

The Quill

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MCNP PRODUCES TOP 3; MARKS 71.43% IN MTLE



MCNP Nursing, RT Program - Level 2 First Re-accredited Status

Hanna Laika Balbuena



Medical Colleges of Northern Philippines (MCNP) – College of Medical Laboratory Science (CoMLS) produced a national top-notcher and a 71.43% batch passing rate in the Medical Technology Licensure Examination (MTLE) held on January 21 – 22, 2021.

Tiffany Jane Cabildo landed top 3 with a passing rate of 90.00 as the MCNP made 40 out of 56 newly Registered Medical Technologists.

Cabildo said in an interview that she did not anticipate the re-

sult and she found the examination difficult.

“After the exam di ko alam kung ano ang mararamdaman ko. Sobrang nag-da-doubt ako sa sarili ko kasi parang di ata ako aabot sa top. Nung naglalabasan ang mga tanong bakit iba yung sagot nila sa sagot ko. Then parang napa-praning ako na baka na-technical naman ako.”

“It was not that easy para sa akin, although may mga questions na parang sure ka (sa sagot), (pero) di siya madaling sagutan kasi

parang pare-parehas yung choices. Napapaisip ka nalang kung ano ang isasagot mo, kasi sa dinami-dami ng binasa mo bakit yun yung lumabas. Sobrang dami naming inaaral tapos 100 items lang ang lalabas, di namin alam kung ano ang lalabas,” she added.

Cabildo said that her family and dreams in life are her reasons why she is striving so hard. Although not sure when, she also plans to pursue her Medical studies.

The College of Medical Laboratory Science through the leadership

The Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA) endorsed the Nursing and Radiologic Technology programs of Medical Colleges of Northern Philippines (MCNP) for certification to the Federation of Accrediting Agencies of the Philippines (FAAP) for Level 2 First Reaccredited Status for five years, November 2020 – November 2025.

The results were recently released and the Nursing and RT programs satisfactorily met the standards and fulfilled the requirements of PACUCOA.

Last year, the two programs were submitted for accreditation to PACUCOA via remote

virtual accreditation on October 7-8, 2020 spearheaded by Dr. Dante Silva of Mapua University as Chairman of the Team of Accreditors. This is the first remote virtual accreditation conducted by PACUCOA in region 2 amid the current pandemic.

This recent milestone will pave the way for the two programs an opportunity in the future to offer graduate school programs and apply for a center of development to the Commission on Higher Education (CHED).

The program accreditation of MCNP was initiated by the late Dr. Ronald P. Guzman, Founder and First President of MCNP in 2014 in his pursuit of sustaining the MCNP’s culture of excellence and advocating high quality of allied health education in the region.

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MCNP-CoRT Produces 13 RRTs; Marks 72.22% in RTLE

 Hanna Laika Balbuena

The Medical Colleges of Northern Philippines (MCNP) – College of Radiologic Technology produced thirteen successful radiologic technologists with a batch passing rate of 72.22% in the Radiologic Technology Licensure Examination held on May 16 – 17, 2021.

The said passers took the examination at Tuguegarao North Central School in Tuguegarao City while it was being conducted simultaneously in the cities of Manila, Baguio, Cagayan de Oro, Cebu, Davao, Iloilo, Legaspi, Lucena, Rosales, and Tacloban.

After four schedule postponements, the exam eventually transpired on the said dates, and the Professional Regulation Commission released the results on May 24 or in five working days after the exams in which 776 takers out of 1,917 passed.

The members of the Board of Radiologic Technology who gave the licensure examinations are Mr. Reynaldo Apolinario S. Tisado, Officer-In-Charge; Dr. Orestes P. Monzon, Mr. Bayani C. San Juan and Ms. Ma. Jesette B. Canales, Members.

DEDICATING DECADES OF MILESTONE AMIDST PANDEMIC

MCNPians, ISAPians Mark 1st Joint-Virtual Anniversary

Through  Hanna Laika Balbuena, Joan G. Santiago

the cinematic and creative virtual platform, another year was passed to acknowledge the founders' selfless endeavor for paving the firm pathways of excellence over the two decades.

With the theme, "Overcoming challenges, building resilience

and sustaining the culture of excellence," Medical Colleges of Northern Philippines and International School of Asia and the Pacific commenced the first day of virtual joint celebration through a Thanksgiving Mass led by Rev. Fr. Antonio Sibayan.



MCNP Produces... from pg 1

achievement of their seniors.

of Prof. Enjay Javier, felt blessed, happy, and grateful with the performance of their graduates in the said licensure examination in spite of the challenges that they faced

When asked on their review preparation during the pandemic, Prof. Javier said that they found it difficult but they sought for alternatives and have eventually done their best to prepare the examinees.

"The review was very difficult in the part of both students and the reviewers in the very basis that this is new to every one of us to do.

More so, there are students who are living in remote areas and they found difficulties to have good internet connectivity; but they have certain review notes and final coaching notes that have been reinforced to them para aralin," said Prof. Javier in an interview.

"Yung overall ng preparation namin...we think we have done what we can do for the students to be prepared in the licensure exam and I know that they had done the same, only that the entire process is very challenging," he added. He also inspired and challenged the students of CoMLS through this magnificent

"We were already able to establish the name of Medical Laboratory Science. We were able to start a good year with a topnotcher and an improving passing rate. I just hope that our students in the MLS department will look at it not only as a blessing but also as a challenge – that there is something that they need to improve and maintain," he said.

"In as much as our consultant, Dr. Julius Capili, and the entire academic team of the college is working to improve our quality of education, I just hope that the students themselves find this inspiring to do their part," he added.

He further explained that no matter how meticulous they are in choosing the clinical instructors that the students will have in the future, it will be useless because the ultimate burden of passing the licensure exam lies on them. They should never give up, and they should trust the process.

This is the first time that MCNP – CoMLS produces a National Topnotcher in MTLE since producing a 100% Batch Passing rate for its pioneer batch in 2016.

DELA TORRE, TUMANENG CROWNED MCNP-ISAP AMBASSADOR, AMBASSADRESS 2021

Hanna Laika Balbuena

The candidates from white team, Jethro Dela Torre and Aubrey Nikolle Tumaneng from Blue team bagged the title MCNP-ISAP Ambassador and Ambadress during the celebration of the Founding Anniversary 2021.

The Search for MCNP-ISAP Ambassador and Ambadress was held online via Facebook live of MCNP-ISAP Page with over 2000 viewers. The program gained a lot of positive comments that amidst this pandemic the institution really pulled off such an event like this who originally did face to face.

Talents in modeling were able to showcase by the candidates through modeling their casual wear and school uniform. Also, they were able to speak their ad-



vocacies that were close to their heart through presenting a video about this. The advocacies include Mental Health awareness, education for out of school youth, health and wellness, strengthening family relationships, strengthening COVID-19 Approach through

educational campaigns, environmental awareness, sports advocacy, community service for health, women empowerment, psychological health and information about technology.

The following candidates were Jerome Patrick Gal-

libbu and Aubrey Nikolle Tumaneng from Blue team, Jericho Alemania and Frances Cassandra Palacpac from Pink team, John Loyd Tamargo and Ann Pauleyn Palag from Red Team, Jethro Dela Torre and Nikka Ora from White Team, Arvic

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MCNP – ISAP Joins Zonta, MTWD Tree Planting Activity

Hanna Laika Balbuena

In celebration of the International Women's Month, the Medical Colleges of Northern Philippines (MCNP) and International School of Asia and the Pacific (ISAP) have joined the Zonta Club of Central Tuguegarao and Metro Tuguegarao Water District (MTWD) in conducting a Tree Planting Activity on March 7, 2021 at Sisim, Peñablanca, Cagayan.



MCNP-ISAP Joins Tree Planting Activity

Majority of the participants were women who planted 500 seedlings of indigenous species of trees such as Narra, Ipil, and Lumboy that were provided by the MTWD.

The Zonta Club of Central Tuguegarao decided to focus on environmental activity because of the flood that devastated the province in the latter part of 2020.

"We decided to conduct this Tree-planting activity because you know meron tayong malaking flood brought by Typhoon Ulysses so we shifted our focus on environment and we purposely created an environment committee to address this problem," said Judge Raquel Reyes – Aglaia, head of Zonta Club of Central Tuguegarao.

Out of 670 hectares the MTWD gave 5 hectares to the organization to be utilized and maintained. It is called Zonta Forest and Garden which will be visited every 6 months.

Meanwhile, the MTWD targets to plant 15,000 trees in the whole area this year, and only less than 10% were planted as of March 7, 2021.

The partnership between MCNP-ISAP and Zonta Club of Central Tuguegarao was achieved through the Community Extension Services Office headed by Mr. Valentin Cera.

The Commission on Higher Education (CHED) Region 2 held a curriculum inspection to all the 12 programs of the International School of Asia and the Pacific last March 11, 2021, via Zoom.

The Curriculum CHED Visit started with a prayer led by Ms. May Ann Malobo the Program Coordinator of the Social Work department followed by the singing of the Philippine National anthem. Eventually, this was followed by a welcome remark from the OIC, President of MCNP & ISAP- Mr. Christian R. Guzman. He mentioned that through the constant guidance and partnership of the twin institutions to CHED, MNCP & ISAP became at par with other institutions in the region. After the OIC, President did his welcome remarks speech, the OIC, Vice President for Academic Affairs- Ms. Winnie T. Cancejo



CHED R02 visits ISAP Programs

Jhoanna Pauline Mamansag, MAEd

presented the whole workforce of ISAP from faculty members to the Program Coordinators and the Deans of the different programs.

