

# THE LAMP



The Official Student Publication of MVGFC

# RESILIENCY



*"...until then when we are wearing the elusive black gown, we will give ourselves a tap on the back and say, Great job. You made it"*

**“Serving MVGFC has been  
an HONOR and a PRIVILEGE  
I shall never forget.”**

  
**Rochelle R. Sabado**  
**Editor-in-Chief, The Lamp**



## **EDITOR'S NOTE**

# **Building Resilience Amidst Pandemic**

Encountering past years with coronavirus has changed the mental state of many people into worries, uncertainties, and fear. These affect everyone's plans, dreams, and dispositions. Disappointments and frustrations impacted us. It became harder for us to see the possibilities of going back into the normal life we lived.

Little by little, we realize that we cannot avoid the implications of this pandemic, and the only way to survive is to have discipline, make a positive outlook on life, and build our resistance to cope with this situation. Indeed, resilience is very important, especially in the present moment when we are facing the new normal. This factor means that we should recover quickly from difficulties or toughness and strive for our goals.

This issue of The Lamp will hopefully remind you, my fellow Gallegans, to positively endure hardships despite the crisis we face and keep on strengthening our faith in our dreams. It's not easy, but we will rise from the challenges of any season. Our lives in the new normal may even be better than what we used to live. Just keep on improvising, adapting, and overcoming.

This is my last time as the Editor-in-Chief of The Lamp, as I will begin another journey, I want to thank my mentor, Ma'am Maricris G. Malamug, for entrusting me with this role in the student publication. I also appreciate the contributions of our authors; none of this would have been possible without your dedication. It was great working with you all!



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# ABOUT THE COVER

This year's issue of **THE LAMP** focused on one of the most integral characteristics a student must possess to THRIVE, and that is **RESILIENCY**. The resiliency to take on more complicated challenges brought about by the pandemic.

Before the new normal, students' struggles were mainly about how to get by each day, how to finish all school deliverables, and how to be physically present in different school activities that require attendance and participation.

Now, the pandemic has brought us to a different level of struggle. Beyond the financial burdens lie mental exhaustion, anxiety, isolation, and compromised self-confidence, with a consistent traumatizing thought that YOU WON'T make it.

But here we are, and the fact that we are here is a testament to our resilience. Our grit allowed us to multi-task and do self-training on how to organize ourselves, and finish our modules among other academic requirements while setting aside our mental health concerns.

Our resilience allowed us to innovate solutions for the problems our families faced due to the surge of a pandemic.

Our positivity that soon these will all be over, and until then when we are wearing the elusive black gown, we will give ourselves a tap on the back and say, "Great job. You made it."

Gallegans, this is all for you. The articles in this issue proved that we, GALLEGANS look at the glass as 'half full, instead that it is 'half-empty'.



# MVGFC holds General Orientation for S.Y 2021-2022

The Manuel V. Gallego Foundation Colleges Inc. (MVGFC) held a general orientation for all college students on August 20, 2021, via Zoom application.

The program started with an opening remarks from Student Affairs Office Director, Mrs. Maricris G. Malamug. The school president, Dr. Joseph L. Gallego, expressed a heartwarming message to all the parents and students. The president explained the different ways to cope in the new normal setting. Dr. Gallego also shared the MVGFC's e-learning platforms to help teachers and students easily access learning materials and outputs.

The orientation was divided into six topics. The first topic covered by the Registrar's Office and headed by Mrs. Edith S. Malgapo, was about the process of enrollment, grades, learning modality, policy for adding, changing, or dropping subjects, and examination procedures.

The second topic was about the policy payment, headed by Mrs. Arlyn S. Pahuriray, head of the Finance Office She presented the policies on paying tuition and miscellaneous fees and the mode of payment.

The third topic was on Guidance Services, Mrs. Juanita B. Lagmay, the head of the Guidance Office, discussed the role and services provided by the office.

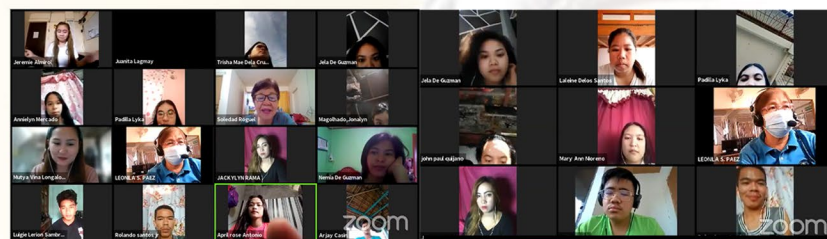
The fourth point of discussion was headed by the Student Affairs Office, Ms. Joanna Ubongen, the Scholarship Coordinator, informed the students about the school services offered under the new normal. These are co-and extracurricular activities, student organizations, clubs, and scholarship programs.

By: Mutya Vina Longalong



The fifth topic was discussed by Ms. Hazel Ann Largosa, where she highlighted the health services provided by the clinic for employees and students. Next to her was the Library Services, headed by the Chief Librarian, Dr. Leonilla S. Paez, who introduced the "Open Access System" for students who need research at no additional cost.

The General Orientation program provided all the information that the students needed to be familiarize with the school environment. The students also engaged in games and trivia. Jeremie Almirol of Business Administration, Xian Inductivo, and Mutya Vina Longalong served as the hosts of the event.



# Congratulations, Dean's Listers

 HIDALGO, ROSETTE BEED-3 (GPA: 1.36)	 MARIANO, FEVY KAYE M. BSED MATH-1 (GPA: 1.40)	 AMOR, NOIME S. BSED FILIPINO-4 (GPA: 1.42)	 ADORDONICIO, PAULINE JANE G. BSED MATH-1 (GPA: 1.47)		 REOTUTAR, CAMILLE L. BSED FILIPINO-1 (GPA: 1.58)	 MARIANO, ERICA M. BSED ENGLISH-1 (GPA: 1.58)	 BATALLA, MILDRED ANGELA BSED FILIPINO-1 (GPA: 1.60)	 MARIANO, VALERIE M. BSED ENGLISH-1 (GPA: 1.60)
 BULAWIT, HANNA CAMILE D. BSED ENGLISH-1 (GPA: 1.61)	 MANAS, JHAM M. BSED GEN. SCIENCE-1 (GPA: 1.62)	 BENEDICTO, GEEDANELA A. BSED ENGLISH-1 (GPA: 1.70)	 SAYCON, JEAN C. BSED ENGLISH-1 (GPA: 1.47)	 NORBE, KRISTINE ANGELA B. BSED ENGLISH-1 (GPA: 1.48)	 SERRANO, LIEZEMBERLY G. BSED MATH-1 (GPA: 1.50)	 ADAM, JOANNA M. BSED FILIPINO-2 (GPA: 1.50)		
 BACHO, JECELA L. BSBA MARKETING MGT-1 (GPA: 1.28)	 BAUTISTA JR., VITORINO V. BS ACCOUNTANCY-3 (GPA: 1.42)	 MANANES, HANNAH JOY V. BS ACCOUNTANCY-1 (GPA: 1.42)	 CANOSA, SHEKINAH PRAISE G. BSBA MARKETING MGT-1 (GPA: 1.50)	 TING, ARBIE JOY P. BS ACCOUNTANCY-2 (GPA: 1.53)	 BALLESTEROS, ROY JANH BS ACCOUNTANCY-1 (GPA: 1.54)	 MAGNO, CELIN JOYCE D. BS ACCOUNTANCY-1 (GPA: 1.57)	 SOLEDAD, ARNIE KIEGH R. BSBA FINANCIAL MGT-1 (GPA: 1.65)	
 MALAWIT JR., ROGELIO S. BS CRIM-3 (GPA: 1.68)		 VALDEZ, JOSHUA PAUL G. BS CRIM-3 (GPA: 1.71)	 VILLANUEVA, CATHERINE BS CRIM-2 (GPA: 1.75)	 CRUDA, JULIUS BS CRIM-2 (GPA: 1.54)	 OCTAVO, RICKY T. BS CRIM-2 (GPA: 1.57)	 SOLIS, RODANDE BS CRIM-2 (GPA: 1.58)	 ANDAM, DENMAR BS CRIM-2 (GPA: 1.60)	
 MALABANAR, MERLAJOY E. BS CRIM-3 (GPA: 1.65)	 PERALTA, PONCIANO III BS CRIM-3 (GPA: 1.65)	 RIVERA, RICHMOND BS CRIM-3 (GPA: 1.65)	 PUNTILL, RHEA B. BS CRIM-3 (GPA: 1.48)	 INDUCTIVO, XIAN WENDE D. BS CRIM-2 (GPA: 1.40)	 PALOMIA, ELA MAY L. BS CRIM-2 (GPA: 1.40)	 PERAMANTE, GEORGE ASHLEY BS CRIM-1 (GPA: 1.50)	 LIGON, CHRISTIAN BS CRIM-2 (GPA: 1.54)	
 ASUNCION, RHAYMARK BS CRIM-2 (GPA: 1.76)	 PAYAD, DARIO E. BS CRIM-3 (GPA: 1.77)	 ALEJO, REENILYN M. BS CRIM-3 (GPA: 1.77)	 MARCELO, LAVEEC CHRISTOPHER BS CRIM-3 (GPA: 1.80)					
 RAIZ, CHARLOTIA AJ BSN-2 (GPA: 1.44)	 VENTURINA, LEINE MARRY ANNE B. BSN-1 (GPA: 1.44)	 ROSALES, JC G. BSN-2 (GPA: 1.45)	 TIQUE, ROCHELLE R. BSN-2 (GPA: 1.46)	 DELA CRUZ, IVY V. BSN-2 (GPA: 1.29)	 TAGUAM, CHRISTINE G. BSN-2 (GPA: 1.29)	 CANUBAS, RHENA JHOY C. BSN-1 (GPA: 1.38)	 POLICARPIO, KIMBERLY R. BSN-1 (GPA: 1.38)	
 PAGADOR, CYRELL MAE D. BSN-3 (GPA: 1.62)	 DELA CRUZ, ANGELO P. BSN-3 (GPA: 1.64)							

# S.Y 2021-2022

# SAO Conducts Virtual Oath-Taking and Leadership Training for Elected Officers

By: Victor V. Bautista

The Manuel V. Gallego Foundation Colleges Student Council conducted a virtual oath-taking ceremony last November 13, 2021, via Zoom. The Student Affairs Office Directress, Mrs. Maricris G. Malamug, administered the oath-taking of 169 newly elected officers of various organizations, including Supreme Student Council (SSC), Future Mentor Society (FMS), Criminal Justice Student Organization (CJSO), Nursing Student Organization (NSO), Kapisanan ng mga Mag-aaral sa Filipino (KAMFIL), Future Corporate Professionals and Entrepreneurs Association (FCPEA), Scholar's Organization, Multi-Faith, Criminology Achiever Society (CAS), SSITE, Filipino Club, English Club, Wellness Club, Math Club, Science Club, TLE Club and High School Student Council headed by their respective organization's presidents. The school President, Mr. Joseph L. Gallego, and Vice President for Academic Affairs, Dr. Libertad P. Garcia participated in the oath-taking ceremony.

After the oath-taking ceremony, the newly elected officers attended a Virtual Leadership Seminar with the theme, "Leading in the new normal: Creating Trust by Building Transparency." The seminar aimed to find new ways on building trust by establishing an environment that feels safe, consistent, and transparent by highlighting the fundamental elements of effective leadership. The topics included how to lead change, seizing leadership opportunities, leading aims, and the power of influence which were discussed by four school personnel respectively; Ms. Jackielyn Pengson from Student Affairs, Mr. Justine Ralph Portugal from the Institute of Accountancy and Business, Ms. Jeremy Baby G. Reyes from the Human Resource, and Ms. Madel DG. Guarin from the Administration.

The elected officers are now ready to fulfill their duties and responsibilities as leaders who will serve their constituents fairly by sharing knowledge, showing determination, expressing dedication, and making different platforms and projects for the Academic Year.



