



Photo Courtesy of GMA Network

QUEEN OF PHILIPPINES CINEMA, PASSES AWAY

Icon and veteran actress, Jesusa Purificacion Levy Sonora, commonly known by her screen name Susan Roces, passed away at age 80 last May 20. | [see page 3](#)

#YEEHA Wakanahimo: AdU Pep Squad won silver in UAAP S84 Cheerdance Competition

AdU Pep Squad has pulled off another podium finish routine that literally brought them to the top despite of three-year inactivity due to the COVID-19 pandemic.

| [see last page](#)

Photo Courtesy of Adamson Chronicles

Omicron BA.4 subvariant, detected by DOH

The Department of Health confirmed the first case of Omicron BA.4 subvariant in PH as Filipino who came from Middle East tested positive from COVID-19. | [see page 2](#)

AdU to switch to "Physiflex" next S.Y.

As COVID-19 restriction eases, schools gradually open as well. In order to provide students better education considering safety as priority, Adamson decides to implement "Physiflex" Learning for the upcoming S.Y. | [see page 7](#)

Learn how to make this bookmark



| [see page 4](#)

The MPL-PH International Indonesian fans have turned noxious

By: ADRIENNE MEI CORNEL

Manila, Philippines - The 20th of May, 2022. At the National Convention Center in Hanoi, Vietnam, Sibol earned another E-sports gold as the Philippines defended their Mobile Legends crown against Indonesia.

The Indonesian fanbase, who seem to be notorious for being too confident at times, were disappointed after its all-star team was defeated 3-1 by SIBOL in the outstanding best-of-five series.

Sibol escaped lots of new incidents over a notable Indonesia in a rematch of the 2019 SEA Games finals to retain its Mobile Legends crown.

Sibol won Game 3 for a 2-1 lead, headed with Philippines top contender Danerie James "WISE" del Rosario, and Salic "Hadji" Imam. and Johnmar "OhMyV33nus" Villaluna.

Amidst not being prescriptive, MPL-PH took precautions to protect themselves from such a potential mass reporting attack from the outraged fandom.

Indonesian fans stated that if not for the several technical interruptions, the Filipino team would not have won the game, or rather the championship.

Last year, the Instagram account of Blacklist had the same problem. However, there has been some verbal abuse in this case. A simple scan through any recent SIBOL-related MLBB posts exposes several Indonesians flooding the comments area.

Similarly, several Indonesian fans had seen Jaylord "Hatred" Gonzales ONIC PH's together with SIBOL's Lee Howard "Owl"



LOOK: The Blacklist International Mobile Legends team who brought another gold for the Philippines at Southeast Asian Games

Gonzales, leading in certain backlash.

After the flood of mean comments from his Instagram post. Perhaps, because of the tense atmosphere created by the enraged supporters, MPL-Indonesia recognized the SIBOL team, stating that everyone give it their best.

