

KAMALAYAN

INFORMATION WITHIN REACH





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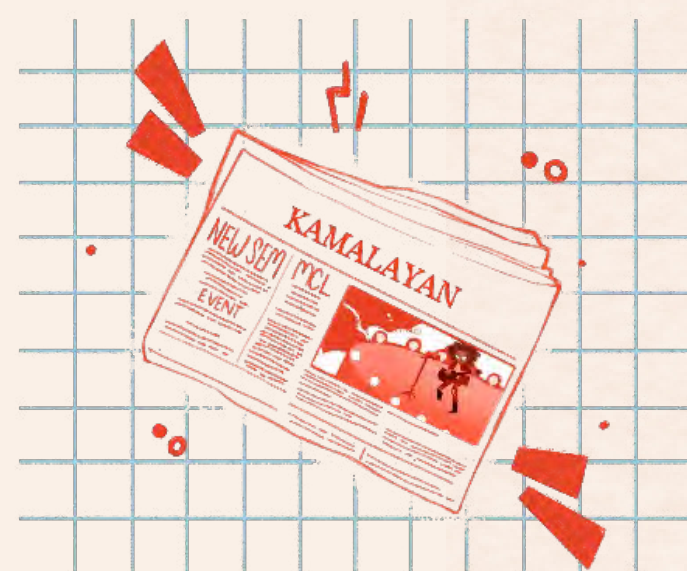
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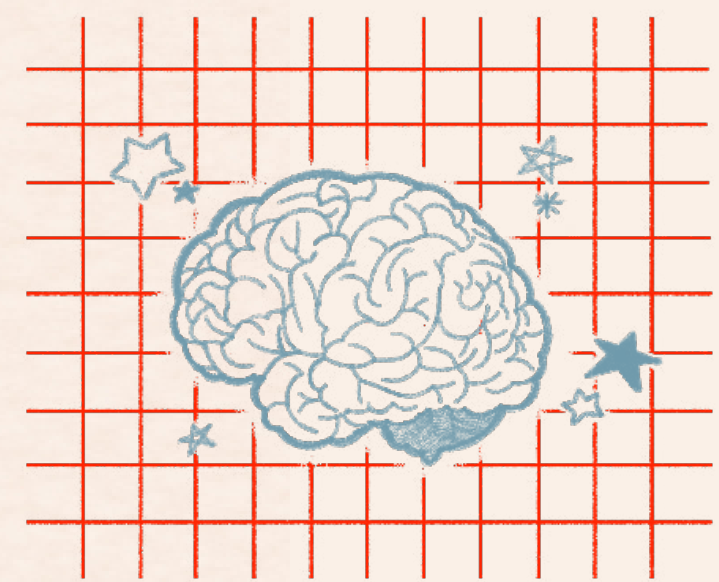


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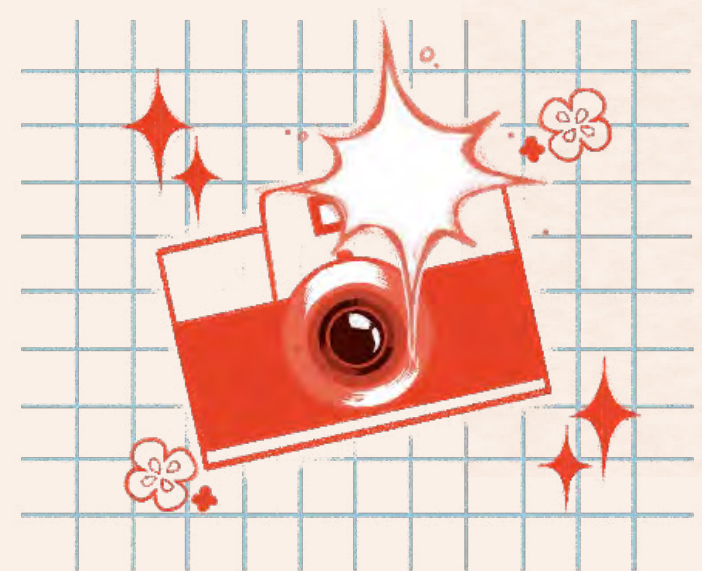


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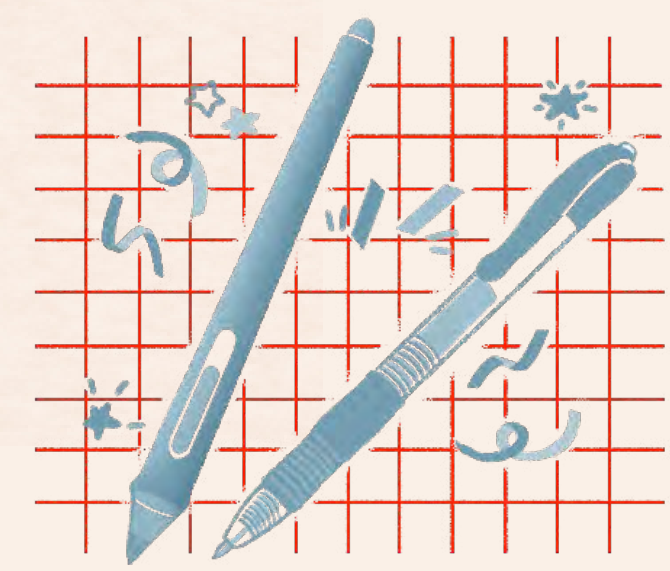
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What to Expect: Mapúa MCL's campus in the new normal

■ WORDS Cheska Jocson

This School Year 2022-2023, Malayan Colleges Laguna (MCL) rebranded to **Mapúa Malayan Colleges Laguna (Mapúa MCL)**, which came with tweaks necessary for its new identity. Furthermore, as we slowly heal from the COVID-19 pandemic, the school has improved its ways to ensure the safe return of the students. With that, here are some of the new features that students, faculty, and staff can experience in Mapúa MCL.

Return of Face-to-Face Classes in MMCL

The first and most prominent change is the return of face-to-face classes, which brought

about other changes that will be discussed later. With its execution, the resources, buildings, and staff of the university were prepared according to the health care protocols that they should still follow, in line with the ongoing existence of the coronavirus. This includes the monitoring of physical contact that will occur as students set foot on campus, completion of daily health declaration forms, temperature checks, wearing of face masks within the vicinity, placement of alcohol dispensers outside of classrooms, bathrooms, and offices, and the regular disinfection of the facilities used by the Mapúa community. The implementation of these actions aims to ensure that students are at ease as they attend classes on campus. Furthermore, students were tasked to submit a photocopy of their vaccine card as part of their enrollment for them to have their school ID given to them. This ensures that those with IDs have immunization against the virus.

Furthermore, the school has established a learning motive paired with the recent shift mentioned above. Mapúa MCL's Flexible Learning Ubiquitous Experience (FLUX) is a system where students have the flexibility to participate in learning through three different modes. The learning modes available are face-to-face, where students physically attend their classes on campus; synchronous classes, where students and professors interact in live time through video conference platforms; and

asynchronous classes, where students can access recordings and other class materials through the various learning management systems the institution utilizes. Through these, students have the option to choose their preferred method of learning, gain access to references online, and study at their own pace.

Moreover, the implementation of FLUX has increased the physical activities allowed to be conducted in school, ranging from those under the academic aspects to the extracurricular ones. Academic-wise, students are encouraged to attend their classes based on the schedule given to them upon enrollment. However, as mentioned earlier in FLUX's offerings, the school still provides remote learning methods for interventions and for those who are unable to be physically present due to a valid and acceptable excuse.

The school has also declared that most major examinations are to be conducted onsite to gauge the students' learning better while letting them interact more with their peers. Then, celebrations like the **Freshmen Week**,



Paskong Malayan, Foundation Day, Mapúa MCL Cup, and the respective College Weeks of each department are now re-allowed to be conducted on campus, where students get to enjoy concerts and join activities that allow them to be immersed in the Mapúan life. Conclusively, the return to face-to-face classes in Mapúa MCL is truly **a fresh chapter for new and returning Wizards and Mages** to learn better and strengthen their bonds with one another.

Arizona State University and Business College of Athens Partnership

The partnership between the different Mapúa schools and Arizona State University has been in the making since last year. The cooperation is called the **ASU-Cintana Alliance**, which allows the member institutions to access top-notch learning materials about the different courses available in this system, making them globally competitive. And, as the sister school of Mapúa University, Mapúa MCL also began to offer this experience to students enrolling in their system this school year. The partnership includes the College of Arts and Sciences (CAS), specifically its BS Psychology and BS Biology programs, and the E.T. Yuchengco College of Business (ETYCB), particularly its BS Accountancy, BS Business Administration, and BS Tourism Management programs.

Moreover, to access the improved, global versions of the courses, a new learning management system (LMS) was introduced to the specified community, which is Canvas. Canvas is the platform used by ASU to teach students under its wing, wherein the system contains different ASU-original lessons that partnering institutions can employ and incorporate into their own approved curricula. The interface is designed to be student-friendly, and Mapúans can expect similar features to those they have encountered in Blackboard Learn (BBL), Mapúa MCL's original LMS and the current LMS of non-Cintana programs.

Similarly, the institution partnered up with the Business College of Athens (BCA), which made available two master's programs, namely the Master of Science in Shipping Business and the Master of Science in Marine Engineering Management under the Mapúa-PTC College of Maritime Education and Training (CMET). These additions mark the first master's degrees to be made available at the university. Greece is known to be the top shipping nation globally, and BCA is a forerunner regarding the programs above, especially for shipping business education. With the collaboration of the two colleges, maritime students can expect enriching learning experiences and global opportunities upon graduation, according to BCA President, Mr. Harris Daskalakis, during the signing of the memorandum agreement between the institutions (Manila Standard, 2022)

Then, the next aspect is the **re-availability of shuttle services**, which is something the school is known for, as it helps students to travel safely to school despite the distance. With it being run by the official transportation partner of the school, Malayan Colleges School Services Association Inc. (MCSSAI), the point-to-point shuttle services have been resumed for the hybrid learning format of the current school year. They offer these services to residents of San Pedro, Binan, Santa Rosa, and Calamba cities, with fares

And lastly, the reopening of the ETYCB Building of the school, has occurred this school year. The cafeteria officially opened on **October 10, 2022**, and has many food and drink kiosks that students, faculty, staff, and visitors can choose from. Moreover, the cafeteria had its chairs and tables

ranging from 70 to 85 pesos. The schedule of trips is also systematic and is in line with the class hours offered by the school; hence, students can expect to arrive on time. Moreover, for departure, they are located near the school exit, thus promoting the idea of convenience. The shuttle services have been with the school for years, and though it is not new, it being available again is something that can assist students to get through the new normal.

Reopening of Cafeteria

repainted, but it maintained the **Mapúan vibe** that students had experienced in previous school years. And to ensure the safety of the students, health protocols are still observed, such as the frequent cleaning of the tables and chairs used as well as the use of gloves by those who prepare the food.

Conclusion

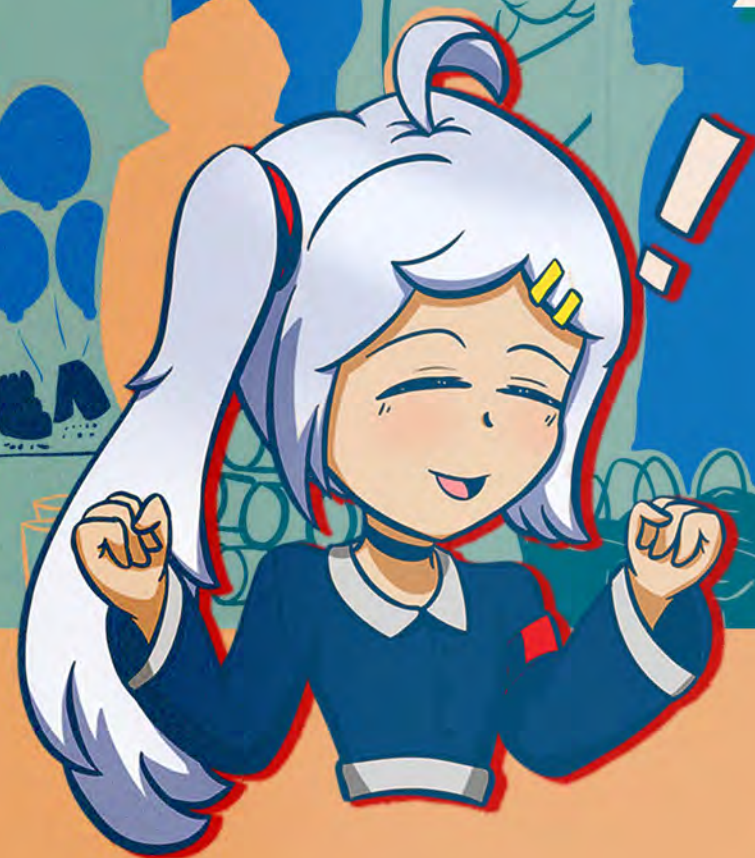
Change is inevitable. These are just some of the steps and actions that Mapúa MCL has taken for the improvement of the school this academic year. With the return of face-to-face classes, the OneMapúan community can finally set their hands on many learning and socializing opportunities. The new partnerships with ASU and BCA can make the students globally competitive; the return of the shuttle system eases the students' commute; and the cafeteria gives the community convenient options for food. **From these improvements, the community can expect a better Mapúa MCL in the near future.**

■ ART Su Lin Basbas and Katrina Alasaas



STARTING ANEW!

MMCL welcomes Malaysians, revives campus life with Frosh Breeze 2022



WORDS NASH PRIMO BESANA

"Reigniting the spirit!"

With the aim of embracing the brand new Wizards and Mages into the OneMalayan Community and celebrating the reimplementing of on-site activities, Mapúa Malayan Colleges Laguna (MMCL) carried out Frosh Breeze 2022, the institution's freshmen treat and welcoming week event, on August 23, 25, and 26.

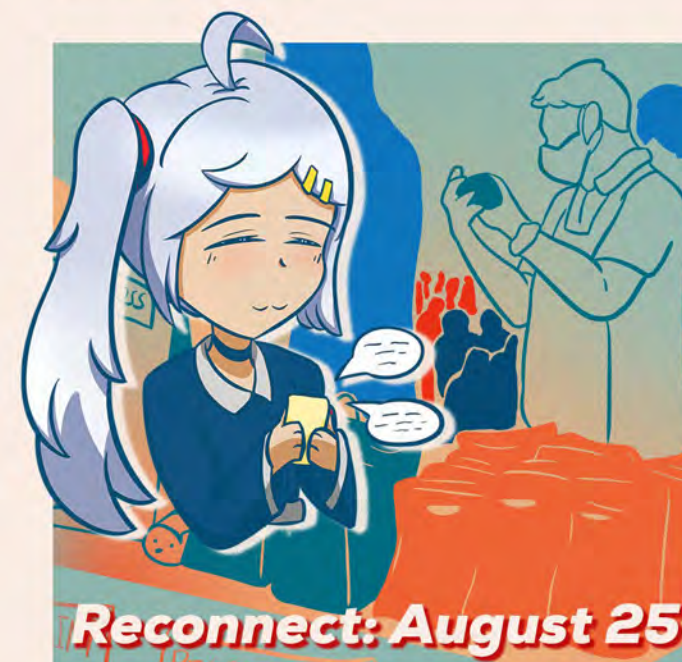
Through the efforts of the newly appointed MMCL Supreme Student Council (MMCL-SSC) officers, along with the active participation of MMCL's College Councils and academic and non-academic organizations, the first major occasion for the school year 2022-2023 was brought to fruition. In a short interview of KAMALAYAN with MMCL-SSC incumbent President, Patrick Zeus Ra, he proclaimed that the event was indeed a huge success due to the accomplishment of its main objective.

"[The] main purpose of the Frosh Breeze is to reunite the OneMalayan Community. The theme was 're-igniting the spirit' since two years na tayong wala sa school and we are thinking na ibalik ang kulay sa MMCL. I think that goal naman is achieved since students enjoyed the whole event." Ra said.

Reignite: August 23

As mentioned, the overall celebration lasted for three days. On its first day, August 23, a Thanksgiving Mass in the MMCL Gymnasium was celebrated, which marked the beginning of the week-long activities. Later in the afternoon, the gym then catered to the official Frosh Breeze opening ceremony. Some of its main highlights were MMCL's Vice President for Academic Affairs, Ms. Maribel Songsong's delivery of greetings, as well as the Oath-Taking Ceremony of the brand new federation of MMCL-SSC.

Supposedly, Frosh Breeze is a four-day-long event, with its second day set to happen on the 24th. However, due to the inclement weather brought by Typhoon Florita in Luzon, all classes and on-site activities for the day were canceled. To cope with this, all Frosh Breeze-related endeavors affected by the suspension were rescheduled to the succeeding days.



Reconnect: August 25

Despite the unexpected weather issues, Malaysians bounced back on August 25 and all happenings were immediately back on track. While the first day was more of an introductory phase for the entire Frosh Breeze event, the

second day became the opportunity for MMCL's organizations and College Councils to flaunt their identities and capabilities to the entire student body as they all conduct their student-driven activities that range from orientations, team building, and membership registration among others.

Starting off the second day was the College of Arts and Science (CAS)' general assembly entitled "CASsemble." With back-to-back showcases from its homegrown organizations, namely: The Haus, Sining at Agham ng Malaya na Komunikador (SINAGLAYA.Kom), KAMALAYAN, Ugnayan ng Malayang Sikolohiya (UgMaSiko), Creative Learners and Innovative Content Creators (CLICC), Malayan Kalikasan, and Malayan Dance Crew, the CAS department's general assembly overflowed with its constituents' talents. As such, it also served as the students' and organizations' avenues to express their unique selves to everyone present in the gathering.

Consequently, another major general assembly implemented on campus was the Mapúa Institute of Technology in Laguna (MITL)'s "Beyond All Limits." With their program flow involving some sneak peeks of their future projects, as well as games accompanied by prizes, the MITL general assembly acted as a way for the department's constituents to reconnect with one another.

Simultaneously, the College of Computer and Information Science (CCIS) occupied the MMCL Grand Stand for their first Program Meet for the new school year. Unlike the general assemblies of other departments, their College meet-up took place for two days. Specifically, BS Computer Science and BS Information Systems students were invited to attend the first day, while BS Information Technology students gathered on the following day. Here, the department's new College council was also introduced. Moreover, students were briefed with their government's ideas and platforms for the year ahead.

While CAS, MITL, and CCIS took centerstage on the MMCL campus, the E.T. Yuchengco College of Business (ETYCB), on the other hand, reigned

the virtual space with its "Back to the Bizz" general assembly. As discussed by the event organizers, one of the main agendas for this virtual meet was to introduce the recently elected set of student-leaders under the ETYCB Student Council (ETYCB-SC). This was, then, accomplished through a formal online oath-taking ceremony for the electoral winners, as well as a short presentation of the new Council's plans for ETYCB students for the school year. Notably, John Ryan Jaminal gave his first speech as the new ETYCB-SC President wherein he shared his positive outlooks and sentiments for the year ahead.

Aside from these major general assemblies from four of MMCL's College departments, several organizations also had the chance to regroup with their members on Frosh Breeze's second day. Organizational gatherings held onsite were "Sinag: Setting the Stage for a Brighter Tomorrow" by the Philippine Institute of Industrial Engineers Operations Research Society of the Philippines (PIIE-ORSP) MMCL Student Chapter, "UAPSAlubong: Umpisa ng Panibagong Yugto" by the United Architects of the Philippines Student Auxiliary (UAPSA) MMCL Chapter, and "HOTELS FEST: Fostering Excellence and Skills that Transcend" by the Hospitality and Tourism Enthusiastic Leaders Society (HoTELS) of MMCL. Alongside these, the Malayan Esports Club also administered their face-to-face gaming tournaments in the ETYCB Building as other student organizations had set up their booths in the Student Lounge.

Furthermore, general assemblies conducted virtually on August 25 are the following: "Renaissance: Beginning Anew" by the Junior Philippine Institute of Accountants (JPIA-MMCL), "COMM Quest: Onto the Next Level" by SINAGLAYA.Kom, "MagbabaCLICC" by CLICC, and the UgMaSiko general assembly.



Reunite: August 26

Furthermore, the strong enthusiasm of Senior High School and College students of MMCL continued to rage on during Frosh Breeze's third and final day, August 26. As the last departmental general assembly for the welcoming week, the Mapúa-PTC College of Maritime Education and Training (CMET) conducted their "Welcome Aboard" freshmen meet. CMET students, including first-year BS Marine Transportation and BS Marine Engineering students were invited to the assembly, along with their parents. For them to fully experience the nature of being a CMET student, all cadets and cadettes were asked to wear their uniforms for the on-site assembly.

Additionally, more MMCL organizations have built their booths around the campus for students to participate in and have fun with. Some groups have even launched their general assemblies on the last day of Frosh Breeze, namely the Philippine Institute of Civil Engineers (PICE) MMCL Chapter with their on-site "Let's faCE it!: Your Back-on-Campus Experience" and the Associate of Chemical Engineering Students (ACES) of MMCL with their "ChEvolving to Greatness" virtual assembly.

Last but not the least, the highly anticipated Frosh Breeze Concert 2022 emerged as the grand finale for the MMCL Freshmen Week. During the six-to-seven-hour-long concert, the star-studded MMCL Gymnasium became a literal stage for

personalities, including some MMCL students and alumni, to showcase their talents in front of Malayans. A variety of performances, ranging from vocal, band, dance, and fashion, comprised the party-night-out experience of Malayans. As such, the performers for the Frosh Breeze Concert 2022 are as follows: Joshua Kobe Bueno, Janelle Zulueta, Francis Clint Untalan, Juan Carlos Legaspi, George Cana, Airforce 91, Timothy John Pinlac and Vhincen Bonifacio, Azatrix, Francine Wulp, Haezel Brequillo, Malayan Dance Crew, &CO, HXGN, The Haus, Ozi Trestiza, YsanYgo, Yuriel Javier, JP Bacallan, DJ Siangyoo, and Ace Banzuelo.



As the entire welcoming week comes to a close, MMCL-SSC wanted to express their gratitude towards everyone who took part in the week-long celebrations.

"Despite a short, two-week preparation, we were able to prepare literally everything – from pubmats, venues, schedules, and other sorts. With this, I'd like to take this opportunity to thank my fellow officers for creatively and strategically planning this event." remarked MMCL-SSC incumbent Executive Vice President, **Luis Oberio III**.

In addition to these, they also hinted at a few things that could spark the excitement of Malayans for their future activities.

"Be ready with what our federation can offer [to] the whole MMCL community. As of now, I can only say na something big is coming," MMCL-SSC President Ra claimed. Additionally, MMCL-SSC EVP

Oberio mentioned that: *"We have some events in-store, too, for the year, but the biggest highlight yet would be the upcoming Foundation Week which will happen a few months from now. We will be having a better and longer timeframe [of preparations] for this event to ensure that the MMCL Community will enjoy and have fun."*

On another note, the MMCL-SSC added that their topmost priority in organizing this event was the safety of all Wizards and Mages. As such, it is important to disclose that several health protocols were implemented and observed in the entire duration of Frosh Breeze. Specifically, students can only be allowed to enter the school premises if they have been vaccinated against the virus, have answered the Daily Health Declaration (DHD) forms with honest information, and were mandated to wear their face masks at all times. To further curb the risks from COVID-19, Malayans were encouraged to bring their own packed lunches and snacks as there were no food stalls available inside the campus.

All in all, MMCL's Freshmen Treat: Frosh Breeze 2022 served as **"the beginning of new beginnings."** Not only did it grant the OneMalayan Community several opportunities to welcome the brand new school year fervently, it also gave them the chance to immerse themselves in MMCL's gradual transition to face-to-face classes and the next normal.



ART DENZEL FONTANILLA & MARY PINTADO

MMCL CLIR PROMOTES IMPORTANCE OF READING AND IMAGINATION ON NATIONAL BOOK WEEK 2022

■ WORDS Nash Primo S. Besana

"Basa. Bayan. Bukas."

This alliteration of three simple words served as the main theme of our country's 88th National Book Week (NBW). Despite its simplicity, it fortifies the significant idea of how reading does have the capability to define the Filipino nation and establish the foundations of its distant future. As such, to promote this visionary concept to the OneMalayan community and encourage Malaysians to further appreciate the beauty of reading, MMCL's Center for Learning and Information Resources (CLIR) has hosted three school-wide literary competitions and other interactive events during their own celebration of the NBW from November 21 to 29 on its Facebook page.

