

# KAMALAYAN

A MAPÚAN EDITORIAL GUILD

INFORMATION WITHIN REACH



**L**ast April 27, Mapúa Malayan Colleges Laguna (Mapúa MCL) conducted a showcase event, featuring the new department, the Mapúa Institute of Aviation (MIA), at Rooms E301 to E303 of the Einstein Building. This event aimed to impart amongst the attendees brand new information regarding the new addition to Mapúa MCL's offerings, the Bachelor of Science in Aeronautical Engineering (BS AeE), starting this upcoming Academic Year 2024-2025.

To start, the aviation showcase provided a sneak peek of the blueprint of the building delegated to the MIA Department, which is the **Da Vinci building**. To be located at the front of the Einstein Building of Mapúa MCL, the aforementioned facility will consist of student lounges, a swimming pool, and additional air-conditioned classrooms.

Additionally, the **Beechcraft Sierra**, the first airplane introduced during the whole session, is promised to provide incoming aviation students with hands-on experiences that will help them master their skills in operating, piloting, and tinkering with aircrafts.

This introduction to what is coming next in the institution was followed by the presence of **Captain Michael John P. Reyes**, the Dean of MIA and the speaker of the seminar. During the talk, he engaged with the attendees through his sharing of

## Mapúa MCL introduces the **AVIATION PROGRAM** for A.Y. 2024-2025

■ WORD SAMANTHA LEONARDO

insights about the basic concepts of aeronautics, the crucial role of aviation in the industry, potential career paths in the aforementioned field, the longevity of the program, and the equipment and facilities to be present in supporting the overall college journey of future Mapúan pilots.

Subsequently, concerns with regards to the new developments and the idea of aviation in Mapúa MCL were addressed during the question-and-answer portion. One of

which was the concern about when the building, equipment, and facilities to be used in MIA's curricular activities will be available, to which Capt. Reyes disclosed that these would be established before the Academic Year ends. Furthermore, any additional necessary items for aeronautical studies will simply follow through.

Aside from this meeting, another event associated with the introduction of new changes in Mapúa MCL happened during the

Mapúa MCL EduQuest, the institution's year-end promotional activities dedicated to incoming Mapúans, last July 30 at the Global Classroom. Capt. Reyes, who is also the speaker for this talk, once again shared his insights for those who are interested and willing to venture into the field of aviation.

To conclude, the new program will take flight in the upcoming Academic Year 2024-2025, opening a call for students who want to pursue aeronautical engineering within Laguna and nearby provinces.

■ ART ALTHEA YSOBELLE MANCERA

## Mapúa MCL Connect to streamline student-led endeavors

■ WORD NASH PRIMO BESANA

**T**o allow student-driven activities in the institution to gain more visibility, engagement, and further unification, administrators from the Student Affairs Office (SAO), the Student Affairs Office (SAO), Center for Student Activities and Discipline (CSAD), and Learning Environments and Innovation Office (LEIO) opened the curtains for the "Mapúa MCL Connect" website to student leaders on January 18 and to the entire OneMapúan Community on January 22.

In the exclusive meeting with the university's organizations at the Global Classroom, it was given light that Mapúa MCL Connect has one main goal of connecting all student groups into one accessible digital platform. Similar to how Mapúa MCL's learning management systems such as Blackboard Learn (BBL) and Canvas have been used to unify the institution's academic aspects under one digital roof, this newly introduced platform is promised to modernize the conduct of co-curricular, extra-curricular, and community engagement activities.

Through its offerings powered by Anthology Engage, also a platform under BBL, Mapúans can explore more opportunities outside of their usual courses by having them readily accessible at their fingertips. On the other hand, for student leaders, the website is assured to make certain processes more seamless and improve the way they serve their constituents.

To start accessing Mapúa MCL Connect, a user must utilize their own Live MCL account—credentials that are already widely used in the university. Subsequently, upon log-in, users will



–land on its homepage, showing the latest event and organization details and news.

For officers of student organizations, one of Mapúa MCL Connect's organization management features permits them to view their group's roster and add more members to the list. Afterwards, they can also categorize their peers as officers or members, granting those with higher positions co-ownership with regards to their page. Speaking of, students and organizations are also free to tweak their own profiles and webpages to highlight their identities and projects. This includes compiling photos into albums, publishing announcements at preferred visibility levels, and posting their thoughts and ideas on their organization's feed.

On top of this, the Events tab of the website from an organization handler's perspective involves a scheduling feature, which collates most project planning and management steps in just a few clicks. Groups can set up public or closed events with varying times, locations, and details. Invitations can also be sent out at different visibility levels, which can independently collect and generate summaries of attendee information.

This further helps another aspect of Mapúa MCL Connect, which is the recordkeeping of an organization's or even a student's endeavors. In fact, an organization can even upload and store their important files and reports on the said website. They can also analyze attendance and engagement lists in real-time, determining which members are active within their groups. As such, these integrated functions are claimed to be useful tools for Mapúans who want to have a transcript of their significant non-academic experiences on campus that can be used to prove bullets in their resumes or curricula vitae.

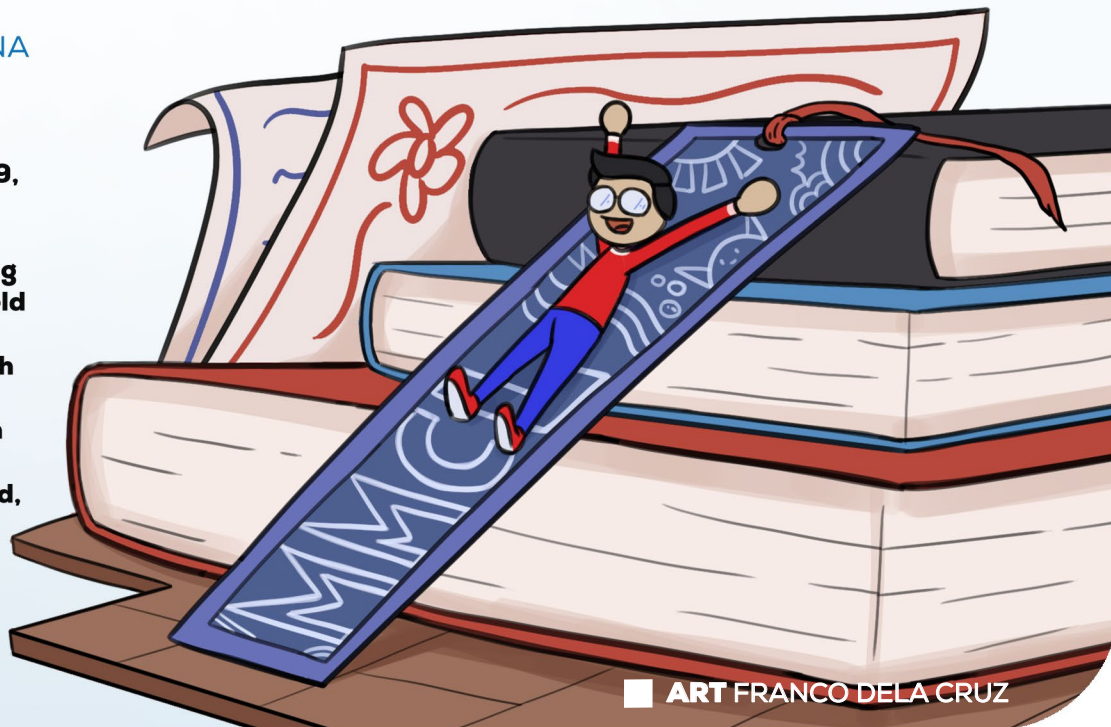
During the student leaders' on-boarding meet, it was also discussed that there will be more to come with Mapúa MCL Connect. This includes the student elections feature, which is initially said to make federation-to-federation turnovers simpler. On top of this, there was also the promise of consolidating most organizational-related procedures under this virtual platform, including membership registration, activity and project proposals, facility requests, and document compliances to respective offices of Mapúa MCL.

For more context, it is said that Mapúa MCL Connect will be soft-launched to the rest of Mapúa MCL's organizations by February, as more organizations and officers join in and get used to the system. It is reported that it will only take full flight to the entirety of the campus by March, envisioned as an instrument that can provide Wizards and Mages numerous opportunities to flourish even more in their lives as Mapúans.

## CLIR reignites students' appreciation, love for books

■ WORD NASH PRIMO BESANA

Last November 24, 27 to 29, 2023, Mapúa Malayan Colleges Laguna (Mapúa MCL)'s Center for Learning and Information Resources (CLIR) held the institution's celebration of the 89th National Book Week (NBW) with the purpose of bringing back appreciation and love for books from everyone, especially from the students. In line with the theme "Read, Reread, Relive," CLIR conducted different activities and contests to further emphasize the importance of books in past, present, and future endeavors of one's life.



■ ART FRANCO DELA CRUZ

First, CLIR launched the "A Book That Shaped Me" Contest, wherein all participating students chose a book from Mapúa MCL's CLIR Collection, took a selfie, and submitted a five-sentence essay on how the book shaped them. In the end, the student who bagged the grand prize is Allyona Marie Elena D. Villamor from the Accountancy, Business, and Management (ABM) strand. She was followed by Jhanel Anne G. Pleto from the Science, Technology, Engineering, and Mathematics (STEM) strand and Ma. Angeline A. Loreño from the ABM strand, who were the second and third placers, respectively.

Next event the office had in line was entitled "Bookmark Bonanza," in which students had the chance to showcase their creativity by illustrating, interpreting, and emphasizing the theme of the 89th National Book Week by creating a bookmark. Conclusively, the grand winner of this contest was Tara Isabel G. Almazora, a Bachelor of Arts in Multimedia Arts (BMMA) student of the College of Arts and Science (CAS). ABM's Ashley Nicole S. Magpali and BMMA's Cyrille Jane D. Aguilar were awarded second and third-place prizes, respectively.

To further test the students' knowledge about CLIR, the office also conducted "CLIRQuest." During the contest, daily questions about CLIR Resources and Services were posted through their official Facebook page. All in all, there were a total of 10 winners in the said contest, who each received different prizes from the office.

Moreover, the contest "Poster Palooza" took place with the purpose of bringing to life the contestants' chosen books. Specifically, participants designed a digital poster that illustrated their personal review of a book of their selection, with the title and author of the book displayed on the said artwork. Among all participants, the grand winner was a BMMA student, Princess Joy C. Fajardo, who made a poster about the book "Sketch Your World." Afterwards, Joseph Gabriel M. Gilleria is in second place with his poster about "The Promised Neverland," while Marc Luis C. Menguito won third place with his artistic take of the "Tokyo Ghoul" book.

To thank all the active students and professors from the Mapúa MCL community, CLIR held the CORA's (CLIR Online Reference Assistant) Choice Awards for students and professors who are active patrons, top users, and Facebook likers of the year, among others, which was posted on their Facebook page on November 30.

One recipient of the CORA Choice Award was Alexis O. De Layola, an SHS-ABM student, who said,

"Frequently, my peers ask why I am always in the library. The reason is quite simple: CLIR's environment boost my productivity and focus. I proudly consider CLIR my second home."

On the other hand, a faculty member and program chair of the College of Computer and Information Science (CCIS), Jonalyn G. Ebron, was also recognized for the said award. She said,

"I want to express my sincere gratitude to the library team for their unwavering dedication to fostering a culture of reading and scholarship within our institution. Their expertise, enthusiasm, and commitment to excellence have been instrumental in my own intellectual growth and development."

Given the CLIR Facebook Liker of the Year award, an E.T. Yuchengco College of Business (ETYCB), Business Administration (BA) student, Hannah Isabel L. Ello expressed that she is grateful for the award and extended her appreciation to the entire CLIR team. Lastly, ODDS' (Online Document Delivery Service) Top User was Julieanne Pearl S. Urbino, a Civil Engineering (CE) student from the Mapúa Institute of Technology at Laguna (MITL) department.

Even though CLIR celebrated and conducted this event purely online through their Facebook page, it became evident that students, faculty, and staff engaged with the library's endeavors and had several chances and opportunities to appreciate books and reading even more.



## CGC champions resilience as key to overcoming adversity

■ WORD NASH PRIMO BESANA

Emphasizing the idea that a positive well-being roots from internal strength and support systems, the Center for Guidance and Counseling (CGC) of Mapúa Malayan Colleges Laguna (Mapúa MCL) spearheaded the institution's celebration of the Mental Health Awareness Month last October 2023.

With the theme "Look Around, Look Within: Strengthening My Protective Factors," discussing counter-actions for stress served as the main advocacy for this year's Mental Health Awareness Month. Moreover, the head office for this event has focused on the doctrine that resilience is key and that it can be built through self-reflection and interpersonal relations.

This year's general theme tries to foster a holistic approach to well-being. It emphasizes the importance of creating a supportive external environment... while also nurturing internal strengths...

said Ms. Angela Cecille Ortiz-Kare, the CGC Head of this Academic Year, in an interview with KAMALAYAN. "By doing so, students can cultivate resilience and better navigate the challenges they encounter."

As such, in collaboration with different student organizations and offices of the university, the CGC has prepared a variety of activities that

–promote their objectives. Notably, two of which were the face-to-face assemblies held at the Auditorium: a free-for-all kumustahan session and the two-part drug prevention and academic stress management seminar.

During the "Oras ng Kumustahan: Kumusta Ka Na? Tara, Usap Tayo!" event last October 10, selected Mapúan student leaders were provided with a platform to share anything related to the protection of a student's well-being. In fact, Carissa Pornelos, a second-year BA Communication student who served as one of the hosts of the said event, explained to KAMALAYAN that several approaches to handling academic-related stress and fostering psychological resilience took center stage in the discussion.

Academic stress is an important part of the student experience. Being surrounded by support helps din kasi to uplift each other's well-being..

It encourages us to be open and to do the same for others... and creating such an environment makes everyone feel validated and heard," Ms. Pornelos remarked. "I feel so blessed to even be part of that event, especially to hear the advice and perspectives of the student leaders about stress... Yung overall event, it made me feel empowered to even be part of the kumustahan."

On the other hand, Wizards and Mages were enlightened on various modern mental health issues in the "Educate, Empower, Excel: Seminar on the 3Es on Drug Prevention and Academic Stress Management" last October 23. More specifically, Prof. Francis Grace Duka-Pante of the University of the Philippines (UP) served as the speaker for the first half of the seminar, while Mapúa MCL alumna Christelle Eve Tacas spoke for the latter.

rewarding and successful careers after graduation.

Subsequently, on February 6, an SHS career webinar entitled "Unlocking Success: Navigating the Four Doors of Career" took place. Furthermore, the invited resource speakers were Dr. Roel Rodrigo, the Director of the Institute for Excellence in Continuing Education and Lifelong Learning (I-EXCELL), Ms. Maki Patricio and Ms. Camille Canceran, both employees from the Admissions Office, Mr. Marc Joseph Arrieta, the founder of the Professional Network Builder Institute (PNBI), Ms. Reins Rodriguez, a Jail Officer 1 (JO1) and a Community Relations Service Officer at Cabuyao City Jail Male Dormitory, and Mr. Kent Jasper Dalanon, the Machinery and Property Claims Department Manager at Senon Insurance Adjuster and Appraisers. Each speaker contributed their perspectives relevant to different career paths, helping the attendees understand the opportunities available to them and the steps they can take to succeed in their chosen fields.

Afterwards, on February 7, the College of Arts and Sciences (CAS), College of Maritime Education and Training (CMET), Mapúa Institute of Technology at Laguna (MITL), and Enrique T. Yuchengco College of Business (ETYCB) Departments displayed their booths at the Gymnasium, in which SHS Mapúans

had an opportunity to explore the College programs in Mapúa MCL. Specifically, College students who were in charge of their respective departmental booth operations offered assistance to SHS students who had questions by sharing anecdotes about their respective fields of study. This provided every Mage a glimpse of the academic landscape awaiting them beyond high school.

Moreover, the CGC conducted a digital poster-making contest where participants can showcase their creativity and artistic skills according to the year's theme. Eventually, on February 8, the last day of the entire event, the following winners were announced: Grade 12 ICT student Linka Orlett Oseña took the spot of first place, Grade 12 STEM student Yuan Luis Molinar landed in second place, and Grade 12 HUMSS student Maria Minerva Espeleta stood in third place.

Lastly, the SHS Career Week concluded with the Career Dress-up Competition, in collaboration with The Haus and Junior Peer Facilitators' Club. Here, SHS Mapúans dressed in their chosen professional attires, such as those of pilots, doctors, nurses, engineers, and lawyers, in the Mapúa MCL Gymnasium. Ultimately, sections S1102, S1105, and S1111 of the STEM strand won the first, second, and third place, respectively, for the Grade 11 bracket. Meanwhile, I1201 of the ICT

The aforementioned seminar also served as the culmination of the entire Mental Health Awareness Month celebration, in which the winners of CGC's competitions were recognized. Andrea Mei Maala was crowned the champion for the On-the-Spot Poster Making Contest, while Mapúa MCL's Institute of Integrated Electrical Engineers (IIEE) clinched the top spot for the Mental Health Booth Contest.

With respect to the festivities of their month-long event, CGC head Ms. Ortiz-Kare conveyed her delight to the publication since they are now conducted onsite and are more capable of empowering the community. However, among the various words of encouragement during the event, this hit the hardest for her:

"In the midst of all padayons (carry on), don't forget to have your pahuway (rest). Give yourself the break that you deserve. Celebrate your small wins. Let's take a moment to appreciate all the blessings in our lives, both big and small."

By focusing on what we have, we cultivate a positive mindset that fuels our happiness and well-being. Always start your day with thankful hearts and ready to embrace the abundance life has to offer," shared Ms. Ortiz-Kare.

Lastly, it is also worth mentioning that the CGC uploaded a number of reels on their Facebook page, wherein student leaders shared their personal insights regarding protective factors. Their social media page also highlighted their drug prevention awareness campaign titled "Mapúa MCL Shirt Speaks" and the availability of the Mental Health and Psychosocial Support module on Blackboard Learn.



strand secured first place in the Grade 12 bracket, followed by H1202 of the HUMMS strand in second place, and S1206 of the STEM strand in third place.

