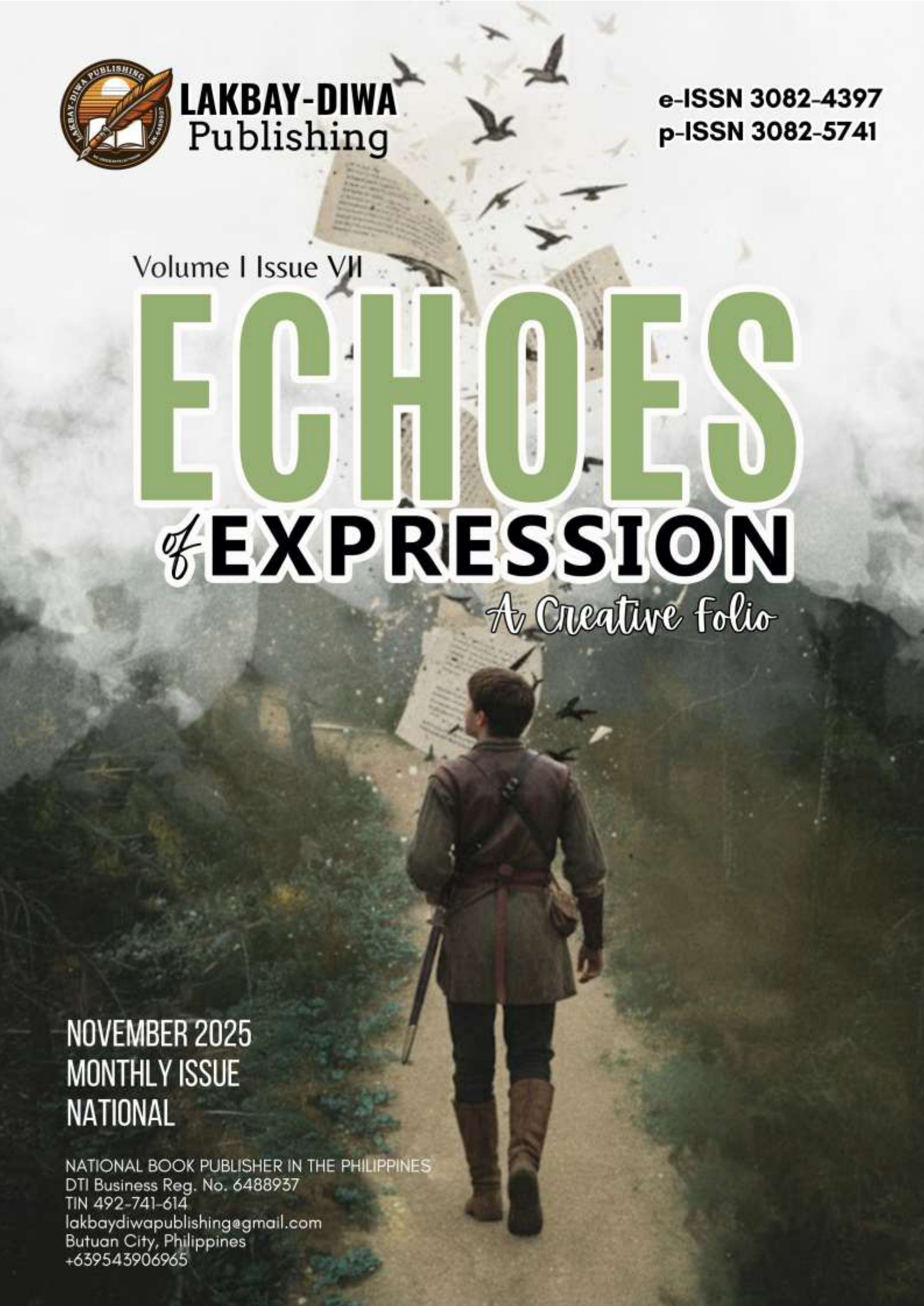
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A Creative Folio



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ECHOES of EXPRESSION

A Creative Folio

ECHOES OF EXPRESSION is a peer-reviewed, national-level creative folio published by Lakbay-Diwa Publishing. Dedicated to promoting creative expression, the creative folio features poems, essays, short stories, and other forms of imaginative works from both emerging and established voices. To celebrate diverse literary forms, ECHOES OF EXPRESSION provides a platform for writers and artists to share their original creations. Published both online and in print every month, the magazine invites contributions that reflect the evolving landscape of literature and the arts. All works published herein may not be reproduced, copied, or used in any form or by any means without the written permission of the publisher.



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ECHOES of EXPRESSION
A Creative Folio

FOREWORD

It is with immense pride and excitement that we welcome you to this issue of ECHOES OF EXPRESSION. As a platform for creative voices, we strive to present a dynamic collection of poetry, essays, short stories, and other artistic works that reflect the diverse and vibrant landscape of human expression. Our mission is to provide a space where writers, artists, and creatives can share their stories, ideas, and visions, offering readers a window into the depths of imagination and creativity.

In the following pages, you will encounter a selection of works that challenge, inspire, and provoke thought. Each piece, carefully chosen for its artistic merit and emotional depth, contributes to the broader conversation about the role of creative expression in shaping our world. From the poetic to the narrative, the words in this creative folio serve as proof of the power of art to connect, inspire, and heal.

At ECHOES OF EXPRESSION, we believe that creative works are essential to the human experience. Our commitment to showcasing a diverse range of voices, from emerging talent to seasoned writers, reflects our adherence to fostering an inclusive literary community. In every issue, we celebrate the courage of creatives who push boundaries, challenge norms, and explore new horizons through their art.

We want to extend our deepest gratitude to our contributors, whose creativity and commitment have brought this journal to life. We also want to express our heartfelt thanks to our readers, whose support makes ECHOES OF EXPRESSION a meaningful and vibrant space for sharing ideas, emotions, and art. It is through your involvement that this creative folio continues to thrive and evolve.

As you explore this issue, we invite you to engage with the diverse voices and perspectives that exist within it. Let these works spark reflection, stir emotions, and deepen your appreciation for the beauty and power of creative expression. Together, let us celebrate the echoes of voices that inspire us to see the world in new ways.

Thank you for being a part of ECHOES OF EXPRESSION.

With warm regards,

LAKBAY-DIWA PUBLISHING

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A NURSE'S PLEA

Nurses are natural multitaskers.
They care for the sick.
They carry out doctors' orders.
They maintain clean, healing environments.
They respond to every question, from patients
and their loved ones.
They chart, they monitor, they advocate.
They do everything they can to provide holistic care.

So please, don't take it personally
If a nurse forgets to smile,
Or doesn't greet you with the warmth you hoped for.
It's not a lack of compassion
It may just be exhaustion.

Nurses have limits too.
Beyond the hospital walls,
They are parents, children,
and caregivers themselves.
They juggle duties both professional and personal.

This is not an excuse for discourtesy,
But a reminder: nurses are human.
They may stumble, feel overwhelmed, or fall short.

Despite low wages
Especially in government hospitals across the Philippines
They show up, give their best, and keep serving.
Because your care is their calling.

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A Pros and Cons of Lesson Planning for the BEEd

Lesson planning is an art skill that every future teacher must master, especially those enrolled in a BEEd Program. It serves as a guide that outlines what, how, and when to teach specific learning content to students. A well-prepared lesson plan helps the teacher manage the class effectively and achieve the desired learning outcomes.

The major advantages of lesson planning are that it promotes organized and systematic teaching. A lesson plan provides a clear roadmap of what is to be taught and how it will be delivered. For students who are still developing their teaching skills, having a structured plan helps reduce anxiety and confusion. It allows them to manage their time efficiently, allocate appropriate activities for each part of the lesson, and ensure that learning objectives are met. Lesson plans also help teachers integrate different teaching strategies, such as cooperative learning, storytelling, or inquiry-based instruction, to cater to the needs of the learners. Another benefit of lesson planning is that it encourages reflective teaching. The students write lesson plans, they think deeply about the learners' characteristics, the content to be taught, and the best approaches to facilitate understanding. This reflection leads to professional growth and confidence. Moreover, lesson planning helps in classroom management, as it prepares the teacher to handle potential issues and maintain a smooth learning flow. It also serves as a documentation tool that can be used for supervision or evaluation during practice teaching and in-service training.

Furthermore, lesson plans promote consistency and continuity in instruction. Teachers who follow a well-designed plan are less likely to skip important topics or repeat lessons unnecessarily. The students, this consistency ensures that they are aligned with the curriculum standards and learning competencies set by the Department of Education. Lesson plans also serve as a collaborative tool, allowing teachers to share and compare ideas with colleagues, thus improving instructional quality. Despite its advantages, lesson planning also has several pros and cons. One major drawback is that it can be time-consuming. The students often spend long hours preparing detailed lesson plans, which may take away time from other academic tasks. In real teaching situations, strict adherence to lesson plans can limit the teacher's flexibility. Sometimes, unexpected classroom situations such as student misbehavior, lack of materials, or limited time may force the teacher to deviate from the plan. Over-reliance on a fixed plan can also make the lesson less spontaneous and less responsive to students' immediate needs.

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Another con is that lesson plans can become formal, especially when teachers feel pressured to follow a prescribed format. This can hinder creativity and adaptability. Some students may focus more on completing the format rather than understanding the real purpose of planning and facilitating meaningful learning. Additionally, when lesson plans are designed without considering learners' actual interests or abilities, they become less effective and fail to engage students. Moreover, creating a lesson plan in the Education program has both pros and cons. It provides structure, organization, and direction, helping student-teachers deliver effective lessons and achieve educational goals. It also presents challenges such as time constraints, rigidity, and reduced flexibility. The key for students is to balance structure with adaptability to treat the lesson plan not as a strict script, but as a flexible guide that evolves based on learners' needs and classroom realities. In doing so, they become not just planners of lessons but facilitators of meaningful and dynamic learning experiences.

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AI IN NURSING EDUCATION: A TOOL OF CARE AND INSIGHT

In classrooms where compassion grows,
And knowledge flows in steady rows,
AI has stepped into the light
A nursing aid both wise and bright.

From crafting slides to course design,
It helps each nursing lesson shine.
With research tools at every turn,
We teach with ease, and students learn.

No longer lost in jargon deep,
Or references too vast to keep,
AI helps build each learning thread,
From theory base to patient bed.

It guides us through clinical scope,
And fuels our teaching with fresh hope
Competencies come into view,
Aligned with what our students do.

We no longer dread the grammar test,
Or struggle to give papers their best.
AI refines the words we write,
So knowledge flows in lines of light.

A partner in our noble call
To nurture nurses, one and all.
Through healing, science, heart, and grace,
AI uplifts the teaching space.

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AKO ANG ARAL NA INIWAN MO

Maestra, masakaw sa lolot, ilaw ng tahanan
Ganyan ka nila tinawag noon,
At ako-ang anak mong minsang takot sa mundo,
Ngayo'y humaharap sa klase,
Hawak ang pisara,
Hawak ang iyong pangalan.

Ito ang pinakamasakit na aralin ng buhay ko.
Naging guro ako, tulad mo.
Ngunit wala ka para masaksihan,
Wala ka para marinig ang unang "ma'am" ng mga bata sa akin.
Wala ka na, pero naririto ka.
Sa bawat batang natututo, naroon ang mga pangarap mong ipinasa sa akin
Sa bawat araling aking ginagawa,
Naroon ang puso mong naglingkod sa mga bata.

Namimiss kita…..
Sa bawat landap na isinasabit ko sa balikat.
Sa mga programa ng ating dibisyon kung saan
Naroon parin ang mga dating kasamahan mo-
Nagdudulot ito ng kakaibang kirot,
Nang pangungulila ko sayo.
Sa bawat okasyon ng pamilya na may kulintang na tumutogtog
Namimiss kita,

Namimiss ko ang mga ngiti mo sa tuwing tinatawag kang "Ma'am"
Namimimiss ko ang iyong mga payo sa tuwing ako ay napapagod,

Ngunit sa totoo lang,
Hindi ka kailanman nawala.
Ikaw ang dahilan kung bakit ako guro.
Ang pag-ibig mo'y di nagtatapos sa puntod,
Ito'y dumadaloy sa aking dugo,
Naging pintig ng aking pagiging guro.

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Ako ang aral na iniwan mo-
Aral ng pag-ibig, ng tiwala,
Ng dangal ng pagiging Maranao
Aral ng paglilingkod na walang hinihintay na kapalit.
Aral ng pusong marunong magmahal,
Kahit sa gitna ng pagkawala.
At sa bawat tawag nilang "Ma'am",
Ang sagot ng puso ko ay iisa:
Hindi lang ako ang guro-
Kami…. Ng aking ina.
Dahil ako ang aral na iniwan niya.

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Ako ang Guro

Ako
Ang guro

Ako
Ang gabay

Ako
Ang guro
Ang gabay
Ako
Ang humuhubog
Sa mundong tatahakin
Ng aking mga mag-Aaral

Ako
Ang guro

Ako
Ang tinig
Ang nagtuturo
At nagbibigay-liwanag
Sa kanilang landas

Ako
Ang ilaw ng paggabay

Ako
Ang liwanag sa paglinang ng landas
Ako
Ang walang humpay na ako
Sa harap ng silid-aralan
Masigasig sa pagtuturo sa bawat aralin
Sa aking mga mag-aaral
Ako
Ang guro
Ang gabay

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Ako
Ang guro
Nang paggabay
Ako

Ako
Ang pusong nagmamalasakit

Ako
Ang kamay na kumakalinga
Ako
Ang patuloy na naglilingkod
Sa bawat batang nangangarap

Ako
Ang inspirasyon
Ang sandigan
Ng mga munting pangarap

Nagmamalasakit
Kamay na kumakalingan
Inspirasyon
Walang humpay
Guro
Ako

Ako
Ang guro
sa paggabay

Ako
Ang tagapagturo
Ang nagbibigay-liwanag

Ako
Ang tagahubog

Ako
Ang naghahatid sa tamang landas

Guro
Gabay
Ako

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Ancestral Soil and Sovereignty: Agrarian Reform in the Context of Lanao Del Sur

Agrarian reform is more than just an economic policy; it is a core factor in the region's ongoing quest for peace, justice, and self-determination, when viewed from the perspective of Lanao del Sur. To the Maranao, whose history and culture are so intimately linked with the land and its endowments, the question of land ownership is not strictly an economic productivity issue but one of ancestral domain, cultural identity, and even sovereignty. Reflection on reform in this context makes it clear that the number of land titles issued does not measure success, but rather the degree of political stability and the healing of historical grievances achieved.

The ideal of national agrarian programs, such as the Comprehensive Agrarian Reform Program (CARP), is to dismantle the feudal structure and empower the landless. In Lanao del Sur, this ideal clashes with a complex history of conflict and institutional complexities. Often, the struggle for land in this area is not as much about large haciendas as it is about the historical dispossession of the Moro communities, compounded by the imposition of national land laws that often failed to recognize indigenous and communal claims. The establishment of the Bangsamoro Autonomous Region in Muslim Mindanao, or BARMM, heralds even another layer of critical complexity. True agrarian justice in Lanao del Sur requires a delicate harmonization between CARP's goal of economic equity and the mandate of BARMM concerning ancestral domain rights and unique customary laws-the *adat* that governs Maranao land stewardship. The process is a tightrope walk of politics: a balance must be struck in reforming the economy to correct economic inequality without inadvertently undermining deep-seated cultural claims to the land.

Beyond the complexity of documentation, reflection must go to the farmers' reality. A land title is an empty promise unless it is supported by security and sustained infrastructural support. For the farmers in Lanao del Sur who have been repeatedly driven from their homes because of clan feuds or armed conflict, the assurance of peace is the most important ingredient for "reform". Unless safety is ensured, land productivity cannot even hope to thrive. Agrarian reform in this province, therefore, requires strong support systems, including accessible credit, reliable irrigation, farm-to-market roads, and post-conflict recovery aid, delivered via structures that respect and tap local governance and leadership as partners in genuine local capacity-building.

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Agrarian reform in Lanao del Sur is ultimately an act of reconciliation in progress. It is a central aspect of nation-building, realizing that the path to a coherent Mindanao passes through the fair distribution and culturally sensitive governance of the land. It is not just the yield of the crops that the soil promises, but the seeds of lasting peace. The work is thus less about bureaucratic compliance and more about the patient, inclusive process of recognizing history, upholding rights, and investing in the farmer's futurea future wherein the Maranao would truly claim the harvest from their ancestral soil with peace and dignity.

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ANG AKING DAKILANG AMA

Ang aking mahal na ama
Na habang buhay kong mamahalin at alalahanin.
Siya ay walang katulad, Siya ay mapagmahal, Siya ay lubos na may kabutihang puso.

Siya ay may prinsipyo,
Siya ay maaasahan,
Siya ay masipag,
Siya ay matulungin,
Siya ay mapagbigay.

Siya ay isang ama na lubos kong iiyakan hanggang sa ngayon,
Hanggang sa ako ay nabubuhay.
Mahal kong ama, ikaw ang aking inspirasyon,
Ikaw ang aking ilaw sa madilim kong daan.
Ang mga alaala mo ay andito,
Andito pa rin sa puso at isipan ko.

Ang aking dakilang ama
Na handang gawin ang lahat para sa pamilya.
Siya ay nagsasakripisyo ng lubos
Para mabuhay at maging isang responsableng ama.

Siya ay isang huwarang ama
Na handang gawin ang lahat para sa lahat.
Siya ay may paninindigan
Lalo na pagdating sa katotohanan.
Isang mabuting ama na may puso at mapagmahal.

Ang aking dakilang ama ay dalisay,
May kabutihan sa puso, matulungin,
At higit sa lahat, responsible
Para maitaguyod ang pamilya.

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Siya ay isang imahe ng ama
Na handang gawin ang lahat para sa pamilya.
Siya ay isang ama na ginawa ang lahat
Para sa ikabubuti ng mga anak.

Isang ama na lahat gagawin
Para sa kabutihan at kapakanan ng pamilya.
Hindi man siya perpekto,
Ngunit siya ay may paninindigan
Na kailangan ng isang anak.

Ang aking dakilang ama ay nangarap
Na mapabuti ang mga anak,
Ngunit sa isang iglap siya ay naglaho,
Kinuha na ng Maykapal.

Siya ay hindi malilimutan,
Patuloy na mamahalin
Dahil siya ay isang mabuting ama.
Isang ama na handang magsakripisyo para sa lahat.
Hindi man siya pinalad na mabuhay nang matagal sa mundo,
Siya ay mananatili sa puso at isip
Ng mga nagmamahal sa kanya,
Lalo na ng kanyang pamilya

Ikaw ang aking pinakamamahal na ama.
Maglaho man ang lahat,
Mananatili kang isang dakilang ama.

Ako ay isang anak
Na lubos na nagdadalamhati hanggang sa ngayon.
Ako ay maghihintay sa'yo,
Hanggang sa muli nating pagkikita,
Aking dakilang ama.

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Ang Malawak na Pananaw

Sadyang napaka-mapagbiro ng tadhana. Minsan, di natin lubos maisip na tayo ay sinusubok ng tadhana. May mga bagay na halos di natin nakakayanan. Subalit, dahil sa tayo'y may positibong pag-iisip, ito ay nanatiling problema na biglang nahahanapan ng solusyon.

May mga oras na halos para bang guguho na ang ating mundo. Ngunit, dahil sa mga taong nasa paligid natin, sila ang nagiging susi sa pagresolba ng ating dala-dalang suliranin. Pagdating sa trabaho, minsan sila ang sanhi ng ating pagkakabagabag. Sa kabila nito'y may mga pagkakataon na sila naman ang nagiging tulay para tayo'y mabigyan ng daan tungo sa ating pagiging matagumpay.

Ngunit ang isang taong may malawak na pag-unawa at pag-iisip ay hinding hindi nagpapatinag sa maliit man o malaking hamon. Lagi at lagi itong nakakahanap ng solusyon sa problema. Nang minsan, tayo ay dumadaan sa mga ganitong sitwasyon na kapag may mga bagay na nagiging sanhi ng pagkakabagabag ng sarili, ito ay hinding hindi nagiging dahilan para bumigay.

Ang isang may malawak na pag-iisip at positibong pananaw sa buhay ay nakikita ang isang suliranin bilang isang daan para sa pagtatagumpay kapag ito ay nalalampasan. Ito yung malalim na pagtatasa sa isang sitwasyon. Ito ay oportunidad para sa paglago. Ang isang pagbagsak ay pagkakataong bumangon nang mas matatag at punong-puno ng aral.

Marunong nawa tayo tumanggap sa pagsubok na hindi nagpapangap na para bang walang pasanin. Alam natin ang hirap o dilim na humahatak sa atin at nagsisilbing dagok sa likod ng ating mga tagumpay. Nang dahil dito, nangangailangan ng matinding pagkakaroon ng mapanuring kaisipan na handang tumanggap, umunawa, at magbigay-halaga sa lahat ng aspeto ng eksistensiya.

Nangyayari ang pagiging malawak na pananaw at positibong pakikipagduwelo sa pang-araw-araw na pagsubok sa pamamagitan ng pagsasanay sa sarili at sasabihing kaya natin ito. Inaalis nito ang pokus mula sa pansariling kapakanan lamang at inilalagay ito sa kolektibong pag-iral at pangangailangan.

Sa madaling salita, ang pagkakaroon ng malawak na pananaw sa buhay ay pinto tungo sa kaunlaran. Ito ay ang kakayahan nating makita ang isang bagay, sitwasyon, ideya mula sa ibat ibang anggulo at perspektibo. Hindi lamang nakatuon sa sarili nating kagustuhan o limitado lamang. Unang-una, kapag tayo ay nandoon na sa isang sitwasyon, tinitingnan natin ang kabuuan, kasama ang lahat ng salik ng detalye.

Pangalawa, kailangan nating maging inklusibo, isaalang-alang natin ang bawat panig o opinyon. Pangatlo, kailangan nating maging holistiko, titingnan natin ang pagkakaugnay-ugnay ng mga elemento. Kaya, masasabi natin na ang buhay ay maihahalintulad sa isang malawak na karagatan, minsan payapa, minsan maalon. Upang makatawid sa malawak na karagatan, kailangan natin ng matibay na sasakyan, at ito ay ang malawak na pananaw sa buhay.

Ang buhay ay parang gulong. Kapag tayo ay nasa itaas, huwag tayong magmalaki, manatiling mapagkumbaba. Kapag tayo naman ay nasa ibaba, huwag na huwag mawalan ng pag-asa. Ang ganitong pananaw sa buhay ay nagbibigay sa atin ng katatagan sa panahon ng paghihirap at sa panahon ng tagumpay. Ang mas matalinong desisyon at pagpupunyagi ay nagpapatunay na ikaw ay may malawak na pananaw sa buhay. Ito ang isang daan tungo sa walang humpay na pagsulong.

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ANG TUNAY NA PAG-IBIG

Sa isang puting silid, bumungad ang ngiti ng isang estranghero.

"Sino ka?" tanong niya, naguguluhan.

"Asawa mo ako, Leon," tugon nito, may lambing sa boses.

Asawa? Ang tanging pangalan sa kanyang puso ay Clarissa, na kasama niyang nangangarap sa ilalim ng mga bituin.