One of the three main contests spearheaded by MMCL CLIR during NBW 2022 was the **"Suriin at Lumikha"**. It is a digital poster-making contest that is open for both Wizards

creativity and artistic interpretation skills are put to the test. In this competition, registered participants had to submit their original digital poster, which visually represents their own understanding of this year's NBW theme. On top of this, MMCL CLIR has also required their participants to submit a time-lapse video of their entire creative process to verify that their entries are actually their own works and are made for this specific contest only. Once the submission period is over, such crafts are then displayed on the MMCL CLIR Facebook page for the online community to appreciate and ponder upon.

In line with the audience engagement category of the overall criteria for judging, each poster was granted the chance to accumulate heart reactions, which are taken into account in their total scores. Alongside this, the technical aspects of their posters were judged based on their relevance to the theme, originality, and creativity, among others. In the end, John Carlo Ortega, a third-year BS Architecture student, was declared the grand winner and became the recipient of a brand new 9th Generation iPad. Following him are

Rowell Tan in second place and Shayne Frances Calajate in third place, who secured 2nd Generation AirPods Pro and AirPods, respectively.

Aside from this battle of MMCL's very own digital artists, a digital blackout poetry competition titled **"Tulang Takipsilim"** has also commenced during MMCL CLIR's celebration of the NBW. Participating Malaysians were asked to choose a page from their favorite e-book, e-magazine, or online article as the basis for their entire blackout poetry entry. Then, they need to rely on the authors and poets within them as they black out words, lines, and paragraphs on the same page yet still produce a piece that makes sense. After the designated submission period, a total of 61 blackout poetry entries have been gathered by CLIR and immediately posted on their Facebook page. Similar to the poster-making contest, heart reactions from the OneMalayan Community to the blackout poetry submissions were once again included in the final scores.

This is an addition to the technical criteria for the submissions, wherein the relevance to the theme and the student's creativity are primarily looked at. After the poems were judged and received support from the online MMCL community, three students emerged as the winners: Nouella Mae Nuez as the grand winner, Justine Jeric Abueva as the second place winner, and Mariel

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■ ART Rachele Bañes, Nicole Mercurio, & Shem Tolentino

#MCLCLIRNATIONALBOOKWEEK2022

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Last but not the least, MMCL CLIR also organized the **"Malayang Pagsisiyasat ng Aklat"** segment of their NBW celebration, which tests the literary knowledge and quick-thinking skills of Malaysians. In this event, which is open to all NBW-registered MMCL students, one line, scene, or quote from various best-selling Filipino and foreign books is presented on MMCL CLIR's Facebook page. As fast as they can, students will then have to type down in the comment section the correct name and the author of the book from which the shown one-liner originated. Overall, this speed challenge had ten rounds separated equally over five days. After the organizers exhausted all of their prepared quotes, several Wizards and Mages with the correct format for submitting the correct answers were declared the Malayang Pagsisiyasat ng Aklat Daily Winners, and each received a 200-peso GCash prize sponsored by C&E Publishing.

Aside from these competitive events, the celebration of the NBW served as an opportunity for MMCL CLIR to honor their most active patrons in the student and teacher communities, respectively. Among the students at MMCL, Angelica Sanchez was crowned as CLIR's Most Active Patron, while Maiah Yasmien Cristobal was declared thea

Malayang Pagsisiyasat ng Aklat Daily Winners, and each received a 200-peso GCash prize sponsored by C&E Publishing.

Aside from these competitive events, the celebration of the NBW served as an opportunity for MMCL CLIR to honor their most active patrons in the student and teacher communities, respectively. Among the students at MMCL, Angelica Sanchez was crowned as CLIR's Most Active Patron, while Maiah Yasmien Cristobal was declared the CORA Top User and the First to Book a Session for the Book-a-Librarian Service. On the other hand, among the members of the faculty, colleges, and offices of MMCL, Ms. Jhona Gamez gained the title of CLIR's Most Active Patron, while Prof. CJ Desacado, Capt. Armando Ternida, and Ms. Joyce Balasbas were announced as the First to Book a Session for the Book-a-Librarian Service in their respective fields. Lastly, Cedric Wayne Fodulla was acknowledged as the Facebook Liker of the Year due to his active engagement with the official Facebook page of MMCL CLIR.

Moreover, as part of their community engagement initiatives this NBW, MMCL CLIR also held an online storytelling session on December 7 at 9:00 AM. Mr. Jay Galang served as the storyteller for this project, in which he told various stories and read books to Grade 3 pupils of Calauan Central Elementary School.

Throughout the week-long celebration, CLIR has encouraged their audience to use these event hashtags during the aforementioned events: **#NBW2022**, **#MCLCLIRNATIONALBOOKWEEK2022**, **#NBWBasaBayanBukas** and **#BasaBayanBukas**. These were observed to be used by the community when they share their digital posters and blackout poetry entries, comment down their "Malayang Pagsisiyasat ng Aklat" answers, engage with MMCL CLIR's official posts, and create their



#NBWBASABAYANBUKAS



OneMapúan Community celebrates Christmas onsite with **PASKONG MALAYAN 2022**

■ **WORDS** by Sam Leonardo

From December 1 to 9, 2022, the Mapúa Malayan Colleges Laguna Supreme Student Council (MMCL-SSC), in partnership with the Center for Service Learning and Community Engagement (CSCE), organized a Christmas event called Paskong Malayan: Empowering and Fostering Continuity. This occasion's main purpose is to encourage Wizards and Mages to partake in celebrating the joyous moments of the season.

To start with, the Christmas tree was decorated with star decorations and lit up with lights during the Christmas Tree Lighting Event at the Enrique T. Yuchengco (ETY) Lobby on December 1, which was accompanied by the institution's choir's performance of festive songs and group dance performances from other Mapúans.

On December 2, the Parol Parade happened, with representatives of the College departments showcasing their innovative and eco-friendly parol projects from Shannon Drive to the ETY Building. A set of criteria was provided, on which the judges based their decisions. It included various aspects such as dimension and design, creativity, environmental friendliness, and originality. For the People's Choice Award, the OneMapúan community was allowed to vote for their favorite design through a GCash voting system, which is also part of the overall critique per parol for the competition. Consequently, the College of Maritime Education and Training (CMET) was declared the Champion and People's Choice Awardee for their parol and was followed by the College of Arts and Science (CAS) as the first runner-up and the Most Eco-friendly Parol Awardee. The other winners were the College of Computer and Science (CCIS) for being the second runner-up and the Mapúa Institute of Technology at Laguna (MITL) for being the third runner-up.



Aside from the aforementioned events, the SSC, with the help of other College councils and student organizations, opened the Student Funfair from December 5 to 7, at the Mapúa MCL Gymnasium for a diverse experience of games and foods. With the theme inspired by carnivals, the following College councils prepared their own booths accordingly: CAS-SC's Matching Booth, CCIS-SC's Drop the Cup Booth, CMET-SC's Bowline Knot Booth, and ETYCB-SC's "Kaya Ba Today?" Booth. Furthermore, there are stalls that provide food and merchandise variations, which are the Philippine Society of Mechanical Engineers (PSME)'s Lion Bazaar 2022, the Creative Learners and Innovative Content Creators (CLICC)'s CLICC Corner and Popo Lola's Pizza Booth, and the Institute of Computer Engineers of the Philippines (ICPEP)'s MMCL TECHWARE Booth and ICPEP's Bazaar.

Also, Mapúan students represented their own departments as they performed their chosen song pieces through group singing and dancing performances in the Acapella Christmas Carol competition on December 6. The performers from the MITL Department took the spot of champions with their song cover of "Mary, Do You Know" by the American Acapella group Pentatonix. This was followed by the CAS Department as the first runner-up, which consists of classic Filipino songs like Kumikuti-kutitap, Kampana ng Simbahan, and Pasko na Namang Muli in a remix. Finally, the ETYCB Department came in second runner-up after putting on a lively show and singing one of Ben&Ben's popular songs, Bibingka.



Furthermore, as the week's final scheduled event, a night concert party titled "Paskong Malayan: Wizards of Joy Concert" was hosted in the Mapúa MCL Gymnasium on December 9 for all Mapúa MCL students and alumni. It provided an opportunity for everyone to enjoy the show alongside their peers and fellow concertgoers, interact in real-time with their favorite stars, and appreciate the show's production in the spirit of Christmas.

Alisson Shore, one of the highlighted main artists, became the center of attention for the audience through his performance of his self-produced songs, such as Hanggang Huli, Polaroid, and Risk It, that cultivate emotions from within. Subsequently, Kiyo, another main artist of the concert, uplifted the stage with his entertaining stage presence in his song Urong Sulong, a collaboration song with Alisson Shore. Additionally, the rapper teased his debut album, HARANASA, in front of the Mapúan crowd through his performance of a song he pre-released in 2021 labeled Harana sa Sarili. Other than the two mentioned producers, other guest performers put in talented efforts for the remarkable night, fueling the enthusiasm of the attendees during the live event, such as Clare Almendral, Archie Dingding, Atreus, Azatrix, Jackie ft. Ner, Haezel Brequillo, Malayan Dance Crew (MDC), &Co., The Haus, and HXGN.

■ **ART** by Princess Fajardo,
Angela Reynoso &
Mary Pintado



To enter the venue for the aforementioned event, the attendees must claim their wristband prior to the concert night at the SSC Booth, located at the ETY Building Lobby on December 7 and at Mapúa MCL's Airwell on December 9, to have physical evidence of the purchased ticket. Furthermore, the SSC issued concert safety and health guidelines across its various social media pages, demonstrating how important it is to ensure everyone's safety. Such ticket sales were also released on online platforms, but were then made available in the SSC Booths for walk-in purchase and inspection at the concert venue itself.

To conclude, Paskong Malayan is annually held in Mapúa MCL to uphold the essence of Christmas celebrations among Wizards and Mages, empower the community, and foster continuity. This helps to strengthen people's friendships while they enjoy the holiday season and to provide students with new experiences

MAPÚA MCL'S FOUNDATION WEEK: EMBRACING A NEW IDENTITY

■ WORDS JON RANSON LAPADA

Malayan Colleges Laguna (MCL) recently marked its 17th Foundation Week with a display of activities and events that showcased the institution's community spirit and dedication to academic excellence. This year's celebration, held from January 21 to January 27, 2023, was particularly special as it coincided with the unveiling of the college's new name: Mapúa Malayan Colleges Laguna (Mapúa MCL). The week-long festivities culminated with the grand Foundation Concert.

Kicking off the momentous occasion on **January 21** was the Run Malayan 2023. Held in Greenfield City, Sta. Rosa, Laguna, the event brought together students, faculty, staff, and members of the community. As participants completed the fun run, the college unveiled its new name, Mapúa Malayan Colleges Laguna (Mapúa MCL), representing its integration into the renowned Mapúa University system. The name change symbolizes Mapúa MCL's commitment to delivering exceptional education and fostering innovation and research in the fields of science and technology.



On **January 23**, the Foundation Week gained momentum with a series of activities. The day began with a Thanksgiving Mass. This was followed by the grand Opening Ceremony, which marked the official commencement of the week-long celebration. The Mapúa MCL Employees vs. Alumni Exhibition Games showcased the enduring spirit of sportsmanship and camaraderie among former and current members of the college. Meanwhile, gaming enthusiasts gathered for the Wizard's Cup E-Sports tournament, where players showcased their skills and battled for supremacy. In a test of knowledge and quick thinking, participants engaged in the Family Feud game, fostering teamwork and friendly competition among the Mapúa MCL community. The Wizard's Cup also commenced, which pitted the different departments against one another.



January 24 also offered a lineup of activities and events designed to highlight the diverse talents of Mapúa MCL students. The Cheerdance competition allowed the college's cheerleading squads to display their cheerleading skills and synchronization. Concurrently, the Wizard's Cup continued with the different factions battling with each other. Promoting artistic expression, the Poster Making contest provided students with a platform to showcase their creativity and visual storytelling abilities. Simultaneously, the MAPÚA Centennial Lectures - Day 1 offered an enriching intellectual experience, featuring esteemed speakers who commemorated Mapúa University's century-long commitment to excellence in engineering and technology education. During the Malayan Duets, students demonstrated their vocal prowess. The event celebrated the college's music community and showcased the musical abilities of Malayans.

Continuing the festivities on January 25, Mapúa MCL presented an array of activities that catered to diverse interests. The Wizard's Cup continued, pitting the factions against one another in a showdown. The Palarong Pinoy, a sports event, ignited friendly competition and camaraderie among students, promoting a sense of national pride and sportsmanship. Film enthusiasts were treated to a Film Festival, where aspiring filmmakers from MMCL showcased their storytelling skills through short films. Meanwhile, the Quiz Bee challenged participants' knowledge across various subjects, highlighting the academic excellence fostered by Mapúa MCL. The MAPÚA Centennial Lectures - Day 2 continued to educate students with discussions by distinguished speakers. The day culminated with the Mr. & Ms. Mapúa MCL Day 1, a pageant that showcased Mapúa MCL's finest candidates.

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■ ART DENZEL FONTANILLA & JOSIAH VALENTE

January 26 continued the celebration with a variety of activities. The Wizard's Cup reached its climax, wherein the different factions fought for the last time. Meanwhile, the Mapúa MCL Got Talent competition provided a platform for students to showcase their diverse talents, including music, dance, etc. The day also featured a seminar titled "Strengthening the Spirit of Volunteerism and Community Extension: The Mapúa MCL Way." Additionally, the MAPÚA Centennial Lecturer - Day 3 continued the series of lectures, enriching students' understanding of advancements and challenges in engineering and technology. The day concluded with the Mr. & Ms. Mapúa MCL Coronation Night. The coronation ceremony marked the culmination of the contestants' journey, with the deserving winners being crowned.



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January 27, the final day of the Foundation Week, brought the festivities to a close with a range of activities. Participants embarked on an Amazing Race, challenging their wit, agility, and teamwork as they navigated through a series of obstacles and puzzles. The Wizard's Cup Awarding of Special Awards recognized the achievements of participants throughout the tournament. Meanwhile, the Career Fair, the RPCO Ideation Summit, and the last day of the MAPÚA Centennial Lectures were also held.

The day also featured the Mapúa MCL Service Awards, recognizing individuals who exemplified dedication to serving the Mapúa MCL community. Concluding the week-long celebration was the Foundation Concert, which was held on the Einstein Building Grounds.



We Are Back:

Mapúa MCL's College Weeks transpire onsite for the first time in years

■ WORDS NASH PRIMO BESANA

Throughout the three terms of Mapúa Malayan Colleges Laguna (Mapúa MCL) for each academic year, Wizards and Mages most certainly have their least favorite weeks to go through. Major examination weeks, enrollment weeks, deadline of course requirements weeks—the opinion may vary from student to student, but the point is: these require great amounts of effort and dedication for one to comfortably wave goodbye to them. On the flip side, there are weeks in Mapúa MCL's academic calendar that can feel like a breath of fresh air amidst the chaos of academic life—the College Weeks.



To Voyage for Camaraderie and Oneness

Just a few weeks after Mapúa MCL set sail for the Academic Year 2022-2023, future seafarers from the College of Maritime Education and Training (CMET) manifested their inner "Bibong Marinos" during their College Week last September 27 to 30, 2022. Their special week was welcomed with a formal parade of the department's constituents alongside their iconic blue and white CMET ship. This was immediately followed by the CMET Baptismal Ceremony, a tradition in which new cadets were splashed with water to mark the beginning of their seafaring adventures.

These endeavors, as well as the sports, art, and knowledge competitions held during the week, all served as CMET's way of celebrating the Maritime and Archipelagic Nation Awareness Month (MANA Mo) every September. With 2022's theme of "Our Seas, Our Livelihood, Our Life Source: A Whole-of-Nation Approach Towards Raising Maritime and Ocean Awareness," the CMET Week provided a focal idea that maritime students were encouraged to ponder upon as they go through their chosen career path.

To Roar for the Cardinal Throne

The Christmas season of the institution's Cardinals was never left cold, as the Mapúa Institute of Technology at Laguna (MITL) spearheaded the fiery eight-house "Battle for the 9th Cardinal Throne" last December 12-16, 2022. An action-packed sports tournament became the centerpiece of their College Week, with each animal-themed MITL house satiating their thirst for the throne after a three-year ceasefire amongst themselves.

However, only the roars of the kings of the MITL jungle prevailed over the clamor for the crown. The Mechanical Engineering (ME) students under the House of Lions clinched the sought-after Program of the Year (POTY) title in this year's cup, stretching their ownership over the throne for an astounding five years. While College Week truly became an intense battleground of abilities and skills, it also became proof of how MITL has "conquered years of struggles" and is capable of "coming back together," as indicated in the festivity's theme.



■ ART AYLIH ASTILLERO & MARY PINTADO

To Flourish with Filipino Festivals

"**PiyeSHStahan na!**" is what Mapúa MCL's Senior High School (SHS) students have repeatedly cheered during their Department Week from April 18 to 20, 2023. With their occasion mainly revolving around the colorful Filipino fiesta culture, each SHS strand was assigned to embody a Filipino festival of their own, including Panagbenga, Masskara, Ati-Atihan, and Anilag.

Despite being the youngest in the

OneMapúan community, they meaningfully spent their time in the limelight with the conduct of Filipino-inspired contests. This includes a Tagisan ng Talino on Philippine history, a festival-themed dance-off, a tournament with games tagged as Palarong Pinoy, and balagtasán, kundimán, and spoken word competitions. Just like how the banderitas flutter with the colors of the Filipino culture, the SHS Week aimed to bring back the cheers that once reverberated on campus in the pre-pandemic years.

To Crack the Code to Greatness

Tech-savvy Mapúans from the College of Computer and Information Sciences (CCIS) "connected together" in the CCIS Game Fest 2023, held from April 25 to 28, 2023. The students were assigned to each of the four houses and attempted to garner points in the game festival's activities. One of which was the Tri-Wizards Battle, which tested CCIS students in three areas: strengths, intellects, and skills. The "last Wizard/s standing" were also sought in other contests, such as the Royal Rumble and

various sports and esports games held throughout the week. However, Cybernetics ended up at the top of the standings, proudly filling the House Tribute and Social Night with their violet jerseys and flags.

On another note, their College Week also became their platform to conduct an "ultimate innovation challenge," or the 48-Hour Hackathon. It is described as a fast-paced event that champions technologically innovative solutions to real-world problems.

To Conquer the Stars and the Skies

The sky is never the limit with E.T Yuchengco College of Business (ETYCB) learners, as they soared high in their College Week titled "Venture Through the Stars" last May 2-6, 2023. Aside from the mini-department-wide intramurals that consisted of a myriad of sports match-ups, one of the main highlights of the week was the Business Exposition. It provided opportunities for young entrepreneurs, including those who are Mapúans themselves, to promote their businesses on

campus and connect with their patrons and fellow business owners.

Moreover, stars within the College got their chance to shine in the Ultimate Performer and ETYCB Got Talent portions of the celebration. After all scheduled clashes for the ETYCB Week, the Junior Philippine Institute of Accountants (JPIA) was hailed as the Best Organization for the individual and group awards its members have collected during the week.

To Flare Up with Splendor

Radiantly ending the College Week series for this Academic Year is the College of Arts and Sciences (CAS) with SOLARIA: CAS Week 2023, held from May 23 to 25, 2023. To begin with, students from various programs and year levels literally "ran with hue" in the Chro-Maxima: Color Fun Run event that sparked the College Week into motion.

Subsequently, several other engagements brought out the brightness

within the CASangga family. This includes Energeia: Tara Laro!, a collaborative runway exhibit from the Creative Learners and Innovative Content Creators (CLICC) and The Haus titled Prominence, a dance tutoring session from the Malayan Dance Troupe (MDC) named Pyro, and a cosplay event tagged as CASPlay. Culminating the period of CAS's glamor and glow is Ad Astra: CAS Night, which catered to the one and only Asia's Songbook, Kween Yasmin.



Conclusion

Despite having the first set of face-to-face semesters after the pandemic has begun, Academic Year 2022-2023 provided multiple avenues for Wizards and Mages to liven up the campus once again—the College Weeks being just some of them. The execution of these endeavors, which were just ideas in the students' minds in the recent school years, proved how Mapúa MCL continues to reach greater heights. The journey to excellence and virtue resumes.

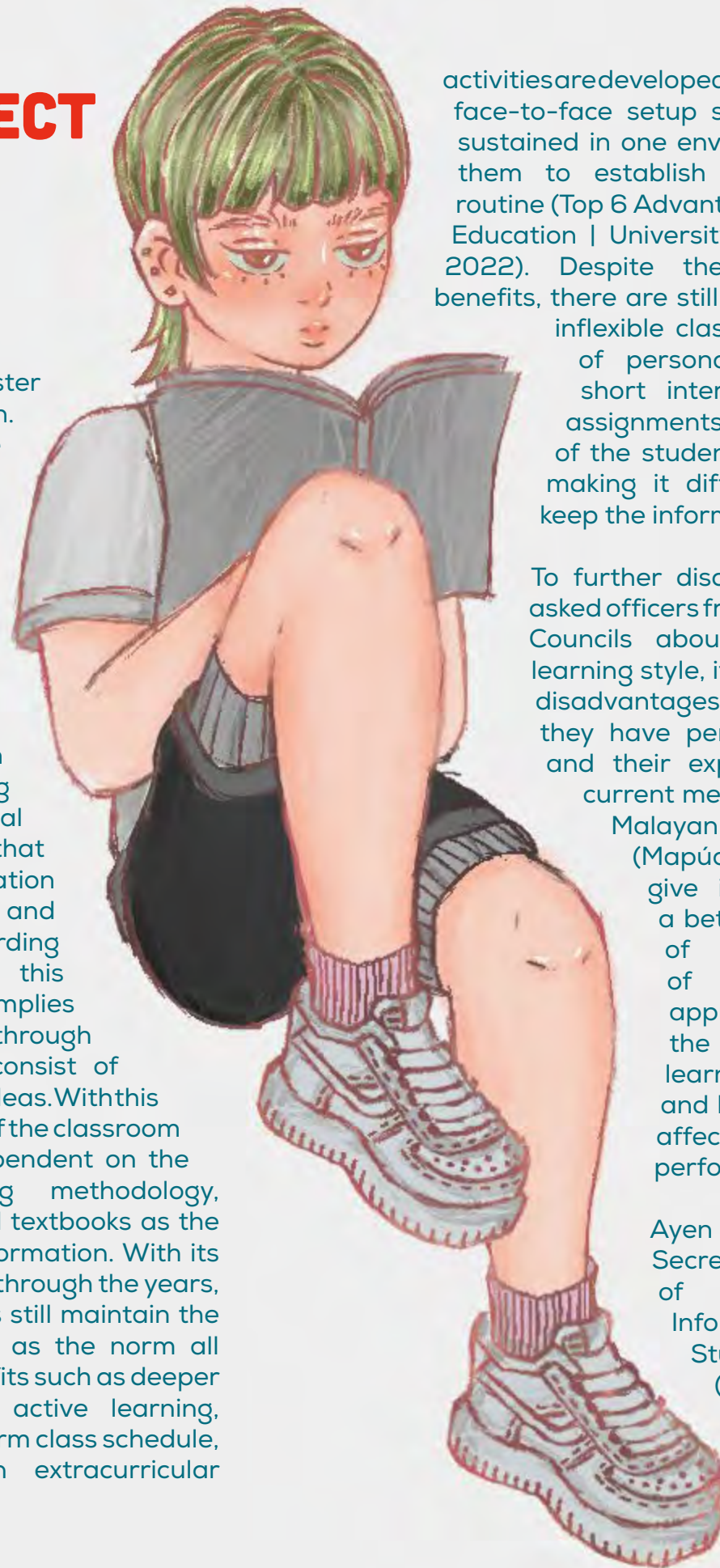
LEARNING MODALITIES AFFECT STUDENT'S EDUCATION

■ **WORDS** Sam Leonardo

Children's quest for knowledge begins at home, with their parents teaching them the essentials of life. This would be further enhanced at school, the second home for learning and the foundation for becoming a professional in various fields. With adequate spaces and opportunities for tending to the students' personal interests, educational institutions nurture their individuality and citizenship with quality education. However, the COVID-19 pandemic has brought challenges to every student's journey, forcing everyone to create a substitute for the educational system to at least close the learners' knowledge gaps despite the distance. In the present circumstances, what would be the suitable teaching strategy to help college students improve their academic performance and demonstrate mastery over their skills?

