



O.B. MONTESSORI CENTER

# COSMIC JOURNAL

The Pride of OB Montessori Center

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Fairview Edition

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■ COVER STORY

## Rediscovering the Beauty of Rondalla Music in OBMC Fairview

By Jeanne Therese A. De Leon  
Grade 9-Sapphire

**A**N UNFAMILIAR noise lingers around the room. The sound of strings calms the nerves and gives an authentic vibe. Students holding strange instruments and grouped into sections listen intently as Ms. Mariefranc Ballester gives her instructions.

Two months ago, a rondalla music group was formed at OB Montessori Fairview. It is composed of Grades 4–6 students, ages nine to thirteen. Ms. Ballester, the conductor of the group, was once a rondalla instrumentalist during her youth. She started playing at the age of four and joined competitions in her grade school in the Bicol province. During high school, her group won in the 2005 National Music Competitions for Young Artists (NMCYA). Despite her busy schedule, she managed to balance her passion for playing while working at the same time. Ms. Ballester is part of the UP Diliman Rondalla Music Group and the Celso Espejo Rondalla, which performs internationally.

The ensemble members were grouped according to their respective instruments. Some students play the guitar and bandurria, while others play the laud and octavina. A student plays the double bass to give depth to the music. According to Ms. Ballester, she found it challenging at first to teach the group by section. Despite their youthful

age, the students have been able to cope with the lessons even though some had zero knowledge about the music. Ms. Ballester shared that for any student of music, part of the process of learning is the pain and mastery of a song. The results however are truly

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## Brought to you, good as new!

By Bea Ecube  
Grade 9-Ruby

**T**HE COSMIC Journal is now restructured and revamped to bring you more personal, in-depth, and relevant news on OB Montessori Fairview Campus. To begin with, more people are now involved in the making of the Cosmic Journal. In addition to the system-wide Main Editorial Board, each campus now has a Campus Editorial Board and—a *Student Editorial Board!* This enables each campus to issue its own Cosmic Journal four times a year, a considerable increase over the previous output.

Together with their teacher-mentors, the members of the OBMC-FV Writer’s Guild will now deliver the news to the student body directly. With this bold move, the guild hopes to attract more writers and readers in the school.

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fascinating: It is soulful music that is pleasant to the ears.

According to Ms. Ballester, the OB Montessori rondalla ensemble aims to be recognized by the general public as a legitimate performing group.



## NEWS

# OBMC-FV's Taekwondo winning streak



*Maria Nicole M. Labayne* Grade 7-Sapphire

Nicole won in the recent Batang Pinoy National Championship Finals in Taekwondo held last September 17-21, 2018 at the University of Baguio, Baguio City. She won gold in the Cadet Female Division Individual Poomsae Event. This win qualifies her to the Philippine National Team, which will compete internationally in Taiwan this November. The school and publication wishes her the best.



*Sean Kenji S. Dueñas* Grade 8-Emerald

Another resident OBMC-Fairview Taekwondo member, Gabrielle, recently won a series of competitions. She earned gold in the Quezon City Taekwondo Championships, CAMANAVA Taekwondo Championship, and Quezon City Inter-club Taekwondo Championship. All competitions were held this year. She is also a member of the Philippine National Team.



*Gabrielle D. Fernandez* Grade 8-Emerald

Kenji also brought home gold for OBMC-Fairview in the 2018 National Interschool Taekwondo Championship held at the Rizal Memorial Sports Complex last October 1, 2018. Aside from this, he also won gold in the 2018 Smart MVP Best of the Best Taekwondo Championship and the 31st Milo Little Olympics Taekwondo Championship.

## ■ FEATURE

# Our Duwendes, Their Superheroes: Philippine Mythology in the Eyes of the Montessorian

By Madison Motril  
Grade 7-Ruby

**T**HE BAGS of chocolate and candy are ready, the fake cobwebs string across windows, paper skeletons hang on doors, and the question looms: *What will I be for Halloween?* So many options, you realize, as you look through your Instagram feed hoping inspiration strikes. There are the superheroes in blue, red, and green; Harry Potter with his lightning bolt scar and round spectacles; the beautiful ball gowns a la Belle from *Beauty and the Beast* or Mulan's warrior getup; maybe even Lara Jean Covey or Cher from *Clueless* and the unforgettable witches with their cauldrons or the cursed dolls with their pigtails.

