

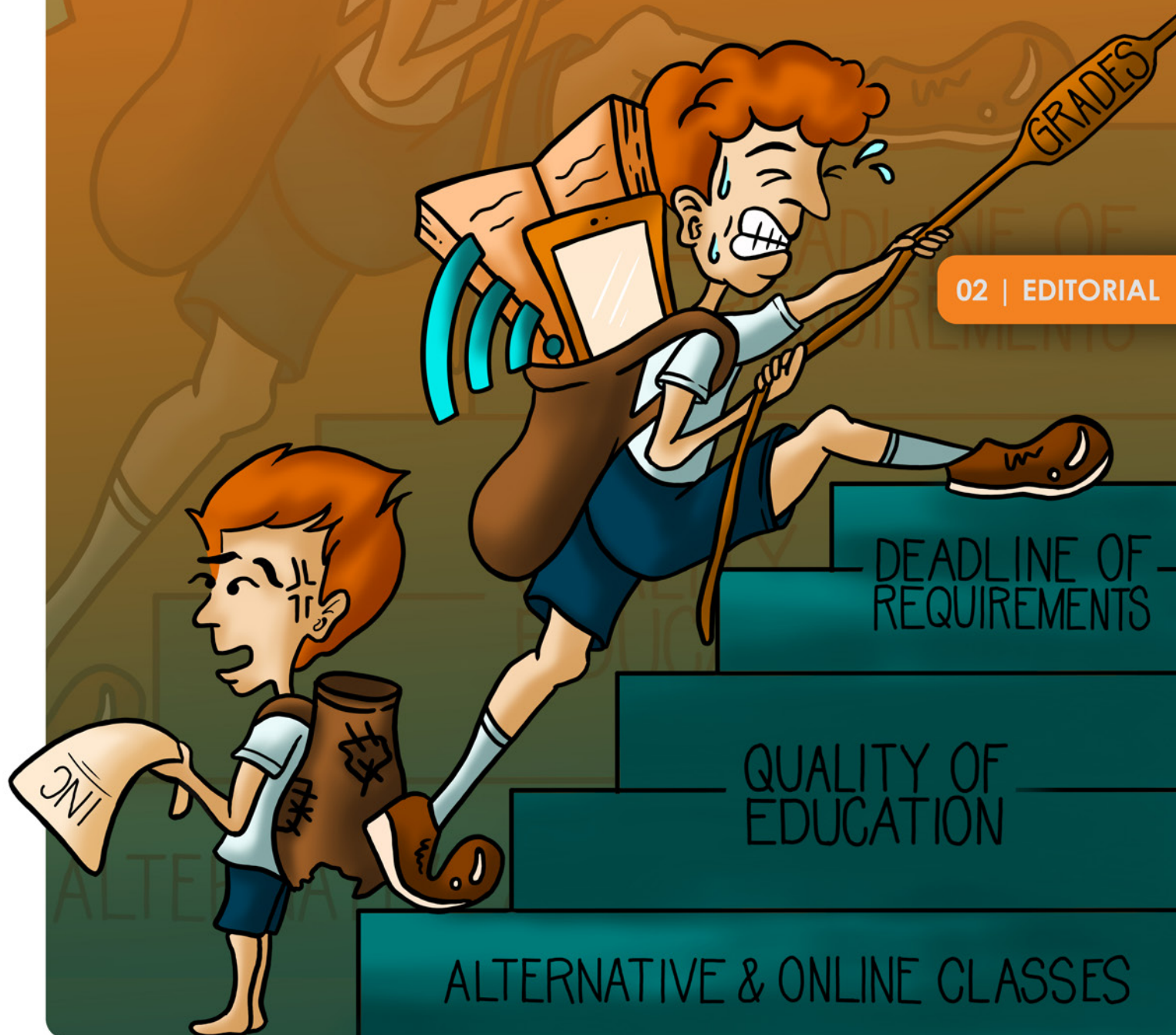


# THE SOIL TILLER

THE OFFICIAL STUDENT PUBLICATION OF BULACAN AGRICULTURAL STATE COLLEGE

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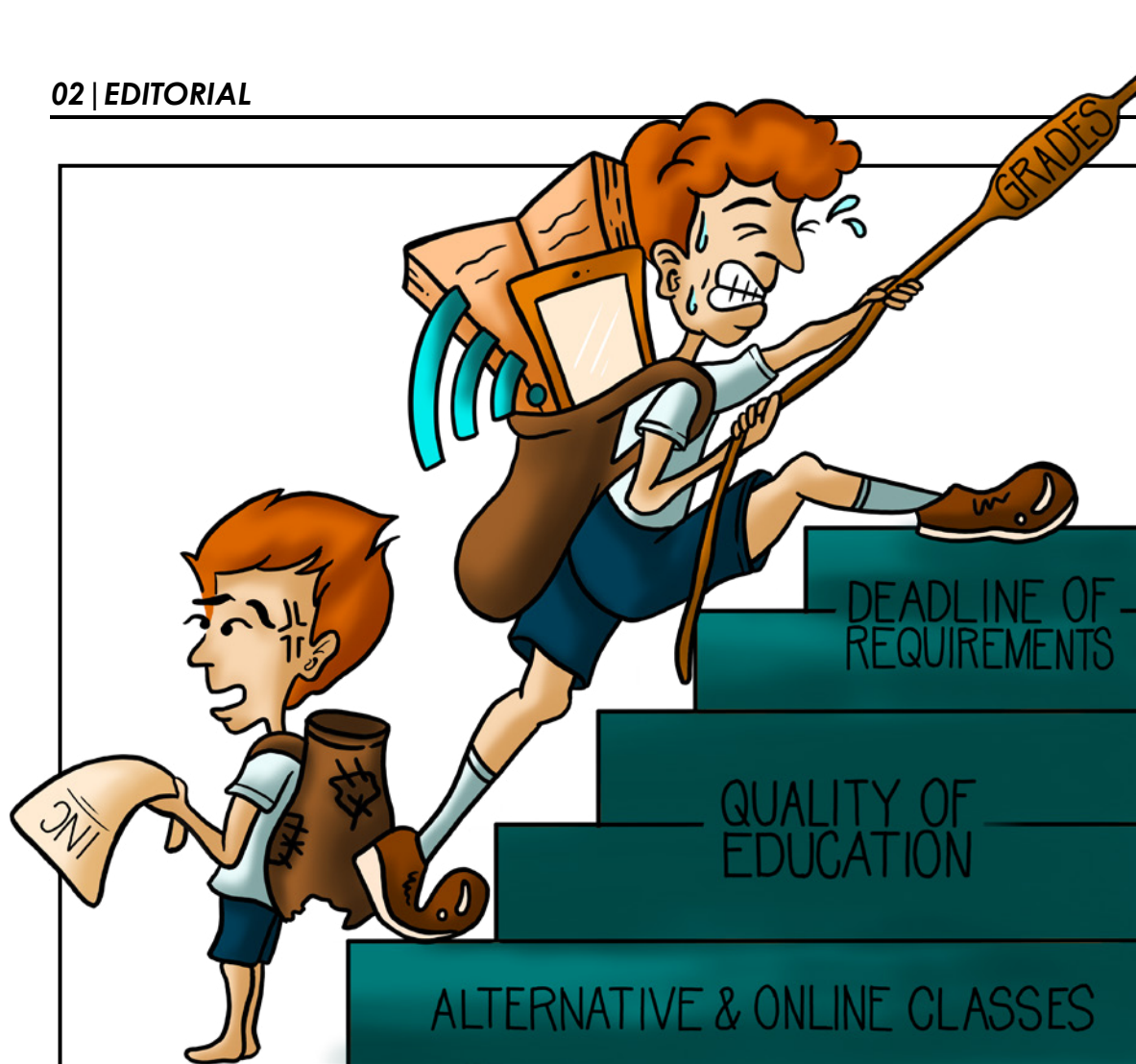
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# Considered Inconsiderate

Academic Year 2019-2020 ended the era of normal School Calendar of Bulacan Agricultural State College as the COVID-19 pandemic forays the world, affecting the educational system of the institution. Being part of SUC-III, BASC President, Dr. Jameson H. Tan ordered to implement a memorandum that urges to comply with alternative modes of instruction during the period of class suspension from March 16 until the end of A.Y. 2019-2020 on April 30.

Different student organizations of BASC fell into pit of adversities as they cope to the “new normal” that was passed on to the students. As for students of the institution with no sufficient resources to muddle through the implementation of alternative modalities such as online classes, it was a direct hit for them to comply due to lockdown brought by the Community Quarantine. To conform with the requirements to pass each subject, a regular student must cope with tasks to be submitted online. But what if a student does not have the access to any of those gadgets? A grade of INC will be given to

students who cannot comply with the given tasks. Fair enough for selected students with enough resources, but unjust to selected few.