These programs are Bachelor of Secondary Education, Bachelor of Physical Education, Bachelor of Science in Psychology, Bachelor of Science in Social Work,

Bachelor of Science in Hospitality Management, Bachelor of Science in Tourism Management, Bachelor of Science in Customs Administration, Bachelor of Science in Business Management, Bachelor of Science in Accountancy, Bachelor of Science in Computer Engineering, Bachelor of Science in Information Technology and Bachelor of Science in Criminal Justice Education.

Furthermore, the CHED Education Supervisor headed by Dr. Joecelyn Carag, introduced the CHED Quality Assessment team to ISAP administrators and faculty members. After the introduction of Dr. Carag, the OIC, Vice President for Academic Affairs- Ms. Winnie Cancejo presented the Institution's profile and how the different programs operate according to its vision-mission. Moreover, the OIC, VPAA was able to answer all the CHED's interrogation during her presentation. Similarly, the interrogation continued through a breakout session room via Zoom for the different programs for each different CHED Quality Assessment member.

In the afternoon, the visit extended until past 5 due to the intermission of the Nationwide Simulation of Earthquake Drill in the entire Philippines at 2 p.m. that lasted for almost 20 minutes. Hence, the program would not be complete without the acknowledgment message of the Vice President for Innovations and External Affairs and member of the board of trustees- Atty. Cristina Guzman-Natividad.

Finally, the program ended through a closing prayer led by Ms. Lorie Laine Taguba the Program Coordinator of the Hospitality & Tourism Management department, and a closing statement from the host of the program Ms. Pauline Mamansag declaring God's blessings to everyone.

MCNP-ISAP Conducts Spiritual Enrichment for Holy Week

Joan Santiago

We remember; We celebrate; We believe.

The Medical Colleges of Northern Philippines and International School of Asia and the Pacific conducted spiritual enrichment activities such as Virtual Gospel Sharing, Way of the Cross, Prayer in the Way of Taize, and Virtual Recollection to observe the Lenten season.

The gospel sharing was done via Zoom Meeting on Maundy Thursday, while the Way of the Cross, which is one of the most popular and widespread devotion in the Catholic church was accomplished on

Good Friday in the official social media pages.

Prayer in the Way of Taize in which silence is necessary, and only short chants were repeatedly played over and over to highlight the time to rest in God was also fulfilled in the same day.

On Black Saturday, a Lenten recollection which was titled "Unbroken Love from a Broken Heart" was conducted by Rev Fr. Dennis Jake Ordillos, the Chancellor of the Archdiocese of Tuguegarao.

Meanwhile, the spiritual enhancement activities were

spearheaded by Mr. Aristotle Gonzales, Dean of the Office of the Students Services, and Mr. Ryan Fontanilla, RN, MSN, Adviser of the Campus Ministry.



ISAP HS Students Undergo Career Guidance Seminar

Joan Santiago

The annual career guidance program was conducted by the Medical Colleges of Northern Philippines, with the participation of International School of Asia and the Pacific last April 24, 2021 via Zoom webinar, which aimed to lead students in the right direction and prepare them for the future ahead despite of all the uncertainty of this pandemic society through the presented curricular and college courses offered by the schools.

Tagged as a “college preparation”, the College Guidance Facilitators, Mrs. Remy Dinulong and Mrs. Jewel Mappala, both a registered psychometrician gave series of lectures to ISAP senior high school students about career guidance advocacy program

and career trends.

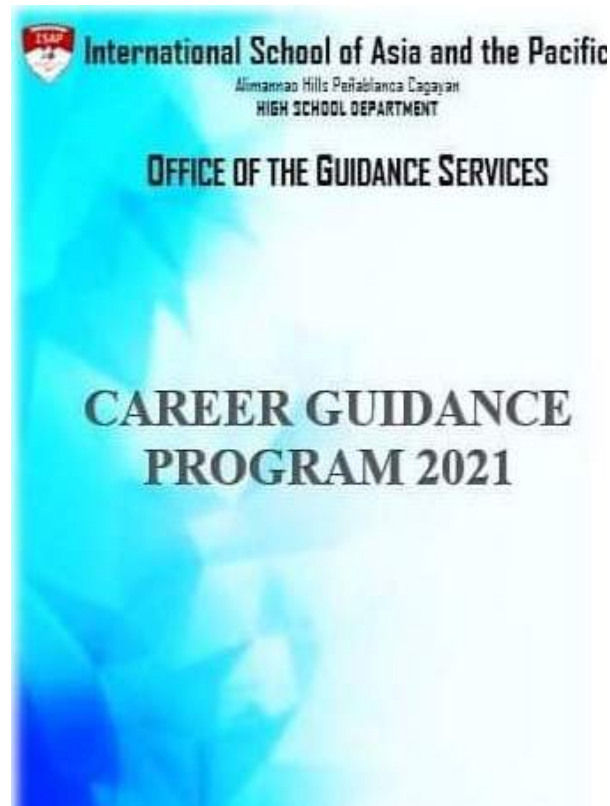
The Deans and Program Coordinators of ISAP spearheaded the presentation of the courses of the College of Social Work, College of Psychology, College of Teacher Education, College of Hospitality Management and Tourism, College of Accountancy, College of Business Administration, College of Customs Administration, College of Information Technology and Computer Engineering, and College of Criminal Justice.

Meanwhile, the Deans and Program Coordinators of MCNP presented the curricular offerings of the College of Physical Therapy and Dental Technology,

College of Pharmacy and Pharmacy Aide, College of Medical Technology, College of Radiologic Technology, and College of Nursing and Midwifery.

Additionally, Ms. Armel Joy Guerrero and Ms. Rhianne Natividad, presented the results of survey regarding the factors that was needed to be considered in choosing a career.

The activity was ended by inspirational and encouraging messages of Madam Wilma Roa - Guzman, Executive Vice President, and Atty. Cristina Guzman - Natividad, Vice President for Innovation and External Initiatives.



CON General Assembly – Honoring Effort, Diligence, and Success

Prince John Dave Olunan



Jonas Dupo, RN – Batch 2009. It was initiated live from the official Facebook page of the College of Nursing concluded with 3.5k Facebook views, 431 reactions, 1.3k comments, and 29 shares.

The assembly was conducted to honor Top Performing Students for the first semester of the S.Y 2020-2021. Student achievers were also recognized for participating in different activities directed by the department and the institution. All of

these became viable after the collective effort of the faculty – headed by Dean Louise V. Cabling, and the Student Nurses' Society, fostering a morale booster to the students who, amidst all that is happening, are still intact

and determined to reach the top of the league.

"Any endeavor that was sanctified by the Lord will always become Successful"

Mr. Jonas Dupo, RN from batch 2009 was invited to invigorate the young future nurses of his home institution. In his talk, he cited that he achieved big in the industry through the help of the Lord who helped him throughout his journey despite hurdles in life. He said that "Any endeavor that was sanctified by the Lord will always become successful". Mr. Jonas Dupo graduated from the Medical Colleges of Northern Philippines With Honors, Awarded with

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Amidst the pandemic, the College of Nursing has been very diligent in providing the needs of student nurses. It has shown an exquisite take in adapting to the new normal learning system. The Student Nurses Society Organization - the official student body organization of the College of Nursing, has been a companion to the faculty in leading the whole studentry to productive engagements by utilizing online platforms as the route material.

On April 26, 2021, the department spearheaded a virtual General Assembly participated by the whole studentry of the College of Nursing, the faculty, family members, friends, and the guest of the program Mr.

CON Gen... from pg 5

Academic Excellence, Ranked 5th in the whole Region II – NLE2010,

Awarded by the Philippine Embassy of Outstanding Filipino Leader Award, worked in the Sultanate of Oman as a Regional Nursing Research Director. He was also a finalist to the "Huwarang OFW" awards by GMA-7's 700 Club Asia.

Poverty is one of the most compelling impediments to the journey of a student.

Mr. Jonas Dupo cited different factors he faced in his journey which was, according to him, almost made him give up.

"Becoming a successful student - 7 tips by Jonas Dupo, RN"

Mr. Jonas Dupo further narrated his hardships when he was a student and stated seven [7] core foundations of his success. (1) The first one is to Find the Deepest Why.

To be successful students, everyone needs to know why they are fighting and studying. (2) Second is Hard work and Diligence. Working hard diligently is one of the key components to success. (3) Clarity of Purpose. Each and everyone with a vision needs to find or institute clarity of purpose. Without clarity is a journey of no direction. (4) Avoid Student Productivity Killers. These productivity killers were identified by Mr. Dupo as Cheating,

lying, vices, digital destructions, and love life. (5) Nurture Relationship. Students should nurture their relationship with their professors to have a healthful journey towards success. (6) Develop Powerful Study Habit. Study habit is very important for students to be able to learn comfortably and productively. (7) Lastly, Trust the Lord. Every goal that was shared with the Lord will always become triumphant.

No one has ever predicted this dilemma from coming. A shift from the old system that everyone got to know to the new normal system could have been very tough for all of the student nurses as well as for educators who are consistent in providing the best they could provide in trying times like these.

After wrapping up a more encouraging message from the guest, the General Assembly has then concluded a success.

Dedicating Decades... from pg 2

Due to the existing protocols of the pandemic, the institution opted for a joint virtual founding anniversary celebration where more than 1000 students have joined the said program via Facebook live.

