

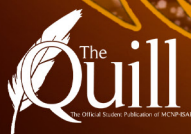
HERALDS, THINKERS, DOERS

EXPANDING KNOWLEDGE AND TAKING THE FIRST STEP TOWARDS CHANGE

NEWS | PAGE 06
ISAP IS R02'S TOP
PERFORMING SCHOOL
FOR CBLE 2023

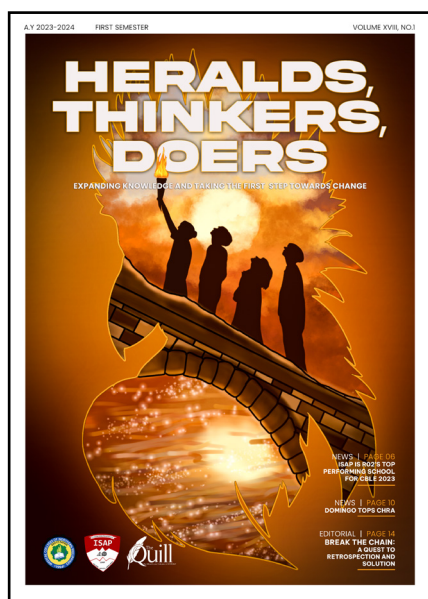
NEWS | PAGE 10
DOMINGO TOPS CHRA

EDITORIAL | PAGE 14
BREAK THE CHAIN:
A QUEST TO
RETROSPECTION AND
SOLUTION



INSIDE THE ISSUE

VOL. XXIII | ISSUE NO. 1
1ST SEMESTER SEPTEMBER–JANUARY 2024



Orcales waves Phil Flag in **AYIMUN** Conference 2024

▲ PAGE

07

NEWS



- 06** MCNP-ISAP ushers in New Academic Year
- 06** ISAP is R02's Top Performing School for CBLE 2023
- 06** DIT, DICT kicks-off HIM Roadshow '23

Pharma Studs Triumphs in Pharmalymphics 2023

▲ PAGE

07

NEWS



- 08** Customs Administration Department bags awards in PSCAS National Leaders' Summit, Research
- 08** Nursing community expands: CON produces 107 new RNs
- 09** MCNP studs secure awards in the Wizard of Wellness Quiz Bee
- 09** New Pool of Leaders to Calibrate skills at Lead Camp '23
- 09** CON celebrates Nurses' Week 2023
- 10** Sharing is caring: COL leads outreach programs

Domingo tops CHRA

▲ PAGE

10

NEWS



*Apology to the child I
could have been*

Sentiment

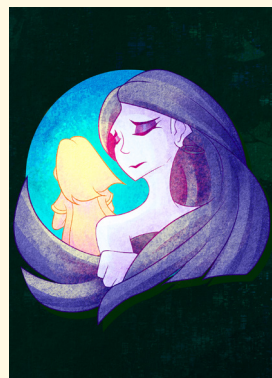
Agan-anus ka

My Liege

▲ PAGE

18

LITERARY



- 10 Three Red Cross Chapters Unite for a Successful Blood Drive
- 11 COL aspirants highlight platform in Meeting De Avance
- 11 6 MIGHTY EAGLES join Phil Statistics Quiz
- 12 Lapuz bags 3rd in 2nd Philippine Data Festival
- 12 MCNP-ISAP gears for new set of leaders
- 12 DIT, DICT kicks-off HIM Roadshow '23
- 13 **Artificial Intelligence:** A Double Edge Sword

BREAK THE CHAIN:

A QUEST TO
RETROSPECTION AND
SOLUTION

▲ PAGE

14

EDITORIAL



- 16 **The Pilgrimage to Getting That Piece of Paper**
- 17 **Lighting a candle casts a shadow,**
a tribute to all teachers

FIGHT THE PLIGHT



▲ PAGE

20

FEATURE

- 22 The Red Chair: Embracing Patience for at the End of the Line Lies Triumph
- 24 Stare in the STAIRS

99-Strong Mighty Eagles Form The Mcnp-Isap Varsity Roster



▲ PAGE

26

SPORTS

- 27 Unlocking Opportunities: MCNP-ISAP grants institutional scholarships to five exceptional student-athletes
- 28 **BETTER DAYS AHEAD**
- 30 **COMICS FOR ENTERTAINMENT**

ADVISER'S NOTE

EXCELLENTIA NOSTRA CULTURA

This has always been the guiding principle that drives us to exceed expectations and strive for greatness in all we do. Whether in the classroom, on the field, or within the pages of The Quill, our commitment to excellence sets us apart.

In creating this issue, Excellentia Nostra Cultura is more than just a motto; it's the standard by which we measure our work. From meticulous research to thoughtful design, we strive for perfection in every aspect. The Quill team brings a unique background but is united with a common goal, to contribute to something greater than ourselves. From aspiring journalists, creative writers, novice photojournalists, and aspiring mentors, we are fuelled by a strong passion to create a lasting impact.

Our journey began with a simple idea: to build a space where voices resonate, stories unfold, and ideas thrive. With each issue, The Quill becomes a vibrant tapestry woven with the threads of our schools' culture of excellence. The Quill showcases the best practices and accomplishments of our school, capturing memorable moments and preserving them within the pages of the paper.

Some might view receiving a school paper as merely part of school life, but we strive to be much more than that. We carefully curate these pieces so that, through our eyes and our quills, mighty eagles gain a deeper understanding of what extends beyond our school walls. We always aim to ignite curiosity and drive a broader perspective and appreciation for our community.

To my Quail Eggs, I am constantly impressed by the creativity, resilience, and journalistic integrity you display. Your efforts to produce high-quality content shines through in every piece you write. Every page you write is a quill's mark upon the scroll of our schools' legacy. The way you can turn simple statements into power is truly admirable and I am honored to be part of this journey with all of you.

What I love about what we do is the ability to freeze these memories and be able to revisit and relive them once again. Through our words and quill, we capture the essence of moments that might otherwise fade, allowing us and others to journey back to the heart of those experiences.

In preserving these snapshots of time, we not only honor our past but also enrich our future, ensuring that each memory remains a vibrant part of our shared history.

Excellentia Nostra Cultura – Excellence is our Culture, will always be embedded into the words of the journalists who made an effort to craft each story with precision, passion, and purpose. Together, we rise above the ordinary, driven by a shared vision and an enduring passion.

Here's to continuing our quest for excellence and making every quill stroke count!

**Potentiam calami
tui aperī, voces
tuae volare sinas!
Deus benedicat.**

Crisalyn Olalia, LPT
Assistant Head of the Publication



EDITORIAL BOARD

Qyla Mhei Daquioag

Editor-in-Chief

Shane Rose B. Adsuarra

Associate Editor-in-Chief

**Irene Pugong
Janelle Balagan**

Managing Editors

Hosam Mohammed Valle

Social Media Manager Editors

**Onyx Venisse Monterubio
Renalyn Maguddayao**

Circulation Manager

Amiel Godfrey Villapando

News Editor

Danica Shane Viernes

Feature Editor

Riza Jane Ignacio

Literary Editor

Hosam Mohammed Valle

Social Media Manager

Honey Lane E. Madrilejo, MAEd

Head of the Publication

Crisalyn Olalia, LPT

Assistant Head of the Publication

Teejay Butac

Graphic Designer

Atty. Cristina G. Natividad, DBM

Consultant

Diana Mae Darilag
Aishley Celestienne Agustin

Senior Layout Artists

Chester Mark Nantes
Onyx Monterubio

Senior Photojournalist

Princess Althea Waña

Senior Cartoonist

Marina De Salmos
Natasha Pajotal
Angelica Ancheta

News Writer

Warren Jay Reynon
Aprille Faye Bangug

Sports Writer

Daniel Maguigad
Michael Maribbay

Feature Writer

Corrine Frances Daquioag
Maria Cleo Casio

Layout Artist

Rhea Mae Alfiler
Maria Cleo Casio

Cartoonist

Jemaicah Olivas
Jonathan Balderamos
Alvin Tolentino

Photojournalist

Ashe Dense Catubag
Ryan Jefferson Aggasid

Contributor

Ian Nikolai Isidro
Aimeleen Guingab
Lander Abella
Adrian Xander Alonzo

Correspondents

EDITOR'S NOTE

Be brave and don't be blind. Now, let's talk about success and courage—two things that this magazine tried so hard to hallmark and the immense brevity of Quill journalist juggling things between academic hardship and a writer's responsibility.

There are so many things that happened within a meager five months and I have been rather optimistic in bringing information to our beloved students on time but alas, it's here. Every turn of each page will surely get you to another dimension and a familiar one as well.

When I first had the idea of venturing out from our normal style in making the school paper, I originally thought it would be easy. I wanted the readers to feel the playful yet sincere message that we writers wanted to convey but months had passed and things were getting quite difficult to illustrate. So many critics yet few are genuinely willing to help. This only shows that once a teacup shatters between carefully intertwined professional relationships, change, miscommunication, and danger will unfold.

That being said, even though change is scary and conflicts are difficult to avoid we are able to present this magnificent paper to you, our dear readers. We always wanted THE QUILL to be a reflection of each student studying at MCNP-ISAP because we student journalists have always been listening, observing, and helping those who wanted to find their voice in this convoluted world.

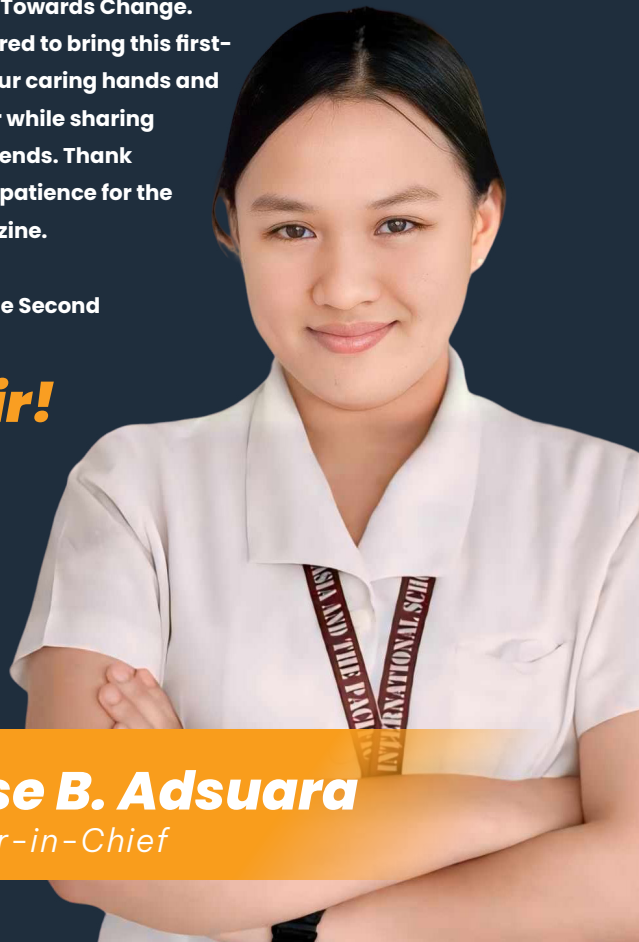
To celebrate the success of our institution and our mighty eagles, we are calling this issue Heralds, Thinkers, Doers; Expanding Knowledge and Taking the First Step Towards Change.

I am extremely honored to bring this first-semester issue to your caring hands and read them with vigor while sharing teacups with your friends. Thank you for your endless patience for the release of this magazine.

Please look out for the Second Semester issue.

Au revoir!