Did the institution leave them behind?

As of March 10, due to the threat of pandemic, distress enveloped the students as well as the faculty of the institution with the news of positive case/s of COVID in Bulacan, resulting to urgent suspension of classes in the region. On the following week, a memorandum from the office of the President was issued on alternative educational system that should be implemented during the period of suspension (March 16- April 14). Guidelines due to the implementation of alternative modes of instruction made the midterm examination suspended until further notice. No face-to-face or personal interaction of classes shall be administered to prevent the spread of virus, instead, faculty members shall utilize a home-based learning. In line with the given guidelines, students must not enter school premises and faculty members shall adopt a work from

home scheme. This included the submission of accomplishment report of the faculty members. However, the submission of accomplishment reports by the instructors had a domino effect on the students, requiring them to submit activities on a not flexible time.

More than few of the college students cried over their professors requiring a mandatory submission of activities on a given deadline. Instructors reasoned that students must submit the said activities for the instructors to complete their accomplishment report also.

The situation got worst as no schedule was provided for the instructors when to guide students. Some instructors gave activities on a daily basis disregarding their usual meeting schedules with their classes.

Students cried foul over the implementation of the alternative modes of learning since the pandemic did not only wreck the education system, but also the financial stability of every family specifically those poorest of the



**THE SOIL TILLER**  
THE OFFICIAL STUDENT PUBLICATION OF BASC

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# BASC welcomes rabbit meat industry; 1st to house National Rabbit Congress

TST News Team



**THE RISE OF INNOVATION.** President of ARaMP inc. with the College President of BASC recognizing the efforts and contribution of Rodrigo "Jiggy" Manicad during the Rabbit Meat Conference. Photo by Lloyd Dafydd San Pedro.

**MAKING a mark in history, Bulacan Agricultural State College (BASC) in partnership with the Association of Rabbit Meat Producers, inc. (ARaMP) hosted the two-day 1st National Rabbit Congress of the Philippines at Pinaod, San Ildefonso, Bulacan on February 27.**

Artemio C. Veneracion Jr., President of ARaMP inc., shared that BASC was the first to support their advocacy and initiated a rabbit production research among all private and State Universities and Colleges they have visited.

Rodrigo "Jiggy" Manicad, a Filipino Television producer and newscaster graced the National Rabbit Congress as one of the presenters and committed to help in spreading awareness and information with regards to the benefits of eating rabbit meat through his television shows.

Manicad shared his first hand experiences on the instability of food security in the Philippines. He further discussed the possibility of food crisis to arise in the country in an unexpected time, which must push the rabbit meat industry to strive harder to provide and sustain meat demands.

ARaMP has seen that if managed properly, rabbit production is sustainable and profitable, and with proper industry support and consumer awareness, rabbit production can emerge as an important low-cost answer to the problems of hunger, undernourishment and poverty.

Different presenters also imparted their knowledge, researches and studies during the

congress plenary session. Mr. Michael Soliman (Entrepreneur) shared his topic "*Communication Campaign on Rabbit as an alternative Livelihood*"; Dr. Honeylet J. Nicolas from BASC institution presented the "*Performance of Meat-Type Rabbits in BASC Rabbit Project*"; Mr. Christian Renz M. Jacob (Bureau of Animal Institute) explained the "*Two Levels of Voltage of Electrified Waterbath on Rabbit Slaughtering*"; Ms. Cheryllyn U. Gripo discussed about the "*Sensory Evaluation of Rabbit Meat as Compared with Broiler Meat*"; and Mr. Raven Carlo S. Parreño also

presented the information about "*Market Study of Rabbit Meat*".

Day one of the said event ended with the speech of the Regional Director of Department of Science and Technology, Dr. Julius Caesar Sicat together with his pledge of one million pesos for the partnership of BASC and ARaMP inc. for the continuous research and studies for the succession of rabbit industry.

The last day of the convention highlighted the skills of different high school students from around San Ildefonso and San Miguel, Bulacan; and the potential

of rabbit meat through a cooking competition.

With the dish named "*Lapan Roulade in Tropical Salad Sides*," representatives from Salapungan National High School overshadowed their competitors bringing home the first place.

"Sa ngayon, kaya ang kinuha natin na contestants sa cookfest ay 'yong mga kabataan, para sila na mismo 'yong mag-dessiminate ng awareness about rabbit meat," Dr. Susan C. Santos, Vice President, BASC- Research, Extension, Production and Development (REPD) answered after being asked of the disadvantage of acceptability of rabbit meats to Filipino youths' taste buds. Dr. Santos added that the decision of having high schools students as the contestants for the cookfest was actually based on the plans from the BASC-ARaMP Partnerships Road-Map.

Prior to the contest proper, ARaMP Corporated and BASC Organizers also showcased some of their rabbit meat products rabbit tapas and sausages.

Meanwhile, hundreds of delegates from different sectors and institutions within the country were gathered to attend the presentation themed "*Karne ng Kuneho Para sa Kalusugan at Kabuhayan*" on the first day of the event.\*\*

## Batang Labhigh returns on the street; seizes 2nd spot in street dance competition

RACHELLE HIPOLITO & BIANCA GAIL GONZALES

**Coming back from their one year break, Bulacan Agricultural State College- Laboratory High School's street dancers proved their talents after bagging the 2nd spot in the Street Dance Competition, January 22.**

Dr. Josephine G. De Guzman, LHS principal, said that dancers of this year's batch of lab high students were more ready enough than they were in the past year. BASC - LHS dancers skipped the previous year's competition due to lack of practice and skilled dancers.

LHS street dancers had come back strong and harvested the fruit of their hardships and struggles and also, their practice had been

paid off.

"Napakasaya ko po kasi first time ko nga pong sumali then nag place pa po kami," Sean Kurt Valdesotto, a LHS dancer said. "Naging struggle po namin ay yung sakit ng katawan dahil sa araw-araw na practice tapos pinapagalitan pa ng magulang dahil madalas na nakauwi ng gabi," he added.

The dancers' distinctive costumes made them stand out from the crowd during the said competition.

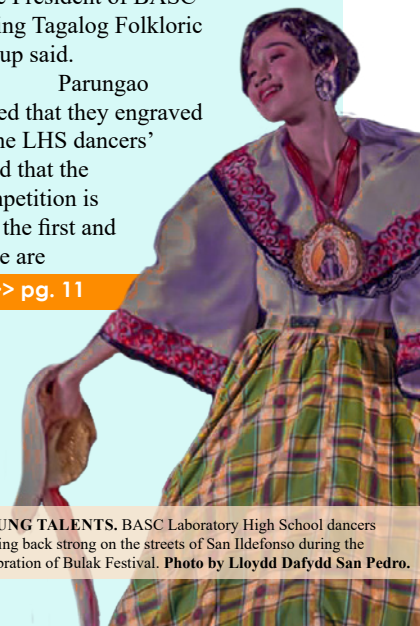
"Isa sa tema ng Bulak Fest ngayon ay ang taon ng Ekunismo, Dyalogo ng Iba't-ibang Relihiyon at Katutubong Mamamayan. Kaya't iyon ang naisipan ng aming punong tagaturo na gawing concept at ipaga-

wa sa mga bata," JM C. Parungao, Vice President of BASC - Liping Tagalog Folkloric Group said.

Parungao added that they engraved to the LHS dancers' mind that the competition is just the first and there are

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**YOUNG TALENTS.** BASC Laboratory High School dancers coming back strong on the streets of San Ildefonso during the celebration of Bulak Festival. Photo by Lloyd Dafydd San Pedro.





# BASC Liping Tagalog Folkloric Group nagtampok sa parangal ng Alagad ng Sining sa Sayaw

 RAND CRISTIAN HAGAD



PINO. Ang BASC-LTFG na sumasabay sa himig ng tugtog na puno ng kariktan sa araw ng parangal ng Alagad ng Sining sa Sayaw. Larawan ni Reynaldo Gumabon.

**ITINAMPOK** ng Bulacan Agricultural State College - Liping Tagalog Folkloric Group (BASC - LTFG) ang kanilang husay sa ginanap na parangal kay Gng. Jovita Espenida - Meneses bilang natatanging "Alagad ng Sining sa Sayaw" sa lalawigan ng

**Bulacan sa Hiyas ng Bulacan Sentrong Pangkultura, ika-28 ng Pebrero.**

Kabilang ang BASC - Liping Tagalog Folkloric Group sa mga naimbitahan upang magtanggap sa nasabing parangal.

Ito ang unang pagkakataon

na naimbitahan ang BASC - LTFG upang makiisa sa nasabing pagtatanghal. "Sobra ang kaligayahan namin sapagkat kahit napakalayo ng kolehiyo natin ay naanyayahan tayo," sambit ni G. Regulus Caibigan, Gurong Tagapayo ng BASC - LTFG.