Schools serve as the cornerstones of various fields of knowledge that a child could explore in order to pursue their chosen academic career. By offering a welcoming learning environment, fostering social interactions with other people, and promoting a harmonious community, students can become interested in exploring the place and continue their never-ending quest for knowledge. In that case, an appropriate curriculum should be provided by the

institution to foster quality education. During this time when the pandemic has slightly calmed down, there are two common learning methods: traditional face-to-face and online learning. The traditional face-to-face focuses on instructors teaching the lessons in a physical classroom set-up that builds communication between them and students. According to Graphy (2022), this learning method implies memory retention through drill activities that consist of repetitive relaying of ideas. With this procedure, the pace of the classroom is regulated and dependent on the professor's teaching methodology, such as using printed textbooks as the primary source of information. With its proven effectiveness through the years, government agencies still maintain the traditional approach as the norm all over the nation. Benefits such as deeper social relationships, active learning, library access, a uniform class schedule, and involvement in extracurricular



activities are developed with the traditional face-to-face setup since students are sustained in one environment, allowing them to establish a reliable study routine (Top 6 Advantages of Traditional Education | University of the Potomac, 2022). Despite the aforementioned benefits, there are still drawbacks like an inflexible class schedule, a lack of personalized plans, and short intervals for finishing assignments. These may be out of the students' comfort zones, making it difficult for them to keep the information intact.

To further discuss, KAMALAYAN asked officers from various College Councils about their preferred learning style, its advantages and disadvantages according to what they have personally observed, and their experience with the current method of the Mapúa Malayan Colleges Laguna (Mapúa MCL). This can give interested parties a better understanding of the importance of the implemented approaches through the perspective of the learners themselves and how each modality affects students' performance.

Ayen Estremos, the Secretary of the College of Computer and Information Science Student Council (CCIS-SC), shared her opinions

on face-to-face learning: "For the pros of a face-to-face set-up, communicating in any terms is easier since you can see the facial reactions of the person you're talking to, take into consideration of their body movements and hand gestures, and even hear their [voices'] tone/s. For the cons, students will need to commute. With the rising prices of fares, extreme traffic almost everywhere, and, of course, unpredictable sudden changes of weather, these factors make commuting hard."

However, as every student during the previous years may know, the reign of face-to-face learning had temporarily stopped. On August 24, 2020, former Department of Education (DepEd) Secretary Leonor Magtolis Briones announced the opening of the School Year 2020-2021 with virtual learning or online classes as an alternative approach during the COVID-19 pandemic (Esguerra, 2020). Since the virus had spread throughout the country during that time, most students decided to follow the newly mandated education system, addressing the uncertainty of the future at the moment. Specifically, virtual learning takes place in their respective homes through access with an electronic gadget, either in synchronous or asynchronous mode. This allows access to the course management system used by the institution to see the deployed lessons of the professors while maintaining the ideal interaction that occurs through course assessments and collaborative classrooms. Unfortunately, not everyone is financially ready to purchase the necessary device and stable internet connection, causing students to fall behind in their studies. In line with this idea, Ryan Jaminal, the President of the Enrique T. Yuchengco College of Business Student Council (ETYCB-SC), expressed

■ **ART** Shem Tolentino



while absorbing the information provided in their lectures, affecting their productivity in accomplishing tasks. Plus, a lack of social interaction can make their school experience harder to manage.

To ensure the student's safety in times of dangerous events and somehow

ease the burden of these

his thoughts about online learning: "For online learning, one positive aspect of it is the ease and convenience. You can conduct and listen to classes from the comfort of your own home and have more control over your schedule and how you use your time of the day.

However, he added that one of its glaring cons is the students' reliance on the internet, considering our country is notorious for its slow internet connection. He also explained that the digital space creates a barrier that restricts communication between professors and students, leaving them vulnerable to miscommunication and restricting them to monitor actual student performance. With those existing problems, students might find their homes to be filled with distractions

forementioned issues, Mapúa MCL introduced the Flexible Learning Ubiquitous Experience (FLUX) this Academic Year 2022-2023. It is a blended learning approach that offers both face-to-face and online learning. This allows the OneMapúan community to have freedom in choosing their opted modalities, minimizing the obstacles that could possibly occur within their career. Consequently, it complements the Mapúa MCL's goals of constructing the future of Wizards and Mages.

After experiencing FLUX for a couple of semesters already, Aila Batalon, a representative from the College of Arts and Sciences Student Council (CAS-SC), described her experience with Mapúa MCL's Flux: "The implementation of Flexible Learning Ubiquitous

Experience (FLUX) this [Third] Term is very challenging. Since we are required to attend online discussions while also having to balance my time for academics and other extracurricular activities. There are instances where I was not able to attend family gatherings or council meetings since I had to study. Nevertheless, with the help and understanding of my family, friends, classmates, and peers, I find joy in juggling my academics and other activities."

Despite the challenges of this set-up, Rica Faraon, the President of the Mapúa Institute of Technology at Laguna Student Council (MITL-SC), said that: "Implementing FLUX here in Mapúa MCL is a good strategy since it lets the students decide with their selected approach. The transition from online to face-to-face learning was bearable because of this. Academically speaking, it affected me in a way that I can handle my loads easier. Also, the changes affect my personal life in a better aspect since I have got time to be together with my friends onsite through classes, activities, and events."

With both learning modalities tackled, Vien Soliven, a representative of the College of Maritime Education and Training Student Council (CMET-SSC), discussed his

preferred learning style: "Face-to-face is much better for me since I can concentrate more on my studies because it has less distraction than when I am at home. In a familiar, traditional classroom setting, I may feel more at ease and learn more readily."

To summarize, both face-to-face and online learning showed various advantages and disadvantages in establishing an individual's learning style. Some of the student leaders' opinions include an optimistic outlook on their educational background and experiences with the aforementioned learning methods. At the same time, several students are experiencing difficulties in accomplishing the activities that simultaneously use the methods offered, resulting in specific issues with regards to the quality of learning. Personally, I would choose face-to-face over online learning

because I feel more at ease in a classroom set-up. As someone who is an auditory learner, physically communicating with an educator improves the knowledge I retain from studying the lectures.

Conclusively, Mapúa MCL's FLUX and other hybrid teaching techniques provide a balanced experience for the learners' journey. Nonetheless, it is up to us to indulge with our preferences and manage the benefits and drawbacks of whatever path we take while balancing life. In the end, both remain

viable options for providing the education that can help students excel in the future.



When Learning Becomes Tiring:

Overcoming Academic Burnout

■ WORDS JON RANSON LAPADA

Academic burnout can feel like an endless journey that drains every aspect of your being. The demands of academia, from a rigorous workload to a lack of support at times, can feel like an arduous trek with no end in sight. If you have ever felt this way, you may be experiencing academic burnout. Academic burnout is a complex condition that affects students and academics alike. It can manifest as physical and emotional exhaustion, detachment from work and personal life, and a reduced sense of accomplishment. Academic burnout can be caused by a variety of factors, including high expectations, overwhelming workloads, and a lack of work-life balance.

There is nothing innately wrong with having high expectations. After all, striving for academic excellence can be a great motivator. However, setting unrealistic prospects can create unnecessary pressure and anxiety that can be detrimental to our mental health. Many of us have this preconceived notion that having perfect grades is what is needed to be successful. These expectations, however, often lead to feelings of inadequacy and self-doubt, ultimately resulting in burnout. Another factor that can contribute to academic burnout is an overwhelming workload. Many students are flooded with a never-ending list of tasks, assignments, and deadlines, which can leave them feeling exhausted and depleted. The pressure to meet these expectations can take a toll on one's physical and mental health, resulting in a loss of energy, enthusiasm, and motivation. A lack of work-life balance is another contributing factor to academic burnout. Students and academics are under constant pressure to work long hours and maintain high levels of productivity, leading to neglect of their personal lives. This lack of balance can be especially challenging when academic workloads increase, leading to feelings of guilt and frustration.

As per the findings of a Deloitte survey, a significant percentage of individuals belonging to the Gen Z and millennial demographics in the Philippines are currently facing burnout.

The root cause of this burnout has been identified as the excessive workload that they have been subjected to. What is concerning is that the reported percentage of burnout cases in the Philippines is considerably higher than the global average of 45%. This indicates that a majority of young Filipinos may have already gone through or could potentially face burnout owing to academic-related stress. Despite being such a common phenomenon, academic burnout remains poorly understood and often overlooked. Many of us suffer in silence, unaware of the signs and symptoms of this debilitating condition. Although there is no “aha” moment, individuals experiencing burnout may initially feel like they are running on empty, with little to no energy left to devote to their academic or personal pursuits. They may also feel detached from their work or relationships and experience a lessened sense of accomplishment. By recognizing the early signs and seeking support early on, students and academics can prevent academic burnout from taking over their lives.

Just like any adventurer embarking on a long journey, we also need to take good care of ourselves to prevent academic burnout.

By practicing self-care, we are able to maintain our physical and mental health. Self-care can be as simple as getting the right amount of sleep, eating a balanced diet, exercising regularly, and most especially, taking necessary breaks. Admittedly, many of us tend to guilt-trip ourselves when we take breaks. Often, we perceive taking breaks as being detrimental to our academic success. But the truth is, taking breaks can provide our brain the time it needs to rest and replenish its energy. During breaks, we may consider doing activities that help us relax. For instance, we can take a walk, read a book, and of course, play our favorite video games. I would also like to point out that academic success is not a solitary journey. Our friends and family play a pivotal role in our academic lives. There are bound to be moments wherein we will need their love and support. Their simple acts such as offering a listening ear, giving words of encouragement, and helping with tasks can go a long way.

Let us always keep in mind that taking care of ourselves is not a hindrance to academic success,

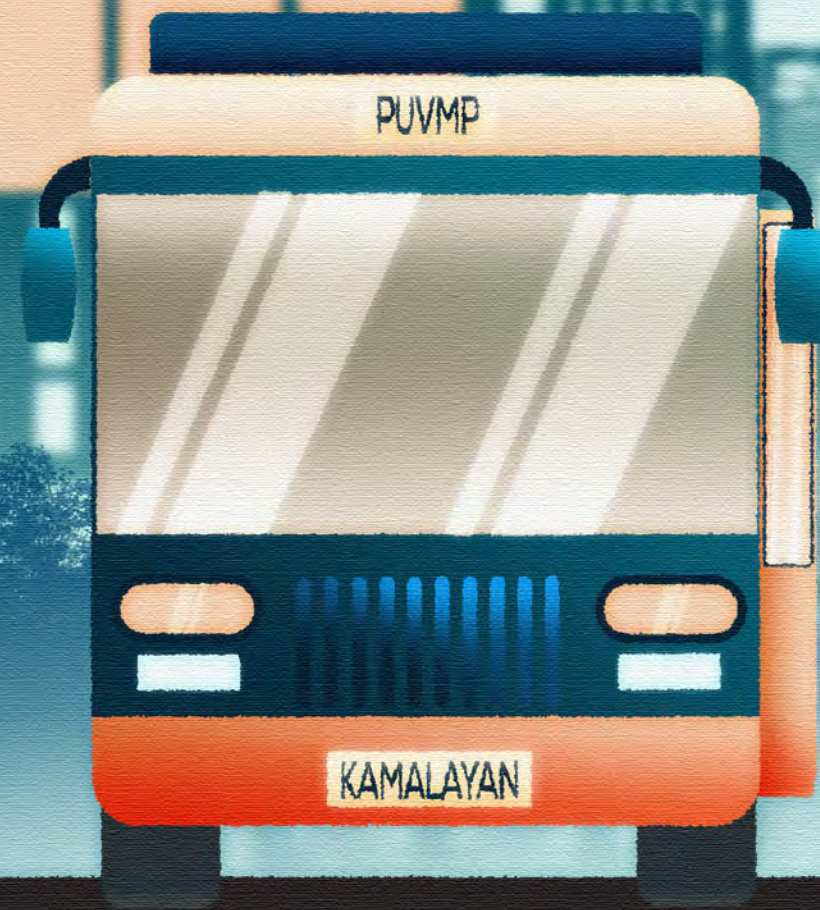
but rather an essential part of it. By prioritizing self-care and recognizing the signs of academic burnout, we can prevent this debilitating condition from derailing our aspirations and dreams. So, take a break, go for a walk, talk to a loved one, or do whatever it takes to recharge your batteries. Let us commit to taking small, but consistent steps towards self-care, so that we can thrive, not just survive, in our academic endeavors.



READY OR NOT:

The government continues to push for
PUV modernization.

■ WORDS ALESSANDRA MARIE S. ESCUETA



■ ART ANNA YU and KAT ALASAAS

According to a study by Dr. Cresencio Montalbo, Jr. titled "Public Transport Rationalization As A Way to Sustainability," approximately 8.96 million Filipinos ride jeepneys, while 1.87 million take buses per day (Peña, 2023). Every commuter can relate to the problems that millions of Filipinos face on their way to and from their destinations every day. Some of these struggles can come from having to wait for a Public Utility Vehicle (PUV) for lengthy periods due to things like long lineups at stations and traffic jams. Not to mention the fact that not all PUVs are well-ventilated, have comfortable seats, or are accessible to those with disabilities or the elderly. These are some of the problems that the Department of Transportation (DOTr) has been trying to find solutions for through a variety of programs, one of which is the Public Utility Vehicle Modernization Program (PUVMP). **However, despite the technically good intentions of the government to provide the Filipinos with a better transport system, the PUVMP still lacks thorough research.** Thus, pushing through the program may lead to several issues, as well as a more difficult time for drivers and operators who are still on the verge of recovering from one of the longest COVID-19 lockdowns in the world. In this article, we will analyze the program and why the country is not yet ready for this transition.

PUVMP was introduced in 2017 in accordance with Department Order (D.O.) No. 2017-011 or the Omnibus Guidelines on the Planning and Identification of Public Road Transportation Services and Franchise Issuing or the Omnibus Franchising Guidelines. Under the leadership of former President Rodrigo Duterte, the DOTr sees the program as a step toward bringing the Philippines' public transportation system up to world standards by making it safe, reliable, easy to use, and good for the environment.

Specifically, industry consolidation is the first component of the PUVMP. This component requires at least 15 independent franchise holders to consolidate into a cooperative and modernize their PUVs, or else they will lose their permit to operate. This consolidation is intended to reduce the 2.8 million-peso price tag that banks charge jeepney drivers as an interest to finance the purchase of new vehicles (Rivas, 2023). With the implementation of the PUVMP, it will cost an operator P300,000 in cooperative fees and P20,000 per jeepney unit to join a cooperative under the program. As such, it will cost at least P600,000 to employ fifteen drivers for a single jeepney and register it under a single cooperative. But, that does not even account for the cost of the new vehicle itself – only the fees to consolidate. Moreover, the deadline for –

- the said industry consolidation was initially set for March 2019, but due to numerous transport strikes and the COVID-19 lockdown, the deadline was later pushed back to December 2023. **Based on the most recent government data, 66% of the 150,000 jeepneys and 72% of the 19,000 UV Express units targeted for modernization have already been consolidated (Mantaring, 2023).** And currently, there are around 6,814 modern jeepneys operating on the highways. After the consolidation of the remaining drivers and operators, the government will then begin phasing out PUVs, primarily jeepneys, that are older than 15 years. Routes and operations would then be updated and brought into line with schedules.

Despite these struggles in setting up the program, the Land Transportation Franchising and Regulatory Board (LTFRB) asserts that the PUVMP will lead to safer and more efficient commutes while also reducing carbon emissions and protecting the environment. **For context, each traditional diesel-powered jeepney gives off 40 kilograms of carbon dioxide every day (Anmar Frangoul, Special to CNBC.com, 2015).** This makes up 94% of the mass of carbon particles in Metro Manila. Therefore, it is just time to finally replace their engines with either electric engines or engines that meet Euro 4 standards. These standards address the minimization of four different types of pollutants: **hydrocarbons, nitrogen oxides, carbon monoxide, and particulate matter (Mercurio, 2020).** With Euro 4 standards, PUVs will be more efficient, contribute less to pollution, and generally be better in terms of emissions and public safety.

Moreover, **Wi-Fi, automatic fare collection, GPS navigation, dash cams and closed-circuit video cameras are all proposed features for modernized public transportation vehicles.** The program will also include the rationalization of routes and the planning of local public transportation. The compensation of PUV drivers will be standardized at a certain amount and no longer be subject to boundaries. This would ensure that drivers are not overworked and that they receive adequate pay and working conditions.

Undoubtedly, modernizing the public transportation system would also provide commuters with safer and more comfortable travel experiences, while solving traffic-related and environmental issues. But, several drivers and operators are still against the program. Their outcries include the high capital expenses of modern jeepneys, which established a barrier to entry for drivers and operators and simply benefited large corporations. Other complaints that transport groups have raised are the lack of social support - programs for jeepney drivers, uncertainties and possible failure with their co-ops, and an inadequate equity subsidy program.

Considering everything that has been mentioned, I believe that the country is not yet ready for this transition, and deadlines for consolidation must not be imposed just yet. Instead, the program should be open-ended. Drivers and operators are still recovering from the losses they sustained during the previous lockdown. Hence, paying thousands of pesos for the program would put them in debt for many years to come. If the government is stringent about implementing modernization, it should provide a minimum of a 50% equity subsidy and extensive social support programs. This is to reduce some of the pressure placed on drivers and operators. It has been said that each jeepney driver will get up to 260,000 pesos in equity subsidies to help them buy a modern jeepney, but this is not enough in a country where rising utility costs, food commodity prices, and energy prices are driving economic activity (Layson, 2023).

Thus, I believe the government should pursue this modernization slowly and surely to help mitigate losses of the drivers and operators. They should also be open to the public's suggestions. In fact, an alternative includes switching from foreign manufacturers of modernized PUVs to local manufacturers. For context, the country's automotive industry is excessively reliant on imports.

Thus, purchasing modern jeepneys would mean that foreign corporations, as well as banks and financial institutions that would offer loans with high interest rates, would benefit more from this program than the Filipino people. As such, local manufacturers should be supported. This can be seen with manufacturers like Sarao Motors, which creates prototypes of modern jeepneys with air conditioning and CCTV while retaining its traditional look. The said prototype costs around 1.5 million to 2 million pesos, which could still be reduced if the government and other organizations will give their support. If modern jeepneys are manufactured locally, more jobs can also be offered to Filipinos. On the other hand, if a driver or operator does not want to modernize and will instead quit being a driver or operator, the government must have a trade-in scheme where the government will buy the traditional jeepneys for a reasonable price with no other conditions. This will give them more options to what to do with their jeepneys.

In conclusion, the nation's transportation system as a whole would benefit greatly from the PUV Modernization Program. But it is clear that the country will never be ready for this shift if there is no solid support and sufficient subsidies from the government. The drivers and operators are steadfast that they are for modernization, but they should be heard and be a priority in the program to ensure the protection of their livelihoods. Besides, modernization will make no sense if the people are buried in debt and their needs are outright ignored.

RISE OF AI TOOLS:

For better or for worse?

■ WORDS TONTON SANTOS

Artificial Intelligence (AI)-generated content gives rise to another technological revolution, as this specific medium generates the needed content in an instant after the user inputs information from their end. This enables users to input keywords, phrases, or anything they can think of to describe their needed output, and the computer in return will quickly make it a reality. At present times, AI tools are being used in different areas of life, such as business endeavors, school requirements, and even personal uses. However, despite its function being beneficial to people, there now arise different issues revolving around such uses, such as intellectual property problems and plagiarism, among others. In an overview, people are now raising their concerns in regards to prominent controversies regarding AI-generated content work in terms of their authenticity, integrity, and respect for other original artists.

ChatGPT, a famous and widely used AI tool, for instance, is used to generate a detailed response from a prompt provided by the user. In simpler terms, this specific AI tool can answer your prompts and follow your instructions. With this, people generally use it for research purposes and even as a tool to confirm different information and dive into more studies from different sources – all with the assistance of the AI tool. However, there have been several reports involving educational institutions questioning the integrity of their students' submissions, as essays, theses, manuscripts, and even answers to examinations have been found to be AI-generated through tools such as

■ ART SU LIN BASBAS & TIMOTHY JAMES GUELA



On the other hand, Dall-E 2 is another famous AI tool that enables users to generate an image with just text and prompts. Users can now simply input what they want to be revealed in an image, and the tool in return generates an image from these text descriptions. As a result, users can now create realistic artworks with just text. However, some artists are now questioning the issues regarding this function as some of their artworks are now being taken by the program and used as a basis for some of the generated artworks. As such, controversies involving property rights, copyrights, and ownership now exist. Furthermore, some people are also raising some red flags regarding this specific AI tool due to worrisome results that involve stereotypes, sexually-explicit images, and even gender and racial biases, among others.

However, just as explained beforehand, the use of AI tools also poses serious disadvantages, including plagiarism.

Since AI tools are seen as “combiners of information” from the web, there now exists a threat to the integrity of AI-generated content. Furthermore, the question of ownership rights has been more relevant than ever as AI-generated content, in substance, is not the original work of the user; it is simply generated by a program or a machine. Stemming from this trail of ideas is also the thought of artists being devalued in general as AI tools are now capable of producing similar results (i.e., research work and pieces of art) without the need for authentic effort and that sense of originality.

Conclusively, it is without a doubt that AI tools are now being more integrated into how people work in general, little by little. The rise of these tools has been becoming more talked about in the online space as more curious users engage with them. With this, there now exists an imperative for people to become more responsible in using the same. It also calls for the need for those charged with governance to create policies and frameworks in order to regulate such functions and mitigate the existing risks, which prominently involve ethical dilemmas, privacy concerns, and a lack of transparency, among others. In the end, it will always be right for us to support our original workers who have crafted their results with integrity and authenticity. Nevertheless, it may also be acceptable for the general public to appreciate how technology continues to evolve and may one day create a new innovation that no one has ever thought of before.



ALL OF US CAN LIVE

■ WORDS JANICA BAILON

Nothing beats a good drama series that turns the same four-cornered screens of our devices to a window for insightful entertainment. For instance, the apocalyptic themes—particularly those involving zombie virus outbreaks—not only amuse the audience with their narrative hook that is grounded in survival, but they also serve as metaphorical social commentary.

In particular, one of the hottest K-Dramas in this genre, titled *"All of Us Are Dead,"* questions what we value more between hope or wisdom while tackling bullying and social apathy. It gave us an aperture where we could peek and reflect on various social issues we may have put aside for so long, like how the youth and adults can work together in combating bullying.

While zombie films are prevalent in mainstream media, having schools as their settings and students as their lead characters is not usual for a zombie-themed storyline. However, I firmly believe that such a theme is an excellent medium to mirror various social issues as it can serve as a replica of society. Watching a group of youngsters fight for their lives with minimal to no adult supervision is interesting, but it somehow hits home over time. This is because, in reality, even when an older person oversees and takes care of younger people, there are instances where we struggle alone—where all we have are ourselves.

For example, many young people keep their pain and problems to themselves. When a child is intimidated by someone who sees them as inferior, only one out of every five students reports their case to their adult guardians (Seldin & Yanez, 2019, as cited in PACER Center, 2020). In addition, the result of Sanapo's study, *When Kids Hurt Other Kids: Bullying in Philippine Schools* (2017), stated that some of the teachers' responses to such bullying incidents only provide short-term relief and that there are very few bullies who experience direct sanctions.

In relation to the previously mentioned *All of Us Are Dead*, we can identify the zombies as the bullies, the student victims are the bullied, and the adult eyewitnesses are themselves. A public zombie attack in the series can be compared to bullying incidents in real life: bystanders are apprehensive about helping the victims as it would put themselves at risk and, more likely, the next target.

All of Us Are Dead clearly depicts the conflicting roles of youth and adults with regard to teenage violence. Aside from this,

it also shows how each party responds to bullying and how their behaviors continue to affect their relationships and the society. Now, in answering which between hope and wisdom we should prioritize, our current situation suggests it should be hope. This is because it is less likely to develop wisdom without hope.

As we continue to comment harshly on others, whether in real life or on social media, we lose touch with our humanity and our reality – just like an infected person in the series. We may forget the fact that each person has their own feelings and, more importantly, has their own struggles to surpass and a life to live. Perhaps with the growing indifference in our society, all of us are indeed dead as we continue to either consciously or unconsciously extinguish the flickering hope within us. With hope gradually disappearing and apathy gradually prevailing, it suggests how dead we are already in resolving our current social issues. It suggests how the younger generations' enthusiasm to do better is already poisoned by the pride and prejudice passed around by the adults of today.

As much as the youth should owe gratitude to its predecessors for the developments we champion in the present, they are not the only ones who should owe something. Our elders also owe it to everyone, including themselves, to help in blooming our dreams into reality – our dreams filled with hope that there will no longer be zombies and victims roaming around our real world. Similar to the famous story of Pandora's box, when all the evil gets out of its case, hope is the only thing we have left for it is something we can decide on having. We can find it, nourish it and serve as one. Nevertheless, it is a choice we must make.

"No matter what happens, don't die and don't let anyone die. If you cause someone else to die, living becomes meaningless."

"Everyone will die. Don't bother having hope."

This is what Mr. Lee Byeong-chan, a scientist-turned-professor in *All of Us Are Dead* and the one who made the virus that started the series' zombie outbreak, firmly believed in as more of the undead trample upon the school. However, this is completely wrong. I believe that even the tiniest hope is like a small fraction of light that can be enough in enlightening a path to move forward.

