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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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**Jessica O. Pitac, LPT**

Faculty, Senior High School Department  
Burauen Comprehensive National High School  
Leyte Division  
Philippines  
DOI 10.5281/zenodo.18900433

**Hindi Na Kita Mahal**

Hindi na kita mahal  
Kaya't hindi totoong  
Seryoso talaga ako;  
Sa relasyon natin,  
Sa iyo.

Pagod na pagod na ako  
Hindi totoong  
Masaya ako sa piling mo,  
Dahil ikaw ang buhay ko.

Sawang-sawa na ako!  
Hindi totoong  
Ikaw ang mamahalin ko,  
Dahil ikaw ang laman ng puso ko.

Pinagsisisihan ko ang lahat!  
Hindi totoong  
Mahal talaga kita,  
Totoo ang ipinaramdam ko.

Sukang-suka na ako!  
Hindi totoong  
Nagseselos ako sa iba,  
Nasasaktan ako.

Ang totoo  
Wala akong pakialam  
Akala mo lang  
Umiiyak ako  
Dahil sa nasasaktan ako  
Gusto ko nang makipaghiwalay sayo



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Hindi totoong  
Kaya kong magtiis,  
Kaya kong mahintay,  
Pagod na ako  
Ayuko na

Akala mo lang  
Kaya ko pa,  
Gusto ko nang tapusin na natin 'to  
Hindi totoong  
Mahal kita.



**Allan R. Bacalla, MM**

Instructor III

School of Management and Entrepreneurship  
Biliran Province State University  
Naval, Biliran, Eastern Visayas, Philippines  
DOI 10.5281/zenodo.18896459

## **Social Media-Driven Entrepreneurship: Empowering Youth-Led Ventures to Advance CHED's Inclusive Growth and Human Capital Development Goals**

Youth-led ventures are incredibly significant in generating inclusive growth, and social media has levelled the field to make competition between small and large businesses far fairer with digital technology contributing towards that goal. Therefore, it may not be a bad idea for them to do so.

The Commission on Higher Education (CHED) is actualizing a human capital development agenda through Republic Act No. 10931 that supports inclusive access to higher education as well as entrepreneurship via skills development. How online strategies foster youth entrepreneurship and work toward CHED's vision.

Social media platforms such as TikTok, Instagram, and Facebook enable young entrepreneurs to launch ventures with minimal or zero capital. Through viral challenges, live selling, influencer collaborations, and user-generated content (UGC), youth can rapidly build brand awareness and customer engagement.

Beyond profitability, social media promotes inclusivity by bridging geographic divides. For instance, TikTok Shop has enabled rural youth entrepreneurs to reach national markets. Digital platforms reduce reliance on traditional retail infrastructure, allowing youth in geographically isolated areas to participate in the broader digital economy.

The focus of CHED's development is to provide a good environment for digital enterprise in both General Education (GE) programs and business curricula. That being the case, universities can hold continuous social media marketing bootcamps, innovation workshops and many other events, building up groups with skillsets for analytics, branding, and creation. This live experiment in the field of social entrepreneurship has generated projects developed by young people, such as a food delivery application oriented to the grassroots whose active users are poor settlers. It employs both social enterprise and digital platforms to serve the poor, while also earning money.

The human capital development framework of CHED continues to place special emphasis on the advancement of women and Indigenous Peoples groups. Department of Trade and Industry (2025) data indicate that youth social entrepreneurs on social media are female, many using Instagram Reels or other such tools as part of online marketing for home-based food production, dressmaking, even beauty shops. These also provide flexible income opportunities particularly to young women students' now juggling education, as well as caregiver responsibilities and setting up businesses.



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+639543906965

Examples include Quezon City's GenZ Brew, whose young founders strategically employed Twitter threads, earned cooperative promotion opportunities and kept a consistent marketing story to attract more than 100,000 followers. Students at a local HEI used performance analysis to study engagement rates, hashtag optimization and customer conversion metrics, all part of an OBE project in line with CHED standards. Such collaborations point to how academic learning can directly support the building of a Go Mug for Fido (local coffee brand) of one's own.

However, obstacles remain. Algorithm biases, wrong information, and network weary may hamper visibility and trust. Meta Business Suite provides data analysis as well as audience insights for young entrepreneurs to improve their positioning, witness what kind of campaigns work better than others. Therefore, digital literacy training must reach further than content itself - it should comprise ethical communication, critical analysis of media messages and data-driven decision-making.

Establishing CHED-funded social media innovation labs in institutions of higher education (HEIs), at which students will get practical training in creating and running content, generate ideas with each other through activities such for example building fake news websites as well as investigating first-hand how successful these businesses can be on their own; Integrate inclusiveness modules especially tailored for marginalized young people that include financial literacy and safety online; And inculcation of the practice updating performance according to quality improvement parameters using tools such as Google Trends from which we can see a variation of customer behavior emerged.

To sum up, the use of social media has transformed youth entrepreneurship into an amazing engine for inclusive economic growth. Through embedding digital skills, analysis of markets and innovation in higher education, CHED adds to the country's stock of human capital as well ensuring that young Filipinos are not mere seekers after paid jobs but themselves managers and owners who create other employment. The strategic fusion of social media with college and township public service programs makes HEIs reliable agents of fair development, leading an ensemble of youth to build a prosperous and inclusive Philippine economy.



**ALLAN R. BACALLA, MM**

Instructor III  
School of Management and Entrepreneurship  
Biliran Province State University  
Naval, Biliran, Eastern Visayas, Philippines  
DOI 10.5281/zenodo.18896361

## **Sustainable Entrepreneurial Marketing in the New Normal: Fostering CHED's Agenda for Resilient Economies and Graduate Employability**

In the post-pandemic era, 'the new normal' demands resilient, adaptive economies where sustainability is no longer an option but fundamental. In this environment, micro, small and medium-sized enterprises (MSMEs) deserve some guidance in sustainable entrepreneurial marketing in order to be competitive and fit for tomorrow. The Commission on Higher Education (CHED) has adapted its policies to align with United Nations Sustainable Development Goals (SDGs), injecting sustainability and social responsibility into higher education curricula. In a context where youth unemployment remains a nagging problem, as reported by Philippine Statistics Authority (2025), this orientation is very important. By giving graduates eco-entrepreneurial skills, higher education institutions (HEIs) directly contribute to resilient, inclusive growth.

Sustainable entrepreneurial marketing refers to the promotion of products and services that minimizes environmental harm while maximizing social and economic benefit. This could involve strategies like zero-waste packaging, ethical sourcing, reduction of carbon footprint, and transparent environmental reporting. By obtaining certification from organizations such as the Philippine Green Building Council, credibility is enhanced. Furthermore, digital storytelling using platforms like Instagram Reels or Facebook can communicate an authentic green narrative. As of 2024, the Department of Trade and Industry reports that MSMEs adopting sustainable practices increase customer. This reflects the expanding tendency for consumers to favor ethical brands.

Resilience in the new normal also calls for a hybrid model of online and offline business. In Manila, for example, a zero-plastic refilling store works with eco-influencers to recommend reusable household products and so maintains a community-based presence while its consumers shop online. In business models structured around refillable and reusable systems, such enterprises can reduce operations costs by as much as 15 percent, according to findings from the United Nations Development Program (2024). These examples show how the form owner is common tacitly profitable hummingbird.

The higher education roadmap of the CDA focuses on SDG 8 (Decent Work and Economic Growth) and SDG 13 (Climate Action), prompting HEIs to build sustainability into curricula across disciplines. Institutions are having their graduate schools incorporate simulated green marketing projects where students develop and present businesses modeled on the circular economy. Employment in green industry enterprises, such as Unilever, now claims higher of employment opportunities; this proportion is said to exceed five years down the line, at least according to projections. Inversely, when young people see role models finding success building sustainable businesses it encourages them themselves; so CHED's

tracer studies for 2025 show an increase in employability among graduates of educational programs whose curricula have sustainability as their focus.

In the new context brought about by digitalization, sustained marketing will still be a main feature if it is to help bring this history-making event into existence sparing nobody even an inch of waste along the way. For example, e-sustainability initiatives such as putting your website on power-efficient cloud services like Google Cloud Platform enable MSMEs to \*reduce their digital carbon footprint. Replacing inefficient digital infrastructure with green facilities can yield an average decline in emissions. This kind of approach renders these same MSMEs' programs for the development and implementation of measurable environmental policies intelligible to a marketplace increasingly aware of its climate footprint.

One shining example is Eco-Bags PH, a small-to medium-sized enterprise in Cebu specializing in upcycled tote bags, which are sold through Shoppe. Its "buy-one-plant-one" reforestation campaign was a great hit during recovery efforts after the typhoons that produced heavy rain, and as a result, it led to an increase in orders. Students of the University of San Carlos worked with consultants from this company in various projects aligned with CHED's constitutionally sanctioned community-immersion programs. In this way schools leaven for themselves also laboratories and agents of sustainable local development.

Despite progress, challenges remain. Consumer skepticism about greenwashing requires transparency and measurable impact reports. To increase verifiability, IT traceability systems such as IBM Food Trust, based on block-chain technology, allow for real-time checking of origins and sustainability claims while third parties can verify greenhouse gas emissions at virtually any time thereby weeding out dishonest reporting. The webinar has prompted CHED to require that ESG (environmental, social, governance) reports be integrated into undergraduate theses and papers to raise these students' concern for and capability in sustainable development to another level.

CHED's Policies, Standards, and Guidelines (PSGs) set forth the principles of sustainable innovation, systems thinking and ethical leadership. To put these goals into action, HEIs should use Life Cycle Assessment (LCA) software as a tool in both entrepreneurship and marketing courses; work with the Department of Environment and Natural Resources to provide environmental certification training for people who are involved with environmental issues; or create more internship opportunities within non-governmental organizations (NGOs) or green start-ups and social enterprises-like an. In 2025, Polytechnic University operationalized that pilot study, students trained in "how to build a sustainable enterprise". Most graduates found jobs that industry that are environmentally compatible as well.

In summary, sustainable entrepreneurial marketing enhances MSME resilience vis-à-vis economic and climate-related shocks. By infusing sustainability into its curricula, research programs, and service to the community, CHED positions HEIs as pioneers in promoting inclusive, innovation-driven growth. Graduates enter the workforce as not only job seekers but also guardians of environmental responsibility ensuring that the competitiveness of enterprises remains high within it while helping bring about this country's achieving by 2030 Sustainable Development Goals.



**Jelai Marie R. Bancifra, LPT**

SPED Teacher/Faculty Member  
Urdaneta City University  
Pangasinan  
DOI 10.5281/zenodo.18890131

## Unwritten Symphonies: The Teaching Orchestra

In the passages, where sound echoes so in the lower tone,  
An underground orchestra begins its low-key performance.  
No stringed instruments arrange themselves in any orderly manner,  
But the singers sing in a very peculiar way.

The pen may be held by an unsteady hand,  
Even a roving mind may find enlightenment.  
Each voice pronounces a different motif,  
But still all exist united under the same moon.

The blackboard is ready and waiting for the touch of every hand,  
Projection of the world, in which they are the only inhabitants.  
Others sing, others are quantitative.  
Others trail individual trails, steamed by a new light.

Tolerance is the rhythm to which all are directed.  
This rhythm is not exclusive; it is not favorable to any privileged group.  
Being a member gives the consonant sound that whispers,  
You are essential, and your value is deemed as well.

One, by the number of footfalls on the ground, measures time.  
Another tells through that deep tranquility of silence.  
There was a break, a laugh, a declaration, a shout,  
They are all accustomed to symphonies accepted in this learning environment.

Attentive teacher behavior, wholly aware of subtlety,  
A symphony perfecting all diversity increasing.  
There is no piecing of tones that are too shrill, no silence that is too long,  
The effects of each are essential and bring about the most wonderful composition.

As the day draws to an end with night,  
Those echoes are still lingering and scattering glorious light.  
They are coherent, neither fragmented nor unequal,  
But instead, the peaceful notes linger in the beauty's radiance.

And set the anxieties it carries upon the world,  
And harmonize its essence with the truth that is easily seen.  
As do the classrooms sound the untold symphonies,  
They are not written, enormous, but obligatory.



**Liann Camille D. Perez, MAEd**

Educator

Yogyakarta State University  
Special Region of Yogyakarta, Indonesia  
DOI 10.5281/zenodo.18843308

## **The Eldest Daughter**

The firstborn, but never the priority,  
The sacrificial lamb in society,  
Crushed with responsibilities and expectations  
Where failure is not an option.

How can a child raise another?  
Like asking a flower to bloom for two buds.  
She learned to neglect herself,  
Making space to accommodate someone else.

Growing up, she felt distant.  
More often than not, she tried to please.  
Love, to her, meant tending to needs  
If not, she was unworthy.

The pain she felt was never acknowledged.  
To them, the eldest must be strong.  
Emotions had no space in her story,  
So, she mastered the art of façade.

Years of silent cries in the dark,  
Mending her own wounds,  
She realized no one would save her  
If she did not stand for herself.

She learned that love does not require perfection.  
Flaws were never disqualifications.  
The shelter she was denied  
Did not make her any less.

The past must not dim or hold her back  
From the sparks she is meant to have.  
The only expectations she must fulfill  
Are the ones born from her own truth?

To live for herself and not for the rest,  
To embrace the joy she long suppressed,  
To claim the dreams, she was once deprived of,  
To finally take the space destined for her.



**Allan R. Bacalla, MM**

Instructor III

School of Management and Entrepreneurship  
Biliran Province State University  
Naval, Biliran, Eastern Visayas, Philippines  
DOI 10.5281/zenodo.18896270

## **Digital Marketing Strategies for MSME Entrepreneurship: Aligning with CHED's Innovation and Industry Imperatives**

In the Philippines, micro, small, and medium enterprises (MSMEs) form the backbone of the economy, accounting for over 99% of all registered businesses and around 63% of total employment (Philippine Statistics Authority, 2023). Despite their dominance in number, many MSMEs struggle with limited visibility, restricted market reach, and scalability issues – challenges intensified by rapid digital disruption. Recognizing this shift, the Commission on Higher Education (CHED) advances Industry imperatives through its Higher Education Roadmap, advocating the integration of artificial intelligence (AI), big data, the Internet of Things (IoT), and digital platforms into academic programs.

Digital marketing includes search engine optimization (SEO), content marketing, social media advertising, email campaigns, and data analytics for targeted outreach. For MSMEs with limited funds, getting started in competitive markets can be a challenge. However, platforms such as Google Ads and Facebook Business Manager provide low-cost entry while still maintaining high quality. A 2024 report from the Department of Trade and Industry (DTI) indicates that MSMEs adopting digital tools CHED Memorandum Order No. 4, series of 2021, mandates HEIs to embed Industry competencies into business and entrepreneurship programs. This includes requirements for digital literacy, innovation, analytics-based decision-making skills, and training in ethical leadership.

At the same time, industry technologies further raise the bar for digital marketing effectiveness through AI-driven personalization, predictive analytics and so forth. Tools like Hub-Spot let MSMEs automate customer relationship management while predicting purchasing behaviors, while e-commerce platforms such as Shopify use analytics to foresee demand trends. For example, Filipino fashion MSMEs applying predictive analytics have reported to surplus inventory, improving their operational efficiency and environmental sustainability. These data-driven strategies turn marketing from a reactive to a proactive business function.