*"Isang patunay po na ang hamak naming grupo ang BASC—Liping Tagalog Folkloric Group po ay unti-unti nang nakikilala at natatanyag sa larangan po ng katutubong sayaw," dagdag pa ni G. Caibigan.*

Samantala, Si Gng. Meneses ay miyembro ng faculty ng Bulacan State University at founder ng Lahing Kayumanggi Dance Troupe ng BulSu.

*"Si Inang as fondly called by the members of LKDT ay pumanaw noong Decemer 26, 2019,"* saad ni G. John Arrden Octaviano, Katuwang na Tagapayo ng BASC - LTFG.

Layunin ng naturang parangal na kilalanin si Gng. Meneses bilang natatanging Alagad ng Sining sa lalawigan ng Bulacan dahil sa malaking ambag nito higit lalo sa BulSu kung saan siya ay naging gurong tagapayo ng Lahing Kayumanggi Dance Troupe.

Ang naturang parangal ay parte ng pagdiriwang ng Pambansang Buwan ng Sining.\*\*

## Ocampo's pen hooks 3rd in Literary Writing at 19th RHEPC

 BIANCA GAIL GONZALES & MELANIE HIZON

**ONE** of the Literary Editors of The Soil Tiller (TST) returned with a formidable pen as his armor that secured a 3rd place finish from his previous year's defeat in Pagsulat ng Tula during the 19th Regional Higher Education Press Conference (RHEPC), January 22-24, at Hacienda Gracia Resort and Hotel, Lubao, Pampanga.

With its theme: "Promoting Integrity through Ethical and Innovative Campus Journalism", Jayson A. Ocampo marked his comeback with this recognition together with a 6th place award in Pagsulat ng Lathalaing.

*"Nung na-announce na 'yong mula top 10 hanggang top 5 tinanggap ko na sa sarili ko na talo na ako kasi mga magagaling at matatalino talaga 'yong mga kalaban. At least nagawa ko 'yong makakaya ko. Unexpectedly natawag ako sa 3rd place na kabilang sa mga LHEPC qualifiers,"* Ocampo expressed. He added that during the awarding, his memories flashed back on how he started to love writing and what he had gone through to improve.

Ocampo also claimed to still feel as if a winner even without the awards he acquired. He said, *"Nakabawi pa rin ako kasi satisfied ako sa gawa ko ngayon. Alam kong naibigay ko yung 'A-game' ko 'di katulad nung last year na lousy talaga. Bonus na lang talaga 'yong medal at panalo."*

Ocampo's 3rd place finish gave him a ticket to the Luzon-wide Higher Education Press Conference (LHEPC) to be held in Naga. However, Glenn M. Calaguas, President of the Association of Tertiary Student Paper Advisers of Region III, Inc. (ATSPAR III), made an official announcement last March 8 of the cancellation of the said conference.

*"Nalungkot ako kasi sayang, paano kung di na ulit darating sa 'kin yung chance na 'to. At syempre nalungkot din ako para sa ibang LHEPC qualifiers, lalo na sa Region 3. Pero ganun talaga, walang may gusto nito,"* Ocampo stated. *"Kahit kung hindi man nangyari itong COVID-19,*

*alanganin pa rin akong maka-attend ng LHEPC, una dahil sa malayo ang Naga city at ako lang mag-isa kasama yung adviser namin. May mga possible negative consequences,"* he added.

The said conference failed to receive an endorsement from the Commission on Higher Education (CHED) due to the risk brought by the COVID-19 pandemic.

In contrary to Ocampo's comeback, Lanch Lenard Delos Santos, Associate Editor of TST was dethroned in the field of Editorial Writing as he stumbled down to 7th place.

*"Actually I did not expect the topic, because whenever na nag-presscon ako, yung topic sa kadalasan ay hindi*

*nagfocus sa mga current issues, but then this year, it was about Taal volcano. I have limited idea about that and I think that my piece somehow crossed the boundaries*

*of news. Nagkaroon pa nga ng interview eh. Pero natutuwa pa rin ako kasi pasok parin sa top 10,"* said Delos Santos.

Despite of failing

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**MIGHTIER.** Jayson Ocampo (TST's Literary Editor) comeback with flaring pen which made him surpass his former year's downfall. Photo by Reynaldo Gumabon.





**FRUIT OF HARD WORK.** Beaming smiles are the President of Dean's Lister Society with her mother and few College Officials while recognizing the hardwork of all Dean's Listers during the awarding ceremony. **Photo by Melanie Hizon.**

## DLS recognizes excellence; holds first collegewide awarding

**BIANCA GAIL GONZALES & ALEXIS CAADAN**

Recognizing the excellence of students in Bulacan Agricultural State College (BASC), Dean's Lister Society (DLS) held the first collegewide awarding of Dean's Listers at the BASC Multipurpose

Gymnasium, February 11.

Awarding of DL was previously done only in the Institute of Education, Arts and Sciences (IEAS) and recently it was proposed to be a college-wide activity.

Dean's Lister President, Cashmere Lauriz Trivinio was overwhelmed and proud due to number of awardees. The awardees reached over 540 students who were awarded with a certificate and a

medal.

Trivinio stated that they had faced several struggles before they were able to materialize the said event. The budget was their primary problem which was solved through using the organization's fund and with the help of the awardees together with College President, Vice President for Academic Affairs, OSAS Director, Institute Deans and other teaching force.

More so, Trivinio extended her gratitude towards the organization's Adviser Ms. Grace Allison Manglalan, her co-officers and hoped for this event to serve an inspiration for the college students to study harder.

Student awardees also expressed their gratitude to all for this event. According to them, their parents' happiness was complete because their children were recognized by the whole college unlike before that it was done only by their respective institute.

Meanwhile, Office of Student Affairs and Services Director Dr. Jennifer Adriano told students, *"Hindi dapat puro aral lang. Matuto rin kayong i-balance 'yong oras ninyo para hindi ma-stress."*

## TST Lit Fest utilizes online platform due to pandemic

**BIANCA GAIL GONZALES & ALEXIS CAADAN**

DESPITE being locked at home due to the COVID-19 pandemic, The Soil Tiller, official student publication of Bulacan Agricultural State College still managed to conduct its annual Literary and the Arts Festival, May 25-30.

Bearing the theme "2030: Ang Huling Dekada", the publication pushed through the event using social media platform.

The said event aimed to establish a responsive competence among students through literary and arts, and as well as to celebrate the power of Literature and the Arts through creative writings and artworks.

"We decided to conduct the event online because we really wanted to conduct the lit fest due to our inability to conduct a Journ Sem last semester and we all know the pandemic prevent us from conducting a physical event," said Bianca Gail D.C. Gonzales, Editor-In-Chief of the publication.

On the official facebook page of the publication, the guidelines were posted on May 25, and entries were accepted until May 29. Announcement of winners was done on the evening of May 30.

The event was composed of five different categories namely; Short Story Writing, Flash Fiction writing, Poetry Writing, Graphics Illustration, and Photojournalism.

Judges for each category was composed of alumni of the publication and its current editorial board.

The winners for each category were as follows:

### Poetry Writing/ Pagsulat ng Tula

1st Place: "Ang Huling Pagsuso sa Katas ni Ina"

— Christian M. Gonzales (BSEd English 1A)

2nd Place: "Pagbangon"

— Ashley P. Pangilinan (BSEd Science 2)





## “CRAVING QUALITY”

*Catapult*  
**Bianca Gail D.C. Gonzales**  
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### PEDAGOGICALLY EXCELLENT:

For the years, students cried over the fact that there are professors who failed to teach the lesson but handed bulk of activities and requirements with high expectations for everyone to comply. At this point, it must be justifiable for students to question whether this act will still be able to provide quality and excellent education as envisioned by the college.

Bulacan Agricultural State College as an Educational Institution has its vision of “An outstanding higher education institution in the nation with provision of EXCELLENT EDUCATION and quality service,” but for the past few years that we have been dwelling in this college, there were more than a handful of instances that we, the students, were not provided with the so-called “Excellent Education.”

Excellent education as per to my discernment is an educational standard which is understood as the predominant education given, which helps students to achieve their full educational potentials. Teachers are the known cultivators of these potentials.

Higher Education Institutions disprove Spoon-Feeding Method as an approach to deepen the learning of every student. However, there are professors who went overboard and used this view of HEI's as an excuse.

In spite of disengaging students from the Spoon-Feeding Method and opening doors to a deeper form of grasping knowledge, students must not be left in the dark clueless of what should be done. As stated in **Article VIII, Sec. 2 of the Code of Ethics for Professional Teachers**, “A teacher shall recognize that the interest and welfare of learners are of first and foremost concern, and shall deal justifiably and impartially with each of them.”