## SUPREME STUDENT COUNCIL (SSC)

President: Erizha Nhoi R. Castillo  
 Vice President: Rica Mae P. Manalili  
 Secretary: Nemia F. De Guzman  
 Treasurer: Ivy V. Dela Cruz  
 Auditor: Jannelle-Anne G. Domingo  
 Business Manager: Denmarr P. Andam  
 Jeremie D. Almirol  
 P.R.O.: Rosette Hidalgo  
 P.I.O.: Dario E. Payad

## FUTURE MENTOR SOCIETY (FMS)

President: Randel Joshua B. Henson  
 Vice President: Rochelle R. Sabado  
 Secretary: Rhea Mae L. Tayao  
 General Treasurer: Joy Bella S. Nunez  
 Auditor: Ana Katrina T. Lutap  
 Business Manager: Lyka A. Padilla  
 Fyran G. Ciron  
 P.RO/P.I.O.: Rodny D. Magpayo  
 Camille L. Reotutar  
 Muse: Noime S. Amor  
 Escort: Aljon B. Faraon

### REPRESENTATIVES

4th: Rasty G. Padunan  
 3rd: Rosette Hidalgo  
 2nd: Joana M. Adam  
 1st: English- Leah Marie P. Daluz  
 Filipino- Stephanie M. Bernabe  
 Math- Pauline Jane G. Adordionicio  
 Gen. Science: Nemia F. De Guzman  
 BEED- Wella An N. Astrera II

## NURSING STUDENT ORGANIZATION (NSO)

President: Earl Vincent L. Sanchez  
 Vice President: Norribe R. Mangaong  
 Secretary: Enrique G. Aguilar  
 General Treasurer: Cyrell DC. Pagador  
 Auditor: Tricia Anne Hizon  
 Business Manager: Wilma L. Roduta  
 P.R.O/P.I.O.: Dinver L. Fernando  
 Nedy Grace C. Salting  
 Muse: Ayumi E. Yamada  
 Escort: Hamsar G. Adam

### REPRESENTATIVES

4th: Anthea Marie D. Valino  
 3rd: Angelito R. San Pedro  
 2nd: Franz Ian Kate D. Mananing  
 1st: Mary Rose V. Podalina

## CRIMINAL JUSTICE STUDENT ORGANIZATION (CJSO)

President: Dustin C. Salonga  
 Vice President: Ponciano L. Peralta III  
 Secretary: Reenayn M. Alejo  
 Treasurer: Daph Mae Jane V. Santor  
 Auditor: Ella May L. Palomia  
 Business Manager: Aira M. Enriquez  
 P.I.O.: Ricky Octavio  
 Sgt at Arms: Mourice John Gutierrez  
 Lalaine Ann DG. Camua  
 Muse: Kyle Ashley M. Miranda  
 Escort: Gian Carlo A. Alfaro

### REPRESENTATIVES

4th: Tiffany G. Dela Cruz  
 3rd: Maricar Dansalan  
 2nd: Rodande U. Solis Jr.  
 1st: Natasha B. Tecson

## KAPISANAN NG MGA MAG-AARAL SA FILIPINO (KAMFIL)

Pangulo: Jayson Dela Cruz  
 Pangalawang Pangulo: Ma. Thea Lee A. Salum  
 Kalihim: Joanna Adam  
 Ingat Yaman: Joy Bella Nuñez  
 Tagasuri: Stephanie Bernabe  
 Unang Tagapagbalita: Ronalyn Mangoba  
 Pangalawang Tagapagbalita: Alyssa Manalo  
 Unang Tagapamahala: Ronalyn Cruz  
 Unang Tagapamagitan: Aljon Faraon  
 Pangalawang Tagapamagitan: Lanz Dancel  
 Lakambini: Camille Reotutar  
 Lakan: John Paul Ambrocio

## FUTURE CORPORATE PROFESSIONALS AND ENTREPRENEURS ASSOCIATION (FCPEA)

President: Randel Maru M. Yamson  
 Vice President: David J. Discallar  
 Secretary: Arnie Kiegh R. Soledad  
 General Treasurer: Jeremie D. Almirol  
 Auditor: Faith Celestine E. Espeleta  
 Business Manager: Marion Joy G. Diaz  
 Jerielayne P. Adriano  
 P.R.O/P.I.O.: Gladys May D. Asilum

Muse: Arbie Joy P. Ting

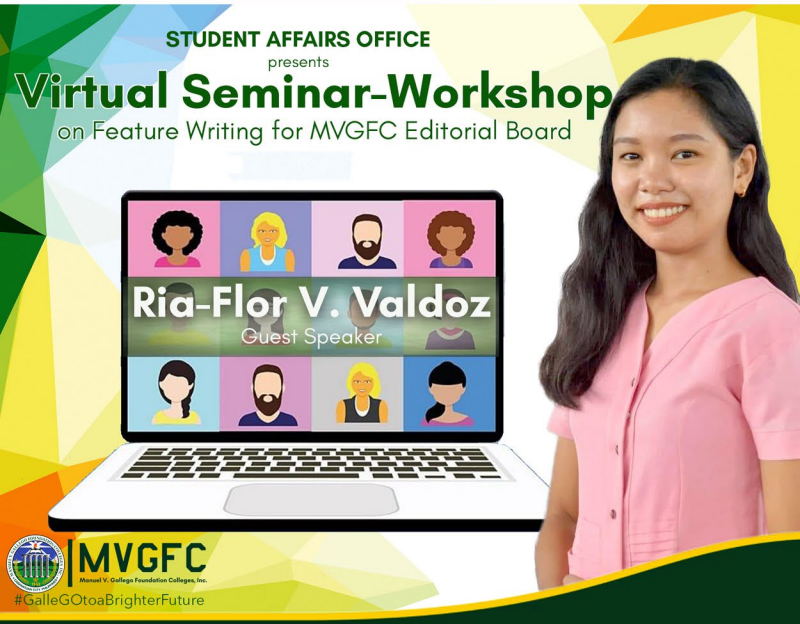
Escort: Jasper John C. Tumibay

### REPRESENTATIVES

4th: Ma. Allysa G. Marquez  
 3rd: Christian S. Rodriguez  
 2nd: Samantha C. Ricio  
 1st: Cyrene May P. Cajucom

# NEWLY ELECTED OFFICERS SY 2021-2022

By: Mildred Batalla and Rosette Hidalgo



## MVGFC Writers Participate in Feature Writing Seminar-Workshop

The Manuel V. Gallego Foundation Colleges (MVGFC), through the Student Affairs Office (SAO) is implementing a specialized Student Development Program (SDP) for its student groups. The purpose of the SDP is to complement the instructional experience of the students towards the attainment of relevant knowledge, skills, and attitudes that will enable the students to be fully functioning members of an academic community not just as a student but in the roles, they play outside the curricular experiences.

Among the different activities conducted in the SDP is the training and development program for the MVGFC Editorial Board. On November 20, 2021, the Student Affairs Office held the first seminar workshop for MVGFC Editorial Board on Feature writing. Ms. Ria Flor Valdoz of Amucao National High School Tarlac City served as the facilitator and resource person for the speaker. Sixteen editorial board members from high school and college attended and participated in the seminar workshop. ###



## SAO holds Virtual Seminar-Workshop on News Writing

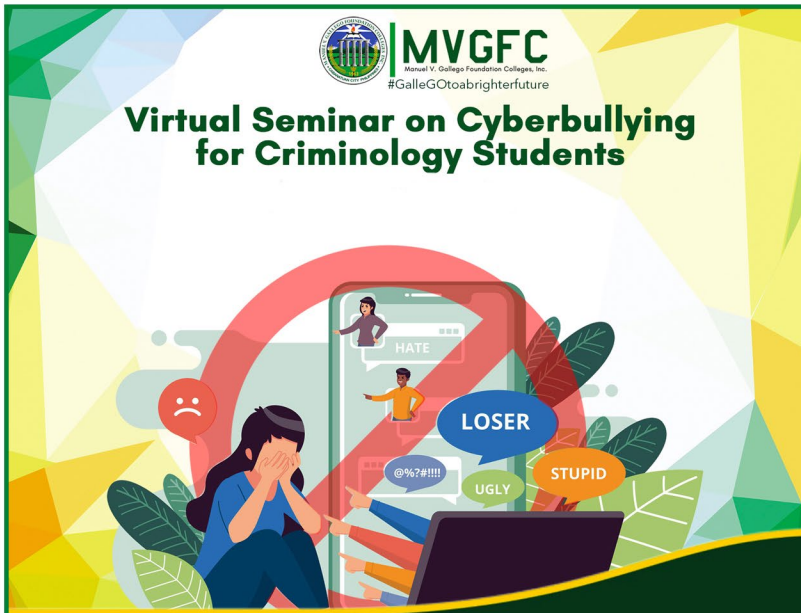
The Student Affairs Office (SAO) held its 2nd virtual seminar workshop for the MVGFC editorial board on news writing on December 11, 2021, via Zoom. The seminar was attended by the editorial board members in the college department. This is a one-day seminar for the editorial board members to enhance their knowledge and skills in writing news articles for publication.

Mr. John Rey Dave Aquino, the former Editor-in-Chief and Associate Editor in the official student publication of the University of the Philippines-Baguio, served as the resource speaker. His article "Bakit Madalas Mag Ingles ang mga Pilipino?" was a finalist for the Best Features category of the 4th UST National Campus Journalism Awards and one of the fellows of the 17th Ateneo National Writers.

The speaker discussed news articles, elements, and structure and highlighted guidelines for writing news headlines. The

workshop happened after the discussion; the students were asked to examine news article structure by following its standard guidelines.

The overall program was hosted by Mrs. Maria Jannine Y. Pajaron, adviser of the Lamp-Lighter, the official publication of MVGFC High School. The webinar series is a portion of the Student Development Program of the MVGFC Student Affairs Office. ###



## CJSO Orients Future Criminologists on Cyberbullying

The Criminal Justice Student Organization (CJSO), conducted a virtual seminar on cyberbullying for all levels of criminology students on December 4, 2021, from 9:00 a.m. to 12:00 NN via Zoom. Mrs. Daisy Marie O. Lucenara, an instructor at a private college in Gapan City, served as their speaker.

The CJSO officers aimed to raise awareness among students about the cause and effect of cyber-bullying and the rate of being bullied in the Philippines. In the discussion conducted, cyberbullying might result from one or more

of the illegal activities listed in the anti-cybercrime law, so while we should enjoy our independence, it should not impair another person's reputation, emotional, physical, or well-being.

To end the seminar, Dustin Salonga, the president of CJSO awarded the certificate of appreciation to the guest speaker. CJSO is among the recognized students' Institute of Criminal Justice Education organizations. ###



## VIRTUAL SEMINAR-WORKSHOP ON COPY-EDITING

The members of The Lamp Editorial Board participated in the virtual seminar workshop on copyediting hosted by the Student Affairs Office (SAO) with Ms. Rose Anne Mary M. Bugayong as the guest speaker on March 05, 2022, 10:00 AM - 12:00 NN, via Zoom.

Ms. Bugayong, the speaker, started her presentation by defining copyediting...

and headlines. Then, she discussed the duties of a copyreader, the rules to be followed in copyediting, and the symbols in editing an article. In the last part, she discussed the appropriate headline for the article, following the rules in headline writing where the editorial board participated in answering the best headline for the news article presented.

As part of the seminar workshop, the guest speaker prepared two news articles in English and Filipino for the editorial board, where they had to apply what they had learned in the seminar workshop. ###

via Zoom. It was also participated in by selected students from the high school department and was live-streamed on MVGFC's official Facebook page.

Mr. Joseph Christian M. Gallego, the external auditor of MVGFC and a CPA in the United States is the guest speaker in the webinar. He discussed the basics of financial investments, inflation, financial goal setting, banking and online banking, budgeting, proper lifestyle, and planning for retirement.