It is the first goal of CHED to encourage both businesses and entrepreneurship programs to teach these tools. Universities, like the University of the Philippines, have inducted AI modules and developed all-round talents who can built applications: such as chat-bot services for e-commerce SMEs. There has been a big shift in undergraduate theses, which are technology integrated, towards more invention that is practical. Unfortunately, structural problems remain. Its importance is evident in statistics from the Department of



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Information and Communication Technology 2024: broadband coverage is still uneven and rural, severely limiting the further development of Thailand's digital economy. This gap could be filled at least partially with an extension program for digital training. It is also helpful if IUPes set up teaching centers near communities who are isolated from high-quality educational opportunities.

This idea of community-based connection between colleges (who provide the education) and enterprises (which then go on to employ those graduates) is in principle the same as B5 sutra, but has not instead been commonly practiced in our society. And as real-life cases show more and more examples of such cooperative association between university students and commercial projects online coming into being, it's clear that CHED too would like to see creative cooperation models like this expanded. Many marketing dashboards using analytics tools and programming languages can be created.

Yet MSMEs still confront challenges like poor cybersecurity and a dearth of digital skills. Well over 60% of MSMEs lack advanced digital skills according to the Bangko Sentral ng Pilipinas (2024). CHED plans to standardize micro-credential programs that cover cybersecurity and digital marketing analytics.

To sum up, the use of digital marketing tactics is a key chess piece in helping MSMEs compensate for the loss of traditional manufacturing capacity brought about by the fourth Industrial Revolution era. Programmers feathering these feathers into higher education curricula will enable CHED to not only promote innovation-powered education but also breed business people who are decisive and technology-savvy. Instead of just finding jobs, graduates will make them in a series of steps that allows MSMEs to grow beyond their home soil and shifts the Philippines onto a stable course of innovation-led economic development.



**NOEME GARCÉS - PITCHUELA, LPT, MA. LIT**

College Instructor  
Saint Joseph College  
Maasin City, Southern Leyte, Region 8  
DOI 10.5281/zenodo.18907040

**Kaleidoscope Womb**

The mirrors are set to forge two  
distinct lives to create  
geometric patterns  
unique. precious. fragile.

The symmetry begins to form.  
The hearts beat, neural pathways begin to mirror each other  
the foundation of human life  
is locked into place.

Features become distinct  
the woman and the man begin to feel the tumble of the glass shards  
The kaleidoscope is now in full colors  
ready to burst.

As it is held up to the sky  
A new color is refracted, a pale of blue of a peaceful sleep,  
the fiery red of the first cry, the luminous green of curiosity  
A forever shifting color  
never the same twice.



**MAFEL A. PIOL, DM**

FACULTY

School of Management and Entrepreneurship  
Biliran Province State University  
Naval Biliran Philippines  
DOI 10.5281/zenodo.18906814

**The Internship Journey:  
Satisfaction, Strengths, and Lessons**

A journey measured, scores align,  
A tale of work, both bright and fine.  
Overall joy, a gleaming light,  
A mean of four point oh-five in sight.

We find delight in friendly eyes,  
In tasks that spark and energize.  
Coworkers' laughter, warm and near,  
A sense of purpose crystal clear.

The work itself, both fun and true,  
Gives meaning to the things we do.  
Connections strong, engagement high,  
The internship reaches toward the sky.

Yet shadows linger, soft, subdued,  
In fairness, guidance slightly skewed.  
Papers pile, pride dips a touch,  
Mentorship may need a gentle clutch.

And deepest down, the lowest mark,  
A warning flicker, a minor spark.  
Bickering, tension, voices collide,  
Where communication should reside.

Let guidance bloom, and conflicts wane,  
So learning's joy will still remain.  
With tasks fulfilled and friendships made,  
The OJT path shines, unafraid.



**SHARON M. GARDOCE, MAEd**

Assistant Professor Iv / BSED Program Chair  
Mindoro State University  
Oriental Mindoro, MIMAROPA, Philippines  
DOI 10.5281/zenodo.18901594

## Hearth and Horizon: Mapping the Transformative Labors of Matrilineal Love

"Kumusta na kayo, ineng? Lagi kayong mag-iingat."

Before she was a grandmother, she was a force of nature. She was the architect of a home that ran on a rhythm of quiet, tireless discipline. My mother lived a life of "doing", a woman who found her expression not in words, but in the impeccable press of a shirt and the scent of laundry dried in the sun. She shielded me from the grit of chores, carrying the household's weight so I didn't have to. Even when resources were thin, she had a way of making the world feel abundant.

I remember the way she looked at us. Every morning, she would inspect us from head to toe, ensuring we were ready to face the world. Even after we stepped out the door, her gaze followed us, anchored to our backs until we finally disappeared from her sight at the edge of the horizon. There was a healing power in her hands; a simple touch from her could quiet the loudest ache or the deepest bruise.

My move toward independence was a quiet, bittersweet collision. I saw her tear tracks on my wedding day. She was happy, she trusted my choice, but mourned the end of an era. The night before, she told me to temper my fire. She knew my katapangan, my stubbornness, and she warned me: be gentle if you want a marriage to last.

In those early days as a wife, I felt a strange, hollow feeling in my chest. I wondered if I could ever maintain a home as pristine as hers. But when I became pregnant, the distance between us vanished. She was a constant presence, a phone call away, fueled by a new kind of excitement she shared with my father.

When my first child was born, I realized something profound: as much as she loved me, she loved her grandchild with a ferocity that was almost divine. She became the ultimate guardian, a woman who would weep if we disciplined the boy and who treated a single mosquito bite as a personal failure. My father was the same. He once took a small win from the local lottery money that should have gone to the house and bought his grandson a bicycle. He would risk a fall just to catch a spider to show the kids a moment of wonder.

As the years passed and my family grew, her strength began to flicker. I remember the day she finally asked us to find extra help. "Ako'y tumatanda na," she admitted, her voice heavy with a new kind of vulnerability. "Natatakot ako na baka hindi ko sila mahabol at masalo kapag matutumba. Namamanhid na ang aking mga kamay, marahil sa pasma." It



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[lakbaydiwapublishing@gmail.com](mailto:lakbaydiwapublishing@gmail.com)  
Butuan City, Philippines  
+639543906965

broke my heart to see the protector finally needing protection, but it was time for her to take a rest.

Now, my children are nearly grown. My eldest is graduating from college, yet he still finds his way back to her house every week. He tells her his stories, sits by her side, and dreams of building her a palace one day. My daughter dedicates her speeches to her, the woman who taught her what devotion looks like.

When my parents visit my home now, the habits of care they instilled show themselves once again. Despite their age, I find them scrubbing moss from the garden stones, repainting the gates, or folding the laundry in my cabinets with that same surgical precision. It is as if they cannot help but leave a trail of care wherever they go.

I've realized that you never outgrow the need for your parents. No stage of success, no milestone of adulthood, ever feels complete without them there to witness it. And now, watching them cherish their grandchildren, I see that their love is the greatest legacy they could leave a love that is wider than the hearth and longer than the horizon.

#### A Dedication

If I had one last wish, I would pause time. I want to keep them here not just as workers, but as the heart of our home in our quietest moments. I want my mother to know that when I fold a shirt or watch my children leave, I echo her. May she feel even a glimpse of the peace she once gave us. To me, she is and always will be the best of us.



**Dr. Jessica Cano-Alorro, CHP**

BSHM Program Chairperson/ Assistant Professor IV  
College of Management, Northwest Samar State University  
Rueda St., Calbayog City, Samar, 6710., Philippines  
DOI 10.5281/zenodo.18901191

## **My Two Dear and Precious Girls**

The youngest came like a playful breeze,  
With curly hair that danced with ease.  
A spark of mischief in her eyes so bright,  
Turning quiet days to bursts of light.

She laughs too loud, she runs too fast,  
Her little tricks are meant to last.  
A curious heart, a fearless soul,  
Making broken moments feel whole.

Then there is the eldest, calm yet deep,  
The one whose tears she tries to keep.  
Her heart feels storms the world can't see,  
But still she stands so bravely.

She carries love in silent ways,  
Through heavy nights and hopeful days.  
Though gentle tears may sometimes fall,  
Her strength rises above them all.

Two sisters bound by love so true,  
Different skies, yet sharing one view.  
One brings laughter, wild and free,  
The other brings quiet bravery.

And in my heart, I hold them near,  
My dear and precious girls so dear.  
For in their souls I clearly see,  
The sweetest parts of family.



**MAFEL A.PIOL, DM**

Faculty

School of Management and Entrepreneurship  
Biliran Province State University  
Naval, Biliran, Region VIII, Philippines  
DOI 10.5281/zenodo.18900450

**Not Just a Pretty Face**

Tourism is more than beauty seen,  
It calls for brains, a mind serene.  
Confidence in strangers met,  
From walks of life we'll not forget.

Patience steady, calm, and true,  
Initiative in all you do.  
Guts to face a world so wide,  
Where dreams and reality collide.

Jobs you prayed for may not appear,  
Yet other paths may draw you near.  
Long hours, low pay, schedules tight,  
Still you must shine, still do it right.

Appearance, charm, the constant care,  
Acostly burden many bear.  
Some will stay, some walk away,  
But those who love it choose to stay.

For passion fuels the heart and mind,  
Resilience grows with every grind.  
Tourism is a test, a daring art,  
For those with courage, strength, and heart.



**JONATHAN P. ROQUE, PhD**

Assistant Professor II  
Sultan Kudarat State University  
Sultan Kudarat, Philippines  
DOI 10.5281/zenodo.18843644

## **The Silent Impact of Leadership in Education**

In halls where voices softly rise,  
A leader stands with knowing eyes.  
Not always seen, but always there,  
Guiding with wisdom, love, and care.

Their influence lingers in the air,  
In every choice, in every prayer.  
A quiet force that moves the ground,  
Where learning blooms, and dreams are found.

They shape the path, yet step aside,  
Empowering others with each stride.  
Not through command, but by their grace,  
They lead with purpose, set the pace.

In classrooms where young minds take flight,  
The leader's touch is soft, but bright.  
Their silent strength, a steady guide,  
That helps the learners' hearts collide.

For leadership is not just loud,  
It's in the moments, soft and proud.  
The silent impact, felt by all,  
A legacy that will never fall.

Through calm decisions and firm hands,  
They help to mold the future's plans.  
The silent leader, humble and true,  
Whispers a change that will always ensue.



**Dr. Jessica Cano-Alorro, CHP**

BSHM Program Chairperson/ Assistant Professor IV  
College of Management, Northwest Samar State University  
Rueda St., Calbayog City, Samar, 6710., Philippines  
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## **The Silent Service Heroes: How Housekeeping Shapes Guest Experience in Hotels**

The hospitality sector revolves around the assurance of comfort, security, and unforgettable experiences. Housekeeping is generally recognized as the pillar of hotel operations among the various departments that make this promise possible. The hotel staff at the front desk and the concierge team have direct contact with guests, but housekeepers are usually invisible as they do their jobs. Independent of their limited exposure, their work greatly influences how guests enjoy their stays. The tidiness, ordering, and atmosphere of the hotel setting depend mainly on the delivery of housekeeping services. Housekeeping employees are thus the unsung service heroes of the hotel business.

Housekeeping is one of the main factors that determine the level of cleanliness and hygiene which are the top parameters impacting the satisfaction of a visitor. When hotel visitors enter a room, the first things they usually observe are the freshness of bedding, the scent of the room, the status of the bathroom, and the general neatness of the room. According to recent hospitality management researches, cleanliness is one of the hotel guests' top priorities that leads to the recognition of satisfaction and loyalty. A room that is well-kept not only results in a pleasant first moment but also conveys a reliable feeling to the customer. Visitors link neatness to an image of a professional environment, safety, and exemplary

Housekeeping acts as the great enabler of guest milieu, going well beyond the provision of clean rooms and fresher air. When one studies environmental psychology, one finds out that a clean and orderly environment enhances relaxation and also reduces stress. Firstly, travelers most of the time, those who are away from their homes for long periods of time, look for spaces that are not only safe but also comfortable and welcoming. Housekeeping staff provide the means to this end by arranging the furniture in the room, changing the linen, refilling the toiletries, and checking that every single item is up to the standards of the hotel. These little yet vital deeds are what hospitality scholars label as "the home, away, from, home" experience.

Housekeeping plays a very important role in the health and safety of hotels as well. The biggest agent to hold off the germs, viruses, and other contaminants is good sanitation, and the demand for hygiene became so intense, for instance, that we had. Since then, the housekeeping units, amongst other things, have altered the cleaning methodologies by using hospital, grade disinfectants, providing contactless room servicing, and thoroughly following the hygiene rules. These modifications were really an excellent demonstration that housekeeping is not only making pretty cleanliness but also safeguarding the public health.

Housekeeping is also a major factor in operational efficiency. It is the liaison between the front office, maintenance and food and beverage services. For example, the front office relies on the housekeeping staff to inform them which rooms are free and ready to be given to guests. Interdepartmental communication will lead to the smooth operation of the hotel and services will be timely. Actually, it is mostly housekeeping that communicates to the management maintenance issues like broken lightings or non, working tools which eventually helps maintain the hotel quality and safety standards.

Housekeeping also plays a very significant role in the health & safety of hotels. A good sanitation practice is the most effective weapon in our arsenal to keep off germs, viruses, and other pollutants getting in the way of our health. In fact, the level of hygiene was so high that, for example, we had to be. Since then, the housekeeping departments, among other things, have changed cleaning practices by using hospital, grade disinfectants, offering contactless room cleaning, and strictly adhering to hygiene protocols. This was indeed a brilliant change that housekeeping was not just doing pretty cleanliness but also protecting the public health.

Housekeeping has long been at the heart of the hotel industry. It is the the invisible team that keeps everything clean and running smoothly. In recognition of their quiet dedication, industry experts have been pointing out that housekeeping level of performance has a direct effect on hotel reputation, online reviews, and customer loyalty. Since digital travel platforms have emerged a bad review of the room cleanliness is enough for a hotel's reputation and occupancy rates to take a dive. Therefore, hotels are increasingly putting money into housekeeping training, technology, and employee welfare in order to raise the level of service.

Technological innovations are also altering the operations of the housekeeping department. For instance, many hotels have transitioned to digital systems to monitor room availability, housekeeping schedules, and inventory control. Moreover, automation tools alongside mobile applications aid housekeeping managers not only in efficiently organizing their work but also in simultaneously listening to and responding to guest requests. Indeed, these improvements not only improve the workforce's productivity but can also release them to focus on the quality of the service and the personal comfort of the guests.

Housekeeping is one of the most important and powerful aspects of the hotel industry which actually goes quite unnoticed. Housekeepers, as the unsung heroes of service, through cleanliness safety comfort, and the tiniest details craft the guest experiences. Their work helps to keep hotel premises appealing, hygienic and modern. Guests may not always notice the time and effort that is put into setting up a room but the presence of housekeeping can be felt in every comfortable stay. It is not only necessary to recognize but also to value the contribution of the housekeeping team for the continuous raising of standards in hospitality and delivering excellent experiences to hotel guests.



