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STAR RISING AWARD



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AY 2022-2023

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ABOUT THE COVER

The Year of Innovation is a stepping stone of the college that aspires towards living an apparent footprint and bagging excellence that shall serve as an inspiration to the local people of Sulu while crafting an ultimate unbounded initiatives that shall set an image of Sulu State College.

School Education: Its Gradual Rise from Detriment

"Online learning is not for everyone!" This has been the clamor of many Filipino people when our educational system shifted to its new normal set-up – blended learning as they call it. Students were having a hard time to cope with their learning because aside from the problem in internet, other means such as reliable gadgets and prepaid loads to go online also stress them out. This leads for many students to go depressed in addition to the inconsiderate attitude of their teachers who think that every student is of the same status.

Blended learning however, is not only about online learning. There is this what we call 'modular learning' where students learn from printed papers containing the lesson of the week and its corresponding activities they need to perform as part of their assessment. But another clamor occurred saying that students only learn a little, if not none at all, from it. Some of them read the lesson but only understand few, while others do not read at all and will just go directly on doing the activities with the help of search engines so they can pass it on time. Indeed, learning is no longer transpiring.

These alarming scenarios are fortunately going out of trend in the Philippines when cases of COVID-19 are slowly diminishing. This has been aided with the advent of vaccines which inoculated millions of Filipinos already. And basically, this paved the way for the fulfillment of the common dream of many Filipino students – the conduct of face-to-face classes around the nation whether it is in elementary, secondary or in tertiary level. Finally, students are going back to school, and those kids who will have it first time – having started schooling in 2020 where this health crisis is at its peak — will be finally experiencing waking up early to prepare to school, wearing school uniform, meeting their classmates, and most of all, hearing their teachers explaining the lesson right in front of them. Finally, there will be less number of students who will complain about their learning as there will finally be face-to-face interaction where they can raise questions without hesitations. There will be less mental health issues as cases of depression among students for their inability to submit requirements online will reduce. They will not be stressed out that much for doing all their modules to submit after a week. There will be less distraction than they are at home. They will become more comfortable than they are in the screens of their gadgets. And finally, they are likely to promote strong rapport among their classmates than they used to using social media platforms capitalized as online classrooms.

However, the conduct comes with a condition.

The face-to-face classes will only be conducted in low-risk areas in the country, and with due observance of health and safety measures laid by Inter-agency Task Force or IATF. In the joint press release issued on September 27, 2021 by Department of Education (DepEd) and Department of Health (DOH) in assurance of the safe pilot run of face-to-face classes, it has been said that "the pilot implementation will be done among a maximum of 120 schools across the country, prioritizing Key Stage 1 learners (Kinder to Grade 3), after passing the School Readiness Assessment by DepEd and their local governments." Meaning, the conduct of face-to-face classes will only be limited to schools that passed the assessment being done by DepEd as well as approved by their local governments. "Our utmost priority is the health and safety of our learners and teachers while ensuring that learning happens and learning gaps are addressed. We have been planning for safe return to schools," DepEd Secretary Leonor Magtolis Briones said.

Similar scenario goes with Commission on Higher Education (CHED). State Universities and Colleges shall hold classes only to those programs that are aligned with medicine and health courses with observance of course, of health protocols, putting up of Crisis Management Committees, and coordination with LGU's concerned among others. Subsequently, additional programs were added to the list when President Rodrigo Roa Duterte approved the CHED's request for the expansion of limited face-to-face classes to other degree programs such as Engineering and Technology, Hospitality/Hotel and Restaurant Management, Tourism/Travel Management, Marine Engineering and Marine Transportation that require hands-on experience in higher education institutions (HEIs). "The Commission thanks President Rodrigo Roa Duterte for the approval of limited face-to-face classes for the said programs in order to contribute to the efforts to boost the economic recovery of the country, as this will directly affect human resource development," said CHED Chairman Popoy De Vera.

Albeit face-to-face classes are held limitedly and unusually than how it was before, it cannot be denied that this mode of learning is way better than of its kinds as learning becomes more achievable. Despite having only few classmates to meet, having a seating arrangement made to avoid proximity, a classroom where they are covered with plastic sheets, and less, if not none, school activities to enjoy, limited face-to-face classes are still face-to-face classes — a dream came true for many students; a wish that has been granted; and a demand that has been fulfilled. Students are finally seeing the light of hope in their education, thinking that finally, there will be less burden and struggle to carry. Teachers who have been caged in the four corners of their houses are finally going back to their workplace where they feel more comfortable working. Parents will no longer worry for the future of their children by learning only a little through their modules as they can be properly taught inside the classroom. School administrators will not anymore experiment of possible teaching strategy they can use to still teach their students effectively and safely amidst the pandemic. And finally, our education system will bounce back from its worsening state.

The amazing stride that has been taken by our education departments to somehow make the face-to-face classes happen can be considered as a gradual rise of school education from its detriment caused by the restraints and constraints of pandemic. We cannot afford to be left behind. Education is the greatest hope of our nation to repair its damage if this pandemic will be finally gone.

"MAIKLING KASAYSAYAN NG MGA TAUSUG"

Kabilang kaba sa mga natatanging tribo dito sa Pilipinas? O kabilang ka sa mga iilang Pinoy na may dugong banyaga o lahi? O baka naman kabilang ka sa mga taong lumaki sa syudad? Ano man, saan man ka nanggaling at ang iyong pagkakakilanlan Kung ikaw ay naghahanap ng maikling babasahin ukol sa mga kasaysayan na rito ang hatid ko saiyong Maikling Kasaysayan ng mga TAUSUG dito saPilipinas.

Kilala ang mga Tausug bilang mga taong may paninindigan at katapangan, palagi ding silang nababanggit kapag nagmula sa Mindanao ang pinag-uusapan, angsalitang TAUSUG ayon sa karamihan ay hango sasalitang "Tao naMaisug" sa Bahasa sug, na nangagahulugang "Taong matatapang" habang ang iba ay nagsasabi na ang kahulugan nito ay "People of the current" dahilan ang "TAU" (Tao) "SUG" (Agos).

Ang Lingguwahe ng mga Tausug ay tinatawag ding "Tausug" ng mga taong naninirahan dito, mayroon din Bahasa Sug ang tawag dito o Bahasa Sinug. Ang Sulu ay binubuo halos lahat ng mga Tausug. Ayon sa Philippine Statistics Authority (PSA) sa taong 2012 pangatlo ang probinsya ng Sulu sa may pinakamaraming populasyon sa Rehiyon ng ARMM natinatawag na ngayong BARMM (Bangsamoro Autonomous Region in Muslim Mindanao).

Ayon sa Kasaysayan, ang mga Tausug ay nagsimula sa isang Muslim na missionaryo na si Sharif Makdum na dumating noong Ika 13 siglo. Siya rin ang kauna-unahang nagpalaganap ng Relihiyong ISLAM sa Sulu, Una niyang ipanatayo ang Masjid o Mosque sa Tubig Indanan, sa Pulo ng Simunol. Ngunit pagkalipas ng ilang taon ay pumanaw si Sharif Makdum at ang kanyang libingan ay na sa lalawigan ng Tawi-tawi na dinadayo parin ng mga Tao ngayon. Sa taong 1390 dumating si Raja Baguinda upang ipagpatuloy ang nasimulan ni Sharif Makdum. Noong taong 1450 dumating Naman ang Muslim-Arabian na iskolar na si Abu Bakr sa Jolo at na kilala niya si Raja Baguinda at pinakasalan niya ang anak nito na si Putli o Princess Paramisuli. Matapos nilang magpakasal itinatag ni Abu Bakr ang Sultanate of Sulu, na kung saan siya at nang kanyang asawa ang naging kauna-unahang Sultan at Sultana sa Sulu. Sa taong 1475, pagkatapos maitatag ang Islam sa Sulu ay dumayo ang mga Muslim sa Maguindanao sa ilalim ng pamumuno ni Sharif Kabungsuwan, pinakasalan ni Sharif Kabungsuwan si Putli Tunina at sila ang naging kauna-unahang Sultan at Sultana sa Maguindanao Cotabato (Wikipilipinas,2021).

Pagsapit ng taong 1913 sinasabing Wala na ang Department of Mindanao and Sulu sa kadahilanan ng pag-karoon ng digmaan laban sa mga kastila sa nagdaang mga taon tuluyan itong naglaho, at Ito ay napalitan na ng Bureau of non-christian tribes. at hindi rin nagtagal, ang mga Tausug ay napabilang sa Pamumuno ng Pilipinas na may demokrasyang Pamumuno at republikang estado na kung saan ang bawat mamamayan ay may kapangyarihan na pumili ng mamumuno sakanilang lugar.

Sa kasalukuyang panahon, naninirahan ang mga Tausug nang mapayapa at nananatiling tapat sabayan nito. Karamihan ng Tausug ay Muslim, ang Muslim ay tawag sa mga taong ang relihiyon ay ISLAM, kaya isa sa mga batas na kanilang sinusunod ay ang batas ng Qur-an. Mula noon hanggang ngayon ay dala ng mga Tausug ang itinuro ng mga Datu na unang namuno sa Sulu. Maraming kaugalian, tradisyon at mga paniniwala ang patuloy na isinasabuhay ng mga Tausug. Maraming mga bagay ang ipinagpapasalamat ng mga Tausug sa kanilang mga ninuno. Lalong-lalo na sa Kalayaan na ipinaglaban nito noong unang panahon, buhay para sa Kalayaan ang kanilang ibinuwis kung kaya't ang mga Tausug ay taglay parin ang tapang sa pakikipaglaban sa kanilang karapatan.

Marami mang bagay sa nakalipas na hindi natin natunghayan ng sarili nating mga mata, ngunit ang pagkikilala sa mga taong naging dahilan sa malayang buhay na ating tinitamasa ay sapat na upang maipakita na hindil ahat ng nakalipas ay kinakalimutan bagkus, ito ay ating ipinagmamalaki at hinahangaan"



Mga Tausug sataong 1900, ang larawan ay Mula Mga tribong Tausug na tinatawag na mga Moro,





Makabagonglarawan ng mga Tausug.

Genre of Kindness

By Alkaisa Sahibad



Sibnay | Column

Life tells unique stories—an imperfect perfect story. It is a book landed with different purpose on each secluded chapters and written pages. It bears different stories of people from all walks of life, but it is the genre of kindness that haunts my greatest affection—it has been and will always be. An act of kindness bears unique facade in the eyes of people. It always inspires the soul, calms the mind, and grows the heart. One drop of kindness could shine a gloomy days, a chaotic home, and heal a broken soul. With or without our consciousness, kindness always prevails in situations where help is being asked, love is shown, and even just a random shade of care we felt for people who we barely knew. In times where our voices are muted, it is the heart that conveys the messages for us. And if only I would to define beauty, I would probably dare to reiterate beauty as the kindness of the heart that lives no favors.

