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DR. MINSOWARE S. BACOLOD
THE PHILCAD PHILIPPINE ACADEMICIAN
FOUNDER

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About the Magazine

The history of The Philippine Academician (PHILCAD) traces its roots to the year 2023 when a group of passionate academic writers, and professionals came together with a shared vision of creating a platform to promote and celebrate scholarly and creative endeavors across the Philippines. Recognizing the need for a space where professionals from diverse backgrounds could share their expertise and insights; the idea for PHILCAD was born and owned by Dr. Minsoware S. Bacolod.

The PHILCAD is a dynamic publisher at the forefront of educational discourse, established on the month of January, 2024. Dedicated to the field of education, The PHILCAD Magazine serves as a vital platform for educators, professionals, and anyone who are passionate about writing and publication of creative works.

With a commitment to excellence, The PHILCAD Magazine features thought-provoking articles, insightful analyses, and innovative practices that help shape the landscape of education in the Philippines and across the world. From discussions on pedagogical methodologies to explorations of emerging trends, each issue offers a comprehensive exploration of diverse topics relevant to education.

Driven by a vision of fostering collaboration and knowledge-sharing, The PHILCAD Magazine invites contributions from educators and professional experts both locally and internationally. Whether it's sharing best practices, advocating for educational reform, or celebrating the achievements of educators, and provides a space for voices to be heard and ideas to be exchanged.

As an authoritative resource in the field, The PHILCAD continues to inspire, inform, and empower educators worldwide. Join us! on this journey of discovery and transformation in the pursuit of educational excellence.

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MESSAGE FROM THE EDITORIAL

Dear Readers,

As we journey through the pages of this PHILCAD magazine, let's remember that each word, idea, and creation has the power to ignite inspiration, spark innovation, and cultivate change to world.

To all the contributors, writers, and authors of this first maiden issue of the PHILCAD magazine, your words have the ability to transcend time and space, touching hearts, challenging minds, and shaping perspectives. Our expertise and dedication are the pillars upon which progress is built. Let your passion drive you, your integrity guide you, and your excellence inspire others.

Your unique talents and contributions enrich the vision and mission of this magazine, weaving together in a diverse voices and experiences. Your creativity knows no limits, and your collaboration knows no bounds.

Together, let us celebrate the beauty of human creativity, the power of collective wisdom, and the limitless potential that lies within each of us. May our shared journey through these pages inspire us to dream vividly, create passionately, and make a difference to the world.

With showing of gratitude and excitement for the journey ahead.

Editor-in-Chief
Founder

VOLUME I, ISSUE NO. 1 SERIES OF 2024

About the Editor-in-Chief

DR. MINSOWARE S. BACOLOD

obtained his undergraduate studies at Emilio Aguinaldo College-Cavite (EAC-C) in 2008, earning a Bachelor of Secondary Education degree major in History. He continued his academic journey at Philippine Christian University (PCU), where he obtained a Master of Arts in Education with a specialization in Educational Administration & Supervision in 2021. In 2023, he furthered his education by attaining a Doctor of Education degree with a specialization in Educational Management, and he is currently taking his post-doctoral studies major in Strategic Management and Leadership at the same institution.

Currently, he serves as a Full-time Faculty, Social Sciences Cluster Head, Nationalian Coordinator and Internal Quality Auditor of NU Philippines. In this capacity, he imparts his vast knowledge and expertise by teaching a variety of Social Sciences courses. Additionally, Dr. Bacolod is a published and registered author and writer at the National Book Development Board of the Philippines and various publishing industry platforms, further contributing to the dissemination of knowledge and his expertise.

He authored and co-authored the following textbooks Politics and Governance, 1st Edition-BBP, How To Write Your Thesis Using Quantitative Research Design-BBP, The Transformational Leaders of the 21st Century, The Educators In The 21st Century Resiliency and Understanding Your Purpose published by EduHeart Book Publishing.



Dr. Bacolod's excellence goes beyond the classroom, as he is a highly sought-after speaker, research panelist, session-chair, peer reviewer, and writer. His expertise and insights have positively impact various fields, showcasing his ability to bridge the gap between theory and practice.

Dr. Minsoware S. Bacolod
The Founder & CEO
The Philippine Academician (PHILCAD)
Quarterly Magazine

ABOUT THE ASSOCIATE EDITOR-IN-CHIEF **DR. CHRISTIAN S. CASTILLO**

is a Doctor of Philosophy Holder with the degree of Doctor of Philosophy in Development Administration Major in Education Governance, a Licensed Professional Teacher, having his Masters of Education Major in Educational Administration earned at Philippine Christian University, anchored from his undergraduate school study with the degree of Bachelors of Secondary Education Major in English and Literature and has been traversing in the academe for 18 years now. At the same time, he is a Juris Doctor title holder - Criminal and Administrative Litigation Lawyer Aspirant as one of his field of industries and expertise. Moreover, he became a School Administrator for seven years (2010-2017). Apart from that, he was an adviser of the School Paper Publications of Philippine Christian University - Dasmarias and a former School Magazine Consultant of several universities in the Philippines.