"Nasaan si Clarissa?" tanong niya sa kanyang ina, na ngayon lamang niya nakita. "Siya lang ang mahal ko. Paano ako nagka-asawa ng iba?"

Sumikdo ang sakit sa kanyang ulo. Amnesia. Retrograde. Ang nakaraan lamang ang kanyang batid.

"Huwag kang mag-alala, mahal," sabi ng babae, hinahaplos ang kanyang kamay. "Magiging maayos din ang lahat."

Mahal? Hindi niya ito mahal. Hindi niya maalala ang kanilang kasal, ang kanilang mga anak, ang kanilang mga pinagsamahan. Si Clarissa lamang. Si Clarissa, na may ibang pamilya na ngayon.

Lumuha siya. Hindi niya maalala ang mga taong nasa kanyang buhay. Ngunit alam niya, sa kaibuturan ng kanyang puso, na may isang pag-ibig na naglaho. Si Clarissa.

Huli na. Hindi na niya maalala kung bakit sila nagkahiwalay.

Ang tunay na pag-ibig, naglaho sa isang iglap. At sa kanyang pagluha, napagtanto niya na mas mahal niya ang alaala ni Clarissa, kaysa sa babaeng humahaplos sa kanyang kamay.

Ngunit si Clarissa ay isang alaala na lamang.

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Bayan ng mga Bayani at Mandarayang Ahas at Buwaya

Pilipinas, tinawag kang perlas ng silanganan,
Abot sa buong mundo ang kislap ng iyong yaman,
Bayan ng araw, sa manlulupig lumalaban,
Duyan ng magigiting ang iyong karagatan.

Minamahal na lupa, Ina kang nagniningning,
payapa't matibay, sa sigaw ng lahing magiting,
Taas noo, mga anak na bayani aming kapiling,
Ngunit ikaw'y nalason ng banyagang dumating.

Lason na sumisira, galing sa mga ahas at buwaya,
Na sa dibdib mo'y sumisipsip, sila'y masaya,
may dumi ngang nakakapit, at ikaw'y dinadaya,
kalayaan na sagrado, inapakan ng mandraya!

Ang dugo, buhay, at dangal ay aking iaalay,
lalabanan ang ahas at buwaya upang di mag tagumpay.
Bandilang sagisag mo'y di titigil sa pag wagayway,
Upang ang kalayaan mo'y mananatiling buhay!

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Beneath a Lonely Star

Once 'neath starlight, dreams took wing,
A hopeful heart, with joy to sing.
I chased the sun, climbed mountains high,
For futures painted on the sky.

But shadows fell, a cruel divide,
My kin are now gone, no longer stride.
Beside me here. This victory's cost,
A lonely crown, forever lost.

Yet, I rise on, though spirit's torn,
For promises whispered, since I was born.
And mother's love, a guiding star,
Through darkest nights, no matter how far.

Though laughter's ghost now fills the air,
Their memory lives, a weight I bear.
Each step I take, each breath I seized,
Their souls ignite, a gentle breeze.

So let winds carry tales untold,
A single flame, brave, strong, and bold.
For even in loss, a strength I find,
To fight my way, leave none behind.

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BiPSU's Physical Education Efforts for Lifelong Fitness Habits

The comprehensive physical education department at Biliran Province State University (BiPSU) places great emphasis on helping students develop healthy habits that will last a lifetime. The university knows that not getting enough exercise is a rising problem around the world, so it works to give students the knowledge, skills, and motivation they need to live healthy lives after college. BiPSU's PE curriculum includes a wide range of physical activities, including sports, rhythmic exercises, aerobics, and games, to make sure that students may find fun ways to keep active. This variety helps people feel more confident about moving and makes them think about exercise in a positive way, which is vital for getting people to stick with it for a long time.

One of the most important parts of BiPSU's method is that it teaches people about fitness. Students learn crucial things including how to build muscle, how to improve their cardiovascular endurance, how to change their body composition, how to be flexible, and how to exercise safely. They can make smart choices regarding their own fitness and health habits once they know these rules. Instead of just doing physical tasks, students learn more about how and why exercise is good for their bodies. This education gives them the tools they need to create and stick to their own fitness plans even after they graduate. BiPSU helps students become more independent and responsible for their own health by teaching them about health.

The physical education program at BiPSU also helps people get support and stay motivated, which are two important things that help people keep up good behaviors. Group activities help children work together, cooperate, and have pleasant social connections. This makes it easier for them to stay active. Students make friends and learn how much fun it can be to be active with others through sports and games that require teamwork. Students feel like they belong when they share these stories, which boosts their confidence and makes them more willing to work out regularly. Students are more likely to keep up these practices into adulthood because they connect physical activity with enjoyment, community, and emotional support.

BiPSU's commitment to lifelong fitness is even stronger because it is open to everyone. The institution makes sure that all students, no matter their skill level or fitness level, have the same chances to take part. All students feel capable and valued when they do things that are appropriate for them, when they are taught in a way that helps them, and when they are encouraged. This welcoming space lowers stress and encourages people to have a positive attitude toward exercise. Students are more likely to regard physical activity as possible and fun when they get praise and success. BiPSU helps students develop lifetime fitness habits that will prepare them for healthier and more active lives through a wide range of activities, including instruction, social support, variety, and inclusivity.

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Bread or Winner?

Society says a breadwinner is one who strives harder,
It refers to an older brother, a dreaming sister or a youngest member.
They called as "winner" when success burns brighter,
But they are "bread" to silence the family's hugger.

If winners take it all, then why do they suffer?
Carrying bills, tuition, and needs that never falter.
Their dreams grow quiet, while responsibilities scream louder,
Yet they smile despite of pain because family's love is stronger.

They whisper to the stars, "Will this ever be over?"
Opportunities fade, patience breaks but still, they shoulder.
Hoping the heavens hear what words can't utter,
To never give up, though the weight grows heavier.

Many breadwinners live like unsolved figures,
Tracing their worth through endless numbers.
Wishing for a guide, a voice or a mentor,
To say, "You are more than bread, you are the winner."

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Bridging Economics and Governance Through Differential Calculus and Computational Analytics

In shaping economic policy or managing affairs, differential calculus provides particular data simulations to inform decision-making. This allows for the economy as a whole to be measured by inputs: even a slight growth in any one sector may be enough to tip an entire society over into bubbles and fuel inflation. The policy implications of this data-driven research are clear, indicating that effective policies are needed to both avert overproduction and simultaneously enhance productivity factors, a seemingly contradictory goal.

Differential calculus at heart concerns the derivative how one variable changes with respect to another, or in other words, what direction change occurs along a given path. Within the context of using calculus for economics, we can analyze marginal concepts. Such marginal things as whether a tax is payable, the growth in cost and size of utility, and so forth are all enabled by this. For example, in formulating its tax policy, governments employ differential calculus to evaluate how any slight increase in tax rate affects not only tax revenues but also economic activities.

Governments also rely on differential calculus to adjust macroeconomic policy so as not to let inflation and unemployment run out of control. By understanding how rapidly prices or the level of employment respond to changes in the money supply or input costs, decision-makers can take prompt action to help mitigate economic upheaval and stabilize fortunes.

Meanwhile, differential calculus is used to assess the impact of public policy adjustments, such as tariffs, subsidies, and social welfare programs. These parameters can have complex effects on markets, employment rates, and the financial well-being of individuals. By taking derivatives, we can predict what these will be, thus allowing for a reasonably harmonious line to be struck with any reasonable and developmental goals. Calculus-driven models are vital to managing investment risks and public debt in financial markets. By estimating how interest rates and bond prices will respond to changes in economic circumstances, governments can mitigate their reliance on being flush at the whim of chance.

Differential calculus is a must for students and young engineers in computer engineering. In economic modeling, machine learning, and real-time data analysis, calculus is used to refine predictions and derive optimal solutions. For instance, in machine learning algorithms, the operation sign, represented by three dots arranged in two vertical bars that seem to form a pattern of waves, represents an elementwise operator. It amounts to yet another view (or interpretation)

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of the derivative. As far as obtaining the best possible result is concerned, differential calculus throws light on this problem. It also corresponds to starting with a lens of calculus and making policy by using derivatives.

In short, differential calculus provides a sophisticated framework for analyzing marginal changes, which underpin flexible and effective economic policies and fiscal management. Its inclusion in governance ensures adaptive, evidence-based decision-making that promotes long-term prosperity and stability, a principle equally valuable in the computational techniques at the heart of computer engineering disciplines.

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Bridging Theory and Practice - Effective Strategies for Teaching Object-Oriented Programming to Computer Engineering Students

Object-Oriented Programming (OOP) represents one of the most significant and foundational paradigms in modern software development. For second-year Computer Engineering students, however, it often presents a formidable pedagogical challenge. These students, typically arriving from courses in data structures and algorithms, have been trained to think in a procedural, top-down, and algorithmic manner. Teaching OOP is not merely introducing new syntax; it is fundamentally a task of re-shaping a student's entire problem-solving mindset. A well-structured object-oriented programming curriculum reveals a multi-faceted pedagogical strategy designed to guide students through this critical paradigm shift. Effective teaching of OOP, as demonstrated by this curricular approach, hinges on a "design-first" philosophy, the incremental scaffolding of abstract concepts, and a relentless emphasis on practical, high-quality implementation.

A primary challenge in OOP education is preventing students from simply writing procedural code wrapped inside a class. A "design-first, code-second" strategy directly counters this. Instead of beginning with coding syntax, the initial weeks are dedicated entirely to building a robust conceptual framework. This includes focusing on the "Fundamental Concepts" (the four pillars: abstraction, encapsulation, inheritance, and polymorphism) and Unified Modeling Language (UML). This is immediately followed by time spent on Object-Oriented Analysis and Design (OOAD), covering critical but often-overlooked topics like cohesion, coupling, and responsibility-driven design. This deliberate pacing is a crucial strategy. It forces students to first grapple with how to think in terms of objects, their responsibilities, and their relationships before they are concerned with the syntax of a specific language. By introducing UML diagrams (class, sequence, and use-case) as a primary tool from the outset, the curriculum establishes that a coherent object-oriented solution begins with modeling, not coding.

Following this strong design foundation, this pedagogical approach demonstrates a second key strategy: the logical and incremental scaffolding of concepts, moving from theory to practice. The learning plan is not a random assortment of topics but a deliberate progression. It builds as follows:

1. Conceptual Design: What is OOP and how do we model it (UML, OOAD)?
2. Syntax Fundamentals: How do we translate these models into code (classes, methods, constructors, control statements)?

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3. Advanced Relationships: How do we build complex relationships (inheritance, abstract classes)?
4. Robustness: How do we make our programs reliable (exception handling)?
5. Practical Application: How do we use these concepts to build a functional application (GUI programming)?

This scaffolding is essential for Computer Engineering students. It connects the abstract (design) to the concrete (a functioning GUI), allowing students to see the direct payoff of the initial theoretical investment. This structure ensures that by the time students are handling GUI events, they are theoretically equipped to understand this as a manifestation of polymorphism and encapsulation, rather than just a "magic" syntax to be memorized.

The third and most practical strategy evident in this framework is the integration of theory with constant, high-quality application, which is assessed with rigor. An effective course framework will strongly emphasize intensive problem-solving and design. This is not a course where students can pass by simply understanding theory. A course structure blending synchronous (live coding, discussion) and asynchronous (programming quizzes, lab exercises) activities ensures that students are constantly applying what they learn.

Crucially, a sophisticated assessment strategy, often detailed in programming rubrics, is revealed. Students are not graded merely on whether their code "works." These rubrics should provide distinct, high-priority criteria for "Form Design and Layout," "Code Implementation," "Naming Conventions," and "User Interface Aesthetics." This is a vital pedagogical tool. It shifts the student's goal from "functional" to "maintainable" and "well-designed." By holding students accountable to industry-standard practices like proper naming and logical structure, the course successfully emphasizes modern software engineering and design principles. This approach, combined with a focus on cooperative learning, effectively mimics a professional engineering environment, preparing students for the collaborative nature of real-world software development.

Hence, teaching Object-Oriented Programming to Computer Engineering students requires a deliberate and patient strategy. It is a journey of transforming procedural thinkers into object-oriented problem solvers. This pedagogical approach provides a clear and effective blueprint for this journey. By prioritizing a "design-first" approach, carefully scaffolding concepts from abstraction to application, and enforcing high standards of code quality through rigorous, practical assessment, this curriculum successfully bridges the gap between theory and practice, equipping students with the robust mental models and technical skills necessary for success in the field of software engineering.

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BUILDING PROBLEM-SOLVING AND LOGICAL REASONING SKILLS IN IT STUDENTS THROUGH DISCRETE MATHEMATICS

Discrete Mathematics contributes in developing problem solving skills for the IT students. Teaching the subject for several years, I am a witness of how discrete mathematics not only develops analytical capabilities, but sets grounding for all kinds of IT ideas and technology.

One of the essential moments I found was that students commonly do not seem to get it with abstract tools like sets, logic, relations and graph theory. These subjects may appear academic and unrelated to practical situations initially. But as they start working on problem-solving tasks related to discrete mathematics their logical thinking increases tremendously. I frequently give problems that need clear step-by-step thinking and accurate conclusion making these useful skills in IT for debugging or designing algorithms.

It does not take long for my students to understand that discrete math is about solving problems in an organized way. For instance, when they study logic and methods of proof, students learn how to carefully construct an argument and verify a solution — skills that directly relate to writing correct and efficient code. The rigor of being able to express mathematical statements very clearly works out well when you need to write things like code, database queries or systems.

Graph Theory is another classic area of discrete math that introduces students to visual and conceptual frameworks for solving problems like network routing, data representation and organization, and even social analysis. What I've seen is that students who really get how to reason about graphs seem to take a leap forward in developing intuition on solving connectivity, path and optimization problems – all fundamental concepts of IT infrastructure and security.

Furthermore, combinatorics and counting also introduce the students to problems on permutations and combinations, as is used in algorithm analysis or cryptography. Knowing them makes students appreciate both complexity and efficiency, both important when creating scalable and secure systems.

During my teaching experience I saw changes in student attitudes not just to test scores, but also on their outlook towards completing assignments and projects. They go from learning formulas to applying abstract ideas in real life situations, coming up with solutions and new concepts for IT.

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Finally, discrete mathematics serves as the connector between theory and practice. It gives students mental tools for taking complex problems, sifting through different factors, and coming to reasoned conclusions. In an ever-changing IT environment, this type of problem-solving ability is invaluable.

In conclusion, from the perspective of an instructor, it is widely believed that discrete mathematics can greatly improve students' creative thinking ability and logical reasoning capacity. These are the fundamental skills at the heart of problem-solving in IT education, enabling students to be well-equipped to approach real-world problems with confidence and skill.

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CROSSROADS OF THE CARE GIVER'S HEART

A nurse with journeys stitched into her name,
A wanderer of purpose, yet no path feels the same.
She teaches with passion, she guides with her flame
But still asks herself softly, "Where do I aim?"

For even those who guide others can lose their own way,
Even the shepherd grows weary of leading each day.
She stands at a crossroads, uncertain, undone
Choosing between many paths, yet belonging to none.

Should she stay, shaping futures with care?
Or return to the bedside, where her heartbeat feels bare?
Or fly far away to a land where nurses are seen
Where dignity is given, not forgotten?

For how do you love a country that forgets your worth?
A land rich in spirit, but broken from birth?
Where corruption blooms louder than nurses' silent cries,
And service feels heavy beneath unforgiving skies.

Yet here she stands trembling, but still bravely upright,
Knowing growth ignites only when stepping into the light.
With faith as her compass through shadows and fear,
She whispers to herself, "The path will be made clear."

Yet hope small, stubborn, still beats in her chest,
A quiet promise that someday her heart will find rest.
And wherever her weary footsteps finally roam,
May they lead her to a place she can finally call home.

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Elegy for the Unshared Flame

He built a throne from others' need,
Yet left the world no rooted seed.
Now shadows feast where grace once dwelled,
A sovereign crowned, coldly felled.

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Energy Efficiency Efforts at Biliran Province State University (BiPSU)

Biliran Province State University (BiPSU) continues to uphold its commitment to sustainability by integrating energy-efficient technologies across its campus. The university's ongoing shift to inverter-type air-conditioning units and LED lighting systems has significantly reduced electricity use, operational costs, and greenhouse gas emissions. Based on the energy audit and computations, BiPSU now saves a total of 395,304 kWh of electricity annually, resulting in more than ₱4.7 million in cost savings and avoiding approximately 216 tons of CO_2 emissions each year. These results demonstrate the university's strong leadership in promoting energy conservation and environmental stewardship.

To assess these improvements, data were gathered in October 2024 from major buildings and facilities. A total of 1,102 electrical appliances were recorded, including 939 lighting fixtures and 163 air-conditioning units. The study compared inverter versus non-inverter air conditioners and LED versus fluorescent lights using an average electricity rate of ₱12 per kWh with an operating time of 8 hours per day. This analysis provided a clear picture of the university's overall energy use, cost efficiency, and emission reduction potential.

The findings revealed that BiPSU's 93 inverter-type air-conditioning units saved about 365,460 kWh of electricity annually, equivalent to ₱4.18 million in cost savings and a reduction of 195.2 tons of CO_2 emissions, comparable to planting around 8,000 trees per year. Meanwhile, the conversion of lighting systems to LED across six major buildings resulted in 29,844 kWh of energy savings and ₱358,128 in cost reductions, along with 20.89 tons of CO_2 emissions avoided, equivalent to planting about 100 trees annually. Overall, 94% of all campus appliances are now energy-efficient, showing BiPSU's strong progress toward a green and sustainable campus.

These energy efficiency projects clearly demonstrate how technology can reduce both costs and environmental impact. With total savings of nearly ₱4.74 million per year and a substantial reduction in carbon emissions, the use of inverter air conditioners and LED lighting stands as an effective strategy for achieving a greener, smarter, and more sustainable university. BiPSU's initiatives not only contribute to national energy conservation goals but also strengthen its standing in the field, reinforcing its reputation as a model institution for sustainable campus operations.

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ENTREPRENEURSHIP IN THE SPIRIT OF BAYANIHAN

This all started with an issue I saw every day in my community; farmers and street vendors having a hard time finding a legal place to vend. All over many local barangays and main streets, they, often the lifeblood of our neighborhood markets, try to make a living amid the cluttered informal spaces on sidewalks or street corners. But their fresh fruits, vegetables and homemade products frequently get lost or thrown out because the places they set up shop are unsafe, unregulated or subject to random eviction. This battle is not just inconvenient, however; it is about survival and deeply embedded in cultural traditions and ways of living.

For many Filipino communities, the act of informal selling is not only a source of income but also a cultural tradition generations old. Farmers cart their harvests directly from the fields to town markets, while sidewalk sellers hand out their wares in a vibrant street life that represents the national character of BAYANIHAN, a culture of communal habits and mutual assistance. These vendors cultivate relationships with their regulars, and while they trade goods, they also pass along stories and smiles. The market or street corner becomes a dynamic space of cultural, economic and social convergence.

This diversity was the basis of my entrepreneurial idea. It even ignited a desire to design workarounds pertaining not only to these traditions, but that also respectfully draw upon these traditions while solving for the practical problems,lack of permanent selling space, exposure to the elements and potential obsolescence from local policy. So I asked myself: How can entrepreneurship reinforce the social fabric rather than shred it? Might better, more organized markets still foster the KAPWA (shared identity) and personal ties between vendors and customers?

The response was one in which respect for tradition and inquiry into the new were kept in crafting a solution. It was not just setting up stalls or business systems; rather it was about hearing these vendors out, understanding their stories and respecting them for their lineage. I recognized that local festivals, harvest festivities such as PAHIYAS, and weekend market days are important cultural occasions to sensitize the community in investing into entrepreneurial activities that would turn market places to be centers of social interactions rather than conduits just for transaction.

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Examining the Reading Habits and Behavior of Early-Stage Pupils

Early literacy development is a crucial stage in a child's academic journey, particularly during the early stages, where foundational reading skills are solidified and reading habits begin to take shape. The reading behavior and habits of pupils in the early stages play a significant role in shaping their future academic performance and overall attitude toward learning. This essay examines the reading behaviors of early-stage pupils, focusing on the factors that influence these behaviors, their reading preferences, the challenges they encounter, and strategies to promote positive reading habits. Critical developmental phase where they transition from learning to read to reading to learn. Their reading behavior is characterized by increasing fluency, enhanced vocabulary, and improved comprehension skills. At this stage, children begin to develop a more personal relationship with reading, showing clear preferences for specific types of books, stories, and subjects. Observing these behaviors is crucial in understanding how young learners engage with texts and how educators and parents can support their development.

One of the key factors influencing the reading behavior in the early stages of pupils is their home environment. Children who come from homes where reading is valued and encouraged tend to develop better reading habits. For example, parents who read aloud to their children or provide access to a variety of books foster an early interest and curiosity in reading. Conversely, pupils with limited access to reading materials or those who do not receive regular reading support at home may show less motivation or confidence in their reading abilities. The reading preferences of early-stage pupils often lean toward stories that are engaging, colorful, and relatable to their own experiences. Picture books, fairy tales, and adventure stories are particularly popular as they capture the imagination and make reading enjoyable. Additionally, pupils at this stage enjoy books with repetitive and straightforward text patterns, which reinforce word recognition and improve fluency. Teachers and parents can use these preferences to recommend appropriate reading materials that keep children motivated and eager to read.

Despite their enthusiasm, early-stage pupils face several challenges that may affect their reading behavior. Difficulty with decoding words, limited vocabulary, and poor comprehension skills are common hurdles. Such challenges may lead to frustration, decreased confidence, or reluctance to read. Identifying these difficulties early and providing targeted interventions, such as phonics instruction, vocabulary-building activities, and guided reading sessions, can help pupils overcome obstacles and develop a positive attitude towards reading.

The role of schools and teachers is crucial in shaping the reading behavior of pupils in the early stages. Classroom environments that promote reading through storytelling sessions,

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reading corners, and interactive literacy activities create opportunities for pupils to practice and enjoy reading. Teachers who provide encouragement, model good reading habits, and differentiate reading materials according to pupils' levels help sustain interest and support individual needs. Regular assessment and feedback also guide pupils toward progress, making reading an achievable and rewarding experience.

Formal education and peer influence have a significant impact on reading behavior. Early Stages pupils are at an age where social interactions motivate their learning choices. When peers engage in reading activities, children are likely to emulate this behavior, contributing to a culture of reading within the classroom. Group reading, book clubs, and reading competitions are effective strategies to leverage peer influence positively. To further encourage healthy reading habits among early-stage pupils, parents and teachers can collaborate in several ways. Establishing daily reading routines, celebrating reading achievements, and providing a mix of fiction and nonfiction books caters to different interests and expands knowledge. Integrating technology, such as educational apps and audiobooks, can make reading more interactive and accessible. It is also essential to create a safe and supportive atmosphere where pupils feel comfortable experimenting with reading and making mistakes.

Moreover, the reading behavior of early-stage pupils is a vital indicator of their early literacy development and future academic success. Understanding the factors that influence reading habits, addressing challenges, and fostering a supportive environment can greatly enhance pupils' enthusiasm and competence in reading. By nurturing positive reading behaviors at this formative stage, parents, teachers, and communities lay the groundwork for lifelong learning and a deep appreciation for literature. Encouraging grade 2 pupils to become confident and motivated readers benefits not only their current education but also their overall personal growth and success.