For many SHS students, the Career Fair catalyzed introspection and exploration, ignited passions, and uncovered talents. Under the guidance and support of the Mapúa MCL-CGC, the event ventured into various opportunities that may impact the students' academic and vocational journeys in the foreseeable future.

TERM TRIALS:  
A 12 WEEK TERM VS 14 WEEK  
TERM COMPARISON

HIDDEN GEMS:  
MAPUA MCL'S UNDERRATED  
STUDENT ORGANIZATIONS

TROPICAL INFERNO:  
HEAT WAVES SCORCHES THE  
PHILIPPINES THIS 2024

LEGENDS AMONG US:  
M5 IGNITES THE MALAYAN  
WARLOCKS FLAME AT  
MAPÚA MCL



# Mapúa MCL's Team WIZ-Gawa places first in DICT's regional pitching competition

■ WORD ANGELENE DOMINIQUE AALA

**C**omposed of Mapúa Malayan Colleges Laguna (Mapúa MCL)'s fourth-year BS Computer Science students, Team WIZ-Gawa won first place among the 34 competing teams in the Philippine Startup Challenge (PSC) 8 - Regional Pitching Competition for Region IV-A CALABARZON last October 10 to 11, 2023. The Department of Information and Communications Technology (DICT) - ICT Industry Development Bureau organized this annual business pitching challenge, which is open to both Senior High School and College students.

Specifically, the team is led by their mentor, Ms. Jonalyn G. Ebron, the BS Computer Science Program Chair. Then, its members are as follows: Karlo Miguel F. Palisoc, a consistent Dean's Lister and the former Vice President of the Mapúa MCL's Association of Coding Machinery organization; Gene Anthony C. Reyes, a consistent Dean's Lister, and former Vice President of Outstanding Programmers and Animators Cultivating and Integrating Technology for the Youth (OPACITY); and Stephen Paul V. Tongcol, a consistent President's Lister.

With regards to the competition, it is mainly centered on the creation of pertinent, cutting-edge Information and Communications Technology (ICT) goods and services that can solve societal issues and serve as the foundation for profitable businesses. For Team WIZ-Gawa, its members have offered the competition a utility service platform that supports various features, such as vehicle washing, gardening, and plumbing and cleaning.

**In short, it is a "one-stop shop" and an on-demand home services app that is promised to revolutionize daily life while uplifting skilled workers and businesses.** As a result, the app's proposed benefits to the service sector paved the way for the team mentioned above to be noticed in the regional pitch and bag the championship title.

Being the coach of Team WIZ-Gawa, Ms. Ebron said that seeing her students flourish and make a positive impact in society is the most satisfying aspect of the competition. Furthermore, she recalled that their adventure simply started with problem-solving, brainstorming, and innovating. However, she continued to mentor

winning product but also winning product but also to explore potential business ventures.

**On the other hand, Team WIZ-Gawa member Gene Reyes stated that they were surprised by their victory since they faced opponents from other schools who had beautifully designed presentations and well-thought-out ideas.** According to him, they were fortunately able to respond to every question the panel asked them; from that point on, he said that it was evident that the panel supported their startup. Having high hopes of advancing to the finals, he said that they were thrilled when they found out they were among the few that passed the semi-finals.

With this, the students moved on to the competition's final round in Cebu City, Philippines, from December 5 to 6, 2023. Here, they continued to dominate the pitching game as they were part of the Top 10 finalists and even won the Best Logo award. All in all, the competition was said to encourage youth entrepreneurship in the ICT field and guarantee the ongoing generation of viable business concepts and startup founders who will spark growth in the Philippine startup ecosystem.

## CGC-led Mapúa MCL lecture addresses stigma against mental health conditions

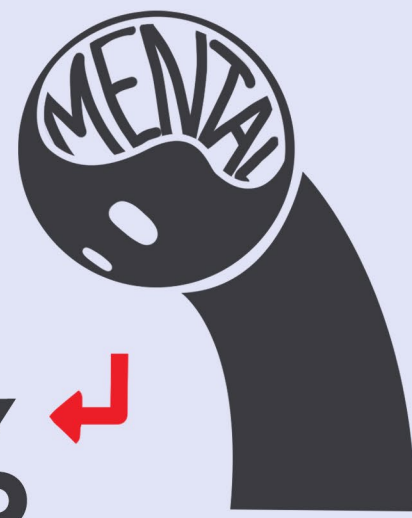
■ WORD RACHELLE ANNE ABEL

**Trigger Warning:** This content contains themes that may be deemed distressing, such as suicide and mental disorders. Reader discretion is advised.

### Severe mental health conditions

↳ dying 10 to 20 years earlier than general population.

**58%** cases before age 50.



**T**he Center for Guidance and Counseling (CGC) of Mapúa Malayan Colleges Laguna (Mapúa MCL) conducted the third installment of the Mapúa MCL Lectures with the title "Empowering Minds: Global Breakthroughs in Mental Health and Well-Being" at the institution's Global Classroom, located at the Einstein Building, last January 25.

This event, in line with the institution's 18th Foundation Week: Sustainable Breakthroughs, tackled the escalating rates of suicide globally, which is frequently associated with mental health concerns, and how these issues can be addressed before they become worse. Various administrators, professors, and Senior High School and College students who were interested in the said topics attended the lecture, with 38 attendees inside the Global Classroom itself and 22 more from a live Zoom meeting.

To begin, the first speaker of the lecture, the BS Psychology Program Chair, **Ms. Majhalin Araza B. Diez**, RPsy, said:

**"All over the world, many have stigmatized mental health conditions as something to be ashamed of, a burden that will hinder them in life."**

As such, the lecture started by showing the **global demographic profiles of suicide rates**, which encompass people with severe mental health conditions dying 10 to 20 years earlier than the general population, **having 58% of such cases happening before the age of 50.**

Moreover, countries with reported mental health cases often had inadequate action towards their local mental health crises, with **only 21% of countries implementing mental health policies and plans** that fully comply with human rights instruments.

Ms. Diez spoke for the first half of the lecture before the discussion continued and shifted to a perspective on the COVID-19 pandemic, where suicidal rates skyrocketed as many people experienced mental health problems. Furthermore, she encouraged Mapúans to spread awareness and lessen the stigma over mental health conditions. According to her, this will help those struggling with such conditions feel included and empowered to speak out about their situations.

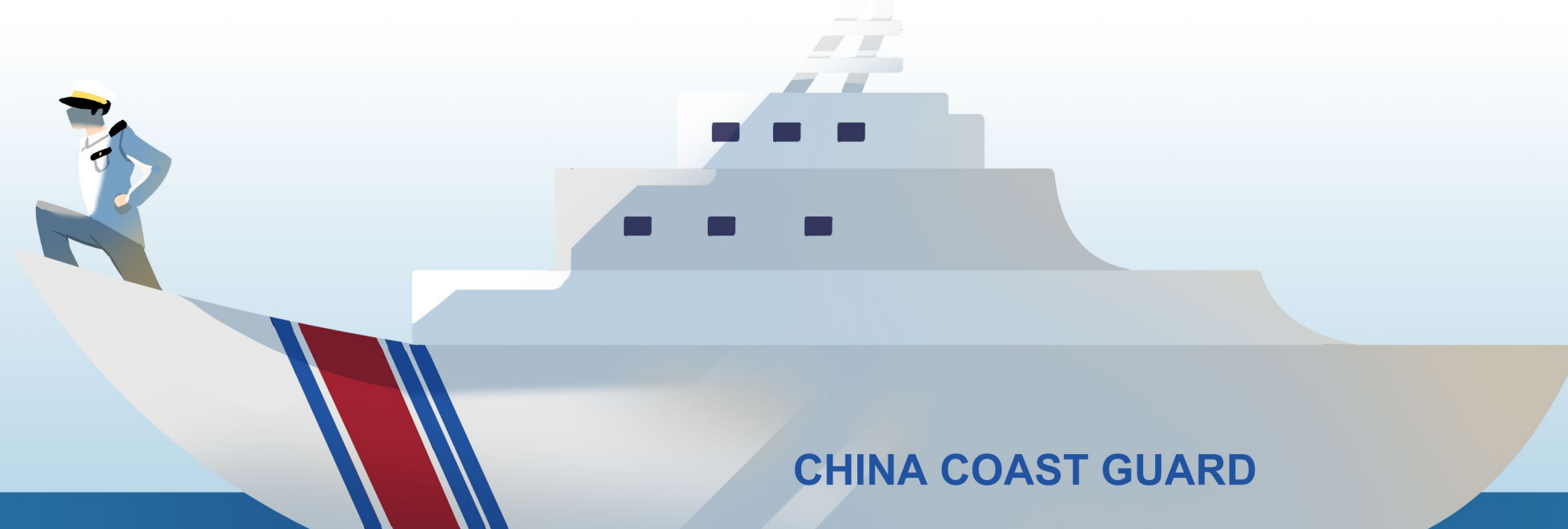
Continuing the lecture, **Ms. Mensa Christi A. Martinez**, a BS Psychology student, introduced **Lusog-Isip**, an application designed for monitoring one's well-being and allowing individuals to practice self-care. Specifically, the Lusog-Isip app

works similarly to a tracker, consisting of modules, self-reports, self-assessments, practice tasks, audio guides, mood trackers, and contact lists of referral information.

Additionally, Ms. Martinez encouraged Mapúans, with or without mental health issues, to try the Lusog-Isip app as it is promised to ease stress and regulate mood without seeking professional help, improve the problem-solving skills of app users, and lastly make mental health resources more inclusive and normalized in

modern times where advanced technology is prevalent.

Wrapping up the lecture, Ms. Diez emphasized the importance of reducing the stigma around mental health and reminded the attendees that it is not a burden; it is a normal phase many individuals go through. She stated that these individuals going through mental health conditions **need at least one person to listen to their situation**, and people without such concerns need to **at least be inclusive and supportive for these people to feel safe.**



**T**he ongoing territorial dispute between the Philippines and China over the resource-rich waters of the West Philippine Sea (WPS) has been continuing for over a decade. Since the early 2010s, successive administrations from Benigno Aquino III., to Rodrigo Duterte, and now Ferdinand Marcos Jr. have grappled with the challenge of protecting Philippine sovereignty while maintaining regional stability in the face of China's assertive maritime claims. As the years have passed, the approaches taken by these Philippine leaders have evolved, yet the fundamental issue remains unresolved.

The election of President Ferdinand Marcos, Jr. in 2022 marked a shift in the Philippines' approach when it came to the WPS dispute. The new administration has been actively pursuing a more assertive stance in defending Philippine sovereignty by strengthening relations with other countries, including India, USA, and Australia. According to President Marcos Jr. himself, he will stand firm in his promise to defend the country's sovereignty.

However, despite this proclamation, incidents of Chinese vessels entering and committing dangerous maneuvers within Philippine waters continue to occur. As reported by the Philippine Coast Guard (PCG), Chinese vessels continue to engage in dangerous maneuvers in the WPS regardless of the presence of PCG and Philippine maritime vessels.

Confrontations involved collisions between vessels from the two countries and China Coast Guard ships using water cannons on Philippine vessels, which resulted in three Philippine Navy personnel being injured. In light of these conflicts, the Philippine Navy along with the Australian Navy, US Navy, and the Japan Maritime Self-Defense Force conducted a joint patrol in the WPS last April 7. This marked the first multinational patrol between the allied nations.

Prior to the Marcos, Jr. administration, former President Rodrigo Duterte, who assumed office in 2016, prioritized a different approach by pursuing friendlier relations with China and Russia. He did this by setting aside the arbitral tribunal's ruling in favor of bilateral negotiations. Consequently, this approach led to the signing of numerous agreements between Manila and Beijing, including investment deals and infrastructure projects under China's Belt and Road Initiative. However, Duterte

faced noticeable criticism for his perceived submissiveness to China, with critics accusing him of sacrificing Philippine sovereignty for economic gains.

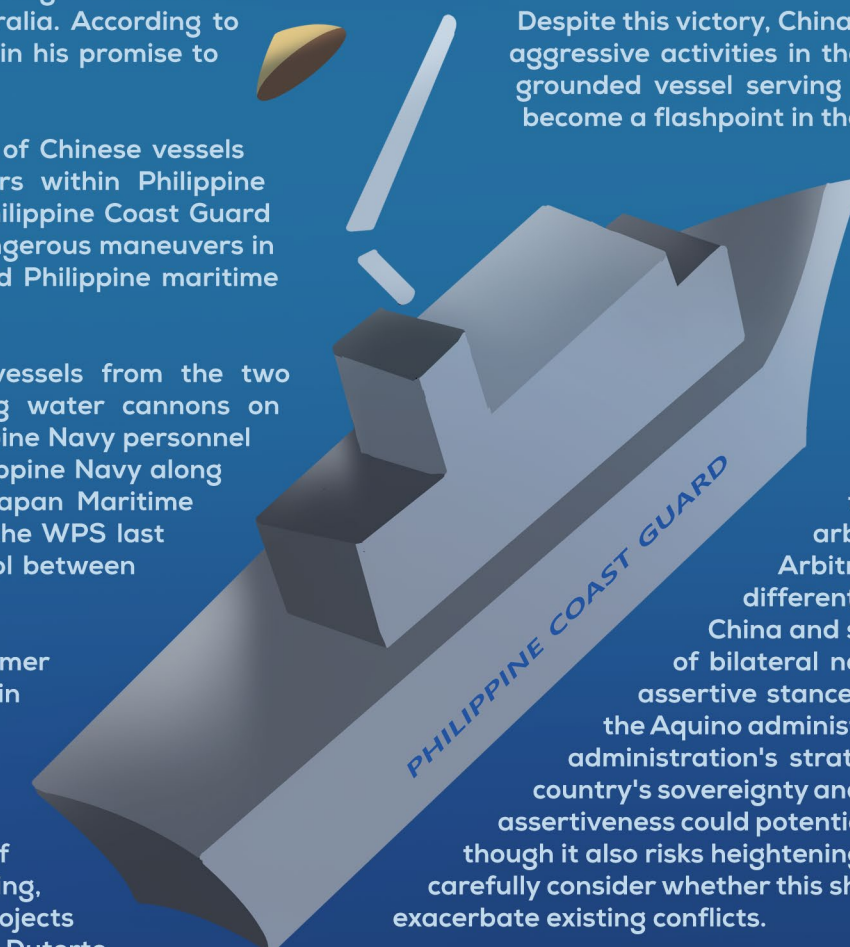
Similar to how the current administration is handling the disputes, the late President Benigno Aquino III also took a firm stance against China's expansive territorial claims during his tenure. In 2013, the Philippines filed a landmark arbitration case challenging China's "nine-dash line" claim, which is an ocean segment consisting of contested islands and reefs. The Permanent Court of Arbitration in The Hague ruled in favor of the Philippines in 2016, invalidating China's aforementioned claims as lacking legal basis under the United Nations Convention on the Law of the Sea (UNCLOS).

Despite this victory, China refused to recognize the ruling and continued its aggressive activities in the region. For instance, the BRP Sierra Madre, a grounded vessel serving as a Philippine outpost on Ayungin Shoal, has become a flashpoint in the WPS. As China contests Philippine claims to the shoal, China has repeatedly obstructed Philippine attempts to resupply the BRP Sierra Madre. These incidents, including the use of water cannons and collisions between vessels mentioned earlier, highlight the fragile nature of the situation.

All in all, the Philippines' approach to this challenge has been different across the administrations. During the early days of the issue, Aquino actively challenged China's territorial claims in the WPS, spearheading the arbitration case filed with the Permanent Court of Arbitration in The Hague. However, Duterte adopted a different approach by fostering friendlier relations with China and setting aside the arbitral tribunal's ruling in favor of bilateral negotiations. And now, Marcos is returning to an assertive stance in securing the WPS similar to the approach of the Aquino administration. Political analysts suggest that the current administration's strategy will be pivotal in shaping the future of the country's sovereignty and regional influence. They argue that this renewed assertiveness could potentially safeguard national interests more effectively, though it also risks heightening tensions with China. Ultimately, the nation must carefully consider whether this shift will lead to a more secure and stable future or exacerbate existing conflicts.

## THREE TERMS, TROUBLED WATERS: THE PHILIPPINES' UNSETTLED WATERS

■ WORD JON RANSON LAPADA ■ ART ALTHEA YSOBELLE MANCERA





## TO LEAD YET WANDER: Student Leaders and their Misguided Authority

WORD GABRIEL JABOLI



ART SHAYNE CALAJATE

Student leadership is a cornerstone of campus life, entrusted with the responsibility of representing the diverse interests and concerns of the student body. However, a troubling trend has emerged where student leaders make decisions without genuine consultation or consideration of their peers' perspectives. This unilateral approach to leadership undermines the principles of inclusivity and collaboration essential for effective governance. Can we continue down this path, neglecting the voices of those we represent?

But before anything else, what exactly is a student leader? A student leader is a person who works in a student's general assembly or a university setting and bears responsibility for representing the students' interests and concerns. Their main duties

usually include planning of events, conducting discussions, and promoting a feeling of belongingness to the community among the members. Not only mentioning responsibilities, but students taking up leadership positions become models of responsibility and effective communication, and have important skills such as teamwork and decision-making. They tend to perform the good functions of culture—manufacturing and modifying the environment of their educational place.

In short, they are elected or appointed to represent the collective voice of the student body. However, there are instances where decisions are made behind closed doors, without seeking input or feedback from those directly affected. This disconnect between leaders and peers fosters a sense of alienation and disenfranchisement among

students, eroding trust in the leadership and diminishing the effectiveness of governance structures.

The unilateral decision-making process used by some student leaders creates a divide between leaders and their peers, fostering a sense of alienation and disenfranchisement among students. However, while it's true that some decisions may be made without consulting every individual student, some often consider the broader interests when it comes to making decisions. They are entrusted to act in the best interests of the entire student community, and seeking input from every fellow student may not always be efficient or practical.

Leadership is not about wielding authority but about serving as a conduit for the community's voices and concerns.

Student leaders must actively listen to their peers, understand their needs, and advocate for their interests during decision-making processes. Without proper representation, student governance becomes a mere facade, devoid of substance and legitimacy.