The training is part of the Student Training and Development Program prepared by the Student Affairs Office for all student groups. ###

# MVGFC-CEOP Goes to Adopted Community for Knowledge Sharing

By: Rodny D. Magpayo



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**Eunice Odra**

**Novielyn Tabago**

**Rasty Padunan**

Contributors

### BASIC FINANCIAL LITERACY

Mr. Joseph Christian Gallego  
GUEST SPEAKER



### MVGFC Students Attend Basic Financial Literacy Webinar

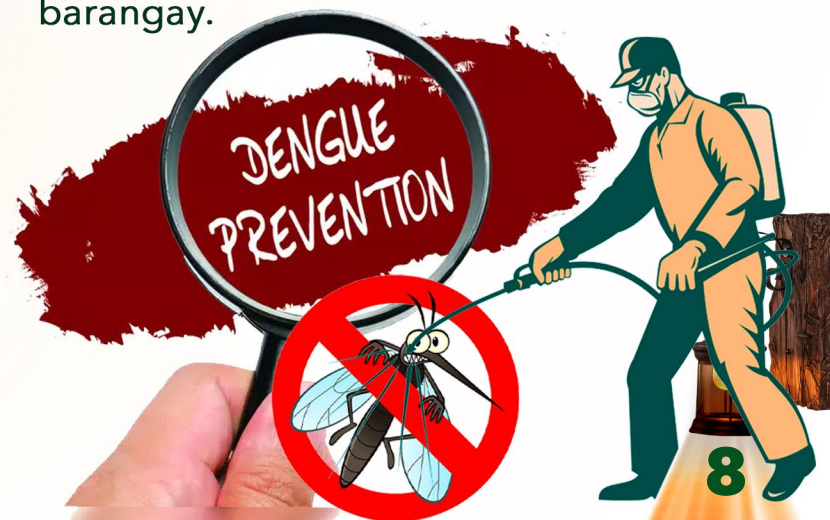
As part of the Institute of Accountancy and Business (IAB) Week, the Student Affairs Office sponsored a Financial Literacy Seminar on April 21, 2022,

The Manuel V. Gallego Foundation Colleges (MVGFC), through the Office of Community Outreach Program (CEOP), headed by Dr. Roman Pajarillaga, conducted its first knowledge sharing on February 11, 2022, at Brgy. Talipapa, Cabanatuan City, the adopted barangay of MVGFC. The knowledge sharing was about Dengue, its signs and symptoms, and prevention. The lesson was delivered through a video recording produced by the MVGFC Creatives Team. Mrs. Maria Janine Pajaron, one of the high school teachers of MVGFC, served as the host in the video.

The same test was administered after the video presentation.

The knowledge sharing and video production of relevant topics for the adopted community is one of the projects of CEOP, which will be called "Gallego sa Pamayanan," which aims to produce instructional materials that are relevant and helpful to the residents of the adopted barangay.

Before the video presentation, Dr. Ruth Alfonso, the Gender and Development coordinator of MVGFC, facilitated a pre-test among the participants. The test's purpose is to know whether the residents had existing knowledge about the topic.



# BS Nursing's 60th Capping, Pinning, and Candle Lighting Ceremony

BY: Rodny D. Magpayo



Also, the son of the school president, Mr. Christopher M. Gallego, extended his congratulations to the nursing students. They successfully advance their studies and are now ready for their hospital's affiliations.

### Nursing students who are now ready to fulfill their profession:

#### 2nd Year:

1. Hamsar Adam
2. Trisha Katrina Aguilar
3. Ivy Dela Cruz
4. Jasmien Dol
5. Loveline Felipe
6. Charlotta AJ Raiz
7. JC Rosales
8. Christine Taguiam
9. Rochelle Tique

#### 3RD Year:

1. Angelo Dela Cruz
2. Katrina Masilang
3. Cyrel Mae Pagador
4. Angelito San Pedro



Dr. Joseph L. Gallego, the school president, gave his word of wisdom to the students. He commented, "I want you to be able to uplift your lives and the lives of your loved ones. Live in dignity and contribute to the betterment of your community. It is the legacy of my grandfather, eto po ang gusto kong maging legacy nyo."



## "Sa Pag-iwas sa Sunog, Hindi ka Nag-iisa"



# FIRE PREVENTION MONTH

By: Rosette Hidalgo



The month of March is declared as the Fire Prevention Month in the Philippines because of the increase of fire incidents all over our country.

In line with this, the Criminal Justice Society Organization (CJSO) of Manuel V. Gallego Foundation Colleges Inc. (MVGFC) held a webinar about the National Prevention Month with the theme "Sa Pag-iwas sa Sunog, Hindi ka Nag-iisa" via Zoom and Facebook Live last March 28, 2022, at 9 AM.

The two BFP Officers, FO3 Gerald Christopher S. Garcia and FO2 Erickson Domingo led the webinar. The said webinar has three objectives; to acquire basic knowledge of the nature and behavior of fire, be familiar with the proper response procedures during fire emergencies, increase awareness of fire safety, and be more prepared in case of a fire incident.

The two speakers discussed the common causes of destructive fires and how people must respond once they encountered these kinds of circumstances. First and foremost, one should not panic when there is a fire; that's why they emphasize the word SAFETY for the listener to remember what to do:

- S-** Sound the alarm.
- A-** Alert the Fire Brigade
- F-** Fight the fire (using a fire extinguisher)
- E-** Evacuate
- T-** Tell others
- Y-** You are safe.

The purpose of the event is to remind everyone that one cannot stop this incident shortly, especially during summer, because of the hot temperature. But one can prevent it by following safety protocols and being more aware of what can cause a fire. Being knowledgeable and spreading facts are an important values towards safety.





# MVGFC Celebrates Gender and Development Day

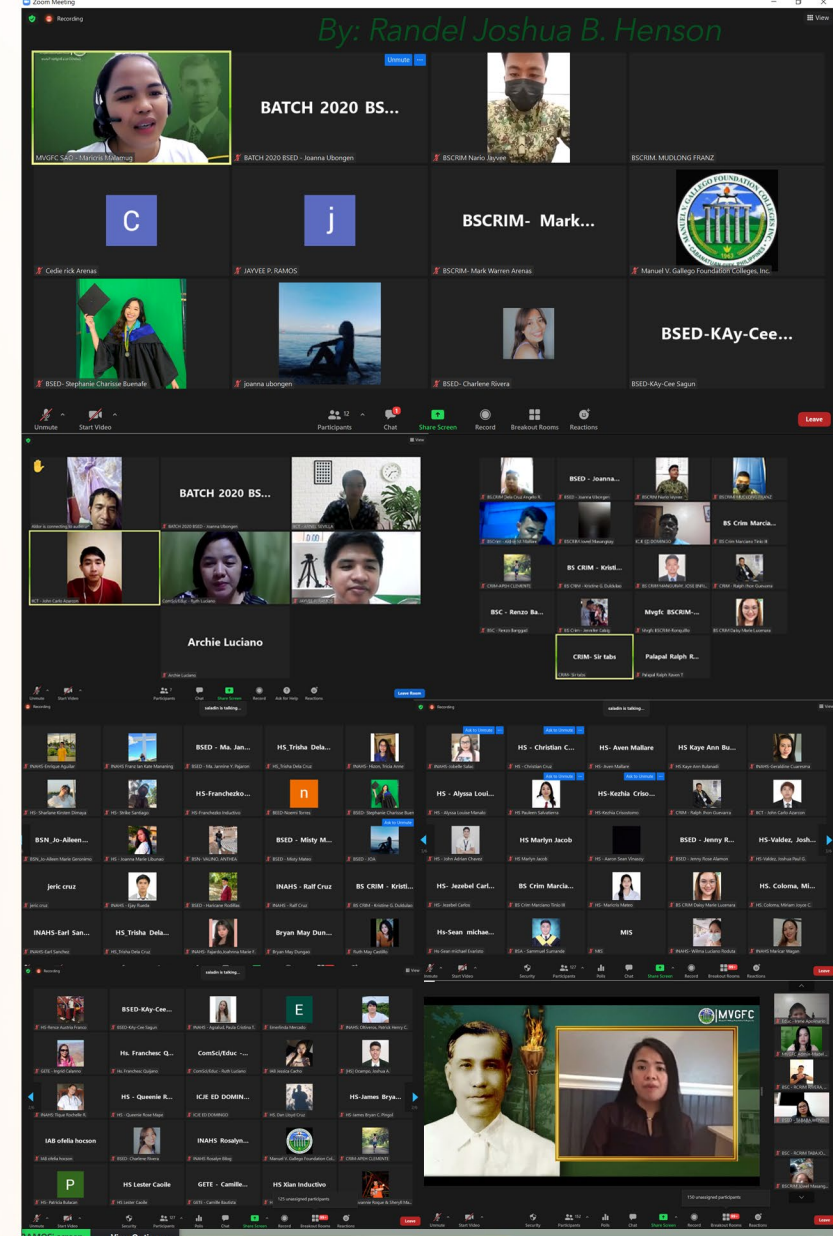
By: Novielyn Tabago



# Virtual Alumni Homecoming

## FOR MVGFC BATCHES 2016 TO 2020: A Look Back

By: Randel Joshua B. Henson



As part of the 59th Foundation Anniversary celebration, the Manuel V. Gallego Foundation Colleges (MVGFC) held its first virtual alumni homecoming last February 24, 2022. Over a hundred seventy graduates from batches 2016 to 2020 participated in the event through the Zoom application.

The event was conducted in support of the current endeavor of the MVGFC Academic heads which is a graduate tracer study. It also aimed to recognize the most significant contributions of MVGFC graduates to the community.

The MVGFC thanked the graduates who showed continuous support to their Alma Mater during the program. MVGFC also paid tribute to its alumni through a video presentation. Some alumni also shared significant events of their lives as students in the college. After the general program, the MVGFC host assigned the students to their respective breakout rooms to attend the institutional alumni homecoming. During the breakout sessions, the Deans updated the alumni with the department's main accomplishments and elected alumni association officers thereafter.

As a concluding activity, the MVGFC requested the participation of the attendees in a graduate tracer study. The purpose of the study is to collect updated information about the career path of MVGFC graduates and gather important feedback on how to improve its instruction and curriculum based on the demands of the industries.

Mrs. Maricris G. Malamug, the Student Affairs Director, served as the master of ceremony.



The Manuel V. Gallego Foundation Colleges (MVGFC) held its first-ever Gender and Development (GAD) seminar on Sogie Bill, Safe Space and Anti Bullying Law with the theme, "Crossing Gender-Based Boundaries Towards a More Inclusive Digital Education for All," on March 9, 2022, via Zoom and Facebook live.

The guest speaker was Mr. Israel G. Bonite, the current Student Affairs Director of a private college in Cabanatuan City. It was participated in by the students from the high school and college levels together with the MVGFC teaching staff and personnel.

This month, MVGFC recognize the fundamental role of women in society as active agents of development. "Juanas" take center stage and stand for their rights. As the celebration of women's month, MVGFC also acknowledge gender equality, equal rights, and opportunities for all to express themselves no matter their gender preference.

The celebration's highlights are contest on spoken word poetry, photography, and essay writing. Winners were also announced during the conclusion of the event.

# ROTC-MVGFC unit sparks hope for Brgy. San Felipe

By: Eunice G. Odra



To sum up the organization, hereunder is the list of ROTC Officers:

**RET/COL: Edgar Ballecer**  
**COORDINATOR: Mrs. Illuminada Santos**

**CADET OFFICERS:**

**C/LT.COL: Reychie Hatague**

**C/MAJOR: Ponciano Peralta III**  
**C/MAJOR: Angela Diaz**  
**C/MAJOR: Allen Well Mariano**  
**C/MAJOR: Jomar Fernando**  
**C/MAJOR: Merlajoy Malabanan**  
**C/MAJOR: John Vincent Gamboa**  
**C/MAJOR: Juneil louie Aquino**  
**C/MAJOR: Rommel Herminigildo**  
**C/MAJOR: John Adrian Nellas**  
**C/MAJOR: Jc Jimenez**  
**C/MAJOR: Bryan Domingo**



Cadet Officers of the ROTC-MVGFC unit, hosted a gift-giving program in Brgy. San Felipe, Guimba, Nueva Ecija last December 22, 2021.

The purpose of the activity is to help and give hope to the families and youth of Barangay San Felipe by giving them a Christmas present. The youth received school supplies and a new pair of slippers, while families received relief goods.