**Francis Mervin L. Agdana, PhD**

Associate Professor II/Director for Academics  
Surigao Del Norte State University-Malimono Campus  
Malimono, Surigao Del Norte, Caraga, Philippines  
DOI 10.5281/zenodo.18975733

**Bakit Tayo Nabubuhay**

Bakit tayo nabubuhay?  
Isang tanong na madalas sumagi sa isip  
kapag ang mundo ay tila mabigat,  
kapag ang puso ay napupuno ng pagod,  
at kapag ang landas ay hindi na malinaw.

Bakit tayo narito sa mundong ito?  
Hindi lamang para huminga,  
hindi lamang para maghanap ng yaman,  
hindi lamang para habulin ang mga pangarap  
na minsan ay nawawala rin sa hangin.

Tayo'y nabubuhay...  
dahil may layunin.  
Isang layuning mas malalim  
kaysa sa anumang tagumpay.  
Isang layuning hindi sinusukat  
ng pera, titulo, o palakpak ng tao.

Tayo'y nabubuhay  
upang mahalin ang Diyos.

Mahal natin Siya  
sa bawat panalangin na binubulong sa dilim,  
sa bawat pasasalamat  
kahit kulang ang hawak ng ating kamay.

Mahal natin Siya  
sa pagtitiwala  
kahit hindi natin nauunawaan  
ang mga pagsubok sa ating buhay.

Dahil ang pag-ibig sa Diyos  
ay hindi lamang salita  
ito'y pamumuhay.

Ngunit hindi doon nagtatapos.  
Sapagkat ang tunay na pag-ibig sa Diyos  
ay makikita  
sa paraan ng pag-ibig natin sa kapwa.

Kapag may nagugutom  
at tayo'y nagbahagi ng tinapay.

Kapag may nalulungkot  
at tayo'y naging balik na masasandalan.

Kapag may nagkamali  
at tayo'y piniling magpatawad.

Pag-ibig sa kapwa  
kahit hindi natin sila kadugo.  
Kahit hindi nila tayo kilala.  
Kahit minsan nasasaktan tayo.

Sapagkat ang tunay na pag-ibig  
ay hindi naghahanap ng kapalit.

At paano natin mamahalin ang kapwa?  
Katulad ng pagmamahal natin  
sa ating sarili.

Hindi pagmamataas,  
kundi pagkilala  
na tayo rin ay mahalaga.

Na ang ating buhay ay regalo,  
na ang ating puso ay tahanan ng pag-ibig,  
at ang ating kaluluwa  
ay nilikha upang maging liwanag sa mundo.

Kaya bakit tayo nabubuhay?

Nabubuhay tayo  
upang magmahal.  
Upang magpatawad.  
Upang maglingkod.

Nabubuhay tayo  
upang ipakita



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# ECHOES of EXPRESSION

*A Creative Folio*

## Echoes of Expression *A Creative Folio*

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Butuan City, Philippines  
+639543906965

na ang mundo ay maaaring maging mas mabuti  
kung ang bawat puso  
ay marunong magmahal.

At sa huli,  
kapag ang ating paglalakbay sa mundo ay matapos na,  
ang tunay na sukatan ng ating buhay  
ay hindi kung gaano tayo kayaman  
o gaano tayo kasikat

Kundi kung gaano tayo nagmahal.

Nagmahal sa Diyos.  
Nagmahal sa kapwa.  
At natutong mahalín ang sarili.

Dahil iyon ang dahilan  
kung bakit tayo nabubuhay  
sa mundong ito.



**Francis Mervin L. Agdana, PhD**

Associate Professor II/Director for Academics  
Surigao Del Norte State University-Malimono Campus  
Malimono, Surigao Del Norte, Caraga, Philippines  
DOI 10.5281/zenodo.18975647

**Babaye: Kahayag sa Katilingban**

Babaye...

Dili na siya ang babaye nga hilom lang sa kilid,  
dili na siya ang hulagway nga maghulat lamang sa desisyon sa uban.  
Karong panahona,  
ang babaye motindog, mosulti, molihok,  
ug mopamatuod nga parehas siya og bili sa lalaki sa katilingban.

Sa balay,

siya ang unang momata ug ang ulahi nga mopahulay.  
Sa iyang kamot nagagikan ang kainit sa panimalay,  
sa iyang tingog nagagikan ang pahinumdom sa gugma ug respeto.

Inahan siya...

nga magluto, mag-atiman,  
magpahid sa luha sa anak nga nasakitan,  
ug maghatag og pahiyom bisan siya mismo gikapoy na.

Babaye...

dili lang inahan,  
kundi maestra sa unang leksyon sa kinabuhi.  
Sa balay pa lang, nagtudlo na siya  
unsaon pag-ampo,  
unsaon pagmahal,  
unsaon pagbarug kung mapukan.

Sa eskwelahan,

makita nimo siya nga nagdala og libro ug damgo.  
Usahay siya ang maestra,  
nga naghulma sa hunahuna sa kabataan,  
nagtudlo og kahibalo  
nga mahimong suga sa ilang kaugmaon.

Apan tan-awa usab siya sa trabaho

nagsul-ob og uniporme,  
nag-atubang sa kalibotan nga puno sa hagit.  
Babaye nga empleyado,

babaye nga lider,  
babaye nga nagtrabaho dili lang para sa kaugalingon  
kundi para sa pamilya nga iyang gihigugma.

Usahay...  
siya pa ang breadwinner.  
Siya ang nagbitbit sa responsibilidad  
nga usahay bug-at kaayo.

Apan bisan bug-at,  
ang babaye mosmile gihapon,  
kay kabalo siya  
nga ang iyang paningkamot  
mao ang pundasyon sa kaugmaon sa iyang pamilya.

Ug labaw sa tanan  
ang babaye espirital nga giya.  
Siya ang magtudlo sa anak nga moluhod sa pag-ampo,  
siya ang magpahinumdong nga ang kalampusan  
dili lang makita sa kwarta o dungog,  
kundi sa kasingkasing nga duol sa Ginoo.

Busa ayaw kalimti...  
ang babaye dili kahayang,  
dili ikaduha,  
dili lang kauban sa dalan.

Ang babaye kusog,  
ang babaye kahayag,  
ang babaye haligi sa pamilya ug katilingban.  
Kay sa modernong panahon,  
ang babaye ug lalaki  
dili magbangga sa gahum  
magtinabangay sa paghulma sa mas maayong kalibotan.

Babaye...  
dili lang ikaw kusgan,  
ikaw usa ka inspirasyon.  
Ug sa matag lakang sa kinabuhi,  
ang imong bili  
dili sukdon sa imong kahimtang,  
kundi sa gugma, sakripisyo,  
ug pagtuo nga imong gihatag sa kalibotan.



**Mary Ann L. Decrepito, EdD**

Associate Professor V  
BEED Chair, Graduate School Secretary  
Capiz State University, Pontevedra Campus  
Capiz, Region VI, Philippines  
DOI 10.5281/zenodo.18870410

## **Cry from the Flood**

*Whoosshhh... Crack.... Boom.... Boogggg....!!!!*  
*A deafening roar of water. People screaming. The crack of wood splitting. Flashes of lightning.*

**BAM:** Move! Climb to the roof! Tita, hold your child tight! THE WATER'S RISING—RUN! HELP! Somebody—please! The current—it's too strong!

**BAM** (crying) Typhoon Uwan... You didn't come like rain. You came like a monster, devouring everything! Houses—gone! People—swept like paper! Dreams—drowned before dawn!

*Then suddenly, A mother's cry echoes....*

**Mother:** My baby! My baby is in the water!

**BAM:** SOMEONE GET HER! (tries to help) I'm coming—hold on! I— (Loud crash—BAM flinches.)

**BAM:** Everything felt like the world ending... And then someone shouted. No...!!! screamed...

Not because of the storm... But because of me.

**Carl:** CLASSMATE 1 There! Bam! The engineer's son!

**Alaica:** The corrupt one! His father built the flood control project!

**John Rey:** Classmate 3 And now it collapsed! People died because of them!

*(BAM gasps, shaking his head violently)*

**BAM:** What? No...No! I'm helping! I'm just trying to...

**Carl:** You knew, didn't you? You covered up for your father!

**BAM** (shouting) I DIDN'T! I don't even cover for my crush's bad jokes, how much more corruption?!

*(But they shout over him.)*

**Alaica:** Your family caused this! This flood... this chaos ...it's your bloodline!

**BAM:** (voice cracking) I'm gay, not God! I don't control water! I don't control my father! I barely even control my hair during humidity!

*(But the classmates walk away, leaving me alone as the storm softens.)*

**BAM** (softly, broken) Why does the world blame me? for the sin of my father?

**FATHER** (voice trembling) Son... I heard what they have said about me... About... the flood control...and the funds.

**BAM:** (fists clenched) Papa... Please tell me it's not true. Tell me the walls didn't fall because of money you took.  
But Long silence. **FATHER** breaks into sobs.

**FATHER:** I failed, Bam... I failed the people...I failed...you. I thought cutting corners was harmless... I didn't think it would ever come to this.

**BAM** (crying) Papa... people died. People screamed for help while the water ate their homes. Do you know how heavy that feels?

**FATHER:** I would trade everything... to take it back. But I can't.

*(BAM collapses to his knees.) (voice shaking)* I wanted to hate him. I wanted to blame him for every life the flood took. But when I looked at my father... I didn't see the villain they painted. I saw a man drowning in guilt... even deeper than the floodwaters outside.

**FATHER:** (small voice) I don't ask for forgiveness...Just a chance to change.

**BAM:** (softening) Change...starts with admitting the truth. And loving someone...sometimes means helping them rise from their own ruins. Papa...I can't carry your sins...But I can walk with you as you make things right.

**FATHER:** You still... accept me?

**BAM** (smiles through tears) I'm your child. Gay, loud, fabulous... and full of love! The world rejected me for who I am... But I won't reject you for what you've done.

**BAM:** To those who blamed me... You...? Everybody who accused me... who accused us? I forgive you. You were hurt. And hurt people throw stones at whoever stands nearest. But hear me: We are NOT the sins of our parents. We are NOT the corruptions of our bloodline. We are NOT the disasters we survive.

I am Bam, a student leader, a survivor of Typhoon Uwan, a child of a flawed man, and a heart that chose love even after the flood washed everything away.

Because sometimes... when the waters finally recede, the only thing strong enough to remain is forgiveness.

**Rhelivyn M. Rosendal<sup>1</sup>, Cindy N. Cortez<sup>2</sup>**

<sup>1,2</sup>Biliran Province State University  
Naval, Biliran, Region VIII, Philippines  
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## Generation Z and Innovative Agricultural Revolution

The Generation Z or commonly called to as Gen Z, was born between the mid-1990s and early 2010s, is often characterized as the most career oriented and diverse individual because of being highly dependent on technology, associated with different perception of life fulfillment, and self-reliant and focused on personalized learning. On the other hand, agriculture is confronted with global challenges, including the need to feed a growing population, reduce the persistent levels of rural poverty, and address rising concerns about managing natural resources. The Gen Z traits play an important role in reshaping the agriculture by embracing technology, prioritizing sustainability, and fostering innovation.

The integration of technology, for instant, is driving significant change in the field of agriculture. Gen Z as raised in a digital age, is capacitated to use and develop new innovative agricultural technologies. This idea has led to the application of precise agriculture, a data-driven approach using sensor, drones, GPS, and other artificial intelligence technologies to optimize agricultural practices. The combination of remote sensing by the farmers with farm technology including gathering soil real-time condition, current crop health, and changing weather patterns can improve the farm management (Cruz et al., 2020). This technology will not only reduce the environmental footprint in agriculture, but also reduce the need for human labor, which in turn, ultimately increases productivity and revenue (Alana et al., 2020).

In addition, the Gen Z's contribution towards sustainable agriculture is not just a trend but also a necessity. This generation is deeply knowledgeable of the environmental challenges facing by the world, including climate change, loss of biodiversity, and the degradation of natural resources. Consequently, they tend to embrace sustainable practices in their agricultural approach that prioritize environmental conservation. Promoting a long-term healthy ecology rather than short-term high yields, the sustainable agricultural practices offer an economic stability for farms, and improve farmers' quality of life by solving environmental problems caused by conventional farming (Elliot 2013). Today, the Gen Z scientists, farmers, and entrepreneurs are also advocating for organic farming system, ecologically balance pest management, and creating other alternative food sources like plant-based proteins. By this, Gen Z focus on sustainability to generally ensures not only a healthy planet for the next generation but also the ability to create more profitable, resilient, and sustainable agricultural system.

Aside from technology and sustainability, Gen Z revolution in agriculture is strengthened by a deep sense of social duty. This generation believed that a responsible and sustainable agricultural future must centers on resolving issues like consuming locally produced food, food insecurity, labor rights, and equitable access to nutritious food. Some

Gen Z farmers and organizations are now establishing and supporting community-supported agriculture (CSA), a program that gave an important opportunity for producers and farmers to develop business and marketing skills, which play a major role in the creation of more localized food systems by directly connecting farmers and consumers (Gillespie et al., 2007). Gen Z is uniquely positioned to inspire and empower people to take action towards a more sustainable food system.

Moreover, Gen Z demonstrate a strong entrepreneurial mindset. Nowadays, many young people are establishing and ventures in agricultural businesses through exploring new feasible markets and developing innovative agricultural products. Gen Z is revolutionizing the agricultural industry by harnessing the power of social media to engage with consumers, cultivate personal brands, and pioneer digital marketplaces. This entrepreneurial system of Gen Z facilitate innovation and leading the agricultural industry forward.

In conclusion, the Gen Z plays essential role in transformative modern agriculture. Their technological literacy, concern to environment, entrepreneurial mindset, and commitment towards sustainable agriculture positively reshape the landscape and future of the agriculture industry. The Gen Z contribution will undoubtedly have a remarkable and lasting change and impact on the way people produce, process, consume, and value agricultural products and foods.

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**ENRICO D. MEDINA, PhD(c)**

Program Head  
Dr. Aurelio Mendoza Memorial Colleges  
Philippines  
DOI 10.5281/zenodo.18907225

### Whispers of Love

In the stillness of night, a man dreams of love,  
Yearning for a heart that beats like a soft drum.  
He wanders through shadows, a specter in the dark,  
Burdened by solitude, longing for a spark.

He craves the warmth, a flame yet to ignite,  
Trusting that love blossoms, even through the night.  
With courage, he strides past fear and despair,  
Embracing the essence of life's tender care.

For the joy of love ignites a radiant blaze,  
A treasure to cherish, where hearts feel no shame.  
In the dance of two souls, a symphony plays,  
A melody woven through the nights and the days.



VOLUME 2 | ISSUE 3

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*A Creative Folio*

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[lakbaydiwapublishing@gmail.com](mailto:lakbaydiwapublishing@gmail.com)  
Butuan City, Philippines  
+639543906965



### **RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus  
Surigao del Norte, Philippines  
DOI 10.5281/zenodo.18981981

### **Para Kanino Ka Bumabangon?**

EAT-SLEEP-REPEAT

Nabasa kong kataga sa isang t-shirt  
Napaisip ako, para kanino ba ang buhay?  
Para kanino ka bumabangon?

Mahiwaga ang buhay,  
Walang kasigurahan ang hinaharap,  
Maaring mawala sa isang kurap,  
Minsan mga pangyayari nga'y di mo tanggap.

