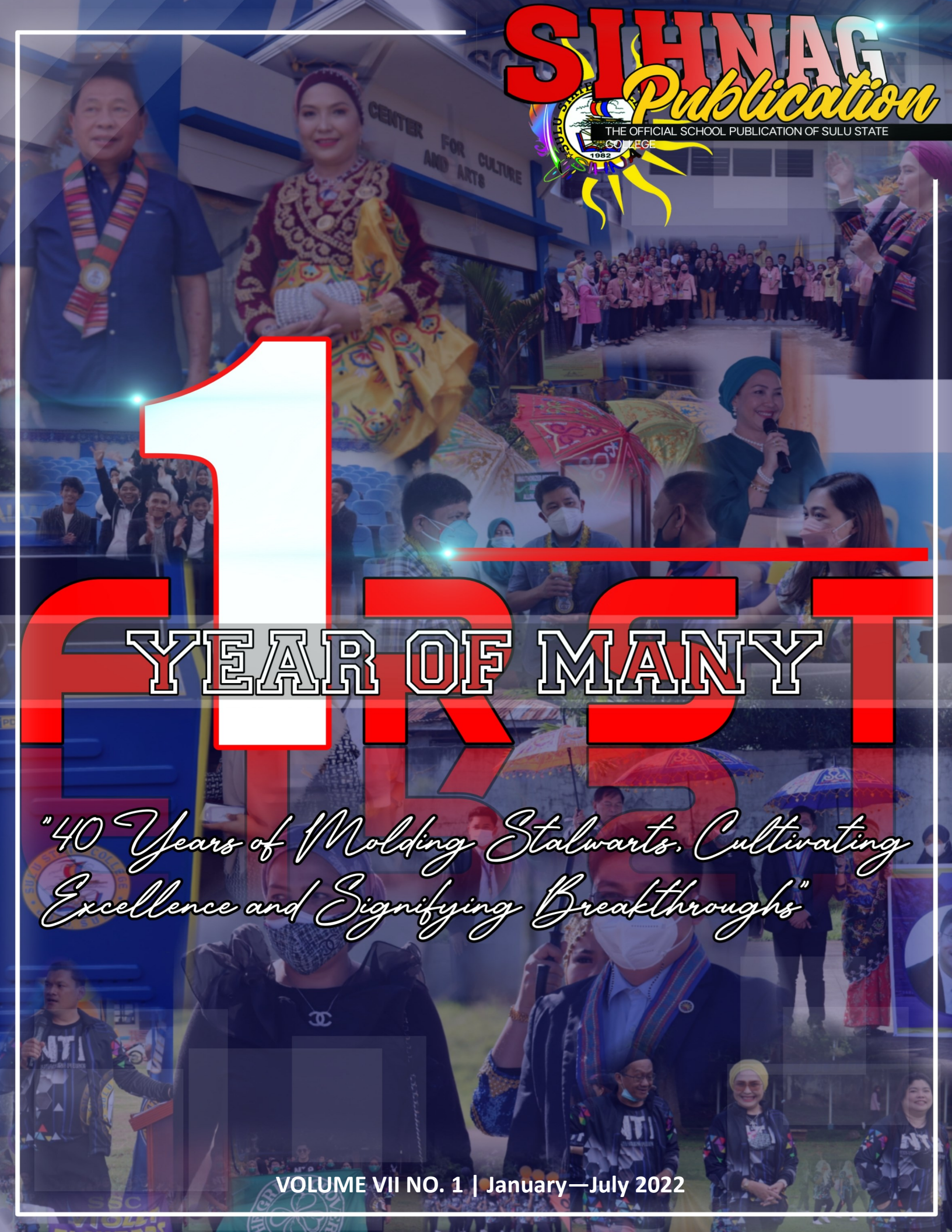


VOLUME VII NO. 1 | January—July 2022

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Mr. Juliusking I. Vivas

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ABOUT THE COVER

Sulu State College has been progressive for the past years. Its strong dedication to promote SSC as the school of many firsts in the province of Sulu laid the path to new innovations and excellent initiatives that both support the institution as a whole. The new buildings, varied partnerships, and fame achievements of the college recognized by the national agencies are just many of those firsts. This school year of breakthrough signifies continuous efforts of cultivating excellence carrying the bolded hearts of Sulu State College.



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EDITORIAL

THE AFTERMATH OF ELECTIONS: UNITY OR ALIENATION?

Red, pink, blue, and green. These are just ordinary colors not until they were used to signify aspiring political leaders. Not everyone used to love red because a war is said to symbolize it, but because a presidential candidate has used it to be his color, many proudly wear it. Not everyone appreciates pink because it is too feminine, but because a presidential candidate has used it to be her color, many boys start to love it. Seems like our favorite color now is no longer what pleases our eyes, but whose candidate represents it.

The 2022 May 9 Presidential Election is said to be one of the hottest in history—mainly because those who ran were all popular in the world of politics. Their popularity has helped them pull faithful supporters, but in the deeper sense, it made a seemingly irreversible damage among Filipinos – the alienation and division among the whole nation. Because of disparity in their choices, many Filipino people have gone distant from each other. Those who supported red for instance tried to champion their choice, and so did the pink supporters. The unfortunate thing here was, some supporters did it with hostility. The scenes were like, fake news and rumors have been fabricated and proliferated to ruin the image of a candidate whom they think a threat to their bet. Those who were loyal supporters of the attacked candidate answered back, pointing out the flaws and shortcomings of the opposing candidate which at times too personal. This resulted to a host of quarrels and dispute among supporters which set the election even aflame.

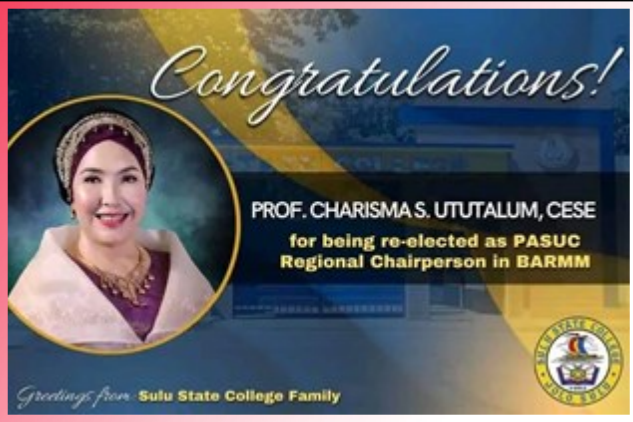
This familiar scenario has become common not only to those people who are not related with each other, but even to those who are bonded by blood. A lot of families—whose members have different choice of their own—had some strife and almost got broke. The home they have built for years almost got ruined by their political differences which should not be an issue in the first place. Not only families, even friendships were affected. A lot of friendships got over and never been reconciled. People who used to share their secrets with each other ended up disclosing each other's dirty secrets now—completely casting away the memories they have just because they supported different candidates. Lovers, too, were not of exception. Funny how many romantic relationships were left devastated because of politics. After knowing they have different bets, many lovers had argued, quarreled, and eventually lost their interest with each other which obviously resulted to break-ups.

Furthermore, not only relationships, even livelihoods were affected. Many were fired from work because of supporting a candidate different from their boss's. Some even resigned after feeling discriminated at work for supporting a candidate different from whom their workmates supported. Actors and actresses are perfect examples of those who experienced these instances. Many artists lost their job, even their fans, for publicly manifesting their support for a candidate which they are not expected endorsing. They were awfully bashed and criticized, even called ungrateful for the success and fame they are having.

All these defamations mostly transpired in social media platforms. Trolls never failed to spread fabricated facts to besmirch a candidate's reputation. Social media became a battlefield where never ending exchange of nitpicking happened. It was as if no post should be left unanswered by the other side. Wherever direction you scroll, you will read insinuations. Slander and libel seemed to be not a serious offense.

Considering all these, yes, the aftermath of election has left us alienated! It made us even more divided. Our society is already polarized because of our differences in race, language, religion and social status, but it exacerbated because of election added fuel to the fire. The bigger challenge now is how the current administration can unify the whole nation despite the history of turmoil the election has created.

In the hopes of choosing the right leader for our country, we have let ourselves to be too much entitled of the rights and privileges accorded to us that we forgot to respect other people's rights and privileges too. We forgot that we are Filipinos known for our kindness and hospitability. We forgot that who we were fighting against were our fellowmen whom we share the same aspirations for our beloved fatherland.



PROF. CHARISMA S. UTUTALUM RE-ELECTED AS PASUC CHAIRPERSON

By Aldimar D. Taha

Another milestone for the college president Prof. Charisma S. Ututalum, CESE and the whole SSC community as she set to chair the Philippine Association of State Universities and Colleges or PASUC in BARMM after being re-elected as Regional Chairperson last July 29, 2022 held at SMX Convention Center Manila.

This is in line with the 55th year founding anniversary celebration alongside this year's midterm convention of the Philippine Association of State Universities and Colleges with its theme: "SUCs as Innovation Leaders for Global Competitiveness", recently held on July 27-29, 2022.

SULU STATE COLLEGE PRESIDENT AWARDED AS ONE OF THE MOST INSPIRING TEACHERS OF THE REPUBLIC OF THE PHILIPPINES 2022

By Nurida Salip Julkiram



Last January 2022, the search was on for the Most Inspiring Teachers of the Republic of the Philippines 2022. One of the requirements to be one of the nominees is must be a Filipino citizen, coming from 3 educational agencies (DepEd, CHED and TESDA). Over 100 teachers submitted their nominations and got screened. The SSC president, Prof. Charisma S. Ututalum, is one of the awardees. The results are posted on Saceda Youth Lead School Facebook page. The Formation and awarding will be on August 4-6 2022 on Dumaguete city. Congratulations, Prof. Ututalum!

PROF. CHARISMA UTUTALUM HAILS AS AN OUTSTANDING GOVERNMENT WORKER 2022

By Alkaisa D. sahibad

The Civil Service Commission for Bangsamoro Autonomous Region in Muslim Mindanao (BARRM) recognized Sulu State College President, Prof. Charisma S. Ututalum, CESE, as one of the Regional Winners of the Search for the Outstanding Government Workers 2022. This annual search is under the Honor Awards Program (HAP) which recognizes deserving public servants who excel in their respective fields and with the purpose of instilling deeper involvement in public service. The Regional Awarding Rites will be held virtually via Live-Streaming on the CSC for BARMM Facebook Page on September 29, 2022 at 10:00AM.

Congratulations, Madam President!





Breaking the Stigma

Alkaisa D. Sahibad

Beyond words conveyed is the solemn thought of diversity that makes it more neoteric as a human. Everything deals with human existence is crafted with complete analogies - the tone, skin complexion, practices, traditions, and the like. In Sulu, where the echoed past tends to shine the petals of hope of its unforeseen future, diverse individualities have set-forth in the woven artistry and savoring delicacies that Sulu's pride has to offer. There are the local tribes – Tausug and Badjao— who bring honor to the land where most of us planted a beautiful memory. There are the Christian and Muslim brothers and sisters who have united in providing more opportunities for Sulu's people. These individualities are rich culture and traditions which penetrates in their way of existence –the clothes they wear, words spoken, and the softness of their hospitality. The pride of Sulu Province has now live in an era of reckoning the new petals of hope. But, with diversity, are we really being molded and progressing?

Many people have lost a spilled ink in the past while writing the history of defeats and triumphs—be it Muslim or Christian, and Tausug or Badjao. A lot of them in the current times were forced to sew a hole of acceptance in a most unfavorable manner –to accept what is beyond the bare minimum. In one way or the other, chances and opportunities tend to have awaken in one, but not the other. One is neglected, while the other is favored. Others are treated less, while one lives in a palanquin of abundance. In the epitome of mutuality, equity does not exist. It is the concept of comparative that tends to hold the common agenda where one is treated superior to the other, not one is equal to the other. Not all, but you may agree with me or not, our daily encounters are the living proofs to the above statement.

It tends to live off limits as to how people outspoken thoughts ruled the subject of description and satisfaction for many. Just like how the blurted words, 'biyah nakaw samal' 'mas mataas in position ko daing kaymo' or even words like,' sah bisaya' opt to live the pond of preferences and the unknowing stereotypes, yet we act like it does not exist. Have we even wondered that such statements could mean the other?. Unknowingly, guns may not have spoken, but it is our words that fired a bullet in them. We are not a terrorist, but why do we terrorize others' existence? Be it done jokingly or unconsciously, what held one is not the intention while saying it, but it is how the object of description went beyond the border of respect and acceptance.