Students have been crying foul over this issue for a long time only to receive answers far from being a solution. On multiple times that they have asked for considerations, their request seemed to have fallen on deaf ears and they were tagged as whiners.

Professors rebutted that other university professors let their students study on their own handing only their topics and hand-outs. Hence, **Article VIII, Sec. 9 of the Code of Ethics for Professional Teachers** states that, “A teacher shall ensure

*that conditions contribute to the maximum development of learners are adequate, and shall extend needed assistance in preventing or solving learner's problems and difficulties,”* which is clearly a contradiction to their actions.

Such approaches will not create opportunity for the students to achieve their full educational potentials but will create more difficulties for them. Not because other professors are doing such practice, does not mean it is the right thing to do.

There are different approaches that can be used to teach a lesson and make students learn, but this one doesn't fit to any that will guarantee that the students will receive quality and excellent education.

It is always stressed that responsible use of Freedom of Speech must be practiced. Then, it is also right that utilization of Academic Freedom should also know its limits.

The college strives and is nearing to becoming a “university”, may the vision “provision of excellent education” materialize in the actions of our mentors for the welfare of the college students.



*It is always stressed that responsible use of Freedom of Speech must be practiced. Then, it is also right that utilization of Academic Freedom should also know its limits.”*



## “EQUAL LAW IN AN UNEQUAL WORLD”

*Aphy Da Vinci*  
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**PARTIALITY:** Siñas and Pimentel made us realize that the law is fair but the one who implements the law is not. The law is only for the ordinary citizens---those who have no power to set themselves free.

A nationwide campaign against illegal drugs, corruption and criminality are some of the platforms of President Rodrigo Duterte during the presidential campaign last 2016. He even promised that he will protect the Filipinos by the strict implementation of the law.

On Duterte's first few months, I am impressed of his braveness and determination in keeping his promises. A feared and respected former mayor of Davao City is leading the country and I want to see how he replicates his achievements then.

I am satisfied on how he keeps his words and make those promises turn into reality, but this is not the problem. He is not true to his words all the time and his words are not true to all Filipinos.

For Duterte, strict implementation of laws is the answer for us to have a better government. But he did not clearly state that the strict implementation of law is only for the ordinary Filipinos and not for them who hold power and superiority.

Recently, we have seen how the Duterte administration handles the Philippines as the Corona Virus and Disease pandemic (COVID) enters our country.

According to the Department of Health, people refusing to follow the mandatory measures to contain the spread of COVID-19 may be arrested under a state of public health emergency. One to six months of imprisonment with penalty ranging from P20, 000 to P50, 000 will be the sanction. They also said that businesses may lose permits, and private professionals and government workers may be suspended or may lose their license to work when they failed to cooperate.

Health Secretary Francisco Duque III said that the DOH order for quarantine must be earnestly followed by everyone.

“EVERYONE” but let me tell you this...

Due to hunger, hundreds of Filipinos from Sitio San Roque, Quezon City started a protest to demand

for food and medical aid on April 1; the police arrested 21 protesters because they violated the quarantine guidelines. Instead of hearing their cries and giving what they need, they used violence to solve the problem, and I agree with that because “a law is a law”.

Last April 29, more than 100,000 Filipinos were arrested by refusing to follow the curfew since the lockdown has been implemented and it was increasing day-by-day. Some were fined and others were warned for the violation and I can't disagree with their actions because “a law is a law”.

Senator Aquilino “Koko” Pimentel faced a formal complaint due to his controversial visit to a hospital and a supermarket even he was suspected positive of COVID-19. Upon violating the *R.A. 11332* or the *Mandatory Reporting of Notifiable Diseases Act*, Koko Pimentel remains on his position as a senator and no charges happened.

Major Gen. Debold Siñas, NCRPO chief, celebrated his birthday on May 8th with a birthday party as they called it “*mañanita*”, wherein they violated the quarantine protocols by conducting an event even under Enhanced Community Quarantine (ECQ). It is clearly shown in the evidence that only few people were wearing their masks, and social distancing was not properly observed. Even clear evidences were presented, Maj. Gen. Siñas stays in his post as NCRPO chief, according to the PNP.

Siñas and Pimentel made us realize that the law is fair but the one who implements the law is not. The law is only for the ordinary citizens---those who have no power to set themselves free.

Now, tell me that A LAW IS A LAW.



*...the strict implementation of law is only for the ordinary Filipinos and not for them who hold power and superiority.”*





## "OBSTRUCTED"

Palinoia

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**FREEDOM:** The sole reason of why we keep on losing our freedom is because the oppressors are behind the governing body of our country. With the government officials being driven by greed of wealth and power, freedom is not absolute, and therefore Filipinos are still partly-free. Our country has a "flawed democracy."

It is an accustomed belief for a Filipino that June 12, 1898 marks the hard-won victory and independence of the Philippines from Spanish rule, as declared by General Emilio Aguinaldo and Filipino revolutionary forces. Philippines is a democratic country in which by all means, should prioritize its people and their outcry over authority, power and status. With this standing, we must be at ease that our rights and freedom as a human is vested upon our hands.

As a child back then, living with these notions is a sense of solace and reassurance of my welfare, as **Article XIX of the Universal Declaration of Human Rights** provides that, *"Everyone has the right to freedom of expression; this right includes freedom to hold opinions without interference, and to seek, receive and impart information and ideas through any media and regardless of frontiers."* Being educated with this kind of right is a firepower over the curtailment of our democratic rights.

As I aged, the idea of freedom gradually changes while perceiving discrete perspectives. The idea I once lived by is poles apart from what I currently recognize. In spite of being in a democratic country, issues knocking down the freedom of speech and expression have sparked heated debate. From Ferdinand Marcos' most controversial clampdown on free press and declaration of martial law, it has been the darkest years of the Filipinos. It was the most dreadful because we were not just being a colony of other nationalities, but of our fellow Filipino, who happened to be a traitor. Government crackdown on freedom of speech and free press shackled most of the Filipinos.

In the current administration of Pres. Rodrigo Duterte, the unceasing discourse and prolonged debate on free speech is once again upon us. With the government officials driven by greed of power, there's no such way to put such debates into rest. Camouflaging terrorism in the face of the activists to recklessly pass the

*"Anti-Terrorism Bill"*, is the government's strategy to strengthen their authority. It will serve as a shield and protection of the oppressors, while they insidiously threaten and diminish their foes that will obstruct them from their obscene plans.

The Anti-Terrorism Bill once becomes a law will infringe the **Article III, Section 4 of the 1987 Philippine Constitution** which declares, *"No law shall be passed abridging the freedom of speech, of expression, or of the press, or the right of the people peaceably to assemble and petition the government for redress of grievances."* With Anti-Terrorism Bill, this part of the 1987 Philippine Constitution will be void. All Filipinos will be labelled terrorist by just voicing out one's concern, and therefore can be arrested by mere suspicion and even without warrant of arrest.

Undermining the sole purpose of free speech by implementing a so-called *"human disaster law"* is an act of treachery. The sole reason of why we keep on losing our freedom is because the oppressors are behind the governing body of our country. With the government officials being driven by greed of wealth and power, freedom is not absolute, and therefore Filipinos are still partly-free. Our country has a *"flawed democracy."*

In these arduous times when we are being deprived and sold down the river, we must abandon passivity, and seek redress. Silence is obsolete; the fusion of our voices to howl for human rights is a demand. There is no greater power than speaking up for the truth. It behooves one to be fearless and unapologetic in exercising one's right to free speech.



*Silence is obsolete: the fusion of our voices to howl for human rights is a demand."*



## "SENIORITY COMPLEX CHECK"

Witty Hechicera, Sage Defensor 2.0

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**DEFENSE MECHANISM:** Have you experienced one out of five of some defense mechanisms to protect yourself from getting hurt? If not, you probably have the seniority complex. However, if yes, you are one of the average human beings who protect themselves from being hurt.

According to Alfred Adler, Superiority Complex is a psychological defense mechanism that does not usually concern oneself to prove his or her superiority to other people. Some people who are actually being inferior to other people act superior to some who they think are inferior to them.

### —Defense Mechanism

Human mind has this protective barrier that prevents oneself from getting hurt or being stepped on one's ego. It is an important thing to keep everyone surviving the daily life.

**Altruism** or the act of fellowship towards other people to prevent potential anxious situation. Some teachers who are good at heart accept the unfair treatment by the other members of the institution. For example, a new teacher who is assigned to use a particular classroom but the other old teacher also wants to use that same room for his or her own comfort. Having this defense mechanism, the new one will let the old teacher gets what he/she wants.