It is indeed true that eyes don't lie. Words may be twisted, but what you see and felt will always validate the truth. I am in constant awe of what life could offer, and how the realm of kindness could turn my gloomy days into something magical. I got to meet different faces everyday wearing different shades of experiences and status in life. Some are dealing with countless heartbreaks and rejections, and others are doing multiple jobs just to save the day of starvation. Many life encounters did proved me that kindness never has too big nor too small, because what weigh more countable is the sincerity been put into action rather than the price tagged upon a show. Life taught me that kindness is a genuine drop of act that comes from within and must not act based on the shallow gain of attention, and for a purpose to only serve popularity. A sided-note may always invalidate the essence of it. And if perfection sets as standard for people, for me it is always the genuine heart that counts.

I heard this common adage that goes, "Kakitaan mo tuud in tao malasa kaymo bang kaw halaum kasigpitan". [You will really see the person who loves you during your hard times.] I couldn't help but agree more. There were instances in my life where I've been placed in different arenas of life where it left me short-handed, broke, and crawling with an empty pocket. It was during my downfall moments where I had to go through countless tears, sweats, and rejections as accompanied by too much stress I had to engulf with. It was the breakable moment which leaves me no options, but in those difficult times, I felt a valid feeling. I felt rich—not with money, but with kindness. Few, not many, have stayed during the difficult moments of my life, but those few people were able to offer me a home when I wasn't able found one. They've given me so many words to ponder upon nearby the swishing sound of the ocean which opts to calm my sanity. They served me different flavors of love and kindness which truly touches the core of my heart, because it was when the time they've offered me much when I wasn't really expecting anything. They may be few, but they are rare. A 'thank you' words maybe an understatement to recognize the efforts been made, because no amount of money or any mundane things have the power to counterpart the feelings and worth they've shown towards me. And those countless moments will remain as the most magical gift of kindness where I could always go to and ponder upon.

Kindness often leaves us with different faces. Sometimes we see, often times we don't. But whatever form of kindness it may be, an instant validation from other people is not necessary. What you are able to offer and received are valid—be it effort, time, memories or love. It is not people's judgment that matters when you intend to do good, but it is the connection you are able to build, and invest with your own soul. Those little drops of kindness has the power to touch, and save lives—the lost, the depressed, and the unkind. Just as much how it save me when I needed one. It is hard to live as a standard, but set kindness as the standard. Live with it. The perfect gift you could have offer to someone is kindness. So, be kind.



Sulu Tourism Breaks National Stereotype

By Analyn E. Limpasan

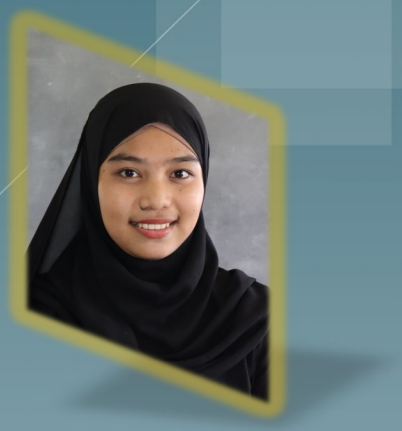
Sulu tourism broke the stereotype. With the recent boom in tourism sites and the opening of resorts in places that used to be secluded and isolated from the world, with the help of social media promotions, Sulu is now a potential tourist attraction. Visitors from outside Sulu are mesmerized by Sulu's beauty waiting to be explored. Sulu is a hidden diamond that needs refining in order to shine. From Sionogan, to Mang-Sali's white sand beach, teal blue waters, friendly locals and clear skies the potential is undeniably high for being the next Boracay. Well, not exactly like Boracay, but a person can dream high specially when excited. Gone are the days where stereotypes such as terrorism, indiscriminate bombings, kidnappings and the bad spitting image of war erased by the beauty that Sulu has to offer. As a citizen it was refreshing to see and hear that Sulu is more than what the media used to describe.

The Police force of recent appointed leaders here in Sulu contributed largely in taking the eminent threat at hand under control by increasing the checkpoints in every entrance and nook the city and country side has, although the eminent threat is not entirely eliminated but it helps the citizen feel safe to explore and promote the hidden beauty of Sulu.

So what are you waiting for my fellow Tausug? Go out! Explore! Bring a friend or your whole family, invite your out of town friends and post it on your Facebook stories! Rise up! Fight the stigma, break the system and help us break the stereotype! With the recently opened accommodation and recreational facilities of Mang-Sali for overnight check-ins with a flurry of lights at night that is sure to take your breath away, the fun doesn't stop when the sun goes down. It is only getting started.

All of You

By Adzrina Sadikal



As you grow up, your mother is always by your side. She's your first teacher. She will teach you anything that you needed to learn. She's one of your ladders to success. She's always there and when one of your stairs failed down and it crashed you or broke you down, she's there too. She will do anything to put the stairs into their places and you will just be surprised of the outcome. It may be not the same as you see but, it will be much better than you see, than you wanted to step or than you choose in your life. She's everything that one's needed.

Our mother's footsteps are our right path to have a better life, a better future. It is up to you if you decided to follow on her footsteps or not. You are the luckiest person if your mother is still by your side. As long as she's there, do whatever she said because doing what she said will make her happy. Seeing her daughter or her son doing what she told them to do is her happiness. And what makes them happier and contented? It is when their children found their partner and their children are in good hands.

We all have our rights to choose what ways to follow. Others might not choose their mother's footsteps or what she wanted for them in their future but in the end she will still accept your decision. She will understand you because that's how our mother loves us.

One day you will just say that what your mother decided for you is all correct because one day you will also become a mother. Now, when you reach your mother's footsteps, when you become a mother, it's up to you if you apply her advise to your children.

Choose your mother's happiness first before you choose yours because that's what she always did for you. There's always a time for yourself to be happy. Make your mother happy and proud as long as you live in her place, in her own home because once you step out, she will not anymore dictate your life. She will just support and advice you but she will not handle you anymore, because you will have your own life, your own home. And she would know that it is your time--your time to be a parent.

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Sulu State College: The Padyak 2021

by Analyn E. Limpasan

The Padyak 2021 happened on Aug. 7, 2021. It was spearheaded by the Chairperson of the Commission on Higher Education, Prof. J. Prospero De Vera III, President of Sulu State College, Dr. Charisma S. Ututalum, CESE, Mayor of Jolo Hon. Kerkhar S. Tan, the bikers team and other officials.

Everyone assembled at 7 a.m. in the Municipality of Jolo, and when they passed by Sulu State College, they were welcomed with balloons and messages. They arrived at Capitol around 8 a.m. where they were welcomed by Gov. Abdusakur M. Tan. They then proceeded on their bikes down to Tagbak and entertained some grantees for a meeting with Sir J. Prospero De Vera III from Mindanao State University-Sulu. They then continued to MSU Agriculture Extension Demo Farm with Congressman Hon. Samier A. Tan. Everyone went their way to the final destination in Maimbung where they had photo ops with the local government officials.



CHED Commissioner Popoy and other bikers



Congressman Hon. Samier Tan and CHED Chairperson Prof. J. Prospero De Vera III on their way to Maimbung, Sulu

TES Students Summit

By Remalyn Habibon

Tertiary Education Subsidy scholars from Notre Dame of Jolo College, Min danao State University - Sulu, Southwestern Mindanao Islamic Institute, Sulu College of Technology, and Sulu State College attended the summit for the TES scholar which was held at Sulu State College Gymnasium on Aug. 7, 2021.

Chaiperson of the Commission on Higher Education, Prof. J. Prospero de Vera III and the Executive Director of UNIFAST, Atty. Ryan Estevez graced the event. Also present were the regional directors of Region VII, IX and BARMM, Dr. Maximo Aljibe, Dr. Rody Garcia and Dir. Gen. Marjuddin Maddi, respectively. SSC President, Prof. Charisma Samparani Ututalum, Mindanao State University-Sulu Chancellor, Dr. Nagder Abdurahman, Jolo City Vice Mayor Ezzeddin Soud Tan, Dir. General Marjuni Maddi, Notre Dame of Jolo College President Eduardo Santoyo, and other university officials and staff were also in attendance.

The summit was full of the inspiring stories as the grantees from the said schools delivered their testimony on how TES helps them in reaching their dreams. Chairman Popoy appreciated the presence of the grantees and that he wanted to help more people in the province by providing scholarships to the students.



TES grantees from the 5 State University and Colleges from Sulu



TES grantees from SSC (right) and MSU-Sulu (left) with Chairman Popoy De Vera (center)



Chairman Popoy De Vera delivering his speech during the TES Students Summit

SSC Employees Application for the Registration of National ID
By Ben-ben A. Mulkin

The Philippine Statistics Authority (PSA) extended their service to Sulu State College with their mobile service of the registration of the National ID last Aug. 17-21, 2021 8AM-5pm,at Alumni Room, SSC School of Graduate Studies. This was an initiative made by Sulu State College and was supported by the PSA, headed by its Chief Statistical Specialist Engr. Medzhor Tan. According to Mr. Mohammad Saud K. Amilhamja, Registration Center Supervisor, "SSC employees have to follow the "three easy steps" to apply for PhilID.

These are:

PhilSys Step 1: Applicants must register their demographic information in PSA's online portal for national ID registration.

PhilSys Step 2: Biometric information including fingerprint, iris scan, and photograph will be taken in the registration center during your appointment.

PhilSys Step 3: Issuance of the PhilSys Number (PSN) and PhilID

The said registration serves as the government's unified, centraliz form of identification for Filipino citizens and resident aliens.



Dr. Ututalum, followimg the PhilSys step1, registering her demographic information in PSA



Dr. Ututalum received Certificate of Appreciation from PSA Staff



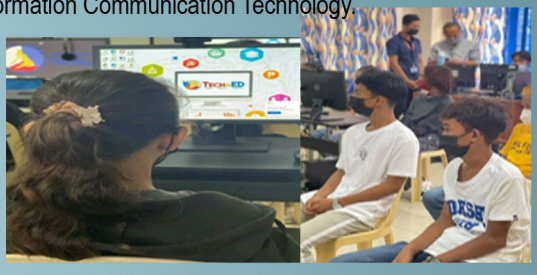
The Office of the Student Affairs and Services presents a certificate of appreciation to the PSA staffs

Basic Computer Operation Training with the theme
"Innovating Ip'sBadjaos into Digital Practitioner"

by Shaira Sakkam

On August 2021, the Sulu State College conducted a Basic Computer Training with a theme "Innovating IP's Badjaos into Digital Practitioner" at Tech4Ed center of SSC,headed by SSC president Professor Charisma Ututalum, in partnership with the Department Communication and Barangay Takut-Takut under the leadership of Hon. Nurjadin Sirajani. It was a 4-day training for theBadjaos with the goal to technologically capacitate them.

The program was only the starting point for more extention services that Sulu State College will innovate together with the Development of Information Communication Technology.