A former Legal Department Officer for Protocols, Disciplines, Peace and Order at the College of Arts, Sciences and Teacher Education at Philippine Christian University - Dasmarias. Anent to that, he was a former Adviser and Consultant of the Law Enforcement Society Organization of the Philippine Christian University (Dasmarias and Manila Campuses) College of Criminology.



Presently, he is working as Graduate School Faculty at Philippine Christian University - Manila as Professor of Education, Business Management and Law-related Subjects while seated as the University Coordinator of the External Affairs Office under Marketing Promotions and Alumni Affairs. Thus, currently he is taking up his Post-Doctoral Studies in Strategic Management and Leadership in the same aforementioned University.

On top of that, he is also a Mall Events Organizer, Director and Founder of Brooke's Point Philippines Inc. for more than two decades and has been organizing and directing festivities of varied Municipalities and several Universities all over the country.

THE MILLENNIALS

BY: DR. CHRISTIAN S. CASTILLO

The Millennial generation, born between the early 1980s and the mid-1990s, is a distinct demographic cohort that has received a great deal of attention and interest. This article explores the Millennial generation's particular qualities, problems, and contributions as they have matured in a fast changing world. Several characteristics distinguish the Millennial generation. For starters, they are sometimes referred to as "digital natives," having grown up with the rise of the internet and smartphones, Millennials have effortlessly incorporated technology into their life, impacting how they communicate, work, and interact with the world. This technological absorption has distinguished them as a generation at peace with the rapidly changing digital world. Millennials are also noted for their strong dedication to diversity and inclusion. They are outspoken activists for equal rights, gender equality, addressing racial inequities, and supporting LGBTQ+ rights. Their socially conscious approach to societal concerns has resulted in substantial change and created a climate conducive to continued conversations about equality and justice.

On top of that, another distinguishing feature of this generation is their entrepreneurial spirit and proclivity for innovation. Many Millennials have started their own businesses, embraced the gig economy, and looked for creative solutions to various problems. This forward-thinking attitude has aided industry development and fostered a shift away from traditional career routes in favour of following hobbies and individuality. Millennials have suffered their fair share of economic difficulties. Student loan debt has become a distinguishing aspect of their generation. Higher education came with a significant financial cost, impacting their financial decisions and frequently delaying crucial life milestones like property and family planning.

Furthermore, many Millennials entered the labour force during the Great Recession of 2008. This economic crisis severely harmed their work chances, resulting in underemployment and financial insecurity. The consequences of this time continue to have an impact on their economic well-being. Another big difficulty that Millennials confront, particularly in metropolitan areas, is housing affordability. Rising housing costs have made owning a distant goal for many, resulting in a trend of delayed purchase and greater reliance on renting.

Additionally, Millennials have had a significant influence on the social and cultural environment of society. They have championed the reinvention of work-life balance, promoting flexibility and putting personal well-being first. This has resulted in the widespread use of remote work, flexible hours, and an increased emphasis on mental health. Millennials are ardent supporters of environmental awareness. They have been in the vanguard of climate change activities, advocating for sustainable practices and assisting businesses that value environmental responsibility.

Millennials have demonstrated a strong and involved presence in politics. They've used their voices to campaign for change on subjects like healthcare, education, and social justice, and social media has amplified their potential to influence political discourse. Through charity and social activity, millennials have made significant contributions to society. Therefore, this generation has made substantial contributions to art, music, and popular culture. Millennials have welcomed diversity, questioned old standards, and introduced new viewpoints to the creative scene.

Millennials have fueled significant technological developments, from the advent of social media platforms to the establishment of new digital firms. Their contributions to the technology sector have transformed how we live and work, leaving an enduring imprint on the digital environment. In conclusion, the Millennial age is a varied and vibrant generation that has navigated great change,



overcome problems, and made significant contributions to society.

As kids get older, their influence is expected to rise, impacting the world in revolutionary and new ways. Despite their particular problems, Millennials have the opportunity to make a lasting and positive influence on the world, affecting the future in important and powerful ways.



DR. CHRISTIAN S. CASTILLO

The Essence of a Good Leadership

by: Dr. Minsoware S. Bacolod

Leadership is the driving force behind human progress and development, propelling individuals, organizations, and communities towards their goals. The value of excellent leadership cannot be overestimated since it pervades all aspects of human effort, from the boardroom to the battlefield, the classroom to the community. With this, we will look at the fundamental importance and essence of effective leadership and its effects on individuals, professionals, groups, and society which can distinguish exceptional leaders. Leadership is really about influence, inspiration, and direction. Good leaders can express a compelling goal, motivate others to strive toward it, and give the advice and support required for success. Effective leaders, whether managing a team of employees, a group of volunteers, or a nation, share characteristics that allow them to negotiate problems, inspire confidence, and create teamwork. For individuals and professionals, good leadership transforms people, allowing them to reach their greatest potential and achieve in their efforts. Leaders may foster a culture of continual learning and growth by mentoring, coaching, and encouraging employees to gain new skills, overcome challenges, and achieve personal and professional success. Furthermore, by setting a good example and exhibiting honesty, empathy, and resilience, leaders instill trust and loyalty in their followers, generating a sense of belonging and camaraderie. In the context of organizations, good leadership is critical to success, promoting innovation, productivity, and profitability.



