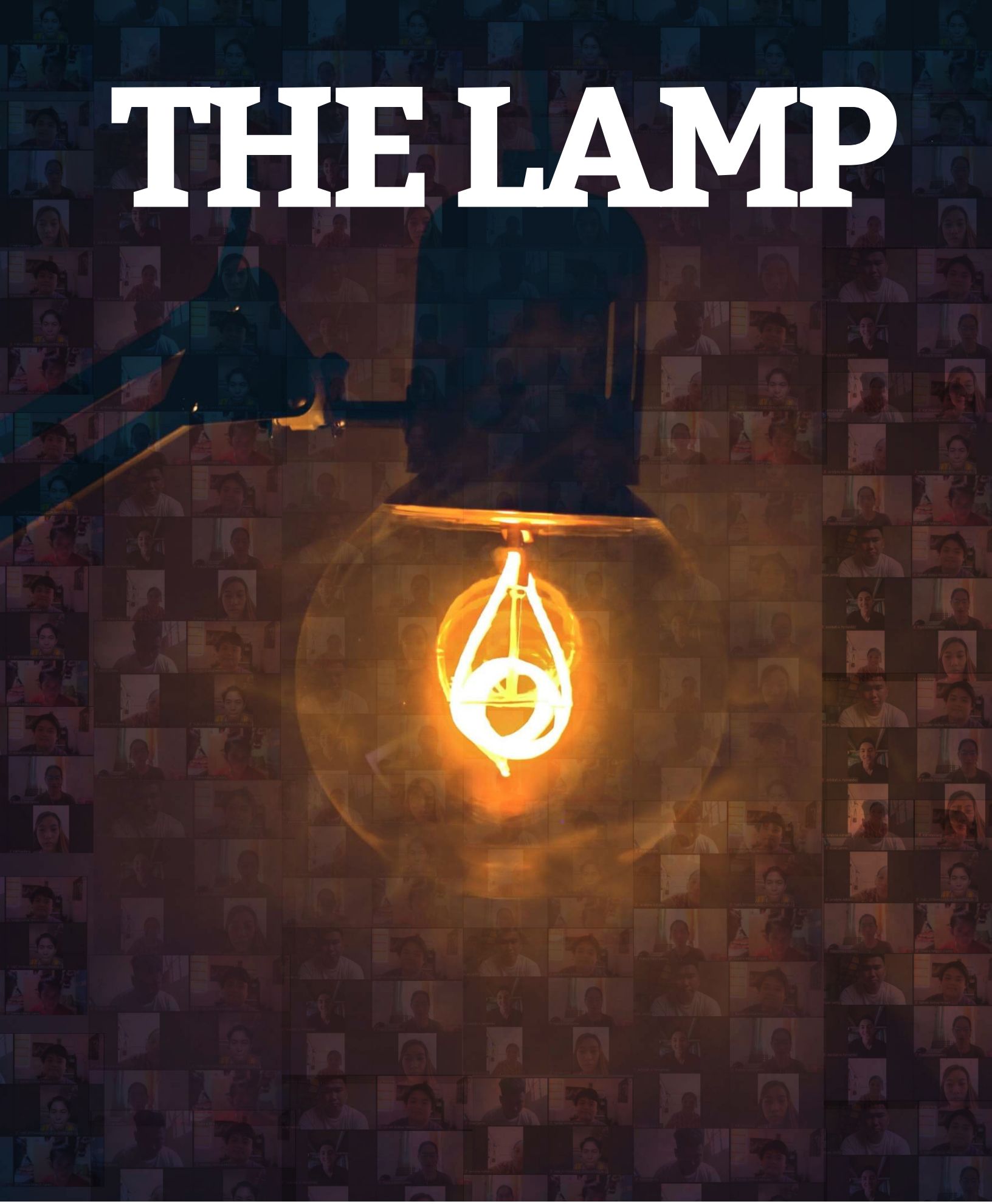


THE LAMP





GalleGO to a Brighter Future

MVGFC

The Lamp

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Editor's Note

In times of darkness, the Light will always prevail. In an instant, everything has changed. Everything became different. No one could go outside of their houses, amusement parks, and malls, dine at restaurants, work to make a living, and significantly no one could get to schools to learn.

Education is greatly affected by the pandemic. It seems that there is no hope for us-- students, to learn again. We are all afraid that we will be affected by the virus. Everything appears dark, and we are all affected by the blindness of fear. We all lose hope; I, as your Editor-in-chief, is no exception. I wanted to give up my dreams and stop the battle, but God, in my prayer, reminds me of something: He is our light. "I Am the Light of the World" (John 8:12)

Even in the dark, there is light waiting for us. The light shows us that despite the pandemic, learning is always possible. Our school, like other schools, uses blended education by using modules and an online way of learning. Through these, we are given hope that everything will be back to normal. I know that it will take time for us Gallegans to cope with the situation. Still, this type of movement of our institution is proof that our school will never cease giving quality education to our students, whatever will happen.

Remember that the light will always shine upon us students to remind us not to give up and continue to pursue our dreams even in times of fear and darkness. We are the Key to our brighter future! It is up to you to follow your light! Be bold and face the night! Don't lose hope and pray to God as He holds all of our tomorrows.

The future is still BRIGHT, only if we choose to see it that way.

RANDEL JOSHUA B. HENSON, BSED
EDITOR-IN-CHIEF

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MVGFC Commemorates its Founder on his 128th Birthday Anniversary

As the legacy of the founder continues to flourish and illuminate the lives of the Novo Ecijanos through continuous quality education, the Manuel V. Gallego Foundation Colleges, through its administrators and office leaders, headed the celebration of the 128th birthday anniversary of the Founder, Ambassador Manuel V. Gallego on January 18, 2021, at the MVGFC quadrangle. The employees conducted the event in the MVGFC quadrangle during the flag-raising ceremony. Ambassador Gallego passed away in 1976, at the age of 83 years old. After 45 years, the school continues to exist to live up to his legacy.