Shane rose B. Adsulara
Associate Editor-in-Chief



MCNP-ISAP ushers New Academic Year

Qyla Mhei Daquioag

"Like mighty eagles, we soar above adversities and challenges as we pursue our life's dreams. We are committed to providing each of you with the finest educational experience you truly deserve. Today marks the beginning of your journey here at MCNP-ISAP,"

Alimano, Peñablanca, Cagayan – The Medical Colleges of Northern Philippines (MCNP) and the International School of Asia and the Pacific (ISAP) welcomed the Academic Year 2023-2024, last September 4, 2023. The campus came alive with a sense of excitement and anticipation as students, faculty, and staff united to extend a hearty welcome to the incoming freshmen and transferees through a parade.

The day began with a heartfelt address by the institutions' president, Christian R. Guzman, who passionately encouraged the newcomers to embrace this transformative phase of their lives.

To foster a sense of familiarity and

recognition, key members of the administration, deans, and department heads were introduced, allowing students to establish clear connections with these influential figures.

To ensure a smooth transition into their new academic environment, MCNP-ISAP has thoughtfully organized a week-long program of activities aimed at helping the freshmen and transferees integrate seamlessly into campus life while fostering a sense of belonging and camaraderie.

This holistic approach to welcoming students ensures that they are not only academically prepared but also emotionally supported as they embark on their higher education journey.

ISAP is R02's Top Performing School for CBLE 2023

Janelle Balagan

The International School of Asia and the Pacific (ISAP) has been recognized as Rank 1 Top Performing school in the region after it inked an 83.67% passing rate, producing 41 new Licensed Customs Brokers (LCB) in the 2023 Customs Broker Licensure Examination held in various testing centers in Manila, Cebu, and Davao last November 8-9, 2023.

ISAP stood on the brink of securing a first spot among the nation's top performing schools. Falling just one examinee short of clinching the second position.

The outstanding performance of the department was headed by CB Ronie E. Sugarol, dean of Customs Administration Department, and the instructors who provided the students with unmatched dedication in filling the gaps between the theory and reality of customs administration.

According to the Professional Regulation Commission (PRC), 1,579

out of 2,767 examinees (57.07%) nationwide aced the said examination.

The results were released three (3) working days after the last day of examination.

The passers include:

ABINAN, MARK ANDREI OLORAZA
ADRALES, CHRISTINE ABIGAIL VILLARAO
ANNANG, LUZELLE DAQUIOAG
APITA, ERIKA DEL ROSARIO
ARAO, HARRIETTE VIENNA BANGAYAN
BALLAD, CHARLEMEIN BALUCAS
BANERA, ARAMEA BACCAY
BARTOLOME, MAUI GIOLEEN ACCAD
BATTAD, REYLYN BULUSAN
BAUTISTA, ROLANDO JR TABBABAN
BELOGOT, ARIAN CALUZA
BERMIJISO, MARY GRACE CAPILI
CABE, LHENTLIE SUYU
CAMPOL, DOLINE GRACE PAGADDUT
COLLADO, SUZETTE MADRIAGA
COLOMA, MONALYN DOMINGO
CORPUZ, JOMAR
CUNTAPAY, LEARNIE PASICOLAN

DE SALMOS, RONNEL CAGURUNGAN
DOMINGO, JOHN FELIX BANGUG
FIDEL, ROSE ANN BALLADA
GALLERO, JAY BOGHOLAN
GAPUSAN, ZENDIE GAY SALVADOR
GASPAR, KWENNIE THRISHA MAE JOSE
LOPEZ, JAMES OBISPO
MARTIN, YOLALESIE SISALBO
MASIRAG, DAVE CAFIRMA
MIRANDA, MELANIE RICO
OCHOA, EMZAY KATE NARAG
PANAGA, CHRISTINE SALADA
PASCUA, GREEZEL OANDASAN
PONSICA, JEFREY BAPTISTA
RAMIREZ, CATHYLINE DELA CRUZ
REAL, LOTHER ANTONIO
SALAZAR, MARJORIE ANTONIO
SAPON, SHAYLA CLAIRE BALANAY
TAMAYO, DIEANNA MARIE DURLAO
TICMAN, CHENNELLY LANOSNIA
VALDEZ, BLESSLEE KATE SALVADOR
VALDEZ, DESLYNE LOZANO
VILLAROMAN, VANESSA VIBIEDA



Orcales waves Phil Flag in AYIMUN Con '24

Natasha P. Pajotal

"Through AYIMUN, I was able to develop and hone my public speaking skills, meet people from diverse cultures through the many delegates, and even boost my confidence."

PHOTO BY: ASIA YOUTH INTERNATIONAL MODEL UNITED NATIONS

Josefa Marie Orcales, a BS Physical Therapy III student, attended the 13th Asia Youth International Model United Nations (AYIMUN) Conference, a four-day conference held at Kuala Lumpur, Malaysia last January 26-29, 2024, with the theme, "Strengthening Collaborative Action Plan for the Sustainable Development Goals".

The purpose of the said conference is to collaborate with other nations to find stronger and better solutions to address issues such as the increasing number of deaths from Non-Communicable

Diseases (NCDs).

Out of 19,434 applicants, Orcales was one of the 593 delegates, representing 44 countries, selected as the official delegates to attend AYIMUN.

"I was able to represent Poland in the WHO Council even though I am a delegate from the Philippines, and there, I was given the opportunity to address certain issues and concerns from the country we are representing," said Orcales.

Moreover, Orcales stated that she would gladly participate if AYIMUN was offered again in the future because it

brings up a number of topics and their current and relevant national solutions.

Additionally, the conference made her realize that everyone has a different perspective on how to approach and deal with particular circumstances and that neither a major event nor an international setting should be able to stop her when she speaks up for what is right.

"Through AYIMUN, I was able to develop and hone my public speaking skills, meet people from diverse cultures through the many delegates, and even boost my confidence," added Ms. Orcales.

Pharma Studs Triumph in Pharmalympics '23

Judie Mae Bumidang

Over 286 participants of Medical Colleges of Northern Philippines' College of Pharmacy joined the first ever Pharmalymphics, held at the University of Saint Louis Tuguegarao on December 11-12. Together with the three different colleges offering Pharmacy courses: Saint Louis Tuguegarao, Saint Paul University Philippines, and ISAP-Kalinga.

This Pharmlympics has indeed made a remarkable experience for all pharmacy students with its theme, "Filipino Pharmacist: Your Caring Medication Experts." This event brings them more knowledge in providing health care to various patients.

Distinguish speakers also imparted their expertise to all participants of these different universities, namely,

Ms. Marie Claire Lorilly T. Bulaqui, Rph, MPh, AMS Pharmacist CVMC,

Carmina Joy Laggui, Rph, MPh, MSPHarm, President, PPHA Cagayan North Chapter

Mr. Manuelito A. Talaue Jr. RPh, MSPro, PPHA Cagayan North Chapter

Ms. Ellen Joy C. Manansal, Rph, Faculty USLT.

Given that, nurturing and maintaining excellence run through the veins of Mighty Eagles, they absolutely managed to rise above despite the numerous participants in every contested event and went home as the 2nd runner-up overall champion.

Academic awards:
Champion Poster Making MCNP Entry 2
1st runner up Extemporaneous Speech
1st runner-up in Clinical Counseling
1st runner-up in Poster Making MCNP Entry 1

3rd runner up Set 1 Quizbee
4th runner up Set 2 Quizbee
3rd Runner up Infomercial

Socio-cultural awards:
1st runner-up Vocal Solo
1st runner-up Vocal Duet
2nd runner-up Total Performer
1st runner up Pharmagalaw
MCNP Ambassador:
Ma. Cecilia S. Odulio



Best in Couture
Miss Photogenic
Best in Advocacy Video
Philippine Pharmacy Association
Region 2: Miss Ambassadors 2023

MCNP Ambassador:
Lord Norbert Euliysses Sac
Mr. Photogenic
Best in Couture
Philippine Pharmacy Association
Region 2: 3rd runner-up ambassador 2023

This event was successfully organized by the Philippines Pharmacy Association Cagayan North Chapter in collaboration with the four university participants.

Customs Administration Department bags awards in PSCAS National Leaders' Summit, Research Con

 Janelle Balagan



Baguio City, Philippines – The Philippine Society of Customs Administration Students – International School of Asia and the Pacific Chapter (PSCAS-ISAP) brought home major awards during the concluded 2023 PSCAS National Leaders' Summit and Research Conference on Customs and Logistics held on August 28-29, 2023 at Teacher's Camp, Baguio City with the theme "CA Leaders: Connect and Conquer".

Balagan, the 2023 PSCAS-ISAP Chapter President, has been honored with the awards of PSCAS National Leadership Excellence and PSCAS National Service Excellence for her dedication and excellence in service and leadership being the President of their local chapter and also a National Vice President for Networking.

Furthermore, under the leadership of Balagan and CB Jahn Wilson Castillo as the organization's adviser, the PSCAS-ISAP Chapter clinched victories as it ranked first in the Search for PSCAS National Most Outstanding Community Extension and

ranked fifth in the Search for National Most Outstanding PSCAS Chapter. These distinctions highlighted the chapter's commitment to community engagement and excellence in organizational development.

Expressing gratitude through the organization's page, Balagan attributed the achievements to the collective effort of the PSCAS officers, faculty support from the Customs Administration Department led by their Dean, CB Ronie Sugarol, and collaboration with the Office of Community Extension and the wider MCNP-ISAP community. She emphasized the organization's enduring commitment to realizing aspirations and translating them into tangible accomplishments.

"As PSCAS-ISAP, we dedicate ourselves to fulfilling our mission of 'Transporting Cargoes of Dreams into Ports of Reality' in everything we do. This stands as one of our core missions, driving our efforts forward with purpose and dedication." Balagan said.

Aside from Leaders' Summit, a Research Conference on Customs Logistics

organized by the Philippine Association of Customs Brokers in Education (PACBE) and International Customs and Logistics Journal (ICLJ) was also held awarding CB Eduard John Opina, a faculty member of Customs Administration Department, as the BEST RESEARCH PRESENTER on teachers' category presenting his study entitled "ENVIRONMENTAL ETHICS COMPLIANCE OF LOGISTICS COMPANIES IN TUGUEGARAO CITY: AN ASSESSMENT".

The said events were organized by the Philippine Society of Customs Administration Students National Chapter Chapter in cooperation with the Philippine Association of Customs Broker in Education (PACBE) which were participated by the students of Customs Administration in the entire Philippines with the aim to ignite and strengthen camaraderie among all customs administration students and faculty members in the country and to produce a remarkable experience and empower Aduaneros to be at their fullest potentials in the academe, in leadership, and professionalism.

Nursing community expands: CON produces 107 new RNs

 Marina R. De Salmos



With pride and honor, the Medical Colleges of Northern Philippines – College of Nursing produced 138 Registered Nurses in the recently concluded 2023 Nursing Licensure Examination (NLE) last November 11-12.

The new nurses were all first time takers from Batches 2022- Servi Dei with 84.78% and 2023- Posteri Cura with 100% who all

made a total passing rate of 95.17%.

They participated in an intensive in-house review program that began on September 21 at La Vista, Cabbo, Cagayan, lasting nearly two months. This school-organized review aimed to create a space where students could enhance their knowledge and skills through a series of practice tests, all within a calm and productive environment.

Meanwhile, the Philippine Regulation Commission announced that 25,761 out of 32,203 takers passed the said exam which inked an incredible 80% national passing rate, the highest rate to date.

Additionally, the exam was given by the Board of Nursing in all 19 testing centers all over the Philippines.

MCNP studs secure awards in the Wizard of Wellness Quiz Bee



Natasha Pajotal

The Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP) are continuously living up to their mantra “Excellence is Our Culture” after clinching 2nd and 4th spots in the recently conducted 2023 Wizards of Wellness Quiz Bee on October 26, 2023 held at SM Center Downtown, Tuguegarao City.

Several students from various schools participated in the competition, with Irish

Jana Mireen Mariano, Daphne Althea Mari Callueng, and Diana Jane Fernando, BSN 3 level student securing 2nd place, together with Warren Dave Calimag, Mark Chester Nantes, and Cristhelle Anne Balallo, BSRT level 3 students taking the 4th place.