Ms. Winnie Cancejo, RRT, MPH., (OIC for Academic Affairs, Mr. Christian R. Guzman, MBA (OIC president), and Madam Wilma Roa - Guzman, Ph.D. (Executive Vice President) graced the opening program through their words of inspirations and encouragements followed by the lighting of the torch. This highlighted the opening program whereas MCNP-ISAP, ISAP Tuguegarao, and ISAP Kalinga performed in their respective campuses.

"The past years leading today were filled with a lot of challenges and difficulties brought about by COVID-19 Pandemic yet amidst everything that has happened we learned about ourselves, as individuals,

as formators and educational institutions," Guzman said in his inspirational message.

MCNP – ISAP highlighted activities and events like the Praise and Worship, Academic events like Collage Making Contest, Debate, TV Broadcasting, Quiz Bee,

Isang Pasasalamat: an online concert, Employees Association's "Upo Kayo, Kami Naman", Alumni Online Kuwentuhan, E-Sports, and Search for Ambassador and Ambassadors.

The victors for these various events are as follows:

Academic Events	
TV Broadcasting	Champion: White Panda 1 st Runner-up: Blue Shark 2 nd Runner-up: Pink Falcon
Collage Making	Champion: Blue Shark 1 st Runner-up: White Panda 2 nd Runner-up: Gray Bulldog
Quiz Bee	Champion: Red Scorpion (100 pts.) 1 st Runner-up: White Panda (100 pts.) 2 nd Runner-up: Yellow Tiger (100 pts.)
Debate	Champion: Blue Shark Runner-up: White Panda
E-Sports (Students Edition)	
Call of Duty – Multiplayer	Champion: Green Panther 1 st Runner-up: Red Scorpion 2 nd Runner-up: Pink Falcon
Call of Duty – Battle Royale	Champion: Red Scorpion 1 st Runner-up: White Panda 2 nd Runner-up: Pink Falcon
Mobile Legend	Champion: Red Scorpion 1 st Runner-up: White Panda 2 nd Runner-up: Yellow Tiger
MCNP – ISAP Ambassador & Ambassadors	
Ambassador	Jeffrey Dela Torre (ISAP Tuguegarao)
Ambassador	Jadeny Nicole Tamsing (ISAP Kalinga)
Employees Association "Upo Kayo, Kami Naman"	
Magpasikat	Champion: Black Hawk 1 st Runner-up: Yellow Tiger 2 nd Runner-up: Pink Falcon
Spoken Poetry	Champion: Green Panther 1 st Runner-up: Yellow Tiger 2 nd Runner-up: Pink Falcon
SA Ambassador & Ambassadors	Ambassador: Marlon Sagana (ISAP Tuguegarao)
E-Sports (SA & Alumni)	Ambassador: Shyla Laine Sacapand Hernandez (ISAP Kalinga) Champion: ISAP Red 1 st Runner-up: MCNP – ISAP Alumni 2 nd Runner-up: MCNP Team

RTSS launches first Zoomustahan: RT Student Leader, Edition

Leona Lain Calonge

In the midst of the pandemic and these trying times, the Radiologic Technology Students Society (RTSS) – the student body organization of the College of Radiologic Technology, spearheaded an activity which focused on anxieties as participants loosen themselves and talk about their problems and concern.

The activity was conducted on May 1, 2021 via Zoom Webinar.

The said activity was participated by the different classroom officers whereas Ricky James Agustin, RRT, the Program Coordinator of the College welcomed the participants.

After which, games were introduced to set the mood of the event followed by a breakout session that divided the participants into different groups.

Among the activities included were sharing of problems particularly challenges of the new normal setup, their lost motivation and their coping mechanisms. Ma

Eden Paleg, RRT, the adviser of the RTSS, afterwards gave a very emotional and timely motivational talk leaving participants with smile and realizations.

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ECOLOGICAL AND MANAGEMENT SEMINAR: WITNESSES AND COMMUNICATORS FOR THE WORLD

Allodia Archelle Andres

An Ecological and Management Seminar with the theme “Witnesses and Communicators for the World”, was conducted on the fifth day of May 2021. The seminar was initiated virtually by the Office of the Students Services together with the Council of Leaders and attended by the different organizations of student leaders from the several departments of the institution.

Mr. Marlon Jay Baysa, MBA, the speaker of the event, had a talk about the topic “Season of creation: our role as pastors of the environment.” In which, he highlighted that we have two seasons of creation: the first talks about God’s creation, and the second on creation of action. He also shared his experiences of being a student leader.

According to him, being a student leader is not easy because it is composed of two words: a student and a leader. He stated that before becoming a student leader, you must balance being a student and a leader.

For a reason that either way you are first a student before becoming a leader, or you are already a leader when you enter the studentry.

The speaker also managed to talk about the student leaders going extinct, just like an eagle and is needed to be valued. He had mentioned, “the best element of leadership is yourself” and that being a

student leader is a choice and it requires a lot of time. He defined leadership as TIME,

since it needs a lot of time and love.

At the end of his talk, he emphasized that being a leader means you are having the ownership of the organization where you belong and reminding the student leaders to always give importance to everything they do.



COL, OSS conduct Virtual Regional Conference on Mental Health

Hanna Laika Balbuena



The Council of Leaders (COL) together with the Office of Students Services (OSS) conducted a 2-day Virtual Regional Conference on Mental Health with the theme “Enriching Leadership Capability through Stronger Wellness and Positive Student Collaboration” on May 18, 2021, via Zoom Meeting.

357 participants from 36 Higher Education Institu-

continued on pg 8

MCNP - ISAP holds Virtual Campus Journalism Seminar

Joan Santiago

Alimannao, Peñablanca - At least 100 campus journalists in MCNP-ISAP partook on the Online Seminar on Campus Journalism via Zoom Meeting, May 6, 2021.

The said activity aimed to elevate the wealth of campus journalism and its significance to the professional field and society, with the theme, “Exploring Journalism as Art, Practice, and Responsibility amidst the Pandemic”.

The seminar was graced with invited speakers who were professionals in their line of expertise; In the morning, Ms. Rhodora Romero, adviser of CSU Communicator tackles the concept of journalism before and how it

develops today while Ms. Yna Nicole Gabriniao, a freelance SEO, and content writer talked about the role of journalism in choosing a profession.

In the last part of the activity, Ms. Lumine Plena Umoso, the City Information Officer of LGU Tuguegarao emphasized the importance of being a responsible journalist through media literacy.

Meanwhile, Ma’am Winnie Cancejo, OIC - Vice President for Academic Affairs, shared her experience as a former feature writer in her school days.

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GONZALES, SUYU REPRESENTS MCNP- ISAP ON PAPSAS RESCON 2021

Joan G. Santiago

Mr. Aristotle Gonzales, MAEd, Dean of Students Services and Mr. John Carlo Suyu, RPh, Head of Guidance Services Office, represented the twin institutions on the Philippine Association of Practitioners of Student Affairs and Services (PAPSAS) Research Conference by presenting their respective researches on May 21-22, 2021, via Zoom.

The rescon focused on the theme, "Models of Practices and Innovations in Student Affairs and Services" in which Mr. Gonzales presented his research titled, "Raising

the Flag:

An Appreciative Inquiry of Special Program of the International School of Asia and the Pacific", while Mr. Suyu's research was "Knowledge is Power: Intelligence Score of Freshman Students of Medical Colleges of Northern Philippines".

They shared their humble researches to the PAPSAS, Inc re-

University of Batangas, and Mr. Jun L. Tayaben of Adventist University of the Philippines as members.



search committee chaired by Dr. Evelyn A. Songco of University of Santo Tomas (UST), and joined by Dr. Leandro A. Loyola of De La Salle University, Dr. Renelyn B. Salcedo of FAITH Colleges, Mr. Andrew S. Macalma of Saint Louis University, Dr. Carlito B. Olaer of Centro Escolar University (CEU), Dr. Meynardo Montalbo of

Meanwhile, Dr. Roger B. Ludeman, President Emeritus of International Association of Student Affairs and Services delivered his warm message to the participants as the keynote speaker.

At least 22 research presenters from different colleges and universities throughout the country shared their respective research works with the intention to educate and inspire more Student Affairs and Services (SAS) practitioners to engage in conducting research for further development of knowledge on the field of student affairs and services.

The said conference served as a platform in highlighting innovative initiatives and practices employed by the student affairs and services practitioners in implementing programs and services.

It featured studies related to various research streams like Innovative Programs for Student Development and Wellness, Models and Strategies for Student Discipline and Formation, Impact and Development of Community Engagement, Inclusive Education and Student Affairs and Services, and SAS Response to the Challenges of the New Normal.

COL, OSS... from pg 7

tions (HEIs) within and outside

Region 02 have registered and joined the conference.

On the first day, Mr. Christian R. Guzman, MBA, School President, warmly welcomed the participants through his opening address, and Dr. Julieta M. Paras, CESE, CHED Regional Director, shared her words of wisdom as the keynote speaker.

Meanwhile, resource speaker, Dr. Teresa Maguigad-Chiu, Executive Director of Psychological Association of the Philippines (PAP), presented the topic "Anxiety in the New Normal Education" which was followed by an open forum.

The afternoon session continued with the "Break-out Sessions".

On the second day, Ma'am Winnie

T. Cancejo, RRT, MPH, OIC-Vice President for Academic Affairs, and Atty. Cristina G. Natividad, MBA, Vice President for Innovations and External Initiatives, commended the facilitators and participants through their opening message and closing remarks respectively.

