon, dahil naging buhay na nila ang hatiin ang oras nila sa pag-aaral, oras nila sa pag-eensayo at oras nila na kasama ang kanilang mga kaibigan at pamilya.

Pangarap ang kanilang puhunan upang magpatuloy sa hamon ng buhay. **PANGARAP** ang kanilang sandata upang lumaban sa lahat ng oras. Subukin man sila ng panahon, wala sa kanilang bokabularyo ang salitang pagsuko, umayaw at mapagod. Pangarap na hindi lamang para sa kanilang mga sarili kundi pati na rin sa kanilang mga kaibigan at pamilya at higit sa lahat sa paaralang pinapasukan nila, nais nilang makapagbigay ng kagalakan at karangalan sa lahat, kaya kahit mahirap hindi nila basta sinusukuan ang lahat. Dahil ang tanging pangarap ng bawat atletang mag-aaral ay makapagtapos sa pag-aaral at makapagbigay ng karangalan sa paaralang pinapasukan. Mga pangarap na kailanman ay hindi mapapantayan ng kahit ano pa man.

Hindi mapapantayan ang pagmamahal nila sa kanilang ginagawa, **SAKRIPISYO** ang isa sa mga sandata nila upang

maitawid ang lahat at maisaktuparan ang kanilang ninanais. Kaya nilang isakripisyo ang kanilang sariling lakad at interes para lang pabigyang pansin ang iba pang mga bagay. Kaya nilang isakripisyo ang kanilang oras para lang hindi matalikuran ang responsibilidad bilang isang student-athlete at higit sa lahat kaya nilang isakripisyo ang mga bagay na mahahalaga sa kanila para lang walang masabi ang iba tungkol sa kanilang pagiging atleta. Puso at pagsasakripisyo yan ang mga bagay na kailanman ay hindi mawawala sa utak ng bawat atletang mag-aaral. Pero, marami siguro sa atin ang napapaisip kung bakit hindi basta bumibitiw ang mga student-athlete sa pagiging isang miyembro ng varsity. Marami sa atin ang napapatanong kung bakit sobrang dikit at sobra ang pagmamahal ng bawat student-athlete sa kanilang kapwa atleta, ang kasagutan sa mga tanong na 'yan ay **PAMILYA**. Hindi lamang basta kasama o ka-team ang turing ng bawat atleta sa kanilang mga kasamahan kundi pamilya. Dito mas naipaparamdam nila kung gaano nila kamahal ang isa't isa at kung gaano nila kasuportado ang bawat isa. Sa samahang meron sila, dito nila nararamdaman ang tunay na ibig sabihin ng pamilya, na kahit malayo man sila sa kanilang kinalakihang pamilya ay may iba pa

silang pamilya na handang tumulong at tumanggap sa kung ano ano man sila at kung ano man ang pagkukulang nila. Ang bawat isa ang nagiging sandigan nila sa kasiyahan man o sa kalungkutan, sa pagkapanalo o pagkatalo man.

Wala tayong karapatan na husgahan ang bawat kakayahan ng bawat student-athlete, sila ay isa sa mga tunay na imahe ng mga huwarang mag-aaral. Huwag nating sabihin na madali lang ang kanilang ginagawa, dahil sa totoo lang ay hindi. Sikat sila, oo, pero hindi iyon ang basehan na wala silang mga pasanin sa buhay na wala silang kinakaharap na problema. Kilala sila, kilala ang kanilang mga pangalan dahil ito'y kanilang pinaghirapan na maabot. Huwag nating diktahan ang pagkatao nila, huwag nating maliitin ang kakayahan nila. Maraming mga student-athlete na masikap, matalino, at higit sa lahat mapagmahal. Student-athletes are made not because they are just only athletes, they are made because they are inspirations, and they are made because they are world-class and unique. Hindi sila basta student-athlete lang, they are more than that.

Hindi sila basta student-athlete lang, don't judge them.

Hindi sila basta student-athlete lang, kilalanin mo sila nang malaman mo kung saan sila nagsimula.

SPORTS IN THE NEW NORM



HANNALENE QUINTOS



Life of an athlete and sports enthusiast during the pandemic as the new norm rises

CHRISTIAN TAGUIBAO

As the world has been affected by the occurring pandemic, different aspects of our lives were afflicted. The establishments, the economy, tourism, business, jobs, education and so is the world of sports. Amidst this pestilence, sports, which is a massive attraction of the public is in a halt due to the rising cases of people infected by COVID-19. After a few months of the said lockdown, different sports from various countries were continued but with strict implementation of health protocols and safety measures with regards to preventing the spread of the virus. As some in the world of sports came back, there is a top priority that they intend to do and that is the maintenance of

everyone involved in sports' safety and health.

Due to this crisis, some of the biggest sports league scheduled in the year 2020 were canceled. It includes the Tokyo 2020 Olympics, ASEAN Para Games, World Masters Games, and X Games. Despite the effects of the said virus, people adapted to its challenges and came back with new strategies to conduct and organize plays with security and safety.

Sports Association like NBA continued its 2019-2020 season last July 2020 after it was postponed in March the same year. The league was continued in one place only at the Walt Disney World Resort in Orlando, Florida. Players inside the NBA bubble are not allowed to go out, there are only four visitors

allowed per player excluding kids because they are prone to the virus. If ever that players have emergency outside, their pay would be deducted. Everyone who enters the NBA bubble must have a one week quarantine and 4 day test to ensure the safety of everyone inside.

Aside from NBA, National Football League also returned but again with strong implementation of health protocols. They are not allowed to travel in the city and the staff were reduced from 110 to 70. Limited audience were allowed to watch the game. As other outdoor sports struggle in today's situation, the fastest to cope up is E-Sports. Mobile Legends: Bang Bang Professional League conducted its

Season 6 in the Philippines with success. Although the games do not require face to face appearance when playing, their preparation was still affected by the pandemic.

Sports is a big part of our lives because it partly serves as an entertainment for us but with the crisis that the virus have brought to the world it was postponed for some length of time. However, people who are lovers of sports found a way to entertain us again and showcase the talents of the players. This pestilence might be a big test to us, to know if during these trying times we are still able to see such great people with great talents and to see if in the midst of suffering we can still entertain everyone with great sporting talent.