Halloween is a ritual of western origin, and so what we wear reflect western tastes. How about we stamp our own cultural identity on our Halloween costumes, and make it Filipino? We have the cigar-loving *kapre*, the anthill-dwelling *nuno sa punso*, and even a winged sea serpent known as *bakunawa*. These are the creatures that once scared our *lolos* and *lolas* into good

behavior in their childhood and were part of the stories they grew up with. Now we don't talk about these creatures. They don't even appear on our social media feed!

This could be traced to our upbringing in the booming cities, where we are extremely dependent on technology. In this case, we heavily rely on oral retellings of these stories, which are sadly dying out as well. The influence of other cultures has also contributed to these creatures' disappearance. We fail to remember the *manananggals* and the *tikbalangs*, instead turning to talking animals and hippogriffs. We are so much more interested in Poseidon's trident and Hermes's winged sandals that we have not the slightest clue about our own myths. While it is undeniable that technology and other cultures have benefited us in some way, we cannot ignore that they have been cause for the waning



awareness of these creatures.

The upcoming Halloween celebration in OB Montessori hopes to give readers the chance to rediscover Philippine mythology and captivate them through detailed retelling. Social media has also been an outlet for users to encourage Filipinos to know more about their culture, as seen in the exquisite works of users such as *porkironandwine*. Whether through literature or social media, the aforementioned only have one purpose—to invite Filipinos to fall in love with their rich, albeit often overshadowed culture. It is up to us, then, to accept. Make room not only for the *duwendes*, but also the wonder in Philippine mythology.

## ■ STUDENT SURVIVAL GUIDE

## ACAP your way to avoid plagiarism!

By Shaina Caro and Patricia Madrideo  
Grade 9-Sapphire and Grade 11-Amorsolo

**I**MAGINE YOURSELF in the classroom. The class is having a recitation. The teacher asks a question related to a topic discussed last week, but your classmates don't know the answer. You whisper the answer to yourself, since you are not sure if it is wrong. Suddenly your seatmate stands and gives your answer without telling the idea came from you, and he gets the recitation point. You might feel angry. You might feel frustrated. You might feel a sense of loss. Of course, someone claimed your idea as their own!

According to the 2018 OBMC Parent & Student Handbook, plagiarism is when a person fails to give credit to a source and gives the impression of claiming the idea as their own. Thus, the above situation essentially shows plagiarism.

Anyone is prone to plagiarism. Take for example Senator Tito Sotto, who recently went viral for copying the speech of former

US President, John F. Kennedy. He copied the speech *verbatim* and translated it into Filipino. Another instance of a renowned person who committed plagiarism is the current US First Lady Melania Trump. Portions of her speech, which she gave during the 2016 Republican National Convention, were directly lifted from predecessor Michelle Obama's convention speech given in 2008.

As a student, you need to be very careful in committing plagiarism because you can be given a sanction under the less grave or grave offenses. Here are some ways you can do to avoid plagiarism from happening:

**Acknowledge.** Acknowledging is claiming that the idea is not yours. With this, it gives respect to whom or from whom you got the idea.

**Cite properly.** Citation of sources is essential to avoid plagiarism, so

always give credit to the rightful owner. Quotations should be properly cited as well as other information you use. There are different ways to cite properly so use what's appropriate for your work.

**Avoid copy and pasting.** Avoid copy and pasting information from the internet or book, word per word. As much as possible, make sure to paraphrase and cite the source.

**Paraphrase.** Paraphrasing is writing the idea in your own words. When you paraphrase your output, it doesn't mean that the idea is completely yours so don't forget to cite.

As Montessorians, integrity and respect are being instilled in our character and we should let these values show in who we are and in what we do, especially in our academic work. Just follow these tips and you're good to go!

■ MOVIE REVIEW

# Prize-Winning Ang Larawan

By Job Brioso  
Grade 9-Ruby

**A**NG LARAWAN (2017) is a movie of both technical and artistic merit. Director Loy Arcenas weaves together the cinematography, lighting, sets, actors and script into a piece of cultural accuracy and sociological and philosophical insight.