Omicron BA.4 subvariant in PH, confirmed by DOH

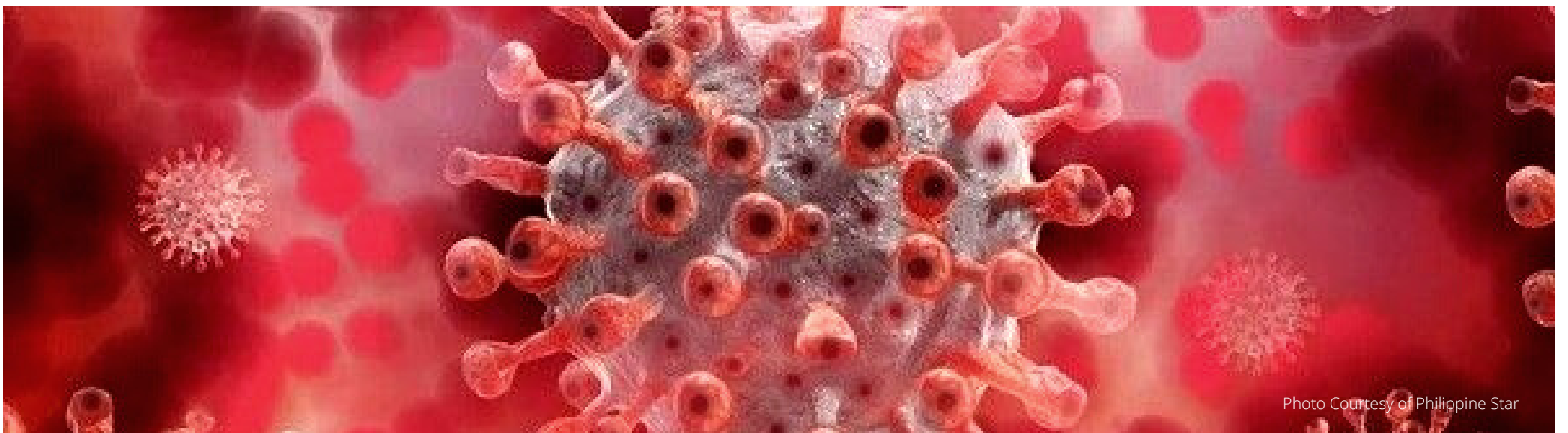


Photo Courtesy of Philippine Star

By: SHIELA MAE VICENTE

The Department of Health confirmed a Filipino from the Middle East was infected with Omicron Subvariant BA.4 on Saturday, the first case here in the Philippines.

According to the Department of Health, the specimen with his positive test results was composed on May 8, 2022, and the victim's close contacts were assigned to the Regional Epidemiology and Surveillance Unit (RESU).

The Department of Health strongly advised LGUs to take charge of those who are not vaccinated and those allowed for boosters, for those suitable to get the jab. LGUs asked the public to

get vaccinated against COVID-19 and accept the booster with accompanying health protocols.

The Department of Health said that netizens must be careful because of the quick transmission, which may lead to more cases that hospitals and clinics are overwhelmed.

"No cause for concern", the Department of Health said after the highly transmissible variant was detected in other countries last month. Early indications are increasing of genomically confirmed cases in South Africa. The transmission of infection was already widespread and cannot be traced anymore.



Photo Courtesy of Bing Confiado Manalo

The Filipina film icon and veteran actress, Susan Roces has passed away on Friday, May 20 at the age 80 amidst with her family and close friends.

Susan Roces' death was confirmed via admin post from her daughter and Philippine Senator, Grace Poe's Instagram account.

On the statement it quoted: "She

lived fully and gracefully — Remember her in her beauty, warmth and kindness."

Confronting the media, Grace Poe have also personally explained the reason behind her mother's death. "Ang aking nanay, nasa edad na'rin. 80-years old na s'ya. Ang kaniyang ikinamatay, ito yung sinabi nung doctor: cardiopulmonary arrest. Ibig sabihin, bumigay po ang kaniyang puso," she said. [My mother is already old. She's 80-years old. The reason of her death, according to her doctor: was cardiopulmonary arrest. It means her heart have given up.]

On a separate Instagram post just a later after, Grace Poe have announced the public viewing of her wake from Sunday, May 22 to 24 in Heritage Memorial Park, Taguig City. Looking back at her legacy, Susan Roces was born in Bacolod City in July 28, 1941

born in Bacolod City in July 28, 1941 from a French-American mother and a Filipino father.

She was dubbed the "Queen of Philippine Movies", as she rose to fame in the late 50s and starred up to 130 films, making her the foremost leading lady in Philippine cinema.

Over the decades, Susan Roces has been consistently active on the industry and continuously played roles on many local films and shows.

Her most recent project before she passed away was in the longest-primetime TV series "FPJ's Ang Probinsyano" directed by Coco Martin, a show in tribute to her late husband, Filipino actor and politician, Fernando Poe Jr.

