

SHS enrolment up by 10%, still highest in Capiz

By Mary Esther Beluso

Filamer Christian University (FCU) maintained the highest Senior High School (SHS) enrollees in the whole province of Capiz for the third consecutive year with a recorded total student population of 1,997 students which is 10.45% higher compared to the previous year's 1,808 enrolment in the first semester.

"[The growth is] because of the voucher program of the government, the low top up and of course the quality of education that we offer," Mrs. Sheila Suresca, principal of the Secondary School, share when asked about the reason of the population growth in SHS.

Enrolment for SHS students started in April this year with

a total of 1,008 students from Grade 11 and 989 students from Grade 12, making a huge difference of numbers compared to last year's which covered 1,047 Grade 11 students and 780 Grade 12 students in the first semester as well.

Songs of praises and worship once again resounded at Filamer

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The RELEVANCE | BALANCE | SUBSTANCE HILLSIDE ECHO

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PdP buses to lessen traffic congestion



By Trixy Arsioga

Pueblo de Panay (PdP) bus, a modernized jeep of Department of Transportation (DOTr), started its operation in Roxas City last Aug. 9 with the goal to provide safe and comfortable commute to the public.

Its five fully operational units were put into action with different routes.

PdP red bus is routed from Roxas City Integrated Transport Terminal to Culas and vice versa whereas the PdP green jeeps will traverse from the said terminal up to Brgy. Banica and Brgy. Tanza and vice versa.

With the help of DOTr and Land Transportation Franchising and Regulatory Board (LTFRB), a total of 30 units with two routes will be added this year.

A free fare dry run of the vehicles was ini-

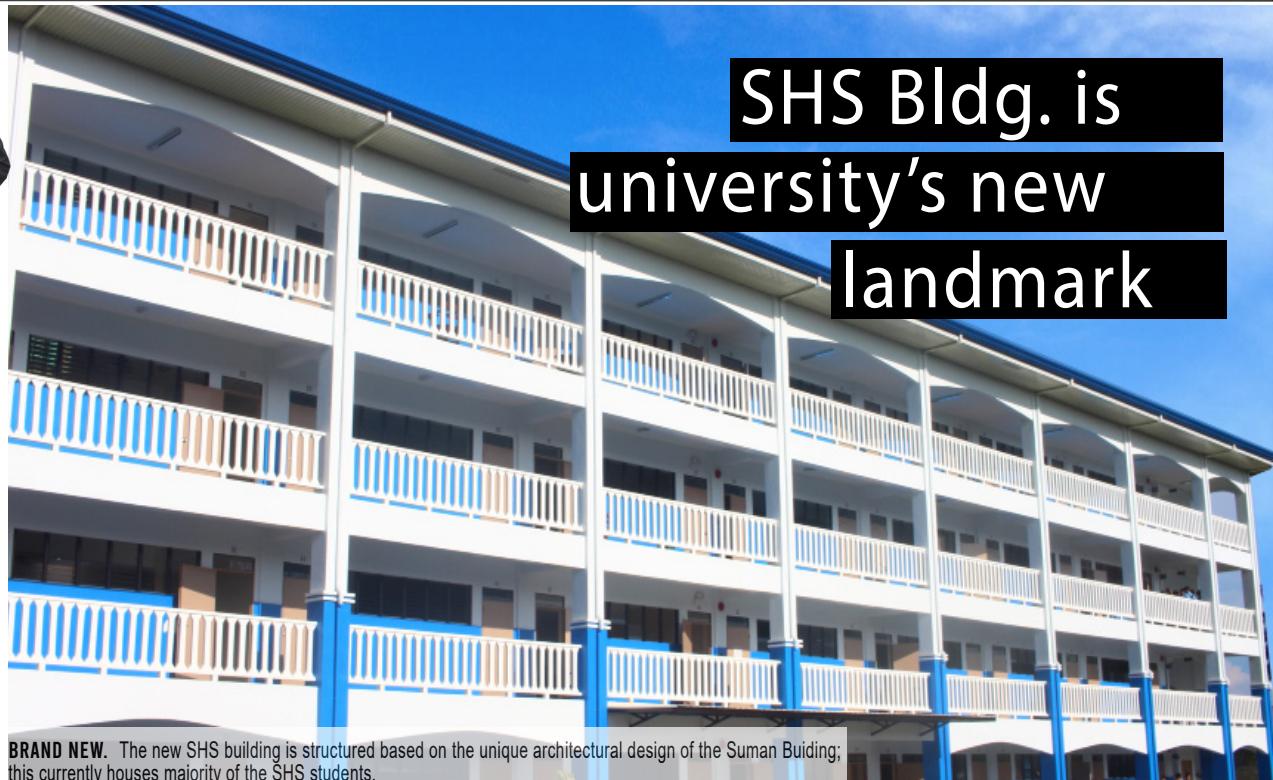
tiated last August 9 until 5pm of the following day.

"We are air-conditioned and we are using beep cards. PdP bus benefits Capiz as a whole," Mrs. Lornie Osorio, Head of the Operator Department, stated.

She also emphasized that PdP buses lessen the city's traffic congestion since the bus are traversing in respective routes which are mainly not directly into the city's main roads.

To clarify things between tricycle drivers, Osorio affirmed that there is no competition between the two transportations since PdP buses have respective courses on their own that is not conflict to those of the tricycles.

The Public Utility Vehicle Modernization Program (PUVMP) was launched by the Department of Transportation of the Philippines in 2017,



SHS Bldg. is
university's new
landmark

BRAND NEW. The new SHS building is structured based on the unique architectural design of the Suman Building; this currently houses majority of the SHS students.

Photo by: Arjay Santie Magcalas

79% of SHS studies occupy new bldg.

By Daphne Balatayo

Almost 1500 out of 1,897 Senior High School students are currently embracing the new four-story SHS Building at Filamer Christian University Annex Campus after it fully opened on the first day of class for the current school year, June 10. Comprising 32 classrooms fully-furnished and equipped with ventilation and lighting, with comfort rooms for each level, the new landmark will be the permanent home of the SHS.

Designed by architect Larry Arbolado, the edifice's exterior is based on the distinct feature of the heritage structures of FCU, the Suman Building, preserving the image of [of FCU]," Mr. Jorgen M. Gregorio, the Vice President for Administration, stated.

The construction of the P75M building started in 2017 and was prepared to accommodate the rising population of FCU this school year. Before it was turned over to faculty and staff of the institution. For the meantime, It was prospecting that the new sections of ABM 12, three sections from Grade 12 STEM and three sections from TVL strand brought comfort to the students, occupy unused classrooms of different college departments.

Students with However, Gregorio remarked that the administration

in a comfortable and conducive classrooms will be taking steps toward providing

interested and motivated to necessary facilities and condu-

tion, and faculty and staff of the establishment could boost the quality of education and could bring comfort to the students, occupy unused classrooms of different college departments.

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Jocson grateful for a 3-peat NSPC journey



Endowed with journalistic abilities and sufficed with inevitable aspiration in writing, Danneal Jocson, former Grade 11 ABM student and writer of Filamer Christian University hoarded excellent achievement as he was qualified in the National Schools Press Conference (NSPC) 2019, Jan. 29.

After clinching 8th place in the Division Schools Press Conference last September 2018 and 2nd place in the Regional Schools Press Conference held at Iloilo last November 28-30, 2018 for the Sports Writing in English, Jocson deliberately gave FCU another score in the NSPC venture of the school.

"Carpe Diem. Seize whatever opportunity you can get your hands on," Jocson stated. Jocson, coached by Roli Keith Aguirre and Jose Erwin Borbon, was not able to seize a spot in the national level which was held in Lingayen, Pangasinan yet still thankful for the opportunity he making it to the 'biggest intellectual' cup in the country.

"Well, finding myself in the national level is already a good experiences and winning might have been a spice, but who needs it when you already did by a 3-peat venture in the NSPC?" he proudly stated.

Prior to his recent achievement, Jocson already represented the region to the

national level two times when he was studying at Maayon National High School for the Editorial and Sports Writing English consecutively. Amidst failure this year's DSPC as a sports writer, still, he brimmed himself with great dedication to test more of his potentials upon trying again and opening new opportunities.

"Not anyone can be consistent and keep the momentum running throughout their lives. As far as I've experienced, even the best falter," he added.

Jocson failed to snatch a spot in this year's DSPC, Jocson believes that he is still the winner when talking about experience.

Filamerians merge for dengue prevention campaign

As issued by the Office of the Vice President for the Academic Affairs, Dr. Minnie P. Chan, a memorandum order dated July 23 was directly promulgated to the different departments as counter-measure to the escalation of dengue cases in the city.

Advised by the University Clinic under the supervision of Dr. Baguio, the memorandum was issued to protect the health of every Filamerian student in the campus.

FCU actively took part in the dengue prevention campaign by permitting female students of the SHS to wear black slacks in replacement for their school uniform skirt whereas female students from Kindergarten to JHS were advised

to wear long socks to cover their exposed leg areas. Moreover, students were allowed to wear their P.E. uniform for the whole day at least once a week as alternative to wearing slacks.

It was in July 12 when Gov. Esteban Contreras issued an executive order declaring a dengue outbreak in the province of Capiz following the 3,673 suspected dengue cases recorded with 15 deaths from January to July this year totaling to a 964.1 percent increase in the cases compared to the same period last year.

Prior to this, Parents Teachers Employees Association (PTEA) and the FCU Health Unit conducted preventive dengue measures in the campus such as misting to safeguard the health of every student within the school premises.



from Page 1 | DADIVAS

Meanwhile, Dadivas is neutral about the issue conversion of agricultural lands to commercial and industrial ones stating that conversions of such are a sign of development, especially when lands converted have become unproductive.

"There is room for expansion, but we have to balance it with the source of our food production," he emphasized.

When it comes to waste disposal, he also stated that he plans on extending the time allotted for collection of trash and considers having additional garbage trucks to increase the number of collections from "Clean-up crews", a term he has come up to call – and plans to validate – the garbage collectors.

"We'll call them 'clean-up crew', kay kung mag-hambal ko nga 'garbage collector' daw kanubo. So we'll rename it because it sounds better and it will also dignify them."

Evening garbage collection was initiated July 10 within the city. Admitting that he has no priority, Dadivas said that all projects are seen equally as all problems in which his projects focus on are valid and rampant in the community. "They are all equally important, and there should be balanced. Indi man pwede nga mag-focus kita sa isa, kay mapabayaan ta ang iban."

He also shared his utmost desire to improve the city's tourism through the implementation of his program the promotion of its people whose response are rooted from the pride they hold in everything that the city can and will offer.

"You can never be proud of your city unless you see it progress. And it takes leadership to do this, it takes discipline and cooperation to achieve this." He also urged the public to be involved in whatever the LGU is engaged into by participating in different programs or projects and by disciplining themselves for the general betterment of the city.

Expressing his insight when asked how he sees the city, three years after his term, he stated his hopes of seeing it become more progressive as he assures to offer a responsive, participative and transparent governance.

In his first 100 days in the office, a lot has been made in the city, such as installation of additional traffic lights, scoring 92.8% in the DILG's road clearing operations after just merely four months in the office, management of the new Regional Evacuation Center, clearing operation from the bridge of the Capiz Bridge to San Roque Bridge for the construction of the city promenade project, and creation of Anti-Suicide Squad

Filamerian slain enemies through CEW

Christine May Osental

Songs of praises and worship once again resounded at Filamer Christian University during its Christian Emphasis Week or CEW with the theme "You Have Slain the Enemy" anchored on the book of Ephesians 6:12 and Zechariah 4:6, Sept. 23-27.

Class sections from different departments were chosen to participate the Jericho Walk with their prepared plaque cards containing verses, in the Opening Salvo as a sign of the opening program for a one week celebration.

With this semester's theme replicated from a famous mobile game, CEW managed to pull good number of audience especially the students.

"It was great hearing words of praises from great speakers which affect us and made us all cried out of realizing the true nature of our 'enemy,'" a SHS student shared. Each department had their fellowship with a fixed schedule and assigned places such as Roblee Hall, University Chapel, FCU Gymnasium, and Auditorium.

Cries of praises, woes of pain and tears from dejected and blessed echoed from these places as they offered songs to glorify Him. "Everyone must be happy and contented," Atty. Pastor Shirlem O. Sy said, one of the CEW Guest Preacher. CEW this semester aimed at influencing and motivating the Filamerian community to turn to Jesus Christ in times of problem and personal struggles.

From Tuesday to Thursday, there were speakers assigned to preach each day in every designated places for fellowship. During the final day of CEW, a victory party was managed and sponsored by Christian organizations for each department. This celebration is one of the university's tradition when it comes to spiritual upbringing for the Filamerian community.

amidst the rising cases of suicide in the province and in the city to which the city responded to 30 cases, desilting and clogging operations of water passageways to minimize road flooding, and launching of Roxas City website, to name a few. "It's the people," he said, when asked what inspired him to run for a position. "I am able, I can do this, I have experience – I can contribute something to Roxas City."

from Page 1 | SHS BUILDING

teachers was also provided.

