



SALT & LIGHT

THE OFFICIAL PUBLICATION OF LOBO INTERNATIONAL INSTITUTE FOUNDATION INCORPORATED

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LOBO, BATANGAS

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THE CAPTAINS' TALES. Pastor Chang, Ma'am Bukas, Ma'am Harriet and Dra. Yoo talk and coordinate with the captains of Barangay Olo-Olo, Barangay Lagadlarin and Barangay Fabrica before deploying the Christ-Centered Disaster Response Team.

LIIFI launches Christ-Centered Disaster Response Team

A Christ-Centered Disaster Response Team was launched by Lobo International Institute Foundation Inc. to help the victims of Typhoon Ofel last October 28, 2012.

The Christ-Centered Disaster Response Team was composed of the local government of Lobo, Philippine Coast Guard Auxilliary and LIIFI faculty

and staff, students, alumni and parents who served as volunteers led by Dra. Elizabeth Z. Yoo.

The team was divided into different committees: the Food and Clothing Committee headed by Ma'am Janet Clarete, the Clean Up Committee headed by Sir Dennis Ramos together with his CAT students, the Communication Committee headed by Sir Wilson Dueñas and

Ma'am Esperanza Bukas, the Financial Committee headed by the school finance department and the Spiritual Committee composed by the whole LIIFI family.

The said team provided assistance by giving relief goods to the

affected families in Brgy, Fabrica, Brgy, Olo-Olo, Brgy. Soloc and Brgy. Lagadlarin, helped in cleaning out flooded houses, cleared debris and gave spiritual help by praying over affected families and for all the people of Lobo.

LIIFI to change name

Lord Immanuel Institute Foundation Incorporated shall be the new name of Lobo International Institute Foundation Incorporated upon approval of DepEd authorities.

The change of name is in compliance with the memorandum sent by the Regional Director of Region IV(A) CALABARZON last October 18, 2011 obliging

the school to omit or change the term "International" in its original name.

LIIFI has currently managed to send request and resolution of the board regarding the change of the name of the school and to audit and send the financial statement of the school from 2009-2011 to the Regional Director of Region IV-A.

LIIFI is currently waiting for the approval of the request for the change of its name.

LIIFI IS STILL LIIFI. "The name may change but the mission and vision are still the same." - Dra. Elizabeth Z. Yoo (inset)



Suspension Confusion

A class suspension is what many students commonly want to hear when there is a national event to be celebrated or a coming typhoon. It is the time when students as well as teachers have their time to pause from their stressful work, relax and stay at home with their family.

Suspension has its intention of providing convenience to all -for students and teachers to avoid being caught in traffic because of a parade during a national celebration perhaps or to put them away from the danger that may be caused by a coming super typhoon. Unfortunately, what comes out is the opposite for it is often hard to find out which is real and who is to suspend the classes. It seems that we have an ineffective way of communication. And it's not because no one suspended the class but because of having varied sources of ambiguous information regarding the suspension. One authority suspends while another authority suspends the earlier suspension.

In some cases, the problem is the process of informing. It happens commonly in schools or universities. It takes time before the announcement of suspension could reach all the students. As a result, students are already in school before they receive the announcement of suspension.

The media or electronic communication means play an important role to resolve this. It can be a great help in disseminating the right information as soon as possible. But of course, it can be beneficial only if we will use it in a responsible way. In addition, we can avoid confusion if we have an easier and more accurate way of informing and know who the absolute authority is when it comes to class suspension.

Editorial



Feedback

By: Novy Mae De Chavez

The Reason Behind

Some teachers always leave LIIFI to seek or find new employment every year. What could be the reason for that?

“To seek greener pasture or to seek new employment with better salary.”

-Sir Lourdelino Dueñas, School Principal

“They are grabbing the opportunity to receive higher salary and benefits from public schools. This has a great impact to our school and the outgoing teachers as well because it has been their training ground for their experience.

If our school will give equal salary and benefits they will not leave the school.”

-Ma'am Esperanza Bukas, Missionary Teacher

“They are seeking for higher salary and benefits.”

-Louie Ann Abdon, IV Moses

“We all know that public schools give better opportunity, higher salary and good benefits. In spite of the more difficult duty in teaching in public school they still choose to work there.”

-Marilaila Bianzon, IV-Moses

“They want to work in a school with higher income.”

-Ate Marie, Canteen Staff

“Maybe there are better options outside the campus.”

-Mart Louis Cay, SLC President

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“Here I am, send me.”
Isaiah 6:8

Fruitful Branches

Teacher Alumnus

By: Dennis Ramos

“We have called three teachers. You are the only one who came. You’re hired. Here’s your schedule. You may start right now. At this time, at 9:20 AM, you are scheduled to teach the IV-Moses.”

“Mrs. Sjafruddin, lead him to his first class.”

I felt like I was the disciple Matthew when he was asked by Jesus to follow Him that moment that I was hired by LIIFI. I did not even apply in the first place but it was like I became qualified the moment I was called for an appointment. No teaching demo was done. No questions were asked. They did not ask me how I can be of great help to the school nor why did I choose to be a teacher. They just hired me because I came, killing all the rampaging butterflies inside my then chaotic stomach in anticipation of a dreaded interview.