This writing does not intend to build a barrier, and manipulate one. But rather to bring us the common reality, and open a room for safe space, acceptance and love for those who are yet to develop, so peace will grow. Being diverse is being unique. Time may have brought us distinct personalities and agenda in life, but our uniqueness is what keeps us human. May we let the pampered unique existence serves as a motivation to accept and love those who are different from us because everyone deserves it. Let us rule the fact that opportunities and chances are for all, not only for those who we consider it privilege. And as a future builder of hopes, let us write a history where everyone can live peacefully. Break the stigma! Let us start with that.



Virtual Education in the New World

Analyn E. Limpasa

Since the coronavirus pandemic in 2020 started to disrupt people's normal lifestyle, the virtual world has come to the rescue. Across the globe, shopping, entertainment, work, and education moved online. The spread of COVID-19 has had profound effects on education globally. As schools and universities closed, many turned to technology to try to continue the teaching and learning process.

Among many institutions, schools have also shifted their base to virtual platforms to conduct classes online. Consequently, catering to the needs of all stages of education from pre-primary to university level, online education has emerged as an alternative to ordinary/regular face-to-face classes. Accordingly, various stakeholders such as government and private organizations have been trying their best to assist each other by sprucing up their existing online platforms, web applications, apps, etc. and providing training to teachers to use these apps and platforms. Moreover, efforts are being made both by the government and non-government organizations including Ed-Tech companies to support the school system to make a smooth transition to the virtual world. Up-skilling and motivating teachers, organizing counselling sessions for stakeholders such as teachers, parents, and students are just some of the measures taken by the Indian administration in the past few months.

Making a continuous effort to provide customized teaching–learning material suitable for online classes has been another way of facilitating the schooling of children.

TO A MAN

Adzrina A. Sadikal



How can a man make vows when, in the end he couldn't do it? How can a man love and love you yet, not fulfill his duty? His responsibility?... I have lots of questions, about a man, and a father.

We called them our father, our man. I wonder, how one complete family can stay longer, how they ended up being happy and contented with their family, or how that man stayed being faithful and responsible? Growing up, I think life would be easy especially that we're complete. Alhamdulillah! But, watching my surroundings makes me feel uneasy and unhappy. I am uncomfortable watching men who neglect their duties, cheat on their women and leave their families. How can such men stand knowing they did something really traumatizing to women? To his family? How can they eat and laugh normally while leaving their mess behind? I guess, some men and some father were really like that. Sadly it really happens almost every day to anyone.

To a man who chases women just to be in his arms, to a man who did everything to have his love, to a man who promises his woman to make her happy, please do your duties and responsibilities, and fulfill your promises to your woman, to your family. Don't be like other men who just use women to satisfy their wants. A man is expected to be responsible and he should be. If you are a man, think of what you act. You're not a boy anymore. No one will dictate your life. You will have your own freedom. You must act as a man, not a boy. Not all were lucky to have a complete and happy family. Some were broken because maybe of a man or maybe because of the father in the family who did something that they should not do. The completeness of a family depends on the man, the father. If he is contented with what he chose, then perhaps no broken family will ever exist.

To all man and father out there, to a man who's reading this, please be happy and contented with your chosen woman, with your family. Your life doesn't stay longer as what you want. You live only once. Make your life with a long-lasting happiness and contentment. Choose who you think will be good for you. Choose who you think you will love for your entire life and who will also love you for the rest of her life. It is in your hands as to whom you're going to hold. It is you, who make one's life amazing and exciting. Because at the end, you will become a father and you will be the one who decides for your wife, for your family.

PHILHEALTH MEMBERSHIP FOR SULU STATE COLLEGE STUDENTS

By Ben-ben A. Mulkin



A Philhealth Staff explaining about the Philhealth Membership to the Applicants of SSC Students



Philhealth Staff, together with the Guidance Councilor Ms. Fhadzra Aisha Sabdani, Vice President For Academic Affairs and the college president Prof. Charisma S. Ututalum

The Philhealth-Sulu, headed by Mrs. Indang J. Orense, extended its effort to the Students of Sulu State College on January 10, 2022 at MIS Office, SSC main campus for an easy access for their Philhealth Membership.

This project was spearheaded by the college Acting Guidance Councilor Ms. Fhadzra Aisha Sabdani, and with the support from college president Prof. Charisma S. Ututalum, CESE. Hence, SSC expressed its thanks to the Office of the Student Affairs and Services for the extensive contributions and support during the registration of the students.



Central Student Government and NSTP Coordinators from the different schools while cleaning the outside of the campus

SULU STATE COLLEGE CLEAN AND GREEN 2022

By Ben Ben A. Mulkin

The Sulu State College National Service and Training Program (NSTP) conducted a Clean and Green Program on January 19, 2022 with the theme: "Go Green to Keep the Campus Clean" spearheaded by the NSTP Director, Mr. Almashin S. Lipae, MAED, MPA.

The activity was participated by the college president Prof. Charisma S. Ututalum, CESE, together with other college officials, academic deans, NSTP Coordinators from the different schools and the Central Student Government (CSG).

NSTP Director Mr. Lipae had the pleasure to initiate this program in the beginning of the year in the college. This activity aimed to maintain the cleanliness and ignite the spirit of service of the community especially during this time of health crisis where having clean air to breathe in and safe environment is imperative for the welfare of the SSC employees and students.



Photo op of the college president together with other college officials, Academic Deans, NSTP Coordinators from the different schools and the CSG

DISBURSEMENT OF TULONG DUNONG

By Bennazir Angsa



Prof. Ututalum (right) during an interview by the Radio Pilipinas Jolo (left)

At exactly 8:00 a.m., the Disbursement of Tulong Dunong was held on January 21, 2022 at Sulu State College gymnasium, Jolo, Sulu. The event was headed by the college president Prof. Charisma S. Ututalum CESE.

A total of 97 students of Sulu State College received their allowance. The TES grantees were accompanied by their parents. Present during the disbursement were the UNIFAST team, led by Ms. Sharifa Anjirani in the absence of Mr. Hitler Allama, cashier personnel and the ITC team.

The Sulu State College community expressed their gratitude to the chairman of Commission on Higher Education Prof. Prospera de Vera for the support to the institution.



Prof. Ututalum led the disbursement



During the orientation of Disbursement of Tulong Dunong Program

SCHOOL OF EDUCATION IMPARTS EXPERTISE ON TEACHING READING

By Analyn Limpasan and Alkhamar Saddalani



Dr. Merhama H. Pandi giving a lecture during the seminar

The School of Education, headed by Dr. Rania D. Abduraup, conducted a supplemental training on Teaching Reading for Jolo Daycare Workers, Kindergarten and Grade 1 Teachers around Sulu held on February 7-19, 2022 at SSC Gymnasium, Walled City, Jolo, Sulu

The training was anchored on its theme: "Advancing Strategies to Build a Culture of Reading among Tausug Learners". It aimed to help the Ministry of Basic, Higher and Technical Education (MBHTE) Sulu in improving the Tausug school children's level of proficiency in reading. Lecturers for this training were: EPS Jayton A. Jama, K-3 Coordinator, Dr. Merhama H. Pandi, TIC of Salih Yusah Elementary School, and Dr. Alfrazier S. Siraji, TIC of Tuyang Elementary School

An estimated 500 participants were able to attend the said training coming from different centers/ districts such as Luuk, Maimbung, Tongkil, Laminusa, Indanan North, Indanan South, Parang West, Parang East, Pata, Panamao, Tapul, Omar, Kalinggalan Caluang, Siasi-1 and 2, Patikul West, Patikul East, Talipao, Lugus, Pangutaran, Sibaud, Jolo Daycare, Provincial Daycare, and Jolo 1, 2, 3, and 4 districts.

This training was made possible with the support from the college president Prof. Charisma S. Ututalum, CESE, SDS Hji. Kiram K. Irilis, Ph.D and Asso. Prof. Helen H. Maidin, Dean, School of Education. It was sponsored by Sulu Governor Abdusakur M. Tan, Jolo Mayor Kerkhar S. Tan, Maimbung Mayor Shihla Tan-Hayudini, and to the AAI President, Prof. Albert Santoli who donated 500 faceshields and facemasks .

INAUGURATION OF THE STATE OF THE ART NURSING LABORATORY

By Fatima Marniza N. Rene



Prof. Ututalum giving an inspirational message during the inauguration

February 07, 2022 at 10:00 in the morning, Sulu State College School of Nursing launched their first ever State of the art nursing laboratory to the student nurses of Sulu State College.

The said event was attended by the college president Prof. Charisma S. Ututalum, CESE, who gave an inspirational message, members of the SSC board of trustees, faculty and staff of Sulu State College, deans from different departments and selected students from the School of Nursing.

It was also witnessed by the regional director of NEDA IX, Engr. Phlorita Ridao, Dr. Farah Tan Omar, the public health officer II from IPHO-SULU that was represented by the IPHO Chief nurse Mrs. Merenisa Abdurasin, and Mrs. Juvelyn Tan, chief nurse from Sulu Sanitarium who represented Dr. Aminkadra Majid, the chief of hospital II of the Sulu Sanitarium.

The said project was initiated by the respective president of SSC non other than Prof. Charisma S. Ututalum CESE, and was sponsored by the generous Senator Pia Cayetano. The said laboratory was composed of complete set of medical equipment and apparatus, which is indeed a blessing to those future RNs of SSC, for them to practice a real life-hospital setting experience.



SSC Faculty and staffs together with the SSC Nursing students

INAUGURATION OF THE SULU STATE COLLEGE CENTER FOR CULTURE AND ARTS

By Ben-ben A. Mulkin



Guest of Honor, Gov. Tan, delivering his message to the SSC community



Gov. Tan receiving his plaque of appreciation (L-R): Mrs. Sali, Prof. Ututalum, Gov. Tan, Mr. Lipae

The February 14, 2022 — Valentines Day — marked a special occasion for the whole Sulu State College as it inaugurated the first ever Center for Culture and Arts in the province.

Present during the inauguration were the Guest of Honor, Governor Datu Shabandar Abdusakur M Tan, Mayor of the Kalingalan Caluang, Hon. Nurshamier A Halun, Representatives from different Municipalities, Provincial Tourism Officer, Mr. Julkiram Arastam, State Auditor, Hussein Uckung, College's Resident Auditor, Mrs. Zoralinda Tibing, Mr. Hzami Amerol from the Civil Service Commission, Mrs. Juvelyn Tan, Chief Nurse of Sulu Sanitarium, Atty. Uddog Tago, Provincial Election Officer, Philippine Army, heads of offices, guests from other agencies and establishments, and the Administrative Council of Sulu State College.

The success and possibility of this building was credited by the college president Prof. Charisma S. Ututalum, CESE to Deputy Speaker Loren Legarda who has been an instrument in advocating the Tausug Culture and Arts.

This event was successfully organized by the college Cultural Director Mrs. Ridzma Sali and her team. Performances from Stalwart Performing Arts entertained the attendees. Ms. Adawia Jamasali, the Sihnag adviser hosted the event.

THE FIRST PHILVAC DETECTION SYSTEM IN SULU

By Ben-Ben A. Mulkin

In line with the implementation of the limited face-to-face classes in the college and with the Memorandum of the Commission on Higher Education (CHED) that they must be Philhealth members, the Sulu State College initiated an easy and fast way of verifying the status of the students which was through Stalwart PhilVac Detection System (PDS).

This detection system was a first in Sulu. It began operating on February 21, 2022 having the function of identifying if the students are fully vaccinated and members of Philhealth. This is done through scanning of barcodes in their school ID in the Stalwart PDS located at the main gate before they enter inside the campus.

This project materialized the automation of checking the vaccination status of the students as well being efficient and saving the burden of security personnel who ensure that students of the college are vaccinated.

This initiative was the idea of the college president Prof. Charisma S. Ututalum, CESE, and was translated by the team of developers namely; Mr. Ridzkan Hassan, Mr. Alfadar Galib, Mr. Asiral, Mr. Abdul-aziz, which was headed by the Institutional Programmer, Mr. Adzmer Muhali and with the support of the Dean of Student Affairs and Services, Mr. Saurajan Darawi, MAED.