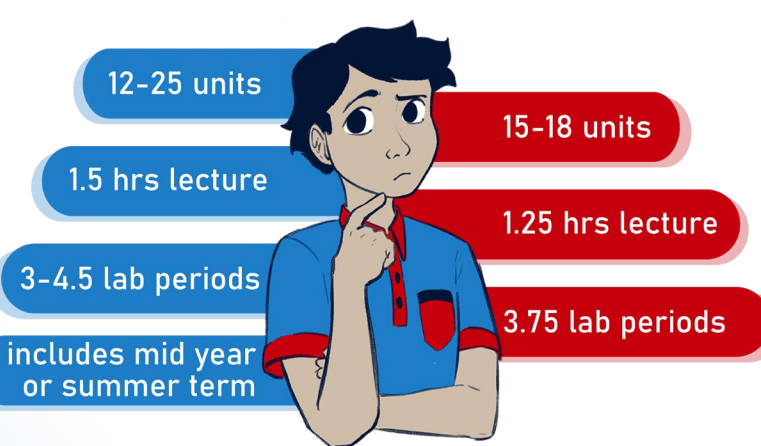
It is imperative to undergo a paradigm shift in student leadership, one that prioritizes inclusivity, transparency, and accountability. Ensuring the active participation of peers in decision-making processes can be achieved through various means such as implementing digital platforms for feedback, facilitating discussions, etc. By fostering a culture of inclusivity and collaboration, student leaders can build trust, enhance transparency, and ensure that all voices are heard and valued.

from students. On the other hand, there were also changes to the lecture and lab hours' duration, which were shortened to be only 1.25 hours for the former and 3.75 hours for the latter. The course load also received some changes, with the new minimum and maximum units being 15 and 18 units, respectively.

Based on what the administration has stated regarding the changes, the extended term schedule is designed to allow for a more comprehensive understanding of course content while giving Mapuans the flexibility to complete the program earlier or enroll in a smaller number of units and still graduate on time. But as with the 12-week term, this new schedule has brought disadvantages of its own, like the removal of the midyear term and most of the school break that students use to rest

and catch up on their missed courses.

Now, while the long-term effects and receptions have yet to be seen, the advantages offered by the 14-week schedule do seem to be promising trade-offs to the added two weeks per term. While not every change recently implemented was well-received, like the short-lived four-examination system, I for one, believe we stand to gain a lot from this new schedule that is more geared towards flexibility in our ever-adapting learning experience and look forward to seeing this being implemented and developed further. So for now, the OneMapuan Community will push on with this bold new schedule, explore its benefits, and observe how they can fit alongside our long-held values of "Excellence and Virtue".



ART MARIT ELISE BACAYON

Mapua Malayan Colleges Laguna (MCL) has always strived to be at the forefront of education in their home region of CALABARZON to create a new generation of talented professionals. Through the years, it is constantly adapting and improving the education it provides to its students to help them achieve and even exceed their goals.

As we journey through the continuous development of our college's educational system, we are introduced to the new 14-week term this Academic Year 2023-2024. This is one of the many new changes implemented to improve the educational system students are going through, and one that has caught the attention of students and staff alike. With excellence and virtue being the vision of the institution, is this new term schedule

really the best thing for Mapuans or is the tried and tested 12-week system more appropriate for instilling said values to the College students of Mapua MCL? To begin with, the 12-week term, which was the tradition in previous academic terms, consisted of three modules, each having its own course assessments or examinations. Following this, the minimum and maximum course units that students could take for each term were 12 and 15 units, respectively. Furthermore, the class hours consisted of 1.5 hours for lectures and 3 to 4.5 hours for lab periods to teach the overall lessons per semester. The yearly academic calendar also included a midyear or 'summer' term for students to catch up on courses that they were not able to accomplish within the school year.

As one of the students who have been here for a few years, this was the system that we grew accustomed to as it had been tried and tested throughout the years in which it had been in use. However, this system was not without its flaws as having only 12 weeks per term meant students had less time to study all the course materials for the term, resulting in rushed reviews and cramming becoming commonplace.

Comparing this to the newly implemented 14-week term schedule, there are some important changes to point out. The new system added two more weeks to the term, as well as a whole new, pre-finals module and course assessment to tackle. However, this module was only implemented during First Term and the curriculum has reverted back to the three-module system following the feedback

## STRUGGLE OLYMPICS: A Toxic Cycle or a Cry For Help?

WORD RIANNE FAITH JUSTO



ART SHAYNE CALAJATE

An odd trend appears to be coming out in the psyche of Filipinos, where varying levels of pain and suffering have turned into some sort of strange competition. Our lives have become a stage where we compete to show who carries the heaviest burdens, who faces the toughest trials, and who suffers from the longest diseases. This odd game called "struggle olympics" or "poverty porn" is an interesting phenomenon to look into. The question now is, why do Filipinos seem to enjoy comparing their problems?

Filipinos are known for their resilience and how they can still smile after all the suffering. Sharing stories of suffering might be a way of showing strength and endurance. It's like saying, "Look at what I've been through, and I'm still standing."

For example, a student could share how she had been up all night studying, only to be responded to by a classmate's claim of not having slept for three nights. Likewise, when one complains about money troubles, a relative overshadows them, insisting that they had it much worse and grew up with less. This constant one-upmanship belittles personal struggles and further fosters a culture in which suffering becomes almost like a badge of honor, rather than something to be shared for collective support.

But there's also a darker side to this; it can also result from a lack of attention and validation. In a society

where many feel ignored and undervalued, parading one's struggle might be a way of getting noticed. In a manner of speaking, this could be considered fishing for sympathy. It's a cry for recognition in a world that all too often ignores the downtrodden.

In addition, there is this baffling issue of romanticizing poverty. At times, being poor is considered an "aesthetic" or "authenticity," as though one earns merit by being poor. We see this in social media posts that show dilapidated homes or street children with captions about "simple joys" and "real life." Why is this so?

Part of it is cultural. The Philippines has a history of glorifying simplicity and modesty. However, this can be quite problematic. It tends to normalize poverty and make it seem so okay—in fact, enviable. It can make poverty a passive background against which other stories are told in lieu of solutions.

Therefore, is this tendency to display suffering toxic, or is it a cry for help? The answer might be both. On the one hand, competing in hardship and aestheticizing poverty at first blush appear rather harmful. It can even help to continue negative stereotypes that distract from serious conversations that need to be held about these issues.

However, these behaviors reflect a big longing for connection and support. They underline the gaps in our society within which people feel invisible and inaudible. When an individ-

ual does choose to open up about their struggles, more often than not, they are looking for empathy, understanding, and a will to bring about a positive change.

What are we supposed to do about this, then? First and foremost, we should listen. When people talk about their struggles, we need to be attentive to what they have to say. Offer support and solidarity, not judgment or dismissal. Recognize their pain as valid and real.

Second, let's move the spotlight away from highlighting problems to seeking solutions. Encourage stories that do not just dwell on the suffering but on the resilience and efforts at overcoming adversities. It could be stories of hope, community initiatives, and positive change.

Lastly, get at the roots of poverty and hardship. Advocacy and policy change on better education, healthcare, and job opportunities. Support organizations working toward uplifting the poor and marginalized.

While "struggle olympics" and poverty porn initially come across as toxic, they reflect genuine cries for help. With active listening, empathy, and efforts to bring about real change, we shall be in a position to transform these expressions of suffering. These transformations will lead to paths to a better future.

that there is another issue to look out for.

All in all, while the SIM Registration Act does have a noble goal of protecting Filipinos from digital harm, it needs to be carried out more effectively and consistently every years after its launch. Yes, it has done some good, but it can and should do more. After all, if technology upholds the principle of continuous improvement, then enforcing laws should commit to it, too.

used for scamming were confiscated. Truly, this is a loophole still unpatched by the Act's enforcers.

Additionally, there were instances last year where the registration of new SIM cards were pestered by fake identities. To be more specific, there were animals and characters that had registered SIM cards, posing doubts on the system's validity and commitment to data privacy.

Ultimately, people still receive spam and scam messages despite having their SIM cards registered. For instance, multiple unknown contact numbers may send the same manipulative messages to a registered SIM card. While Sunstar has reported that most of these cases are outside the scope of telecoms, it just notes

## Let it SIMmer

WORD NASH PRIMO BESANA ART SHAYNE CALAJATE

Looking back, it has been almost a year after the deadline of the registration of subscriber identity module (SIM) cards in the Philippines. While some may assert that this regulation has somewhat reinforced the digital Filipino landscape, it can also be said that it still needs more time to

further prove its effectiveness in mitigating cybercrimes in the country.

To provide context, Republic Act 11934 or the SIM Registration Act mandates the registration of SIM cards to protect its users from illegal SMS activities. And in fact, a year after its implementation, Manila Bulletin reported that Globe Telecom, Inc. already saw an 85% decrease in the number of bank-related spam and scam texts their company had to block for 2023 compared to that of 2022. Similarly, Inquirer has mentioned a 25% increase in cybercrime resolution rates in 2023, showing how the directive made it easier to spot suspicious activities.

However, it must be clarified that such accomplishments were not results of the SIM Registration Act alone. They are also byproducts of the various anti-financial fraud partnerships between telecoms and financial institutions and the improved cyber-detective skills of Filipino authorities. As such, the administration for the law itself definitely has room for improvement.

To start, one of the pressing issues the Act has to face in the present-day is the black market of SIM cards that may have established. This is because the registration of SIM cards forced scammers and phishers to up their game: register SIM cards under fake names and documents. In fact, the Philippine News Agency (PNA) detailed how a Philippine Offshore Gaming Operator (POGO) in Tarlac was recently raided, where hundreds of SIM cards



KAMALAYAN  
INFORMATION WITHIN REACH

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# Señor Agila: MASKED WITH BLIND FAITH

WORD AIDEN PANTOJA

Content Warning: This article mentions sexual assault, violence, and torture, which may disturb some readers. Reader discretion is advised. In addition, the views and opinions expressed by the author do not state or reflect the views of KAMALAYAN and Mapúa Malayan Colleges Laguna as a whole.

After a massive 5.8-magnitude earthquake hit Socorro, Surigao del Norte, the city was filled with chaos and despair as the lives and properties of the people were ruined. However, hope shone upon the people of Socorro, where a promise of redemption and new life was introduced by Jay Rence Quilario, also known as Señor Agila. He became a promise of escape from the chaotic world. He, who proclaims himself to be the reincarnation of the Santo Niño, brought the people to a community where they lived together in peace and harmony. This captivated hundreds; enchanted, even. But, will the Socorro people experience an Eden of perfection upon meeting the so-called Messiah, or is this person only a wolf in sheep's clothing who has come to deceive them?

To give context about the issue, Socorro Bayanihan Services Inc. (SBSI) is a civic organization formally registered to the Securities and Exchange Commission (SEC) and is situated in Sitio Kapihan, a protected mountain-turned-commune in Socorro, Surigao del Norte. It was founded in the 1980s by Don Albino T. Taruc, a former Socorro mayor, and his wife Rosalina. Together, they promoted the concept of "Bayanihan" or communal unity within the organization. Specifically, the group provided housing, agriculture, and burial services for its members. SBSI is currently led by Señor Agila, a name his members addressed him, who promised salvation for those who follow him.

Going back to the earthquake incident, SBSI gave hope to the people of Socorro through the help of Quilario and the group, providing them new beginnings in life with everyone's work of unity. As a result, Socorro's constituents lived in harmony and tranquility, with self-sustaining means to survive in their daily lives such as solar-powered electricity, their own source of water, and farms to grow their own food.

However, Senator Risa Hontiveros has once sparked controversy over SBSI, accusing its leaders of human rights violations in her privilege speech. The group, which has gained attention on social media and national news, has faced accusations of abuse and cult-like practices.

As alleged by an ex-SBSI member, Señor Agila forced minors to marry and some married members to leave their spouses to marry other members without their full consent. Some of the victims also exposed Quilario to Sen. Hontiveros for forcing female members to have sexual relations with the male members of his choice on top of various acts of sexual violence. Not only that, the group is accused of forming a private army called "Soldiers of God," which forced its troops to labor on Sitio Kapihan's farm or other places in the compound. All of these heinous acts are according to "God's will," Señor Agila proclaims.

If one did not follow his orders, Quilario would allegedly subject them to punishments, wherein members are

made to swim in an "aroma beach" or a hole filled with human waste, get thrown into "foxholes" or a small hole dug in the ground, and eventually be hazed. Additionally, there is Señor Agila's roulette which has a list of penalties ranging from getting beaten up, not being fed for a long time, and being forced to go into hard labor, among others. This is spun for those who do not obey his command.

One question I would like to ask is this: What kind of god would want to put his loved ones in danger? In suffering? Señor Agila is not a God, nor does he deserve to be called a son of God, because of the appalling indignities he has done to his followers. The injustices he committed to his blind followers reveal that he is but a man drunk with power and driven by greed—who exploits the faith of people who believe in him and seeks only to deceive them to fulfill his worldly desires.

Señor Agila exploits the fear of people, preaching that the earthquake was a sign that the end was near and that he could lead them to salvation. But Quilario only said it to convince people to move to Sitio Kapihan and unknowingly work for him as slaves of his desires. After all, the fear of the unknown drives people to act irrationally. He proclaimed himself as the Messiah, but in reality, he is the one who is making his people experience hell on earth.

SBSI's behavior exemplifies the concept of a cult, where a person is misplaced or excessively admiring something. Quilario created a cult, promising salvation

and happiness to followers despite his atrocities. This is a common pattern in famous cults, where a person claims to be superior and divine, leading people to believe in their savior. However, the truth is, they are only there for power, money, and desires, not genuine love for God and one another.

This cult phenomenon should prompt the public and government to enhance the quality of basic education by promoting critical thinking skills among students. And to prevent cults, people should spread awareness, encourage diversity, build resilient communities, and offer support to those easily manipulated by cults.

Ultimately, the Philippines is a free country, granting its citizens the freedom to their own beliefs. However, this freedom shall not be used not to exploit others, intrude on their rights, and disregard their dignity as to what happened to the people of Socorro. Furthermore, love must be the main tenet of religion; it should be a way to bring people together and make them live in peace and harmony. Ergo, a group ruled by fear and driven by blind obedience is nothing short of a cult—a group of mindless people being led with false hope by the devil dressed like a saint.

"What kind of God would want to put his loved ones in danger? In suffering?"



ART MARIT ELISE BACAYON

# CHA-CHA: Dancing around the Philippines' future

WORD JON LAPADA

These past few months, there has been a complete resurgence of interest with regards to the topic of charter change, commonly known as Cha-cha, with the House of Representatives approving the proposed economic amendments to the 1987 Constitution's provisions. Now, Cha-cha is not new to the ears of most Filipinos. There have been multiple attempts in the past to change the charter, with all those attempts failing because they encountered strong opposition from the people.

This time around, its proponents are pushing a different narrative. Instead of sweeping reforms, the focus is on revising economic provisions to attract foreign investment and potentially boost the economy. This targeted approach sounds reasonable on the surface. After all, the Philippines lags behind most of its neighbors in terms of GDP growth, with some even stating that the current restrictions on foreign ownership in key sectors like production and land development are a significant barrier to progress. They argue that increased foreign investment would bring not only capital but also technological advancements and expertise, ultimately creating more jobs and improving the overall economic environment.

However, skepticism lingers. Filipinos are questioning whether the proposed amendments represent a genuine attempt at reform or simply a guise to manipulate the Constitution for personal gain. Given the looming shadow of Ferdinand Marcos Sr., a dictator who rewrote the Constitution to extend his rule and is also the father of the current president of the Philippines, such doubts are justifiable.

Now, the challenge for the government lies in ensuring transparency and public trust. Filipinos need clear guarantees that these amendments are solely for economic benefit and will not be a backdoor attempt to alter term limits or consolidate power. In the past, there have been attempts to falsify people's initiative campaigns by asking Filipinos for their signatures in exchange for cash and financial aid, with the people not knowing that they are already signing these petitions. Therefore, open discussions and citizen participation are crucial. Public forums, accessible information campaigns, and genuine consideration of citizen feedback are essential for building trust.

Moreover, while I agree that economic growth is a worthy goal, we must also consider potential drawbacks. Will relaxing foreign ownership lead to the exploitation of resources or job displacement for Filipinos? How can we ensure these changes benefit all Filipinos and not just a select few? These are the questions we should ask before we completely agree with this movement.

Indeed, economic reforms are much needed right now in our country. But is the potential economic gain worth the risk of jeopardizing the hard-won freedoms enshrined in the 1987 Constitution? We as Filipinos must now carefully weigh the arguments, demand clear safeguards, and participate actively in the discourse. Amending the Philippine Constitution is a serious undertaking, and it is our responsibility as citizens of this nation to make sure that these reforms are made solely for the benefit of our nation, its people, and the future generations.

# ONE LAND, BLEEDING HALVES

WORD SHAMELLE CLIMACO



Modern history is by stories detailing the horrific wars and genocides that scarred nations across the globe. Events, such as the Holocaust led by the Nazis, the Holodomor in Ukraine, or the Tiananmen Square Massacre in China are commemorated by the words—"Never again." However, despite understanding the struggle of war and the yearning for freedom, the international community has a stance on the Israel and Palestine conflict that shows lackluster initiative.

To contextualize, the United Nations (UN) defines an apartheid as "inhuman acts committed for the purpose of establishing and maintaining domination by one racial group of persons over

any other racial group of persons and systematically oppressing them." Basically, it encapsulates what Palestine has been enduring for decades. To explain, this decades-long conflict may be said to have been perpetrated by the British Empire, who in 1947 partitioned the land into two: the Arab state of Palestine and the Jewish state of Israel. According to ABC News Australia, in the 1967 Six-Day War, Israel subsequently took control of Gaza and the West Bank, displacing millions, as Israelis took over to impose political and religious dominance. This led to the formation of Hamas, revolutionaries among Palestinians and terrorists in the West, in 1987, which have continuously fought back through bombings of their own.

Similar to recent events, the two nations had a major conflict back in May 2021

death of thousands of innocent people from both sides of the border.

Furthermore, according to The New Arab, despite the aforementioned incidents, many well-known figures and governments at the global stage have still shown support for the violent acts of Israel towards the Palestinians. In fact, France 24 reported that Israel wore yellow stars at the October 7, 2023 UN meeting in an attempt to use their history to gain sympathy, quoting that— "We will wear this star until you wake up and condemn the atrocities of Hamas." This disregards that Hamas was created as a response to decades of oppression. Israel may continue to push their narrative as the state under attack, but the invasion started even before the formation of Hamas.