"The building will ensure quality of education to our students having its comforting features and conducive standards. We are grateful, of course, for it will boost our program and maintaining the quality of education we have here in this institution," Mrs. Suresca, HS Principal, shared.

from Page 1 | ENROLMENT

Each strand in Grade 11 showed consistent increase with Science and Technology, Engineering and Mathematics (STEM) having 383 enrollees; Humanities and Social Sciences (HUMMS) recording 236 students; Accountancy and Business Management (ABM) with 151; and Technical-Vocational-Livelihood (TVL) both Information and Communication Technology (ICT) and Home Economics (HE) had 238 student enrollees.

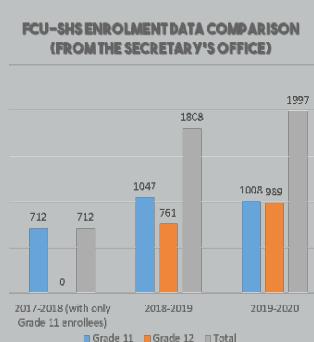
In Grade 12, STEM has 379; HUMMS with 243; ABM recording 157; and combining TVL ICT and HE with 210 enrollees.

"Students and parents believe in the commitment of FCU to excellent relevant quality education in a Christian atmosphere," Mr. Jorgen M. Gregorio, the Vice President for Administration, stated.

With this steady increase in population, the new 4-storey SHS building was utilized during the opening class-

es last June accommodating almost 1,500 students. With high class facilities, WiFi zones air-conditioned library and halls, and the quality of holistic Christian education, FCU tops the choices for SHS among the Junior High School students.

The influx is also caused by the effort of the Mass Media Office in their promotional tours in different schools in Capiz. Upon the opening of SHS in 2017, with only grade 11, FCU listed 712 enrollees. SHS growing population is 30% to the total 6,558 enrollees of the whole university which is also a new record for the school.



NEWS BITS

Operation Tinlo guarantees sanitation

Kervy Cantomayor

Class officers and volunteers of every sections in Senior High School Department flocked to in joining the Oplan Tinlo within SHS classrooms initiated by the FCUSR Senior High School in partnership with the FCU SHS YES-O and Environmental Control Organization (ECO), Sept 18.

Ceiling, walls, windows, whiteboards, and floors were flourished by the SHS students in a half-day general cleaning by which the most cleaned and sanitized classrooms were awarded during the awarding program.

Operation Tinlo has the intention to make the FCU more conducive and safe for learning as prescribed by the Department of Education and school administration.

The event also includes a Trashcan Recycling Contest and representatives of every strand (STEM, HUMSS, ABM, TVL) competes to earn the number one spot for having the most creative recycled trash can.

The event is projected to be implemented monthly to ensure cleanliness of the university.

CAS debaters claim debate champ title anew



College of Arts and Sciences (CAS) regained its dominance in the debate series after its debaters shut down the younger team of Senior High School (SHS) in the battle of mind, logical reasoning and arguments during the final round of the debate series by the FCUSR at the Roblee Hall, Aug. 28.

With the proposition "Let it be resolved that gambling to be regulated by the state", SHS team put up good arguments firing back-to-back strong queries and qualified answers against CAS debaters but failed to shield their affirmative stand as CAS team bombarded them with a more systematic and stronger strategy which convinced the judges to give them the champ title.

Neil Mark Pascual

of the SHS team was awarded as the Best Speaker while Daren Silubrico of CAS team nailed the Best Debater award.

Members of the SHS team are Johuara Marie Falco, Neil Mark Pascual, Arabella Fuentes, Andrea Albertine Aguilada, Mercedes Candelon, and Rica Mae Villarina.

Members of the CAS team are Daren Xyra Silubrico, John Loyd Galleno, Kyla Marteena Detanoy, Jasmine Ped, Rebecca Fernandes, and Nick Andrei Desales.

CAS debaters put an end to its two-year drought in the debate championship as the SHS team never defended its two-year prominence in word-war series on its first and last match against the former.

Proving Filamer shines in different fields

FCU captures supremacy in DSPC anew

Jazmine Ysabel Leal

Clutching 20 individual awards and five championships and one runner up in the group categories, 51 Filamerian writers gave FCU another year of glory in the competition after dominating the conference in the different categories.

FCU proved its prevalence in News Writing as Ma. Jazmine Ysabel landed in the 1st and Andrian Ponce in the 4th place in the English category, while Kaila Marie Cajustin, Renel Fuentes and Angel Nicole Andrade took home the 2nd, 4th and 5th places in the Filipino category, respectively.

"It was unexpected but I am really thankful that I made it to the top this time after years of competing," Leal shared after topping the News Writing English category this year as she won the 10th spot last year.

Shining in Copy reading and Headline Writing were Jannine Xzyra Marfil and Francine Brytz So in the Filipino category claiming the 1st and 2nd places, respectively; for the English category, Melkila Olandesca nabs the 2nd place and Alekzandra Danikah Velasco geared the 3rd place.



Through engaging in campus journalism lectures and on the spot run-over of journalistic writings, Filamerian journalists notched triumph and reigned in the Division Schools Press Conference at Don Ynocencio del Rosario National High School, Sept. 19-20.

Furthermore, completing the winners for the Filipino categories were Johuara Marie Falco and Mary Esther Beluso for the Feature Writing nailing 3rd place and 10th place, respectively; while Daphne Queenever Balatayo landed in the 3rd place and Jesel Caloyloy in 4th place for the Editorial Writing; and, Shigrid Ann Docil and Angel Asabasan clinched the 8th and 9th places in Sports

Writing, respectively.

Meanwhile, for the English category, Chloe Nepomuceno scored 10th place; as John Carl Barredo and Rhitz Bolilan were listed 8th and 10th places in Sports Writing, respectively; Jannah Christine Clores captured 9th place in Photojournalism; and, JB Alaban took home the 2nd place in Editorial Cartooning.

"It's the fruit of their sacrifices. The result dis-

played not just the journalistic side of our students but also the intellectual side of Filamerians," shared Jose Erwin tin, Adorabile Daliva, Leonar Borbon, coach and adviser of Funia, Daphne Queenever Balatayo, and Johuara Marie Falco.

Moreover, for the composed group categories, Online Desk Publishing contests were Desktop Publishing, English devoured by Filamerians as team, comprising Jannah Cristo no team dared challenge Clores, Thea Abbiegail the defending champions; the Dacula, Hannah Mae Arceno, group includes Irizhe Shanyl Trixy Arsioga, Bea Andrea Pascual, John Patrick Jaen, Ja Brillo, Alyssa Jane Zulueta, nine Kyllie Limjuco, Kervy and Samantha Blake Gardiner,

nailed the 1st place anew; as the Filipino team including Shigrid Ann Docil, Jamlyn Newon, Kyla Marie Gregorio, Princess Diane Garcia, Danica Rose Bernal, Noah Gabriel Abajar, and John Loid Buhat, nailed the 2nd place in their category.

FCU's radio broadcasting teams made a comeback this year as it championed both Filipino and English categories. The Filipino team is composed of Queenie Mae Obsiana, Kim Alcazaren, Airyle Benedict Garcia, Jaryl Jay Cordero, Veb Belarmino, Zara Rose Ann Dacles, and Helen Grace Gallaza; while the English team includes Hannah Casiple, Irish Arguelles, Mahalia Mae Umiten, Robert Tryke Castro, Arabela Fuentes, Vea Joy Fuasan, and Kim Deocena, and both teams were coached by Roli Keith Aguirre.

Other coaches were Jessa Cagay, Janir Agam, and L. Marius Alayon.

Winners will represent the Roxas City Division in the forthcoming Division Press Conference on November.

"We are excited and at the same time pressured. But we will do our best to showcase the true Filamerian spirit in the next level," Borbon added.

BYLI embarks on leadership, youth development

By Shigrid Ann Docil



To develop Filipinos in our country including the five volunteers of FCU were gathered having action through holistic leadership development, five Filamerians including a faculty staff, John Ituralde Jr., were among this year's volunteers

The training was at Training of Trainers at STI College, Iloilo, Oct. 4-6, for this year's BYLI Social for Borres Youth Leadership Institute (BYLI) International Social Science Camp.

The team is composed of Allen Bialen, Kaila Ca Justin, Arjay Santie Magcalas, showcased their inner skills in grade 12 HUMSS students and capturing and editing videos. Hannah Mae Arceno, a grade 12 STEM student of FCU.

Forty volunteers coming from different re-

gions in our country including the five volunteers of FCU were gathered having one goal to serve the youth and inspire people to develop leadership skills toward the betterment of the country.

The training was launched in the preparation for the camp to be held on Oct. 25-29 in Cebu City, different schools all over the na-

their abilities not just with writing with their pens and paper also with their desire to document the events by manipulating their cameras, to inform and inspire others with their inked remarks.

"We weren't only oriented or trained with our duties and responsibilities prior to the camp but we were also able to build long-lasting friendship which it [the experience] even unforgettable," Mr. Ituralde shared.

Furthermore, the team are now prepared for the upcoming BYLI Social Science Camp, packing their knowledge and expertise garnered in the training.

CYC prexy to leave post after 2 years

Kervy Cantomayor

With a good track record in her two-year career as the president of Chapter Youth Council of Red Cross - Capiz, Janine Limjuco is set to leave her post on December having accomplished and achieved milestones in her leadership.

A Grade 12 Humanities and Social Sciences student of FCU, Limjuco started her career as a member of Red Cross Youth through the influence of her friends to join the annual camp at school during her 9th grade at the age of 16, without expecting that the camp would ignite her interest for volunteering.

"I literally had no experience when it comes to the responsibility of a chapter youth Council member. Let alone be the president in merely 2 years of volunteering in Red Cross youth, not only I was the president of the whole RCY in Capiz, I am also one of the board of directors of the Philippine Red Cross - Capiz chapter," Limjuco said.

Since Philippine Red Cross consists of 10% paid staff and the 90% are pure workforce volunteers, according to her, the biggest lesson she had learned on being a leader is to being patient in volunteering.

"In order to maintain the harmonious relationship among the members of the organization, we should value respect each other. The volunteers are not paid so you don't have the right to degrade them. And also gratitude, be grateful to the things that a volunteer has done because their services are free and a simple act of gratitude will make their day," she added.

According to Limjuco, she oftentimes skip

school to attend board meetings, seminars, and camping without sacrificing her academics since it is important for her to manage her time both as a student and as leader.

"My strength is knowing that you are a part of a humanitarian movement and

achievements to all of you. Until our next journey in volunteering. My experience in my presidency in RYC was full of surprises as it was full of unfortunate events. But my experience in Red Cross molded me to become who I am today. It made me 10 times better," she proudly said.

Limjuco, a Filamerian since her kindergarten, initiated programs such as Pledge 25 where volunteers donate blood every three months and organizing annual provincial camps to train young volunteers.

"The lesson that I learned is that you don't have to be perfect to become a good student leader, a good student leader makes room for errors for it will provide you learnings, knowledge is power," she proudly said.

Limjuco is auspicious that the next person to assume her post will likely continue



Roxas City acquires new evac center, to house 33 families



Approximately 33 families can house the newly-furnished, two-story Regional Evacuation Center (REC) building located at the Hortus Botanicus, Milibili, Roxas City as it is now fully-operational. PWD-friendly as there are ramps in the entrance and sides of the building to accommodate persons with disabilities and is gender-sensitive edifice.

Following its formal inauguration and turn-over ceremony persons with disabilities and is to the city government, led by City Mayor Ronnie Dadivas, It has toilets, only for times of the tragedy took place on September 25 buildings, pump room, generator room, laundry and can be a multi-purpose hall (OCD), spearheaded by the Regional Director Jose Roberto materials recovery facility. He urged the community and management of REC also has an in-sentative Engr. Oliver Zamora, firmary building for injured the center to safeguard and DSWD representative Luna evacuees, pharmacy, offices maintain the facility and Moscoso, DOH-CHD representative for Disaster Risk reduction to consider it as their own.

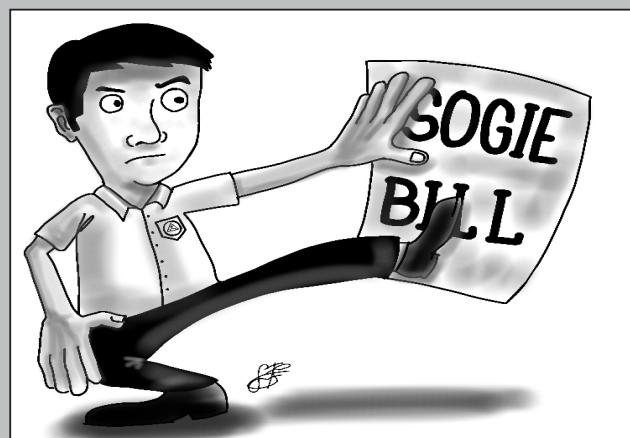
SOGIE is unwanted by Filamerians

74% studies disaffirm bill

Filamerians SHS students voiced out their objection to the Sexual Orientation, Gender Identity and Expression (SOGIE) bill with 74% saying 'NO' through a survey conducted by The Hillside Echo-Senior (THES), Oct. 10.

