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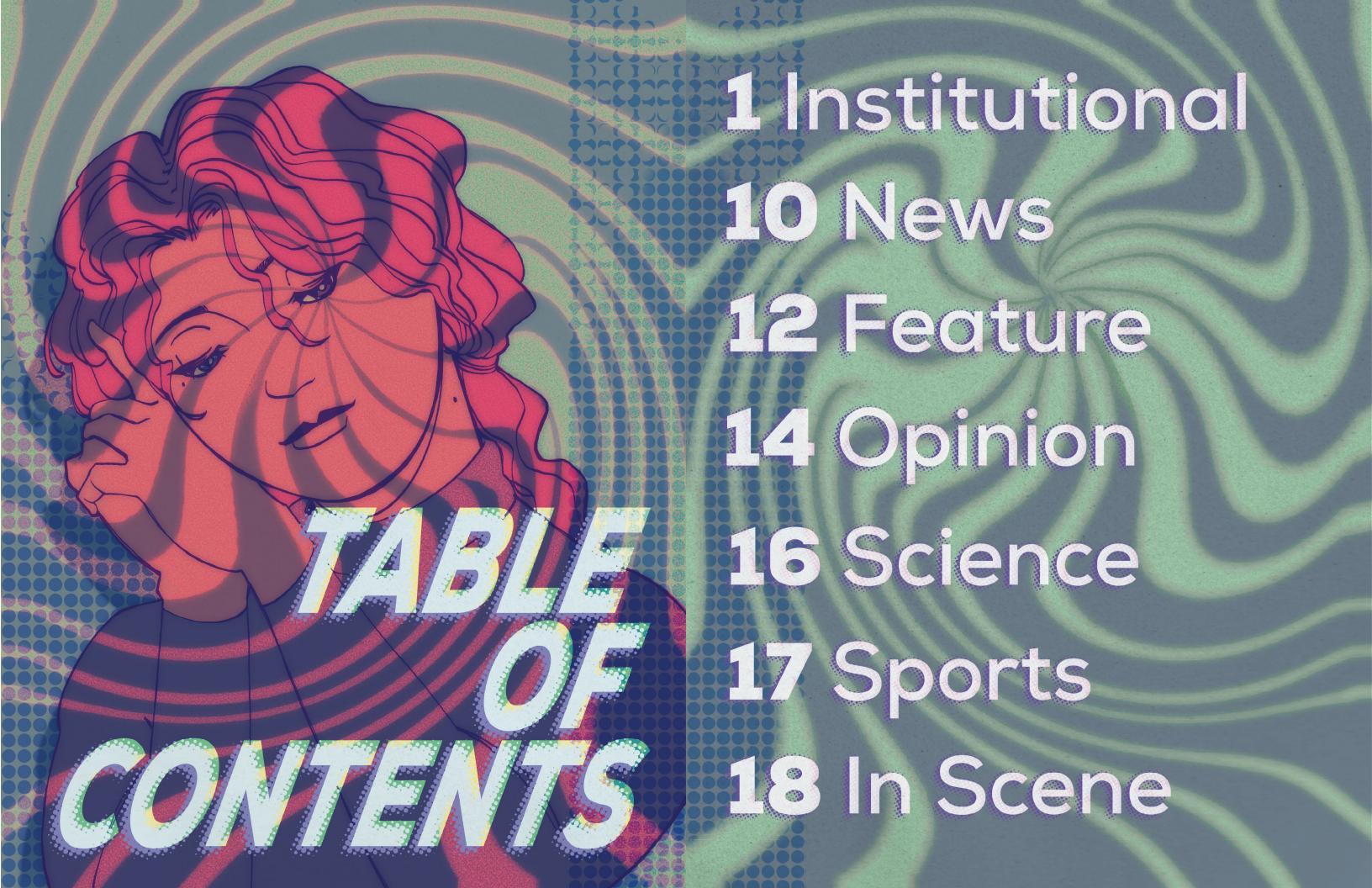
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ART ELIJAH ABENDAN & MARIT BACAYON

opportunities awaiting them.

An event that sparks a variety of fun and exciting moments for students to make them feel welcome onto their new journey at MMCL, capturing the spirit of camaraderie, enthusiasm, and boundless



KAMALAYAN Newsletter | Volume 03 • Issue No. 01

To greet the academic year with festivities, the Mapúa Malayan Colleges Laguna Supreme Student Council (Mapúa MCL-SSC) hosted a four-day event from August 27 to August 30, entitled "Boundless: Advancing Excellence," to extend their welcome for the incoming college students. This year's welcoming week became a venue for fun student activities to set the tone

and the flow of the academic year 2024-2025.

■ WORDS ALIYANA WINNETH SANTOS

On the first day, the Welcoming Week embarked on its journey by opening with the inaugural Wizard's Walk where the freshmen paraded around the Mapúa Malayan Colleges Laguna (MMCL) grounds while their corresponding seniors greeted and cheered for arrival. Subsequently, student organizations and college councils partook in greeting the new students by preparing booths offering a variety of games, activities, and promotional content for recruitment to kickstart the growth of their communities.

Moreover, during the span of week, academic and welcoming non-academic organizations also held their first general assemblies of the year.

the upcoming year.

Through this, students were oriented about the activities they could expect for As the event came to a close, the arms of Wizards and Mages embraced one another as ABLAZE 2024 concluded the four-day-long celebration. An exhibition of talent ends the week coming from some of the student organizations in Mapúa Malayan Colleges Laguna (MMCL)-Malayan Dance Crew (MDC), Mapúa Malayan Vocal Ensemble (MMVE), and The Haus-along with independent performers Azatrix, Sol, Sonata, Yuan, MAV, &Co., and Nyx. This officially marks the start of the students' new journey, with hopes that the year will be as festive and productive as its beginning.

ASEAN MONTH

The Diversity of Excellence and Virtue

WORDS ASHLEE GONZALES

Last September 4, under Proclamation No. 282 by former President Rodrigo Duterte, our country celebrated the ASEAN (Association of Southeast Asian Nations) Month with Mapúa Malayan Colleges of Laguna (Mapúa MCL) partaking in through a series of projects. This annual event seeks to instill the long-standing partnership and peaceful economic union between the 10 different member states. Moreover, for the institution, this serves as an opportunity to widen its international collaborative platform for the sake of a quality education.