Nawa'y mahanap mo ang rason,  
Para kanino ka ba bumabangon?  
Mapakinabangan ang iyong lakas,  
Para sa pagtanda may masabing bakas.

Bakas na masarap balikan,  
Gawa na maaring ipagmayabang,  
Mapupulutan ng aral ng kabataan,  
Makapagpapasaya ng iilan.



**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981846

## Level-up

Level-up kung karaniwang tawagin,  
Taong umangat-angat sa paningin,  
Hinay-hinay mong kaginhawaan,  
Kanilang kita at nararamdaman.

Marahil rin level-up nga kung sa iba tawagin,  
Nabibili na ang pangangailan kung gustuhin,  
Hindi na kapos sa lahat ng bayarin,  
Ngunit, winning season, ito ang gusto kong sambitin.

Mas ramdam ang bawat sakripisyo 'nun una,  
Habang ang mundo ay nagpapahinga,  
O 'di kaya'y ang iba ay nagsasaya,  
Sa social media, ito ay iyong nakikita.

Ikaw naman itong, pinili na magtiis para makaipon,  
Planado bawat sentimo, dapat walang tapon,  
Maliban sa level-up, ito ay winning season mo.  
Deserve mo ang bawat segundo.

Subalit, puso'y panatilihing may puwang,  
Pagtulong sa kapwa ay 'wag mong bawasan,  
Pagpapala ay mas marami,  
Kung malasakit sa kapwa palagi mong pinipili.



**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981991

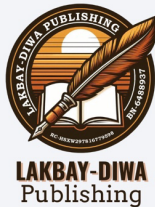
## **Sapat Na Sa Akin**

Kung mayroon mang pinakamahiwaga,  
Na naisin kung isulat sa talata,  
Iyon ay ang puso kung paano tumibok,  
Kung gaano ang sakit kung matusok.

Makakagawa ng mga bagay na di akalain,  
Sobra-sobra kung maghain,  
Makapagpapatawad ng paulit-ulit  
Pagmamahal na buo at 'di pilit.

Kaya, huwag mong intindihin,  
Dahil sapat na sa akin,  
Naibigay ko ang hiling ng aking puso,  
Pagmamahal na para sa'yo ay ituro.

Ang ginawa ay para sa aking sarili,  
Pagtupad ng dinidikta walang panghalili,  
Kahit 'di mo akong kayang mahalin,  
Malaman ang totoo ay sapat na sa'kin.



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Butuan City, Philippines  
+639543906965



## **RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus  
Surigao del Norte, Philippines  
DOI 10.5281/zenodo.18981959

### **Bigay ng Langit**

Ika'y isang panalangin,  
Oo, iyan ang aking paningin,  
Sa bawat pangarap mo, ako'y nasa likuran,  
Hindi kailangan, malaman ng sinuman.

Sapat ng malaman na ako'y bahagi,  
Anuman mayroon ka ngayong kung sakali,  
Sa paglipad mo'y huwag akong alalahanin,  
Buong puso, pangarap mo'y abutin.

Gaya ng dati, ako'y palaging nasa likuran,  
Naniniwala sa iyong kakayahan,  
Sarili mo'y huwag pagdudahan,  
Tiyak pangarap mo'y maganda ang kalalabasan.

Kung ikaw ay kaloob ng langit,  
Darating ang panahon na hindi pilit,  
Makasama kang masaya at buo,  
Sa ngayon, gawin mo ang magpapasaya sa'yo.

Ako naman ay handang pumikit ulit,  
Sa dalangin ika'y isasambit,  
Sa itaas, hihingin ka nang 'di pilit,  
Mga tadhana natin sana'y kanyang ipagdikit.



**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981926

**Bread Winner**

Iba-ibang mukha ang maaaninag,  
Kapag bread winner ang ilalapag,  
Minsan si Inay at Itay,  
Minsan kay Ate at Kuya nakasalalay.

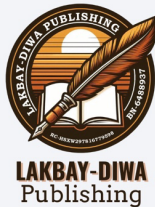
Iba-ibang istorya ang maririnig,  
Kapag bread winner ang iyong isasatinig,  
Minsan, kwentong masaya,  
Minsan kwentong 'di akalaing kinakaya.

Sa likod ng mapagbigay na puso,  
Mga kamay na handang sumalo,  
Isang tinig na gustong kumawala,  
Balang-araw, sana makita ang pag-asa.

Sa sarili mayroon sanang nais naisin,  
Ngunit susunod na buwan na laman ang para sa'kin,  
Kapakanan ng pamilya ang nauuna,  
Kaligayahan nila ay isantabi muna.

Ito'y hindi man naisalita,  
Ngunit kaligayahan nila ay makikita,  
Simpleng pangungumusta, isang ligaya,  
Haplos sa pusong minsan gusto uminda.

Laban sa buhay, kayang ipanalo,  
Huwag kalimutan sila rin ay tao,  
Naghahangad na sarili rin mauna,  
Hindi man ngayon, kahit sa susunod na.



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Butuan City, Philippines  
+639543906965



### **RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus  
Surigao del Norte, Philippines  
DOI 10.5281/zenodo.18981846

### **Level-up**

Level-up kung karaniwang tawagin,  
Taong umangat-angat sa paningin,  
Hinay-hinay mong kaginhawaan,  
Kanilang kita at nararamdaman.  
Marahil rin level-up nga kung sa iba tawagin,  
Nabibili na ang pangangailan kung gustuhin,  
Hindi na kapos sa lahat ng bayarin,  
Ngunit, winning season, ito ang gusto kong sambitin.

Mas ramdam ang bawat sakripisyo 'nun una,  
Habang ang mundo ay nagpapahinga,  
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Ikaw naman itong, pinili na magtiis para makaipon,  
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Deserve mo ang bawat segundo.

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Pagpapala ay mas marami,  
Kung malasakit sa kapwa palagi mong pinipili.



**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981926

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**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981959

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Sapat ng malaman na ako'y bahagi,  
Anuman mayroon ka ngayong kung sakali,  
Sa paglipad mo'y huwag akong alalahanin,  
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**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981981

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Mapupulutan ng aral ng kabataan,

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**RINALYN N. BONOTAN, MAEd**

Instructor III

Surigao del Norte State University- Malimono Campus

Surigao del Norte, Philippines

DOI 10.5281/zenodo.18981991

## **Sapat Na Sa Akin**

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Na naisin kung isulat sa talata,  
Iyon ay ang puso kung paano tumibok,  
Kung gaano ang sakit kung matusok.

Makakagawa ng mga bagay na di akalain,  
Sobra-sobra kung maghain,  
Makapagpapatawad ng paulit-ulit  
Pagmamahal na buo at 'di pilit.

Kaya, huwag mong intindihin,  
Dahil sapat na sa akin,  
Naibigay ko ang hiling ng aking puso,  
Pagmamahal na para sa'yo ay ituro.

Ang ginawa ay para sa aking sarili,  
Pagtupad ng dinidikta walang panghalili,  
Kahit 'di mo akong kayang mahalin,  
Malaman ang totoo ay sapat na sa'kin.

<sup>1</sup>**CRISTINA A. BEBITA, MAEd-EM**

<sup>2</sup>**RHEA A. OPERARIO, MAEd-EM**

<sup>1</sup>Teacher-III

<sup>2</sup>Administrative Officer II

Eastern Samar, Region 8, Philippines

DOI 10.5281/zenodo.19148829

## **Advantage of E-Learning in Education**

The online learning style is best suited for all. This is a revolution in the learning genre. The information, now, can be accessed, talked about, absorbed, and shared anywhere. E-learning has made education easy for everyone, including office-goers, homemakers, etc., without compromising much.

E-learning is effective and powerful. It makes information easy to grasp and absorb. It imparts enhanced ability to learn and implement among the learners. The Audio-Visuals help remember knowledge for a longer time.

E-learning lets you be in sync with modern learners. This keeps you updated with the current trends.

Traditional classrooms have mischievous elements to disturb the class. Whereas eLearning provides expeditious delivery of lessons. There is no procrastinator in eLearning. It is a quick way of Learning!

Lectures can be taken at any time and any number of times. In traditional classes, revisions are not easy. Unlike traditional Learning, if you have missed any lessons, you can have it online.

E-Learning allows teachers a higher degree of coverage to deliver the content regularly. This ensures consistency in Learning.

E-Learning is cost-effective as this method is quick and easy. Long training period, infrastructure, stationary, travel expense, etc., are reduced.

It is benefactor to those who feel nervous and disconnected in groups. It helps you learn without having to give up the comforts of the environment you are at ease with.

How e- Learning helps students, or the benefits of e-learning to student E-learning has been an invaluable support for learners around the world. Earlier the access to knowledge was not accessible to all.

Students with economic constraints, geographical boundaries, or physical disabilities had scarce opportunities in the academic environment. The same now have access to consistent education.



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+639543906965

The modern learning method fetches you a refreshed version of knowledge accessible at your convenience and shared with millions of people from different boroughs.

It is an ecstatic learning period for scholars far and wide. E-Learning also offers greater collaboration and global opportunities to the learners. The method complements the requisites of the current era, where everyone is racing against time to fetch their share of affluence.

Due to the all-inclusive set of advantages it offers to the learners, eLearning has matured into a popular and well-appreciated way amongst scholars all around the world.

The process undoubtedly has its limitations. For those with a hard-economic background and a lack of accessibility to technology, it is definitely a long shot to exploit its luxury to the fullest.

The unprivileged population of developing communities is saddled with this phase of the digital divide.

However, with an attempt to make the internet more affordable and far-reaching, it is possible to bridge the gap between low income community and provide access to dissipate the plight of the economic divide.

E-learning, with its burgeoning influence in the educational galaxy, will open portals to unexplored pathways, giving rise to new opportunities for the department, educators, parents, and learners.



**Charis Ma. Amor R. Mangco, MPM**

Instructor I/ BSHM OJT Coordinator  
Biliran Province State University  
Biliran Province, Region VIII, Philippines  
DOI 10.5281/zenodo.19103033

## Teaching Hospitality: Lessons Beyond the Classroom

When asked what the word hospitality means, many people think of hotel and restaurants, resorts, and travel destinations. They think of hotel front desk staff welcoming guests, chefs cooking dishes, or tour guides helping travelers in new destinations. What these people do not see, however, is the classroom where the hospitality leaders of the future begin their journey.

My workplace as a teacher of hospitality and tourism may not look like a hotel lobby or a restaurant kitchen, but in many ways, it is like those places. Everything I do, every lesson, every student activity, every conversation I have with a student helps to shape the type of hospitality and tourism professional that student will become.

While teaching hospitality and tourism, I can say that I have a different experience than a majority of teaching professions. Certainly, students are taught the operational side of their industry like guest services, tourism management, and professional standards. Nothing, however, is more important than the teaching of the hospitality industry that relates to the values of the person. In the classroom, I often remind my students that hospitality is not only about serving food or managing hotels. It is about creating experiences and making people feel welcome. A genuine smile, patience during a difficult situation, and respect for people from different cultures are just as important as any technical skill they will learn.

One of the most meaningful parts of being an educator is watching students grow. At the beginning of the semester, many of them are still unsure of themselves. Some are shy, some are still discovering what they want to do, and others are simply trying to keep up with the responsibilities of being a student. But over time, something changes. Through training, practice, and real-world exposure, they start to become more confident and more professional.

Moments like these remind me why teaching is so fulfilling. When students begin to take pride in their work, when they show responsibility during their training, or when they share their experiences from their internships, you can see that the lessons are starting to make sense beyond the classroom.

Of course, teaching also comes with its challenges. There are deadlines, requirements, and responsibilities that students sometimes struggle to manage. There are days when reminders must be repeated and guidance must be given again and again. But these moments are also part of the learning process. They teach discipline, accountability, and perseverance, qualities that are essential in the hospitality industry.



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Butuan City, Philippines  
+639543906965

What makes this profession truly meaningful is the realization that the lessons taught in the classroom do not stay there. They travel with the students. Someday, they will work in hotels, restaurants, tourism offices, and many other places around the world. They will meet people from different cultures and backgrounds. And in those moments, the small lessons they learned in school about professionalism, respect, and service, will guide them.

As teachers, we may not always see the full impact of our work right away. But it becomes clear when former students return to share their stories, their achievements, and the paths they have taken. Knowing that you played even a small role in their journey is one of the greatest rewards an educator can experience.

Teaching hospitality is more than simply delivering lectures or checking requirements. It is about guiding young people as they prepare for a profession built on service, respect, and human connection. In many ways, it is about teaching them how to care for others.

And perhaps that is the most important lesson of all.



**Charis Ma. Amor R. Mangco, MPM**

Instructor I/ BSHM OJT Coordinator  
Biliran Province State University  
Biliran Province, Region VIII, Philippines  
DOI 10.5281/zenodo.19102770

**Teacher of Hospitality**

I don't design hotels made of glass and light,  
or greet guests at marble doorways.  
However, every day in my classrooms,  
I train the ones who will.

My equipment doesn't involve silver trays or polished menus,  
but consists of teaching plans, words,  
and the unwavering belief  
that service starts in the soul.

I teach them that a smile will go further  
than any extravagant sight the guests might see,  
and that a smile will be understood  
without words and will be understood in every nation.

Some days the classroom is messy,  
the dreams are left unfinished, and journals are overdue,  
but I see through the messy days of the youth.  
I see the future managers and leaders.

I teach them that the people in the front of the room,  
and the people in the back of the room.  
That the people in the left of the room,  
and the people in the right of the room.  
That the people in the front of the room,  
and the people in the back of the room.  
And the people in the left of the room,  
And the people in the back of the room.

And the people in the left of the room,  
And the people in the back of the room.  
That the people in the front of the room,  
And the people in the back of the room.  
And the people in the left of the room.  
And the people in the left of the room.

Teacher of subjects,  
I am a teacher of service,  
of patience,  
and of humanity.



**Michelle Ann P. Gomez, LPT**

Faculty Member, College of Teacher Education  
Urdaneta City University  
Pangasinan  
DOI 10.5281/zenodo.19102502

## Where Silence Learns to Speak

Before the lesson starts, the room is still and deep,  
A fragile hush where timid thoughts lie curled in sleep.  
The chairs stand close like instruments that wait to play,  
While quiet dreams and hopeful hearts drift through the day.

A hand will rise, then fall before a word is said,  
As doubt begins to echo loudly in each head.  
Their answers form like trembling notes upon the air,  
Yet fear of mispronounced words lingers everywhere.

I stand before them patiently, both calm and clear,  
And offer gentle melodies to quiet fear.  
A phrase, a smile, a kindly nod begins the start,  
And slowly courage wakes within each guarded heart.

Then one soft voice begins to rise and take its place,  
Another follows, hope now shining on each face.  
Like violins that find their tune within a song,  
Their words grow strong and prove that they have belonged all along.

At last their voices fill the room in tones both bright and free,  
A living choir of thought and newfound bravery.  
For every word they dare to share, both strong and meek,  
Becomes the moment where silence learns to speak.



**Zhalone A. Servidad, BA Comp. Lit.**

University of the Philippines, Diliman, QC  
Santa Rosa City, Laguna  
DOI 10.5281/zenodo.19068914

## Pagkamulat

Ikaw ang una kong nagsinan sa umaga.