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Silent Battles: Fighting Invisible Emotional Burden

Everybody has their own struggles in life, particular difficulties that mold us into the people we are and the paths we choose. These conflicts vary from person to person and can even change from one day to the next. Some folks have a lot going on in their own households. They handle miscommunications, unsolved disputes, and expectations that seem unachievable. They bear the emotional burden of continuously feeling exhausted on the inside while attempting to be strong for others. Others suffer at work or in school because they are overburdened with paperwork, deadlines, and unending obligations. On certain days, the amount of work accumulates to the point where breathing becomes a chore. The burden of performing, succeeding, or proving oneself becomes too much to bear on one's own.

However, many people choose to conceal their hardships despite these enormous challenges. Even when they are on the verge of collapsing, they appear every day with a smile on their faces and act as though nothing is wrong. These are the silent fighters—those who only cry when no one else is present and who make every effort to maintain their strength because they feel that showing weakness is inappropriate. Silence serves as both a burden and a shield for them. They continue to bear the burden alone because they fear being misinterpreted or condemned.

However, some people are transparent about their difficulties. They ask for assistance, express their feelings, or are open about their suffering. Their vulnerability is a sign of boldness, not weakness. By speaking up, they dispel the myth that discussing one's emotions is something to be ashamed of. But there are drawbacks to speaking up. Some may condemn them, downplay their feelings, or be unable to comprehend the intensity of what they are going through. Nevertheless, these people choose to be honest rather than remain silent because they understand that admitting one's suffering is the first step to recovery.

Battles that are both noisy and silent are legitimate. There is no correct or incorrect way to deal with it. What matters is that the struggle is genuine and has a greater impact on a person's mental health than most people are aware of. Stress from family problems, pressure to do well at school or at work, and emotional tiredness can hurt our physical and mental well-being. We can suffer from persistent exhaustion, difficulty concentrating, insomnia, or emotional numbness. Ignoring these symptoms can result in despair, anxiety, or burnout.

For this reason, mental health awareness is essential. It serves as a reminder that emotional difficulties should never be disregarded or ignored. Even though mental health is just as vital as physical health, many people still put off getting treatment because they believe they must manage everything on their own. For a long time, society has taught us to "just be strong,"

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yet real strength comes from knowing when to ask for help. Asking for assistance demonstrates maturity, bravery, and self-awareness rather than weakness.

It can be both consoling and enlightening to confide in someone, whether it's a friend, a teacher, a family member, or a professional. A simple discussion or a sympathetic ear can sometimes have a significant impact. A person can feel recognized and supported when you check in on them, show them kindness, or say, "I'm here for you." Our initial reaction should always be one of sympathy, as we never know who is quietly struggling. A single act of kindness could be the lifeblood that someone sorely needs.

Let's choose kindness over indifference, empathy over judgment, and understanding over presumptions in a world where everyone battles silently. We need to remind ourselves and others that it's acceptable to take a break, cry, rest, and ask for assistance. Recognizing our emotions, accepting that we are not alone, and allowing ourselves to be supported by those who care about us are the first steps toward healing.

Even if there are many challenges in life, nobody is supposed to face them alone.

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Fostering Entrepreneurial Mindsets in Bachelor of Science in Hospitality Management: Preparing Resilient Leaders for a Dynamic Industry

In the face of the current fast-changing global economy, the hospitality industry is in search of leaders who are prepared not only to run and manage an operation, but also to utilize an entrepreneurial approach in doing so. These entrepreneurial traits enable the leaders to continuously think outside the box, spot and take advantage of business opportunities and remain successful even at times when the market is an unknown quantity. For students pursuing Bachelor of Science in Hospitality Management (BSHM) studies, fostering these mindsets is necessary to educate the future leaders who will lead in the intricate and diverse hospitality industry with both curiosity and assertiveness. Individualities such as creativity, calculated risk taking, proactive problem solving, grit and the ability to identify opportunities are key to being enterprising. They provide students with the tools to create unique service delivery concepts and also oversee businesses from small boutique establishments to large hotel chains while ensuring profitability of their organizations and driving economic development and improved service quality in the hospitality industry.

The urgency of entrepreneurial attitudes has been intensified by the rapid development of technology and also changes to consumer expectations. Merely hope to emphasize that companies in the hospitality industry need to be innovative in order to stay competitive and on-trend in an industry. A network of resilient graduates with entrepreneurial skills not only can handle new challenges, lead transformation processes or innovative practices but also can play a part in preventing the hospitality industry from future collapses.

The literature review on education supports that a traditional teacher-talking pedagogy does not foster entrepreneurial competences. Instead, you'll learn to cultivate these practices via trial and error. Student ran hospitality outlets, real-world events are planned and business games all provide students with the experience they will need to boost confidence, make decisions and lead – qualities that are proven must haves in leadership for success. Such action learning associations theory with practice and may help students internalize the entrepreneurial mindset required to tackle authentic entrepreneurial problems.

Moreover, integration of entrepreneurship in the hospitality program has increased student preparedness. This involves creating modules on new business planning, finance and marketing management, evolved leadership in hospitality. By also supplementing these tracks with mentorship and networking opportunities, students have direct access to the most powerful names in business leading to extraordinary business intelligence and career advancement. By

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infusing the technical skills with soft skills including excellent communication, flexibility and team work, we get a student who is prepared to excel in various environments.

The academic institutions need to develop entrepreneurial ecosystems, besides curriculum development and experiential leaning. Universities that encourage incubation centers, entrepreneurship clubs, startup competitions and a way to seed funding, establish an ambience which is sympathetic to promoting creativity, risk taking and tenacity. These environments foster risk-taking and equip students to deal with the uncertain and to learn from failure, two essential tools of the successful entrepreneur in hospitality.

Technology is also a key factor. By introducing digital solutions, e-commerce, as well as cutting-edge hospitality technologies in its program offerings, students are set in line with the latest developments in the industry. This technological knowledge prepares graduates to be adept at implementing innovative technologies, and to excel in the context of digital and socially responsible business environment. It is the combination of real-world learning, entrepreneurial gravitas, soft skills enhancement, enabling environments and technology that allow BSHM students to become 21st century leaders with a vision to create, innovate and generate sustainable growth that will ultimately lift global hospitality standards.

Higher levels of entrepreneurship education act to increase practical skills and realistic perceptions of each aspect of the business feasibility, and at time, are able to diminish entrepreneurial intentions when students are demotivated by the challenges and risks. This point emphasizes the need for educators to combine with realism, motivational aspects that motivate the students and at the same time prepare them in a more realistic way for entrepreneurial challenges.

In conclusion, the development of an entrepreneurial mindset in BS Hospitality Management students involves a multi-layered approach which includes experiential learning, comprehensive curriculum integration, leadership development, strong entrepreneurial ecosystems, and forward conceptual technological education. They do so by enabling students to develop valuable leadership qualities such as agility, innovation and resilience, which will empower them to be the leaders of the future of the hospitality industry where and when they are with sustainable success and an enhanced level of service quality.

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From Circuits to Systems - Effective Strategies for Teaching Embedded Systems

Teaching Embedded Systems to Computer Engineering students presents a unique and formidable challenge. The discipline blends the abstract logic of computer science with the tangible constraints of electrical engineering. Students must simultaneously master low-level hardware interfacing, real-time software design, and system-level architectural thinking. A successful course cannot simply be a survey of topics, it must be a deeply integrated, hands-on journey that bridges theory and practice at every step.

An effective approach begins with a bottom-up, project-based scaffolding strategy, gradually leading students toward complex system-level design. The course builds on earlier competencies, such as microprocessor programming, and transitions from single-component exercises to full embedded systems that interact with real-world environments. Through carefully sequenced activities, students gain mastery of embedded design essentials: setting up toolchains, handling digital I/O, implementing serial communication protocols, and managing timing through interrupts and PWM.

This structured progression is not merely academic, it is directly tied to the course's primary outcomes. The first outcome focuses on designing and implementing a real-time embedded system that integrates all learned skills into a functional prototype. The second outcome extends this learning further, requiring students to develop a distributed client–server system using multiple embedded devices. This approach ensures that students do not learn skills in isolation; rather, they integrate hardware and software knowledge to create complete, real-world solutions.

A second critical strategy is the immediate and mandatory application of theory. Traditional course designs often separate lectures and laboratories, but an effective embedded systems curriculum fuses them. When theoretical topics such as real-time constraints, deadlines, latency, and jitter are introduced, they are immediately reinforced through corresponding hands-on experiments. Students might, for example, program an ESP32 to toggle an LED at precise intervals and then measure timing accuracy using an oscilloscope or timer logs. This tight feedback loop transforms abstract principles into measurable, observable phenomena, reinforcing conceptual understanding through direct experience.

Equally important is the emphasis on engineering constraints and professional standards. Students are taught that technical success is not only about functionality but also about reliability, maintainability, and cost-effectiveness. Topics such as safety standards, coding conventions, and

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documentation practices are woven into the course activities. Project evaluations include criteria for technical justification and cost analysis, prompting students to defend their design decisions as engineers would in industry.

The choice of modern tools and platforms also plays a pivotal role. The ESP32 microcontroller, for instance, offers both processing power and built-in wireless communication capabilities. This allows students to move beyond simple "blinking LED" exercises and engage with advanced concepts such as the Internet of Things (IoT) and distributed embedded systems. By using such relevant hardware, the course ensures that students gain exposure to technologies they are likely to encounter in professional practice.

Finally, assessment is used as an active teaching tool rather than a passive grading mechanism. Detailed rubrics clearly define expectations and promote professional coding practices. For instance, criteria distinguishing between blocking (e.g., delay()) and non-blocking (millis(), state machine) code reinforce the importance of responsiveness in real-time systems. In doing so, the evaluation process itself becomes an extension of the learning experience.

Moreover, an effective Embedded Systems course integrates progressive skill development, real-world application, and professional rigor. By scaffolding learning from simple control programs to distributed systems, embedding theory directly into practice, and enforcing engineering discipline through tools and assessment, such a course transforms student from novice programmers into capable, systems-oriented embedded engineers.

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FROM WOMB TO WONDER: MY HEART IN MATERNAL AND CHILD NURSING

They often ask, "Why this field?"
Why choose the mother's pain to wield,
Why teach where tender tears are shed,
Where love and science softly thread?

Since college days, my heart has known,
The beauty of care gently shown.
I've watched a mother stroke her child,
Her gaze so fierce, her touch so mild.

The moment birth splits pain and peace,
A cry then joy brings sweet release.
Though tears of labor mark her face,
They turn to light in one embrace.

I teach them how the journey flows,
From tiny toes to milestones grown.
Immunizations, check-up days,
Signs of love in countless ways.

I see their hearts in aching swell
When sickness rings the warning bell.
"I wish it were me," they softly plead,
Their love beyond what words concede.

Just like these mothers, we too care
We teach, we guide, we're always there.
To nurture minds and spirits whole,
Maternal nursing feeds the soul.

It's more than science, charts, and skill
Its purpose wrapped in strength and will.
To teach this course, for me, is grace
A lifelong calling I embrace.

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Future of Automotive Technology: Innovations, Sustainability, and Human Adaptation in the Era of Intelligent Mobility

The rapid evolution of automotive technology has fundamentally transformed the way people move, reshaping societies and industries across the globe. It explores the technological innovations that drive modern automotive development, from autonomous driving and smart connectivity to electric and hybrid systems and their profound effects on labor, the environment, and education. As vehicles shift from purely mechanical systems to intelligent, software-driven platforms, automotive technology stands at the crossroads of sustainability, digitalization, and human adaptation.

The automotive industry has always mirrored human creativity and innovation. From the first steam-powered engines of the 18th century to today's sophisticated electric vehicles (EVs), technological advancement continues to redefine mobility. In the 21st century, this transformation has accelerated at an unprecedented pace, fueled by the integration of electrification, automation, connectivity, and sustainable design. Modern cars are no longer just machines of transportation; they are intelligent systems equipped with advanced digital technologies that enhance safety, efficiency, and performance. Computer-controlled components are increasingly replacing traditional mechanical parts, marking the rise of smart, responsive vehicles capable of self-diagnosis, communication, and adaptive driving.

One of the most transformative shifts in the automotive landscape is the move from internal combustion engines (ICEs) to electric power. Electric vehicles (EVs) rely entirely on batteries, eliminating the need for fossil fuels and significantly reducing emissions. Continuous breakthroughs in battery technology, particularly in improving energy density, lifespan, and charging speed, have made EVs more accessible and practical for everyday consumers. As a result, electric mobility has emerged not only as an innovation but also as a moral and environmental necessity in the fight against climate change.

Another major advancement is the development of autonomous driving systems powered by artificial intelligence (AI), sensors, and real-time data processing recording of the system, that the self-driving technologies enable vehicles to sense their surroundings, interpret traffic conditions, and make decisions with minimal human input. Through radar, lidar, ultrasonic sensors, and image recognition, cars can now achieve varying degrees of automation from simple driver assistance features to fully autonomous navigation. AI algorithms continuously learn from road data and user behavior, leading to improved safety and efficiency over time. Such innovations represent a step toward a future where road accidents and human error could be dramatically reduced.

Smart connectivity is also redefining the driving experience. With the integration of technology with internet connection, vehicles are now communicating not only with drivers but

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also with other cars, infrastructure, and cloud-based systems. This connectivity allows for predictive maintenance, real-time diagnostics, and optimized navigation while enabling new services such as car sharing and over-the-air (OTA) software updates. The car of the future is envisioned as a digital ecosystem, an intelligent device on wheels that seamlessly interacts with its environment and users.

Modern car manufacturing has also embraced advanced materials and Industry 4.0 technologies. Automation, robotics, and 3D printing (additive manufacturing) have revolutionized production processes, increased precision, and reduced waste. Not heavy materials like carbon fiber, aluminum have enhanced the vehicle's safety and fuel efficiency of the vehicle. Intelligent factories powered by data analytics, AI, and machine learning are creating a new standard of efficiency and environmental responsibility in automotive production.

While technological innovation drives progress, human adaptation remains an equally critical component. The future of automotive technology demands a workforce skilled not only in mechanics but also in electronics, computer programming, diagnostics, and data management. This transformation calls for major educational reforms and retraining programs that prepare technicians, engineers, and even policymakers to navigate an increasingly digital and automated mobility ecosystem. The industry's success will depend on how effectively humans can adapt, learn, and collaborate with intelligent systems.

Sustainability lies at the heart of this transformation. Global efforts to combat air pollution and climate change have made environmentally responsible vehicle design an urgent priority. Traditional combustion engines contribute heavily to carbon emissions, prompting governments and manufacturers to accelerate the shift toward zero-emission vehicles (ZEVs). Countries such as the Philippines, Germany, and Japan are promoting EV adoption through tax incentives, infrastructure investments, and renewable energy integration. Moreover, the concept of a circular economy, focused on recycling materials, reusing components, and reducing production waste, is increasingly shaping how vehicles are built and maintained.

Ultimately, automotive technology stands at the forefront of a new industrial revolution, one that merges mechanical mastery with digital intelligence and environmental consciousness. The journey from combustion to electrification, from manual driving to automation, and from isolation to connectivity reflects humanity's enduring quest for progress and sustainability. As we enter the era of intelligent mobility, our responsibility extends beyond building smarter cars; it involves cultivating smarter people who can uphold ethical, sustainable, and human-centered innovation.

The road ahead may be complex and challenging, but through collaboration, education, and ingenuity, the automotive industry will continue to drive society toward a cleaner, safer, and more connected future. The future of mobility is not just about technology; it is about shaping a world where innovation and sustainability move hand in hand to serve humanity and the planet.

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HEALING HANDS

In quiet halls where footsteps fade,
Where midnight hums and fears parade,
A figure moves with steady grace

A tender heart amidst worn terrain.
She lifts the fragile, holds the weak,
Hears pain in words they cannot say.

With every pulse beneath her hand,
She reads what others misunderstand.
He comforts those whom the world forgets.

Counts breaths, wipes tears, calms regrets.
He stands where sorrow fills the air
A silent promise: "You're safe. I'm here."

They carry stories in their skins.
Battles fought and losses pinned.
Yet still they rise for every call,

The ones who catch us when we fall.
Not just a nurse, but a human too.
Dreams to pursue, with fresh wounds.
Still choosing, in the darkest hours,
To lend the light that heals and empowers.

So here's to hearts both brave and kind,
To strength in body, soul, and mind.
For nursing is more than tasks and charts
It's humanity, stitched into their hearts.

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How Integral Calculus Enhances Infrastructure Development and Urban Planning

Integral calculus is a powerful mathematical tool for infrastructure development and urban planning, enabling planners and engineers to quantify and model complex systems using optimization techniques that directly affect the lives of metropolitan dwellers.

At its essence, integral calculus helps people calculate quantities accumulated over regions or periods of time, such as the total areas, volumes occupied, and quantities of material (e.g., lumber).

This capability is invaluable in addressing the diverse challenges of urban environments. This could range from laying out road networks to distributing utilities and green areas.

One typical application of this is in land use planning, where integral calculus helps calculate exactly how large areas are required for residential, commercial, and industrial zones. Planners use integration to combine irregularly shaped pieces of land, allowing them to utilize land resources more effectively and comply with zoning regulations. When making urban expansion plans or redeveloping city precincts, for instance, it is necessary to maximize usable space while adhering to environmental standards.

Additionally, integral calculus is a crucial tool for designing infrastructures, including bridges, tunnels, and water supply systems. Calculating the total load a bridge can bear involves integrating stress and strain distributions along its length, which are crucial for determining its total deformation. Similarly, urban water systems largely depend on integral calculus to calculate time-varying flow volumes in pipes and reservoirs so that water supply during peak demand in summer remains possible.

Utilizing integral calculus enables the practice of sustainable urban planning by modeling the spread of pollution, the distribution of energy consumption, and the area occupied by green spaces. By integrating pollutant concentration curves across cities, planners can identify urban patches with critically poor air quality and implement targeted interventions, such as increasing vegetation or redirecting traffic. Similarly, integrating energy usage across different areas is helping to form rational power grids and install renewable energy plants.

Transportation systems benefit from integral calculus in areas such as the efficient organization of traffic flow and the limits to which infrastructure can be expanded. Planners will

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integrate density functions of vehicles versus time over the length of highway segments, allowing them to foresee bottlenecks and automatically adjust traffic semaphore settings to ease congestion, or design alternative highways in ways that save time and reduce environmental impact.

Importantly, integral calculus is also key to urban modeling, which involves population density and accessibility of service provision. By integrating demographic data across neighborhoods, urban planners can identify communities that are not being served fairly by public facilities, such as hospitals, schools, and emergency services, and arrange for a more equitable allocation of resources.

In short, integral calculus not only enhances infrastructure development, land use planning, and ecological city construction, but it also provides a quantitative tool for analyzing complex systems. Its introduction into models of cities and their environment has laid the groundwork for intelligent living residential locations at all price levels, but should we choose to do so?

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How Training Can Change Education

Every teacher has moments in their career that stick with them for a long time, experiences that change the way they think about what they do and why they do it. These moments, which are both challenging and inspiring, are the "echoes" of real professional growth. One of the most important sources of these strong echoes for many Filipino teachers is the Department of Education's (DepEd) rigorous training programs.

People often say that teaching is one of the best jobs in the world. However, every effective classroom has a teacher who is always learning. The Department of Education (DepEd) understands that investing in teachers is equivalent to investing in every child in the country. Teachers have the vital opportunity to refresh their knowledge, learn new skills, and, most importantly, reignite their personal commitment to providing high-quality education for all through professional development courses, seminars, and capacity-building workshops.

These trainings are more than just a series of lectures; they are a profound journey of self-discovery. Teachers come with open minds, ready to learn new approaches, ideas, and digital tools that will help them excel in their roles. They leave not only with functional new abilities but also a revitalized spirit. This is a poignant reminder that learning is a lifelong commitment and that our pupils deserve a teacher who is continually developing and evolving.

These DepEd initiatives have a ripple effect on the entire community, not just on the individuals who participate. Students, coworkers, and the educational system all feel the ripple's effects. A leadership course could lead to creative changes in administration, a simple workshop could turn an abstract idea into a new classroom project, and a digital literacy session is often what makes the difference between old and new ways of learning.

The Philippine educational system remains dynamic, open to all, and competitive with other countries because the Department of Education (DepEd) continuously invests in professional development. However, its most significant impact is keeping the human spirit alive in every classroom. It serves as a potent reminder that a teacher's voice, personal growth, and passion can have a profound impact on the next generation.

When the programs are over, teachers get more than just a certificate; they get memories that will last a lifetime and a renewed sense of purpose. These "echoes of expression" indicate that people are working together more effectively and understanding their roles better. They show how committed every teacher is to lifelong learning. They remind us that real education extends beyond the classroom and textbooks, and is found in every opportunity a teacher has to grow, be inspired, and inspire others.

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These echoes keep ringing out in the quiet determination of our dedicated teachers, in the bright grins of their students, and in the steady, hopeful advancement of our schools. They are a clear call to action: to grow, serve, and teach with all your heart.

There is a profound reality for every seasoned teacher and every enthusiastic new teacher: teaching is not a job that remains the same; it is a sacred calling that constantly evolves. People often refer to it as the "profession that gives rise to all other professions," suggesting that shaping minds is the foundation of national progress. However, for the millions of teachers in the Philippine public school system, maintaining this purpose means continually renewing themselves both personally and professionally.

The Department of Education's job is clear: to provide students across the country with the power they need. The best way to do this is to give teachers the power to do it themselves. It recognizes that every effective classroom has a teacher who is continually learning and growing. Teachers have an excellent opportunity to enhance their current knowledge, acquire new skills, and, most importantly, reaffirm their strong commitment to the national goal of providing high-quality education for all through carefully planned professional development training, seminars, and capacity-building activities. This is more than just following the rules; it is the company's investment in the country's future.

People who have participated in a DepEd course often say that it is more than just a series of lectures and activities; it is a genuine journey of self-discovery. Teachers attend these meetings with an open mind, ready to learn new teaching methods, become more creative, and utilize essential digital tools that will enhance their lessons. In an era of rapid technological change, it is this intentional exposure to modernity that helps connect traditional teaching methods with the demands of today's learners.

However, the effects extend beyond merely acquiring technical skills. The primary goal of the training is to help individuals become more resilient and kinder. Participants are encouraged to consider not only what to teach but also how to teach with genuine empathy and compassion. This is the most important part of the "humanizing" process in professional advancement. Teachers should remember that the classroom is not just a place to learn; it is also a place to explore, be different, and follow your ambitions. They depart with a fresh perspective, remembering that learning is an ongoing process and that every Filipino student deserves a teacher who is constantly growing.

These seminars give you the tools you need to adapt to the fast-changing world of education. Teachers learn to support inclusivity for all children, including those with special needs, by utilizing current tools and teaching essential principles. This focus serves as a potent reminder that teaching is a dynamic profession rooted in compassion, empathy, and a desire to help others without expecting anything in return. The quiet confidence of a teacher who feels guided, supported, and valued, now ready to greet their class with compassion and kindness, is a strong sign that the training worked well.