In the show she played the role of the protagonist, Cardo's caring grandmother, Lola Flora, who was well-loved by many of its fanbase.

Academics pledge to fight Historical Revisionism

By: JOHN AARON VISICAN

Around 1700 academics and scholars have signed in defense against the historical revisionism, especially during the former president Marcos' regime.

Following the still presumptive victory of the late president's son, Ferdinand Marcos, Jr. in the recent presidential elections held last May 9, 2022, historical revisionism has been speculated to spread throughout the country.

Scholars who have signed the manifesto ensured that the erasure of the collective plundering and human rights violations under Martial Law, and the unbridled myth-making about a so-called 'Golden Age' presided over by the late Marcos' presidency will be enacted to prevent it.

Scholars from both in and out of the country have expressed their concern to protect all of the data related to the Marcos' martial law era, by preserving all documents and records related to the late President Marcos' dictatorship.

According to the manifesto, "We shall strive to promote



Photo Courtesy of Filipino News

academic initiatives to protect the memories of a most violent and traumatic period in the history of the Philippines from the continuing attempts of the Marcos family and their supporters to eradicate them."

The manifesto was signed by academics and scholars from various educational institutions including Ateneo de Manila University, University of the Philippines, Kyoto University, Deakin University, University of Santo Thomas and De La Salle University.

How to make a handmade resin bookmark

By: MA. KYLA TOLENTINO

A bookmark is the book's partner. One of the important things you may have while reading is that you have your own bookmark on your side when you want to rest from reading.

However, if you don't have a bookmark, how can you make one by just staying at home and enjoying the process?

For all the bookworms out there, it's the sign to make your own bookmark to be paired with your favorite books, as a treat for yourself, by just following the steps below:

-  Put on your gloves to avoid the harmful effects of the epoxy on your skin.
-  In the small silicone measuring cup, pour in 60% of the resin and 40% of hardener.
-  Slowly mix the resin and hardener for 2-3 minutes and if there are bubbles, you may use a lighter to remove them.
-  After mixing the resin and hardener, you may add any color of mica powder.
-  Clean and prepare the molder.
-  Slowly pour the mixture into the rectangle bookmark mold.
-  Once it is all set in the molder, you can add a dried flower or leaf foil to make your own design.
-  Place the bookmark in a clean area or you may cover it with foil and leave it for 12–24 hours. Resin takes time to fully set or cure.
-  The next day, if the resin is already cured, slowly remove it from the molder.
-  After removing it from the molder, put the tassel in the hole of the bookmark.
-  The last step is to clean the bookmark using alcohol, and after that it is ready to use.

Following the correct steps in making the bookmark, you can also start your own small business. And if you are looking for a unique gift, the handmade resin bookmark is an ideal gift for any occasion.

#DoItYourself



How Will I Do This? – A Single Mother's Diary

By: JANELLE CRYSTAL GAYLE ALIPIO

It was 6:30 a.m. and the alarm rang next to my ears. Refusing to open my eyes, I tried to press the snooze button hoping to catch another 10 minutes of sleep, but it didn't work, and the alarm goes off again, screaming for attention. I struggled to open my sleep-deprived eyes and the last thing I remembered was finishing the assignment at 2am. I stumbled to the bathroom dragging my alarm clock along the way and started shampooing while still struggling with my alarm clock. I then heard my second alarm going off. I quickly rinsed off

BLUE BABBLE BATTALION: LIVE PERFORMANCE

By: RAFAEL ROXAS

Everyone was excited to watch the University Athletes Association of the Philippines (UAAP) Cheerdance Competition on May 22, 2022 at the Mall of Asia Arena.

Although, many of the university pep squads who joined gave breathtaking performances that engrained within the audience's minds, The Ateneo De Manila's Pep Squad, Blue Babble Battalion has yet gave another lackluster performance amongst the rest.

