

# TAHIP

THE ONLINE NEWSLETTER OF THE SOIL TILLER



Volume LX  
SEPTEMBER ISSUE

02 | EDITORIAL

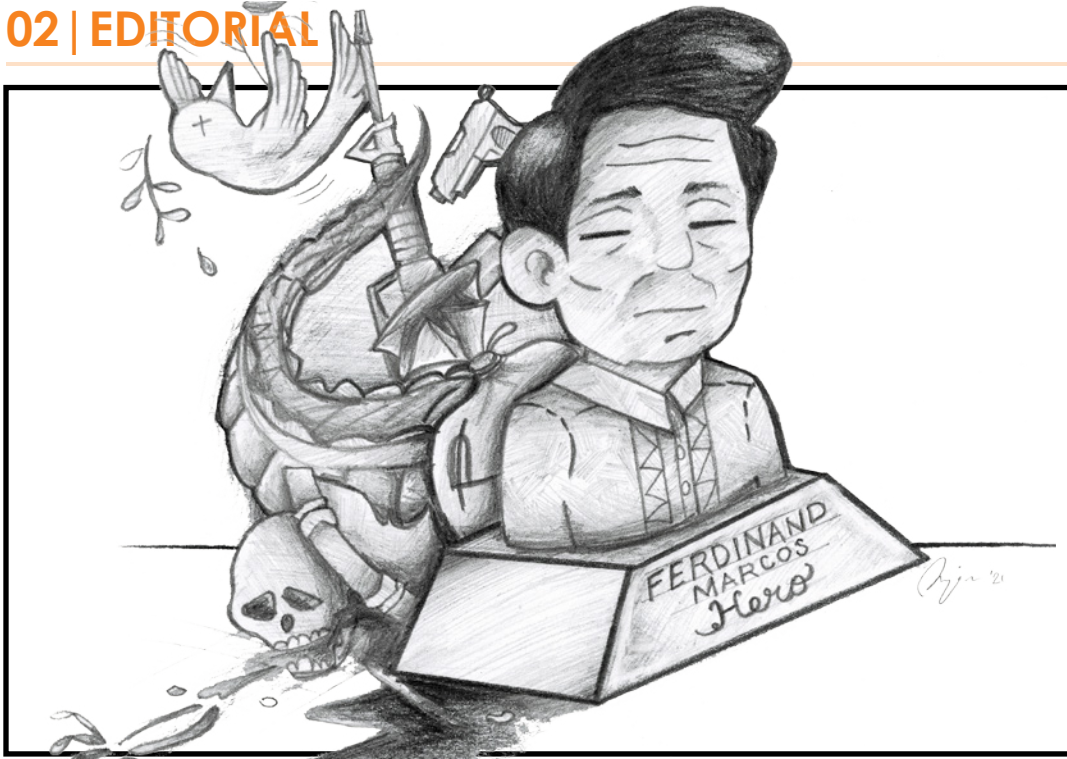
Marcos legacy

03 | NEWS

students' orientation

07 | LITERARY

survival



# Marcos: The Greatest---

An idiocy continues to revolve around foolish people.

His nearly 21-year regime as the president will never be forgotten. Him being quoted as the best President that the Philippines ever had is one of the most ridiculous yet unlaughable gag in the history of politics. The tenth President of the Republic of the Philippines, Ferdinand Marcos – the authoritarian, the dictator, the unjust.

Pro-Marcos supporters continue to shower themselves with notions that the rise of many infrastructures delivered his success, that the Philippines was amongst the richest during the “Golden era”, and that it was safer in the country during the martial law. In fact, everything was out of foreign debt and taxed until now, the official rate of poverty increased, and many lives were taken away.

The Marcos’ administration lacked transparency. Never forget that it forced shut down large TV networks and made the people believe in that there was no anomaly.

As he was aware that media and criticism is so powerful, Marcos took over by shutting the voices of the oppressed. The battle between the government and the press fighting for their freedom never ceased to an end. Countless media attacks were recorded during the Marcos’ era, the press people strived but they were tied, having their lives at line.

The martial law was not in any way safe. Never forget that people were

tortured, detained, and killed without due process.

After Marcos signed Proclamation No. 108, an order to takeover and control all newspapers, magazines, radio, and even television facilities took place as he mandated the Letter of Instruction No. 1, which was a direct, yet filtered attack to the media.

As we look over the traces of this doomed era of the fought over the autonomy, the new Communist Party of the Philippines (CPP), and the Muslim separatist movement of the Moro National Liberation Front (MNLF) were quoted as alleged threats of communist insurgency. But were those reasonable enough to declare Martial Law? Anything not stated was the story to read between the lines.

Professor Xiao Chua, historian from the De La Salle University mentioned that the most obvious reason why Marcos signed Martial Law was to extend his term.

“  
...his regime  
stays into this age  
as succeeding  
presidents gradually  
cope up with the late  
dictator’s pace”

In another statement given by the investigation of Amnesty International, a respected human rights organization, it showed that there were more than 70,000 jailed, 34,000 tortured and 3,240 people were killed during the implementation of martial law.

If those numbers did not concern anybody there should be something wrong about their morality. Those were mere numbers of Marcos’s reek. For every single person tortured, imagine the pain of how he begged for his life and how he screamed before he died.

De facto, this President the Philippines once had literally made something. To fool a sheep, show them where the grasses are. He is a fools-gold – something that cannot be identified by a non-trained eye. A mirage – that keeps the mind of his supporters full of hallucinations. They are blinded by too much light, obstructing the truth thru rays of deceit. His demise does not mark the death of the billions he snipped from the Filipinos, his regime stays into this age as succeeding presidents gradually cope up with the late dictator’s pace, and its countrymen drowned in trillions of debt.

To claim that Marcos is the unsurpassed president that the country ever had, being committed into substantial corruption is indeed, willful absurdity, if not, purposive ignorance.

Ferdinand Emmanuel Edralin Marcos: The Greatest---Kleptocrat.



## THE SOIL TILLER

THE OFFICIAL STUDENT PUBLICATION OF  
BULACAN AGRICULTURAL STATE COLLEGE

### EDITORIAL BOARD AND STAFF 2020-2021

Bianca Gail D.C. Gonzales  
**Editor-in-Chief/  
News Editor**

Lanch Lenard C. Delos Santos  
**Associate Editor/  
Sports Editor**

Raphael G. Policarpio  
**Managing Editor for Administration/  
Layout Editor**

Melanie N. Hizon  
**Managing Editor for Finance/  
Literary Editor**

Lloydd Dafydd R. San Pedro  
**Managing Editor for Circulations/  
Head Photojournalist**

Elijah M. Mangulabnan  
Ashley P. Pangilinan  
**Features Editors**

Rand Cristian S. Hagad  
Princes Josephine B. Latuja  
**DevComm Editor**

Alexis S. Caadan  
**Literary Editor**

Reynaldo A. Gumabon  
**Sports Editor**

Carol P. Baguisa  
**Graphics Editor**

Jayson A. Ocampo  
Joshua N. Castillo  
John Marf C. Gumafelix  
**Senior Staff**

Aileen S. Masong  
Angelo A. Dela Cruz  
Dean Daniel A. Mempin  
Jocelle Lyn Bernabe  
Mark Joshua D.S. Sunga  
Nathaniel B. Hizon  
**Junior Staff**

Ma. Arjie T. Domingo, MAEd  
**Adviser**





ENDING QUIRIES. BASC-OSAS supplies new students of the college with knowledge to end the queries and address their concerns through a virtual orientation. Photo courtesy of BASC-SWSU facebook page.

## OSAS accommodates new studes; facilitates online orientation

 PAOLO A. AMBROCIO

**TRYING to cater the concerns and end the queries of the freshmen and transferees of the College, Bulacan Agricultural State College's Office of the Student Affairs and Services together with the Student Welfare Services Unit orchestrated a virtual orientation, September 2.**

The annual orientation which was usually conducted on the multipurpose gymnasium of the college was translated into virtual means through the use Facebook Live due to the forbiddance of face-to-face meetings.

Questions with regards to the designated courses of the students and concerns about the new mode of learning flooded the comment section of the live video.

Concerns were addressed but were not resolved as the Office of the Registrar is still working on the lists of students. Mr. Herbert Anthony V. Roberto, Head of SWS Unit assured to schedule another session to clarify concerns with the Office of the Registrar.

Presentation of infographics and posters about the

college mission, vision, each Institute's offered courses and the introduction of the Supreme Student Council Officers was done.

Christian Jay D. Porciuncula, Interim President of Supreme Student Council encourages the students to keep looking forward despite being unable to stay at the college's premise.

"Hindi niyo man masilayan ang BASC darating din ang takdang panahon tayo'y mamalagi na rin sa ating sintang dalub-hasaan," he said.