Let us begin to uphold Professor Park Sun-Hwa's hopeful remark in *All of Us Are Dead*:

"No matter what happens, don't die and don't let anyone die. If you cause someone else to die, living becomes meaningless."

By carrying this thought, comes the opportunity to awaken the empathy and compassion that are hidden beneath the fear and pain we acquire over time. Thus, turning our claim from all of us are dead to all of us can live.

■ ART MARIELA TAN & JOSIAH VALENTE



Virtual Reality in Social Media:

A New Frontier for Connection and Interaction

■ WORDS CARLOS MIGUEL CORRALES

Both the perks and issues of virtual reality (VR) have long caused a stir in the information technology (IT) sector, but they are just beginning to permeate social media. Social media platforms are continually altering their interfaces to meet the shifting demands and tastes of their consumers, and one of the modern trends is the integration of VR technology.



■ ART EDELVINE SANTOS & MARY PINTADO

Thanks to VR technology, users may now connect and immerse themselves on a new level, opening up new possibilities for social media interaction. But the question is: **Is VR truly perfect for everyone, or would it remain a hot topic for debate in our modern society?**

The capacity of VR in social media to produce more immersive and captivating experiences for consumers is one of its main advantages. With the help of this technology, users can engage in real-time in a completely interactive environment. Imagine going to a concert virtually with your friends, where you can all sing and dance together as if you were all there. Additionally, you could take part in virtual occasions, where you can experience the festivities from the comfort of your own home. Basically, these encounters that VR is envisioned to do provide a fresh degree of social involvement and interaction that cannot be matched by conventional social media platforms.

Furthermore, using VR in social media to connect with individuals from all around the world is another one of its major advantages. The physical limitations of distance and location do not restrict this technology, enabling communication and interaction between people wherever they are in the world. This is especially crucial in a world where the COVID-19 pandemic has restricted travel and face-to-face interactions. Virtual reality in social media gives its users a method to meaningfully connect and interact with one another even when they are geographically apart.

However, concerns have been raised regarding the possible drawbacks of virtual reality in social networking, despite its promising features. The possibility of addiction and the damaging effects it might have on mental health are two things to be concerned about. Another issue is the potential for virtual reality to increase people's sense of loneliness and detachment from the real world.

The immersive and interactive experiences that virtual reality (VR) technology delivers can be very compelling, but there is also a chance that they will

become addictive. VR may engross users to the point where they lose track of time and disregard other crucial facets of their lives, like work, education, or interpersonal relationships. Numerous adverse effects, including anxiety, sadness, and substance misuse, could also result from this. Additionally, some research implies that VR may have negative consequences on mental health, such as causing motion sickness and igniting phobias or anxiety. **VR poses significant hazards, so it's important to be aware of its overall functionalities and to use the same appropriately as technology becomes more common and accessible** Greg N.(2022,February 24).

Another difficulty with VR is the possibility for users to lose touch with reality, in addition to issues with addiction and mental health. While virtual reality can give users a sensation of presence and immersion, it can also make them feel detached from reality. Users risk losing awareness of their immediate surroundings and other people if they become too immersed in the virtual world. This could result in feelings of loneliness, social exclusion, or even confusion about one's identity. It's critical to find ways to strike a balance between the advantages of immersion and the requirement for social connection and engagement in the real world as VR technology develops and becomes more realistic. This may entail restricting the amount of time spent in virtual reality, giving real-world connections priority, and being aware of virtual reality's (VR) possible effects on mental health and wellbeing.

Despite these reservations, virtual reality in social media is a fascinating advancement that has the potential to completely change the way we communicate and engage with one another. It will be interesting to see how social media networks include VR and how consumers react to these changes as technology continues to advance. Truly, virtual reality has the capacity to forge new connections, deepen existing ones, and unite people in ways that were before impractical or, more so, impossible. It is simply up to our control whether we stand strong or get lost in its promising realities.

Food Ventures

A tour of Mapúa MCL's food delights

WORDS FRANCESCA ELAINE L. JOCSON

Picture this: you are armed with your backpack, tired from classes, and now it's lunchtime. As you walk by the campus, you ask your friends or yourself, "Saan kaya tayo/ako kakain?". Well, you have come to the right page, because here is a guide to the gastronomic wonders within the vicinity of Mapúa Malayan Colleges Laguna (Mapúa MCL). Prepare your desire for snacks as we go through the different treats on campus, such as easy grabs, rice meals, drinks, and desserts.

ART PRINCESS JOY FAJARDO & TIMOTHY JAMES GUELA



Firstly, let us have a brief tour of the eating areas. Inside the campus, we have one main dining spot, which is the cafeteria located in the ETYCB Building. Outside, there are three pathways where wondrous delights await. Let us begin with the smaller area, which can be accessed by walking straight from the campus exit and to the right, where the shuttle services are located. Here, there are food trucks and restaurants that are all Asian-inspired. Then, from the exit again, if we would have gone straight ahead without taking any turns, there is 7/11 and Saucy, some of the classic places where students hang out.

SAAN KAKAIN?

After that, if we go left coming from the exit, we will encounter more food options in the South Point Square, where there are various rice meals. If we further continue this path, we would meet Jacky's Grill, Chibogs Food Park, and Nosh Food Park. Lastly, near the exit of the school are other stalls that sell affordable food for the community. And from that map, students and staff can easily return to the campus with satisfied stomachs and never miss a beat. That is just a quick tour of this Mapúa MCL food venture; let us now go to the specifics of this journey.



MORE THAN A CAFETERIA!!!

Want a quick snack after classes? The Mapúa MCL cafeteria has got your back. With it being located inside campus, the cafeteria is the fastest way to fill your hunger. Moreover, there are various kiosk stands there that sell goods that are usually found in mall food courts. Carrying the food from the cafeteria is also easy, as the place is located in the center of all major school buildings.

You can go around campus carrying your classic Jamaican patty, takoyaki, fries, and other compact foods. The area is also wide and equipped with air conditioning, which makes it a perfect spot to relax and talk with your classmates.





LUNCH STAPLES

Rice Meals & International Cuisines

While the cafeteria also offers rice meals and drinks, our Mapúa MCL food venture has just begun. Moving on, here is the most awaited answer to the question earlier of where to eat during lunchtime. As mentioned before, there are various locations where the Mapúa MCL community can avail of Filipino rice meals and filling foods. Typical foods to expect are differently flavored chicken wings, grilled meat, homemade meals, custom viands with rice, and the undying sizzling plates, which are the most worth your money.

The meals also range from an affordable price of 60 to 200 pesos, which fits the budget of many. On a related note, people can also expect international dishes, which are priced similarly to those mentioned above. Notable foods are those located in the Nosh Food Park, as it has international cuisines that will suit the pallet of Filipino eaters, including katsu meals from Majun's, fish cakes from Seoul N the Go, burritos from D'Continental Flavors, and more

THE CHERRY ON TOP

Drinks and Desserts

Lastly, a meal will not be complete without a refreshing drink or a dessert that will add sweetness to balance it all. There are several beverage options on campus – your classic coffee, which also works as a weapon to keep you up, trending boba milk tea, floats that also serve as a dessert, fruit juices, and shakes.

Other drinks even come with snacks, just like the fruit juices and fries combination from Amayza located in the canteen. On a related note, most of the desserts also come in cups, like the ice scrambles from Pink Scoop, mango graham shakes from Nana's, and ice cream sundaes from Happy Swirls, which makes them easy to bring and mess-free



That ends our journey through the culinary landscape within the campus, which serves as a fantastic opportunity for the community to enjoy and explore various flavors. The map above gives an overview of where to go, followed by fast grabs, lunch options, drinks, and desserts within the vicinity.

Remember, this is only a guide, and the best way to determine the best picks is by actually going on your own expedition and testing every place on campus. And with that, are you ready to explore and try these grubs?

Gasp! Awake but unable to move a muscle. A compressive force sits on my chest, threatening to suffocate. Though my eyes are closed, there is the certainty of a presence standing nearby – an evil spirit perhaps? Move a muscle, even just a single limb, and escape will be within grasp. But the human mind is as curious as it is afraid of the unknown: “If I stop struggling, I wonder what will happen?” Ceasing the struggle, the sensation of falling into the depths takes over. However, hitting the bottom strangely doesn’t hurt. In fact, what meets the eye is the blank canvas of an empty dream world with me as the artist. Here, a single thought can bring to life what blood, sweat, and tears sometimes can’t in the real world.

Having to deal with the cards we are given in life resembles the struggle of escaping an episode of sleep paralysis. As an example, the process of breaking free from deeply ingrained harmful habits and thought processes we may or may not have initially avoided requires consistent mindfulness and effort. Even then, the danger of relapsing remains an ever-looming possibility. A few moments of complacency later then suddenly, all struggles are rendered to be in vain, and we find ourselves tempted to simply go with the flow – to willingly fall down the rabbit hole and never try again.

In a similar manner, the road to excelling as a student is, more often than acknowledged, impeded by what goes on outside the classroom rather than a simple case of innate talent and grit. Life happens.

The sleep paralysis demon suddenly feels unbearably heavy. Dreams take a back seat. A minute off suddenly turns into a lifesaver. There are those who continue the struggle and eventually fully wake up. Some let go, understandably tired. But failing to overcome them doesn’t mean you should be criticized or feared by others for it.

One of perhaps the most common recurring dreams leading to a nightmare is that of being chased. A being laced with malice chases a group of people, including you. In the process of running from the threat, you find that you can hardly – if at all – move your limbs and consequently fall behind. Perhaps you may try to scream for help, but what greets you is the silent sight of others’ backs drifting further away. Unknowingly, you may realize that you’re in a dream, consequently entering either a state of sleep paralysis or lucid dreaming and forcefully trying to wake up. However, the feeling is as heavy as trying to move a dead body, perhaps reminiscent of trying to force your burned-out self to start doing your academic requirements and other responsibilities. In popular terms, “the struggle is real”.

Eventually, people get tired of struggling when the situation sees no improvement; when no amount of struggle seems to bring you closer to graduation and you’re left to watch everyone you’ve ever known move on to another phase of life. While the logical explanation lies in the fact that everyone has different circumstances they deal with, some more than others, the shame may

persistently seep in and you start hiding. “What’s the use of doing your best when nothing seems to come out of it?” one may ask. And in a way, this is already akin to giving up on the struggle and deciding to fall down that rabbit hole.

And truly, there is comfort found in falling into the depths – of just letting things happen as they occur. The lucid dreams do a

TO LUCID DREAM IN REALITY

■ WORDS Jameela Lim



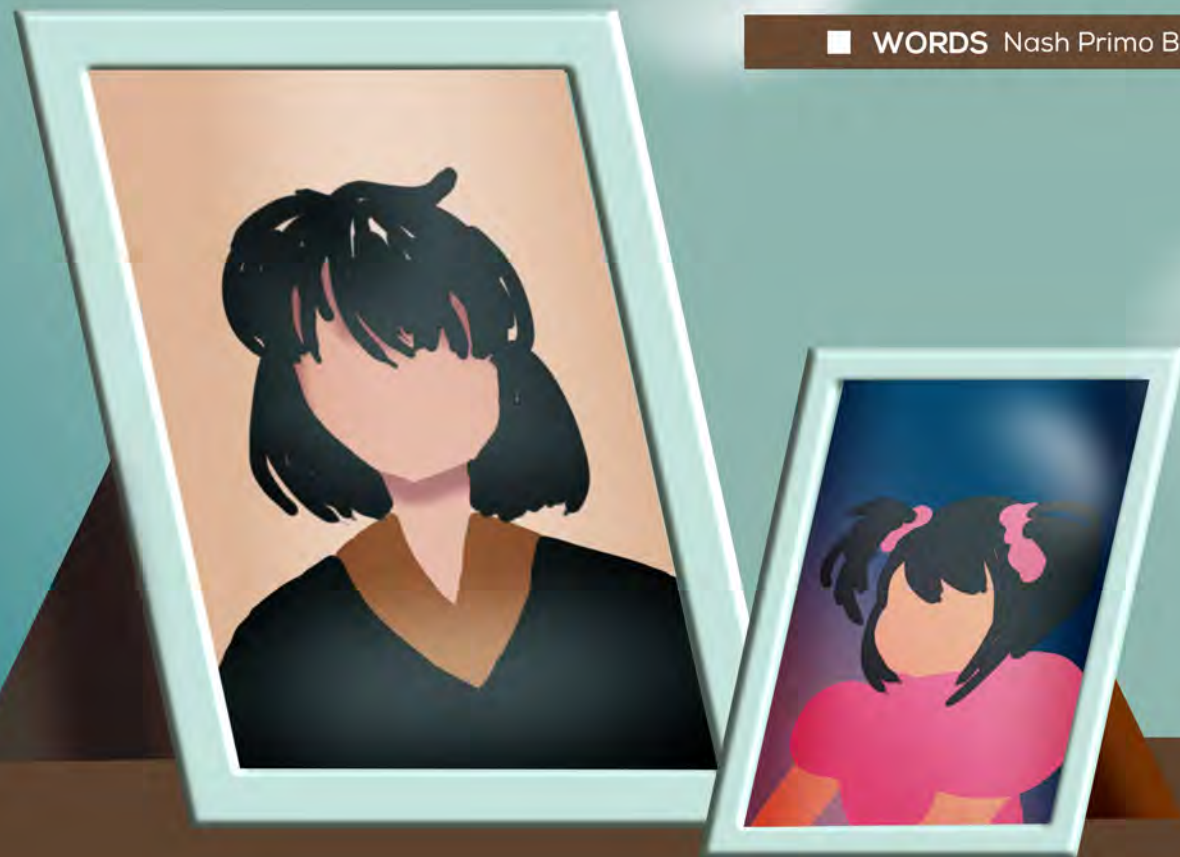
great job keeping a soul company by letting one’s vision play out in front of them. The struggle leaves many defeated and tired, just as it did mine. Yet from time to time, a glint of hope makes its way into the deepest, darkest depths, coaxing me to try again. Struggle once more. Things can be right again. Because while we are dealt different cards in life, we deserve nothing less of living a dignified life and seeing our dreams play outside of our heads and into the real world. It may take time, but as is said by many students in both lighthearted and serious scenarios, “Better late than never.”

■ ART Shem Tolentino



Adrift

■ WORDS Nash Primo Besana



CAN WE TRAVEL BACK IN TIME?

The answer to this question is a simple no, right? Time is an unstoppable wave that continuously flows forward and effortlessly carries us humans along its infinite path. And while we are destined to get swept away by its currents, there are still times that we ride against the waves – moments where the forgotten resurfaces in vague yet piercing fragments. From hearing the laughter of children playing in the streets, to revisiting songs that were once our favorites, to detecting scents that were strongly tied to core memories of our childhood, we can "feel" like we have traveled back in time. Nostalgia kicks in, and the pressures of adult life dissipate. However, the waves rush back in and pull us back to their defined path. For the nth time, reality slaps us hard and reminds us once again: we are growing older.

FIGHTING AGAINST THE WAVES

As college students, most of us have recently crossed the border between childhood and adulthood. We begin to receive the iconic Filipino remark: "*Matanda ka na!*" But despite its undeniably snarky tone, it packs a message: our age should have come with clarity and maturity. However, while this lifelong journey of growth may truly be promising, we never notice that our age came with a price and tons of sacrifices. During the holiday season of 2022, millions of families reunited for their well-awaited Christmas gatherings. However, most have perceived that the festive cheer is somehow different this time around. Twitter, the so-called "thought dump" and "personal diary" of many Filipino young adults, became flooded with heart-crushing stories on how they have missed what once was. The common idea in all posts is that this Christmas simply felt empty compared to the ones we had back then. When we were children, we were already on the verge of tears when our parents told us to wait until midnight before opening our Christmas gifts. This would be fine for most of us, as we would immediately get distracted by the rhythmic flickering of fairy lights and the groovy music filling the house. Throughout the night, we would laugh our hearts out until we dropped as we played along with the gimmicks of the adults around us. In short, we were as bright as the holiday promised us to be. But now, it seems like every single one of those precious moments is difficult to come by as an adult. Instead of us eagerly waiting until the clock strikes twelve, some are plainly waiting for the season to be over. While there are still some moments that push us to embrace the soothing feels of December, it is hard to ignore that something has changed – an indescribable feeling similar to being lost.

In fact, this can also be observed during birthdays. Back in the day, we usually quarreled with our siblings and cousins over who got to blow out the birthday candles, regardless of whether we were actually the celebrant or not. But now, the number of candles on our birthday cakes is something that many adults are ashamed of or is the sole reason why they have lost care for such supposedly special days. I once even read a pessimistic post recently that birthdays for adults are no longer connected to the fun of having gifts and cakes, but to the dreaded "plus one" to our age that most of us perceive with mixed emotions. Some have also shared how being the center of attention as the crowd sings them Happy Birthday is more of an awkward situation than feeling like a star. Sadly, the celebration of birthdays and other similar occasions simply became social settings, which inflict discomfort on most who have abandoned the title of being a child.



ART Anna Yu & Angela Reynosa

The dragging effects of adulthood can also be observed in our academic and personal lives. Back in elementary and high school, time seemed to go very slowly. We were capable of tending to our studies, joining clubs, hanging out with our family and friends, and sleeping sufficiently all in just a day. Looking back, it really raises the question of how we even did all those things in such a short time frame when the time for self-care is difficult to come by now. In fact, organizing hangout sessions with our closest friends even seems impossible nowadays due to the mismatch of schedules. Aside from this, a mountain of tasks and responsibilities always awaits us for us to survive the harsh academic world and the highly judging society.



In short, while our age does come with more freedom, independence, and control over our lives, it also robs us of such things at the same time – a blessing and a curse, per se. With the overwhelming expectations for an adult to be capable of doing things on their own, many of us trek down a spiral of negative thoughts: "When did I start losing myself?" "When have I lost my spark for those I initially loved?" "Am I really capable like what I thought of myself to be?" Our newfound freedom and

RIDING ABOVE THE WAVES

"Scary news is: You're on your own now. The cool news is: You're on your own now."

This is what Taylor Swift said in her commencement address for New York University's graduating class of 2022—something that has struck me ever since the moment I heard it. Our age, while it does bring forth brand new hurdles that are far more difficult to overcome, still delivers a unique sense of comfort that shows how far we have come and how much is still waiting for us. When we were kids, we usually saw adults cleanly dressed up in their school or work uniforms and blankly said: "I want to be like them when I grow up." Well, that dream is close to being fulfilled. You are here now, painstakingly treading the path towards your aspirations. While life at this age can feel crushing or belittling at times, may we always try to look back and see how far we have come. We have overcome many difficulties in just a decade or two and we never let them destroy our will. Amidst the noise and clutter life throws at us as we grow up, our current selves have embodied most of the qualities our younger selves have always wanted to have. At some point in our lives, we wanted this. If we could actually travel back in time and have a conversation with our elementary school selves, their eyes would immediately sparkle at the sight of you – the person they have always dreamed to be, still alive and still kicking.

To some extent, it is truly disappointing that we cannot turn back time. Those days wherein our only problems were if we had slept past the airing time of our favorite cartoon shows or if our parents would let us play outside in the afternoon are over. However, while such truth is like saltwater to an open wound, it does not mean that our lives can no longer be better. As clearly stated in itself, growing up comes with growth. Instead of desperately trying to swim against the waves of time, why don't we try for once to simply go along with it? Lie down, relax, breathe, feel its serenity – maybe by then we can slowly realize that this is actually not so bad.

After all, in this ocean full of high and low tides, it is okay to stay **adrift**.





ART JAMES MARTINEZ & JOSIAH VALENTE

VLOGGING 101:

Things to the know for
Vloggers in the Philippines

WORDS CHRISTIAN NOWEL GEREMILLO

*Camera rolling in
3...2...1...*



"Hey, peeps. Welcome to my Vlog! Today, I want to talk about a topic that is close to my heart: vlogging in the Philippines.

As you may know, the Philippines is a country filled with rich culture, stunning landscapes, and warm and hospitable people. And what better way to share our unique way of life than through vlogging? With the rise of social media and digital content creation, vlogging has become a popular platform for us Filipinos to showcase our talents, opinions, and experiences.

As such, in this vlog, I want to explore the underrated world of vlogging in the Philippines. So sit back, relax, and let us dive right into it.

Even before the COVID-19 pandemic, the Philippines already had a growing smartphone market, having 72.1% of the country's population owning smartphones. In fact, by 2025, it is projected by the Statista Research Department (2021) "that about 77.1% of all Filipinos will be smartphone users." Such numbers are important to be discussed since smartphones are essential tools for both creating and consuming video content. Basically, the higher the smartphone penetration rate in a particular region or country, the more potential viewers there are for a vlogger's content.

Therefore, as a vlogger, understanding the smartphone penetration rate is crucial to develop effective content creation and marketing strategies. Expanding smartphone access in the country can not only bridge the digital divide among sectors, but it can also establish content creation as a more stable platform for all.

As a Vlogger,

You also need to come up with engaging and captivating ideas for your videos. It is highly recommended that you consider both your niche or area of expertise and your audience demographics, while creating videos on a wide range of topics. You can create vlogs with regards to travel, food, beauty, fashion, technology, education, finance, or simply anything that you and your audience might be interested in.

Basically, the key is to make your viewers see value in your videos by sharing your knowledge, experiences, and insights in a way that resonates with them. In the Philippines, mini vlogs on Facebook that share one's daily life have captured the interest of many Filipinos.

These kinds of relatable and easy-to-consume content create a more personal connection and a more intimate bond between the vlogger and their audience.



They can be watched on the go yet entertain effectively, making them ideal for Filipinos who spend a significant amount of time on their smartphones while performing other routine tasks in school or work. In short, the popularity of mini vlogs in the Philippines can truly be attributed to their relatability, authenticity, and convenience – factors that old and new vloggers should really consider as they come up with video ideas.

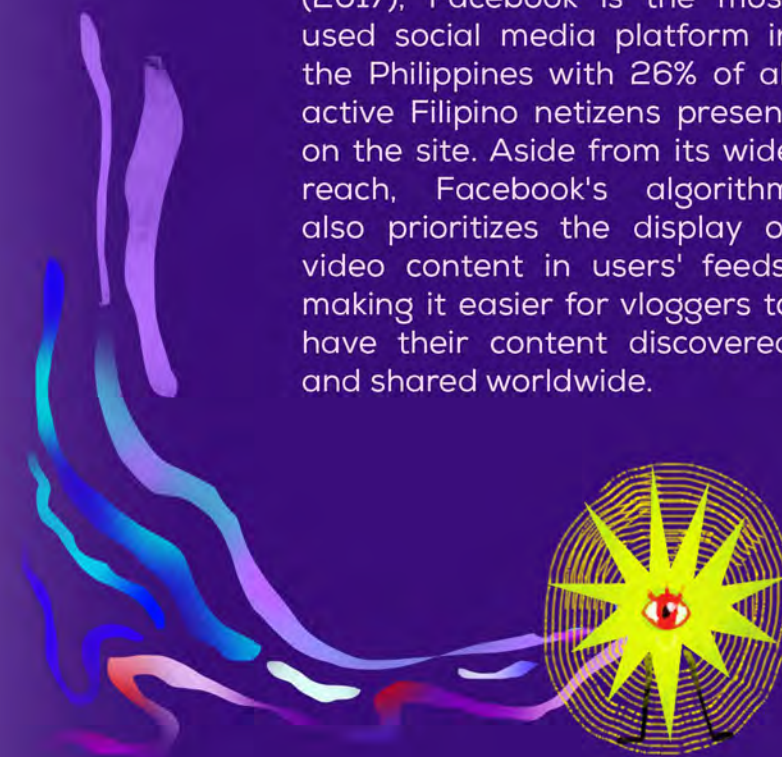
In addition to creating compelling content, it is also important to ensure that your videos are well-produced and edited, possessing high-quality visuals and audio. Such elements can help to enhance the viewing experiences of your audience and increase the overall appeal of your vlog.



Then, a vlogger aiming for success must choose an appropriate social media platform. Different social media platforms have different audiences, features, and algorithms that determine how content is distributed and discovered.

According to Starngage (2017), Facebook is the most used social media platform in the Philippines with 26% of all active Filipino netizens present on the site. Aside from its wide reach, Facebook's algorithm also prioritizes the display of video content in users' feeds, making it easier for vloggers to have their content discovered and shared worldwide.

It also offers a range of tools such as Facebook Live and Facebook Watch that vloggers can utilize to create and share their content with a wider fanbase. Facebook being the most popular social media platform among internet users in the Philippines, as reported by Malig (2021), truly makes it one of the strongest options for a vlogger to choose as they start their content creation journey.



Finally, after all such preparations, it is important to know that vloggers usually get earnings from social media platforms by uploading videos regularly. The revenues usually depend on the number of views social media personalities get or the specific items of agreements made by collaborating with interested companies, including flat fees, ad revenue sharing, product placement, affiliate marketing, and sponsored content.