Led by the Office for Strategic Partnerships and Global Engagement (OSPGE), Mapúa MCL proudly announced its partnership with DENSO Philippines, Wadhwani Foundation, RD Aerospace, and Digital Halo. This collaboration not only attests to the institution's enduring commitment to progressively achieving the Sustainable Development Goals (SDGs), but it also opens doors to new opportunities for more impactful events and initiatives in the future. By working together, these partnerships promise to drive innovation, expand outreach, and enhance the institution's ability to contribute meaningfully to sustainable development in the succeeding years.

Through OSPGE, Mapúa MCL participated in the celebration of ASEAN Month 2024 on August 27 at the Francisco Balagtas Auditorium. With the theme "Enhancing Connectivity and Resilience," the event highlighted the unity and cultural richness of the ASEAN community. The program opened with a vibrant cultural presentation by students, showcasing the diversity and heritage of Southeast Asia. Following this, Engr. Rolando V. Bitor delivered an insightful speech, focusing on the importance of digital transformation, sustainability, and development in strengthening connections and resilience across the region. The celebration underscored MCL's dedication to fostering awareness of ASEAN values while promoting innovation and collaboration.

Furthermore, OSPGE, in cooperation with The Medical City South Luzon and MCL Mapúa-PTC CMET, spearheaded a vital blood donation drive as part of the ASEAN Month celebration. Held on September 19, 2024, the event underscored the life-saving impact of blood donations, serving as a testament to the power of collective action in addressing critical healthcare needs. By supporting this initiative, participants contributed to achieving Sustainable Development Goal 3, which aims to ensure good health and well-being for all-a cornerstone of global development and prosperity. The drive exemplified how acts of compassion and generosity can directly save lives, strengthen healthcare systems, and inspire a culture of solidarity. Students, volunteers, and medical staff from Medical City South Luzon united at Mapúa MCL in a shared dedication to this noble cause, emphasizing the transformative importance of such initiatives in building healthier, more resilient communities.

In collaboration with the Student Affairs Office (SAO), OSPGE also hosted a Student Leadership Training for student councils and student organizations on October 1, 2024. The event aimed to equip student leaders with the skills and knowledge to lead more effectively, while also emphasizing the importance of responsibility and qualities that define strong leadership. Speakers from various departments of Mapúa MCL shared their insights and experiences, guiding the participants in their journey toward becoming more impactful and responsible leaders within the campus community.

While ASEAN month is not an event widely recognized by all, it is still important to commemorate the union of the Southeast Asian Nations for facing global challenges together in peace. May it be through small events or donation drives, each country's participation not only boosts one's morale but it also promotes community involvement especially for Mapúans. By simply recognizing it, ASEAN Month serves as a reminder for students and leaders that excellence and virtue can thrive through connections across different status and beliefs, proving that unity and collaboration are possible even in the chaotic world we live in.

ART ALTHEA MANCERA & ARJAY PANGILINAN

The illustration portrays the magic of Asean cultures, which all come together to produce a vast tapestry of interconnectedness and harmony.





CMET Week Honor Community Engagement Amidst Festivities

WORDS Shamelle Fhate Climaco

The Mapúa-PTC College of Maritime Education and Training (CMET), in commemoration of the Maritime and Archipelagic Nation Awareness Month (MANAMO), held the celebration of their 2024 college week with the theme "Pamana ng Karagatan: Para sa Kinabukasan, Ating Ingatan," last September 16-20, 2024. This year focused on combining their community outreach efforts with festivities such as competitive events and performances.

Their celebration was kickstarted by a community-forming program with an opening parade that proudly showed off their members' discipline and coordination. After the opening ceremony, the CMET Baptismal served as an initiation for the freshmen as legitimized members of the fort class. This was followed by "Zumba: Hatawan Marino" and the "Last Ship Standing" programs meant to test their physical capabilities and teamwork.

The following days were then filled with competitions that emphasized the charismatic, academic and athletic talents of the CMET students. On the second day, a singing competition entitled "CMET VOICE: Sailing Safe with Sound," was held to find the best vocalist within the community.

Moreover, "CMET Model: Valor of the Seas," was a second and third day event where community members voted for their most attractive members through Facebook hearts. Meanwhile, the Quizziz Quiz Bee and CMET Quiz Bee Cebu Gems tested their knowledge in varying areas relevant to their program. Crowd favorite events were the Volleyball and Basketball competitions, where each team from their community went head-to-head in showcasing their athletic prowess.

Finally, the event was closed off with a recognition ceremony and the "CMET Night Rave Party 2024." The crowd cheered as DJ Justiz hyped them up through his fast-tempo beats, right after the performances from 6th Harmony, Giane Band, Kizuna Steak, Sol, Krystelle, Optima, and Blaize. Furthermore, Leonardo Atienza, the CMET Voice 2024 Champion, also got the chance to serenade his peers onstage.

CMET proved that college week events are of equal importance with community engagement efforts as throughout the week they conducted seminars and other outreach programs. One of which is the CMET Mobile Blood Donation Drive, providing an accessible platform for Mapúan volunteers to donate blood and reinforce the institution's commitment to community service and public healthcare. This year featured not only festivities, but they also honored the heart of the CMET community's values.

ART Kentarou Caraig & James Bustamante

The wave and anchor represents adaptability and strength. Together, they form a balance, fueling the CMET students' ability to achieve utmost success.





SISTERS TAKE VALEDICTORIAN, SALUTATORIAN TITLES

at Mapua MCL's 24th Commencement Exercises

WORDS NASH PRIMO BESANA

Siblings Judeil Magnanao and Liednah Magnanao, both Summa Cum Laudes, finished their college journeys as the latest batch valedictorian and salutatorian, respectively, at the 24th Commencement Exercises of Mapúa Malayan Colleges Laguna, October 29, at the Philippine International Convention Center (PICC) Plenary Hall.

Judeil, the younger sibling from the program of Bachelor of Science in Business Administration, delivered her valedictory address for this year's October ceremony based on the business concept of Strengths, Weaknesses, Opportunities, and Threats (SWOT). In addition to her, hundreds of graduates received Latin honors and diplomas on the PICC stage, symbolizing their own successes in their college years.



"When I received an email congratulating me as Class Valedictorian and Summa Cum Laude, my body was shaking with overwhelming joy... Graduating with this honor feels like a gift, a bonus from the Almighty, and a reminder of the value of perseverance, excellence, and virtue," revealed Judeil in a KAMALAYAN interview. "By revisiting our strengths, weaknesses, opportunities, and threats [in the valedictory address], I aimed to remind all graduates of our resilience and adaptability that will guide us as we step into our next chapters."

On the other hand, her older sister Liednah, a graduate from the program of Bachelor of Science in Accounting Information Systems, also had a chance to share her thoughts as the batch salutatorian at the Send-Off Party three days before the graduation, October 26.