Moreover, Dr. Jameson H. Tan, SUC President III mentioned the updates on the conversion of the College to a University. "I'm glad to inform

you that BASC, the House Bill ordered by our honorable Congresswoman Lorna Silverio has passed the committee level of the passage of the proposed bill on the conversion of BASC into Bulacan Agricultural State University," Dr. Tan said.\*\*

## No synchronous learning; VP AA response to studes plea

 BIANCA GAIL D.C. GONZALES

**AS response to the request of the Supreme Student Council (SSC), Vice President for Academic Affairs Dr. Cecilia Santiago issued Memorandum No. 23 s. 2020 September 25.**

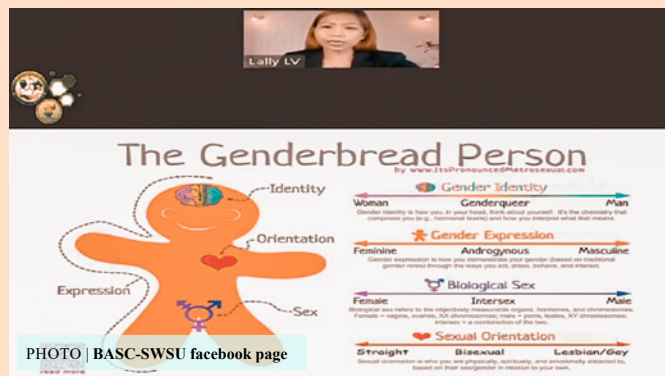
Stated in the memorandum was the shift from synchronous to asynchronous mode of learning from September 26 to 30 due to the weak internet connection provided by Pldt.

SSC Interim President Christian Jay Porciuncula said that they submitted a request for suspension of synchronous mode of learning for the said dates to the Office of the Vice president for Academic Affairs due to the demand of the studentry.

"Masaya naman ako personally na napagbigyan 'yong request namin. Kahit papano ay nakabawas sa intindihin ng

mga estudyante 'yong real-time activities, virtual class or video conference." Porciuncula said.

Pldt announced emergency maintenance activities on September 23 that will last from 8:00 am of September 25 until 5:00 pm of September 30. Despite announcing no disturbance and it will not affect the connection of their customers, slow connectivity was still experience.\*\*



## SWSU fortifies BASC studies SOGIE awareness

**MELANIE N. HIZON**

**ENGAGING the youth of Bulacan Agricultural State College to cognizance and acceptance on the concept of Sexual Orientation, Gender Identity and Expression, Bulacan Agricultural State College's Students Welfare and Services Unit (SWSU) steered a webinar with the theme: "The Rainbow Connection: Explaining SOGIE to Newbies", September 25.**

Dr. Salvacion L. Villafuerte, Rpm, RPsy of Bicol University College of Social Sciences and Philosophy, who served as the resource speaker, discussed the basic SOGIE concepts, definition of LGBT, SOGIE Equality Bill, LGBT stereotypes and homophobia.

"Being a lesbian, gay, bisexual and transgender, hindi po iyan sakit, this is part of human diversity. But when we say homophobia, that is actually a type of phobia or it could be under anxiety disorder," Villafuerte said. "Homophobia has a cure, and that is education," she further added.

Meanwhile, Paulo V. Ambrocio, Bachelor of Science in Geodetic Engineering 1A student, shared that he have found the webinar not only informative, but also an eye-opening because a lot of people has a misconception about SOGIE. He said, "They thought when we say SOGIE it is just pertaining about LGBT Community, but having such webinar, this enlighten those people who has a wrong interpretation of SOGIE."

"We should respect human whether they are straight or from LGBT Community. No one deserves to be treated like they are living in a wrong way. Each one of us have different interpretation of ourselves. We should accept and respect," Ambrocio said.

On the other hand, Dr. Villafuerte reminded the students to be mindful and intentional of their comments, especially when posting in social media platforms to avoid violating the rights of the LGBT. \*\*

## Dr. Guillen disperses knowledge on VAWC

**MARK JOSHUA D.S. SUNGA**

**"PANGALAGAAN at ipaglaban ang karapatan ng pamilyang Pilipino," Dr. Lino Fe A. Guillen, College professor from Nueva Ecija University of Science and Technology (NEUST) in Cabanatuan City stressed during the seminar on VAWC themed "Huwag Po!: Understanding Violence Against Women and Children" via Facebook Live, September 25.**

Importance of having R.A. 9262 or the Violence Against Women and their Children (VAWC) and the relevance of VAWC in timely issue.

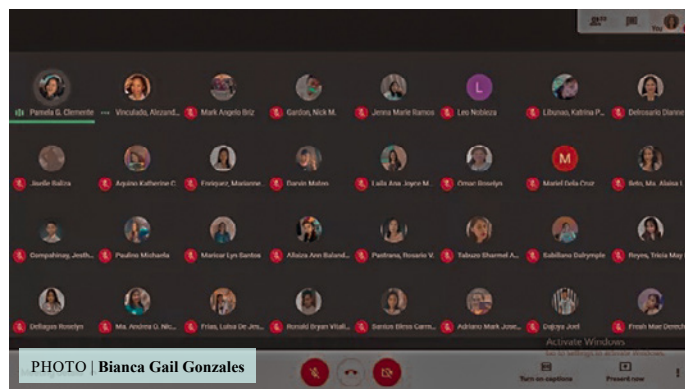
Dr. Guillen addressed the 10 myths and reality regarding VAWC of the United Nation entity (UN Women) group, created January 24, 2019 and mentioned that 8 out of 10 young women including their parents are experiencing domestic violence in conformity with Commission on Human Rights (CHR).

According to Dr. Guillen, solving prevalent cruelty against abusive intimate partners or even live-in partners in this society is the purpose R.A. 9262.

"Ang mga taong higit sa 18 taong gulang na walang kakayahang ipagtanggol ang sarili o may problema sa pag-iisip ay maaari ding matawag na menor edad," she added.

Furthermore, Dr. Guillen presented the procedure in filing criminal case under the jurisdiction of Republic Act 9262 which consists of four types of violence; the physical violence; sexual violence; psychological violence; and the economic abuse.

More so, Bulacan Agricultural State College's Student Welfare and Services spearheaded the said event together with two more other seminars on that day.\*\*



## STEMS offers Google Apps seminar; helps studees adjust to new normal

**MARK JOSHUA D.S. SUNGA**

**WITH their aim to help the students of Bulacan Agricultural State College adjust with the new mode of learning, Science, Technology, Environment and Mathematics Society (STEMS) organized a 2-day Comprehensive Training on Google Apps**

**for Students, September 19-20.**

Pamela Clemete, STEMS Treasurer and also the resource speaker of the event utilized the use of google meet as a medium to share her knowledge on the discussed topics.



## REPD continue to seek advancement amidst pandemic

**BIANCA GAIL D.C. GONZALES**

**CONTINUOUSLY striving to acquire development amidst the pandemic, Bulacan Agricultural State College's Research, Extension, Production and Development Office carried out the second part of its 18th Agency In-House Review featuring the On-going Development or Extension Projects in coordination with Central Luzon Agriculture, Research and Development Consortium via Zoom Cloud Meeting App, September 9.**

Seven on-going researches were scrutinized by the evaluators, Dr. Maria Teresa Valdez from Tarlac Agricultural University and Dr. Hermogenes Pagua from Bataan Peninsula State University.

Community Development Program (Capability Building/Training/ Livelihood), one of the on-going projects commend by Dr. Valdez as she said the concept was very beautiful.

The said research aims to; provide additional knowledge to the participants through field visitation to selected farmers; to increase awareness among the pupils among the importance of the protection and conservation of water shed and other natural

resources in their community, environment and economy.

It also aimed to offer new farming technology and provide the Dumagats with knowledge and skills such that in post-harvest technology, to establish a five hectares demonstration farm to enhance the socio economic status of the Dumagats in Angat Watershed, and to fabricate and install billboards on strategic location within Angat Watershed Reservation Area.

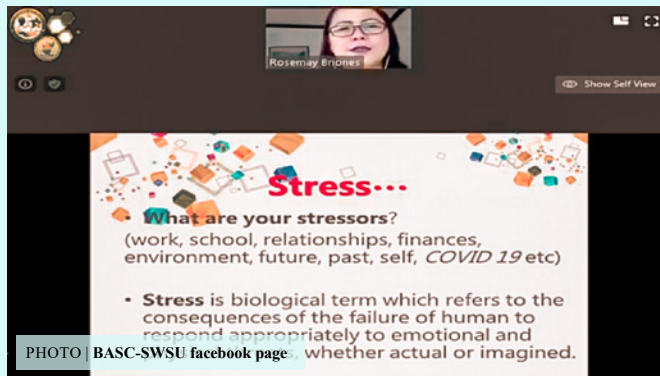
According to Dr.

Josefina Manangit, one of the researchers, the research was funded by the National Power corporation (NAPOCOR) and it took them few years in fabrication the proposal submitted to the said corporation.

"One year in the making po ang aming proposal. Very meticulous ang taga- National Power Corporation," Dr. Manangit said.

Moreover, Dr. Pagua and Dr. Valdez both suggested some modifications for the objectives of the said project.

Furthermore, the main goal of presentation is for the improvement of the project through the suggestions and recommendations of the evaluators.\*\*



## SWSU stresses health care during pandemic; arranges health webinar

**REYNALDO A. GUMABON**

**IN line with the crisis due to pandemic, Office of Student Affairs and Services-Social Welfare Services Unit spearheaded a webinar themed "Achieve! Self-care and Healthy Lifestyle in Time of Coronavirus", September 25 via Facebook Live.**

The webinar aimed to disperse relative information to the students to attain healthy lifestyle during this pandemic.

Professor Rosemay B. Briones, MA.Ed, LPT at Bulacan State University serves as the resource speaker of the said webinar.

"One of the major objectives of this webinar is to understand the concept and importance of self-care and healthy lifestyle, engage in self-care and wellness activities, and create a personal strategy to cope-up with stress." Prof. Briones said.