Specifically, a flat fee is a set amount of money paid by a company to a vlogger for creating content, regardless of the actual performance of the content. Vloggers can also earn commissions on any sales made through a unique shopping link or code they provide in their content, which is a method called affiliate marketing. Usually though, local businesses use product placement strategies instead, in which the company provides the vlogger with their product for free or at a reduced price in exchange for featuring it in their videos.

With many different ways of content creation becoming a feasible source of income, it has been recently implemented that they also become liable for applicable tax obligations provided by the Bureau of Internal Revenue (BIR). Following Revenue Memorandum Circulars (RMCs),



60-2020 and 97-2021, it is required that influencers earning from online platforms register and formally practice their profession in the Philippines for it to be treated as a legal business.

For me, us vloggers impact business marketing in the Philippines. This is because the country has a large engaged audience on social media platforms that can strongly dictate the performance of content creation businesses. By requiring influencers to register and legally practice their profession in the Philippines, the government can ensure that we are being properly regulated and are held accountable for our actions, protecting both digital consumers and digital businesses in the country.



One issue, perhaps, with the growth of vlogging is that more influencers are becoming advertisers instead of artists. Artists offer a creative and unique approach to advertising, while advertisers can simply leverage their brand and social media presence to promote a business. For me, the sudden change of influencers from being artists to advertisers could sometimes lead to a devaluation of the work of artists. Businesses may perceive influencers as being more valuable due to their large fanbases, which can lead to talented artists being offered lower rates for their work and having less stable and secure jobs.



Aside from their effects on business marketing, influencers even affect news and politics. Us social media personalities can be powerful tools for spreading news and information. As such, it is our duty to ensure that the news or information is accurate and credible. Sadly, there are vloggers who spread fake news, such as false medical advice, misinformation about politics, hoaxes, and conspiracy theories, for personal gain, to manipulate public opinion, or to cause harm. Thus, as Filipino content creators, we need to know our job's pros and cons and be aware of our significant role in today's digital-reliant society.

*And, that's it
for today's Vlog 101!*

To summarize, we talked about how vlogging has become a lucrative career that now comes along with the responsibility of complying with tax regulations and the role of being influential personalities. As influencers, we have a significant impact on the audience we cater to and the businesses that we work with, and it is essential to use this influence positively. We have the power to spread awareness, promote products and services, and create change in society, and we must use it solely for good. Let us continue to work hard, be responsible, and make a positive impact on our viewers and the community. Don't forget to like, subscribe, and hit the notification bell for more exciting vlogs. See you in the next video, Bye!"



■ ART ASHLEY ALMENDRAL

& JOSIAH VALENTE

Gotta Watch 'em All

A Free-Beginner's
Anime Recommendations

■ WORDS ALESSANDRA MARIE ESCUETA

Did you find yourself wanting to try watching any anime series for the first time, but being overwhelmed by the number of series available?

It is true that there are numerous series available online, and you may even get so tired of searching for the perfect anime for your tastes that you just end up never really watching one. Do not worry, because *I've got you!*

As someone who just started watching anime series a few years ago, I can definitely help you choose one that is beginner-friendly, easy to follow, and most importantly, free! The following anime series that I would be recommending are easy to watch if you like a specific genre, and you can easily find them on YouTube. There are several licensed YouTube channels that distribute anime.

It may be tempting to stream any series illegally, but we should avoid this and start supporting licensed distributors to help the teams behind our favorite anime. If you have the budget, getting a subscription to *Crunchyroll*, *Viu*, *iQiyi*, *WeTV*, and/or *Netflix* is the best option. For now, let us dive into some free beginner-friendly anime you can watch!



That Time I Got Reincarnated as a Slime

2 Seasons, 24 Episodes per Season

Genres: *Action, Adventure, Comedy, Fantasy*

A Japanese salaryman, Satoru Mikami, was reincarnated as a slime, the lowest-level monster in an unfamiliar realm. Join him on his adventures as he meets powerful characters and gains more abilities and skills.

If you are someone who likes action and comedy, mixed with the elements of fantasy, this may be for you. The title may sound overwhelming, but I assure you that the story is easy to understand, fast-paced, and there is just no dull moment when watching this. You will just find yourself smiling through each episode since it is just that funny and entertaining; however, beware of some dark and quite gory scenes since this is still an action anime about different monsters.



MORIARTY THE PATRIOT

1 Season, 24 Episodes

Genres: *Mystery, Suspense*

Sherlock Holmes' most notorious rival, Moriarty, strategizes as an anarchist who desires to undermine England's class system and eat the rich.

Are you a "sucker" for crime, mystery, and detective series? Well, I got the perfect anime for you! This anime is an adaptation of the classic Sherlock Holmes, but this time it focuses on the antagonist, Moriarty. It talks about class disparity, violence, and crime, and if that is your cup of tea, then try watching this gem as your first anime!



Campfire Cooking in Another World with My Absurd Skill

1 Season, 12 Episodes

Genres: *Adventure, Comedy, Fantasy, Gourmet*

Tsuyoshi Mukouda, a Japanese salaryman, was summoned to a strange new world as a hero. However, with his absurd skill—an online supermarket—he decided not to get involved with the kingdom and just explore the new world and survive on his own.

Have you come from school or work and just wanted to chill for a few minutes? This anime may be for you, as it is simply wholesome and calming. The story is simple and easy to follow since there are no unnecessary conflicts or tropes; it would just be you, Mukouda, his familiars or sidekicks, and food! The animation is superb and will definitely make you hungry for each episode. If you just want to relax, then this anime is for you, but just a warning: do not watch it with an empty stomach!



Spy x Family

Season 1, 12 EP; Season 2 13 EP

Genres: *Action, Award Winning, Comedy*

A spy, an assassin, and a telepathic child get together to form a pretend family for reasons unknown to each other.

You may be familiar with this one since it was so popular during its airing and I can say that it deserves all the hype it got! This action-comedy series is simply a refreshing breath of air with its humor and loving characters. It is simple and enjoyable; you do not need to think too much with this anime since it is straightforward and delivers a fun and heartwarming time.

More to add to your Watchlist!

Some honorable mentions for beginner-friendly anime series are:

One Punch Man

Tokyo Revengers

Welcome to Demon School! Iruma-kun

Re:Zero: Starting Life in Another World

School Babysitter

There are so many more anime series that I can recommend, but for now, these are the ones I can swear by. Watching anime series has become my favorite pastime over the course of two years. I have learned and enjoyed it so much that I wish I had given it a chance earlier. Indeed, we all have our own tastes when it comes to entertainment. And since anime has thousands of series to choose from, I believe there will always be something that will connect with you. So, whatever anime you decide to watch first, I hope you enjoy it and have the best time. Happy watching!

Green technology to promote environmental prosperity

■ WORDS FRANCESCA JOCSON

The world faces various economic problems as time passes. Thankfully, in recent years, there has been a growing movement towards implementing green technology. This is also evident in schools, as there is a desire to reduce the environmental impacts of studying and provide a healthier learning area for students. With that, we will explore the ways that schools have implemented green technology, the results it provides, and its application to Mapúa Malayan Colleges Laguna (Mapúa MCL).

Green technology includes any innovation or practice that reduces waste and the degradation of the state of the earth. One of the most common implementations of this advancement is through the use of renewable energy sources. Solar panels are more often installed on rooftops to generate electricity.

Additionally, schools are now technologically advanced and use smart televisions, projectors, and other electrical appliances that generally use less energy. And with the help of solar panels, schools reduce their use of fossil fuels and their carbon footprint. Moreover, this can help schools decrease their electricity costs, as the energy would come directly from the panels (Garthwaithe, 2019).

Another innovation under the category of green technology is the simple switch to whiteboards inside the classrooms instead of the traditional chalkboards. This is because whiteboards are easier to clean up, do not contribute massive volumes of dust, and are more energy efficient (Anspach, 2021). Furthermore, schools make use of tablets and laptops instead of textbooks which reduces paper and ink usage. These factors help educational institutions reduce the waste they produce while giving out innovative ways for better learning. Those are some practices that are globally used by various schools to help alleviate environmental damage. To relate those innovations to the OneMapúan community, here are some practices observed in Mapúa MCL that contribute to environmental safety.

In an interview with Mrs. Jeremie M. Maleon, a professor from the College of Arts & Sciences (CAS) and the adviser of Malayan Kalikasan, the following data was discussed. Firstly, the institution created Project ECHO, a movement made in 2018 that addresses various environmental issues related to energy, water, and transportation on campus. The project contains listed methods that the school conducts to lessen the carbon footprint of all Mapúans and encourage them, along with the staff, to participate and be eco-friendly.

Technology-wise, the school has employed ways to sustainably use the appliances and equipment installed all around campus, one of which is turning them off when unused and conducting regular repairs for them to maintain their eco-friendliness.

Moreover, the school uses LED lights, which are more efficient compared to other lights as they use less energy, emit less UV, and can last longer. Other practices regarding the lighting system include closing the lights when not in use, turning them on in certain areas like the bathrooms and the gymnasium only when necessary, regular cleanups of their pieces to maintain their illumination, and regular checking by the security guards especially during the campus' closing time. On a related note, they also use appropriate paint colors and window types so that artificial lighting is less used. The utilization of natural lighting by the school is beneficial as it is more eco-friendly and cost-effective compared to artificial lighting. The manufacturing process of artificial lights requires energy consumption and can be expensive. Moreover, the bulbs need to be replaced when they stop functioning, which further increases their environmental impacts and costs (Sharon, 2022).

Furthermore, they have also implemented changes to their air conditioning system, as they now utilize inverter types to reduce their carbon footprint. Inverter air conditioners can help mitigate some of the environmental pollutants that are present in the world, such as air impurities, heat, noise, and excessive energy consumption. Additionally, these units last long which saves costs for the school (Vineetha, 2021).

Similar to the green technology methods mentioned earlier, the school also plans to install solar panels on the rooftops of the Einstein Building and Gymnasium to make use of renewable energy in the future.

In addition, the school also makes use of online services for education, which reduces paper use. Even before the pandemic, the university was already utilizing online learning management systems such as Blackboard Learn (BBL) to conduct lessons, quizzes, and other academic activities. This makes the school more productive, as checking can be automatically done, reducing time wastage and ink use. Moreover, if there is a need for paper, the school claims that those are being recycled they also outsource tissue paper from eco-friendly companies to lessen their carbon footprint. Other details on Project ECHO can be found here: <https://www.mcl.edu.ph/center-for-service-learning-and-community-engagement/>

Both Mapúa MCL's faculty and students are encouraged to partake in these innovations for the environment. Many students make use of laptops that use less energy, which is endorsed by the school. Students also use digital devices such as tablets and smartphones for their daily academic needs in order to save up on paper. There are also various student-organized capstone and research projects within the institution that explored ways on how to use environmentally friendly products and resources to create their final products.

Nevertheless, there are still points of improvement for the overall school practice. Suggested actions are removing styrofoam and plastic products in the canteen, increasing the trees planted around the campus, implementing eco-friendly interior space, adding a garden space, and the actual installation of the solar panels as planned before.

All in all, green technology is integral for the future as it has numerous benefits. By reducing energy usage and promoting renewable energy sources, schools can help reduce their carbon footprint and contribute to a healthier planet. By using more sustainable products, we can protect the present and the future.



Is COVID-19 in its “Common Illness Era”?:

Breaking down the current stage of the virus

Words Alessandra Marie S. Escueta



On May 5, 2023, the World Health Organization (WHO) declared the end to the coronavirus disease or COVID-19’s global emergency status (World Health Organization: WHO, 2023b). Three years ago, the whole world shut down in response to the alarmingly fast and extensive spread of the said illness. Governments around the world implemented various measures, such as national lockdowns, social distancing guidelines, and travel restrictions, to minimize the spread of the virus.

The pandemic has had significant impacts on entire global economies, healthcare systems, and even our daily lives. Now that three years have passed, what can we expect from the recent declaration that COVID-19 is no longer a global emergency? Is it still volatile, or are we really now in the endemic stage? More importantly, what exactly does the term “endemic” refer to? In this article, we will be talking about what is endemic and whether the world and particularly the Philippines, is in the endemic stage with COVID-19.

When talking about viruses, we may encounter the words pandemic, epidemic, endemic, and outbreak. But, many people incorrectly interchange these names in one way or another. To understand it better, let me put it in simpler terms, specifically the third one. An endemic, which is wrongly perceived by the public as a shortened “end of the pandemic,” is actually the constant presence of a disease in a specific community, but it is likely contained and controlled. Influenza or flu is an example of an endemic virus that is contained in annual flu vaccines and treatment options. An endemic can then lead to an epidemic once circumstances escalate and the involved disease affects a large number of people in a community or region. Back then, COVID-19 was an epidemic because it was only affecting people in Wuhan, China. However, on March 11, 2020, COVID-19 was reported as a pandemic, the broadest term of all, due to its rapid transmission that affected the whole world. A pandemic affects multiple countries and/or continents and is usually seen as out of control (Columbia University Mailman School of Public Health, 2023). Lastly, if any disease has had an increase in cases much greater than what experts had anticipated, the situation can then be called an outbreak.

“the WHO has never declared that the world is in an endemic stage”

With the descriptions above, the aforementioned now leads us to the question, “Is the world in the endemic stage with COVID-19?” Is COVID-19 now considered something like a common flu?

To answer that, the WHO has never declared that the world is in an endemic stage, especially our country up until now (Abarca, 2023).

Based on the recent weekly epidemiological update of the WHO on COVID-19 last April 20, 2023, over 2.8 million new cases and almost 18,000 deaths were reported globally from March 20 to April 16, 2023 (World Health Organization: WHO, 2023a). With the given data, WHO continues to warn everyone that despite the decrease in cases, the number of infections is still high and a lot of people are still getting sick or even dying due to the virus. COVID-19 is still volatile, as the number of deaths speaks for itself. Despite the recent declaration of the WHO that COVID-19 is no longer a global emergency, the public health threat remains, as does the virus’ possible evolution.



This means that even if the virus is not in a global emergency status anymore, it is here to stay and will continue to transmit; therefore, we should not let our guard down.



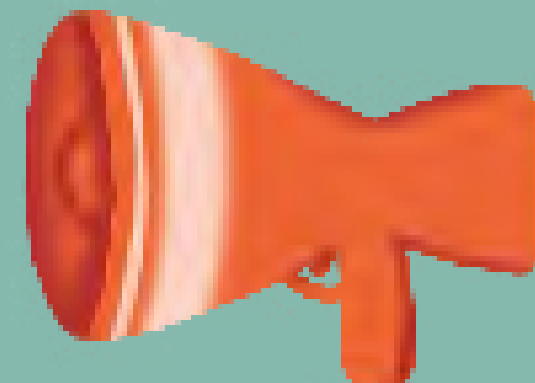
Transitioning from pandemic to endemic is not a light switch that can just be turned off; instead, it is a slow process that will lead to low levels of activity with potentially seasonal waves and peaks.

Thankfully, unlike in the earlier stages of the pandemic, we now have the tools, vaccines, and treatment options that will provide us with better chances in surviving future COVID-19 waves that may evolve into more diseases



We know that COVID-19 is different from country to country. Others may have faced major waves and a high number of cases and deaths, while others remain to control the spread of the virus (Milnea, 2023).

According to the OCTA Research Group, the Philippines' COVID-19 positivity rate average increased by 112% in early May (Montemayor, 2023). Having an average of 1,352 infections in the first week of May from the 637 cases recorded during the last week of April clearly shows that the virus is still transmitting in the country. The increase may not be as severe as the previous surges, but it is still a warning for Filipinos that we need to protect ourselves as the virus is not going anywhere anytime soon.



In summary of what was mentioned above, what we know is that, so far, the WHO has never declared that the world is now in the endemic stage, especially the Philippines.

“we are still dealing with a pandemic”

As a result, we are still dealing with a pandemic, and it will not be going away any time soon. Despite the declaration of COVID-19 as no longer a global emergency, as long as there are countries that are unable to prevent, test, and treat the virus, the public health threat remains. Having said that, we must still protect ourselves more than ever against COVID-19.



Art Anna Yu & Timothy James Guela

A Psychological Response:

Emotional Trauma alters People's Mentalities

■ WORDS SAM LEONARDO

Trigger Warning: This article contains sensitive topics related to abuse and severe mental health issues. Specific situations and examples related to these subjects are mentioned and discussed in this article. Reader discretion is advised.

“Those who cannot change their minds cannot change anything.”

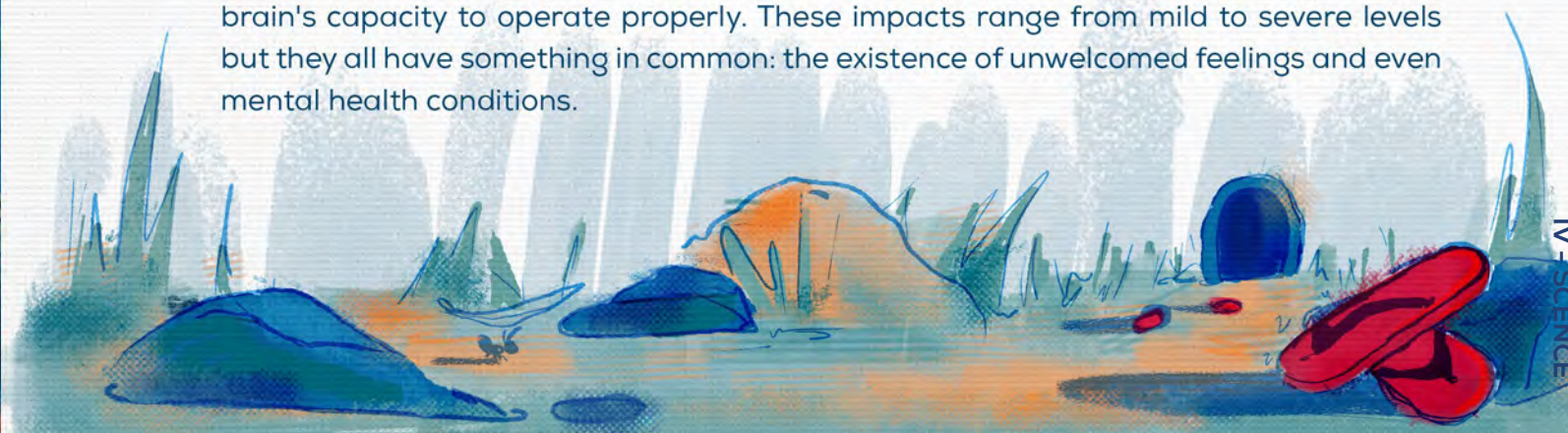
- George Bernard Shaw

Through time, life varies in a way that we may or may not like. We might be celebrating success today, fighting for our beliefs tomorrow, and simply existing for another day. In this rollercoaster journey of attaining our true selves, change always occurs. However, despite change being a natural aspect of living, it can be both beneficial and devastating, existing in both highs and lows. When encountering such drastic changes, how do we, fragile and sensitive humans, psychologically respond?

The wide variety of answers to this single question can be observed among the people who went through incidents of danger, tragedy, and inhumanity. Consequently, excessive exposure to these circumstances can cause the development of symptoms and issues related to trauma. Specifically, according to Leonard (2020), the American Psychological Association (APA) describes trauma as an emotional response to terrible events. Through the physical or emotional implication of threat, an individual can be traumatized, resulting in a state of shock and helplessness for a long period of time. In fact, trauma can lead to long-term and uncontrollable changes in behavioral patterns, to the point victims are hurting others or worse, themselves.

While trauma can be classified differently, it is usually rooted in the same set of causes. As stated by the Cascade Behavioral Health Hospital (2019), natural disasters, social violence, and other threats to life are some of the main causes of trauma that possess major impacts on people's thinking. Also, commonly overlooked causes, such as breakups, humiliation, surgeries, sports injuries, unexpected deaths of loved ones, and diagnoses of life-threatening conditions, can also bring negative impacts upon the victims' lives.

These causes simply begin with small impacts such as anxiety and, usually through feeling anxious, sleeping problems, and low self-esteem, until they overwhelm the brain's capacity to operate properly. These impacts range from mild to severe levels but they all have something in common: the existence of unwelcomed feelings and even mental health conditions.



Daydreaming, anger, fear, sadness, confusion, anxiety, depression, numbness, guilt, hopelessness, irritation, and concentration difficulties are just some of the common emotional and psychological responses that can be present in a person that has been dealing with damages of trauma. Considering these effects, the individual will grow accustomed to thinking that human interactions lacking emotional support are normal, further making it difficult to be involved with proper, non-trauma-inducing social interactions with others. Victims often lose control of their emotions and become stressed out, to the point that recalling memories and emotions from traumatic situations afflicts rage, anxiety, and alertness as if they are always in danger.

Furthermore, trauma leads to complications like dissociative detachment. This is a mental disorder that corresponds to the disconnection and emotional numbness towards reality, similar to the perception of intentionally dreaming while awake or believing in fiction in hopes that it can be their reality.

Correspondingly, a person who encounters long durations of struggles can also suffer from post-traumatic stress disorder (PTSD), as the traumatic incidents in the past can interfere with their present lives. With PTSD being described as an anxiety and memory disorder, it also involves painful flashbacks in the form of any of the five senses. These stir a cycle of degrading thoughts within the victim's mind, which simply worsens their condition. This can further lead to substance abuse, toxic relationships, self-destructive behaviors, constant arguments with other people, impulsiveness, and withdrawal from social interactions – outcomes that are undeniably feasible for a mentally and emotionally exhausted person to have.

Growing up with trauma can also affect the way people respond to stress and other external stimuli (McGruder, 2019). When the distress of a person remains neglected, it would cause the development of unstable and toxic methods of handling stress. This causes the brain to be underdeveloped when it comes to appropriate coping mechanisms. As such, random and seemingly small events like physical touch, raising of the voice, and memory recollection of similar incidents can already trigger an episode of mental breakdown for a person, especially those who are undiagnosed but suffering.

Despite the evident psychological distress that trauma can inflict on a person, some Filipinos normally ignore the problem and treat it as an overreaction that one needs to “get over with” quickly. According to Marina et al. (2020), the Philippines placed as the nation with the third highest number of people suffering from trauma-related mental health issues in the Western Pacific Region. A total of 3.2 per 100,000 Filipinos are reported to resort to suicide, reflecting the insufficient attention of the country in realizing a proper solution. While troubled people usually seek help from their close relatives and friends, this does not always work out. In worst cases, victims opening up to other people are often tagged as mere pessimists or crybabies and are being mocked for their issues, interrupting their overall process of healing.

On a positive note, former President Rodrigo Duterte signed the Republic Act No. 11306, or the Mental Health Act on June 21, 2018, requiring the promotion of mental health awareness in the educational system, workplace, and enhancement of mental health-related services in healthcare facilities (Elemia, 2018).

Another noteworthy progress with our method of helping others recover from trauma and mental health issues is the development of the first mobile application called Lusog-Isip. As stated by Mental Health on the Move in the Philippines – Meet the Lusog-Isip App (2021), the application connects people suffering from mental illness with present mental health professionals online, as well as to details about mental health, self-empowerment, and rehabilitation community centers for better recovery.

In conclusion, trauma can severely change and damage a person, leading to difficulties in comprehending various emotions and actions. This only produces more unwanted yet usually untreated problems, making victims more hopeless that things will never go back to normal. Indeed, remedies that help victims to recover from their misfortunes exist, yet there are still several aspects that need to be improved. In order to escape the downward spiral of trauma, proper planning that focuses on the resolution of harm will be the cure. Everyone deserves to be supported; no mental health issue is simple enough to be ignored. In every step, there should be and always will be a hand reaching out, convincing someone to not give up on living. In this world full of uncertainty, our hope for a positive change shall continue to exist as there will always be someone to support us in healing from our complicated histories. **One should have the power to accept the past, live in the present, and change the future.**



ART MARY PINTADO

CHANGING CURRENCY:

Cryptocurrency and its implications for society

■ WORDS CHRISTIAN NOWEL GEREMILLO

"When money is easy to make, society begins to break." - Tuttle Twins

In the 20th century, countries began to switch from actual, valuable gold coins to paper money as their main currencies. While modern-day cash proved to be a convenient medium of exchange, it can still be seen as invaluable in substance and easy to counterfeit, potentially leading to several economic crises, such as inflation. In the Philippines, the inflation rate continues to rise from 3.4% in March 2022 to 8.6% in February 2023 (Philippine Statistics Authority, 2023). While the rate has been reduced to 7.6% in March 2023, there is still a long way to go for the country to reach lower inflation rates, similar to the March 2022 data. But there seemingly is a way to resolve these issues: remove the third-party transactional commission and create a so-called "easier-to-use" cash.