SSC Students while scanning barcodes from their school ID in the Stalwart PDS



Stalwart PhilVac Detection System

SULU STATE COLLEGE INAUGURATES NEWLY-RENOVATED SCHOOL OF EDUCATION BUILDING

By Analyn E. Limpasan and Alkhamar L. Saddalani



College President Prof. Charisma S. Ututalum giving a short message of thanks

"Finally back home", that was what the faculty and students of School of Education were able to utter after witnessing the inauguration of their newly-renovated building which was successfully held on February 21, 2022, Monday, around 10:00 AM.

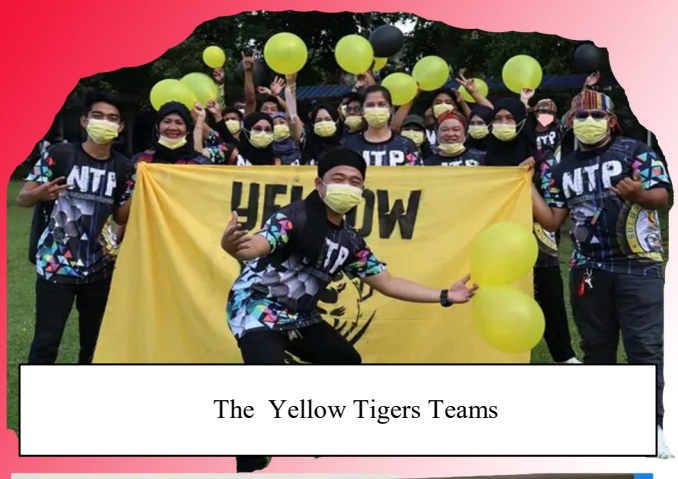
The ceremony was graced by the presence of the administrative officials headed by the college president Prof. Charisma S. Ututalum, CESE, deans of different schools, heads of different offices, faculty and staff of the school of Education headed by its dean Asso. Prof. Helen Maidin, Ed.D and the education students.

Before the ribbon cutting, the college president gave first a short message where she expressed her gratitude to the Philippine Government for funding this six million worth of project. She also thanked the Alqatani Construction Enterprises for giving fresh and beautiful look to the building; and the school of education family where she wished the school to become the home producer of LPT's (Licensed Professional Teachers).

The ribbon cutting was spearheaded by the Prof. Ututalum and Dean Maidin. They were assisted by the administrative officials in attendance. Afterwards, a photo opportunity took place where everyone posed at the facade of the new building.

The administrative council, together with the school deans, roamed around the building where they checked on the classrooms, faculty rooms and the comfort rooms of the said building.

The ceremony concluded with the words of thanks from Dean Maidin. It was emceed by Asso. Prof. Anang Fatma T. Jawali, Ed.D, a faculty member.



The Yellow Tigers Teams



Torch lighting by the college president Prof. Ututalum, and the heads of different teams

SULU STATE COLLEGE NON-TEACHING PERSONNEL DAY

By Ben-ben A.Mulkin

The Sulu State College successfully held its first ever NTP Day with the theme: "SSC Advocating Campaign for Mental Health Awareness as Civil Servant" which was spearheaded by the college president Prof. Charisma S. Ututalum, CESE, and with the initiative of the Chief Administrative Officer, Mr. Almashin S. Lipae, MAEd, MPA.

The Non-Teaching Personnel of Sulu State College was divided into six teams: The Blue Thunder headed by Mr. Antonio Pescadera, The Red Dragon headed by Mr. Julkifar Usban, The Violet Fighters headed by Mrs. Alfrida Abbang, The Orange Phoenix headed by Mrs. Raina Sappayani, The Green Clovers headed by Mr. Firash Zhed Ututalum and The Yellow Tigers headed by Ms. Joyada Omar.

Each team competed in different activities namely, The Zumba Dance Competition, The Cultural competition (composed of Vocal Solo, Duet and Group Singing for the first day) and The Ball games (composed of Volleyball for women and skills basketball contest). The awarding ceremony followed by the gift of love from distinctive sponsors was held on the second day.

The Office of the Student Affairs and Services, Central Student Government, the Board of Judges of the different competitions, and the Board of Canvassers took part in the success of this event.

SSC HOLDS JOB PREPARATION AND RETREAT 2022

By Nurmalyn Jumali

The Guidance and Placement Center under the Office of Students Affairs and Services of Sulu State College conducted its first face-to-face Job Preparation and Retreat 2022 last April 25-30, 2022 at around 8:00 am to 4:00 pm at Center of Culture and Arts, SSC Main Campus with the theme: "We are Stalwarts and We are Future-Ready". The event was attended by the intern supervisors, deans of the different schools and departments, graduating students of the School of Arts and Sciences, School of Education, School of Business Administration, School of Nursing, School of Agriculture, School of Computer Science, Information Technology and Engineering for the academic year 2021-2022 and with the full support of the college president, Prof. Charisma S. Ututalum, CESE.



Students taking notes during lecture

The program started with a prayer, singing of the National Anthem and SSC Hymn. Mr. Saurajan S. Darawi, the Dean of Students Affairs and Services was one of the speakers who integrated the Vision, Mission, and Core Values of the College. Afterwards, Ms. Fhadzra Aisha P. Sabdani, the designated guidance counselor discussed her lecture entitled Test -taking Skills, an overview of the possible review journey of the graduates in preparation for their upcoming licensure examination together with dealing with test anxiety. The morning session ended with a topic about the "Business Correspondence" which was given by Mr. Khaizar Barrie, the Chairman of the Language Department of the School of Arts and Sciences, where he taught writing letter of intent and resumé appropriately. He also gave some tips on how to fill out the Personal Data Sheet of Civil Service Commission.

In the afternoon session, it was started with Mr. Jan Alih Sauradjan, with his topic entitled "Dos and Don'ts During the Job Interview". It was followed with a topic "Recognizing and Handling Sexual Harassment in Work Setting" discussed by Dr. Venjilyne Alian, the



Ms. Fhadzra Aisha P. Sabdani, during her lecture on "Test-taking Skills"

focal Person of Gender and Development of the college, She also gave an overview of the Safe Space Act by Riza Hontiveros. It was followed by Mr. Immir H. Juhudi, one of the instructors of the School of Education gave a point on "Life After Graduation in Islamic View". The program ended with the closing remarks given by Mr. Saurajan S. Darawi, MAED, the Dean of Students Affairs and Services.



Mr. Sauradjan S. Darawi, delivering his closing remarks

SCHOOL BEAUTIFICATION AND BIGGEST LOSER

by Marly M. Sabtuli & Analyn E. Limpasan

Last February 2022, as part and preparation for the SSC 40th founding anniversary the different schools of SSC, the School Beautification Contest was held. The judging of the beautification contest was separated into parts. The initial judging was held on March 01, 2022 while the final judging was on March 23, 2022. The different schools showed their own unique designs in their respective area.

At the same time, the staff of SSC participated in The Biggest Loser Contest where the contenders have 10 weeks to lose their weight. Weighing was held in front of the Administration Building every 2:00PM. The contest was divided into two categories; the Individual and the Group Activity. On March 27, 2022, together with the celebration of the SSC 40th Founding Anniversary "The Red Night", the awarding of the School Beautification and The Biggest Loser contests was given.

School Beautification Results

Award	Winner
Champion, School Beautification and Wellness Program	School of Agriculture
Most Stress-free	School of Agriculture
Most Improved	School of Biological Science School of Education Senior High School
Most Innovative	School of CSITE
Most Vibrant	School of Nursing
Most Creative	School of Graduate Studies
Most Artistic	School of Business Administration
Most Beautiful and Sustainable	School of Arts and Sciences
Cleanest School	School of Arts and Sciences
Consolation prize	School of Laboratory High School

Biggesr Loser Results

Award	Winner
1st Placer	Sharif V. Ututalum
2nd Placer	Charisma S. Ututalum Aldaruhz Darkis Basil A. Amilhussin
3rd Placer	Al-Fayed D Paradji
4th Placer	Shyadderie Darkis
5th Placer	Jehada Arasid
6th Placer	Nadzhatar Dammang
7th Placer	Marlon Abucay
8th Placer	Bernur Idjilani
9th Placer	Ayesha Rema Tan
10th Placer	Mussah Bakil

SULU TRAVELS WRITESHOP SEMINAR 2022

By Ben-ben A. Mulkin

Sulu State College, in partnership with the Sulu Provincial Tourism Office, together with the tourism offices from the different municipalities, successfully conducted a 3-day writeshop seminar for SULU TRAVELS—a mobile application designed to promote Sulu Tourism. The event happened on March 5, 2022 at Sulu State College Hostel and Ladies Dormitory Conference Room.

This seminar aimed to unfold the beauty of Sulu province and showcase the different things that it could offer.

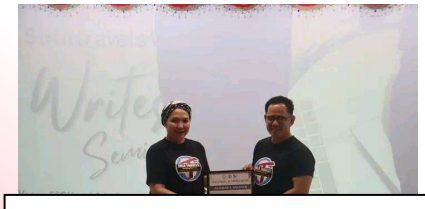
Present during the closing program was the College President Prof. Charisma S. Ututalum, CESE, together with other key officials of the college. Also present were the tourism officers from the different municipalities headed by the Sulu Provincial Tourism Officer, Mr. Julkiram Arastam, the resource speakers of the training namely: Asso. Prof. Patricia I. Amilhussin, Dean, School of Arts and Science, Mr. Efren Mamac and Tourism Offices of the different local government units.

SSC expressed utmost gratitude to the Sulu Governor Abdusakur M. Tan for his generosity and support to this program; to Mr. Adzmer Muhali, the institutional programmer of the college; to the developers, the coaches and other personalities behind the success of this event. Hand-in-hand with the collective efforts and determined teams the college aspires to promote the beauty of Sulu.

This is a milestone not only for the Sulu State College and the tourism offices of Sulu, but to each and every Tausug who proudly raise the flag of Sulu province. The aspirations of putting Sulu in the spotlight will now come into a reality.



The participants of the writeshop



Mr. Arastam (right) receiving his certificate from Prof. Ututalum (left)

SIHNAG ATTENDS WEBINAR ON DIGITAL JOURNALISM AND THE MINDANAO VOTES

By Aldimar D. Taha



the webinar attendees: the Sihnag Staffers, STV members, and BSE-English 3



Ms. Lina Sagari Reyes, from Northern Mindanao, during her session

Sihnag Staffers attended webinar on Digital Journalism and the Mindanao Votes on March 4, 2022, held at School of Graduates Studies, Sulu State College, Jolo, Sulu, which was organized by Journalism Studied Association of the Philippines.

The first speaker was from Northern Mindanao, Ms. Lina Sagari Reyes, who discussed the role of women in the election and how they were out-numbered by men in terms of elected officials in every election. It was followed by the next speaker, Mr. Froilan Gallardo who discussed Digital Journalist in the Context of Mindanao Vote. During his time, he stated his reaction and overview regarding the Digital Journalist role in election and reiterated the contributions to spot fake news that becoming rampant nowadays. The last speaker was a Board of Trustees of Journalism Studies Association of the Philippines Mr. Jamal Ashley Abbas who discussed Social Media Election and the Mindanao Votes– reiterating that there are 95,200,00 users in Facebook and hence, fake news proliferated. The event lasted for three hours via Zoom and which was hosted Ms. Joyce Panares.

Present in the physical venue were the Sihnag Adviser and Campus Journalist Instructor Ms. Adawia Jamasali, The Stalwart TV Channel Head, Mr. Julius King Vivas, Stalwart TV Staffers and BSE-English Campus Journalism Students.

SSC SCHOOL OF NURSING 3RD CAP, BADGE AND CANDLELIGHT CEREMONY

by Nurmalyn Jumali

The School of Nursing upheld its 3rd cap, badge and candlelight ceremony last March 15, 2022 at around 2:00 in the afternoon at SSC Center for Culture and Arts with the theme: "SSC- School of Nursing: Achieving Excellence through Innovative Development." The nurses' cap and badge are symbols of servitude, respectability, and responsibility- a sign of tradition and service. The event was attended by administrative officials, deans of the different schools and departments, faculty and clinical instructors of the school of nursing, and with the full support of the college president, Prof. Charisma S. Ututalum, CESE.