With the goal to unmask the views and stand of Filamerians on SOGIE bill, 100 respondents were inquired during the survey to which they were divided based on their sex and grade level; 50 males from both Grades 11 and 12 and 50 females also from both Grades 11 and 12.

Upon the entrance of the bill in the legislative department, it was questioned by the legislators in several sessions and received backlashes from the majority of Filipinos especially in social media including Filamerians.



According to one respondent, the bill is irrelevant and demanding as it seeks to give the LGBTQ+ community utmost freedom which could somehow be too much if the bill becomes a law.

"SOGIE with its good intention to end gender-based discrimination is somehow with substance in our society especially that discrimination is palpable," said one respondent who affirmed the bill.

Meanwhile, only 26 asserted full awareness of the bill while the rest were less

City Mayor Dadivas and the city government is pleased and thankful to the OCD as the city now has a facility to accommodate evacuees and not just rely on school facilities in times of calamities.

Four more regional evacuation centers are to be turned over to the LGUs of San Miguel in Iloilo, Nueva Valencia in Guimaras, Bacolod City and Sagay City both in Negros Occidental. Dadivas also proposed that another regional evacuation center should be made to accommodate people from the Libas Fishing Port and nearby barangays in times of ungrateful events such as fire incidents.

informed about its contention. "Most of our students are misinformed, unaware or unconscious about the bill which led them to not be firm with their stands on the issue. They usually believe what they see on the social media without probing on the real deal of the bill," Mr. Jose Erwin Borbon, adviser of THES and a SHS teacher, lamented.

In addition to this, majority of the teachers from the SHS also posed disapproval of the bill.

"It's unwanted. There are more necessary programs that needed public attention rather than the SOGIE bill which is expected to be scraped off the grid," Ms. Jessa Cagay, adviser of THES shared.

Authored by Rep. Emmeline Aglipay-Villar, Rep. Kaka Bag-o and Rep. Geraldine Roman, the bill intends to prevent various economic and public accommodation-related acts of discrimination against people based on their sexual orientation, gender identity or expression

City traffic lights operations halted for maintenance

byline



A year after its dry-run, the operation of Traffic lights in Roxas City was temporarily stopped to address issues concerning its operation.

City traffic lights cost P22 million, stated during the turn-over ceremony last June 18, 2019, by the Roxas City Government and some of which are being repaired and additional traffic lights are being installed in major roads to improve the operating system of the said project.

Professedly, City Mayor Ronnie Dadivas did not deny that traffic lights resulted in traffics instead of being a solution because of the 70-80 second go and stop scheme which is only applicable to an area with heavy traffic like Manila that's why its operation was temporarily stopped to solve certain problems.

Synchronization of the traffic lights along the main streets has started which is expected to ensure better flow of traffic.

Roxas City scores high in road clearing

byline



Department of Interior and Local Government (DILG) scored a High Compliance rating of 92.86% to Roxas City in its effort on road clearing operation as stipulated in DILG Memorandum Circular 121.

A spontaneous flow of traffic in major roads were observed after the rigid implementation of the order which included the roads Teodoro Arcenas Trade Cenater and Burgos Street.

Roxas City Environment Sanitation Enforcement Team was formed to remove the clogging of traffic through unorganized parking and vendors illegally blocking the roads. With the support of the Traffic Management Unit, DILG, City Engineer's Office and the PNP, roads were cleared within the scope of one month and was consistently maintained for the comfort of the public.

Capiz-Masbate route is now accessible

byline



Establishing prominent quality of transportation and to avoid plagued portage, a new shipping boat set sail last October 6 from Calumpang Port, Balud, Masbate to Culasi Port, Roxas City, Capiz.

The aforementioned boat is the AquaMaster Ferry which will be the main water transport vehicle between the two points.

Designated date for sailing from Masbate to Capiz will be every Sunday and Wednesday along its departure time of 9 a.m. and arrival time of 12 noon.

Meanwhile, Capiz to Masbate trips is set every Monday and Thursday with the same departure and arrival time. Shipping fare will be 300 pesos with 20% discount will be given to students, PWDs and Senior Citizens. This arising progression will benefit not only travelling passengers but also students and tourists once the trip is established.

'I am not against research' - Sen. Villar

"Baliw na baliw kayo sa research. Aanhin niyo ba yung research?"

[You are crazy over research. What will you do with that?]

These are the words written on the face of Senator Cynthia Villar, Senate committee chair on Agriculture and Food, Agrarian and Reform and environmental and Natural Resources during the budget hearing of Department of Agriculture, Oct. 10.

Villar ranted during the hearing as she reviewed the DA's budget for 2020 and found out that 160M is allocated for research which she thought was too much.

"I'm a smart person, but I don't understand your research. How will this benefit farmers," she added.

Upon this remarks from a public servant, numerous backfires and opinions ravaged in from activists, scientists and students whom pour out their well-being and soul for conducting different studies that benefit the country and the agricultural sector.

According to Paul Rigor, a youth leader and advocate of sustainable development goals,

"Senator Villar cannot see the importance of well-funded research, then I guess she should first know the basics of science, technology, development, and advancement. It is not only about providing seeds and machinery to farmers; it is about developing better technology, giving them better seeds and modern machinery."

As can be seen, Agricultural research is a driver of competitiveness to meet the global needs of food, feeds, fiber on a sustainable basis and to effectively supply innovated agricultural based needs.

"The agricultural re-



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"The agricultural re-

search will come into handy in the future if issues connected to it arise because we may apply its result in the end since agriculture is the main source of our food," Velsie Faye Falco, a concerned student of Grade 11-Archimedes said

In line with this, researches allowed scientists to explore and discover plant variants that could be pest or flood resistant since Philippines is prone to yearly typhoons caused by the climate change according to a recent united nations report.

With the help of research, plants will be expanded to distinct alternatives whereas it becomes flexible to natural phenomena.

Along with these

rampant issues plaguing the Senator, Cynthia Villar clarified that she was "not against research" after drawing flak over the weekend for criticizing the Department of Agriculture's (DA) budget.

Amidst this, Rob Julian M. Maghinang of the Polytechnic University of the Philippines Manila stated in his opinion article, "You [Sen. Villar] are one of the country's best entrepreneurs; a powerful woman behind the success of one of the richest men in the country. I am confident that you know the significance of research and early innovation in an industry's success, as smart a woman as you claim to be."

Meanwhile, Sen. Villar emphasized that she was not against research but she was worried for there was no application of [these] researches in the DA and farmers need more budget than researches.

SHS teacher represents PH in int'l convention



ECO warriors introduced, to act as environment 'police'



Pollution, no more! With the goal to eradicate the pollution within the university because of its rising population, Pollution Environmental Control Office (ECO) was organized as per compliance to Department of Environment's order upon its evaluation of the university in July.

Dubbed as the, ECO-Warriors, members of the organization was introduced and trained led by Zian Harvey Que as the President during ECO Camp with the theme "Empowering the Youth through Environment-

tal Regeneration and Protection" last September 27 while Mr. Rem Ephraim Palabrica was chosen by the university admin to take in charge of the promulgation of the organization and its mission.

Seeking long term and long-distance environmental problem solutions, the ECO Warriors elected officers and volunteers, are obliged to discipline and control the students and faculty staff in terms of proper waste disposal, monitoring of the cleanliness of the university, and to be the guardian of the institution in terms of pollution.

In compliance to RA 9003 or known as The Ecological Waste Management Act of 2000:DAO 2001-34, The Implementing Rules and Regulations (IRR), The Revised Guidelines, and Penal Provisions for "University ko, Tinluan ko" has been modified by the organization.

In the program, polluters will be required to pay the penalty if caught violating any rules of the program to which the collected money shall be deposited in the cashier and will be used for future projects and other expenses to maintain the cleanliness and orderliness of the school.

To further elucidate its commitment to the environment, ECO joined several environmental movements such as the international coastal clean-up day 2019, alongside with this the Red Cross Youth (RCY).

SPECIAL REPORT GOVERNMENT SCHOLARS: REST ASSURED OR LEFT UNSURE?

Governor Estebanous generation?" Contreras said. Evan Contreras publicly announced that the scholarship on the initial information program of the provincial gathered by the governor, government will continue to the fund for the scholar-help current and future scholarship program has depleted. Despite of the scholars despite of having it temporarily stopped, October 14. fession of Contreras, he told

According to Contreras, continuing the scholarship program of the former fortunate students but in administration is depended traction, scholars of the previous Sangguniang Panlalawigan which has a great role in 5,000 students will be deducted helping to start up a fund for since current government no-the program since it is the legislative body of the province. the process for qualification.

"My will of helping those who are in need is there, has been discovered that the pre-but the question is, where will vious administration has a fund I get enough fund to cater a costing 11 million pesos and numerous number of scholars that 9 million pesos has been who was promised by the previ-

semester in school year 2018. and this can probably cause the

With an amount of 2 million pesos left as a fund program to take off. The truth is, Gov. Contreras is only affirming and confirming that the big still needs to maximize the scholarship program of the pre-fund by adding 3 million pesos vious administration has depleted through supplemental budget. ed," Atty. Ferdinand Elbert Jo-

"Regarding to the milla, public information officer fund we have right now, we are of provincial government, said not able to cater this numerous number of scholars, even Gov. Roxas on Aug. 24. Contreras said that it is a bit

Due to the contro-hard. But let me confirm, there

is a perception from other news of year 2019-2020 got worried about their studies when agencies that the current administration and Gov. Nonoy Contreras is putting an end to the scholarship program of the pro-

current status of their scholarship under the Aksyon-Agad that a school must not prohibit scholarship program of the their students in taking examinations due to unpaid tuition.

Students were recognized as scholars from the Filamer Christian University (FCU) and Hercor College which directly interrogated the Contreras and Monares.

Scholars were asking if the provincial government can still give them a quantity of financial aid as payment for their tuition fees so that they can finally take their final examination for the first semester.

According to Monares, the government is planning to send letters to the school of every scholars as the provincial government a reminder, referring to the has not lended any mon-

ey yet for the said scholars.

EDITORIAL

Prejudice to Journalists

Rather than recognized, students journalists are stigmatized as pupils with good English skills – and more often than not, nothing more – treating with disregard the fact that journalism is more than just having good grammar, forgetting that journalism is more than just writing.

Journalists work hard despite the struggles with expectations, critiques, writer's block and deadlines – they sacrifice time, exert effort, and take risks – writing to stay informed and to inform, raising their voices for those who can't and those who prefer to listen.

Journalism isn't just an extracurricular activity, publications aren't just plain organizations. Those who involve themselves in such have to work with the truth, weigh down probabilities, and stay firm as they often dwell with people who lack consideration for their work ethic, and comprehension for their published works.

Student journalists are capable of writing inclusive articles. Student journalists are capable of making unbiased editorials. Student journalists are capable of taking vivid pictures. Student journalists are capable, a long as they are supported and invested in.

What the public lacks is the understanding for the untiring and substantial work of student journalists in and for their communities. And if so continues, then not only did we fail to listen but also kill journalism for failing those who kept it alive.



Appointment or disappointment?

Overseas Filipino Workers (OFW) play a significant role in our country's economy and revenue as their monetary activities particularly remittances are considered to be the strong pillars of the economy.

Truly, our government owes our sound economic growth to our brave heroes who worked offshore. In turn, they should be provided with benefits that ensures their social security and protects their right for employment. Supervising and making sure that such mandate is well-observed is indeed a

crucial task. The question is, why would the government entrust this duty to someone who doesn't possess enough political and legal background and is involved in numerous anomalies particularly fake news?

On a news article posted by Manila Times last October 4, it stated that a group of OFWs in Hong Kong found the appointment of former Communications Assistant Secretary Esther Margaux "Mocha" Uson to the Overseas Worker Welfare Administration (OWWA) "unacceptable".

'OWWA is an attached agency of the Depart-

a lot of feedbacks mostly negative ones as Uson's previous experiences in public service isn't really that outstanding.

She had been a member of the Movie and Television Review and Classification Board (MTRCB) back in January 2017 and some four months later, she was named presidential communications assistant secretary. Her performance in the span of her service was cataclysmic as per manifested by her involvement in certain controversies. She had been accused of spreading misleading information or "fake news" as shown by her posts on social media and blogs.

Moreover, a netizen also called her out for citing "Article 263" of the Constitution which states that a tax-evading company will pay ten times the amount once they settle in the court. We know for a fact that the Constitution is only until Article XVIII.

The appointment of Mocha Uson as the Deputy Executive Secretary Director of the OWWA was signed by President Rodrigo Duterte on September 23 and it earned

of sufficient legal knowledge and terminologies. Aside from such, she had also participated and promoted a jingle and dance about federalism that were slammed as lewd by many government officials, lawmakers, and federalism supporters, even Duterte allies.