The Essence of a Good Leadership

by Dr. Minsoware S. Bacolod

Effective leaders set a clear strategic direction, coordinating employees' efforts toward common goals and objectives. Leaders build a culture of responsibility, openness, and collaboration which encourages teamwork, synergy and allows firms to adapt in changing market dynamics and grab new possibilities. By cultivating a diverse and inclusive workforce, executives may tap into their teams' collective wisdom and creativity, resulting in innovation and a competitive advantage in the global economy. On a broader social level in the society, excellent leadership helps to shape history and advance the common good. Visionary leaders inspire social change movements by advocating for equality, justice, and human rights. Leaders use diplomacy and statesmanship to form alliances, resolve crises, and promote peace and stability on a complex and interrelated globe. Furthermore, by promoting economic growth and prosperity, leaders open up prospects for upward mobility and social advancement, lifting communities and empowering future generations to thrive and succeed. Effective leaders inspire trust, create cooperation, and drive positive change in the world by embarking vision, integrity, empathy, compassion, and resilience. As we traverse the challenges of the twenty-first century, the importance of fostering and supporting effective leadership cannot be stressed; for it is through leadership that we can chart a course for a better future for everyone.



Social Sciences Cluster Meeting at NU MOA, Board Room

Photos: Prof. Aaron, Prof. Gilbert, Prof. Francisco, Prof. Leah, Prof. Abigail, Dr. Minsoware, Prof. Elieser, Prof. Dindo, Prof. Antonio, Prof. Elijah, and Prof. Benjamin

THE RECIPE FOR A HAPPY MARRIAGE: QUALITIES OF A GOOD HUSBAND AND WIFE

BY: ELIESER D. NICOLAS

The Family Code of the Philippines defined marriage “a special contract of permanent union between a man and a woman entered into in accordance with law for the establishment of conjugal and family life.” (EO No. 209, Section 1).

Based on its legal definition, marriage, the permanent union of two souls, is a journey that requires commitment, understanding, and mutual respect because you are establishing a “conjugal and family life”. While every marriage encounters its own unique challenges, there are certain qualities that contribute to a successful and fulfilling partnership. In this article, we'll explore the essential traits of a good husband and wife that pave the way for a happy and enduring marriage. Some of those qualities are the following:



3. Respect- Mutual respect is essential for the health and vitality of a marriage. A good husband and wife value each other's opinions, feelings, and boundaries. They refrain from belittling or demeaning each other, instead choosing to uplift and support one another in both good times and bad (Gottman, 1994).

1. Communication- Effective communication is the cornerstone of any successful marriage. A good husband and wife openly express their thoughts, feelings, and concerns with each other. They listen attentively, validate each other's emotions, and work together to resolve conflicts. Research has shown that couples who communicate openly are more likely to experience marital satisfaction and longevity (Gottman & Silver, 1999).

2. Trust and Honesty- Trust is the foundation upon which a strong marriage is built. A good husband and wife trust each other implicitly and are honest and transparent in their interactions. They refrain from keeping secrets or engaging in deceitful behavior, fostering a sense of security and intimacy within the relationship (Larson & Holman, 1994).

4. Partnership- A successful marriage is a partnership characterized by equality and collaboration. A good husband and wife share responsibilities and decision-making, working together as a team to navigate life's challenges. They recognize each other's strengths and weaknesses, leveraging them to create a harmonious and balanced relationship (Buehler & Gerard, 2002).
5. Empathy and Compassion- Empathy and compassion are essential qualities that foster understanding and closeness in a marriage. A good husband and wife empathize with each other's experiences and offer support and comfort during difficult times. They prioritize each other's well-being and actively seek to alleviate each other's pain and suffering (Finkel et al., 2013).
6. Commitment- Lasting marriages are built on a foundation of unwavering commitment and dedication. A good husband and wife prioritize their marriage above all else, investing time, effort, and resources to nurture and strengthen their bond. They weather life's storms together, remaining steadfast in their love and devotion to each other (Rusbult et al., 1998).

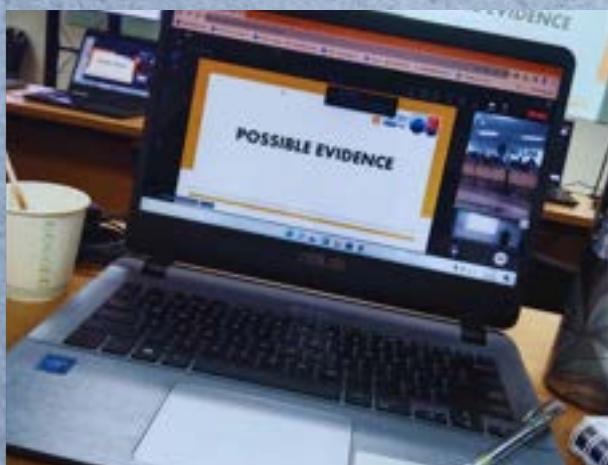
In conclusion, a happy marriage is not merely the result of chance or luck, but rather the product of intentional effort and the cultivation of essential qualities. By embodying traits such as communication, trust, respect, partnership, empathy, compassion, and commitment, a good husband and wife lay the groundwork for a fulfilling and enduring relationship. Ultimately, it is through these qualities that couples can overcome obstacles, deepen their connection, and experience the joy and fulfillment that comes with a truly happy marriage.