The program started with a processional, invocation, singing of national anthem and SSC hymn. It was followed by welcome address given by Mrs. Sherha B. Baybayan, MAN, LPT, instructor and research coordinator. The presentation of candidates was done by Asst. Prof. Alijandrina T. Jalilul, MAN, dean of School of Nursing and Prof. And was accepted by the college president. For the program proper it was followed by Nightingale's Pledge, Dedicatory hymn, introduction of guest speaker. The guest speaker was Hon. Merli I. Salvani, RN, PhD., board of nursing member. The response was made by Ms. Fatima Marwati I. Mudjasam, dèfendrions batch 2024. It was followed by the presentation of plaque and token assisted by Prof. Jehana N. Darkis, EdD, PCpE, vice president of academic affairs. The level 2 adviser Mrs. Ruhel-ayyam M. Arani, MAN, had the closing remarks with her words of congratulations to the batch DÈFENDREONS "May this momentous event serve as an inspiration for you to work harder and achieve your goal in life."



Asst. Prof. Alijandrina T. Jalilul, MAN (dean of School of Nursing) together with the Clinical instructors

The cap, badge and candlelight ceremony ended with the dedicatory hymn by batch dèfendreons- 2024 and recessional at SSC covered court.

SULU STATE COLLEGE HONORS WOMEN

By Alkhamar L. Saddalani



College President Prof. Charisma S. Ututalum (left) receiving a plaque of appreciation for being the resource speaker of this year's Women's Month Celebration

The Sulu State College showed appreciation and honor to women as they held Women's Month Celebration on March 16, 2022 through the college Office of Gender and Development headed by its Focal Person Asst. Prof. Venjielyn I. Alian, Ed.D.

The celebration had its theme, "We make change work for women", and its sub -theme, "Agenda ng kababaihan tungo sa kaunlaran". It kicked off with a fun run held early in the morning which started at Sulu State College Main Campus to Capitol Site and headed towards SSC Gymnasium where the celebration was held.



College President Prof. Charisma S. Ututalum (center)

L to R: SSC LHS Principal Felipa Omamalin, SSC SHS Coordinator Safrazad Akarab, School of Graduate Studies Dean Masnona Asiri, GAD Focal Person Venjielyn Alian, SSC Board Secretary Ayesha Rema Tan, SSC Faculty President Alnadzma Tulawie

The program proper started with the preliminaries, and followed by the presentation of both Stalwart innovation and GAD activities compilation videos. It was formally opened with the opening remarks of GAD Focal Person Dr. Alian. Afterwards, the inspirational message from the resource speaker, which was the college president Prof. Charisma S. Ututalum, CESE, herself followed. She was introduced by Ms. Rania D. Abduraup, Ed.D, faculty member.

The contest proper began after the lengthy remarks of college president. In the morning, the spoken poetry, extemporaneous speech, and picture identification contests were held. While in the afternoon, contests such as Juana Know Shared Stories, Stage Play, Choral Singing, and Painting and Photography Exhibit were conducted.

The program was emceed by Ms. Imelda A. Paraja, MALTE, and Mr. Safrie H. Ahmad, MPA, faculty members.

Below are the results of the different contests held. The winners were awarded on the culminating program of Women's Month Celebration held on March 31, 2022 at the Center for Cultures and Arts where they received cash prize, medal and a certificate.

Category	Winners		
	1st	2nd	3rd
Spoken Poetry	Education	Agriculture	Laboratory High School
Extemporaneous Speech	Business Administration	Agriculture	Nursing
Picture Identification	Nursing	Arts and Sciences	Biology
Juana Know Shared Stories	Education	Laboratory High School	Arts and Sciences
Stage Play	Laboratory High School	Nursing	Biology
Choral	Laboratory High School	Business Administra-tion	Nursing
Painting Exhibit	Nursing	Laboratory High School	Education
Photography	Agriculture	CSITE	Nursing

SSC: VOTERS EDUCATION AND VCM DEMONSTRATION

By: Bennajar M. Angsa and Bennazir M. Angsa



Left photo: SSC president Prof. Charisma S. Ututalum (5th from left), Atty. Tago (6th from left), Mr. Ututalum (7th from left), some SSC administrative council, and in-attendance dignitaries

On March 23 2022, the Sulu State College, in partnership with the Commission on Election-Sulu, conducted voters education training and Voters counting machine (VCM) Demonstration. It was spearheaded by the college president, Prof. Charisma S. Ututalum and Atty. Udtog M. Tago, MSCE , CGM , JD with the resource speaker Mr. Shariff V. Ututalum, MPA, the acting election officer of maimbung). The event was held at SSC Center for Culture and Arts.

The said training was participated by Central Student Government and Sihnag publication. The main goal of the training is to enlighten the students on their roles as youth voter's and how they will use the VCM machine in the coming election May 09, 2022. The activity was hosted of Mr Bennajar M. Angsa, Sihnag staffer.

DISASTER NURSING SKILLS TRAINING AND DEMONSTRATION

By Marly M. Sabtuli



The nursing students level 4 together with Bureau of Fire Protection (BFP) and Jolo Emergency Rescue Network (JERN) staff and Dean Jalilul



the level 4 nursing students during their skills and return demonstration

The Sulu State College School of Nursing spearheaded by the Dean Asst. Prof. Alijandrina Tan-Jalilul, RN, MAN with help of Clinical Instructors headed by Disaster Nursing Instructor Mr. Kevin John Nuluddin and held a three (3) day Disaster Nursing Skills Training and Demonstration last March 31, 2022. It was conducted by the Bureau of Fire Protection (BFP)and Jolo Emergency Rescue Network (JERN). It was followed by skills and return demonstration of the Level 4 Nursing Students how to act immediately and rescue victims during an emergency scenario.

SSC SCHOOL OF NURSING ATTEND THE SULU SANITARIUM WOMENS MONTH CELEBRATION

By Marly M. Sabtuli



Ms. Nurhelen Tilin Isnain (left) and Ms. Fatima Marniza Rene (right) translating their ideas into creative illustrations

Photo source: SSC School of Nursing FB

Mar 28, 2022 | Ms. Fatima Marniza N. Rene and Ms. Nur-Helen T. Isnain represented the SSC School of Nursing in the Poster Making Contest student category held by the Sulu Sanitarium during their National Women's Month Celebration at hospital's Multipurpose Hall with the theme "We make change, Work for Women" and sub-theme "Agenda ng kababaihan, tungu sa kaunlaran" together with the other schools affiliated to the said hospital. The award was given on March 31, 2022. Ms. Rene won first place and Ms. Isnain won third place

NEWS

RAMADHAN ISLAMIC SYMPOSIUM

By: Adzrina A. Sadikal



GS Staff, GS Students and Guest speaker

The Central Student Government, in partnership with the Muslim Student Association, conducted a Ramadan Islamic Symposium every Wednesday of the Holy Month of Ramadan at SSC Gym. Walled City, Jolo, Sulu. The event was intended for the students, staff and the outsiders. Meanwhile, the School of Graduate Studies also conducted their Ramadan Ismalic Symposium on the 17th day of April 2022 held at Center for Culture and Arts SSC main campus Patikul, Sulu from 9:00-2:00 pm. The event was started with the opening remarks by Prof. Ryan Amin followed by the message of the college president Prof. Charisma S. Ututalum, CESE. The event was intended for Sulu State College Community and Graduate Studies Students. And the last part of the event was closing remarks by Asso. Prof. Masnona S. Asiri, DPA, Dean of School of Graduate Studies. The event was with the untiring support of the college president Prof Charisma S. Ututalum, CESE.



First Day of Ramadan Islamic Symposium

RAMADAN FREE IFTAR

By: Adzrina A. Sadikal

The Central Student Government, in partnership with the Muslim Student Association-Sulu State College Chapter, conducted a 10-day free iftar to the SSC employees and Jama'a at



First Day of Free Iftar at SSC Mosque

Sulu State College Mosque Patikul, Sulu and 1 day grand free iftar at Maubuh Beach Patikul, Sulu. Meanwhile, the School of Graduate Studies also conducted a free Iftar every Friday in the



Last Day of Free Iftar at Masjid Umangay Patikul, Sulu

Holy Month of Ramadan to the different mosques of Jolo, Sulu including the Sulu State College Mosque. The event was with the support of the college president Prof. Charisma S. Ututalum, CESE

THE SCHOOL OF CSITE CONDUCTED A TWO-MONTH TRAINING-WORKSHOP ON BASIC PROBLEM SOLVING FOR PROGRAMMING LANGUAGES

By Shaira Sakkam



Dean of School of CSITE, Prof. Aldarurz T. Darkis, giving his inspirational message

The School of Computer Science Information Technology and Engineering (CSITE) conducted a two-month training workshop on basic problem specifically, in solving programming languages. The training workshop started on Feb. 5, 2022 and ended on Apr. 17, 2022. It was held at Computer Laboratory, CSITE Building, Sulu State College Main Campus.

The target objectives of this training were to enhance the critical thinking skills of the students, introduce the different kinds of programming languages, develop problem solving skills, and train them to write an appropriate syntax. Such as on how to create database, manage data, and lastly, creates a sort of webpages.

Cont. at Page 19...

SIHNAG

STALWART TV LAUNCHES AS ONLINE CHANNEL OF THE COLLEGE

By Alkaisa Sahibad



Stalwart TV members getting ready for their oath taking



Stalwart TV members making a pose after their oath taking

With the purpose to install officers and recognize the team as campus-based media of the Sulu State College, the Stalwart TV convened its Oath Taking and Launching Ceremony with the tagline, "We make you seen, heard, and involved" at the Center for Culture and Arts, SSC Campus, Patikul, Sulu at 1:30PM on March 05, 2022. Twenty-six (26) members of the Stalwart TV were installed to office and assume term for the school year 2021-2022, namely:

Channel Head: Juliusking Vivas

Creative Consultant: Adawia Jamasali

Asst. Creative Consultant/ Head Cinematography/ Master Editor: Mudzramin Adjari

Executive Producer: Alkaisa Sahibad

Asst. Executive Producer: Alkhamar Saddalani

Head Writer: Zheeya Hanneen H. Aspikul

Segment Producers:

1. Nurmalyn Jumali
2. Nurmela Fahma Pandi
3. Patricia Damsali

Segment Writers:

1. Nurennor Balahuddin
2. Loressa Unong
3. Patrica Damsali

Program Hosts:

1. Ahmad-Qhalfan Hiya-Hiya
2. Adzrina Sadikal
3. Morsalyn Harun

Field Reporters:

1. Jose Miguel Enrique Galamgam
2. Fatime Nermie Abdurasid
3. Nuroorahma Suaib

Videographers/Video Editors:

1. Mahdee Usmal
2. Rudzmal Ganih
3. Shiela-Mae Usman
4. Ladzmer Jaradi

Department Representatives:

School of Agriculture: Raina Saharani

School of AS: Nur-haliza Makmil

School of BSBA: Ayra Asgali

School of Biology: Norwena Bara

School of CSITE: Ladzmer Jaradi

School of Education: Ben-Ben Mulkin

School of Nursing: Marly Sabtuli

SSC Senior High School: Jose Miguel Enrique Galamgam

SSC Laboratory High School: Loressa Unong

The college president, Prof. Charisma S. Ututalum, CESE, graced the ceremony with an inspirational message showing her support to the team. In attendance also were other key officials, deans of different schools, Sihnag Staffers, Stalwart Performing Arts, and the Technical Team. The program ended at 4 o'clock in the afternoon .

Cont. from Page 17.

THE SCHOOL OF CSITE CONDUCTED A TWO-MONTH TRAINING-WORKSHOP ON BASIC PROBLEM SOLVING FOR PROGRAMMING LANGUAGES

By Shaira Sakkam

As Mr. Jan Alih Sauradjan best explained, this training workshop is an intervention to students in collaboration with the school of CSITE, both 3rd year and 4th year college. Amidst the pandemic, those learnings of every student became stagnant. Basically, this is the main reason why they conducted a two-month training. Aside from that, students were also given a basic foundation on how to understand and solve a basic problem in line with programming which could equip them along with necessary skills that are needed for their upcoming future.