"That night felt surreal. So much happened during college, but at our send-off party, I couldn't help but feel that every moment was worth it. I got to enjoy the night with my friends and classmates, all of whom I hold close to my heart... I think that it was a perfect closing to the chapter we call college, leaving us with memories to bring as we move forward to the next stage of our journey," said Liednah when asked about her experience in the party.

Aside from her salutatory address, the party was also where the finishers took their last walk around the campus as students and listened to the farewell remarks from their respective departmental deans. This was only the second send-off party conducted in the school's history, feeding the flames of a recently sparked tradition for Mapúa MCL's finishers.

ART SHAYNE CALAJATE & PAULINE REYES

The illustration for this year's Mapua MCL's Graduation Rites portray the featured Valedictorian, Salutorian sisters in the article. And a big congratulations to all the graduating students.



Mapúa MCI.

■ WORD Gabriel Jaboli

On October 21-22, 2024, Tropical Storm Typhoon "Kristine", internationally known as "Trami", had its landfall on the eastern regions in the Philippines, wreaking havoc on its residents. As the storm intensified, it brought torrential rains, powerful winds and storm surges. The resulting devastation caused widespread damage such as massive flooding, uprooting families, and leaving communities displaced. Provinces across the typhoon's path faced challenges and suffered significant damage to homes, infrastructures, and livelihoods,

which prompted widespread calls for assistance to aid those affected by the calamity. Silver Stor SOM SAUKE In response to the devastation caused by Typhoon "Kristine," Mapúa MCL College of Arts and Sciences Student Council (CAS-SC) initiated a donation drive, encouraging individuals to extend help to the victims. The council opted for monetary donations, prioritizing safety and allowing everyone to stay at home during the storm. In an interview with CAS-SC President Carissa E. Pornelos, CAS-SC partnered with Panday Sining to ensure the donations reached the most affected areas in CALABARZON. The CAS-SC focused on supporting affected areas in Laguna including parts of Cabuyao, Sta. Rosa City, San Pedro, and Calamba while the Panday Sining focused on communities heavily impacted by the typhoon such as Quezon Province and as well as the Bicol Region.

Similarly, The Haus of Fashion and Arts (THFA) also launched its donation drive, focusing on collecting monetary contributions in which funds were used to purchase essential items such as food and toiletries, that were distributed to support communities affected by the typhoon. Furthermore, Mapúa MCL's Alumni Center and Office of the Vice President for Administration (OVPA), in partnership with the Center for Service-Learning and Community Engagement (CSCE), extended its efforts by initiating a donation drive that collected food items, medicines, hygiene supplies, clothing, and blankets, and baby supplies to help those affected by the typhoon.

As the impact of Typhoon "Kristine" continues to be felt by many, the Mapúa MCL community remains committed and stands united in supporting those in need through collective efforts, demonstrating the spirit of solidarity in times of crisis and highlighting that compassion can make a huge difference.

ART ANGELI TABALDO & ARVIN RAGAZA

Onem

This artwork aims to embody the bold and striking personalities of The HAUS through fashion. Colorful, blocky shapes were used to simulate fabric patterns and cloth layering. Additionally, the characters are dressed in iconic styles such as grunge, Y2K, and 80s disco to highlight the visual diversity of The Haus events.



I-INSTITUTIONAL

Sperking Hope, Sharing Love

Carissa E. Pornelos, the CAS-SC President, admired their positive outlook throughout the hardships they have faced. The look of hope is what inspired them to use their challenges as an opportunity to grow, learn, and improve despite everything thrown at them. Moreover, throughout the program, Ms. Pornelos saw the importance of experiencing life, taking a break from academic responsibilities. It was an opportunity to "enjoy interacting with the girls, having fun, and simply enjoying the moment." Activities such as creating artworks, singing, and dancing were part of the community engagement, where both members of Tahanan and Sta. Luisa and CAS Student Council Members participated. According to her, it is essential to take a break from our screens and tasks to breathe, reflect, and recharge.

Moreover, the community engagement evoked her purpose. "While I hadn't forgotten it entirely, I realized that I had been too focused on other commitments, leading me to neglect certain aspects of myself. This experience reminded me that my purpose is still alive and will always be a part of my journey," she added. The activity was deemed successful, achieving the goal of providing donations, resources, and volunteering work by the CAS Student Council and multiple academic and non-academic organizations. Ms. Pornelos is grateful for the support and camaraderie given by her fellow CAS-SC members, where the experience helped them grow not just as student leaders, but also strengthen their bonds as friends. And above all else, they have completed the mission of helping the young women of Tahanan Sta. Luisa through the means of giving mental health awareness, creating memories and fostering new friendships.

ART FRANKIE ARNEDO & AALIYAH GUTIERREZ

A person with flowers growing from their head, which symbolizes the positive transformation and healing of one's mentality.



■ WORDS WILFRED BENEDICT LOPEZ

On October 19, 2024, The College of Arts and Science Student Council (CAS-SC) of Mapúa Malayan Colleges Laguna (MMCL), in collaboration with the Center for Service-Learning and Community Engagement (CSCE) and Center of Guidance and Counseling (CGC), launched "CASparkle with You: Sparking Hope, Sharing Love." The program pushes advocacy of mental health awareness for local, non-profit organizations through community engagement, which they have conducted in Tahanan Sta. Luisa at Antipolo, Rizal.

Through the leadership of CAS Student Council Vice President for External Affairs, Yvronne Khurt N. Pilon, the program invited volunteers from the CAS Student Council, various academic and non-academic organizations such as Creative Learners and Innovative Content Creators (CLICC), Biology Majors Society (BIOMAS), Mapúa Malayan Kalikasan (MAPKAL), Malayan Dance Crew (MDC), PILAK, Ugnayan ng Malayang Sikolohiya (UgMaSiko), Sining at Agham ng Malayang Komunikador (SINAGLAYA.Kom), The Haus of Fashion and Arts (THFA), and other individuals to provide donations, resources, and support. In total, they have raised 5,520 pesos in monetary donations and 2,649 in-kind donations, consisting of hygiene products, food, and other necessities.

They visited Tahanan Sta. Luisa, a crisis intervention and recovery center focused on helping young women who are victims of sexual abuse aged 7 to 12 years old, providing emotional and psychosocial support with their stay normally lasting from 6 months to 1 year. They also provide a shelter for those who are victims of family estrangement, where they stay for a longer period of time.