Honestly, I would not be sure what to answer if I had been asked with the first question. If the answer to that question had been the basis for my employment then they had probably called somebody else. But if I was to be asked with the latter then I could have immediately answered in high spirit and with a wide grin on my face:

“I love to go to high school. In fact, the reason that I chose to be a high school teacher is because I want to prolong my stay in high school. I will work beyond my best to stay in high school.”

Now, almost five school years after LIIFI hired me, I still love to go to high school. I still want to prolong my stay in high school. And I still am working beyond my best to stay in high school. But if I would be asked the same question, in higher spirit and with a wider grin, I will give a different answer.

LIIFI changed me.

I had my own share of experiences during my almost five school years of service in LIIFI. I have already worked with different people and I have already taught a lot of students, from the bright and intelligent to the good-for-nothing, from the nerdy and geeky to the cool jocks, from the silent and stoic to the adrenaline-overdosed, from the timid and shy to the boastful and naughty. I am not really sure if I was successful in handling and mingling with all these varied personalities but I would like to think that somehow I did quite well. For it was a sense of fulfillment that I felt when I saw my students nodding their heads in comprehension of a topic they just learned instead of head-banging to the sound of their gargantuan headphones, a sense of accomplishment when I saw them using their hands to do their seatwork instead of sliding their fingers over their phones’ screens and a sense of achievement when I saw them actively participating in group activities instead of skipping classes together. It was a major feat when I won over my side a student who is normally indifferent, unmotivated or so much of a pain in the head that other teachers do not want to bother him anymore and it was really overwhelming to hear from students that they want to become a teacher because they want to be like me or when you get a pat on the shoulder or a two-thumbs-up when a colleague thinks you did something worthwhile.

My almost five school years of teaching in LIIFI is like another five-year course of study. Being hired by LIIFI is like being enrolled for free to get another degree. Almost five school years of

teaching in LIIFI made me feel like graduating. I feel like I have become a Life-long Intellectual, Infallible and Fruitful Individual who can now contribute more to the best development of the environment, the society and the world. And because of that, I now consider my self as a teacher alumnus of LIIFI.

And just like all the alumni who went under its tutelage, I am thankful to LIIFI for molding me into the person that I am right now. I thank God for leading me to LIIFI so I can be closer to Him. Being in LIIFI has not always been a straight smooth sail but the school taught me that all things would always work out together for good as long as I believe in God and as long as I work according to His given purpose. Work in LIIFI has always included tasks that are sometimes difficult and sometimes seemingly impossible but the school taught me that I can do all things through Christ who strengthens me. I thank everyone in LIIFI for giving me the opportunities and joy of lecturing, leading, learning, laughing and loving. It’s because God called me through LIIFI that I now know a better answer to that latter question which I consider as my immaterial yet existing diploma:

“Teaching is my passion.”

I have accomplished a lot in LIIFI. As its teacher, I have somehow managed to establish my authority and became a close friend to my students and co-employees inside and outside the school. But more than that, still, I would like to merit their respect, not just because I am their teacher or co-worker but because I rock as a good one and I am their confidant as well. I like to think that I have been a source of their inspiration, that I have left to them a beautiful legacy and that I have touched their lives, shaped their minds and made them better persons.

To God be all the glory!

Sir Dennis, 25, is the outgoing English III and IV teacher, CAT facilitator, librarian and school paper adviser of LIIFI.

Rocking Salt



“I will never run from a good fight.”

-Sir Lourdelino E. Dueñas

S&L organizes Photojournalism Contest

The Salt and Light organized a Photojournalism Contest for the first time as part of the 5th Intercolor Intramurals celebration last August 20-22.

The Photo Contest with the theme "It's more fun in LIIFI Intramurals" was joined by LIIFI students who showed their artistic skills in photography.

Before the contest proper, a Photojournalism Workshop was conducted by Sir Dennis Ramos, Salt

and Light adviser, for all the interested participating students.

All the photo entries were exhibited in the Audio-Visual Room's photo gallery. The photo entries were judge by Mr. Jeffirrey Bermal, a free-lance photographer, Mrs. Ledian Elmae Dumot, former Salt and Light adviser and Ms. Sharmaine Dawn Ayano, an alumna.

In the end, Ellaine De Castro won the first place followed by Odessa Camo in second place and Marilaila Bianzon in the third place.



Sir Jerson Delgado

L o b o International Institute Foundation Incorporated hired an alumnus as one of its new teachers this school year 2012-2013.

Jerson Plata Delgado, an alumnus from Batch 2004, comes back to teach the present generation of his alma mater.

Sir Jerson, 25 years old, is a graduate of Bachelor of Secondary Education Major in Political

LIIFI hires alumnus teacher

Science from the University of Batangas (2009).

He is assigned to teach Social Studies 7, II and IV. He is also the Adviser of II-John.

"I decided to teach here because this is my alma mater," says Sir Jerson.

Aside from Sir Jerson, LIIFI also hired other new teachers including Ma'am Darlyn Cay, Ma'am Aileen Clarin, Sir Noli Florindo and Ma'am Michelle Gamboa.