The Badjaos during the training



The Culmination of Basic Computer Operation Training

1ST PINNING CEREMONY OF CSITE
by Neridam P. Ammak

Last August 18, 2021, Sulu State College School of CSITE held its 1st Pinning Ceremony of the Computer Science, Information Technology and Engineering Batch Artificial Intelligence (AI) 2023, and Batch Internet of Thing (IoT) 2022 at SSC Gymnasium Walled City, Jolo, Sulu. The ceremony was anchored on its theme: "School of CSITE: Innovate and Sustain Global Excellence in Technology in the New Normal". The total candidates for pinning were 136 from BS Computer Engineering, 63 from BS Information Technology (IT) and 48 from BS Computer Science The guest speaker was the ICpEP National President, Dr. Desiderio R. Apag III. Also in attendance were SSC President, Prof. Charisma S. Ututalum, Vice President for Academic Affairs, Dr. Jehana M. Darkis, Dr. Nelson Julhamid, Chief Administrative Officer Mr. Almashin S. Lipae, Faculty President Hja. Alnadzma Tulawie, Board secretary Madam Ayesha Rema Tan and deans of different schools.



SSC key officials posing with their placards about environmental care

SSC NSTP CLEAN AND GREEN PROGRAM IN BUD TUKAY
By :Ben-ben A. Mulkin

On Aug. 21, 2021, the National Service Training Program (NSTP) of Sulu State College, headed by Chief Administrative Officer Mr. Al-mashien S. Lipae, conducted a clean and green program in Bud Tukay.

Bud Tukay is a new attraction spot in the province and it is with great pleasure to witness the majestic view of Sulu with the fulfillment of hiking and conducting extension program. The SSC extended the help by donating trash bins in the desires to help maintain and preserve the nature. Other materials were also handed to the officials for the promotion and beautification of the said spot.



Honorable Jun Baanan

Present during the event were the Local Government Unit headed by the Municipal Mayor, Hon. Alkhadar Loong, the Barangay Captain, Hon. Arc-ciega Baanan, Mr. Jun Baanan, the Commission on Election Acting Officer Mr. Shariff Ututalum, the Dean of SSC Graduate Studies, Asso. Prof. Masnona Asiri, the Faculty Association headed by Dr. Alnadzma Tulawi and the rest of the volunteers. The activity was made possible with the untiring support of College President Dr. Charisma S. Utatalum, CESE for the continuous support and initiative towards the programs that will benefit the community.



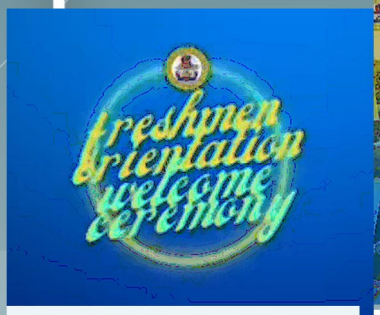
Pres. Charisma Ututalum receiving plaque of appreciation given by the LGU Parang

SSC GRAM: Second Virtual General Orientation

by BennazirAngsa

Sulu State College conducted its 2nd Virtual General Orientation on Sep. 3, 2021. The event was organized by the Office of Student Affairs and Services (OSAS) headed by the Dean of Student Affairs (DSA) Mr. Saurajan S. Darawi. It was hosted by the College Executive Assistant Mr. FirashZhed S. Ututalum and Guidance Counselor Ms. Fhadzra Aisha P. Sabdani.

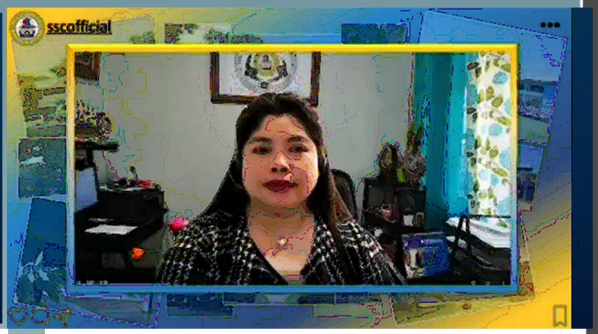
The objective of the said event was to orient students about the organization and functions of the college and its different offices.



Second Virtual Freshmen Orientation Welcome Ceremony



Prof. Charisma S. Ututalum, CESE, delivering her short message for an opening remarks



Vice President For Academic Affairs Prof. Jehana M. Darkis delivered her message for closing remarks

SSC HOPPING EXTENSION PROGRAM IN LUGUS

by Marly M. Sabtuli

Sep. 06, 2021 | Sulu State College, headed by Prof. Charisma Ututalum, proposed another extension program to the Local Municipality of Lugus in providing educational oppurtunities for them. Present during the event were Lugus Vice Mayor Hon. Almedzhar Hajiri, MENRE Provincial Director Hajji Pao Dambong, Lugus Municipal Officers, SSC President Prof. Charisma S. Ututalum, SSC Vice President for Academic Affairs Prof. Jehana Muallam Darkis, SSC Chief Administrative Officer Mr. Almashien Lipae, SSC Board Secretary Mrs. Ayesha Rema Tan, CSITE Dean Asst. Prof. Aldaruhz Darkis, and BSBA Dean Asst. Prof. Hartini Saradi. The attendees discussed the opening educational programs that will cater their needs in agriculture, technology and entrepreneurship.



(L-R): SSC Vice President for Academic Affairs Prof. Jehana Muallam Darkis, Lugus Vice Mayor Hon. Almedzhar Hajiri, AND SSC President Prof. Charisma S. Ututalum



Group photo of SSC and the Lugus staff

Teacher's Day

by Adzrina Sadikal



Prof. Charisma S. Ututalum delivering her message



CSG Representative from CSITE surprise teachers with their banner

On the 6th day of October 2021, the Central Student Government (CSG), together with the Faculty Association, organized a Teacher's Day celebration for the faculty and staff of Sulu State College held at SSC Gym. Walled City, Jolo, Sulu with the theme “Gurong Filipino Katuwang sa Hamon Kasama sa Pagbangon". The CSG president Bernie A. Humuad gave his opening remarks followed by the intermission number by Stalwart Performing Arts and a video presentation with a special message from Prof. J. Prosper De Vera III (Chairman Commission in Higher Education). A message was also given by the college president Prof. Charisma S. Ututalum. In the afternoon, there was a raffle draw and group singing competition (SSC Hymm)



SSC School of Nursing singing the SSC Hymm

Bio's Week 2020

By: Sherly M. Salihuddin

On September 2020, The Sulu State College- School of Biological Sciences celebrated their Bio's Week with the theme: "Theme: todays a sprout Tomorrow a fruit" held at the Sulu State College Math and Science Department Building

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The three-day program was organized and facilitated by the student officers of Biology Department. Deans from the different departments and the SSC President Dr. Charisma S. Ututalum were invited to celebrate their special moment. There were also teachers from BSBA department invited for judging. They were Sir Aziz, Sir Randel, and Ma'am Myrna.

On the first day, they had their Academic Contest which included Extempo, Dagliang Talumpati, Science Quiz Bee, Quiz Bee, Spelling Bee, Sanaysay, Essay Writing, and Poster Making. The second day of celebration was intended for Cultural Competition and Fun Games. For the cultural, they had a song solo competition (Filipino & English) and Dance Competition (Modern Dance & Pangalay). For the fun games prepared: Tug of War, Sack Race, How Long is Yours, and Paper Dance. On the last day of celebration was the boodle fight of students together with the faculty and after that the fun Colorblast that were enjoyed by many. On the last part was the awarding of the winners. The program ended successfully with so much fun.

Installation of SSC Student Leaders

By Alkaisa D. Sahibad

The Central Student Government, Supreme Student Council, Sihnag Publication, and Club Officers from different schools were inducted on the Joint Oath Taking and Induction Ceremony held on Sept. 24, 2021 with the theme: " Empowering Student Leaders Amidst the Challenge of New Normal Education" at SSC Gymnasium Walled City, Jolo, Sulu. The ceremony was graced by Vice Gov. Abdusakur "Toto" Tan II as the guest speaker of the event, and the College President, Prof. Charisma S. Ututalum together with other Administrative Officials, Deans of different Schools , Club Advisers, and the outgoing CSG and School Officers.

Congratulations, Student Leaders!



Turn-Over of Office of the outgoing president, Nadzhatar Dammang to the incoming president, Bernie A. Humuad



Student leaders with Prof. Ututalum

SSC BAGS CHAMPION AND SECOND PLACE DURING THE MTIT CONSUMER WELFARE MONTH

By Aldimar Taha





Nurhaliza H. Abal, Champion in Essay Writing

Klarizza Kyla Atiolla 2nd Runner up in Poster Making

Sulu State College bagged Champion and Second placer during the MTIT Consumer Welfare Month in Essay Writing Contest and Poster Making Contest, respectively. The winning students were Ms. Nurhaliza H. Abal and Ms. Klarizza Kyla Atiolla, who were from SSC Laboratory Highschool and School of CSITE, respectively. Their respective coaches were Asst. Prof. Shallemar Pelayo and Mr. Juliusking Vivas. The event was held on October 12, 2021 at the Sumadja Hall, Capitol Site, Jolo, Sulu. The theme was “Digital Consumer: The New Normal”.

CSITE SUMMIT 2021

By Aldimar Taha





Clean Up Drive at Poblacion, Parang, Sulu



During the Opening of CSITE Summit 2021



Joint Induction and Acquaintance at CSITE Parang Extension

The School of Computer Science, Information Technology and Engineering (CSITE) conducted its Annual CSITE Summit on October 19-20, 2021 with this year's theme “CSITE @12 Harnessing Immersive Technology to respond to the Challenges of VUCA World”.

The first day of events was opened formally with programs via zoom. It was followed by several Academic Contest such as: Problem Solving, Graphics Design and Mathlympics. In the afternoon, the CSITE Faculty & Staff with the students conducted a feeding program and ended the event by final judging of CSITE hub Beautification and Sanitation contest.

The second and last day of event was filled with several activities such as Clean and Green at Poblacion, Parang, Sulu in the morning and Joint Induction and Acquaintance party of BSIT Extension Parang in the afternoon session. They ended the summit with overnight CSITE Night at Mang Sali, Beach Resort. The Summit lasted for two days.

Sulu State College conducted a 3-day Seminar Workshop on Gender Mainstreaming Activities on Mental Health

byNurmalynJumali

The Sulu State College Gender and Development (GAD) Office conducted a 3-day Seminar Workshop on Gender Mainstreaming Activities particularly on Mental Health Laws and Mandates and Committee on Decorum and Investigation with the theme, "Strengthen the Well-being and Mental Resilience of Sulu State College GAD Focal Point System in the New Normal". It was held on Nov. 3-5, 2021 at SSC hostel Conference Room, Capitol site, Bangkal, Patikul, Sulu. This was made possible through the initiative of the GAD Director of Sulu State College, Dr. Venjilyne I. Alian with the full support of the college President, Prof. Charisma S. Ututalum, CESE.

This was participated by the key officials of Sulu State College, Schools' GAD Coordinators, and Student GAD Coordinators. The speakers were Dr. Mariam Julkarnain, Prof. NellibelleUlama, Prof. JenifferComposa, and Mr. Arnold Ferolino which are all from Western Mindanao State University.