MIA DEBUTS WITH THE RINGMASTER FLY-A-THON

WORDS SHAMELLE FHATE Q. CLIMACO

The newly-established Mapúa Laguna Institute of Aviation (MIA) marks their first-ever event entitled, "Ringmaster Fly-a-Thon Aircraft Model Workshop." Featuring Mr. Oscar B. Mapúa Jr., former Executive Vice President of Mapúa University and grandson of the founder, the workshop aimed to bring more in-depth and hands-on knowledge regarding aeronautics to their founding students.

Mr. Oscar Mapúa Jr. opened with his welcoming remarks and insights as an experienced professional in aeromodelling. This was followed by a dive into the basics of the Fly-A-Thon and a formal introduction of members of the Aeromodellers team.

Despite the many activities that followed his introduction, this still served as the highlight for many students. "The memorable part of the event was having Mr. Oscar B. Mapúa Jr. with us."



He is one of the main inspirations regarding our program and his passion for aviation and flying motivates us in becoming the future for our field," stated by Adriene Nathaniel Y. Vergara, MIA Student Council President.

Afterwards, a series of skill-building exercises were conducted. First, the students experienced an immersive interactive session using virtual reality (VR) technology for aircraft marshalling. Then, they were able to contribute to the 1000th flight master of the Ringmaster Fly-A-Thon through their hands-on training. Finally, PATTS Alliance of Aeromodellers and Flyers (ALM) ended the event through demonstrations of aircraft run-up and taxiing procedures which gave them the privilege to ride the Beechcraft Sierra.

A successful first event showcases the potential of the institution's newest addition. The OneMapúan community should come to expect more from them in the field of aviation, as this is only the beginning for their department.



■ ART BERNADETTE SERVIÑO & SAMUEL AGRABIO JR.

Showcasing innovation and passion, the piece highlights the collaborative commitment to advancing aviation education and shaping the aerospace industry's future.



Pinned Honor:

Mapúa MCL Conducts Président's Listers Awarding Ceremony

■ WORDS SHAMELLE FHATE Q. CLIMACO

Mapúa Malayan Colleges Laguna (MMCL) held an awarding ceremony to celebrate the academic excellence of their President's Listers— their highest-performing students. Specifically, they were awarded certificates of recognition and specialized enamel pins to congratulate them for attaining a grade weighted average (GWA) of 1.50 or higher for the Academic Years 2022-2023 and 2023-2024, at the Francisco Balagtas Auditorium, October 17, 2024.

The event was done in three phases, featuring remarks from distinguished members from the administration. Each of them not only congratulated the attendees for a job well done, but they also emphasized the non-academic standards that one must uphold for having such an honor.

"I never would have expected that I would receive such an award. I was so happy that all of my efforts from last year were recognized," Sophia DS. Narcelles, a 2nd-year Computer Science student, recalled her experience. "Walking up that stage was such a blissful experience. If I could, I'd do my best to walk up that stage again."

These ceremonies do not only serve to recognize these students, but they are a testament of hard work and struggle in spite of emotional and psychological challenges. Through a simple act of recognition, the students' morale and motivation was revived in order to push them to be more disciplined and diligent. It can only be hoped that this sentiment can be carried on to other parts of their lives inside and outside of Mapúa MCL.



ARD OF MERIT



oil and Water Son Water Son Williams

mapkal's sorbent ponation prive in Bataan

WORDS GERALDINE ENRIQUEZ

The province of Bataan was once celebrated for its abundant and tranquil coastal areas, but a succession of oil spills has marred its previously pristine shores. In an initiative to alleviate such environmental damage, Mapúa Malayan Kalikasan (MapKal), the institution's environmental organization, spearheaded "Sorbent Drive for Bataan: A Community Response to Oil Spill," in Brgy. San Jose, Balanga, Bataan on September 20, 2024.

For context, on July 23, the MV Mirola 1 ran aground the waters of Sitio Quiapo, Barangay Biaan, Mariveles, Bataan and sustained a hull damage that caused oil leakage. Meanwhile, on July 25, the MT Terra Nova, an oil tanker carrying approximately 1.4 million liters of industrial fuel, capsized and submerged off Limay, Bataan, causing a massive oil spill that contaminated the coastlines of Metro Manila, Cavite, Bulacan, and Pampanga. A day after, the MTKR Jason Bradley carrying 5,500 liters of diesel sank in the waters of Barangay Cabcaben, Mariveles, Bataan. This resulted in the release of diesel fuel into the waters.

In response, Crystal Alodie M. Magtalas, the Vice President for External Affairs of Mapúa Malayan Kalikasan (MapKal) and the proponent of the aforementioned initiative, organized a donation drive for the collection of sorbent materials such as coconut husks, hair clippings, and plastic bottles to be used for the creation of improvised oil spill booms.

"It was just an idea kasi nakita ko grabe yung news... And then nag message ako sa group and I was really surprised about the enthusiasm and how willingly they- -want to participate and collect donations..."

-want to participate and collect donations..." Magtalas said in an interview conducted by a group of Multimedia Arts students.

impact of the oil spill in Bataan. Additionally, we want to raise awareness among others, hoping that by doing so, we might inspire more people to take action and contribute to the cause." Magtalas continued. They actively promoted this effort with members of the Mapúa MCL, as well as local salons, barbershops, and coconut vendors, inviting their generous contributions. Specifically, the objective of this initiative was to aid in limiting the disastrous oil spillage caused by the three vessels and mitigate its negative impact on the marine environment and the welfare of the

residents from the affected areas.

"Our main objective is to donate sorbent materials to help mitigate and reduce the

Moreover, in partnership with Mapúa MCL's Center for Service-Learning and Community Engagement (CSCE), members and volunteers delivered sacks of collected sorbent materials to the City Environment and Natural Resources Office (CENRO) of Balanga, Bataan. Furthermore, through the teachings of barangay workers, they actively participated in the making of oil spill booms while simultaneously learning how to properly use and dispose of them.

Following the conclusion of the sorbent drive, Magtalas took a moment to reflect on her invaluable experiences throughout

the initiative. She spoke passionately about the lessons learned and the challenges overcome, emphasizing the sense of community and collaboration that had emerged during the process. "For me, the biggest lesson here is the importance of unity and teamwork, or what we call 'bayanihan.' We should always remember that we share the same planet and must do our best to take care of Mother Nature."

Magtalas added that they are looking forward to organizing similar initiatives and are currently reaching out to the Local Government Unit (LGU) of Cavite for a cleanup drive in its coastal communities affected by the oil spill, further proving their commitment to

promoting environmental sustainability through education, innovation, and community engagement while embodying the Mapúa Malayan values.