After the flag-raising ceremony proper, Dr. Joseph L. Gallego, grandson of the Founder and now the President, opened the celebration through inspiration and commemorative speech. Together with the ROTC Cadet officers, the administrators led the wreath-laying ceremony for the late Ambassador Gallego.

On the same activity, the Human Resource department, through Mr. Jerome Vicencio, the HR Officer, led the recognition of selected MVGFC employees who extended their efforts to manage, monitor and maintain the school during the Enhanced Community Quarantine (ECQ)

MIS Department

- Mr. Jayvee P. Ramos
- Mr. Joshua J. Ferran
- Mr. Jefferson Domingo

Finance Office

- Mrs. Ronabie Mallari
- Mrs. Arlyn Pahuriray and team

PSDO

- Mr. Benedicto Talplacido
- Mr. Arnel Eugenio
- Mr. Reynaldo Zafra
- Mr. Jodi Estialbo
- Mr. Jeffrey Blas



MVGFC Commemorates its Founder on his 128th Birthday Anniversary

Housekeeping

- Mrs. Jinky Lopez
- Mrs. Corazon Alfiscar
- Mrs. Gloria Daproza
- Mr. Albert Magtalas
- Mr. Emil Reyes
- Mr. Francisco Rodriguez
- Mr. Arman Aguilar

Agency Guards

- Ms. Irish De Jesus
- Mr. Aries Parungao

Company Guard

- Mr. Reynaldo Patulay

Driver

- Mr. Johny Felix

Farm

- Mr. Edilberto Quinto

Dr. Libertad Garcia, VP for Academic Affairs, also led a significant recognition during the Founder's day celebration.

Awarded to the Criminology department, the MVGFC recognizes the efforts of the Institute of Criminology and Justice System to be the 1st College in the Region to receive a LEVEL III recognition from PACUCOA, or the Philippine Association of Colleges and Universities - Commission on Accreditation.

Dr. Federico Perez, VP for Admin and Finance, led another significant award in recognition of the dedication and loyalty exude by employees who retired, namely:

- Dr. Celia R. Castillon, for her forty-seven (47) years of service;
- Mrs. Monica Dela Rosa, for her twenty-seven (27) years of service; and
- Mr. Florentino Ramos, for his eight (8) years of service.

Dr. Soledad Roguel, the VP for Research, Extension, and Linkages, formally closed the program.

Ambassador Manuel V. Gallego was the first Secretary of Education of the Philippines. He was a politician, a book writer, a law-maker, a law professor, and an Ambassador for the Philippines. He established the school in the 1960s and called it the Central Luzon Educational Center School of Nursing, the first nursing school in central Luzon. At present, MVGFC offers the most in-demand and practical courses in the Philippines, namely, Criminology, Business Administration, Accountancy, Education, Nursing, Computer Science, Information Systems, and Tech-Voc courses. The school also offers junior and senior high schools.



MVGFCI Launches a General Online Orientation

-Rasty Padunan and Randel Joshua B. Henson, Education Students

Through the Students Affairs, the Manuel V. Gallego Foundation Colleges Inc. (MVGFCI) had its first online general orientation on August 25 - 28, 2020.

The event is mandatory for all college students. This online orientation aimed to encourage new students to meet faculty and school staff who can support them in building strong academic and social transmissions and being familiar with school agreements and assistance.

The head of the different offices of Manuel V. Gallego Foundation Colleges Inc. discussed their respective policies. As a result, some of them changed their approaches to cope with the current situations.

First, the finance office discussed the payment-related policy. They mentioned the promissory notes, discounts, and the new mode of payment the students can do to settle their accounts. They also discussed their office hours and the breakdown of student's payments to the school. Second, the Registrar's Office discussed the different requirements for transferees, returnees, and most significantly, incoming first-year students.

Third, the library office discussed safety protocols that students and teachers can follow inside the library. Even with the pandemic, the office still allows borrowing books online, so they discussed the step-by-step process of doing it.

They mentioned the process of returning borrowed books. They also noted the Document Delivery Service if the borrower wants to receive a specific chapter or article online, which is helpful for both students and teachers.

In addition, they discussed the availability of EBSCOhost, an online reference tool that offers a variety of complete text databases from leading information providers. Fourth, for the academic policies, they first discussed the attendance of the students attending their classes.

Moreover, they discussed the policy on special examinations and how to know the eligibility of excuses in courses and tests. Fifth, the Guidance and Testing Office discussed the different services they offer to the students, such as Testing and Individual Inventory Services, Counselling and Follow up, Career Guidance, Placement, Group Guidance, Information Service and Exit Interview.

The next topic is discussing the health protocol that the school is implementing to prevent viruses.

After that, the Student Affairs Office discussed the recruitment incentives wherein the students can recruit other students to enroll in our school and receive incentives.

Finally, the deans from different departments also gave their messages, concerns, and comments to the students of MVGFCI.

The Student Affairs Office awarded electronic certificates to the students who participated and completed the said orientation.