**Humor** is a coping defense mechanism that help us relieve ourselves from stress. These are the people who make everything lighter even they experience bullying or mistreatment by the others. One example is the favorite teacher who is loved by many students. Other teachers will bully him/her or talk behind his or her back. The favorite teacher will just make humor out of the situation.

**Reaction-Formation** is the exaggeration of the reaction that develops the exact opposite behavior. Some people are good at pretension. They are those who show care to students but do not actually care. They are the ones who will tell you promising words but do not actually do it. For example, you are asking for help and they are telling you

that they will help, but the truth is they will not do anything about it.

**Displacement** is the substitution of other object from the exact object of annoyance. People who vent their anger to other people who do not deserve it. The teachers who go into class with a scowling face, venting their anger to their class because something messed up their mood from the institution they are from; like having so much paperwork to finish that is beyond their league.

**Projection**, often called *"scapegoat"*, is the rejection of characteristics that are assigned by other people. Mostly, people who are caught to have this characteristic blame others and point them to have the same exact trait. An example is when students say that teachers give a lot of requirements, teachers tell them that they also have many things to do from their superior.

**Intellectualization** is the undue reasoning to prevent unwanted emotions. The situations are being dealt in a high cognitive level to disconnect from emotion. Only logical explanations and facts are accepted. Once being said, it is final. These are the teachers who lack consideration that as if they never asked for a consideration once in their lifetime. They are quite merciless when it comes to submission of requirements because they think of their own due date.

>> pg. 11



*The things on their mind at this moment is probably justifying their own actions. Hence, rationalization prevents guilt feelings to maintain self-respect."*

# History:

## THE LAST PERIOD



ASHLEY PANGILINAN

It was five o'clock in the afternoon and my classes has already ended. To let my stress out, I have decided to unwind and went to my favorite place in our school, the oval. It made me smile as I felt the gentle breeze touched my skin and dragged me into peace. What a beautiful place! This is Bulacan Agricultural State College, the abode of gaiety and memories.

As I took pass along the way, I have noticed the buildings, benches, and roads. The footprints of the past were embedded here. In every place, in every spot, there were events that we could reminisce and treasure which could bring us into tears and laughter.

After a minute of walking, my feet brought me into our school field, a place where you can find nothing but a plain of grasses, but

held numerous memories comparable to its size. It was a delightful opportunity indeed to cross at the same path with a hero. Turning my head around, my eyes were locked into him and it felt like I was pulled to a warp that way continuously swirling until I reached a deep slumber. I opened my eyes and he was not in front of me anymore, so the first thing I did was to find him.

After a few seconds, my eyes landed into a man wearing a camouflage, marching and leading a battalion under the scorching heat of the sun - he is Jayson M. Sison from BSHM 2.

Determination and positivity were written on his face. The dripping of sweat that fell into the ground showed his hardships to reach what he was striving for. He was standing straightly and oozing

with confidence, a strong man indeed and no heat could knock him out. It seemed like he's very happy of what he was doing despite of physical barriers. With the company of his co-cadets, his heart could not be enveloped by fear and frustration because he knew that someone got his back. I saw how happy he was with his friends with every second that passed strengthening their bonds. Their gleaming eyes outshone the sun, saying that every hardship has an end. Despite the scorching heat, they continued to build friendship and leadership into this plain ground. The feeling was surreal, it's like his vibes were scattered to the extent that everyone can feel it.

*"May kakulitan ako na kahit pagod na lahat magpapasaya at magpapasaya ako para mapawi lahat ng pagod,"* Sison said.











As I have continued to walk, I saw one of our College varsities Edzel C. Joson. She is a taekwondo player studying Bachelor of Elementary Education 2.

I can see how she cherished every moment during training; her smile symbolizes hope to the team. She loves to train with the other athletes, because she felt like the positivity were everywhere and she can feel it. I remembered what she has said, “*Yong panahon na may nakakasabay tayong ibang mga players, nakikita natin kung gaano sila kapursige kaya nadadamay na rin tayo.*”

High kicks that she had released depicted how high her dream was. Every sweat, tears and blood that escaped from her, proved that she deserved what she has achieved right now. Every shout means courage and every punch means confidence.

Despite being a novice in the world of combat sports, she has already proven that the time you spent in training was futile without confidence. She kept reminding herself that no matter what happened she would give her best and believing that she could make it. Just like other players, Edzel was gaining strength from her co-athlete and playing confidently because she knew that she was not only playing for herself, but for all the BASCIans.

If you would ask Edzel her secret, it is the sense of responsibility and confidence. If you wanted to win and to get your reward from your hardship, you should be responsible enough. Athletes do not only play but they also carry big responsibilities onto their shoulders that they need to accomplish once they step their feet outside the court, you should possess the virtue of balance. Second

was confidence, believe in yourself that you can do it; negativity will do nothing for you.

As I came back to reality, a sweet smile plastered on my face realizing how lucky I was to have a chance to witness and create memories in this field. I was just wondering, what bigger stories are waiting to be discovered in this place? After all, these stories are worth to be known not just for the sake of entertainment but also to learn lessons that we can apply in real life.

After a few minutes, I decided to go home carrying the moral that opened my eyes and broke the wall within me. I let out my worries as I left the school field that once became a treasure box that housed golden memories. I will not forget this short moment; it was indeed a walk to remember.

“

*I will not forget this short moment; it was indeed a walk to remember.”*





## EDITORIAL

### from Considered Inconsiderate ...

poor. Enhanced Community Quarantine made the lives of every student more despondent due to the curfew which limited them to access computer resources.

The Supreme Student Council of BASC made an appeal to the office of the President, giving voice to the number of students who are incapable of complying for online academic purposes. The office of the president granted the appeal and advised the students to study the lesson given by the instructors and the submission of tasks on the period of class suspension can be submitted during the resumption of classes.

Another adversity hit the students as the Administration handed another guidelines on academic matters for BASC students. Some guidelines were agreed by SUC-III Presidents and submitted to CHEDRO3 implementing that the Academic Calendar for 2nd Semester of A.Y. 2019-2020 shall end on May 23, 2020 and no extensions shall be authorized for HEIs. Computations of grades shall be based on what were made available as of lockdown, with due considerations for the students. A grade of INC would be given if a student would not be able to complete the requirements and could not meet a passing grade. Failure to complete the requirements within one academic year would mean a DROPPED remark.

On a statement given by Dr. Jameson H. Tan, he requested all faculty members to practice leniency on alternative modes of instruction to the students if they cannot comply due to unavailability of internet connection. Those who will continue to demand an online learning and real time submission of tasks will be dealt accordingly. But despite multiple reminders from the college president, some instructors seemed had not given enough consideration to their students.

The institution tried to reach out and keep every student safe during the pandemic, however failed to consider that putting up an

online alternative mode of learning would still risk the students in terms of mental health and financial stability.

Delaying the semester could have also been an option but was not considered.

All those cries seemed to have fallen on deaf ears. If it was feared that mass promotion could affect and make the quality of the products of the college downhill, yet the alternative mode of learning ended up putting the quality of education downhill.

## NEWS

### from Batang LabHigh returns...

more years for them to strive harder and improve.

Moreover, 11 different High Schools within San Ildefonso participated in this year's competition which was dominated by San Ildefonso National High School's dancers.

The said competition was part of the 135th St. Ildefonso's festival and the 14th Bulak Festival.\*\*

### from Ocampo's pen hooks...

to have a tight grip on his throne, Delos Santos still manage to seize the 9th place in Column Writing. Other staffer of the publication also did not go home empty-handed as Reynaldo Gumabon, Head Photojournalist, bagged 7th place in Photojournalism and 10th place in Pagsulat ng Balitang Isports; Melanie Hizon, Managing Editor for Finance snatched the 8th place in Pagsulat ng Balita; Raphael Policarpio, Managing Editor for Administration won the 6th place in Pagwawasto at Pag-uulo ng Balita and Bianca Gail Gonzales, Editor-in-Chief snatched the 10th place in News Writing.