SSC president Prof. Charisma S. Ututalum, CESE, (center)received Plaque of appreciation presented by Dr. Venjilyne I. Alian (left) and



Picture opportunity with the SSC President Prof. Charisma S. UtutalumCESE, some key officials, and the speakers Dr. Mariam Julkarnain, Prof. NellibelleUlama, Prof. JenifferComposa, and Mr. ArnoldFerolino

SSC School of Agriculture Community Extension Service

by Morsalyn Harun

On Nov. 20, 2021, the National Service Training Program (NSTP) students, headed by the faculty members of Sulu State College-School of Agriculture Omar Extension went to Asmawil Beach Resort, Capual, Omar, Sulu for the coastal clean-up. The said event was in partnership with the Barangay Local Government Unit (BLGU), the Barangay Captain of Capual, Mr. Jul-arab Asmawil, the Mayor of the Municipality of Omar, Sulu, Mr. Abdulbaki Ajibon. The purpose of this activity was to educate people in the community to protect the environment to eliminate the global warming that we are facing and to serve the community without in-return rewards.



Group photo of the NSTP students and the faculty members of SSC-School of Agriculture Omar Extension in Asmawil Beach Resort, Capual, Omar, Sulu





In action photos of the NSTP students at Asmawil Beach Resort, Capual, Omar, Sulu for the coastal clean-up

SSC School of Nursing holds its 2nd Nurse's Week Celebration 2021

By AlkaisaSahibad

On November 29-30,2021, the Sulu State College (SSC) School of Nursing, headed by Ass. Prof. Alijandrina T. Jalilul, RN, MAN, hailed the theme: "SSC School of Nursing at a Frontline Portraits of Resilience Amidst Pandemic" during the 2nd Nurse's Week Celebration 2021 convened simultaneously at SSC Multi-purpose Gymnasium, Walled City, Jolo, Sulu and the School of Nursing bldg. The said celebration was composed of Cheer Dance, Academic, Sports and Cultural Competitions which was organized by the Nursing Student Association (NSA) spearheaded by Ms. Nuronnisah K. Padjiri, RN, the NSA adviser. The two-day celebration aimed to showcase the Nursing Students' talents, knowledge, strong will, sportsmanship and resiliency.

The celebration started with a Duwaa on the 29th of November at around 9 o'clock in the morning in which the clinical instructors and the nursing students were in attendance. It was then followed by the contest proper in the afternoon with a competition composed of Cheerdance, Academic and Sports. Moreover, the feeding program was conducted on the 30th of November in the morning followed by the cultural competition in the afternoon which was composed of song solo, duet, choral and modern dance competition, and the Modeling. The celebration ended with the Level 2 bagged as the over-all champion.

The results of the competitions are as follows:

CHEERDANCE COMPETITION
CHAMPION: LEVEL 1
1st RUNNER UP: LEVEL 4
2nd RUNNER UP: LEVEL 3
3rd RUNNER UP: LEVEL 2

QUIZ BEE
CHAMPION: LEVEL 3
1st RUNNER UP: LEVEL 4
2nd RUNNER UP: LEVEL 2
3rd RUNNER UP: LEVEL 1

DECLAMATION
CHAMPION: LEVEL 4
1st RUNNER UP: LEVEL 1
2nd RUNNER UP: LEVEL 3
3rd RUNNER UP: LEVEL 2

SPEECH CHOIR
CHAMPION: LEVEL 2
1st RUNNER UP: LEVEL 3
2nd RUNNER UP: LEVEL 4
3rd RUNNER UP: LEVEL 1

EXTEMPORANEOUS SPEECH
CHAMPION: LEVEL 2
1st RUNNER UP: LEVEL 3
2nd RUNNER UP: LEVEL 4
3rd RUNNER UP: LEVEL 1

CHESS COMPETITION
CHAMPION: LEVEL 4
1st RUNNER UP: LEVEL 2
2nd RUNNER UP: LEVEL 1
3rd RUNNER UP: LEVEL 3

BASKETBALL
CHAMPION: LEVEL 1
1st RUNNER UP: LEVEL 2
2nd RUNNER UP: LEVEL 3
3rd RUNNER UP: LEVEL 4

MODELING (MALE)
Top Male Model : LEVEL 4
1st runner up: LEVEL 2
2nd Runner up: LEVEL 1
3rd runner up: LEVEL 3

MODELING (FEMALE)
Top Female Model: LEVEL 1
1st Runner up: LEVEL 3
2nd Runner up: LEVEL 2
3rd Runner up: LEVEL 4

SOLO
CHAMPION :LEVEL 1
1st Runner up:LEVEL 2
2nd Runner Up:LEVEL 3
3rd Runner Up: LEVEL 4

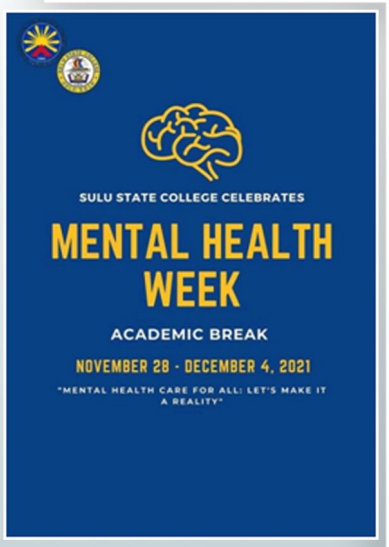
DUET
CHAMPION: LEVEL 1
1st Runner Up: LEVEL 3
2nd Runner Up: LEVEL 4
3rd Runner Up: LEVEL 2

CHORAL
CHAMPION: LEVEL 2
1st Runner Up: LEVEL 1
2nd Runner Up:LEVEL 3
3rd Runner Up:LEVEL 4

MODERN DANCE
CHAMPION: LEVEL 3
1st Runner Up:LEVEL 2
2nd Runner Up: LEVEL 4
3rd Runner Up: LEVEL 1

MENTAL HEALTH BREAK

by Marly M. Sabtuli



In celebration of the Mental Health Month, the Sulu State College implemented the Mental Health Break or Academic Break to the SSC students and faculty of the institution last Nov. 28, 2021 to Dec. 4, 2021. During this Academic Break, classes and activities of students and faculty related to school were put on hold for everyone to find time to be refreshed, refocused, relaxed and have time with their family and love ones to bond.

4TH AGGIE WEEK 2021

by Bennazir M. Angsa

Sulu State College School of Agriculture celebrated its 4th Aggie week 2021 last Nov 29 – Dec. 3, 2021 with the theme "Sustain, Excel and Soar in the New Normal" held at Sulu State College, School of Agriculture, Gandasuli Road, Patikul, Sulu.

The program started at 2 pm with an invocation led by one of the faculty members Asst. Prof. Laurel T. Albani, followed by National Anthem by Mrs. Nenita T. Abdurajak and singing of SSC Hymn. An opening remarks was given by the Dean of School of Agriculture Asst. Prof. Mudzrata A. Kunsahani. An inspirational message was given by the college president Dr. Charisma S. Ututalum, CESE.

The said program was a special moment and experience to all students of Agriculture for them to feel the spirit of being an Agriculture student. There were also prepared activities by the faculty members which were Bayanihan of Cherry Blossoms, Parlor Games, Sports, Academic, and Cultural.

The most awaited event or the highlight of celebration was the search for the top models of Mr. and Ms. Agriculture which made the campus more lively and exciting. Ms. Aggie from main campus and Mr. Aggie of Omar extension brought home the crown.

Here are the rank of over-all competition: Champion Aggie Main Campus (black team); 1st runner- up Omar Extension (Yellow team); 2nd runner- up KalingalanCaluang Extension (white team).

The activities were ended by giving of certificates and medals to participants with the presence of the Dean of School of Agriculture Asst Prof. Mudzrata A. Kunsahani.



Students during the Tree Planting activity



Students and Faculty members of School of Agriculture

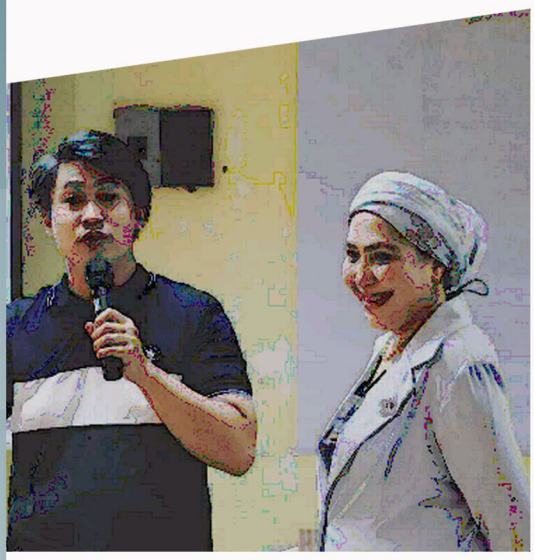


Mr. Jack Ryan Isahac (activity coordinator) with Mr. Nassal J. Junhar and Ms. Jessamaye K. Muharrani (The Mr. and Ms. Agriculture)

Online Channel Training-Workshop

By: Adzrina Sadikal

Sulu State College conducted a three-day Online Channel Training-Workshop at the AVR Room, CSITE Patikul, Sulu, on Dec. 1-3, 2021. The guest speaker was Mr. Jan Carlo Basuil from San Sebastian-Recoletos College. The students were identified-10 from college, 5 from senior high, and 5 from laboratory high school. Also present were the student paper advisers, executive assistant of college president, Mr. Firash Zhed Ututalum, and the soon-to-be adviser of SSC Online Channel Mr. Juliusking I. Vivas. The workshop aimed to educate and to make the SSC have their own TV Channel. The success is with the untiring support of the college president Prof. Charisma S. Ututalum, CESE.



Mr. Jan Carlo Basuil | Prof. Charisma S. Ututalum



Mr. Juliusking I.Vivas, Mr. Firash Zhed Ututalum, Mr. Jan Carlo Basuil, Ms. Adawia Jamasali Alibasa during the presentation of plaque of appreciation to Mr. Basuil



Students from SSC College,SHS,and Lab. High School, together with the guest speaker, Mr Jan Carlo Basuil, executive assistant of College President Mr. Firash Ututalum, assigned adviser Mr. Vivas Juliusking and Sihnag adviser Ms. Adawia Jamasali Alibasa

Stalwarts Strategic Planning

by Nurmalyn Jumali

Sulu State College conducted an evaluation and presentation of outputs on Strategic Planning Academics, Administrative and Finance and Research and Extension at Dakak, Dapitan City. It was held on Dec. 7-9, 2021. It was for the upcoming five years for the college. The event was held in Dakak Park and Beach Resort, Dapitan City. The event was attended by NEDA Director Region IX Hon. PhloritaRidao, SSC alumni association president Hon. Hussin Amin, Public sector representative Hon. AlfrazierAhalul, SSC faculty president Hon. AlnadzmaTulawie, CSG president Hon. Bernie Humuad, and SSC Administrative council.



(L-R): Ms. RadzwhielTawasil, Mrs. SaffrazhadAkarab, Mrs. AlnadzmaTulawie, SSC College President Prof. Charisma S. Ututalum, and SSC VPAA prof. Jehana M. Darkis



Some SSC administrative council with the SSC President Prof. Charisma S. Ututalum

COVID-19 VACCINATION FOR THE STUDENTS OF SSC

By Bennajar M. Angsa

On Dec. 14, 2021, Sulu State College conducted a vaccination exclusively for the students who are officially enrolled. With a total of 684 first doses for 12-17 years old, second doses for 18 and above, and boosters of COVID-19 were administered during the day of vaccination held at SSC Gym. Walled City, Jolo, Sulu. This initiative was supported by Prof. Charisma S. Ututalum, CESE, in collaboration with the Integrated Provincial Hospital Office (IPHO).