Meanwhile, Dr. Babyline Bautista, faculty of Cagayan State University (CSU), presented her topic "Anxiety vs Depression" in which she discussed the mismatched theories and hearsays about it. After which, a question-and-answer portion transpired.

In the afternoon session, a workshop was also conducted to help the student leaders develop plans and strategies to support the students on their concerns on mental health beyond the pandemic.

The said activity acted as an avenue in providing options in guiding the participants to look after their mental health and their fellow young people by organizing programs and activities.

It also aims to encourage interactions, mutual support among participants about mental health issues, and strengthen collaboration on advocacy to facilitate reduction of stigma and discrimination on mental health.

The Medical Colleges of Northern Philippines (MCNP) and International School of Asia and the Pacific (ISAP) hosted the said endeavor in support of the celebration of Commission on Higher Education (CHED) 27th founding anniversary.

DELA TORRE... from pg 3

Malitizo and Florence Ballad from Green team, Jeremy Dalayon and Queenrich Dappay for purple team Jadenfrey Daogas and Yvonne Clyde Buaso from grey team.

Minor and Major awards: Best in Casual Wear, Blue team for female category and Pink team for male category, Best in School Uniform goes to Blue team for female category and White team for male category, Best advocacy goes to Blue team for female category and Green team for male category. 3rd runner ups were Pink team for male category and Red team for female category, 2nd runner ups were Blue team for male category and Pink team for female category, 1st runner ups were green team for male category and gray team for female.

According to Dela Torre, Ambassador 2021, his achievement has given him a brighter perspective that even in this time of pandemic, you can still continue making milestones, continue soaring high and continue building dreams with a firmer and braver soul.

"This pandemic brought a massive destruction to people's wellness, country's economy, and education, to name a few. Winning the title feels like having a sense of fulfillment despite all the storms that I've been through" - Tumaneng added, Ms. Ambassadors 2021.

The newly crowned MCNP-ISAP Ambassador and Ambassadors continue their advocacies through displaying a positive and emulative character such as humility, compassion, adaptability, innovativeness and kindness and empowering the youth's wellness through the program called COVIDN: Come-out Virtual Interaction Depends on your Need that will surely inspire and help their fellow mighty eagles.

MCNP-ISAP Joins PINAS FORWARD GenLit: KABATAANG PINUNO

 Hanna Laika Balbuena



Medical Colleges of Northern Philippines and International School of Asia and the Pacific are one with Pinas Forward on exemplifying transformational leadership, community involvement and service fostering a Filipino brand of leadership.

Pinas Forward conducted a webinar **GENLIT: KABATAANG PINUNO** last Monday, June 21, 2021. This program was joined by more than 700 students of MCNP-ISAP.

The said seminar was supported by Mr. Christian Guzman, OIC president of MCNP-ISAP through his opening remarks.

According to Mr. Guzman, this

event is timely and relevant to maximize our resources in digital technology, he also gives importance to exercising our right to vote among the youths.

Students of MCNP-ISAP actively participated in the talks regarding Filipino brand of leadership, youth leadership and digital citizenship.

The first speaker, Mr. Herald Villarca talked about the Filipino leaders and their different ways of leadership among their nation.

Ms. Shaira Hernandez also gives importance on how the youth can be a leader in his/her own little ways. Many students were able to relate to the said talk.

Meanwhile, Mr. Errol Villarente tackled Digital Information Awareness and Online Information Consumption.

There were also games like question and answer that were truly enjoyed and joined by the students.

The success of the said program is because of the collaborative effort of the PINAS FORWARD team and MCNP-ISAP.



MCNP, ISAP PAY TRIBUTE TO FATHER EAGLE ON D-DAY



James Vidad

As Cagayanos celebrated the 438th Aggao Nac Cagayan, the Medical Colleges of Northern Philippines (MCNP) and International School of Asia and the Pacific (ISAP) conducted a dedication day in tribute to their founder and father eagle, Dr. Ronald P. Guzman.

Since Cagayan is under Modified Enhanced Community Quarantine (MECQ), limited number of people were allowed in the social gathering while the twin institution simultaneously conducted a virtual ceremony with the students and administrators in attendance.

Reverend Father Antonio Sibayan, parish priest of St. Joseph, the Spouse of Mary Parish, led the Eucharistic celebration which was followed by the dedication proper.



Mr. Christian R. Guzman, OIC, President, Madam Wilma R. Guzman, Chairman, Board of Trustees, and Atty. Cristina G. Natividad, Vice President for Innovations and External Initiatives expressed their warm and heartfelt messages about Dr. Ronald P. Guzman, his passion, commitment, and achievements.

Meanwhile, Mr. James Vidad – Council of Leaders (COL)

Chairman, Mr. Ricky James Agustin – Employees Association (EA) President, Mr. Oriento Galingana – BSN alumnus, batch 2005, Mr. Ronald Addatu – MCNP alumnus, batch 2013, Mr. Meynard Antonio – ISAP alumnus, batch 2009, Dr. Ramon Cabling – Holy Infant Hospital (HIH) Medical Director, Ms. Gina Guzman – Administrative Officer of Ronald P. Guzman

man Medical Center (RPGMC), Dr. Veronica Rivera – Apayao-Cagayan Medical Center (ACMC) Medical Director, and Mr. Valliant Dale Acorda – ISAP-Kalinga Student Services Head conveyed their words of gratitude to Father Eagle, his generosity and kindness, through their respective messages.

Each department has put effort in order to honor, pay homage and tribute, and commemorate the one and only, Dr. Ronald P. Guzman. This marks the 3rd celebration of dedication day since his passing and the second to be conducted virtually.

MCNP-ISAP, DOST HOST VIRTUAL COSH

Joy Clarice Luwang

The Medical Colleges of Northern Philippines-International School of Asia and the Pacific hosted a 4-day online Construction Occupational Safety and Health (COSH) training via zoom started on August 17 until the 20th of the month in partnership with the Department of Science and Technology (DOST) with their Small Enterprise Technology Upgrading Program (SETUP).

The opening program was led by Undersecretary for Regional Operations and OIC Director, Engr. Sancho A. Mabborang with MCNP-ISAP President Mr. Christian R. Guzman for the opening remarks and message respectively.

The virtual COSH training aims to equip its project beneficiaries with the basic knowledge and skills on identifying safety, health and envi-

ronment hazards while developing and implementing Occupational Safety and Health policies and programs in their workplace.

It was conducted in response to the launching of the DOST with their project SETUP which is intended to the need for a more focused program of assistance for the micro, small and medium enterprises in region two.

The 4-day seminar was participated by Physical Plant Coordinators of higher education institutions (HEIs) and local construction firms in the region.



Engr. Sancho A. Mabborang giving his Opening Remarks



Mr. Christian Guzman sharing his message to the participants

Redefining Flexible Learning

The Commission on Higher Education was recently put on the hot seat when an article was released regarding their statement that they would be officially saying goodbye to the traditional face-to-face classes and adopt 'Flexible Learning' methods as of 2021 and thereafter. Several people, not only students and educators alike, had openly expressed their oppositions with the decision made by CHED and are pushing for reconsideration as students and educators have been struggling with the medium of education in the new normal. Furthermore, aside from difficulties in adhering with the new methods of education, the said medium have caused not only physical stress; moreover mental distress to people. There is indeed a problem and confusion on what is the best course of action to take especially so that the pandemic's length of stay is still undetermined; however, is 'Flexible Learning' really our best bet?

In this time of the pandemic, we commend the Department of Education and Commission on Higher

Education as well as the individual efforts of universities in their attempts to deliver a smooth medium of educating their students, which is the synchronous and asynchronous way of learning; however, although we understand their plight in their battle against the threats of the pandemic their efforts still have fallen short and problems have still risen. We cannot deny that there is an evident problem in the students' and teachers' extent of internet access as well as the availability of gadgets which are the two prime reasons as to why online learning amidst the pandemic has proven to be difficult. In addition to its difficulty, its effectiveness and quality are also in question given that we were only given such platforms to learn thus there is no guarantee in the learning quality through this kind of medium as teachers do not have the ability to check on the individual progress of each and every student. This problem regarding the quality of education is one of the greatest concerns of students, educators,



universities and professionals alike, especially for programs that require on-site experiences for them to hone their skills in their chosen field. However, is pushing for a 'traditional face-to-face' way of learning also the solution?

Surprisingly, the cause of this problem is that CHED have failed to expand its plans on how they would go about this 'Flexible Learning' which resulted to negative responses; however we also have our fair share in this matter for we too have also

failed to dissect the intentions behind this decision due to our poor and emotional receptiveness. We have mistaken the term 'flexible learning' for the online learning environment that we have been experiencing until now. We have thought that the flexible learning that CHED is referring to is tantamount to the learning scenario of today. However, flexible learning is not limited to online learning instead this refers to the use of any

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RECIPE TO HURDLE ONLINE LEARNING



JETHRO ALLEXIS BANASAN

Just like any other students, it feels disgusting on your part that the normal face to face classes shifted to online learning due to the pandemic causing havoc to everyone and the grass root why schools shut down to protect the health and safety of the students.

Although, it seems arduous to cope up and go with the demand of the shifting, provided below are relevant tips a sage student should observe in the new normal during virtual classes to survive.

First and foremost, keep yourself well disciplined. As Jim Rohn quoted "Discipline is the bridge between goals and accomplishment. It is really indeed a big fact that without discipline, there would be no direction towards your aspirations. Have this indispensable value inculcated in your mind. Always observe silence when not called, avoid unnecessary noises and motions, smile and

make use of respectful words when commencing a colloquy with the authorities.