ART FRANCO DELA CRUZ & MARY PINTADO

While oil and water always separate, the community organically unites. The "Bayanihan" of the Filipino people floats above all casualties and gives with what they can.

COUTURE!

The Haus that Creates Extraordinary

■ PRINT WILFRED BENEDICT LOPEZ

The Haus of Fashion and Arts (THFA) is an organization in Mapúa Malayan Colleges Laguna that cultivates students with a sense of creativity, wherein they use the world of fashion as their canvas. Everything is created from the ground-up, with an idea (or theme) in mind to showcase the individualistic nature of its designs that are figuratively one-of-one, or as people like to call it, "couture."

Couture is a word stemming from the French language, which means "the creation of clothes through specific measurements and requirements." The world of fashion revolves around this word, with designers creating pieces that are unique, representing a theme or identity. The final piece set to be showcased on the runway often creates curiosity, set to be answered by the viewer's imagination.

But sometimes, that imagination becomes tangible. What we see on the runway is what helps conceptualize what we wear today, or what is called "ready-to-wear."

From today's trends to the eras of old, it probably originated from a designer's idea, leading to the drawing board.

Jasmine Ashley Bansil, the Head Fashion Stylist of The Haus, is responsible for creating cohesive outfits based on the theme and clothing. This skill may be attributed to her interests in playing with color blockings and creative layering, often using multiple layers through basic garments which shows the aspect of maximalism in fashion. These are also attributes to one of her inspirations, Karina "Benulus" Berenice, a fashion content creator and fashion stylist.

Her role also makes her involved in the themes showcased by the organization such as "Mercury Retrograde" and "Denim Fever." These are always created through concepts, where heads of each department visualize and suggest what is best for the theme. Because of this, the overall vision of the theme is created according to the evaluation of each department.

The process of creating outfits is one of Jasmine's responsibilities in the organization. According to her, it takes longer to create themed outfits due to the preparation such as sourcing and sizing the outfit and visualizing the look on the model, which is presented on the show. It's different in comparison to how Jasmine styles herself in an everyday setting, which is creatively mix-and-matching layers.

What makes a good outfit though? For Jasmine, all outfits can be the definition of a good outfit. There are factors such as body shape, height and experimenting with mixing and matching garments. However, presenting it with confidence is the most important part. Striking the balance between comfort and style regardless of the choices and incorporating our personality can result in a good outfit.

The Haus come with requirements, such as skills and values that both align with the organization's goals. However, the most important thing is being creative, in your own fashionable way. The Haus rewards those who are individualistic, putting their talents on the red carpet or behind the dressing room. It's an organization full of ideas, and people who make those ideas possible. Now it's your turn to answer the question. Do you have what it takes to be a fashionista? Maybe it's your time to be in the spotlight.

ART KYLE DE GUZMAN & ARVIN RAGAZA

This artwork aims to embody the bold and striking personalities of The HAUS through fashion. Colorful, blocky shapes were used to simulate fabric patterns and cloth layering. Additionally, the characters are dressed in iconic styles such as grunge, Y2K, and 80s disco to highlight the visual diversity of The Haus events.



WORDS Rianne Justo

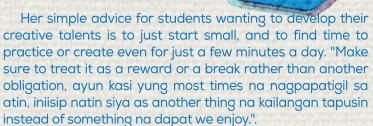
In today's fast-paced academic environment, students are increasingly turning to creative outlets to navigate the pressures of daily life. From doodling in the margins of their notebooks to composing lyrics and pouring out poetry, young individuals are discovering creative outlets to express their emotions and cope with the pressures of academic life. These activities not only offer a therapeutic escape, but also become paths for self-discovery, fostering inner strength and adaptability amidst challenges. One of these is Ahlek Espino, a prime example of how music can serve as both a creative outlet and a source of strength for students. For Ahlek, performing is not just a hobby but a crucial means of processing emotions and managing stress.

As a case in point, it is in the music that some students discover their havens, space for self-expression where hearts are poured. For some, it is the gentle strumming of the guitar or the rhythmic beats of the drum which cannot be put into words. During those musical moments, anxiety is pushed away by the melody and harmony bringing clarity into a noise-filled world. This artistic expression not only alleviates stress but also gives them a feeling of fulfillment to get their inner selves to find peace amidst the chaos.



To exemplify, students learn to cope with stress, draw inspiration from relatable lyrics, and connect with peers through similar experiences as they engage in these creative activities. Students are better able to deal with the pressures of academic life through creative activities and emerge stronger, more balanced, and emotionally resilient. "It's like holding on to a lifeline. Whether you're screaming your heart out to rock anthems or crying over a heartbreak ballad during exam week, music gets us. It's like our own therapy but set to a beat," Ahlek explains.

Moreover, the role of music in supporting students' emotional well-being is also evident in the initiatives provided by the institution. Through hosting concerts and supporting student-driven organizations like TUGMA (Talented Union for Growing Musicians and Artists), the school fosters a community where students can pursue their creative passions. TUGMA, in particular, has become a significant platform for aspiring musicians and artists, offering a space where they can hone their talents and gain recognition.



She also said that students should not be dissuaded from sharing what they had worked on: "But most importantly, don't be afraid to share what you create because it can inspire and connect with others, in return, making you also feel accomplished."

In the end, creative pursuits somehow tell the students that there is life besides deadlines and exams. Provide space to breathe, feel, and reconnect with oneself. These outlets mean more than hobby to students like Ahlek Espino-they're life support systems during academic strikes, providing comfort and fortitude in facing studies. As students get creative, they'll discover not only new avenues of coping but also a better understanding of themselves thereby proving that creativity is much more than escape-it is a powerful weapon in fighting for survival and growth



With a blend of symbolism and emotion, this illustration captures the hopes and struggles of Filipino seafarers and maritime students navigating the opportunities and challenges of RA 12021, with the ship and reaching hand reflecting resilience amidst uncertainty.



Specifically, balancing academics with creative passions is hard, but Ahlek, as a second-year Multimedia Arts student with a background in theater, dance, and as the lead singer of the band Chronos, figured out a way to make music associated with a healthy escape: "Academics always come first, but when I feel burnt out, I turn to music as a productive break. It's a way to 'procrastinate healthily', letting me recharge and return to my studies with a clearer mind and more energy."

"Performing gives me an outlet to release emotions that I can't always put into words during stressful times," she expands. "It's like a reset button—helping me clear my mind, refresh, and process what I'm feeling, especially during overwhelming academic seasons."