This institution ensures the safety and health of every students to attain the quality education amidst of this crisis and to continue providing learnings, experience and knowledge in a new normal. The Sulu State College is grateful to the presence of Staff of IPHO headed by Dr. Fahra Tan and other physicians namely; Dr. Nehama Nemertina Singki, Dr. Khalil Gibran Yusah, Dr. Muhammad Matingka, and other medical frontliners and staff of IPHO for the easy scheduling & administration of COVID-19 vaccines, SSC team, the School of Nursing, ICT team, and SSC College Central Student Government.



Staff of Integrated Provincial Hospital Office (IPHO) administer the vaccines for the students of SSC



Prof. Charisma S. Ututalum, witnessed the successful vaccination program at SSC Gym. Walled City, Jolo



Dr. Fahra Tan attended the vaccination program

TRAINING ON STATISTICS

By Neridam Ammak

On Dec. 15, 2021, Sulu State College conducted a training on statistics for the faculty of different colleges headed by Prof. Charisma Ututalum at SSC Hostel and Ladies Dormitory SSC Gate 1, Patikul, Sulu. The resource speaker was Dr. Ivy Corazon Ancog Mangaya-ay from Bohol Island State University. The faculty members had their review on statistics and learned how to facilitate statistical tools properly.



Review on Statistics with Dr. Corazon Ancog Mangaya-ay



SSC Employees with the resource speaker Dr. Mangaya-ay.



SSC VPAA Prof. Jehada M. Darkis, SSC President Prof. Charism S. Ututalum, Resource Speaker Dr. Ivy Corazon A. Mangaya-ay, SSC Staff Mr. Nadzrin Abdulajid

Photo source: SSC Page

"AN ACCOLADE FOR TRANSPARENCY"

SSC confers with FOI Rising Star Award

By Alkhamar L. Saddalani

From left and right signing of agreements and partnerships, various groundbreaking ceremonies for future establishments, several turn-over rites for newly-constructed buildings, to numerous activities and programs implemented which some of them were the firsts in the province. These breakthroughs are the testaments that indeed, Sulu State College is at the pinnacle of excellence.

The institution has once again proven its place when another national achievement was clenched. It was when the Presidential Communications Operations Office (PCOO) through the Freedom of Information – Project Management Office (FOI-PMO) conferred Sulu State College the Rising Star Award during the conduct of the 5th FOI Awards held at Radisson Blue Hotel, Cebu City on November 25, 2021.

The said awarding ceremony was an annual celebration of the legacy of truth, trust, and transparency. It is to give recognition to various individuals, organizations and agencies that extended significant contributions and advancements in the field of information access in the Philippines. And SSC being awarded with FOI Rising Star only implies that the college has exemplified great progress and performance in the implementation of the FOI Program. FOI or Freedom of Information Program is a policy signed by President Rodrigo Duterte on July 23, 2016 under the Executive Order No. 2, series of 2016. Under this act, all Filipino citizens are allowed to access information held by public authority provided that it shall not put into jeopardy privacy and matters of national security. Every agency shall have their FOI office.

The Rising Star Award was proudly received by Mr.Nurvin Bara – former SSC FOI Receiving Officer, now the newly designated Decision Maker, Asso. Prof.Froilyn Jamawadi, DPA, – former SSC FOI Decision Maker, now the new SSC Director for Research, and the SSC President Prof. Charisma S. Ututalum, CESE herself who also brought another honor to the institution by being one of the nominees on the 3rd Mindanao Governance and Leadership Excellence Awards under the Academe Category.

In her Facebook post, Prof.Ututalum shared that the FOI Rising Star Award marks their commitment to pursue good governance. She added "if to some FOI IS POWER, to us FOI IS PRIDE because we are happy to serve you while we embrace transparency, trust, and truth." She expressed her gratitude to the SSC Board of Trustees, Administration, Administrative and Academic Council and to the staff "for the untiring support and for working very hard to bring SSC to greater heights." She also thanked Mr. Bara and Ms. Jamawadi whom she called the 'True FOI Champions'.

In my interview with Ms.Jamawadi, she shared that it was very inspiring to be part of the working team and bring the FOI Rising Star Award to the college. She mentioned that the award would not be possible if were not primarily because of the college president who initiated the implementation of the program back in 2019. The implementation should have been done years earlier, but it only happened when Prof.Charisma finally seated on the presidency.

"It started on December 2019 if I am not mistaken. We were instructed by the President to go to Manila to attend a training on Freedom of Information. And when we came back, we already made the reports for Freedom of Information. We were given designations and office," Ms.Jamawadi on how SSC FOI Office has been established. "We first created two manuals – the Freedom of Information Agency Manual which is the Sulu State College Freedom of Information Manual and the other one is the People's Manual," she added.


21ST EDUCATION
October 13, 2021
LIVE4 EVER


TOASTMASTERS INTERNATIONAL
SULU STATE COLLEGE TOASTMASTERS
Club 07808735
Chartered October 1, 2020
District 75
Jolo, Sulu
SUC PRESIDENT II
PADYAK!

SSC FOI Office usually caters online and offline requests. They are also open for walk-ins; but according to Ms.Jamawadi, it is not usually practice because people might not yet be aware. She emphasized that anyone can request information from Sulu State College under the condition that "the requested information should only serve for a certain purpose." She explained "if the intended purpose is for research, then you can only use the information for research, or else you will be accountable for the information given to you."

As theFOI Decision Maker, Ms.Jamawadiis the one who approves the requests. From the receiving officer, it goes up to her for approval. She also mentioned that if the requested information is very crucial or sensitive, then she still needs to bring it to the president. "But for the requested information that can be already evaluated at my level, we usually give it," she continued.

When asked why FOI Program is important to implement, she perfectly answered "because it is the right of every citizen to information. It is no longer just a privilege for the Filipino people. Each has a right to information. That is the very basic reason why FOI is very important."

Freedom of Information is a mandate to transparency and accountability. And being recognized for doing such is definitely a big thing. The scale on whether one is in big or little risk for being transparent lies on what he does. If you are doing just great, your conscience is at rest. On the other hand, if you are doing anomalies, being transparent would be your last thing to do. As what SSC president put into hashtag #Transparency can make us vulnerable but BE TRANSPARENT ANYWAY. And to tell you, someone who has a clean conscience can only say this.



SSC FOI Champions proudly made a pose upon receiving the FOI Rising Star Award



From left to right: Mr.Nurvin Bara (former SSC FOI Receiving Officer), Prof. Charisma Ututalum (SSC President), Asso. Prof.FroilynJamawadi(former SSC FOI Decision Maker)

"Through the Lens of a King"

Mr.Vivas bags first prize on RegionalOnline Civil Service Commission Photography Contest

By Alkhamar L. Saddalani

Aside from gift of language, God has made humans extraordinary among other species by endowing us with many different talents. Some have golden voice for singing, others have flexible body for dancing, and few are blessed with hands that can paint beautiful pictures. But there's this guy who seems to be loved by God so dearly for He has given him not just one but several talents that made him won numerous recognitions and appreciations. This guyis a proud member of Sulu State College Community and has already built a name for himself through his masterpieces. He is no less than Mr.Juliusking I. Vivas.

Mr.Vivas or often called by his colleagues and students as "Sir King" is a faculty member in School of Arts and Sciences and is in service for a year already. Just like his nickname, many look up to him especially when talking about arts for he is not just good in photography but also an idol in painting, dancing, writing short stories, and directing pre-nuptial videos and short films.

One recent achievement he won for himself and for the college was the 2021 Online Photography Contest sponsored by the Civil Service Commission for Bangsamoro Autonomous Region in Muslim Mindanao where he bagged the first prize. He just accordingly saw the Facebook post of Civil Service Commission and what encouraged him to join was the contest theme which was "PagtugonngLingkodBayanisaPatuloynaHamonngPandemya". Upon seeing the theme, Mr.Vivas told that the word 'unity' was what popped into his head and after remembering that he already has a piece that matches well with it, he then took the initiative of joining the contest.

The entry he submitted depicts a working group of people coming from different government agencies. It was taken at Port Area, Jolo, Sulu using a DSLR camera which according to him provided by the organizers. It was during the massive coastal cleaning program which he was tasked to do the documentation. Mr.Vivas shared that during the cleaning program, he has already an objective to take a photo of those government agencies such as police, military, teachers, volunteers and also civilians working as one. And when the Civil Service posted an announcement, he then thought that what he captured before anchored well with their theme. The 'unity' which for him best summarizes the theme was visible in that piece, so he decided to make it as his official entry.He submitted the photo along with the title; "We Clean As One, We Heal As One."

"Based sa evaluation ko, parang may chance langsiguroakonanasa 50 percent. Pero confident namanakosa entry kona may 'unity'saloob, at tsaka it's near to impossible to compose a composition such as my entry kasi parang mahirap silang pagsamahin lahat – yungmga organization nanasa entry ko," talking about whether or not he hoped to win at the contest.

[Based on my evaluation, I think I have 50 percent chance of winning. But I am also confident since unity is shown in my entry, and it's near to impossible to compose a composition such as mine since somehow, it is difficult to gather all the organizations like those in my entry.]

Mr.Vivas wanted to leave in people's mind the essence of unity whenever they see his entry. That is for him the message he wanted to convey. "It can be seen in the photo that even though they came from different government agencies and despite their busyness in their respective works, they chose to have time to volunteer in that program," he said in Tausug language.

Considering the number of entries he bested, Mr.Vivas was accordingly in disbelief when knew the result. He implied that of all the organizations and institutions within BARMM, lucky was Sulu State College for winning the first prize. He also recounted that the same entry he submitted during the regional was not able to make it in the national level.

Photography is purely Mr.Vivas's hobby. He mentioned that he doesn't usually takephotography contest seriously as he wasn't well-trained and hasn't attended any workshop in the said field. He claimed that his learning of photography was the result of self-study. He also shared that he only joined photography contest twice. The first time was the contest organized by Commission on Higher Education where he won second place and the second try was this online photography we are talking about.

Aside from this first prize in Civil Service Commission, Mr.Vivas has achieved many huge recognitions. Back in Manila, he had tried joining for the first time in 2018 Metro Bank Arts and Design Excellence, the biggest painting competition in the Philippines, which out of 2,000 entries nationwide, he was able to enter the semi-finals which only composed of less than 80 entries. The following year, he joined the same competition and became a semi-finalist again. "Para sa'kin malaking achievement na 'yun kasi ako palang ang Tausug na sumali doon tapos nankapasok ng semi-final," he added.

[For me that was a huge achievement because I am the only Tausug who joined (the contest).]

When asked to give a message to young aspiring photographers out there, Mr.Vivas shared"kung may hilig kayo, i-push niyo lang. Hindi naman masusukat yung achievement natin sa mga workshop na dinaanan (natin)."

[If you love doing something, push yourself on doing it. Our achievement cannot be measured by the number of workshops we have been through.]