During the distribution of gift packs, the residents couldn't hide their joy as an expression of their gratitude to the cadet officers.

May this kind of activity remind people that there's always hope despite the current pandemic, and the season of gift-giving is always on-trend.



## SCHOLAR'S ORGANIZATION HOLDS A PICTORIAL FOR ALL SCHOLARS

The Scholar's Organization held its pictorial for all scholars in front of the Main Library of the Manuel V. Gallego Foundation Colleges (MVGFC) at 12 NN together with their adviser, Ms. Joanna Q. Ubongen, the Publications Coordinator, Ms. Charlene C. Rivera, the SAO Director, Mrs. Maricris G. Malamug and the school President, Dr. Joseph L. Gallego. All scholars wore a white shirt printed with "Iskolar MVGFC" to document the organization's success during the whole academic year and also to promote camaraderie within the group.

The pictorial ended with an announcement from the Scholar's President, Ms, Connie De Leon for their upcoming event in May.



# The New Normal for Incoming Practice Teachers

By: Fyran G. Ciron



## List of New Practice Teachers

### Bachelor of Secondary Education Major in English

Ciron, Fyran G.  
Longalong, MutyaVina S.  
Magpayo, Rodney D.  
Sabado, Rochelle R

### Bachelor of Secondary Education Major in Filipino

Amor, Noime S.  
Salum, Ma. Thea Lee A.

### Bachelor of Elementary Education

Manalili, Rica Mae P.  
Padunan, Rasty G.  
Presentacion, Elaine L.

The Institute of Teacher Education (ITE) welcomed its 4th year students in the field of teaching through the Pinning Ceremony held on February 4, 2022 at the MVGFC Gymnasium with limited participants, guided by the health protocols.

The program formally started with a prayer and was followed by the singing of the National Anthem and MVGFC Hymn. Mrs. Zoraida Angeles, gave her opening remarks on behalf of Dr. Ingrid Calanno, the Dean of ITE.

The guest speaker, Mrs. Mary Ann B. Henson, shared her inspirational message to the future practice-teachers. She also shared her experience before she became a teacher, and the best attitude that enabled her to succeed as a school administrator.

The ITE introduced the nine (9) students who qualified for practice teaching this semester. Four (4) students from the Bachelor of Secondary Education major in English, two (2) students from the Bachelor of Secondary Education major in Filipino, and three (3) students from the Bachelor of Elementary Education.

The ceremony was concluded with words of inspiration given by faculty members, and co-students in 4th year. Mr. Randel B. Henson, the President of ITE Department served as the Master of Ceremony.



# MVGFC TEACHERS DAY Virtual Celebration

By: Pauline Jane Adordionicio

# GURO

- ganda ng pag-uugali ang limit na ipinahaharang sa atin,
- ugali niyang tayo'y laging matulungan,
- respeto ang ibinibigay niyang mabuting huwaran,
- opo ang ating itugon sa lahat niyang paalala at pangaral



World Teacher's day is celebrated annually to acknowledge teachers' notable roles in our lives and society. Through the Supreme Student Council (SSC), the Manuel V. Gallego Foundation College Inc. (MVGFC) celebrated teachers day last October 28, 2021, with the theme "Celebrating the lives of real warriors in the new normal: Our source of hope, knowledge, and wisdom - the MVGFC Teaching Force."

The celebration started with the opening remarks from the president of Future Mentor Society (FMS), Mr. Randel Joshua Henson. He opened the program with greetings and interpreted each letter of "GURO".

All the presidents and members of the various organizations and departments gave messages and held different types of games like "Bring Me" and "What's In The Box" for the teachers to have fun. Teachers of MVGFC joined the said event, and they also gave thank you greetings and shared an inspirational message to all their students.

This year's celebration took on a different form with the nations wrestling with the COVID-19 outbreak. Students and teachers exchanged greetings and well wishes via social network platforms.



# MVGFC • Keeps closer ties • with Gallegan Parents

By: Eunice Odra

Manuel V. Gallego Foundation Colleges Inc. (MVGFC), through the Institute of Criminal Justice Education (ICJE) and Institute of Nursing and Allied Health Science (INAHS), held its Parents' Assembly for all levels in Criminology and Nursing on March 23, 2022, March 30, 2022, and April 6, 2022. It was conducted via limited face-to-face and streamed via Zoom.

The purpose of the event is to share with parents the improvement in school services. The institution continuously improves facilities to ensure a safe learning environment for students. To guarantee this, the school needs parents' support in this matter; that is why Finance highlights the importance of the collection. The collection is used for the school's overall expenses. The finance office discussed how tuition fees are collected per semester, a different mode of payment that is feasible for parents. The institution understand financial hurdles of the parents, they introduced a partial payment scheme and same discounts that they may avail.

In line with monitoring students' academic progress, the two departments recognized awarded "Dean's list" for SY 2021. These are the students who excelled academically by garnering an average of 1.75 or higher.

The MVGFC administration is looking forward to maintaining a good connection with parents through parents assembly. These partnerships are essential for helping students achieve their maximum potential while parents' involvement is intact to support their children's development and learning actively. In this way they can track their children's progress and work out solutions that can improve their performance and studies.



# MVGFC CELEBRATES MENTAL HEALTH AWARENESS MONTH

By: Jecela Bacho



Through the Guidance and Testing Office, the Manuel V. Gallego Foundation Colleges Inc. (MVGFCI) held a one-day webinar series in celebration of Mental Health Awareness last November 05, 2021, via Zoom meeting with live stream in MVGFC Facebook page.

To start the webinar, Mr. Jayson Nebrida, the Guidance Coordinator for high school, shared trivia and facts about mental health. The webinar consisted of three episodes discussed by three different experts from relevant fields. The seminar aimed to raise awareness about the aspects of mental health and provide help and advice to students. It is also a reminder that mental health is essential and shouldn't be neglected.

Ms. Klara Patricia Laureta, a Registered Psychologist and instructor from Central Luzon State University, shared her knowledge in the first episode of the webinar, "Tara, Usap Tayo: A Suicide Awareness and Prevention Webinar." She discussed the signs of depression and how to determine a potential suicidal behavior. She focused on discussing healthy ways of overcoming mental challenges, particularly depression.

In the second episode, Ms. Rosalyn B. Bilog, RN, MAN, and the Dean of Institute of Nursing and Allied Health Education in MVGFC, spoke about "Think Before UNZIP, Stay Protected and Be Educated: A webinar on STD/HIV and Mental Health." The discussion was about Sexually Transmitted Diseases or STDs and Human Immunodeficiency Virus, commonly known as HIV. She discussed its symptoms, stages,

prevention, and its alternative treatments.

For the last episode, Mrs. Juanita B. Lagmay, RGC, MAEd Head of Guidance Services in MVGFC, discussed the topic entitled "It matters How People Are Treated: A webinar on Bullying." She addressed the risk factors, effects, and types of bullying. She focused mainly on cyberbullying, the warning signs, and the fatal online bullying results. The webinar ended by discussing the steps to stop bullying.

**Mental health is essential and shouldn't be neglected.**

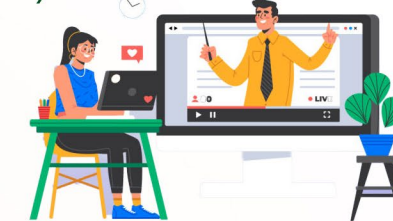
The Guidance and Testing Office also hosted a competition where students from High School and College could showcase their creativity, skill, and talent by joining in a poster-slogan making contest with the theme: "Stand Up, Speak Out, Respect Each Other's Rights." and in a spoken word poetry contest with the theme: "Design: Mananatiling Matatag sa gitna ng Pagsubok." The winners were announced on the official Facebook page of the MVGFC Guidance and Testing Office on November 08, 2021.

MENTAL HEALTH

# NEW NORMAL IS THE NORMAL:

# Why Online Learning is here to STAY?

By: Rochelle Rizaldo-Sabado



Oxford Languages defined 'normal' as the usual, average, or typical state or condition, while 'new normal' is a current situation that is different from what has been experienced or done before but is expected to become usual or typical.

With the Covid-19 pandemic, the term 'new normal' was used again in 2020 during the crisis to point out how it has transformed people's lives. Many countries have suddenly been forced to adapt to the 'new normal': lockdown and quarantine, the mandatory wearing of a facemask in public, work-from-home setting, and parents home-schooling their children in a new blended learning setting. In the Philippines, the Department of Education (DepEd) has applied distance learning modalities or commonly known as online learning, which involves technology and internet connection.

On the other hand, CHED adopts flexible learning, combining online and limited face-to-face so that students' learning will not be disrupted. Even governments have endorsed online learning as an efficient way through which students continue learning despite the pandemic.

Online learning or often referred to as "e-learning", is education over the internet and not in a traditional classroom. Most online courses have a format much more similar to face-to-face classes. The teacher helps to run virtual discussions among the students via conference apps such as Zoom, Google meets, and other online platforms. The teacher is also supposed to provide opportunities for students to engage thoughtfully with subject matters in synchronous (teachers and students meet at the same time) or in asynchronous (non-concurrent).

While the transition from a face-to-face to an online learning modality seemed drastic, there have been many studies that proved blended learning has been more efficient and helpful for students. Online learning allows for flexibility of access, from anywhere and usually at any time—essentially, it allows participants to collapse time and space (Cole, 2000). It enables the teacher and the students to set their own learning pace; time zones, location and distance are not an issue anymore. They can complete online courses while working on the job or in their own space, giving more multi-tasking opportunities, because students are able to customize the learning experience. According to a Statista Research Department's survey in 2021, 30 percent of Filipino respondents perceived the current distance learning model was around 20 to 50 percent effective. On the other hand, 14 percent of respondents stated that the effectiveness of online learning over in-person schooling is 80 to 100 percent effective.

Despite the seemingly positive acceptance of Filipino learners to distant learning, hindrances to effective online learning are still present. The lack of internet access and the slow connection is still a pressing issue among Filipino learners. World Bank estimates showed that only 26.9 percent of students in the Philippines have broadband internet access, although a bigger 88.8 percent have access to mobile technology. While mobile data is a good alternative to broadband, especially with the upgrade of infrastructure among major internet providers, the financial implication of securing this type of connection is high for students who don't have a broadband connection.

But just because students struggle online doesn't mean that's certain. According to Rossett (2002), online learning has many promises, but it takes commitment and

resources, and it must be done right. "Doing it right" means that online learning materials must be designed properly, with the learners and learning in focus and that adequate support must be provided. Teachers will need to consider the needs of less engaged students and work to engage and help them learn new material.

Right now, the new normal may even be better than what we used to live. So turning back to the way we were before the pandemic is not an option. This is the time for us to embrace and improve it. The opportunity of having online learning is our chance to create a better world where we can all work, rest and play while studying. Self-discipline, commitment to lifelong and independent learning, and resilience are the keys; but it all starts with acceptance that online learning is here to stay even post - pandemic.



# VACCINATION: Key to Students' Normal Life Again

By: Mutya Vina Longalong

In times of uncertainties and difficulties, being adaptive means survival. It is through this ability that we became more resilient and were able to survive not only from regular life challenges, more so, from terminal illnesses caused by viruses and bacteria. Luckily, one of our human natures is our bodies' ability to adjust to the changing environment through natural immunization. Developing immunity keeps us well-functioning despite the presence of diseases caused by viruses. On top of this innate ability to develop immunization, the discovery of science allowed us to facilitate the development of alternative and more advanced immunization; which is the VACCINE.

The onslaught of the COVID-19 pandemic shook the whole world. Because it is "new", there was no preventive and curative medicine, there was no known way of disease management, and it was unclear to medical experts how the virus affects the body and how it has become deadly. This surprising virus created a worldwide emergency that forced the world leaders to close their borders, stop operations and gatherings of businesses, and other institutions, build hospital extensions for isolation of infected people, to close the education sector by not allowing the students to go to school.

As time went by, we are able to observe how the world came up with preventive and curative measures, and medical processes to manage the disease, most especially, how we came up with vaccines that helped the people gain herd immunity. It is because of this invention that we are able to gradually go back to our social life and do the things we used to do.