Hindi iyon isang panaginip. Hindi iyon tulad ng 'di mabilang na mga gabing tanging sa pangarap lamang kita nakikita. Hindi iyon tulad ng mga umagang naglalaho kang bigla sa sandaling magbukas ang aking mga mata.

Tulad ng madalas kong gawin sa iyong mga larawan, pinagmasdan ko ang natutulog mong anyo sa aking tabi. Sa kadiliman ay pilit kong tinatandaan ang iyong mukha, ang bawat guhit at kurba. Itinatatak ko sa isip ang iyong mga mata, ang iyong labi, ang iyong mga pisngi. Pinanood ko ang payapa mong pagtulog, ang bawat paghinga. Malaya kitang mapagmamasdan sa panahong iyon, bagay na hindi ko magawa kung ika'y gising.

Sa oras ding iyon ay abot-kamay kita. Ngunit hindi ako nangahas na hawakan ka. Ni hindi ko magawang kumilos mula sa aking kinalalagyan. Ayokong magising ka. Nais ko mang muling maramdaman ang pagdantay ng iyong mga kamay sa akin, takot akong basagin ang iyong pagkahimbing. Abot-kamay, ngunit hindi kita mahawakan.

Unti-unti kong nadama ang pagbalot ng lamig sa silid. Kasabay nito ang pagbabalik sa alaala ng gabing nagdaan: ang gabing naging saksi sa sandaling kasiyahang pinagsaluhan. Ang gabing iyon ay isa na ngayong alaala, tulad ng iba pang panahon na tayo'y magkasama. Kagabi'y binalikan natin ang nakaraan at pinangarap ang kinabukasan. Kagabi'y sinariwa natin ang isang ugnayang matagal na nanatiling tigang. Kagabi'y binuo natin ang pag-asang patuloy tayong magiging bahagi ng isa't isa.

Nanatiling tahimik ang paligid. Tanging ang pintig ng puso at ang malalim mong paghinga ang bumabasag sa katahimikan ng buwang-liwayway. Ngunit di tulad ng dati, dala ng katahimikang iyon ang isang pangako. Para sa akin. Para sa iyo. Para sa ating dalawa. Isang pangakong walang sakit o pait ang maiwan mula sa mga sandaling ito. Isang pangako ng bagong simula.

Ang umagang iyon ang simula ng paggising. Mula noon ang bawat pagmulat sa umaga ay may dalang pag-asang matatagpuan ko ang kaligayahang hinahanap. Sa bawat pagbangon ay kasabay ang dalanging mapupunan ang puwang na aking nadarama.

Nagsimulang tumagos ang mga sinag ng liwanag sa bintana. Ang pagbabadya ng pagdating ng bagong araw. Maya-maya lamang ay lubos na ang umaga. Maya-maya lamang ay sisilip na ang araw at sasabog na ang liwanag. Maya-maya lamang ay gising ka na.

Ipinikit kong muli ang aking mga mata. Sa muling pagmulat, sa tabi ko'y wala ka na.



**Dison I. Acebuche, LPT, MACDDS**

College Instructor  
Colegio de Santa Rita de San Carlos, Inc.  
San Carlos City, Negros Occidental  
DOI 10.5281/zenodo.19052681

## **Is the Philippine Educational System Preparing Students for the Real World?**

Education is the backbone of any nation development and the Philippines has not been an exception of this concept. Although the Philippine educational system has gone through several reforms, programs and policies to enable more students to succeed, the system has been criticized on the fact that it is not properly equipping students with skills to handle real life problems. Although some deliveries have been improved, there are still big gaps. This has caused the graduates to be ill equipped with the much-needed skills and knowledge to succeed in modern society.

The most notable issue with the Philippine education system is that it is mostly exam-based and rote-based. Lots of time is spent by students on memorizing facts and formulae, which is usually at the cost of building the creative, critical thinking and problem-solving skills. Graduates can be having the best in terms of writing examination but in most cases, they fail to have the interpersonal and analytical skills needed in the workplace. This practice is not in line with the modern requirements that have put an emphasis on innovation and flexibility.

These issues are further worsened by the gap in urban and rural education. The cities like Manila and Cebu have good schools with qualified teachers and technological facilities. On the other hand, at country schools there is often overcrowding, lack of facilities and availability of educational facilities. The report by the Department of Education (2022) shows that most of the public schools in the Philippines are not connected to the internet, limiting the chance of students to acquire the necessary digital skills. Such disparity exposes rural students to a lower level of preparedness to better education and job opportunities and creates concerns of fairness of access to good education.

In 2013, the introduction of the K-12 program was an important move to ensure that Philippine education is synchronized with the international standards with inclusion of two years of senior high school. This program enabled the students to pursue academic, technological-vocational, or entrepreneurial courses in the aim of equipping them better to meet the demands of the real world. The effectiveness of the program has however been restrained by lack of proper teacher training, ineffective resources and poor implementation of the curriculum. It is therefore unfortunate that most graduates still do not have practical skills like financial literacy and workplace communication.

Support and quality of teachers is still a major issue. Most Filipino teachers have too much work, underpayment, and lack of career growth, which adversely affect student



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Butuan City, Philippines  
+639543906965

performance. Even though training programs provided by the government exist, they are not consistent and accessible at remote locations. It is hard to equip students with modern challenges without the strong assistance to teachers.

Nonetheless, some improvements can be noted regardless of these challenges. Digital literacy, collaboration and critical thinking are among the skills that are being introduced in school curricula. There is an uptake of modern teaching methodologies in the private institutions and the government is offering non-formal education opportunities to out of school youth through the Alternative Learning System (ALS) initiative. These adjustments point out to the fact that further and frequent reforms would help improve the education system.

To end with, the Philippine education system has been on the way of modernization, however, there are still several challenges to overcome. Lack of progress is still seen in rote learning, inequality of resources, not fully implemented K-12, and lack of teacher support. Full reforms: Curriculum improvement, training of teachers, development of infrastructure and equal distribution of resources should be conducted to equip the student with equipment to live life after graduation. It is only by solving these problems that the system can produce competent, adaptable and innovative citizens that will be able to succeed in a globalized environment. The issue of effectiveness of the system in making students ready to take up challenges in the real world will continue to be experienced until such reforms are in full force.



**Mary Ann L. Decrepito, EdD**

Associate Professor V  
BEED Chair, Graduate School Secretary  
Capiz State University, Pontevedra Campus  
Capiz, Region VI, Philippines  
DOI 10.5281/zenodo.18870685

## Lanterns of Harmony

Fabulous morning starts with a sparkle, a strut, and a whole lot of confidence...Just like me, Lee! Love and acceptance are said to go hand in hand, but what if fitting in feels like a never-ending drama? Let me tell you my story, Lanterns of Harmony!

When I stepped off the jeepney in my fabulous dress, heels clicking on the gravel like the prelude to a Chinese drama, I braced myself for what was sure to be a weekend of drama.

The Chun family reunion wasn't just an event but a full-blown production. About ten steps from the gate, I heard the first shot fired.

"Lee?!" It was Tito Boy, the unofficial neighborhood commentator.  
He squinted at me like I was an optical illusion. "You're so... sexy and shiny."

I tucked a strand of hair behind my ear and gave him my best pageant wave as I stared at his balding facade.

"Thank you, Tito, and so is your bald head..." Aws sorry...

As I approached the house, I could already hear the familiar sounds of karaoke, gossip, someone arguing over the price of "bagoong", and someone criticizing furniture placements based on feng shui.

"Lee. You're here."  
"Missed me, Ma?"

I asked, blowing her a kiss. She sighed. "You're wearing that."  
"This?" I twirled, letting the sunlight catch every design.  
"This is subtle. Understated, even."  
"Understated?"

Kuya Paulo chimed in from the sofa, holding a plate of lumpiang shanghai.  
"You look like a walking disco ball."

"And you look like you've been alive since the Stone Age," I shot back.  
"Lee," my mom warned, already exasperated.  
"What?" I said innocently. "It's called sibling bonding."

Dinner was served with the usual chaos: plates clattering, Lola yelling for someone to pass the “suka”, and Tita Gina dramatically sighing over the state of her knees while inhaling “tikoy”.

“So, Lee,” Tita Gina began, her tone dripping with curiosity,  
“Are you still... doing that city thing?”

“What city thing, Tita?” I asked, even though I knew exactly where this was going.  
“You know,” she said, waving her hand vaguely, “that lifestyle.”

“You mean thriving? Living my best life? Being fabulous?” I replied, biting into a piece of lechon. Paulo nearly choked on his rice. “Fabulous? You look like a backup dancer who got lost on the way to the stage.”

“And you look like the reason we don’t win the barangay basketball league,” I snapped.  
“Lee,” my mom said, giving me **that look**. “Can we not fight for one meal?”

“It’s not fighting, Ma,” I said, smirking. “It’s called witty repartee. Look it up.”

The next morning...

“Oh, Apo, it’s good that you did not forget our family reunion...Thank you for going home. We need your help for our annual lantern festival...”

“...we will conceptualize our theme for this year’s festival...” Lola said.  
“Oh, sure Lola, at your service...”

Every year, in this season, in our barangay, every family comes together, decorating lanterns with bright colors and intricate designs and releasing them into the sky to honor ancestors and celebrate unity. This is even witnessed by neighboring barangays and towns every year.... Our barangay, named, Brgy. Paghidait is a blend of many cultures, where people from different backgrounds live in harmony, celebrating each other’s traditions.

“Apo, Lee, my peborit apo,,, what is in your mind for our concept in this year’s festival?”  
Oh, Lola “Well,” I explained, “our village is made up of many different cultures, each with its own stories. This year, our lantern should tell the story of everyone—how we’re all connected, no matter where we come from or what language we speak, and our perspectives and identities. What do you think?”

“Oh common, Lee ... Isn’t that too extravagant?” Kuya Paulo chimed in.  
“But Kuya, we will be making it out of indigenous materials we can just get in our vicinity.”  
“Paulo, listen. Your sibling’s suggestion is indeed good. It’s high time that you accept Lee...”



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# ECHOES of EXPRESSION

*A Creative Folio*

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She always did her best, and we can be proud of her, right? Mother said.”  
Kuya Paulo had nothing to do but conform with Mom and Lola.

The lanterns were painted with red and gold for good fortune, and bamboo designs for resilience and it feature patterns from other cultures: the crescent moon of the nomads, the tree of life from the elders, and the stars of the travelers. They were the lanterns of peace, the lanterns of inclusivity.

On the night of the festival, the entire barangay gathered in the plaza, where tables were lined with colorful lanterns. The air was filled with laughter, music, and the aroma of shared meals. As the lanterns were lit, their soft glow seemed to touch the very soul of the earth.

We stood together, holding our lanterns high. It was a masterpiece, its colors and symbols blending in perfect harmony. As we released it into the sky, the light of the lantern rose, joining the others in the night.

And as the lanterns drifted into the night, my heart swelled with hope. In my place, in my home, under the vast sky, everyone found their place... together we are one... I caught my mom watching me, feeling proud of what I am... of who I am... then... a small smile on her face. For the first time in years, I felt, I belonged, I felt accepted. Indeed, Family is Love...

“Junior!” my mom called out to me. “Ma, I told you not to call me that!”

I, Lee Chun Jr., whom they fondly called Lee.... My grandma’s favorite grandson... now...confident and proud that I belong...

<sup>1</sup>**Cristina A. Bebita, MAEd-EM**

<sup>2</sup>**Rhea A. Operario, MAEd-EM**

<sup>1</sup>Teacher-III

<sup>2</sup>Administrative Officer II

Eastern Samar, Region 8, Philippines

DOI 10.5281/zenodo.19150289

## **Transforming Teaching Methods Through Digital Education**

Schools are slowly looking at technology as an opportunity to develop teaching methods and resonate with students on technology level. Regardless of age, almost everyone owns a smartphone. Google is our library, and Wikipedia is our encyclopedia. Thesaurus is our dictionary, and Kindle is our textbook. Moreover, Artificial Intelligence (AI) is considered a transformative technology. It has evolved from a computer science field into a “quiet helper” used in daily life, business operations, and scientific research. At a time like this, learning to change our teaching methods by incorporating technology is the only way to bring light to the lives of our students. What are schools doing in order to bring about this change?

1. Smart Class – Teaching with a whiteboard, chalk, and markers is now a thing of the past, and teachers have shifted to making use of projectors, VCD, DVD players, and eLearning system display tutorial videos and short sessions online to help understand that learning can be fun too. Many schools now come with a TV or a projector attached to their whiteboard, where it is easy to shift from a normal classroom session to an interactive digital session. This can make students pay more attention, as we are now in the digital era, where Google is our go-to place.

2. Being Digitally Updated – In a tech-savvy world, education can become easily outdated, as there is always something new happening. Equipping students to be updated with news and other related topics is the best way to teach students to grow as people. Students spend most of their time on their laptops, their phones, and their iPads.

Knowing what sources students can refer to online, and knowing which websites offer the best information, can be a great way to guide students.

3. Converting Books to PDFs – Books are now taken to Kindle and other Tabs. Sending them notes, references, and other information in PDF formats that can be easily accessed on laptops, phones, and tablets is a good way to encourage students to choose to study better.

4. Encouraging Online Tests – Training students on subjects by conducting fun online tests from time to time can create a good learning environment for them. Students can be given online quizzes and assessments that they can take from home, replacing general homework that they find excuses for.

5. Conducting Online Webinars – How attentive are students when there is only one-way communication with the teacher standing in front of a whiteboard? We find the

classroom becoming noisy or students becoming easily disinterested in the topic. Conducting online seminars and webinars, enabling all students to engage in commenting and participating in questionnaires, can help them stay alert. Keeping students interested throughout a lecture is an art and a talent that teachers need to have, to benefit from the entire teaching- learning process. Students must engage in seminars, and the lectures must involve two-way communication.

6. Supporting Online Research – Similar to how a teacher is well prepared for a classroom session, encouraging students to be prepared too can drive students to be excited about taking up classes. Online research is trending and finding exciting careers in Market Research and more, and asking students to find something online that is difficult to find or encouraging online research by giving them a list of things to find before the next class is a good way to keep students looking forward to more classed. It is a great achievement knowing you have found something that no other student could find. Giving them rewards or appreciating their online findings can encourage students to make the best use of the digital resources they have.

7. Creating Communities – The interaction between a teacher and a student does not have to end at school, in a classroom. An online community is where a group or a team stays connected online, submitting projects, discussing topics, or expressing ideas. Teachers can set a platform for students to communicate their ideas, suggestions, and subject-related queries, so that they can be solved at any time. Being open to online activities like these keeps students more focused even outside of school, without realizing the fact that the learning process continues even after classes are done.

To end, textbooks, homework, classroom notebooks, whiteboards, chalk, and markers are now history.

Smartboards are introduced where teachers can drag and drop shapes, bring in online calculators on the board, measure with AR tools, and voice out the text they want to see on the board. How practical is it to be disconnected from the digital world when students are way faster in terms of technology?

Schools are now offering to provide free tablets and Kindle-like tablets for students to take notes on. It is time to collaborate on teaching methodology with technology and make classroom sessions livelier and more interesting!