Having won the first prize, Mr.Vivas received a cash prize of P5,000 and a certificate of recognition.

Talents are meant to be shared. We must let the world see what we got because our talents mark our uniqueness and greatness as a human. By showcasing it, we are not only doing ourselves a favor, we are doing others also because we can simply be their source of inspiration.



The official entry of Mr.Vivas in the 2021 Online Civil Service Commission - BARMM Photography Contest



Mr.Vivas telling the story behind his winning entry

Confession

To the man I admire H.S.

March 26, 2021, The day I saw you and started to have a crush on you and 27 the day we took a picture together until now I'm still admiring,supporting and loving you from afar until the last day of my college days. Just seeing you and loving you from afar is enough.

From: Nobody

I've always wanted to meet the person behind SSC's change. Before I came to this institution, I thought it was only a typical public school. So many things had changed as well as improved. They were beyond my expectations. Kindly send my regards to her. I am honored to witness her triumphs.

- pipa

Mister Larva: The Man Behind The Beating of My Heart

Hi to the man who said he hates me! I don't know if confessing my feelings was the right thing to do. Do you still remember the day when you elected me as one of your co-officers? That is the reason I started hating you because I want to have peace of mind in college. We were classmates in minor subjects during 1st year and unexpectedly we became close friends. When I needed a friend you were there; when I saw you crying because of grades I wish I can give mine so you will be proud of yourself but you don't know how proud I am of you because you are doing your best.

The next time I know we shared lots of moments, you confessed, you got jealous, but I didn't believe and I chose friendship. I said hurtful words, you ignored me, and we say hi to each other again but I can feel the boundaries. I confessed yet you don't act like interested. Why does loving you make me hurt too? Is it because you are my first love? Should I move on? If you just need a space I will give you that, if ever you don't like me anymore please tell me so I can move on and I won't be called a hopeless romantic with a friend who ignored me.

Before I end this, I would like to remind you that I needed you because I love you. I wish for your successful future even without me. Congratulations on every job you did! I never said this in person but you know what? In my eyes, you are the coolest and most handsome guy that I've ever met. You are not my ideal guy but you just make a slow girl fall in love with you.

-OtakuGirl

SHOUTOUT

Shout out pala ha Kalasahan ko bawae Diana Paraja Malong mag ggraduate na. Advance Congratulation lovey, Misan bukun ako in pinih mo masi masi ra ako yari always kymu, ikaw da tuud in malingkat bawae ha pangatud ko. I only have one wish before kaw mig, please spare some time for me naman wag puro sya hahhah I love you lovey mwahh.

Pekeng Manunulat
Isinulat ni: Analyn E. Limpasan

I
Ako'y isang mambabasa,
Sa mga piyesa ng isang mahusay na makata,
Likha niya'y lubos kong sinamba,
Walang halong biro, mga gawa niya'y napakaganda.

II
Pen name niya lang ang aking nakilala,
Ngunit iyon ay naging sapat na,
Para sa katulad kong mambabasa,
Hanggang sa umabot na siya'y nagpakilala.

III
Siya'y matalino gaya ng inaasahan,
May pagkabastos din na aking hindi nagustuhan,
Siya pa rin ay patuloy na aking hinangaan,
At itinuring na tunay na kaibigan.

IV
Lahat nang iyon ay nagwakas,
Nang inakusahan niya akong peke at walang maipamalas,
Ako raw ay hindi puwedeng tawaging manunulat,
Dahil mga piyesa ko'y kailanman ay hindi magiging sapat.

V
Walang-wala ako sa taglay niyang husay at galing,
Subalit hindi 'yon rason para sarili'y patuloy na ihambing,
Iba siya at iba ako, magkaiba kami ng pananaw,
Naging mitsa sa paglabo ng pagkakaibigang dati'y malinaw.

Missing you crazy
By: Analyn E. Limpasan

I
Reminiscing the past.
Is all I can do to pass.
The feeling that fades away.
For you my beloved, honey.

II
I thought it seems I have forgotten.
However, it feels like it would never happen.
'Cause you're still here in my heart.
It never stops me from shouting your name.
And you don't want to listen to me anymore.

III
I miss all the things that we've done.
Kisses and hugs full of sweetness
That became a memory in bitterness.
The promise you broke
Always put me in doubt.

IV
How I wish I can hold you
To remind you how much I love you.
And to tell you, honey.
That I'm missing you crazy.

Hopeless feelings
S.U.Sakkam

On the day of february 14,2022 I was drowned
With frustration
I drove with my eyes wide open,
then the name Julhan caught my attention

He habitually appears unexpectedly
but you will ne'er envisage him Oftenly.
A perfect man you say?
Yes, with friendly tendency.

He's clueless about me.
And I know everything about him.
He solely knew my name,
Yet he crushed me
Without knowing.

Here I'am with confusion,
forgetting and not forgetting him,
though my feelings slowly losing.
I'm giving up this hopeless feelings
My views about him changed, and
I'm sorry this might be the ending.

Nasanay
-Fränž

Nasanay ako sa iyong salitang kay tamis
Nasanay ako sa iyong mga yakap na kay higpit
Nasanay ako sa iyong mga kwentong kay haba
Nasanay ako sa mukhang pinagmanahan ko
Nasanay ako na laging nasa iyong tabi
Nasanay ako na di mo iniiwan
Nasanay ako na laging inuuna
Nasanay ako na mahal natin ang isa't-isa

Yan yung nga nakasanayan ko ngunit dahil sa isang pagkakamali lahat ng ito'y nagbago
Dahil sa isang pagkakamali mo ang lahat ng nakasanayan ko ay nag-iba
Kung noon nasanay ako, ngayon sanay na ako

Sanay na ako sa lagi mong pag-alis
Sanay na ako sa lagi mong pag-iwan
Sanay na ako sa mga pangakong di mo natutupad
Sanay na ako sa mga pangakong lagi mong binabali
Sanay na ako nalaging may kulang
Sanay na ako na ako nalang ang umiibig
Sanay na ako sa mga luhang tumutulo
Sanay na ako na iba na ang mahal mo

Sanay na nga ako pero paano bang masanay na di nanasasaktan?
Paano bang masanay na wala nang pakialam?
Paano nga bang di nalang makialam?
Dahil oo kahit sanay na ako, nagtitiwala at nagmamahal pa rinakosayo

Hindi nga ba?
Isinulat ni: Analyn E. Limpasan

I
Akala ko ba ako'y mahalaga
Bakit tila ikaw ay nagbago na
Ginoo, nasaan na ang iyong salita
Tama ba ang aking hinala
Na pagmamahal mo'y wala na.

II
Bakit hindi kayang panindigan
Ang mga salitang binitawan
Panay pasakit ang aking naramdaman
Sa ipinangako mong pagmamahalan
Siguro nga ay mayroon ka ng ibang inaalagaan.

III
Ilang beses naghintay sa salitang magkikita tayo
Subalit pinaasa mo lang sa mga katagang hindi naman totoo
Nais kong maghintay pa sayo
Ngunit hindi ko na alam ang gagawin ko
Siguro tama na ang desisyong magkalimutan na tayo.

The Prevalence of COVID 19 Vaccination

By Bennajar M. Angsa

Some of us are wondering about the issues of those vaccines existing in the other country, many people are scared about Covid 19 vaccines because of the confabulation that trigger their minds which lead vaccination to trauma. We might be shocked why this vaccine has this kind of effects to every individuals who already got their vaccines. Have you ever heard about this issue? Well if not, here's my opinion about the importance of Covid 19 vaccines and why we should get vaccinated. Do you allow yourself to get vaccinated? In this time of pandemic, everyone should keep using all the tools available such as face mask , face shield and alcohol to protect himself from this formidable crisis that we face today . This is the right time for us as individuals to cooperate and collaborate with the health providers to reduce spreading the viruses and numbers of cases here in our country. Are you ready to get vaccinated? People should encourage themselves to be vaccinated even without symptoms that they see and feel. These vaccines will help human body to be prepared once it got infected by the Covid-19 virus, and it can also help prevent serious illness or diseases.

Viruses are constantly changing, including the virus that causes Covid-19. So, what are you waiting for? If you are not ready to be vaccinated, let's observe the society today. It is still suffering with this huge problem in which our nation is nearing in poverty not the prosperity. The government provides us the opportunity to obtain those vaccines. Be one of those people who are fully vaccinated. There is also a vaccination exclusively for children that are proven and tested by physicians.The FDA gave the Pfizer BioNTech COVID-19 vaccine emergency authorization to use for children ages 5 years to 15 years old. Do you know what's something new in discovering the effectiveness of vaccines in our body? Well accordingly, it is easy to find out if the vaccines are effective by just looking for some kind of marker in the blood that could be used to predict whether a Covid-19 vaccine is working. Now, they think that vaccine effectiveness is a measure of how well vaccination protects people against infection, symptomatic illness, hospitalization, and death.

These are the benefits if you get vaccinated. CDC monitors COVID-19 vaccine effectiveness to understand how well the vaccines:

*Protect different age groups, such as children, adolescents, and adults, including adults ages 65 and older
*Protect specific groups (e.g., people with underlying health conditions, healthcare workers)
*Protect against new variants (e.g., Delta, Omicron)
*Reduce the risk of infection, including infection without symptoms and other breakthrough cases
*Protect against milder COVID-19 illness
*Prevent more serious outcomes, such as hospitalization or death
*Prevent spreading COVID-19 to others
*Provide long- and short-term protection
*Perform among people who have received vaccine boosters U.S. Department of Health & Human Services

The COVID-19 Latest Variant—Omicron.

By Aldimar Taha

The aftermath of the COVID-19 since its first spreading across the world are detrimental. Originated from a specific region in Wuhan, China and rapidly overrun the humanity that caused the Global Epidemic. Some are still clueless of whereabouts to find the source of living while many experts and scientist are looking for succeeding ways to defeat the unforseen circumstances. For almost 2 years dealing with the excessive changes of lives. Air flights canceling, health care workforce depleting, Broadway and cinemas closed, vaccine and mask mandates threatening. Shifting and sometimes confusing guidelines from authorities on how best to manage ourselves. Uncertainty. Mistrust. Pandemic fatigue. No end in sight. And every nations are exaggerating to create initiatives to bring back the dying economy and live up again. Vaccines for COVID-19 found and successfully applied to humanity hoping that it curb the continuing increases of number of cases—and finally, lower the vigorous presence of this virus. But are we really free? Does the lethal threat of virus gone and we're coming back to what we used to before? Even the Scientists are still mum of the answer. Because after we shout for victory against the enemy— several variants occured and the world still going back to zero.

The Omicron variant is the latest type of virus that first identified in Botswana and South Africa in November. It is highly transmissible and is driving unprecedented surge of infections globally. Horrifying, given how many are ill, how stressed our hospitals are, not to mention how tattered our nerves. But listen: this wave can also be viewed as moving toward the taming of the pandemic. It is contagious, but it is also less nasty than the delta variant. With it among us, the likelihood of your getting infected is really high, especially if you are not good at masking and social distancing. But if you get it, and especially if you have been vaccinated, you are less likely to be badly sick or to die. Indeed, you may be infected and have no symptoms at all ... yet still be able to spread the infection to your circle. The study of previous pandemics over centuries shows us that it is usual for mutations to occur frequently in a viral pathogen, and usual for mutations to move the pandemic toward a more transmissible and less nasty disease. The eventual evolution is toward a pretty benign dominant strain that becomes endemic in the world. So, for instance, we still live with a descendant of the "Spanish" influenza that flattened the world in 1918. Moreover, it is a good COVID-19 prediction that we will live for decades or even centuries with a descendant of current variants which has morphed into a quite contagious but mild common cold-like illness. Omicron is a step in that direction.