“We are not prepared because of the late notice and na-pull out na lang kami bigla pero we managed to be in the 2nd and 4th place,” said Mariano.

Moreover, Mariano mentioned that they purely relied on their stock knowledge as

they didn’t have enough time to prepare for the said competition.

Aside from their certificates of recognition, the participants received a cash prize from DOH amounting to 7,000 for 2nd place and 5,000 for 4th place.

The Wizard of Wellness Quiz Bee is part of the “Tanglaw: Mental Health Among Adolescents (Appear, There’s a Peer)” program of the Department of Health-Center for Health Development for Cagayan Valley.

New Pool of Leaders to Calibrate skills at Lead Camp ‘23

Amiel Godfrey M. Villapando

To nurture and empower the next generation of leaders, the Medical Colleges of Northern Philippines (MCNP) and the International School of Asia and the Pacific (ISAP) launched the annual leadership camp from September 28 to 30, 2023, under the theme “Empowering Future Leaders: Navigating Challenges and Inspiring Change.” The event, hosted at La Vista in Nagattarn, Pamplona Cagayan, saw the participation of club officers from various departments of MCNP-ISAP.

The event was made possible through the unwavering dedication and efforts of the outgoing Council of Leaders, led by the outgoing COL Chairperson, Ms. Azil Daniel, in partnership with the Office of the Student Services represented by Sir James Vidad, the Student Activities Coordinator, and the Office of the Guidance Services led by Sir Carlo Suyu, RPN, and the Council of Leaders Adviser. The leadership camp aimed to instill a sense of responsibility and teamwork, among the participating students.

The students were immersed in a series of workshops, discussions, and team-building activities. The camp focused on imbibing the three pillars of leadership among the participating

students namely; Leadership is learning, leadership is godliness, and leadership is serving. These paramount ideologies are intended to prepare students for the dynamic challenges they may encounter in their future roles as leaders.

One of the camp’s major highlights occurred on the last day of the event when the outgoing Council of Leaders announced the opening of the filing of candidacy for the upcoming Council of Leaders election. This momentous event marked the first step in the students’ journey toward putting their newly acquired leadership skills into practice. The participants left the camp feeling invigorated, equipped, and inspired to pursue leadership positions within the school.

With the filing of candidacy now open, the upcoming Council of Leaders election promises to be a pivotal moment for MCNP-ISAP. As the participants return to their respective departments, they carry with them not only newfound leadership skills but also a renewed sense of purpose to lead by example and go up and above the status quo.

CON celebrates Nurses’ Week 2023

Natasha Pajotal

With the theme, “Our Nurses, Our Future” the Medical Colleges of Northern Philippines - College of Nursing, (MCNP-CON), spearheaded by the Student Nurses Society (SNS) acknowledged the sacrifices, hard work, and care given by the modern-day heroes, through celebrating the Nurses’ Week 2023 on October 29 at Camasi Dome, Peña Blanca, Cagayan.

The event, which was attended by 2500 student nurses, and the staff and faculty members of the department, started with an opening remark from the Dean of the College of Nursing, Dean Louise V. Cabling, and followed by a motivational message from the guest speaker, Mr. Mark Anthony B. Nonato, RN, MSN.

“As future Registered Nurses, the goal is to empower everyone to revolutionize the world of healthcare in order to adapt to the sudden changes,” said Mr. Nonato.

Moreover, Mr. Nonato thanked the department for inviting him to witness such an event and being able to impart knowledge, learnings, and experiences to the aspiring nurses.

The event was a one-day celebration which includes various activities such as digital logo making, digital poster making, essay writing, spoken poetry, singing competition, bleachers cheers and yells, flashmob competition, and the search for Mr. & Ms. Nursing 2023.



DOMINGO TOPS CHRA

Marina R. De Salmos

With a remarkable rating of 90.25%, Tricia Lorraine Domingo passed and secured the top 10 in the Certified Human Resource Associate (CHRA) by the Human Resource Educator's Association of the Philippines (HREAP) Assessment Examination held on October 28-29, 2023.

Domingo is a fresh graduate of the International School of Asia and the Pacific who took a Bachelor of Science in Psychology.

"I really allotted a long time to prepare for the exam. I read a lot, watched YouTube videos about the scope of the CHRA, practice tests, and spaced repetition," said Domingo.

Additionally, she stated that discipline, routine, patience, and consistency are the keys to her

success. She also mentioned that it is best to build a study routine that is effective and not just solely rely on prayers, but do it with hard work.

Meanwhile, HREAP Inc. administered the online assessment examination, which was designed to assess the fundamental knowledge that a human resource practitioner must possess.

The CHRA has an overall passing rate of 76.54%.

I really allotted a long time to prepare for the exam. I read a lot, watched YouTube videos about the scope of the CHRA, practice tests, and spaced repetition.

Tricia Lorraine Domingo

Three Red Cross Chapters Unite for a Successful Blood Drive

Natasha Pajotal

Three local Red Cross chapters joined forces to conduct a successful blood donation drive this Friday, October 13, at the Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP).

The event, which saw an overwhelming response from donors and volunteers, resulted in the collection of 158 life-saving blood units.

The three Red Cross chapters, each known for their dedication to humanitarian efforts, included the Isabela, Kalinga, and Tuguegarao chapters. Together, they orchestrated a well-coordinated bloodletting drive that

left a lasting impact on both the local community and the institution.

"Last March, we also conducted a blood donation drive here at MCNP-ISAP, and it's overwhelming na napili niyo ulit kami para mag-conduct ng ganitong activity," added the Red Cross, Tuguegarao Chapter.

The blood units collected during the drive will be used to support patients in need at local hospitals, ensuring a steady supply of blood for medical emergencies.

The collaborative effort extended beyond just blood donation. Volunteers from the Red Cross chapters, RCY officers, and volunteers worked tirelessly to create a friendly and efficient atmosphere

where donors felt comfortable and appreciated. Free refreshments, motivational messages, and personalized certificates of appreciation were handed out to express gratitude to the participants.

From the past years up to recent times, people are still often divided by differences, but the unity displayed during this bloodletting event reminds us that when communities come together, they can achieve great things. The collaboration between the three Red Cross chapters and MCNP-ISAP stands as a heartwarming example of the power of human collective action for the greater good.



Sharing is caring: COL leads outreach programs

Marina R. De Salmos

Channeling the spirit of Christmas, the Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP) students shared goods as represented by the Council of Leaders (COL) held on December 28, 2023.

COL led an outreach program in San Roque, Peñablanca, and San Isidro, Iguig, Cagayan where bag of goods were given to the community.

"Participating in an outreach program during this period is indeed a rewarding experience because it brings a wave

of positive emotions that go beyond the typical holiday cheer," said Randolph Cagigas, COL MCNP Treasurer.

He also added that stepping outside of his comfort zone to connect himself to the community, fosters a powerful sense of belonging and shared humanity which is pivotal in leadership.

The said outreach program is in collaboration with the Community Extension Services Offices (CESO), Office of the Student Services (OSS) and Philippine Society of Customs Administration- ISAP Chapter.

COL aspirants highlight platform in Meeting De Avance

Judie Mae Bumidang

On October 16, 2023, MCNP-ISAP student leaders participated in the much-anticipated Council of Leaders (COL) meeting de avance, marking the start of the selection process for dedicated and passionate candidates to lead the student body.

During this time, students were given the opportunity to listen to the platforms, plans, and aspirations of the COL candidates, enabling them to make informed decisions, exercise their right to vote, and elect the most deserving leaders for the School Year 2023-2024.

"Excellent student Leaders, leading as a voice for the student body and community." The program's high point was introducing the whole line-up from the two different parties. Each candidate was given an adequate opportunity to present particular plays and programs to the whole student body and is eager for the best governance and support

from the leaders as they aim for a shared vision.

"If you will win as the chairperson, how will you encourage the student's full participation in all activities?" asked by Sir James Vidad to each student leader vying for the position of MCNP-ISAP Chairperson.

Guzman said, "First, we need information dissemination. Second, recognition, and third, enough resources. So to encourage students to participate in activities, we need to give them what they deserve, to give proper resources, we need to provide encouragement and information that they will relay," Adhika party-list chairman

Guzman emphasized.

At the other party, T-PUDNO party-list chairman Balidoy mentioned that participation and collaboration play a key vital role in the improvement. As she mentioned the acronym IDCIDSE stands for Inclusivity and diversity communication and information dissemination strengthening social responsibility and engagement. "So, to encourage yung mga hindi nandito, please be encouraged first," she added.

James Vidad, the MCNP-ISAP Council of Leaders adviser moderated and delivered concluding remarks until the event ended.

6 MIGHTY EAGLES join Phil Statitistics Quiz

Aimileen Guingab

October 26, 2023, the Medical Colleges of Northern Philippines and International School of Asia and the Pacific (MCNP-ISAP) students participated in the Provincial Elimination for the 27th Philippine Statistics Quiz, at the Crown Pavilion in Tuguegarao City, Cagayan.

This competition was organized by the Cagayan Provincial Statistical Office and brought together 24 students from various campuses in Cagayan.

Representing the institution were Ayla Borromeo, Yvette Agustin, and Aimileen Guingab from MCNP, as well as Erickson Bueno, Jam Kieran Gundan, and Bryan Tejada from ISAP.

These students were expertly coached by Ma'am Wendy Mae Lapuz from the Research and Development Office.

In an impressive display of talent and knowledge, Ayla Borromeo from MCNP

secured 5th place in the fiercely competitive Philippine Statistics Quiz. This achievement also means that the top five contestants will advance to the regional level, on November 10, 2023.

The 27th Philippine Statistics Quiz was held as part of the 34th National Statistics Month, and it carried the theme "Accelerating Progress: Promoting Data and Statistics for a Healthy Philippines." This theme underscores the importance of high-quality data and statistics in driving the country's development forward.



Lapuz bags 3rd in 2nd Philippine Data Festival

Renalyn Maguddayao

With the theme, "Harnessing the Power of Data and Statistics for a Future-ready Filipino and Filipina Youth", the Philippine Statistics Authority conducted the 2nd Philippine Data Festival on October 3-4, 2023 held at the Century Park Hotel Malate, Manila.

Among the participants is Ms. Wendy Mae Lapuz, the statistician of the institution who won 3rd place in the Data Reporting Contest (Non-Student Category) of the said event, along with her are two students from MCNP-ISAP in the person of Ms. Aljane S. Balidoy and Ms. Rhea Jane Mamaug from the College of Physical Therapy and Accountancy respectively, who represented the school in the said activity.

According to PSA, the two-day activity is for students and early-career professionals interested in statistics, data science, and data analysis. The event features various activities such as presentations on the Role of Data in Local and National Evidence-based Policy Making, Current Trends in Big Data and Data Analytics, Macroeconomy and Finance, Health, Women and Gender, Education and Literacy, Poverty and Population among others.

Moreover, the activity will make young people inculcate in their minds the appreciation and importance of statistics in every discipline, as well as enhance statistical literacy among students and gain a deeper understanding of the trends, patterns, and other concepts of statistics.



DIT, DICT kicks-off HIM Roadshow '23

Natasha P. Pajotal

With the primordial purpose of sharing important information about the requirements and career opportunities offered by the Health Information Management Association of the Philippines (HIMAP), the Department of Information and Communications Technology together with the Department of Trade and Industry conducted Health Information Management Services (HIMS) Roadshow at CSU Andrews, this Monday, November 27, with a theme, "Understanding the HIMS Requirements and Career Opportunities."

During the talk of the speakers, they emphasized that their goal is to bring jobs and opportunities here in Tuguegarao City and to let the participants fully understand how these sectors work.