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Hukuman ng Kamangmangan

Sa silid ng dunong, may mga palalo,
Hinaing sa guro'y tila unos sa dako.
Di raw matalos ang titik at numero,
Ngunit di naman nagsikap nang husto.

Ang guro'y tila ilawang maliwanag,
Sa dilim ng isip, siya'y tumatanglaw.
Ngunit ang mata ng batang mahina,
Mas piniling reklamo ang maging sandata.

Sa bawat pagsubok, siya'y di lumaban,
Bagkus dumulog sa pinto ng hukuman.
Sa halip na mag-aral at magsanay,
Sa bulong ng hinaing siya'y bumigay.

Sa mga awa ng iba, siya'y kinanlong,
Sa dulo, katotohana'y humantong.
Di pala pasanin ng gurong masigasig,
Kundi hirap ng batang hindi masikap.

Ang dunong ay parang gintong lantay,
Hinuhukay ng tiyaga't pagpupunyagi.
Di ito bunga ng iyak at sumbat,
Kundi ng pawis sa gabing panatag.

Kaya't bago magsumbong at lumuhod,
Tingnan ang sarili sa salamin ng loob.
Dahil ang tagumpay sa mundong paaralan,
Ay para sa pusong may tibay at galak.

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In The Language of Home

When I was a child, I learned to speak using the language of my home. It was the same language my parents used to wake me up in the morning, to scold me when I was stubborn, and to tell stories before bedtime. It was the language that taught me what love, respect, and belonging felt like long before I could even write my name. As I grew older and entered school, I realized that this language—our Mother Tongue—was more than just a way of speaking. It was a foundation that shaped who I was and how I learned.

I still remember my first day in class. Our teacher asked us to read a story in English. I tried my best to understand, but the words felt heavy, like they didn't belong in my mouth. But when she explained it again in our local language, everything became clear—as if the story finally came alive. That was the first time I understood that learning becomes easier when we learn in the language we truly understand.

Through the years, I have seen how using the Mother Tongue helps children build confidence. It allows them to express ideas without fear of being wrong. I once helped my younger cousin with her lessons. When I spoke to her in English, she hesitated to answer. But when I switched to our own dialect, she began to talk freely, smiling as she explained what she had learned. In that moment, I saw that language is not only about words—it is about connection.

Our Mother Tongue also carries the stories of our people. The old songs my grandparents sang, the proverbs they recited, and even the jokes we shared at family gatherings—all of these are treasures of our culture. If we stop using our language, we risk losing a part of ourselves. I often think about how many stories would vanish if our children stopped understanding them. To preserve our Mother Tongue is to preserve our identity.

However, I also know that it is not easy. Many people still believe that speaking English or another foreign language is a sign of being educated or superior. I once heard someone laugh at a student who spoke in his native dialect during a presentation. That kind of attitude makes me sad because it shows how easily we forget that our own languages are rich, expressive, and worthy of pride.

I believe schools should encourage students to use their Mother Tongue, especially in the early years of education. Teachers should be trained to use it effectively in lessons, and communities should produce more books and learning materials written in local languages. Most importantly, we should teach children that speaking their Mother Tongue is not a weakness—it is a strength, a mark of who they are and where they come from.

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When I look back, I realize that my deepest learning moments came not from memorizing words in a foreign language, but from understanding the world in the language of my heart. Every time I speak my Mother Tongue, I feel a connection to my roots, to the people who came before me, and to the generations that will come after.

To me, nurturing the Mother Tongue is not just an educational goal—it is an act of love and respect for our culture. It reminds us that no matter how far we go or how much we learn, the truest form of wisdom begins with knowing who we are and speaking from that truth.

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Keepers of the Healing Fire

Nurse educators rise as sentinels of wisdom,
Guiding unsteady hands toward the solemn craft of care.
Their voices steady, patient, resolute
Shape futures with a grace unseen,
Where knowledge becomes purpose
And purpose becomes a promise to heal.

In the clinic, their passion burns brightest.
They move with quiet certainty among the sick,
Letting compassion speak where words fall short,
Turning every assessment, every gentle touch,
Into a living lesson of courage
And the sacred duty of tending the vulnerable.

Their days are lined with quiet sacrifices
Hours bent over plans, evaluations, and guidance
Offered long after the world has grown still.

Yet they continue, steadfast and unyielding,
Guardians of standards that protect the weak,
Architects of a profession built on integrity.

Through every student who learns beneath their light,
Their legacy travels outward, far beyond classrooms,
Into wards, communities, and lives restored.

For they do not merely teach; they kindle fires,
Ensuring that the art of healing endures
In hands shaped by their wisdom and heart.

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Kulayan ng Kulturang Pilipino

From little islands to huge mountains,
Our culture is vibrant and unites us all.
Sayaw, dasal, sa bawat awit,
May diwang banal, may pusong tapat.

Warm smiles, a helping hand,
displays bayanihan all around the country.
Sa hirap, ginhawa, tayo'y kasama,
Lakas ng loob, ating sandata.

The sound of drums, the pounding of feet,
We encounter joy at every fiesta.
Bawat kulintang at tugtog ng t'nalak,
Nagkukuwento ng lahing wagas.

We communicate politely, po and opo,
We always exhibit signs of respect.
Mula sa bata hanggang matanda,
Paggalang ay ugali nating dala.

Our food, our crafts, our ancient tales,
Are treasures more valuable than gold?
Adobo, barong, and banig na habi
Tatlong simbolo ng ating pagkasi.

Let's cherish our language, wikang mahal.
Taglay ang kultura and dangal.
Speaking Filipino unites our hearts.
Our future is bright, and our soul is radiant.

Raise the red, blue, and white flag of our country.
Let it wave in the sunshine of freedom.
Tatak ng dangal, ating bandila
Walang kapantay, pag-ibig sa bayan.

Thus, let us advocate, protect, and declare,
The spark of our country is the Filipino soul.
Sa puso at gawa, buhay culture,
Wag nawang mawalay, kulay ng lahi.

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KUTING

"Meow, meow," ang hiyaw ng kuting sa gitna ng malakas na ulan. Narinig ni Hulyan, ngunit hindi niya pinansin. Muling umiyak ang kuting, isang hiyaw na tila tumutusok sa kanyang puso. Doon, napukaw ang kanyang pansin.

Dahan-dahan niyang kinuha ang munting nilalang na nangangatog sa ginaw. Pinunasan ang basa nitong balahibo at maingat na inilapag sa isang silya malapit sa kanyang tumba-tumba.

"Nasaan ang nanay mo, Kuting?" tanong ni Hulyan.

Isang buwan na ang lumipas nang pumanaw si Lolita, ang kanyang kabiyak. Ang mga anak ay abala na sa sariling pamilya. Naiwan siyang mag-isa sa malawak nilang tahanan—nabibingi sa nakakapanlulumong katahimikan.

"Nagugutom ka ba?" muli niyang usisa. Tumayo siya at naghanda ng pagkain para sa kuting.

Inampon niya ito at pinangalanang Kuting, tanda ng kaliitan.

Araw-araw ay kausap niya si Kuting. "Meow," ang tugon nito, ngunit sapat na iyon upang hindi siya lamunin ng kalungkutan.

Muling nagkaroon ng buhay ang tahanan. Lumaki si Kuting at di naglaon, nagkaroon ng mga anak.

"Nasiraan na yata si Tatay," bulong ng mga kapitbahay.

Hanggang isang araw, dumalaw ang kanyang mga anak. Laking gulat nila nang makita ang kanilang ama, masigla, nakangiti, at napapaligiran ng mga pusa.

"Kinakausap ko lang sila," wika ni Hulyan, "para hindi mapanis ang laway ko… at para hindi ako tuluyang mawala sa sarili."

Nadama ng mga anak ang kanilang pagkukulang at nagsimulang dumalaw nang madalas.

At ang katahimikan? Hindi na nakakabingi.

Salamat kay Kuting, dumating sa oras ng kanyang pag-iisa at nagturo kay Hulyan na may natitira pang pag-asa.

Na sa kabila ng pagkawala, hindi kailanman ganap na nag-iisa ang pusong marunong magmahal.

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LUNAS

Sa paglipas ng ilang buwan
Maraming kwentong mamamayani
Karamiha'y istorya ng tagumpay
Minsa'y salaysay mula sa mga bagong bayani

May ilang puno ng saya
Iyong tipong liglig sa tawa't bungisngis
Mayroon namang puno ng luha't
Halos hindi makapaniwala sa makakamit

Matapos man ang araw
Lumipas man ang ating sandali
Mananatili ang mga aral
Na sa bawat hakbang palayo'y babaunin

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Mental Health Issues: Fighting till the END

Nowadays, teenagers and maybe some kids have issues with their mental health that put their lives at risk.

Mental health is something important to us, and we need to maintain good Mental health for our safety. People who do not have good mental health may resort to suicide, leaving their family and friends awful.

Bullying, family issues, and traumatic events are some things that can cause problems in our mental health. We can prevent issues by getting enough rest, staying connected to our loved ones, and seeking professional help when needed.

We must prevent bullying and also cyberbullying at all costs because it harms others' mental health. Bullying others won't make you happy, but it makes others unhappy.

It doesn't matter what others think about you; always think positively and be confident in yourself. The person you're always with is yourself; keep that on your mind.

Always express what you are experiencing and never stay quiet, talk about your issues because it lets them know what pain you are experiencing, what battle you are fighting.

Never stop fighting for yourself; fight until the end and keep battling. Don't give up, keep on getting up.

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Nanay Ko? Dakilang Ina!

Oh, dakila kong Ina,
Lumbay sa iyong mga mata ay mapawi sana ng galak,
Karanasan mo'y puno ng pasakit at pighati,
Ngunit 'di mo pinagkait maabot namin ang rurok ng tagumpay.
Pilit mong nilangoy ang dagat nang kawalan,
Inakyat ang bundok na matarik na puno ng balakid,
Maibigay mo lang ang bukas na gintong tala ang alay.

Oh, dakila kong Ina,
Nalugmok ka man sa purak minsan pero iyong nilabanan.
Dumanas ka nang hirap sa mundong ibabaw
Ngunit nagawa mong bumangon sa bawat pagsubok.
Nilandas mong daan ay nagbigay ningning sa amin at sa karamihan,
Datapwat ika'y hinihila pa rin ng ibang may lilim na nais,
Maparatangan ka lang ng diwang ubod ng pait.

Oh, dakila kong Ina,
Ako'y lubos na nagpapasalamat sa dulot ng iyong mga sakripisyo,
Pagmamahal mo'y walang kapantay, walang katumbas.
Ika'y naghatid tanglaw, ginhawa't sandigan sa amin at sa karamihan,
Nagsilbing ilaw sa dilim, gabay sa aming landas sa ulap na makulimlim.
Kaya't sa tuwing mayroong nagtatanong,
Ang sagot ko'y mula sa puso't kaluluwa
Ang Nanay ko? Siya ang Dakilang Ina!

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On That One Day

Outside the rain was pouring
Blurring tiny rays of eastern skies;
Drenching the fallen leaves and drowning
With rotten twigs hovered by hungry skies.

Outside the rain was shattering
Every fragile petal from a bloom.
It swayed and swung till morning
Worn out and drained to doom.

The leaves and twigs and petals
Are helpless so they say.
So as the men with hearts of metals
Are doomed to end one day.

And when that one day comes
We've got to grab the chance.
To humbly face Our maker
On bended knees and white-washed hands.

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Optimizing Public Resource Allocation: The Crucial Role of Differential Calculus in Modern Governance

In a public domain where resources such as budgets, labor, and materials are always in finite supply, governments must expend considerable effort on the equitable distribution of these scarce resources to maximize social utility. Using differential calculus tools, governments can allocate public resources rationally and efficiently. Differential calculus empowers policymakers to determine how demands for resources in different trades are changing the rate of change per unit time and make suitable adjustments that account for changing local needs.

At the heart of differential calculus is the concept of the derivative, which measures a quantity's instantaneous rate of change. This translates to understanding how marginal gain or loss evolves as more capital is invested in sectors such as healthcare and education. For example, by analyzing the derivative of a utility function with respect to investment in healthcare, government officials can identify the point of diminishing returns, because when this is reached, one receives neither additional benefit nor increased effort for their money spent. This way, they avoid wasting resources and direct funds into interventions with greater impact.

Such analytical capacity is urgently needed in practical situations, such as humanitarian relief work, where the demand for emergency services can change rapidly. Differential calculus provides a way to model movement in emergency service needs, allowing teams fighting off disasters to plan which resources will peak and when. They move along the lines of this real-time redistribution process, which not only improves our reactivity but also reduces waste during moments of crisis.

Moreover, differential calculus underpins the very resolution of complex optimization problems that aim to maximize social welfare under budgetary constraints. By identifying critical points where derivatives are zero, government administrators can select strategies for the optimal distribution of resources, serving public interests better than ever before in this current era. Such optimization is especially crucial in education, where a proper balance of investment in schools, technology, and teacher training has a significant impact on educational outcomes and social justice.

Both in terms of engineering value and because it will make the Government's own decisions far more transparent, fair to all citizens, and in line with economic reality, differential calculus plays an irreplaceable part in the social program. With its aid, this type of 'evidence-

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centric' policymaking, which directly addresses real-time community needs, enhances public efficiency and promotes sustainable development.

There can be little doubt that differential calculus is indispensable for modern governance. It can assess rates of change in public services, determine where resources are best allocated, and pinpoint the optimal level of resource allocation. When used in this way, policymakers will be able to balance public goods and the needs at play together. To sum up, differential calculus applies the public resources with perspicacity. Output efficiency increases, and in today's world, it is an indispensable pillar of the public's ongoing welfare.

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The Art of the Lateral Pivot: Outthinking the Lesson Plan

The strategic goal in mastering the art of classroom discourse, what is provocatively termed "outsmarting" the teacher's discussion, is not to win a competitive debate or to display trivial knowledge, but rather to execute an intellectual maneuver so insightful that it permanently elevates the academic trajectory of the entire session, thus establishing a profound Clarity of Purpose: to transform the lesson from a syllabus checklist into a genuine Socratic inquiry. This elevated approach hinges on generating Relevance and Insight through forensic pre-analysis, requiring a commitment to secondary and tertiary sources far beyond the assigned reading, such as researching the obscure 19th-century philosophical critique of the primary text in an English class, or finding a counter-historical narrative published in a niche academic journal for a history course, thereby securing a truly original and critical lens. The Argument Development must then proceed not as a frontal assertion, but as a strategically deployed question, an intellectual Trojan horse, that forces the teacher, who anticipates predictable student responses, to confront an entirely novel frame of reference, typically by connecting the discussed topic to an unrelated but conceptually parallel field, perhaps by linking Keynesian economics to a character's motivations in a period drama, forcing the class to recognize unseen structural similarities. Crucially, the Organization and Flow of this delivery must be seamless, beginning with affirmation of the core premise before pivotally introducing the external Evidence/ Examples as a complication, using phrases like, "While we agree on X, the recently published analysis of the data set Z suggests an ethical or sociological consequence Y that fundamentally challenges our initial definition of the problem," effectively establishing a high-level dialogue in a single breath. The Language and Style employed must be authoritative, eschewing aggression in favor of precise, nuanced vocabulary that demonstrates a mastery of the scholarly discourse itself, lending gravitas to the non-obvious point being raised, which showcases Originality and Voice by ensuring the contribution is not merely a critique but a sophisticated re-framing. This act is the core of Critical Thinking, because it requires anticipating the teacher's pedagogical goal, understanding the limitations of the current curriculum, and then supplying the missing link, the piece of scholarship or the lateral comparison that the teacher, due to time or scope constraints, could not provide, thereby generating cognitive dissonance in a productive manner. The ultimate Impact and Significance is realized when the teacher pauses, acknowledges the validity of the tangential connection, and allows the discussion to veer constructively into richer, unplanned territory, demonstrating that true intellectual superiority is collaborative, not competitive. Therefore, the Conclusion of this methodology is that outsmarting the discussion is synonymous with deeply respecting the subject matter, using rigorous research and imaginative connection-making to transcend the classroom structure and fulfill the highest academic ideal: ensuring that the shared learning experience for every participant becomes demonstrably greater than the sum of its parts.

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Pag-asa sa Kabila ng mga Hamon sa Buhay

Sa gitna ng unos na napakadilim,
Puso'y napapagod, luha'y dumadaloy, kay hirap damhin,
Parang gabing walang tala, walang ningning,
Tila pangarap ay unti-unting naglalaho sa hangin.

Ngunit sa likod ng ulap na makapal,
May araw na sisikat, may pag-asang matatanggap, Sa bawat sugat na sa puso'y nagbabakas,
May lakas na unti – unting tumitibay, dahan-dahang Lumalakas.

Ang bawat luha'y may aral sa pagdaan,
Ang bawat sakit, daan sa paglaban,
Pagkat sa pusong nadapa't muling tumindig nang boung tapang,
Doon sumisilang ang pag-asa, at panibagong pag-yabong na walang Kapantay na lakas.

Kaya't huwag kang bibitaw, kaibigan ko,
Kahit madilim, magtiwala sa ginhawa't liwanag na darating sa iyo,
Sa dulo ng landas na bato at lubak-lubak man ang dinaraanan,
Naroon ang pag-asa, paghilom, at tagumpay na inihahandog ng panahon.

Ang mundong minsang nagdulot ng luha't dalamhati,
Balang araw, magiging dahilan ng iyong ngiti,
At pusong napagod sa bigat ng bawat unos,
Muling titibok – mas matatag, mas handa, at mas buhos ang sigla ng pag-ibig sa buhay.

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PAGSUBOK

Sa buhay natin, palaging may pagsubok,
Mga suliranin na tila walang hangganan.
Kailangan natin maging matatag,
Upang harapin ang bawat hamon sa buhay.

Hindi maiwasan na tayo'y mawalan ng pag-asa,
manghina at tila ang mga pangarap ay
paunti-unting naglalaho,
na para bang wala nang magandang bukas
na sa atin ay sasalubong.

Ngunit sa likod ng bawat pagsubok at hamon sa buhay,
Huwag mawalang ng pag-asa at huwag bumitaw.
Dahil sa panahong ito,
Wala kang ibang karamay kundi ang iyong sarili,
at ang iyong mga mahal sa buhay.

Laging tandaan, sa lahat ng pagsubok
May magandang kapalit
Ang mga hamon sa buhay ay
pansamantala lamang.
Maging matibay at matatag,
Nang sa gayon, makamtan ang inaasam na tagumpay.

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PARA SA...

Isang araw,
Sa hilagang purong katubigan
May isang nagsumikap
Kapos ma'y patuloy na nagpalakas
Hinadlanga'y patuloy na nangarap

Sa una'y magulang ang katuwang
Hanggang sa nadagdagan ng kaibigan
Hindi bumitaw kahit puno ng kapintasan
Sa araw na ito'y bibigyan ng gantimpala
Ng Haring kanyang sinamba

Hindi pilak
Maaaring masunog isama ng ulap
Ngunit regalong espesyal
Para sa mga sundalong matapang
At hindi sumuko sa digmaan

Isang araw,
Sa hilagang puro karagatan
May isang nagsumikap
Ngayo'y aani ng kanyang bukas
Kipkip ang biyaya galing sa itaas

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Lighting Inventory and Energy Efficiency Assessment at Biliran Province State University (BiPSU)

Biliran Province State University (BiPSU) continues to strengthen its commitment to environmental sustainability and energy conservation through the implementation of energy-efficient technologies across its campus facilities. As part of its institutional effort toward sustainable development and in alignment with the UI GreenMetric World University Rankings, a this inventory and assessment of lighting systems were conducted in six major buildings: the School of Nursing and Health Sciences (SNHS), School of Management and Entrepreneurship (SME), Maritime Building, New Ceramics Building, Old Ceramics Building, and Andaya Building.

The inventory revealed a total of 940 lighting fixtures installed across the six buildings as of 2024. Among these, 858 units (91%) are identified as energy-efficient, primarily composed of LED and T5 LED tube fixtures, while 82 units (9%) remain as traditional non-LED fluorescent or bulb types. The SNHS Building registered the highest number of lighting units with 343 sets, followed by the Maritime Building with 225, the Old Ceramics Building with 135, the SME Building with 123, the Andaya Building with 66, and the New Ceramics Building with 48 lighting sets. The transition to LED-based lighting systems demonstrates BiPSU's ongoing progress toward achieving a fully energy-efficient campus environment.

Based on power consumption analysis, the current LED lighting setup, averaging 18 watts per unit yields a total daily consumption of approximately 149.79 kWh when operated for eight hours per day. In contrast, if the same number of fixtures were still utilizing conventional 40-watt fluorescent or incandescent bulbs, the estimated daily consumption would be around 301 kWh. This comparison indicates a daily energy savings of roughly 151 kWh, translating to an estimated monthly reduction of 3,322 kWh or about ₱39,864 in cost savings, assuming an average electricity rate of ₱12.00 per kilowatt-hour.

In environmental terms, this energy efficiency improvement contributes significantly to the reduction of BiPSU's carbon footprint, equating to approximately 2.4 metric tons of CO_2 emissions avoided each month. Beyond energy savings, the shift to LED lighting also offers long-term advantages, such as lower maintenance costs, improved lighting quality, and extended service life lasting up to 50,000 operating hours compared to only 10,000 hours for older fluorescent fixtures.

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Overall, this initiative highlights BiPSU's strong alignment with the energy and climate change indicators of the UI GreenMetric framework. Through systematic inventory, progressive retrofitting, and sustained adoption of energy-efficient technologies, BiPSU continues to create a more sustainable, eco-friendly, and cost-effective learning environment. The institution's commitment to replacing the remaining non-LED fixtures in the coming phases further underscores its dedication to achieving 100% energy-efficient lighting systems across all campus facilities—contributing not only to reduced operational expenses but also to global climate action and sustainable development goals.

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COPAR: A Path We Walk Together

Community! where every story starts,
A patchwork quilt of hopes and hearts.
In shared concerns and dreams we find,
A circle of care that's warm and kind.

Organizing! where unity forms,
Turning scattered wishes into mighty storms.
Hand in hand, we rise as one,
Shaping solutions 'til the work is done.

Participatory! where all have a say,
Every voice guiding the community's way.
No one muted, no one behind
Real change begins when our hearts align.

Action! where plans spring to life,
Where courage cuts through every day strife.
From tiny sparks to projects that grow,
Hope blooms again where burdens once flowed.

Research! seeking truth with gentle care,
Listening deeply to what's hidden there.
Each insight gathered becomes our guide,
Helping the community grow strong with pride.

COPAR! a journey we all take part,
A shared process born from an open heart.
With care and action woven line by line,
We shape brighter futures, your life and mine.

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POLITICAL SCHISM IN THE MERANAO SOCIETY: FACTORS, CHALLENGES, AND INITIATIVES

Political schism has emerged as an increasingly complex and concerning phenomenon within the Meranao society of the province of Lanao del Sur. While the Meranao people are well known for their preserved cultural heritage, strong kinship structures, and enduring Islamic traditions, recent developments reveal widening political divisions that threaten social connectivity and cultural harmony. These divisions are not merely ideological disagreements but are deeply interwoven with identity, power, traditional governance, gender dynamics, and historical experiences. Understanding the nature, causes, and implications of political schism in this context is important not only for social scientists and policymakers but also for community members seeking unity, social stability, and lasting peace.