These aforementioned controversies led the public to somehow lose their trust with Uson and now that she had been recently appointed into position again, how can the government guarantee that she will embody the mandate of OWWA?

I have read a certain tweet on twitter which says that it's ironic how our country carefully chooses the new Darna but is tactless in choosing government official. It is true that anybody can lead as long as their flame of passion is burning but we can't also deny the fact that not everyone

is capable. Certainly, not everyone is qualified.

I am against Mocha Uson's appointment not merely because she is a "dancer" as what the public dubbed, but because of the fact that she still has a lot to know and improve in order to be a well-efficient government employee.

There are others who are more deserving and certainly well-experienced to be qualified for the spot so why give it to someone who have just sprouted in the vast field

Staff box



It's not just about the restroom

People tend to complain as they perceive that the task at hand can only be two things. Impossible and tiring. In a student's perspective, teachers are those who hold the lamp to light

that goes along with it. A mindful count to those who curse their 7am classes plus additional paper works and excruciating performances to be followed afterwards.

Basically, all they do is count their hardships and criticize teachers who are responsible for their lack of sleep, unmotivated spirit and dull lifestyle. To add salt to the injury, they not only scorn silently but with the use of internet and technology, they have not only insulted a specific human but the majority of the profession.

My, my. I fail to comprehend their logics. As a student myself, I admit that there are tall walls at school that I find it hard to climb upon. Yes, there are struggles, hard times and moments of giving up but that's how it is supposed to be. Be-

cause we are students. BECAUSE YOU ARE A STUDENT. Will complaining lessen your burden? Lessen your pain? Lessen your works? No! It will only give you temporary satisfaction that you have, at least for once, spoken for your sake.

I am not banning you from complaining but only advising you to minimize it. Do you really have to broadcast your hate towards your teacher online? Is it that entertaining to see your adviser's face attach to a meme?

Mind you, teachers are human too. They get hungry, they get sleepy, they get tired and they get hurt too. If you think you're unlucky enough because you have to get up at 5 just to be on time for your 7am class then, rejoice! Your teacher is still up till the time you're about to eat break-



Pressure or leisure?

Its been a habitual part of our school life on where homeworks takes place and varies as our daily task. Homeworks were said to be our comfort zone whenever classes are done and letting our minds to get more information as we needed and to be generalized as well. But isn't it too excessive sometimes on seeing students were controlled by the education system and couldn't often focus on their social lives?

One of the most exclusive issues these days is about the proposed bill: the "No Homework" Policy. Three separate bills were proposed, two from the Congress and one from the Senate. Senator Grace Poe filed the Senate Bill 966, banning teachers to give homework or assignments to students on weekends and will be applied on both public and private schools. It was

further supported by countless lawmakers and House of representatives, and even welcomed by the Department of Education themselves.

Students need a break from a 10 to 12-hour of school time, not mentioning, it also covers the five days in a week. Most students couldn't even rest from doing massive schoolworks or projects, also, doesn't have enough time to spend it with their families and forbidden to try a new adventure to discover or explore new ideas. Not only students are affected, but also the teachers and educators which can add more stress on their daily duties, checking countless of papers and tasks.

Contributing to a good mental health and making the foundation of social skills even more stronger, are examples of positive effects to our dear students. Students in Finland often tops on the global education charts and metrics. They weren't given homework for years, making it as one of top countries who have the most successful



TRICERATOPS

Bea Andrea Brillo

It's not just about the restroom

I never fully realized that we humans just love putting a label on things until I had to write this article. Dolls are for girls, cars are for boys, the like has been continuously engraved in our brains since we were kids. But we've been breaking all sorts of stereotypes since the start of 21st Century, and most—if not all—were supportive of these changes. But there are just some things that people strongly refuse to be open-minded about.

Restrooms have always been an issue when it comes to the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community. It has always been up in the air whether schools or work places should provide a separate restroom for those who are members of LGBTQ+. Recently, a transgender woman named Gretchen Custodio Diez was illegally arrested after being prevented by a janitress from using the women's restroom in a Cubao mall in Quezon City.

This caused quite an uproar in the social media, resulting to lawmakers being pressured to pursue the anti-discrimination bill. Yet the amount of people that support this bill is just as plenty as the people who are against it. "Sexual orientation, that is subjective.

Gender identity, that is subjective versus later on rights that come from facts...

So there is a contest here of facts and feelings. We are very concerned that under SOGIE(-Sexual Orientation and Gender Identification or Expression) bill, facts will be defeated by feelings," Atty. Lyndon Caña of the Coalition of Concerned Families of the Philippines (CCFP) said during the Senate hearing on the SOGIE bill.

I don't really believe

that having a gender identity

is wrong, despite my parents'

strong Christian upbringing.

I am confident enough to declare

that I am decently knowledgeable

of the opinions of both

sides and can empathize with

the personal views of multiple

perspectives. No, I do not sup-

port the SOGIE Bill, but using

Caña's words as reference, not

supporting the implementation

of this bill does not mean

I hate the LGBTQ+ commu-

nity. Yet, if I had to choose, I

would still be hesitant about

which party I would ally with

when it comes to it. I have

friends that are dear to me and

are in the LGBTQ+ community.

Does this mean I should openly show my support for them?

But my mind would instantly

shy away from the thought be-

cause of the fact that my parents

would definitely disapprove

of such promotional actions.

My "personal opin-

ion" is often just a tug-of-war

between the beliefs I was raised

with and the beliefs I have ac-

cumulated until now. But one



Honor or Horror

By: Jannah Christine Clores

If what leads the ties. Men are willing to suffer traditional ceremonies into an way to the path of life-time through hazing rituals. For they organization. Initiation may brotherhood include fatal initiations, is it worth living unbreakable bond will form. Through the pain if you can't survive for the privilege?

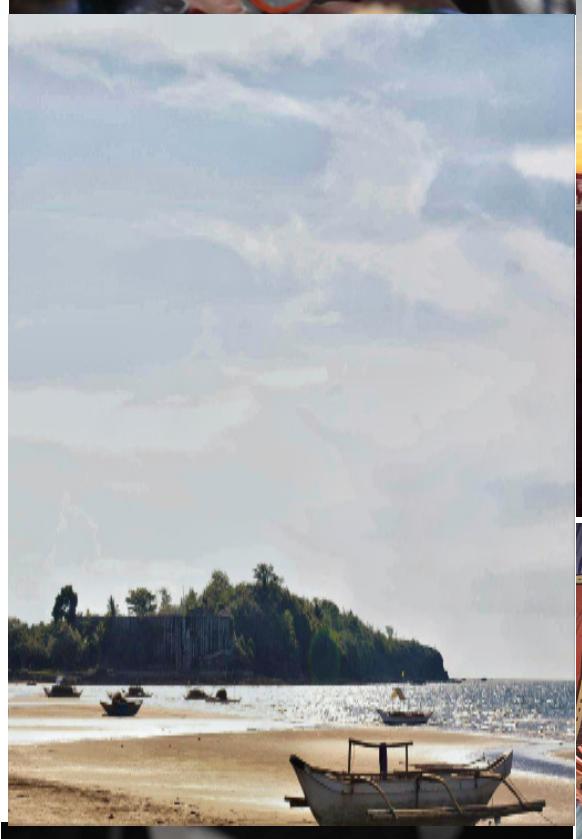
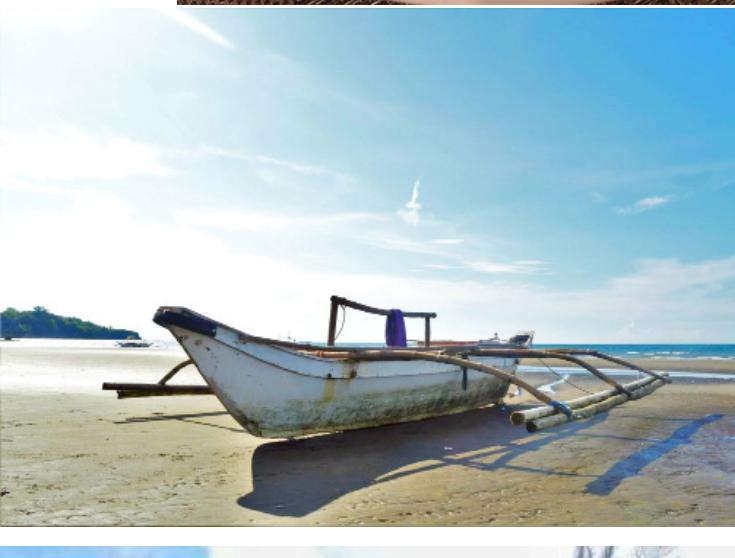
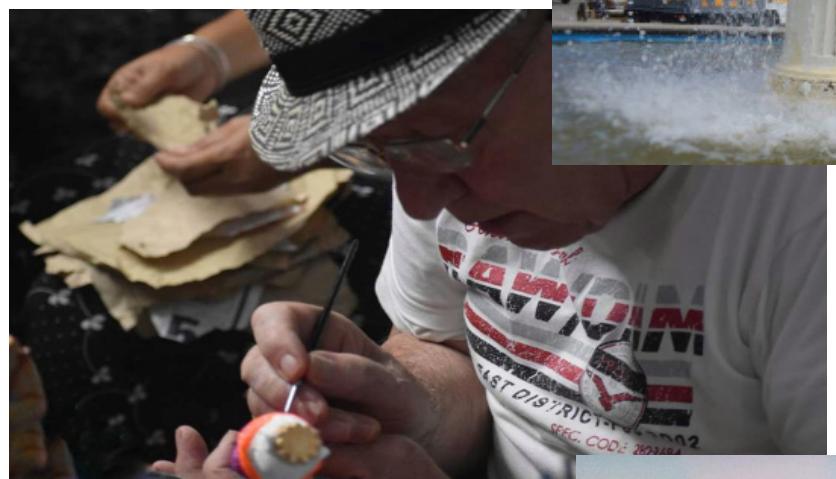
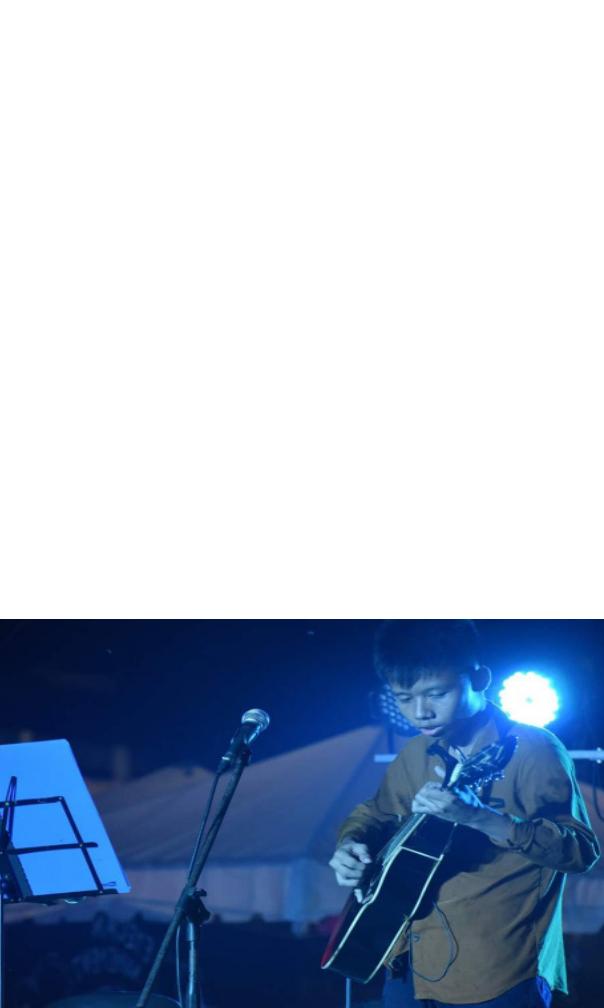
Fraternities nowadays seem to confine their beatings into parts of the body that are covered by clothing. The irony is that in trying to conceal the abuse, the beating is inflicted on more vulnerable parts of the body, the more dangerous it gets. It is interesting that later on in life, in return, one hazing is considered synonymous to initiation. However, it accepts the ethos of the circle.

Hazing has become is technically different from mane initiations, why not a byword that is distinctly associated with fraternities. Initiation is the formal admission through some that have a quality of solemn-

it, initiations are not bad. It serves as a tie which binds members together to establish a stronger group identity and conformity among each other. Instead of inhuma-



Sovereignty is one of the greatest present granted to us which was strengthened by the pillars of the Philippine Constitution. Freedom should go along with courage- the courage to stand up and speak for what is right. Article 3, Section 4 of the Philippine Constitution says, "No law shall be passed abridging the freedom of speech, of expression, or of the press, or the right of the people peaceably to assemble and petition the government for redress of grievances." Even when we are deprived with the voice to reach out our thoughts, we can still manifest our undying courage for our advocacy. With keen eyes and sharp ears, we can be well-informed of the social issues that enslaved humankind. The choice is in us if we are going to stand up or just sit there and let injustice devour mankind. We are free to choose, but I hope it's a better one because the best decision, is standing and fighting for what is right. The best decision is to act and the best time to act, is now!