MANUEL V. GALLEGO FOUNDATION COLLEGES, INC.
GUIDANCE AND TESTING OFFICE

GUIDANCE AND MENTAL HEALTH AWARENESS CELEBRATION

A WEBINAR SERIES

with

Mrs. Rochelle Anne V. Pararuan,
RPm, RGC

Guidance Counselor, CLSU
March 12, 2021 9-12 nn



Mr. Wawie DG. Ruiz, RPm

Instructor III, Psychology
Department, CLSU
March 19, 2021 9-12 nn

Mr. Argel Masanda, RPm, RGC

Guidance Counselor, CLSU
March 26, 2021 9-12 nn



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H₄ E₁ A₁ L₁ T₁ H₄

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MVGFC Recognizes Mental Health Through the Guidance Awareness Celebration

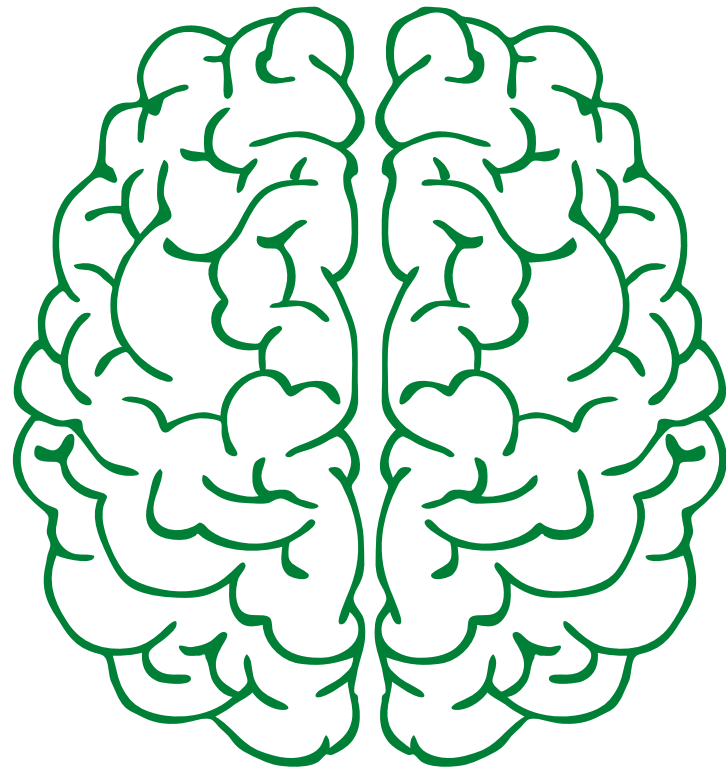
-Randel Joshua B. Henson, BSED

The MVGFC community recognized the importance of mental health under the new normal through a series of webinars facilitated by the Guidance and Testing Office on March 12, 19, and 26, 2021.

Students and faculty members from high school and college levels attended the webinar series. The said event was divided into three parts conducted by three renowned guidance counselors and instructors from Central Luzon State University.

The first speaker, Mrs. Rochelle Anne V. Pararuan, provided vital points on handling stress during the pandemic. On the second day, Mr. Wawie DG. Ruiz discussed how to understand and manage transitions during the first year in college or Grade-12 in senior high school. Mr. Argel Masanda, on the other hand, discussed fighting stress and anxiety through relaxation, meditation, and mindfulness.

Aside from these timely and relevant talks, the Guidance Office and Testing also facilitated online competitions for the Gallegans, allowing them to showcase their photography and poster-making talents. The winners were announced on the official Facebook page of the institution and received e-certificates and electronic load as prizes.





SSC Learns How to Lead During Times of Change Through Leadership Training Workshop

-Mutya Vina Longalong, BSED

On January 27, 2021, the Manuel V. Gallego Foundation Colleges, Inc. conducted a Leadership Training Workshop for the newly elected Supreme Student Council (SSC) officers from the Secondary and Tertiary Level and officers from different organizations in the MVGFC main library.

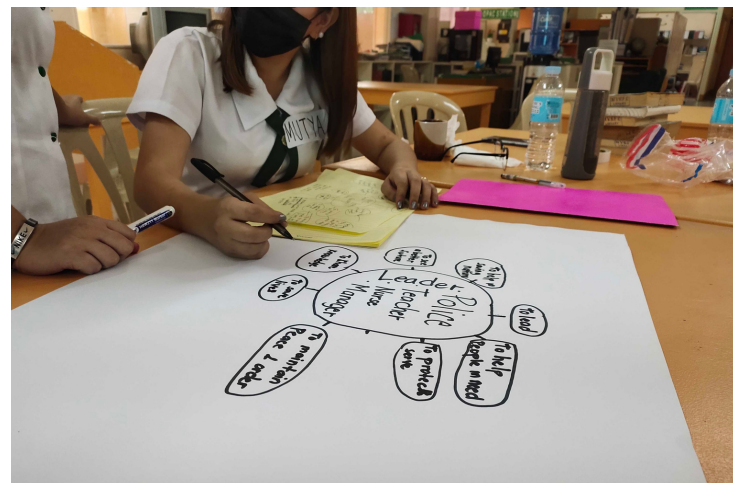
The Leadership Training workshop started with opening remarks from the Student Affairs Director, Mrs. Maricris G. Malamug. Two notable leaders, brothers Joseph Christian and Joseph Christopher Gallego, were invited to be the guest speakers. A limited number of people attended the event as they follow the safety protocols.


JC and Chris both shared their struggles and achievements as students and leaders. They helped the officers understand how to be adaptable during times of change and help others even in little ways. There were fun and reflective activities prepared by the two intelligent speakers that promote respect. The student leaders gained knowledge from the collaborative works and developed ideas on becoming active and productive leaders despite the pandemic.

A Canadian-American motivational public speaker and self-development author named Brian Tracy once said, "The true test of leadership is how well you function in a crisis." This phrase reflects the aims of the Supreme Student Council officers to do their best and become influential leaders that will make a difference, especially in these trying times.