LIIFI celebrates Nutrition Day

N u t r i t i o n Day with the theme "Pagkain ng gulay ay ugaliin, araw-araw itong ihain." was celebrated in Lobo International Institute Foundation Inc., July 27, 2012.

Activities include: Poster Making Contest, Food Display, Fruit Carving, Quiz Bee, and Yell Presentation.

The highlight of the Nutrition Day was the Mascot Exhibition wherein every section made and presented fruit mascots out of the recyclable materials.

The winners of the aforementioned events are:

Poster Making:
1st – Papaya 8, 2nd – Papaya 4, 3rd -Papaya 2

Food Display:
1st – IV- Moses, 2nd- III- Isaac, 3rd- III Abraham

Fruit Carving:
1st- VII-Caleb, 2nd- IV- Moses, 3rd- III-Isaac

Yell Presentation:
1st- III-Isaac, 2nd- IV- Moses, 3rd- VII-Matthew

Quiz Bee:
1st- Benward Castillo, 2nd- Ranie Alcantara, 3rd- Robert Eborá

Mascot Exhibition:
1st- II-John, 2nd- IV- Joshua, 3rd- IV-Moses



PINEAPPLE OF EVERYONE'S EYE. II-John's bouncy winning pineapple mascot untiringly waves to all expectators before the mascot exhibition and yell presentation.

LIIFI joins Alay Lakad 2012

LIIFI joined the Alay Lakad 2012 held during the 141st Lobo Foundation Day last September 27, 2012.

LIIFI sent its CAT students together with their CAT facilitator, Sir Dennis Ramos. It was also participated by government officials, public elementary and secondary school teachers and other private school and establishment

representatives from the municipality of Lobo.

The Alay Lakad started from J.P. Rizal Street in front of Lobo International Institute Foundation Inc. , went around the vicinity of Poblacion and ended at the Lobo Town Plaza.

After the Alay Lakad, the participants attended the book launching of Ala-Ala 2011-2012, a book about the history of Lobo.



WALKING FOR A CAUSE. LIIFI's CAT students march together in the Alay Lakad 2012.

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Cay wins Coop Quiz Bee

Mart Louis Cay won first place in the Cooperative Quiz Bee held in the Lobo Municipal Hall last October 9, 2012.

The bee was participated by Lobo International Institute Foundation Incorporated (LIIFI), Lobo Institute Incorporated (LII), Masaguitsit-Banalo National High School (MBNHS), Malabrigo National High School (MNHS), Balibago-Biga National High School

(BBNHS).

The Cooperative Quiz Bee was all about the Republic Act 9520 also known as the Philippine Cooperative Code. The competition offered prizes to the winner: 2000 php for the third placer, 3000 php for the second placer and the 4000 php for the first placer.

LII won third place, MBNHS got the second place and the first place went to the LIIFI.

Cay also became the representative of Lobo Municipality to the Provincial Coop Quiz Bee. He got the third place and received 3000 php from Gov. Vilma Santos-Recto with the 10000 php college scholarship from Provincial Coop Development Office (PCDO).

Cay was coached by Ma'am Esperanza Bukas.

RELIEVED. Ma'am Valenzuela is very thankful because she passed the LET the first time she took it.



LIIFI teacher passes LET

Ma'am Geraldine Valenzuela passed the Licensure Examination for Teachers last September 20, 2012.

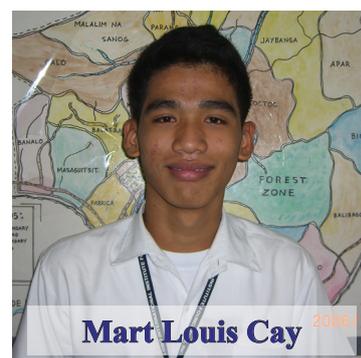
Ma'am Valenzuela is a graduate of Bachelor of Science in Computer Science from the University of Batangas. In order to be a teacher and take a Licensure Examination for Teachers, she took 12 units of the Education course in Golden Gate Colleges and

the University of Batangas.

Ma'am Valenzuela first taught in LIIFI last school year 2002-03. She worked in Manila afterwards and came back last school year 2011-12. She is currently teaching T.L.E. I, III, and IV and Values III.

At present, Ma'am Valenzuela has already applied in a public school.

The result of the licensure examination came out November 26, 2012.



Mart Louis Cay

Yes, He'll do

By: Bevette Paula Espenilla

Everything is becoming nasty.
Everything is feeling scary.
When will He come,
With His Judgment to become.

God is coming with His wrath,
Surely misery is in that,
So choose to go with His path,
And He'll save you from that wrath.

Do Godly works from now.
To God you should give your bow.
To Him, trust is what you should do.
God will save you. Yes He'll do.

Inakala kong
ikaw at ako,
Hanggang
sa dulo ng
mundo.

Inakala kong
ikaw at ako,
Laban sa
lahat ng
bagyo.

Inakala
kong walang
hanggan,
Pero
nagkaroon ng
katapusan.