On October 31, 2008, a notable figure known under the pseudonym Satoshi Nakamoto published "Bitcoin: A Peer-to-Peer Electronic Cash System" (Voigt and Rosen, 2023). It was released on Bitcoin.org, and Nakamoto described it as a "purely peer-to-peer version of electronic cash" that unravels the

the interference of third parties in the transaction, such as governments, banks, or any intermediary (Cointelegraph, n.d.).

As a digital currency, Bitcoin is adaptable for currency conversion as it lessens the obstruction in transferring money. It has been explained as an efficient form of money for bridging transactions from any part of the world. But how exactly does Bitcoin work?

Bitcoin is known as the first decentralized and most valuable crypto or digital currency to this day. It was first mined on January 3, 2009, where it has been called the "genesis block." Furthermore, it falls under the term virtual currency, which includes digital assets typically stored in digital wallets or cryptocurrency wallets. And since they do not exist in the tangible world, crypto is a currency that cannot be monopolized or hoarded by any person, group, entity, or even Nakamoto himself. Software applications or online services known as brokers for currency exchange, such as WazirX, CoinDCX, Zebpay, and UnoCoin,

enable clients to transfer, receive, and keep cryptocurrency securely. But, no physical exchange is usually performed.

There are two ways to own cryptocurrency: either through crypto trading or crypto mining. Crypto trading is buying and selling cryptocurrencies on an exchange trading platform, including typical digital wallets. On the other hand, crypto mining pertains to solving complex mathematical problems, also called hashes, that require extensive computational power, making it nearly impossible for anyone to decrypt.

The equation used in Bitcoin mining is a formula with the transaction amount as the only variable input, completed by the wallet addresses of the sender and the receiver (Rykwald, 2014). Subsequently, validating transactions and keeping records in the decentralized world of cryptocurrencies are performed by miners rewarded with earned Bitcoins. Furthermore, mining makes the blockchain secure from hackers. The complexity of how it works makes it harder to earn, considering there is just a finite supply of exactly 21 million Bitcoins. Currently, there are more than 19 million Bitcoins mined and owned in existence, and less than 2 million are left to be mined.

Now, the Philippines has a total of 6.9 million individuals owning crypto, making it the eighth country with the most crypto owners globally. In addition, given the Filipinos' current level of tech-savviness, it can even be a possibility for some crypto users to be millennial millionaires and have 25% of their wealth in cryptocurrencies.



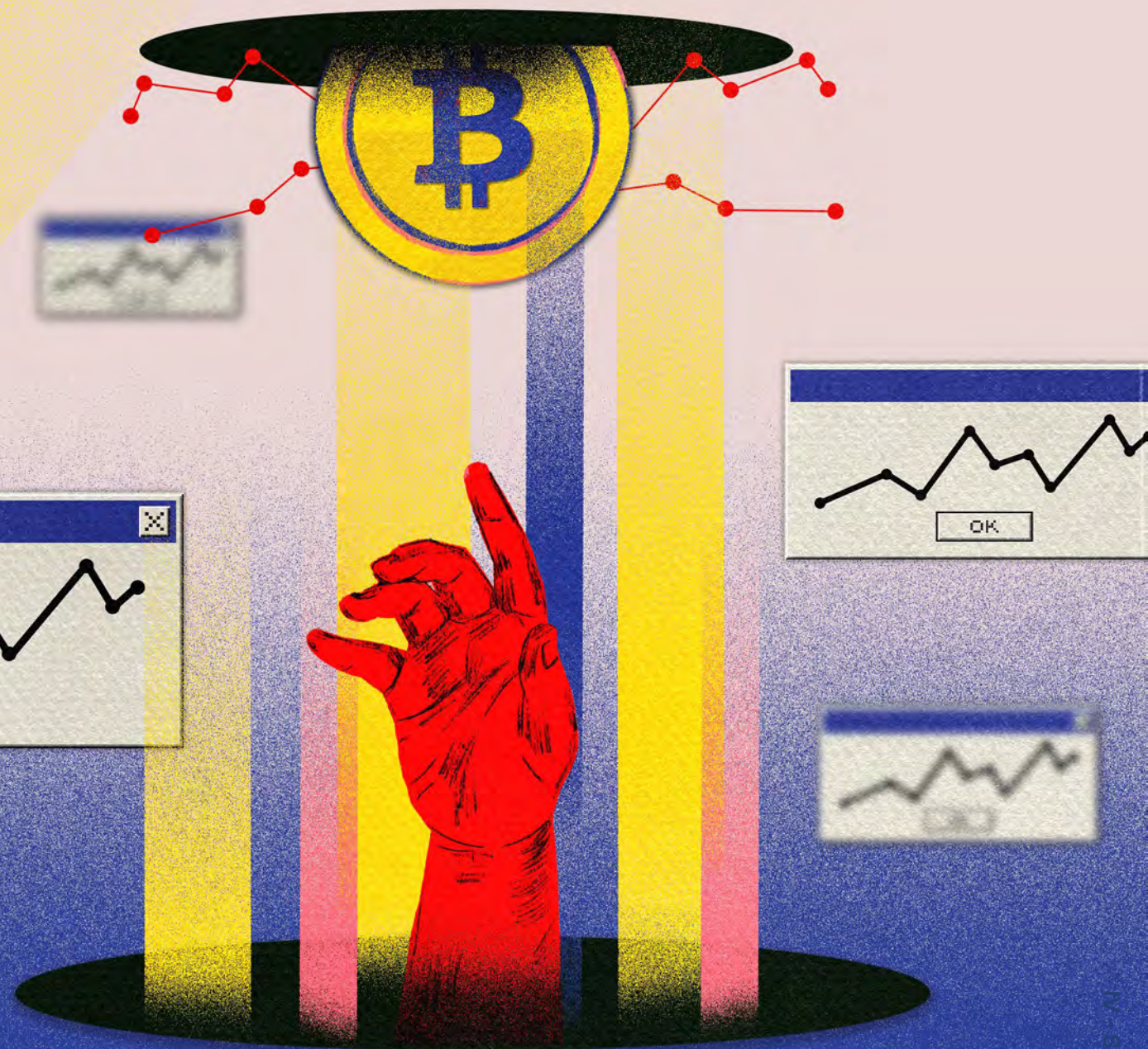
As such, the Philippines Securities and Exchange Commission (SEC) recently regulated cryptocurrencies such as Bitcoin, Ether, and other similar digital assets. During the pandemic, play-to-earn games gained popularity, and the country gained the need to adopt a regulatory framework for crypto to increase trust and certainty with the new form of money. With this rising acceptance of the community with crypto, its holders get their commerce freedom through peer-to-peer community, lower transaction and exchange fees, and safe transactions due to the removal of intermediaries. Some Filipinos are now becoming digitally aware and optimistic that digital currency can be a path to their success.

However, it may be early to be optimistic about cryptocurrencies since their legal status is still unclear in many jurisdictions.

Cryptocurrency operates in a decentralized manner and is usually not regulated by any government or financial institution, meaning there is a higher potential for fraud, market manipulation, and security breaches. Even though blockchain technology secures the framework of digital wallets, it is still vulnerable to hacking and theft. In addition, the currency is usually associated with illegal transactions, such as laundering, tax evasion, and financing illegal activities.

■ ART SU LIN BASBAS & SHEM TOLENTINO

Cryptocurrency's popularity may be foreshadowing the fact that some people could abandon physical money to change into digital currencies. This is because transactions are more efficient by reducing the number of involved intermediaries and delays. In addition, by removing the mediators, cryptocurrencies have lower transaction fees compared to traditional financial systems. However, many business establishments and merchants do not accept crypto as a form of payment. Furthermore, the high volatility of crypto can lead to substantial financial losses for investors, as it often experiences significant fluctuations in short periods. Nevertheless, crypto is still best to invest in digital assets with the potential for high returns. Just remember: only invest what you can afford to lose.



Unveiling Humanity's Latest Triumphs against COVID-19

■ WORDS CARLOS MIGUEL CORRALES

Since 2019, the COVID-19 pandemic has affected the entire planet, with millions of confirmed cases and fatalities reported in total. The struggle against the virus has, nevertheless, seen some notable advancements through time, particularly in the areas of vaccinations, treatments, and mutations. We will examine these discoveries and their ramifications in this article.

The creation of vaccines is one of the biggest achievements of the world during the COVID-19 pandemic. Many nations have launched their immunization efforts after the first vaccines were licensed for emergency use in late 2020, which has caused a decrease in the number of illnesses and deaths in some locations.

The single-dose Johnson & Johnson vaccine and the Novavax vaccine, which have demonstrated promising benefits in clinical testing, are two contemporary vaccines that have been authorized for emergency use. Additionally, several vaccine producers have begun creating booster doses to improve the efficacy of immunizations against novel viral strains.

However, the risk of COVID-19 continuing to circulate despite these protective measures has come up for discussion among some experts and health officials as vaccination programs continue. The behavior and transmission patterns of the virus are not entirely understood just yet since there is still a chance it could mutate into a vaccine-resistant strain. Thus, there is still some doubt about the idea that vaccines can give 100% immunity to entire populations (Casella, 2022).

Truly, new variations that are more contagious and resistant to vaccinations may continue to appear in the future. Vaccinations and other public health efforts, however, may be sufficient to stop the virus's spread and ultimately eradicate it, according to other studies, as long as they are paired with proper discipline from the general public (Johnson, 2021).

Despite advancements in immunity, COVID-19 remains incurable. Researchers are still looking at possible methods in an effort to lessen the disease's severity and enhance the number of patient recoveries.



Monoclonal antibodies, which are synthetic proteins that replicate the capability of the immune system to combat the virus, are one promising treatment, as stated by Russ J. in *Bioorg Chem* (2022). Clinical trials are being conducted to determine the efficacy of a number of monoclonal antibody treatments that have been authorized for use in emergencies in the US and other nations.

Finally, despite the fact that vaccines have demonstrated effectiveness against a number of viral variations of COVID-19, mutations are continually taking place and new variants are developing. Some of these mutations, like the Delta form, have demonstrated enhanced transmissibility and could not be as sensitive to the available vaccinations.

To keep up with the virus's shifting characteristics, it is imperative to keep track of the virus' evolution and create new vaccinations and therapies.

Since its appearance in 2019, COVID-19 has brought significant challenges to the world; however, notable advancements have been made regarding vaccines, treatments, and understanding of virus mutations. A considerable accomplishment within this domain has been developing and deploying vaccines that have resulted in dwindling cases and fatalities across several regions. Nonetheless, there exist concerns regarding COVID-19s' persistence despite vaccination efforts since its behavior patterns and transmission methods are yet wholly comprehended. This led to potential vaccine-resistant strains, which calls for constant cautionary awareness and intervention at times when necessary. Even though developing a cure remains an ongoing challenge on one side where monoclonal antibodies seem viable options by emulating human immunities protocols showing potential on their front combating the virus effectively. Conclusively, these milestones show that we have come a long way in our battle with the coronavirus. However, the end goal of full immunity is still out of reach – more triumphs are needed to finish COVID-19 once and for all.

■ ART JOSIAH VALENTE & MARY PINTADO

BACK TO THE BALLGAME!

■ WORDS Nash Primo S. Besana

Ever since the beginning of School Year 2022-2023 at Mapúa Malayan Colleges Laguna (Mapúa MCL), the onsite tryouts for the institution's prestigious varsity teams have returned in full swing. However, despite having two full years of canceled tournaments and stagnant arenas due to the pandemic, it seems like Mapúa MCL has never even had an indefinite timeout. The home court was quiet, but the cheers and hurrahs never stopped roaring. With this Academic Year providing everyone a fresh start, it served as the jump pad that Mapúan athletes needed to bounce back into action and reignite the university's glory when it comes to sports.



Badminton SHS Boys bracket. This has earned him a ticket to represent not only Mapúa MCL but also the entirety of Cabuyao City in the Regionals Meet.



TOUCH DOWN!

In just three months after the tryouts were reopened in August 2022, Mapúa MCL's sports teams had already gone on a winning frenzy in various local and regional tournaments.

this season, Mapúa MCL's Men's College Football team clinched the Championship title in their games. Its Senior High School (SHS) counterpart, along with their fellow Men's College Badminton and Men's College Chess teams, also brought home their own 1st Runner-Up plaques after dominating their respective fields. Mapúa MCL's first-ever attempt to join the Beach Volleyball discipline of the meet also reaped its own rewards, with its Women's College Beach Volleyball squad finishing as 1st Runner-Up as well.

During the 23rd season of the Southern Luzon Colleges and Universities Athletic Association (SLCUAA) Tournament held last November 2022, Mapúa MCL re-established its title as the home of CALABARZON's best athletes with its acquisition of the Overall 1st Runner Up title. As a matter of fact, this is the first sports event that the school has participated in after the sluggish pandemic era, making this victory even more worthy of recognition.

Among the 23 competing universities

Mapúan student-athletes also made noise at the Cabuyao Private School Administrators Association (CAPRISAA) City Meet in January 2023. On top of having numerous podium finishers, SHS student Joseph Martin Reyes smashed his way to the Championship title of the



KEEP THE BALL ROLLING!

To tell the truth, this running list of Mapúa MCL's achievements in the athletic field for this school year might not have happened if the following question was not raised by the administrators to the coaches: "May sasalihan na ba?"

This was the story that Sir Jose Jerreme Marcelo, the

Sports Head of Mapúa MCL, shared with KAMALAYAN in a face-to-face interview last April. According to him, he and his fellow coaches were delighted after they were informed that sports-related endeavors would be coming back this school year.

"We are enthusiastic about it [the return of the varsity tryouts and

tournaments]. The past years were quite challenging, but we managed to ensure that our players were well taken care of," Sir Marcelo commented.

He added that he is optimistic about their face-to-face activities since they can now handle their athletes more meticulously. In fact, intense training sessions for old and



■ ART Shem Tolentino

new varsity athletes had already commenced way back in August in early preparation for any upcoming games. What's new compared to their previous training sessions, however, is that there are new facilities that the student-athletes can enjoy. New shower rooms and rest areas have been constructed around the Gymnasium, while the Grandstand is now fully capable of catering to the physical education needs of all Wizards and Mages.

Aside from the conditioning routines that Mapúa MCL's student-athletes undergo before engaging in tournaments, Sir Marcelo has also shared that they prioritize the mental health of their athletes, too. From time to

time, they talk with their players about their on-the-go lives as students and athletes at the same time. He even mentioned that they consult important bodies such as the Student Affairs Office (SAO) and the Center for Guidance and Counseling (CGC) when it comes to sensitive matters.

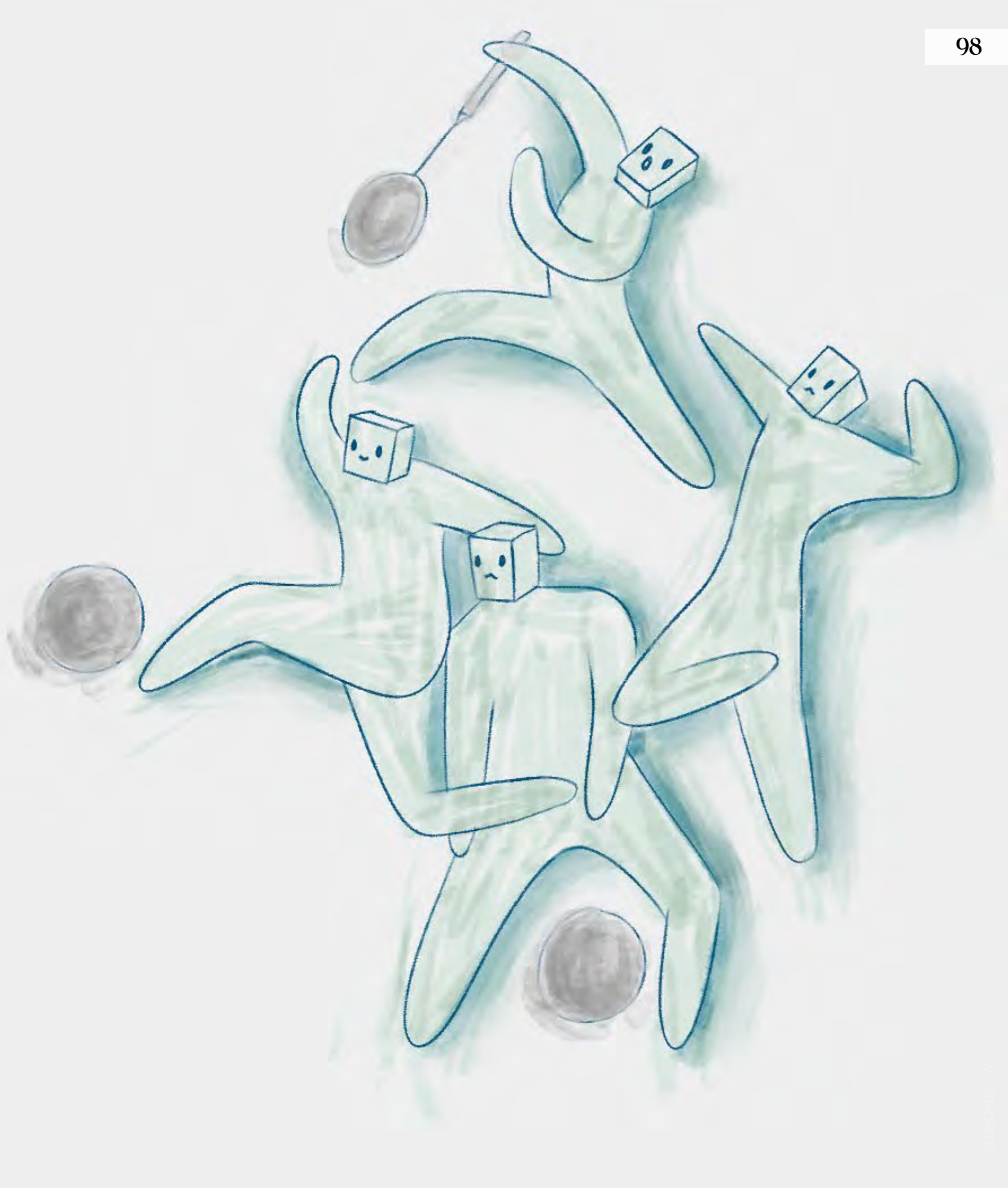
The Sports Coach has also highlighted that "Kapag athlete ka, number one na [dapat] i-consider mo is yung academics mo." As such, he has revealed that all players at the institution are required to maintain a grade above 60% in order to retain the spot that they had fought for on the varsity teams. Full and partial athletic scholarships are even provided by the school

as a reward for those who are really excelling in sports, given that they maintain the required grades.

When asked about his outlook towards the future of Mapúa MCL in sports, several opportunities came to Sir Marcelo's mind. One of which is their rough plans to participate in the prestigious National Collegiate Athletic Association-South (NCAA South) soon. Additionally, he has revealed that they are continuously working towards the improvement of the sports program, such as the potential construction of a weights room on campus and the availability of more slots for athletic scholarships.

BACK TO THE BALLGAME!

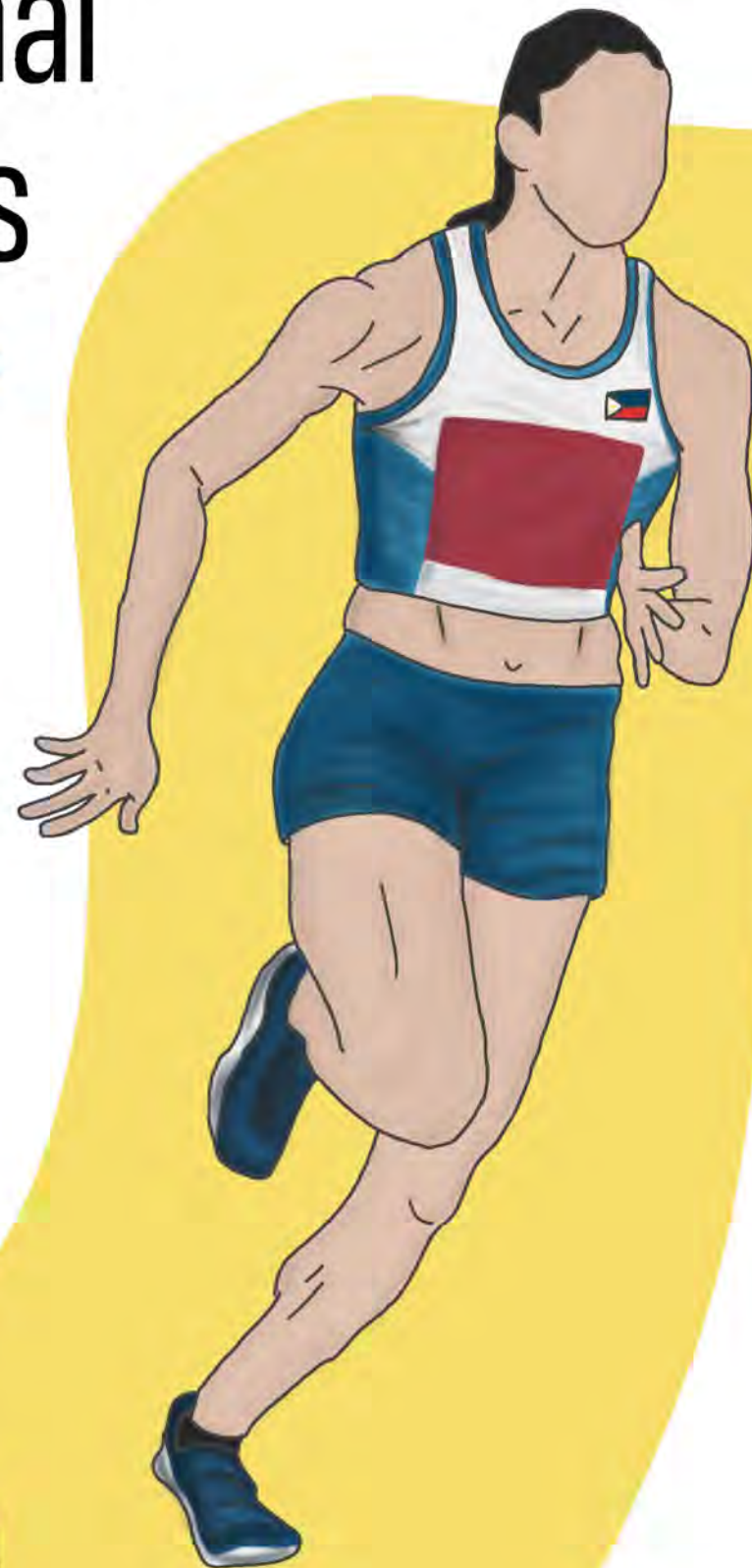
In less than a year, Mapúa MCL has astoundingly regained its foothold on the local SHS and collegiate sports scene like nothing even happened. Its players had waited patiently for several months, never dropping the ball; now, they are back for more. The timeout is over. Jaw-dropping shots, rallies, aces, goals, and moves are up ahead, Wizards and Mages. We are now back to the ballgame.



Rising Above Prejudice: Five Inspirational Filipina Athletes

■ WORDS CHRISTIAN NOWEL GEREMILLO

Just like every other passionate player in any sports field, **Filipina athletes pave their way, break barriers, and set new standards in the athletic world; however, gender stereotypes and discrimination against women athletes are still rampant.** The Philippines is no stranger to this phenomenon, as Filipina athletes continue to make their mark in various sports while receiving harsh criticisms from the general public. As such, let us recognize these five Filipinas who achieved remarkable feats, bringing pride and glory to the country, despite the stigma, prejudice, and discrimination looming around women in the sports industry.



First on our list is **Kristina Knott**, a Filipina sprinter who broke the Southeast Asian (SEA) Games 2019 record not just once but twice in one day. Fearless and eager to win is the description befitting for the Filipina athletes who break the Philippine and SEA Games records, which now includes Knott. Her record-breaking feat proved that women are just as capable of excelling in sports as men. Knott set the record in the Women's 200-meter Dash last December 7, 2023, in New Clark City. The Philippine Athletics Track and Field Association (PATAFA) acknowledged Knott's surpassed record with a time of 23.07 seconds as the Women's 200-meter Sprint record, breaking Philippines Zion Corrales-Nelson's preceding record of 23.16 seconds on April 25, 2019, in Sacramento (Go, 2019).

Subsequently, **Chloe Isleta** breaks the stigma for our country's swimming team, fulfilling the thirst of the Philippines' national swimming team for a championship title in the 31st SEA

Games in Hanoi. Isleta's achievement ended the country's 29-year gold medal drought, at least in women's play. She finished by a whisker and easily recorded 2:18.6 minutes that defeated Nurul Fajar Fitriyati of Indonesia and Mia Millar of Thailand (Annolin, 2022). Isleta's triumph in Hanoi is the Philippines' first gold medal in the aforementioned event since the 1993 Singapore edition of the tournament, where Akiko Thomson-Guevara won both the 100-meter and 200-meter backstroke events. Isleta's achievement follows Jessica Joy Geriane's silver medal in the Women's 50-meter Backstroke and Miranda Cristina Renner's bronze medal in the Women's 100-meter Freestyle. This victory proved that Filipina swimmers are capable of achieving success and even ending a long-standing drought for the country in the said sport.