"The true test of Leadership is how well you function in a crisis"





webinar

Nursing Students Attend Webinar on Nursing Assessment for Psychiatric Practice

-Norribel Mangaoang, BSN

The Manuel V. Gallego Foundation Colleges Inc. third-year students, together with the Cebu Normal University third-year students, participated in a webinar entitled “Nursing Assessment for Psychiatric Practice” last February 2, 2021, with Dr Argie Jamaica Rivera as the resource speaker.

This webinar took an hour and a half including a forum discussion with the resource speaker. The topic is central to nursing skills and revolves around new trends and processes of Nursing Assessment utilised in a Psychiatric facility based in America. The speaker mentioned that nursing assessment is crucial to developing skills in formulating best practice interventions for Registered Nurses. To resolve this, the students of both colleges are fortunate to have this webinar as they witnessed how nursing psychiatric assessment is done. The speaker also mentioned that Psychiatric assessment is composed of numerous forms designed specifically for individual evaluations. One is the mini-mental status/state exam form, which is used worldwide to determine an individual’s cognitive function individual.

The purpose of this is to evaluate quantitatively and qualitatively, a range of mental functions and behaviors at a specific point in time. The MSE provides essential information for diagnosis and assessment of the disorder’s course and response to treatment. Observations noted throughout the interview become part of the MSE, which begins when the clinician first meets the patient. Information is gathered about the patient’s behaviors, thinking, and mood.

The speaker explained and stated the purpose of a mini-mental status examination and what considerations a nurse must exhibit in obtaining data from the patient. She also mentioned using other supporting forms and clinical forms to assess medical compliance and medical admin, emphasizing the assessment of taking serotonin medication. Signs and symptoms of neuroleptic Malignant Syndrome were also discussed to give students ideas to differentiate Serotonin Syndrome from Neuroleptic Malignant Syndrome.



The Impact of Online Learning to the Criminology Students of MVGFC

-Monica Mendoza, BSC

Monica Ellado Mendoza, a third-year Criminology student and the Vice President of the Supreme Student Council (SSC), interviewed her colleagues on "The Impacts of Online Learning to the Criminology Students of MVGFC."

The interview revealed that students see the new learning system as both advantageous and disadvantageous.

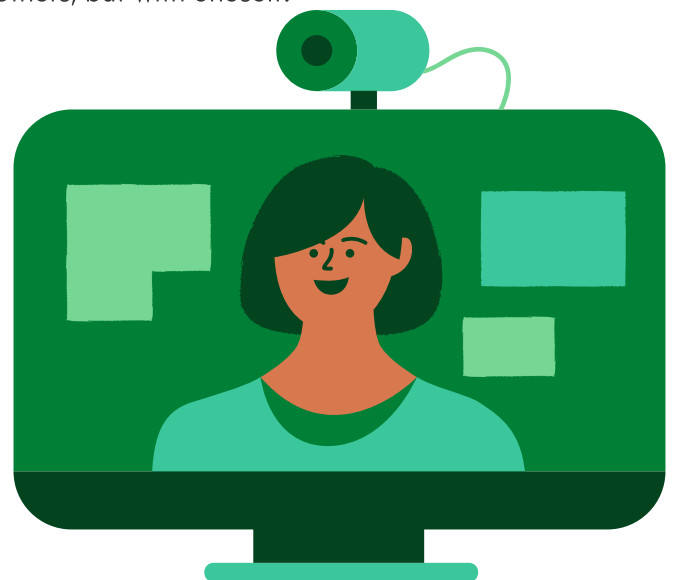
One of the disadvantages mentioned by her colleagues was that many students struggle to join their online classes because of the significant adjustments and other various reasons.

Some of them experience poor internet connection; some don't have enough load, some have a nonconductive environment which is noisy, and some don't have any gadgets to use in the online class: Marvin C. Quitoriano, a criminology student said that he felt the need to learn all by himself because he can't ask the teachers directly about his concerns about class topics.

This situation is challenging because some students feel that they are no longer learning. All they want is to pass and submit the requirements given by their teachers.

On the other hand, one of the advantages the students cited is that they become more mindful of their health by staying at home rather than going to school every day. According to them, health is the priority, especially during the pandemic. They have more time with their loved ones because they don't have to leave their homes to study.

The new normal in education made the students stronger and more persistent than before, as it seems that becoming successful is no longer a battle among others, but with oneself.





MVGFC ROTC Cadets Gain Recognition from MVGFC Administration

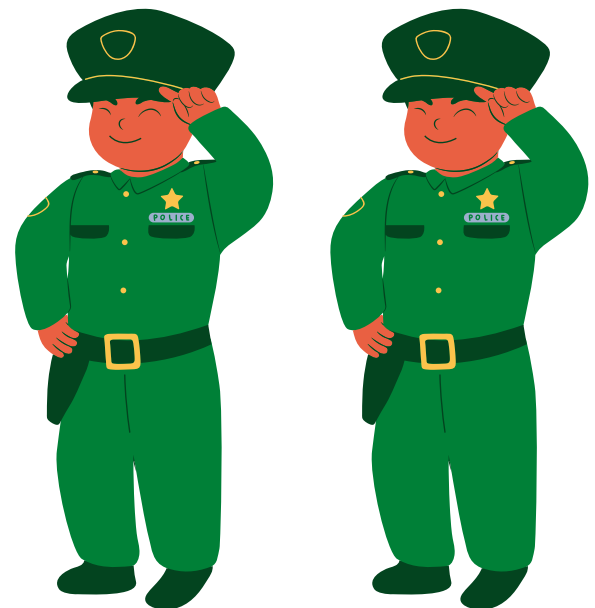
-Ponciano Peralta, BSC

On March 15, 2021, the Manuel V. Gallego Foundation Colleges Inc recognized the contributions of MVGFC – ROTC Cadet Officers who volunteered their services to the community during the COVID-19 Pandemic “Joint Task Force in Coronavirus”. They begin their service duty as frontliners from April 26, 2020, to May 30, 2020. The school granted them a Certificate of Recognition and a cash incentive for their leadership and hard work as volunteers.