Maling Akala

Ni: Novy Mae De Chavez

Ngayong
alam ko na,
Na may
mahal akong
iba,
Napaqtanto
ko, na ginamit
lang pala
kita,
Makuha lang
s'ya.
Dahil sa mga

panahong
wala ka sa
aking piling,
Mga mata ko
ay sa kanya
nakapaling.
Maling akala
ang pagtingin
ko para sa'yo.
Dahil yung
totoo,
Mahal ko na
s'ya, bago ka
pa dumating
sa mundo kong
ito.

*It's hell not having you
around;*

*But it's torture having
you beside me;*

*Because I can't truly
express how I really feel
inside.*

*It suffocates me when
you're away;*

*But it kills me when you
stay.*

I love you so bad, it hurts.

Tonight

By: Ericka Jane Mendoza

I can't sleep tonight.
I can't think so
bright.

I don't know what
this might.
But why do I feel this
tonight?

Did I eat something?
Or did anything?
What's happening?
Am I only dreaming?

But wait, I think not.
I slap my face and it
hurts me a lot.

Then I realized. You
know what?
You're the reason to
that.

Is this the feeling
they call love?
A gift from up above.
Then I love what I
have,
Now I know what is
love.

As I close my eyes,
The wind blows as
cold as ice.

Now I'll sleep with
you in my heart.
I know in my dream
we'll never be apart.

My Best Friend

By: Leazel Dueñas

You've been there for me,
Through the good times and bad.
I know I can count on you,
To be there when I'm sad.

Life without you,
Just wouldn't be right.
I wouldn't be able to get through,
Each day and night.

When I've had a bad day,
I know that you're only a call away.
When life takes that crazy turn,
You are always there to help me learn.

We've had so many good times
together.
I know that we'll be best friends forever.

No matter where we are,
I know that we'll never be too far.

You're my idol, my sister, my friend.
We'll be together until the end.
Even when we get old and gray,
You'll be still here to help me all the way.

Just Pray

By: Ericka Jane Mendoza

Feeling lonely and alone?
Can't do anything on your own?
Well, I have a suggestion.
Pray and you'll find the answer to your
question.

If you have any problem,
And it seems there's no way to solve
them,
Just pray and He will help you in your
burden.
'Cause there's a reason He gave you
those problems.

If there's something heavy to bear,
Don't forget that God is always there.
He is there every time, everywhere.
You can always ask Him through a
prayer.

The Light

By: Krisha Marie Ebreo

*Sudden anguish engulfs my soul.
Fears and grief swallowed me whole.
Yesterday's dream has come to an end.
Broken pieces of my life, no one can
mend.*

*Who can draw me out of the darkness?
Who can drift me away from loneliness?
Everything in life seems so meaningless.
Help will not come and I feel so hope-
less.*

*Out of the darkness, a light had shone,
Embracing my being, restoring my soul.
Burdens were taken, my soul has been
won,
By JESUS who saved me and made me
whole.*

Letting Go and Letting God

By: Anthonette Peradilla

It's fate. It's destiny. That is how this began and ended. First day of June, was the marked day. My heart was filled with gratification from her. Her existence alone has been a blessing to me. I love her. And I still do even if she made my world downright dull. She didn't attend or even went on our wedding day. I don't know why. And I will never intend to ask. It was not the sea breeze, the sunset or the car that bashed into a tree with glass-shattering force in the hill. It was her. Still her. The world may have moved on, but nothing's quite the same without her. As I stare into the water, I saw our reflection and as I caressed her face, raindrops fell from my eyes for I realized, I'm still living in half life. A pathetic one. The only person I thought I had to blame was God. But He is also the first one who held my heart in high regards and gave me grace that I have wanted since the day she left me with nothing. Fate is given by God. Fate may bring us to the person we wanted all our life. After that experience I have realized fate can also drive us apart. So I'm letting go and letting God.

A Tribute to the Unsung Heroes

By: Ellaine De Castro

October 2012, four Lobo teachers together with their driver drowned when they were swept away by a flashflood in Barangay Jaybanga, Lobo, Batangas, Wednesday evening.

I have grown up with a lot of close teachers around. My cousins and aunties are mostly all teachers. I don't know why they've chosen that profession. For me, that would be the last job I'd ever choose. Why? Because they're unfairly compensated. Aside from the reason of low-salary, I'm impatient sometimes and I think I can't handle classes properly. I'm clueless with the question why a lot of my cousins are teachers. I had asked them before but the only answer I got is that they had no choice. No choice? I'm not contented with their answer. I know there's something more.

I am now a senior student in high school and sometimes the same question pops in my head. I was clueless until that tragedy last October happened.

Our October is heartbreaking. My father had passed away and I began to realize and think deeply. I began to put more depth on things that I do. Three days after my father joined our Almighty, in shock, I heard the bad news about the teachers who drowned in flood. And those mentors had just taken off from my father's wake before the accident happened.

That tragic incident, though sad, I know it's God's will. Now, I am knowledgeable of the question I used to ask about teachers. Why did they become one despite low salary and how do they afford to be deployed in rural areas wherein they're far from their family? It's simply because they teach by heart. Imagine how they are able to connect with every student, how they are able to make every student learn. I now admire how sincere every teacher are in teaching, that all they ever want is the success of their students. Students often make fun of our teachers, call them names, curse and take them for granted. I admit I have done so too. But after the realization I had about teachers all I have for them are pure admiration and praises. I am now convinced that all teachers are heroes in their own ways.