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EDUCATION REVOLUTION: *TRANSFORMING THE FUTURE THROUGH INNOVATIVE LEARNING APPROACHES*

BY: DINDO R. ASERON

In today's rapidly evolving world, traditional education models are being challenged like never before. As we navigate the complexities of the 21st century, it becomes increasingly evident that our approach to education must adapt to meet the needs of a changing society. In this article, we explore the concept of an education revolution—one that embraces innovative learning approaches to prepare individuals for the challenges and opportunities of the future.



Gone are the days when rote memorization and standardized testing were sufficient measures of educational success. The landscape of knowledge acquisition is shifting towards a more dynamic and interdisciplinary approach, one that encourages critical thinking, creativity, and adaptability. As technology continues to reshape industries and economies, the skills required for success are likewise evolving. In this era of rapid technological advancement, the ability to learn and unlearn becomes paramount.

Traditional educational institutions are facing pressure to modernize their curricula and teaching methods to equip students with the skills they need to thrive in a digital age. However, true transformation requires more than just updates to existing systems—it necessitates a fundamental shift in mindset. Enter innovative learning approaches. From project-based learning and experiential education to personalized learning pathways and online platforms, educators are exploring a myriad of ways to engage students and foster a deeper understanding of complex concepts. By leveraging technology and embracing new pedagogical strategies, we could create learning environments that are dynamic, inclusive, and empowering. But the education revolution extends beyond the classroom. It encompasses lifelong learning initiatives that enable individuals to continually adapt and grow throughout their lives. In a world where job roles are constantly evolving and industries are being disrupted, the ability to reskill and upskill becomes essential for staying competitive in the workforce.



NU MOA, PASAY CITY, PHILIPPINES

As technology reshapes industries and economies worldwide, the Philippines must adapt its educational framework to foster the skills and competencies needed for success in a digital age.

In recent years, there has been a growing recognition of the need for change within the Philippine education system. The implementation of the K-12 program, which extends basic education by two years, represents a significant step towards aligning the curriculum with international standards and preparing students for higher education and the workforce. Additionally, initiatives such as the DepEd's (Department of Education) adoption of alternative learning methodologies and the integration of STEM (Science, Technology, Engineering, and Mathematics) education into the curriculum demonstrate a commitment to innovation and progress.

However, true transformation requires more than just structural changes—it demands a fundamental shift in mindset. Educators, policymakers, and stakeholders must embrace a culture of innovation and experimentation, exploring new teaching methods and learning environments that engage students and foster critical thinking, creativity, and adaptability. Fortunately, there are promising developments on the horizon.

Across the Philippines, educators are embracing innovative pedagogies such as project-based learning, experiential education, and collaborative learning environments. Initiatives like the DepEd's Tech-Voc (Technical-Vocational) programs and partnerships with industry stakeholders are providing students with real-world skills and experiences that are directly applicable to the workforce. Furthermore, the rise of technology-enabled learning platforms and digital resources is opening new opportunities for access and inclusion, particularly in remote and underserved communities. By leveraging technology, the Philippines has the potential to democratize education and empower individuals from all walks of life to pursue their educational aspirations.

In conclusion, the education revolution in the Philippines is a journey towards a more inclusive, dynamic, and future-ready educational system. By embracing innovative learning approaches and fostering a culture of lifelong learning, the Philippines could transform its educational landscape and unlock the full potential of its youth. Together, we can build a future where every Filipino has the knowledge, skills, and opportunities to thrive in the 21st century and beyond.



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GRATITUDE AND GROWTH: MY JOURNEY THROUGH EDUCATION AND CAREER

By: Dr. Ricky S. De Leon

As I reflect on my career and education journey, I am filled with a deep sense of gratitude and accomplishment. From the foundation laid by my education to the milestones achieved in my career, each step has been instrumental in shaping my professional identity.

My educational journey provided me with not just knowledge but also the skills and mindset necessary to navigate the complexities of the professional world. Whether it was learning theoretical concepts in the classroom or gaining practical experience through internships and projects, every moment contributed to my growth and prepared me for the challenges ahead.

Entering the workforce, I was armed with a strong educational background, but it was my dedication, determination, and willingness to learn that propelled me forward. I seized opportunities for continuous learning and professional development, honing my skills and expanding my expertise in my chosen field.



Over the years, I have had the privilege of working on diverse projects, collaborating with talented individuals, and overcoming obstacles that have helped me evolve both personally and professionally. Each success and setback has been a valuable lesson, contributing to my growth and resilience. As I look back on my journey, I am proud of how far I have come and grateful for the support and mentorship I have received along the way. While my career and education have been fulfilling, I recognize that the journey is far from over. I remain committed to lifelong learning, growth, and making a positive impact in my field and beyond.