She discussed the common responses of people affected by Covid19, the impact of the long term stress on the body, and ways on how to deal with stress.

During her discussion, Prof. Briones said that it is normal reaction to feel sad, distressed or worried during the crisis, but you have to maintain healthy lifestyle and stressed the six dimensions of wellness according to the National Wellness Institute (US) namely; Physical, Emotional, Intellectual/Cognitive, Spiritual, Social, and Occupational wellness.

"You have to divert your stress on things that you do before to make you feel happy," she added.

Meanwhile, Jerylou Aringo, BSHM 1B, a listener during the webinar realized the importance of being healthy in this time of pandemic.

"I've come to realize that even though I'm busy, I should take some time to make my body, not just physically healthy but also mentally, spiritually, and emotionally. I've realized that I should not be lazy about keeping my body fit and healthy because that will be my only shield from the illnesses that COVID-19 can cause me," she said.

Moreover, Prof. Briones reminded everyone that health is important; we have to manage our stressors and be good to ourselves.\*\*

### from STEMS offers Google Apps...

The event came to life as the organization together with Clemente thought of something to help the students having the current situation of education. "So I came up with a comprehensive training on Google Apps as these are mostly used in online classes and schoolworks." Clemente said.

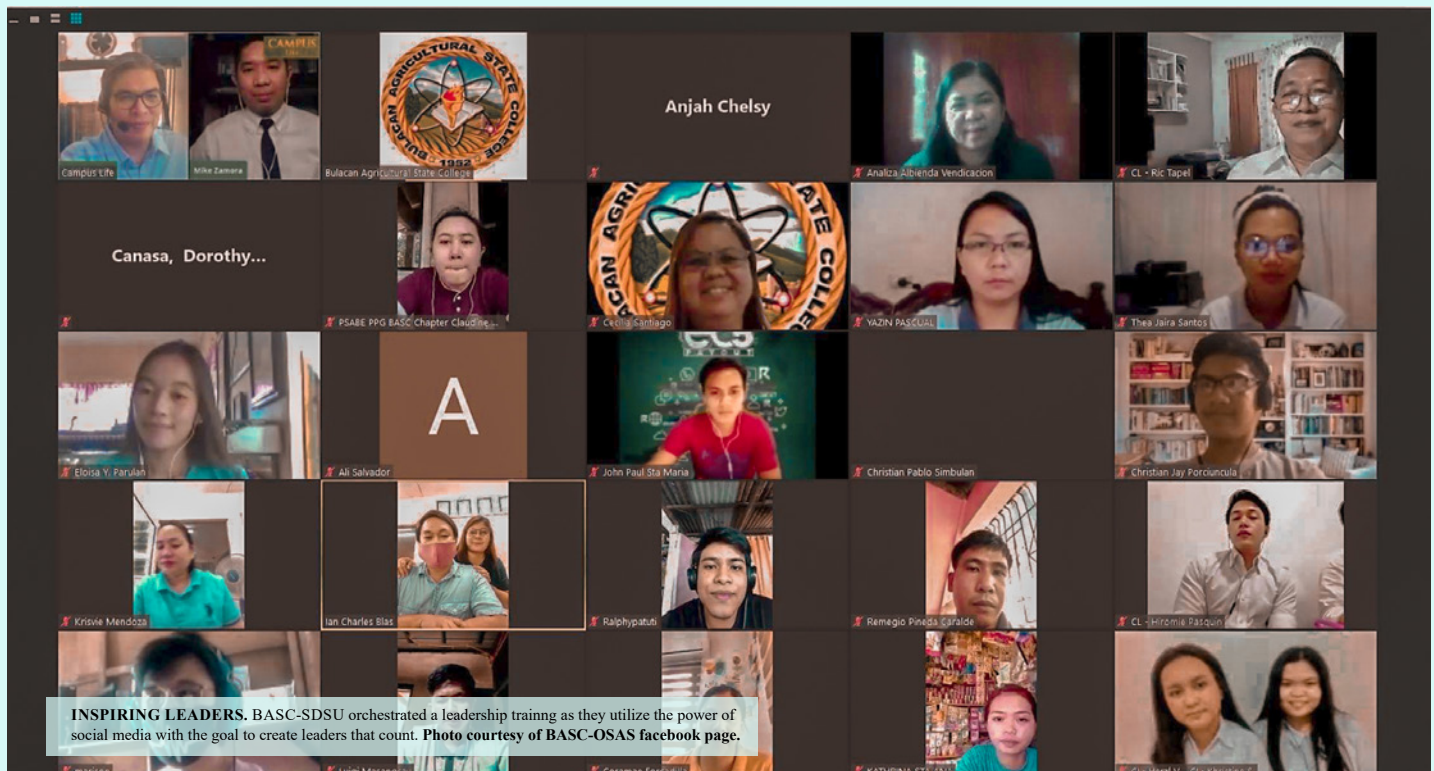
Clemente discussed about the use of different Google Apps that were frequently used by the students nowadays.

Clemente also expressed her intent to conduct other webinars during an interview. "I would like to focus more on English grammar and the like. While I'm looking for other ways on how

to make all of it come to life, I'm also hoping that I could target the right audience." She said.

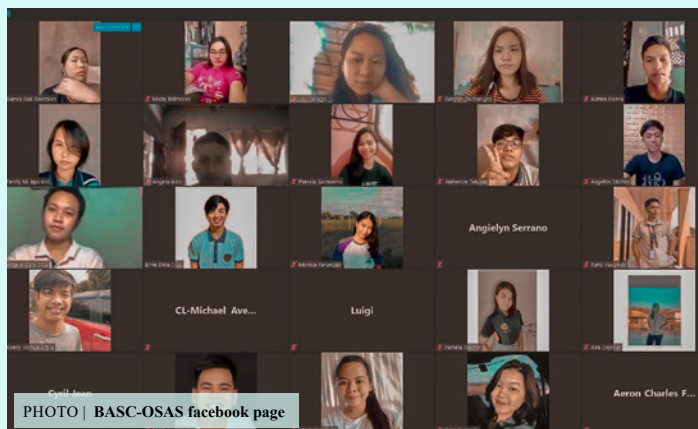
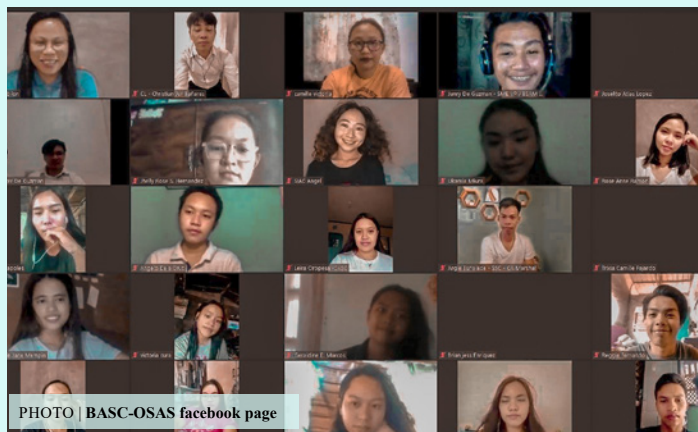
She also advised the students to maximize the use of their mobile data and search for those that matters the most during this time. "Also, remember to always have the eagerness and willingness to learn. Be reminded of your purpose and dreams. You are in the right place at just the right time." She added.

Meanwhile, Rainiel Ivan Marie Tecson, STEMS President said that other than the seminar, their organization is steering up a quiz bee together with the League of Young Scientist (LYS).



## Zamora encourages student-leaders to manifest “Leadership that counts”

 BIANCA GAIL D.C. GONZALES



*“HINDI lang tayo dapat isip nang isip...dapat we will have the capacity to make it into a reality.”*

Resource speaker Michael Paulo R. Zamora said during the Leadership Training Webinar via Zoom Cloud Application, September 26.

With the theme “Leadership Through Pandemic”, the Bulacan Agricultural State College’s Student Development and Services Unit (BASC - SDSU) initiated the training with the aim of inspiring the student leaders to keep the fire burning despite the pandemic.

Representative of the different organizations of BASC including the Supreme Student Council and Student Publication of BASC together with the aspiring student leaders of the college attended the said training.

Zamora entitled his discussion as the “Leadership that Counts: The Art of Effective Leadership” which was comprised of the topics understanding Effective Leadership; Patterns of Effective Leadership; 5 Effective Leader-

ship Styles; 10 Ways for Better Leadership; the LEADERSHIP that COUNTS; and Leaders are Authorities with a Commission.

On his discussion, Zamora explained that leadership does not happen only inside the campus, but there are also instances that you will have to act as a leader on the latter part of your life and further explain the characteristics of a good leader.

“Ang isang mabuting leader, tumatanggap ng kamalian,” he said. He explained that a good leader learn from his mistakes and seeks help if need.

Meanwhile, Christian Jay Porciuncula, Interim President of SSC encourages the student leaders to keep going despite the struggles during the pandemic and help each other to produce a better outcome.

In addition, Mr. Luis Augusto Marcelo, form the Campus Life aso served as a resource speaker during the webinar.\*\*





**EQUIPPING.** BASC's Quality Management System and Internal Quality Audit team started to gear up for the First Surveillance Visit through trainings. Photo courtesy of BASC

## BASC gears up for First Surveillance Visit

 **BIANCA GAIL D.C. GONZALES**

In preparation for the First Surveillance Visit of Bulacan Agricultural State College, the college's Quality Management System and Internal Quality Audit team take part on the two-day training on Risk-Based IQA at the Cayetano Hall, September 22-23.