With their number executed with a lot of errors, netizens couldn't help but make fun of their overall performance, specially in Twitter.

Many of the UAAP fans, have teased of their overall performance as either a "live practice" or "intermission number".



Photo Courtesy

Nostalgic Entertainment

By: MA. MIKAELA ALLIAH MANALO

This is Tiktok, it creates new opportunities and allows people to try new things. However, did you know that it was previously known as Musically before Tiktok?

Perhaps some people are familiar with the Musically app, particularly teens, who have accounted for the majority of "musers"

and got dressed. I rushed downstairs and started preparing a nice breakfast while checking my phone for messages and my schedule for the day at the same time.

7 different meetings and 1 assignment was the agenda for the day. Sounds familiar? Looks like a typical workday right? Just that the first alarm clock is actually my 3-year-old daughter, and the second alarm clock is 7-year-old son. And the shampoo was not for my own hair but my daughter's. Wondering why I must run downstairs to make breakfast? Because I'm a single mom and this is the typical start to my weekdays.

Some of us are forced into single motherhood by circumstances and others by choice.

I asked myself repeatedly, "Why" and "How will I do this?" when

pregnant at the age of twenty-two. "Where will I find the strength to do this?" rings throughout my mind. I was alone without a committed partner, and I was staring a long road ahead wrought with many challenges and pitfalls. "Can I do this?", I heard my second angel asking my third angel. The answer came very clear to me - "I can, and I will". I know my Why.

I was halfway to my dream of being the valedictorian. I know I must give up this dream. So, I stopped my university and ended my pursuit of being the valedictorian. I then started my first job in a call center, trying to make my first pay cheque and paying for his milk and diapers. I struggled but my son was my driving force. I know I must do this for him, and I will never let him end up on the streets begging and being delinquent.

My son was 5 years old when a familiar "How will I do this?" rang through my mind again. I was pregnant with my daughter. This time I did not have to struggle to wait for an answer as I know exactly what to next. I was steadfast and firm against all odds and all calls to abort her.

In 2018, I landed an exciting career in the financial sector, and this paved the way forward. I was the top sales in a country that was deemed to fail. I was handed lucrative accounts in other countries to manage. I was ahead of my peers in the company. I even won an overseas incentive trip.

Fast forward to 2022. I restarted my quest for a university education. I'm currently pursuing Journalism and Media while juggling work and family. I'm now a Marketing Strategist handling 4 top beauty brands for one of the biggest e-commerce companies. My sales results are flourishing and I'm ahead of my peers. My achievements were just recognized last week by my CEO in front of the company. I have a private place of my own now and I have already been on 2 holidays paid by my own hard-earned money while still providing for my 2 children and family and scoring well in my studies. In the next two months, I will be making 2 more trips to Vietnam and Singapore.

The journey was hard. Working and studying 15 hours a day juggling 4 jobs while getting my university education. I never thought I could do it. YOU can do it too. Just have belief. My why was crystal clear. My success today started with a simple "How will I do this?"

PERFORMANCE OR REHEARSAL?

It is true however that they've perhaps really did an unsatisfying performance because out of all the 8 schools who joined, they've ranked in 8th place.

It is something that happened too in two consecutive seasons of the UAAP, of Ateneo ranking at the bottom of the Cheerdance Competition. Because of it, they've become the constant laughing stock for quite some time now.

Will things be changing for them in the near future? Who knows?

But still on the bright side, the comical relief they've brought is somewhat good at least. Props to them. #HereWeGoAgain.



esy of Rappler

in recent years. Bytedance, a Chinese technology company, founded Musically in 2014. It features a collection of popular songs from which users can choose to create DIY 15-second lip-sync videos, similar to Dubsmash. Musically gained in popularity until August 2018, when CEO Bytedance chose to rebrand the app into Tiktok and transfer all Musically accounts to the new application name, thereby terminating the Musically era.