Cheers for the noblest profession of all!

ABKDko

Kung nababasa mo ito at mag-aaral ka o dating mag-aaral, magpasalamat ka na nauso ang mga guro.

Kung guro ka naman at itutuloy mo pa ang pagbasa nito, sana magpasalamat ka na nauso ang mga mag-aaral pagkatapos.

Pagbasa at pagsulat. 'Yan ang mga unang sakramento para maging isang edukadong tao. Kapag natuto ka nang bumasa at sumulat, para ka na ring nabinyagan ng titulong edukado o literado.

At kahit sino ka pa man na marunong bumasa at sumulat ngayon, mapa-nanay, tatay, kuya, ate, kapitbahay o kahit pa guro pa mismo ang naging unang guro mo, sigurado ako na sa iisang simula lamang tayong lahat nag-umpisa. Lahat tayo ay nagsimula sa ABC o ABaKaDa. Lahat tayo, noong bata pa tayo, bukod sa Happy Birthday, ay kayang kantahin ang ABC. Lahat (o halos lahat) tayo ay natutong bumigkas ng A, Ba, Ka at Da mula sa isang dilaw na libro.

Ilan ka nang taon noong matutunan mo ang ABC?

E ang ABaKaDa?

Apat na taon pa laang ako noong talagang matuto akong magbasa ng ABaKaDa. Ngayong dalawampu at apat na taon na ako, masasabi kong babago ko pa

lang ulit itong nama-master. Sa panahon at pagkakataong ito, hindi ko ito natutunan dahil tinuturuan ako ngunit dahil nagtuturo ako.

Lahat naman yata ng guro ay ganu'n. Habang nagtuturo ng mga bagong kaisipan at mga bagay na higit pa sa ABaKaDa sa mga mag-aaral, natutunan nila ang ABaKaDa na higit pa sa ABaKaDa na una nilang natutunan noong sila pa ang tinuturuan. Iba ang ABaKaDang natutunan ng mga bata sa pagtuturo ng mga guro kaysa sa ABaKaDang natututunan ng mga guro habang nagtuturo sa mga bata.

Sa humigit-kumulang apat na taon (and counting) kong pagtuturo, natutunan kong Astig pala talaga ang maging isang guro. Pramis! Sa totoo lang, dito sa pagpractice ng misyong (hindi propesyon) ito ko naranasang tubuan talaga ng BAit sa katawan. Sa misyong ito, natutunan kong maging tunay na KAibigan sa mga tao (guro, magulang, mag-aaral atbp.) na sobrang mas matatanda at mga sobrang mas bata pa sa akin. Dati kasi, bukod sa pamilya, halos sa mga kabarkada at kaklase lang ako medyo nakikisama.

Napatunayan ko rin kung gaano talaga ka-essential ang DAsal sa pang-araw-araw na buhay ng mga guro, mag-aaral at iba pang mga tao na bumubuo ng isang paaralan; na ang pagkakaroon ng takot sa Diyos ang simula ng tunay na Edukasyon (Kawikaan 1:7).

Napagtanto ko rin na ang pagiging isang guro ay ang pagiging isang mabuting GAbay sa pamamagitan ng pagsisilbi bilang isang magandang HALimbawa sa iyong mga kasama lalo't higit sa mga mag-aaral; na ang isang guro ay dapat maging Ilaw patungo sa mas maliwanag na kinabukasan ng kanyang mga "anak"; na dapat naming ipabatid sa kanilang lahat kung ano ang LAngit sa kabila ng pag-aaral na paminsan-minsan ay nababansagan nilang impyerno.

Nalaman ko na hindi naman pala mahirap MAhalin ang misyong ito. Ang kailangan ko lang ay tamang motivation at dedikasyon. Kapag meron ang isang guro ng tamang uri nu'ng dalawang nabanggit, anuman ang NAisin niyang maibahagi sa mga mag-aaral niya ay maiikintal sa kanila.

Nauunawaan ko na ang ibig sabihin ng mga salitang "NGAYon (at) na". Natutunan ko kung papano magpahalaga sa Oras; na may tama pala talagang panahon para sa lahat ng bagay.

Natutunan ko rin na palawakin pa lalo to the higher highest level ang aking PAsensya; na wala naman pala talagang tamang RAson para magalit kahit na kanino lalo na sa aking mga mag-aaral kahit gaano pa sila kawalanghiya.

Nadiskubre ko rin na kahit ano palang sungit o tigas ng puso mo habang ikaw ay nagtuturo, kapag nag-graduation na, kaya itong tunawin at palabasin sa anyo ng maalat na tubig sa iyong mga mata ng kahit pinakapilyo mong mga mag-aaral sa pamamagitan ng kahit isa lamang sincere na SALamat mula sa kanila dahil TAnggap mo ang kanilang mga kahinaan at pagkukulang, Unawa mo kung ano ang kaya lamang muna nilang gawin at ipinabatid mo sa kanila na marami pa silang posibleng mabuting magawa; dahil itinuro mo sa kanila sa tingin mong pinakamabuting paraan kung ano ang WAsto nang mas higit pa sa hindi dapat at dahil nagawa mo silang YAyain patungo sa kung ano ang kasiya-siya sa lipunan at mas lalo na sa Panginoon.