VIEWS & OPINIONS

STATE AND SOCIETY IN THE REPUBLIC OF THE PHILIPPINES

By: Dr. Christian S. Castillo & Dr. Minsoware S. Bacolod

The Philippines' historical trajectory has had a significant impact on its state and society. Spanish colonization began in 1521 and lasted almost 300 years, leaving an indelible influence on the country. The spread of Catholicism, the establishment of the encomienda system, and the exploitation of the indigenous inhabitants were hallmarks of Spanish authority. These historical events shaped Philippine civilization, resulting in a unique combination of Western and indigenous components that had a long-lasting influence on its culture, religion, and governance.

The late-nineteenth-century American colonialism changed the Philippine polity even more. The United States established a democratic framework, an education system, and legal institutions that have helped shape the country's political environment. However, exploitation and social inequality marred the American colonial period, leaving a legacy of economic disparities and a strong feeling of national identity.

After achieving independence in 1946, the Philippines has battled to maintain its sovereignty and define its identity as a nation. This history has developed a strong feeling of nationalism and a collective memory of resistance against colonial powers, which continues to affect the state-society interaction. The Philippines is a democratic country governed by a presidential system. A constitution that protects civil freedoms, human rights, and the rule of law defines the state. However, the country has faced political insecurity, corruption, and economic disparity, all of which have called into question the country's democratic institutions' efficiency.

The connection between the state and society in the Philippines is further complicated by a history of authoritarian government, most notably under President Ferdinand Marcos' martial law reign. While the country has made strides since the People Power Revolution in 1986, the legacy of martial law and the longevity of dynasty politics have led to the concentration of power and wealth in the hands of a few elite families. This has caused social instability and disappointment among many Filipinos.



The Philippines is a multicultural nation with over 175 ethnolinguistic groups, each with its own cultural customs, languages, and traditions. The state has struggled to build unity and inclusion among these varied cultures. Philippine culture is also profoundly established in a strong sense of family and community, and political loyalties and decision-making are frequently influenced by these social relationships. Religion, particularly Roman Catholicism, has a large influence on Filipino culture and morals. The Catholic Church's impact on matters such as reproductive rights and divorce legislation has been a subject of contention in the relationship between the state and society. In balancing the interests of the state and society, the Philippines faces various obstacles. Economic disparity, political corruption, and the prospect of authoritarianism continue to stymie the country's progress. The Philippines, on the other hand, exhibits persistence in its battle for democracy, social fairness, and human rights. Civil society groups, the media, and involved individuals have all played critical roles in keeping the state responsible and advocating for progressive reforms.



Dr. Minsoware S. Bacolod



Dr. Christian S. Castillo

The Republic of the Philippines has a complicated past that has profoundly shaped the dynamics of the state and society. The Philippines has been shaped by the battle for democracy, the legacy of colonialism, and the problems of a varied nation. The country is still dealing with political and socioeconomic concerns, but its long history of resistance and resilience implies that the state and society can work together to overcome these obstacles and create a better future for the Filipino people.



REFLECTION ON THE CONTINUING PROFESSIONAL DEVELOPMENT (CPD) LAW OR RA 10921

By: DR. FRANCIA FORMALEJO MURAO

The Continuing Professional Development (CPD) Law, or Republic Act 10912, is a significant legislation in the Philippines that mandates professionals to earn CPD units for the renewal of their Professional Identification Cards. As a teacher, I have experienced firsthand the impacts of this law, both positive and negative.

On the positive side, this law emphasizes the importance of lifelong learning, a principle that is at the heart of education. It encourages teachers to continuously seek out professional development opportunities, ensuring that we keep abreast of the latest pedagogical strategies, technology advancements, and curriculum changes. This ongoing learning process enhances our teaching skills and knowledge, which ultimately benefits our students. Moreover, CPD activities provide a platform for teachers to engage with our peers, fostering a culture of collaboration and shared learning. This networking opportunity allows us to learn from each other's experiences, discuss common challenges, and share best practices. It also exposes us to diverse perspectives and innovative ideas that can enrich our teaching practices.

Additionally, the CPD law can contribute to elevating the teaching profession in the Philippines. By requiring teachers to engage in continuous learning, it underscores the complexity and importance of our role. This can help in enhancing the professional image and status of teachers in society.

However, the CPD law also has its share of negative impacts. One of the main concerns is the financial burden it places on teachers. CPD programs often come with associated costs, including registration fees, transportation, and sometimes accommodation for out-of-town seminars or conferences. This can be a significant strain on teachers, many of whom are already dealing with limited financial resources. Another challenge is the time commitment required for CPD activities. Teachers have demanding schedules, juggling teaching, lesson planning, grading, and other administrative tasks. Finding the time to attend seminars or complete online courses can be difficult, and often means sacrificing personal time or rest days.

Moreover, the availability and accessibility of CPD programs can be an issue, particularly for teachers in remote or rural areas. While online courses can mitigate this to some extent, not all teachers have reliable internet access, making it challenging for them to earn the required CPD units.

Lastly, the quality and relevance of CPD programs can vary widely. While some programs offer valuable learning experiences, others may not be as beneficial or relevant to a teacher's specific context or needs. It is crucial that CPD programs are carefully designed and evaluated to ensure they provide meaningful professional development for teachers.