"The goal is to achieve those 290,000 full time employees by the end of 2028," said Mrs. Emmy Lou V. Delfin, Director IV of ICT Industry Development Bureau.

Aside from the career opportunities, they also offer scholarships for those aspiring nurses who want to pursue their US dreams, and for those IT students who seek opportunities abroad.

Furthermore, the president of HIMAP, Vincent Remo, mentioned that they are working actively and collaboratively with other sectors to promote and capacitate talents in order to achieve their goal by the end of 2028.

The said event was attended by different schools and universities which includes the host school, CSU Andrews Campus, SPUP, USLT, FL Vargas, UCV, and the MCNP-ISAP.

MCNP-ISAP gears for new set of leaders

Amiel Godfrey M Villapando

On October 17, 2023, MCNP-ISAP students voted for their new leaders in the Council of Leaders Election. The election was facilitated by the Office of Student Services and overseen by the COL Adviser, Sir John Carlo Suyu, the voting process took place in ICT rooms at the NAB building.

Furthermore, Sir John Carlo Suyu emphasized the importance of student participation, stating, "This election is a vital way for students to shape the direction of our institution." The simplified electronic voting in ICT rooms aimed at ensuring a fair and transparent election. It also helped in speeding up the voting process which brought convenience to students.

With a focus on direct student involvement, the election marks a step toward a more engaged and representative MCNP-ISAP community. The results, eagerly anticipated, will determine the new leaders guiding the institution in the upcoming term.



SCAN ME



Official Facebook Page

Artificial Intelligence: A Double Edge Sword

Chat GPT, Gemini, Siri, Alexa, Google Assistant, and Bing are just some of the famous AIs that have been assisting people from various aspects of life, simple and complex. Now, I ask you, do you consider AI a friend or an enemy disguised as a friend, a teammate, or a terminator, not a replacement but a renaissance of human potential? Well, let's see.

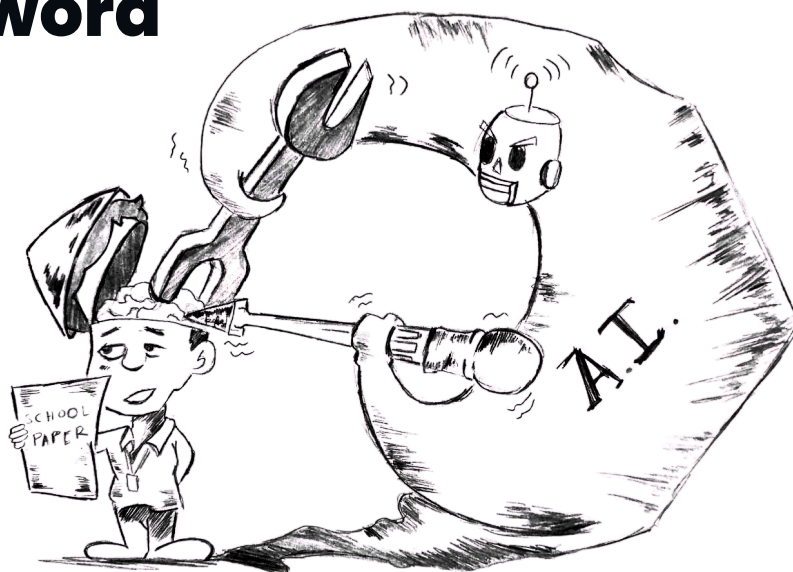
Artificial intelligence is the ability of a computer or computer-controlled robot to perform tasks that are commonly associated with the intellectual characteristics of humans, such as the ability to reason. That's according to Google. Let's dig deeper, shall we?

The artificial intelligence we have at present is the culmination of centuries of ingenuity, stretching back to the early 10th century BC when Yan Shi showcased mechanical figures to King Mu of Zhou, demonstrating independent movement. Over time, various inventions emerged, each contributing to the foundation that propelled the development of AI technologies between 1950 and 1974. These innovations have since evolved into the contemporary AI systems we use today.

Throughout history, we've seen a constant march of ever-more-sophisticated machines, from basic "automatons" to powerful computers. Artificial intelligence itself has transformed from purely symbolic approaches to the real-world applications we see today – assisting humans, diagnosing illnesses, and guiding us through complex data analysis. This relentless innovation shows no signs of slowing down. As AI continues to develop, its potential to drive positive change and improve quality of life across diverse sectors will only continue to grow.

Vast amounts of pre-fed data drive AI, which helps it process algorithms and identify patterns. However, it doesn't merely rely on this data; it actively trains itself to process information and learn from it, enhancing its ability to perform tasks you've programmed. Impressive, isn't it? But is it all smooth sailing, or are there hidden challenges waiting to surface? Let me tell you this, just like any powerful tool, AI isn't without its drawbacks.

A major concern is the issue of BIAS. AI systems are only as good as the data they are trained on. If that data is biased, reflects public bias, or simply contains errors, then the AI will adapt those biases. Imagine using AI in hiring processes that discriminate applicants based on training data.



Another challenge is the question of interpretability, AI systems can sometimes deliver incredibly accurate data, but understanding how they arrived at those answers can be difficult. This lack of transparency makes it difficult to trust AI decisions, especially in critical areas like healthcare or finance.

Despite these difficult circumstances, AI holds tremendous potential for high-level change. By acknowledging those limitations and working closer to solutions, we can ensure that AI evolves responsibly and effectively. This may include increasing strategies for identifying and reducing biases in school accounting, developing more transparent models of AI, and finding ways to make AI development more accessible and sustainable.

People say that AI makes people dumb, lazy, and incompetent – yes it does, if not used properly. When individuals overly rely on AI to perform tasks that require critical thinking, problem-solving, and creativity, it can lead to deficiencies in these important skills. Furthermore, the simplicity of AI can create a lazy culture. When AI handles even more complex tasks, people are less likely to put in the effort needed to understand those tasks and learn for themselves, this confidence creates a false sense of competence, where individuals believe that they can perform tasks simply because they are assisted by AI, but in reality they do not have their right understanding and skills.

The truth is, AI isn't a friend or foe, a teammate or a terminator. It's a powerful tool, and like any tool, it depends entirely on the one who wields it. Used wisely, AI can augment our capabilities, not replace them. AI can free us from tedious tasks, allowing us to focus on creativity, innovation, and the aspects of work that require distinctly

human qualities like empathy, judgment, and critical thinking.

The future of AI is not one where robots take over, but rather one where humans and AI work together as a team. But the key to unlocking this potential is responsible development and human stewardship. Let's use AI to enhance our skills, not replace them. By embracing AI's potential while acknowledging its limitations, we can usher in an era of progress unlike anything we've ever seen. The choice is ours: will AI be a tool that empowers us or a crutch that hinders us? The answer lies in our ability to harness its power responsibly and chart a course towards a brighter future, together.

The truth is, AI isn't a friend or foe, a teammate or a terminator. It's a powerful tool, and like any tool, it depends entirely on the one who wields it. Used wisely, AI can augment our capabilities, not replace them. AI can free us from tedious tasks, allowing us to focus on creativity, innovation, and the aspects of work that require distinctly human qualities like empathy, judgment, and critical thinking.



CRISALYN OLALIA, LPT
ASSISTANT HEAD OF THE PUBLICATION

BREAK THE CHAIN:

A QUEST TO RETROSPECTION AND SOLUTION

 Shane Rose B. Adsuara

School has been considered a second home to every student around the world where they are taught to express their ideas and be the better version of themselves. It is where teachers and students engage in a respectful

argument where they hear each other out. But what happens if the school starts to do whatever they want and takes away the student's freedom of expression, completely disregarding their voice in decision and policy-making?

College students are supposed to be conscious and aware of their surroundings and should be very much involved in issues of the moment that can potentially risk their studies and their freedom to say what they want. But the culture of openness is suppressed in some universities where administrators who are so conservative and hell-bent on keeping the image of their school clean and inviting, strive to stifle it with policies that seem so reasonable at first glance but are actually demurring if someone probes deeper into it but we know that this is not true to all.

School policies are supposed to be protecting the students and encouraging them to go out of their comfort zone and not limiting them to grow and expand their creativity. It's true though that not all administrators are rotten and some actually wanted to build connection with their fuel: the students and some even just wanted to guide them towards the right path but sometimes, it's just hard to reach a common ground when beliefs and character clash.



Students should never be exploited or overburdened when it comes to their freedom of expression and financial capabilities because they serve as the future of this country.

In the University of Santo Tomas (UST), the school administration made a policy where student organizations are obliged to fill up a document before posting on social media, which they call a media censorship. Because of this, the National Union of Students of the Philippines (NUSP) condemned the move especially when press freedom is in peril due to the alarming growth of red tagging. That being said, how can a university that ought to be the paramount of awareness and empowerment try to downgrade the students' freedom of expression? When in fact they should be the one spearheading equality and freedom that ultimately shapes the school policy.

Moreover, this vicious problem does not end with the restriction. From the get-go, students needed their freedom of speech because of the underlying problems that arise on their campus which typically involved enormous monetary contributions because of the lack of funds for each department and the academic clubs or the additional fees that weren't clearly specified when students first enrolled to a certain school, so whenever there are activities or any program that requires money, the organizers, who looked like a hungry salivating hyena always turn their head to the struggling students who doesn't even know what to balance anymore.

But according to the Republic Act 5546, an act that prohibits the collection of contributions in any form whatsoever, by any person for any project or purpose, whether voluntary or otherwise, from school children, students, and teachers of public and private schools, colleges and universities, it is provided in section 2 of the said act that if the violation is committed by a private education institution, the Secretary of Education, at his discretion, shall, in addition to penalty, suspend, revoke or otherwise cancel the authority to operate of such educational institution.

However, even with the basis of law, ignorance, and greed excuses no one and those who are in power

will always turn a blind eye because what is a few bumps and bruises if they can still stand tall with money and power at their behest? Naturally, students will start to retaliate. But what can they do when no one is kind enough to listen?

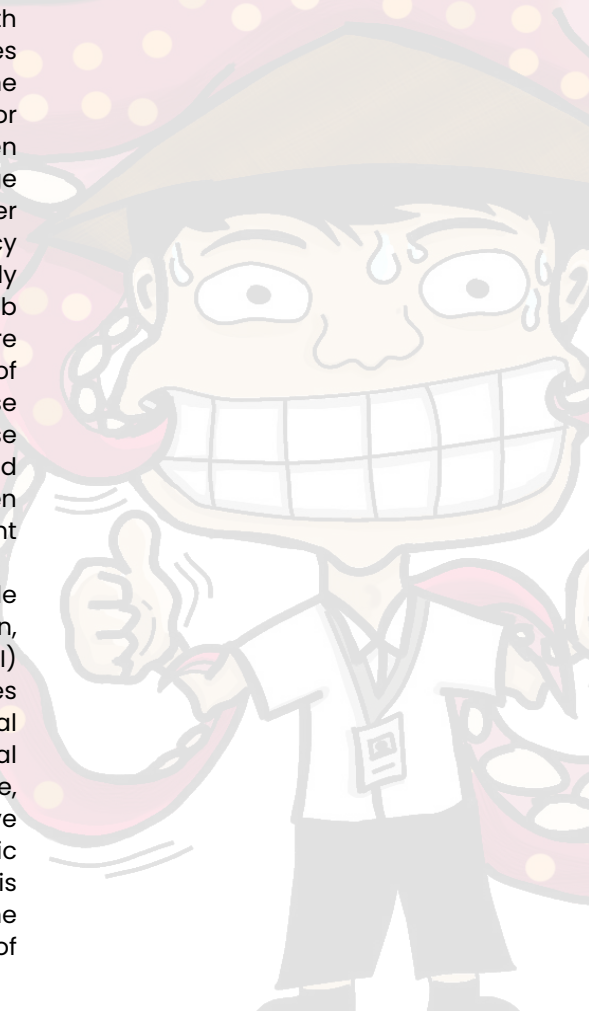
Even Derek Bok, former president of Harvard University for 20 years observed that "Universities are like riverboat gamblers and exiled royalty: their desires are never satisfied." He hit the nail on the head with that statement since most students struggle not only with their studies but also with economic problems. Meanwhile, Benjamin Ginsberg's 2011 book, *The Fall of the Faculty: The Rise of the All-Administrative University and Why It Matters*, came as a thunderclap to the world of higher education. Ginsberg reported that overall university spending increased by 148 percent and administrative spending, though, increased by a whopping 235 percent (Muzaffar, Botirjon, Muxlisa, Yuldasheva, 2019, p.7).