However, Dr. Tedros Ghebreyesus of the World Health Organization, while most children have been vaccinated, far too many are still left behind. This is also true for COVID-19 vaccination, where according to the Department of Health (DOH), there are only 65, 885, 048 Filipinos who received a complete dose of the COVID-19 vaccine as of March 30, 2022, while a huge number of people seemed to be living in a more protected way, we cannot deny that almost 40% of the Filipino people remains unvaccinated, including the young ones. We cannot deny that some parents still have apprehensions when it comes to fully vaccinating their children against COVID.

If only all people would allow themselves to learn the science of the COVID vaccine and accept the fact that it can change our lives and start living normal again, it will never be too hard for us to combat this virus totally and live freely again. The vaccines created for COVID are scientifically proven to safeguard us from different variants of the virus, eventually making the virus weaker

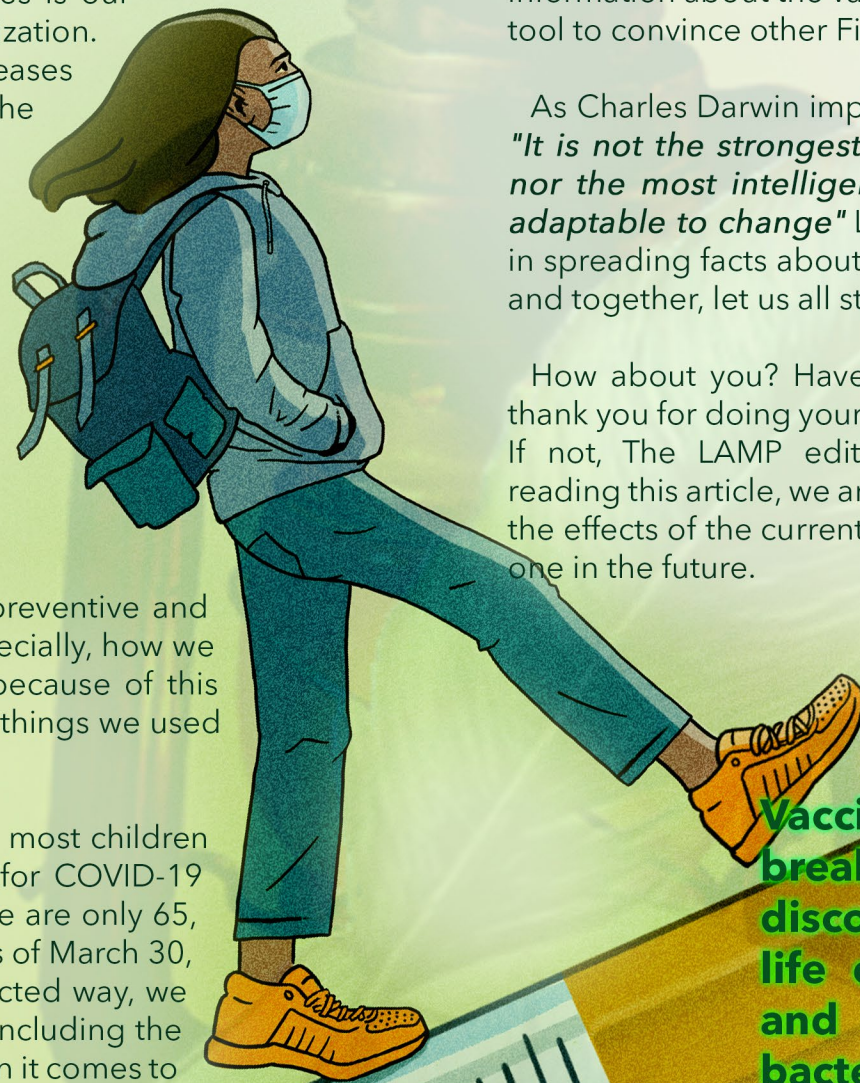
just like the common flu virus.

Unfortunately, despite the free vaccination that our government offers, there are still so many parents and students who are not willing to

be vaccinated. We can only come up with an objective decision if all of us will work hard to share facts and information about the vaccination. Education is the best tool to convince other Filipinos to be vaccinated.

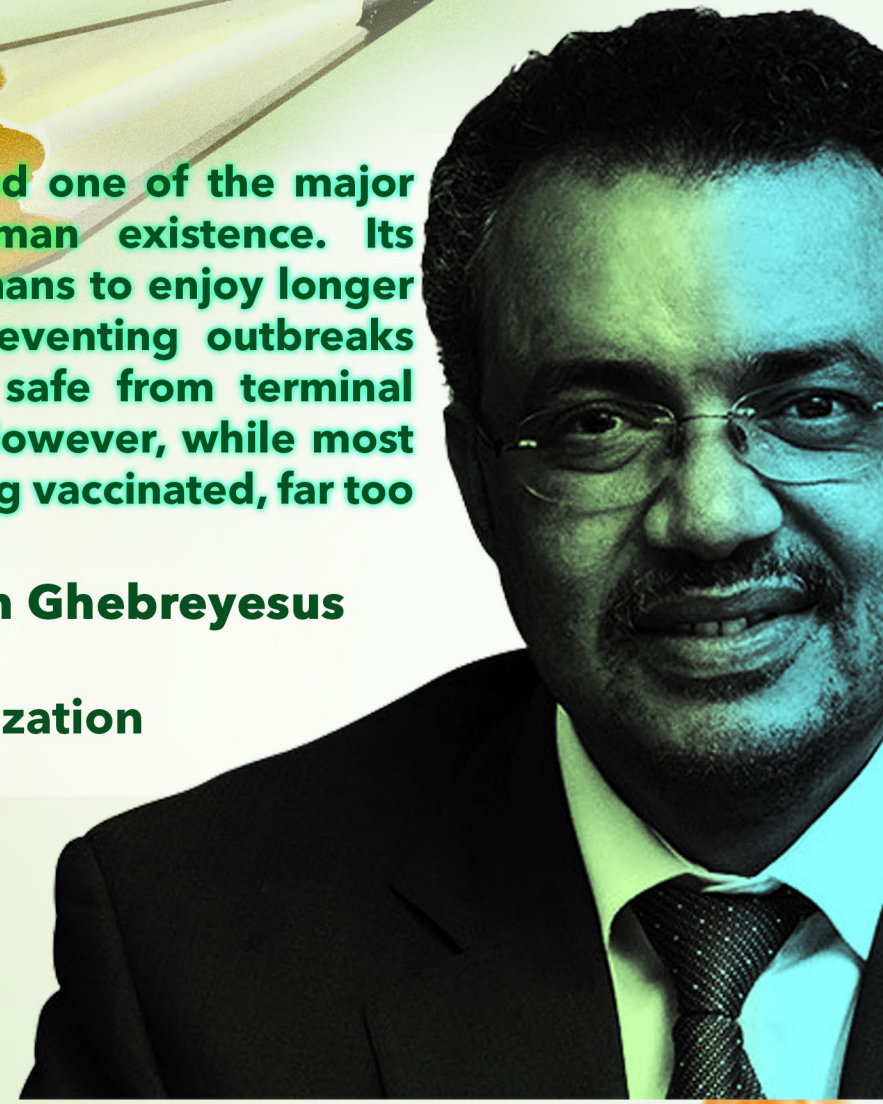
As Charles Darwin implied in one of his famous lines, *"It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change"* Let us do our share as students in spreading facts about how effective the vaccines are and together, let us all strive to live a normal life, again.

How about you? Have you been vaccinated? If yes, thank you for doing your share in protecting human life. If not, The LAMP editorial board hopes that after reading this article, we are able to convince you to study the effects of the current vaccines and consider getting one in the future.



**Vaccines are considered one of the major breakthroughs in human existence. Its discovery allowed humans to enjoy longer life expectancy by preventing outbreaks and keeping humans safe from terminal bacteria and viruses. However, while most children today are being vaccinated, far too many are left behind**

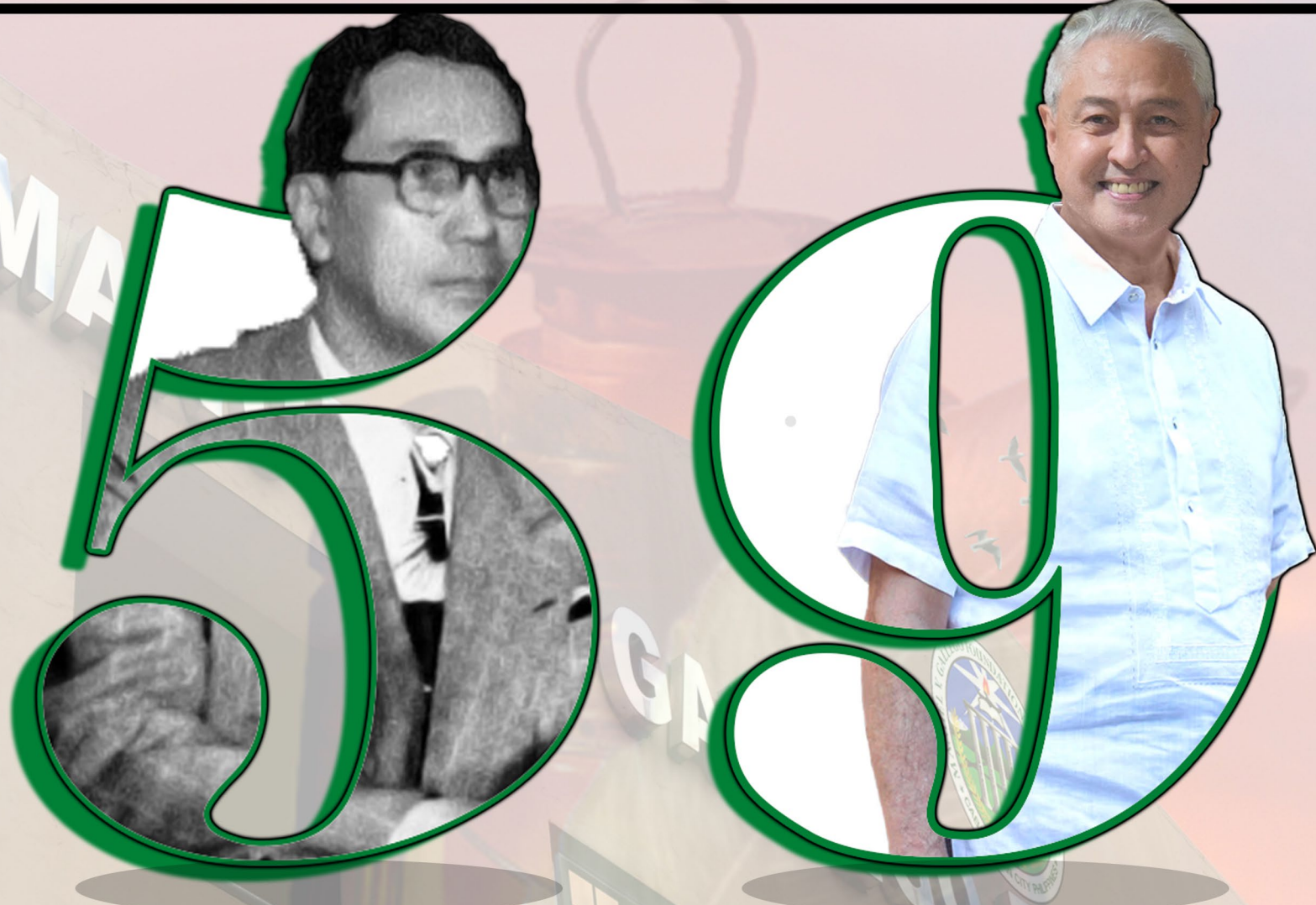
**Dr. Tedros Adhanom Ghebreyesus  
Director-General  
World Health Organization**





# 59<sup>th</sup> FOUNDING ANNIVERSARY

By: Rochelle Sabado



Manuel V. Gallego Foundation Colleges Inc. (MVGFC) held its 59th founding anniversary on February 26, 2022, with the theme: "Igniting the Gallegan Spirit in the New Normal", the purpose of the event is to commemorate the founder and his legacy of Building an institution meant for Filipinos.