**Rodrigo, Jr. A. Batobalunos, MAEd-ELT**

Department Head  
Dr. Aurelio Mendoza Memorial Colleges (AMMC)  
Zamboanga Sibugay, Philippines  
DOI 10.5281/zenodo.19161701

## **Before the Weight of the World**

In the innocence of my youth, I was in a breathless rush to conquer time, desperately wishing to grow older. I harbored this naive illusion that adulthood was a sanctuary of boundless freedom, a perfect reality where one could wander untethered into the night, stripped of curfews and the need for permission. I would look with bitter envy at the grown-ups who claimed the late hours as their own, dancing in the shadows of the evening, while I felt imprisoned by the fading light of five o'clock and forced into a heavy slumber by six.

But that childhood yearning was a profound and tragic miscalculation. Today, I am entirely consumed by the crushing gravity of the world. The relentless weight of adulthood, the endless demands of my profession, and the sheer burden of survival leave me gasping. It feels as though the waters of responsibility are constantly rising to my neck, suffocating my every breath.

I look back at the quiet, unburdened simplicity of my early years, and my mind is haunted by a singular, desperate wish: to rewind the hands of time. I ache to return to the days when the only weight upon my shoulders was the joyful exhaustion of play. I yearn for the damp earth of the fields, the simple labor of weeding, and the shared, rhythmic chore of fetching water and gathering firewood by the well alongside my neighbors.

I miss the thrill of dragging fallen coconut fronds to slide recklessly down the hillsides, and the breathless wonder of launching kites into the vast, open sky. I long for that late afternoon walk home, greeted by the familiar, comforting plumes of smoke rising from the edges of the neighbors' yards as they burned the dry, fallen leaves, a gentle, sweeping signal that the scorching heat of the day had finally surrendered to dusk.

Yet, standing here now in the suffocating grip of reality, there is only one heartbreaking truth I can offer: Time is a relentless thief. The eager little boy who once stood in the sun, rushing to meet the future, is now a man who is just so utterly, deeply exhausted.



**David Kyle S. Pallon, SN**

Student Nurse  
Mindanao State University- Zamboanga Sibugay  
Zamboanga Sibugay, Philippines  
DOI 10.5281/zenodo.19203349

## **God, Country, and Corruption: The Oldest Tradition the Philippines Never Abolished**

Every election season, the same ritual begins.

Candidates arrive at the steps of centuries-old churches, rosaries in hand, heads bowed, lips moving in prayer. They invoke the name of God before a crowd that genuinely believes them. They wrap themselves in the flag as it belongs to them. They speak of *pagmamahal sa bayan* with the conviction of men who have never once acted on it. And the crowd cheers. The crowd always cheers.

This is not hypocrisy. Hypocrisy, at least, requires shame.

What the Philippines has cultivated over generations is something far more sophisticated, a tradition so deeply embedded in the architecture of public life that we no longer recognize it as aberrant. Corruption here is not a failure of governance. It is governance. It is the system working exactly as those in power designed it to work: for themselves, through us, at our expense.

We are a nation that survived colonization, by sword, by cross, by occupation. We fought. We bled. We canonized our martyrs and named streets after them. And then, in what history may record as the cruelest irony of our postcolonial existence, we handed the keys of the republic to men who studied those colonizers, not to resist them, but to imitate them.

The plunder did not stop when foreign hands released their grip. It transferred. New faces, same hands in the treasury.

Administration after administration, the story replays itself. Officials steal. Investigations open. Hearings are televised. Outrage trends for a week. And then someone walks free or worse, runs again and wins. In a country where power has always been synonymous with impunity, longevity in politics does not signal service. It signals survival through theft. And Filipinos, exhausted and disillusioned, have been taught to admire the ones who survive. That is what decades of unaccountable plunder produce. Not just poverty. Learned helplessness in the veil of pragmatism.

But let us not pretend this is only a story about politicians.

The corruption that bleeds this country is participatory. It lives in the fixer who charges a family five hundred pesos to expedite a document that should be free. It lives in the teacher who sells test answers, the policeman who extorts the sidewalk vendor, the bureaucrat who sits on a permit until someone slides an envelope across the desk. It lives in the voter who accepts a thousand pesos on election eve and calls it "*ayuda*."

We have made peace with small corruptions because they feel survivable. We reserve our outrage for the billions, and even then, only briefly, only until the next headline arrives, only until the telenovela resumes. *Ningas-cogon*. We burn fast and die faster.

The Church, for its part, has never been innocent in this story.

For centuries, it held land and power and silence in equal measure. It blessed the hands of strongmen and presented it pastoral accompaniment. It thundered against sin from gilded pulpits while its own houses tacitly buried scandals in files no one was supposed to find. It spoke of the sanctity of life while looking away from the lives its silence destroyed.

This is not anti-faith. The Filipino people's relationship with God is genuine, personal, and deeply sustaining; it has carried this nation through disasters and grief that would break lesser peoples. But that faith has also been weaponized and exploited and used as moral scaffolding for politicians who need the optics of heaven while engineering hell in the budget. When an official bow his head at a prayer breakfast and then signs off on a plunder scheme the following Monday, that is not a contradiction. That is the tradition.

Here is what we have never honestly reckoned with: corruption in the Philippines does not persist because Filipinos are weak. It persists because the structures that should punish it are staffed by the same class of people who benefit from it.

The oversight bodies. The courts. The investigative committees, those theaters of indignation where legislators perform outrage they have no intention of following through on. These are not broken institutions. They are institutions that function precisely as designed, as release valves, not as accountability mechanisms. They let the pressure out just enough so the system does not rupture. And then everyone goes home. Justice in this country is not impartial. It is bought. And it has been bought for so long that some of us have stopped expecting anything else.

So, what, then?

There is a generation growing up in this country that is angrier and more clear-eyed than any before it. They were raised on the internet, on audit reports that went viral for a week and disappeared. They watched people experiencing poverty bear the weight of crises manufactured by the greed of those above them. They watched public funds evaporate while nurses wore garbage bags in ICUs. They noticed. They are still noticing.

The question is whether noticing becomes something harder. Something sustained. Something that does not burn out before the next election.

Change in the Philippines has never come from those in power suddenly discovering a conscience. It has come, when it has come at all, from people who refused to stop being furious.

God, country, and corruption have shared a pew in this republic for far too long. It is past time we separated them.

*The tradition is old. But traditions can be broken. The only question is whether we want this one badly enough to end it, or whether we will kneel at its altar once more and discern its faith.*



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# ECHOES of EXPRESSION

*A Creative Folio*

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[lakbaydiwapublishing@gmail.com](mailto:lakbaydiwapublishing@gmail.com)  
Butuan City, Philippines  
+639543906965

### GLENN PAULO K. LABASAN

Ifugao State University  
Ifugao, Cordillera Administration Region, Philippines  
DOI 10.5281/zenodo.19204061

### A Stranger Who Stayed for a While

A stranger walking through a quiet town  
Carrying a pocket of hopes and dreams  
Doubts whispering beneath each step  
Yet willing to walk farther than fear allows

The wind lifts my weary thoughts  
Leaves clap softly along the road  
The earth steadies my trembling knees  
And the sun quietly guides my path

I came to see what waited for me here  
Welcomed by the sweetness of unfamiliar smiles  
Curious eyes quietly studying the stranger  
A simple visit turning into a quiet challenge

A promise made to serve  
Words spoken and carefully kept  
A duty slowly fulfilled  
Now a heart preparing to move on

With a heart full of quiet lessons  
From a place once strange, now familiar  
Bonds woven in simple moments  
Connections time will only deepen



**Rodrigo, Jr. A. Batobalunos, PhD (u)**

Department Head  
Dr. Aurelio Mendoza Memorial Colleges (AMMC)  
Zamboanga Sibugay, Philippines  
DOI 10.5281/zenodo.19249839

**A Plea from the Front of the Room**

There was a time when the thought of stepping into the shoes of an educator was entirely absent from my dreams. After I had finally clawed my way to the finish line of my own education, exhausted from the grueling marathon from elementary through college, the mere idea of surrendering myself back to the four walls of a school felt like a cruel irony. My mind was set on escaping those halls, not dropping anchor within them.

Yet, as the years unfolded, a strange and quiet envy began to take root. I found myself inexplicably drawn to the sight of teachers, captivated by the crisp, immaculate dignity of their uniforms. A lingering, relentless curiosity began to whisper in the quiet corners of my mind: What if I stood at the front of the room? What if I dared to teach? Could I survive the weight of that calling?

Driven by that haunting question, I took the leap. And it was there, standing before a sea of expectant faces, that a profound revelation struck me. I had stumbled upon my true purpose. The sheer, breathtaking privilege of guiding students, of watching the light of understanding ignite in their eyes, it was an intoxicating, deeply beautiful feeling. I had finally found where I belonged.

But that romantic dawn was soon eclipsed by a crushing reality. As the seasons of my career wore on, the quiet sanctuary of the classroom was violently invaded. The pure, noble act of teaching became buried beneath an avalanche of endless paperwork and the suffocating gravity of unyielding expectations. The quiet hours of my life were devoured by a relentless tide of clerical tasks, leaving me gasping for the time I desperately wanted to spend simply educating.

The fire within me, that fierce, unyielding devotion to my students, has never flickered out. But trapped beneath this bureaucratic wreckage, my exhausted spirit often screams a desperate, agonizing plea: Why can't we just teach? It is a heartbreaking paradox. I began as a soul who wanted absolutely nothing to do with this profession, only to become a man who fell passionately in love with it. But now, in the very era where my heart is most desperate to educate, my existence has been reduced to a frantic struggle just to survive the system.

Why is the profound grace of simply teaching no longer enough?



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Butuan City, Philippines  
+639543906965

<sup>1</sup>**Jealla Anne G. Subang, MAEd-EM**

<sup>2</sup>**Baby Jessa C. Cepeda, MAEd-EM**

<sup>1</sup>Private School Teacher

<sup>2</sup>Substitute Teacher

<sup>1</sup>MSH Sisters Academy - Borongan INC

<sup>2</sup>Lalawigan National High School

Borongan City Division, Eastern Samar, Region VIII, Philippines

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## Cyber Bullying: School Awareness and Preventive Measures

According to a survey by the Cyberbullying Research Center, almost 34 percent of students in middle and high school had been cyberbullied in 2016 – the largest percentage reported since the organization began tracking cyberbullying 10 years ago. As this problem grows, students, parents, and educators need to understand the effects of cyberbullying and what can be done to prevent it. This guide takes a holistic look at the issue. It includes information on the types of cyberbullying, how students can protect themselves, and what actions can be taken to address it after it happens. Cyberbullying occurs when someone harasses, torments, threatens, or humiliates someone else through the use of technology including text messages, social media sites, email, messages, and websites. Like face-to-face bullying, cyberbullying can manifest itself in several different kinds of behaviors. The following are some common examples of what cyberbullying looks like. Although it is important to understand the different cyberbullying behaviors to get a full understanding of it, it's also important to understand the bullies themselves and why they do what they do for their peers. There are many reasons students may engage in these behaviors, including boredom, revenge, and the desire to provoke a reaction from their victims.

In addition, the anonymity of the internet makes it easier for people to cyberbully others, especially if they are social outcasts who lack the courage to bully anyone in person. In other cases, some people become cyberbullies because they are part of the crowd, and they are mimicking the behaviors of their own peer groups to fit in – cyberbullying Effects. Being the victim of bullying is already a stressful experience. Still, when the internet is added to the equation, it can be especially painful because of the bully's reach over the victim, according to *Arsenault*.

"In these instances, the victim feels even more powerless since it is very easy to disseminate information online and very hard to retrieve and remove what is already out there." Ponce says, "A lot of times, a cyberbully may use the internet or cellphone as a weapon of choice, and the bullying can very easily spill over into more harm at school with their peers. "If left unchecked, the effects of cyberbullying can lead to extreme stress and depression, and students who are victims may feel drawn to self-harm as a result of their experiences. In fact, according to a study published in the Journal of Medical Internet Research, students who have been cyberbullied are twice as likely to engage in self-harming behaviors and to have suicidal thoughts as those who have not.

However, the victims of bullying are not the only ones who are vulnerable to self-harm and suicidal behaviors: The study also reports that young people who cyberbully others are at a significantly higher risk of experiencing these feelings than those who don't. Students who are victims of cyberbullying may feel so overwhelmed that they don't know what they can do about it. The following are some steps they can take to handle these situations and get the help they need. Since the consequences of cyberbullying can be so severe – for the bully as well as the victim, it's imperative for teachers, parents, and even other students to work together to prevent cyberbullying. The following strategies can help. Let students know it's OK to report any online abuse they experience.

- Participate in training on cyberbullying prevention to better understand it and learn strategies for addressing it.
- Teach students what cyberbullying is and why it's wrong.
- Create an environment for mutual respect and tolerance in the classrooms.
- Incorporate the internet and social media into lesson plans to teach students how to be respectful to others online.
- Work closely with parents so they understand cyberbullying.

Schools play a vital role in raising awareness about the issue. By conducting seminars, workshops, and campaigns, students can better understand the Effects of Cyberbullying and the importance of responsible online behavior. Educating students about digital citizenship helps them become more mindful of what they post and how they interact with others online. Preventive measures should also include clear school policies against cyberbullying. These policies must outline consequences and encourage students to report incidents without fear. Teachers and school staff should be trained to recognize warning signs such as sudden changes in behavior, withdrawal, or declining academic performance. Parents also have an important role in prevention. Open communication between parents and children can help students feel safe discussing their online experiences. Monitoring online activity and guiding children on proper internet use can reduce the risk of cyberbullying.

One effective way schools can address cyberbullying is by integrating it into the curriculum. Lessons on online safety, responsible technology use, and respectful communication can be incorporated into subjects such as English, Values Education, or ICT. This helps students understand that their actions online have real-life consequences. Peer support programs can also be introduced in schools. Students can be trained as peer mentors or ambassadors to promote positive online behavior and support classmates experiencing bullying. Sometimes, students feel more comfortable opening up to their peers rather than adults.

Another important preventive measure is teaching students how to protect themselves online. This includes setting privacy controls, avoiding sharing personal information, and knowing how to block or report abusive users. Empowering students with these skills can help them feel confident and safe in digital spaces. Schools should also collaborate with parents by conducting orientation sessions or meetings on cyberbullying. When parents are



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informed, they can better guide and support their children at home. A strong partnership between school and family creates a more effective approach to prevention.

Furthermore, promoting kindness, empathy, and respect within the school community can create a safer environment for everyone. Students should be encouraged to stand up against bullying and support their peers who may be victims. Simple acts of kindness can make a big difference in preventing harmful behavior.

In addition, using posters, school campaigns, and social media platforms to spread awareness can make the message more engaging. Creative activities such as slogan-making, poster contests, or short video projects can encourage students to actively participate in promoting anti-cyberbullying advocacy. It is important to remind students that words have power, whether spoken or typed. Practicing respect, kindness, and responsibility online can help build a positive digital community. Everyone has a role in making the internet a safer place.

Cyberbullying is not just a problem behind screens – it is a real issue that affects real people with real emotions. Every message, comment, or post has the power to either hurt or heal. As students, teachers, and members of the community, we all share the responsibility to create a safe and respectful digital environment. Awareness alone is not enough; it must be followed by action, courage, and comparison.