The publication's magazine with its theme: "BAHAGHARI" also bagged awards during the conference. It received the following awards: 6th Place – Overall; 5th Place - Page Design;

7th Place - Feature Page;  
7th Place - Literary Page;  
8th Place - DevComm Page;  
8th Place - Cover Page;  
9th Place - Opinion Page;  
9th Place - Editorial Page;  
9th Place - Sports Page;  
9th Place - News Page\*\*

### from TST Lit Fest push through...

3rd Place: "Mourn"  
– Alexis A. Geronimo  
(BSABEn 2)

### Flash Fiction Writing/ Pagsulat ng Dagli

1st Place: "Pagmamakaawa ng Demonyo"  
– Christian M. Gonzales  
(BSEd English 1A)  
2nd Place: "Welcome Home"  
– Ashley P. Pangilinan  
(BSEd Science 2)  
3rd Place: "Ice Tubig"  
– Jayson A. Ocampo  
(BSBA 2A)

### Short Story Writing/ Pagsulat ng Maikling Kwento

1st Place: "Ang mga Araw sa Kahabaan ng Lungsod"  
– Christian M. Gonzales  
(BSEd English 1A)  
2nd Place: "Ang Teorya ng Pagkagunaw"  
– Alexis A. Geronimo  
(BSABEn 2)  
3rd Place: "Kapalit ng Imposibleng Inasam"  
– Daniel Luis P. Verona  
(BEEd 2A)

### Graphics Illustration

1st Place: "Glow in the Dark"  
-Victor Jhon M. Dionisio  
(BEEd 1A)  
Special Citation: "Ang Huling Saklolo ni Terra"  
-Anneth Estillomo  
(BSEd English 1A)

### Photojournalism

1st Place: "Naghihinala ang Mundo"  
-Lloyd Dafydd San Pedro  
(BEEd 1A)  
Special Citation: "The Sun may No Longer Shine"  
-Arvette Julis T. Frias  
(BSEd English 2A).\*\*

## OPINION

### from Seniority Complex Check...

**Rationalization** is the unconscious justification of ideas, actions and feelings with a very good and self-approving reasons. Perhaps, the best example is what they might feel right now. If they are described with the first six defense mechanisms and they cannot accept that they are one of those, the things on their mind right at this moment is probably justifying their own actions. Hence, rationalization prevent guilt feelings to maintain self-respect.

**Social Comparison** is the defense mechanism that may defend the ego by comparison to others. If they feel guilty about being one of the first seven defenders and they think of another person who is for them the 'one' that is actually being described, that is a great example of it. Social Comparison is comparing themselves to those who are worse than them to improve their self-image.

**Denial** refers to the act of disowning conscious intolerant ideas. This is quite normal especially when they have a high self-respect. After reading the first eight defense mechanisms, they will not easily accept the fact that they have 'that' or 'those' protective barriers. The tendency is they will deny it to themselves, and that is an example of it.

**Avoidance** is the easiest yet the hardest one to do. It makes sense when they feel it. For example, this text will make them feel uneasy. The convenient option to deal with this anxiety is to stop reading it further but they almost finish it so just continue reading it. Thereby, they can contemplate later. Avoidance prevents them to deal with the cause of their anxiety.

Let me know the result!

Have you experienced one out of five of those defenses to protect yourself from getting hurt? If not, you probably have the seniority complex. However, if yes, you are one of the average human beings who protect themselves from being hurt.

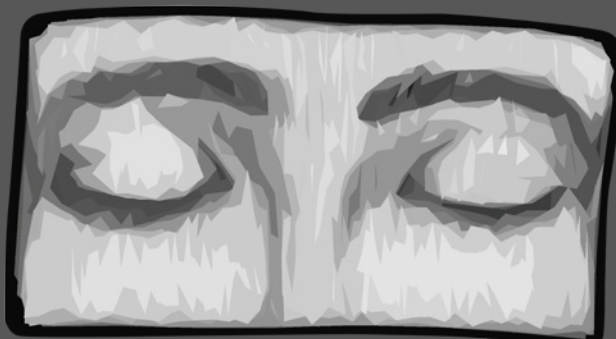


### "Ako'y Itim na Papel"

(tanaga)

— Jayson

Ika'y puting krayola.  
Ipakikilala ko  
sa'yo ang 'yong halaga.  
Kulayan mo lang ako.



### "Tagpuan"

— Raphael

Sa labing siyam na taong paglalakbay, saan nga ba  
matatagpuan ang tunay na kasiyahan? Tila naliligaw at  
walang daan pauwi.

"Pumikit ka."

Kadiliman. Nakatatatagot na mundo ng aking isipan. Sa kabila  
ng panganib ay dumating ka para ako'y iligtas. Kaya't sa  
tuwing kailangan ko ng kasama...ako'y pipikit na lang upang  
makita Kita.

### "Hue"

— Aileen

I was made to see the  
beauty through darkness  
Awaken in light but was  
loved by the night  
I found relief whenever I slept  
Surrounded with a  
dull-colored room.

My eyes are glad to see the stars  
through crying in black  
No one sees the tears  
and it's my way to cherish the dusk.

A silence was not  
made to see colors,  
but to breathe colors in dark shades  
Colors are unhappy,  
if you never see the gloomy.



### "Resplendent Sombre"

— Mark Joshua

To the quiet gloomy night,  
shadows seem to hide in the dark.  
The crickets seemed  
to cry out loud.  
Cold night embrace  
my hope solemnly  
while emptiness intrude  
my life constantly.  
The smell of the dark  
envelops my soul.  
I was deaf to the silence;  
I was destined to be alone.  
What a wonderful night!  
I don't want to finish it  
—for in my heart I found  
a friend in the dark.  
It shines a light,  
an oppressive light,  
and If I die now.  
I choose the dark  
surroundings full of silence.

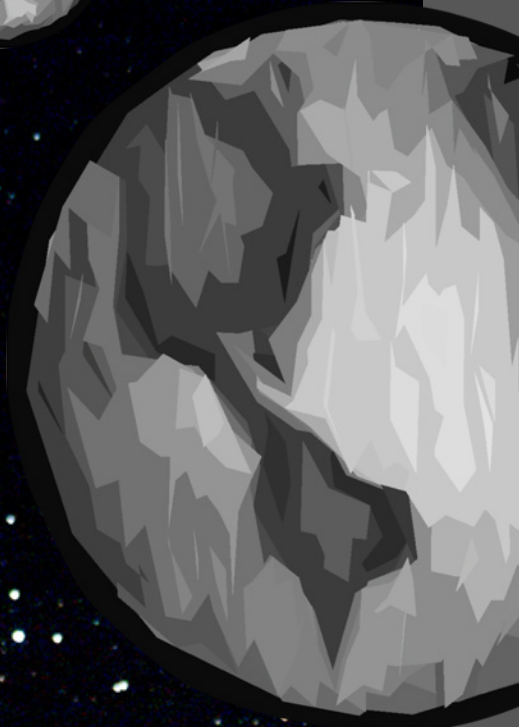
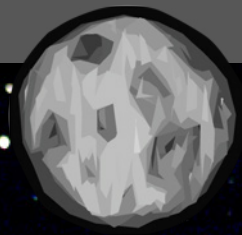
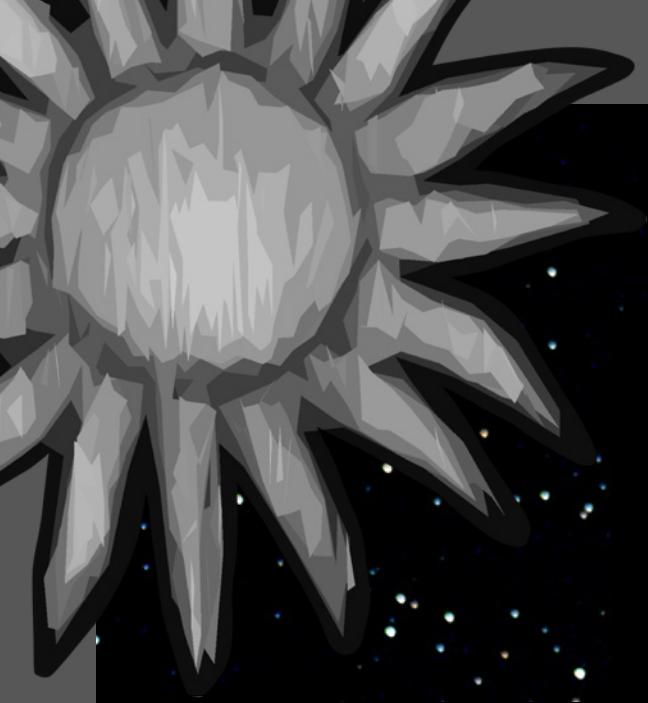


### "Ibalik mo sana"

— Melanie

Nitong mga nakaraang araw,  
sa pagpunta ko sa lugar  
na itinuturing kong tahanan,  
gano'n pa rin naman ang  
ayos ng mga kagamitan,  
ang mga alikabok ay nananatili pa ring naka-  
dungaw sa bintana,  
ngunit mayroong pakiramdam  
na 'di ko matukoy  
may kakaiba kahit  
wala namang nagbago,  
at sa pagbiling ng aking ulo,  
nakita kita,  
may suot na maskara,  
at ang 'yong anino'y kakaiba,  
tila hiniram mo yata?





## "Kepler-442b"

— Alexis

I am you,  
but the one who live in a  
vast firmament.

I am you,  
but farther than your system.

I am you,  
but one third bigger.

I am you,  
but the one who lives  
away from the sun.

I am you,  
but I love being in the dark

I am you,  
but I am enjoying myself alone.