The speakers of this training workshop were the following:

- Jan Alih A. Sauradjan
- Kisar B. Aggong
- Ridzkhan S. Hassan
- Abdurrafih J. Abraham
- Hafiz Tuttuh
- Nidzfar Y. Tiblani
- John Raymar A. Arastam
- Hussein I. Uckong III
- Ademar C. Sandangan
- Adzmer S. Muhali

The training workshop went smoothly with the help of the dean of School of CSITE, faculty members, speakers, and most importantly, Mr. Sauradjan as the head of this training work-



the Dean, speakers and the participants of the said training-workshop.

THE BATTLE OF NIGHTINGALE

April 22, 2022 | The Sulu State College School of Nursing students namely Sandraisa Dugasan, Fatima Shaifa Ahadain, Ben-Badz Gadjali and Qrin Abubakar, together with their coach Nurronnisah K. Padjiri, RN participated in the 5th Battle of Nightingale Quiz Bowl. The event was organized by the West Metro Medical Center and Philippine Nurses Association Region 9 Chapter, held at the KCC Hall. The quiz bowl had three categories which were Easy, Moderate, and Difficult. There were 10 questions each for the Easy and the Moderate categories while 5 for the Difficult. The SSC School of Nursing ranked 7th place among the 16 schools.



(L-R) Ben-badz Gadjali, Sandraisa Dugasan, Fatima Shaifa Ahadain, SSC President Prof. Charisma S. Ututalum, CESE, Dean of School of Nursing Asst. Prof. Alijandrina T. Jalilul, Coach Ms. Nurronnisah K. Padjiri, RN., and Qarin S. Abubakar



The participants during the event



The participants with their coach


























ORANGE PHOENIX




NTP

NTP







Entry No. 9








Entry No. 5







FEBRUARY 14, 2022

EVALUATION AND EXTENSION OF THE SULU STATE COLLEGE INCUMBENT PRESIDENT

by Nurmalyn Jumali

Last May 11-13, 2022 at around 9:00 in the morning at SSC Center for Culture in Arts, the evaluation of the incumbent college president was conducted. The evaluation was attended by administrative council, deans of the different schools and departments, faculty and staff, Prof. Charisma S. Ututalum, evaluation committee head Dr. Anthony Penaso, member of the board of trustees, Commissioner Jo Mark Libre and student officers.

The program was started with invocation by Mr. Abdulkadil N. Tutong, singing of Philippine National Anthem. It was followed by welcome address given by Prof. Ututalum. In the afternoon of the said date, the evaluation process continued at SSC hostel.



Prof. Charisma S. Ututalum, CESE

Photo source: Sulu State College Board of Trustees FB page

The Sulu State College Board of Trustees conducted its 2nd Special Board Meeting 2022 last May 19, 2022 at Seda Vertis North, Quezon City. The agenda was "Presentation of Final Report of the Evaluation Committee for Presidency". It was headed by Dr. Anthony M. Penaso. Afterwards, the SSC BOT had the election for the extension of the incumbent president Prof. Ututalum. The president scored 96.4 with an "Outstanding" rating for her performance. By unanimous decison of the Board, the extension of the president was approved for another 4 years as college president. And the Oath taking was given by the CHED Commissioner and SSC BOT Chair - designate Dr. Jo Mark M. Libre.



During Oath Taking of Prof. Ututalum on her reappointment as Sulu State College President

Photo source: Sulu State College FBpage



Prof. Ututalum, together with the SSC Board of Trustees

Photo source: Sulu State Sollege Board of Trustees FB page

RECOGNITION DAY

by: Adzrina Sadikal

Sulu State College, together with the Vice President of Academic Affairs—Prof. Jehana M. Darkis, Ed. D.,PCpE and Dean of Student Affairs- Prof. Saurajan Darawi held its recognition day for academic year 2021-2022 on June 11, 2022 at SSC Gym. Walled City, Jolo,Sulu. Prof. Darkis gave her opening remarks. It was followed by giving the medallions and certificates to the students. An inspirational message was given by Prof. Ututalum.

The attendees were the SSC college president, SSC key officials, faculty, deans, students and parents. The last part of the event was the singing of the awardees 'Do I Make You Proud' to their parents and a closing remarks by Prof. Saurajan Darawi, Dean of Student Affairs. The event was hosted by the Sihnag Adviser Adawia Jamasali.



The Awardees during the event



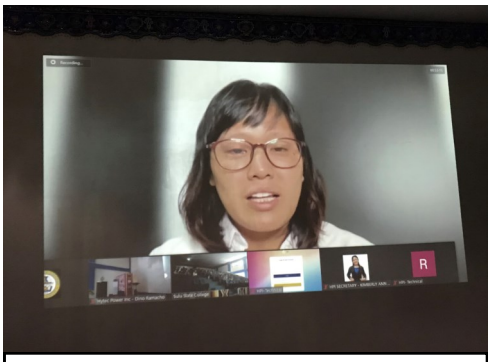
Prof. Ututalum during her message

ORIENTATION ON CLOUD BASED LEARNING MANAGEMENT OF SSC COLLEGE FACULTY

By Aldimar D. Taha



Mr. Dino Ramatcho during his opening session



Technical Trainer, Ms. Richelle Gerong During the online session of orientation

On June 13, 2022, the Sulu State College conducted an Orientation for the Cloud-based LMS for the Smart Campus Project intended for all the college faculty level and Graduates Studies of SSC which was held at Center for Culture and Arts, Jolo, Sulu.

The event kicked off around 9:00 am which was spearheaded by Area Manager of High-Tech Power for Visayas and Mindanao, Mr. Dino Ramatcho. He introduced the LMS or Learning Management System which is crucial to adapt in this changing time of technology where the individual needs also escalated. Shortly, he ended his session by stating that Sulu State College among the institutions was granted of Smart Campus in Sulu. After that, the orientation-proper was presented by Ms. Richelle Gerong, one of the Hi-Tech and HPI Consultants. She formally introduced the platform which was called LMS and its features and added that the site was significant for managing the class, time, grading, activities and etc. Ms. Gerong also presented another sites which were Computer -based instructional materials which were essential in organizing virtual classroom activities, reports, test questions and good for simultaneous conversation.

Ms. Gerong ended her presentation and started an open discussions. Several faculty members raised their individual concerns and was answered by Mr. Ramatcho. Mr. Ramatcho also reiterated that they are closely coordinating with the IT people to train the teachers on the use of LMS. "*Anyway, this is only an orientation and hoping for another time for the workshop*" he added. Afterwards, the photo opportunity concluded the event.

SULU STATE COLLEGE PRE - GRADUATION CEREMONY 2022

By Ben-ben A. Mulkin

The graduates from School of Nursing





Faculty members and admin officials

Sulu State College conducted its Pre-Graduation Ceremony on June 14, 2022, Tuesday, 9:00 am at SSC Multi-Purpose Gymnasium with the theme, "48th Commencement Exercises: 40 years of Molding Stalwart, Cultivating Excellent and Signifying Breakthroughs".

Hosted by Mr. Khaizar H. Barrie, Chairman of the Language department, the ceremony began with the processional, followed by the invocation led by Tuan Abdulkadil N. Tutong, Chairman of Islamic Studies Department and singing of Philippine National Anthem conducted by Ms. Nilsa T. Muhajil, AS Faculty member.

The hooding ceremony and distribution of diploma for graduates of School of Graduate Studies were held right away. The graduates were called by their dean, Asso. Prof. Masnona S. Asiri, DPA. The College President Prof. Charisma Samparani Ututalum, CESE, and Prof. Jehana Muallam-Darkis, Ed.D, PCpE, Vice President for Academic Affairs, assisted the parents of the graduates in placing the hood over the head of the graduates from GS. Mr. Bin-auf J. Jalilul, MA-MATH, Acting College Registrar, and Mr. Almashin S. Lipae, MAED, MPA, Chief Administrative Officer V, assisted in the distribution of diploma.

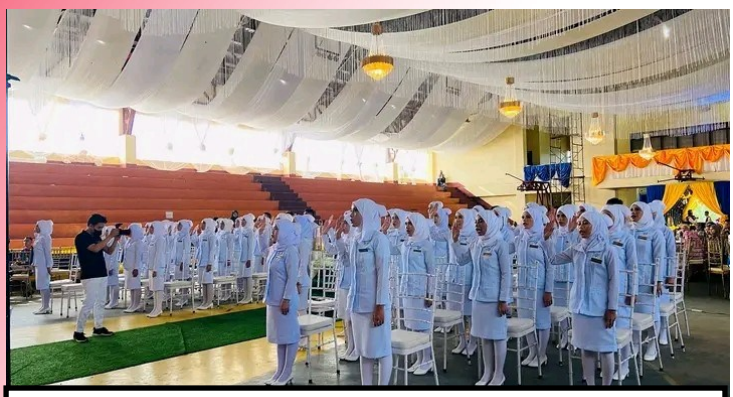
The distribution of diploma for undergraduates followed afterwards. Graduates of each school were called by their respective deans. Asso. Prof. Patricia I. Amilhusin, Ed.D for School of Arts and Sciences, Asst. Prof. Alijandrina T. Jalilul, RN, MAN, Ed.D for School of Nursing, Asst. Prof. Mudzratha A. Kunsahani, MSA for School of Agriculture, Asst. Prof. Aldaruhz T. Darkis, DPA for School of Computer Science Information Technology and Engineering, Asso. Prof. Helen H. Maidin, Ed.D for School of Education, and Asst. Prof. Hartini D. Saradi, DPA for School of Business Administration. The College President Prof. Ututalum spearheaded the distribution. She was assisted by the Acting College Registrar Mr. Jalilul. The ceremony concluded with the photo opportunity of the batch.

1ST PINNING CEREMONY

By Marly M. Sabtuli

The Sulu State College School of Nursing held its 1st Pinning ceremony last June 15, 2022 with the active leadership of Dean Asst. Prof. Alijandrina Tan-Jalilul, RN, MAN and present the 51 students Batch Philotimo '2022 at SSC Multi-Purpose gymnasium with their guest speaker Hon. Eloisa D. Abdulla, RN, RM, MAN, with the theme "Inspired by the commitment to face new challenges toward competence and competitiveness".

Pinning Ceremony signifies the completion of the students of the nursing program and welcoming of the newly-graduated nurses into the profession that they are ready to serve society as a healthcare professional.



Batch Philotimo

SULU STATE COLLEGE CONDUCTS BACCALAUREATE SERVICE FOR 2022 GRADUATES

By Aldimar D. Taha

The Sulu State College conducted its 2022 Baccalaureate Service for this year's graduates in lieu of 40th Commencement Exercises held at SSC Gymnasium on June 16, 2022.



SSC president Prof. Charisma S. Ututalum and CHED IX Regional Director Dr. Rody.P. Garcia

The program started at 9:00 in the morning with the processional, followed by the invocation led by Mr. Anthony R. Abdulla, MAIS, singing of National Anthem conducted by Mrs. Nuridja A. Asari, MAEd, singing of SSC Hymn and blessed with the reading of Qur-an by Al-muadz A. Anni.

The event was highlighted through the offering of tokens of loyalty and commitment to SSC given by respective representatives from different schools of Sulu State College. Representative from School of Arts and Science, Ms. Nurhaliza S. Makmil expressed her overwhelming appreciation to SSC especially to president Prof. Charisma S. Ututalum, CESE. Sanraiza M. Dugasan from School of Nursing presented a lamp with candle which in behalf of Nursing's community, she offered it as token of loyalty and commitment. A Dragon fruit that signifies victory was offered by the School of Agriculture which was presented by Ms. Mutmainna H. Sarail. School of CSITE offered an improvised material which they called as Mask Detection System as their token of loyalty and presented by Ms. Klarizza Kyla J. Atiolla. An endless gratefulness from School of Education was represented by Mr. Mudimar H. Sailama, and a calculator from School of Business Administration was presented by Mr. Julfhikar U Sali which from their beliefs, became their testimony of appreciation to the school.