Vaping: Is it harmful or not?

Vaping has introduced nicotine, flavoring and other chemicals and metals, but not tobacco, during the popularity rise of the e-cigarettes, Some e-liquids have the chemical which were presented to the public responsible for most of marijuana in the U.S. in 2007. Vaping is the act of inhaling and exhaling the aerosol, synthetic drugs, instead of nicotine, often referred to as vapor, which is produced by e-cigarettes or similar devices. E-cigarettes do not produce tobacco smoke, but rather than aerosol, often mistaken for water vapor, that actually consist of fine particles. Most of these particles contain varying amounts of toxic chemicals. Both regular cigarettes and e-cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. The e-liquid in vaporizer products usually contains a propylene glycol or vegetable glycerin-based liquid with

harmful than the traditional tobacco that's why, among youths, vaping is more popular than smoking. Vape cartridges are often formulated with flavorings and scents such as apple pie, mint, pineapple, strawberry, chocolate, watermelon,

etc. that appeal to young users. Nicotine brought by vaping is highly addictive and can irritate the lungs, may cause of cancer that can lead to death, and affect the brain development. Aside from the health-related effects, vaping can also be cause of extension of expense because maintaining of the e-cigarette can cost a lot of money, and vaping can also be a poison to the environment because the vapor is not made of water, instead it contains harmful chemicals and very fine particles that are exhaled to the environment. E-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. Quit vaping and start a healthy lifestyle for a healthy future that awaits you.



Explore

Basiao: Abundant Sea, Astonishing Scenery

Hannah Mae Arceno and Arjay Santie Magcalas

Seeking for relaxation? Yearning for some beautiful views? Seafood cravings? Basiao is a perfect haven for you to go. Basiao is no stranger to Capizenos. It will surely come across to everyone's mind when talking about the popular beaches in the Province of Capiz.

The coastal community of Basiao in the Municipality of Ivisan, boast of its crystal clear water, white powder-like sand bar, ash colored shoreline, island-hopping adventure with its beautiful ambiance, fresh air, and stunning views and pretty much boundless supply of marine produce that make it all more alluring to both locals and tourists.

How to reach Basiao? If you're taking the jeep from Roxas or the bus from Iloilo, drop by in Ivisan town proper and catch a jeep to Brgy. Basiao. You can also negotiate with tricycle drivers so you'll have your own private service.

Various resorts such as RBM resort, Patio Beach Resort, Patria Beach Resort and etc offers beautiful cottages all day with eye-catching scenery, in which you can see the paradise-like haven of different

rocks and islets where sunrise and sunset can be seen clearly.

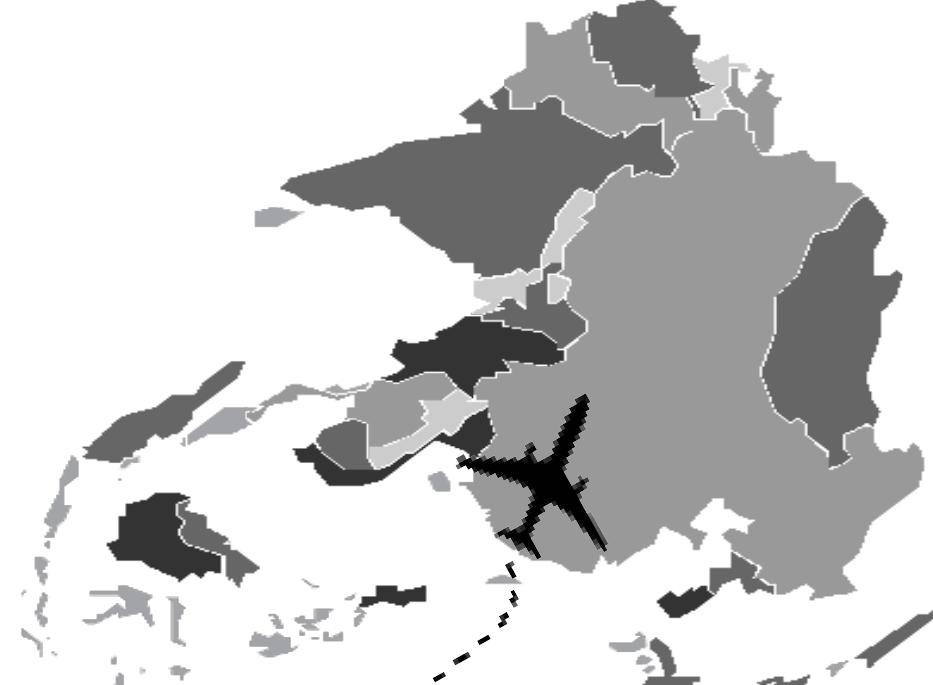
Boats may be rented out if you want to visit the nearby islands of Tuwad and Mabaay, which are only 5-10 minutes away.

While riding in a boat for an Island hopping, you can see gigantic & unique rock formations of islands. Clear waters, white sand and pebbles are just relaxing to see.

One more thing to love in Basiao is the friendly and hospitable people that will warmly welcome you with their genuine smiles the moment you get there.

Basiao will not only appease your eyes with its beautiful scenery because it is also rich with seafoods that will definitely satisfy your seafood cravings. Basiao is famous with its fresh talaba (oyster) and tahong (mussel) that is in demand in the restaurants of Capiz where dining establishments offering seafood cuisines proudly advertise their talaba as freshly-harvested from Basiao.

Fish traders and vendors are always on the seashore, awaiting for fishermen who would sell much of their day's harvest. They bring home fish, crabs, shrimps and many more marine produce from their day's



Peak of the City, Revisiting Milibili

John Patrick Jaen

After a depleting week, leisure is indeed a need for most of us. The tranquil spots can maneuver us from the harrowing workloads and backlogs. Not far away from the city, a leisure spot within its peaks can momentarily borrow us from the harrowing and can give us escapade.

Pleased by the sun-kissed spots, the peaks of barangay Milibili is vividly enchanting with radiance as it can attract tourists as well as the locals by its magnanimous viewpoints and tranquillity.

Exploring the spacious scenery is easy, you can hop in the sights by taking a tricycle, bicycle, or riding a motorcycle as it is only roughly five kilometres from the city proper. From the city proper, assuming from the city plaza, you can take a ride from a tricycle and drop by in the Villareal Stadium, it would normally cost 15 pesos if you are alone, if you have companions, assuming there are five persons including yourself, the fare would cost 10 pesos only. From the stadium, ride another tricycle and by eight-to-ten minutes, you can reach the peak of the city.

Green

parks

Calm-paced green parks of the site, Hortus Botanicus, dubbed as the city's mini-botanical garden, is furnished with various plants to pleased visitors. Enjoy the aesthetic site as you can sight-see, have date, soul-search and find peace, and might as well pack up things and have a picnic there. At the time of writing this, there is no entrance fee to get there and staff are accommodating.

Enticing Culasi

Trixy Arsioga

The ruins of Alcatraz.
"My beautiful proof lies all in ruins" – Georg Cantor

The supposed-to-be resort of Bermejo family, though in ruins, still attracted both tourists and locals because of its magnificent scenic and ancient view. The unfinished blocks and structures gives additional creeps and vibes to adventure-thrill-seeking people. The place is perfect for a cinematic venue for a scene in a movie or a pictorial for imaginative minds. This out-of-the-picture-book place is entrancedfree and it can be found in Sitio Altavas, Brgy. Culasi of Roxas City.

P a r o l a .
"God built light-houses to see people through storms. Then he built storms to remind people to find light-houses." — Shannon L. Alder

The Culasi point lighthouse located in Sitio Poblacion, Brgy. Culasi not only helped the sailors at night but also helped boost the tourism of Roxas City. The 36-step ladder leading to the Lighthouse peak or the viewing area wherein a magnificent scene awaits, gives the viewers the satisfaction after a short trek from the port of Culasi.

The edge.
"Where are you going?" I asked.
"The middle of nowhere."
"I thought this was it."
"Nah." You shook your head. "This is just the edge."
— Lucy Christopher, Stolen: A Letter to My Captor

Yes, this is just THE EDGE, literally. A hidden haven

perfectly made for people who wants to unwind and soul-search. The manmade structures and attractions plus the high altitude view gives the people an instragammable post. The place is also suited for people who wants to move on and be in solitude. The funny thing is there are even "hugot" lines pinned on trees on the way to THE EDGE. (nag-eemote na nga, patataaman kapa)



Foreign girl IN A foreign land



Living in a foreign land has been a challenge to her family yet she bravely deal and overcome it with a smile. Vibrant, outgoing, and kind hearted - these are the words fitting to describe Kyla Waddell, the foreign student of Filamer Christian University. A descent of New Brunswick, Canada, and the eldest of three siblings.

Her parents ran a summer camp in Canada and have been in ministry for almost 10 years. At a young age of 13, her family took the leap and moved to the Philippines as missionaries.

"Living in the Philippines has been a big adjustment for not only me, but my entire family. Wherever we go, people stare at us, call us beautiful and ask for money. It

seems like it is challenging to build relationships with people due to the language barrier and that can be discouraging sometimes," she stated in an interview

Amidst the doubts and queries her desire to make friends surpassed which made her decide to attend FCU for few subjects. She only took one class at 2:00 PM every day and at 4:00 PM every Monday under 11 STEM Archimedes. She was originally home-schooled and her classes were taken through the Tree of Life Homeschooling Network based in Canada.

Not used to seeing ample of students every day, incredibly overwhelmed is what she felt when she first entered the school. Though she felt anxious every once in a while, she

was grateful that God has given

her the strength to be brave in meeting new people. She took the scrutiny as challenge which would serve as training ground not only for her but also for the people that surrounded her.

"The students are very friendly, kind and social and have helped me feel very welcomed. I have only made a few friends at FCU and I hope to make more in the future," she added. Her willingness to understand and be understood urged her to learn Hiligaynon to lessen the language barrier she experienced.

"I am a shy person but, once you get to know me I do have a very crazy and outgoing side. It can be challenging to be the only foreign teenage girl on campus, and hospitable the people are.

The change of environment not once changed her perception of studying. She values her grades a lot that if she doesn't understand what was taught she would sit and study earnestly until she grasped the idea.

After almost four years of living in the Philippines she had grown fond of the country.

One of things that she loved to do the most was discovering new foods and learning about the culture. She had been smitten by the beauty of the country, especially the beaches. One of her favorite ways of commuting is by riding a tricycle. Lastly, she loved how kind, fun and hospitable the people are.

THE SLEEPING GIANT

She was 7 and innocent. She was 10 and forced. She was 14 and ashamed, 16 when she felt her worth.

"I won't do it, I can't. There are other staff who are more deserving to be in this position so why me?" This thoughts were clouding her mind when she was appointed to be the editor-in-chief of The Hillside Echo – Senior last June.

Filled with riling self-doubts, pressure and negativity she gulped down the lump in her throat and accepted the task at hand. "If this is God's will, then it will be mine too", she assured herself as she carry her bountiful bag of responsibilities and goes on with her journey.

As she took a step, she almost lost her balance because the bulky commitments she had carried jingled as she moved. Her muscles were stiff and it was as if she was done doing herculean tasks. Looking back, holding a pen in her late childhood had never been this hard before. Grammar, punctua-

tions and handwriting were never a norm. As long as you have the potential and a sprinkle of insights your opponents won't hold a candle on you. Ignorance maybe bliss but she still failed to win her competition from people who are also ignorant.

With a sigh, she shrugged her shoulders and took another step. Her feet was half way in meeting the cemented road when a harsh sound of bones grinding each other and soon found relief from their constant stillness puts her at bay.

The quick stimulation wasn't that really astounding and yet she was jealous by the fact that tendons can have a breather and not her. Way back then, she even can't form her words of protest when her teacher forced her to participate in journalism. Not even letting her breathe out her frustrations, she let the stream of happenings take her.

She continued walking with big strides, though her back was already slouching from the weight she burdened.

As her mind was still hazed by her tiring journey, she bumped on a post. The throbbing pain on her forehead was forgotten for she was more focus on the people who witnessed her embarrassing display. Their amused looks and their suppressed giggles reminds her of the past. The time when she was actually enjoying the art of writing. The time when she was giving her best to win but cannot for 6 years. The time when her other colleagues won and there are only two unfortunate soul who didn't and she was one.

The time when she was the one capturing the memories of other's achievements and faking a smile to go along with their cries of glory. It was a hell of experience and yet it is still one. She thought that she had it in the pan and cooked; though it was burnt along with her confidence. That was the turning point, the lowest of the low of her life. But she was not fazed. Realization brought her back to reality and she snapped out from flashbacking.

Her eyes wandered and there are still few lingering stares. She didn't waver back then, not now not ever. She adjusted her bag and proceeded to her journey with tracks full of memories and emotions left behind.