Moreover, the co-founder and vice president of Tiktok Alex Zhu said that Tik Tok, the sound of a ticking clock, represents the video platform's brief existence. Under this new name, they hope to capture the world's creativity and knowledge, as well as remind everyone to

cherish every precious life moment. Through this, the concept of the new name of Musically became clearer.

This is why there is no longer a Musically app when we search it on Play Store or App Store. When Tiktok was introduced, more upgraded features were added to make it more entertaining. Such as the maximum 3-minute video length compared to Musically which has only 15 seconds, it also has a voice recorder and you can directly edit the videos in the app that's why users can enjoy it more.

In conclusion, the Tiktok app is more flexible in terms of features but Musically reminds us of the nostalgic feelings.

Impact on adaptation of digital system for disbursements

By: JANELLE CRYSTAL ALIPIO

Outgoing President Duterte signed Executive Order (EO) 170 on May 12 to direct all government departments, agencies, state educational institutions, and government-linked companies to adopt digital systems for disbursements and collections. Disbursements also include the release of wages, employee compensation and especially, government financial assistance during calamities and state emergencies.

What are the benefits? Processing time and in-person presence at government houses will be significantly reduced. Waiting times and long queues will be a thing of the past leading to better efficiency.

Next, current bureaucratic red tape and corruption can be eradicated. Unfair practices of facilitation money and graft can now be avoided.

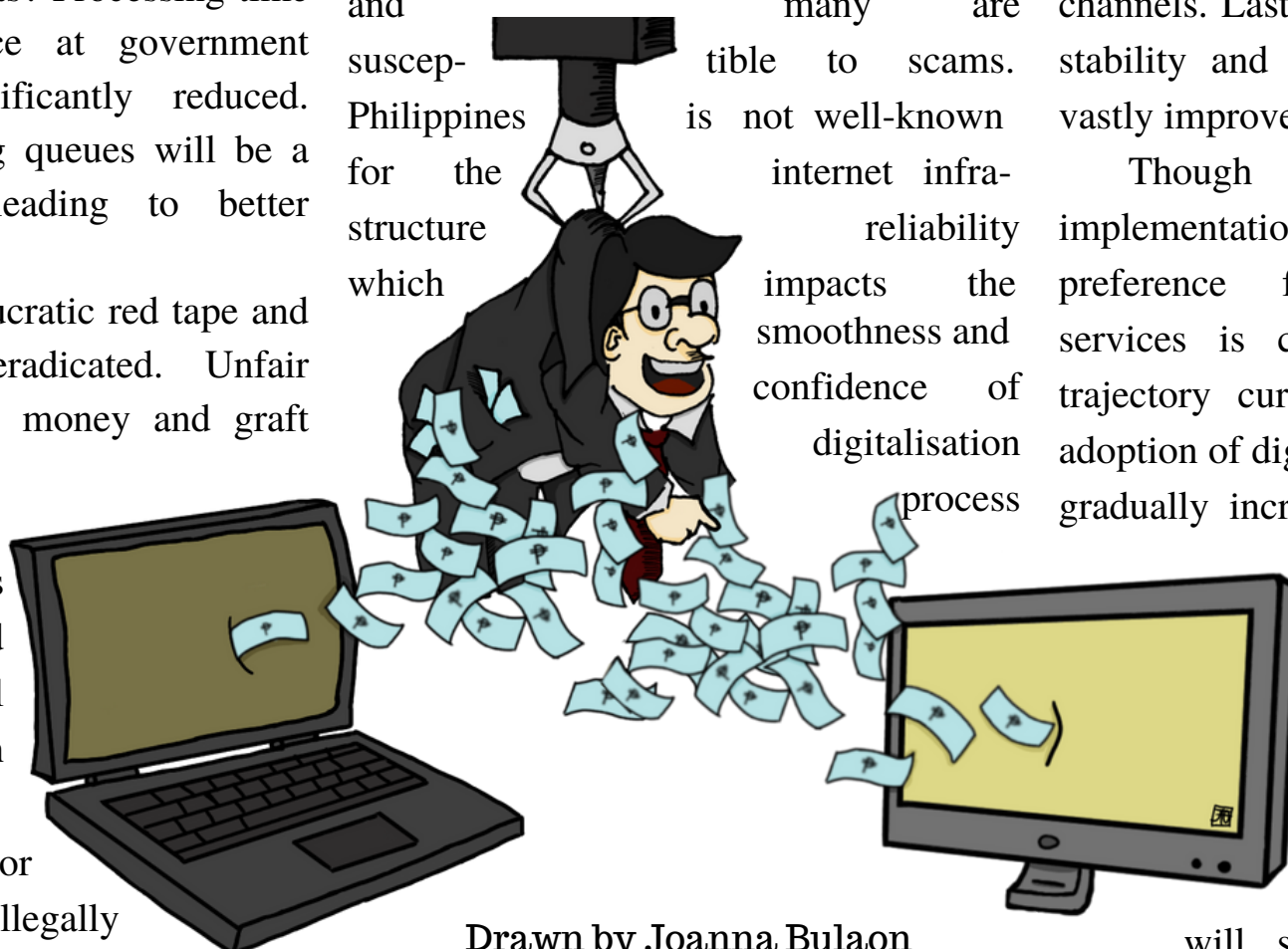
Lastly, digitalisation will expedite wages disbursement and government financial aid programs to reach the needy faster and more effectively. Fixers or middlemen who profits illegally from facilitating these