Afterwards, the event's Guest Speaker Dr. Rody P. Garcia, a Chef, Entrepreneur, System Analyst and CHED Regional Director IX, expressed in his speech his heartwarming congratulations to the graduates. His message was concluded with a short statement "always remember that a heart must be in a center of everything", which he pointed out that passion is a driving force to achieve huge accomplishment. Then, giving of plaque of appreciation to the guest speaker was presented by the college president. After that, Tuan Jalsar A. Jalaide, RN, MAIS, gave his congratulatory message and reminded the graduates of success from religious perspective, which he uttered that "All glory be to Allah". Subsequently, a staff from AS, Mr. Al-fadzri B. Moharrani, MAIS, offered a Thanksgiving prayer to the graduates.

Photo opportunity with the dignitaries present concluded the event. The event was emceed by Mr. Khaizar Barrie, chairman of the Language department.



Dr. Garcia (right) during the awarding of plaque of appreciation
L-R: Dr. Julhamid, Prof. Darkis, Prof. Ututalum

SSC HELD ITS 40TH COMMENCEMENT EXERCISES

By Aldimar D. Taha

The Sulu State College successfully held its 40th Commencement Exercises for Class of 2022 with the theme: "40 years of Molding Stalwarts, Cultivating Excellence and Signifying Breakthroughs", which happened on June 17, 2022, Friday, at SSC Multi-purpose Gymnasium, Jolo, Sulu.

The program began with the processional of the Marshall, Order of Colors, entry of Candidates for Graduation, Administrative Staff, Faculty, Deans of different schools, and the Administrative Officials. The program-proper formally started by the opening prayer led by Tuan Abdukadil N. Tutong, MAEd, singing of national anthem conducted by Ms. Nilsa T. Muhajil, MALTF, and the singing of SSC Hymn by the graduates. The welcome address then was delivered by Mr. Julfhikar U. Sali, a Magna Cum Laude from School of BSBA.

A total of 1,031 graduates were presented by their respective deans and were conferred by the college president Prof. Charisma S. Ututalum their respective degrees.

Further, Sihnag Adviser and one of the graduates from Doctor of Education program Ms. Adawia J. Alibasa introduced the Commencement Speaker, Hon. Jo Mark M. Libre, DPA, Commissioner, Commission on Higher Education, Chair-Designate and Board of Trustees.

Hon. Libre congratulated the graduates for successfully finishing the college which he wished be the agent of change. He also reiterated to the graduating class to go into the world where education is needed and where the ideas could change people and community. He concluded his speech by stating, *"Sa inyong lahat inuulit ko muli ang aking mainit na paghanga at pagbati! Mabuhay kayong lahat!"*.

Afterwards, awarding of plaque of appreciation and token to the guest speaker was presented by Prof. Ututalum and was assisted by Prof. Jehana M. Darkis, EdD, PCpE, Asso. Prof. Nelson U. Julhamid, PhD and Mr. Almashien S. Lipae, MPA, MAEd.



Hon. Jo Mark M. Libre, DPA, while delivering his message to the graduates

Presentation of academic awards was held right after which was spearheaded by Vice President for Academic Affairs, Prof. Jehana M. Darkis. She presented the Cum Laude awards to Four (4) from School of Nursing, One (1) from School of CSITE, Two (2) from School of Agriculture, Six (6) from School of Education, and Two (2) Magna Cum Laude from School of BSBA and One (1) Leadership Award from School of CSITE. The awardees were accompanied by their proud parents and assisted by the college president.

Moreover, Babilyn S. Nisal, the class valedictorian, delivered her Address of Thanks. She simply expressed her overwhelming appreciation and endless thanks to her parents, mentors and everyone who supported her throughout her journey. Then, Harna J. Bayani, a Cum Laude from School of Agriculture, led the Pledge of Loyalty together with the graduates. The Induction of Graduate into SSC Alumni Association headed by Hon. Hussin U. Amin, D Hum, EdD, DPA, followed afterwards. The most memorable part happened as the graduates sang their commencement song entitled, "When you believe". The program then was concluded with the One Sulu State College March by graduates, Recessional of Administrative Officials and the photo opportunity.

THE FIRST EVER SSC PRESIDENT NIGHT

The Sulu State College had a successful celebration of President's Night under the leadership of Prof. Charisma S. Ututalum, CESE with the presence of the guest of honor Hon. Datu Abdusakur M. Tan, Governor of Sulu held on June 20 2022 at SSC Gymnasium, Jolo, Sulu.

The program proper started at 6pm with the welcome remarks by SSC college president and was followed by intermission given by Stalwarts performers. Present during the event were the SSC key officials, SSC Board of trustees and the administrative council.

The Special guests were Hon. Jo mark M. Libre, DPA the Ched commissioner, Dr. Nelson P. Cabral, President of Zamboanga Polytechnic State University ZPSU and the last one Dr. Mary Jocelyn V. Battung, President J, H. Cerilles State College. After the intermission, each of the them delivered their messages in rendering support and sympathy to the SCC.

And the highlight of the program was embarked through the message of the guest of Honor, Gov. Tan as he delivered his inspirational message.



L-R: Prof. Ututalum, Gov. Tan, Sihnag Adviser

An Episode of Breakthroughs

SSC Establishes the First Ever Online TV Channel in the Province

By Alkhamar L. Saddalani

In the past years, Sulu State College has been constantly making breakthroughs by creating many firsts in the province of Sulu. And just December of 2021, another first was established – the first ever online TV channel in the province which was named Stalwart TV.

Stalwart TV or also called as STV is a campus-based media with students from college, senior high school and laboratory high school as the members. This online channel aims to inform the whole SSC community, and even the whole world, of the latest updates in the institution; render entertainments relatable to students and teachers, and serve as a platform to channel and amplify the voices of everyone in the said community. According to Mr. Firash Zhed S. Ututalum, Executive Assistant to the president, the establishment of this online channel was a dream and initiative of the College President Prof. Charisma S. Ututalum, CESE to the continuous progress of the college. He noted, "It started during the strategic planning of the college last December 2021. Fortunately, one of the speakers from the City of Cavite, Dr. John Carlo Basuil, is a channel head of an established online channel in Cavite – The San Sebastian Recoletos College. He immediately offered his help to the college by introducing SSC TV. Several students from Sihnag, Sulu Pearl have undergone training. An online channel was introduced to them."Mr. Ututalum also shared that ever since the training of the online channel, it provided students the opportunity to highlight inspiring stories of their fellow students, faculty and in the future, the community. "Students are capacitated in delivering news, editing videos and to entertain the college in every possible way." He was accordingly a witness during the training and he could remember how the speaker was amazed by the students' initial outputs. "This milestone was able to maximize the talents of our students and enhance their skills," Mr. Ututalum added. This online channel was officially launched on April 5, 2022 together with the oath taking of its members and with Mr. Juliusking J. Vivas as its channel head. According to Mr. Vivas, he was not told right away of his designation but instead asked first to attend a seminar, and when he first knew that he will be head of the organization, he was accordingly in doubt of himself but never dared to question the decision of the college president. Despite the doubt, Mr. Vivas chose to challenge himself and take the responsibility. And so far, he is doing fine.

'Availability of the members' is what for Mr. Vivas the challenge that Stalwart TV is facing since its establishment. He explained that since Stalwart TV members are also students, their priority is their study. With this, the Stalwart TV has accordingly adjusted so that the members can juggle both their study and their responsibility as STV members. Nonetheless, Mr. Vivas is very thankful to have his current members especially during the first year of Stalwart TV for they are dedicated in their work.

He shared, "At first, inisip ko na mahihirapan ako. Pero very thankful ako sa mga members ng Stalwart TV kasi hindi lang siguro 100 percent yung binibigay nila everytime we need to make an output or to conduct a project."

[At first, I thought that I will find it difficult. But I am very thankful to Stalwart TV members because they are not only giving their 100 percent everytime we need to make an output or to conduct a project.]

The official logo of Stalwart TV

Considering that Stalwart TV is just in its first year, Mr. Vivas said that what they really need right now is a studio and the equipment to be able to produce quality outputs and to set the standard. He also shared that they are getting overflowing support from the college president but still need more support from students and teachers.

Stalwart TV has been in action a few months after its establishment. Since then, the online channel has been producing news and event highlights happening in the college. They also made a short film which was already uploaded on Facebook. The short film was the official entry of the college for the 2022 UP Film Fest. Mr. Vivas also mentioned that they have next projects



The Stalwart TV members getting ready for their oath taking

in semesters to come. "Spotlight 'yung next project namin ngayon na gagawin. Siguro by the first semester magagawa na namin 'yung spotlight, then also the lifestyle segment and hopefully 'yung short film magiging regular na like monthly magkakaroon kami ng ouput; about siguro sa mga current events na nagha-happen sa school. Then looking forward na rin sa mga seminars para as ma-improve pa 'yung mga skills ng mga students," Mr. Vivas told.

[Spotlight is our next project. Maybe by the first semester we will be able to make the spotlight, then also the lifestyle segment and hopefully the short films will be produced regularly like monthly we will have an output; maybe about the current events happening in school. Then looking forward also to attending seminars to improve more the skills of the students.]

For Mr. Vivas, having an online TV channel is an effective tool in reaching out to students. Spreading the news will be easier to do and information therefore, becomes very accessible. With this, he dreams of widening the scope of Stalwart TV. He envisions the online channel to not just be school-wide but province-wide already. "Sa ngayon wino-work pa namin kung paano mag-iimprove pa muna yung Stalwart TV members in their respective positions, then after that we're going to wider the scope of Stalwart TV. Siguro sa province-wide muna bago nationwide. So hopefully, magiging province-wide na yung Stalwart TV in the near future or maybe next year," Mr. Vivas shared.

[Right now, we are still working on how to improve the Stalwart TV members in their respective positions, then after that we are going to wider the scope of Stalwart TV. Maybe province-wide for now before nationwide. So hopefully, the Stalwart TV will become province-wide in the near future or maybe next year.]

It is with no doubt that Sulu State College is ripe for series of breakthroughs more than before. And the establishment of this online TV channel is just an episode of that series. A lot has already been aired, and there are still more to watch for.

"HATS OFF, BATCH PHILOTIMO!"

SSC School of Nursing Pioneering Batch Is Now Graduating

By Alkhamar L. Saddalani

Nursing has always been considered as one of the most difficult university/college programs. Aside from it is financially-burdening, this course is also mentally, emotionally, and physically challenging. You need sharp mind to memorize steps on how to perform skills procedures; you need an unwavering support system to give you strength whenever you feel like quitting; and most of all, you need strong stamina to meet all the requirements your clinical instructors demand. But these challenges did not apprehend the batch Philotimo to still take up the course despite the fact that the program has just started during their time. And now, after four long years of struggles, they are finally at the end of their journey of being student nurses. They survived!

Following the reestablishment of Nursing Program in Sulu State College back in 2019 – but now as an independent school, originally in consortium with Western Mindanao State University School of Nursing (WMSU SON) – under the deanship of Asst. Prof. Alijandrina T. Jalilul, RN, MAN and under the administration of Prof. Charisma S. Ututalum, CESE, Philotimo Batch 2022 was born. The reestablishment was consolidated by the Commission on Higher Education-ARMM granting the certificate of program compliance to the Sulu State College School of Nursing for successfully complying with the necessary requirements set by the CHED Memorandum Order (CMO) No. 15, series of 2017 "Policies, Standards and Guidelines for the Nursing Department effective Academic Year 2019-2020 and onwards.

There are seven males and forty-four females that make up the Philotimo Batch 2022. A total of fifty-one student nurses are set to graduate this coming June 17, 2022. Furthermore, there are four from them who will graduate with Latin Honors.

Being the pioneering batch comes with a pressure according to Ms. Ferdelina S. Adzhar, one of Batch Philotimo. Since they are the first batch in the nursing program, in their mind, they have to give their best and do well in their studies. They believe that they should have a good performance especially in Licensure Exam for they do not want the program to get closed nor for aspiring students to miss the opportunity to enroll in the Nursing program like in SSC wherein tuition fees are not that expensive. "Kaya pressure on our part kasi para pong sa amin nakasalalay ang kinabukasan ng School of Nursing," Ms. Adzhar shared.

[That is why it is a pressure on our part because it is as if the future of School of Nursing lies in us (Batch Philotimo).]