Let this be a reminder that kindness should never go offline. By choosing to speak with respect, stand up for others, and think before we click, we can prevent harm and protect one another. In a world where technology connects us all, let us use it not to bring others down, but to lift each other.



**Jobalyn Dumanghi Langayo, MA-Pol. Sci.**

Instructor I  
Ifugao State University  
Nayon, Lamut, Ifugao, Philippines  
DOI 10.5281/zenodo.19229538

**My Poor Ambitious Dad**

*(this is dedicated to my dad)*

I'm young, fragile, and innocent  
I play with kids around the house  
My dad and I laugh aloud  
His love and care I always hear

I grew up fast like snow that melts  
I saw the hardship that life has given  
I always fear my life ahead  
My dad assured me my life was great

The hurdles now are getting high  
My dad is smiling like life is good  
But deep in his heart are fear and hope  
He always says that life is great

I never think that he is weak  
I only know when I saw him cry  
Because of me, he forgets his pride  
To provide my things to finish school

He wants to live like a princess at house  
He smiles at us at our little success  
He is poor, and nobody in the community  
Now I have my own life, different from the past  
I always owe it to my poor, ambitious dad



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+639543906965



### **JAMES C. LOBHOY, MM-BM**

Instructor

Ifugao State University - Main Campus

Nayon, Lamut, Ifugao

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### **The Emerald Ascent: A Liturgy of Stone and Soil**

The limestone is slick with the sweat of the sky,  
hewn and pressed into the red earth  
by calloused hands that have long since  
returned to the dust of the valley floor.  
Each tier is a fossilized prayer,  
tasting of oxidized iron and the sharp,  
metallic promise of highland rain.

The terraces do not merely sit;  
they climb.  
An emerald staircase for forgotten giants,  
sculpted from the very gravity of the cordillera,  
holding the mountain together  
lest it should slide into the clouds.  
Up here, the atmosphere is a razor —  
a cold, translucent silk that clings  
to the heat of your throat.

The silence is not an absence of sound;  
it is a heavy, beautiful wool,  
woven from the breath of ancestors,  
muffling the frantic pulse of the world below.  
It leaves only the primitive heartbeat:  
the rhythmic, relentless rush of water  
veining through the ancestral mud.



**James C. Lobhoy, MM-BM**

Instructor

Ifugao State University - Main Campus

Nayon, Lamut, Ifugao

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## **Navigating the Intersection of Innovation and Volatility: The Strategic Evolution of Global Tourism and Hospitality**

The global tourism and hospitality industry is currently undergoing a structural metamorphosis defined by the convergence of disruptive technology and heightened environmental consciousness. As the sector moves through 2026, the traditional "mass tourism" model is being superseded by hyper-personalized and "sustainable-first" frameworks that prioritize ethical alignment and operational agility. Historically, this sector has functioned as a resilient pillar of global economic stability, consistently contributing over 10% to the global Gross Domestic Product. However, the post-pandemic recovery phase did not signal a return to the previous equilibrium; rather, it catalyzed a radical shift in consumer behavior. The contemporary traveler has evolved from a passive consumer into a value-driven stakeholder who demands tech-seamless, ethically aligned, and authentic experiences. Consequently, the industry's future now depends on a "double-helix" approach: the seamless integration of high-efficiency automation with the indispensable "high-touch" of human hospitality, while navigating an increasingly volatile global landscape.

The most significant driver of this change is the transition of Artificial Intelligence (AI) from a peripheral convenience to the "central nervous system" of hospitality operations. By 2026, the industry embraced "Travel Mixology," which is the strategic blending of AI-driven data precision with human emotional intelligence. Modern hospitality has moved beyond standardized service toward total guest autonomy through the "Pick 'n' Stay" model. Using predictive analytics, hotels now offer environments tailored to individual physiological and psychological needs, ranging from pre-arrival climate control to customized wellness integration. This technological shift coincides with the collapse of traditional professional boundaries. The rise of "Bleisure," the blending of business and leisure, and digital nomadism has forced a redesign of the hospitality product. Accommodation is no longer just a place of rest but is now a critical node of productivity. This shift necessitates specialized in-room infrastructure, including ergonomic workspaces and high-capacity digital connectivity, effectively turning hotel rooms into branded residences that offer professional stability within a luxury service framework.

Parallel to these technological shifts, sustainability has transitioned from a secondary marketing strategy to a non-negotiable metric for institutional investors and consumers alike. The industry is currently pivoting toward a circular economy model to mitigate its environmental footprint through regenerative infrastructure. New developments are prioritizing biophilic design and renewable energy systems, such as geothermal and solar grids, to move toward carbon neutrality. Furthermore, advanced resource management, including smart water monitoring and greywater recycling, has become the industry



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standard. These innovations address the traditionally high water and energy intensity of hospitality operations, ensuring that growth does not come at the expense of local ecosystem health. By integrating these circular principles, the industry seeks to harmonize its expansion with the long-term viability of the destinations it inhabits.

Despite these advancements, the industry faces an "automation paradox" and significant systemic headwinds. As operations become more technical, the human capital crisis intensifies, creating a widening skill squeeze where the demand for sophisticated management talent outpaces the available workforce. While robotics and AI can handle repetitive tasks, the industry's primary value proposition, the human touch, remains difficult to scale and automate. Furthermore, environmental and geopolitical volatility present a persistent threat to operational continuity. Overtourism in heritage sites has led to community backlash and stricter regulations, while climate change has moved from a long-term risk to a seasonal certainty. Extreme weather events frequently disrupt travel corridors and threaten the physical integrity of coastal and mountain destinations, requiring stakeholders to maintain constant situational awareness.

In a nutshell, the future of tourism and hospitality is defined by a delicate duality: the requirement for relentless technological innovation and the mandate for radical environmental stewardship. While AI and data analytics offer unprecedented tools for operational precision, they cannot replicate the essence of hospitality, which remains rooted in cultural exchange and human connection. To remain competitive in 2026 and beyond, stakeholders must master "Point-to-Point Precision" in their service delivery while maintaining the agility to adapt to a planet in flux. Ultimately, success in this new era will be measured not just by occupancy rates or revenue per available room, but by the industry's collective ability to harmonize profit with planetary and social responsibility.



**Glyssa Mea Arobo Costañon, LPT**

J.H Cerilles State College- Main Campus  
Mati, San Miguel Zamboanga del Sur  
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## **Akala Ko Kaya Ko Na**

Minsan darating tayo sa punto  
Na takbo ng buhay natin ay nakakapagod  
at nakakalito  
Minsan naman ay nakakahilo  
Hindi alam kung saan patungo  
Napakadilim nang dulo

kadalasan pagsisimula ay atrasado  
At kung nasa gitna na naman tayo  
Maraming unos, balakid, at bagyo

Sa hinaba-haba ng aking paglalakbay  
Akala ko kaya ko na ang ganitong bagay  
Pero bakit ngayon ako'y naging matamlay  
Nawalan ng gana sa pangarap at buhay

Nakakapagod din pala umunawa  
Abot langit ang pagmamakaawa  
Na sana'y kanilang maintindihan  
Kung saan ako nahihirapan

Hindi naman bago sa akin ang sitwasyon  
Ngunit naging balakid ito sa aking desisyon  
Akala ko kasi kaya ko nang humarap  
Akala ko ang aking tibay ay sapat  
Ngunit naramdaman ko na naman na ako'y hindi  
pa karapat-dapat

Damdamin ko'y masyadong inalipin  
Sakit sa dibdib ay hindi ko maamin  
Akala ko ito'y aking kakayanin  
Ngunit ngayon kay bigat na ng aking saloobin

Pagod na ako sa pagkukunwaring kaya ko pa  
Kahit ang totoo ay nakakasakal  
Pilit na ngumingiti

Kahit kitang-kita sa mga mata ang pagtitimpi

Nakakawalang gana ang paulit-ulit na sistema  
Nauubosan na ako ng tapang at lakas  
Palagi nalang madilim ang bukas  
Gustong-gusto ko nang kumalas

Kung pwede lang lisanin ko ang mundo  
Na walang makakaalam kahit sino  
Talagang gagawin ko  
Dahil totoong pagod na pagod na ako

Lumingon ako sa nakaraan  
Tiningnan ko rin ang kasalukuyan  
Walang nagbago  
Tinitii pa rin ang sakit ng patago  
Matutulog sa gabi na parang bilanggo ang puso

Nakakapagod magpatawad  
Karapatan kadalasan ay hindi ko mahagilap  
Pagdurusa ang laging kayakap  
Solusyon ay hindi ko mahanap  
Nakakapagod magpagggap at magpakatatag  
At minsang hindi na mapigilan ang pag-iyak

Pilit na kinakaya  
Sinasabi sa puso't isip na kaya pa  
Pero ang totoo nakakapagod na  
Palagi nalang ganito  
Walang Bago, sumasakit na aking ulo  
Sa pilit na pagsasabing kaya ko  
Ngayon aking napagtanto  
Ang hirap pala nang ganito

Ubos na ang aking pag-aakala  
Ubos na ang aking pagpapakumbaba  
Tunay na pagod na ang aking puso  
Hindi na ito biro  
Hindi ko na kakayanin pa  
At talagang nakakasawa na



**Jergen Jel C. Labaria, PhD**

Associate Professor V  
Western Philippines University  
Palawan, Philippines  
10.5281/zenodo.19402589

## **A Nation Running on Empty**

The war did not belong to one nation alone. It began in Iran—but it did not stay there. Across the Middle East, tensions ignited. Trade routes grew uncertain. The Strait of Hormuz—once distant and unseen—became fragile, carrying the weight of the world's oil supply. And when that passage faltered, the world felt it. Oil prices surged. And in the Philippines, the tremor became a crisis.

At the university, the response was not panic—it was discipline. Lights were turned off earlier. Air conditioners were regulated. Energy use was carefully monitored—not merely as restriction, but as responsibility. Austerity measures were implemented not to burden, but to sustain operations and ensure that resources would last for everyone.

At first, these changes felt inconvenient. But soon, they revealed something deeper: a community choosing to act wisely in a time of uncertainty. The university did not simply react to crisis—it responded with purpose. Energy conservation became more than compliance; it became a shared commitment. A reminder that institutions must lead—not only in knowledge, but in action.

In every dimmed light, there was intention. In every adjustment, there was awareness. In every sacrifice, there was care for the greater good. Still, the human cost could not be ignored. Students walked longer distances. Some stopped coming altogether.

Maria, a third-year student, used to ride two jeepneys to campus. Now, she walked—not by choice, but by necessity. The rising cost of fuel had reached her home, narrowing her options, reshaping her daily life.

“Pipili ka,” her mother said. You must choose. Between food and fare. Between presence and absence. Between dreams and survival.

Inside the faculty room, concern remained. “How do we teach,” one asked, “when students struggle just to arrive?” The university adapted—offering flexible schedules, exploring alternative learning modes, adjusting expectations. Not perfectly, but with intention. Because education, even in crisis, must continue.

Beyond the campus, the nation adjusted. Transport slowed. Expenses rose. Comforts became measured. The Philippines, dependent on imported oil, felt the weight of a conflict it did not begin—yet could not escape.



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Butuan City, Philippines  
+639543906965

And yet, within the university, something steady remained. The library stayed open. Classrooms, though warmer, remained filled with determination. Students continued to learn—not because conditions were ideal, but because purpose remained strong.

Research began to reflect reality: “Energy insecurity in developing nations.” “The impact of global conflict on local institutions.” “Education under austerity measures.” Learning was no longer separate from life—it was shaped by it.

One evening, Maria sat beneath a dim light. Her notebook open, her thoughts heavy but clear. She wrote: “A war across nations disrupted the seas. Disrupted seas raised oil prices. Rising oil prices changed how we live and learn.”

She paused. Then added: “And yet... we choose to adapt.” Because that is what defines us. Not just endurance—but responsible action.

The crisis revealed a fragile truth: that systems can fail, resources can diminish, and stability can be shaken. But it also revealed something stronger: a community that acts not out of fear, but out of wisdom. An institution that conserves not out of weakness, but out of leadership.

And above all—a faith that sustains. For even when resources are limited, God’s provision is not. Even when uncertainty rises, His guidance remains.

And so even now—with lights dimmed, with resources carefully managed, with routines thoughtfully adjusted—the university stands not in scarcity, but in purpose. A nation may feel the weight of the crisis. But through discipline, unity, and faith—**we do not run empty.**



**Dison I. Acebuche, LPT, MACDDS**

College Instructor  
Colegio de Santa Rita de San Carlos, Inc.  
San Carlos City, Negros Occidental  
DOI 10.5281/zenodo.18886542

## Artificial Intelligence and the Development of 21st-Century Skills

This essay argues that an effective use of artificial intelligence (AI) in the learning process will facilitate the acquisition and development of 21st-century skills. It is claimed that there is a strong case for using AI to support the development of 21st-century skills. The advantages of AI use in learning include: higher quality of learning, wider curriculum coverage and more motivation and involvement of students with a wide range of resources and activities (D M R E, 2003). Many types of AI can be most effective when used in ways that make the technology's use unobtrusive to the student; the AI supports learning and improving performance without the student even being conscious that it is doing so (K H, 2003). AI can also support users in developing several key 21st-century skills, including 'using technology' and 'thinking skills', which cover higher-level thought, and 'use of information', which involves accessing computer technologies and applying new thinking skills to solve problems and develop concepts.

Computer skills, digital literacies, and valuable ICT (information and communication technology) skills can all be enhanced through the use of new technology, including tasks such as locating, evaluating, storing, managing, and communicating information through computers (C. M. R. E., 2004). Processes involving thinking skills promote problem-solving and abstract thinking; AI may be especially good at prompting creative thought processes because of the unique computer interactions it enables. By inspiring the student's imagination, it encourages this type of high-level thinking (K. H., 2003). It has been argued that even very simple applications of AI can encourage a more collaborative approach to learning, moving learners from passive recipients to active participants. It can also promote a more learner-focused, student-centered approach (as cited in the previous paragraph), where technology adapts to the individual student rather than the student adapting to the constraints of the technology (D. M. R. E., 2003).

AI is often described as "the defining characteristic of the 21st century"; it can be used across many aspects of our lives, such as communication, education, and work. At present, the role of AI in education, especially in teaching the 21st-century skills the new world demands (such as critical thinking, Creativity, communication, collaboration, adaptability, and digital literacy), is being intensively discussed, and great attention is being paid to this field.<sup>3</sup> However, as the use of AI in education facilitates many new approaches to teaching these skills, there are also various issues, and the effects of AI on the development of 21st-century skills should be carefully considered. Personally, I think one of the biggest benefits that AI has brought to the education field is individual learning. The traditional class-based learning, which normally has a structured weekly timetable and a curriculum that does not

perfectly fit individual learning ability and skill set, is replaced by AI that jumps in once and for all by monitoring learners and their actual responses, and provides comments and certain difficult adaptations accordingly. To me, it is really a breakthrough because it would allow learners to have time to reflect on what they have learned and how they encounter problems. He would be able to think critically and make decisions rather than absorb data from sources that do not always fit him; in this case, he has to get himself out of his comfort zone. However, I think blindly relying on AI would entail significant risks, as its ability to learn and motivation to find solutions from learners would decrease dramatically. I think there should be a blissful balance between self-determining learners and the efficient use of AI, enabling every learner to develop their own real critical thinking ability.