At higit sa lahat, natutunan kong marami pa akong dapat matutunan.

Ikaw?
Alam mo na ga ang "iyong" ABaKaDa?

-emo-sensei

Kernels of Salt and Beams of Light

By: Marilaila Bianzon and Jeffrey De Torres

SALT has been used for centuries to season and preserve food. It is produced by using the sun's heat to evaporate water from the ocean or from inland saline lakes. It occurs naturally in pure, solid form as the mineral halite and in widely distributed deposit of rock or mineral salts.

The most familiar use of salt undoubtedly is in the kitchen and on the dining table. Salt accents the flavor of meat, brings out the individuality of vegetables, puts taste into bland starches, deepens the flavor of delicate desserts, and develops the flavor of melons and certain other fruits. No other seasoning has yet been found that can satisfactorily take the place of salt.

But, there are many other uses for salt around the home, as well. Salt is an excellent cleaning agent, either alone or in combination with other substances. A solution of salt and turpentine restores the whiteness to yellowed enamel bathtubs and lavatories. A paste of salt and vinegar cleans tarnished brass or copper. A strong brine poured down the kitchen sink prevents grease from collecting and eliminates odors.

Salt helps destroy moths and drives away ants. A dash of salt in laundry starch keeps the iron from sticking and gives linen and fine cottons a glossy, like-new finish. A thin paste of salt and salad oil removes white marks caused by hot dishes or water from wooden tables.

A box of salt is also an important item in many bathrooms. In mild solutions, it makes an excellent mouthwash, throat gargle or eye-wash; it is an effective dentifrice; it is an effective antiseptic; and it can be extremely helpful as a massage element to improve skin complexion.

Salt is not only critical to your life. It is one of the basic elements of which your body is made. Without salt, you could not exist for a moment. At the fundamental level of the physical body you are a walking, breathing, salty ocean.

While the highly controversial RH Bill has succeeded the consciousness of all sectors of the society, another bill is yet causing a stir among Filipinos, the youth included — the Sin Tax bill.

The bill aims to increase the excise tax on tobacco and alcohol products that are being sold in the country. This means an additional of as much as R30 tax on a pack of cigarettes, and R300 per proof liter for liquor. The Philippines is one of the countries in the world that sells the cheapest cigarettes and liquor.

Some groups have said that the reform bill will benefit the country one way or another. For one, the increased tax will greatly increase government revenues, and the pricier "sin

products" may lower the number of its users.

There are two issues that the passage of the Sin Tax Bill will answer. First is a health issue. Seven out of ten deaths among Filipinos are caused by tobacco-related diseases. More than 200 Filipinos die daily from these diseases. On the economic side, for the past several years taxes for these "sin products" have not increase and the government could have gained revenue from its taxes to be used by its different sectors.

According to reports furnished, the money the government spends on tobacco-related healthcare issues is more

LIGHT is a natural gift from God. It signifies hope for us, to be a better individual for another tomorrow. Light is everywhere. It is available for free to everybody. Sun is the principal source of light during day time, while at night the moon is there to give light and the stars as well. Without light, we cannot do most of the work in our house and also in our community.

Light is the major source of vitamin D, which has a wide range of positive effects, including inhibiting the growth of some cancers and tumors. It is also responsible for intestinal absorption of calcium and phosphate which play a major role in nourishing and energizing the body. Another significant benefit of light is it serves as the perfect exercise for our heart, as it enables our body to lower the resting pulse rate and decreasing hypertension. Another definite plus of light is that it reduces Seasonal Affective Disorder (SAD) and provides resistance power to our skin by avoiding skin diseases such as eczema, rashes and acne problem.

One amazing research says that light has the magical power to sooth nerves and boost our moods which leaves a renewed sense of well-being. According to them, we should have at least 10 percent of sun exposure in order to have a healthy looking complexion and smooth skin with an irresistible glow.

Sunlight helps not only human beings. It also helps fruits, vegetables and grains to grow healthier and stronger. In fact, light is one of the major factors of photosynthesis, a process vital for many living beings on Earth. Light also helps animals, especially the warm-blooded ones to maintain their stability to have a warm temperature and at the same time it provides them in exposing their skin to perspire just like man.

Light is a great blessing from God. The healing power of light can never be duplicated by any man-made drug. This is unique and very useful to us. Let us all be thankful for having this wonderful blessing.

SIN TAX: A Youth Issue

By: Maureen Liberty Dapito

than the revenue it gets from the taxes collected from tobacco and alcohol products. This means that the government is spending more to cure diseases — chronic pulmonary diseases, heart disease, cancer, liver diseases etc. — that are caused by the consumption of tobacco and alcohol.

In the proposed Bill, the part of the revenues collected will go to government health care programs and alternative livelihood projects for farmers in the tobacco and alcohol industries.