I love how I was made,  
and you refuse the darkness

I love watching your lights from afar,  
and you hate revolving because it gets dim.

I love being away swallowing by the dark,  
and you hate the night.

I love where am I today,  
and you hate people,  
you want to throw them away.

I am Planet Kepler-442b,  
and you are the Earth.

I am secretly loving you when  
your night portion comes,  
because you are the one who's  
experiencing the darkness with a touch of  
wonderful lights.

## "Dreary Light"

— Cessy

The flashes of camera almost blind me.  
Seldom, in the dark, I get my sanity.  
Where solace wraps its arms on me.  
Sending warmth in my cold body.

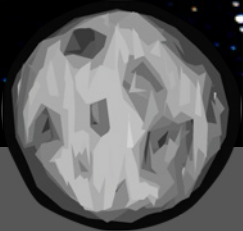
Suffocation of my own space is impossible,  
but not when crowd is going insensible.  
Sense of belongingness in large population  
is not working on my own consideration.

I think not all of you may understand  
the gratification I get from being distant.  
It is just exhausting to stand  
a shallow merriness you have in instant.

## "Nyctalopia"

— Cessy

I wonder how joyous it'd be  
to see spots of light  
in the night of vast darkness.  
As hard as it is,  
walking with my eyes open  
but see no sign of shine,  
isn't it scary?  
That the universe calls me  
to stay in that cosmos  
where my world has almost  
lose its life in insanity.  
I get used to it.  
However, fortunately.



## "Mi Amor Oscura"

— Nathaniel

The shearing rays  
touches my unclasping eyes.  
I woke up  
It is another day.

One more darn hurdle  
to pass through.  
For hopes,  
I wish to fire my gloom  
fight against the light  
seems far to beat the sun.

But there she is,  
chasing the dreams I have  
slowly embracing the skies.  
How romantically,  
she's conquering my bad bright day?

Keeps falling  
for she replays  
my sweet nightly recap.

Staring stars on her body,  
breathing her cold thick air.  
I am still mesmerized  
of her cuddling silhouettes.  
Swirling of sweet cricket songs  
My ears made calm.

She even listens  
to all tears I whisper for ease,  
and everyday I have cried inside.

Who won't dare to be captivated?  
When my precious darkness love me,  
while she has been seeing me naked.



# Enlightenment in the Dark

## The Untold Story of Ma. Bless S. Adriano

 PRINCES JOSEPHINE LATUJA & RAND CRISTIAN HAGAD

The Philippines, with regards to its nationwide educational system, faces several issues such as the quality of education, the budget for education, affordability of education, drop-out rate and lack of facilities and teachers in public schools. Among these issues, the Philippine educational system also faces the problem involving education for students with special needs. Children with disability are still combating educational exclusion and are not able to acquire proper education.

In striving to educate as many children as possible and with limited funds to build a separate special education infrastructure to

cater the needs of children with disabilities, inclusive education was officially adopted in 1997 by the Department of Education in the Philippines as a viable educational alternative. (Inciong & Quijano 2013)

The adaptation of the country to the Inclusive Education Program started to spark a light of hope for those children who are left behind by the traditional educational approach. According to the Department of Education (DepEd), Inclusive Education embraces the philosophy of accepting all children regardless of race, size, shape, color, ability or disability with support from school staff, students, parents and community.





## Life Before the Dark: Clarity

One of the common disabilities being faced by children or even adults is the visual impairment. Based on Mr. Randy Weisser's statement in Disability Information Resources, Director of Resources for the Blind, a number of people with blindness are mostly from age-related cataract that is 80% of almost half a million cases of blindness here in the Philippines. However, in the remaining percent, an estimated number of 40,000 of non-cataract blindness are of school age.

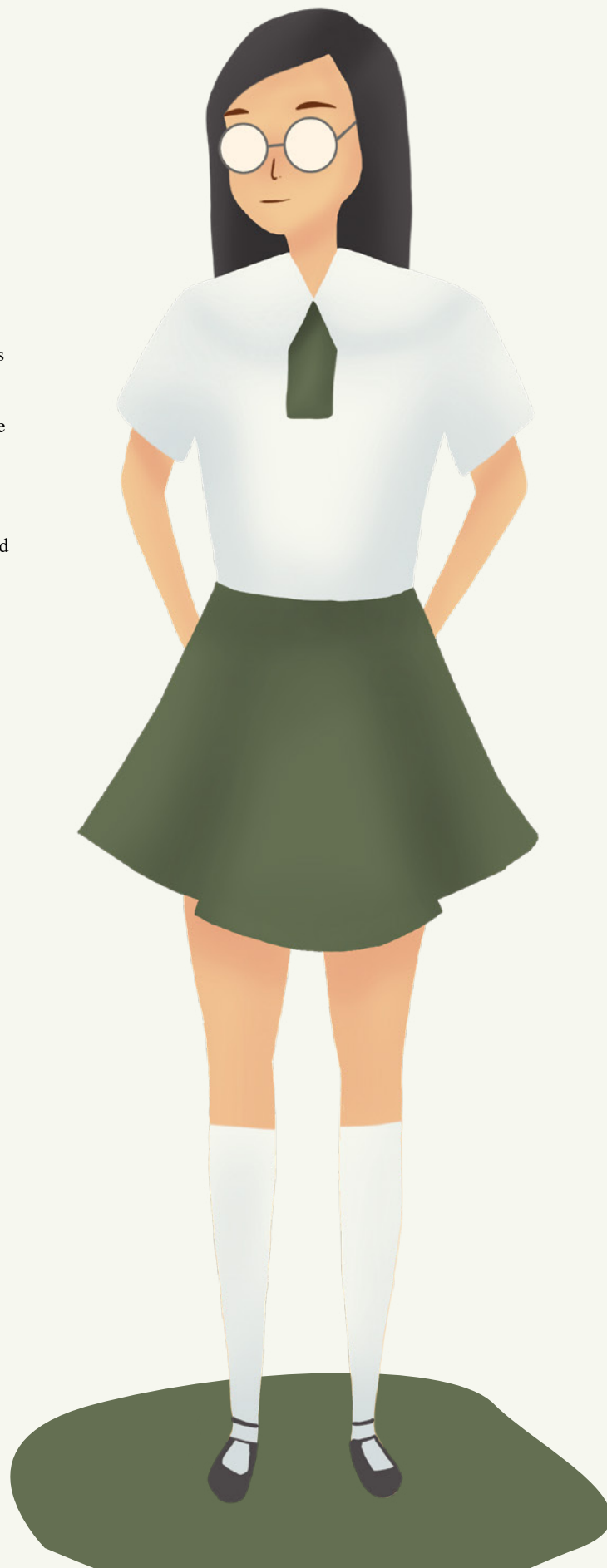
In the place where the statue of St. Michael the Archangel stands and named after him, San Miguel, is a municipality in the province of Bulacan; a very independent young woman was born on the 10th of November 1997 in Barangay Tartaro. She always prefers to be alone but knows how to get along with other people. She is Ma. Bless S. Adriano whose sight was totally corrupted by retinal detachment eight years ago.

Miss Adriano was not born having an impaired vision; however, in the year 2011, in the month of December, she had a severe headache. It lasted until the following month of January 2012, and on its third week she began getting sick. Her body temperature was no longer normal, until she started losing her appetite on February 2012, and her blood count slowly decreased, making her parents worried.

According to National Eye Institute (2019), Retinal Detachment is when the retina (the light-sensitive layer of tissue at the back of the eye) is separated from the layer underneath the eye that causes to have curtain-like shadow that covers the vision. Unfortunately, there is still no cure for most of the retina-related problems.

The struggle of losing one's sight is very formidable especially for young people who have dreams for themselves. It is hard to accept the fact that you have lost your ability to see, for is it one of the five senses of the body that helps us in our daily living. Knowing that there is no cure yet in this disease can add to the dread of continuing to live, but Miss Adriano accepts her fate.

*"As much as possible, I want visually impaired like me to be treated as any other individual. Sabi nga, we are not just blind people, we are also human who happened to be blind."* - Ma. Bless S. Adriano





### Life in the Dark: Inclusivity

It was in the month of April 2012 when her eyes fully lost its sense of sight. Admittedly, Miss Adriano was eaten by her immaturity when she felt that her old friends were starting to forget about her after she dropped out of school during the first year of losing her eyesight. But she was able to console herself that perhaps her friends were just busy on their own fields. So, she reminded herself that she has a family to give more of her attention.

Miss Adriano, despite of having an impaired vision, continues to live her life with the support of her parents and siblings. Her father used to send her into school but when he died, her brother John Mark became the one to drop and fetch her to school.

She continued her study at St. Paul University of San Miguel in her senior years. It is hard to adjust herself from the people around her to think that she is unique amongst others, having special needs.