Moreover, AI in the frame of Creativity is also very important. With AI, everyone can help traverse any art writing, designing, music, visual, etc., very quickly, in the internet world, and with instant feedback. It is a good thing, as it encourages quick thinking and quick output. For example, writing provides the starting points for a story, designing offers the possibility of varying designs, and music produces various diffusions of a melody in a free environment where there is no learning through experimentation. But I think that has two bars. First of all, AI can be a source of original thinking. Still, AI also has an “algorithmic tendency,” which results in “algorithm dominates on the output and limited to the abstraction of thinking.” I think that students can get the material from AI, but this is just a beginning; “it should not be seen as the answer to creativity”.

And the teamwork and interaction, which are part of the necessary skills, will change. The new technology will make teamwork easier across borders, enabling virtual worlds, chatbots, and instant translation to make distance and language vanish. For me, they will make teamwork easier, allow comparisons and confrontations, and make interaction with different views easier. However, the richness of AI-based work will never be as deep or emotionally sentient as human interaction. I think this is the key point: use AI as a tool, not a substitute, and consider the human skills as the core of teamwork.

Perhaps most importantly, AI is vital in the development of digital literacy, which is quickly replacing the physical world. To work with AI, a user needs to understand algorithmic logic, have a grasp of data, and know how to handle data ethically and sincerely. Such training would develop a user's skills as a critical thinker and a technically knowledgeable user. Users will also feel empowered to assess results, question biases in construction, and analyze the impacts on society. Otherwise, users will end up as passive conveyors of information rather than empowered speakers who can navigate complex digital terrain.

However, we can make it clear that it cannot be introduced without drawbacks: it has some good features, but also some that create ethical dilemmas. The unequal access to AI is likely to deepen educational gaps and lead to the loss of opportunities to learn new skills. There are also concerns that reliance on AI will lead to a loss of the student's self-confidence and self-control when solving problems. A similar difficulty will be overcoming



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problems in data protection, the bias built into algorithms, and the possibility of manipulating the systems. The ethical application of AI in education is not only about access, but also about developing a critical student who knows how to manage the above issues.

It is therefore clear that AI can be both a facilitator and, more so, a barrier to the development of 21st-century skills. As well as offering an opportunity to develop 21st-century skills, AI has attracted interest for its potential to provide a more student-centered, individualized form of education. Such benefits include fostering an environment that encourages greater creativity, supporting the development of up-to-date digital skills, and further developing communication skills, thus becoming very useful for learners of 21st-century skills. Yet, its benefit (as before) still assumes critical use and awareness, and the fact that its obligation to an educational system is either as an element of this system or not, as such. There shouldn't be a blind step for AI, and the student should always be critically aware of what they are getting from it, so as not to harm themselves. Personally, I believe AI's power lies not in its technology but in how it elicits, inspires, and fosters human thought, creativity, and adaptation. Used with the right minds and the right system, AI is not just a tool but a friend accompanying the development of inseparable human skills.



**Mark Jesson G. Sulla, MAEd**

Instructor I  
Biliran Province State University  
Naval, Biliran, Region VIII, Philippines  
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## **Physical Education: Making Strong Bodies and Strong Minds**

The importance of health-related programs in a holistic education approach lies in the fact that, besides physical fitness, Physical Education (PE) helps develop mental, social, and emotional fitness. In a world where screen addiction and sedentary lifestyles are becoming the norm, PE offers a structured channel for mobility, thinking, and learner development. Physical Education is a cornerstone of lifelong health and character, rather than just a topic about games and exercise.

Physical Education enhances the body. Sports, fitness, rhythmic exercises, and dance training help students build stamina, strength, flexibility, coordination, and balance. Exercise improves heart health, builds muscle, and helps prevent other lifestyle-related diseases. In particular, PE contributes to the proper growth and motor development of young learners, helping them learn to move efficiently and safely. Physical fitness is also combined with creativity; as such, disciplines such as dance and movement education improve awareness of the body, control over it, and expression through movement.

More so, Physical Education fosters a healthy mind. Physical activity has been shown to reduce stress, anxiety, and fatigue, and to enhance mood, concentration, and self-esteem. At PE classes, students are taught to control their emotions, withstand pressure, and not give up. Learners develop confidence and a positive self-image whether learning to master a new skill, dancing to a routine, or maintaining a fitness objective. The psychological discipline acquired through training and practice is usually applied to academic study and everyday life.

Physical Education also builds vital values and life skills. Group activities and team sports help people learn to cooperate, communicate, be leaders, and respect others. The students are taught to play fairly, practice discipline, take responsibility, and develop resiliency, qualities that extend beyond the gym or the playing field. PE offers inclusivity, enabling students with different abilities to participate and contribute to the game and feel like part of the team. By being taught the value of health, safety and an active lifestyle, learners learn the importance of health.

Finally, Physical Education is a robust tool for making good bodies and good minds. It enhances physical fitness, psychological maturity, and character development, equipping students with a healthy, balanced, and wholesome way of life. We not only invest in healthier people by supporting and empowering Physical Education in schools, but also in a stronger and more responsible society.



VOLUME 2 | ISSUE 3

# ECHOES of EXPRESSION

*A Creative Folio*

**Echoes of Expression**  
**A Creative Folio**

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[lakbaydiwapublishing@gmail.com](mailto:lakbaydiwapublishing@gmail.com)  
Butuan City, Philippines  
+639543906965



## **Nelcie E. Mabini, EdD, MAST**

Program Chair, MA-Science Education, Graduate School  
Northwest Samar State University-Main Campus  
Calbayog City Samar, Region VIII, Philippines  
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### **Science in Service**

In Samar's humble towns,  
Where children's laughter softly sounds,  
Child Development Workers stand with  
steady hands,  
Carrying hope across the lands.

Science guides their daily stride,  
Assessment tools their trusted guide,  
Measure, validate, refine, repeat  
A cycle that makes learning complete.

Mentoring blooms like seeds in rain,  
Peer coaching eases work's great strain,  
Feedback loops, a living art,  
Applied science shaping every part.

Compensation, a vital key,  
Behavioral truths remind us we see:  
Motivation grows when pay is fair,  
Without it, burdens too heavy to bear.

Policy gaps still block the way,  
Yet science insists we must not sway,  
Systems align when data speaks,  
Evidence builds the change we seek.

Though workloads linger, unchanged, unbent,  
Science and values call for consent:  
That growth must lead to lighter loads,  
And dignity walk with shared roads.

So, let extension and science meet,  
In barangay halls and children's feet,  
For every worker, trained and true,  
Is proof that science serves the view.



## **Nelcie E. Mabini, EdD, MAST**

Program Chair, MA-Science Education, Graduate School  
Northwest Samar State University-Main Campus  
Calbayog City Samar, Region VIII, Philippines  
DOI 10.5281/zenodo.19315424

### **The Honesty Store**

In the halls of learning, bright and wide,  
A humble corner stands with pride.  
No cashier's gaze, no watchful eye,  
Yet honesty blooms, it does not die.

Born in the games of twenty-twenty-five,  
Where laughter and spirit kept dreams alive,  
The Graduate School planted a seed so pure,  
A store of trust, simple yet sure.

Take what you need, leave what is due,  
A rhythm of fairness, steady and true.  
Coins clink softly, bills fold with care,  
Integrity thrives in the open air.

Science speaks of balance and flow,  
Of energy moving where systems grow.  
So too does honesty, quiet and deep,  
A force unseen, yet promises keep.  
Like atoms bonding, like stars that align,  
Trust connects hearts in a pattern divine.

Dishonesty scatters, entropy reigns,  
But honesty gathers, order sustains.  
Observe, hypothesize, test, conclude  
The method of science, the rhythm of good.

A store becomes classroom, a shelf becomes stage,  
Where values are written on each honest page.  
Innovation is not only steel or flame,  
But character shaped, integrity's name.

In rural fields or scholarly floor,  
Transformation begins at the Honesty Store.

So, let this equation forever be:  
Honesty + Trust = Community

A melody of conscience, a science of care,  
A rhythm of learning we all can share.  
For in this store, both simple and grand,  
The future is built by each honest hand.



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Butuan City, Philippines  
+639543906965

### GLENN PAULO K. LABASAN

Ifugao State University  
Ifugao, Cordillera Administration Region, Philippines  
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### Because You Believed

You taught me how to be an efficient leader  
A leader who serves, not one who seeks power  
You taught me to do things always with excellence  
And even now, it lives in me every hour

At first, I was afraid, unsure of what to do  
But you mentored and shaped me to see things through  
They told me I would be challenged because it is you  
And indeed, it was true, but you guided me through

It is sad when you had to go away  
But you prepared us well for another day  
Your wisdom stayed and helped me see  
The leader I was meant to be

I seldom saw you after college days  
But your teachings stayed in countless ways  
They humbled me and taught me what is right  
To lead with courage, truth, and light

I remember how you pushed me to my limits each time  
I remember how you stood for me when judgment was mine  
You saw something in me I could not yet see  
And fought for the person I was meant to be

Your legacy will always stay with me  
Your teachings will shape who I will be  
They will still touch lives, far and wide  
And carry your vision with quiet pride



**Mary Grace S. Molina, LPT, DiSDS**

Associate Professor

Sultan Kudarat State University

EJC Montilla, Tacurong City 9800 Sultan Kudarat, Philippines

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## **The Economics of the Middle Class : Tax Burden and Public Service Gaps**

Maria rises to the standard din of Manila living, with a cup of coffee, and a long list of things to do. She is a professional in the middle classes who pays taxes faithfully to the country in the faith that her part will contribute to the services of the people, roads, schools, health care and facilities which will support the society she loves. But day after day, she becomes frustrated, it is still not only potholes that are not filled but also the overcrowded hospitals with the lack of the necessary services or with their slow provision. She sheds more upon her shoulders than an investment into her well-being her taxes, which were a source of civic virtue.

The middle class finds itself in paradoxical situation. They constitute the backbone of economic activity .Entrepreneurs, employees, and professionals, when the well-being of the first three is often a visible issue. In essence, compulsory and often coercive taxes suck up hard-earned income and the social amenities are not commensurate to expectations or needs. Highways are filled to the brim with or without tolls, schools are underfunded, hospitals are overworked and citizens are restricted to finding alternative care that is expensive.

However, the middle class continues to plod on despite all these challenges and they are able to adapt and make their contribution. Society becomes helpful, civil activities grow in grassroots movements, individuals invest to come up with personal solutions to overcome the loopholes left by governments. Middle-class welfare is the kind of experience that is characterized by such duality, it feeds into the system, and it constitutes the weaknesses of the system.

Lastly, the middle story is not just a story of weight and disappointment, but of survivorship, innovativeness and optimism. It requires an accounting of better government, of equal service to the populace, and of policies that will ensure that taxes become in fact social benefits. Until then, the burden will be transferred to people like Maria who will continue to bear the burden of a system that promises much and delivers very little.



**Mary Grace S. Molina, LPT, DiSDS**

Associate Professor

Sultan Kudarat State University

EJC Montilla, Tacurong City 9800 Sultan Kudarat, Philippines

DOI 10.5281/zenodo.19368455

## **Sultan Kudarat: Building Local Economic Resilience from the Ground Up**

The highlands of Sultan Kudarat that was once characterized by tranquil and productive plots are now filled with economic activity noises. Coffee that was previously the low crop has become the main driver of the development of the province and the small farms are the centers of production, innovations, and competitiveness in the market.

The farmers too have also embraced the use of modern methods of cultivation, sustainable farming, quality oriented methods of processing that have definitively grown in number, to the quality of their beans, which have become handy to their market. The local economy has been brought to life again by these campaigns.

The infrastructure development also enhances the resilience. Roads, bridges and transport networks link rural settings to the urban markets minimizing the feeling of isolation and efficiency in the transportation of goods. Online business, education, and access to financial services are opportunities presented by digital infrastructure that comprise access to mobile networks and the internet. Such investments help the communities to react promptly to challenges and to grasp emerging economic opportunities.

Additionally, it is vital that communities are engaged and governed. The local governments, which are in partnership with citizens, non-governmental organizations and partners in the private sector, can have policies and programs, which can meet the needs of the local communities. The financial literacy issues, inclusive planning and disaster preparedness programs are the measures that guarantee that everyone in the society, especially the most vulnerable ones, can enjoy economic growth.

To sum up, the concept of economic resilience as adopted by Sultan Kudarat shows that sustainable development is not only growth but also flexibility, inclusivity, and empowerment of the locals. The province is building the groundwork to an economy that is resilient to shocks, livelihoods and prosperity in the long term by enhancing agriculture, diversifying sources of income, investment in infrastructure and encouraging community participation. It is not a top-down but a bottom-up construction after all that resilience is constructed.

The practice of Sultan Kudarat experience also demonstrates that the sustainable economic change is in the innovations, cooperation, and the efficient utilization of the local resources. All the planted beans, all the cups of coffee that were brewed are the tales of a province that seized the opportunity and made it thrive, and even a small move will yield a wondrous growth and a positive effect on the economy.



**Mary Grace S. Molina, LPT, DiSDS**

Associate Professor

Sultan Kudarat State University

EJC Montilla, Tacurong City 9800 Sultan Kudarat, Philippines

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## The Economic Ripple Effects of Distant Warfare

War in the Middle East is far off to most Filipinos, something that they only watch on T.V. screens, social media, and newspaper headlines. It occurs in cities whose names seem far away, in people with whom we may never have any personal contact. Initially, it appears to be a tragedy that only a different part of the world can have. However, to the people in the Philippines, war does not take long. It passes over water without noise. It comes to us with fear, with prices soaring, with hanging jobs, with fearful voices of our loved ones at work abroad.

In our homes, a mother is facing a market stand, gazing at the prices of rice, onions, cooking oil and canned products. She is tight-fisted and counts her money over and over again hoping that the numbers will somehow alter. But it won't. The amount is still low, and the prices are still high. She is not well informed of the oil markets, international trade or international conflict. She only knows, when war throws the world out of its order, living is tougher even in the places not at the battlefield. The Middle East oil supply is one of the aspects that can be impacted during a war and once there is an increase in the cost of oil, the cost of transportation and the cost of goods also increases. This is not mere economics to the poor and the middle classes. It is famine, renouncement and concern.

Moreover, distant conflicts are normally followed by governmental and financial turmoil. Countries might use their resources on foreign aid, military expenditure, or emergency economic measures and investors might have reservations and the market will turn volatile. The vagaries of war that are miles away may diminish investment, disrupt currencies, and increase national budgets, which eventually impact common people who are miles away when the war is on.

Even social and psychological aspects contribute to it. Fear of economic instability may cause people to reduce their expenditure leading to a cycle that slows the local economies. The indirect economic effect of war may be further increased, as businesses, fearing some risks, may put expansion on hold, or recruitment, due to the risks.

To sum up, the outcomes of remote war are not limited to the battle lines. Since it started with hiked prices and broken supply chains as well as financial turmoil, the impact reaches every nook and cranny of the world transforming the economic landscape. It is important to know these consequences because it emphasizes the fact that even people who do not have a direct conflict in their lives cannot be fully shielded out of its effects.