The concept of political schism can be best understood through theoretical frameworks that examine identity, social structure, and power relations. Social Identity Theory explains how individuals naturally align with groups that affirm their beliefs, values, and social belonging. Within the Meranao context, political alliances are rarely limited to administrative or policy preferences; rather, they are tied closely to maratabat (personal and family honor), clan loyalty, and cultural reputation. These affiliations become extensions of personal and collective identity, resulting in profound emotional, social, and political investment. Consequently, political rivalry transforms from a mere civic disagreement into a complex entanglement of personal, familial, and tribal stakes, making reconciliation more challenging and emotionally charged. In addition, political schism is not just a political or administrative issue but also a cultural phenomenon that resonates through the core of social life.

From a structural-functionalist perspective, political schism can be interpreted not solely as a threat but also as the reflection of societal mechanisms that allow critique, adaptation, and cultural renegotiation. While political conflict appears disruptive on the surface, it can also serve as a means of societal reflection and reform when managed within culturally appropriate boundaries. Meranao culture, for instance, has long relied on taritib ago igma, or indigenous customary law, as well as kokoman a kambhatabata'a, kinship-based conflict resolution, to manage disputes. Historically, these mechanisms have served as culturally sanctioned pathways to mitigate tension, restore honor, and re-establish social equilibrium. Hence, political schism, when approached with cultural awareness, has the potential to uplift positive change rather than merely provoke social fragmentation.

However, the impacts of political schism are not equally distributed across all demographics. Critical Feminist Theory provides a lens for examining the insightful role of

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women in Meranao political life. While formal leadership structures are predominantly male-dominated, women have historically influenced community decisions through informal roles such as negotiators, moral advisers, educators, and cultural preservers. Political divisions can, however, either worsen the marginalization of women by limiting their participation in governance or provide opportunities for them to challenge fixed patriarchal norms, especially through faith-based civic engagement or grassroots activism. As such, women's roles in mitigating or perpetuating political schism deserve careful consideration, as they represent both a vulnerable and potentially transformative social force within Meranao society.

Several interconnected factors contribute to the increase in political schism. Economic disparities and competition for a few resources often established inter-clan tensions, particularly in municipalities where access to public funds, development projects, and government employment is perceived as limited or unequally distributed. Generational differences also play a significant role, as younger Meranao individuals may challenge the authority of elders or traditional leaders, seeking reforms that clash with conventional practices. In addition, media influence both traditional and digital has altered the landscape of political engagement, introducing comparative historical narratives, global political rhetoric, and ideological echo chambers that can amplify divisions rather than foster constructive dialogue. In the contemporary digital era, the proliferation of unverified information, social media polarization, and targeted messaging further complicates local governance, often deepening mistrust among political actors and communities alike.

The consequences of political schism extend beyond politics and manifest in social, economic, and cultural spheres. Social trust between clans weakens, undermining the authority of traditional mechanisms for resolving conflicts. Community development projects may be stalled, delayed, or manipulated to favor factional interests, hindering long-term economic growth and public welfare. Cultural practices and shared values risk erosion as factional loyalty supersedes collective identity, threatening the transmission of Meranao heritage to future generations. These outcomes are particularly concerning in the context of post-Marawi Siege rehabilitation, where the restoration of social cohesion and cultural resilience is paramount. Without deliberate intervention, the persistence of political schism could compromise both social stability and the continuity of Meranao cultural identity, further marginalizing communities that have historically been resilient in the face of adversity.

Despite these challenges, there are pathways to revitalize unity and strengthen cultural resilience within Meranao society. Solutions must be rooted in the dual recognition of the Meranao identity and Islamic principles, while leveraging indigenous conflict-resolution frameworks. Empowering respected traditional and religious leaders to mediate disputes, encouraging inter-clan youth engagement programs, promoting political literacy, and institutionalizing culturally sensitive governance initiatives can all help bridge divides. Mechanisms for dialogue should prioritize shared identity as the Meranao and Bangsamoro people over narrow political interests. Moreover, strengthening participatory governance and civic Education can create spaces where diverse perspectives are heard, fostering inclusivity and mitigating factionalism. By drawing upon both traditional knowledge and contemporary

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political practices, communities can develop hybrid approaches to conflict resolution that reinforce unity while respecting cultural norms.

In conclusion, political schism in Meranao society is a complex phenomenon influenced by identity, social structures, historical experiences, and contemporary socio-political dynamics. While it poses significant challenges to unity, trust, and development, it also provides opportunities for reflection, reform, and cultural renewal. The key to transforming division into unity lies in culturally grounded, inclusive, and participatory approaches to governance and community engagement. Through informed research, structured dialogue, and the active involvement of both male and female stakeholders, Meranao society can navigate political schisms not as a threat to its heritage but as a promoter for strengthening resilience, solidarity, and social harmony. In doing so, the Meranao people can preserve the cultural dignity that has defined their identity for centuries while fostering a future that balances tradition with modern governance imperatives, ensuring that political schism becomes a learning moment rather than an enduring source of conflict.

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Promoting Student Wellness Through Physical Education at BiPSU

Physical education at Biliran Province State University (BiPSU) is essential to each student's health and wellbeing. Given the substantial academic, social, and emotional stress that today's students endure, BiPSU understands the need of physical activity in sustaining a healthy, balanced lifestyle. The university's physical education program is meant not only to make students more physically fit, but also to make them mentally and emotionally stronger. BiPSU ensures students understand how important it is to exercise regularly and maintain a positive relationship with physical activity by offering a variety of sports, fitness classes, and movement-based activities.

One of the best things about the BiPSU PE program is that it focuses on the whole person. Students are encouraged to take part in exercises that promote skills such as coordination, strength, and endurance, as well as virtues such as discipline, patience, and perseverance. The program includes a variety of physical activities, such as team sports, fun games, dancing, and aerobic workouts. This lets students try out different activities and find ones they prefer. This method helps kids realize that exercise is not just something they have to do to pass a class; it is also an important part of long-term health. Students' physical skills improve their self-esteem, which helps them do better in school and grow as people.

The physical education program at BiPSU also puts a lot of stress on mental health. College students typically have too much work, too little money, and too many mental health problems. Physical education is a great way for kids to deal with stress and keep their minds clear. When you exercise, your body releases more endorphins, which naturally improve your mood and lower your stress levels. Group sports and outdoor games are other activities that provide students with a chance to meet new people, make friends, and build support networks. This makes the school a better place for pupils to be since they feel connected and driven. BiPSU knows that students learn best when they are emotionally stable and mentally ready, thus they put mental health first.

Another important part of physical education at BiPSU is that it is open to everyone. The university ensures that all students, regardless of fitness or ability, can take part in PE activities meaningfully. Teachers adapt their lessons to meet the requirements of all their students by using adjusted tasks, flexible teaching methods, and helpful feedback. This makes pupils feel important and capable, no matter how good they are at sports or what level they are at. BiPSU's PE program helps students become well-rounded people who understand the importance of health and fitness for a happy life. It does this by being inclusive, comprehensive, and focused on the student. It gives kids the tools they need to live active lives that are good for their health in the long run.

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Quality in the Engineering Education Sector

Quality in engineering education serves as the cornerstone of producing competent, ethical, and innovative engineers capable of meeting the complex demands of modern industries. It involves the systematic development of students' technical, analytical, and managerial abilities through well-designed curricula and effective teaching methods. A high-quality engineering education system ensures that learning outcomes align with industry expectations and global standards. The implementation of frameworks such as Outcome-Based Education (OBE) and the Plan-Do-Check-Act (PDCA) cycle reinforces the commitment to continuous improvement and accountability within academic institutions.

Strong leadership within universities plays a vital role in sustaining educational quality. University administrators and program heads are expected to champion a culture of excellence by supporting curriculum updates, faculty training, and accreditation initiatives. Investment in modern infrastructure such as laboratories, simulation tools, and digital learning environments, enhances hands-on learning and research productivity. Collaboration with industries and professional organizations ensures that the curriculum remains relevant to technological advancements and evolving workplace requirements.

Faculty members, as the primary agents of instruction, must continually enhance their knowledge and teaching methods through professional development and research engagement. Encouraging a student-centered learning environment, where learners actively participate in projects, internships, and research, builds confidence and real-world problem-solving skills. Regular assessment, feedback mechanisms, and peer evaluations also help maintain the integrity and effectiveness of the learning process.

Moreover, quality assurance in engineering education extends beyond the classroom. It encompasses institutional governance, ethical standards, inclusivity, and community engagement. Universities are increasingly adopting performance-based assessments and international accreditation to validate the global relevance of their programs. The integration of sustainability and innovation topics within the curriculum ensures that graduates are not only technically competent but also socially responsible and environmentally aware. Ultimately, the quality of engineering education depends on how effectively it bridges academic learning with practical industry applications, equipping students to become future leaders, innovators, and contributors to national and global development.

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Quality in the Engineering Industry Sector

Quality in the engineering industry is defined by the consistent ability to deliver products, services, and processes that meet or exceed customer expectations while maintaining safety, efficiency, and sustainability. It encompasses all aspects of production and operation, from design and development to manufacturing, testing, and maintenance. Central to achieving industrial quality is the adoption of structured management systems such as ISO 9001, Six Sigma, Lean Manufacturing, and Total Quality Management (TQM). These frameworks guide organizations in standardizing processes, minimizing variability, and ensuring continuous improvement.

Strong leadership commitment to quality sets the tone for the entire organization. When top management prioritizes quality objectives, it creates a culture where every employee feels responsible for maintaining standards and identifying areas for enhancement. Continuous employee training and skill development are equally important; a well-trained workforce contributes to higher efficiency, fewer defects, and greater innovation. In today's digital age, industries are also integrating advanced technologies such as artificial intelligence, big data analytics, and automation to optimize quality control processes. This digital transformation often referred to as Quality 4.0 which enables real-time data monitoring, predictive maintenance, and smarter decision-making.

Supplier partnerships and customer collaboration further reinforce industrial quality. By maintaining transparent communication and shared quality standards, manufacturers ensure consistency throughout the supply chain. Furthermore, industries are increasingly recognizing the importance of environmental stewardship as part of quality performance. Implementing eco-friendly processes, energy-efficient technologies, and sustainable materials not only improves product quality but also enhances corporate responsibility and market competitiveness.

Eventually, the quality of engineering in industry lies in achieving the right balance between innovation, efficiency, and reliability. Through continuous improvement, risk management, and employee empowerment, engineering enterprises can strengthen their global competitiveness and resilience in an ever-changing market landscape.

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Musmos na Pangarap

Sa payak na nayon, isang batang musmos
Naglalaro sa lansangan, may bitbit na pangarap sa dibdib.
Kahapon ay puno ng tawa at simpleng saya,
Ngunit sa puso, may apoy na tahimik na sumisiklab.

Batang ulila, namulat sa pait ng buhay,
Bawat sakripisyo'y ramdam sa puso't isip.
Ngunit ang pangarap ay di niya iniwan,
Kahit mabato, madugo, at mapait ang daan tungo sa kinabukasan.

Lumaki siyang may tapang at tiyaga,
Bawat pagkakadapa'y naging gabay sa pag-akyat.
Ang maliit na musmos, ngayo'y may hawak na tagumpay,
Ang mga pangarap na minsang tila malabo, ngayo'y kanyang buhay.

Ngiti ng bata, ngayo'y ngiti ng tagumpay,
Sa puso niya, bawat sakripisyo'y gintong alaala.
Ang musmos na minsang nangangarap sa ilalim ng araw,
Ngayo'y inspirasyon sa lahat ng batang nagsusumikap at nananabik sa liwanag.

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Rise of the Countryside

It's the gentle dawn that brings a peaceful atmosphere.
By this time, you can usually hear the carabaos making their way through the still muddy earth.
This is how the Philippine countryside wakes up,
A place that has always been filled with love, labor, and the value of living.

Huts made of bamboo become acquainted with the stories of people's dreams,
While the rice fields reflect the morning sun like they were made of gold threads.
The firm and brave steps of every farmer;
They are the very ones that pave the way for a new and fresher future.

One more hand is extended, and a bridge is thus constructed.
The dusty road is not just a road anymore,
But a way for new voices to be heard, joining the call for development,
For brighter jobs and days.

Children are out of their minds with joy under the big blue sky,
Carrying the dreams that their parents had known before.
They are learning, they are striving, and they are even going beyond their reach,
Thus, turning old dreams into new ones.

Besides villages and mountains, progress is also visible in the plains,
Where the hearts of people come together make the development grows.
Life in the countryside is still here, going strong once more,
Since it is still deeply rooted, it is now rising bright again.

Development is not about who will be first,
But rather a journey that is taken hand in hand.
Every small victory and every seed sown,
This is what makes the land's spirit stronger.

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ROLE OF DISCRETE STRUCTURES IN ALGORITHM DESIGN AND DATA SYSTEMS FOR COMPUTER SCIENCE STUDENTS

Discrete structures constitute the basic tools for algorithmic design and data systems, especially important at Bachelor of Science in computer science level, where students are supposed to master them in the context of problem solving and programming. These mathematical abstractions are the language and machinery that computer scientists use to efficiently reason about, represent, manipulate, and analyze data.

Discrete structures by definition can be counted and may include integers, graphs, sets, and logical statements. While continuous math (such as calculus) involves numbers that can vary smoothly, discrete mathematics is about dealing with separate and distinct values, and is indispensable base material for all computer operations; in the digital age, zeros and ones. For computer science students, discrete structures is important since algorithms and data structures are themselves discrete.

Designing the algorithm depends on discrete structures, since this allows the pupils to reason about step-by-step solutions. For example, one can't develop a good sorting algorithm without knowing a bit about sequences and permutations, which are discrete structures. Without this background, students do not understand why some algorithms do perform better or how they might change which operations to reorder based on problem parameters.

Arrays, trees, graphs and hash structures are all heavily based upon discrete mathematics. At the core, a tree is connected acyclic graph, and its properties. Hashing models are based on discrete probability and functions to accomplish fast data access. We thus believe that it is the theoretical framework and precision of discrete structures that enables students to learn practical implementations of such complex constructs and also allows us to predict how our systems will behave.

Furthermore, CS theory also helps students to develop these skills in discrete math which are crucial for debugging and optimizing algorithms. Propositional logic and methods of proof When students become familiar with propositional logic and methods of reasoning about proofs, they are prepared to verify correctness and performance of algorithms which results in dependable software.

Furthermore, discrete structures allow students to understand computational complexity and decision problems that make them conscious of algorithmic constraints and limitations on resources (e.g., time and space). Such information is of paramount importance for performing trade-offs in real applications, between speed and memory consumption.

In conclusion, discrete structures are far from being about nothing, they are the author of algorithms and data-structures for solving computing problems in an efficient and dependable way. For students of BS in Computer Science or students with a Computer Science major, this course provide logical and critical thinking, analytical problem-solving skills which are important in the construction as well as the use of software. This is essential for their academic achievements and future professional careers in technological innovation and development.

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Rookie At Work

Starting a new job is scary,
Especially with no experience.
In hospitality, not everyone gets orientation;
Some are thrown straight into the rush.

Mistakes aren't allowed,
Some coworkers help, others don't.
Rookies get the hardest tasks,
Clearing plates, wiping tables,
And working odd schedules.

It's tiring and overwhelming,
But once you find your rhythm,
You start to appreciate the grind,
Because that's where growth begins.

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Sa Piling ng Alaala

Sa kalaliman ng hatinggabi,
habang ako'y papalapit sa himbing,
sumilay ka sa anino ng alaala,
nag-iiwan ng haplos sa puso't gunita.

Wala ka na sa mundong ito,
ngunit naniniwala akong payapa ka na
sa pook na walang lungkot,
sa piling ng walang hanggang galak.

Kahit saan ka man dinala ng panahon,
taglay ko ang katiyakang masaya ka na,
at ang paniniwalang iyon
ang siyang magpapatahimik sa aking pangungulila.

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Safest Refuge

Those times when you feel
Like the whole earth is crashing down on you,
The ground feels unsure beneath your feet,
And even breathing hurts.

You just want to run.
Run from the sadness,
Run from the noise,
Run from yourself,
And shut the world away.

That's when you realize,
There's nowhere left to go.
No shelter, no place to hide,
But in Sujood.

Where the forehead meets the earth,
And the soul finds its sanctuary.
The safest refuge,
The gentlest comfort,
The strongest protector,
The most generous provider
Allah (SWT).

In that sacred stillness,
Where tears fall unseen,
You are heard.
You are held.
You are healed.

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SILANG MAY KARAPATAN

Yaong murang isipan na dapat ang laro ay baril – barilan,
Sa murang edad ay maagang napapalaban
Tangan ang naglalakihang armas,
Ngunit buhay ay nananatiling di ligtas.

Silang saksi ng madudugong engkwentro,
Sa lugar na liblib man o sa sentro.
Silang mga musmos,
Na ang tanging nais ay makapaglaro.

Karapata'y lumaya sa lugar na puno ng ingay ng pagsabog
Makaalpas sa bundok na naliligiran ng hinagpis at poot
Makapaglaro ng walang nakikitang dahas
Makalaya sa kamay ng bakal na laruan.

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Strength amidst the Struggles

I stumbled once and fell so deep,
Into a pit where shadows creep.
My dreams seemed lost, my hope unseen,
As doubt crept in, cold and keen.

But in the dark, a spark took flight,
A fragile flame, a guiding light.
Each fall, each tear, each hard-earned scar,
Became the map to who we are.

I learned that failure's not the end,
But a teacher, a patient friend.
It shapes the heart, it tests the will,
It molds the soul, it drives me still.

So I rise again, though bruised and scarred,
With courage found and vision starred.
For every fall can teach me more,
And lead me to a brighter shore.

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Tahimik na Mandirigma

Sa mundong ito, kung may makikilala kang tahimik na tao, madalas nakikita natin na sila ay kalmado, mahiyain at mahina ang loob. Pero ang hindi nila alam ay parte lamang ito ng mga bagay na gusto niyang ipakita sa mga tao.

Tahimik, dahil mas gusto niyang piliin ang sagot ng mundong kanyang kinagisnan, ang mundong punong-puno ng paghusga at pagmamata sa kanyang pagkatao, kilos at estado sa buhay.

Tahimik.. hindi dahil wala na siyang pakilalam sa mga taong nakapaligid sakanya. Siya ay tahimik at kalmado na kahit pa marami na siyang natatanggap na kritisismo at paghusga na para bang wala na siyang nararamdamang sama ng loob.

Malaki ang posibilidad na siya ay mahusgahan. Ang ilang tao ay nakikita siya bilang isang librong nakasarado, kaya bilis nilang gumawa ng mga kwento tungkol sa kanya. "Walang tunog." "Walang alinlangan." "Mahiyain" Hindi nila naririnig ang pintig sa loob niya. Madalas din siyang maikumpara sa maraming pagkakataon tulad lamang na "Uy! Mabuti pa si ano..mas magaling siya sayo.." ani ng isa, "hayaan niyo na siya..wala siyang problema" bulong ng isa, "wala siyang pakiramdam at wala siyang iniintinding sitwasyon..", "si ganito, si ganyan" at kung ano-ano pa na para bang wala siyang nararamdamang sama ng loob. Subalit, ang kanyang paniniwala ay may tapang na hindi umaasa sa tunog at salita. Ginagamit niya ang kanyang katahimikan sa maparaang walang masasakit na pagbitiw ng salita na kailanman ay hindi na mabubura sa isipan at puso ng mga tao. Natutunan niya na ang pag-obserba ay katulad ng paghawak sa pulso ng mundo, hindi dahil gusto niyang lumayo. Nalaman niya ang higit pa kapag nakikinig siya kapag siya ay matatag, mas alam niya kung kailan siya dapat lumaban ng walang dahas. Ayon sa katotohanan na hindi siya agad sumasagot, nakakakuha siya ng kakayahang matukoy ang tunay na mahahalagang bagay.

Dagdag pa doon, may mga pagkakataon na siya ay nahihirapan din sa bigat at pagkontrol ng kanyang sarili na kapag malalim ang mga taong nagbabantay, makikita nila kung ano ang tinatakbuhan at iniiwasan ng iba: inggit sa likod ng ngiti, hangarin sa ilalim ng papuri, at sakit na nakaipit sa katahimikan.

Gayunpaman, tinatanggap niya ang mga ito. Dahil alam niyang ito ay isang gawain na dapat gawin ng isang mandirigma na walang seguridad. Tumayo, hindi upang manakit, kundi upang manatiling matatag. At oo, may mga indibidwal na natatakot sa mga taong katulad

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niya. Ang mga taong hindi marunong magbasa ay isang panganib. Ang isang taong hindi sumasabay sa ingay ay maaaring maging mapanganib. Hindi siya humihingi ng kanilang pag-unawa. Ang tanging kailangan niya ay isang lugar na sapat para huminga at lumago. Ang kanyang katahimikan ay hindi kaguluhan. Ito ay kalmado, pag-unawa, at pag-iingat.

May mga gabi na gusto rin niyang sumuko kapag pakiramdam niya ay tinatalo siya ng pagdududa at kahinaan, marahil ay dahil sa dulot ng bigat at mga inaasahan sakanya ng mga tao. Dahil doon, maraming beses na siya ay umiyak ng tahimik, walang nakakaalam sa mga problema na kanyang pinagdadaanan sa buhay. Ngunit, matapang siyang mandirigma at muli siyang tumayo upang tahakin ang pagsubok sa buhay sabay bulong sa sarili na "kaya ko to..buo ang loob ko, hindi mo kailangang maging malakas sa paningin nila.." bagama't sa likod ng lahat ng iyon ay nakatago ang simpleng katotohanan na ito ay bahagi lamang ng aspeto ng pagiging tao at likas na personalidad ayon sa paglilikha ng diyos sa tao. Sa kabila nito, ang tahimik na pagiyak ay hindi nangangahulugan na siya ay duwag, ito lamang ay paraan niyang para guminhawa ang kanyang kalooban at lisanin ang lungkot na kanyang nararamdaman.

Dagdag pa doon, tugon niya na ang pagiging tahimik na mandirigma ay hindi pala kahinaan, ngayon ay mas malinaw sa kanya na ang lakas na ito ay hindi madaling mabasag. Isang kakayahan na nakatago sa isang simpleng pag-upo at pagtingin. Isang bagay na maaaring magdala ng bigat dahil hindi ito agad bumibigay sa unang hampas ng mundo dahil ang mga taong katulad niya ay hindi basta-basta, dahil kung may pagkakataon na may isang taong dahasin ang kanyang katahimikan, o isang indibidwal na katulad niya.. magingat sila, sapagkat siya ay maaaring magdulot ng isang mapanganib na kilos tungo sa taong iyon. Marahil hindi na iyon ang isyu para sa isang tao na maiilang sa ganitong lakas. Dahil ang katahimikan ay dapat igalang sa halip na katakutan. Nahanap niya ang sarili niyang boses. Natuklasan niya na ang katatagan ay hindi nangangailangan ng laki o ingay.