Despite the unfortunate circumstances regarding poverty and gender discrimination, **Margielyn Didal** began skating in a wild townscape at age 12. Yet, Didal eventually won a gold medal in the Asian Games in Jakarta, Indonesia. One of at least five openly LGBTQ+ athletes and proud women's representative in the debuting medal event of skateboarding, Didal uses her talent as a source of inspiration and uplift: "Skateboarding is the same as

life; no matter how many times you fail, you still get back up and keep going. It's my entire life." (Redbull, 2022). Now, Didal is a trailblazer in Asian skating and even owns a skatepark built in Soul Sierra, Cebu City, which has become the training venue for the Philippine National Skateboarding Team.

Despite being underestimated by her own father Teodoro, although being a boxer himself, and hearing the lines "*Pinapagalitan ko, pinapaalis ko.*" and "*Wag ka diyan, babae ka, hindi para sa 'yo 'yan,*" **Nesthy Petecio** persisted in her dreams to be a Filipina boxer (Canoy, 2021). This continued to pave for her success, with her eventually winning the gold medal in Women's Featherweight Boxing at the 2021 AIBA World Boxing Championships in Belgrade, Serbia. In addition, Nesthy won silver medals at

Women's World Boxing Championships and the 2018 Asian Games. Petecio also competed in the women's featherweight boxing event at the Tokyo Olympics, where she settled the match for silver against Japan's Sena Irie. Although Petecio did not win the gold during that time, Petecio proclaims to continue her dream; for her, boxing could be her path out of poverty. "*Kagaya ni champ Hidy [Diaz], nag-silver siya sa Rio and nag-gold siya dito at 30, kaya tuloy ang laban.*" (Saldajeno, 2021).

Last but certainly not least, the one Petecio called "champ" and the first Filipino athlete to win the gold medal for the Philippines in the Women's 55-kilogram Weightlifting Division at the 2020 Tokyo Olympics is the sports icon **Hidilyn Diaz**. Ascertaining that weightlifting or any sport is not only a man's game, Diaz has proved to the entire world that women can truly succeed in sports. Diaz, breaking the stigma, had previously won silver medals at the 2016 Rio Olympics and the 2018 Asian Games and is now

an image of strength for women worldwide, athletes and non-athletes alike. Olympian Hidilyn Diaz has demonstrated to the entire world how perseverance, determination, and a clear vision of your future can take you to new astonishing heights – the girl just carrying water containers in her childhood, now possesses the glory and pride of our country (Manulife, 2020).

These five Filipina athletes showed that with hard work, dedication, and perseverance, anything is possible.

They have repeatedly proved that gender does not limit one's ability to excel in sports. In spite of people or even family belittling them because of their gender and several stereotypes on their path, they broke the barriers and made their own legacy to be

recognized by the world. They proved that their spirit is stronger than the wall of criticisms they are facing. From weightlifting to skateboarding to any other field in sport, these women have shown they are just as talented and dedicated as any other athlete out there. May their achievements become an inspiration for youths who aspire to become athletes themselves. Let us celebrate their achievements and continue to empower them so that they may inspire future generations of female athletes.



■ ART EDELVINE DJ SANTOS & JOSIAH VALENTE

Breaking the Stigma: MCL's pride in esports and their achievements on and off the professional scene

WORDS ALESSANDRA MARIE ESCUETA

The phrase "Kaka-kompyuter mo yan!" usually has a negative connotation for most Filipino parents. There is a persistent misconception that esports, also known as electronic sports, is nothing more than just a game and a waste of time. This is the stigma that Mapúa Malayan Colleges Laguna (Mapúa MCL)'s Malayan Esports Club (MESOC) has been working hard to dispel for the last five years as part of its goal to encourage responsible gaming, camaraderie, and a healthy competitive spirit among its members and to assist them in reaching their full potentials. That being said, get to know some of Mapúa MCL's pride in esports across five (5) different games and their accomplishments both on and off the professional scene.

League of Legends & MESOC founder

A catalyst of change - How Stell4r minimized the gaming stigma in MMCL

We are always searching for ways to make a difference, and college is a fantastic place to discover great possibilities. In order to build an esports community and give gamers a place to express their love for video games, John Carlo "Stell4r" Macapas made a difference by founding the Malayan Esports Club (MESOC) in 2017. This Bachelor of Science in Hotel and Restaurant Management

Macapas made a difference by founding the Malayan Esports Club (MESOC) in 2017. This Bachelor of Science in Hotel and Restaurant Management graduate of Mapúa MCL began his esports career as a moderator and ultimately rose





to the position of Head Moderator for Garena Heroes of Newerth Philippines. However, after being jealous of how well the pros played in professional tournaments, he and his friends formed a team, competed in several game titles such as League of Legends in 2013, and ultimately achieved success. Their victories materialized in the form of championships, regional placements, and even a national placement, thanks to their dedication. As a result, he was able to establish the MESC in Mapúa MCL by utilizing the prior experiences and connections he had cultivated over the course of several years in the esports scene. Indeed, he has accomplished much in the esports industry, but his proudest moment is when he realized he could be a catalyst for change by minimizing the stigma of gaming in the minds of traditional parents and other people who cannot understand it.

Stell4r explained that founding and creating MESC is no easy task. Aside from being one of the pillars of the collegiate esports scene and one of the first fully accredited collegiate esports organizations in the Philippines, MESC opens up a lot of opportunities even outside competitive play. It also caters to back-end programs and management programs, such as event management, tournament facilitating, broadcasting, streaming, and partnered tuition scholarship opportunities. However, without Mapúa MCL's many crucial contributions, Stell4r claimed that none of this would have been possible. Stell4r shared that Mapúa MCL's role is important in establishing MESC, recognizing and making the organization official, providing vehicles and competition support, and organizing esports tournaments on campus.

“ Being competitive in a positive way and improving by 1% every day - this mindset helps me grow and [be] hungry for new knowledge and experiences everyday. ”

The founder and former president of MESC shares the life lessons he learned from esports that he uses in his daily life.



“ Prioritize your studies and find your niche or genre. If you think you don't have the skills, work 100 times harder than anybody else [in gaming] and in studying, because the key in competition is understanding the game, doing your best, and being consistent. ”

Valorant

*Mapúa MCL's Legend in the Making:
Yanagi's Breakthrough in esports*

Making a name for yourself in esports is already a difficult endeavor; imagine how much more difficult it would be if you also had to contend with a poor internet connection, limited gadget options, and ultimately, strict parents. These are just some of the obstacles that professional Valorant player Jeremy Edward "Yanagi" V. Cobar overcame on his way to becoming one of Mapúa MCL's esports superstars. It was in 2018 that this fifth-year Computer Engineering student made his professional debut. He described how difficult it was for him to compete back then due to the aforementioned issues. Further, Yanagi had a hard time convincing his parents to let him travel to the National Capital Region (NCR) to take part in tournaments. Luckily though, in 2020, his mother eventually supported

his decision to "go professional" after seeing how well he did with his team and established a name for himself in numerous online tournaments. Before being a pro-player in Valorant, Yanagi competed in a variety of tournaments for Counter-Strike: Global Offensive (CS:GO), PlayerUnknown's Battlegrounds (PUBG), and Apex Legends. With all of his experiences and achievements in the professional scene, his first PUBG Philippine Qualifiers LAN event as a professional player in 2018 is still the accomplishment of which he is most proud of. MESC gave him exposure, he said, and allowed him to compete with student-gamers from other schools in the country. With Mapúa MCL's guidance, Yanagi claimed that he was able to learn about and develop his own potential as a professional gamer while continuing his hopes to be an engineering professional.



My advice to aspiring student-gamers is to keep grinding and focus on attaining your dreams. There will be hardships, but that will be part of your experience in getting to your goal. Learn from your mistakes and do better.

Yanagi encourages aspiring student-gamers.

Mobile Legends: Bang Bang

He who Bleeds Blue And Silver

A gaming leader and a true inspiration to his fellow Malaysians, Jonathan "TAN TAN" A. Madelo has been a driving force for the Malayan Warlocks' success. This Mapúa MCL's Mobile Legends: Bang Bang (MLBB) superstar got his start in esports in 2019, when he was discovered by his teammates simply by streaming. The third-year Electronic Engineering student and ardent Malayan Warlocks player had to overcome his parents' objections, who, like many Filipino parents, questioned his gaming hobby's value. His desire to prove himself as an MLBB gamer led him to accept an invitation to compete in a Mapúa MCL event. For him, this was a

watershed moment because it marked the beginning of his esports career. Moreover, Tan Tan mentioned that his most proud esports achievement is winning the championship in the 2019 MLBB Collegiate Tournament in Luzon, as well as being named AcadArena's Student-Athlete of the Year in esports in 2020. In addition to this, he was able to earn money online and assist his mother in paying the bills with the prize money he won from tournaments. In light of his many gaming triumphs, he wishes to express his heartfelt gratitude to Mapúa MCL, which he referred to as his "second home," where he found a family of supportive friends. Mapúa MCL helped him recognize his full potential in esports, opening up a world of academic and professional possibilities for him. While Tan Tan aspires to one day become an engineer, video games will always have a place in his heart.

“ Always be humble and have discipline in yourselves. ”

Esports helps me have a better decision-making [skills] that I can use in my daily life.



Stress is always a part of my life, and esports manage to help me fight stress. ”

Tan Tan mentions the life skills he gained from esports and how he applies them in his everyday life.



“ Never doubt yourself, and always give your best to achieve your goal. Have a positive attitude, and don't let anything stop you. Don't get distracted. ”



ART KAT ALASAAS & ROWELL TAN

Tekken 7

The K.O. that SouEri delivered to the esports stigma

While juggling gaming and academics can be challenging, Lloyd Simon "SouEri" S. Lopez, a second-year B.S. Business Administration student, finds it "no biggie." In 2019, he began his esports career in Tekken 7 and became the Vice President of MESC for the Academic Year 2020-2021. This Tekken 7 pro-player has reached the Top 16 of Rev Major Lockdown 2021, the biggest Fighting Game Community (FGC) event in the Philippines, featuring more than 600 of the best players in the country. He also had the opportunity to represent the province of Laguna and

the team that he co-founded, Rematch Esports. But aside from his outstanding esports career, this inspiring student-gamer is also a part of the Dean's List in his program. In December 2019, he was also one of the organizers of "Project Mahika," a charity fundraising campaign run by MESC, in which they hosted tournaments for various esports titles and provided aid to MESC's partnering communities. While SouEri's skill in esports is certainly exceptional, he does give thanks to Mapúa MCL and MESC for helping him get where he is now. He said that they definitely helped him because of the environment they provided and how Mapúa MCL pushes the esports athletes to be better and to never forget to keep their heads down whether in victory or defeat. **SouEri also shared how esports taught him to "Enjoy the Grind" or to enjoy the little things, celebrate small victories, and allow themselves to rest.**

"My two [pieces of] advice to aspiring student-gamers is that first, you have to love whatever you want to do so that you'll never give up. The second is to always test your limits. The best version of yourself comes from making mistakes and learning from them," he shares with the aspiring student-gamers out there.



Opportunities are always there in esports.

Tuloy lang!



Wild Rift

Mischance and his way to the King of the Rift Dream

It is essential to believe in yourself—your capabilities, skills, and passions—in order to take the leap into pursuing your dream. As Vaughn Ivan "Mischance" C. De Guzman says, "Just keep grinding; follow your dreams! You can do anything if you just believe in yourself." While this first-year B.A. in Multimedia Arts student is still early in his esports career, the Malayan Warlocks have named him team captain for their League of Legends: Wild Rift squad. Mischance, like any other student-gamer, did not begin playing as a veteran player right away. Nevertheless, with his perseverance and dedication, he set his mind on achieving the greatest level of rank possible in Wild Rift, the Challenger rank. Therefore, he worked hard to maintain a high level of play, increase his gaming statistics, and gain a thorough grasp of the game's macro, micro, and meta mechanics. As a result, Mischance was recruited to join the Malayan Warlocks by the previously featured Mr. John Carlo Macapas. The Wild Rift team captain attributes a lot of his success and the person he is today to the lessons he learned from Mr. Macapas. According to Mischance, his esports career would not have begun if Mr. Macapas was not there to pave the way. Mapúa MCL's MESC assisted him in growing and maximizing his own potential, and he made some new friends along the way. Although he did not begin his journey until the year 2020, he has already learned that if you have faith in yourself and don't give up, you can accomplish anything, not only in the realm of esports but also in everyday life.

"You can be whoever you want to be if you continue believing and grinding. Do what you love!"



Although it is true that it takes a village to make one's career, the success of the featured Mapúa MCL student-gamers can be traced back to the same reasons: each of them has a passion for gaming, and they are backed by an institution that encourages them in their endeavors.

Even beyond the aforementioned names, Mapúa MCL has a deep bench of talented esports athletes. From simply being a hobby to what it is today—an industry with high demand—playing video games has come a long way. As Wizards and Mages keep surprising the competitive scene with their talents, one thing is certain: **There may come a time when Filipino parents would cheer on their children as they pursue their esports dreams and finally say, "Kaka-kompyuter mo yan!" with a smile.**



Art Contributions

Showcase of works from Malayan's many creatives

A.Y 2022-2023

Features:

- Andrea Bea
- Claire R. Tautoan
- Lorie Anne Hernandez
- Marit Elise Bacayon
- Pau Mari
- Sascha M. Defontorum
- Shayne Calajate
- Timothy James C. Guela



Figure 1.1

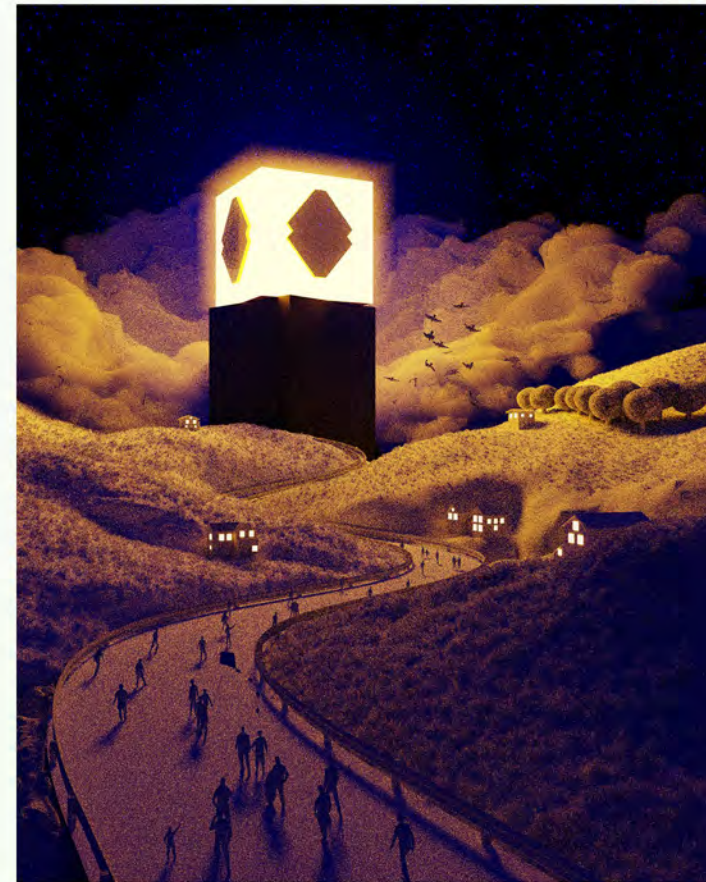


Figure 1.2

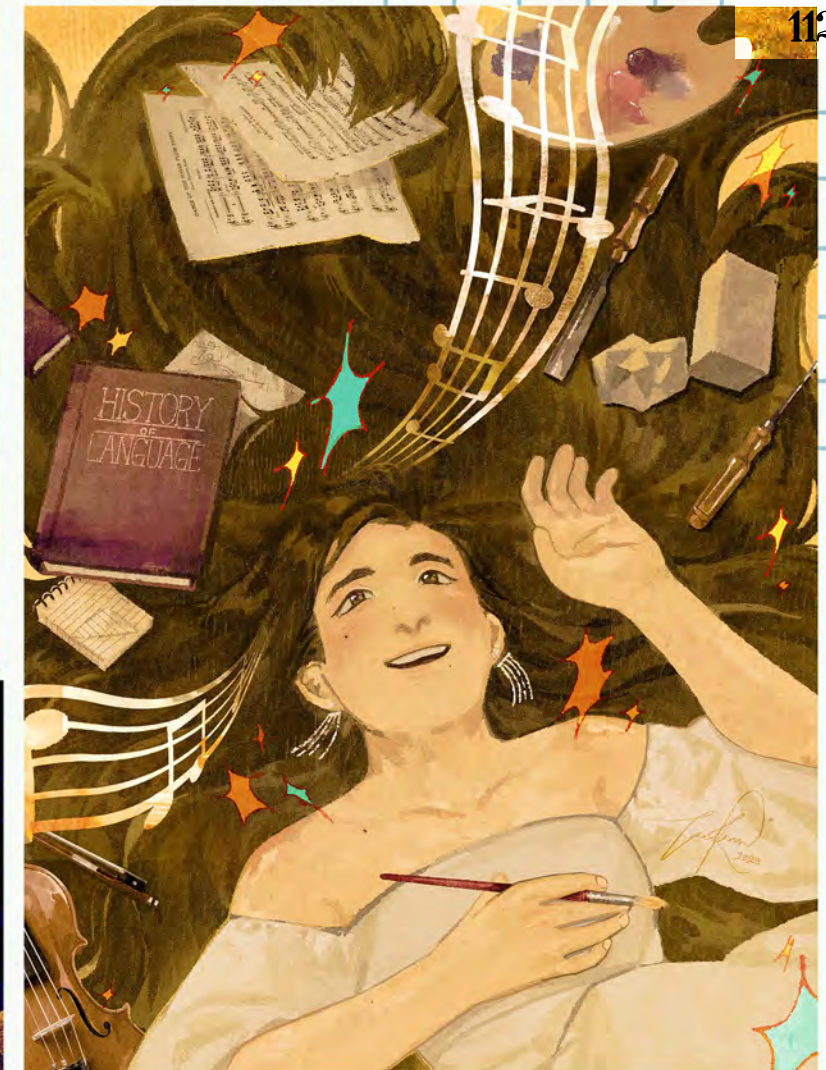


Figure 1.3



Figure 1.4

Featured here:

- Andrea Bea (Figure 1.1-1.2)
- Claire R. Tautoan (Figure 1.3)
- Pau Mari (Figure 1.4)



7-28-22

Figure 2.1



12-20-22

Figure 2.2

Featured here:
Marit Elise Bacayon



Figure 3.1

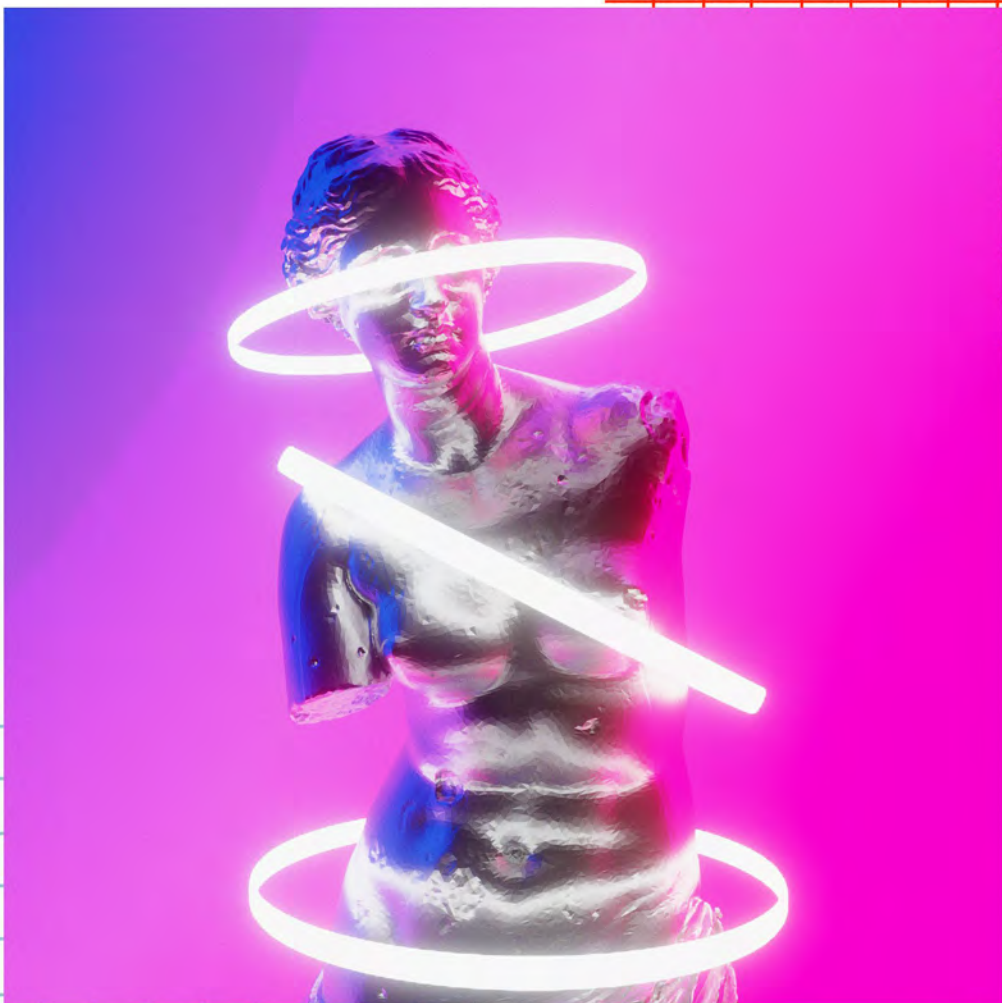
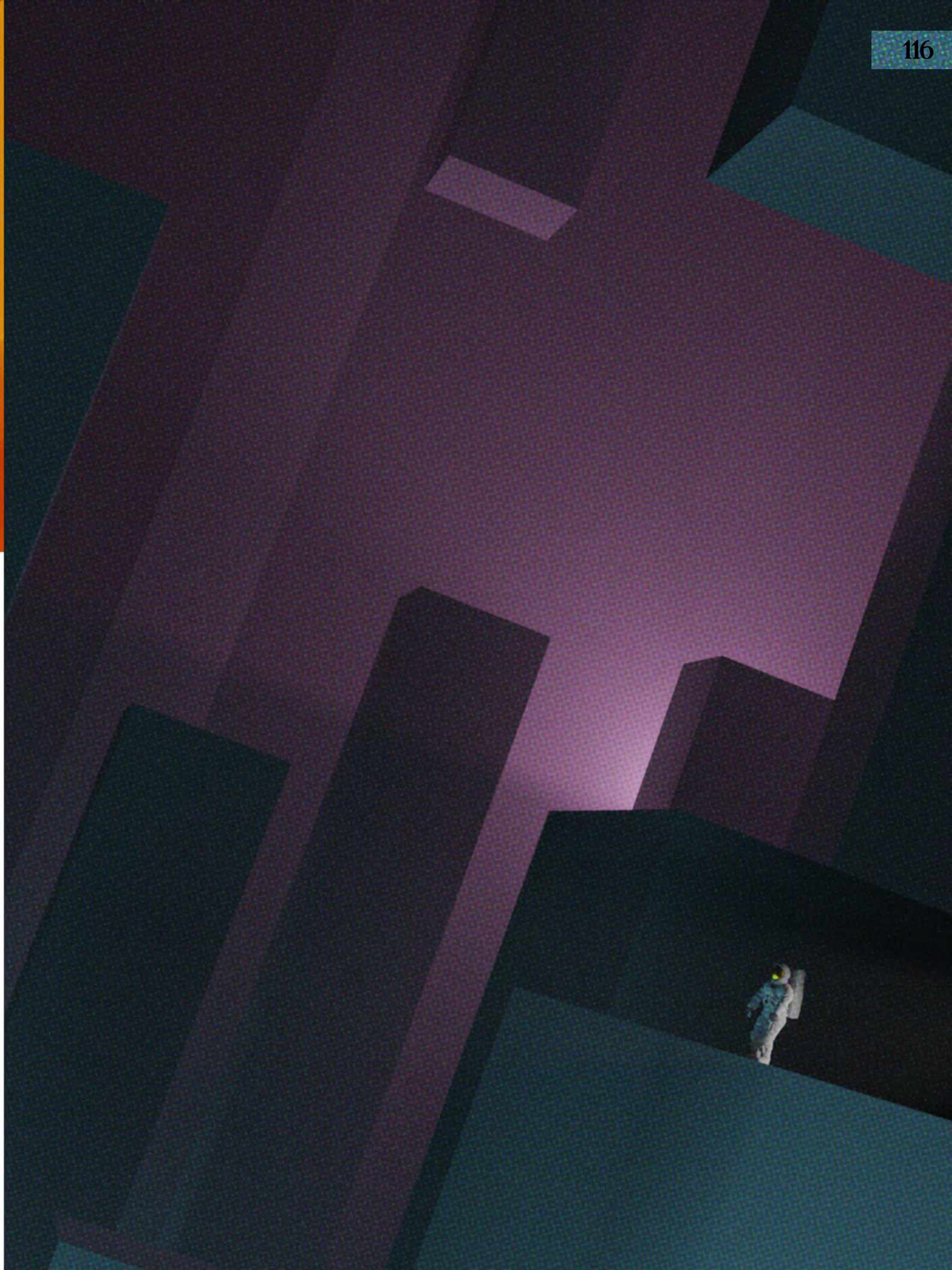