disbursements can be removed, ensuing the full aid reaches the needy.

However, EO 170 is a double-edged sword. Though digitalisation is lauded and brings about necessary benefits, but the government may lack the iron will for proper implementation. Government agencies must be supervised and taken to task for any non-compliance during the entire implementation process. 40% of Filipinos view online services as unsafe and many are susceptible to scams. Philippines is not well-known for the internet infrastructure reliability which impacts the smoothness and confidence of digitalisation process

For a successful implementation, steps to improve user confidence must take priority. Anti-hacking and anti-scams regulations must be implemented. Data protection and privacy acts must be enforced to protect user privacy. In addition, a nation-wide public education about the benefits and the detailed implementation process must be carried out via various media channels. Lastly, the national network stability and reliability needs to be vastly improved.

Though there are many implementation challenges, the preference for digital payment services is clearly on an upward trajectory curve. Confidence in the adoption of digital financial services is gradually increasing. The \$1.5 billion and \$4.0 billion budget that was approved President Duterte to accelerate the deployment of an improved national broadband network will similarly increase user adoption and confidence significantly.



Drawn by Joanna Bulaon

Marcos-Duterte Reign: What to Expect?

By: ROSEMARIE JOY LIM

The majority had spoken. With over 30-million votes, President-elect Ferdinand “Bongbong” Marcos Jr., son of an ousted dictator, together with his running mate Inday Sara Duterte are expected to be inaugurated on June 30 as the next top leaders of the Philippines.

However, with multiple cases filed against the presumptive president, many are unsure of what the future would be like under their regime.

Because of this, all-eyes are on him, especially the political analysts and critics.

People are in doubt on how he would handle the Philippines in the next few years for he did not fully disclose his platforms and does not acknowledge most interviews.

With that, people challenge him to face them and prove himself. Besides, it is the duty and responsibility of the President to address his people. If he should become the next President, Marcos Jr. should get used to it. Else, people would always think of him as a coward who hides under his name.

Adamson University's implementation of "Physiflex" for S.Y. '22-'23

By: ADRIENNE MEI CORNEL

When the COVID-19 pandemic began, many people particularly students were affected, it created an impact on students' learning, and the methods they engaged with depended on digital learning and distance learning courses.

Consequently, coping with this new normal system of education, became tough for everyone. Luckily, the majority of our country's areas are now on IATF Alert Level 1 thus, students have resumed to face-to-face classes.