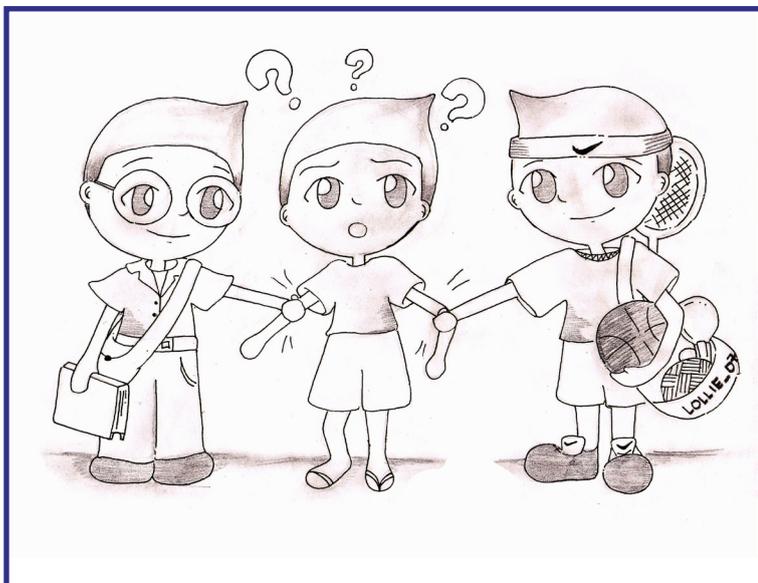
In this Bill, 15 percent of the revenues collected will be given to alternative livelihood

for farmers. A certain percentage will go to the universal healthcare, which will cater to all not only to tobacco-related diseases but basically healthcare needs of Filipinos.

In an earlier report, the National Youth Commission (NYC) stated that there is an increase in the number of young smokers in the country. Two of five Filipinos aged 13 to 15 years old consumed tobacco last year. The increase in cigarette prices may thus curb the number of young smokers.

The sin tax issue also concerns the youth in a sense that we do care about what happens to the Filipino family and workers. We must be aware about government policies so that we don't end up ignorant and asking too many questions.

Editorial



Blue Barracudas submerges Green Panthers

The Blue Barracudas beat down the Stalwart Green Panthers, 43-34, to grab the championship in basketball in the LIIFI Intramurals last August 20-22, 2012.

During the first half, the Panthers were fatally blistered by the swift attacks of the Barracudas led by Elarde, Damalerio and Dueñas, 12-6. Last 1 minute and 34 seconds, the Panthers call for a time out. The Barracudas remained on the lead until the end of the first half, 16-10.

The Barracudas made 8 consecutive points in the beginning of second half, 24-15, causing the Panthers to call for a timeout 4 minutes after the second half began.

With less than 5 minutes in the second half Barracudas hacked through the Panthers defense, 28-16. And because of turnovers and fouls, Barracudas maintained their lead 40-32. Panthers called a last minute timeout.

Last 38 seconds, Gerald Elarde took a shot beyond the arc ending the match, 43-34.

LIIFI holds 5th Intercolor Intram'

LIIFI held its Fifth Intercolor Campus Intramurals last August 20-22, 2012.

The teams who competed were the Stalwart Green Panthers, Red Rival Bandits, Black Thunderbirds, Blue Barracudas, Yellow Saber-Toothed Tigers, Purple Coyotes, Orange Tamaraws and Pink Cyber Rays.

The intramural started with a parade around the vicinity of Poblacion. Then muses and escorts from each team vied to be the Mr. and Ms. Intramural 2012. Then a flag-making contest and cheering competition were held.

Teams competed

in different sports like ballgames and track events. Before the closing ceremony a surprise tug of war was held where the Yellow Team won in the boys category and the Green Team won in the girls category.

After all the competition came into a dead end the Stalwart Green Panthers reigned as the overall champion followed by the Red Rival Bandits in second place and the Black Thunderbirds got the third place.

The aim of the intramural is for the administration to scout for potent players for the District Meet.

The results of the events are listed below:

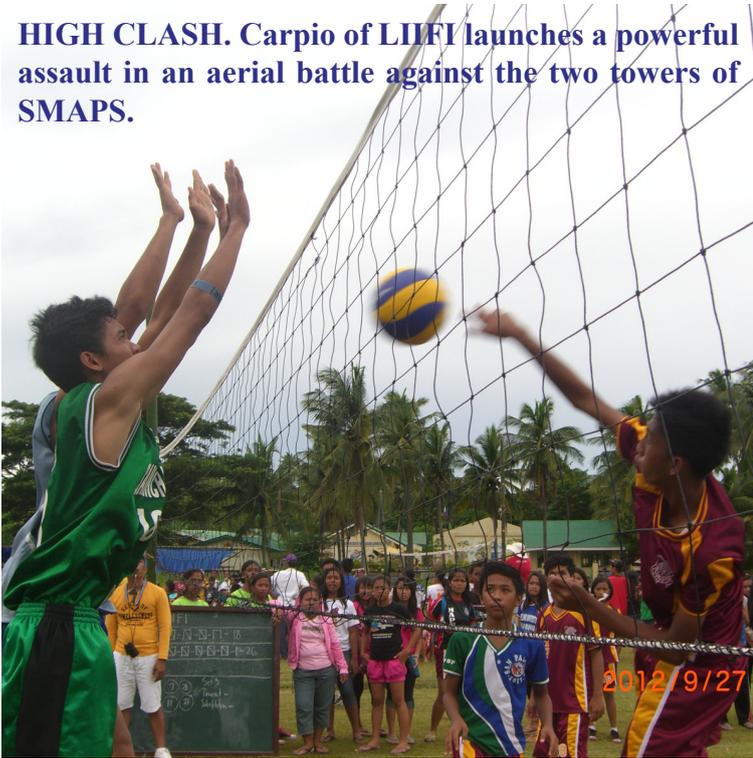


HARD DRAG. The crowd goes wild and the contenders bite their lips and gnash their teeth in this round of the surprise tug of war last intramurals.