Just like most of her batchmates, financial concern was what made Ms. Adzhar choose to enroll in SSC School of Nursing despite the fact that the program has just established during their time. When she accordingly heard that SSC already offers Nursing program with free tuition fees, she had no hesitation to take the NAT (Nursing Aptitude Test). "Of course, we who cannot afford to enroll in private school, this is our chance to choose the career that we really want, and pursue our dreams without worrying our expenses. Albeit financially-challenged, a dream can still be fulfilled," Ms. Adzhar said in Tagalog.

Ms. Adzhar also shared that it was during this pandemic which caused changes in education where they faced major challenge in their course. They were accordingly challenged when online classes were implemented which she implied less advantageous than of face-to-face classes most especially they are nursing students who need to acquire skills. She added, "To enhance our skills, dapat may exposure kami or experience. We worry na baka ga-graduate kami ng walang exposure in the actual setting which is in the hospital. Pero for how many months, despite some technical problems, poor connection, kinaya naman naming ang online class and the blended learning. And at the end of the day, nairaus din."

[To enhance our skills, we should have exposure or experience. We worry that we might just graduate without much exposure to actual setting which is in the hospital. But for how many months, despite some technical problems, poor connection, we were still able to go along with online class and the blended learning. And at the end of the day, we made it through.]

"No words can express how happy we are." These are her words when I asked how she and her batchmates feel as they will finally finish nursing in days to come. They are accordingly very happy because all the sleepless nights and restless days are paying off. They are finally seeing the fruits of their struggles. Struggles that made them feel a rollercoaster of emotions throughout their college years. "There are days when we doubted ourselves. We cried. We felt angry and unfair. We felt hopeless and almost gave up. But at the end of the day, we remained faithful and strong," Ms. Adzhar added.

After graduation, our subject recounted that in God's will, they will altogether go for a review and take the Licensure Exam. She shared that since they started together, they all hope they will pass the board exam together as well. Passing it with high rating is what for Ms. Adzhar the legacy that their batch is going to leave. It is for her their way also of giving back to their school – actions that truly signify how they have embodied the meaning of their batch name "Philotimo" which can be translated as love of honor, or respect of honor.

When I asked her to give an advice to her junior fellows on how to survive Nursing course, she unselfishly shared, "The advice that I can give is that to do good in your studies, work hard, have faith and hope and above all, enjoy. Do not pressure yourselves too much. Instead, believe in yourself, and manage your time wisely. Have some time to relax and spend quality time with family or friends to relieve your stress because school can be so stressful and fun at the same time."

Chasing a dream is definitely not an easy thing to do. You might stumble and fall along your way. You might get cuts and bruises. You might get tired and unmotivated to run again. But those who only rested and continued the chase will be the only ones to reach the finish line of success. And at that point they will realize that indeed, the tassel was worth the hassle.

Warmest felicitations, Batch Philotimo!

TAUSUG VISUAL ARTISTS NOW WENT TO INTRAMUROS, MANILA

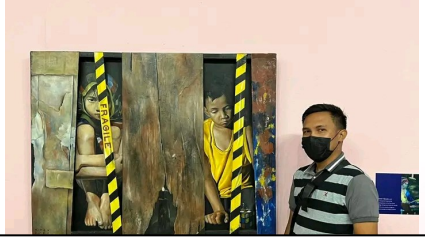
By Morsalyn Harun

On April 6-30, 2022, The National Commission for Culture and the Arts (NCCA), in partnership with the Sulu State College, conducted an art exhibit featuring the Tausug Visual Artists Now, held at NCCA Gallery, Intramuros, Manila, Philippines. It was an exposition by six emerging visual artists from the provincial capital of Sulu including Mr. Juliusking I. Vivas, one of the faculty members of SSC School of Arts and Sciences, together with Mr. Aldam J. Sawadjaan, a 4th-year student of SSC School of Nursing and Sihnag cartoonist who also had their formal visit on the said event on April 8-12, 2022.

"The Tausug Visual Artists Now" is a group exhibition by Ms. Mudzhatty I. Lakibul, Ms. Norhima B. Sarabi, Ms. Rhadzainal U. Hassan-Sahibul, Mr. Syamsir T. Marsuki, Mr. Juliusking I. Vivas, and Mr. Aldam J. Sawadjaan



Left photo: The Tausug Artists from Sulu— Lakibul, Sarabi, Hassan, Marsuki, Vivas, and Sawadjaan



"Un-Tie Terrorism Law" by Mr. Vivas, painted in an oil canvas 3'x4', displayed at NCCA Gallery, Intramuros, Manila

DISBURSEMENT OF TERTIARY EDUCATION SUBSIDY

By Adzrina Sadikal



Prof. Ututalum together with the student scholars



Prof. Ututalum giving the allowance of one of the student scholars

Last February 22, 2022, the Sulu State College conducted a short program for the disbursement of tertiary education subsidy (TES) for the Academic Year 2020 -2021 held at Sulu State College Gymnasium Walled City, Jolo, Sulu with a total of 347 scholars of Sulu State College who received their allowances. Present during the disbursement was the College President Prof. Charisma Ututalum, CESE who also gave her opening remarks to inspire the student scholars. Also present were the; UNIFAST Team spearhead by Ms. Sharifa Anjirani in the absence of Mr. Hitler Allama, the Cashier Personnel, and the ICT Team.

The Sulu State College would like to thank, Chairman of Commission on Higher Education, Prof. Prospero de Vera III for granting the scholarship for the students of Sulu State College.

JAMASALI HAILS AS DIVISION E PROGRAM QUALITY DIRECTOR IN D75 TOASTMASTERS INTERNATIONAL

By Alkhamar L. Saddalani



Ms. Jamasali, Div. E PQD 2022-2023

Ms. Adawia Jamasali, outgoing Sulu State College Toastmasters Club (SSCTMC) President, has been installed as the new Program Quality Director for Toastmasters Division E, District 75 after the successful conduct of the division's installation of new set of officers held on June 26, 2022, 1:00 PM. The installation was a hybrid event where the physical venue was in Davao City. Those who were not able to attend physically had joined via Zoom. The event was graced by the incumbent and past leaders of the said district and division. District 75 is the assigned district for the Toastmasters International in the Philippines while Division E is the assigned division for some portions of Mindanao.

In her Facebook post,Ms. Jamasali thanked the said division for the opportunity entrusted on her. "It isalways a pleasure to serve you with the best of my ability," she captioned.

The incoming officers will serve for Division E from July 1, 2022 to June 30, 2023.

Below is the list of incoming Division E Officers:
Division Director: Marivic Daray
Program Quality Director: Adawia Jamasali
Club Growth Director: Giovanni I. Gulanes
Public Relation Directors: P'rpjay S. Santos
Area 1 Director: Reyma Rufo
Area 2 Director: Raquel Tiu-Te
Area 3 Director: Claire Joy Enriquez
Area 4 Director: Venus Roque

"SSC@40" SULU STATE COLLEGE CELEBRATES 40TH FOUNDING ANNIVERSARY

By Alkhamar Saddalani and Ben-Ben Mulkin

Foundation Day is one of the most anticipated and most celebrated events in Sulu State College. Apart from it is the day where the SSC community looks back to its beautiful past, it is also the time where talents and abilities of SSCIANS in different fields are proudly showcased which makes it the liveliest day of the institution.

Not until 2020 came and an unprecedented occurrence transpired. Pandemic interfered and caused hiatus in every school around the world. Some school fairs were canceled, while some were held painstakingly–with strict observance to existing health protocols–just like how the SSC 39th Founding Anniversary last year was celebrated which hindered many students who want to witness to personally attend.

But this year's 40th Founding Anniversary was different. In fact, it was tagged as the Bolder, Fabulous, and Spectacular celebration for since it was held under the loosened situation of the province under the pandemic, it was an all-out celebration–a way to make up to the students after missing a year of this occasion.

The celebration was held on March 25-27, 2022. It was themed, "40 Years of Molding Stalwarts, Cultivating Excellence and Signifying Breakthroughs", a perfect label of what the college has been doing in the past years.

The opening program was held after the parade around the town of Jolo. It was formally opened through the words of the College President Prof. Charisma S. Ututalum where she first thanked the guest speaker Dr. Venus Agustin, President of the International Peace Leadership College, for taking time to celebrate the founding anniversary of the institution. Prof. Ututalum also stressed the importance of past in her message where she said, "Look to the past to celebrate the good things because the past events could never be duplicated. We should remember we only pass this way but once. Whatever our past may be, remember our past has made us a better Sulu State College." The flag hoisting between different schools, and performances by SSC ROTC, SSC Pencak Silat and Stalwart Performing Arts followed next which rendered entertainment to everyone. In the afternoon, contests such as "SAYLA" Group Dance Competition at SSC open field and "BATTLE OF THE BRAINS" Academic Competition at the hostel conference room were conducted simultaneously. Moreover, "A NIGHT TO REMEMBER" highlighted the evening which commenced with Acoustic Song Contest showcasing the talents of the students in singing Tausug and OPM songs. It was made memorable with the fireworks display that colored the night sky while everyone sang the SSC Hymn.

The morning of day two was scheduled for Cultural and Sports Competitions. Cultural contests were composed of Song Solo, Duet and Speech Choir competitions which was held at Center for Culture and Arts, while Sports contests were composed of Basketball and Volleyball competitions. In the afternoon, the "STALWARTS ON STAGE" was held at SSC Gymnasium. It began with the production number of Prof. Ututalum followed by the wholesome performances of different schools and units.

The last day of celebration was highlighted by the "STALWARTS NIGHT" where everyone in attendance wore their best red-themed attire. Awards were also given to the partners and personalities for the efforts they have given to the college. Other awards were also presented and given to the winners of different contests such as biggest loser for individual and group category, school beautification contest, and short film competition. Sashes were also given for those who stood out during the night. Everyone enjoyed the night as they were entertained by the comedians from Street Food Comedy Bar, Zamboanga City.

Sulu State College in its 40 years has remained resilient to the test of time. It has come a long way and shall go a long way ahead with its vision and mission as its guide. Results of various competitions held are on page 33.



College President Prof. Ututalum handing a Plaque of Appreciation to the Guest Speaker Dr. Venus Agustin



Fireworks display lighting up the night sky



College President Prof. Charisma Ututalum looking gorgeous in her red attire

The Unbothered Lass
by Unbothered queen

She is pure and innocent,
She laughs genuinely without thinking what might go wrong
She tried to be brave whenever the earth was swallowing her alive
She would always get through whatever life throws at her.

Heartaches and the tiny hairline fractures
almost never kill but make her limp
Patience is wearing thin, rivers of regret,
and on the verge of losing sanity
yet it's brave of her for standing still

She opted to pretend that nothing's wrong.
She handled things on her own
She tried to take away the monsters in her head
She would always find herself work to live and try

She shed tears each day when it all becomes too much
yet when tomorrow comes,
She's dragging herself up to face another battle
She's the unbothered lass and an unbothered heart.

"The Bizarro Amorist"
By Bizarro Amorist
(Read Downward)

I hate it when you galumphed across the nights of Lupercalia
so you'll never hear me say that
I love you.
Deep in my heart I know that
our liaison doesn't scintillate anymore but
I hope you respect my decision
this is probably my last letter so
"take care."
I wanna say this in person
"Love is an ubiquitous phenomena"
Is a fraud, and
"My heart doesn't go wild in thunder"
when I think about you.
My life is full
with another woman.
I will never be happy.
All is dark and caliginous
without you
my nimbus becomes smooth and vibrant.
The universe seems to blossom overnight such
stygian roses with hollow cries.
The flame of romanticism encapsulated by
breakups and quarrels.
You'll learn to fight without
me by your side.
Your parents loathed my existence
marry Paris.
Do not
be shaken.
Oh, Juliet.