Second, time management is a top priority. No matter how hectic your schedules or how heavily bombarded you are in terms of school works but with a snap of wise time management, these can basically be hurdled. Be on time during classes and evade tardiness. Always check that your clocks are well set and be on time during classes.

Third, always be patience. This is something that students nowadays during online classes lack because of certain reasons. Some students leave the virtual platform too early; some impatiently close their cameras and audios. A student who have this will surely achieve the things he or she desires.

Next in line is being kind to yourself. Being mean to oneself is an abominable act that a student could amplify. A student kind to himself appreciate both the big and small victories, acknowledges both failures and success. Be kind to yourself by forgiving yourself, appreciating your inner flaws as well as both the good and the bad things you have. Treat yourself when you feel accomplished and victorious.

Then, seek your most effective

workspace. Distractions are rampant in this kind of learning since you are immersed in an environment where noises arise. If you find the best spot for you to learn and focus, it would be an advantage to survive and emerge victorious. Learn to adjust and be wise. A strong internet connection can be a huge help since online classes demands internet connectivity.

Next on the queue, be active and participative. An energetic and a student full of participation is a gem in the classroom. Not everyone has the guts to do so. Always respond appropriately and respectful when asked, compose yourself and voluntarily answer the queries raised if nobody attempts to provide some response. It is a must that you

participate not to impress but to express your know-how and thoughts.

Lastly, I would like to integrate the vital mantra of our beloved school founder Dr. Ronald P. Guzman, "Study, study, study and Pray". Studying without coupling it with incessant prayers means futile. Our inner connection with God always counts as this is the impetus that catapults as towards our aspirations. Always study with passion and accompany it with prayers as well as surround yourself with optimism. In that way, nothing can ever defeat you.

If you observe all the tips given above, success is assured and survival despite the changing educational system can be amplified.



REDEFINING... from p10

kinds of methods to maximize the learning experience. Therefore, we are also at fault for grasping the wrong concept of this learning method. This only means that on post-pandemic times, we cannot just expect for everything to go back to the way it was. We can now no longer just rely on traditional methods for we have discovered and developed a new way of learning with technology which can also be used as a tool for learning even after this pandemic ends. Technology has improved practically every aspect of our lives, it was only inevitable that the educational sector would follow suit. With the advent of online learning courses, we must have the courage to embrace the inevitable changes that it will bring in the future; CHED was only stating facts that we would really now say goodbye to 'pure' traditional face-to-face learning if we are to incorporate these developments. In contrast to our wrong notion of 'flexible learning' the expected learning environment after the pandemic is just a balance of face-to-face classes as well as online learning. If CHED was truly referring to the same kind of flexible learning method that other countries have been practicing and are used to even prior to the pandemic; countries such as India, China, Korea and United States which has picked up e-learning significantly to almost rival traditional learning mediums even before the whole pandemic do not really go to their school at all times; at most they go thrice

a week for face-to-face classes, moreover, all their lecture notes as well as activities are uploaded in their online classrooms. Some countries who also practice flexible learning also give their students the choice of taking their subjects face-to-face or join the online meetings instead. These countries have a learning environment that utilizes a balance of both face-to-face and online learning methods which they have described as a critical part of their long-term strategy. However, this is just a general idea on what the CHED may have in mind. The Commission on Higher Education must still provide us with a more detailed plan on how they would go about this new learning method and the roles that we must partake in ensuring its success. We must remember that each idea has a potential, but an idea without proper planning and execution is the same as going to war without a plan and expecting it to all work out.

This is the same case in today's time of pandemic, CHED together with the government should be making an effort to generate a system that guarantees not only the quality of education but at the same time safeguards the health and well-being of the people through this new flexible learning method and an effective delivery system. Although, it is very hard to accept things instantly we are now living in a new era where in changed times require changed ways; therefore we should also fulfil our roles of allowing ourselves to be part of the change. We will never



know what is really in store for us if we remain inflexible and adamant with our oppositions. Let us not be rocks trying to go against the unavertable tide rather let us be currents in the river flowing to the sea of boundless possibilities.

RTSS... from p6

The activity was wrapped by gratitude and acknowledgement addressed by the RTSS President, Miss Jamie Mateos. The activity is then concluded to be a success.

The RTSS is still planning to launch another ZOOMustahan with new set of participants in the following days.

MCN-ISAP... from pg 7

She inspired each student and emphasized that being a writer was a passion.

She also added that with this challenging time, MCNP-ISAP students need to act as mighty eagles.

"Like a mighty eagle, you are expected to be resilient, you are expected to be proactive, to be creative and innovative," Cancejo said.

Indeed, journalism is a vital tool to address issues and to inform a wide range of people. Most especially, during this current situation, in which, every society is continuously dealing with an unceasing dilemma.

COVID-19 VACCINATION: *IS THERE ANYTHING TO BE AFRAID OF?*



The COVID-19 pandemic is a major public health challenge globally. It already caused millions of infections, and deaths worldwide. The emergence of this contagious virus began its ravaging effect in Wuhan, Hubei Province, China at the end of 2019. Since then, it has spread to 200 countries and has been declared by the World Health Organization (WHO) as a global pandemic on March 11, 2020. In the absence of an effective therapy or vaccine, governments around the world implemented social distancing and quarantine measures to slow the spread of the virus, protect the most vulnerable in society, and manage health care service demand and provision. Thereafter, the first human clinical trial of a COVID-19 vaccine commenced on March 3rd, 2020, in the United States, and several other human trials followed.

Vaccination efforts against COVID-19 have already been started. The pace of the COVID-19 campaign is contested beyond the need for cold chain storage, airfreight distribution, and the supply of needles and vials. One of the impediments is convincing the people that vaccines alone and the people who are providing them, is trustworthy. Gaining the

trust requires enormous, united effort from governments, public health experts, humanitarian groups, and local community leaders.

Vaccine hesitancy refers to the delay in acceptance or the refusal of vaccines, despite the availability of vaccination services. Before the surge of COVID-19, vaccine hesitancy aroused and became one of the top 10 global health threats in 2019 according to World Health Organization (WHO). This poses a serious risk to the people who do not want to be vaccinated as well as the wider community, which is particularly urgent now in an effort to reduce the impact of the COVID-19 pandemic, and help restore some normalcy to our lives, and even to end the pandemic. As the community hope to restore everything as it is when everything is normal, there has been a lot of confusion masked by fear and uneasiness towards COVID-19 vaccines. This becomes increasingly challenging with the vast amount of misinformation and disinformation shared on social media that is clouding people's understanding of COVID-19 vaccines. The advent of social

media has posed an unprecedented opportunity to intensify and spread anti-vaccination messages. The use of social media escalates the perception that vaccinations are unsafe. Hence, the truth is lost in this noise, and it is even harder for people to discern an established fact. The establishment of doubt is especially harmful when it comes to vaccination because uncertainty causes vaccine hesitancy.

This uncertainty uprooted from the uneasiness of the people, especially about how quickly the COVID-19 vaccines were developed as most vaccines take years to be developed. How were these developed so quickly? Were they rushed? Are they safe? What are these vaccines made of? How do they work? What are the side effects?

The pace of COVID-19 vaccine development has generated a lot of concerns. Scientists were able to develop several efficacious COVID-19 vaccine candidates in less than a year. The hype concerning this speed have resulted in increased doubt in the minds of people regarding safety of the vaccine. According to experts, blend of factors such as intelligent planning and some chance circumstances have made it possible to develop vaccine candidates so quickly. Funding — which is typically a problem in vaccine development — was not hard to come by during the pandemic due to the global “race” for a vaccine. The unprecedented international collaboration that is built upon existing vaccine science resulted to massive funding and resources di-

rected at vaccine development. The background of vaccine development for infectious diseases such as Ebola, SARS and MERS contributed to the accelerated rate, as did the desire of researchers to work further with messenger RNA (mRNA)-based vaccines. Additionally, FDA's detailed guidance for vaccine trials also aided the quickened pace of development. There are also high numbers of people willing to participate in clinical trials. Because of these factors, the COVID-19 vaccines that are currently approved by the FDA were able to overcome the hurdles that typically slow down vaccine development. Scientists all over the world shared data, thereby, allowing details of the virus to be discovered more quickly than if they were working alone. When the vaccines were ready for clinical trials, the process at that point largely remained the same as with other vaccines.

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PATRISHA LEIH GAYUMA



COVID19... from pg 12

The time that has been spent in monitoring the vaccine for effectiveness in study participants was not cut short and have met all the typical FDA requirements for vaccine trials. No steps were skipped, however, many of the typical roadblocks were avoided.

When it comes to safety, all COVID-19 vaccines were tested in clinical studies involving thousands of people and these studies were done to make sure the vaccines have met safety standards and protect people of different ages, races, and ethnicities. Vaccines vary in their composition and also on how they trigger the immune response to produce antibodies that will protect the body from microorganisms and serve as protection as a person gets infected with disease. Different approaches have been used to create vaccines including genetics that uses mRNA to cause the body to produce viral proteins without affecting the DNA of a certain person; viral vector wherein genetically modified viruses are used such as adenovirus to carry sections of coronavirus genetic material; protein as delivering viral proteins (but not genetic material) provoke an immune response; inactivated, weakened or attenuated coronavirus that creates protein copies without causing disease. Vaccines currently approved to be used in the Philippines include CoronaVac (Sinovac), Sputnik V (Gamaleya), Janssen (Johnson and Johnson), mRNA-1273 (Moderna), Oxford-AstraZeneca and Tozinameran (Pfizer-BioNTech).