Certainly, we must continue to take COVID-19 very seriously. Although omicron is less filthy, it will still make majority of us very sick and might lead to death. Because so a lot will get it, that means the numbers of case and death will increase and remain high. Additionally awful, it is hitting our kids harder than previous variants. Our hospitals are near to buckling under the strain. More health care workers are becoming ill with COVID-19. Others are burning out. So there is an ongoing major public health disaster. It is therefore essential that people get their vaccines and continue to follow existing advise on preventing the spread of the virus, including Wearing masks, Social distancing, regular hand washing, and keeping indoor areas well ventilated.

But start at home! If each of us is protected and protective, we can indeed keep our economy and our socialization going that easily, and we can hasten the end of this plague and create a normal world and live again. Just do what is smart and proven to work. If we work together for this then, we can end this together!

Facts from https://www.forum.com

Beauty and Its Locality, TheTausug Folk Dance

By ShairaSakkam

Have you heard about folk dance? How about our very own folk dance? I'm sure you are all familiar with this, some would think folk dance of Tausug is prosaic, hardly eye- catching and makes you feel drowsy. However, there are also some of you who find folk dance as relaxing, nerve-wracking, and wondrous. Let us be aware about Tausug folk dance, it's origin, why tausug need to be acquainted with our own folk dance instead of neglecting it.

Folk dance is a form of dance developed by a group of people that reflects the way of life or practices of a certain country or region.

The renowned folkdance of Tausug is Pangalay dance. It is a dance form traditionally performed by the Tausug people of the southern Philippines. Pangalay is best known as fingernails dance since the dance accentuated by fingernails where it always is a center of peoples' attraction. This “traditional” dance is said to have originated from Sulu islands, my homeland and is said to have been created by the Tausug people. Apparently, this dance is said to be extremely akin to the classical Balinese and the Thai dances. Furthermore, the pangalay dance also comprises of another version referred to as “Pakiring”. This dance is characterized by hand movements that resemble the movement of ocean waves, enhanced by long, metal fingernails worn by the dancers, with elaborate body postures and gestures and the graceful arm. And it is named “Pakiring” because the dancers performs the dance with the used of shyness movement, both the dancers' head and body moves both laterally . This dance is highly honored and widely acclaimed by other Filipinos especially in Mindanao and continues to shock the world because uniqueness. The person dances gracefully with significant value with each movement.

Pangalay dance is performed mainly during weddings and other festive occasions. But, nowadays as we have seen, Pangalay has been also performed during weddings and festive occasions, competitions, and intermissions. You can witness a specific occasion where people perform Pangalay dance for entertainment.

Pangalay dance said to have three versions namely; Courtship dance, Pangalay ha Patong(bamboo), and Elegant Dance.

The Pangalay ha Patong, where the dancer perform dancing through walking across the Patong (bamboo) where it requires balancing acts. This version is risky.

I'm encouraging everyone to appreciate the beauty of Tausug folk dance. It is time for you to wake up and try to understand the meaning behind of the people's dances, be proud of our folk dance. I once hated Tausug folk dance not because it is dull rather I just don't care back then and I even don't bring myself to be interested in any kinds of folk dance and that includes our folk dance "Pangalay". As I grew up, I learned various things by being interested, being curious of why we Tausug people should know about our culture, what makes some Tausug people be proud. With curiosity, it gives me a reason to explore and discover the beauty of Tausug culture especially the folk dance which helps me to love Tausug folk dance.



Courtship dance involves male and female



The Elegant dance movements are accentuated by the Janggay or fingernails.

Basketball Clinic for Referee 2021

By Morsalyn Harun

The Sulu State College Office of the Physical Education in School Sports (PESS), in partnership with the Municipality of Jolo conducted a 2-day basketball Clinic on Sept. 25-26, 2021 held at Sulu State College, Covered Court, with the theme: "Keeping Mind and Body Healthy through Sports Engagement Amidst Covid-19".

Present during the said event were Sulu State College President Prof. Charisma Ututalum, Mayor of Jolo, Hon. Kerkhar Tan who was represented by Hon. Butch Izquierdo, the officials of the different Barangay Jolo, the SSC Chief Administrative Officer (CAO) V Mr. Almashien Lipae and the Physical Education in School Sports (PESS) director of the college, Mr. Bin-Auf Jalilul.

The clinic aims to prepare and train officials of the 8 Barangays in Jolo to equip them with the latest skills and techniques in basketball. For some, this served as a refresher course enabling them to boost their confidence as basketball referees. The program encourages to maintain an active lifestyle most especially in the new normal.



PESS Director Mr. Bin-Auf Jalilul, SSC President Prof. Charisma Ututalum, Hon. Butch Izquierdo, SSC CAO Mr. Almashien Lipae



SSC CAO Mr. Almashien Lipae, Hon. Butch Izquierdo, SSC President Prof. Charisma Ututalum, PESS Director Mr. Bin-Auf Jalilul during a physical activity

BUWAN NG WIKA 2021

by Nurida Salip Julkiram

Pagsapit ng Agosto sa taong 2021 nakiisa ang Estado ngkolehiyong Sulu sa pagdiriwang sa Buwan ng wika, alinsunod sa proklamasyon bilang 1041, 1997. Sa kabuwananng Agosto ay ating ginugunita ang buwan ng ating wikang pambansa. Ang tema sa taong ito ay "Filipino at wikang katutubo sa dekolonisasyon ng pag-iisip ng mga pilipino".

Isa sa mga nakagawiang gawain ng nasabing paaralan ang pagsusuot ng katutubong kasuotan sa tuwing Miyerkules sa nasabing buwan. Pinangunahan ng Director ng Komisyon ng wikang Filipino- Sulu na si Hja. AlnadzmaTulawie, Ed.D at ng pangulong Estadong kolehiyong Sulu na si Prof. Charisma S. Utatalum, Ed.D CESE. Bagamat may pandemyang kinaharap ay hindi naging hadlang sa Estadong Kolehiyona mag karoon ng selebrasyon para sabuwan ng wika. Isa na riyan ang ayun nga na Pagsusuot ng Katutubong kasuotan ng mga guro.Tuwing Miyerkules ay nagsusuot ang mga guro at mga tauhan ng kasuotan kagaya ng Barong Tagalog para sa mga kalalakihan at Filipiana o mga kimona para sakababaihan na tradisyon na sinusuot nating mga Pilipino.

Sa unang at ikalawang linggo nagpamalas ang iba't ibang departamento ng kanilang Pilipinong tradisyonal na kasuotan.

Sa ikatlong linggo na riyan din ang pagpapamalas ng mga miyembro o opisina ng OSAS sakanilang Kasuotan na Sablay o kantio para sa mga babae at Pis-syabit sa mga lalake. Kanilang ipinakita ang Payak na pamumuhay ng mga Tausug. Sa huling linggo sa Ika 25 ng buwan ay nagkaroon ng birtuwal nakompitesyon para sa mga natatanging estyudante ng paaralan. Para sa akademikong kompitesyon na riyan ang Pagkukuwento ,Pagsulat ng sanaysay At dagliang talumpati. Sa kultural na kompitesyon Naman ay Iisang tinig ,Dalawahang tinig at Makabagong sayaw na pang-isahan.

Bawat departamento ay nagbigay ng kanilang pambato para sa kompitesyon. Mayroon ding Patimpalak para sa mga gurong iba't-ibang departamento Ang Pagandahan ng Larawan Ang mag wagi ay may igagawad na papremyo.

Sa Agosto 31 ang huling araw ng selebrasyon. Sa umaga ay dumalo si Congressman Samier A. Tan para makibahagi sa pagdiriwang, Kasama niya ang kanyang asawa na si Gng. Patricia Elaine Ting. Nagsilbi rin silang mga hurado para sa pinakamagandang larawan na kompitesyon para sa mga iba't-ibang departamento sa paaralan. Pagsapit ng hapon, sa parehong araw ay nagkaroon ng birtuwal na paglulunsad na pinangunahan pa din ng ating direktor ng Komisyon ng wikang Filipino- Sulu na si Hja. Alnadzma Tulawie, Ed.D at ng ating mahal na pangulo ng Estado ngkolehiyo ng Sulu na si Prof. Charisma S. Utatalum, Ed.D CESE. Kasama ng dumalo ang mga iba't-ibang guro at mga nagwaging estyudante sa iba't-ibang kompitesyon. Bago nagsimula ang paggawad sa mga nanalo ay nagbigay muna ng inspirasyunal na mensahe ang ating Mahal na presidente sumunod ay ang pagbibigay ng lagdang kagawaran para sa mga natatanging guro at tauhan nadumalo at nakiisa sa selebrasyon. Sumunod ay ang pagproklama sa mga nanalo sa iba't-ibang kompitesyon.



Litratongmgamiyembro o opisinang OSAS sa buwan ng wika



Stalwart Performing Artist noong Aug.31 sa birtuwal na paglulunsad



Congressman Samier A. Tan Kasama ang kanyang asawa na si Bbng. Patricia Elaine Ting.

Narito ang mga nanalo sa iba't-ibang patimpalak:

AKADEMIKONG KOMPITESYON

PAGSULAT NG SANAYSAY:
Nagwagi: "Laboratory Highschool"
2: Kolehiyong Nursing
3: KolehiyongSining at Siyensa (AS)

DAGLIANG TALUMPATI:
Nagwagi: Kolehiyong BSBA
2: KolehiyongSining at Siyensa (AS)
3: KolehiyongEdukasyon

PAGKUKWENTO:
Nagwagi: "KolehiyongEdukasyon"
2: Senior High school
3: Laboratory Highschool

KULTURAL NA KOMPITESYON
IISANG TINIG
Nagwagi: Senior High school
2: KolehiyongSining at Siyensa (AS)
3: Kolehiyong Nursing

DALAWAHANG TINIG
Nagwagi: Senior High school
2: KolehiyongEdukasyon
3: Kolehiyong CSITE

MAKABAGONG ISAHANG SAYAW
Nagwagi: Senior High school
2: KolehiyongEdukasyon
3: Kolehiyong CSITE

NaritoNamanAngnagwagi para sa "PINAKAMAGANDANG LARAWAN PANG GURO"
Nagwagi: Graduate Studies
1: Opisinang OSAS
2: Kolehiyong BSBA
3: KolehiyongEdukasyon
3: KolehiyongSining at Siyensa (AS)

Frontliners: Their Ultimate Sacrifice

By Analyn E. Limpasan & Bennazir M. Angsa

The Coronavirus has affected the entire world. Economies are slowly falling due to poor circulation among the different sectors of the community. More importantly, the world's population is diminishing because of the many people who get infected on a daily basis. If not diminishing, many are suffering from the pandemic mentally. These people do not just include patients, but also those who try to protect mankind from the virus, and they are no other than our frontliners.