Cadet Col. Edmar Alemania was assigned at Barangay Sumacab, while Cadet Maj. John Benjamin Dirangarun, Cadet Maj. Jonard Corales, and Cadet Maj. James Dionisio were assigned at Brgy Cabu, Caalibangbangan, Cinco Cinco respectively.

Our Cadet officers volunteered their time under the sweltering heat of the sun while wearing their combat uniform, including a face mask and face shield, an m16 rifle hanging on their shoulders all through the day. Even though they lack sleep, their main priority is to ensure everyone’s safety. They assure and secure that no one will break the protocol.

Cadet Maj. Jonard Corales said that his experience in Joint Task Force was not that easy. It was a mixture of happiness, sacrifices, and survival. He was honored because he was able to experience being a real soldier even for a short period of time. He is thankful that he never got sick during his duty. Serving many people and seeing how thankful they are because of their services have relieved their fatigue. Those sacrifices they made are worth it because the curve has flattened, while they were on the field for duty.





Longalong Leads SSC for A.Y 20-21

-Rasty Padunan, BEED

The Manuel V. Gallego Foundation Colleges Inc. (MVGFCI) conducted an oath-taking ceremony for the new set of elected and appointed officers of the Supreme Student Council and the Student Council (SC), last 14th of January 2021 at MVGFC Main Library.

Mutya Vina San Diego Longalong was applauded as the new president of the Supreme Student Council for the A.Y 2020 - 2021.

The following students have been authorized as the new set of Supreme Student Council.

Supreme Student Council for A.Y 20-21

President: Mutya Vina S. Longalong

Vice President: Monica S. Mendoza

Secretary: Rasty G. Padunan

Treasurer: Noime S. Amor

Auditor: Ponciano L. Peralta III

Business Manager : Ma. Alyssa G. Marquez

P.I.O: Noribel S. Mangaoang

The following students have been elected as the new set of the Student Council.

Governor: Jose Mari T. Ponce

Vice Governor: Junimel Castillo

Grade-12 Representatives : Ernest Eugene Peralta
John Tryx T. Malicat

Grade-11 Representative: Acel Joy Gonzalez

Grade-10 Representative: Justine Lorraine Palacio

Grade-9 Representative: Ma. Alkine Esmilla

Grade-8 Representative: Jay Marbien Esmilla

Grade-7 Representative: Clarissa G. Galang





SSC Finds a Way to Lend a Hand Through the ‘SSC SEE Project

-Mutya Vina Longalong, BSED

On January 14, 2021, the Supreme Student Council (SSC) presented the SSC Economic Enterprise (SEE) to the senior high school and college representatives during the Oath Taking Ceremony of the newly elected SSC officers from Secondary and Tertiary levels in the MVGFC main library.

The objective of the project is to provide opportunities for the student leaders to improve their entrepreneurial spirit and to be able to raise funds to support selected college students that are financially challenged.

The SSC aims to raise a net income of ten thousand pesos (Php 10,000) from the project until the Second Semester. The council must identify the five most deserving students from the different institutes. The beneficiaries shall receive their financial subsidy by August 2021.

During the Online Kamustahan that the SSC conducted on January 29, they discussed the project to inform their fellow students about the fundraising project. The students happily approved and promised to support them.

With the theme “No Gallegan is left behind,” they are doing their best to help their fellow students in their little way. SSC strongly believes in a beautiful quotation from Danny Thomas, a famous American philanthropist, producer, and actor that “Success has nothing to do with what you gain in life or accomplish for yourself. It’s what you do for others.”





MVGFC Community Celebrates the National Women's Month

-Mutya Vina Longalong, BSED

The National Women's Month is celebrated annually to acknowledge women's extraordinary roles in our society as the pioneer of change and to promote continuous actions to fully achieve women empowerment and gender equality.

With the theme "We Make Change Work for Women", Manuel V. Gallego Foundation Colleges, Inc. (MVGFC) community celebrates National Women's Month in front of the main library on March 1, 2021. The program started with the Flag Raising Ceremony, wherein the faculty, staff, and some students joined the event.

The program spearheaded by the Quality Circle 2, Study as One, led by Ms. Sonia M. Capio, Gender and Development (GAD) Focal Person together with the "GAD champions" Teresita F. Anastacio, Luzviminda De Leon, Jacqueline Franco, Elma Nuque, Joseph Reyes, Jayvee P. Ramos, Abegail Dela Cruz, Dr. Celia Fajardo, Denise Villareal, Rosalyn Bilog, Noby Del Campo, Jhen Barrios, and Dr. Libertad "Lily" P. Garcia (VPAA).

Ms. Sonia M. Capio, discussed the significance of the laws, which declares the first week of March each year as Women's Week and March 8 as Women's Rights and International Peace Day.

Appreciation for men who protect women against discrimination and harassment was also acknowledged. Ms. Capio said, "Ang Women's Month ay dapat unang pinapalangkapan ng mga lalaki, dahil sa mga unang struggles ng kababaihan natin kasama ang mga lalaki, naipagtagumpay natin ang batas laban sa sexual harassment..."