CoronaVac (Sinovac) is made from inactivated virus. This works by teaching the immune system to make antibodies against the SARS-CoV-2 coronavirus. The antibodies attach to viral proteins, such as the spike proteins that stud its surface. The inactivated coronaviruses could no longer repli-

cate. Since the coronaviruses in CoronaVac are dead, they can be injected into the arm without causing Covid-19. Once vaccinated with CoronaVac, the immune system can respond to an infection of live coronaviruses. This vaccine has 51% overall virus efficacy against symptomatic COVID-19 and 100% prevention against severe COVID-19 and hospitalization. This requires 2 doses of 28 days apart and storage requirement of 2°C-4°C. Common side effects include local lymphadenopathy at the injection site, allergic reaction that may be caused by any component of the vaccine (hives, allergic rashes and purpura, anaphylactic shock), and convulsion (with or without fever).

Sputnik V (Gamaleya) was the first coronavirus vaccine to use a heterogeneous boosting approach based on 2 different vectors for 2 vaccine shots of 3 weeks apart. Sputnik V is based on the virus's genetic instructions (double-stranded DNA) for building the spike protein. The vaccine is developed from adenoviruses, a kind of virus that causes colds. They added the gene for the coronavirus spike protein gene to two types of adenoviruses (Ad26 and Ad5) and engineered them so they could invade cells but not replicate. Two doses of the vaccine had an efficacy rate of 91.6% against symptomatic COVID-19, 21 days after 1st dose and 100% vaccine efficacy against moderate or severe cases, 21 days after the 1st dose. DNA is not as fragile as RNA, and the adenovirus's tough protein coat helps protect the genetic material inside. As a result, Sputnik V can be refrigerated and does not require very low storage temperatures. Common adverse events include local effects such as pain on injection site, hyperthermia and swelling, and systemic effects such as hyperthermia, head-

ache, asthenia, muscle/joint pain, malaise, sore throat, diarrhea, rhinorrhea, loss of appetite, pain in the oropharynx, nasal congestion, colds, sneezing and cough.

Janssen (Johnson and Johnson) known as JNJ-78436735 or Ad26.COV2.S It is based on the virus's genetic instructions (double-stranded DNA) for building the spike protein and used a modified adenovirus (Ad26) that can enter cells but can't replicate inside them or cause illness. This only requires a single dose and have 66.9% vaccine efficacy against confirmed moderate to severe/critical cases, 14 days after vaccination, or 66.1% against confirmed moderate to severe/critical cases, 28 days after vaccination, and 77% effective in preventing severe/critical COVID-19 occurring at least 14 days after vaccination. Local effects include pain, redness and swelling; while systemic effects include tiredness, headache, muscle pain, chills, fever, nausea

Moderna and Pfizer BioNTech vaccines use messenger RNA, genetic material that our cells read to make proteins. mRNA vaccines teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. Those vaccinated gain protection without ever having to risk the serious consequences of getting sick with COVID-19. Because of their fragility, the mRNA molecules will quickly fall apart at room temperature. Moderna's vaccine requires two injections, given 28 days apart and needs to be stored at -25°C -15° (7 months) or -2°C-8°C (30 days). Vaccination efficacy of Moderna's is 94.1% overall symptomatic COVID-19 occurring at least 14 days after the 2nd dose and 100%

against severe COVID-19. Adverse reactions reported include pain at the injection site. Fatigue, headache, myalgia, arthralgia, chills, nausea/vomiting, axillary, swelling or tenderness, fever, swelling and erythema at the injection site.

Pfizer-Biontech's vaccine requires two doses of 21 days apart and requires -80 C to -60 C for storage. This vaccine has a 95% efficacy against symptomatic cases 7 days after the second dose, and 100% against symptomatic cases occurring at least 7 days after 2nd dose. Common adverse events reported include short-term, mild-to-moderate pain at the injection site, fatigue and headache.

AstraZeneca (Oxford) vaccine is also a viral vector-based vaccine. This requires two doses of vaccine of 4 to 12 weeks apart and requires 2°C to 8°C for storage. It has 70.4% overall viral efficacy against symptomatic COVID-19, 14 days after the second dose, and 100% against severe COVID-19. Common adverse effects include pain and tenderness at the injection site, fatigue, headache, feverishness, and myalgia.

All the vaccines that are available for COVID-19 mimic the virus that causes the disease and triggers the body to create antibodies. These antibodies will give protection once a person is infected with the actual disease-causing virus. It doesn't matter what brand or how they differ in terms of composition, or number of doses,

and the best vaccine is the one that we could get because all of these are effective, and all underwent procedures to ensure safety and quality. COVID-19 vaccines help the body develop immunity towards the virus that causes COVID-19 without contracting the illness. In most instances after vaccination, the process of building immunity can cause mild symptoms which are called as "side effects" of the vaccines. These symptoms are normal and are signs that the body is building immunity or protection as the body's immune system is responding to the vaccine, specifically the antigen or the substance that triggers an immune response and is gearing up to fight the virus. These side effects normally resolve on their own after a few days.

While it is true that there are uncertainties associated to vaccination, getting vaccinated against COVID-19 will be able to slowly bring back the community into how it used to be and we could be able to live the normal life that we had, for each other, for ourselves, for our families and communities. Instead of merely waiting for this pandemic to be over, we can do more when we are vaccinated.

Being vaccinated instead of contracting the dangerous COVID-19 caused by SARS-CoV-2 before developing immunity against it is far safer. Vaccination is a much effective way to prevent or reduce the risk of infection. Rather than fearing the vaccine, we should be more afraid of the coronavirus.



DUALITY OF A BIRACIAL IDENTITY

✍️ Maika Tahara



Have you ever imagined what it's like to be born in two totally different cultures? Most of the people will have a positive impression towards a bicultural person. I have experienced being told “buti ka pa, may lahi kang iba,” but little did they know, being bicultural was the biggest insecurity that I had. I was born in Japan by a Japanese father and Filipino mother. However, I spent my childhood until I was seven years old in the Philippines and my teenage years in Japan. Ever since I was a child, I have never felt that I am neither a Japanese nor Filipino because I cannot be considered full blooded Japanese or a full blooded Filipino. People constantly make fun of me because of the way I speak and the way I behave. I am too Japanese in the eyes of Filipinos due to my physical appearance and personality and too open-minded and friendly to be called as Japanese in Japan. I could only speak Tagalog, Ybanag and English until 3rd Grade. Some of my classmates called me “singkit” and forced me to speak in Japanese which I did not know how to do. In October of 2007, my family moved back to Japan and I had no choice but to go with them. Another struggle came my way during this time. I am Japanese by nationality, but I couldn't speak Japanese at all. I had to start my language journey from scratch. The elementary school I attended supported me with learning the Japanese language by putting me in the class of Japanese teacher who is fluent in English. They never judged me for not being able to understand nor speak Japanese but instead they helped me. After a few months, I was able to understand, speak, write and

read Japanese Language. Surprisingly, I became fluent. When I came back to the Philippines for tertiary education, Filipino language became my enemy because I was not able to speak fluently and I got an accent. Time after time, I became able to speak languages of both cultures flawlessly. Other than languages, I have witnessed a lot of differences between the cultures I have. A Filipino's personality, perspective, values, and beliefs are far different from Japanese's way. Japanese are often referred to as being polite, punctual, and cold hearted and I agree with them. Their focus is on not harming and not disturbing the life of others. Japanese people are family-oriented similar to other Asian countries yet personal space is secured and respected even within the family members. Although, Japanese people are good in the eyes of many, sometimes they may appear indifferent as they simply do not care and even mind on what others do. In contrast, Filipinos are caring, friendly, and a little bit happy go lucky. There are many things I do not like from both cultures such as being unpunctual of Filipino and being close-minded of Japanese. I believe that Japanese way of thinking is more suitable for me and that is why I easily get stressed in the Philippines. Despite the positive and negative sides of both cultures, I feel happy for being able to acquire the positive sides of my cultures. I am Japanese by nature but I also have the friendliness, caring, and loving heart of Filipinos. Most importantly, languages became my strongest edge that I can use in various areas of my life. Even though there were sad memories of not being full-blooded, I am proud to say that being bicultural helps me become a better person and gives me knowledge to be understanding and respectful towards other cultures.



DEFINING QUARANTINE GLOW UP

✍️ ANDREA ANGELA C. VIERNES



The pandemic brought all sort of things in our life, however, despite the disappointments that it brought it also gave us the undeniable opportunity to invest in ourselves. Since the start of the pandemic and the shift to online platforms, we found ourselves to be in the possession of so much time for ourselves that we do not even know what to do with it. While some may have invested their time to do the things they usually cannot do prior the pandemic such as gardening, or redecorating their houses, some have taken this extra time and opportunity for a massive ‘quarantine glow-up’.

Nowadays, different social media sites are on the craze for these ‘quarantine glow-ups’ and people who have joined in the bandwagon are generously sharing their transformations in their own accounts leaving people motivated as well to start their own transformation. Most of these glow-ups include people losing some pounds and at the beach flaunting their hard-earned bodies or showing pictures of them during post-workouts or hitting the gym. Now although there is a generous amount of people appreciating these people who have taken these extra steps in creating a better version of themselves there are also people who have viewed these negatively and expressed their thoughts on how posts such as these promote body shaming, trigger insecurities and discriminate people who are not as productive disproportionately. However, I believe that although i understand the sentiments of these people

who have responded negatively the root cause of their responses branched out not only from the fact that they have failed to reach the same level of productivity but also because of their misconception regarding what a quarantine glow up really is.