Subsequently, while Palestine receives disdain, no major power has condemned Israel for their attacks on the civilian and cultural heritage of Gaza. The Business Standard reported that as of April 4,

the Palestinian death toll has surpassed 33,037, with more than 75,668 wounded due to Israel's bombings of medical facilities, shelters, and schools. This, under the UN's Six Grave Violations, is a war crime, as these facilities are peace zones meant to protect individuals regardless of nationality or allegiance. If the rules are nothing but mere words on paper, then peace is simply the major powers choosing not to abuse those lesser in power to them.

However, this does not mean that the Palestinian group Hamas's retaliation is necessarily justified. In their quest to reclaim their sovereignty in their October 7 attack, they took a total of 252 innocent civilians from Israel to the Gaza Strip, including children, women, and elderly people. Evidently, these are no better than what the other side has been doing. Violence being answered by violence is never the key to ending such conflicts.

To be more in depth, the international community and the UN fear that this

entire geopolitical conflict may cause a "humanitarian catastrophe" if a proper ceasefire is not reached. "The United Nations and its Member States must intensify efforts to mediate an immediate ceasefire between the parties, before we reach a point of no return," stated Francesca Albanese, Special Rapporteur on Human Rights of the Palestinian Territory occupied since 1967.

To conclude, most of the international authorities are dismissive of the catastrophes happening in the Middle East, despite the masses being sympathetic to the victims. The rallies and boycotts must not become a passing trend as continuous pressure on these institutions is needed to actualize peace. The geopolitical conflict between Israel and Palestine of today should not be tomorrow's tragedy. After all, the international community is practiced at remembering the tragedies of the past. What must be proven now is that they have learned from it.

# NOT JUST KILLUA: The Rampant Animal Cruelty in the Philippines

WORD GERALDINE ENRIQUEZ

Killua, a golden retriever beaten to death and later found dead inside a sack in Bato, Camarines Sur last March 17, 2024, has sparked outrage from the public, with the hashtag #JusticeForKillua topping social media platforms. This incident prompted the Philippine Animal Welfare Society (PAWS) to file a criminal case against the suspect, a barangay tanod named Anthony Solares, for his violation of the Animal Welfare Act and the Anti-Rabies Act. Furthermore, members of the House of Representatives, as well as Senator Grace Poe, condemned the brutal killing of the dog and stressed the need to revise and strengthen the country's animal welfare laws.

But apart from Killua, there were several instances of animal cruelty in March of this year. On March 9, Erika, an aspin (asong pinoy) who had been cared for by the employees at a grill house in Malate, Manila, was stabbed multiple times by a Korean national named Jung Seongho. He mistook Erika for the stray dog that allegedly bit him. Meanwhile, on March 17, which coincided with Killua's death, a village pound in Dasmariñas, Cavite was scrutinized on Facebook for reportedly neglecting impounded cats. They were left without food for days, with some of them resorting

to cannibalizing each other due to starvation. Finally, the most recent one was a lactating cat that was shot in the head with an arrow in Calinan, Davao City on March 20. Unfortunately, these were not isolated cases, as data provided by the Philippine Animal Welfare Society (PAWS) showed more than 7,000 incidences of animal abuse occurred between 2010 and 2017. Perhaps even more concerning, the Compassion and Responsibility for Animals (CARA) Welfare Philippines documented 3,000 incidences of animal cruelty in 2020 alone.

It is truly disheartening to see the unthinkable cruelty these animals had to endure. This is the reality of animals in the Philippines—even though there are existing laws to protect them. The Animal Welfare Act of 1998 was amended in 2013, yet only little has changed; the punishment for animal cruelty has been hardly a scratch on the perpetrator until now, as it is not prioritized by government agencies, and it is mostly private organizations that take action against the violators of the Animal Welfare Act.

And as much as I am relieved by the proposed Senate Bill No. 2458, which promises the betterment of animal welfare by establishing a Barangay Animal Welfare Task Force, incorporating Mandatory

Animal Welfare Education into the curriculum, and increasing fines and penalties for violators, it is still disappointing that such a bill was only implemented after a massive public outcry.

From my perspective, animal cruelty is a sign of a damaged society that lacks moral order. If someone can be abusive or cruel to animals, it stands to reason that they will often become aggressive and violent against people. In fact, research has shown that animal cruelty is indeed a predictor of future acts of violence.

While some may argue that there are more pressing concerns to address than animal welfare, I believe that all lives—including animals—count. Animals ought to be treated with decency and respect, just as human beings do. Killua, along with other animals whose abuses often go untold, are victims of a flawed system. This is the reason why it is crucial to shed light on the injustices faced by these defenseless animals, because we cannot campaign for true justice and compassion if we cannot safeguard and promote the well-being of those who are unable to speak for themselves.

May these barbaric acts serve as a poignant reminder that we cannot remain silent when animals suffer. As we strive to end impunity and a

culture of violence, let us not forget to include these helpless animals, as they are sentient beings too. Aside from encouraging responsible pet ownership and supporting animal welfare organizations, we must also report acts of animal cruelty and advocate tirelessly for broader laws to put an end to heinous crimes against animals. Together, let us fulfill our moral responsibilities by treating all living beings with the dignity and compassion they deserve.

Animals,  
just like  
human beings,  
also ought to  
be treated with  
dignity and  
respect





# CHOSEN BUT NOT LOVED:

how to cope with not taking your dream program

WORD SHAMELLE FHATE CLIMACO

Settling is the adversary of passion. In life, dreams and aspirations push us forward. Ever since we were children, questions such as "What do you want to be when you grow up?" hardwire our minds into finding the college program meant to launch our future careers. And when we are in that period where we will actually make such a choice, prospects of challenges and an environment meant to foster talent give this dream of a passionate start to our adult lives. But the tragic reality is that practicality—not passion—dictates the choices some of us make. Love does not grant the privilege to pursue dreams. Nevertheless, for these people without the privilege of choice, coping is the only remedy.

## "Glimpse of Us by Joji" Method

Finding fragments of your "TOTGA" course in your current college program is the most common way these students are able to push through. For example, many artistic students who take data-driven programs surrounded by logic and math, such as those related to computer and information sciences, are pulled in by the prospects of job security and financial stability; however, they still long for their creativity to be drawn out. Thus, they go above and beyond in designing user interface

es and logos for their applications. Moreover, engineering and architecture students, with similarly unaligned passions and career paths, impose their artistic desires on the plates and building designs they create. They pass the time, hoping they will find a glimpse of what they still love amidst what they settled for.

## "Promise by Laufey" Method

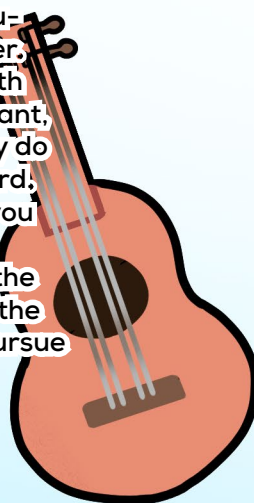
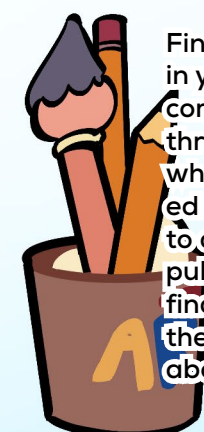
"I try to do as many artistic extracurriculars and organizational work. I wasn't allowed to take BMMA, so this is the best I can do," stated Celyne Advincula, a first-year BS Computer Science student. Indeed, there are also people who fight for their careers even when their hearts still call for the spotlight on the stage. This leads them to join and dance troupes, choirs, and other passion-related projects in order to pursue them a moment longer. It is unfortunate, but for many, after-school activities are the closest semblance to their dreams. Practically, these non-academic works bear no benefit to their would-be careers aside from the experience of being with other people, but practicality rarely aligns with wants. For many, indulging in a fraction of their aspirations is better than nothing. While it does hurt to just have something, it is worse to have nothing at all.

## "I Love You So by The Walters" Method

While college feels like a large part of life, we may realize as we move forward how short of a time it will be. Not getting your dream course is heartbreaking, but at the end of the day, our lives are so much more than what that phase dictated. It might be cliché, but the world does not stop simply because we are dissatisfied. Taking steps to better the path ahead is the only way to make the most of an unsavory situation. It may not be what our hearts desire, but moving on from the situation is the only step forward. After all, the pursuit of love does not always bear fruit, but staying in place means never finding happiness.

In summary, we are often pushed into situations that we have little to no control over. While our hearts continue to show strength and struggle to fight for what we really want, we are left to gather ourselves and simply do what is needed to continue moving forward. An optimistic view would be to say that "you should just chase your dreams no matter what," but realistically, not everyone has the means to do so. We can only hope that in the future, in better circumstances, we can pursue the dreams we love wholeheartedly.

ART ALTHEA YSOBELLE MANCERA



# A DAY IN THEIR LIVES:

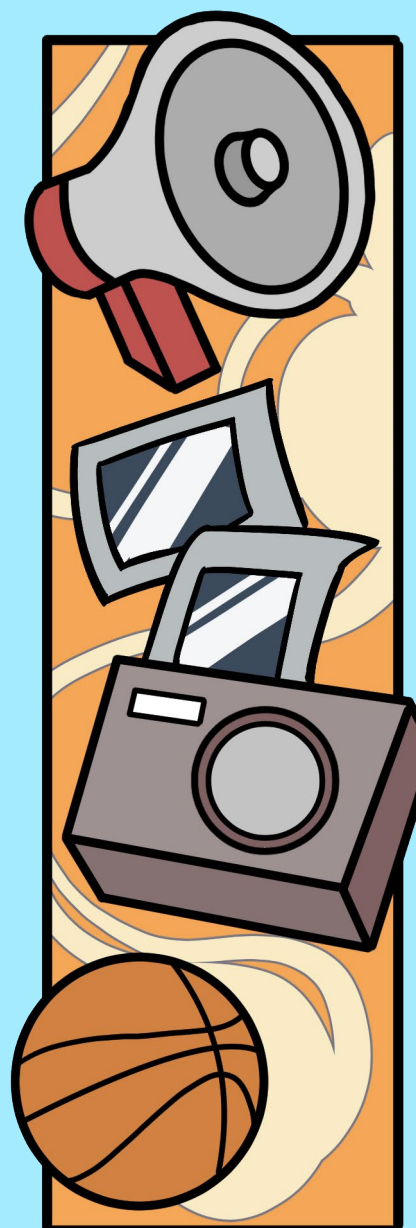
## "BS ORG" STUDENTS OF MAPÚA MCL

WORD ANGELENE DOMINIQUE AALA

"Serve with pride, lead with confidence, and inspire to impact lives." – L. Lewis Nat

For many, joining student organizations is one of the main highlights of their college life. After all, it allows us to connect with our passions through a community of like-minded individuals—may it be love for advocacy, art, and literature, among others. Moreover, it also enables us to step beyond our comfort zones and grow into a sense of responsibility, all of which contribute to our personal growth. However, it cannot be denied that they can also hinder our academic performance, as these organizations require immense effort and time allocation. Thus, these opposing dynamics compose the love-hate relationships "BS Org" students face.

To begin, student organizations help us build social skills by connecting with new people as we bond and share our experiences with them, as mentioned by Raine Nadal, a member of the Junior Member Association (JMA), and Elexali Olayvar, the auditor of Alpha Illustrations (AI). Moreover, according to John Vincent Alson, a member of the Malayan Dance Crew (MDC), joining the dance troupe increased his productivity and enhanced his social skills by allowing him to make new acquaintances. This proves that through student organizations, people can befriend individuals they otherwise would not be associated with. In other words, these student groups foster and improve the sense of community within Mapúa MCL.



Second, organizations can have a positive impact on our personal growth because they provide a sense of belonging when you are with your colleagues in the organization, open doors to experiences, and shape you into a well-rounded individual, according to Carissa Pernelos, the president of SINAGLAYA.Kom, and Jermaine Ian Salazar, executive secretary of Ugnayan ng Malayang Sikolohiya (UGMASIKO). Moreover, Kaye Isabel Azul, first-year batch representative of the Philippine Institute of Civil Engineers (PICE), told us that her involvement with her organization has given her the confidence to carry out both her responsibilities as an officer and a college student professionally, while also maintaining a strong bond with other members.

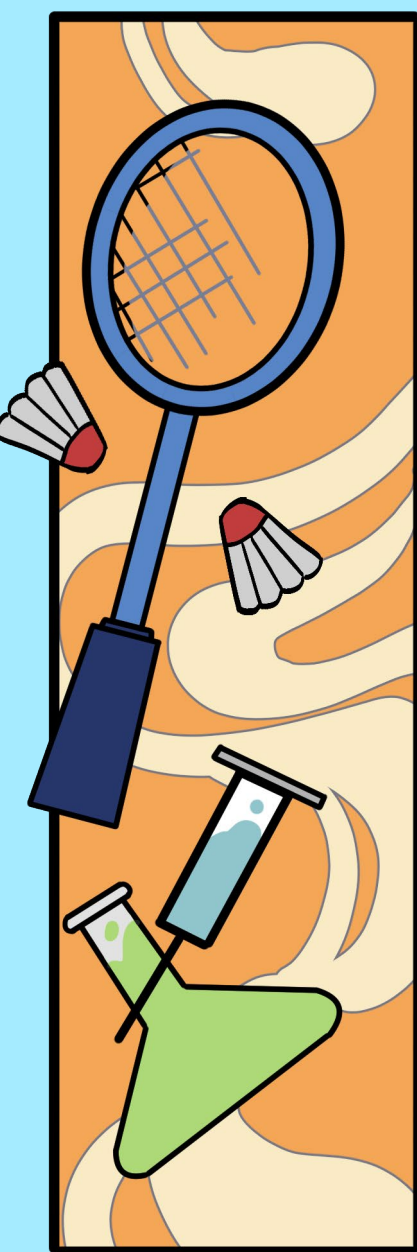
However, in a negative context, these individuals had difficulties balancing their academic and personal responsibilities, which can lead to burnout. In addition, Jermaine told us that he also puts pressure on himself to meet his responsibilities, as he explained that being a freshman in an older group of student-officers can cause anxiety and thoughts of incompetence.

Moreover, it can help train a better work ethic. To deal with their academic and "org"

life, these students strike a balance by prioritizing schoolwork. They plan their schedules and use productivity apps like Notion, Google Calendar, and Onenote to manage time allotment and monitor their responsibilities. Also, taking care of yourself by prioritizing quiet time, being surrounded by positive mental health people, ensuring sleep and healthy eating, and engaging in enjoyable activities allows you to thrive in both your academic and "org" lives.

To sum it up, being a "BS Org" student offers both positive and negative experiences. It fuels our passion for the things we love, and it allows us to build connections with people who have the same interests as us. At the same time, it can also affect us negatively as it is time-consuming. That is why it is important to not let it hinder academics, as it is the main reason why you are here at this school. Nevertheless, as a "BS Org" student, it is true that the responsibilities might be heavy at times, but do not forget that it is acceptable to take a break from time to time. With that, this also serves as a reminder that the lives of "BS Org" students may be tiring, but we cannot deny the fact that they are enjoyable too.

ART ALTHEA YSOBELLE MANCERA



# Hidden Gems:

## Mapúa MCL's Student Organizations You Need to Know

WORD SHAMELLE FHATE CLIMACO

## AI - Alpha Illustrations

Last, but not the least, Alpha Illustrations offers refuge for creatives that are not typically respected in the artistic world. This organization caters to fans of anime and other niche interests that may be considered "cringy" to the mainstream. "No one will judge you for liking something. You won't be frowned upon for liking a certain media because there is a high chance that someone within the organization is into that as well," said Necole Floralde, a member of AI. She emphasizes the group's solidarity and boundless acceptance for all. It is not just an interest organization, but it is a collection of individuals that encourage unabashed self-expression.

These are only a few of Mapúa MCL's hidden gems, but in conclusion, these under-represented organizations offer more than just surface-level benefits. They are active promoters of individualism, thankless servitude to the community and hard work for a good and profound cause. These ideals are what will ensure that Mapúans are not just students of excellence, but also virtuous in their own ways.

## ART KYLE SISON

Student organizations are at the forefront when it comes to bridging volunteerism and community building in Mapúa Malayan Colleges Laguna (Mapúa MCL). However, not all 56 student organizations in the institution are known to all Mapúans. Regardless, this does not depreciate their value and their worthiness for recognition.