The training included Risk-Based Internal Quality Audit; capacity building program for IQA team; and stress system level IQA which was discussed by Engr. Grace P. Daria of SHENDAR International Certifications. Practical application of the said training to the college Risk Management Process was also discussed.

We can recall that on December 2019, BASC achieved the ISO 9001:2015 Quality Management Systems certification covering Research and Extension, and Instructions.

Morover, Ms. Florida D. Sayco, Internal Lead Auditor of BASC IQA team together with its 19 members benefited from the training as they were introduced to the requirements on becoming a competent IQA team.\*\*

## BASC embraces Future Educators

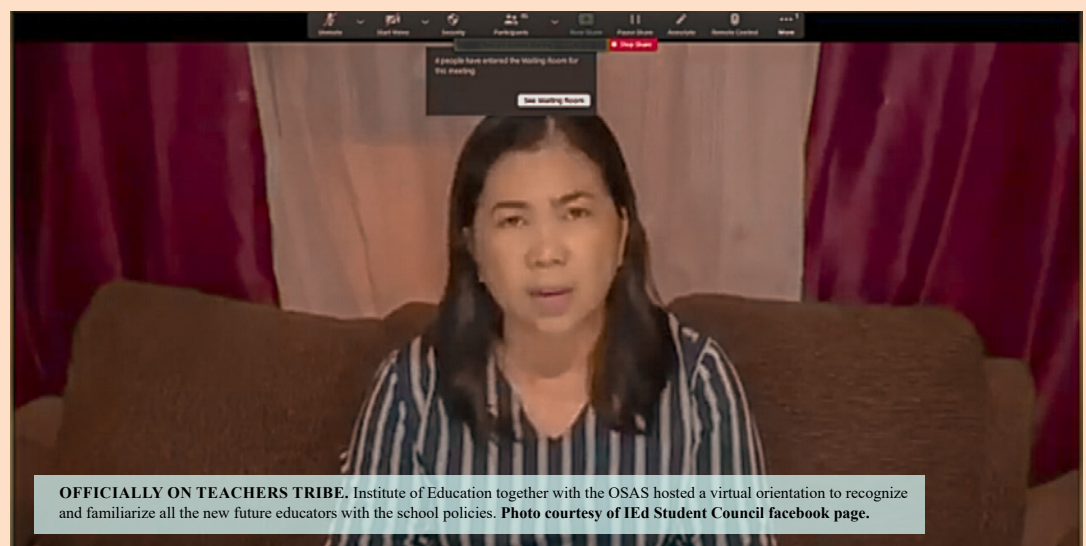
 **BIANCA GAIL D.C. GONZALES**

Bulacan Agricultural State College helps future educators familiarize with the Institute of Education and the college's policies, goals and objectives through the Institute of Education's Virtual/Online Orientation via Facebook live, September 24.

Office of Student Affairs and Services administered the institute orientation with the help of the IEd- Student Council (IEdSC) theme: "Embrace the Teacher's Tribe!"

"The primary reason of conducting the orientation per institute is that for the freshmen to familiarize with the policies of the institute, and for them to meet and familiarize with the faculty members of the institute," Dr. Jennifer P. Adriano, Directress of Office and Student Affairs and Services said.

Dr. Analiza A. Vencidacion, IED Dean inspires the future educators with her opening remarks as she emphasized the



**OFFICIALLY ON TEACHERS TRIBE.** Institute of Education together with the OSAS hosted a virtual orientation to recognize and familiarize all the new future educators with the school policies. Photo courtesy of IEd Student Council facebook page.

impact of teachers.

"There are many ways you can make an impact in the world, but there is no greater impact that you can make by spreading education." Dr. Vencidacion said.

IEd-SC collected

concerns and queries of their fellow students and raised their concerns during the orientation.

"Yong ibang concerns po ay nasagot naman na rin po dati, pero mas malinaw ngayon 'yong mga impormasyon. Lalo na po 'yong tungkol sa pagpili kung modular

or online," Sherina Jem C. San Mateo, IEd-SC Governor said.

Moreover, San Mateo stated that they are hesitant to conduct another orientation for the institute, which aims to discuss the CBL of IEd-SC, due to the load the orientation might consume.\*\*

# Bahid ng Putik sa Likod ng Puting Blusa

 GONZALES, Pieven Jester A.

Ang pagkinang ng kahel na sinag ng araw sa aking balat ang pinaka magandang tanawin na iyong aasaming masumpungang bago matapos ang isang makaubos lakas na pakikipagsapalaran. Sino nga ba naman ang hindi mabibighani sa ganda ng pagbaba ni haring araw? Mula sa isang liwanag na sing-giting ng pinuno'y siya namang paglukob ng dugo sa kalangitan. Tahimik kong pinagmamasdan ang paglubog nito, na halos akin nang naging gawi sapul pa lamang nang ako'y magkamuang. Sa pagsapit ng gabi ay kinang naman ng

buwan ang siyang dumadampi sa aking kahubdan, katamtamang tanglaw mula sa itaas kasabay ng aking panaka-nakang pagkumpas kasama ang marahang haplos ng hanging sumisimoy.

Sa kalagitnaan ng pamamayagpag ni haring araw, ang mga mamamayan dito sa siyudad ay pabalik-balik sa aking harapan. Ang iba ay nandito upang tumambay, mamahinga o busugin ang mga mata sa sari-saring senaryo. Pamilyar na ang iba sa akin at ganoon din naman ako sa kanila. Ngunit sa lahat ng ito'y may isang naiiba, isang pamilyar na mukha ang paulit-ulit na lumaligid sa

akin. Gusto rin ba nitong manahan sa aking kinasasakupan? O kaya nama'y napapansin nito kung gaano karumi ang aking katawan? Ipinagsawalang bahala ko na lamang ang aking napansin at ipinagpatuloy ang pagkumpas kaalinsabay ng mainit na hangin. Ang aking asul na blusa ay nadungisan na ngunit patuloy ito sa pagpapakinang ng taglay na kagandahan sa pamamagitan ng sinag ng liwanag. Dahan dahan kong isinayaw sa hangin ang aking blusa at tila hindi alintana ang pagkalat ng duming nakakapit. Kahit ang pagsabit nito sa batuha'y hindi naging hadlang sa lakas ng aking indayog.



Isang araw, tahimik ang kapaligiran ngunit may iilang mga taong padaan daan. Habang ako ay payapang umiikot sa aking lugar ay nahagip ng aking pandinig ang isang malakas na tunog. Anong nangyayari? Umaalog ang lupa! Unti unting nanginginig ang aking sistema sa takot kasabay ng pag-atungal ng isang dagundong na nagpagalaw sa aking blusa! Di naglaon ay dahan dahan itong nawala na siyang bumawi sa aking diwa mula sa pagkakagulantang. Ngunit bakit tila ako lamang ang naapektuhan ng malakas na dagundong? Lahat ng tao sa aking paligid ay tila walang malay sa kakaibang nangyayari. Teka! Nakita ko nanaman siya! Muli nanaman itong lumiligid sa akin, kaharap nito ang isang naninirahan sa aking lugar. Nagpakilala ito bilang isang kinatawan ng ahensiyang pang kalikasan. Ano? Simulan? Anong kailangan nilang gawin? Tsaka nila? May kasama siya? Sa patuloy na pagsisid ng aking utak sa kailaliman ng balintataw ay nagtanta kong sila ang nagdulot ng kakaibang tunog! Ayon pa dito'y naglaan ng pondo para sa kanilang trabaho na nagkakahalaga ng 349 milyong piso. Kaya ba nitong gumastos ng malaki para lamang sa pag likha ng nakabibinging tunog? Kung papalitan mo ito ng barya ay sapat na ito para masakop ang ilang parte ng aking tirahan, o kaya naman ay ilang tao din ang kayang buhayin ng nasabing salapi.

Muling umalulong ang dagundong ngunit sa pagkakataong ito'y kasabay ang paglapit ng naglalakihang behikulo patungo sa aking kinaroroonan. Hindi ko inalis ang aking paningin at binantayang maigi kung ano ang kanilang gagawin sa oras na lumapat ang kanilang paa sa aking nasasakupan. Walang pasabi nitong isinaboy ang sandamakmak na puting bagay sa aking blusa, hindi ako makagalaw! Pagkabigla at bigat sa pakiramdam ang namayani sa akin dahil hindi ako maka-laban. Unti-unti at dahan-dahan natatakpan ang dumi ng aking asul na kasuotan.

Matapos ang isang araw ng bigat at pasakit ay napagpasyahan rin nilang tumigil. Ngunit akala ko'y tapos na sila, akala ko ay mawawala na nang tuluyan ang alikabok na bumubulag at sumusulasok na sa akin, ngunit akala ko lang pala...

Ilang araw na ang nagdaan at dama ko ang dumodobleng bigat ng aking bagong blusa, ngunit ito'y nananatiling marungis tulad ng dati at tila walang nangyayari. Ito na ba ang rehabilitasyon na ipinangako sa akin noong nakaraang taon? Hindi na ata nila ako lubos na nakikilala tulad ng dati, isang anyong tubig na asul ang katawan, mayroong masisiglang bakawan na tumutulong sa kabuhayan na pangangisda

“  
*Isa na lamang akong piping saksi sa pagkasira ng aking sarili.*”

ng mga tao sa aking paligid. Gusto na ba nila akong baguhin dahil nagkamali sila noon sa pagputol sa mga inalagaan kong bakawan? Na pinutol nila ang mga halamang dagat na tumutulong sa hanap-buhay ng mga tao sa paligid? Na dinungisan nila ang aking anyo ng kanilang dumi? Mula sa masiglang asul ay unti unting lumalabo at nanglilimahid.