The celebration started on February 21 with an opening program and Thanksgiving Mass held at the MVGFC Main Library and was attended by the faculties and staff. The thanksgiving mass is a response of gratitude to the success and stronger bond within the MVGFC community.

On the 2nd day of the event, a Gallegan Quiz Bee was conducted in the MVGFC gymnasium using Kahoot!, as the online platform. The quiz bee covered relevant news, current events, and MVGFC-related questions. The essence of the activity is to encourage students to expand their knowledge and develop teamwork. In the

afternoon session, guru gamer-students were challenged to the first-ever e-sports battle featuring the Play to Earn (P2E) game, Axie Infinity. The game honed students to think critically and make immediate

decisions while maintaining sportsmanship.

After witnessing the battle session, the Gallegans' most awaited talent show is finally back. The Gallegans Got Talent (GGT) is open for all students of MVGFC not only to showcase their talents and boost self-esteem and confidence. Yet, allowing the students to discover their interests and become more outspoken.

Moreover, on February 23, the Community Extension and Outreach Program (CEOP) office conducted a capacity enhancement training for Barangay tanods of Barangay Talipapa held at the MVGFC gymnasium headed by the training instructors: Dr. Gregorio H. Peñamante, Prof. Ralph Jhon L. Guevarra and Coach Jerico L. Guevarra.

The training is about continuously equipping and enhancing the barangay polices' skills to perform effectively. They need to learn basic self-defense as barangay police are mandated to impose public order while ensuring the safety of their barangay residents.

As the final activity, the MVGFC hosted an alumini homecoming for batches 2016-2020. The virtual alumni homecoming is in support of the current endeavors of the academic office which is the conduct of the Graduate Tracer study. By conducting alumni homecoming, the institution strengthens its relationship to the graduates and is able to recognize their contributions to the community.





# MVGFC COMMEMORATES THE 129TH BIRTHDAY OF DR. MANUEL V. GALLEGO

By: Connie De Leon



Manuel V. Gallego Foundation Colleges Inc., commemorated the 129th birthday of the founder on January 18, 2022. The purpose of the event is to honor the founder; reminisce his achievements with pride and joy and the milestones of MVGFC.

The commemoration first started with a flag-raising ceremony. The Vice Presidents', Deans together with the high school Principal, offered the wreath-laying ceremony which allows everyone to lay a tribute to the founder and pay respect.

The event's highlight is the founder's biography; to walk a mile in his succession and witness how he grappled with life challenges. In some instances, the memoir may inspire others, relate their struggles, and develop a positive outlook towards life.



As a testimony, our alumni shared their message on how MVGFC impacted their personal lives and career growth. They are the product of the institution, what they become today is the reflection of the school's achievement.

On the last part, the memorial mass was held at the MVGFC gymnasium, the mass reminded that even though the founder is not physically present; his legacy continuously ignites hope for a brighter future for all Gallegans.

# A WEEK FOR A CAUSE

*with Santa Claus*

By: Victor V. Bautista and Pauline Jane Adordionicio



Last December 6-10, 2021, through the leadership of the MVGFC Scholar's Organization and its president, Ms. Connie P. De Leon, together with the teachers and advisers, Mrs. Maricris Malamug and Ms. Joanna Ubongen, an event was created to celebrate the essence of Christmas amidst pandemic with the theme of "A Week for a Cause: Christmas Special," the said event was divided into two programs; online caroling and online selling.

A classic holiday tradition is to go from door to door singing Christmas carols run via Facebook live. As Buddy, the Elf says: "The best way to spread Christmas cheer is singing loud for all to hear." It is fun and brings people together for Christmas. Scholars from different levels and courses participated to share their talents in singing to raise funds for a charity. Online selling was done through the helpful hands of scholars donating their unused clothes because they believe that sharing is caring. The event was successfully done with the help of Gallegans buying specific items to send the warmest love and support. It is a small gesture from them but a big help for the people during these trying times.

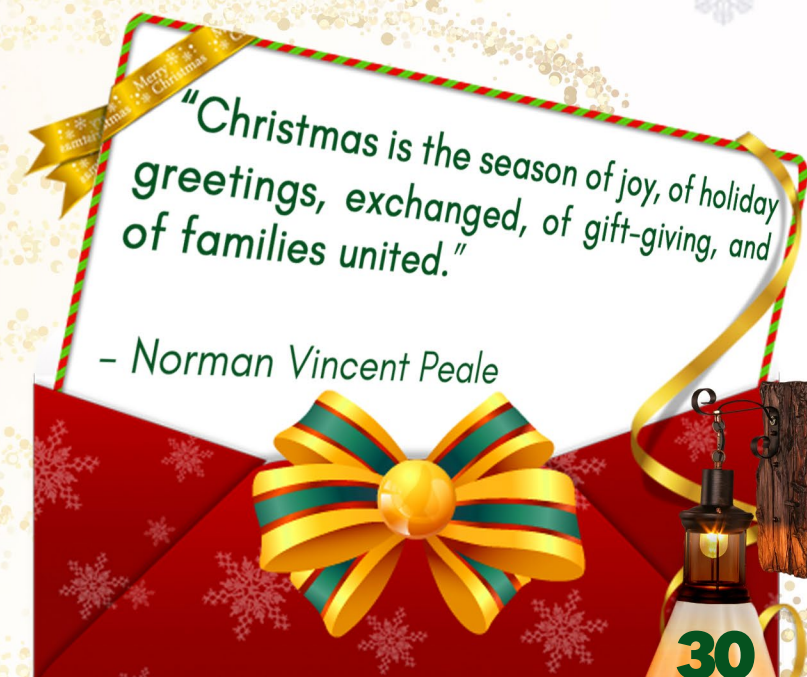
The event was done to have a little fun, bond with the scholars, and get to know them while at the same time helping one individual who experienced difficulties in life in this current situation. The primary purpose of this event is to raise funds for all the adopted barangays of MVGFC. The collected funds from the event will be used to purchase grocery items like essential goods to be distributed to all Brgy residents. Talipapa and Brgy. Imelda. Gift giving was done through the help of student council officers in different organizations. Seeing the smile and feeling the residents' happiness is a different kind of feeling; in a small way, the institution has shared the laughter, love, and help amidst the pandemic. It is proof that people are naturally born resilient in times of difficulties, uniting as one and building strong relationships to help each other rise and fight again because the kindness of heart will always win. Even when we experience tough times, we shouldn't forget to offer our hands to other people, just like the scholar's organization did.

One of the scholar's organization representatives, Ms. Jonalyn Magalhado, a Business Administration major in Human Resource Management student, stated during

the A week for A Cause event, "having this kind of event is overwhelming; this is the small way of sending our love to the residents of Brgy. Talipapa because unity and bravery are the only ones that always matter in this midst of pandemic". Having this kind of event expresses appreciation for all the residents, hard work, patience, and dedication to survive every tough day amid a pandemic. Going through many struggles and yet still surviving is a blessing. She also added that a scholar needs to be resilient in any situation to prove that no virus can stop them from doing amazing things for the people. A simple testimony of being resilient during this crisis is an encouragement to stand up firmly and move forward.

We've all had those moments where we've snapped or felt broken. We sometimes say "yes" to too many tasks, or we are confronted with a calamity or crisis that blows our brains and breaks our hearts. Scholars are like a rubber band because a rubber band is sometimes stretched and put under pressure. When it stops being stretched, it bounces back to its original size and shape, showing that in every challenge in life, we must always stand up and move forward because every day is a sign of hope. Another chapter of life taught us to be stronger, braver, and bolder enough.

The scholars of this institution are seemingly living rubber bands in times of pandemic; they believe that nothing will stop the young people who want to help those in need.



# The Story of Ma'am Jannine Pajaron: How Resiliency Helped Her Overcome Life Hurdles

By: Rochelle R. Sabado

Mrs. Maria Jannine Pajaron is an alumna of Manuel V. Gallego Foundation Colleges, Inc. batch 2019, who has overcome great obstacles on her rise to success. From a Bachelor of Science in Accountancy, she shifted to Education. During her college days, she used to sell beauty products, a variety of food, 'ukay' dresses, among others. Aside from her diligence, she is naturally intellectual. As a result of her persistence and self-determination, she became a consistent Dean's Lister, literary awardee, leadership awardee, champion in Persuasive speech, and champion in the Declamation Contest. Moreover, she was the best in Practice Teaching during her internship. Ma'am Jannine is an inspiring and admirable student someone can look up to.

Although she was already married and a mother at that time, she still managed her schedule and strived to