The main characters of the work, sisters Candida (Joanna Ampil) and Paula (OBMC alumna Rachel Alejandro), along with their siblings Manolo (Nonie Buencamino) and Pepang (Menchu Lauchengco-Yulo), are in many ways subordinate to the true star of the film, a prized painting done by their reclusive father Don Lorenzo Marasigan but now seen by some as a mere source of possible income in difficult times. The painting is never clearly seen in the film, thus allowing it to serve as a literary device, which reveals the true nature of a character as they analyze its substance.

Through their conversations in the film, the viewer is made to understand that Candida and Paula see the painting as their father's self-portrait. Don Lorenzo is both the young man and the old man he is carrying in the painting: "As he is now and as he used to be" (quote translated to English). Family friend Bitoy Camacho (Sandino Martin) sees the scene in the painting as not Filipino, questioning its meaning. Manolo and Pepang see Don Lorenzo as the Trojan Prince Aeneas carrying his own father to safety away from burning Troy; perhaps an interpretation

of him caring for himself. They reflect how much a genius is their father as they review the masterpiece, and how painful it is to turn their backs on him. Transient boarder Tony Javier (Paulo Avelino) sees the subject staring at him, looking down at him, and mocking him even in his own room. Elsa Montes (Zsa Zsa Padilla) receives an inspiration for an evening gown from the man's costume with the same cut, draping, and color.

The painting is also a source of

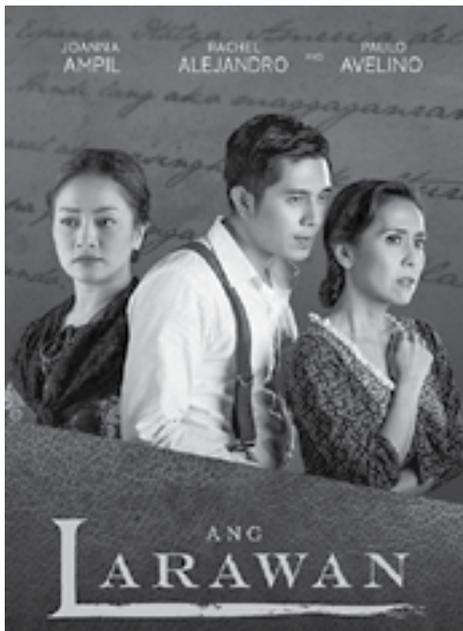
conflict for the characters Candida and Paula, who hold it in great esteem, yet must decide whether or not to part with it to meet their mounting debts. The people surrounding them tell them to sell the masterpiece, while their consciences beg them to keep it.

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Montessori Fairview had the privilege of hosting a private

screening of the film on August 20, 2018, and was also joined by Celeste Legaspi, who co-produced the work and further played the role of Donya Loleng. After the viewing the film, the students had the opportunity to ask questions to Legaspi and were even given a chance to have her sign their own copy of the book.

The OBMC students are fortunate to have been given a quality film to enjoy, sing along with, examine, and to have further received firsthand behind-the-scenes information about the film and how it came to be.



■ NEWS



# Buwan ng Wika 2018

By Jhorick Howard  
Grade 8-Ruby

**I**N CELEBRATION of our national language and culture, OB Montessori Fairview held its culminating activity for Buwan ng Wika 2018 on September 27, 2018 at the Teatro Preciosa Hall.

This two-month long celebration – headed by the school’s Filipino teachers – consisted of various events, contests, and performances from the students and faculty of OBMC Fairview.

Although the annual Buwan ng Wika is celebrated in August, as cited in Proclamation No. 1041 series of 1997 signed by former President

Fidel V. Ramos, OB Montessori celebrated the event in September due to numerous class suspensions.

The purpose of the Buwan ng Wika celebration is to increase language and civic awareness and to encourage the Filipino people to give notice and importance to the national language through active

during participation in the activities during in the celebration.

