



Pehm 2nd Quarter Projects

James Wayne P. Atkinson



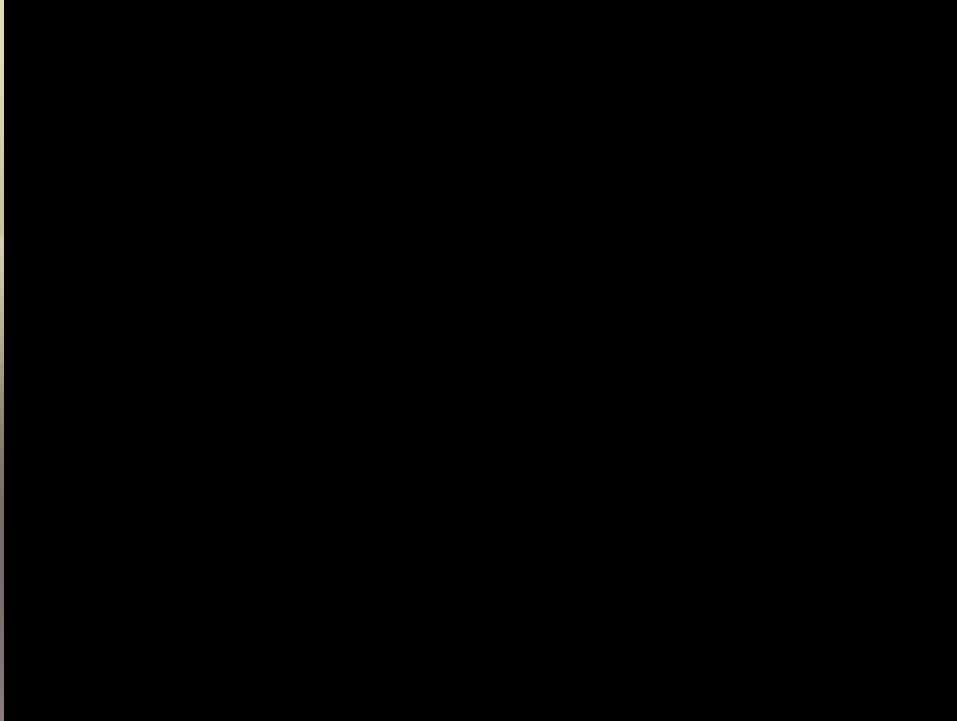


Physical Education



P.E.

Strikes to the temples, the body, and the stomach



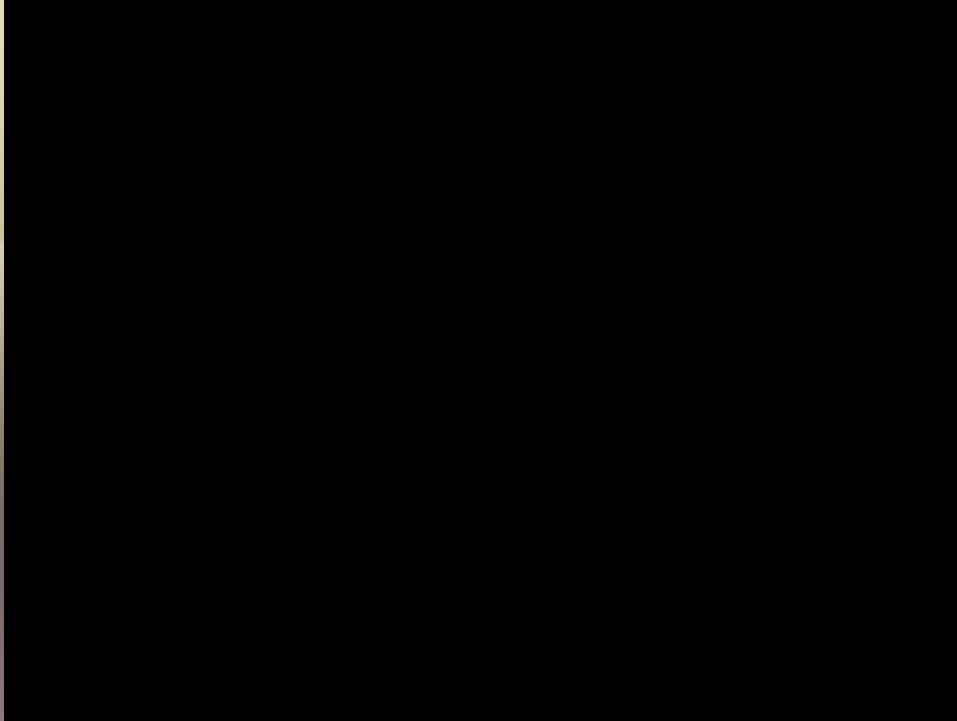
P.E.

Strikes to the chest and legs



P.E.

Strikes to the eyes and the crown





Health





Health



Source: CNN Philippines

Title of article: Valisno bus driver tests positive for methamphetamine

Date: August 13, 2015

On August 12, 2015, George Pacis, a bus driver for Valisno Express, crashed a passenger bus on Quirino Highway while passengers were on board. Because of the crash, 4 of the passengers died and 18 others were injured. After he was arrested, he then tested positive for methamphetamine which might have been a factor to the accident. Because he tested positive for methamphetamine, it's highly believed that one of the main reasons as to why the accident happened was because of George's methamphetamine addiction at the time. This was further evidenced by how the accident actually happened. Some passengers reported that even before the crash, George was actually speeding. This, combined with the fact that he made the dangerous decision to overtake another vehicle at the wrong time, led to him crashing at the concrete boundary marker separating Caloocan and Quezon City at a high speed.