PORUMPETENCY:

BREAKING THE CYCLE OF ELECTING THE UNDESERVING

WORDS JON RANSON LAPADA

In the Philippines, it's almost a given that the election seasons bring a lineup of candidates who make us wonder, "Are they really qualified to lead?" From celebrities and sports stars to social media personalities, it often seems that the main qualifications now to run for office are simply name recognition and a flair for entertainment. However, when these personalities with little experience or knowledge in public service actually win elections, the country is the one that pays the price.

This is a unique problem, as many other democracies have stricter rules in place. For instance, in the UK, its prime ministers come through a rigorous party system, building experience along the way. In the U.S., while it's theoretically open to all, the intense party nomination process acts as a filter, challenging candidates' competence and policy know-how. Here in the Philippines, however, the requirements are upsettingly minimal. You just have to be at least 40 years old, a natural-born citizen, able to read and write, and have lived in the country for 10 years. That's it.

There are no requirements for experience, education, or a clean record, and that's how we end up with candidates and officials who may lack the skills for serious governance. These minimal requirements to run for public office seem iniquitous when compared to the average Filipino worker who is often required to have obtained a college degree, possess no criminal records, and have extensive experience in their respective fields, thus reflecting a double standard for which only the wealthy and powerful benefit from.

The reason this works, unfortunately, is partly because we let it. As voters, many Filipinos are drawn to familiar faces, such as celebrities, athletes, and social media stars, trusting their personas over any real political credentials. It's easy to be swayed by the charm of a big name or a friendly face on TV, but this choice can come back to bite us. Leaders without the skills to navigate complex issues end up leaning on advisers who may not always have the public's best interest in mind. Poor decisions and mismanagement in areas like education, healthcare, and infrastructure follow, with the people ultimately bearing the burden.

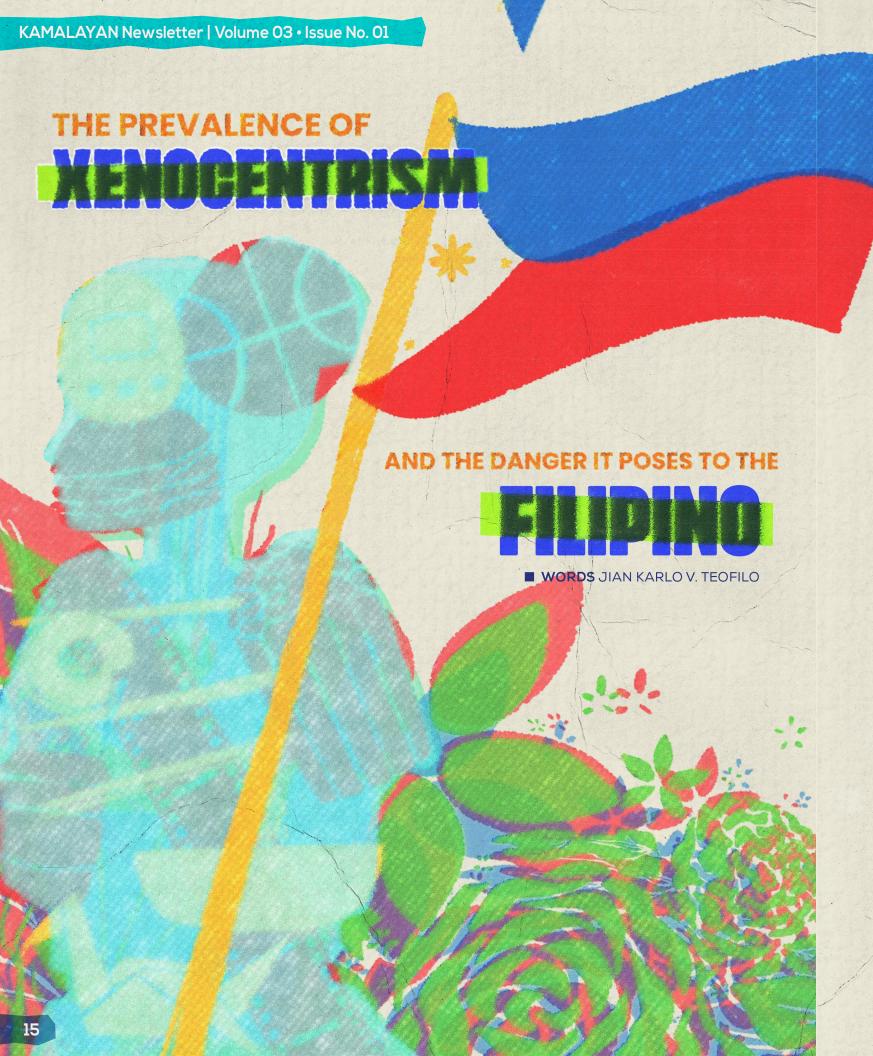
The solution does not necessarily lie in having stricter rules but instead adopting a smarter approach to voting and clearer dissemination of information regarding candidates. For instance, requiring all candidates to participate in public debates, or mandating them to present a clear, realistic plan for key issues could help in improving the electoral process. This transparency would let us gauge their understanding and commitment beyond a catchy budots dance or a viral post. On top of that, voter education programs could help us see through popularity and focus on competence and integrity. Because as long as our choices are based on charm rather than qualifications, we're at risk of electing personalities rather than true public servants.

At the end of the day, we Filipinos have the power to change this pattern. By choosing leaders who have proven they can tackle the issues that matter—regardless of fame or family name—we stand a better chance at real progress. A truly democratic country needs leaders who aren't just popular but capable, driven, and dedicated to serving the people well. The choice is in our hands, and hopefully we can make it count.



ART CLAIRE TAUTOAN & PAULINE REYES

An extravagantly man stands nervously as another scrutinizes his resume, noting his lack of political experience. The full-body scanner beeps in the background, with the barangay hall, city hall, and Malacañang Palace beyond the checkpoint.



The Philippines, the Pearl of the Orient and our home country, is a land with a variety of rich and colorful cultures, each one so unique from one another, special, and vibrant in their own way. And yet, we fall prey to the same problem plaguing the third world and even some second world countries: xenocentrism.

In a nutshell, xenocentrism is the belief that a foreign culture is superior to the local culture, thus developing biases towards cultures from overseas. Out of all the countries in Asia, the Philippines is one of the worst offenders when it comes to xenocentrism. This is mostly due to our history of being colonized so many times and by many different nations. As a result, our culture has become muddled-a hodgepodge of different things stitched together to form what we call Filipino culture. Meanwhile, our old traditions and practices have fallen by the wayside or have become mixed in with the melting pot of cultures. They have reached the point where they are no longer recognizable.