Every one of us is afraid and struggling during this pandemic. Sometimes, we lose our hope, we bear in our minds that we can never go back to how we used to live our lives before. Covid-19 has become one of our barriers in all aspects including communication, jobs, and our everyday lifestyle. It has a lot of impact that leads to various factors in our lifetime. Everything has changed and there's a lot of adjustment to make ourselves always safe and secured.

In connection with that, we conducted an interview with one of our frontliners, Ms. Nelsa H. Quisai, a registered nurse. She is currently working as a staff nurse at Rural Health Unit in Jolo.

Sihnag: What are the negative effects of pandemic to you and your family?

Ms. Nelsa H. Quisai: As one of the frontliners, we are facing many negative effects of pandemic to me and my family such as having only a limited interaction especially with my family, lack of time for my family and friends, and most especially our health is at risk because of our body is prone to the virus or diseases.

Sihnag: What are the struggles that you experience during the pandemic and how did you overcome it?

Quisai: I experienced an increasing number of workloads that gave us overtime and short rest. After having a long day from my overtime and too much stress I can say that I feel so exhausted every day after coming from work. I had overcome my struggles through prayer. If I feel that my body is tired I make sure that I take a rest. I only have limited days to rest and sometimes 2 days but mostly no rest because I was assigned at the Jolo Port for 7 days for the screening of every passengers coming from Zamboanga.

Sihnag: Did the pandemic affect your salary?

Quisai: No.

Sihnag: Did the pandemic affect your communication with relatives and friends?

Quisai: Our communication with my relatives and friends are now very limited because of this pandemic.

Sihnag: As a frontliner, have you ever thought of how risky it is for your own health? And how it might also affect the health of your family?

Quisai: Yes, I know how super risky it is for me and my family but it is part of my job. It is also possible that I can bring disease or virus to my family so we must be careful not only with our patients but most especially within ourselves and our family.

Sihnag: Do you have any messages for our readers?

Quisai: I am encouraging the readers to obey the law of our government and follow the health protocols such as proper hand washing, wearing face masks and face shields, and following the social distancing. Of course, staying at home when there is no important things to do outside.

In this time of crisis which is covid-19 existing in our surroundings that we currently facing right now, the frontliners are our great heroes who are sacrificing themselves for our sake to provide health care and continue enduring to find for an exactly cure against the covid-19. Words, things, or even millions of money are not enough as payment for their efforts and sacrifices because we couldn't always exchange everything that we have in this world, rather we must be proud of them and appreciate their work as our frontliner. Let's clap our hands and wear a smile as we express our deepest gratitude for what they are doing to protect us from scary viruses.

HEROES OF ONE'S ROAD HIT BY COVID 19

By Nurmalyn Jumali and Adzrina Sadikal

Transport drivers provide rides for many people across the roads and streets. Suddenly, restrictions happened in the world. The most affected are the ones who were working, those who do not have job, and tricycle drivers. Due to the COVID-19 Pandemic, lockdown and protocol, drivers are one of the affected people. They strived hard just to make money, just to feed themselves and their families. Tricycle drivers are one of the backbones of the country's transport system but amid the pandemic, they are having a hard time to ride and earn but they still work just for their families and meet their needs.

We interviewed some of the tricycle drivers near Jolo Market. We found that they are experiencing exact a hard time looking for passengers to ride, following protocols, restrictions, increasing of gas price and even foods crippled their earnings and it's been too long since pandemic has started, and they are having negative thoughts up to this day. Mr. Alibasa Mohammad, 53 years old, married with 5 children and one of the tricycle drivers that we had interviewed said that, "I go work every day, and earn money that helps my family get through the day. But, even though I drive every day, it was not easy adding that we are now facing the pandemic many protocols must be followed like wearing face mask, or face shield. Sometimes I earn Php400 a day or even nothing. I cannot count my passengers but I spend Php150 for gas the whole day. At first I never really wanted this, but I don't have income that's why I forced myself to drive my tricycle. I know that I am not the only one facing the struggle amidst the pandemic but there are more people experiencing hardships. Especially that goods are increasing." It's sad to hear such from them, but they do not have a choice and that is their only job to earn. They have to leave their homes to take their chances in the road just to have something in their growling stomachs. They are willing to take the risks that the road could have for them. And worse, some passengers will only give them a little amount but they are still grateful for that because they can have something to eat and bring to their families. Despite of the situation that they are facing during pandemic, it does not stop them from earning.

Many people could be are experiencing such negative things. We happened to interview another tricycle driver, Mr. Nadzfar Lakibul. He is married, have 2 kids and a tricycle driver for many years. He said, "As a father, it is hard for me to leave my children at home. But I still drive for the good of my family's lives and just to help ease the burden. Despite of being against, I need to keep in mind that I have big responsibilities for my family and to the economy. It is not easy though and driving is always tedious, but it is my livelihood and it is for my family. But I always remember to trust God and enjoy despite of everything." They are willing to take the risks that the road could have for them. And yes, do not allow such negative thoughts and happenings hinder you from seeing the good. Big salute to all tricycle drivers, you are all hardworking and are likely the hero of the road. Mabuhay po kayo!

SUNNAH and MANNERS OF SLEEPING IN ISLAM

Compiled By Fatima Marniza N. Rene

Sleep has so many benefits, it allows our body and mind to refresh and recharge. It gives us sufficient energy for our later use. In Islam, there are so many etiquettes and Sunnah that might help us. Muslims do believe that by following the Sunnah, it will give us benefits in Dunya and Akhira. We believe that uttering some Du'as and verse of the Quran, and asking for the help of Allah Subhana Wa Taa'la will protect us from anything that might harm us, and that's include the Shaytān (Satan). Muslims believe that sleep is the brother of death, as it

That is why we utter the supplication before we go to sleep and praise Allah if we have given a chance to wake up again. It is also important to clean our selves before going to sleep not only our body, but including also our heart and mind. We make tawbah and remove the hatred in our heart, because, we cannot guarantee that we can be able to wake up again, unless, Allah will do and permit us. So it is important to be always ready.

9 SUNNAH and MANNERS OF SLEEPING IN ISLAM

1. PERFORM WUDU'

The Messenger of Allah (peace be upon him) said, "Whenever you intend to go to bed, perform Wudu' [like you do] for Salah (prayer)." [Bukhari and Muslim]

2. CLEANING YOUR SELF BEFORE GOING TO BED

This includes dressing in more comfortable clothing (i.e. wearing pajamas), washing your face, applying any products, taking a warm bath, brushing your teeth, etc.

Abu Malik Al-Ash`ari reported that the Messenger of Allah (peace be upon him) said: "Purity is half of iman (faith)."

3. CHECK YOUR HOME BEFORE SLEEPING

It is narrated that the Prophet (pbuh) said, "Put out lamps when you go to bed, shut the doors, and cover water and food containers" [Sahih Al-Bukhari 5301]. This may correspond with current scientific understanding that it is important to maintain a dark environment during sleep so as not to disrupt the circadian rhythm.

4. DUSTING OR CLEANING THE BED

Narrated by Abu Huraira R.A: The Prophet (ﷺ)said, "When anyone of you go to bed, he should shake out his bed with the inside of his waist sheet, for he does not know what has come on to it after him, and then he should say: 'Bismika Rabbi Wada`tu Janbi wa bika arfa'uhu, In amsakta nafsi farhamha wa in arsaltaha fahfazha bima tahfazu bihi ibadakassalihin." [Sahih Al-Bukhari 6320 and Sahih Muslim 2714 a]

5. RECITING SURAH IKHLAS, FALAQ AND AN-NAS BEFORE BED:

Abdullah bin Khubaib r.a reported, The Prophet ﷺ said: "Recite Surat Al-Ikhlas, Surat Al-Falaq and Surat An-Nas, three times at dawn and dusk. It will suffice you in all respects."

[Abu Dawood 5082 | At-Trimidhi 16/1456].

6. RECITING AYATUL KURSI BEFORE SLEEPING including the LAST TWO VERSES OF SURAH BAQARAH AT NIGHT

Narrated Abu Mas'ud: The Prophet (ﷺ) said, "If somebody recited the last two Verses of Surat Al-Baqara at night, that will be sufficient for him." [Sahih al-Bukhari 5009]

You can also include DHIKR AND TASBEEH BEFORE SLEEPING (subhanallah, alhamdulillah, and allahu akbar thirty times.)

[Sahih Al-Bukhari 5362 and Sahih Muslim 2727] and Some Du'as before going to sleep.

7. SLEEPING ON RIGHT SIDE

Narrated Hudhaifa R.A: When the Prophet (ﷺ)went to bed at night, he would put his hand under his cheek and then say, "Allahumma bismika amutu wa ahya," (O Allah, in Your name I die and I live) and when he got up, he would say, "Al-Hamdu lil-lahi al-ladhi ahyana ba'da ma amatana, wa ilaihi an-nushur." (Praise be to Allaah who has brought us back to life after causing us to die, and to Him is the resurrection). [Sahih Al-Bukhari 6314]

8. DO NOT SLEEP ON YOUR BELLY

It was narrated that Abu Dharr said: "The Prophet (ﷺ)passed by me and I was lying on my stomach. He nudged me with his foot and said: 'O Junaidib! This is how the people of Hell lie.'"

[Sahih (Darussalam) Sunan Ibn Majah 3724]

9. SLEEP EARLY and WAKE UP EARLY for FAJR (dawn prayer)

Muslims are required to wake up for Fajr prayer, which is about one hour before sunrise. The Prophet did not sleep after Fajr prayer. In addition, the Prophet (pbuh) told his companions that early morning work is blessed by Allāh.

References of Etiquette of sleeping:

https://myislam.org/sunnah-of-sleeping/

https://www-wikihow-com.cdn.ampproject.org/v/s/www.wikihow.com/Sleep-in-Islam

TRIVIA ABOUT THE STAFFERS

Remalyn Habibon
-She loves reading. It gives her power.

Alkaisa Sahibad
Sunset is her medicine.

Analyn Limpasan
Eating sweet foods is her ecstasy.

Adzrina Sadikal
She loves to collect rubber shoes.

Alkhamar Saddalani
He's a Yaoi fan

Nurmalyn Jumali
She tried to be brave whenever the earth was swallowing her alive.

Nurida Salipjulkiram
She loves to read Manga.

Morsalyn Harun
She's unpredictable.

Marly Sabtuli
She loves to be alone.

Aldam Sawadjaan
He loves to paint.

Bennazir Angsa
He is a simple man.

Sherly Salihuddin
She's an artist.

Mudzramin Adjari
He is a busy person.

Fatima Marniza Rene
She loves mysteries and surprises.

Aldimar Taha
He's craving for peace of mind and stable life.

Shaira Sakkam
She has no interest in any romantic relationship.

Bennajar Angsa
He's facing various challenges, obstacles and problems, but still fighting for the betterment.

Neridam Ammak
She loves to eat and read some book while eating.

Nurmela Fahma Pandi
She's a sporty.

Ben-ben Mulkin
He likes public speaking.





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