Higit pa doon, ang katahimikan niya tahimik ay madalas na hindi nakikita, ngunit may malalim na pag-iisip at talento sa likod nito. Ang katahimikan niya ay sinlalim ng karagatan. Siya ay mapagmasid at palaging nagmamasid sa kanilang kapaligiran upang matuto. Bagama't hindi siya madalas magsalita, ang kanilang mga salita ay may kahulugan at timbang. Ang kanyang katahimikan ay nagpapahintulot sa kanila na mag-isip nang mabuti, mag-isip ng mabuti, at maghanap ng mga solusyon. Ang kanilang pagiging malikhain at kakayahan sa paglikha ay nagbibigay-daan sa kanya na makamit ang mga natatanging tagumpay, alam niya ang kanyang limitasyon, lugar at tamang oras para siya ay tumayo sa kanyang sarili upang lumaban. Ang taong tahimik ay hindi dapat maliitin, dahil ang kanilang katahimikan ay nagpapakita ng isang matalino at mahusay na tao.

Oo, tahimik siya. Gayunpaman, hindi siya maliit, siya ay tahimik na mandirigma.

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Taming the Silicon: Teaching Operating Systems to Computer Engineering Students

An Operating System (OS) serves as one of the most essential components in any contemporary computing system. It functions as the central coordinator, managing hardware resources while providing a unified interface for software applications. In Computer Science programs, studying the OS typically involves exploring algorithms, data structures, and the theoretical foundations of complex software. However, for Computer Engineering (CpE) students, the course takes on an added dimension. It becomes the vital link between their understanding of digital logic, microprocessors, and hardware design, and the abstract yet powerful realm of software systems.

The challenge and opportunity in teaching Operating Systems to CpE students lie in their unique background. Unlike their Computer Science peers, CpE students have typically spent the preceding years learning what happens inside the CPU. They have designed adders in Verilog, wrestled with instruction sets in assembly, and traced signals on a logic analyzer. To them, the hardware is not a black box; it is a complex, tangible system they understand. A successful OS course for these students must leverage this foundation, framing the OS not as a theoretical construct, but as a brilliant piece of engineering designed specifically to tame and harness the very hardware they have been studying.

The curriculum must emphasize the connection between hardware and software. When explaining process management, the discussion should not be limited to the fork() system call but should begin with the hardware perspective. In practical terms, a context switch happens when the CPU stores its current condition, such as the values of the instruction pointer, stack address, and main registers, into a data structure known as the Process Control Block and then loads another set of information. Computer Engineering (CpE) students can easily understand this concept because it is closely related to what they study in microprocessor architecture. The scheduler can be viewed not only as an algorithm but also as a control mechanism that determines when to carry out this hardware operation, which is often activated by an interrupt signal from the system timer.

Memory management is perhaps the most crucial topic for this audience. The concept of virtual memory can seem like magic until it is anchored in silicon. For a CpE student, the star of the show is not malloc(); it is the Memory Management Unit (MMU). This is a physical component they can point to on a CPU die schematic. The course should demonstrate how the OS populates the page tables in RAM, and how the MMU, a piece of hardware uses these tables to translate every single memory request, a.k.a. a "virtual address," into a "physical

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address." This approach demystifies everything. It explains how two processes can use the same address (e.g., 0x400000) without conflict and how the OS can enforce memory protection, all because a hardware unit is checking permissions on every single clock cycle.

Moreover, the course must heavily emphasize I/O systems and concurrency. CpE students are destined to work with peripherals, sensors, and embedded systems. Device drivers are their language. They need to understand the full life cycle of an I/O request, from a user-space call to the kernel's handling of a hardware interrupt. Topics like Direct Memory Access (DMA) are not abstract; they are an essential engineering pattern for offloading the CPU, a concept CpE students will appreciate. This naturally leads to concurrency. When the CPU, DMA controller, and various peripherals are all running in parallel, how do you prevent chaos? This is where concepts like mutexes, semaphores, and race conditions become vital engineering tools. The discussion can even be brought down to the instruction-set level, showing how atomic hardware instructions (like test-and-set or compare-and-swap) form the fundamental building blocks for all higher-level synchronization primitives.

Of course, theory must be paired with practice. While a CS-focused course might implement a scheduling algorithm in a high-level simulator, a CpE-focused course benefits from more hands-on, hardware-centric projects. Writing a simple shell is a classic, teaching process creation (fork(), exec()) and I/O redirection. A more advanced project, perfectly suited for CpE, would be to write a simple device driver for a well-documented piece of hardware, even if only in an emulator like QEMU. Alternatively, using a teaching OS like Pintos or Xv6 to implement a new scheduler or virtual memory feature forces students to read and modify a "real" (if minimal) kernel, directly manipulating the structures that interface with the hardware.

Furthermore, teaching Operating Systems to Computer Engineering students is about completing their education. It transforms them from a person who can design a circuit or write a program into a "Systems Engineer" who understands how the two elegantly dance. The OS is the code that gives the hardware its pulse, and this course is where CpE students finally get to be the ghost in the machine.

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Teachers Are Simply Amazing

Teachers are the true heroes of our lives. Like Adidas says, "Impossible is Nothing," because they show us that no dream is too hard to reach. They always push us to "Go Further like Ford, and inspire us to "Think Different" like Apple.

In every classroom, they are the light, just like Meralco's "May liwanag ang buhay." Their lessons are fresh and strong, like Mega Sardines, "Tatak barko. Tatak sariwa!" What they teach is clear, because "What we mean is what you see," as Canon says.

Like Nikon's "At the heart of the image," teachers are at the center of learning; they never give up and simply "Keep going and going and going" like Energizer. They say, "I'm Lovin' It," despite tiredness, because they love their students.

They give us a feeling that "Abot mo ang mundo" like Globe, and they always "find ways" to teach us to their knowledge like BDO.

Teachers spread joy, just like Coca-Cola's "Open Happiness." They are like LBC, the "Hari ng padala," because they deliver not packages, but wisdom. They heal us like Family Rubbing Alcohol, "Hindi lang pampamilya, pang-isports pa," because their care is for everyone.

They connect people, like Nokia's "Connecting people." They encourage us to "Just do it" like Nike, and in the end, they are "Simply Amazing" like Smart.

Teachers are more than just educators. They are guides, light, and inspiration. Truly, teachers are the reason why we keep moving forward.

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TEACHING IN NURSING: A FULFILLMENT BEYOND WORDS

Ever since college, it's been my dream,
To teach future nurses and help them gleam.
Teaching is my passion, it lights my way,
It brings me purpose, joy, and sway.

I guide my students with heart and care,
Making lessons easy, clear, and fair.
Though some may say I'm stern and bold,
It's discipline and growth I want to mold.

Because nurses face a world so wide,
Where skill and heart must coincide.
You must be early, never late,
You must respect, cooperate.

Instructions given follow through,
From supervisors and seniors too.
Compassion is the key you hold,
To help the sick, the weak, the old.

Each time you shine, achieve, succeed,
My heart feels joy beyond the need.
Your dreams take shape, your journey flies,
A silent pride behind my eyes.

Though words may fail and time may race,
Fulfillment grows in every face.
To see your hopes begin to grow
A contentment words could never show.

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The Algebraic Elegance: Superposition and the Orchestration of Loads

The Principle of Superposition is the structural engineer's most overns the design of every complex frame, bridge, and tower: the total effect of several simultaneous loads on a linear, elastic structure is equal to the sprofound assertion of clarity over chaos. It is the elegant algebraic rule that gum of the effects of each individual load applied separately. In a world where a column must simultaneously resist its own weight, the ebb and flow of occupancy, and the lateral insistence of the wind, Superposition offers a conceptual sanctuary.

At its heart, the principle relies on the assumption of linearity. A structure must behave predictably; if a small force causes a small deflection, a force twice as large must cause exactly twice the deflection. This unwavering proportionality allows the engineer to deconstruct a monumental, monolithic problem into a series of manageable, distinct calculations. The complex structural score—the total demand on the frame—is broken down into its individual instrumental parts: the sombre baseline of the Dead Load, the erratic rhythm of the Live Load, and the sudden, violent percussion of the Seismic or Wind Load.

The profound utility of Superposition lies in this deconstruction. In the real world, no column or beam is ever subject to a single, isolated force. When designing a high-rise building, the analyst does not confront the combined pressure of 100 simultaneous variables. Instead, they isolate the gravity effects caused by materials, then the gravity effects caused by people, and then the lateral effects of wind shear, and so on. This approach not only simplifies the computational effort but, crucially, facilitates standardization and auditing. .

Once all individual effects—the moments, shears, and deflections—are found for each isolated loading condition, the final act of Superposition is synthesis. The engineer combines these results using prescribed load combinations to simulate the most critical scenarios the structure will ever encounter. This process ensures that the structure is designed not just for average conditions, but for the worst-case, statistically plausible algebraic sum of forces.

Superposition, therefore, is the intellectual scaffolding upon which modern structural safety is built. It transforms the overwhelming complexity of nature's forces into a finite, manageable sequence of additions. It is the ultimate expression of critical thinking in engineering—a methodology that proves that even the largest, most indeterminate structures yield their secrets, not to brute force, but to patient deconstruction and meticulous summation.

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Graduated and Calculated: The Continuing Role of Differential Integral and Calculus in Today's Jobs

In today's employment market, graduates need to be not only technically skilled but also have a thorough understanding of how fundamental mathematics, such as calculus, shapes industry strategies. While calculus may seem remote and elegant, it has a profound effect on decision-making. It influences technology, finance, and other fields at many points in their work; when people consider how they will utilize tomorrow's technology today, or search for solutions to complex issues that arise across various problem areas in society.

In information technology, finance, engineering, and economics, calculus is frequently applied to achieve certainty in decision-making. For example, tech behemoths like Google extensively apply calculus-based algorithms to carry out their distribution and resource management tasks, which illustrates that derivatives and integrals underpin both machines learning and high-level operational efficiency. Similarly, economics itself utilizes calculus in model construction to understand market trends, optimize production layouts, and assess whether a policy change will yield the intended result, making calculus exceedingly useful for long-term planning.

In commerce and management professions, calculus enables managers to forecast market behavior accurately. Differential calculus helps people understand concepts such as marginal cost and revenue, which in turn assist in managerial decision-making regarding optimal production levels. Integral calculus, on the other hand, is helpful for quantities that accumulate over time, such as the total profit or cost in general. Calculated decisions, then, result in the more effective deployment of resources; they contribute to an enterprise's increased profitability and are a pivotal factor in its continued success.

Industrial lines must utilize calculus to optimize the product development process and conduct structural analysis in engineering science. Mechanical engineers use derivatives of calculus to calculate the stress and strain in structures. Software creators and data scientists utilize calculus to develop algorithms that enhance both the user experience and safety, as it enables on-site decision-making.

Even in healthcare, where doctors treat individual people rather than nations or elections abroad, calculus provides the basis for sophisticated epidemiology and resource allocation models. It is possible to model the transmission of diseases by the rate at which they spread within a given population. Policymakers use models driven by calculus to devise strategies that combine

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healthy economic activity with safe health practices, a graphic illustration of the fact that logical reasoning shapes human well-being.

When they start work after graduation, students, of course, make their first decisions based on calculus, whose value is not academic but practical. From analyzing financial derivatives to optimizing supply chains and designing sustainable infrastructure, calculus empowers professionals across industries with the confidence they need to make informed decisions. It serves as both a bridge across different disciplines and levels of learning, thereby making complex issues more manageable and workable models for decision-making at any point in time.

Calculus is the invisible hand that guides complex decision-making in all industries. It equips graduates with the analytical skills necessary to evaluate variables and predict outcomes, even in a rapidly changing world. As whole sectors face new threats or opportunities, calculus will continue to be a foundation of innovation: it influences where it is necessary to develop relevant programs and methods of thinking about how problems should be approached.

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The Convergent Calm of Hardy Cross

The world of structural engineering is a constant negotiation with uncertainty. Before the digital age armed us with instantaneous matrix algebra, the great, unwieldy frames, the multi-story buildings, the continuous beams, stood defiant, statically indeterminate. Their moments were a secret held too tightly, a complex debt shared among too many members. It was into this mathematical impasse that Professor Hardy Cross introduced his masterpiece: the Moment Distribution Method (MDM), a quiet ritual of debt settlement, balance, and convergent calm.

The method begins with an act of conceptual force: locking every single joint. These locked doors represent the structure's initial, impossible fixity. An external load, a wind gust, a heavy roof, arrives, creating a cacophony of Fixed-End Moments. Each joint suddenly finds itself burdened by an unbalanced moment, a shockwave of rotation it cannot immediately absorb. This imbalance is the story's central conflict.

The release is the dramatic turning point. A joint is conceptually unlocked, and the concentrated debt, the unbalanced moment, is immediately distributed among the connecting members. The formula governing this distribution is the Distribution Factor, which acts as a constitutional law: stiffness is sovereignty. A stiffer beam (one with a higher I/L) demands a larger share of the moment to achieve rotational equilibrium. It is a moment of pure, proportional justice; the burden is shared precisely according to each member's capacity to resist angular displacement.

But the process is not localized. Engineering, like life, operates on consequences. The moment absorbed by a member at the near end travels, halved but resolute, to the far end. This is the Carry-Over Moment, the ripple effect defined by the 0.5 Carry-Over Factor. Every settlement at Joint B creates a new, smaller debt at Joint A, and vice versa. This is the true poetry of the MDM: a graceful, diminishing feedback loop. The engineer's pencil glides down the page, performing the distribution, carrying over, redistributing, and carrying over again. With each successive cycle, the unbalanced moments shrink, tending relentlessly toward zero. The initial struggle collapses into equilibrium, revealing the final, true internal moments of the frame.

The MDM is more than an algorithm; it is a profound lesson in problem-solving. It teaches that the most complex, indeterminate challenges can be tamed not by brute-force simultaneity, but by patient iteration. It is the wisdom of convergence: repeatedly applying a simple rule until the residual error is negligible. Though computers now solve these systems instantly, the MDM remains the soul of structural insight, a foundational act of finding balance through methodical, negotiated adjustment, long before the ultimate architectural truth is secured.

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The Cycle of Service

Serving meals you can't even pronounce,
some you've never even tried
yet you're expected to sell them with a smile.

Even when you're not okay,
you still have to look okay.
Because in hospitality, emotions are part of the job.

From greeting guests to taking orders,
serving food, drinks, and patience
you make sure everything feels perfect.

When one table leaves, another comes.
Same smile, same effort, same care.
That's emotional labor.
That's hospitality.

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The Dichotomy of Stiffness: Full Commitment vs. Calculated Freedom

In the quiet, internal dialogue of a load-bearing frame, stiffness is the dominant language. It is the structural member's voice, defining its capacity to resist rotation and demand a share of the external forces. Measured fundamentally by the ratio $\frac{EI}{L}$, this stiffness forms the bedrock of methods like Moment Distribution. Yet, within this foundational concept lies a crucial dichotomy: the unmodified, full stiffness, and the modified, strategically reduced stiffness. This distinction is not merely a mathematical trick, but a philosophical choice reflecting the reality of boundary conditions.

The Unmodified Member Stiffness ($K = \frac{4EI}{L}$) represents the absolute, ideal state of rotational resistance. It operates under the tacit assumption that, should a member be rotated at one end, the far end will remain rigidly fixed, unyielding, perfectly constrained, and capable of fully absorbing the resulting Carry-Over Moment. It is the expression of full commitment: a member designed to transfer half its rotational burden to an equally resolute neighbor. This value, the highest rotational stiffness a prismatic beam can possess, serves as the standard, the benchmark of structural rigidity.

The Modified Member Stiffness ($K' = \frac{3EI}{L}$), conversely, embodies the wisdom of calculation and compromise. This reduction by 25% occurs when the far end of a member is a pin or a roller, a joint incapable of resisting moment. When the near end rotates, there is no fixed wall to push against; any moment carried over to the pin immediately dissipates. The free-to-rotate end refuses to engage in the moment-sharing process.

Mathematically, utilizing ($K' = \frac{3EI}{L}$)in the initial calculation is a brilliant shortcut. Instead of beginning with ($K = \frac{4EI}{L}$) and then proceeding through endless cycles of distribution and carrying over a moment that will instantly be returned by the pin (the zero carry-over), the modified stiffness pre-emptively accounts for this lack of fixity. It streamlines the iterative process into a single, decisive step, cutting off the diminishing loop before it even begins.

The contrast between the two stiffnesses is one of efficiency versus completeness. The unmodified value is the truth of rotational resistance under perfect constraint. The modified value is the truth of rotational resistance under known rotational freedom. It allows the structural analyst, like a sculptor, to recognize and exploit the boundary conditions that simplify the form, ensuring that their work, the lengthy process of convergence, is accomplished with the utmost parsimony. It transforms the analysis from a lengthy, recursive negotiation into an elegant, one-time settlement, highlighting the critical thinking required to choose the right tool for the right boundary condition.

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The Dozen Handmade Spoons

The thought of home, of family near,
Brings joy and laughter year by year.
Each meal we shared, each tale retold,
Now warms the heart like cherished gold.

We honor him who toiled each day,
Whose steady hands found humble way.
With love and skill his craft was born,
Twelve spoons of steel, by labor worn.

Not wealth of silver, nor of gold,
But stainless gifts his heart would mold.
Each polished piece, both strong and true,
Spoke faith in work and love he knew.

At every meal, our hands would find,
The spoons his care had left behind.
Their weight was more than shape or steel,
It held the warmth a heart can feel.

Each curve, each line, his mark revealed,
A quiet strength his soul concealed.
In simple craft, his truth was shown,
That love's pure labor stands alone.

Through years that fade, their gleam remains,
A symbol forged through joys and pains.
For though his hands may rest one day,
His handmade spoons shall not decay.

They whisper still of faith and grace,
Of humble hearts and time's embrace.
And in their shine, his spirit gleams,
The craftsman's love, the dreamer's dreams.

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The Elegance of Energy: Why the Virtual Work Method Outperforms Classical Structural Analysis

The evolution of structural analysis, the discipline of predicting a structure's response to loads, marks a continuous refinement from simple statics to sophisticated energy principles. At the heart of this progression lies the Principle of Virtual Work, a method that offers significant theoretical and practical advantages over classical techniques like the Double Integration, Moment-Area, or Conjugate Beam methods, particularly when analyzing complex or indeterminate structures. The true advantage of virtual work lies in its unifying elegance, its indifference to structural continuity, and its direct path to finding displacements.

Classical, or geometric, methods for determining displacements (like deflection or rotation) are often tied to the specific behavior of beams and frames and require maintaining complex geometric continuity conditions. For instance, the Moment-Area method, while ingenious, is fundamentally limited to prismatic beams and relies heavily on constructing the bending moment diagram and its subsequent properties. This approach becomes cumbersome, if not unworkable, when dealing with non-prismatic members, varying cross-sections, or highly indeterminate frameworks.

In contrast, the Principle of Virtual Work transcends these limitations by grounding the analysis in the conservation of energy. It states that for a body in equilibrium, the external virtual work done by the real forces acting through a set of imaginary (virtual) displacements must equal the internal virtual work done by the internal forces through the real deformations. This core equation, $\delta We = \delta W$, provides a single, unified framework applicable to any linear elastic structure, whether it is a simple beam, a complex truss, or a multi-story frame. The ability to calculate any single desired displacement, whether it be translation or rotation, by simply applying a single unit virtual load at the corresponding point and direction is a powerful simplification. This unit-load method bypasses the need to solve for all unknown forces or moments globally before finding the deflection, a necessary step in many force-based classical methods.

Furthermore, the formulation of virtual work is integral-based, allowing for seamless adaptation to structures where internal actions (axial force, shear, bending moment) vary discontinuously or non-linearly. This energy-based formulation directly translates into the flexibility method (Virtual Force Method) and, critically, serves as the foundation for modern computational techniques. The finite element method (FEM), which underpins nearly all commercial structural analysis software, is built upon the variational principles derived from the Principle of Virtual Work, specifically the Principle of Virtual Displacements. By allowing

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engineers to determine unknowns directly, often without dismembering the structure or calculating support reactions that do no work, the Principle of Virtual Work offers a cleaner, more generalized, and less error-prone path to the analysis of complex structural systems. Ultimately, the principle is not just a method but a fundamental statement of equilibrium, making it the most versatile and computationally robust tool in the structural engineer's arsenal.

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The Emotional Economy of Filipino Responsibility

Payday is the day workers receive their earnings, but for many Filipinos, it is also the day they fulfill their obligations to family. Filipinos are known for their deep sense of compassion. They will do everything for their loved ones, even if it means carrying the weight of the world on their shoulders. For many, responsibility is not merely an obligation but a language of affection, an emotional currency that binds families together across distance and time.

Earning money is not just a personal achievement; it is a collective duty. Success rarely belongs to one person alone. It is something to be shared, redistributed, and often, sacrificed. Beneath this generosity lies an unspoken truth: in the Philippines, love and obligation are tangled in a kind of emotional economy, where feelings of duty, guilt, and affection constantly exchange value.

The eldest child learns early what it means to give, to become a parent to siblings, a pillar to parents, a dreamer for everyone else. From the eldest who works abroad to send siblings to school, to the young professional who postpones dreams of travel or rest to help aging parents, this sense of responsibility is deeply cultural. It stems from *utang na loob*, a moral debt of gratitude that binds families tightly together. In a society where survival has long depended on one another, providing for family is not merely expected; it is a mark of character.

Yet this same virtue often carries hidden costs. The breadwinner's joy is measured by the comfort of others, and self-fulfillment becomes secondary to collective need. This dynamic creates what can only be described as an emotional economy, a constant trade of feelings and sacrifices that go beyond money. Guilt becomes the invisible tax of every small pleasure. Gratitude is the currency that fuels endurance. Even burnout is seen as a sign of love. Many Filipinos quietly carry this emotional arithmetic, where rest feels like betrayal and saying "no" becomes an act of rebellion. The heart learns to equate exhaustion with care.

But this emotional economy is not born out of mere obligation. It is inherited. Generational expectations run deep, passed down from one set of shoulders to the next. Those who were once helped now feel compelled to help in return, continuing a cycle of sacrifice. Parents who worked hard for their children's education expect, in turn, to be supported in old age. Siblings who were once dependent become dependents themselves in times of crisis. The family system is both a safety net and a weight, molded by love but stretched by pressure.

Still, this cycle reflects something profoundly human about the Filipino soul. It speaks of a nation that endures through empathy, where no one truly stands alone. In moments of

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hardship, illness, unemployment, or loss, the same emotional economy that exhausts also sustains. It is the same reason relatives open their doors to one another, and why countless Filipinos abroad send remittances despite their own loneliness. There is beauty in this shared responsibility, even if it sometimes asks too much.

For many Filipino Muslims, faith becomes the quiet anchor through it all. In every burden, they hold on to the divine promise: "Indeed, with hardship comes ease." (Qur'an 94:6). Filipinos are resilient. For in every trial, they find not just struggle but the grace that follows after.

Perhaps what must change is not the love that drives this system, but the imbalance it creates. Caring for others should not come at the expense of one's own life. To sustain families for generations, we must learn that giving should coexist with rest, and duty with self-respect. The emotional economy can evolve, not into one of sacrifice alone, but of mutual empowerment, where love includes the freedom to breathe.