Today, with the advent and continued growth of social media, our generation tends to disregard Filipino culture, favoring trends from outside the country. An example of such is how we view Filipino media, specifically film, as compared to outside the Philippines. Hollywood has always been the biggest filmmaking industry in the world; thus, it is often used as the benchmark for how good a movie is. Based on that, local films are a far cry compared to Hollywood films with such a stark difference in quality and experience. A closer comparison are the Asian dramas such as "Queen of Tears," "All of us are dead," and "Love Next Door," to name a few, that are especially prevalent in our country despite both being from the same continent. The reason is that we find the culture of foreign nations more exotic and thus more attractive, causing us to look at them in a more favorable light, which results in Filipinos becoming disinterested or disillusioned in Philippine culture. This applies to all things that come outside the country–from books, games, food, clothing, memes, and even traditions. The more we grow fond of adapting to these foreign influences, the more our culture becomes murkier and murkier until we can no longer recognize which is ours–losing our cultural identity even further and forgetting the things that make us, us.

A lot of Filipinos fall victim to the same mentality, often viewing the country in disdain. Yet, as we continue to study and learn more about our country, we soon realize just how much we've purposely ignored and forgotten—to forget the true identity of our country. Small as the Philippines may be, and despite all its glaring flaws, it is still our home.

Xenocentrism is unavoidable and will not be solved any time soon; it is a consequence of globalization after all. We only urge that you remember your country and give it a chance like I did. All those "Kabayan projects" about promoting nationalism, the lessons about our country that you may have deemed meaningless, why don't you give it a go? You would lose nothing, and you might end up learning something meaningful about our country along the way.

■ ART ELIJAH ABENDAN & MARIT BACAYO

This artwork contains different objects of foreign cultures and products where Filipinos preferred more as a part of their lifestyle and identity, visually representing the growing influence of xenocentrism and its impact on cultural perception and national identity.

MASUNGI GEORESERVE

AND THE IMPACT OF DEFORESTATION ON OUR COUNTRY

WORD ANGELENE AALA

Masungi Georeserve, a conservation area located in Rizal's Southern East Sierra Madre Range, is home to over 400 species of flora and wildlife. It is a protected natural area and geotourism destination famed for its ancient 'karst' landscape, which is a limestone rock formation. The rocks act as a filter for important streams, regulating the flow of water all the way down to Manila and then to Manila Bay, and safeguarding neighbouring cities from flooding. In line with this, there is no doubt that protecting our environment means that they will also save us.

While the georeserve has been recovered after 20 years of protection, the surrounding mountains continue to face serious threats such as land trafficking, slash-and-burn farming, charcoal production, and illegal logging. One example is the development of a wind farm within the georeserve. According to reports, the Rizal Wind Energy Corp. (RWEC) was responsible for the construction, which involved drilling for 12 wind turbines as part of a renewable energy project. With this news, conservationists projected that the construction work might affect 500-1,000 hectares (1,200-2,500 acres) of the georeserve, as it would necessitate significant road networks, which could result in forest removal, vegetation destruction, and visual disruption of the natural landscape.

With that said, Masungi Georeserve is the clearest illustration of the necessity of environmental conservation because it can do wonders for our environment and save us from disasters. This also sparks a discourse about the effects of deforestation on our country. As of 2022 Philippine Forestry Statistics, the country is predicted to have a total forest cover of 7.22 million hectares, or 24.07% of its land mass, which is "way below" the 17.8 million hectares we had in 1934.

This highlights how serious a threat of deforestation is to our country, which displays itself in a variety of ways, including flooding in less prone flood zones, major heat waves throughout the summer, and the loss of biodiversity and indigenous people's resources.

That is why it matters so much to show a concern for the environment, even in small ways. The people may express their love for the environment by being sustainable by recycling, conserving water and electricity, utilizing renewable energy, and limiting the usage of plastics. In addition, they can try to volunteer in various areas for environmental projects such as cleanups, tree planting, community garden development, and so on. Finally, they may educate ourselves about what is happening in our surroundings so that they can comprehend the consequences and how they may affect us.

To summarise, preserving Masungi Georeserve not only contributes to environmental conservation, but it additionally supports biodiversity and awareness of the environment. It also raises understanding of the terrible risks that are currently occurring on every mountain and forest. And with this awareness, the author is hopeful that the people can all work together to safeguard the environment which allows the people to live longer and healthily, and preserve it for future generations.

ART CELYNNE ADVINCULA & ARJAY PANGILINAN

The sun set, overpeeking a luscious geoserve with a warm, golden glow, its fading light casting long, gentle shadows across the tranquil land-scape.

HINNING GOLDS AMIDST FAMILY DRAMA

WORDS Rachelle Abel

PHILIPPINES—On August 3, 2024, Carlos Edriel Yulo shocked the Filipinos as he won a gold medal at the 2024 Paris Olympics for Men's Artistic Gymnastics. It was soon followed by another gold from Men's Vault Artistic Gymnastics the next day, becoming the first-ever Filipino to achieve two golds at the Olympics since the Philippines' first appearance in the Olympics in 1924. But amidst all his success, his family drama became the focus of the Filipinos' attention. As negative as it is, Filipinos love dramas, and an incredibly big issue with someone notable is their cup of tea. Adding to the fact that Filipino culture values family, Yulo's issue with his family became the talk of the 'nation'.

Yulo first came into the spotlight in 2019 at the World Championships in Stuttgart, when he became the first Filipino and Southeast Asian world champion in artistic gymnastics. He made appearances on a number of Philippine media networks, most notably Jessica Soho's invitation to her show, KMJS. There, they discussed Yulo's hardships and achievements, and the rest is history.

His benefits and incentives were abundant, including incentives as mandated by the law, cash prizes, and other sets of benefits from individuals and organizations. However, it was not these incentives that greeted Yulo upon his return to the country. As soon as the results came out, his mother, Angelica Poquiz Yulo, posted remarks against her son on her Facebook account, cheering for another country instead. Netizens were therefore dismayed, calling her out for letting their family drama out in the open and even going so far as to have a press conference just days after her son won golds.

Even before the start of the Olympics, his mother was already posting insinuating remarks against her son, and even her cover photo excluded Carlos Yulo. The first time it happened, the public thought she was only yearning for sympathy or expressing her anger, but as she proceeded with a press conference, it became clear as though she wanted both the sympathy of the netizens and the monetary benefits of her son.