(Read upward)

#

Ang Ating Magulang
by Faranadz Jailan

Mula nang tayo ay isinilang
Nariyan ang ating mga magulang
sila lagi ang ating sandigan
upang ang bigat ng buhay ay makakayanan

Ang ating mga magulang ay ating buhay
Na nagturo ng magandang asal at gumagabay
upang tayo ay mapabuti at maging matibay
sasamahan tayo sa hirap tungo sa tagumpay

Ang ating mga magulang ay dapat na mahalin
paghihirap nila ay dapat alalahanin
ginagawa ang lahat lahat upang tayo ay mapakain
kahit dagat at bundok ay kanilang tatawirin

Si nanay at tatay ay walang makakahigit
kahit sino pa man ay walang makakapalit
makaranas man sila ng ilang libong pait
basta para sa kanilang anak malalampasan ang sakit

Si nanay at tatay ay walang makakahigit
kahit sino pa man ay walang makakapalit
makaranas man sila ng ilang libong pait
basta para sa kanilang anak malalampasan ang sakit

Masakit man pero kailangan nating tanggapin
Na sa pagdating ng panahon sila'y mawawala din
at tayong mga anak ay kanilang lilisanin
at mga alaala na lamang ang ating yayakapin

Maganda man o hindi ang mga alaala
bilang mabuting anak bigyan natin ng halaga
isapuso lagi upang hindi mabubura
ang kahapon na kasama ang ating ama't ina

Ibuhos mo sa kanila ang pagmamahal
maging mabuti ka at huwag maging hangal
pahalagahan mo sila at bigyang pagmamahal
magiging magulang karin di magtatagal.

#

Cut The Stigma, Build Humanity
By Bizarro Amorist"

A spilled milk running through the veins of rough, salted bread,
With imaginary champagnes dripping in vain.
A beggar used to dive in well with filthy thread.
"A walking dead victimized by hunger and pain."

In a wealthy village, someone shrieked in terror,
"How did the old rag enter this fancy mansion?"
The beggar begged for food and was shot in horror.
He needs water not saliva, respect thy man!

A simple act of kindness is irreplaceable.
"It's better to give than to receive," yet I failed,
To show mankind "there is equality in life."
At the end, I found karma in the wreckage bed.

#

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.

Buhay Estudyante

by Faranadz Jailan

Sa pag-aaral lubhang napakahirap
kailangan ng buong tibay at pagsusumikap
upang ang tagumpay ay madaling mahanap
na inilalaan sa isang pangarap

Ang buhay ng studyante ay puno ng pagsubok
para kang nag lalakbay sa mataas na bundok
kailangan tiisin ang hirap hangga't puso'y tumitibok
upang ang nasimulan ay di tuluyang mabubulok

May mga studyante na nag ka cut sa class
kahit may mga guro nagagawa paring makatakas
akala mo nakikinig pero iniisip si crush
Hanggang sa kuhaan na ng card at zero ang labas

Sa pag-aaral ay lubhang nakakakaba
lalo nasa oral recitation at susunod ikaw na
mangiginig ka ng subra at matataranta
parang gusto mo mawala at maglaho nalang bigla.

May mga estudyanteng pabida
gagawin ang ang lagat mapansin lang sila
yung walang pakialam kahit makasira sa iba
akala mo namang magaling pero nangongopya din pala.

may mga estudyante na pa cute
kahit grado ay mababa hindi nalulungkot
mas apektado pa kung walang bago na maisuot
puro pa famous ang alam pagdating sa Facebook

Sa paaralan iba't ibang estudyante ang makikita mo
may tamad, makulit, at mga matatalino
mayroon ding mayayabang at maginoo
pero subrang saya dahil walang limitado

"Ghosted Memories"

By Bizarro Amorist

He buried the remaining scars of love,
in a coffin of ghost, below the salty waves of dead sea.
He sang an elegiac lament, of provocative sorrow, flowing down like a spilled tea.
"Do ghosts leave? Or do love stays, as a growing seed of pea?"

If people die from an electric shocks of bulb,
Memories remain silent and unheard from a club.
And, still holds on to the ghosted memories of pain that lies
in the river of tub.

Warlock

By Bizarro Amorist

The tipsy drops of rain made my night "so cold and fuzzy".
I was dreaming consciously about the witches in display.
They were looking at me with vile sense of evil and prey.
The time flickered so fast and I found myself in the woods of clay.

A group of witches were ritually in position,
Chanting chants of the lost words of the unknown.
I was scared but at the same time intrigued by their ways of eating red lemon.
Then, the old witch found my gaze and said "the lost warlock have found its way home" and my mind filled with ambiguous hesitation.

THE PREVALENCE OF COVID 19 VACCINATION

Compiled by Bennajar M. Angsa

Some of us might be wondering about the issues of those vaccines existing in the other country. Many people are scared of Covid 19 vaccines because of the confabulation that triggers their minds which led them to trauma. We might be shocked why this vaccine has this kind of effects to some individuals who already got their vaccines. Have you ever heard such issues? Well if not, here's my opinion about the importance of Covid 19 vaccines and why we should get vaccinated.

During this pandemic, people should keep using all the tools available such as face mask, face shield and alcohol to protect themselves from this formidable crisis. 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 case 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 you got infected by the Covid-19 virus, and also it can help prevent serious illness or diseases. Viruses are constantly changing, including the virus that causes Covid-19. If you are not ready to be vaccinated, there is also a vaccination exclusively for children that is 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 of age and full approval to use in people ages 16 years and older.
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.

According to my research 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 illnesses
*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

If you're not ready to be vaccinated, let's observe the society today, 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 and releases in our perspective communities. Be one of those people who are fully vaccinated.

Source:
U.S. Department of Health & Human Services
USA.gov

HOW BEING HAPPY MAKES YOU HEALTHIER

Compiled by Aldimar D. Taha

In our daily life, it comes naturally that sometimes we feel happy, sorrowful, or even a feeling of astray. As we go through different phases of life and encounter random scenarios, it manifested that constant change of our moods is definitely a human nature. From failure to reaching our desire, rejection from wanting something, granting of our dreams, and certainly a feeling of succeeding—indeed, it signifies as we are human and capable of feeling anything depending on our choice.

I bet that all of us are fully aware that choosing our own mood is in our control despite of any situation. It is often up to us to feel how we want it to be, that's why choosing happiness is crucial than feeling anything else. As what the ancient Greek Philosopher Aristotle once said, "Happiness is the meaning and the purpose of life, the whole aim and end of human existence." Indeed, these words was said more than 2,000 years ago, and they still ring true today. Happiness is a broad term that describes the experience of positive emotions, such as joy, contentment and satisfaction in everything we do. In fact, emerging research shows that being happier doesn't just make you feel better — it actually brings a host of potential health benefits. Here are some of the Examples:

Promotes a Healthy Lifestyle

Being happy promotes a range of lifestyle habits that are important for overall health. Happy people tend to eat healthier diets, with higher intakes of fruits, vegetables and whole grains. A study of more than 7,000 adults found that those with a positive well-being were 47% more likely to consume fresh fruits and vegetables than their less positive counterparts.

Appears to Boost the Immune System

A healthy immune system is important for overall health. Research has shown that being happier may help keep your immune system strong. This may help reduce your risk of developing colds and chest infections. One study in over 300 healthy people looked at the risk of developing a cold after individuals were given a common cold virus via nasal drops. The least happy people were almost three times as likely to develop the common cold compared to their happier counterparts

Helps Combat Stress

Normally, excess stress causes an increase in levels of cortisol, a hormone that contributes to many of the harmful effects of stress, including disturbed sleep, weight gain, type 2 diabetes and high blood pressure. A number of studies demonstrate that cortisol levels tend to be lower when people are happier.

May Protect Your Heart

Happiness may protect the heart by reducing blood pressure, a major risk factor for heart disease. A study of over 6,500 people over the age of 65 found that positive well-being was linked to a 9% lower risk of high blood pressure. Happiness may also reduce the risk of heart disease, the biggest cause of death worldwide.

Other Ways Being Happy May Make You Healthier

A small number of studies have linked happiness to other health benefits. While these early findings are promising, they need to be backed up by further research to confirm the associations. May reduce frailty: Frailty is a condition characterized by a lack of strength and balance. A study in 1,500 elderly adults found that the happiest individuals had a 3% lower risk of frailty over the 7-year study period. May protect against stroke: A stroke occurs when there is a disturbance in blood flow to the brain. A study in older adults found that positive well-being lowered the risk of stroke by 26%.

Source: www.healthline.com

Entertainment

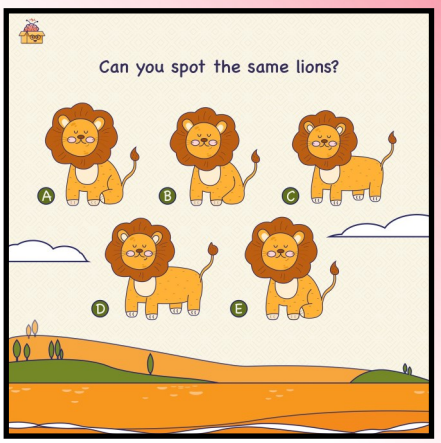
Can you make this equation correct using three of these four symbols? **+ – x ÷**

Order of operations doesn't apply,

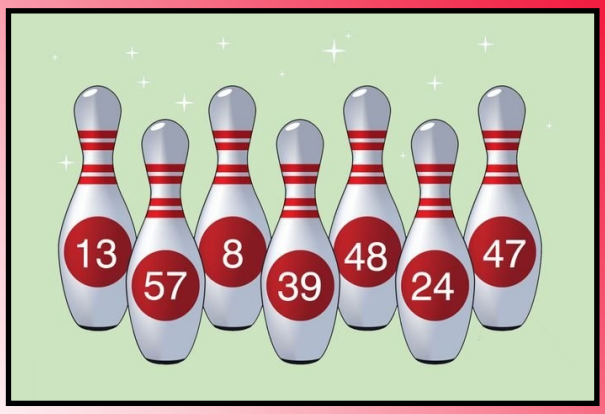
$$2\square1\square6\square6=48$$

$$+ \quad - \quad \times \quad \div$$

Source: https://www.rd.com/article/math-puzzles/



Source: https://www.smartbrainpuzzles.com/puzzles/trivia-quiz/



Which pins must be knocked over to score exactly 100 points? (Hint: There are three!)

Source: https://www.rd.com/article/math-puzzles/

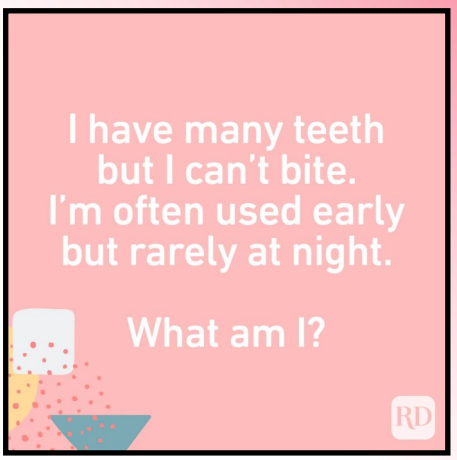


Source: https://www.rd.com/list/what-am-i-riddles/



Which cream percentage should replace the question mark?

Source: https://www.rd.com/article/math-puzzles/



Source: https://www.rd.com/list/what-am-i-riddles/

Results of the Various Competitions during the 40th Founding Anniversary

Category	Winners		
	Champion	1st Runner Up	2nd Runner Up
Group Dance Competition	Senior High School	Education	CSITE
Stalwarts on Stage	Nursing	BSBA	CSITE
Solo (OPM)	Senior High School	Nursing	CSITE
Duet (OPM)	Laboratory High School	Senior High School	Nursing
Acoustic Singing (Male)	BSBA	Laboratory High School	Nursing
Acoustic Singing (Female)	Laboratory High School	CSITE	Nursing
Speech Choir	Laboratory High School	Education	Senior High School
Over-all Chess	Education	Nursing	Laboratory High School
Basketball 3 Point Shoot-out	CSITE	Nursing	Arts and Sciences
Basketball Skills	CSITE	Education	Laboratory High School
Table Tennis Single-A (Male)	Education	BSBA	CSITE
Table Tennis Single-B (Male)	Senior High School	CSITE	Laboratory High School
Table Tennis Single-A (Female)	Nursing	Laboratory High School	Biological Sciences
Table Tennis Single-B (Female)	Nursing	Laboratory High School	Biological Sciences
Table Tennis Double (Male)	Senior High School	BSBA	Laboratory High School
Table Tennis Double (Female)	Nursing	Senior High School	Education
Volleyball (Male)	CSITE	BSBA	Arts and Sciences
Volleyball (Female)	BSBA	Arts and Sciences	Agriculture
Extemporaneous Speech	Arts and Sciences	Education	Nursing
Quiz Bowl	Nursing	Biological Sciences	Education
Essay Writing	Education	Nursing	Laboratory High School
Short Film	Education	Biological Sciences	Agriculture

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