*"Siguro kung nakakakita pa ako, mas nagagawa ko ito ng maayos,"* Miss Adriano emphasized. Amidst her year of studying as a person with special needs, there are many things she has realized. She inferred that there were times she felt the people around her was having a hard time because of her, and she was sad about it. But she never failed to show them that life must go on regardless of the disability that she has. It made her more humble and appreciative to all things.

Having poor eyesight is hard because of the inability to see clearly. But losing your eyesight is completely harder than the former. Being totally different from other

normal students is quite tough for her as she needs more assistance than the normal ones to avoid accidents involving hitting the wall, slipping in the hallway or even sitting in the wrong class. Fortunately, if not all, there are still many considerate, understanding, wholesome and kind-hearted students that guide her way to accomplish her simple task like going to the restroom. Her classmates did not make her feel like an outcast. They helped her to finish her activities in school so she has completed her senior high school.

Inclusive education has helped Miss Adriano a lot to finish her senior years. Inclusive education embraces the educational values of social justice, equity and most especially the diversity, a process of responding the distinct needs of every student and reduces exclusion within the community from the academe. Inclusion means no one is excluded and everyone is part of the society as a whole, making everyone despite of their uniqueness to feel their respectable place in the society. Thus, it protects the right of the person with special needs to be free from exclusion, and they have the rights to education as it is related to the rights of equality.

### Light in the Dark: Positivity

Miss Adriano admits that at first it was difficult for her to accept that she became blind. But she learned to accept it, thinking that God has a reason for letting this happen to her. After everything she has experienced as a person with disability, she could proudly say she also learned to appreciate more the importance of her family and the significance of submitting yourself to the Lord.

Some students tend to mock those who are different from them. In the first time that Miss Adriano experienced being bullied because of her condition, it was really ponderous on her chest. Nevertheless, as the time went by, she learned to understand that some people could not apprehend her situation. She just prayed many people open their eyes to see what she sees, to be aware of what the blind persons are going through; to let everyone to be aware of what they experience.

It is the compassion that illuminates everyone to feel the care and love to everybody and even to everything. Compassion enables us to become human and to be humane.

*"Narealize ko na totoong hindi hadlang yung kakulangan para maging isa ka pa ring kapakipakinabang na tao para sa sarili mo, sa pamilya at sa iba pang taong nakakasalamuha mo,"* Miss Adriano said.

Notwithstanding of all the discrimination and laughter Miss Adriano has received, it did not stop her in pursuing her dreams. Instead of making it as a source of discouragement, she uses it to be her motivation to keep herself going into her goal. Now, she is studying at Trinity University of Asia taking BS Psychology as her course program.

Truly, having a disability will not make you any less of a human, instead it will make you feel a lot stronger and braver than anybody else to stand on your own ground. Paying attention to what really matters will help you be a better person. Do not let words of other people bring you down. Knock them out with your achievements and kindness. Hence, even in the dark, there is a light that brightens us to see the path of the positive way.

With BASC gearing up to become a University, having teachers equipped with the knowledge and skills to cater inclusive education will be of great help to the society. To adopt to the changing needs and be able to offer courses for the vast variety of students will help in producing more successful professionals in the future.





“


*As much as possible, I want visually impaired like me to be treated as any other individual. Sabi nga, we are not just blind people, we are also human who happened to be blind.”*

-Ma. Bless S. Adriano





# Face OF THE UNDEFEATED

 LANCH LENARD DELOS SANTOS

Equipped with refined skills in Arnis, this man devoted to bow down all the entrants. Being defeated has never been part of his vocabulary as he conquered the world of famous Filipino sport, Arnis. A savage reaper from our institution embarked a history standing on his unvanquished champion streak in State College and University Athletics Association in Region III dominating the stage of his game.

Louiegi M. Dela Cruz, a 22-year-old Bachelor of Animal Science 4th year student of BASC-College of Agriculture proved his prowess not only in the field of sports, but also in the arena of life as a proud member of Triskelion BASC Chapter and a well-round Sangguniang Kabataan Chairman of Brgy. Pulong Duhat, San Miguel, Bulacan.



## JOURNEY AS AN ATHLETE

*“Sa isang pares ng kahoy, imagine that! Halos malibot namin yung Pilipinas dahil sa Arnis.”*

It was in the year 2010 when Dela Cruz entered the domain of Arnis, making fun of what's in his sight as he unexpectedly experienced being on the zone of this sport.

*“Natalo ako, hindi pala s'ya madali.”* Words that pierced

his pride that led him into pursuance to train and aim his goal, to defeat the person who has beaten him on his first attempt. He joined the Arnis team in Vedasto Santiago National High School and started participating Arnis tournaments around Philippines. Dela Cruz became a main player of their team since his seniors have graduated, leading his own path into the title fight from

Intramurals to EDDIS, Provincial, CLARAA meet, and finally Palarong Pambansa. It was indeed a dream of a junior athlete like him to be in Palarong Pambansa since then until now.

Year 2014 when Dela Cruz first stepped at Bulacan Agricultural State College, together with his teammates, he made history as they bring the sports Arnis in our institution. Dela Cruz's team was the first batch of Arnis players of BASC

to compete in several tournaments among State Colleges and Universities, which never failed to bring glory for BASC. Despite being unconquered, Dela Cruz admitted that players from Central Luzon State University were his greatest contenders on Regional SCUAA, while players from NCR were his rivals on National SCUAA.

As delighted as it may seem, the journey of this champion started on a pair of sticks that led him into exploring the nation for the improvement of his skills.



## HOW TO POLISH A CHAMPION?

Starting with his early years in High School, the unbending will to strive for gold moved his physique to hone his form with the assistance of his trainers, Bernard Mendoza, MAPEH teacher in Vedasto R. Santiago High School and Bryan Pala-a from Philippine Air Force. A strong foundation led him into a firmer structure, wherein Dela Cruz devoted his time perfecting his game. Despite choosing Arnis as his

secondary sport succeeding Taekwondo, the ecstasy of playing Arnis made an impact on his career as an athlete. As for asking on what benefits he is gaining for playing Arnis, Dela Cruz mentioned that discipline is the soul of this sport. *“Yong Arnis po kasi is more on discipline, para ka pong nag sundalo ‘pag nag-a-arnis kaya bumait po talaga kami,”* he added.

## DO CHAMPIONS DREAM?

Since Dela Cruz started the journey of Arnis Players at BASC, it can never be denied that BASC became known for dominators in the zone of Arnis every SCUAA meet. The pride on his plays proved all

the years of his training and his only dream is that, all Arnis players of BASC will continue the legacy of his team and let the wonderful beginning of this history lives on.

## Dragging Sports Calendar



We are all players, athletes, yet this might be our endgame.

Millions of sports fanatic have fallen into void as the pandemic we called COVID-19 has swallowed the world of game, paralyzing the current flow of sports in our timeline. Unsurprisingly, this virus has also upended the sporting calendar. One of the most noticeable outcomes of this pandemic is the postponement of the 2020 Tokyo Olympics until the summer of 2021, wherein Philippines will represent the most number of athletes from the South East Asia. On western countries, the games for baseball, basketball, and football was stopped as popular players have been exposed in this contagious virus that killed 67 of athletes. Even the Summer Olympics, as one of the most anticipated sports Olympics in the world is no exception.

The fight against COVID is the new game of mankind, a battle between life and death. Frontliners

such as doctors, nurses, health officials, as well as the militaries are now the star players of this game. The likes of us are just spectators who wait for the result.

On the 2020 data of Sports World Economic Forum, stadiums all across the world have remained empty as coronavirus brought professional sports into a standstill. The income for sports advertisements, as well as for sports broadcasting has drastically shrunk. Philippine sports is labeled as static for big and small leagues were opted to be cancelled. With this uneven turn of tables for sports industry, the list of some cancelled events were listed as follows:

- The PBA has decided to postpone their activities starting from March 11 such as the live coverage of Philippine Cup and PBA D-League Aspirants' Cup game.
- The qualifiers match for FIBA Asia Cup 2021 between Philippines and Thailand scheduled

on February 20 has been postponed to later date.

- Philippine Superliga (PSL) Grandprix will tend to reset due to the pandemic.
- University Athletic Association of the Philippines (UAAP) Season 82 cancelled its remaining sports event.
- The National Collegiate Athletics Association (NCAA) officials also dismissed season 95.
- The 2020 Palarong Pambansa was officially suspended and will open again on later date.

The world is constantly changing as fast as how our passion for sports is failing. The rules could be altered as well as how our plans could fluctuate. But this is not the goal of this death game, this is not the end of the countless days of our persistence in a sport where we are constantly struggling. This may be a new quarter of the play where we - where all of us may face our last game. This is our game for survival. This is the endgame.