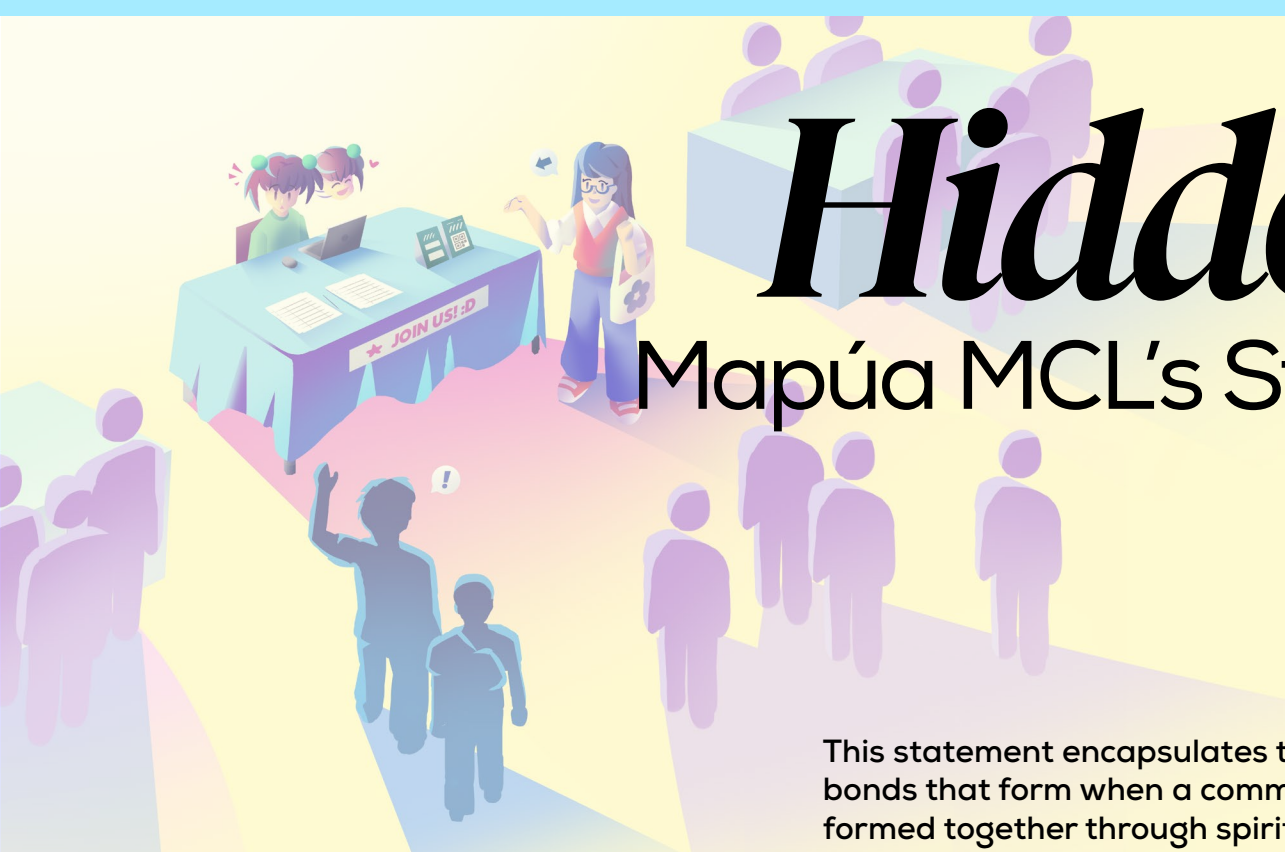
## CYA - Christ's Youth in Action

Firstly, CYA is the community for Mapúans seeking to connect their faith with their college life. This organization offers a haven for students to meet and interact with their fellow Christians as they often hold karaoke nights, bible studies, hikes, and social gatherings. "The community we've built allows us to enjoy life according to His will. It's not just an org—it's a lifestyle," said Emman R. Torrecampo, an active member of CYA.

## MapKal - Mapua Malayan Kalikasan

Subsequently, MapKal is the premier student organization for individuals who wish to protect, connect, and care for the community's nature. This is not only limited to the school's grounds, but it will often extend to the forests and reserves of our neighboring regions. "MapKal's advocacies align with my desire to help our nature by joining cleanup drives and planting trees. Additionally, they also advocate helping animals in need as well through providing small donations," stated by Torrecampo, who is also a member of this organization. MapKal's entire advocacy relies on volunteerism and hard work that is not fiscal; instead, they are rewarded by a sense of pride in helping our environment and those in need.

This statement encapsulates the rich bonds that form when a community is formed together through spiritual enrichment. These organizations ensure that the holistic development of students runs deeper than just academic and athletic areas.





# THE FINAL TEST:

## Tips for Licensure Examinations

WORD WILFRED BENEDICT LOPEZ

Licensure examinations are what some students consider the final challenge in their transition to their professional careers. These final hurdles serve as testaments of competencies for each and every taker to ensure that they are certified and well-equipped to practice their specific professions. With this in mind, how does one really “prepare” for licensure exams? It is indeed a question with a variety of answers. Thankfully, Mapúa Malayan Colleges Laguna (Mapúa MCL)’s alumni Christal Mae R. Villamin, who placed 13th in the May 2024 Certified Public Accountants (CPA) Licensure Examination and is also a Certified Tax Technician (CTT), shared her perspective with KAMALAYAN.

At one point in her journey, Ms. Villamin was asked by her new professor what hobbies she had. Her answer? Studying. As a person, she loves studying because of the process that comes with it—being able to learn from it and realizing how you can apply it in real-world situations. That feeling of achieving something through that learning process is what she looks forward to and what drives her pursuit of knowledge.

Moving forward, this interest in studying indeed reflected on many points of her college journey, one being her participation in last year’s Philippine Institute of Certified Public Accountants (PICPA)’s Laguna Quiz Bee’s Advanced Level, where she finished second runner-up, and winning the competition’s Intermediate Level in 2021. Ms. Villamin has also helped fellow Accountancy students through peer mentoring by sharing her knowledge on courses that she has completed.

Now, in her final hike towards the CPA title, Ms. Villamin had already started with her review for the CPA Board Examinations, even before stepping on the Philippine International Convention Center (PICC) stage for her graduation back in September 2023. According to her, this is usually done by enrolling in accredited review centers, which prepares the aspirants for the types of questions that might come up during the examination. In addition, these facilities can show points of improvements that a taker should consider.

Relating it to herself, she explained that her knowledge of basic concepts had more to give, as there were weak foundations that she had yet to master. However, while there are numerous review centers tailored specifically for the numerous licensure examinations that exist, it all depends on the person on how they find the correct path to improve. Ms. Villamin, for example, “had to commit to finishing a certain topic per subject every single day.” According to her, consistency and commitment are what drive the day-to-day study, as well as her goal of becoming a CPA.

Moreover, the preparation for that license and the title that comes along with it is physically and mentally draining. Knowing that everything that you have learned in your college journey only all comes down to a day or few of question-and-answer, it should be known that additional preparation beyond the



academic competencies must be done, and there should also be a focus on your wellness and health. One good thing to have is a support system; it can be your family, your friends, or your classmates. A good support group is important because of the motivation that they can give during hard times and, hopefully, keep your sanity in check.

Recognizing your weaknesses, be it from an academic or a mental standpoint, is also necessary since improving on them will help in creating a well-rounded skill set and a clear mind to take on the exams. These will ultimately vary through each person though—on what they can do to be ready throughout. As such, it is essential to not be ignorant with your basic human needs during the review season.

But, after the exam, the struggle might not be over, as it is inevitable to think of the what-ifs and inaccuracies in your performance and the looming question of whether you passed or failed. “We moved on nevertheless and did not dwell too much as we anticipated the results,” said Ms. Villamin, talking about her experiences with her co-reviewees. It is only that you get to wait and see what happens, as the anticipation of your result builds up every day.

However, braving the examination itself is already an achievement, and whether the results are a pass or a fail, there are always opportunities at the end of it, and it will lead to new beginnings. Ms. Christal Mae R. Villamin, CTT, CPA, is only one of Mapúa MCL’s many certified professionals who have conquered their respective board exams. She has set an example for not just the aspiring future accountants but for everyone on different paths in their own respective fields. To our future licensure examination takers, we wish you good luck! There is a chance that you are next in line to tell your story.

ART SHAYNE CALAJATE



WORD ALIYANA WINNETH SANTOS

Costumes and makeup are few of the things that come to mind at the mere mention of drag; however, its beauty transcends superficiality and surface-level stereotypes. Drag queens are, more often than not, men who dress in exaggerated clothes associated with femininity, usually performing in nightclubs and festivals. In modern times, there is also an increasing number of cisgender females performing as drag queens, or even as drag kings, in celebration of pride and as an art form expressing identity beyond sequins and stilettos. In any case, drag exceeds the stereotype of dressing up; it has reached great heights as an emblem of the LGBTQIA+ community.

There is an entire solidarity lying behind the word drag, lodging its pivotality in the LGBTQIA+ culture. It has provided them with a means of exploring their multifaceted identity through their sheer creativity, unifying the community through art as acts of protests establishing their self-expression. In addition, a focal purpose of drag shows is to foster acceptance and a sense of belonging among the minority. These shows aim to provide safe environments for self-actualization and artistry, where their craft is not diminished to simply putting on a wig and donning makeup but heightened and honored as a form of empowerment.

In fact, recently, a drag queen named Marina Summers sashayed her way into the global industry, representing the Philippine drag community in the iconic *RuPaul’s Drag Race: UK vs. the World*. However, before the rise of *AMAFILIPINAS* like Marina Summer, they first spent their starry nights in the humble stages of their local cities, hosting events such as Drag Halloqueen Ball Manila. Another famous drag artist in the Philippines that took the world by storm is Taylor Sheesh or Mac Coronel, who even performed in one of Mapua MCL’s beloved events. This proves that drag shows have the ability to home not just their queens and kings, but anyone who has an eye for entertainment.

Into the bargain, drag is not only composed of fashion and exaggerated movements; it also uses music and dance to further conceptualize their singularities. Each ensemble is meticulously made to reflect the creativity and the message that the artists are trying to convey. On top of that, these are often accompanied by cultural commentaries in the form of satirical skits or musical renditions, challenging social conformity through the showcase of their differently colored identities. An artist that remains controversial to society as a whole is Pura Luka Vega. By associating what others would consider blasphemous with his own faith and religion, he becomes a suspect to public scrutiny and criticism. Drag Den Philippines is also a show known for using their artistry to tell political narratives, even having an episode entitled “Drag is Political,” where they advocated with flair and mysticism. It then again, resulted in backlash.

**For drag is art, and art is meant to be provocative—to induce a reaction from its beholder.**

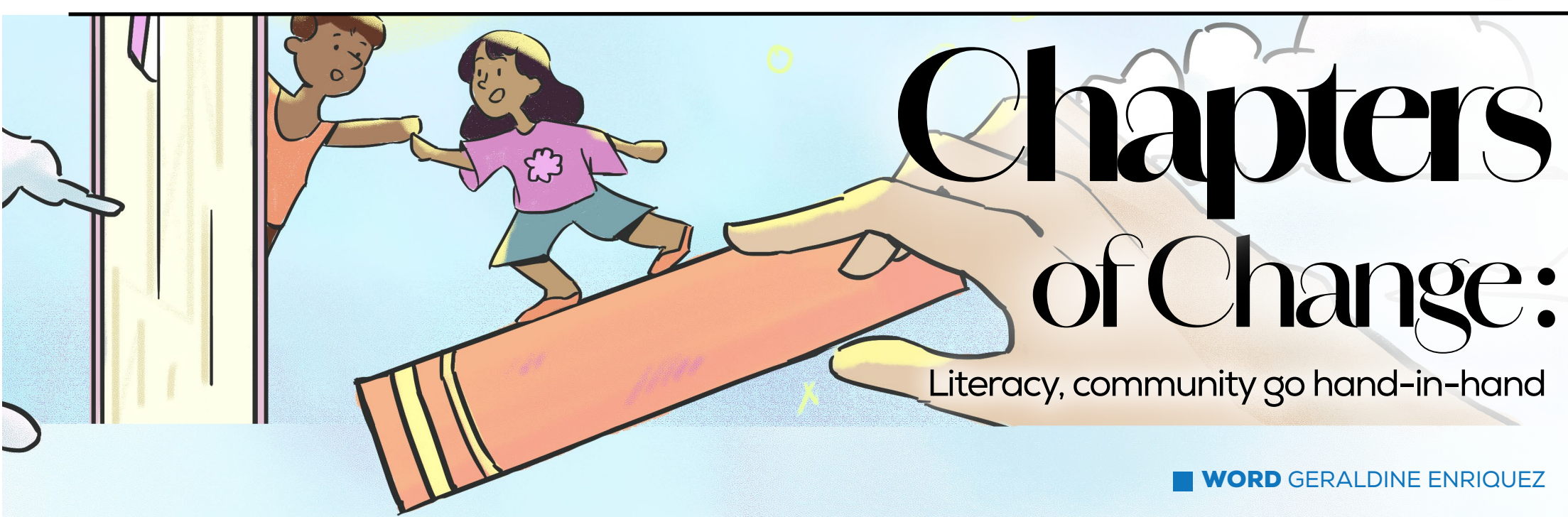
From live singing to lip synchronization, drag performers embody characters and emotions to deliver the essence of their stories. Drag redefines authenticity in diverse hues through transformative ways of expressing.

“We’re all born naked; the rest is drag,” said RuPaul, one of the most prominent names in their industry, depicting drag as a way of life, a worldview implying that the self can be constructed and curated into whatever one may desire. To RuPaul, the body is a blank canvas, pure and home to limitless potential. Furthermore, he insinuates the misconception of drag as something that is odd, for everyone does drag in the sense that people personate their own roles. Nobody begins with an inherent asset; it is shaped out of nudity by the artistry of life.

ART KYLE LOUISE DE GUZMAN







# Chapters of Change:

Literacy, community go hand-in-hand

WORD GERALDINE ENRIQUEZ

Dr. Seuss once said in his book, *I Can Read with My Eyes Shut!* "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

The quote rings true as books play a significant role in society, especially for children, as they help them develop basic language skills, stimulate sensory awareness, and provide a wide breadth of information, experience, and knowledge. As such, in celebration of International Book Giving Day, a group of second-year Bachelor of Arts in Communication students of Mapúa Malayan Colleges Laguna (Mapúa MCL) organized and launched "Chapters of Change: A Book Donation Drive" last February 14, 2024, an initiative aimed at encouraging students to share books and foster a love for reading.

To be precise, the idea was inspired by Amy Broadmore and her son, who initiated the concept of sharing their love of books on a day associated with love and founded International Book Giving on February 14, 2012. This was right after they noticed a need for children's books in underdeveloped areas.

With a similar mission in mind, the aforementioned Mapúan initiative strives to expand children's access to and enthusiasm for books. Specifically, the organizers placed boxes in the Enrique T. Yuchengco (ETY) Building Lobby, the Gymnasium, and the Student Lounge for the students who were interested in donating new and gently used books appropriate to young readers. Initially, the book donation drive was scheduled to be a one-day event. However, due to high demand from offices and students, it was extended until February 16.

Moreover, the organizers' beneficiary was Kwentuhan Series, a non-governmental organization (NGO) based in Paete, Laguna established in 2017. It was spearheaded by teacher Celine Anne Delos Reyes, also known as "Ma'am C" among her students. To share, Kwentuhan Series simply started as a reading session with children at Wawa Park in Paete, Laguna, before becoming an official and accredited organization. With years under its belt, it is driven by its dedication to instilling a love for books and reading through collaborative and engaging activities, such as storytelling and other intervention programs that foster literacy skills and performance.

Throughout the operation of the Kwentuhan Series, it has conducted various programs and projects. Aklaya: Aklatang Malaya is one of the organization's core programs, which is a small library inside Mrs. Delos Reyes' home that welcomes readers of all ages. It garnered attention from sponsors and volunteers and inspired similar initiatives to provide reading materials for children in need. Some other projects included the "OKS! Online Kwentuhan Series", an online storytelling session in 2020, the "#100 LIBRO! Project", an initiative that involved volunteers in printing and distributing learning booklets to elementary students, and the "Chikiting Pantry", a project under Aklaya: Aklatang Malaya that was inspired by the Maginhawa Community Pantry.

After the book donation drive in Mapúa MCL, the organizers traveled to Paete, Laguna to personally distribute the 169 books collected, far from their goal of 30. Aside from the book donations, the organizers also designed a layout for the identification cards that will be used by the registered

readers of Aklaya: Aklatang Malaya. In their encounter, the organizers of the "Chapters of Change: A Book Donation Drive" expressed that they were grateful for the overwhelming support of the Mapúans, which made the said event successful.

"I do believe the Chapters of Change: A Book Donation Drive that we conducted was a success. The drive's influence went beyond the quantity of donated books; it also promoted giving and the heart and compassion behind each donation. Through this initiative, we were able to show that the true meaning of giving is not getting something in return, but rather the act of giving itself is what truly matters," said Carissa Pernelos, the representative of the BA COMM program and one of the organizers of the event.

In addition, Alessandra Marie Escueta, the Managing Editor of KAMALAYAN and one of the organizers as well, stated that if permitted, they are willing to make "Chapters of Change: A Book Donation Drive" an annual event to advocate the importance of literacy and education.

"I believe we can continue this effort annually and expand our reach to more NGOs or schools in need of books, specifically within Laguna. This is to create sustainable change, particularly for children, by enabling them to become literate and enjoy learning. I firmly believe that quality education is key to making a positive impact on children's lives and shaping a better future for them."

As stated by UNESCO, "Beyond its importance as part of the right to education, literacy improves lives by expanding capabilities, which in turn reduces poverty, increases participation in the labor market, and has positive effects on health and sustainable development." In conclusion, initiatives like "Chapters of Change: A Book Donation Drive" help cultivate literacy and reading culture among children and young adults in a sustainable way, which in turn expands their horizons and gives them great opportunities in life.

ART KYLE LOUISE DE GUZMAN



# Wandering in Places: Students and Quarter-Life Crisis

WORD RACHELLE ANNE ABEL

Every child dreams of becoming an adult, but every adult wishes they were still a child. When I was young, I envisioned my college life to be full of excitement and merriment; now, I long for nothing but the simplicity of childhood. In most cases, transitioning from high school to college always takes a taxing toll on students' learning and overall health. The feeling of shame after not knowing which career path to take and still having to depend on their parents to survive is typical for students who leave their comfort zone to chase their dreams. After all, being on our own and living on our own is the unavoidable tragedy of growing up.

As a student currently living in a dormitory to conveniently attend my classes, I have always been that person who imagined the benefits of living far from home to pursue my dreams. And now that I am living that life, I realize that it is actually an arduous journey. The need to quickly mature, learn to budget money, and manage yourself all came crashing down. That said, it is not an easy job, and there is probably no easy way out but to just push through in hopes that every struggle will be the foundation of my future success.

With that way of thinking, we are often faced with the question, "Am I doing it right?", or "Am I happy with my life?" On the surface, we choose to show the goodness of our lives as adults; but deep down, we are merely a child missing home. A series of realizations hits us: we cannot go back to our childhood, to the happiness of being innocent, and to the warm embrace of our family. Being an adult is

hard—that's what they always said anyway. And now that I am in my young adult life, I thought to myself that

teaches us the tip of the harshness of being an adult. It might be hard now, but the life lessons it teaches us will be a gift that we will cherish decades into our future.