A teacher who participated in the National Women's Month celebration said, "I am proud to be a woman, and I am happy that we are celebrating National Women's Month here in our school."

One of the students who joined the event expressed her feelings and proudly said, "I am happy because I gained knowledge about the importance of women in society".

By celebrating National Women's Month in MVGFC, we understood how women play a vital role in society. We gained more respect for women for being a pioneer of change; we learned to appreciate men who protect women from harassment and support our battles for women's rights. Let's just hope that our future generation will also learn how to promote the value of gender equality so that the aims of women will be fully achieved.



To Blend or Not to Blend? The Concept of Blended Learning

As people continuously embrace the digitalized world, it's not new for us to hear online class, online learning, and even researching through Google and other web browsers. Many people get confused whenever they hear "blended learning." What's this all about?

Blended learning is a concept that became popular for the past few years. It is a combination of web-based instruction and face-to-face instruction. It was viewed by the Filipino author, Nenita V. Habulan, in her book entitled "Pedagogical Foundations in Education Technology" as "a combination of strategies and approaches in the process of teaching and learning using web-driven instructional resources"(2018). Therefore, blended learning is an approach where students can go to a traditional classroom for a scheduled discussion while doing all the activities and requirements outside the classroom. The traditional classroom setup is usually minimal, while other learning materials are given through video-recorded lectures, video calls, and group chats, and other educational tools that are accessible through the internet. Students can manage their learning phase and have to meet their teacher personally to check their progress. Additionally, social learning is also supported because the interactions with the teacher and fellow students are still present.

Pros of using Blended learning:

Suit for all learners- because of the mixture of web-based, face-to-face instructions and various methods in the teaching and learning process. The content can be customized for the benefit of the students.

Lower cost- because most of the learning happens through web-based instruction, students don't have to spend much money to provide for their everyday expenses in school. They can have their lunch and snacks at home while doing their activities online, and they don't have to spend money on transportation fees.

Fun and Engaging- with the use of different learning tools through media, boredom is impossible. With the students' eagerness to learn something new, especially with the help of technology, they become more engaged in the learning process.

Promotes diversity- because everything is accessible through the internet, learning becomes universal. Students learn the same thing despite the differences when it comes to time, culture, and location.



To Blend or Not to Blend? The Concept of Blended Learning

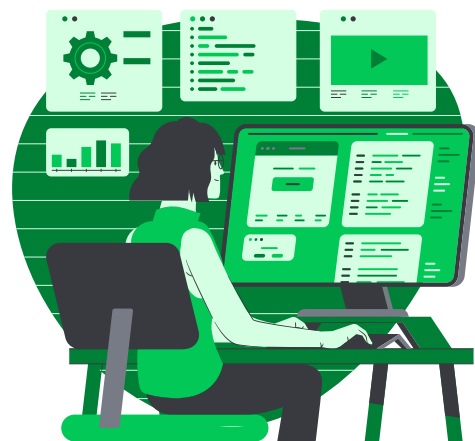
Cons of using Blended learning:

Answers are easy to find- because of so many helpful online materials, many students see this as an opportunity to skip learning. Instead, they are doing the “copy” and “paste” on their activities.

Technology can be challenging rather than useful- because of so many tools that can be found on the internet, some tools and resources are not easy to use, and most of the time, some teachers are not well trained to fix the problem.

Teachers experiencing overwork- because blended learning needs to be fun and engaging, teachers must choose the best syllabus and activities to promote lifelong learning. They have to spend more time and effort to find the right materials that can maintain the balance between face-to-face and web-based instruction. These quite complicated tasks can result in overwork and stress, if not managed efficiently.

Like any other thing in this world, blended learning has its positive and negative sides. But what is important is we learn to adapt to new things in this ever-changing world. This digitalized world aims to provide the most convenient ways to develop the teaching and learning process with the help of different useful and more accessible tools. More time is needed for society to fully embrace this kind of instruction, and many improvements are needed for this to be successful. Precisely, “True success can be defined by your ability to adapt to changing circumstances.”- Connie Sky.



HEALTH PROTOCOLS

-Anthea Marie Valino, BSN

It was January 21, 2020, when the first case of a person infected by the SARS-COV was recorded. In the following weeks, the Philippine government decided to place the country under Enhanced Community Quarantine wherein no one is allowed to go outside except essential workers of specific establishments such as hospitals, banks, groceries, and food chains. Transportations were limited, malls were shut down, and even schools were forced to continue the school year through online means .

In line with this, the Commission on Higher Education (CHED) issued a memorandum about flexible learning delivery, mandating all the universities to suspend all face-to-face classes and use online modalities to deliver instruction.

Our institution, the Manuel V. Gallego Foundation Colleges Inc., cognizant to this memo, immediately formulated policies and procedures on how to deliver flexible learning. It was a huge adjustment for all the stakeholders, but instead of taking it as a hurdle, our institution took it as a challenge, especially the senior faculty members. The institution, through the leadership of the administrators and the support of local experts, assisted the faculty members through continuous capacity-building seminars and acquisition of new technology to aid in learning. They also issued a standard health protocol and cascaded through mass orientation for everyone to follow. The school is also equipped with facilities such as signages and operating procedures in terms of contract tracing and limited face-to-face transactions. up to now, these protocols are strictly implemented in the campus.



SECURITY UNIT PROTOCOLS

Students, employees and visitors must undergo temperature check in Post 1 (Entrance).



Students, employees and visitors must sanitize their footwear by stepping on the disinfectant mats.



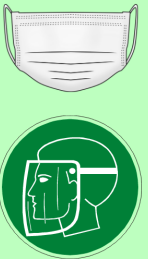
Students, employees and visitors are required to wash their hands in the wash room before going to the classroom and offices.