Health



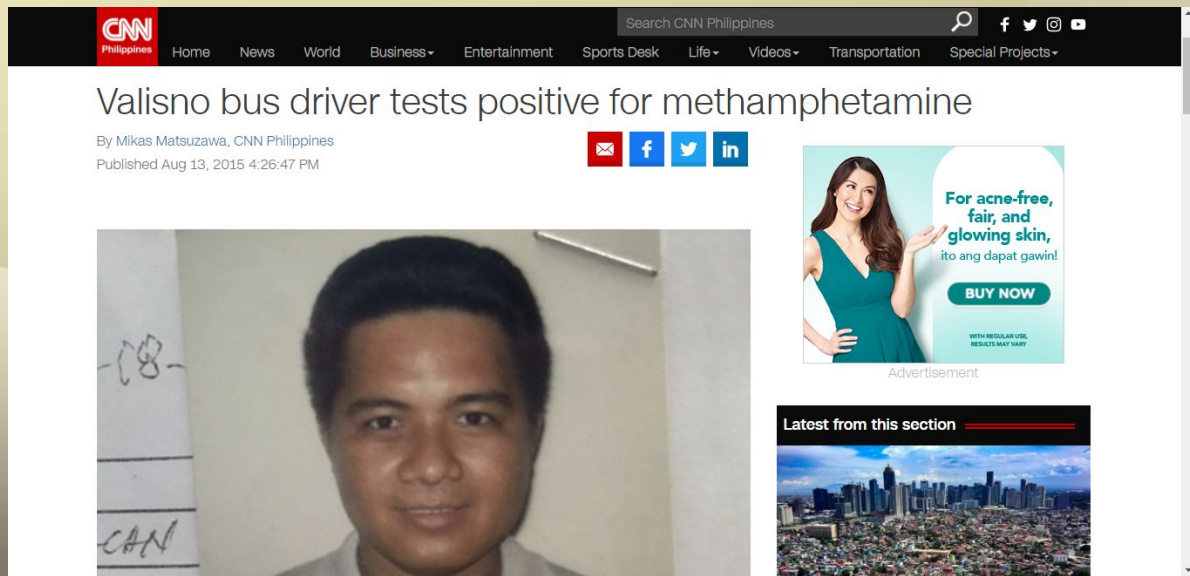
Of course, the article mentioned methamphetamine or “shabu” which is a very addictive stimulant amphetamine drug and is the most widely used and abused amphetamine drug. For the article, it's worth noting that one of the long-term effects that methamphetamine can bring is a violent behavior. This might explain why George was speeding in the first place and why he made the dangerous decision to overtake the vehicle. Since he tested positive for methamphetamine, it's not too far to say that he might have had at least an addiction to methamphetamine at the time. This might also mean that he was starting to feel the long term effects of methamphetamine including a violent behavior. In turn, his violent behavior might have been why he started speeding which led to him crashing the passenger bus.





Health

Photo of the Article



Link to the Article

<https://cnnphilippines.com/metro/2015/08/13/Valisno-bus-driver-tests-positive-for-methamphetamine.html>



Music





Music



Music Elements	Description
Timbre	The vocals of the song actually have a “calm” and “throaty” timbre. Most of the instruments in the song have a “smooth” timbre however, there were also some instruments that sounded “raspy” and “rough”.
Dynamics	In my opinion, the song all together actually has a rather loud dynamic. The vocals definitely had a louder dynamic than the instruments however, the song’s dynamic overall is loud. Also, It’s worth noting that the song actually begins with a crescendo and ends with a decrescendo.
Rhythm	Combined with the tempo of the song, the rhythm of the song is quite melodic despite its simplicity.



Music



Music Elements	Descriptions
Melody	It's not obvious at first however, I could tell that most of the notes were ornamented in some way. Combine the ornamented notes with the melodic rhythm and the melody is very pleasant to hear
Tempo	The song has a fairly slow tempo which gives the song a rather calm and soothing feeling.



Music



The musical elements of the song inform us about Korean culture by directly telling us who Koreans are and what they like. An example of this would be the song's tempo. The slow tempo of the song evokes a calm and meditative feeling which tells us that Koreans give an importance to being calm and collected. The song's tempo also reveals how important breathing is to the Koreans as they intentionally make it so that each note is in synch with your breaths. Another example would be the ornamented notes of the song. It reveals how Koreans give more importance to the ornamentation of their notes than the actual "tune" or, in other words, the actual pitch of the notes. Yet another example would be the timbre of some instruments. Some instruments have a "raspy" and "rough" timbre which reveals how Koreans prefer or, at least, like their instruments to have a "raspy" and "rough" timbre. From these musical elements alone, we can already learn a lot about the Korean people. We can say that they like being in a calm and meditative state and give an importance to it, that they put an importance to breathing during a song because it can further contribute to the song's calm feeling, that they put an importance to attention to detail, and that they sometimes like how rough and raspy a person or an object may sound.