Johuara Falco is dubbed as "The Sleeping Giant" of her colleagues, classmates and even her teachers. A 17-year old girl living in Sta. Cruz, Dumalag, Capiz and is the breadwinner of her family.

A calm and reserved person that prefers academics over extracurricular activity. She is not an outgoing kind of student and yet put her in critical and analytical situations and her talents will roar as if a pissed giant is rampaging from being forced to wake up from its deep slumber. A consistent honor ole and an undeniably straight-A student from Kindergarten up until now. And last year, she was the lone Senior High School student of Filamer Christian University who had

completed Grade 11 with highest honors among hundreds of students!

Moreover, she had brought home the bacon from various fields, some are contest in science and mathematics quiz bee, best debater, extemporaneous speaking, etc. And of course, her efforts in journalism never betrayed her for she was hailed as the new EIC of The Hillside Echo – Senior this school year. Though she herself know that she lacks some of the capacity of a good leader she still accepted it for she know God gave it to her for a reason.

Her giant has now awoke! And she is con-



ditioned to slay leviathan plots along her journey being the new head of the publication. She is Johuara, and she is the editor-in-chief of the THES!

Beauty for a cause

When volunteerism and studies come to play, the 16-year-old young-leader Mary Rose 'Dominique' Antonino no slays both impeccably. From her numerous pageant wins to academic excellence to being a role-model both in the community and in their household, she notches triumphs after triumphs in her life. The reign-

ing Region-VI 'Lakambini ng Kalikasan' titleholder is currently advocating towards Children's Rights and yielding on the Community's Programs in different barangays and sitios in times of emergencies and disasters to lighten and bring wholesomeness in the midst of the catastrophes.

"Because I am fond of children, I, together with my friends come up that focuses on the youth and the

youth especially in times of emergency and as well as educating them their rights in this world.", she says.

Their youth-group named 'Character-Over-Excellence' is now on its 3rd year helping and educating various youth all-over different communities. Together with her are her former schoolmates, Renzo dela Cruz 16, from STE department who is currently studying at Tanque National High School, Guia Paula Bojos 16, who is a SHS-STEM student studying at Filamer Christian University, Warren Syt Bojos 17, SHS-STEM student studying at Capiz State University and Hans Lariza 20, a fresh-

from Capiz State University. Antonino hopefully claims that this 3rd year of their volunteer service will marks their biggest year and aspires that many donors will share their tenfold blessings.



Generation Z Campus Journalist

From newspapers to online sites, typewriters to laptops, writing to typing skills, and taking down notes to voice recording. In this world where change is constant, journalists also takes place in the transition of societal occurrences.

Living in 21st century is likely associated to modernization. Going back to the pattern of how campus journalists collects information by simply pen, paper, and tape recorders, it has really evolved into a much more advanced process of gathering news. But what this century serves on the table of young journalists isn't just all about the advancement of technologies

that they use as tools for making news. These Generation Z journalists appeals to be more transparent and bolder because numbers of laws have been made which intends to protect and abide with them. These individuals prove that age doesn't matter when it comes to supporting and defending freedom of press.

May appear as young individuals but campus journalists of this century indeed shows a blazing passion and dedication in serving the people unheard by society. Standing courageously as soldier of justice and integrity, these young journalists are on duty not to impress but to express.



What had started from the want to preserve a cancelled "pasalubong" for her relatives in London have become, 63-year-old, Chanita Tumarong's business for 32-years.

Graduated with a course in Education, Tumarong had admitted that such achievement had not given her a satisfaction - thus resulting to a vast number of work experiences, in search for so. She was a former employee at the Bureau of Fire, worked at a Home for the Aged, and had become an OFW in countries such as Brunei, Singapore, and Vietnam. Before coming back to her hometown, Culasi, still in search for the satisfaction she was yet to find at 31.

"Natandaan ko gid ya, PhP270.00 nga isda kag P30.00 nga asin. Gin bulad ko kay basi masamad, may gusto mag-bakal, gin-baligya ko, ang balisakon PhP750", she recalled when asked about what had triggered her to start up her business.

(I still remember, 270 pesos of fish and 30 pesos of salt. I dried them to avoid soilage, someone asked if they could buy, I agreed, and what I got was 750 pesos.)

From there, she was able to provide for her family,

help her first-born pay for an operation, and even purchase properties such as her house, tricycles, and a sakayan - which she had lost to Typhoon Yolanda, 6 years ago.

When asked as to why she had decided to not rebuild her sakayan - which, during its time of operation, provided her the fish supplies she needed for her fish drying - she cited that, other than the lack of funds, its destruction had made her realize that, as a small-time fish drier, her profit's growth was more evident and certain without so.

Recalling her early years, she also mentioned how she had experienced personally tagging along with other fishermen to catch the fish she planned to dry, just so that she could save money. Sharing how because of so,

she was able to acquire the skill of identifying whether or not a fish is fresh and good for fish drying. Although currently the head of her Barangay's VAWC office, Tumarong still finds time to regularly visit and help her workers prepare for the production of their goods. She makes sure to taste her workers' recipe, have a regular input on their techniques, and even help clean their fishes first-hand.

The hands-on business

woman had also discussed how fish-drying's advantages do not only stop at the doubling of capitals, as production of such commodities are not occasional because of alternative ways of drying - such as "dehydration", which is the process that requires layering of ice and salt - generated as an adjustment to enable yielding for rainy seasons.

"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime," she quoted upon the mention of why she helped some of her neighbors start doing fish drying. She stated that she never saw those who surround her as competitors, but rather [the situation]

an opportunity to share what she has learned and already knows.

As of now, she already has five of her neighbors influenced to do the same business - thanking her for sharing with them her success.

"Ang pang-uga gakinanglan gidya sang pasensya kag kahugod. Indi lang kwarta imo napuhunan. So dapat indi lang imo bulsa ang ready, pati imo kaugalingon," she said when asked what she could advise to those interested in entering the same business as her's.

(Fish drying needs patience and diligence. Not just money. So you should prepare yourself, not just your pocket.)

Streetfood be indoor



Taste the savor of the nativity as the street foods were brought indoor by the man who doesn't need a plenty of pennies to be happy. Childhood will be reminisce as fishballs, kwek-kwek, kikiam, hotdogs, etc. will serve.

Full smiles and positivity will offered that will surely bring you to a good vibes. Tummies were not just the one that will be satisfied but also our hearts as we honor the guy behind the streetfood stall.

George Dela Cruz also known as 'Manong Fishball' of the Filamer Christian University with an 11 years of service as a street food vendor. Started selling at their barangay in Cagay Roxas, City with a small cart. Perseverance and the love for the family served as his investment to continue his business until he also enter the Bagong Lipunan to sell his products and he finally found FCU as his second home for almost 3 years as the vendor and was given a chance to bring streetfood indoor.

Street foods that are

part of the lives of every individual had given them an idea to support their daily needs. Business that may be a small time for the others that supply their deficits and taught the students as well as the faculty and staff of the university that with the small amount they paid for their food, they will be flied to the delightedness they wanted.

Blessed with a loving and caring wife together with their three children who are contentedly living with a simple life. Looking for a brighter future to build a stronger and resilient relationship in their family. Motivated to strive hard for his children who are still studying and taking its paths to a betterment and convenience of tomorrow.

"Mabudlay sa amon sang una pero gin kaya gid para matustusan ang adlaw adlaw nga pagpangabuhi kag swerte gid ako sa akon pamilya nga nagabulig sa akon permii," he stated as the smile covered his face and puffed-eyes telling that it is not too late and dazzling future awaits them.

ETHEL ARROYO: Behind the Kitchen

Young, bold, loving and hardworking is the perfect description for the star of burgers in the Technology Building Canteen, Ethel Arroyo, with her famous stall's identity, 'Ethel's Burger.'

Manang Ethel as addressed by everyone is born on August 15, 1978, a 41 years old native of Rizal, Roxas City and a graduate of high school at Fishery _____ now, Capiz State University Dayao Campus. Being a hardworking mother, she was able to send her children Jason Patrick Arroyo, to Iloilo Doctors College, who is now in his fifth-year and Ashley Nicole Arroyo, to Filamer University.

Christian Elementary student. Currently, she is living at Loctugan, Adlawan, Roxas City and is happily married with her husband Nolasco Arroyo for 21 years. Manang Ethel describe her life as average. She often encounter problems and obstacles but seeing the students who are very fond of buying her products for 16 years now makes her forget of what she is facing.

Family, friends and God is what makes Ethel keeps going with her life. They have been her inspiration and she's thankful that she met some of them in her workplace.

As every minute of the clock stops by, she doubles her diligence to work for she believes that time is gold.

"Bakas lang gid kag 'wag sumuko ah. Kay ang problema

ara lang gid na ya," she uttered with a plastered smile on her face. Proving that no matter

what life makes us go through, if we are positive in life,

we can surely pass anything.

Debit smile, CREDIT UNTOLD STORIES



By: Johuara Marie Falco

will surely be captivated by her beautiful smile and mesmerizing her father, she worked starting eyes but what's lovelier is her when she was in fifth grade by dedication to work in order help her aunt at the market. Her perseverance was

She thought of giving up due to the heart-piercing words that she was re-

ceived from her judgmental peers who humiliated her

combat the misfortunes of life

It was deceiving how

at one glance, you will seem to think that she is just an ordinary Grade 12 student of Filamer Christian University taking up Accountancy Business and Management.

But aside from being a student, she embodies the essence of her strand by her strong faith in God, she

being a young entrepreneur who sells leche flan, mango

float and other sweet delights .

And, after dismissal, she sells bangus at the Burgos Market to earn money that ease the burden of their family.

Aside from her fiery dedication and diligence, she was also loved by many

due to her positive ouook in life. Her smile can make you

think that she was excluded by the strike of dilemma but upon

knowing her, you will soon realize and grasp her untold stories.

At an early age, she was lost one of the most important person in her life- her mother.

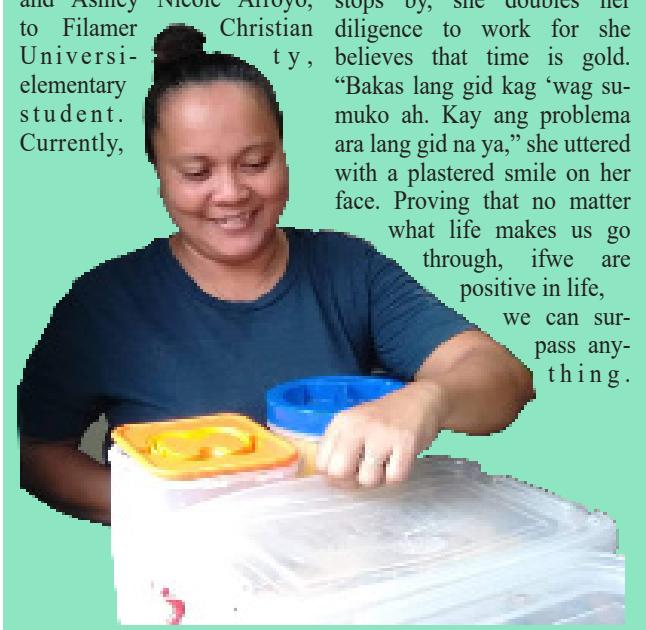
She is an epitome that

She was the fourth if you want to achieve some-

child in the order of their five thing, you must work hard to at-

siblings and at an early age, she tain it. She is the lady behind that

was slapped by the reality of life. radiant smile- May Ann Basa!



Balay Capisnon to house Capiz's cultural heritage



CAPTURE CAPIZ

Opened and sealed!
Serving as cultural learning space and center to Capisnons and tourists alike, the Balay Capisnon: Institute of Living Traditions finally opened at the Capiz Ecolgy Park and Cultural Village in Nagba, Cuartero, Capiz as part of the tourism month celebration of the province, Sept. 5.

With the goal of promoting and safeguarding the province's tangible and intangible cultural heritage, the Balay Capisnon will be an educational learning facility displaying and showcasing traditions, crafts, and art of the Capizenos.

"Capisnon will be taught the importance specifically of intangible cultural heritage.

These are our traditions being forgotten such as oral traditions like luha, binalybay, bannggianay, Gordon, patugmahanon, hurubaton," shared Mr. Alphonsus Tesoro, head of the Provincial Tourism and Culture Affairs Office (PTCAO).

Moreover, highlight of the project also revolves around culinary arts including traditional cuisine, dishes and delicacies; folkdances of Capiz; bamboo craft such as making of tipas, and saruk; mat and abaca weaving; wood carving; musical traditions such as composo, harana, rondalla; traditional theatre (performing arts) such as sarsuela and comedias.

"These are dying traditions here in Capiz. So, it's one of the modules [of Balay Capisnon] by teaching and demonstrating to them our own cultural heritage," Mr. Tesoro added. Recipients of the project are the children, women, out-of-school, and students. "We will provide them skills enhancement on traditional craft-making and to offer them livelihood and generate jobs to our community."