With this we can infer that there is definitely an administrative sloth going on not only in the Philippines but around the world as well as the widening disparity of rich and poor kids in college that has been proven by a hard data coming from Jorge Klor de Alva and Mark Schneider of the Nexus Research and Policy Center in San Francisco, completely making it so alarming that the rub here is that college schools are becoming political and majority of Filipino lawmakers ignore the abuse and exploitation because those who run the schools are large and powerful that politician cannot even dare to touch them for they might lose potential supporters.

Furthermore, according to Article XIV.Sec.3(1-2) of the 1987 Constitution, Higher Education Institution (HEI) shall teach the rights and duties of citizenship, strengthen ethical and spiritual values, develop moral character and personal discipline, encourage critical and creative thinking. Now, since academic freedom is vested in the HEI, it is their duty to protect and spread the judicious use of it for the benefit of

the society. They should promote fair and realistic way of studying without undermining the rights of student and disregarding their voice when it comes to policy or decision making meanwhile retaining the competitive edge of those HEIs.

Students should never be exploited or overburdened when it comes to their freedom of expression and financial capabilities because they serve as the future of this country. They should be given the right to protest without feeling anti-academic against the suffocating education system imposed by the nation-state legislators and school administrators who in fact should be acting as a pillar of success, hope, and dignity of every student in the Philippines. However, we all know that freedom in whatever form is never absolute. Students and administrators alike should learn how to compromise and build transparency among them so that they will be able to maintain a harmonious relationship.



The Pilgrimage to Getting That Piece of Paper

Do you know what's really grinding my gears lately? The absurdly long lines just to get test permits at MCNP-ISAP. I mean, seriously, it's like lining up for concert tickets, except there's no music and definitely no fun involved. It's miserable and time consuming. You just find yourself trapped in the endless labyrinth of lines just to obtain a piece of paper with beads of sweat dripping down your forehead. And I can't help but wonder: why does it have to be this way?

First things first, let's talk about the obvious: the heat. It's relentless. There's no escaping it as we're crammed like sardines in the waiting area, which incidentally has about as many seats as a tiny fishing boat. And when the sun beats down with all its fury, it feels like we're being slow-roasted alive. It's not just uncomfortable; it's downright unbearable and ridiculous.

To add insult to injury, there are never enough seats to go around. I've lost count of how many times I've had to perch on the edge of a bench or even resort to sitting on the ground just to give my poor legs a break. And don't even get me started on those days when the line stretches so far that they have to set up tents just to accommodate everyone. Tents, for heaven's sake! We're not camping; we're trying to get a piece of paper that says we're allowed to take a test.

But it gets even better. Sometimes, despite the tents, there's still not enough space. The line snakes its way from the admin building, through the quadrangle, past the canteen, and all the way to the Med Arts building. That's not just a line, it's a pilgrimage. It's even worse during the signing of clearances. It's like a twisted game of following the leader, except nobody's having any fun. We're just trudging along, step by agonizing step, wondering if we'll ever reach the end of this never-ending line.

And that's not even the worst part. The worst part is knowing that this could all be avoided if only the system were different. If only there were a more efficient way to distribute test permits, one that didn't involve subjecting students to hours of mind-numbing waiting. It's not rocket science; it's common sense.

But alas, common sense seems to be in short supply when it comes to the

bureaucratic quagmire of MCNP-ISAP's test permit process. It's as if the powers that be are content to let us suffer in limbo.

What's particularly infuriating is that this isn't a new problem. It's been going on for some time now, like some rite of passage for every student who dares to step foot on campus. And yet, despite the countless complaints and pleas from students, nothing ever seems to improve. It's repetitive; happening every single term like an unending loop.

It's not just about the discomfort or inconvenience, although those are certainly factors. It's about the larger message that this inefficiency sends to students: that our time and well-being are not valued, that we are expected to endure whatever hardships come our way without question or complaint for the reason that "We are college students, we should learn hardships to prepare us for our careers." -absurd.

But let me be clear: **we should not have to accept this as the status quo. We should not have to resign ourselves to a fate of endless waiting and frustration. We deserve better, plain and simple.**

So what's the solution? Well, for starters, how about investing in more seating for the waiting area? It's not rocket science; it's just basic decency. And while we're at it, how about streamlining the process for distributing test permits? I'm no expert, but I'm willing to bet there's a more efficient way to do it than the current system.

Of course, none of this will happen overnight. It will require cooperation and

commitment from all parties involved, from the administration to the students themselves. But isn't our collective well-being worth the effort?

In the end, it all comes down to one simple question: do we want to continue living in a world where waiting in line for hours on end is just another part of the student experience? Or do we want to stand up and demand better for ourselves and future generations of students?

The choice is ours to make. I hope we choose wisely.

We should not have to accept this as the status quo. We should not have to resign ourselves to a fate of endless waiting and frustration. We deserve better, plain and simple.



Amiel Godfrey M. Villapando
NEWS WRITER

Lighting a candle casts a shadow, a **tribute** to all teachers



October 26, 2023, in acknowledgment of National Teacher's Month, the Medical Colleges of Northern Philippines (MCNP) and International School of Asia and the Pacific (ISAP) are celebrating the day of our unsung heroes—our Teachers. But with all that said and done, why is it even important to honor their work and commemorate their day?

According to the Management & Science University of Malaysia, acknowledging all educators/teachers gives them the recognition they deserve and motivates them to strive for excellence, build their competency, and put them into the spotlight as they are the ones who shape the young generation's life for the rest of their schooling years. A proof that a teacher is someone whose heroic deed cannot be measured by splitting oceans in half, battles won, or dragons slain because of the countless lives they've touched by igniting the flame of the candle of every student's confidence, knowledge, and determination will always leave a mark in the tablet of history. That is why it's important to laud them for everything they have done for all the students out there.

Ursula K. Le Guin, an American author best known for her works of speculative fiction once said in her book *I Am the Light of the World*, that when you light a candle,

you also cast a shadow. What does it mean and why is it necessary in this article? Truth be told, to have a shadow there has to be a light. In the same way that there's evil in good and somehow, it's so easy to relate it to the life of every mighty teacher.

Shadow represents the unnoticed, neglected, and overlooked realities of our educators that no one tells us until it's too late. According to the Teaching in the Fast Lane website, harsh realities of teaching include never-ending hours because there will always be something more to do and how students' needs vary widely because they will automatically run the gambit academically, emotionally, and socially. Teachers are overworked and underpaid. Naturally, this will cause stress that can quickly lead to burnout and ultimately, their profession taking over their life.

However, it is bad things that point to the presence of good. Cause and effect start to crystallize and that is why light represents the teacher's passion for good education and good life. They stood beneath everyone as they wised up too well and understood things they never thought of while they did them. They learned from everyone's experience and opened it up for the world to see. They are the burning candle that stands tall and proud for the sake of every student. They

are the runners who never get tired even if their feet are battered and bruised. They are our teachers!

In this country that points out every single mistake, teachers never wavered and continued to show that there's a light in the dark by embodying the essence of a burning candle that gently sways its embers and guides them to the right path.

In this country that points out every single mistake, teachers never wavered and continued to show that there's a light in the dark by embodying the essence of a burning candle that gently sways its embers and guides them to the right path.



Shane rose B. Adsuaara
EDITOR-IN-CHIEF

An Apology To the Child I Could Have Been

by Floris Marie Lumang-ay

"If you could go back in time,"
our history teacher asked
"what would you change?"
It was our first day of school
and he said it was his way
of getting to know each one of us
One by one, my classmates went
to share their pieces in front of the class
From exes to ex-best friends,
those were among the regrets
they wanted to change from the past

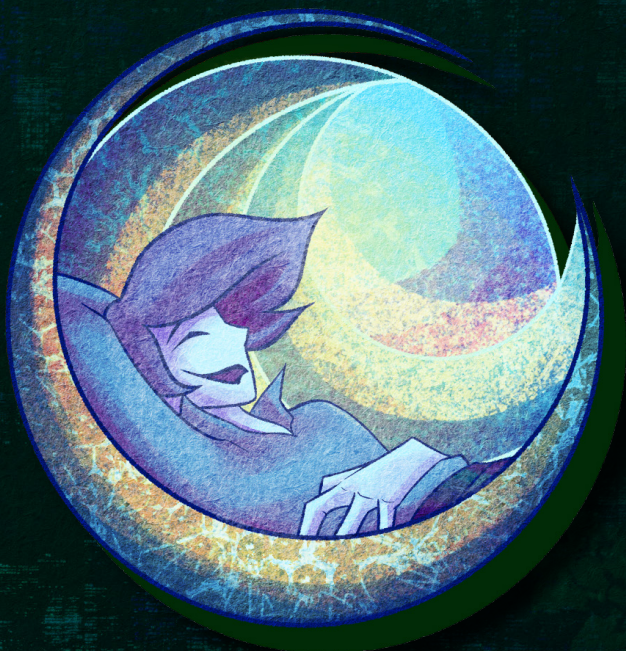
I started thinking for a regret of my own
Immediately I started browsing my
memories
for one that I regret or wanted to erase
I went back to all my past mistakes
that I always wanted to avoid making
The painful words I wanted to take back
And refrained from saying
The friendships I shouldn't have made
The bridges I shouldn't have burnt

But no matter how much
I regret my actions in the past,
I somehow couldn't bring myself
to choose to go back and change them
I thought, those were essential
in helping me get to where I am now
I am here. Still moving forward
But looking back, what would I change?
So when it was time for me to go
I stood up, let out a sigh
and stood facing my classmates
I search for their eyes and wished

That mine conveyed my emotions well
And I spoke with clenched fists
"If I could go back, I wouldn't change
a thing.
Instead, I would offer an apology
to the child I could have been"

"To when I could have played games
Instead of reading textbooks
To when I could have made friends
Instead of joining contests
To when I stayed in studying
Instead of hanging out
with my friends
I would apologize for the lost smiles
And laughter
To the contained happiness,
And wars I refused to battle"

"I would go back to say
I'm sorry, I didn't know
I didn't know where that road would
go
Or how long the journey
of chasing trophies and medals took
How heavy the responsibility
of staying on top was
How losing hurts more than anything
A young soul could understand
I'm sorry you didn't dream
enough about the moon
And I'm sorry you had to grow up so
soon"



Sentiment

by Riza Jane Ignacio

The silence of the night unravels on the horizon. Holding a bottle of water, you immediately look at an empty sky like a painter, but not to think of an artistic idea. You suddenly remembered the events of the past days. Panic due to academic stress over requirements, worry about finances, doubts on whether you can continue on your chosen path or not, and physical fatigue and burnout. Tears suddenly burst out of your eyes, and your lips spoke, "I can't do this anymore! I want this to end!"

Out of the blue, your phone rang. It was Him. Even if you are filled with emotions, you answered it. "My child, there will be better days. The world might be full of stress, fear, and doubts, but trust yourself and trust me. I am always by your side.", He said. "But how will I be able to surpass this? Everything keeps on piling up on me.", You said. He responded to you with a smile and said, "Persevere but never forget your sanity. If you can't do it anymore, I'll help you."