Marahil nga ito ang mabilis na paraan upang ibalik ang lumipas kong ganda, ngunit hindi nito mapapantayan ang tunay kong wangis na dinodolina ng bughaw at luntian. Gusto ko mang umapela ay wala rin naman itong patutun- guhan. Isa na lamang akong piping saksi sa pagkasira ng aking sarili. Sa kabila ng pasakit na kanilang ibinigay ay patuloy pa rin akong titingin sa itaas at pagmamasdan ang paglisan ng liwanag.

Kumininang ang kahel ng sinag ng araw sa aking kawatayan, lahat ng tao ay nakamasid sa paligid. Inuusisa ang paglubog ng nasira kong wangis, ang pagbaon ng mga ala-alang mahihimlay sa libingan ng kasaysayan kung saan walang sinumang nakakalala. Ngayong nagbihis na ako ng aking bagong kasuotan, masasabi ninyo pa bang maganda parin ako?

*“Kung maibabalik ko lamang ang oras, kung saan namamayani ang asul at luntian sa aking kapaligiran...”*

## While some Cries

— HIZON, Nathaniel

While everyone is missing the feeling of gentle touch, I am trying to feel something aside from loneliness. For you, it might be what food to eat or what show to watch. For me, it's feeding the monster under my mattress.

Some are lucky enough to have choices in their lives, and some aren't. Others risk their lives only to have something in their mouth and try riding the current. But no matter what, there's this one enemy who creeps into anyone; the hardest one to fight and leaves you undone.

Cries aren't always tears, and not always heard. Hunger isn't always for food, and thirst isn't always for water. We are all fighting our own battles silently. While some are trying to survive; there is me, trying to revive.



## Awaiting Death

— MANGULABNAN, Elijah

Death is nothing like those of how people perceived him to be. He is not a skeleton, he doesn't hold a scythe, he doesn't wear a black cloak. He is not those things. Death is.. normal. I know, because I've been with him for years.

He had the darkest locks I've seen, they're fluffy; and his skin, it's soft. The dark eyes he had, it's beautiful that I just want to get lost into it. He is warm and comfortable. He gave me home when I have nowhere to turn to. He gave me so much.

I've been longing to feel his warmth again, to caress him, to get lost with his gazes again. I've been longing for him since we part ways.

He told me he will never come back to me again. He really didn't. And after centuries, I'm still waiting.

## Ropes & Cuts

— GONZALES, Bianca Gail

Mischievous is the darkness of the night, whispering through the old breeze. Tempting my poor vulnerable soul to let negativity sit in. Trap in the four corners of this filthy room, body's covered with gloom. Standing in an old wooden chair, reaching for that rope tied in a loophole. With another hand, I hold a knife; looking at my reflection due to the moon's light. I realized I am not to cut my lifeline, but I am to survive a lifetime.





## *I Am No Longer Afraid*

— SUNGA, Mark Joshua

Untold stories  
have scars unseen;  
broken melodies  
are songs of sin.

Wounds left became scars  
with incisive meaning;  
hidden behind a glow  
of a flower blooming.

Days and nights are devastating;  
though not sick,  
but suffocating.

Someone's holding my neck;  
tight enough to have a hard time  
breathing.  
That someone brought something,  
and that something means every-  
thing

It is a treasure to cherish,  
yet a nightmare to banish.  
I need you get me out  
of the dungeon I'm locked in.

Give me a sign and sing me a  
song;  
a note to remind me  
to regain my sanity,  
or a letter  
to make me remember I owe  
myself an apology.

I will find my own worth  
as soon as I wake up,  
and be a broken glass  
who shines brighter when  
the pain stops.

## *Neon*

— SUNGA, Mark Joshua

Blade that had revoked her soul,  
her witch-like fairy skill that  
howled.  
Battalion of musketeers, she  
killed;  
A renegade amidst the vibrant  
field.

Kill-devil heart in an angel's  
phase,  
born from the sparkle and glittery  
glaze.  
She is a deviant, shelving blood in  
every word.  
She has her hands at the frontier  
of sword.

Far out, there is a  
thing that sprinkles;  
Beyond the darkness  
there is she  
who twinkles.  
Everyday is a  
chapter of her  
bravery,  
the series of  
reflecting color  
of her life and  
splendid misery.

## *Old but Gold*

— CAADAN, Alexis

There will come the day,  
when the keepers of the house  
shall tremble.  
The strong men shall bow them-  
selves,  
Grinders will cease because they  
are few;  
and those that look out of the  
windows be darkened.  
Then the sound of the nature be  
fainted,  
And all the daughters of music  
shall be brought low;

Later, the golden bowl will be  
broken,  
Or the pitcher be ran out at the  
fountain,  
Or the wheel be torn at the cistern,  
Or the silver cord be loosed.

Then the dust will return to earth  
as it was;  
And the spirit shall return to  
heaven.  
All is vanity,  
if you never fought a good fight.

Yes, I have survived a pandemic.  
But soon, I will be in the city of  
gold.  
I may die an old man,  
And thank goodness, not with any  
illness.



## *Thalassophobia*

— HIZON, Melanie N.

a thing I never learn  
in my childhood,  
is how to swim,  
dip and float;  
but now,  
without any rehearsal,  
I risk to dive,  
drift  
and sail alone,  
not through waters and seas,  
but through floods and storms,  
until every ripple  
became my ally.





*Igpawan*

— OCAMPO, Jayson

May kaharap kang halimaw,  
Aba! Natural lang na matakot ka;  
Ngunit lumingon ka sa likod, kita  
mo marami nang halimaw ang  
iyong naitumba.  
Kung bakit ka kinakabahan ay  
dahil ang puso mo'y tumitibok pa.  
Kung wala kang maramdamang  
kaba, malamang tigok ka na.  
Humarap sa salamin nang mala-  
man mong mas nakakatakot ka.

Kung alanganin ka sa laban,  
alalahanin si Jawo;  
Matatambakan lang sa umpisa ang  
Ginebra,  
Ngunit sila pa rin ang wagi sa dulo  
ng laro.  
Ang buhay ay pelikula, at ikaw si  
Fernando;  
Mabubugbog muna bago gawing  
punching bag si Paquito.

'Wag na 'wag kang bibitaw, higpi-  
tan ang kapit.  
Makararating din, kahit sumabit  
lang sa jeep.  
Malayo sa bituka, malalim man  
ang sugat,  
Piliting makaraos katulad ng aking  
panulat.  
'Pagkat "tinta ng aking ballpen,  
malapit nang maubos".  
Isang patak na lang ngunit sumad-  
sad pa rin hanggang ang tulang  
ito'y matapos.

*Pluma:*  
*Ang Huling Alas*

— CASTILLO, Joshua

Pluma'y s'yang armas,  
Punglo, birtud at lakas;  
Gamot sa dahas.

*#NoOneShouldBeLeftBehind*

— POLICARPIO, Raphael

Napapaisip nalang talaga ako  
kung paano ako makapag-een-  
roll ngayon. Hindi naman sapat  
ang kita ng aking magulang para  
makapagpakabit ng wifi. Ang  
perang pangload sana'y ipambibili  
na lamang ng bigas.

Ngunit, sinagot naman agad ang  
aking panalangin. Diskarte lang  
pala ang kailangan at maka-  
pag-aaral na akong muli.

"Connected."

Nagtatalon ako sa tuwa nang  
ma-hack ko ang wifi ng aming  
kapitbahay.







## *The World is Harsh but There's No Quitting*

— Protonation

In this world  
where felicity  
doesn't have a guarantee,  
I hope you choose  
to smile  
and be happy.

In this world  
where  
survival isn't easy,  
I hope you choose  
to live  
and be free.

In this world  
where  
uncertainties  
are innumerable,  
I hope you choose  
to live a life  
that's favorable.

In this dark world  
where  
it's hard to fight,  
I hope you choose  
to grip tight,  
and wait to see the light.

Beloved,  
there may be  
thousand reasons to retreat,  
but hold onto that  
last reason,  
not to quit.

## *Three Happy Faces Out of 10 People*

— horiZone

Open casket, blank canvas  
Believe me it's hard to look  
forward  
For tomorrow's reason to live  
Or for even having to get a deep  
breath

Cold eyes, white sheets  
These four walls again with slits

Imprinted the stories I haven't tell  
Maybe next time or never, who  
could say?

Bright screens, loud voices  
Only the echoes from yesterday  
made me see  
That today lacks off some bliss  
And a little bit of me.

## *Firefly*

— SULIT, Charles

Once upon a firefly,  
flying under the moonlight.  
Eclipsing that tiny flicker,  
shadowing its glow.

Like a small hope,  
challenged by environment,  
surviving in the wild,  
never giving up.

Are you the little firefly?  
Trotting in the darkness,  
along with tiny light.  
Beautiful and fascinating.