After his mother's press conference, the golden boy-Carlos Yulo's alias for his two golds-posted on TikTok to explain his side: "Napatawad ko na po kayo a long time ago." Yulo's forgiveness of his mother came after narrating what seemed to be the start of their disagreements, hinting that it is indeed a monetary issue as well as calling his girlfriend a 'red flag.' Him forgiving his mother is like telling them that they should stop the issue. But after gaining another fruity information, would netizens stop eating melons just because he said

Following Carlos Yulo's two-time gold championships, he and his girlfriend, Chloe San Jose, made an interview with Toni Gonzaga on the latter's show 'Toni Talks.' Yulo reminisced in his first time ever wanting to win in the Olympics after watching the 2012 London Olympics, naming Kōhei Uchimura, a retired Japanese artistic gymnast known for being the seven-time Olympics medalist, as the one who inspired him to dream big for his gymnastics. Yulo, on Toni opening the topic of his family's matters, said, "...hindi na [rin] po para malaman ng buong sambayanan kung ano 'yung nangyari. Basta ako, alam ko po sa sarili ko, sa puso ko, na napatawad ko sila, and inamin ko sa sarili ko na nagkamali ako, kinarma na ako, kasi mali nga naman na sagutin mo sila ng gan'on..."

For some families, welcoming their loved ones with open arms and warm words is the norm, even if one grew up in a household where doing such things is cringy stuff for them. But brandishing your family's dirty linen is like inviting public mockery. And that is the toxic mentality of the so-called "call-out culture."

The normalization of flaunting your success on social media platforms, down to practically posting someone on social media just to gain sympathy and create a bandwagon towards the subject of your post, is getting out of hand. It shows that doing so will also put oneself in ridicule, as netizens each took sides of the story as they related themselves to the

Carlos Yulo's big achievements in the country are being enshrouded with his family drama. As saddening as it is, his issues with his family took the spotlight and are always attached to his gold medals; a rain on someone's parade. Now, whenever Carlos Yulo was mentioned, it was not his achievements that they associated with him, but being an ungrateful child to his parents. A sad reality in today's generation; you are selfless if you give back to your parents, and selfish if you don't.

ART Janna Amparo & James Benedict Bustamante This illustration shows how Carlos Yulo's win for the country was overshadowed by his family drama, leaving the the citizens to only remember the drama in their heads instead of the honor that he brought back home to his country, the Philippines. The Illustration includes two characters of the two-time gold medalist with a tv, representing drama, replacing its head.



SEPTEMBER

MARINA Licensure Exam for Officer-in-Charge of a Navigational Watch Lerry Jane A. Sanchez

Microsoft Certified: Azure
Data Fundamentals
Cedric Lawrenze P. Bayonito

Certified in Cybersecurity
by the International
Information System Security
Certification Consortium
Angelica C. Roll

USGBC LEED Green Associates Examination

Bianca Ysabelle Gonzales John Ernest Bautista

MARINA Licensure Exam for Officer-in-Charge of an Engineering Watch

> Neil John T. Morada John Earl H. De Leon

OCTOBER

COMPTIA ITF+ Certification Exam Danielle Ehsan W. Abdel Bari

Norvin E. Aragones
Kharyle Khaye A. Bohol
Marck Gabriel R. Corillo
Joseph Marxlen A. Dumapit
Brian A. Isidoro
Patrick Aren A. Nisperos
Glenn John A. Reforsado
Angelica C. Roll
Krystle Cloie B. Antiporta
Jaren Paul C. Corona
Rajah C. De Pablo
Emmanuel Chris V. Ganatuin
Princess Juhaina M. Gonzales
Jonathan A. Madelo
Daniel U. Mendiola

Electronics Engineers Licensure Examination

Engr. Alex B. Inay Jr Engr. Aaron Samuel A. Malabanan Engr. John Carlyle M. Ofreneo Engr. Angelo James A. Velasco

Certified Mental Health First Responders

Jeminah Hannah Ang

Aya Gabriel Espinosa
Nicole Gamboa
Liberty Israel
Sean Dante Laguilles
Francesca Regine Lisboa
Shane Bernadette Molina
Arielle Narcelles
Jean Daniele Navarro
Phoebe Margareth Pascual
John David Sangkal

MARINA Licensure Exam for Officer-in-Charge of a Navigational Watch

Tomhelson Gerar C. Alivio

Certified Human
Resource Associate
(CHRA) by HREAP
Assessment Examination

Sophia Anne Marie S. Ortega

NOVEMBER

Autodesk Revit Certification Exam

Dan Calunia Vincent B. Falejo Regina Grace U. Lascano Alexandria Mae C. Parras Juan Carlo C. Santamaria Kei Leane N. Sunga Henry Jons B. Tejada Joko Albert D. Villanueva

Certified Human Resource Associate (CHRA) by HREAP Assessment Examination

Adrian Paul C. Hernandez

COMPTIA ITF+ Certification Exam

Engr. Michael P. Amistoso
Engr. Nathan Carlo C. Animas
Engr. Micah Abimael E. Antiporta
Engr. Karl Vincent F. Argañosa
Engr. Kevin Josh B. Atienza
Engr. Abigail P. Ignacio
Engr. Lara Melissa Z. Lagrada
Engr. Karissa D. Mauro
Engr. Dan Augem M. Mercado

Engr. Sean Joseph V. Mier Engr. Paolo Luis D. Miranda Engr. Jonathan M. Monroy Engr. Ana Liza B. Narbonita Engr. Jessica Pauline M. Noriego Engr. Aira Nicole M. Opeña Engr. John Steve O. Sabido Engr. Aira Angelica B. Villadolid

Chemical Engineer Licensure Examination.

Engr. Aphrodite Christianna A. Adviento Engr. Maureen Jazz M. Brucelas Engr. Jomel E. Edma Engr. Jameela Reine R. Lim Engr. Chelsea J. Petareal Engr. Lian Justin M. Salundaga Engr. Michelle Anne Therese C. Tagalog







We would like to thank the following offices, student councils, and student organizations for participating in the creation of KAMALAYAN's First Term Newsletter for the Academic Year 2024-2025.

Student Affairs Office (SAO)
Corporate Communications Office (CCO)
Center for Guidance and Counseling (CGC)

Supreme Student Council (SSC)
College of Arts and Science Student Council (CAS-SC)
College of Computer and Information Sciences Student Council (CCIS-SC)
College of Maritime Education and Training Student Council (CMET-SC)
E.T. Yuchengco College of Business Student Council (ETYCB-SC)
Mapúa Institute of Technology at Laguna Student Council (MITL-SC)
Mapúa Institute of Aviation (MIA-SC)
Senior High School Student Council (SHS-SC)

Mapúa Malayan Kalikasan (MAPKAL)

The Haus of Fashion and Arts

Talented Union for Growing Musicians and Artists (TUGMA)