The misconception regarding quarantine glow-ups is that it is limited to physical transformations alone, however, a glow-up does not have to be limited to how we have elevated and improved ourselves skin-level but it also pertains to our growth in other areas of our lives as well. A glow-up does not only mean how much changes we can see from a person's outward appearance but it also means including the changes and the processes that that person had to go through to achieve that transformation. Simple things such as following a healthier routine, waking up an hour earlier, reading three pages of a book or even by developing new hobbies during the pandemic

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HealthGuard: App in Guarding your Health

The drastic rise of COVID cases in the province is alarming but considering the complacent behavior and attitude of the community towards this predicament as direct interaction gradually becomes more and more common, it is not to be unexpected. Consequently, contact tracing proved to be extremely exhausting. With this, it is only a must that contract tracing should not only be an obligation of the front liners rather it must be a responsibility of every

Angelica Raye Viernes

citizens as well. Therefore, MCNP-ISAP is now collaborating with the HealthGuard app in order to make this possible. With this app, the process can be accomplished via three simple methods: text messaging, mobile app, and web app. Every user would be identified with their HG code as soon as they are finished with the registration. Registration is as simple as the usual input of information and confirmation

of OTP pin and mobile ID. In action, visitors of the school campus would be monitored. Everyone will be monitored and be oriented if they have come in contact with a suspected COVID case. In addition, people registered in this app also have the role to report suspected COVID cases making it an efficient two-way process.

The HealthGuard app helps us become more aware and more con-



scious considering that we are against an invisible enemy. As long as we are in track of our actions and who we interact with, we will be assured of our situation every now and then. Though the app is con-

venient, we must still remember to observe above all the safety protocols. Limit still the number of contacts and be responsible of your own health as this is still the best guarantee of health security.

HYBRID ELECTION SYSTEM: NEW PROPOSAL FOR

Judie Mae Bumidang

A hybrid electoral method is now being considered for the 2022 national elections whereas this refers to a blend of automated and manual election system. This is recommended in order to ensure public

Vote Sotto III, legislator Cynthia Villar, and legislator Imee Marcos, UN agency additionally chairs the committee on electoral reforms. Senate Bill No. 1950, filed in



By hybrid elections, Philippine officials means a manual process of voting and counting of ballots followed by an automatic process of transmitting and canvassing results. The proposed measure may be a response to the problems and controversies encountered in previous elections, which were on a completely automated system. The Philippines shifted from a totally manual to a totally automated polling system started last 2010.

The hybrid elections bill is co-authored by Senate President

the month of December 2020, may be a substitute bill for 3 similar proposals within the past.

Voters can still enter their ballots into the system and obtain a receipt, but unlike previous machine-driven elections, the vote-count mechanism will not print copy of election returns once the polls close (ERs). The election results reveal how many votes each candidate garnered in every city District.

However, a manual count also will start. Poll employees can open the VCM to induce the ballots that were fed earlier within the day, and start tally the votes.

Before the recount, the plan stated, a comparison shall be done between the digitally recognized ballot procedure and the ballot itself to expose the fundamental cause of the difference and establish the will of the voters.

The results of the manual count ought to match the numbers from the election returns generated by the VCM. If there is a difference of at least 2% of the total number of cast votes between the results of the automatic system and the results of the manual tally method, a recount for that position can begin.

“The outcomes of the recount shall be seen in the manually generated election return, which shall be considered, along with the identical elec-

tronically transmitted and validated election returns, in determining the winning candidate for the subject position.”

The polling organization's leader said, however, that they had provided Congress with an anticipated budget for their plan. So far, we've given them our budget estimate, how much it'll cost, and it appears that there will be a budget impact, particularly with hybridization, way it is currently being depicted with projectors and everything at the canvassing level as a result, prices have increased.

DEFINING... from p15

are already quarantine-glow ups. It can be finally learning how to ride a bike, watch a movie or even finally learning how to use make-up at 24. We must learn to understand that quarantine glow-ups are not ground-breaking changes rather these are the small victories that you allow

yourself to celebrate.

The real glow-up does not lie on how much change we can see in the person rather at what the person gained in the process. When a person goes in a diet he or she gains discipline not only towards his or her own health but also towards his or her own body. When a person decides to live in pursuit of knowledge, he or she gains humility and a sense of responsibility with the new-found knowledge the he or she had learned. And when a person decides to just live freely, he or she gains inner peace and new levels of happiness and contentment. The real glow up does not come when we see results. It comes when we understand that it is not the gravity or the size of the things that we were able to do rather it is the things that we do consistently and willingly for ourselves that makes a real change in us. Quarantine glow ups does not have to be revolutionary. They only have to be fulfilling.

A TOPNOTCHER'S STORY

 **Angelica Raye Viernes**

What a way to start the year 2021 for Tiffany Cabildo as not only she had passed the recent Medical Technology Licensure Examination but also managed to ace it as she placed third overall in the country. Tiffany Jane Bautista Cabildo born in Barangay Palutan, San Mariano, Isabela graduated at the Medical College of Northern Philippines at 2019. A daughter of an OFW and a butcher, she described herself as “Mahiyain” and was never used to publicity. But with her recent achievement, it is hard to escape the public eye and be an inspiration to future takers not only to people who know her personally but also to MCNP.

Tiffany described the examination as an arduous process of waiting and adjustment. Considering the number of times the national examination has been postponed, she found herself prioritizing the attitude of time management above else. Though she admitted that she was unable to perfectly stick to her schedule, she strictly made sure that she would be able to read all the readings for at least one subject within a week. She also explained that it was quite difficult to have no study buddies due to the lockdown as this was the setup she was used to prior the pandemic. She preferred studying along with a small group of friends and taking short breaks in between with the casual

conversation as to break the monotony of their study session. That's why when the pandemic hit, her home became a limited space for her to study as it was only in the bedroom where she could do so. However, she was quick to point out that she had to make sure she would not be lying on bed just to end up sleeping in her review. She said that she is good in any environment as long as it is quiet and free of distractions. During the remaining two months of last year, she decided to bring her A-game as she carefully selected her review materials that would be most probably appear for this year's examination. She also went as far as watching videos online as supplementary lessons. Above all, she had to maintain her concentration through sheer will and determination which allowed her to focus for three hours every day. When the examination day finally arrived, she found the exam difficult as most of the items had choices that could be the answer. She also thought that of all the number of topics one could have reviewed, it would be quite frustrating to see what would appear on the questionnaire but still was grateful to have a number of items where she was definite with the answers. After the examination, never did she entertain the idea of not passing



despite having doubts rather she pressed on with the words “RMT parin ako kahit among mangyari”

She was actually sleeping when the results came out a month after. She found herself bombarded with texts after waking up. Upon reading her messages, she immediately got up and confirmed the results herself. Of course she was happy for herself and for her friends who were able to pass the examination but the fact that she was among the list of the topnotchers made her feel as if she was on cloud nine even up to this day. When asked what motivated her, she explained that it was her family and friends that allowed her to give her very best along with the idea that she would prefer taking

the examination with only just one take just to pay her parents' efforts for her review. She also advised future takers to just focus on the review and trust God and the process. Talking about her plans after now being medical technologist, she revealed that it has always been her dream to take up medicine and be a doctor. With the quarantine protocols as of today, she has only been just waiting for the schedule of the NMAT to be one step closer in realizing her dream. As of now, Tiffany Cabildo has been feeling nothing but grateful to her family, friends, and the MCNP for making a difference in her life and this achievement would serve as her inspiration to do more and give her best to her next endeavors.



THE POINT OF NO RETURN.

Ronel Allam

The saddest thing about death is that we have to lurk in the darkness, waiting . . . wandering.

We wait even when we are quite uncertain of what lies beyond the abyss.

We embark on a journey of clueless pursuits, but with hopes of finding a silver lining that would save us from our demise.

Death is indeed a point of no return.

No return from the people we cherish.

No return from the memories we built with our good friends.

No return from the deferred dreams we wished to pursue.

But death is not the dead end of a road nor a labyrinth of miseries,

it is the final threshold to something greater and better life ahead.

IN Aaruga

Joeriz Arcana

*Siyam na buwan sa sinapupunan
Siyam na buwang inaalagaan at iniingatan*

*Narito ako sa iyong kanlungan
Upang ako 'y bigyan ng karunungan
Pagmamahal ang tanging maibibigay
Sa taong sa akin ay nabigay ng buhay*

*Ako 'y babati sa iyo
Isang magandang buhay, Inay*

*Nagbigay ilaw sa tahanan
Mahirap man ngunit lalaban
Inaaruga 't minamahal ng lubusan*

*Malayo man o malapitan
Unang babae na aking minahal
Ang puso ko 'y sayo lang habang buhay
Hindi man maiparamdam ang pagmamahal
Ngunit aking ibibigay sa pamamagitan ng tulang
aking isasalaysay*

Ina, ako naman ang mag-aaruga

*Ako naman ang mag-aalaga
Ito ang simula para sa dalawampu 't isang taon
Na ako 'y namulat sa tamang desisyon*

*Ituloy natin muli
Ang pangarap na iyong minimithi*

*Kaya aking ina halika
Lakbayin natin ang iyong pangarap na tinatangi.*

Who's that Girl?