Again, tears flowed from your eyes like a river. But then you remember that maybe it is also helpful for you to take a moment for yourself, away from the world. To release the stress momentarily. To recharge. To sentiment and lament on your life now.

Agan-anus ka

by Riza Jane Ignacio



"Agan-anus ka anak ko, dumteng tu latta"

Maging mapagpasensya ka anak.
Darating din ang araw

Katulad mo, nangarap ako
Nadapa, at halos sumuko
Akala ko ang lahat ay aayon sa aking plano

Ngunit hindi pala ito nagkatotoo
Sa mundong mas inaasahan ang madalian
Ako ay hindi na nagulantang pa sa aking karanasan
Aabot pala sa puntong bibigyan ka ng preno
Dahil hindi pa iyon ang oras mo

Gusto mo madaliin ang iyong buong buhay

Ngunit paano naman ang sarili mong lagay?
Maaaring kailangan mo ng saglitang hinto
Habang hinihintay ang pagkakataon mo

Anak, katulad mo
Ako ay nagmadaling makamit ang pangarap ko
Subalit ang mga pagbagsak at paghinto ay magpapaalala sa iyo
Na huwag magpadalos-dalos sa kagustuhan mo

Kahit ito pa ay matagal mo nang napaghandaan
Maraming bagay pa rin ang hindi mo maaasahan
Maraming tao ang babaliktad, maraming plano ang mawawalan ng saysay
Dahil pasensya ang ipinapaalala sa ating buhay

Agan-anus ka anak
Hindi madali ang daang iyong tinatahak
Namnamin ang proseso na parang pagluluto
Mas sumasarap ang tagumpay sa mahabang pasensya at pagiging pursigido

MY LIEGE

by Shane Rose B. Adsuara

The first time I saw you, I was enthralled
Alone in the heavens and the earth
You called yourself the honoured one
Your eyes twinkling, mind wandering
Smiling and levitating, so captivating.

But the Gods turned their backs on you
They left you alone with no one to rely on
You kept the facade and fooled everyone
But I saw how you struggle with the life you own.

You are the anchor that keeps me at bay
You are the words in my solemn pray
You are my blue when my world turns gray
You are my everything, it hurts so much to say
The heavens took you away, cold like the winter air
Bleeding alone in the dry and desolate road
I grieved like a madman, people stared like I'm a nuisance
Oh, how sad it was, when I screamed goodbye.
To you my liege, I revered all this time.



FIGHT TH

Shane Rose B. Adsua

People have always feared the dreadful thing called 'change'. To them, it sheltered nothing but emptiness where uncertainty lurks in the dimness of waking nightmares. To them, it's nothing but a waste that will eventually blind all entities with false hope justifying themselves with suffocating normalcy.

Of course, this goes back to the time when pandemic and paranoia prevailed like an undue terror. But now that it was conquered, people became the ultimate predator again. The one and only true kings who proved themselves to be innovators who are able to accept the concept of change and move on to the polished metal broad stage they call life.

Thinking about this, I can't help but look back to the time when the new set of The Quill 2023-2024 Editorial Board was inducted and pledged to uphold the journalism creed. I remember the new members of the Editorial Board looking warily and sizing up each other with their flickering gaze. It wasn't bad per se and there was a glint of amazement behind every glance.

I took it up to myself and thought that they were all like a surging wave, a set of strong and determined yet delicate currents with a ferocious speed. I know we are all dead set to fulfill our roles so that the unexpected return after the terror of COVID-19 will be stronger than ever. A reminder that even though years of stagnation plague the journalistic prowess of Medical Colleges of Northern Philippines.

But it died down.

I can't fathom what caused the stalemate but maybe the hectic schedules of each one of us clashing with our duties invoke the lethargy. Things became heavy for me as well and I won't sugarcoat how ashamed I was for boldly announcing that I can work under pressure but then hide away when things are going south, of course, yet again,

lies can be buried until six feet deep.

Changes, lies, and deception they are all like the night shadows causing one to fear the unknown yet a powerful string that can be pulled to make one stand higher. Though it was like that a for long while, leaders as they should will always pull everyone up with their innate idealistic optimism and hard work.

To keep the ball rolling.

What happened next was something to be proud of. Cooperation and understanding. For a long while, the editorial board did a good job keeping the news circulating and the duties checked.

We all did our best to cover various activities and programs that happened in and outside of the school.



THE PLIGHT

Cynics be damned, exhausting as it was but the passion was there and the fire kept on burning. The embers of journalistic reverence fluttered like a confetti dancing in the wind. It was amazing. The bond we made and the laughter we shared. It was euphoric.

Revival. Resurgence.

Last year when The Quill 2022-2023 finally published the first-semester issue and second-semester issue, behind it were countless callouts and reminders. Redundant most of the time but alas! It was finished. Definitely a long and arduous ride. Makes me think about the similarity between time and darkness that turning on the light is the only thing to clear things out. Unity: serving its purpose for the light.

Turning the pages of this publication is like keeping the pieces of time, the journey never ends with the published magazine. It goes beyond the programs we held such as Campus Journalism and the one we participated, Leadership Program. Those things spiced up the jam-packed work of us writers making each one of us take the hands of the angel and make ourselves better.

A continual truth.

That's why when the heavens bestowed me yet another opportunity to lead The Quill for the Fiscal Year 2023-2024, I never hesitated to grab it for I know that everything happens for a reason. Whatever may come in front of me, I will stand tall and wave the school's publication flag with honor and pride.

Responsibility can make us feel crushed but it won't go away unless we walk with reckless abandon, never turning back. With great power comes great responsibility and we often say things we don't mean but turning back on the oath we took is shameless at best. That's why as young as we may be, we did our best to work things out and now we're here finally publishing up the first-semester issue.

Again, I will reiterate, that things never go as planned. There are a lot of setbacks, This has been a hard year and now we're preparing to ascend but never let go. Doing our duty is the creed. Fulfilling the responsibility is a must and never turning it down, maybe lay low for some time but never quit.

**Journalism never stops.
The Quill never stops. And
we, the 2023-2024
Editorial Board will
always fight the
plight.**



The Red Chair:

Embracing Patience for at the End of the Line Lies Triumph



 Hosam Mohammed Ashraf Valle

Have you ever found yourself seated in a seemingly endless line, the sun beating down relentlessly, all just to reach the coveted red chair—the symbol that your destination is near? What if I told you that this seemingly ordinary experience holds a powerful lesson—one that could shape the path of your

academic and personal growth?

In our daily lives as students, we encounter moments that put our patience to the test. One such moment is sitting in a long line under the blazing sun just to get a permit from the finance and accounting office before taking the exam. It's a scene familiar to many of us, filled with frustration and discomfort.

As we settle into the line that stretches out before us like a daunting obstacle course, each step forward feels like an eternity, with the heat beating down relentlessly. Despite the discomfort, we persevere, knowing that obtaining this permit is essential for our academic progress.

Hour by hour, we inch closer to our destination. The line moves at a snail's pace, testing our patience with every passing minute.

Yet, amidst the collective sighs and grumbles, there is a sense of determination. We remind ourselves that patience is not just a virtue but a necessary ingredient for success. As the day wears on and the sun begins to set, we finally reach the red chair. Relief washes over us as we receive the permit, a tangible symbol of our perseverance.

Despite the long wait and the discomfort, we emerge victorious, our resolve stronger than ever.

In hindsight, the hours spent in line were not just a test of patience but a lesson in resilience. We learned that

success is not always immediate, but it comes to those who are willing to endure and persevere. Each moment of waiting was a small step towards our larger goal, a reminder that good things come to those who wait. Looking back on the experience, we realize that patience is not just about waiting; it's about maintaining a positive attitude in the face of adversity. It's about finding strength in our struggles and believing that our efforts will eventually pay off.

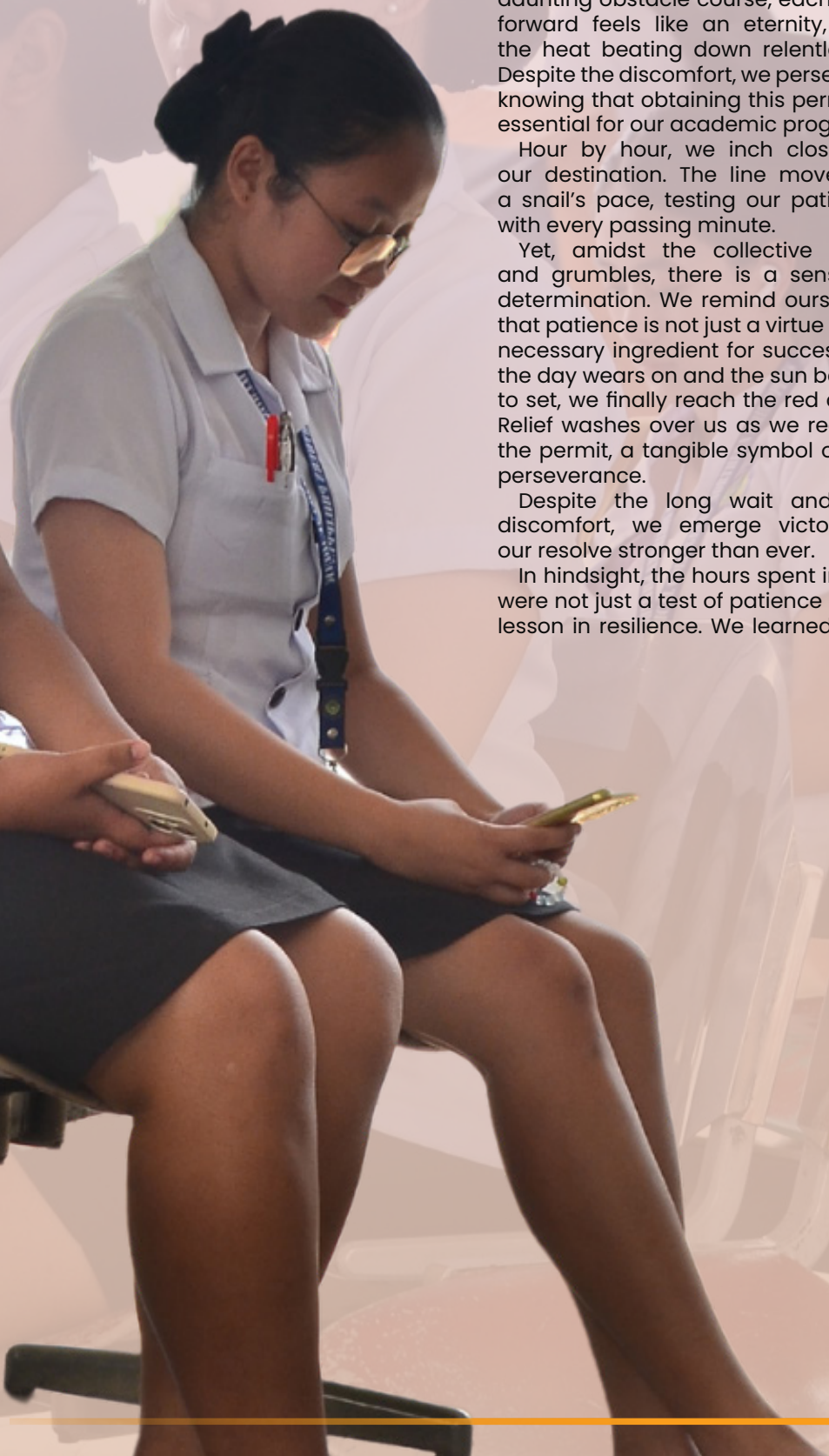
In our studies, it reminds us to take our time and approach each task with diligence and care. In our relationships, it teaches us to be understanding and compassionate, even in moments of disagreement.

Patience is not just a virtue; it's a mindset, a way of approaching life with grace and resilience. It's about understanding that setbacks are temporary and that every obstacle is an opportunity for growth. With patience, we can navigate life's challenges with confidence and determination.