Despite of the COVID-19 cases increasing on a daily, some universities including the Adamson University are turning to constrained face-to-face classes, which encourages students to meet their peers and professors.

But even so, Adamson University has

stated that in the upcoming school year (2022–2023), it might be employing a physical and flexible learning modality called "PhysiFlex," which is intended to integrate physical and digital learning.

Due to the excessive blend of learning, students have the opportunity to socialize with fellow klasmaytes and professors on an individual basis. This would alleviate anxiousness and discomfort. As a result, this would be considered to be good news since everyone misses the university's campus life.

According to Dr. Catherine Q. Castaneda, Vice President for Academic Affairs, " [It is] Indicated in a memorandum dated April 6 that Adamson University would utilize a blended learning style. "PhysiFlex" a modified approach to flexible education combining face-to-face dialogue as its major learning modality with a blend of physical and digital learning".

In accordance with CHED Chairman, Prospero De Vera III, he stated that many of the University here in the

Philippines will very much likely to resume face-to-face classes for next school year, and the decision is based on the consultation with their respective faculty and their students itself.

We can see that it will progressively rise, and that there will undoubtedly be even more when the first semester of the School Year 2022-2023 began.

De Vera noted that 100% class capacity has been authorized in places under Alert Level 1, allowing 100% classroom capacity will encourage more Higher Education Institutions (HEIS) to conduct face-to-face classes since it will enable them efficiently manage their facilities and oversee regular classes.

Physical and mental health should now prevail over education as a top priority. "PhysiFlex" would be an excellent stepping stone for any Adamsonians looking to broaden their horizons.



Photo Courtesy of Yahoo News

Monkeypox's worldwide outbreak

By: HENRIANNA DEL ROSARIO

Keep in mind how swiftly COVID-19 spread and affected so many people.

We can prevent it by being rigorous with people who enter our state, especially those who are traveling from another country, as this is one of the main reasons why a virus spreads quickly rather than being contained.

Every droplet or interaction with an infected individual is extremely transmissible, which is why we should be cautious and avoid people who are inflicted with monkeypox as much as

possible.

It's terrifying to think that another disease is spreading so rapidly and has begun to emerge in places like Africa. To think that we barely recovered from this pandemic, something else is on its way before we even realize it.

We can't afford any more losses or lockdown extensions since it wastes a lot of our time, and not everyone is privileged enough to support their needs during the midst of this pandemic.

There has been a monkeypox outbreak in several regions, and the number of cases is fast increasing. The aforementioned disease is a rare viral disease produced by a poxvirus, one of the biggest and most complicated viruses.

Fortunately, no cases of monkeypox have been reported in the Philippines, yet its mortality rate is significantly greater than that of COVID-19.

Although there are presently no cases of this disease in the Philippines, we should be cautious and take measures to guarantee that the virus does not infiltrate our country.



Photo Courtesy of Daily Express

SPORTS



Photo Courtesy of Adamson Chronicle

AdU Pep Squad won second place in UAAP's Cheerdance Competition

By: RANCE RAMOS

After three years of inactivity due to COVID-19, the much awaited UAAP Season 84's Cheerdance Competition returned filling the stadium with fans ready to support their respective universities at the Mall of Asia Arena in Pasay City.

The eight, usual pep squads joined in for this year's competition, with different themes that would serve as their symbol for their comeback to the competition.

This year, the Adamson University Pep Squad have sported a country-themed routine and various awe-inspiring

acrobatic numbers that hyped the crowd.

In the most previous competition in 2019, the Adamson University's Pep Squad earned their title as the "*Birds of Prey*", after they won 3rd place in the competition.

However they were able to not just maintain but also climb up their reputation as they tallied 688.5 in the scorecard landing in the competition's 2nd place, bagging the silver medal with their performance.