Love, no matter how strong, should not always mean sacrifice. The weight we carry out of care must not be passed down as burden but as inheritance. Each generation deserves to love without losing themselves, to give without breaking, to help without forgetting to live. This cycle must find its end, not because we wish to abandon our families, but because we long to redefine what love means. Let it no longer be measured by how much we carry, but by how we teach the next to stand freely, with lighter hearts and unburdened hands.

In the end, Filipino responsibility is not just about money or duty. It is about connection, the kind that binds, but should also lift. And maybe one day, success will no longer mean carrying everyone on our backs, but walking side by side, together, with lighter hearts.

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The Engineer's Graphical Oracle: The Advantage of Influence Lines for Structural Analysis

The design of modern infrastructure, from soaring bridges to high-speed railway tracks, demands a rigorous understanding of a structure's response to dynamic, moving loads. While static load analysis is foundational, it is insufficient when considering the effect of a vehicle crossing a span or a crowd shifting position on a floor plate. This is where the concept of Influence Lines (ILs) becomes not merely useful, but indispensable. The primary advantage of Influence Lines in structural analysis lies in their unique ability to rapidly and accurately determine the critical positions of moving loads that generate the absolute maximum internal forces and reactions, thereby enabling safe, optimized, and efficient structural design.

An Influence Line is fundamentally a graphical representation, plotting the magnitude of a specific structural function (such as shear force, bending moment, or support reaction) as a unit point load traverses the entire structure. Unlike a shear or moment diagram, which shows the variation of a force along a beam for a fixed load, an Influence Line shows the variation of a force at a single, fixed point as the load moves. This transformation in perspective is the source of its power. By inspecting the Influence Line, an engineer can instantaneously identify the point on the span where a load must be placed to maximize the desired effect at the section under consideration, an undertaking that would be tedious and error-prone with iterative calculation methods.

The most profound advantage of ILs manifests in the efficient application of complex live loading. Real-world loads, particularly those specified by design codes for vehicular traffic, often consist of multiple concentrated wheel loads (tandem or truck loads) and distributed loads representing the overall lane weight. By applying the principle of superposition, an engineer can use the IL to determine the combined effect of all these loads. The location of multiple concentrated loads (like truck axles) is optimized by placing them such that the load coincides with the highest ordinates of the IL, often requiring the trial-and-error approach encapsulated by the Müller-Breslau principle. This optimization ensures that the design forces are the maximum possible, leading to a structure that is guaranteed to be safe under all traffic conditions.

Furthermore, Influence Lines provide a robust pedagogical and communication tool. They offer an intuitive visual aid, allowing engineers to quickly grasp the qualitative behavior of indeterminate or complex structures. This visualization is critical during the initial design phases, helping to identify the sensitive zones of a structure and guiding the placement of stiffeners or load-bearing members. When dealing with uniform moving loads, the area under the corresponding segment of the Influence Line directly yields the resulting internal force,

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seamlessly integrating differential calculus with graphical analysis and proving its efficiency across both concentrated and distributed load types.

In conclusion, the advantage of Influence Lines is rooted in their graphical simplicity and analytic precision in the context of moving loads. By converting the laborious process of finding critical load positions into a quick visual and geometric problem, they simplify the most critical aspect of structural design, that of determining the maximum forces required for safe sizing of members. For engineers designing systems subjected to unpredictable and dynamic loads, the Influence Line is an indispensable graphical oracle, translating complex dynamic behavior into a clear, actionable design mandate.

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The Evolving Purpose of Physical Education in Modern Schools

Physical education has changed from a simple set of exercises into a lively curriculum that helps students improve in many ways. Modern PE lessons are not only meant to help students become in shape, but also to teach them how to live a healthy life. Schools teach students about exercise, nutrition, and wellness habits to help them understand how important it is to be active in a society where screens and sitting around all day are becoming more common. This change shows that more and more people are realizing that physical health should be maintained alongside academic growth.

Now, PE also helps with mental and emotional health. Regular exercise has been scientifically proven to relieve stress, improve mood, and help people focus. These are all benefits that are very important for students facing increasing academic obstacles. Students are happy in PE class and can walk around to express their feelings and reduce stress. Sports, dancing, and exercise routines help students build confidence and resilience, enabling them to better handle issues.

Physical education is also an important way to teach students about the importance of social and interpersonal skills. Students learn to work together, communicate, lead, and care for others through team sports and other activities with a partner. These experiences teach students to trust their friends and appreciate the varied skills of a group. These kinds of experiences prepare students for future collaboration in academic or professional settings. This is why PE is such a crucial setting for helping people become responsible and conscious of others.

Finally, modern PE emphasizes the importance of lifelong health. Teachers now try to help students find pleasant ways to stay active rather than focusing only on sports success. Schools let students try out different physical activities, which helps them find things they like and build habits that will last into adulthood. This long-term plan makes sure that physical education helps people get healthy right away and also makes communities healthier in the future.

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The Heartbeat of the Hospital

Before the sun breaks through the glass
the halls are already wake
a soft drum of footsteps
the shuffle of charts
the quiet clearing of a nurse's throat

It isn't loud
but it's steadies
the heartbeat of this place

It rises from tired hands
that still choose to comfort
from calm voices that steady fear
from the small bravery of showing up again after a long night

Sometimes it sounds like a newborn crying
Sometimes like a whispered goodbye
Sometimes it's just the rustle of a blanket
being pulled up to someone's shoulders
because they looked cold.

No matter the hour it keeps going
in hope, in routine
in the simple kindnesses no one sees

This pulse felt more than heard
what holds the hospital together
people caring enough
to make someone's hardest day
a little easier

And that quiet rhythm stays with you
long after you step outside
into the noise of the world again.

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The Magic of School Days

The bell rings loud - the halls awake,
A world of stories we start to make.
Laughter echoes, pencils race,
Each day a journey, each smile's a grace.

From classroom lessons to playground cheers,
We learn, we grow, we face our fears.
The smallest moments, the games we play,
Turn ordinary hours to a magical day.

Homework piles and tests may come,
Yet joy and wonder make us hum.
From morning light to setting sun,
The magic of school is never done.

Years will pass, and we will part,
Yet school days stay within the heart.
For every friend and lesson learned,
Leaves a spark that forever burns.

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The Moral Foundation of a Just Nation

Corruption remains one of the most significant barriers to our nation's progress. It does not only exist among those in high positions of power; it also begins in small, everyday acts when someone cheats, uses influence for personal gain, or fails to be honest in their duties (Transparency International, 2024). These seemingly minor acts of dishonesty become the seeds of a larger problem that slowly weakens our social and moral foundation. Each time we look the other way, make excuses, or accept wrongdoing as "normal," we allow corruption to grow deeper, not just in our institutions, but in our character as citizens.

The Commission on Audit (2023) reports that billions of pesos are lost each year due to irregular use of public funds, exposing how deeply corruption has taken root in government systems. Yet this issue extends far beyond money; it reflects a moral and cultural crisis, one in which self-interest often supersedes the common good. When integrity is compromised, trust fades, and the nation suffers. Corruption not only drains financial resources but also erodes hope, faith, and collective unity. It discourages honest workers, rewards deceit, and leaves ordinary citizens to carry the burden of inefficiency and inequality.

But while it is easy to point fingers at leaders or officials, genuine reform requires something far more personal. The change we seek must start within. As written in Matthew 5:16, "Let your light so shine before men," reminding us that each of us has the power and the responsibility to live with honesty, fairness, and compassion. True integrity means doing what is right even when no one is watching, even when it is difficult or inconvenient. It means refusing to cheat in small things, rejecting favoritism, and being accountable for our actions, whether in the classroom, the workplace, or the community.

Integrity, after all, is not measured by the size of one's position but by the consistency of one's values. A teacher who grades fairly, a student who refuses to cheat, a public servant who works sincerely, each of them becomes a quiet but powerful light against the darkness of corruption. When we begin to choose honesty in small things, we strengthen the moral fiber of the entire nation.

Ultimately, the fight against corruption is not solely the government's responsibility; it is the responsibility of every Filipino. Laws may punish, but only conscience can truly reform. Each act of honesty, no matter how small, is a step toward building a society that values justice, fairness, and dignity. The real battle is not fought in the halls of power but in the human heart, in the moments when we decide between what is easy and what is right.

Actual change will never come overnight, but it begins with one choice, one person, and one honest act at a time. When we live with truth and conscience, even when no one is watching, we become the light that our nation needs to find its way toward integrity and progress.

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THE QUANTITATIVE METHODS IN DRIVING DATA-CENTRIC DECISION MAKING AND IT EDUCATION

Data-oriented decision making in modern Information Technology (IT) landscape has become a vital strategy for enterprises' operations and technology growth. This paradigm also includes quantitative methods, which provide exact and regular systems for collecting, analyzing and interpreting numerical data. For faculty teaching and conducting research in IT related disciplines, this is an essential tools for achieving analytical rigor and empirical analysis.

Quantitative methods refer to a variety of statistical and mathematical procedures used to determine magnitude of phenomena and degree to which these are associated with changes in numeric values. These approaches enable interpretation of patterns, discrimination of system performance for diagnostic purposes, prediction of future behavior and optimization to direct pathways. For example, descriptive statistics allow researchers and practitioners to summarize raw data using measures of central tendency (mean) and measures of dispersion, thus providing a better understanding of user behavior or system metric. Inferential methods for example, regression are used to reveal causal effects, and one common example is studying the effect of device usage pattern on app retention. Predictive analytics leverages historical data to predict system needs and drive resource investments/capacity planning. Secondly, prescriptive analytics combines insights in order to suggest action, such as rescaling of computational infrastructure at a projected peak usage.

Quantitative methods are used in IT for a wide range of purposes including user experience improvement, evaluation of software performance, and business intelligence analysis and risk assessment in cybersecurity. Time series algorithms offer insights into temporal system dynamics, while clustering procedures segment the user population to improve service provision. The evidence-based paradigm supported by quantification offers a buffer against heuristic/anecdotal practice and encourages informed, replicable, or deployable results.

For university teachers, the opportunity to involve quantitative analysis in IT education and academic projects provide students valuable skills in data literacy and analytical thinking. To master these techniques offers not only an increase in scholarly rigor, but also connects skillsets required from industry by education programs for data-centric decision models.

In conclusion, quantitative methods are one of the cornerstones for promoting evidential or data-based practice in IT. Their implementation helps turn raw data into valuable insights to promote innovative strategies, efficient operations, and user-friendly design. Therefore, faculty involvement in these analytics tools is crucial to the advancement of IT scholarship both academically and practically.

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THE QUIET REBELLION OF CHOOSING PEACE

We grow up believing that family is everything. It is supposed to be the place where we are loved unconditionally, where we are seen, and where our potential is nurtured. We want to believe it, but for some of us, life tells a different story. Not every household is safe. Not every parent is kind. Not every child experiences love without strings attached.

Some families begin with parents who cannot meet each other halfway. Some end with children who drift silently apart, carrying the weight of unspoken words and unmet needs. In some homes, love is measured in rewards, affection is conditional, and silence is a survival strategy. Children learn to shrink, to hide pieces of themselves, because to be fully seen feels too dangerous.

The quiet breath we take when we pull away is not rebellion, it is life.

In Filipino culture, family is sacred. We are taught to obey, to endure, to remain no matter the cost. Leaving is betrayal. But what if staying means enduring contempt? What if silence means sacrificing your own voice? What if loyalty becomes a chain rather than a bond?

These are hard questions, but they are real. Not all families are nurturing, and some children grow up longing for a gentler touch or a kinder word that never comes. Years later, when those children step away, they are often labeled ungrateful, cold, or distant. Few notice the courage it took to choose survival over obligation, or the nights spent wondering if love always has to hurt.

The truth is, some parents carry wounds from their own childhoods. Some mistake control for care or discipline for love. Emotions are ignored, mental health misunderstood, and conversation replaced by fear. In such homes, leaving is not betrayal, it is preservation.

And yet, hope exists. Families can heal. Parents can learn to listen. Children can learn to forgive. Reconciliation is possible, but only when it is mutual, honest, and free from guilt or shame. Sometimes, the most loving act is creating distance, not out of disregard, but out of care enough to break cycles of harm.

Family is evolving. It is no longer only mother, father, and children under one roof. Families are chosen: friends, mentors, blended homes, same-sex couples, adoptive parents, or anyone who nurtures, protects, and sees us fully. What matters is function, not form. A real family nurtures. A real family allows boundaries. A real family protects without chaining.

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Love, in its truest form, liberates. It does not punish independence. It does not demand sacrifice instead of respect.

It is time to stop romanticizing perfect families. Listen to those who grew up in silence, who learned to survive in homes that were meant to nurture them but didn't. Validate their pain. Celebrate their courage. And honor those who dared to build families that see, hear, and respect them.

Family is not only who raised you. It is who stayed with you. It is not the name on your birth certificate but the hands that held yours, the eyes that saw you, the hearts that welcomed your presence. Family begins at birth, but it is kept alive by daily acts of care, respect, and love. Sometimes, the family we build is more real than the family we came from.

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THE ROLE OF COACHING

Empowering Public Administration toward Sustainable Development Goals

Coaching, in its various forms, has been an integral part of human development for thousands of years. From ancient Greece to modern-day corporate boardrooms, coaching has played a pivotal role in helping individuals achieve their goals, enhance their performance, and unlock their full potential. Coaching in the Philippines is a practice that opens a new pathway for Filipinos to develop their fullest potential, personally and professionally. Coaching can help individuals discover what best suits their needs and how to apply their strengths effectively. It positively affects individual effectiveness, team communication, and public agency efficiency. It aims to (a) determine the gray areas in the processes of each office; (b) improve the quality of services of each employee, and (c) improve the work performance of the employees. It also boosts employee morale as they have a clear direction for their work. Coaching is not merely a trend but a transformative force in organizational effectiveness and culture.

How can coaching empower public administration? Coaching empowers public administration by enhancing leadership skills, fostering empowerment, and transitioning from a directive to a supportive leadership style. It helps public sector organizations overcome challenges, build capacity, and drive results. Coaching has emerged as an indispensable tool for nurturing public sector leadership, instrumental in enhancing leadership capabilities, driving better outcomes, and fostering a culture of continuous improvement within the public sector. Public administration is the machinery through which public policy is implemented, institutions are managed, services are delivered, and governance is operationalized.

The Leadership and Coaching Program, offered by the Civil Service Commission, aims to maximize employees' potential through a culture of coaching in the workplace. They believe that coaching is a process that enables an individual to discover their own 'best fit' and become their 'best self'. The strategic leadership competencies help ensure that government agencies can adapt to changes (e.g., digitalization, evolving public expectations). A skills gap among public administrators remains a critical barrier to effective SDG implementation. Officials often lack expertise in advanced digital tools, policy coherence strategies, and fostering multi-stakeholder collaborations, thereby weakening the ability of governance systems to adapt to evolving challenges. As public sector organizations grapple with issues such as budget constraints, changing demographics, and growing citizen expectations, coaching offers a powerful means of building resilience, driving innovation, and enhancing service delivery, which are essential components for effective public administration.

In many countries, inequality is on the rise. Inequalities can break societies apart, impacting economic, social, environmental, and other developmental dimensions, including human rights.

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SDG 5 aims to 'Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life.' To achieve this target, a coach must be aware of the obstacles that impede women's advancement in private and public life. For leadership, women are too often forced to fit the expectations of a discriminatory society that perpetuates stereotypes, holds them back from advancing, or leaves them out of leadership completely. By integrating coaching into public administration frameworks, governments can accelerate progress on SDG 5. Coaching serves as both a development tool for individuals and a lever for systemic change, helping to build institutions that are equitable, inclusive, and gender-responsive. Empowers women and marginalized groups to gain confidence, develop leadership, and overcome systemic barriers. Coaching helps break down barriers to gender equality by supporting women in leadership roles, enhancing their confidence, and providing tools to navigate workplace challenges. This promotes more inclusive and equitable work environments.

As a result of coaching, women can become more aware of their strengths and values, and then develop the confidence to pursue fulfilling employment or other life endeavors. Women who value their unpaid work and understand the worth of their domestic and community contributions are more likely to speak up and defend themselves and their beliefs. Coaching can empower women to confront society's attitudes, identify the challenges to their leadership, and act in accordance with their values and their rights. Coaching can help professional women improve their communication skills at work, express their opinions, speak up in meetings, share their ideas, and confidently ask for what they want and need.

Coaching can support women to be emotionally secure, self-confident, and economically independent, which fosters a resourceful environment where women are better able to survive gender-based violence, and coaching can make the world a more equal and just place. More than a leadership perk, it can act as a catalyst for organizational development, fostering culture change, leadership agility, and system-wide learning. When embedded into public sector strategies, coaching supports more decisive leadership, more collaborative teams, and more responsive institutions. Empowerment in the workplace is a vital component of modern organizational success, fostering a culture where employees feel valued, involved, and self-reliant. Coaching is an effective tool that can significantly enhance this empowerment, enabling individuals to unlock their full potential and contribute more effectively to their organizations. By fostering a coaching culture, organizations can enhance employee engagement, increase job satisfaction, and improve overall performance.

Coaching offers a wide array of potential benefits across personal development, professional growth, and relationships. The coaching process is not linear or mechanical. Coaching is a dynamic and fluid process using a set of integrated steps or skills. Ultimately, coaching isn't just about improving performance; it's about unlocking potential. When done right, it empowers individuals to find their own answers, build confidence, and grow far beyond their initial goals. By fostering self-awareness, empathy, and purpose-driven leadership, coaching makes a direct contribution to achieving the Sustainable Development Goals. It strengthens individuals and organizations to act responsibly, grow ethically, and create positive social impact that extends beyond personal success. Empowering public administration through the lens of the Sustainable Development Goals ensures that governance becomes more inclusive, transparent, and accountable. By aligning institutional capacity with the SDG framework, public servants become agents of sustainable transformation, driving innovation, equity, and progress for all.

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The Spirit of the Game

But I have learned,
In the many years I have taught young athletes,
However, after many years of teaching young athletes,
I discovered that sportsmanship
Does not begin when the game ends.
It begins long before
the moment one laces their shoes.
One ties the strings with quiet conviction and whispers inwardly,
I am ready to give my best,
and accept what comes.

It begins with the handshake before the whistle,
the silent understanding that opponents
are not enemies but mirrors
reflections of one's own discipline,
one's own desire to win with honor.

For in truth, the essence of sport
is not the medal,
not the score that flashes for a brief moment,
But what truly endures
Is the character forged in its pursuit?
This leads us to consider how deeply those values shape us
long after victory passes.
The body may grow weary,
But the values learned endure.

I tell my students
When you play,
You are seen not just by spectators,
But by your conscience.
Every act
fair or foul
is recorded in the unseen book of integrity.
And someday, long after trophies have dulled
and applause has faded into the past,
It is that record that remains.

Sportsmanship is restraint
The quiet control of the athlete's heart
when provoked, when bruised,
when misunderstood by the crowd.
It is the decision to stay true.
To the unwritten laws of respect.

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It is easy to cheer when you win,
But it is much harder to applaud another's victory.
Yet I remind them
In doing so, you do not lose honor
You elevate it.
I have seen young men fall to their knees in defeat.
Their pride was shattered like glass.

I have seen others kneel beside them,
Helping them to rise.
That, I tell them,
is the unseen beauty of sport
a truth that carries beyond the boundaries of any single game.

True sportsmanship is not a medal you wear,
It is a way of living.
It is patience with referees.
It is humility in triumph.
It takes courage in failure.
It is the grace to admit fault,
to accept a penalty,
to bow even when the heart protests.

There are days when I stand in the gymnasium.
And watch a student argue a call,
Their anger was rising like fire.
And I see myself, years ago, when I too believed passion
alone defined greatness.
Now I know better.
Greatness is not in the force of one's play,
but in the gentleness of one's character.

For what is the point of winning?
If the soul is lost in the process?
What is the worth of skill?
If it blinds the eyes to fairness?
The spirit of the game is not a ghost,
It is alive.
In every honest pass,
in every shared drink of water,
in every pat on the back that says,
"Well done, you gave your all."

And so I teach not just drills or strategies,
But ethics.
I teach that victory through deceit.
is defeat in disguise,
and that a loss endured with dignity
It is a triumph of the soul.

Every competition is a classroom,
Every contest is a test of values.
Here, they learn the geometry of teamwork,
the algebra of patience,
The philosophy of humility.

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Sometimes, after a long game,
I walk alone on the court.
The lines seem more straightforward than
the boundary markings, like moral codes.
What is inside,
what is out.
And I think,
These boundaries may have been drawn.
not only to keep players in play,
But to remind us that all life has limits.
And to respect them
is to respect ourselves.

In sports, as in life,
There is no shame in falling.
The shame lies in refusing to rise.
And those who lift others up
rise higher still.

I remember a tournament, years past
a final game,
two teams, equally skilled,
The score tied in the last minute.
A player from our side stumbled,
twisted his knee.
The opponent stopped mid-sprint,
forsaking the chance to score.
He helped my student stand.

We lost that game.
Yet even in defeat, something more important was gained.
But I tell that story still,
for we won something far greater,
a glimpse of humanity
in the heart of competition.

Sportsmanship is not something that can be built in a day.
It grows, quietly,
from the seeds of discipline and empathy.
It matures when guided by teachers.
Who reminds students that physical excellence
means nothing without moral clarity.

When they ask me,
"Ma'am, what does it mean to be the best?"
I answer,
To be the best
is to make others better.
To play not against your opponent,
but with them,
In pursuit of something larger than yourselves.

The world watches our athletes,
not just to see who wins,
But to see who stands tall when losing.

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And when a player lifts his head
after the fall
When a team huddles, shoulders touching,
hearts beating in rhythm with hope
there, in that moment,
Sportsmanship lives.

I have seen it in the small gestures:
the shared towel,
the nod of respect,
the refusal to mock.
I have heard it in silence
when a crowd holds its breath
after a missed shot,
and a single clap breaks through
to say, "You did well."

To teach this
is to teach something sacred.
To uphold this
is to carry the legacy of every coach,
every teacher
who believed that Education
extends beyond the walls of a classroom.

The spirit of the game is the spirit of life.
It teaches us to strive without malice,
Endure without bitterness,
Celebrate without arrogance.
And in that lesson lies peace
a peace that echoes long after
The scoreboard dims.

One day,
Students will no longer wear uniforms one day.
Their trophies will gather dust,
Their medals will tarnish.
But if they carry within them
the quiet strength of fairness,
the humility of a good sport,
Then I have done my duty.

For in the end,
We are all players in the same vast game,
and the only victory that matters
Is the grace
with which we live it.

And yet, even after all these years,
I continue to learn from the game itself.
It reminds me that no matter how seasoned one becomes,
There is always something new to understand
a new rule to respect,
a new emotion to master,
a new way to turn defeat into strength.

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Sometimes I notice the next generation,
They run faster, train harder, dream bigger.
But I remind them gently:
Without respect, speed means nothing.
Without humility, victory tastes bitter.
The true champion is not the one who scores the final point,
But the one who shakes hands afterward and says,
"Thank you for the challenge."

There are moments in every athlete's life.
When silence speaks louder than applause.
When the crowd disperses
and the athlete walks off the field alone,
It is there
in the quiet spaces
that real growth happens.
For in silence, one hears the truth:
That no medal can replace integrity,
And no trophy can heal a wounded conscience.