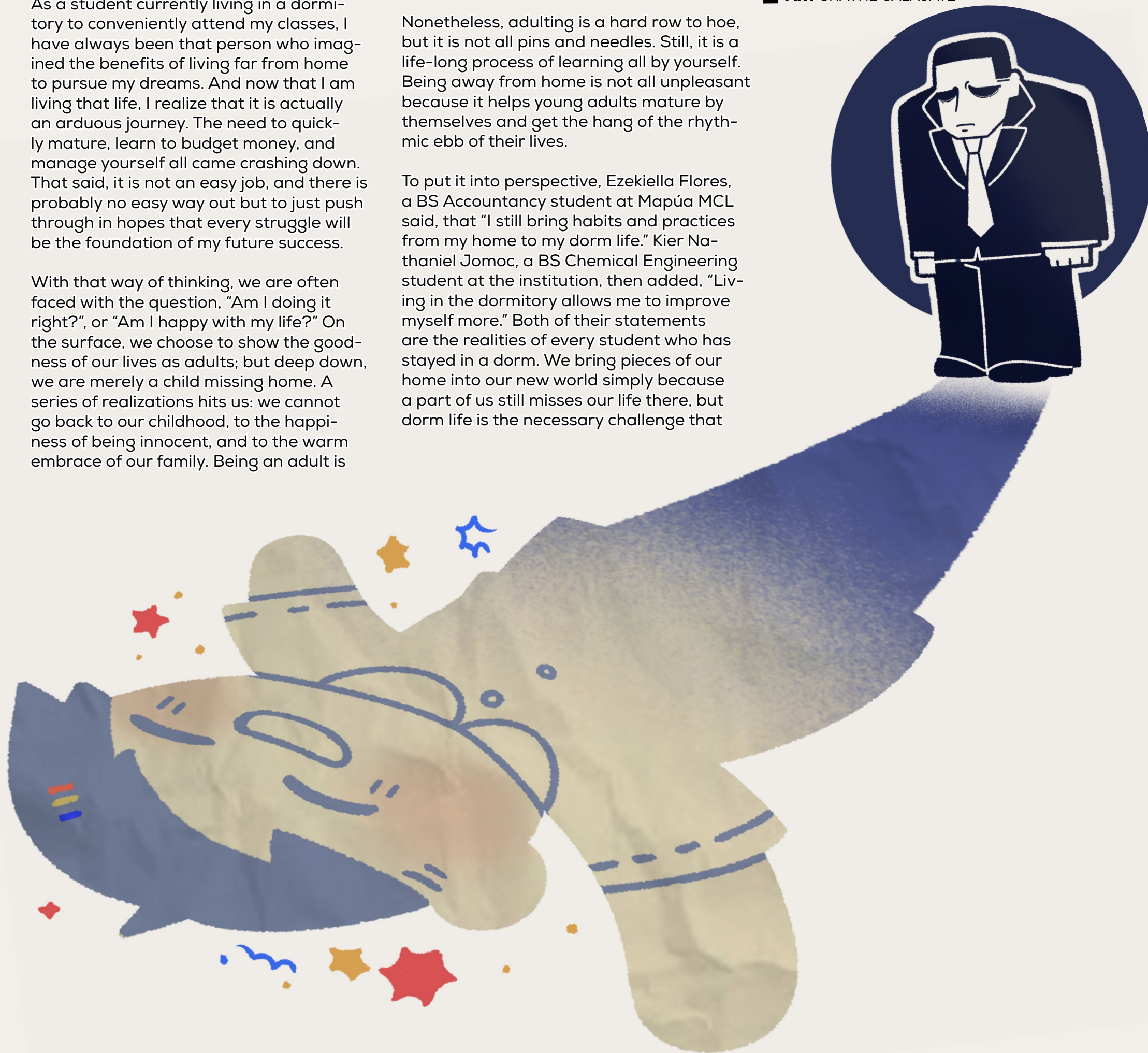
**I should have enjoyed being a kid more, whose worst crying session was over a lost balloon**

Conclusively, adulting is a long process of ups and downs, and a ride of shame and deprecation may bring us down from time to time in pursuit of our dreams and success. As we embark on a new journey in our lives, we will encounter bumpy roads and a rollercoaster of emotions once in a while. But through these things, we will learn the wonders our lives could bring. Even though we are wandering in places now, remember that this may just be a quarter-life crisis. It will pass.

ART SHAYNE CALAJATE

Nonetheless, adulting is a hard row to hoe, but it is not all pins and needles. Still, it is a life-long process of learning all by yourself. Being away from home is not all unpleasant because it helps young adults mature by themselves and get the hang of the rhythmic ebb of their lives.

To put it into perspective, Ezekiella Flores, a BS Accountancy student at Mapúa MCL said, that "I still bring habits and practices from my home to my dorm life." Kier Nathaniel Jomoc, a BS Chemical Engineering student at the institution, then added, "Living in the dormitory allows me to improve myself more." Both of their statements are the realities of every student who has stayed in a dorm. We bring pieces of our home into our new world simply because a part of us still misses our life there, but dorm life is the necessary challenge that





## Mapua MCL's Treasures: The Native Philippine Flora

WORDS Aiden Joseph R. Pantoja

**While wandering about the campus, it's impossible not to notice the towering trees and sprawling bushes that make up the green landscape of Mapua MCL. You will see a tree or plant, no matter where you look.**

With our curiosity and to appreciate the lush greenery of our alma mater, my friend Basti, a 2nd year BS Computer Science student keen on botany, and I went around all parts of our campus to identify the interesting native plants thriving here.

We first checked out the trees along Shannon Drive, behind the Grandstand and near the Bus Stop. Here, we found the long row of Banaba trees. Also known as Lagerstroemia speciosa and the Queen's Crape Myrtle, it is a medium-sized tree that can grow up to 20 meters tall. Its most striking feature is its beautiful clusters of flowers that range from light pink to vibrant purple. These flowers bloom during the warm season, creating a spectacle of color that can be seen from afar.

Beyond its ornamental appeal, Banaba holds a revered place in traditional medicine. The leaves, bark, and flowers of the Banaba tree are used to treat numerous health issues, most notably dia-

betes. And apparently, it is also used as a diuretic (a medicine used to make someone pee).

The plant contains corosolic acid, which is known to help lower blood sugar levels. In addition, Banaba tea made from its leaves is consumed to aid in weight loss and improve kidney function. It's no wonder this tree is cherished not just for its beauty but also for its healing properties.

In some regions too, the bark of the Banaba tree is used to produce natural dyes for fabrics, adding another layer of utility to this versatile plant. Its wood, while not as famous as that of the Narra tree, is occasionally used in construction and crafting.

As we moved along the drive, we identified the shrubbery on the center island as Kamuning, also known as Murraya paniculata, Orange Jessamine, or Satinwood. Kamuning is a small evergreen tree or shrub that captivates with its glossy, dark green leaves and fragrant white flowers. Typically found in gardens and as part of hedgerows just like what we have here on campus, Kamuning is a beloved ornamental plant in the Philippines.

The fragrant flowers of Kamuning are not only admired for their beauty but also for their practical uses. These flowers are often used in making perfumes and essential oils, contributing to the local economy

and artisanal crafts. The plant's medicinal value cannot be overlooked either. In traditional herbal medicine, Kamuning is used to alleviate symptoms of coughs, colds, and other respiratory conditions.

Furthermore, the resilience and adaptability of Kamuning make it a popular choice for creating natural fences and hedges, helping to protect and beautify homes and communities.

Moving towards the flagpoles, we noticed some Narra trees, towering majestically over its surroundings. Narra truly is an emblem of Filipino heritage. As the national tree of the Philippines, Narra, also known as Pterocarpus indicus, symbolizes strength, resilience, and enduring beauty. This large tree can grow up to 33 meters tall and is easily recognized by its broad, spreading crown and rich, reddish-brown hardwood.

Narra wood is highly prized for its durability and resistance to termites and other pests. This makes it a favored material for high-quality furniture, flooring, and boat-building. The wood's beautiful grain and natural luster also make it a popular choice for creating intricate carvings and artisanal crafts.

In addition to its commercial value, the Narra tree plays a crucial role in the ecosystem. Its roots help pre-

vent soil erosion, and its presence in forests supports biodiversity by providing habitat and food for various wildlife species. The tree's flowers, which are small and yellow, bloom in clusters and add a subtle charm to its robust appearance.

The cultural significance of Narra cannot be overstated. It is a symbol of national pride and has been planted in public parks, along streets, and in government buildings as a testament to its enduring legacy. Efforts to conserve and propagate Narra trees are ongoing, ensuring that future generations will continue to benefit from and cherish this iconic species.

Banaba, Kamuning, and Narra are more than just plants; they are integral parts of the Philippine landscape and culture. Their roles in ecoscaping, traditional medicine, craftsmanship, and environmental conservation make them invaluable treasures of the native Philippine flora.

Meanwhile, the efforts of Mapua MCL to be a green campus are truly commendable. That's why next time you find yourself walking around its grounds, take a moment to appreciate these remarkable plants and the rich heritage they represent.

ART CELYNNE ADVINCULA



**Most students experienced mental health issues as a result of several factors, such as demanding academic workloads and personal obligations. It may have a negative effect on students' capacity to study and have fun while attending class. In addition, it may result in poor learning and performance, poor self-care and hygiene habits, and social and behavioral issues. At this point, let's talk about the two common disorders that students may encounter.**

Anxiety and depression are the two most frequent disorders that students may encounter. Anxiety is characterized by feelings of unease, dread, and terror. You may start to perspire, experience tension and restlessness, and your pulse rate may quicken. It can be a typical stress response. The symptoms can include difficulty focusing or making decisions, agitation, nausea, trembling or shaking, difficulty falling asleep, and a sensation of imminent danger, fear, or dread. In addition, depression is among the conditions that students may encounter. It is a type of mental disease marked by enduring melancholy, pessimism, and disinterest in once-enjoyable

## Common Mental Disorder Among Students

WORD ANGELENE DOMINIQUE AALA

pursuits. A depressed episode can produce mood fluctuations, sleep issues, changes in appetite, headaches, and physical ailments that don't seem to have a physical explanation.

Furthermore, there are many ways to cope with these disorders, such as allowing yourself to feel what you're feeling, doing something you have control over, maintaining a routine, aiming to get a good night's sleep, attempting to eat balanced meals, taking a walk around the block, making time for rest and relaxation, and reaching out to loved ones. Furthermore, you can try several sorts of therapy to cure the aforementioned problems.

For example, interpersonal therapy for depression offers communication methods for effectively expressing yourself and

meeting your emotional needs, whereas exposure therapy, which helps you become more comfortable with fearful circumstances, can cure phobias, a sort of anxiety. Lastly, you can also consider taking antidepressants, anti-anxiety medicines, or mood stabilizers as a sort of medication.

In conclusion, the disorders that a student may often experience are anxiety and depression. It can affect them negatively in their performances in academics and with their personal life. Because of this, may it serve as a reminder that we should always look after ourselves by taking a rest when we sense that we are being overburdened by our responsibilities

ART CELYNNE ADVINCULA



## THE PERTUSSIS OUTBREAK: The Re-emergence of a Threat

WORD JIAN KARLO TEOFILO

**It started with a fever—your newborn was uncomfortable, but it seemed manageable. Weeks went by, and the fever worsened. Your baby began coughing violently, struggling to breathe, and crying constantly. Each coughing fit ended in vomiting, leaving your baby pale and weak. Despite numerous hospital visits, the illness kept coming back stronger each time. The distinctive cough became a haunting sound. As you knelt in grief, your child's breathing grew more laboured. In your distress, you did not notice that you had started coughing too.**

The disease that had just been horrifically described is called pertussis, more commonly known as whooping cough or "ubong dalahit" in Filipino. Despite the underwhelming moniker, it is not just a simple cough. It can infect people of all ages, but is most especially lethal to young children and toddlers. Specifically, its bacteria, known as Bordetella pertussis, is spread through the air via coughing, sneezing, or even sharing the same breathing space with an infected person for long periods of time.

Moreover, being contaminated with pertussis is divided into three stages: catarrhal, paroxysmal, and convalescent.

The first stage is the most subtle stage, as it mimics the symptoms of a common cold, such as a runny nose, a low-grade fever, and the occasional cough. This is before it becomes more severe after one to

two weeks, in which the second stage begins. This paroxysmal stage is usually where a patient is suspected of contracting whooping cough. At this point, the coughing becomes more frequent and numerous due to the body's difficulty in expelling mucus, leaving the patient exhausted and prone to vomiting. At the end of such attacks, the body lets out a high-pitched "whoop" noise, which is where the disease gets its name, leaving bluish-purple discolorations on the skin. The last stage of pertussis, the convalescent stage, is where the body usually undergoes recovery, letting the disease disappear within two to three weeks. Although, the attacks can recur in addition to future respiratory infections for the next few months after the onset of pertussis.

Here in the Philippines, pertussis has reached outbreak levels in Quezon City, Iloilo, and Cavite during the first quarter of 2024. Regions most frequented by increased cases of whooping cough are Region 4A, National Capital Region (NCR), Western Visayas, Region 4B, and Central Visayas, with NCR making up 27%, or 58 cases, of those confirmed within these regions, according to the DOH on March 27. Moreover, six out of ten cases were infants below six months old, and of these, three out of four of them were unvaccinated.

People had started panicking due to the unfortunate news, no doubt reminded of another, much deadlier epidemic that occurred in recent years. Thankfully, the DOH

quickly informed the masses about the whooping cough and provided 64,400 doses of a "Pentavalent" vaccine, with 3 million more on the way.

Currently, there are two vaccines for whooping cough: DTaP for children under seven and Tdap for adolescents who skipped pertussis vaccinations in their childhood. But pertussis can still be overcome even without the aforementioned vaccines. Antibiotics are often prescribed in order to reduce the chance of spreading the disease while increasing a patient's recovery speed. Albuterol and corticosteroids are also recommended to reduce the severity of the coughing fits.

Ultimately, pertussis made a comeback after its slumber in recent years. The chaos wrought by the COVID-19 pandemic contributed to decreased vaccination rates, which led to this dreaded outbreak. In the minds of the people, it seemed as if the disease they had once feared had returned, but it is far from it. It has been conquered multiple times in the past, and it can be again. As people place their trust in the government's medical response and the breakthroughs in the medical field, many Filipinos continue to hope that such medical nightmares will never repeat again.

ART CELYNNE ADVINCULA



such as your heart beating faster, your body heating up, your breathing rate increasing—all things that mimic anxiety." Additionally, more than 400 kilograms of caffeine per day, equivalent to four to five cups of coffee, may increase the likelihood of anxiety and panic attacks in people sensitive to it, as stated by the U.S. Food & Drug Administration.

**It can cause insomnia.** According to a study from the National Library of Medicine (NLM), caffeine may have adverse sleep-related consequences. Nocturnal use of caffeine may lead to increased worrying at night and sleeplessness. To add to that, subjective insomnia symptoms demonstrated after caffeine consumption in healthy individuals have included decreased total sleep time, difficulty falling asleep, increased nocturnal awakenings, and daytime sleepiness.

**It can be an agent of digestive issues.** Coffee, which contains caffeine, can cause frequent contractions in the digestive tract. Additionally, drinking coffee may increase the acid levels in your stomach or gastrointestinal tract, which can lead to inflammation of the stomach.

In conclusion, coffee has proven itself as the elixir of life that keeps many going, especially the stressed-out students of today. However, just like everything else, we must consider both the benefits and harmful effects of caffeine on the human body, and understand the limits of what is too much. It is important to consume coffee in moderation and be aware of its potential side effects.

ART ATASHA BEATRICE EUSEBIO

## That's That Me Espresso: The Good and Bad in Every Cup of Coffee

WORD GERALDINE ENRIQUEZ

**Coffee has established itself as a morning staple beverage, as caffeine is present in coffee beans, which is a powerful stimulant that helps boost the energy needed to start the day.**

In the Philippines, the consumption of coffee is deeply ingrained in the country's cultural heritage and traditions. In fact, the country has a long history of coffee production, with a wide selection of specialty coffee varieties grown in various regions.

Coffee is especially popular among students since it has been shown to enhance alertness and concentration, which can be useful for students who need to stay awake and focused for extended periods of time. Additionally, students often have busy schedules, juggling classes and extracurricular activities, and a cup of coffee can help them get through the day and combat fatigue. Furthermore, coffee has become a social ritual that brings people together, thus coffee shops provide a cozy and welcoming atmosphere for students to meet and study together or simply enjoy a cup of coffee while chatting and taking a break.

However, every good comes with the bad. Despite its rich history and distinct, delicious taste, coffee has various health implications—both beneficial and harmful.

### The Good Side

**It protects against Type 2 Diabetes.** A journal published in 2014 by Harvard researchers showed that "those who increased their coffee intake by more than a cup a day over a four-year period had an 11% lower risk of developing Type 2 diabetes," while "those who decreased their intake by one cup a day had a 17% higher risk of developing the disease." This could be attributed to the antioxidants in coffee that reduce inflammation. However, those who have been diagnosed with Type 2 diabetes are advised to avoid caffeine or drink decaffeinated coffee instead.

**It reduces the risk of developing Parkinson's disease.** A journal published by the American Academy of Neurology in 2012 showed that "a daily dose of caffeine equivalent to that found in two eight-ounce cups of black coffee can help to control the involuntary movements of people who already have the disease." Additionally, a 2023 study conducted by the National Neuroscience Institute in Singapore published in the journal The Lancet showed that Asian individuals who regularly drink tea and coffee that contain caffeine have four to eight times lower risk of developing Parkinson's disease compared to those who don't.

**It protects the liver.** Multiple studies have shown that coffee has hepatoprotective

properties. This means it has beneficial effects on the liver by reducing liver damage such as cirrhosis, decreasing harmful liver enzyme levels, and limiting scarring in people with hepatitis C. In addition to this, coffee can also reduce a type of liver cancer called "Hepatocellular carcinoma (HCC)."

**It promotes heart health.** A study published by the American Heart Association titled Circulation: Heart Failure in 2021 showed that drinking one or more plain, caffeinated cups of coffee a day may reduce the risk of heart failure. Additionally, the American College of Cardiology stated that those who consume two to three cups of coffee a day experienced a 10% to 20% improvement in cardiovascular health.

**It reduces depression risk.** A comprehensive review conducted by Dr. Alan Levinton of Harvard University showed that "those who drink coffee are significantly less likely to be depressed than people who do not drink coffee." According to him, the positive impact of coffee on mental health can be attributed to its antioxidant and anti-inflammatory properties.