In conclusion, while the CPD law has its merits in promoting lifelong learning and professional growth among teachers, it also poses significant challenges. It is essential that these concerns are addressed to ensure that the law serves its intended purpose without unduly burdening teachers. As educators, we are committed to continuous learning and improvement, but it is crucial that this is facilitated in a way that is supportive, accessible, and respectful of our time and resources.



DR. FRANCIA FORMALEJO MURAO

Teacher III

SAN MIGUEL ELEMENTARY SCHOOL

City Schools Division of Dasmariñas, Cavite, Philippines

Part-Time College Professor Emilio Aguinaldo College-Cavite

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INTERNATIONALIZATION THROUGH SPORTSMANSHIP

By: CAI M. TAUS

ORATORICAL PIECE

Ladies and gentlemen, distinguished guests, and fellow believers in the power of sportsmanship,

Today, I stand before you to explore the profound connection between two timeless values that shape our world: internationalization and sportsmanship. These virtues, seemingly distinct, converge on the grand stage of human endeavor, uniting us in ways that transcend boundaries, languages, and cultures. Embracing the virtues of internationalization through sportsmanship is a testament to our shared humanity and the potential for greatness that resides within each of us.

Internationalization, in the context of sports, signifies the unifying force that brings athletes from diverse corners of the globe to compete on the same platform. It represents the embodiment of unity in diversity, where nations set aside their differences to engage in a common pursuit: the love of the game. Internationalization opens doors to understanding, friendship, and collaboration, reminding us that, as global citizens, we are all interconnected.

Sportsmanship, on the other hand, is the moral compass that guides our actions on and off the field. It encompasses the principles of fairness, respect, and ethical conduct. Sportsmanship is the unwavering commitment to uphold the integrity of the game, to treat opponents with dignity, and to accept victory and defeat with grace. It is a code of conduct that transcends national pride, emphasizing that how we play the game matters just as much as the outcome.

When we embrace the virtues of internationalization through sportsmanship, we witness the extraordinary power of unity. We see athletes, representing their countries, competing fiercely yet displaying the highest degree of respect for their rivals. We see moments of compassion when an injured opponent is helped up, a defeated team is consoled, or a gracious winner acknowledges the effort of their adversary. These acts of sportsmanship transcend nationalism, reminding us that we are all part of a global community striving for excellence.

Moreover, internationalization through sportsmanship teaches us valuable life lessons. It teaches us the importance of teamwork, communication, and cooperation—essential skills not only in sports but in our interconnected world. It instills the values of empathy, humility, and resilience, which are virtues we can carry with us beyond the arena.



As we celebrate internationalization through sportsmanship, let us recognize that these ideals are not confined to the world of sports. They have the power to transform societies and foster peace in a world often divided by differences. When we carry the spirit of sportsmanship into our daily lives, we promote understanding, bridge gaps, and build bridges of friendship that extend beyond borders.

In conclusion, embracing the virtues of internationalization through sportsmanship is an acknowledgment of the potential for greatness within us all. It is a reminder that the love of the game, the pursuit of excellence, and the values of fairness and respect can unite us in ways that transcend language, culture, and nationality. Let us carry these virtues forward, not only in sports but in our interactions with one another and let us continue to build a world that celebrates unity, diversity, and the enduring spirit of humanity.

Original photo by: Mr. Renzo Oswald Marilla

"BEST-FRIEND-PUBLIC TEACHER"

BY: AMEIN A. UMPA

You're the light in our classroom;
Guiding us when we are in gloom.
With your grace and knowledge bloom,
Wish all your plans with bloom.

Your humor lights up the class,
Never cease to make us amusement.
Like light that shines with the clouds;
You're beacon of that light.

You're the light in our classroom;
Guiding us when we are in gloom.
With your grace and knowledge bloom,
Wish all your plans with bloom.

A teacher—wise, our guide, and friend;
In lessons taught, he'd gently blend.
With humor like a jesting tide,
He'd show how to enjoy the ride.

Discussions and life lessons like a song that
amazing grace,
Inspire throughout life in race,
His wisdom enduring embrace
...in any situation and kind of case.

Your wisdom shine bright,
Guiding minds with love and light.
With knowledge shared minds ignite,
His impact infinite might.

You're my teacher, you're the best;
You stand out among the rest.
Helping me each day to learn,
With each day a page to turn.



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**Public School Senior High School Teacher
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PHOTO CAPTURED BY: MR. AMEIN A. UMPA, 2024

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A Star's mourning

By: Amein A. Umpa

Along with the tears of the sky,
my anxious' heart and uneasy.

You promise look for "Eternal love,
Today, I just homesick; yours my love.

Your name sounds like skies,
give me sigh of bliss;
And your taste is so superior...
leaving me dizzy on the floor.

Whereupon you batter my brain,
You let me float into nothin'.
I felt forget about the pain.
I can still soar not quite damn.

How can I skip? my liberty.
You slowly killing me softly,
Taking away my sanity,
Are you now victim? How many.

Please listen to me
Bis, want to love me?
My longing...come and have a look.
Our love...let us bring it all back.