On the day of the culmination, all the students showcased cuisines of different Filipino regions to be tasted and celebrated by their fellow students and their teachers. The Grade 8 students presented *Sabayang Pagbigkas* with their piece “Sa Kalinga Nagsisimula Ang Isang Milyong Batang Malaya” by Julius Cainglet while the Grade 9 students displayed their national costumes in a fashion show. Poster making, poetry, and essay-writing contests were held on August 9 and the awards were given on September 27. In commemoration of the declaration of Martial Law that happened on September 21, the Grade 10 students performed an interpretative piece that

symbolized the tragic events that happened during the era of Martial Law.

To cap off with the celebration, students and teachers of different grade levels performed covers of Original Pinoy Music, gathering the spirit of the entire school – igniting their love and appreciation of Filipino culture.



■ LITERARY

## Si Lola Sora

By Ian Gapoy  
Grade 8-Emerald

**S**A TUWING maririnig o mababasa ko ang salitang “Tandang Sora,” may dalawang bagay na pumapasok sa aking isipan. Una, naaalala ko ang aking makukulit na kaibigan na linalait ang litrato ng isang matanda. Pangalawa, naaalala ko rin ang masukal na daan sa Commonwealth Avenue na maraming tiyangge at mga nagtitindang Muslim. Subalit habang lalo kong pinag-iisipan ang halaga ni Tandang Sora o Melchora Aquino, unti-unti kong natutuklasan ang kaniyang halaga sa ating bayan na hindi nakikita ng mga ordinaryong mag-aaral na gaya ko.

Ayon sa pahinaryang Filipiknow, si Melchora Aquino ay ang kaunaunahang babae na itinampok sa papel de banko. Ito ay sa denominasyong isang daang piso mula 1951 hanggang 1966. Madalas siyang pinipiling Reyna Elena noong kanyang kabataan at siya ay bantog na mag-aawit sa simbahan at sa mga pagtitipon tuwing fiesta sa kanilang lugar. Ikinasal siya kay Fulgencio Ramos, isang pinuno sa nayon at nagbunga ng anim na anak ang kanilang pagsasama. Nang tumungtong sa edad na tatlong taong gulang ang kaniyang bunsong anak, pumanaw ang kaniyang asawa. Itinaguyod ni Melchora mag-isa ang kanyang 6 na anak upang magkatapos ng pag-aaral.

Taong 1896 nang magsimula ang Rebolusyong Pilipino, 84 taong gulang na si Melchora Aquino nang panahong iyon subalit hindi nagpatinag ang kaniyang edad sa pagsisilbi niya para sa bayan. Ginamit niya ang kanyang mga establisimento para protektahan ang mga sugatang Katipunero. Ang kanyang mga pamilihan ay ginawang dausan ng pagtitipon at dahil sa kanyang mga naitulong siya ay binansagang Ina ng Katipunan at tinawag na Tandang Sora.

Hindi naging madali ang buhay ni Tandang Sora. Bukod sa pinagsisilbihan niya ang mga katipunero. Sa kabila ng kaniyang

hindi na pabatang edad, dinakip pa siya ng mga Kastila upang alamin ang kinaruruonan ni Andres Bonifacio. Hindi ibinigay ng matanda ang impormasyong nais ng mga mananakop kaya’t ipinatapon sa Mariana Islands hanggang sa makabalik ito noong 1898 kung saan ang mga Amerikano naman ang sumakop sa ating bayan.

Habang unti-unti kong kinikilala si Tandang Sora, naaalala ko ang aking sariling lola. Hindi man siya gaya ng ating bayani na isang katipunera na tumulong sa pagaaklas laban sa mga Kastila, pero pareho silang nagmalasakit sa mga bagay at taong mahalaga para sa kanila. Gaya ni lola, nagpaka-ina pa rin si Melchora sa ating bayan. Hindi man siya humawak ng itak o nagbuwis ng paa upang makipagsagupaan sa mga kalaban, ginawa naman niya kung ano ang kaniyang makakaya upang matulungan ang ating magiging na bayani na binuwis ang buhay sa bayan.

## Ang Ating Wika

By Lara Eliz G. Doria  
Grade 7-Sapphire

Ang ating wika ay nawawalan ng kalayaan,  
at tayo ang dahilan kung  
bakit ito’y hinahayaan.

May mga salita na galing sa iba’t ibang bansa,  
tulad ng Ingles at Kastila.