### The Bad Side

**It can lead to caffeine-induced anxiety.** In a 2022 interview with Health, Susan Bowling, PsyD, stated that "the natural effects of caffeine stimulate a host of sensations,



Independent service providers are the underutilized workers in the Filipino community. When things are amiss, Filipino households usually expect that the neighborhood's "manggagawa" is the first person to respond. However, problems arise when one person is looking for a service provider but knows none, and a service provider is looking for an employer but knows none, as well. Thus, during the Philippine Startup Challenge Competition, a three-member team of fourth-year BS Computer Science students of *Mapúa MCL* created an application in order to bridge this gap: Gawa.

To be specific, Gawa is a service aggregator platform for indie service providers like plumbers and construction workers. Moreover, it was created with two main goals in mind: to solve the dilemma of finding a reliable contractor in the sea of unverified "Work Wanted" posts in social media and to empower service providers to have their own venue for additional income and better job stability. As mentioned earlier, its creators are Mapúans themselves, namely Karlo Miguel Palisoc,

Gene Anthony Reyes, and Stephen Paul Tongol. While Palisoc is considered the main developer of this application, Reyes was the one who elevated the user interface and database system. On the other hand, Tongol contributed to creating the necessary documentation of the project and furnishing the recommendation system. In total, an estimated four to six months of rigorous research and development were needed to bring this application to reality. With the promises the app entails, Palisoc stated, "We were thrilled in finding our service providers an opportunity."

Currently, the team is still working on this project by reaching out to more service providers. According to the developers, further data gathering is still needed to fully polish this application and officially launch it for the community's utilization. Aside from the aforementioned service providers, they also hope that the app will benefit homeowners by supplying them with a selection of skilled laborers and assist government agencies such as the

## "Pag-GAWA ng Paraaan": Mapúan-developed "Gawa" app for Filipino Workers

WORDS SHAMELLE FHATE CLIMACO



Technical Education and Skills Development Authority (TESDA) by providing a database for their graduates looking for opportunities. All in all, the Gawa app and the team behind it have become an inspiration for Mapúans who aspire to build their own start-up and become fully-fledged technopreneurs. They embody the Mapúa MCL mission of contributing to the solution of society's problems through the expert application of knowledge. It is hoped that this innovation sets the tone for other Wizards and Mages to think, create, and aim for projects that benefit not only themselves but also the entire community.

Eventually, these clashing ideas on AI's validity invoked moral and ethical dilemmas in different aspects of life. One prominent example of this is AI in the academic setting, where it is a heated issue of debate: whether the use of AI-generated contents in graded schoolwork is tantamount to academic dishonesty or not. Those who defend the innovation wield the question of what AI would be for if not for easing their academic burden, while those who revoke it call AI an addictive fuel to the students' desire to succeed without actually doing anything.

Similar plights also exist in the professional setting, where many employees around the world carry the fear that they might be replaced by AI. This is due to the fact that AI is indeed more than capable of conducting basic computer tasks in a snap that humans normally take time to do. As such, while AI can definitely boost the efficiency of numerous business processes, the automation it brings might equate to some human

workers being replaced by such artificially-made minds. These confusions on AI's ethical grounds are valid, as the technology has only been widely accessible to many for a few years. But one thing has been made clear: AI is not human, and it will never be human. It never once had the ability to determine whether the works it generates are morally right or not. Who has such a capacity, then? It is its users—a society of self-thinking beings equipped with a moral compass and freedom of choice.

With that in mind, it is the human race's responsibility to use AI ethically and ensure that no one is being trampled upon through its exercise of powers. A mere system of buttons and wires, while gifted with an eerily-human level of intelligence, cannot and should not overthrow the species that have thrived in this world for millennia with just their fleshy minds and hearts.

In short, it all comes down to who—or what—is in control.

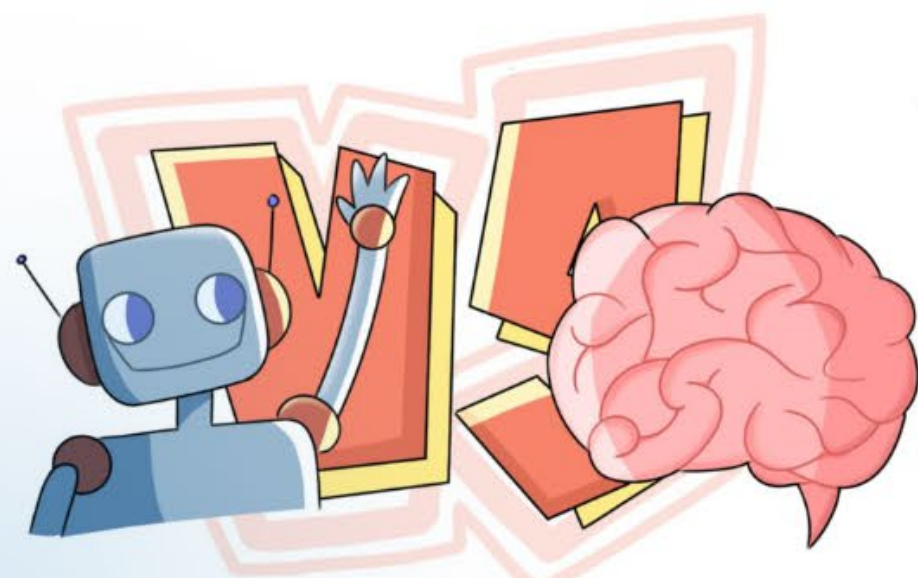
## WHAT DO YOU THINK?

Is mankind still piloting AI in such a way that it will remain a trusty companion to its creators and a complement to their one-of-a-kind intellect?

Were humans already blinded by the infinity of possibilities that AI has slowly begun to command over their brains instead?

## Brains versus BrAIins

WORDS NASH PRIMO BESANA



ART CELYNNE ADVINCULA

With the likes of ChatGPT, DALL-E, and Midjourney, artificial intelligence (AI) tools have recently taken the world by storm. After all, these work like magic, as they can produce almost any digital asset imaginable with just a few clicks and clocks. However, questions arise on whether humanity's growing reliance and fascination with AI will elevate mankind to greater heights or spark its gradual downfall as a civilization. Ultimately, it will all come down to how people will use it: as a reinforcement or as a replacement.

To begin with, AI basically allows ideas that were once confined within the boundaries of human imagination to materialize into reality. According to a read in

Altexsoft, AI-powered generators mostly use artificial neural networks, which are intensively trained in analyzing large sets of texts and images, among others, to know how to generate ones of their own.

With this process, anti-AI movements are pushing the narrative that AI systems are "stealing" contents that are authentically made by humans, creating a digital mush out of them and calling it a work it generated on its own. What AI developers and users counter-argue, on the other hand, is that this operation behind AI's powers only serves as its way to gather inspiration, similar to how humans normally find a base to cement ideas into their own crafts.

## STIGMATIZED

WORD JON RANSON LAPADA



Sex is a natural part of life. But the truth is, there are still so many facets of it that are shrouded in stigma and misinformation. One such example would be what we call sexually transmitted diseases (STDs). Now, STDs are infections that are passed from one person to another through sexual contact, caused by viruses, bacteria, or parasites. While there are countless STDs out there, focus must be given to some of the usual suspects.

One of the most common STDs is chlamydia, which is caused by the bacterium *Chlamydia trachomatis*. It is often called the "silent STD" because it rarely shows any symptoms. However, if symptoms do appear, they are commonly in the form of unusual yellowish discharge, a burning sensation when urinating, or pain

during sexual intercourse. Another common STD is gonorrhea, which is caused by the bacterium *Neisseria gonorrhoeae*. Its symptoms are similar to those of chlamydia, with the difference being that gonorrhea causes a green, yellow, or white discharge. Although the two diseases might sound terrifying, simple antibiotics can help treat both chlamydia and gonorrhea if

taken correctly. On the other hand, syphilis, caused by the bacterium *Treponema pallidum*, is considered to be more "insidious" than the two diseases tackled earlier. Specifically, this infection has stages. It starts with sores, progresses to rashes, and can eventually affect internal organs if left untreated. Despite being potentially more harmful than chlamydia and gonorrhea,

syphilis is also treatable. Penicillin is the most commonly used medication for syphilis, but how much medication one needs and how long one needs to take such treatment will depend on the syphilis stage and symptoms.

Moreover, the Human Immunodeficiency Virus (HIV) is a particularly concerning STD. HIV is a virus that attacks cells that help the body fight off infections, thus making a person vulnerable to other diseases. Meanwhile, Acquired Immunodeficiency Syndrome (AIDS) is the late stage of an HIV infection that occurs when the body's immune system is really damaged because of the virus. Initial symptoms of HIV merely resemble the flu, but without treatment, HIV can severely damage the immune system, leading to AIDS. To curb its effects, antiretroviral therapy (ART) can manage the virus and prevent progression to AIDS.

By tackling different STDs and their respective treatments, it might have eased our minds to hear that these infections are

not death sentences and that effective treatments are at our disposal. However, it is worth mentioning and emphasizing that prevention will always be better than cure. Hence, we should always use our proper judgment and utilize practices in order to mitigate STDs. To start with, regular testing is a good way to know one's status and detect these infections early on. Also, using prevention methods, such as contraceptives and vaccines, is effective in reducing transmissions during intercourse.

Yes, talking about STDs might seem awkward, but it is important to remember how much it may affect your life and of those around you. By staying informed, practicing safe sex, and seeking regular medical care, fewer people may fall victim to these life-changing diseases. As such, let us start the journey of destigmatizing STDs and sex and tackle it with openness and kindness instead.

ART ATASHA BEATRICE EUSEBIO

## TROPICAL INFERNO:

Heat wave scorches the Philippines this 2024

WORD GABRIEL JABOLI

Climate change has reached critical levels across Asia and other countries all over the globe, including the Philippines, creating what many might conclude a "tropical inferno." Ever since the drastic rise of environmental issues, the Philippines has been battling the intense temperature associated with El Niño conditions, reaching record-breaking heat indexes, affecting the environment, public health, and daily lives.

To define, a "heat wave," also known as a hot or warm wave, was defined by meteorologist Alvin Burrows as the unusual and uncomfortable hot and humid weather in which temperatures reach or exceed 32 degrees Celsius.

And in the Philippines, the extreme heatwave conditions currently evident are attributed to the country's atmospheric and geographic factors. More specifically, the Philippines is geographically situated in a tropical region where high temperatures are common during dry seasons, such as the El Niño. Thus, during El Niño, these conditions are intensified as it disrupts the country's normal weather patterns, leading to drier atmospheres and higher temperatures. Additionally, as the atmospheric pressure tends to be higher than usual during El Niño, this inhibits

cloud formation, reduces rainfall, and increases dryness and heat.

In other words, a heatwave in the Philippines is considered such when high temperatures coupled with high humidity become oppressive towards various sectors, notably education, agriculture, the environment, and public health.

In fact, due to the extreme temperatures during the first half of 2024, educational institutions nationwide were prompted to suspend classes, forcing schools to shift from face-to-face to online and asynchronous modes of learning to ensure educational continuity amidst the ongoing heatwave. However, this transition poses logistical challenges, particularly in rural areas where internet availability is limited.

Concurrently, agricultural sectors across the country faced significant challenges, according to the Department of Agriculture (DA), wherein heat-related damages sum up to 4.39 billion pesos in their published statement on May 5. This is established as soaring temperatures and diminished rainfall result in droughts, decimating crops, and jeopardizing food security. Meanwhile, the evident changes in the environment challenge not only biodiversity but also lead to dwindling water reservoirs

and an increased looming threat of wildfires over vulnerable areas.

Amidst these challenges, the state of public health amidst the intense weather emerges as a pressing issue, with rising cases of heat-related health issues in susceptible groups. Such diseases affect many people, including, but not limited to, the elderly, children, pregnant women, outdoor workers, and individuals with respiratory illnesses, given the fact that they are more susceptible to heat stroke or heat exhaustion, according to the World Health Organization (WHO). This proves to be true when such sectors are exposed to prolonged periods of high temperatures, worsened by inadequate access to certain cooling resources.

With this, the pressing need to combat the impending heat wave is acknowledged with proactive measures and adaptive strategies such as enhancing public awareness and education with regards to heatwave preparedness. This may be in the form of limiting strenuous outdoor activities during peak heat hours, specifically 10:00 A.M. to 4:00 pm. Additionally, to prevent heat stroke, the Department of Health (DOH) advised Filipinos to drink a maximum of three liters of water daily to



stay hydrated. Other strategies that the government can consider are implementing heatwave early warning systems and sustainable urban planning, such as investing in greener spaces and energy.

As the Philippines endures this intense heatwave driven by El Niño and climate change, the collective response of each institution underscores the importance of the country's capacity to adapt and withstand various climate-related challenges. This crisis is a stark reminder of the urgent call for local and global cooperation in combating climate change, emphasizing the critical importance of a united effort to protect our environment and communities. It not only tests the capability of the entire nation, but also serves as a poignant reminder that planning for innovative advancements comes with significant environmental costs.

ART ATASHA BEATRICE EUSEBIO



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Engr. James Samuel A. Judi  
Engr. Tristan John F. Mercado  
Engr. Earl Joshua N. Perez

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Engr. Cedric Jan E. Diaz  
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Engr. Dan Eric Teodulo Gasapos  
Engr. Ma. Francesca L. Hayag  
Engr. Silas S. Kim  
Engr. Myrene P. Labrador

### 14th Certified Industrial Engineer Examination

Engr. Nhea Mica M. Llasos

## MAY 2024

### Chemical Engineering Licensure Examination

Engr. Nikki Toni Rose P. Abdon  
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Engr. John Paul N. Alviar  
Engr. Joulle Renniel F. Bellosillo  
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Engr. Patricia Sofia F. Cupola  
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Engr. Dane Kimberly D. Collado  
Engr. Jan Lemuel W. Delos Reyes  
Engr. John Vincent A. Gabin  
Engr. Bhea M. Lambino  
Engr. Alexandra Nicole N. Lusterio

### Certified Public Accountant Licensure Examination

Ms. Christal Mae R. Villamin, CTT, CPA

Top 13 in the May 2024 Certified Public Accountants Licensure Examination

Marian Antoinette E. Abital, CPA  
Obed E. Butacan, CTT, CPA  
Monica Anne A. Nevalga, CPA

### Voter's Choice Award in the De La Salle University (DLSU) PhytoHealth Photo Competition

Ms. Charisse Angelique M. Escobar

Faculty Member of the B.S. Biology Program

## JUNE 2024

### Architecture Licensure Examination

Ar. Nina Carmelita B. Agulhap  
Ar. Cherry A. Alinsod  
Ar. Rammel Trinidad V. Andem  
Ar. Vinz C. Bautista  
Ar. Johnnel S. Bunag  
Ar. Allmon Aaron L. Cabantog  
Ar. Dan Andrew M. Calunia  
Ar. Mia Coleen D. Clarete  
Ar. Jeric Joshua L. Dator  
Ar. Mary Joy L. De Villa

## JULY 2024

### Autodesk Revit Certification Exam

Pauline Mae Bautista  
Joana Karel A. Carreon  
Alyssa F. Delos Santos  
Francis Anne E. Dorado  
Coline Anne Gayle M. Dugang  
Nelson C. Goguanco  
Remalin Itable  
Shainne Marie T. Javier  
Hannah Danielle R. Rediang  
Angela Nicole R. Reyes

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Passing Rate for  
Architecture Alumni

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Paul Onil O. Antonio  
Julianne S. Badana  
Matthew Russel V. Bantug  
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Kimberly Veronica R. Rodenas  
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Charleen C. Salamat  
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Gabriel Benedict M. Sendon  
Joanna Mae E. Soriano  
Rens Mark A. Trangias  
Rogelyn V. Ugates  
Gio Lorenzo A. Viernes



Courtesy of KAMALAYAN

## JULY 2024

### Autodesk Revit Certification Exam

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Renabien D. Acuyong  
Joyce Micah A. Almendral  
John Bryan S. Alvarez  
Paul Onil O. Antonio  
Micah Jhanal A. Ardina  
Maria Zhenah Shayne R. Arvalo  
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Maria Alliah Cassandra B. Bahay  
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Gio Lorenzo A. Viernes

**98.91%**  
Passing Rate for  
Architecture Alumni



ART AALIYAH GUTIERREZ  
ALEYA GADY

# STAFFER SHOWCASE

## ART AND LITERARY CONTRIBUTIONS



ART ALTHEA YSOBELLE MANCERA



ART MARIT ELISE BACAYON



ART PAUL ARVIN RAGAZA

### "The Lone Wolf" By Aaliyah Gutierrez

I know when I was a pup, I'm not alone,  
I remember having a pack of my own,  
No, I am not an alpha, as they had grown,  
But as I did, my alpha had never shown,

My age sank, but my own feelings arise  
As my fangs grew, and as my own soul cries  
How pity, not able to roll the dice  
Cold beneath my fur, my heart's made of ice

I was in another pack, then didn't stay,  
Because I couldn't fit in, and they're away,  
Long journey, alone, I focused on my prey,  
As I look through the sky, the moon, God, I pray

As I ran through grey winter, nothing will beat,  
Warmer than the sun, in my heart, I call heat,  
I have known well, my preys beware of my seeth,  
They should learn about my pain that they will meet,

My preys, my old friends, they are one as the  
same,  
Although there are some don't live, as up they  
came,  
Such stars, I would rather hunt on like a game,  
More than the wenches of a prey, untamed

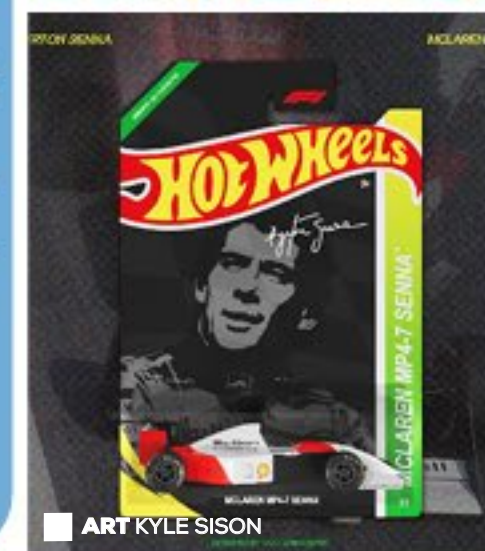
As my claws grew long, I don't need anyone,  
As I howl, bark my pride, pain is everyone,  
Even the harshest winter, unless someone-  
No, there'd be no unless, and I'm now no one