As we move forward, let us carry the lessons learned from the long line with us. Let us embrace patience as a guiding principle in our journey towards success, knowing that it is the key to unlocking our full potential. It allows us to see beyond the present moment and envision a brighter future. It teaches us to delay gratification and work toward long-term goals, knowing that the rewards will be all the sweeter for the wait.

So, the next time you find yourself faced with a daunting challenge or a seemingly endless wait, remember the lesson of the long line. Embrace patience as your ally, knowing that with perseverance and determination, you can overcome any obstacle in your path.

In the end, it's not just about reaching the front of the line; it's about the journey we take to get there. It's about the lessons we learn along the way and the growth we experience as individuals. And with patience as our guide, we can navigate life's twists and turns with grace and resilience.



STARE

IN THE

STAIRS



 Jonathan Balderamos

During the enrollment of freshmen students, despite the scorching heat of the sun, Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP) campus

welcomed new faces who wanted to study in the institution. Long covered walk served as the terminal of a student's journey and the unending stairs served as a runway where dreams are ready to take off to the unforeseen future.

The color symbols of the school complement the tall trees that surround the campus which give the vibrant vibes of success and quality education that the school has to offer. Also, the ambiance makes everyone feel that the school

already produced many professionals, especially in the field of Allied Health Sciences.

Found in the center of the school is the quadrangle where the school motto is written, "Study, study, study, and pray". According to the late Dr. Ronald P. Guzman, the Father Eagle, the Mighty Eagles are fearless to soar high to achieve greater heights and to pursue their goals in life despite the perils that they encounter.

But despite the grandeur of this institution, sometimes, freshmen students would often give an ungrateful stare to the famous "unending stairs" that surrounds the campus whenever the classes starts. The stairs which according to them will add up to their burden as they start their long journey. They are not just aware that these stairs will be their friends that usher to the fulfillment of their dreams. These stairs had molded every MCNP-ISAP student to get used of hardships and opened their minds into reality that there are no easy steps to success.

They are not just aware that these stairs will be their friends that usher to the fulfillment of their dreams. These stairs molded every MCNP-ISAP student to get used to hardships and opened their minds into reality that there are no easy steps to success.

It is not new that Mighty Eagles are tagged as "tagabanbantay" or mountaineers because of the terrain of the school. But the stairs made this school unique and can be a tourist attraction. The stairs in the campus serves as a reminder for all the Mighty Eagles to be brave, resilient, patient, and above all compassionate.



The unending stairs witnessed the struggles and triumph of every Mighty Eagles. It witnessed how they carried heavy loads of paperworks, laboratory apparatuses, learning materials, and even tons of mixed emotions while stepping on each flat. It witnessed their happy moments and successful times as well as their rough days.

Aside from these things, the unending stairs are always suffering rushing feet going up and down. It is always allowing the Mighty Eagles to walk and run freely for them to meet their schedules and deadlines. It is always open for them to pour their hearts out while walking and always listening to whatever they say as they walk. The unending stairs is also someone's refuge and friend for a mean time. It listens to one's chat to himself while he is walking alone. The unending stairs will never

complain and will never leave. It makes the Mighty Eagles complain at first step but in the middle of their way in going to the top, it trains them to strengthen not only their endurance but also their patience, courage, and determination.

It wants them to realize that there is no easy access in life. Everything that they achieve will be through blood and sweat.

The stairs never complain. It always open its arms to welcome new members of the family and is always ready to help those who really needs care.

Some say that the unending stairs are just regular and typical stairs. But for Mighty Eagles, these stairs are very iconic and memorable. As they are staying in the campus, lots of memories are being created and moments are being treasured. Friendships accidentally and unexpectedly created and romance as well. But most importantly dreams are kept and masterfully built.

A simple stare to these stairs can make one realize that even the unclimbable can be reached. The unfathomable can be swam.



Just "Study, study, study, and pray."

SPORTS PAGE

99-Strong Mighty Eagles Form The MCNP-ISAP Varsity Roster, Gears Up For The Upcoming Prisaa 2024

 Warren Jay R. Reynon

Ready to start the year with a bang, as the Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP) boasts its 99-strong student athletes' roster.

Hailing from different colleges and championing different academic disciplines, these mighty eagles are united as one in bringing pride, honor, and gold to the twin mighty institutions in the realm of sports.

The MCNP-ISAP Varsity Team will represent the institutions in the upcoming sporting events including the Private Schools Athletic Association (PRISAA).

In an interview, Mr. Jeffrey Gacal, MCNP-ISAP Sports Coordinator, said that these student-athletes are expected to steal the spotlight in various sporting contests and prove their worth as tough

contenders in different divisions and categories.

"We have 15 for the Basketball Men's division, 12 for the Basketball-Women's division. 15 for Volleyball Men's division, 12 for Volleyball Women's division. 4 for Table Tennis Men's division, also 4 for Table Tennis Women's division. 4 for Chess Men's division, 4 Chess Women's division. 8 for Taekwondo Men's division, 3 for Taekwondo Women's division. 8 for Karatedo Men's division, 2 for Karatedo Women's division," Gacal said.

"For Dancesports, we have 2 couples for the Latin category, and 2 couples for the Standard category," Gacal added.

Gacal also shared his insights about the MCNP-ISAP Varsity Team. He said that these breed of gallant athletes are ready for whatever challenges they face, they will stand firm and try their best to bring home gold.

He is quite optimistic about the upcoming PRISAA event and

hoping that this year's breed of athletes would make a podium finish both in the provincial and regional PRISAA events.

MCNP-ISAP Varsity Team will try to bring down delegations from F.L. Vargas College-Tuguegarao Campus, and F.L. Vargas College- Abulug Campus for the upcoming Cagayan Provincial PRISAA 2024, this upcoming first week of March.

"First week of March will be the provincial PRISAA, and the regional PRISAA will be held tentatively on the third week of May," Gacal stated.

The team is also hoping for a medal haul to bring MCNP-ISAP on the map as a sporting powerhouse, not only in Cagayan or Region 02, but also on the national stage.



Unlocking Opportunities:

MCNP-ISAP Grants Institutional Scholarships to Five Exceptional Student-Athletes

 Aprille Faye Bangug

In a bid to reaffirm the institution's commitment to fostering a culture of talent and excellence, the Medical Colleges of Northern Philippines and International School of Asia and the Pacific awarded a 25% institutional scholarship discount to five varsity athletes coming from different programs for the school year 2023-2024.

Included in the list are: Syrel B. Batta, Precious Yannah Mayor, John-Mel Layno, Aoghn Mienrado Udani, and Christian Paul Rubis.

These student-athletes pridefully represented the institution in various regional and national competitions, each excelling in their respective events.

In an Interview with Ms. Yannah Mayor, one of the scholarship

grantees, expressed her pride in representing the school in the recently concluded Private Schools Athletic Association held last July 2023.

"For me it's an honor to represent our school in the field of sport. may konting pressure lang kasi bitbit ko yung pangalan ng school natin at the same time masaya," Mayor said.

In another interview with Mr. Syrel B. Batta, another scholarship grantee, stated his appreciation for the opportunity to receive a discount.

"Blessings [blessing] po kasi malaking tulong na din [rin] ito sa tuition ko lalo na mahirap kumita ng pera ngayon", Batta said.

"Sana magbigay pa ng more scholarships sa mga student athletes, leaders, and journalists

kasi they deserve it naman as long as it's for the institution," Mr. Jhon-Mel Layno, another scholarship grantee, said in another interview.

In a place where academic and athletic competition intensifies, scholarships stand as a beacon of opportunity, empowering talented individuals and giving them room to pursue their dreams and reach their full potential, and as these five student-athletes embark on this new chapter of their academic and athletic journey, they carry with them the support and encouragement of the entire MCNP-ISAP community.

BETTER DA

 Warren Jay R. Reynon

The Private School Athletic Association (PRISAA) Meet is drawing near and the Medical Colleges of Northern Philippines and the International School of Asia and the Pacific (MCNP-ISAP) Varsity Team will represent the twin mighty institutions at the said event. The team's determination in clinching golds is only one of the key ingredients in ensuring a podium finish. The usual problem always resurfaces and it seems that we always try to pontificate about a missing piece in achieving better days ahead in the realm of sports.

The usual problem always resurfaces and it is the inadequate financial support to the athletes. In the national context, well-known sports personalities like Manny Pacquiao, Hidilyn Diaz, and Efren 'Bata' Reyes strived and somehow managed to climb the ladder to success and glory with little or no support from the government. Sure, they've got the talent and determination, but at some point, didn't they deserve to be funded? Filipinos love romanticizing "from nothing into something" success stories like how they would wait for a messiah to turn water into wine and put him into a pedestal of praise if he succeeds. An amateur boxer from Sarangani province turned into a global boxing superstar. Indeed, a palatable story to chew and to draw inspiration upon. But champs are neither made overnight nor a miracle could turn the odds in their favor. It takes blood, sweat, tears, talent, determination, discipline, and a strong support system.

Moreover, the Philippines has seen too many sports prodigies switch citizenships because they feel they are not getting enough support that they deserve in other words, neglected. We can't blame them, or call them treacherous for doing such. Alex Pagulayan, Wesley So, Jaja Santiago, Yuka Saso, and Maxine Esteban, and the list goes on, all of them felt like their dreams will not be fulfilled if they

continued banner the Philippine flag and decided to seek greener pasture overseas which unsurprisingly turned out to be the best decision.

It made the Philippine sports program a laughing stock as compared to our competitive neighbors. Should the government do nothing to recalibrate,

the list of Filipino prospects would only get longer. It seems like Filipinos are only good at applauding and sending their warmest congratulations. Remember how incentives and recognitions flowed into Diaz's pocket when she won the first Olympic gold for the Philippines? That's too many to mention and the majority of them are from the private sector.



DAYS AHEAD



sports development but recalibration has been put into motion since then.

The previous team in the PRISAA clinched four gold, 30 silver, and 33 bronze medals. An indication that the system is improving and MCNP-ISAP is on its track to regain its glory this upcoming PRISAA. The twin institution also offered scholarship grants to four exceptional student-athletes for the school year 2023-2024. Proving that the institution is serious in improving the status quo. With enough financial support, good sports facilities, and equipment including proper training, student-athletes can excel in their own disciplines.

Back to the national context, the previous victories of Carlos Yulo and Nesthy Petecio in various international contests have shown that with proper and sufficient support, discipline and rigorous training, Filipinos can shine on the world stage.

Hence, the MCNP-ISAP should also ensure that the momentum will not be lost along the way. Romanticizing the hardships and resiliency of our student-athletes is a form of neglect and inaction. Who knows if there will be an MCNP-ISAPian that will dominate the world stage? Will he be proud that he came from Alimannao or dare not to even mention it?

Here is the missing piece. There is a firm belief that with proper and adequate support, we can produce more talented student athletes. Only then that the institution is worthy to these athletes as their own. Who knows if the next global sports phenom or superstar is an MCNP-ISAPian? If we get things right, and maintain the momentum, there are indeed better days ahead in the realm of sports.