The Province of Capiz took pride in this historical achievement as the project is one of the only four in the country with such institute including provinces Zamboanga, Antique, and Bohol. Balay Capisnon is open for public managed by Roli Miguez, Part Attendant 3 of Capiz Ecopark and Cultural Village.

Capiz wins big in ATOP-DOT Pearl Awards

Christine May Osental

Prior to this, Capiz Affirming the hard-work and commitment of the Provincial Government of Capiz on giving attention and value to the local culture and tourism, the Department of Tourism (DOT) acclaimed the province with a Hall of Fame in the Association of Tourism Officers of the Philippines (ATOP) Pearl Awards at Paoay, Ilocos Norte, Oct. 4.

Capiz topped this year's award ceremony bagging Grand Winner awards for the Best in Culture and Arts Program and Best in Tourism Month/Week Celebration, and a First Runner-up for Best in Promotional Video.

For three consecutive years, Capiz won the mostcoveted Best in Tourism Month/Week Celebration making it as Hall of Fame through organizing a month-long programs and activities such 2019 Regional Tourism Expo to which provinces from Region VI set up presentation of different local products, display and promote tourism spots projected in their booths and blessing of the Balay Capisnon.

Capiz Pavilion, nailed PTM best booth; highlights farm tourism

Depicting ingenuity of Capisnon farmers and artisans, through its farm tourism—inspired concepts, the Province of Capiz once again proved its creativity and adherence to local culture and tradition as its Capiz Pavilion booth bagged first place in the 30th Philippine Travel Mart at SMX Convention, SM MOA, Pasay City, Sept. 1.

With the goal to promote the province, the booth, a typical bahay kubo prefabricated in Sigma, Capiz, is made up from local materials such as kawayan and rattan, with livestock, herbs, vegetables, fruit-bearing trees surrounding it.

It also highlights local food culture depicted in the nilupak-making; folkways such as harana and household chores.

"The main purpose of participating in the PTM is to promote Capiz as a tourist destinations. (Highlighting) What are the attractions, tourism products, the facilities and service that we have here," Mr. Alphonsus Tesoro,

Primero highlights street art, shell mosaic

byline

Showcasing the artistry of Capizenos and promoting the province as an art haven, a Food and Art Festival was contrived in the vacant lot at Planta, Primero de Mayo Street, Roxas City highlighting a majestic shell mosaic and mural painting, Sept. 20-22.

Measuring 15 feet tall and 361 feet wide occupying the disused wall at Planta, the mural painting focuses on the local economy, history and culture of the city conceptualized by Danger Sanchez with the cooperation of 21 artists including local artists from Roxas City. According to Lloyd Develos, one of the Capiznon artists composing the team, the purpose of the project is to provide a space in the province where art is prevalent, and this is because of the collaborative

effort of the artists with the support of the local government.

Meanwhile, a Cebuano artist, Lhee Taneo, spearheaded the structuring of the 12 feet high and 57 feet wide shell mosaic using almost 50 sacks of shells of oysters and mussels to which the subjects is the landmarks of the city.

Conceptualization and creation of the new city tourist destination started April 1 to 25 this year and finally opened last Sept. 22 as part of the tourism month celebration of the province where it received positive feedbacks from the public.

Street food kiosk, art exhibits, face paint and live bands were also organized during the three-day event.



SHS Socio-Cultural Day unveils talents



To exhibit the Senior Highschool student's talents and skills in different fields, FCU SHS Socio-Cultural Day was yielded this August 1 accompanied with the theme: "FCU SHS V.3.0 One goal, one mission, one spirit".

The following acitivities are Character impersonation, Acoustic Battles, spoken word poetry and Streetdance held at fcu gym, Oration, extemporaneous speaking, vocal solo duet conducted in avcc and quiz bowl at the chapel.

The said event was participated by different strands of the senior highschool department in both levels.

Fueled with their passion and potentials, awards we're given among shs students with excellent and outstanding performance throughout the activities.

But, combining all tallied scores, the Technical-Vocational-Livelihood or TVL strand gained 45 points as the 3rd-Runner Up, Science, Technology, Engineering and Mathematics or STEM obtained 106 points, 2nd Runner Up Accountancy, Business and Management or ABM attained 119 points, 1st runner up Humanities and Social Sciences or HUMSS achieved 188 points, the Overall Champion.

By the end of the activity, the shs students are able to expose and showcase their extreme capabilities, improved their talents and strengthened their companionship with other co-contestants.

JCI Makawili: Suicide Extermination



Mandirigmang Mang-aaawit invades FCU



Trending it of Police Regional Office 6 serenaded Filamer Christian University prior to the 24th Police Community Relations Month Celebration and 118th Police Service Anniversary, July 16.

Issues such as anti-criminality, anti-illegal drugs and anti-terrorism were showcased through the powerful voices of law enforcers sing- ing different songs depicting stories that elaborate heir role in the society. In an interview, the group emphasized that this is their way to spread awareness of different societal issues concerning crime.

Also, this is their way of promoting a peaceful community. SHS students were the audience who have enjoyed the School Concert Tour of the group. Not only did the audience enjoy the musicality of the police performers but were also entertained by their humorous gimmick throughout the program.

Filamer Christian University conducted a Mental Health and Suicide Awareness on the 18 th of July at the Roblee Hall with a theme, "I am not a PROBLEM. I am a SOLUTION. #ChooseLife."

Headed by the Junior Chamber International (JCI) Roxas Makawili organized the said symposium together with Dra. Leah Florence Adricula-Sicad M.D, a psychiatrist as the guest speaker. It was a great opportunity for FCU and for the people in the community who were alarmed of the sudden increase of suicide cases at the province of Capiz.

After the symposium, the participants were well-educated about mental health and suicide, the learnings of the students can be applied to help other people who are suffering from this serious condition.

SIP AND EAT AN EDIBLE STRAW

Ever have that moment wherein you're unnoticedly biting your straw, that if possible, you'll eat it right away because you just can't forget the mouthwatering taste of your drink? Ever thought that plastic straws are also one of the contributors to plastic wastage which can probably fill the whole earth with plastics? Well, to those who likes to drink any kinds of tasty beverages and to those who are eco-scouts who hates using plastic straws, guess what? Edible straws are now on the row here in our country.

This idea of eco-friendly straw got trending on social media when a Malaysian company called

Mistraws Manufacturing Sdn Bhd invented edible rice drinking straw. The edible straw is made from 100% natural ingredient, rice and tapioca. The company is looking for distributor across Malaysia and Singapore to make an impact to a greener generation, be it personal or business purposes.

According to the company, this invention of edible straw is based on efforts to solve the plastic wastage, specifically, to save the earth from drowning into plastic.

The company decided to manufacture an edible straw instead of metal or paper because using a metal straws is putting us in our own risk when it comes to hygiene concerns while paper straws cannot sustain long in liquid and can change

the savory taste of a drink.

Mistraws' Edible Rice Drinking Straw sticks, according to KLFOODIE.com, not only this straw is fully biodegradable, it decomposes within 100 days compared to plastic which takes up to 500 years to decompose. This type of straw could sustain in cold drinks for 4 to 6 hours and in warm drinks, up to 3 hours without losing its shape and strength. The eco-friendly and economical straws come in 3 different sizes.

On Facebook, there had been a lot of selling edible rice straws online. On the Facebook page of Eat Your Straw Cebu, they are selling these edible straws as replacement to the 6 billion plastic

straws used and discarded each year worldwide. The straws are made from rice starch and cassava starch which are also 100% biodegradable and hyper-compostable.

The invention of edible straws probably had reached our country since places like Cebu, Pampanga, and Angeles City are posting on Facebook about this eco-friendly straw.

This product is booming on the internet, especially to those netizens who really likes to drink. Yes aside, from sipping with this

straw, you can even eat it! Some milktea shops had also been posting online about their usage with this edible straws.

Several posts about this invention were posted online as proposal for replacement of plastic straws to save the earth.



Worms, a friend or a foe?

Nowadays, due to the innovation of modern technology in the world, we cannot prevent to have to those extra wastes from different things that damages not just our ecosystem but as well affects our entire world, and because of that, according to the statistics, the Philippines rank 3rd of the largest contributor to ocean plastics and has among the highest trash collection rates in Southeast Asia. Due to this dilemma, a chance has been discovered to reduce the garbage waste in our country, and that is through these plastic-eating worms. Scientists discover a potentially game changer way that can minimize the plastic wastes and that is through these batch of wax worms who made a hole to the plastic bags in the conducted experiment by Federica Bertocchini from the Spanish National Research Council (CSIC). Researchers conducted an experiment to confirm this by putting some worms in a plastic bag and after around 14 hours, 13 percent of the plastic was shredded into pieces and gone and this proves that the worms can really digest plastics and leaves an ethylene glycol which is the main compound of anti-freeze. Bertocchini explain also that this could be a solution to the plastic waste and hopes to discover the elements used by worms to breakdown plastics. With this new discovery made, will it be a hope for us to resolve the dilemma to pollution or will it just worsen the condition that we have now? It's a risk for us to depend to those because we never know what will happen to us in the future, but if we don't make a move now, it might worsen the case that can lead to destruction of our ecosystem and if that happens, all of us will suffer. Pollution can be prevented and reduced if together, hand in hand will help one another because it is a world created for us to live so must do all we can to preserve this so that the next generation will still have the resources to use to live and survive for their life.



“Sweat It Like You Mean It”

Witness how the students frown in annoyance as the 8 a.m. sunlight already sting their skin. Look at how a weary grandfather's face would twist in discomfort as he rocks on his porch hoping for a cool breeze but instead receives dry air. And the inconvenience any human being would feel when the rain suddenly comes pouring when roads were literally grilling just moments ago.

This is climate change's doing. Climate change used to be known as the long-term changes in Earth's climate system—resulting to new weather patterns that can considerably impact affected regions. But these days, it is instantly associated with global warming whenever it's mentioned.

It's important to know that climate change is a natural process. At least, it used to be. Earth's climate has changed naturally over the past 650,000 years, moving in and out of ice ages and warm periods. An environmental force would alter the balance in Earth's energy—tweaking the climate system into making the warm parts of the year a little warmer than they should be, or the colder months not as cold as they used to be. But today's climate crisis is happening at a pace and scale so great that it can't be explained by the natural climate inconsistency alone. But what could this other climate-altering variable possibly be?

Humans.

It's humans.

We didn't do it on purpose (although some actually do but don't seem to care), but it doesn't change the fact that we've all contributed in the gradual but constant deteriorating of life on Earth. But what exactly did we do?

According to the Earth Science Communications Team at NASA's Jet



Propulsion Laboratory, industrial activities that our modern civilization depends upon have raised atmospheric carbon dioxide levels from 280 parts per million to 400 parts per million in the last 150 years. It was also concluded there's a better than 95 percent probability that human-produced greenhouse gases such as carbon dioxide, methane and nitrous oxide have caused much of the observed increase in Earth's temperatures over the past 50 years!

We burned fossil fuels to power our homes and manufacturing industries. We deforested for building supplies and paper. We made CFCs-emitting refrigerators and air-conditioners to keep our food fresh and ourselves cool during those pesky heat waves. We did all these things for our convenience, always coming up with different inventions to make our lives slightly easier than present.

But we were completely ignorant how this would backfire. We shaved off mountains of trees for their lumber and flattened unimaginable stretches of land for commercial use, insensitive of the fact that we're not only taking the natural homes of hundreds of creatures but are hurting ourselves by cutting down our air supply. We ignored the thinning of the ozone layer even though this shield is what's protecting us from death-by-literally-getting-barbecued and the CFCs (Chlorofluorocarbons) emitted by refrigerators and air-conditioners are some of its causes. And are you aware of the phrase "don't sweat the small stuff"? I don't believe in it. In terms of preventing Climate Change, at least. Don't burn trash. Keep the smoke your vehicles exhaust clean. Anything to add a couple more centuries to Earth's life. In our want and need for efficiency and convenience, we made ourselves a tower of health and environmental problems.

Medical Cannabis: Is It Really Medical?

Cannabis, more widely known as Marijuana, is one of the most illegally used drug in almost every point in the world. It's accepted by many health associations as a medical drug that can aid some medical disorders. Nevertheless, it is still considered an illegal drug in most countries as it is completely addictive in nature.

For the longest time, legalizing medical cannabis has been a debate that rages on many parts in the community. From schools, your local newspaper, in dinner tables and political gatherings, this topic has been deemed controversial.

Whether or not marijuana should be considered legal when used for medicinal or recreational purposes is a highly emotional topic.

On the conservative side are those who believe that it should only be legal for the purposes of med-



marijuana should remain illegal in any form and for any purpose.

On the liberal side are those who are pursuing for the legalization of the said

drug, though this side is split between those who believe that marijuana should be legal and regulated in the same

way as alcohol and those who believe that marijuana isn't strong enough for severe pain, it is proven effective for the chronic pain that plagues millions of people worldwide, especially as they age. In particular, cannabis

appears to ease the pain of multiple sclerosis, and nerve pain in general. Along these lines, the use of cannabis is said to be a fantastic muscle relaxant, and people swear by its ability to lessen tremors in Parkinson's disease.