## *One With The Fireflies*

— horiZone

At a time like this, night is silent.  
I'm wondering where the crickets  
go for I haven't heard a single  
sound from them. Or maybe my  
sobs are just too loud and it's  
the only thing my ear is able to  
hear. My sobs used to be quiet  
and lowkey, I don't wanna wake  
anyone whose beside me, but  
tonight I let them go and wander  
the vastness of my emotion, I let  
it consumed me. Well, I don't  
wanna think that way, I wanted to  
think that crickets are having their  
best time with the long forgotten  
fireflies. Little lights lost their  
illumination, because people  
believe they don't have much  
impacts to the world just like me,  
but if I would never be too lonely  
with them, then, I want to go with  
the crickets too to be one with the  
fireflies.









## 2020: Year of the Decade

— VITUG, John Michael

What ever I tell you do not dare to believe me. I'm a big fat liar.

It's been such a good year. The sound of the firecrackers fills the air as the clock hits 12. Welcoming the New Year —2020 has come.

The world feels delighted as the start of the year comes. January lights the burning passion in the bushes of Australia. Koalas cheered in happiness as 2,000 hectares home turn to ashes. No one's dead. Literally no one.

On the seventh day of the starter month, there holds a surprise. China successfully gives birth to a blessing, a child named 2019-nCov. Wuhan came singing Hallelujah as the child played along with the whole country, then traveled overseas.

Everyone is in deep happiness. Nobody cries. Everybody were joyful, indeed. Kobe is on his 42nd year and Gigi is on her 14th.

People seems to enjoy the view. The scenery of Taal volcano erupting did not affect anyone. Amidst of playing with the "Chinese child", they were on the run to throw a party while ashes is pouring from the sky. A killing snowflake. Residents smiles as they see the rice fields and fish ponds blown into trash. They are laughing.

Students were pretty proud from not making any goodbyes to their school friends. The long years of journey together has been pulled out in a blink.

Behind these lovely disasters the government is in full response. No political issues and they're helping each other. Everything are just fine.

Countrymen were in tears of joy. Watching the Law makers fight and pushes each other down makes them feel so proud. In the middle of playing 'tagu-taguan' with nCov, politicians were in the burst to find solution and

preventions. They don't argue as well, they are busy discussing some necessary actions on how we can play hard with death.

Look back from the start and see my sarcasm.

The world has no voice while whining. An uproar from the darkness devours the sound of the small spark. Everything were lost in the midst and the monsters came in. The locales are not alone anymore. We are with the crawlers who wait for the perfect time to hit us.

We were in fear and hatred for the past months. Flattening the curve is not possible at all for them. They are just putting an act to post that they are doing the best that they can. After all, the bars isn't made to find real justice.

Just to survive.

Each bag of 'ayuda' - a leftover from the so called "budget" is not enough. Hypocrite. Trying to prove they did the best while hiding the fact that they earn something from it. And again, just to have something to put in our stomach, we accept it. Biting our tongue. Closing our eyes. Staying silent.

People learn as this year keeps on going. There, we impost our willingness to maintain what we have; concern the individual needs and persevere for nothing. Ears were close to hear out those people who had the lack on speaking through their lungs.

Hear how the demons chuckles and yell cutting their hands off down in hell. Everyone listened to their creepy proclamation.

Whatever I tell you, do not dare to believe me. I'm a big fat liar. But as a liar, I do not lie for the sake of the other liars.

;

— CURA, Victoria

Sa yungib sila'y nakakadena't nagtatago, sila'y unti-unting hinahatak, pinapatay at binabaon ng mga pagkaing inihahain ng mga mapagkunwaring halimaw. Alpas! Alpas! Bakit hindi ako makaalpas?

Nakasukbit sa hilatsya ng kanilang mukha ang saya ng kalungkutan. Bubungisngis at makikiayon sa paglalayag ng mundong mapanghamon habang ikinukubli ang sakit at pangambang unti-unting lumalamon sa pagkataong nais na sanang magpakilala. Kasabay ng buwang liwayway ay ang takot na hatid ng mga bumubukang sakit mula sa mga mata at bibig ng mga taong nananaksak sa dibdib.

Masakit, kanino ko ito ipababatid? Ikukwento na lamang ba sa hangin at pananatilihin itong lihim? Wala namang nakikinig sa hapdi nitong damdamin. Sasarilihin ko na lamang ang mga hinagpis. Kanino nga ba magtitiwala kung lahat kayo'y nakatanaw lamang habang ako'y nasa bangin ng kamatayan? Isang kamay lang naman na hahawak sa palad na malamig, iyong maghahatid sakin ng natatang-ing init. Mahapdi na ang mata tuwing gabi, banat na ang labi sa pagpapanggap na ngumiti. Ayoko na, sagad na ang sakit. Bunsol

na ang isip sa pag-unawa sa mga maskarang nagsisilay ng ngiti. Mga halimaw, ang mga salita niyo'y mapanakit, mga ngiti ninyo'y mapagkunwari.

Mapusyaw, maliwanag. Ako'y biglang nasilaw sa semetrikong ilaw. Dama ko ang pagluwag ng mga tanikala. Ano ito? May init na lumulukob sa aking mga sugat. Masarap, maginhawa. Nanghi-hikayat palabas ng kagubatan. Naninikluhod akong lumabas, iingos-ingos sa sakit na nadarama. Sa pag-angat ko ng aking mga mata, bahaghari ang una kong nakita, kasabay ng bulong ng Ina, "Anak, nakalabas ka na." Iwinaksi niya ang mga butil ng luhang tumatak-as. Dinampian niya ng masamyo at maingat na halik ang aking noo, tila takot na masaktan ako. Naluluha ako sa saya, may tao pa pa lang nakaaalala.

Tatapusin na sana ang patay na buhay dahil sa pighating hatid ng masalimuot at mapanghugang mundo, ngunit sa alon ng mga tao, may tinig na gumising sa nakalibing nang damdamin. "Anak, nakalabas ka na." Hindi pa pala tapos ang kwento, magsisimula palang ito mula sa pag-alpas kong ito.



## Fatamorgana

— Deus ex Machina

The scorching heat of the sun  
will never be an excuse to stop the  
hunt;  
neither the life threatening thirst,  
nor this endless place that was  
cursed.

The dessert will not abide to your  
desires,  
it will keep on stretching its miles.

The unsympathetic cold will chill  
your bones,  
when the night transpire after the  
dawn.

It seems like the sun took all the  
heat,  
right after the moment it left the

summit.

However, you cannot froze to  
death,  
because tomorrow the search is  
on set.

The dessert will make you crum-  
ble;  
it will trap you until you stumble,  
it will play your mind and imagi-  
nation.

You might think that vivid lines  
were the horizons,  
but it is just a fatamorgana you see  
in your hallucinations.  
That's how the dessert will crush  
your motivations.

Will you go on?  
Will you move on?  
Will you keep on searching the  
oasis?  
Will you endure all these crisis?  
Yes you will,  
because you left the savana where  
you live,  
for this journey that you believe  
in.

You know the water in the oasis  
will taste the finest,  
because you conquer the quest.

## Paglalalayag

— PORCIUNCULA, Christian Jay

Natagpuang nakabigkis, nakalu-  
tang sa karagatan.  
Kumawala't nagpumiglas, ipina-  
gaspas ang tunay na kulay.  
Hindi nagpalunod sa hagupit ng  
along nagkukumpulan.  
Inaasam na kaligayahan, iniahon  
sa hukay.

Sinuong ang lahat pati ang karaga-  
tang walang lingap.  
Tanging sandata ang sagwan ng  
kagitingan  
Lulan ng bangka ang hangad na  
pagtanggap.  
Sa daungan ng pagmamahal, baha-  
ghari'y namasdan.

## Singkwenta

— PORCIUNCULA, Christian Jay

Sa tuwing sasapit ang pasukan ay  
hindi maialis sa akin ang pag-  
kasabik sa pag-aaral, ngunit iba  
ang aking nararamdaman ngayon.  
Kasalukuyan akong nasa itaas ng  
puno ng mangga sa likuran ng  
aming bahay hindi upang kumuha  
ng bunga, kundi para humanap  
ng maayos na signal ng aking  
telefono.

Payak lamang ang pamumu-  
hay ng aming pamilya ngunit  
ngayong nagkaroon ng pandemya  
ay tila lalo kaming isinadlak  
sa karukhaan. Pilit lamang na  
iniraraos ng aking mga magulang  
ang aming pag-aaral kahit na  
minsan ay hindi pa sumasapat ang  
kanilang kinikita sa aming pagkain  
sa araw-araw.

Habang abala sa paglahok sa on-  
line class ay nakita kong paparati-  
ng ang aking ina.

"Hoy Jose! Bumaba ka nga rito!  
Magsaing ka muna bago ka  
mag-cellphone. Wala ka nang  
inatupag kundi cellphone," nayay-  
amot na sigaw ni Inay.

"Opo, Nay," tugon ko kay Inay.  
Wala akong nagawa kundi sumu-

nod na lamang sa kaniya upang  
hindi na mapagalitan pa.