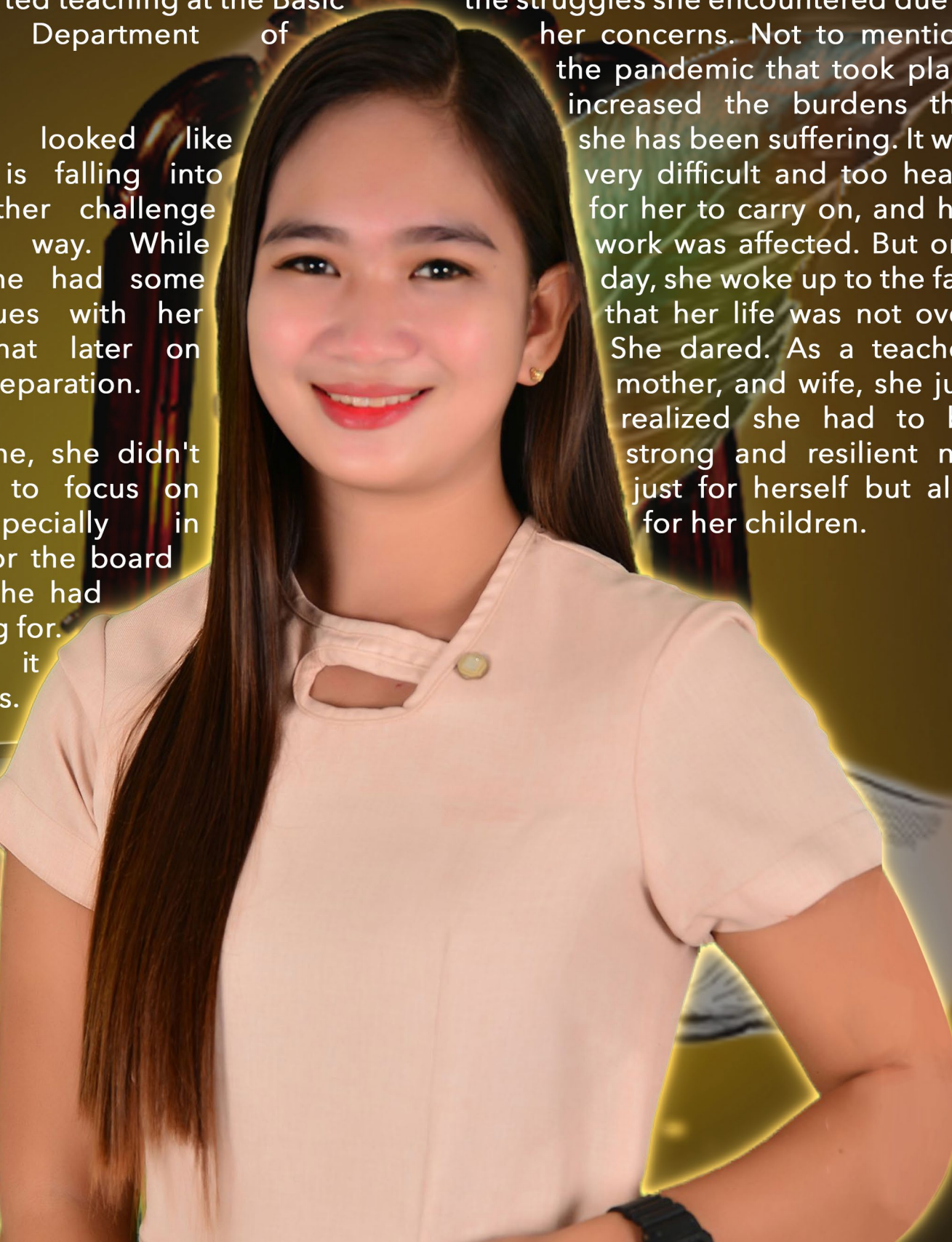
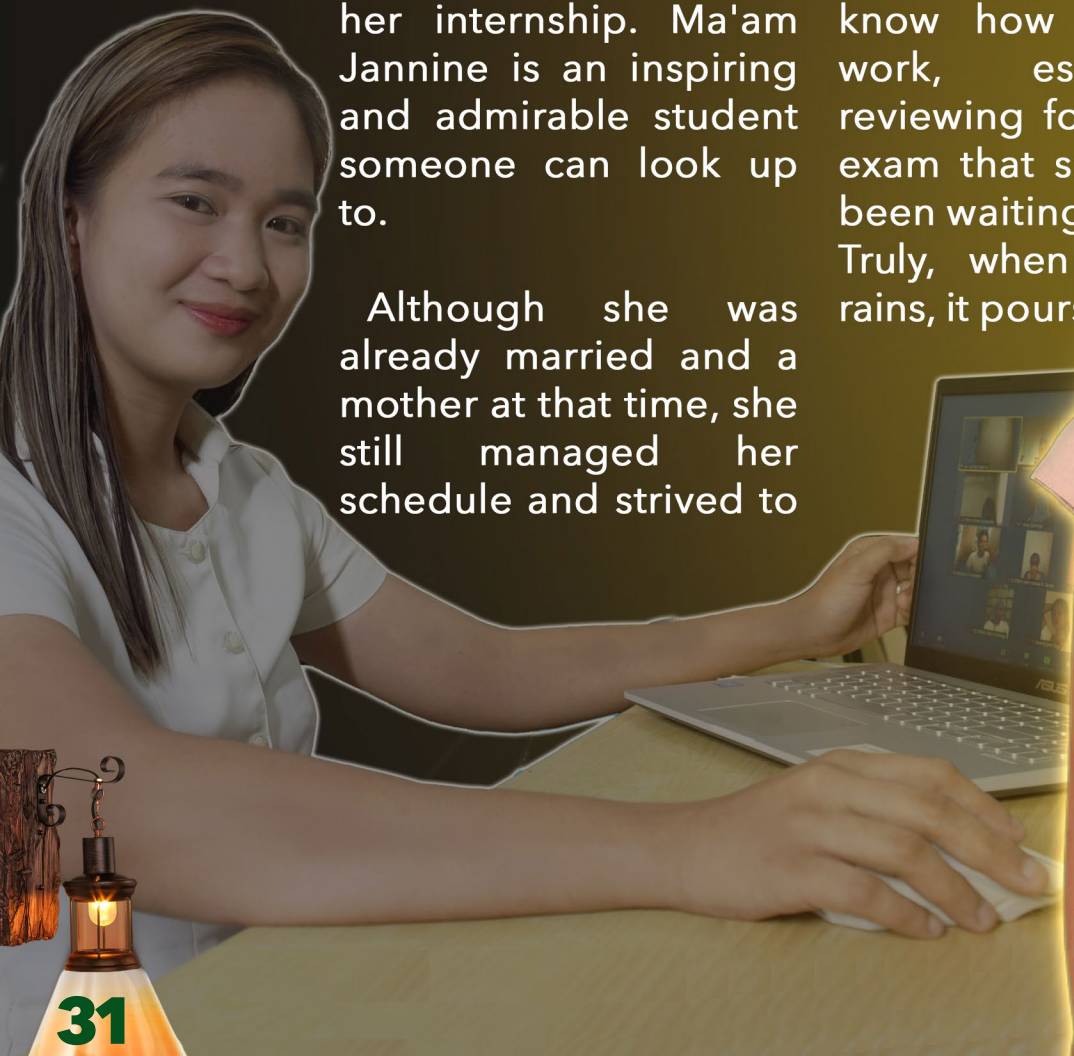
finish her studies. She graduated with a Bachelor of Secondary Education, Major in English, Cum Laude. A few months ago, she started teaching at the Basic Education Department of MVGFC.

While it looked like everything is falling into place, another challenge came her way. While working, she had some marital issues with her husband that later on resulted in separation.

At that time, she didn't know how to focus on work, especially in reviewing for the board exam that she had been waiting for. Truly, when it rains, it pours.

The occurrence of several postponements of the Licensure Examination for Teachers (LET) is one of the struggles she encountered due to her concerns. Not to mention, the pandemic that took place increased the burdens that she has been suffering. It was very difficult and too heavy for her to carry on, and her work was affected. But one day, she woke up to the fact that her life was not over. She dared. As a teacher, mother, and wife, she just realized she had to be strong and resilient not just for herself but also for her children.

She confided everything to God and let Him move according to His will. All her prayers for her family and marriage were answered. Then, she finally dared to take the LET in September 2021. A few months after the examination, the result was released, and it made her astounded because she found out she had passed the board exam. She realized nothing will be greater than to be brave for you to be able to recover quickly from difficulties. She also learned from her experiences that God become her ultimate companion in times when life brings harsh experiences.



# Literary

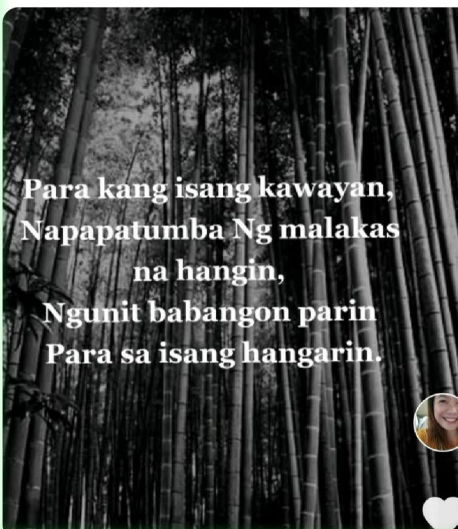


# #Sobrang Short Stories



**Rosette Hidalgo**  
@Kleinrose1998

Laban lang 😊

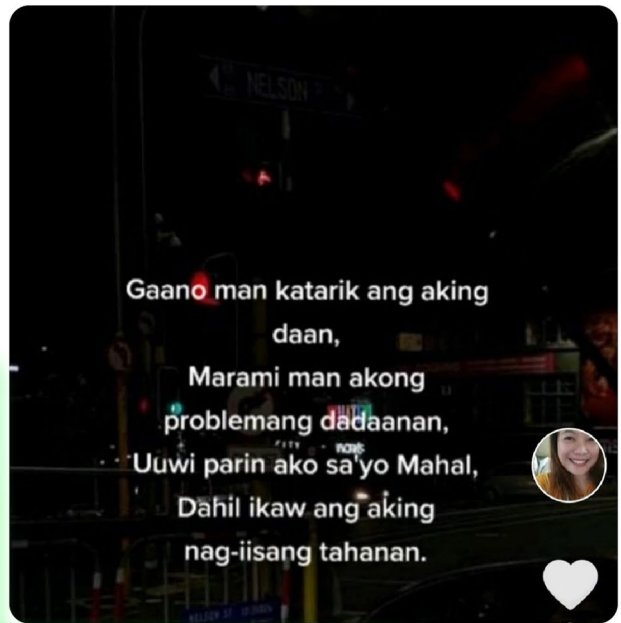


Para kang isang kawayan,  
Napapatumba Ng malakas  
na hangin,  
Ngunit babangon parin  
Para sa isang hangarin.


**Rosette Hidalgo**  
@Kleinrose1998

Ikaw ang aking tahanan ❤️

Translate Tweet



Gaano man katarik ang aking daan,  
Marami man akong problemang dadaanan,  
Uwi parin ako sa'yo Mahal,  
Dahil ikaw ang aking nag-iisang tahanan.



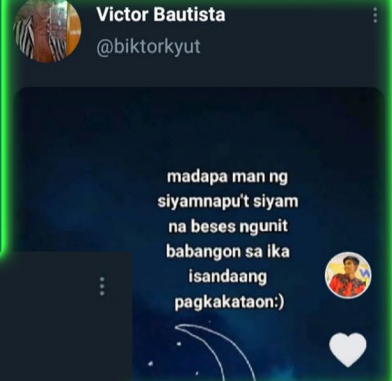
Nobody understands me.  
Trying so hard to keep everything inside of me.  
They say, I'm always out of reach. But hey! I'm just waiting for someone, who can see right through me.  
The real me.

**Victor Bautista**  
@biktorkyut



kilala kita, alam kong babangon ka sa bawat kinakaharap na problema:))

**Victor Bautista**  
@biktorkyut




madapa man ng siyamnapu't siyam na beses ngunit babangon sa ika isandaang pagkakataon:)

**Victor Bautista**  
@biktorkyut



ANG PANULAT ANG MAGMUMULAT SA KAISIPANG BULAG SA KATOTOHANAN.



So many faces, so many places. But in the end, I just found the real happiness in front of the mirror. Myself.



## A Bad Dream

By: Pauline Jane Adordionicio

I am running on a long highway.  
I am running and see  
myself chasing a guy.  
It's cold and freezing outside.  
But I can't stop my feet in the side.

I can feel my legs shaking.  
Because of the long run and walking,  
I saw you with a girl afterward.  
And by that, I can't see anything  
but my tears.

After hours of crying,  
I understand now what's happening.  
Light from the window hit my face.  
Funny, it was a bad dream.



## "LABAN LANG, KAYA MO YAN"

Ni: Rosette Hidalgo

Saksi ang apat na sulok ng iyong silid  
Bawat paghikbi mo ay naririnig  
Para sayo ay walang makikinig  
Kaya't nariyan ka na lamang sa isang gilid

Sa iyong pagluha ay may mabigat kang dala  
Hindi mo mawari kung ito ay matatapos pa  
Mapapatanong ka nalang sa iyong sarili  
Ano? Kaya pa ba?

Marami kang pinagdadaanan  
Mga baku-bakong daan na para sa'yo ito ang  
nilaan

Sa paghinto mo'y mapapaisip ka  
Tutuloy ka pa ba o susuko na?

Sa iyong paglalakad ay may nasalubong ka  
Handang punasan ang mga luhaang mata  
Luhaan dahil sa mga hirap na pinagdadaanan  
Na akala mo'y walang katapusan.

Muli mong naisip na lumaban  
Babangon at haharapin ang pinagdadaanan  
Pupunasan ang mga matang luhaan  
At sasabihin "babaguhin ko ang aking  
kapalaran".

Sa iyong paglaban ay nagtagumpay ka,  
Mga baku-bakong daan ay nalampasan mo na  
Nariyan kana ngayon sa dulo  
Binabati kita dahil kinaya mo.

Kaya't ikaw na nagbabasa nito,  
Lumaban ka hanggat kaya mo  
Laging isipin ang mga pangarap  
Dahil lahat ng ito ay para sa iyong hinaharap.

## con • tam • i • nated

The story of us is never once upon a time  
You are not the knight in a shining armor  
That will save me from the downfall  
I am not a princess  
And this isn't our fairytale  
Yet, I am not your damsel in distress  
The story of us is not and never like  
what is told in books and movies

It was never like they thought it should be.  
It was not about it, not at all.  
The story of us is not about you writing me  
poetry as early as 2 am  
It is about me wondering how it feels like  
to be written about  
And to be someone else's favorite subject

The story of us is never been a battle  
It is not you who came along with the might  
and bravery to fight on  
It is you who only bring rusted sword  
and stained armor  
The story of us is not about you risking  
everything for love  
It is about how I took the leap  
With no harness, no parachute

The story of us is not about you who secured  
and guarded my heart  
It is about how you stabbed it countless time  
Pulling and crashing  
Until it pours out no blood

The story of us is not about you who kept  
promises heartedly  
It is about me who was fed with lies and  
spoiled with false hopes  
Yes, your love drowned me in the ocean  
---pure of dishonesty

The story of us is not about you  
making me feel safe in your arms  
It is about you who makes me feel bothered,  
unwanted, and unwelcome  
Yet, I showered your irrevocable love  
But you filled me with unreciprocated one

The story of us is not about you who kissed  
and dried the tears out from my eyes  
It is about you who causes the pain  
to make me suffer  
Like you force me in hunger  
--- to choke all the burdens

The story of us is not about you  
making me feel alive  
It is about how you attacked my weakness  
Yet, you killed me inside

The story of us is not about you  
who chose to stay  
It is about me who repeatedly begs you  
not to walk away  
I'd rather choose you to consume all of me  
Until I have nothing more to give  
Until I run out of love  
Until I become empty.