Above Adamson University of 39 points were this year's champions, the FEU Cheering Squads scoring 727.5 in the scoreboard, denying the NU Bulldogs'

3-peat in the Cheerdance Competition, who have now dropped into the 3rd place spot.

For the fourth place was the UST Salinggawi Dance Troupe, then the UE Pep Squad, UP Pep Squad, DLSU Animo Squad and Ateneo Blue Babble Battalion finishing in last.

As for the second placers, the Adamson Pep Squad won P30,000 for cash prize, and claimed the podium for the fifth straight season of the Cheerdance Competition.

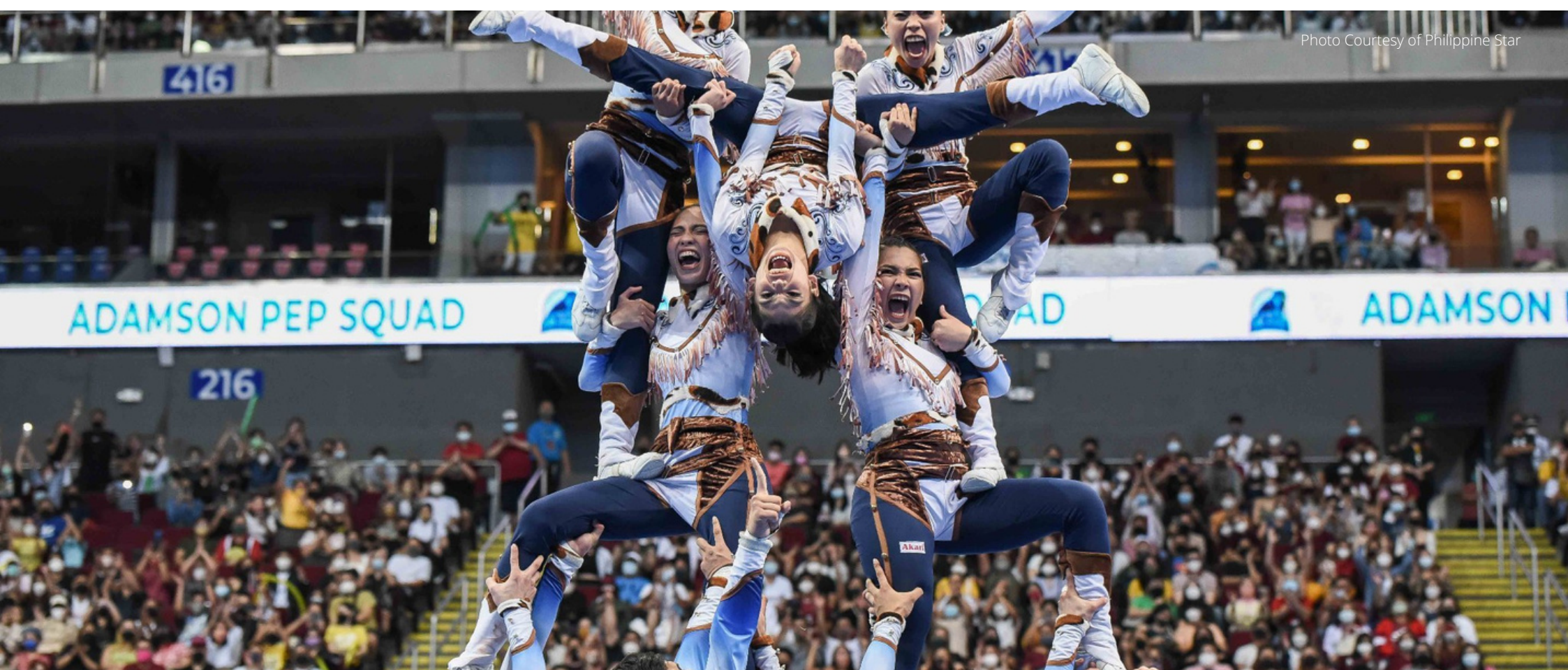


Photo Courtesy of Philippine Star