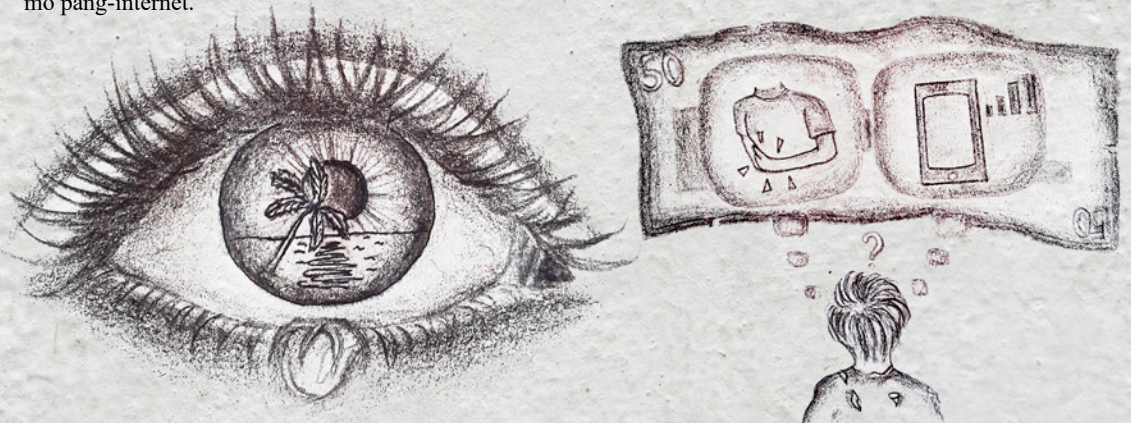
Pagkatapos kong magsaing ng bi-  
gas ay itinanong ko kay Inay kung  
ano ang aming uulamin ngayon.

"Nay, anong ulam natin?"

"Wala pa nga eh. Oh, heto pera,"  
wika niya sabay abot ng pulang  
salapi.

"Ano pong bibilhin kong ulam?"  
tanong ko.

"Hindi, Nak. Itabi mo 'yan. Para  
iyan sa pag-aaral mo, ipang-load  
mo pang-internet."





## “SILVER LINING AMONG THE DARK CLOUDS”

*Pontifex*

**Lloyd Dafydd R. San Pedro**  
*Managing Editor for Circulations*

BEEd 2A

dafyddlloyd@gmail.com

**HOPE.** Teaching and learning involve our connections as human and it feels like it has taken away from us, this may be the right time to destroy the barriers between teachers and students. We must forge a new standard. This is now the time that we must secure not only students to learn and to pass the course but also to see if they are able to cope up with the remote education.

Throughout the last decade of classroom learning, it did not prepare us for the emerge to a distance schooling through internet education. Since the COVID-19 pandemic dispersed in the entire world, it affects numerous gathering especially in our education. Since the World Health Organization's designation of the Novel Coronavirus as a pandemic on March 2020, every school in our country was cancelling down the class for the virus to slow its spread. The continuation of our second semester last academic year made me realize that this coming year for us is a retreat, as professors and student find the difficulties of adjustment in traditional classroom to a virtual one.

Elsewhere in the Philippines, Bulacan Agricultural State College, our college, reopened last August 24, 2020. It is a euphemism to say that the rife has brought feelings of precariousness and stress about the future. However, living the life under quarantine and doing schoolwork online and studying virtually have become an aspect of my new routine that I fully accepted. Even though I may not have wanted to spend the final years of being a student by just connecting with my professors and classmates beyond the dimension of internet, I have found rainbow after the rain.

Despite the fact that some of us still have the same problem as before, I think it is easier atleast these days since some of the professors put themselves on the shoes of their students.

There are still unheard voices of the students, that keep shouting for academic freeze or to move the class on October. But according to the Chairperson of the Commission on Higher Education (CHED), Prospero De Vera, it is not unreasonable for all universities and colleges to resume the classes simultaneously, because their school calendars are distinct from one another. He called it impractical and is unable to achieve as the school year structure is determined by individual universities guaranteed by their Academic Freedom under the Philippine Constitution.

Online Distance Learning has its ups and downs. This shift to virtual classroom has been a tough one for many families. Students may reach out for their professors when the instruction through online has its difficulties. As I have experienced comparing from the last semester's adjustment because of this pandemic, some of the professors have their adjustments for this situation. For example, our teacher in SocSci 101, Rommel Eguia said that “Mag-iingat kayong lahat. Para sa mga mahal sa buhay, sa mga kaibigan at pamilya... For 10 points”. Even it is a joke or not, statement like this helps the students a lot to make our classroom in the comfort of our own space.

Another professor from the other institute, Ronald Reagan T. Alonzo, Vice President AFBA, is motivating his students through giving electronic load as a reward for a task he assigned. In this

time where most students and their family are suffering from financial difficulties and slowly losing interest in studying, such small act encourages the students to keep moving forward. This act won't solve all the problems, but it will at least lessen the burden students have to carry everyday.

We have our teachers who can help us to adjust in this time of distress, all we have to do is to reach out for help and I am sure that they will extend their hand.

Teaching and learning involve our connections as human and it feels like it has taken away from us, this may be the right time to destroy the barriers between teachers and students. We must forge a new standard. This is now the time that we must secure not only students to learn and to pass the course but also to see if they are able to cope up with the remote education. This kind of learning is not new. What is new is that schools are embracing it, our formators should form to educate online by exploiting authorized online resources. Guarantee the students that even dividing their focus and adjusting in this distance learning, mental health of everyone should not be at risk.

Being a student and a future educator, I am encouraging everyone to open our hands and offer ourselves to one another.

Even we found the silver lining among the dark clouds, there are still students who cannot afford being online student and this matter is another story to tell.



*We have  
our teachers  
who can help  
us to adjust  
in this time  
of distress,  
all we have to  
do is to reach  
out for help  
and I am sure  
that they will  
extend their  
hand.”*



“

*our heartbeat increases every second of the slow internet connection while holding our breath as if we are about to die, thinking if we can pass the test or if we let our parents down because we fail it.”*

## “MENTAL STATE AT SAKE”

*Sage ex Machina*  
**Princes Josephine B. Latuja**  
*DevComm Editor*  
 BSEd English 3A  
 princeslatuja@icloud.com

**DAMAGES.** Many students experience mental and emotional breakdowns leading to overthinking and for worst; it leads to depression. Mental health problems here in the Philippines are not always open in the eyes of the masses, but we must be aware of its importance particularly now that we have to deal with the challenges brought by the pandemic and its collateral damages.

Everything that had happened in the past six months was really unexpected. It was as if the liberty we had in our hands had been snatched by an awing proceeding. The announcement of the infamous Coronavirus disease-2019, also known as Covid-19 created a huge impact all over the world, giving everyone anxiety in our daily lives. Everybody is at risk; no one could say when, where or how we could be infected by the disease.

Due to the risk given by the virus, it has brought unexpected and surreal challenges that burdens different sectors in our country. The Education sector in the economic subdivisions has also been wrecked by the medical dilemma that hits our country. According to UNESCO (2020), 28 million learners from the 1.2 billion learners around the world are from Philippines; the educational institutions were being closed to prevent the spread of the contagious disease (UNESCO, 2020), thereby the educational sector in our country adapted the “new normal” to continue the school year amid the pandemic.

In higher education institutions, CHED (2020) gave academic freedom to State Universities and Colleges (SUCs) to implement distance learning and other alternative mode of learning. SUCs like Bulacan Agricultural State College (BASC) started implementing the online class featuring “blended learning” that gives the students the freedom to choose which type of learning they want to use; modular mode, online class, or blended learning. However, neither of the options are easy for it takes physical and mental preparation to attain the expected learning outcome and the quality of education.

One’s mental health is

essential considering that it has great impacts to physical health. These two things can never be separated for it correlates each other and are crucially important for survival. Thus, mental state must be taken care of yet the mental health of the students has been neglected to consider for the past few months as the online classes had started last semester. According to Dr. Bernard Argamosa, a psychiatrist in National Center for Mental Health (NCMH), they receive an average of 30 to 35 calls per day and 400 calls per month amidst the lockdown period, indicating that people are not really stable due to the anxiety-related concern of the pandemic.

As a student, I knew from the start that this new normal would not be easy for some of us; while we are worrying about the health of our parents that make money for our living and for us to connect to the new normal, we also worry if we can still survive the pressure and stress of this academic year.

Apparently, considering that not all students are privileged to join the online classes, not all students do have the capacity to use the needed things such as laptops, cellphones and especially the internet connections for the online virtual meetings; in addition, the money to buy load is also a huge problem to some of us, yet unfortunately, although some students have load for internet connection, the poor signal is their main struggle in connecting through virtual meetings, resulting to unwanted disconnection during the live discussion of the teacher and pressure for they miss the lecture.

Furthermore, we have to deal with stress from the seemingly endless assignments required to be passed every other day or weekly, although sometimes if the instructors

are born really kind-hearted, they allow it every other week. Nevertheless, what is more pressuring is the quizzes and exams with a time limit given by the teachers, especially when the data connection is limited; our heartbeat increases every second of the slow internet connection while holding our breath as if we are about to die, thinking if we can pass the test or if we let our parents down because we fail it.

Additionally, it is very disheartening to hear some students saying that they have no choice but to drop out of school because they are not capable to be in an online class. They lament in the fact that they have to stop because they are lack of the things necessary for this new normal.

As a result, many students experience mental and emotional breakdowns leading to overthinking and for worst; it leads to depression. Mental health problems here in the Philippines are not always open in the eyes of the masses, but we must be aware of its importance particularly now that we have to deal with the challenges brought by the pandemic and its collateral damages.

We are not just a student, we are also daughters and sons who have a life outside the online classes. We want you to feel what we feel; we may look happy in your eyes while we share post from Facebook, but that does not mean we feel utterly fine. We are going through a lot of emotional and mental breakdowns from the tension and anxiety we get from the situation, thus we want consideration and patience. We want to survive this pandemic like everyone else, and we want to survive mental illness to live peacefully with our families and friends. We need your help. Yes, we ask for help.