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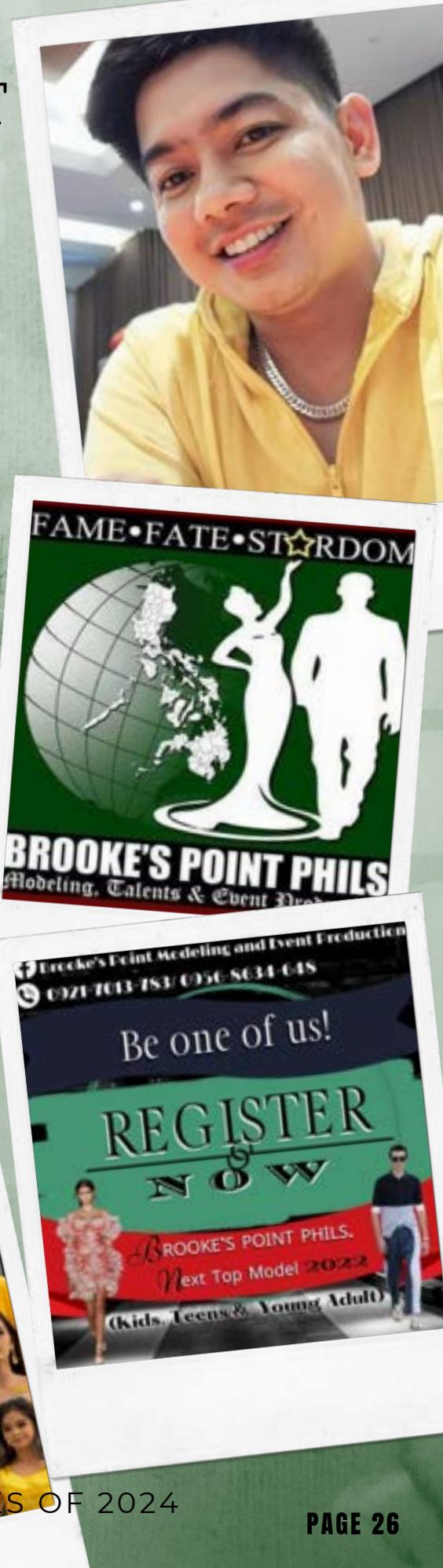
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D.E.A.R. TIME
BY: AGNECIA N. ACUÑA

THE DEPARTMENT OF EDUCATION (DEPED) MEMORANDUM NO. 001 S. 2024, THE DROP EVERYTHING AND READ ACTIVITY HAS BEEN ALLOCATED ON ALL FRIDAYS IN THE MONTH OF JANUARY. EVERY FRIDAY THROUGHOUT THE SCHOOL YEAR WILL BE FOCUSED ON THE NATIONAL READING PROGRAM (NRP) IN THE FIRST HALF OF THE DAY, WHILE THE SECOND HALF WILL BE DEDICATED TO TOPICS SUCH AS VALUES, HEALTH, AND PEACE EDUCATION.

ACCORDING TO STUDIES, MOST STUDENTS IN THE COUNTRY STRUGGLE WITH READING. HENCE, THE DEPARTMENT OF EDUCATION'S (DEPED) INITIATIVE TO IMPLEMENT PROGRAMS LIKE 'CATCH-UP FRIDAYS' TO ENHANCE STUDENTS' READING SKILLS IS COMMENDABLE.

THE SIGNIFICANCE OF D.E.A.R. TIME IS NOT JUST A SIMPLE READING TIME WITHIN THE CLASSROOM BUT RATHER A SPECIAL PART OF THE DAY OR WEEK AIMED AT EMPHASIZING THE IMPORTANCE OF READING AS AN ACTIVITY THAT SHOULD BE PART OF ONE'S DAILY LIFE. THROUGH D.E.A.R. TIME, WE GIVE ATTENTION AND VALUE TO EACH STUDENT'S ABILITY TO READ.

IT DOES NOT ONLY ENHANCE THEIR SKILLS AND UNDERSTANDING OF VARIOUS SUBJECTS BUT ALSO OPEN DOORS TO DIFFERENT WORLDS AND EXPERIENCES THAT MAY NOT BE REACHED IN ANY OTHER WAY. THROUGH D.E.A.R TIME, EACH STUDENT IS GIVEN THE OPPORTUNITY TO CHOOSE THEIR OWN BOOK OR ANY MATERIALS TO READ. IN THIS WAY, NOT ONLY DO WE STRENGTHEN THEIR ABILITY TO CHOOSE AND DECIDE, BUT WE ALSO GIVE THEM THE OPPORTUNITY TO BECOME KNOWLEDGEABLE IN SUBJECTS AND FIELDS THEY ARE INTERESTED IN.

D.E.A.R. TIME NOT ONLY PROVIDES JOY IN READING BUT ALSO TEACHES DISCIPLINE AND INSTILLS VALUES IN EVERY MOMENT OF OUR LIVES. IT IS A SIMPLE ACTIVITY WITH A SIGNIFICANT IMPACT ON THE DEVELOPMENT AND EXPANSION OF INDIVIDUALS' MINDS. THEREFORE, WE ENCOURAGE EVERYONE TO ALLOCATE TIME AND SIGNIFICANCE TO D.E.A.R. TIME IN THEIR DAILY LIVES.