Figure 2.2

Featured here:
Andrea Bea





@SCHA TWOTYA



Figure 3.1

Featured here:
Sascha M. Defontorum



Figure 4.1

Featured here:

Lorie Anne Hernandez (Figure 4.2)

Sascha M. Defontorum (Figure 4.1)

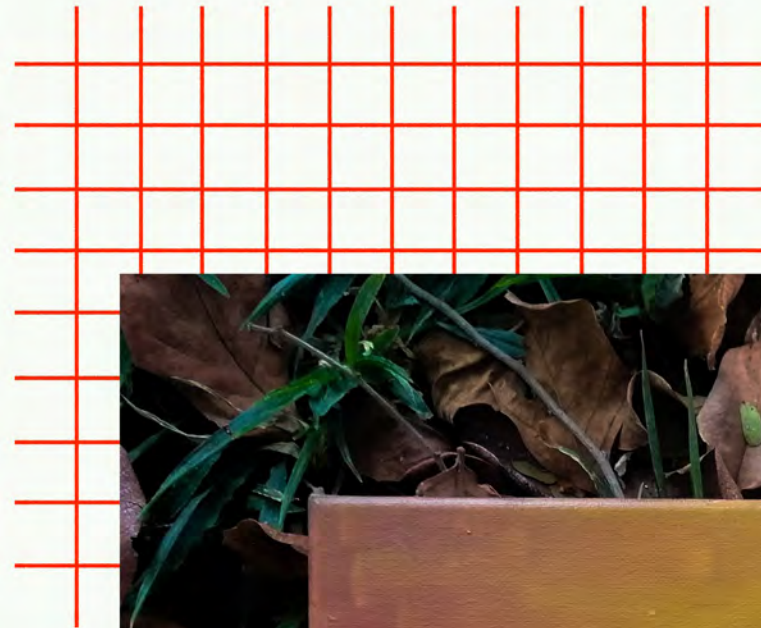


Figure 4.2



Figure 5.1

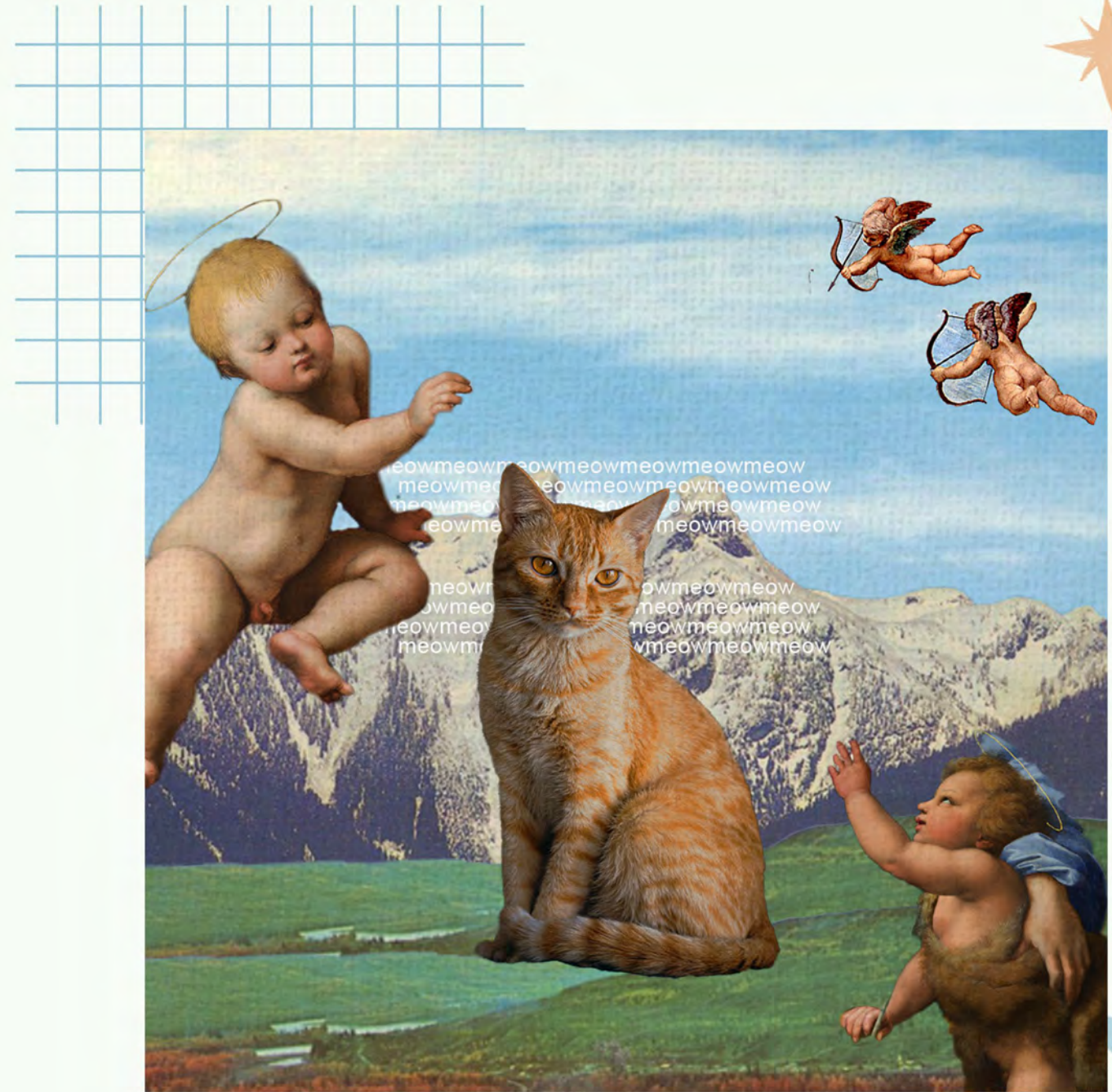


Figure 5.2

Featured here:
 Pau Mari (Figure 5.2)
 Shayne Calajate (Figure 5.1)



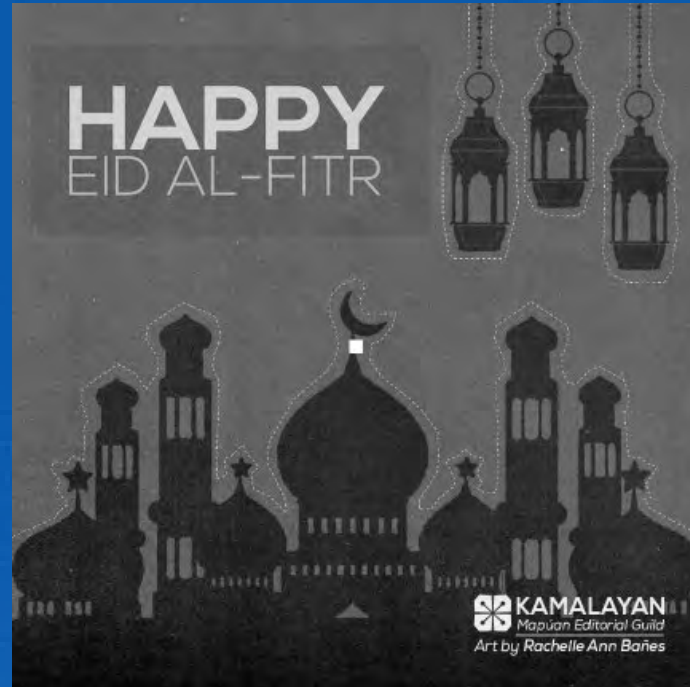
Figure 6.1



Figure 6.2

Featured here:
 Claire Tautoan (Figure 6.1)
 Timothy Guela (Figure 6.2)

Eid Al-Fitr



“On April 21, our Muslim brothers and sisters celebrate the Islamic festival Eid Al-Fitr or “The Festival of Breaking the Fast.” This marks the conclusion of Ramadan, a month-long Muslim practice of fasting where they abstain from eating from dawn to sunset and meticulously practice the sacred beliefs of their religion.

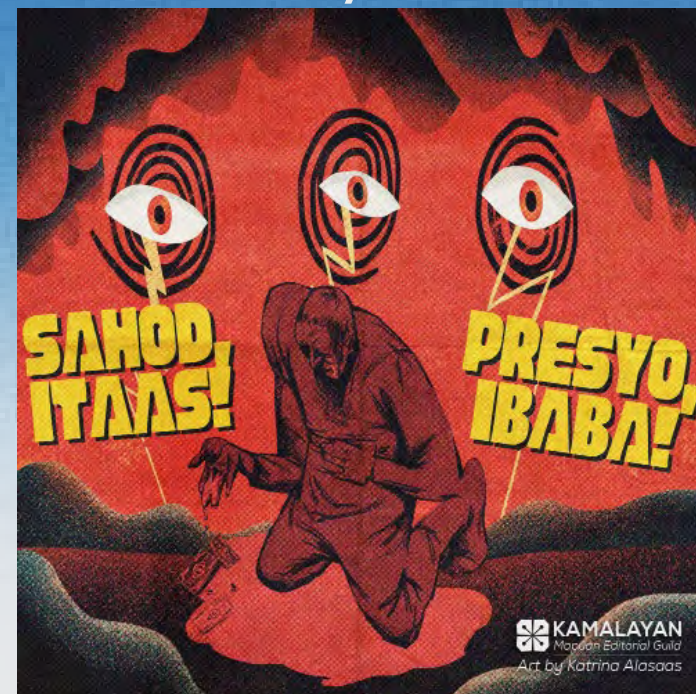
“As such, KAMALAYAN wishes all Muslims from all around the world a joyful Eid. May this season strengthen your bonds with your fellow Muslims and your faith in Islamic teachings. We hope that all of you can celebrate this wondrous occasion with

your family and friends, realizing their importance in your lives. Amidst the festivities, may this continue to serve as your opportunity to reflect on your perspective of the world and be more encouraged to live life to the fullest. Eid Mubarak!”

Mayo Uno 2023

“On May 1, we celebrate the hard work of our laborers, and their continuous pursuit for rightful wages, work treatment, market prices, and a better society for future generations.

We, KAMALAYAN stand one with the workforce during this Labor Day, as we recall their sacrifices for the economy and their persistent fight for equal labor rights. Your dedication and perseverance fuel our nation’s progress!”



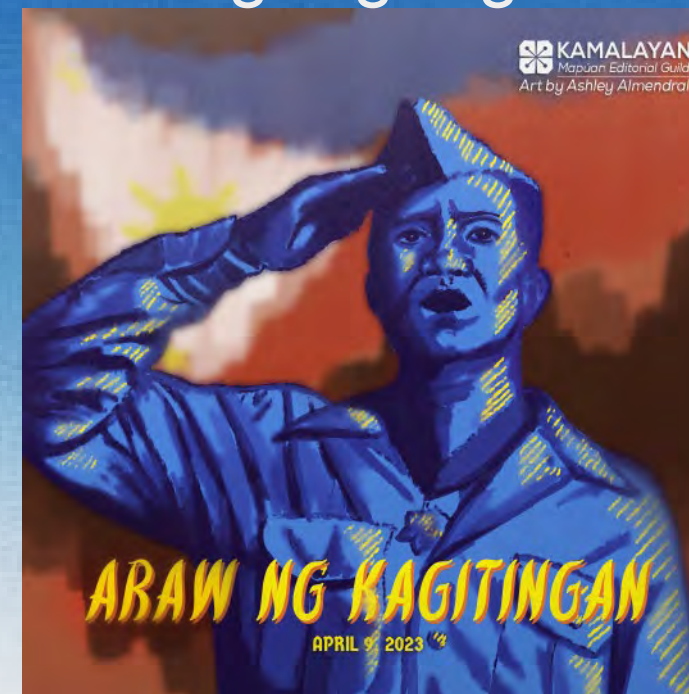
Mother’s Day



“To all the wonderful moms out there, Happy Mother’s Day! Your unconditional love, tireless commitment, and unwavering support are nothing short of miraculous. You are the heart and soul of your families, and your kindness and compassion make the world a better place. Today, we celebrate you and all that you do.

From the bottom of our hearts, thank you for being the glue that holds us together. With love and appreciation, from all of us at KAMALAYAN. “

Araw ng Kagitingan



“Last April 9 was the “Araw ng Kagitingan” or the “Day of Valor” – a day where the Philippines commemorated the heroic battles of Filipino soldiers during World War II. Let us recall on how this special day has honored the bravery of Filipinos who fought for our country’s freedom and sovereignty in the historic Battle of Bataan.

Nowadays, racial discrimination and gender inequality are some of the modern battles Filipinos have been facing.

Despite the evident progress of mankind, such issues continue to be pervasive not only in the country but in many parts of the world. With this in mind, may the sacrifices in the past inspire the modern-day youth to confront and speak out against injustice for a better society. Let us honor the sacrifices of our ancestors and preserve their legacies by continuing the fight for the betterment of all. “



National Heritage Month

"We Filipinos possess rich and diverse cultures, languages, religions, customs, and traditions. In this rapidly changing and innovating society, how can we safeguard our cultural heritage and preserve the products of our ancestors' creativity?"

During the month of May, we celebrated National Heritage Month with the theme "Heritage: Change and Continuity." Together as Filipinos, let us innovate to preserve the legacies of our Filipino heritage, recognize and promote our cultural properties, and conserve our urban heritage to pass on their legacy to future generations."

Araw ng Kalayaan



"Before Philippine Independence Day was celebrated on our usual June 12, it was originally commemorated on July 4, 1946 – the date when Manuel Roxas took oath as the fifth president of the Republic of the Philippines and the country has established its own sovereignty. This is demonstrated by changing the American flag into a Philippine flag, symbolizing Filipinos' own nationality and freedom."

This date was only changed by Diosdado Macapagal, our ninth president, based on

Emilio Aguinaldo's proclamation of independence against the colonization of Spain in his house in Kawit, Cavite, on June 12, 1962. To continue to remember our ancestors' efforts to free our country, may we realize the significance of our own authority on this land as fellow Filipinos who lived and formed part of the community. Let us uphold the cultures and customs we have inherited from our Filipino ancestors, while preserving the nationalism that they have shown during their battles against oppressors.



Volunteerism Month

"We Filipinos are engraved with the spirit of volunteerism. It has become part of our heritage that lives through the customs of our society. In fact, Bayanihan is a distinctive tradition of us Filipinos that personifies the principles of community camaraderie and aiding one another – ideas that we should uphold this May, the Volunteerism Month."

We take great pride in volunteerism as an essential tool for developing our community, addressing social issues, and promoting social harmony. As such, may our commitment and passion serve as the motivation for the next generations to continue helping others so that despite any circumstances and difficulties, we can create a better society for everyone. Let us remember that volunteerism is about the power of collective action for adequate change, and each of us has an important role in building a cohesive society."

Pride Month 2023



"In this radiant month of June, we come together to celebrate Pride and honor the beautiful tapestry of identities that make up the LGBTQIA+ community. May this month-long celebration ignite a fire within us, urging us to embrace our true colors and proudly share our stories, experiences, and journeys. Let this be a time of empowerment and unity, where we stand tall as allies, friends, and advocates for equality. Our collective strength lies in the diverse hues that paint the fabric of our existence. Through empathy, understanding and love, we create a symphony of voices that resound with authenticity, resilience, and courage.

As we raise our rainbow flags high, we illuminate the path toward acceptance and inclusion. We reject discrimination and prejudice, embracing every unique expression of gender, sexuality, and identity. Together, we forge a future where no one lives in fear, and where all individuals can thrive in a world that recognizes and celebrates their inherent worth. This Pride Month, let us amplify the voices that have been silenced for far too long. Let us honor the pioneers who fought for our rights, and let their legacy inspire us to continue the journey towards full equality. We empower every member of the LGBTQIA+ community to live genuinely, to love courageously, and to know that they are valued and cherished. Happy Pride Month from KAMALAYAN!"

Eid Al Adha



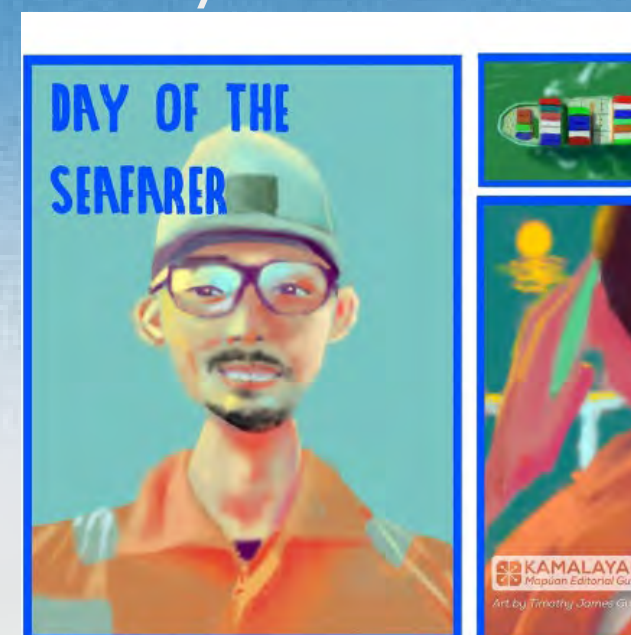
"On this day, June 28, the Islamic faith celebrates Eid Al Adha, the second major Muslim festival that marks the culmination of the Hajj pilgrimage. It is also referred to as the Feast of Sacrifice, which honors Prophet Ibrahim's supreme deed of devotion to Allah.

This festival is a time to manifest deep spiritual reflection and foster unity and gratitude within the Muslim community worldwide. Hence, KAMALAYAN wishes our Muslim brothers and sisters a blessed Eid Al Adha. Eid Mubarak!"

Day of the Seafarer

"Today, June 25, we commemorate the Day of the Filipino Seafarer – a holiday that serves as a reminder of the critical role of the marine industry workers who navigate the vast oceans to boost our economy.

These seafarers embark on journeys that span continents, leaving the comforts of their homes to nurture the nation. Undeniably, their sacrifices, adaptability, and bravery to traverse the seas can serve as inspirations to many. Hence, let us unite in showcasing our appreciation and gratitude for our Filipino seafarers, whose efforts often go unnoticed."





KAMALAYAN

Production Crew Photographs

April to May 2023 Events



kmllyn prod.crew photographs

CCIS Week: Game Fest 2023 - Open House Ceremony

Photographers: Francis Aguila



KAMALAYAN
Mapuan Editorial Guild
Photo by Francis Aguila



KAMALAYAN
Photo by Francis Aguila

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Photo by Francis Aguila

KAMALAYAN
Photo by Francis Aguila



**CCIS Week: Game Fest 2023 - League of Houses:
Basketball and Table Tennis games**



Photographers: Dean Somera



**CCIS Week: Game Fest 2023 - League of Houses:
Mixed Volleyball Tournament**

Photographers: Brian Mallari





KAMALAYAN Face-to-Face General Assembly



Photographers: Brian Mallari

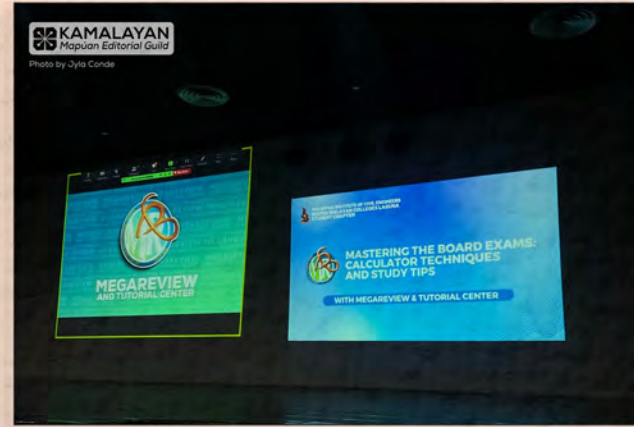


KAMALAYAN Face-to-Face General Assembly

Photographers: Brian Mallari



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Preparation for the upcoming Civil Engineering Board Examinations



Photographers: Jyla Conde



Tukawan Satuya Gabos: A Seat for All

Photographers: Marseille Fregillana



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Himamat



Photographers: Nadine Rafal



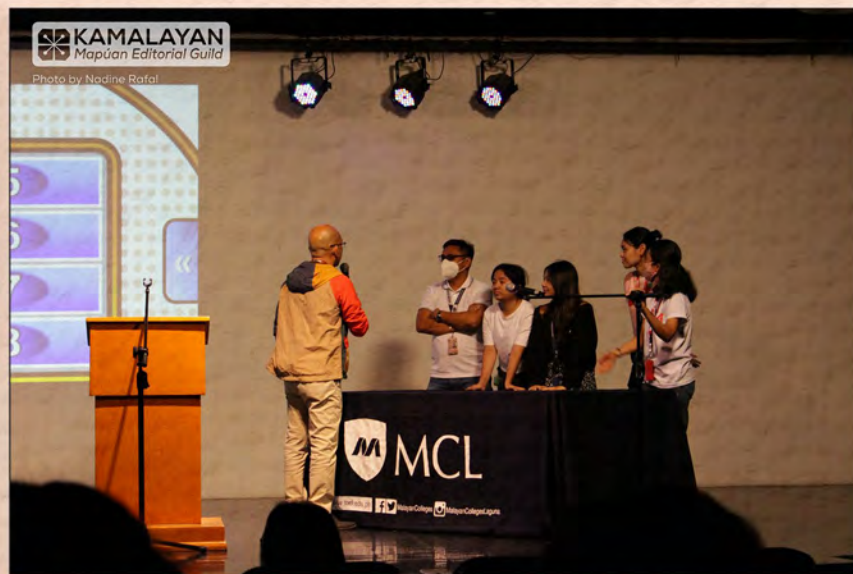
CAS Week - Chro-Maxima: Run with Hue

Photographers: Marseille Fregillana





CAS Week - SIMULCAST: Breaking Barriers



Photographer: Nadine Rafal

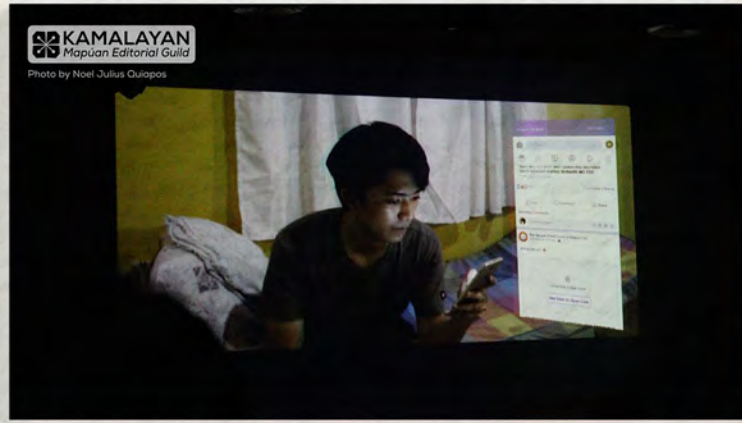


KAMALAYAN Mapuan Editorial Guild
Photo by Marselle Fregillana

CAS Week - ENERGEIA: FUWA-mazing Race

Photographer: Mariselle Fregillana





CAS Week - Incandescence: Film Festival Competition



Photographer: Noel Julius Quiapos



CAS Week - ENERGEIA: FUWA-mazing Race

Photographer: Gail Ballesteros



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CAS Week - Stellar: Embodying the Soul in Fun and Recreation



Photographers: Jadey Soriano



CAS Week - CASplayed

Photographers: Brian Mallari



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CAS Week - Ad Astra: One Heyo of a Night



Photographers: Danelle Rivera and Marnina Joan



CAS Week - Ad Astra: One Heyo of a Night

Photographer: Francis Daniel Aguila