Events	First Place	Second Place	Third Place
Cheering Competition	Yellow Team	Pink Team	Black Team
Ms. Intram	Black Team	Pink Team	Green Team
Mr. Intram	Blue Team	Black Team	Green Team
Basketball	Blue Team	Green Team	Pink Team
Volleyball (Boys)	Red Team	Green Team	Orange Team
Volleyball (Girls)	Green Team	Red Team	Black Team
Sepak Takraw	Pink Team	Purple Team	Orange Team
Track and Field	Red Team	Green Team	Black Team

SMAPS derails LIIFI

HIGH CLASH. Carpio of LIIFI launches a powerful assault in an aerial battle against the two towers of SMAPS.



Green Panthers demolishes Red Bandits

Stalwart Green Panthers pummeled Red Rival Bandits, 25-18, 25-18, 25-16 to win the volleybells' championship game last intramurals.

The whole championship was full of explosions. The game initiated with booming services by the Panthers. With their excellent receiving and tricky placing skills, they bagged the first set, 25-18.

The Bandits tried to come back in the second set with the spontaneous

flashing spikes of Avonne Arellano and random placings of Carmona, while the Panthers answered back with exhibit agility in footwork to dig the emphatic spikes and spontaneous placing of the Bandits. The Panthers still dominated the set, 25-18.

The Panthers totally massacred the already worn out Bandits in the third set. The Panthers continued their brilliant receiving and tricky placings. The Bandits players were unable to catch up. With a service ace, the Panthers got the third set, 25-16.

After rampaging during the elimination and semi-finals, beating down Malapad na Parang NHS and trashing Masaguitsit-Banalo NHS twice, the LIIFI volleylads' winning streak was extinguished by the SMAPS spikers in a best of three games battle, taking home the championship during the District Athletic Meet held in Lagadlarin, Lobo, Batangas, September 28, 2012.

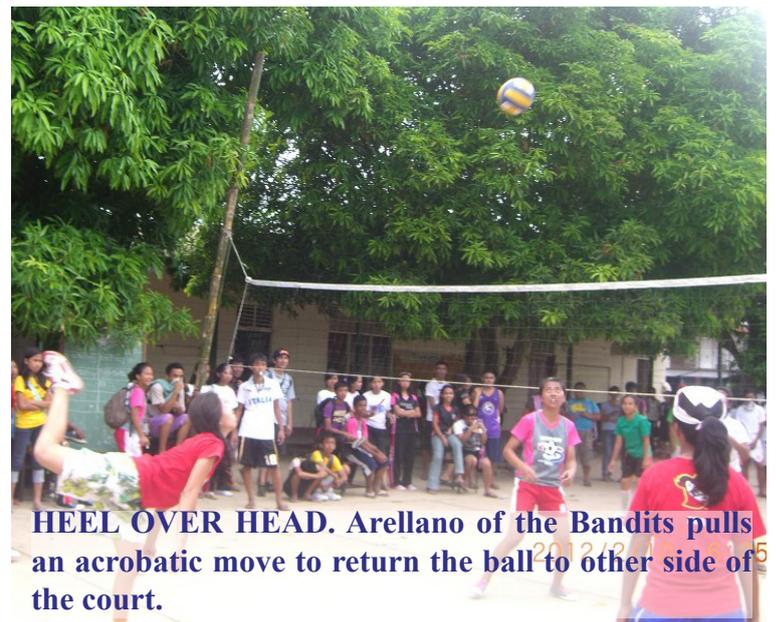
SMAPS started the first game eagerly as they dominated scores with their solid blocks, service aces and spikes. The first game ended up with a 2 straight winning sets in favor of SMAPS taking initial advantage.

The second game was

a crucial one. It was a do or die game for the players of LIIFI. LIIFI became more pressured when SMAPS got the first set. But the second set was a different story as the LIIFI found the way to come back in the game. LIIFI continued to attack and launch powerful assaults. In the third set, LIIFI created their momentum. The match ended up with a 2 sets to 1 in favor of LIIFI.

Before the third match, many expected an exciting game because it's going to be a do or die match for both teams for the championship title. But because the volleyball players of LIIFI are also playing in other events, most of them have gone fatigued before the volleyball match. LIIFI lost their momentum as SMAPS continued to unleash raging spikes, solid blocks and also service aces.

SMAPS won the third match with 3 straight winning sets.



HEEL OVER HEAD. Arellano of the Bandits pulls an acrobatic move to return the ball to other side of the court.