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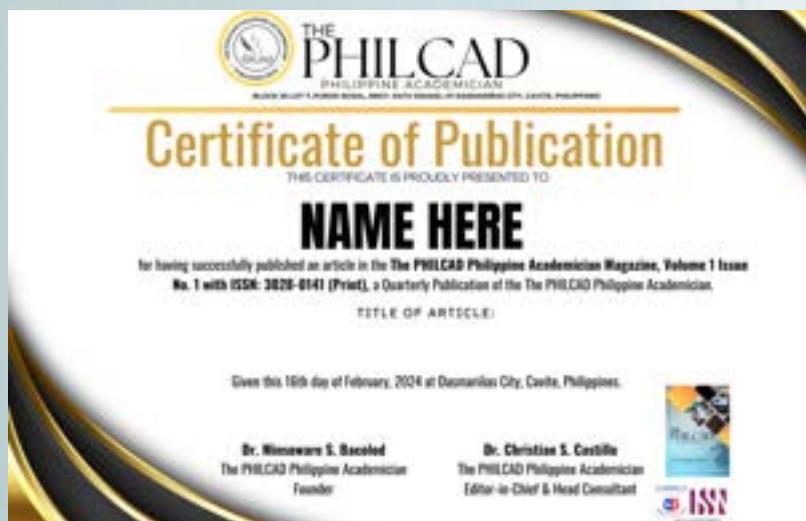
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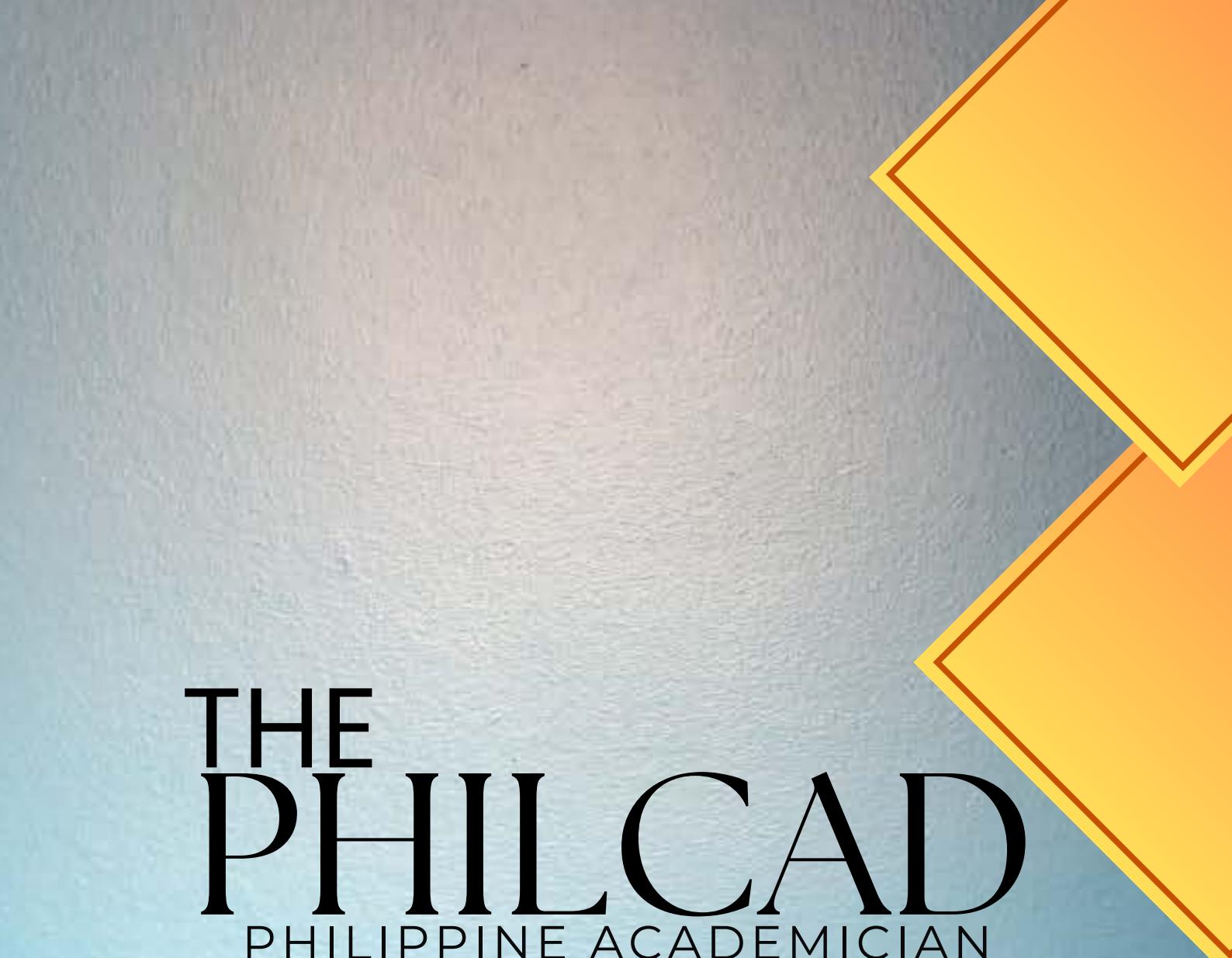
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