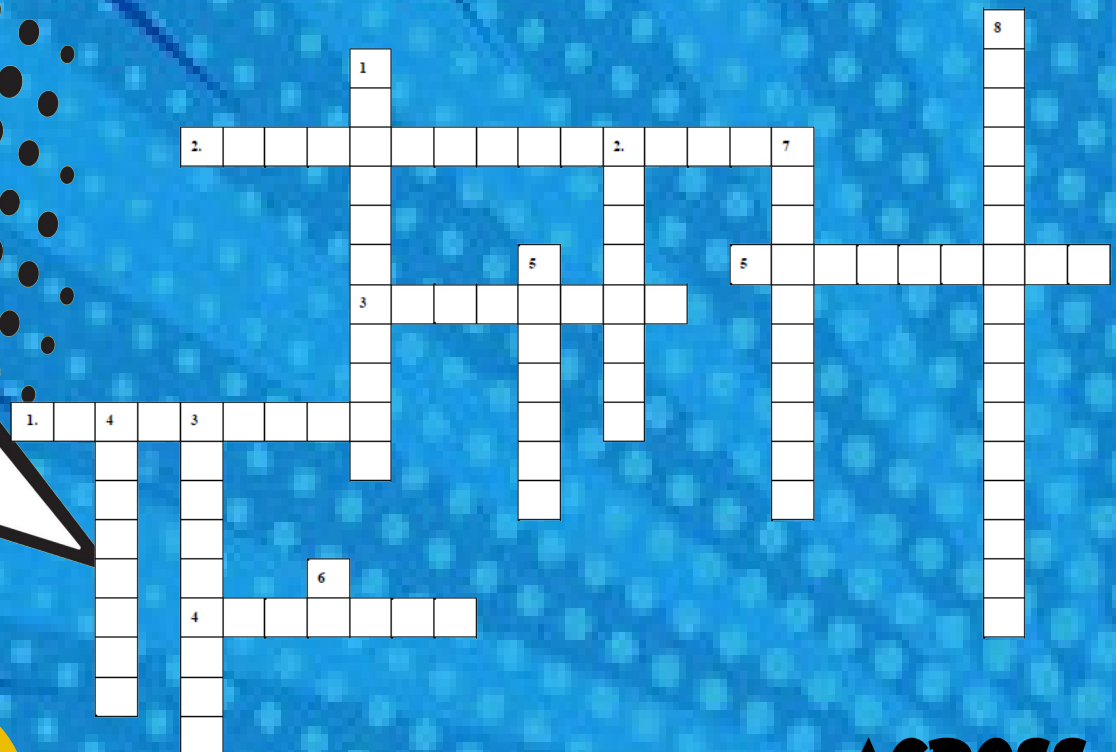
Incentives are just pledges until fulfilled, take the 1996 Olympic silver medalist Onyok Velasco as an example. He was given false promises and only until 2021 that he finally got his dues.

Furthermore, sports competitions can bring people together, uniting them into a single flag, a single banner,

a single chant aimed at a single goal. And that is through to all levels of sports competitions, whether it be international, national, local, collegiate sports, or even at intramurals. The 99-strong MCNP-ISAP student-athletes will attempt to gain supremacy over the other competing schools in the PRISAA. COVID-19 put a strain on the school's

CROSSWORD!

- WORD HUNT:**
1. RADIOLOGIC TECH
 2. NURSING
 3. MEDICAL TECHNOLOGY
 4. MIDWIFERY
 5. PHARMACY
 6. DENTAL TECHNOLOGY
 7. CAREGIVING
 8. PHYSICAL THERAPY
 9. DR. GUZMAN
 10. ISAP
 11. MCNP
 12. ENGINEER
 13. ACCOUNTANCY
 14. BUSINESS
 15. INTEGRITY
 16. ALTRUISM
 17. PATIENCE
 18. INNOVATIVENESS
 19. ADAPTIVENESS
 20. NATIONALISM



DOWN

1. THE MCNP DEVELOPS AND LIVES THE FOLLOWING CORE VALUES, THE DISTINCTIVE TRADEMARKS OF THE SCHOOL'S CULTURE OF EXCELLENCE. WHAT DOES THE N STAND FOR?
2. THE MCNP DEVELOPS AND LIVES THE FOLLOWING CORE VALUES, THE DISTINCTIVE TRADEMARKS OF THE SCHOOL'S CULTURE OF EXCELLENCE. WHAT DOES THE I STAND FOR?
3. THE FOLLOWING CORE VALUES EXHIBITED BY THE FOUNDER SHOULD BE IMBIBED TO ALL MEMBERS OF THE ISAP. WHAT DOES THE I STAND FOR?
4. WHO IS THE FOUNDER OF MCNP ISAP?
5. IT IS A PROFESSION WITHIN THE HEALTHCARE SECTOR FOCUSED ON THE CARE OF INDIVIDUALS, FAMILIES, AND COMMUNITIES SO THEY MAY ATTAIN, MAINTAIN, OR RECOVER OPTIMAL HEALTH AND QUALITY OF LIFE.
6. IT'S A FOUR-YEAR DEGREE PROGRAM THAT EQUIPS STUDENTS WITH THE BASIC ABILITY TO CONCEPTUALIZE, DESIGN AND IMPLEMENT SOFTWARE APPLICATIONS.
7. IS A FOUR-YEAR DEGREE PROGRAM DESIGNED TO PROVIDE STUDENTS WITH THE KNOWLEDGE AND SKILLS IN SOCIAL WORK PRACTICE, SOCIAL WELFARE POLICIES, AND HUMAN WELFARE.
8. IT IS A FOUR-YEAR PROGRAM THAT IS A COMBINATION OF ELECTRICAL ENGINEERING AND COMPUTER SCIENCE.

ACROSS

1. THE MCNP DEVELOPS AND EMBRACES THE FOLLOWING CORE VALUES, THE DISTINCTIVE TRADEMARKS OF THE SCHOOL'S CULTURE OF EXCELLENCE. WHAT DOES THE G STAND FOR?
2. THE MCNP DEVELOPS AND LIVES THE FOLLOWING CORE VALUES, THE DISTINCTIVE TRADEMARKS OF THE SCHOOL'S CULTURE OF EXCELLENCE. WHAT DOES THE T STAND FOR?
3. THE FOLLOWING CORE VALUES EXHIBITED BY THE FOUNDER SHOULD BE IMBIBED TO ALL MEMBERS OF THE ISAP. WHAT DOES THE A STAND FOR?
4. WHO ARE COMPETENT IN DIAGNOSTICS AND THERAPEUTICS AND RESPONSIBLE FOR THE PROVISION OF QUALITY RADIOGRAPHS AND THE USE OF RADIATION, SOUND WAVES, AND MAGNETISM WITHOUT SACRIFICING PATIENT SAFETY AND WELFARE.
5. A HEALTHCARE PROVIDER THAT HELPS PREGNANT PEOPLE WITH PREGNANCY AND CHILDBIRTH.

Napakadiverse talaga ng mundo...
Sa classroom pa lamang ay kita na ang
pagkaka-iba ng bawat isa. Katulad ngayon!



"THE ISKERI"

Kausap nito ang pader at
bumubulong sa hangin. Hindi ka
alam kung nagp-practice para
sa return demonstration namin
mamaya o sadyang may
nakikita lang siyang hindi
namin nakikita.

"THE TANGGAP NA"

Ito naman si advance,
hindi pa nagsisimula ay
alam na agad kung anong
score niya. Iniisip niya
na tuloy kung deserve
niya bang magkape
mamaya sa coffee shop
o hihigop nalang ng kape
sa boarding.



"THE PROCRASTINATOR"

Ito naman 'yong
batak magfocus, may
patakip pa ng tainga
dahil ngayon pa lang
magm-memorize.

"THE LOVEBIRDS"

Siyempre, 'di
mawawala ang
magbebeloves. Pati
sa paghahanda sa
RetDem hindi
mapaghiwalay.



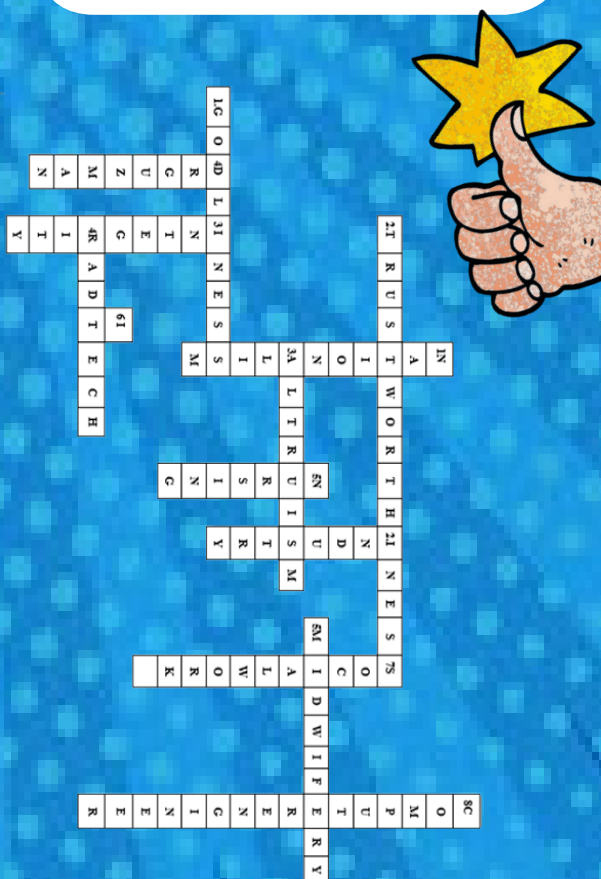
"THE NA-AMNESIA"

Hindi mawawala ang
ganitong kaklase.
Nag-enjoy ito the
whole weekend kasi
hindi niya alam na
may RetDem.

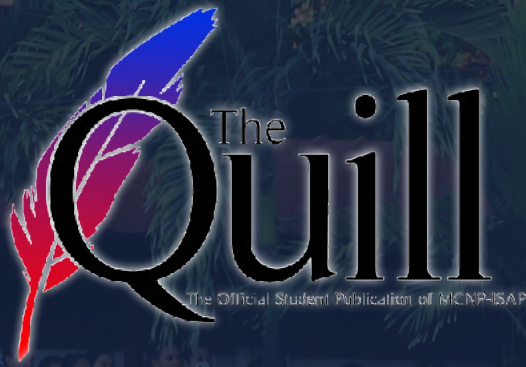
KOMIKS

BY ALTHEA WANA

WORD HUNT



N	P	H	Y	S	I	C	A	L	T	H	E	R	A	P	Y	I	Q	A
A	L	S	M	V	O	P	J	P	H	A	R	M	A	C	Y	N	W	D
T	R	A	L	B	L	U	K	X	P	Q	T	U	I	O	G	N	R	A
I	A	F	G	K	P	O	N	Z	Y	A	K	F	D	T	O	O	I	P
O	D	W	A	T	V	U	H	I	A	Y	T	L	P	N	L	V	O	T
N	I	T	G	H	R	S	J	F	L	K	E	I	N	M	O	A	P	I
A	O	M	E	S	L	H	G	R	T	D	R	S	E	T	N	T	K	V
L	L	C	I	I	N	T	E	G	R	I	T	Y	Y	N	H	I	G	E
I	O	N	W	F	Y	E	U	N	U	S	E	G	C	F	C	V	Y	N
S	G	P	G	F	N	H	S	I	I	S	A	O	N	O	E	E	R	E
M	I	L	T	I	X	A	A	V	S	E	T	T	A	E	T	N	E	S
E	C	M	G	S	B	V	D	I	M	N	G	F	T	P	L	E	F	S
F	T	N	H	A	N	C	F	G	J	I	C	A	C	E	A	S	I	M
H	E	S	D	P	M	U	T	E	H	S	Z	X	C	T	T	S	W	I
J	C	C	I	G	D	T	D	R	G	U	Z	M	A	N	N	N	D	N
L	H	V	T	E	R	L	H	A	F	B	V	G	O	A	E	O	I	O
B	Y	G	O	L	O	N	H	C	E	T	L	A	C	I	D	E	M	P



THE OFFICIAL PUBLICATION OF
MEDICAL COLLEGES OF NORTHERN PHILIPPINES AND
INTERNATIONAL SCHOOL OF ASIA AND THER PACIFIC

EXCELLENTIA NOSTRA CULTURA

VOL. XXIII NO.1 A.Y. 2023-2024 1ST SEMESTER