## Pulse on Students' Mental Health

"One thing that made this complicated situation easy is the support of my family, friends and some of my instructors. Through the moral supports I receive from them, I know I will be able to fully adapt to the current crisis and survive this pandemic with a diploma in my hand."

—Alden22

"I love studying, but I cannot consider that I am happy with this kind of learning. Sometimes, I am thinking about giving up. But, how can I save the future if I would give up this early? That is why, I am willing to do everything for the people, for the youth. As long as the future ahead of us will be better, no obstacles would break me."

—Alejandra V. Vinculado, BSEd English 1A

"Upang makasabay ay iniisip ko na lamang ang huling araw ng pagpapasa ng mga ipinapagawa upang makausad, at hindi ang pagkatuto."

—Angela Tracy G. Clarin, BEE2 2A

"Online class alone is a torture for me, for my wellbeing, because I was not used to this type of learning, and I'd choose face to face classes anytime if I had a choice. I think, one word can describe all of my thoughts and feelings about online class and pandemic. That one word is "draining". Get this, tatambakan kami ng babasahin, magbabagsak ng mga gawain without even teaching the content of the materials they uploaded (applies to those who don't even meet us via any video call media). Alam ko naman, lahat tayo nag-aadjust, students man o teachers, pati magulang natin nag-aadjust din. Pero kasi, sino ba talagang talo rito? Sino ba talagang lugi rito? Di ba kaming nga estudyanteng hindi nagkakaroon ng quality learning dahil we are only being forced to pass any requirements to be given by our teachers? Anong mangyayari samin kapag hindi kami nagpasa? Babagsak. Anong gagawin namin para di bumagsak? Gagawa, pero may natutunan ba kami? Oo meron naman, pero hindi ganun ka-quality yung natututunan namin."

—Nathaniel Gandeza, BSABEn 3

"Sobrang stress na stress na sa lahat, lalo na sa'kin, may sakit ako sa puso. Napupuyat kagagawa ng walang katapusang activities. Kahit may time management na, nagkukulang pa rin ang oras ng isang buong araw. Sabay-sabay na gawain sa school tapos sabay-sabay na utos sa bahay."

—Luna, BSABEn 2

Akala ko sa una lang mahirap kasi syempre mag-aadjust ka sa bagong pamamaraan ng pagkatuto, pero habang tumatagal pala mas lalong humihirap, mali ako ng akala."

—Jewel Mae Latoza, BEE3 3A

"Para sakin ang solusyon para mabawasan ang labis na epekto nito sa ating mental health ay, time management. Gawin agad kung ano yung ibibigay na gawain, huwag hayaan na tumagal ng tumagal at masabay sa iba."

—Pearly Jane Abillanoza, BSBA-3B

"Everytime that I cannot understand the lesson I feel like I am not good and it makes me doubt my capabilities."

—JSB, BSBA 3B

"Hinay-hinay lang po, daytime may online session na tapos sa gabi kailangan pa naming tapusin yung mga activities na binibigay niyo. Pambihira, anak din po kami na minsan hindi na rin nakakasabay sa hapagkainan matapos lang ang mga pinagagawa niyo. Tao po kami hindi robot. Although I totally understand that you are only doing your job, please have mercy."

—Princes Josephine Latuja, BSEd English 3A

## Pulse on Working Students

"Kahit saang anggulo tingnan, hindi madaling pagsabayin ang pag-aaral at pagkayod. Tatayo at magbebenta habang nakikinig sa itinuturo at sinasabi ng guro. Sa kabilang banda, bagamat isang malaking hamon ang isingit ang trabaho para makapagpatuloy sa pag-aaral, nairaraos at pipiliting maiusad ang pag-asang makasabay sa gitna ng new normal at online class."

—JR. P. Domingo, BSBA 1C

"Ang pinaka struggle ko lang talaga is example katulad nung isa kong professor, 'di niya ako binigyan ng chance makapag-take ng na-missed kong task, then siguro dahil wala pa akong letter na naipapakita kaya hindi niya ako binigyan ng consideration."

—Jean Carly Pastrana, DVM 1A

"As an online seller, i'm having a hard time responding to inquiries and dealing with my customers because it's hard to balance my time. I think that the online class isn't for everyone and I think that they didn't consider the fact that not everyone is privileged enough to cope up with this new mode of learning."

—Crystal May M. Flores, BEE2 2B

"Ayokong huminto sa pag-aaral sapagkat nais ko ng makagraduate ako on time para makahanap ako ng mas magandang opportunity pa sa trabaho kapag ako ay graduate na ng 4-year course. Mas kailangan kong magtrabaho para matustusan yung mga gastusin ko sa pang-araw-araw gayundin sa online class, sapagkat sarili ko lang ang mayroon ako dahil ulila na ako sa magulang. Hindi ko pwedeng sukuan ang pangarap ko."

—Rochiee (BSBA-3B)

"As a working student nahihirapan din talaga ako kasi nga nagtatrabaho ako sa umaga tapos sa hapon aral naman, tapos 'pag may free time aral ulit. Mahirap lang din pag nagsabay-sabay yung mga gawain dahil tulad ngayon need ko pa mag-leave para makapagpasa or makapag-submit ng activities at assignments, etc."

—aybeng (BSBA-3B)

"Yong trabaho ko kasi ay ako yung kailangan maghanap ng tao, hindi ako yung lalapitan ng tao. Oo laking pasasalamat ko na lang na hindi naman ako inaagad ng mga teacher ko na magpasa agad ng mga activities, kaso ang hirap lang hindi ko nasasabayang 'yung mga classmates ko. At natatambakan na ko ng gawain dahil halos sunud-sunod din magbigay."

—Nicarro

"Kung tutuusin mas mahirap pa ito kaysa sa dati noong hindi pa online class, mas kontrolado ko ang oras ko noon hindi gaya ngayon na inaabot ako ng madaling araw dahil sa tambak na gawain."

—denden, BSIT 3A

"Ang hirap magfocus at ang hirap balansehin ng oras. Hindi naman pwedeng ihinto yung trabaho kasi malaking bagay na 'yung pangload o panggastos lalo na sa panahon ngayon."

Nakakasabay naman ako bilang working student sa pagpapasa, paggawa ng activities. Yun nga lang hindi ko masabing natututo ako sa online class, ang hirap din kasi minsan kapag ikaw lang mismo aaral sa mga lesson."

—Humphrey Yvonne Cabrera, BSAM 2A

"In my current experience, my teachers agree with those who work but in my opinion, I can learn nothing if I am not always in class. Right now, with so much difficulty managing time at work and study, I thought of quitting my job because I went to class almost every day. I thank the Lord for not leaving me alone."

—PANGHILOD

*S-Pulse*



# Duterte vs. Facebook

Farcicality keeps the imprudent display his travesty. Considering not only his incompetence in the domain of legislations, but also the lack of effectiveness in taking action against the alarming cases of COVID-19 in the Philippines, president Duterte now then cried foul over the exploit of the online platform, Facebook, for removing pages and accounts that is said, helps the government to espouse good of the people.

Facebook runs as the largest social media platform in the Philippines next to nothing, claimed to be the social media giant that grants multiple opportunities for Filipinos to live through with. Despite of the disturbing cases of pandemic in the country, the president once again, side-tracked by questioning Facebook to its capability to operate in the country after the issue of removing pages that conduct “coordinated inauthentic behavior,” as the pages in question was alleged to expose misinformation and targeting the anti-DDS who opposed the current movement of the government. Here and now, not only

the president release its mouthful blast but also the Malacañang who then protests the rights to free speech in contrast to the mending of Facebook’s community policies. Partisan, it is when Duterte administration contemplate Facebook, by deleting selected pages and accounts. But as we consider the action of government on taking down one of the nation’s biggest network, isn’t it the same thing that Duterte rolls over? Now, they plead to the supremacy of freedom of speech.

The revolution of senselessness never stop.

The government nowadays did not even know how to speculate between legitimate accounts used for spreading information and those troll pages to have links with the military that never halt to praise the administration by feeding the online media with falsity. Freedom of speech did not stays with same ground as perpetuation of misinformation, de

facto, this freedom ends when an individual or certain agency disrupts democracy that leads to falsifying truth in exchange for political advantage. Advocating lies is a dishonor for expressing freedom of discourse.

As per being suspended by Facebook, the Malacañang did not even mouthed a word to the accounts who have been deleted by

“Freedom of speech did not stays with same ground as perpetuation of misinformation, de facto, this freedom ends when an individual or certain agency disrupts democracy that leads to falsifying truth in exchange for political advantage.”

criticizing the government rigidly, these includes the account of well-known comedian and activist, Mae Paner. The platform evidently stated that the reason of being suspended by the pages shut down recently is due to the usage of fake accounts to spread false information and not due to its content.

The palace believes that defiance is the only way forward to counter the attacks brought by the online platform. With this, the House of Representatives is set to scrutinize Facebook to determine if the action is intended to start a war in the country. It was quoted that the action took by Facebook is a direct mode of overthrowing Duterte administration.

Another gag was brought to us by the government as they prioritized the critiques over the current state of the country, struggling against the pandemic. Now, more than ever, is the right time to think if we are being prioritized by the government. Now, more than ever, is the time to be focused on the dilemma we are facing.

Do not be abstracted for Facebook is not a threat, but the government itself who lacks competency.