PHOTO ALFRED BAUTISTA



PHOTO ALFRED BAUTISTA



ART KYLE SISON



ART SHAYNE CALAJATE



ART KYLA CAMBA



ART JAMES BENEDICT BUSTAMANTE



ART KYLA CAMBA

## NEWSLETTER A.Y. 2023 - 2024

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VOL 02 - ISSUE NO.1



VOL 02 - ISSUE NO.2



VOL 02 - ISSUE NO.3



YEAR IN REVIEW



Courtesy of DLSU Plant and Soil Health Research Unit and Mapua Malayan Colleges Laguna





MASTERING THE GAME: MAPÚA MCL'S BADMINTON VARSITY SHINES

WORDS ANTONI VILLE RICAFORT

# BADMINTON VARSITY IN MAPÚA MCL

Last February, Mapúa MCL's badminton varsity team knocked down gold twice at the Laguna Inter-School Athletic Association (LISAA) on February 18, 2024. In addition, its players won silver and bronze during the Southern Luzon Colleges and Universities Athletic Association (SLCUAA). Hosted at Southpoint Clubhouse Badminton Court and Brent International School Manila, respectively, the tournaments showcased the school's prowess in sports and athletics. With that, Mapúa Malayan Colleges Laguna (Mapúa MCL) has always prided itself on providing quality education and training for its students in both academics and the league of athletics. With the diversity of sports available to choose from, such as basketball, volleyball, and soccer, among others, there is no shortage of sporty action on campus for stu-

dents to participate in or just cheer on. However, the less-represented yet award-winning badminton varsity team of the institution deserves some spotlight, too, as they also have inspiring stories to tell. To start, this varsity team has been training hard to become the best players in the region while representing Mapúa MCL in various sports events. With their recent victories in the SLCUAA, Brent Invitational, Cabuyao City Meet, and the LISAA, it can be said that they have been reaping the fruits of their labor. According to their current head, AJ Manalangit, a badminton coach since 2022, good body conditioning is one of their ways of achieving victory, such as by training their agility, cardio, techniques, and in-game strategies at the Southpoint Badminton Court. With their next round of tryouts later this

year, the coach said that they will be accepting dedicated, passionate, and aspiring new players looking to improve their skills and teamwork in the badminton sport while representing Mapúans on and off the court. In this regard, badminton varsity member and second-year Bachelor of Multimedia Arts student Bebhinn Cunanan shared her experience with KAMALAYAN in representing the institution at various sports fests. "At first, there were parts of the training where it was really hard to focus on improving to the best of our capabilities because we're juggling academics and being a varsity player all at once. So, to be able to win something from the competitions that we've participated in, it feels humbling and at the same time fulfilling, especially since we're not only representing ourselves but also as a student-varsity of Mapúa MCL.

We've prepared for months for the competitions, mentally and physically, and we [could not have] done it without the help of our coach, Coach AJ Manalangit, and of course, with proper teamwork as well. Overall, there's really nothing impossible in achieving anything as a student-athlete when you put your best into preparing for it and have faith in God to guide us along the way." As we strive to attain excellence and virtue as Wizards and Mages, we must remember that developing both our academic and physical capabilities is an important part of one's life and career. As such, joining such sports teams may be a great way to go about doing so while enjoying the fun and experience that come with it. When we put our minds to what we want to do, we can all be champions, both on the court and beyond.

COURTESY MANOFMANY



## TO SMELT GOLD WITHOUT FIRE

WORD NASH PRIMO BESANA

If there were to be an Olympic event where countries would face off against one another to determine who would deliver the warmest cheers during a sports tournament, the Filipino nation would be a frontrunner. But how can the Philippines retain its long list of star athletes to cheer on if support is not consistently manifested throughout their journeys?

In the Philippine sports scene, this is a recurring issue. In fact, most of the country's top sports representatives share the same yearning for one thing: tangible support in the form of better management and adequate financial assistance, among others.

Take, for example, Carlos Edriel Yulo, the Philippines' and Southeast Asia's first Olympic gold medalist in men's artistic gymnastics. Behind his back-to-back podium finishes were training sessions plagued with distractions and mismanagement. Eventually, this led to the termination of his contract with his management agency on May 9, as reported by Rappler.

Moreover, the world's second-best in men's pole vault, EJ Obiena, almost fell to rock bottom with the Philippine Athletics Track and Field Association (PATAFA)'s allegations of him falsifying liquidation documents. While the Commission on Audit (COA) later cleared Obiena, Rappler outlined that PATAFA had already kicked him out of the national team during the peak of the issue. This made him miss tournaments simply because of a then-unchecked claim.

However, not all athletes can weather the mistreatment for long. For instance, Filipino-Ivorian fencer Maxine Esteban is now playing for the Ivory Coast in the 2024 Paris Olympics. To sum it up, "sobra akong nabastos" is what Esteban said in a One Sports article after she

was expelled from the national fencing team without prior notice due to her knee injury.

Esteban is just one of the top Filipino athletes who have recently switched nationalities. The Philippines had already seen similar cases with now-American chess grandmaster Wesley So and now-Canadian billiards legend Alex Pagulayan, among others. Most of them were, again, influenced by their frustrations with how Philippine agencies handled their careers.

While their stories may vary, a lone fact stands tall: these athletes felt unheard. It even drove some of them to let go of the Philippine flag. As such, this should be a wake-up call for Philippine sports agencies to support Filipino athletes equally after their games, more so during their training and preparation periods—times when they need the most.

Snatching gold medals for your homeland is already difficult, but doing it while feeling alone and helpless is demoralizing. Remember, smelting gold is impossible without fire.



## LEGENDS AMONG US:

M5 IGNITES THE MALAYAN WARLOCKS' FLAME AT MAPÚA MCL

WORD RIANNE FAITH JUSTO

The Mobile Legends: Bang Bang (MLBB) M5 Campus Tour made its much-anticipated stop at the vibrant esports community of Mapúa Malayan Colleges Laguna on November 28, 2023, electrifying it with a mix of excitement, insights, and opportunities. At the heart of the celebration was the visit of Theo Ignacio, also known as "Uomi," a renowned figure in the gaming industry, particularly for his achievements as an MLBB player.

Being the star of the event, Ignacio took center stage in Mapúa MCL's Rizal Building, giving a motivational talk about the esports industry. Revered for his thought-provoking opinions and profound perception of the gaming field, "Uomi" appealed to the audience as he narrated his journey. From being an ardent fan of video games, he eventually made his way to the limelight by being a distinguished esports shoutcaster. Also, he expounded on the most delicate details of this field, underscoring the necessity to strike a balance between gaming and schooling on one hand and stressing the essence of teamwork and coordination on the other.

As such, John Rodge Ashley G. Salazar, a Computer Engineering student who attended the event, shared with KAMALAYAN, "The most valuable insight I got is having the balance of both one's gaming career and one's academics. I also think that having good teamwork and coordination is one of the best and most important things for any career."

Furthermore, Ignacio's session was not only about his successful stories. He also talked about concrete details that are indispensable for youths who want to survive in the video gaming world. There, he emphasized perseverance and diligence as key ingredients for prosperity, despite the stiff competition involved. Numerous individuals identified with him, especially when he explained how one has to undergo various challenges before achieving something tangible, making him real.

Apart from the educational speeches, career talks and tempting presents were part of the M5 Campus Tour. In addition to these, students can win prizes for the M5 Championships and game bonuses, which got them even more excited. This sense of thrill was enhanced by their physical presence, which frequently acts as symbols for both vibrancy in an esports society and chances within this sector.

With these, Salazar expressed his newfound appreciation for the esports world: "It gave me more insights about the industry and the passion of everyone involved, making me appreciate the esports world more. Just the amount of time and effort sacrificed into balancing career life and personal life has made me appreciate the work more."

Utilizing the partnership between AcadArena and Moonton was pivotal in bringing the M5 Campus

Tour to Mapúa MCL, creating a deeper relationship between students and the professional esports circuit. It was an event that saw the focus of these two groups on how best they could help raise young talent within the gaming industry as far as possible.

Reflecting on the experience, Salazar finally remarked, "It made me really consider what it's like to be a professional esports player and how much it is just as challenging, if not more mentally involved, as any other job. The t-shirts, along with the other freebies given in the giveaways, serve as an amazing memory to remember this event by."

As the M5 Campus Tour ended with a stop at Mapúa MCL, it bestowed inspiration, knowledge, and a renewed sense of community among the Mapuan esports enthusiasts. It not only highlighted the current vitality of esports but also left the community with a brighter outlook for the future of the field.

PHOTO BRIAN MALLARI



## FROM PASSION TO PROFESSION: The Careers of New Gen of Sports

WORD RACHELLE ABEL

Due to the international prestige and recognition it normally brings, the sports industry definitely has more available opportunities when it comes to establishing careers. From being a player to being a coach, this field of work can promise its aspirants to have some income-generating job one way or another. But in electronic sports, or esports, the online world, most continue to be mocked for playing professionally, calling their jobs a "child's play."

With the ramifications of real-world sports in video games and the online world, esports are usually seen negatively compared to the traditional sports we were exposed to growing up. As they say, traditional sports consist of physical labor, endurance, and stamina, while esports is more of the work of mental abilities, creativity, and decision-making—both of which have strenuous qualities. But what about their respective availability of opportunities?

Although traditional sports usually require a degree and luck to have a stable job, in esports, if you have the experience and skills, you can be an analyst, shoutcaster, coach, and, of course, a professional player. Such, here are some esports careers to look out for:

**ANALYSTS.** Analysts are the data gurus of a competitive esports team that dissect the players' strengths and trends in techniques, both of their own and those of their opponents, and create winning strategies for the team. They basically view the gameplay from every angle,

determining what factors contributed to a team's victory or defeat. From every angle, determining what factors contributed to a team's victory or defeat.

If you are an esports fan who finds themselves analyzing game replays down to the last second, then this career in esports might be waiting for you.

**SHOUTCASTER.** On the other hand, a shoutcaster is the commentator for esports during competitive games. Similar to those who narrate the play-by-play in physical sports, they provide insights and comments on the players' abilities and sometimes guide the audience's attitude towards a team or certain player.

If you have the ability to hype the crowd by telling stories, try being a shoutcaster!

**COACH.** Next, as popularly known, a coach is someone who works with the players internally.

They analyze their own players' weaknesses and create strategies according to meta, together with analysts.

If

you have a passion for leading the team to success and enjoy creating strategies for the win, you might just be a perfect fit for an esports team's coach.

While these top esports careers are open to everyone interested in pursuing them, these first three are the ones a retired player may usually choose if he or she still wants to stay in the industry. Basically, a little bit more experience in the industry is required to guarantee success with these opportunities. So, is there more to the esports industry for those who are merely new to it?

**PROFESSIONAL PLAYER.** Well, anyone who has undergone professional training, or even those who simply possess the ability and skills for esports and have the attitude and passion to play competitively, can be a professional player. Joining national and international competitions, honing their skills day and night, and traveling the world for their passion—that is what pro esports players usually do.

But, other pro players opted for careers completely out of their esports lineage, such as Aethyreia of Malayan Warlocks Esports

(MWE), a second-year BS Psychology student at Mapúa MCL. When asked if her career choice is in line with their professional player background, she stated, "Unfortunately, the future career I want to take is medicine (psychiatry), and I don't think I'll be taking esports professionally in the future. Although, I will continue playing casually through the years."

Emmanuel Joseph Sibayan, also a professional player of MWE and a second-year BS Information Technology student at the institution, shared, "If being honest, I want to pursue a career in tech, which is not directly aligned with my esports journey."

Both of them are contrary to what most people expect a current professional player to be in their future endeavors. Their sentiments embody that their current state of hobbies will not be the defining line of what they are going to be in their future selves, but their affinity for esports will always remain an important piece of their personalities.

Conclusively, the esports industry is a fast-growing industry that people who look down on it cannot budge. There are many career opportunities: from a professional player to a coach, and from a career deeply rooted in esports to one completely out of it. So long as you have the experience and passion to back up your profession.

ART AALIYAH GUTIERREZ





# FOUNDATION WEEK WIZARDS' CUP

■ **WORD** RACHELLE ABEL

**"MITL Cardinals defend their title as the undefeated Wizards' Cup champions"**

**T**he Mapúa Institute of Technology at Laguna (MITL) Cardinals once again proved that they are undefeated after accumulating 3,100 points and grabbing the overall championship title in this year's Wizards' Cup, as part of Mapúa MCL's 18th Foundation Week: Global Breakthroughs last January 24, 2024.



■ **PHOTO** JUSTIN SIBULO

The Mapúa Institute of Technology at Laguna (MITL) Cardinals once again proved that they are undefeated after accumulating 3,100 points and grabbing the overall championship title in this year's Wizards' Cup, as part of Mapúa MCL's 18th Foundation Week: Global Breakthroughs last January 24, 2024.

The MITL Cardinals set another record for their department, showcasing their athletic abilities through the various sports they participated in. Throughout the week, the MITL Cardinals secured 12 wins out of the 29 events in Foundation Week against the five other departments of the institution. Their dominance encompassed numerous events, such as Poster Making Contest, It's Jeopardy Mapúa Malaysians, Mapúa MCL Duets' student-student version, Amazing Palarong Pinoy, Men's Basketball, Women's Basketball, Men's Badminton, Women's Badminton, Badminton Mixed Doubles, and League of Legends: Wild Rift. Their pageant representative, Keanne Raeden Ortiz, was also crowned as this year's Ms. Mapúa MCL.

It should be noted that they were also the previous champions of the Wizards' Cup 2022 and still maintained their top spot this year. As such, KAMALAYAN interviewed one of the MITL Cardinals' Men's Basketball players, Kenneth Lorena, a third-year BS Mechanical Engineering student.

"I knew our team could win the championship because we have a great coach—a champion coach, who is determined to guide us throughout the journey, named Dems Diamat, along with his champion CE players, as well as players from IE, AR, ME, and CHE." He added, "Lastly, I can say that winning the championship in this year's Mapúa MCL Wizards' Cup was one of my most memorable experiences as a student at Mapúa MCL. Our hard work as players paid off at the end of the tournament. We secured the trophy thanks to a great coach and the MITL crowd."

Other departments participating in the Wizards' Cup also won some awards of their own.

The Senior High School (SHS) department bagged seven wins, most notably their Mapúa MCL Cheer Fest victory, which made them land in the first-runner-up spot. Subsequently, the College of Computer and Information Sciences (CCIS) garnered its own three wins, such as the championship in the Mobile Legends Bang Bang tournament, helping them secure the second runner-up title.

There was also the third runner-up College of Maritime Education and Training (CMET) department with its four wins, one of which is from the Mapúa MCL Duets' faculty-student version, the fourth runner-up College of Arts and Sciences (CAS) department with its two awards, one of which is from the Mapúa MCL Got Talent, and the fifth runner-up E.T. Yuchengco College of Business (ETYCB) department with its three wins, who had their representative, Marnie Jemuel Marcos, crowned as Mr. Mapúa MCL 2024.

## SPORTS

### MAPÚA MCL'S GROWING "ULTIMATE" COMMUNITY

■ **WORD** WILFRED. LOPEZ

■ **PHOTO** JUSTIN SIBULO

**U**ltimate Frisbee, more commonly known as Ultimate, is a sport that would be considered to generate excitement, even if you do not have any profound knowledge of its rules. It does not just involve a disc flying around in the air; it involves a disc shared by two sides—teams that have been created and represented by people who share a passion for it. Fortunately, such a sport continues to interest people within Mapúa MCL, as its own Ultimate community garners more members every year.

Wizards Ultimate Frisbee (WUF) is an organization that is made up of Mapúa MCL's Ultimate players, representing its ethos of excellence and virtue within the pitch. It consists of players new and old to the world of Ultimate, an example being Lucas Barrios, a first-year BA Communication student who has been playing the sport for around 6 years now.

Mr. Barrios explained that WUF

consists of different personalities with the common goal of achieving success through a collective effort that is reflected onto their game. Ultimate is a team sport, and the coordination that comes with every play is sourced from every player's goal of success. For some people, though, a sport can be enjoyed based on how each team prepares tactics, organizes plays, and the other technical aspects of it. Ultimate is no exception, with strategy creating a new dimension to the game.

It is a sport with a formula that does not necessarily deviate from those of other sports', with it being easy to learn yet hard to master. Doing passing drills is one thing, but doing a forehand throw with two defenders against you is another. WUF trains for these kinds of situations, just like reviewing for a big test. Ultimate is not just about passing though, as you need to prepare yourself to actually catch the frisbee. Sprinting and jogging is done throughout the pitch, and jumping is required to win aerial battles. The



biggest denominator for all of this? It has to come down to the player.

There is no "I" in the word "team", though. Again, Ultimate is a team sport, and winning requires everyone. Mr. Barrios agrees that the technical aspects are a big contributor to a team's chemistry and success, creating plays and counters that make the game beautiful to watch. However, it should be known that there will come times when facing some losses is normal, and it is part of the ever-learning process. It results in low morale, but it should be important that cheering them up will help in what the future holds for them.

Looking back, WUF has already harvested the fruits of their labor, as they have won Dog Pound Ultimate's Disc Fest 2024, finished second place in Gender Bender 2024 Leg 2 Men's Division, and have hosted Wizard's Hat, a fundraiser that invites anyone new and old to enjoy the sport. Additionally, some of WUF's members

have joined the latest rendition of Mapúa MCL's Wizard's Cup, where they have competed to represent their respective departments. in Gender Bender 2024 Leg 2 Men's Division, and have hosted Wizard's Hat, a fundraiser that invites anyone new and old to enjoy the sport. Additionally, some of WUF's members have joined the latest rendition of Mapúa MCL's Wizard's Cup, where they have competed to represent their respective departments.

The Ultimate community of Mapúa MCL is ever-growing in every moment, stemming from the passion and interest of every player, be it old or new. It is what makes a team stronger, and WUF have created a community in which they can create possibilities for any person who is passionate enough to join the world of Ultimate and for those who are helping each other to create better opportunities, on and off the pitch. Ultimately, it is what led to their success that they have today.