KATHLENE JOY PAMITTAN

Who's that girl?
 She looks like an angel from above
 Walking with head held high
 Her aura radiates a kind of love
 A love different from you and I
 She's too soft spoken
 Her voice soothes in the ears like a lullaby
 She'll sing a song close to her heart that's not broken
 Adores you 'til her hair turns white and skin's wrinkled
 Another girl shows up, who is she?
 Her built looks strong, veins protruding
 I would be scared but she smiled genuinely
 A lovely sight to behold, it amazed me
 Indeed, she's tough like those guys
 She can do anything in her own unique way
 A multitasker and a super woman in my eyes
 There's no visible cape on her shoulders yet she flawlessly slay
 Again, who's this other girl?
 Her appeal mirrors a girl on fire
 She made an awesome stunt that made everyone gasp
 Her hips sway like a model
 Hands waved like a Queen
 Blew a kiss like a sassy
 She's definitely look like a hot hyper momma living her life with boldness
 Her spirit is alive, proudly happy with what she has
 When will this end by the way?
 I saw another girl but different from the three
 She looks young, eyes were swollen but wants to say something
 I heard her sigh deeply, I guess she's making herself ready
 She opens her mouth but no words came out
 Except from younger version of her that peeks from her back
 Before I could even ask, he calls her mom
 A smile crept in my lips while looking at them with awe
 They look wonderful like a work of art - they may not be easy to decipher but peculiarity makes it perfect
 They're the light that shines upon us
 Heroes of a lifetime
 2-in-1 or more than one
 An incredible savior, selfless woman of all time
 A soft-spoken Mommy
 One tough-lovely Nanay
 A-loud-but-not-your-easy Mama kikay
 And a young but brave Inay
 So who are these girls?
 Guess it right, make it right



PAKPAK NG EDUKASYON

JOEL ANTHONY DUQUE

*Tinaguriang ama ng mga magigiting na agila
 Siyang naglayon puksain ang paghihirap sa bansa
 Edukasyon para sa kabataan ang gamit panangga
 Kanyang kwento'y sinalamin paghihirap at pag-asa*

*Isang buhay na nagliyang ang apoy sa tamang
 paraan*

*Isang buhay na may pait ang kwentong nakaraan
 Apoy na nagliyang upang hinaharap ay masinagan
 Pait na nagdulot ng magandang kinabukasan*

*Lilipas ang siglo ngunit hindi ang kanyang kwento
 Ang ama ng mga agila ay mananatili sa puso
 Puso ng kabataang ginising upang matuto
 Puso ng mga agila na tinuruang 'wag sumuko*

*Edukasyon ang laban sa kahirapan, alalahanin
 Iyan ang bawat laman ng kwento ng ama natin
 Imortal ang pangaral na iniwan at hinabilin
 Amang agilang sumahimpapawid, 'di ka lilimutin*

BAGONG HAMON, BAGONG KASAYSAYAN

JOEL ANTHONY DUQUE

Nagising nalang ako isang araw, nagbago na ang lahat sa aking paligid

Umikot ang aking pang araw-araw na nag-iisa sa isang malungkot at kwadrang silid

Bawat minuto, bawat segundong lumilipas may pag-aalalang hindi mabatid kung anong inihahatid

Kailan muling masisilayan ang dating mundong nagyayakapan, nag-tatawan, may kalayaan? Tanong na nakauutal, nakasasamid

Sa tuwing babangon mula sa aking higaan, hanggang sa pagkain ng aking umagahan iisa ang kahilingan

Pandemya sana'y matuldukan, nang masilayang muli ang kabataan nang sa gayon, kanilang paglalakbay muling masubaybayan

Ramdam ang kahirapan nang masadlak sa sitwasyong binago ang lahat nang biglaan

Nangamba, nanlumo, muntikang mawalan ng paniniwalang magagawan pa ito ng paraan

Saglit may tinig na umaalingawngaw sa aking kamalayan, bumulong "Ikaw ba'y papatinag na lamang sa kalagitnaan ng hamon?"

Sinlakas ng kidlat, pangangambay hinampas, ginulantang ng sinturon ng reyalisasyon

Kasabay ng pagkamulat mula sa piring ng pandemya ay isang tapik sa balikat ang nagpalingon sa akin ng dayon-dayon

Paglingo'y, linawag na hinahanap ay natagpuan sa katauhan ng aking pamilya, kaibigan, kasamahan sa paaralan na handa akong samahan sa ano mang hamon

Napagtantong ako'y bahagi ng mas makapangyarihang samahan kaysa sa nangyayaring pandemya

Ako'y bahagi ng pagmamahal, pagdadamayang hindi natitinag na pag-asa

Ako'y bahagi ng hindi nabubuwal na kapitbisig, hindi napaghihiwalay na yakapan at ako'y bahagi ng pagkakaisa

Ako'y miyembro ng lipon na kayang sumahimpapawid kapag ang kalupaan ay hindi nagmimistulang digmaan: ang lipon ng magigiting na agila

Hindi matitinag ng pandemya ang ating misyon na ibigay ang magandang kinabukasan para sa lahat

Dahil, sa pagmamahal at pagdadamayang hinding-hindi tayo magiging salat

Kaya nating tawirin ang kalupaan, kalangitan, pati na rin ang kalawakan ng dagat

Pinagtibay ng panahon, pinalakas ng hamon, pinagiting ng pagkakataon at pinatalino ng edukasyon! Iyan ang ating pangkat

Isusulat natin sa kasaysayan ng mundo na tayo ang sinubok talunin ng kalaban na hindi natin matanaw

Na minsan, sa pagyayakapan, paghahawak-kamay tayo ay nauhaw

Isusulat natin sa libro ng kasaysayan na tayo ang katipunan ng kasalukuyan na sa kalagitnaan ng hamon ay hindi bumitaw

Sabay-sabay nating isigaw ang pagmamahal sa isa't isa ang sigaw ng makabagong pugadlawin, sigaw na sa mga susunod na henerasyon mananatili't aalingawngaw



HEROES WITHOUT A CAPE

JAMAICA AGGARI

There is no exact words to express our sincerest thanks
To all frontliners with a great task to keep us safe
So without hesitations, let's give the applause they deserve
Whose willingness is only to save and serve

Armed men shield us against invisible enemy
Makes them in danger and away from their family
Medical practitioners serve with dedication
To infected patients, they care with devotion

They are always on the line
Not knowingly if they are really fine
Well now people it's our time
Following rule is not a crime



"Kendi"

By: Karen Salvatera



"Package Surgery"

by: Karen Salvatera



TRIGGERED

"HAPPY THOUGHTS"

[Covid Edition]

by Christian Taguibao



GREEN PANTHER declared First Champions in COD MULTIPLAYER

✍ Hannalene Quintos

Green Panther dominates the first ever E-Sports Competition of MCNP-ISAP in the Call of Duty Multiplayer Championship after nailing their game between the Red Scorpion, 10:2, 10:3, in the Joint Celebration Foundation of MCNP-ISAP yesterday via MCNP-ISAP E-Sports Facebook page live.

Green Panther composed of Radiologic Technology, Medical Laboratory Science, and Physical Therapy students represented by the players ign WhyPAO (Christian Paolo Avellana), GinC2 (Ashley Agcaoili), MAIKAA (Micah Clarisse Gabuyo), KEBO (Kevin Valle), AriDond (Hussein Pablo Furigay Pelagio), Carlo (James Carlo Dollaga Valencia), and ACE (Aris Daggao) were declared the first ever champion in the Call of Duty Multiplayer event.

After being defeated, Red Scorpion landed at 1st runner up and Pink Falcon placed 2nd runner up in the said event. Finals started successfully for Green Panther team as GinC2 opened the game with a double kill in the second round of game one.

MAIKAA also had double kill in the third round as she takes down two of the Red Scorpion's member. Green Panther got all first four straight rounds in the first game.

Red Scorpion came back on the fifth round when ign Aironjim (Airon Pingad) took down the last core player of the Green team

Sixth round pass by quickly as

the Green Panther players sniped down four of Red Scorpion's players leaving ign RENZ? with a 4 versus 1 situation. RENZ? (Renz Bongay) did not falter as he took down 3 out of 4 players of Green team but he was still taken down.

One of the team player of the Red team planted a bomb on the eight round. As they have done their objective, they had their second win (eight round)

teams are exchanging gun fires. Ign JLindz took down GinC2 as the first blood but WhyPAO, Green's team captain, shot JLindz. AriDond axed Red Scorpion's Aj (Aj Quimoyog) and KEBO planted the bomb resulting to the defeat of Red team on the 5th round.

KEBO planted his 6th bomb in the 6th round of the second game but got defused by the Red team.

GinC2 (Ashley Agcaoili) were the MVP in the first game and KEBO (Kevin Valle) in the second game.

Valle said that following their objectives as they play is one of his major contributions, planting the bomb quickly will make their opponents come at them resulting to an easier kill.

Agcaoili and Avellana both agreed that they only maintained the team's communica-



in the first game.

Green Panther again got the following rounds after showing a good team play. Ign JLindz (John Lindley Joves) however had killing spree on the 10th round after shooting down 3 of Green team's players but Green team still prevailed on the said round.

Second game came and both

By then Green Panther again won, sweeping off 4 straight rounds against the Red Scorpion. WhyPAO finished the second game as he took down JLindz with a golden axe.

Green Panther and Red Scorpion went head to head first in the Round One Elimination of the Multiplayer Event before they played again in the Finals.

tion, their focus on the games, trusted each other, played the objectives and shut down the opponent's star player.

Green Panther will reign for one year as the COD Multiplayer Event Champions and will continue to defend in the next Joint Celebration Foundation of the school.