Even so, the said medical benefits are still yet to be accepted because of the questionable long-term effects the use of this drug has.

The medical use of it is still fresh on the news and more researches should still be conducted for it to be considered an acceptable medical prescription for those who need it. Some of the medical reasons cited by one side of the debates are countered by the reasons put forward by the other side. This creates a deep argument regarding the whole issue as one is unsure of which side is more credible and which can be more applicable in the real world

Polio re-emergence in PH

the vital parts of nervous system and crucial parts of one's life.

Most known case of polio in the country can be traced back from Apolinario Mabini where he fought not only the country through pen as he was dubbed as the 'Brain of Revolution', but also battled out his polio until he succumbs to death in 1903. Since then, not only us Filipinos fight for this disease but also other international groups to form the Global Polio Eradication Initiative in

1988 led by the World Health Organization, UNICEF, and national governments among others to stamp out the debilitating disease through an ambitious mass vaccination campaign.

Colors Crush

Bloody war catalyzed by red,
Tried to truce by orange,
Yellow's sunshine found dead,
Greeny healing power jacked up in range.

Tranquility brought by blue,
Impartiality as an indigo induced by who?
Hey! Violet shared it with you,
Doesn't have a clue?

Differ in colors, differ in substance,
Some are soft, some are stout,
Confused of themselves,
Looking for a way to come out.

Judged by many,
Hated by plenty,
Used by some to be the source of money,
Taken for granted by the community.

Born with peculiar personality,
Planted with enchanting ability,
Seeking for the equality,
Consider them as part of humanity.

Create a rainbow,
Beauty of everything will follow,
Splash instead of clash,
No to gender discrimination, let's flash.

Inevitable Powerlessness

No one ever questions
the role of predator and prey.
To be devoured by something superior than you—
is the law of the jungle, the law of life.

A seemingly unfeeling way to think.
Yet it is simply the way nature works.
For if this cycle did not exist,
the flora and fauna we've come to adore
would not even be imaginable.

But this is the nature of animals,
the nature of beasts with no education.
They act on instinct unlike us humans,
For we are bounded by our morality.

But sometimes human actions
aren't that far off as the wild beasts'.
The predators with their luring techniques,
mirrors man when they manipulate their fellows.

We are of an intellectual sort.
And we harness a conscience to boot.
So to treat others simply because—
of canyon-like gaps in ranks is irrational, complete idiocy.

There will always be kings and peasants.
There will always be the rich and the poor.
But let not the difference in power among people—
become common excuse to not own a heart.

Fading Fauna

Wild things are surrounded by a blinding helpless
Deprived from the heartfelt brightness
They are restless and wandering in the dark
Defenceless and left by the ark.

Stygian, grim and daunting from the abyss they came
Until the evils of mankind feared their names
Where they are treated as completely worthless
By the people around that seem so heartless

It makes them cling into life or brings death later than soon
It is made both of chance and strife, be wary for it may be
bane than boon
Homeless has brought nothing but isolation
Emptiness has given even more deprivation

Now they walk with glare and doom, the path they lead
seemed lifeless
The forest around doesn't bloom, their presence create light
and darkness
They wanted to live a different life, just any kind
Now there's nothing for the new generation that left behind.

Auxilium

Tud... tud... tud
He's back!
Hide quickly
Save yourself.

Tears dropped
Quivering nonstop
Cold sweats
Breathing uneven.

"Where are you darling?"
"I promise I won't hurt you"
Peeking out "Gotcha!"
The time has come.

A reek of alcohol he is.
Circles underneath that red eye.
He draws nearer, leaving no space,
With a grin plastered on his face.

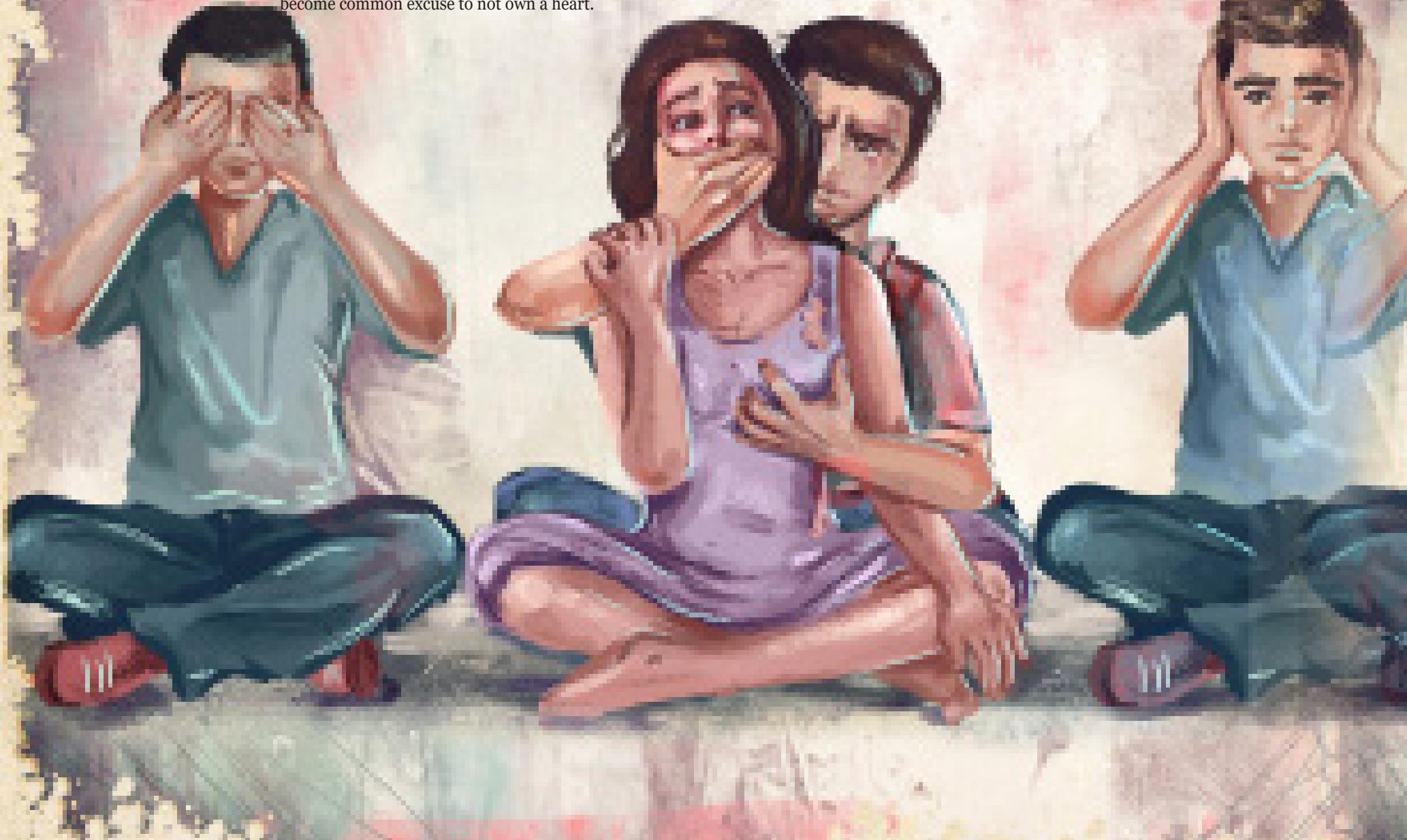
Softly caressing her skin with no genuinity within,
Cuffs her face as her forces himself to her.
Whimpering in pain,
Struggling to get away.

Leaving her on the floor,
With bruises and bloodstains.
Everyday struggling to survive,
Hoping one day, she'd come out alive.

That's her.
The man she thought she would build life with,
Is now slowly taking away her life.
And that her is me.

Back of the page

I saw myself languid sitting on the floor.
Eyes are closed, mouth are mumbling.
As I open my eyes red can be seen.
Seems that it lost its keen.
I tweak my hair.
I'm salivating to something I can't understand and find.
Heart is beating faster,
Im starting to hallucinate thing, I'm getting insane.
Am I a bad person?
Why are they bad-mouthing me.
I am just a simple human being
Seeking for something that my body is aching.
Who are they to judge?
I just lied and stole from people around me.
I did that for satisfaction.
But, it doesn't give you the license to look down on me.
Im alone, hopeless, scared and abused.
Society shaped me to be like this.
Who are to be blamed?
You or me?
You are judging me based on what you see.
Look down inside my heart.
Then tell me if I am up to no good.
I beg, I begged them to see my suffering.
I'm wishing that people will notice me crying and screaming.
I am a drug addict.
But I am a good person.
I also deserve to be loved and be happy.
I made mistakes but I can change.
Just help me find the door of the better future.
Help me from drowning because of my sins.
Allow me to show to the world that I am damaged.
Yet, I have a pure heart in my back page.



rary.

Silent Agony

Bullying damages someone's life,
Bullying can kill not only physically but mentally
And will triggers you emotionally.

Bullying leads to depression
Bullying hurts,
Really hurts, isn't it?
Day by day you torment them;
it takes so long for their hearts to mend.

Every day you wake up
with regret feels So worthless
It starts with word,
blunt words that comes
From their mouth
Words that were knives.

The feeling of being hurt
push you to end your life early
You want to fade away
Sick of playing strong,
Sick of playing tough and feisty.

They may not know ,
but you know yourself for being pretentious
Pretending that everything is okay
And faking a smile is your key.

The insult stings,
and all you need a friend
A friend who'll make you Feel wanted and
Stand by your side
whenever someone makes you down.

Curse of Today

Demons that suck their own nation of paradise
Further became a hell where mankind burns
Gaining their brains as dolls of cruelty and greed
Murdering of souls for just one self's law

Endless crying as hungry wolves chased us down
Echoes of mothers' voices were heard on swollen ears
What about the future of this generation?
Are we just going to be eaten continually?

It is now a profession and spreads like cancer
Can't find a cure, even if its world will crumble
The desire of raising of words from one's mouth
Still had no choice and desires were burned

Mastery of evil starts with a penny to a bill
And its invasion is still ongoing on blind eyes
Today's humanity needs to find another glance
Pull the trigger and subdue the lust of the inside

Lullabies were replaced by nightmares
And it had descended of one's hearth-stead
The crying shouts of penury and abominations
Still unheard and the inner tears were hidden

Mischievious Truth

Deadly stares and daneful murmurs engulfed the four corners of our classroom as I walked in. I fixed my gaze on the ground avoiding their looks which was filled with disgust. I struggled to walk safely into my seat as I was blocked by imminent figures which caused me to stumble on the floor. I knelt and looked down while their laughter pierced my devastated heart.

The teacher walked in and was less than surprised as she witness this infamous scene which greeted her every morning. She controlled her temper and try to warn my classmates to be nice to me. They agreed in chorus- which they always did but failed to do so in real life. This is my life as a transfer student in High School. I never talked to anyone in the class... well I tried. I can still clearly reminisce the only friend that I had in this classroom. Her petite figure, long black hair, and angelic smile are the things that I can't afford to forget. She was my first friend in this room...and probably my last.

It was last June when I stepped inside this class and the teacher let me introduce myself. After uttering my name, I quietly head to the vacant seat near the window. I went alone to the cafeteria that time to eat lunch since befriending others isn't really an easy task for me to do .I was indulging my meal when a tray of food appeared right in front me and a smiling lady greeted my gaze. She offered her hand for a handshake and I shyly took it. Days passed and Julia and I became close friends. We went to cafeteria together, we hang out together in the mall and even slept at each other's home. I was so happy that even though she's the only friend that I have, I'm contented since we're really vibing with each other and for me, friendship isn't measured by the number of friends that you have.

One day, I was so excited as I've entered the room holding a box of cupcakes that I was going to share with Julia. I looked for her as I've walked in and I smiled widely as I saw her. She didn't smile back but it didn't bother me and I excitedly went to her seat. However, what she did left me dumfounded. She throw the cupcakes that I gave her and went to the vacant seat in the front. Others were laughing while I'm standing there astonished and perplexed.

Many days passed and solidarity once again accompany me. I tried approaching Julia but she shut me out. What went wrong? What have I done? I wanted to ask her these questions but she avoided me. My heart aches as I saw her laughing with her new circle of friends. However, what pains me the most isn't only the fact that she's not talking to me but it's the noxious truth that she is one of those people who throw daggers at me and dreadful words. Bullying is definitely deleterious but what hurts the most is being bullied by someone whom you once shared your hilarious stories with.

"I can't be friends with someone who is fat and hideous as you are."

These were the words that Julia gave me as I desperately tried to talk to her which I regret doing so. Maybe, I shouldn't pushed myself befriending her. Maybe, nobody wants to befriend me- well it is a matter of fact for sure. Can't people who is not blessed with pleasant visage and figure deserve acceptance from this cruel society?