Vehicle owners who will stay overnight will be allowed to park inside and all others will have to park in quadrangle/military parade ground; those who were issued permits to park inside will no longer be honored except for stay overnight.



Students, employees and visitors who are not wearing facemask and face shield will not be allowed to enter the campus.



Students, employees and visitors must bring their own hand sanitizers and alcohol.



Students must obtain an appointment to the person concerned before admittance to the campus, otherwise, those who came without appointment will be entertained at the Post 1 waiting area. The Guard on Duty will inform the person concerned to entertain said students/visitor.



Visitors and Students must Exit at Post 2.





The New Normal of Learning

-Randel Joshua B. Henson, BSED

The Covid-19 left a tremendous impact not only to economy and health but also on education. The major effect is the drastic paradigm shift where teachers, administrators, and students are forced to utilize technology as the main modality in learning. Many schools and universities from around the world embrace this new normal in education. One of them is our school, Manuel V. Gallego Foundation Colleges Inc., which does its best to continue helping the students to learn at their best despite the pandemic.

The adjustments include online classes using online platforms like Facebook Messenger, Google Classroom, Google Meet, Zoom, and the school's very own Front Learner. Some teachers, who are not familiar with online utilities, adjusted and tried their best to cope with the current situation. Some professors use a modular way of teaching in which the students are coming to the school to get their printed modules. Lastly, some professors, with the help of other teachers, started online classes using different online communication tools.

Moreover, the institution adjusted not only their curriculum but also the different services of the school. School services such as the Finance office, Accounting office, Registrar, Guidance Office, Admin Office, etc., adjusted to online pace wherein most of the transactions can be done online.

These adjustments in the new normal face were challenging at first, and it took time to adjust in the new ways of learning. Not only did the teachers and non-teaching personnel felt the learning curve, more so, the students who struggle with poor internet connections and the lack of devices needed in education. Many students tried their best to go to school despite the pandemic to continue their education. Proof that education is a continuous process of growth and development, and no matter what happens, a Gallegan must move on and flow with the current situation. Despite all the challenges, the teachers and the students with all the Manuel V. Gallego Foundation Colleges Inc. stakeholders are doing their best to cope with the current situation, fight the pandemic, and deliver high-quality education to every student no matter what hindrances they face.





Quarantine Sports

-Ponciano Peralta, BSC and Randel Joshua B. Henson, BSED

Students of Manuel V. Gallego Foundation Colleges Inc. find their way to do some sports despite the quarantine. Students tried their best to enjoy their quarantine days by doing non-contact sports and enjoying some E-sport events.

The IATF or Inter-agency Task Force for Covid 19 allowed non-contact sports like biking for Filipinos to practice exercising and stay healthy. As a result, many students hook themselves to ride with their friends and go to different places to enjoy and exercise for their bodies. Also, some students who are not associated with biking groups enjoy doing it inside their backyard or barangays. Biking also helps the students become more productive, removes their worries, reduces the pandemic's effect in their minds, and takes care of their bodies.

Another kind of sport that became popular during the quarantine is E-Sports or Electronic Sports. Students enjoy participating and watching their favorite pro-team in specific online games like Mobile Legends, Valorant, Dota 2, and many more. We can still remember that E-Sports events became one of the sports played in the last South East Asian Games 2019 held in the Philippines. These kinds of sports seem to be the new normal for physical development and help one develop strategies, teamwork, trust, and perseverance; among the essential skills and values, one should possess the most important skills pandemic.

These sports started to become famous for the students, and even to other types of people. Sports gives them time to refresh their minds and forget about the negativity brought about by the Covid-19 pandemic. These include isolation, anxiety, uncertainty, and insecurity. Engaging in sports allows an individual to free one's mind. Relax, and unwind after a stressful week at school or work.

Adjusting to the new normal is highly challenging, especially for students who struggle with poor internet connections and lack of devices needed to perform in class. Yet, despite these struggles, many students still chase their dreams and continue to go to school to prove that education is a continuous process of growth and development.

No matter what happens, a Gallegan must move on and continue to achieve a brighter future. One way to achieve balance and avoid emotional stress and depression is to engage in physical activities such as sports continuously. So whether you bike or you are an avid e-sporter, as long as you are mentally and physically fit, keep going!

LITERARY

"Online class"

By: Daisy Ruflo, BSBA

This is a new teaching technique
Due to the global pandemic
Gadgets are needed
Internet connection is the investment

Can you say it is effective?
Especially with young students who are underprivileged and
impoverished?
Or does it have a positive effect?
To properly guide children to graduate?

We know that it is not a joke
Parents, students and teachers go through
It is not the right time to blame
We should all support each other

"Online class" is the proposal system
So that we can be safe and the situation will not get worse
"Online class" to somehow alleviate the bitterness of yesterday
and open up new opportunities

"Online class" is deliberately difficult but for our dream
We can do nothing but we hug at the same time
And bear with ourselves in the education system that will
provide a better future for us.

"Firefly"

By: Daisy Ruflo, BSBA

There is one lonely night
When the moon is shining bright
I'm walking in the street going right
Then I see a tiny little light
Does this one have a sight?

That is the question that comes to my mind
When I decided to look behind
Fly high and never stop
Fly until it. rich the top.

Love is everywhere

By: Joshua Relucio, BSED

Love can't be described.
It has no shape; it has no form
Love is not an object
Love does not conform.

Love is in your heart
Love is in your mind.
Love doesn't discriminate
Love is always blind.

Love is all around you.
There's plenty of love to spare.
You cannot see or touch it.
But love is everywhere.