## "May Bagong Umaga"

ni: Rosette Hidalgo

Panibagong umaga,  
Panibagong pag-asa,  
Ngunit may panibago nanamang problema,  
Bagong problema na kakaharapin.

Sa iyong paggising,  
Ay hindi mo alam kung ano ang uunahin,  
Ang bumangon ba na may ngiti,  
O ang humilata na may lungkot sa labi.

Ramdam mo ang bigat,  
Na nakapasan sa iyong balikat,  
Kaya't ang nais mo ay humiga na muna,  
Upang ang bigat ay hindi madama,  
At may maramdaman munang kaunting  
saya  
Ngunit ito ay panandalian lamang at agad  
ding nawala.

Habang ikaw ay nakahiga,  
Naisip mo ang mga mahal mo na masaya,  
Kaya't napaisip ka bigla....

Napatigil ka...

At naisip mo "bahala na"  
"Lalaban ako kahit hindi ko na kaya".

Sila ang naging alarm clock mo,  
Mga taong umaasa sa'yo,  
Kahit na mabigat ang pasan-pasan mo,  
Ay balewala nalang ito,  
Kaya't kahit gaano kahirap,  
Kahit marami kang problemang  
kinakaharap,  
Isipin mo lang,  
Walang taong naabot ang pangarap,  
Na hindi nagtuloy at bumangon  
Bumangon sa bagong umaga na  
ipinagkaloob ng Panginoon.

## Rainbow

by: Jecela Bacho

"There's always a rainbow after the rain..."

I silently chewed the food in my mouth, it was the last spoon and my plate was already empty, no single grain of rice left, and yet I was not full. I didn't taste anything. The people around me whom I eat with kept on talking about things that I have no idea what was all about. I don't know these people, not their names and even their faces but I couldn't help but overhear their conversation about their lives and so I tried my best to focus on the radio. It started to play a song that was perfect to match the gloomy weather.

The rain was intensely pouring outside but I could still see the hospital building in front. I don't have any idea how long I stayed here waiting for the rain to stop, but it would not stop and so I started to walk outside. I quickly felt the coldness that the raindrops gave me. I could feel the heaviness of my clothes because it was soaked already. I scanned the whole street in front of the hospital I am going to. Some were waiting in the shed and under the roof of the store they did not bother to ask for permission and everybody outside has an umbrella that protects them from getting wet and maybe some diseases from the rain. I was ready to run and cross the street but the cars were moving fast in front of me. I waited for the traffic light to change without saying anything. I was all wet anyway so might as well enjoy this free shower. Instead of counting the seconds left for me to stay here I lifted up my face and saw an unexpected thing in the dark sky and that

reminds me of the phrase I heard on the radio a few minutes ago. "There's always a rainbow after the rain," I said to myself repeatedly.

People always say that there's always a rainbow after the rain but I realized now that they could say that because that was the only time, they can lift up their heads because the rain has already stopped. And during rain, they would rather use an umbrella or hide in a place where they are safe and protected from getting wet and so they cannot see the colorful thing that we are always happy to see. "There's always a rainbow after the rain." But sometimes there is also a rainbow that our gloomy eyes can witness even during the time the sky is crying.

I started to walk slowly, scared that I might slip because of the wet road. The moment I crossed the street the cars moved again just like before, just like a few moments ago.

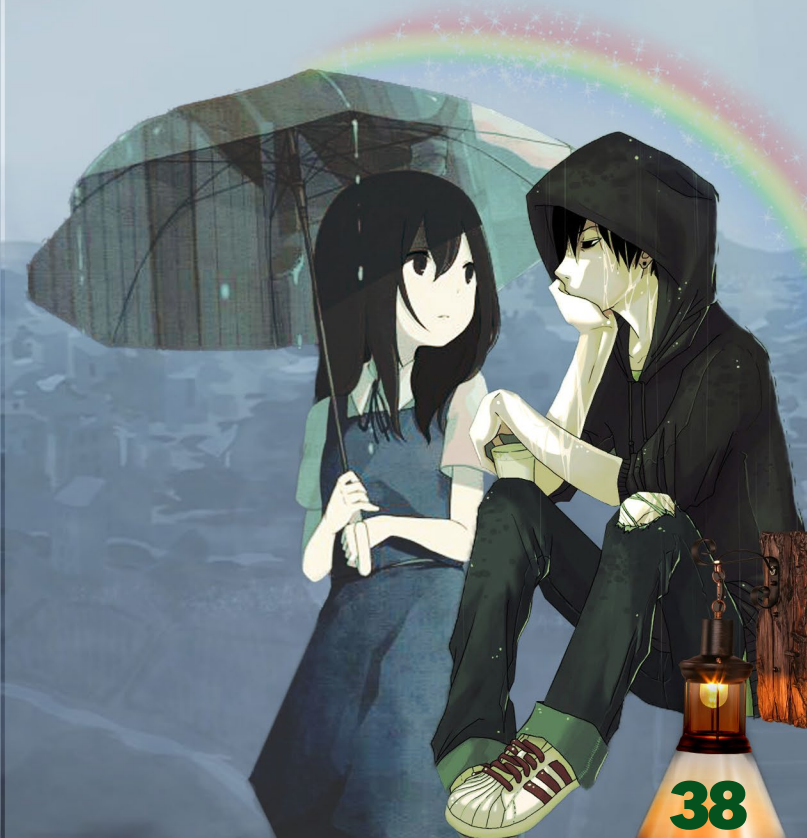
*"Be that moon who's shining in the dark  
It's not clear, it's confusing  
But hang in there,  
we will get there anyway  
Just hold my hand and  
we will walk together."*

*You were crying yesterday and  
even that day*

*Who knows, you'll still cry the next day  
But it's okay, you won't be drowned  
Just breathe through that storm and  
someday, the sun will smile at you.*

*After the disaster, acceptance is always next,  
so that we can build it again.  
To start a new page, we don't need an eraser,  
we just need a new pen.*

*All the tears from you today,  
Tomorrow it will become a colorful flower.  
You painted it with pain,  
But still a beautiful masterpiece.*



Yung sa personal wala ka natutunan, online class pa kaya



When the only question you know on the test is your name.

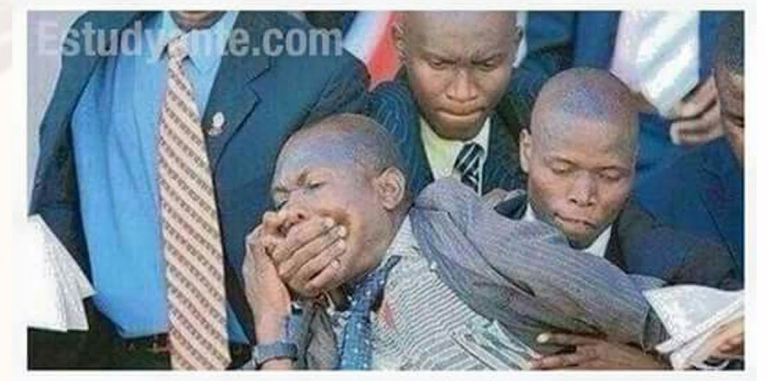


Mama: "kumusta school nak?"  
Me: "kaya pa ma. Hehe"

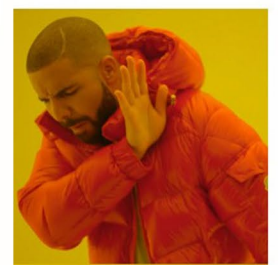


Kaya pa Ma 😊

'Ma'am/ sir yung assign.....'



online class be like:  
**BAKIT HINDI KA NAKAPASA NG HOMEWORK SA ASSESSMENT?**



Naiwan ko sa bahay.



Nagbrown-out kasi.



GUMAWA NG 500 WORD ESSAY



MAG LSM KAY CRUSH

**\*Nalista sa Noisy at Standing"**

Elementary students:



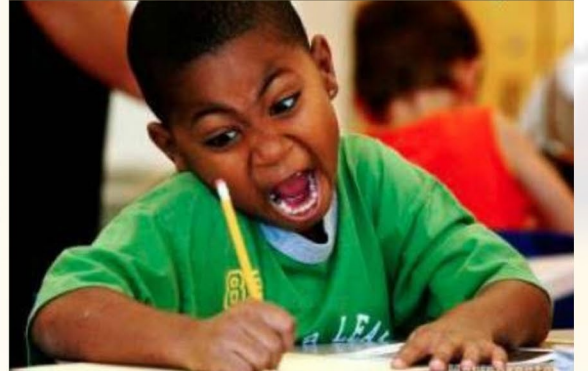
\*Online class starts at 8am\*  
Me at 7:59am:



When the teacher asks who is presenting next.



WHEN YOU WRITING DOWN YOUR NOTES



AND THE TEACHER ABOUT TO TURN THE SLIDE



# SPORTS IN DIFFERENT FACE: ROLES AND IMPORTANCE AMIDST PANDEMIC

Sports play an important role in everyone's life. It helps to build and improve self-confidence, and by doing this regularly, one can achieve an active and healthy body that can be used against numerous diseases.

The COVID-19 pandemic had a big impact on sports. It was among the several areas that were restrained to avoid physical contact that may contribute to the speedy transmission of the virus. But just because sports had been postponed, doesn't mean that individuals can no longer engage in activities that can promote mental and physical fitness.



The prodigious crisis brought about by the pandemic taught the students of MVGFC to find alternative ways of doing sports despite the physical absence. One example was the conduct of e-sports during Foundation Day, where selected students compete individually and by the team in an Axie Infinity contest. Students enjoyed the event as evidenced by high engagement in the Facebook live streaming.

According to Pier Paulo Alcantara, a BSBA major in Financial Management student and certified basketball player in this institution, "Playing sports helps me discover, develop, and learn in different aspects that can build your community, have respect for yourself, and share ideas with your teammates." In addition, playing sports during these times can help to improve your concentration and avoid uncertainties and anxiety. It also gives more time to train and improve different skills. He also added that playing sports is important because it helps strengthen our body to ward off disease, especially with COVID, and allows us to reduce our impatience at home.

At this point, everyone can still play sports during a pandemic by limiting players and following the safety protocols provided by the Inter-Agency Task Force or either playing sports at home together with your family.

Electronic sports are popular during a pandemic; students enjoy participating in and playing specific online games like Mobile Legends, Valorant, Dota 2, etc. is kind of sport

seems to be the new normal for physical development. It helps one individual develop strategies, teamwork, perseverance, and essential values and skills that one should possess during these trying times.

Colin Joyce Magno, a first-year BS Accountancy student and player of Mobile Legends who competed in various ML tournaments in both municipality and school-based competitions, stated, "Playing E-sports is important; it can reduce stress when you win and serves as bonding for my close friends and get a chance of meeting new internet friends while at the same time you are enjoying. Through E-sports, I gained independence.

For example, when all of my teammates were killed in a fight, and I was the only one left, our towers had been destroyed, and only the base was there. As the only survivor on the team, I had to defend our base so we didn't lose. Consequently, sports only add to who I am as an individual". Playing this kind of sport requires critical thinking to enable you to have good strategies and techniques to win. It can be played by anyone and anytime, especially in this current situation where you can play

By: Victor V. Bautista

Loading...



sports without having actual interaction to avoid the continuous spread of the virus. At the same time, your mind will be exercised.

Moreover, actual and E-sports are a big help amidst the pandemic; it gives time to refresh their minds and forget about the negativity brought about by the COVID-19 pandemic. Engaging in any sport allows individuals to set their minds freely, relax and unwind.

*Gallegans, get ready for a healthy lifestyle, and let us all be physically and mentally fit!*





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