I have seen great players fade,
their names forgotten by time,
And I have seen humble ones remembered.
For a single act of kindness on the court.
That is the strange and wonderful justice of life
It remembers goodness longer than greatness.

In teaching,
I often use stories instead of lectures.
This marks a significant shift in how lessons are imparted.
I tell them of the sailor who refused to win.
By breaking the wind's direction,
of the runner who stopped to help a fallen rival,
of the boxer who bowed before his opponent
after being defeated by one punch.
These are stories not of victory,
but of valor
And valor, I tell them, is the rarest medal of all.

And when they ask me,
"Ma'am, how do we become legends?"
I answer softly,
"Do not chase legend.
Chase virtue, and legend will follow quietly behind."

Because someday,
The world will forget the scoreboard.
But it will not forget the player.
Who played fair when no one was watching?
It will not forget the athlete.
who lifted another up,
the coach who taught compassion before competition,
The student who smiled even in loss.

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The truest victory, in the end,
is not written in history books
or displayed in glass cabinets
It is written in hearts.
For those who embody sportsmanship
become beacons to others
reminders that in every contest,
whether in the field or in life,
It is not the trophy that defines us,
But the truth we uphold.

And so, I continue teaching,
not because I expect every student to win,
But because I hope each one learns
how to stand with dignity,
How to face defeat without despair,
and how to triumph without pride.
That, I believe,
It is the most excellent game of all.

And when my time to teach is done,
and my voice fades like the final whistle,
I pray my lessons echo still
in every athlete's heart,
in every honest game played
a quiet legacy of grace,
born from the spirit of sportsmanship.

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The Thought of You

I think of you to start my day
When it is time for me to pray
I pray for grace to keep me strong
And keep you near though not for long

I think of you as in a song
Although unsung you know the tune
It breaks my heart you are not here
To sing for me with loving care

Back in my mind your voice is clear
Humming a tune I cannot hear
When days are ladened with heavy stifles
The thought of you would ease my life

In every leaf my garden has
It bears your face with radiant blush
Your walls the hills, your roof the stars
They, too, surround me where you are

When emptiness sets in with gloom
Your winsome smile fills up my room
With sparkling eyes, you light my day
I love to think of you that way

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The Trinity of Moments: A Structural Sonata

Structural analysis is often described as a pursuit of equilibrium-a search for the forces that allow a design to stand against the crushing weight of gravity and the sheer insistence of external loads. Within this discipline exists a fundamental dichotomy: the determinate and the indeterminate structure. The determinate world, as the verse suggests, is a realm of "simple, steadfast crew," where a few known equations- the laws of static equilibrium ($\sum F=0$ and $\sum M=0$)- are sufficient to reveal all unknown reactions, moments, and shears. Their solutions are clear, their truths "pure and keen."

However, the pursuit of greater structural safety and architectural ambition inevitably leads to the "complicated breed" of indeterminate structures. These are the systems that offer redundancy, meaning they possess more supports, or supports with greater fixity (like fixed ends), than are minimally required for stability. While these structures are often safer and stiffer, they present a mathematical paradox: the laws of simple statics yield fewer equations than there are unknown support reactions. They are "over-constrained," bearing their true burdens in silence, and their "bending plight" cannot be solved by force equilibrium alone. A new principle is necessary to unlock these secrets.

This need for a "link" or an "another voice" was answered in the mid-19th century by the French engineer Benoît Paul Émile Clapeyron, whose contribution became known as the Three-Moment Equation. This formula operates not on the basis of force, but on the principle of geometric continuity. When a continuous beam rests over multiple supports, the elastic curve (the shape the beam takes under load) must be a single, unbroken line. Crucially, the slope of the beam over any internal support, say point B, must be identical whether approached from the left span (AB) or the right span (BC).

Clapeyron's equation elegantly translates this geometric requirement into an algebraic relationship between the internal moments at three successive supports -MA, MB, and MC. This "Trinity of Moments" links the unknown moments (M1, M2, M3) with the known physical properties of the beam segments: their lengths (L1, L2) and their moments of inertia (I1, I2). The term on the right-hand side is the subtle magic of the equation; it accounts for the loading. This side is calculated from the area (A) and centroid distance (a, b) of the simple-span moment diagrams, effectively translating the bending effect of the external loads into the equation of continuity.

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By applying the Three-Moment Equation to every internal support of a continuous beam, the engineer develops a system of simultaneous linear equations. Solving this system finally reveals the unknown support moments. Once these moment - the silent, unseen internal forces - are known, they can be treated as external loads on the system. The engineer can then return to the simple laws of static equilibrium ($\sum F=0$ and $\sum M=0$) to calculate the remaining reactions and determine the final shear and bending moment diagrams for the entire structure.

In this way, Clapeyron's work serves as a powerful "bridge of logic built between the known and the unknown." It allowed engineers to confidently design structures with high degrees of redundancy, distributing the load with a "fair hand" and ensuring that the final structure was optimized for strength and stability. The Three-Moment Equation is more than a formula; it is a foundational pillar of classical structural analysis, proving that even the most complicated systems will, when subjected to the right mathematical rigor, yield their secrets.

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The Trinity of Stiffness: A Philosophical Look at Indeterminate Analysis

In structural engineering, the analysis of statically indeterminate beams and frames marks the transition from simple arithmetic to advanced structural mastery, as these structures, defined by their superior strength and redundant supports, resist easy calculation, presenting a crucial architectural and mathematical puzzle; to solve this, engineers utilize three distinct and powerful methods—the Three Moment Equation (TME), the Moment Distribution Method (MDM), and the Principle of Superposition (SUP)—each possessing a unique genius, thereby confirming that exploring their "superiority" is not about declaring a single victor, but about examining three philosophical pathways to structural truth, where the truly superior approach lies not in the victory of one method alone, but in the critical thinking and contextual mastery of the engineer who understands the precise power of their entire analytical toolkit. The discussion of these pathways begins with the Classicist, the Three Moment Equation (TME), often credited to Émile Clapeyron, which is the embodiment of algebraic purity and unflinching mathematical rigor, achieving superiority through its unassailable precision and foundational elegance, as its core principle relates the moments at three successive supports of a continuous beam to the geometric properties and loading between them; TME demands the establishment of an exhaustive system of simultaneous linear equations, one for every internal boundary condition, ensuring that if the coefficients are calculated flawlessly, the resulting moments are exact, determined in a single, non-iterative step, which is why TME remains the preferred method for the foundational programming of many automated computational solvers because of its direct algebraic formulation, making it a perfect engine for exact answers, provided the input is perfect; this very perfection, however, is its vulnerability, since a single arithmetic error early in the process contaminates the entire solution, offering no visible path for intuitive correction, and requiring significant critical reflection on its final authority which leaves no room for mid-process adjustment. In contrast to TME's strict mathematical adherence, if TME is the rigorous mathematician, the Moment Distribution Method (MDM), pioneered by Hardy Cross, is the intuitive Pragmatist, and is arguably the most brilliant conceptual breakthrough for manual indeterminate analysis, employing an iterative procedure—distribution, carry-over, balancing—that visually represents the physical restoration of structural reality, for the originality of MDM resides in its underlying metaphor: it treats the structure as a cooperative society of interconnected members, where a joint momentarily unbalanced by an applied load sees surrounding members negotiate to restore equilibrium, sharing the moment based on their relative stiffness. The superiority of MDM thus resides in its intuitive convergence and manual robustness; by treating each joint as a local problem and enforcing equilibrium iteratively, the engineer can stop at any point and have a solution that is "close enough," which makes MDM a perfect tool for manually checking the approximate values from a more rigid analysis or for rapid, in-field calculations, providing the engineer with unparalleled structural insight—a level of transparency TME's black box algebra cannot match. Furthermore, the Principle of Superposition (SUP) acts as the Deconstructivist philosopher of the group, finding its superiority in its conceptual strength by asserting that the total effect of several loads is the sum of the effects of each load applied individually, an idea that allows the engineer to break a complex problem into a series of determinate, soluble components, an advantage found in its conceptual clarity and extreme versatility; Superposition allows the external loading to be isolated from the internal redundancy (the reaction moments or forces), meaning, for example, a continuous beam is decomposed into a set of simply supported beams, and the restoring moments are applied as

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separate, concentrated loads, making the final solution merely an elegant sum, and this method excels in complex scenarios involving multiple types of actions, such as varied loading, support settlement, and thermal expansion, and instead of compounding the difficulty, it modularizes it, thus serving as a higher-level framework rather than a solution method itself, confirming Superposition as a powerful philosophy of reductionism, asserting that complexity is merely the aggregate of simplicity. Ultimately, the lasting impact and significance of these methods lie in their complementary nature: TME reigns supreme when a single, gold-standard, exact algebraic solution is required; MDM is superior for providing immediate structural intuition and manual robustness; and SUP offers the most significant conceptual impact, acting as the meta-strategy that allows engineers to frame any indeterminate problem in terms of known, soluble components, therefore confirming that the mastery of these three is the true definition of superiority: a synergistic trinity where algebraic rigor, iterative insight, and conceptual deconstruction are used in concert to ensure the safety, economy, and elegance of the final structure.

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The Way Life Works

I always wondered how life starts
Not in the grand or fancy parts,
But in the quiet things we miss,
Like leaves that curl, or cells that split.

It's strange to think inside our skin
A thousand things move, rush, begin.
Enzymes working, tissues growing
All of it, without us knowing.

And when I watch a bird take flight,
Or see roots search for soil and light,
I'm reminded life's not hard to see
It's in everything, including me.

Biology, in its own way,
Makes ordinary things feel brave.
It shows me life from small to tall
And somehow, it makes me love it all

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True Education

At the foot of the Sierra Madre Mountains lies a quiet village wrapped in mist each morning. In that small place lives Jenina, a twelve-year-old girl whose dreams are much larger than her world. Before sunrise, she fetches water from the well, feeds their chickens, and helps her mother bake bread. Only after all that does she begin her long, three-kilometer walk to school, a tiny wooden building with a thatched roof.

Her bag is torn on one side, held together by a red thread. Her pencil is so short that she ties it to a stick to keep using it. Some classmates tease her, "Jenina, when will you get a new bag?" She only smiles and says softly, "It doesn't matter if it's old, as long as it carries my dreams."

Her favorite part of the day is when lessons begin under the old mango tree. Their teacher, Mr. Dolfino, once taught in the city but chose to return to the countryside, where life was simpler and more meaningful. He wasn't the kind of teacher who only followed the book, but he spoke about life.

"Education," he often said, "is not what you memorize, but what you understand and how you use it to do good."

One day, he announced a new project called "Help the Community". Every student had to devise a way to assist their neighbors. Some planted trees, others cleaned the nearby stream. Jenina decided to teach younger children how to read and write.

Each afternoon, she gathered the children under a santol tree, armed only with scrap paper and a stub of chalk. "M," she told little Miro, "is shaped like a mountain high, low, then high again." With patience and laughter, she realized that teaching was more than just sharing knowledge; it was about caring enough to lift someone else's spirits.

One rainy afternoon, on her way home, Jenina noticed a wallet lying in the mud. Inside were bills and several ID cards. For a moment, she froze. "If I take this home," she thought, "we could buy rice... maybe even meat." But then she heard Mr. Dolfino's words echo in her mind: "True education is shown in the choices you make when no one is watching."

The next day, she brought the wallet to the village hall. The owner, a trembling old vendor, was there, close to tears. "Thank you, child," he said. "That was everything I had to start over."

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News spread quickly, and soon the whole village knew what Jenina had done. Mr. Dolfino called her to the front of the class.

"Children," he said, "Jenina may not have the highest grades, but today she taught us all what true education means. Knowledge is nothing if it does not lead to goodness."

From then on, her classmates treated her differently, not with pity, but with respect. The class grew more united. Together with Mr. Dolfino, they initiated community projects that included teaching literacy to children, recycling old books, and maintaining the school grounds.

Years later, Jenina became a teacher herself. On her first day, she stood under the same mango tree where she had once learned as a child.

"Children," she said with a smile, "true education doesn't end with a diploma. You'll see it in your honesty, your kindness, and how you treat others when no one's looking."

As she watched her students writing letters in the dirt with twigs, Jenina saw a reflection of her younger self, the little girl who walked miles to learn, now passing on the light of learning and integrity.

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TSINELAS

"Tatay, narito ang tsinelas ninyo." Halos walang imik na inilapag ni Ana ang tsinelas sa paanan ng kanyang ama. Pitumpu't pitong taon na siya. Hirap nang humakbang.

"Sa akin na titira si Tatay," aniya kahapon sa kanyang kuya. Tumango ito, may lungkot sa mga mata.

Napaiyak si Ana. Ang dating malakas na ama… ngayo'y ibang-iba na.
Sumilay sa kanyang alaala ang Downtown Dagupan. Walong taong gulang siya noon, at binitbit ang tsinelas. Sa baryo kasi, mas gusto niya ang mag paa-paa.

"Taong bundok!" sumbat ng ina sabay kurot sa tagiliran.

Ngunit ang kanyang ama... ang anghel niya. "Hayaan mo, anak." Binuhat siya, para hindi mapaso sa semento ang paa. Hindi siya ikinahiya ng ama hindi gaya ng ina.

Lumipas ang maraming taon. Si Ana ay naging malaya. Ang kanyang pasasalamat ay walang hanggan sa amang siyang umintindi sa kanya.

Ngayon, matanda na ang kanyang ama at madalas na nalilimutan ang tsinelas. Ngunit puno ng pagmamahal, masaya si Ana sa paglalagay ng tsinelas sa kanyang mga paa.

Sa paanan ng ama, naroon ang tsinelas. Hindi lamang simpleng sapin, bagkus ay sagisag ng pag-aalaga at pagmamahal na walang hanggan.

Ngayon, hindi lamang alaala ang kanyang bibitbitin... kundi ang bigat ng tsinelas na hindi niya kayang hubarin, kahit kailan.

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When the Community Became My Classroom

In the heart of every nursing student's quest,
Community immersion puts them to the test.
From classroom walls to the world outside,
They step with excitement, and a hint of pride.
Yet nerves may whisper as they learn each day,
To navigate new paths in a different way.

Amid real lives and stories shared,
They see how deeply healthcare is paired
With homes, with struggles, with daily strife
The social threads that shape a life.
They gather data, assess with care,
And find public health woven everywhere.
With every challenge, they learn to adjust,
To think with compassion, to lead with trust.

In distant GIDA communities they stand,
Where need is great and hope is fanned.
They witness battles silently fought,
In access denied, in care long sought.
Through every moment, their hearts expand,
Empathy growing hand in hand.
They learn the cultures, the beliefs held dear,
And offer care that is warm and clear.

A calling awakened, a place they belong.
For nursing is more than healing pain
It's lifting others again and again.
It's knowing each life they're privileged to touch
Can mean everything and that means so much…

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Where Strength Learns to Rise

In the quiet corridors of the day,
before the voices rise and fill the space,
I walk among the echoes of their steps
steady, uncertain, sometimes dragging,
sometimes eager like waves rushing to the shore.

Discipline begins here,
not with orders barked or whistles blown,
but with the silence that asks for readiness.
It starts with the willingness to listen,
to breathe before the motion,
to center the self before the start.

It is not a chain that binds.
It is not fear that compels.
It is rhythm, patience,
the small surrender of pride
So something steadier can take its place.

I have seen it dawn in them
the way sunlight creeps across the gym floor
slowly, shyly, almost unnoticed,
until one day they move
not because I tell them to,
but because their own will carries them.

In those moments, I learn again
That discipline is not control.
It is cooperation between body and will,
the quiet pact between exhaustion and purpose.

The body bends,
the mind follows,
and somewhere between repetition and fatigue,
a new kind of strength takes root.
It is not loud.
It does not demand applause.
But it endures
like a tide that knows when to rise.

I teach them to hold their ground
when their muscles tremble,
to breathe through strain,
to find stillness in discomfort.

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Because the world beyond these walls
will not always be kind,
and they must learn to stand
when ease tempts them to fall.

They learn through the ritual
warm-ups, stretches, measured stances
not as obedience,
But as a way of shaping patience into motion.
Each movement becomes a mirror
reflecting who they are becoming.

I tell them,
Discipline is not a prison.
It is a path
a way to see oneself clearly,
a practice of aligning desire with purpose.
It is the art of doing what must be done,
even when no one watches.

Sometimes I see frustration
a missed step, a stumble, a sigh.
I let them fall,
because falling is part of the lesson.
Failure teaches humility;
Humility teaches resilience.

No wisdom blooms without the soil of mistakes.
No strength matures without the rain of hardship.

In the repetition,
in the slow cadence of breath and sweat,
They begin to understand
that mastery is not a medal,
not a grade,
but a quiet dignity
earned, not given.

I see it in the way they rise again
after every falter,
their eyes sharper,
Their movements are steadier.
Discipline grows like that
invisible at first,
then steady as the heartbeat.

The gym floor becomes
a place of reckoning.
It is not just wood and lines,
but a landscape of inner battles
between comfort and courage,
fear and persistence,
doubt and the slow forming of belief.

Their struggles are not just physical.

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They wrestle with pride,
with impatience,
with the weight of expectation.
And I, too, wrestle beside them
learning when to speak,
when to step back,
When silence teaches more than instruction.

I guide them firmly,
but not harshly.
For rigor without compassion
breeds rebellion, not strength.
So I learn to balance correction with care,
to let my firmness be an act of faith
in their potential.

Discipline whispers.
It never shouts.
It moves like wind in tall grass
subtle, continuous,
seen only through what it moves.

Those who choose its path
learn to hear it
a calm voice beneath the noise,
telling them to keep going,
to trust the process,
to stay the course.

Strength, I tell them,
is not just in the arm or leg,
but in the choice to rise,
to repeat,
to finish what was begun.
It is in doing good when it is easier not to.
It is in the quiet correction
that no one applauds but the soul itself.

Every day, I stand before them
and begin again.
Not just to shape their bodies,
but to help them meet themselves
the self that hesitates,
that wants comfort more than growth,
That doubts the value of effort.

We meet that self together.
We face it,
sweat through it,
sometimes cry through it,
and slowly transform it
into courage that breathes.

Some days they arrive tired,
their eyes heavy,

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their spirits elsewhere.
I have learned not to scold,
but to remind them
that Consistency is a kind of love
a way of saying to oneself,
"I am worth the effort."

Discipline is the long conversation
between the present self and the future one.
The present resists.
The future waits.
And every repetition
is a word in that dialogue.

When they falter,
I see more than failure.
I see the forging of resilience
the shaping of a heart
that knows how to continue.

The lessons they learn here
Go beyond the mat and the movement.
They carry them quietly into life
in the way they wake early,
in the way they stay calm amid chaos,
in the way they treat others
with patience instead of pride.

This is why I teach.
Not to create perfection,
but to nurture perseverance.
Not to command,
but to cultivate self-command.

Discipline is not the absence of freedom.
It is the foundation that allows freedom to stand.
Without it, ambition collapses.
Without it, talent withers.
With it, even the smallest effort
can build something lasting.

Each time they cross the line,
each time they stretch further than before,
they learn something sacred:
that endurance is not about the body alone
It is about faith.

Faith in the unseen progress.
Faith in the purpose of repetition.
Faith that every drop of sweat
is shaping a stronger soul.

When the session ends
and the noise dissolves into silence,
I often linger

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watching them pack,
talk, laugh,
as if the hard work had never happened.
But I see it
the quiet pride in their posture,
the steadiness in their steps.
They do not realize it yet,
But the discipline has begun to take hold of them.

And I, too, am changed by it.
Each day humbles me
reminds me that teaching discipline
means living it first.
I cannot ask of them
What I do not practice myself.
So I show up
even on the tired days,
the ungrateful days,
The days I wonder if it matters.

It always does.

Because discipline,
Unlike talent or luck,
is the one thing that endures
when everything else fades.
It becomes the quiet backbone
of one's character
invisible but essential,
felt most in the storms of life.

When they leave my class,
when they step beyond these walls,
I know that what remains
is not the memory of drills
or the sound of my voice,
but the rhythm they learned
that pulse of perseverance
beating beneath everything they do.

Discipline, in the end,
It is not a lesson to be finished.
It is a lifelong language
spoken in effort,
in patience,
in the calm between breaths.

And when they move forward,
toward their dreams,
their work,
their lives,
I hope they remember
That's what I taught them
was not how to obey,
But how to endure with grace.

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To rise when they fall.
To choose the more challenging road
not for glory,
but for growth.

That is discipline
the quiet art of staying true
to the best within oneself.

And as I watch them fade
into the hum of another day,
I feel no need for recognition.
Their strength is my proof.
Their perseverance, my reward.

Because in every step they take
with courage, patience, and purpose,
I hear the echo
of what discipline honestly sounds like
steady, faithful,
alive.

And when the lights fade,
and the halls fall silent again,
I whisper a quiet prayer for them
that the lessons we built here
may guide them beyond these walls.
That they carry their composure into storms,
their steadiness into chaos,
their discipline into every dream.

For this is what teaching truly means
not shaping perfection,
but tending the spark
that allows a human being
to rise again and again,
no matter how heavy the world becomes.

And if I should ever doubt my purpose,
I remember the soft rhythm of their breath,
the trembling hands that still refuse to quit,
the courage born from struggle,
the light in their eyes when they realize
They have become stronger
not because I told them to,
But because they learned how to believe
in themselves.

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WHERE THE NIGHT SHIFTS TURN INTO DAWN

The provincial hospital starts to come alive with light
Corridors wake up after the night
Students show up holding their hands like in prayer
Smiles and greetings spread through the air
They pass along endorsements and make connections
They build rapport with the nurses in a careful way
Routines kick off as the day takes shape
The work of healing just keeps going on.

I walk through the halls at a steady pace
I watch the students settle into their spots
They check vitals and guide patient care
I teach them how to stay aware of everything
Their hands stay steady, and their hearts remain true
Each little action shows exactly what to do
You can see responsibility and trust and grace
It is written softly on every face there.

After the rounds, we stop for a bit and share thoughts
Words of guidance fill up the space around us
We give praise for their skills and mild corrections
Lessons come through to each one like a child learning
Confidence starts to bloom just like morning rays
Insight grows in these gentle, steady ways
Every reflection and every review helps
It shapes their practice and builds up their view of things.

In conferences and assessments we dig into it all
We unpack everything that they have done
Decisions get made and care is given well
Stories come from each patient they meet
Knowledge and compassion stand right there side by side
They grow strong together as future guides emerge
Every question and answer and plan matters
It shapes the nurse and reaches into the human side of life.

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Twists and turns come as trials start to unfold
Alarms ring out and hands reach to hold on
Mistakes get corrected and fears face them head on
Every struggle teaches something new
Every lesson gets drawn out clearly
They grow in skill and they grow in heart too
They feel ready to stand up and play their part
Boards and jobs and life all wait ahead
Confident nurses step in to shape what comes next.

As the day shifts into night the lessons stick around
They guide those hands along the way forward
Long hours meet the dawn in quiet moments
Care and wisdom get drawn out softly there
We plant seeds in these bright halls full of promise
They blossom in patients who answer the calls for help
Every life we touch and every heart we lift up
It carries forward the greatest gift of all.



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