Love's the greatest power
And yet it is so small.
Love's gift from God
To be shared everyone.



It's not too late

By: Noime S. Amor, BSED

When I was a teenager, I'm not serious about anything, especially about studying. I am someone who could just go with the flow and enjoy things until I neglect my study. This was the cause why I stopped and decided to look for a job. Several years went by; it had things happened as I got married and have my beautiful little daughter.

Then, I finally realize everything I wasted and the opportunity I had. Maybe, it is a clear result that if you had already built your own family, you'd become matured in any areas of life with a hopeful view in the future. So I study to go back on the right track after ten years.

I have both excitement and fear because I am not that sure of this decision to start over since I already have the responsibility for my family. But they are right saying, if you have a clear perspective of your goal in life, things are possible. It is MVGFCI who help me to continue achieving my goals. The faculty let me know that everything does not yet end for my goals; in every sacrifice, there is triumph waiting in the end.

I am now at 3rd year level in college, and I may get my diploma in only a few steps left. It doesn't matter if long it takes to reach goals, but it is about perseverance and dedication in each step. There's no first or last in person who has an inspiring and goal plan.

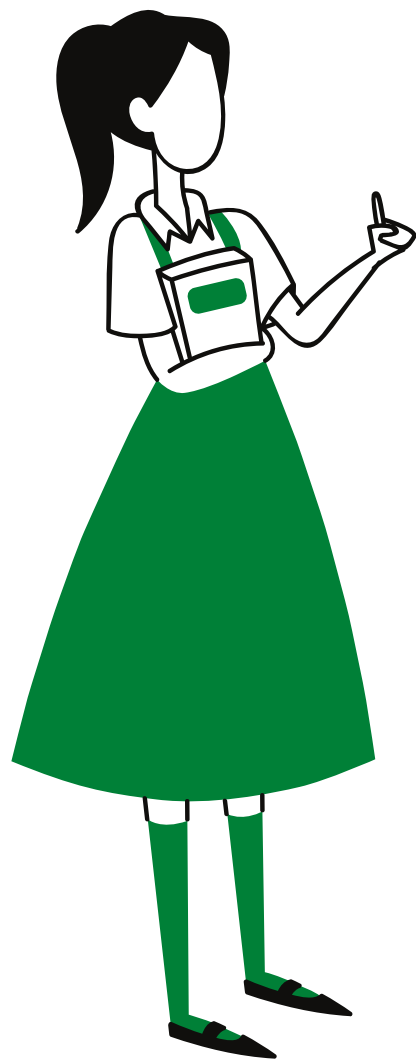
To My Mother

By: Joshua Relucio, BSED

One day, a young man stopped at a flower shop to order some flowers for his mother. As he got out of his car, he noticed a young girl sitting on the side of the flower shop. He asks her what was wrong. And she replied, "I wanted to buy a red rose for my mother, and I don't have enough money".

The young man smiled and said, come in with me. I'll buy a rose for your mother; he bought the little girl her rose and ordered his own mother's. As they were leaving in the flower shop, he offered a girl a ride home. She said, yes! You can ride me to my mother, she directed to a cemetery, the young man shock!

Did he ask a young girl why? My mother died because of Corona Virus Disease (Covid19) last two weeks ago, that's why my life is nothing. She is everything for me.



TRIVIA!

Honey has a naturally sweet taste that may use in any way. This is healthier than the processed sugar. In addition, honey is one of the effective to combat bacteria and viruses. During this coronavirus pandemic, this helps us improve the immune system with vitamin C and many benefits such as natural energy booster, treat cough and colds, a powerhouse of antioxidants, and the like.

Do you know how to distinguish sweet, pure honey?

It doesn't attract ants that love sweets. If you find your honey with lots of ants, it's contaminated with enhancing flavoring.

There are ten surprising benefits of honey.

1. Honey Contains Some Nutrients

Honey is a thick, sweet liquid made by honeybees. It is low in vitamins and minerals but may be high in some plant compounds.

2. High-Quality Honey Is Rich in Antioxidants

Honey contains several antioxidants, including phenolic compounds like flavonoids.

3. Honey Is "Less Bad" Than Sugar for Diabetics

Some studies show that honey improves heart disease risk factors in people with diabetes. However, it also raises blood sugar levels not to be considered healthy for people with diabetes.

4. The Antioxidants in It Can Help Lower Blood Pressure

Eating honey may lead to modest reductions in blood pressure, a significant risk factor for heart disease.

5. Honey Also Helps Improve Cholesterol

Honey seems to have a positive effect on cholesterol levels. It leads to modest reductions in total and "bad" LDL cholesterol while raising "good" HDL cholesterol.

6. Honey Can Lower Triglycerides

Elevated triglycerides are a risk factor for heart disease and type 2 diabetes. However, several studies show that honey can lower triglyceride levels, primarily when used as a substitute for sugar.

7. The Antioxidants in It are linked to other beneficial effects on heart Health.

8. The antioxidants in honey have been linked to beneficial effects on heart health, including increased blood flow to your heart and a reduced risk of blood clot formation.

When applied to the skin, honey can be part of an effective treatment plan for burns, wounds, and many other skin conditions. It is particularly effective for diabetic foot ulcers.

9. Honey Can Help Suppress Coughs in Children.

For children over one year of age, honey can act as a natural and safe cough suppressant. In addition, some studies show that it is even more effective than cough medicine.

10. It's It's Delicious, But Still High in Calories and Sugar

Honey is simply a "less bad" sweetener than sugar and high-fructose corn syrup.

<https://www.healthline.com/nutrition/10-benefits-of-honey>