Magsama-sama tayong buhayin ang mga  
namatay na salita,  
upang maibalik itong mga nawala.

Kailangan nating mga Pilipino na magtimpi,  
dahil sa mga salitang nalimutan  
na dapat ay hindi.

Ating wika’y gamitin hanggang sa wakas,  
ngunit ito’y malapit nang magsabi  
ng huling pahimakas

Ngayon, sa tuwing makikita ko ang kaniyang mukha sa mga aklat, hindi ko lang basta maaalala ang mga pangungutya ng aking mga kamag-aral o ang mahabang kalyeng laging trapik. Bagkus ang tatatak sa aking isipan ay ang larawan ng isang ina na kumalinga sa kaniyang bansa.

## Prisinto, Bakit Ako?

By Angela Clarke Rosales  
Grade 12-Jose

Madilim na silid,  
malamig na rehas  
Sabay tanong  
“meron pa bang mas malas?”  
Sabi ni mama,  
pag sala mo, akuin mo.  
Toyo lamang ang inutos bilhin  
Prisinto pala ang  
sasalubong sa akin

“Ma, ma pasundo naman po”  
Sabay baba ng telepono  
“Hindi po ako tambay mula gabi  
hanggang alas kwatro.”  
Tinignan ako ni Kuya mula ulo  
hanggang paa.

Pasensiya na, eto ang naipasa.

Kuya may pasok pa ho ako bukas  
Pasensya na gabi ako lumabas  
Utos lamang ang sinunod ko.  
Pero eto ako gutom, takot,  
At naging isang preso.

Ano nga ba ang laban  
ng isang batang napagbintangan?  
Eto na ata ang hustisya  
sa bagong kalakaran.  
Kaya’t sabay  
ang sigaw ng mga  
Pilipino  
Bakit ako?



■ STUDENT SURVIVAL GUIDE

# Get ready for CETs!

Research by Ian Pagdanganan  
Grade 12-Jose

It may not seem like it, but the college entrance tests (CETs) are more important than any other tests you will be taking in your life. But you need not fear! The key to your confidence is preparation.

## HOW CAN YOU PREPARE FOR CETs?

1. Plan a review schedule.
2. Start during the summer by reviewing your Junior High School lessons.
3. Check the exam coverage of each university you are applying for so you will know what to review.
4. You may also opt to take review classes in review centers or hire a tutor to recall your lessons.
5. Do practice tests under time pressure.
6. Read on different topics in order to keep your brain alert and to expand your knowledge.

## SOME STRATEGIES

- Math sub-test  
Look for the easy questions, then move to the medium ones, and finally answer the difficult questions.
- Reading comprehension sub-test  
The strategy for reading large amounts of text under a given time is **skimming** and **scanning**. Skimming is finding the essence of the text, while scanning is searching what can be directly found in the text.

Scanning is good for questions such as, "In paragraph 4, what does the word 'conjugate' mean?" or "What does 'simple' refer to in sentence 5 of stanza 1?"

Skimming is used for the questions like, "What is the best title for the passage?" or "What can be inferred from paragraph 55?" or "What does the author want to say in the given text?"

## BEFORE THE EXAM

1. Visit the testing area.
2. Do not try cramming.
3. Recharge with food and sleep.
4. Prepare exam materials.
5. Ready your test permit.
6. Pray!



## AFTER THE EXAM

1. Know when the test results come out.
2. Don't stress too much. Easier said than done.
3. Trust and have faith in God!
4. Check the test results once it comes out.



## DURING THE EXAM

1. Arrive early (around 30 minutes to an hour).
2. Be comfortably but appropriately attired.
3. Read the exam instructions carefully.
4. Do not underestimate time pressure! Manage your time wisely as you take the test. Do not stay too long on any item.
5. If you do not know the answer, make a smart guess.  
Remember to answer all items (except for the UPCAT) and not to leave any item blank.
6. Relax during your breaks. Do power poses, such as stretching your arms on both sides like the UP Oblation. According to a 2010 paper written by Amy Cuddy and her team, power poses increase a person's confidence due to the positive hormones that the brain releases upon doing the poses.

■ **STUDENT-ART-WORKS**

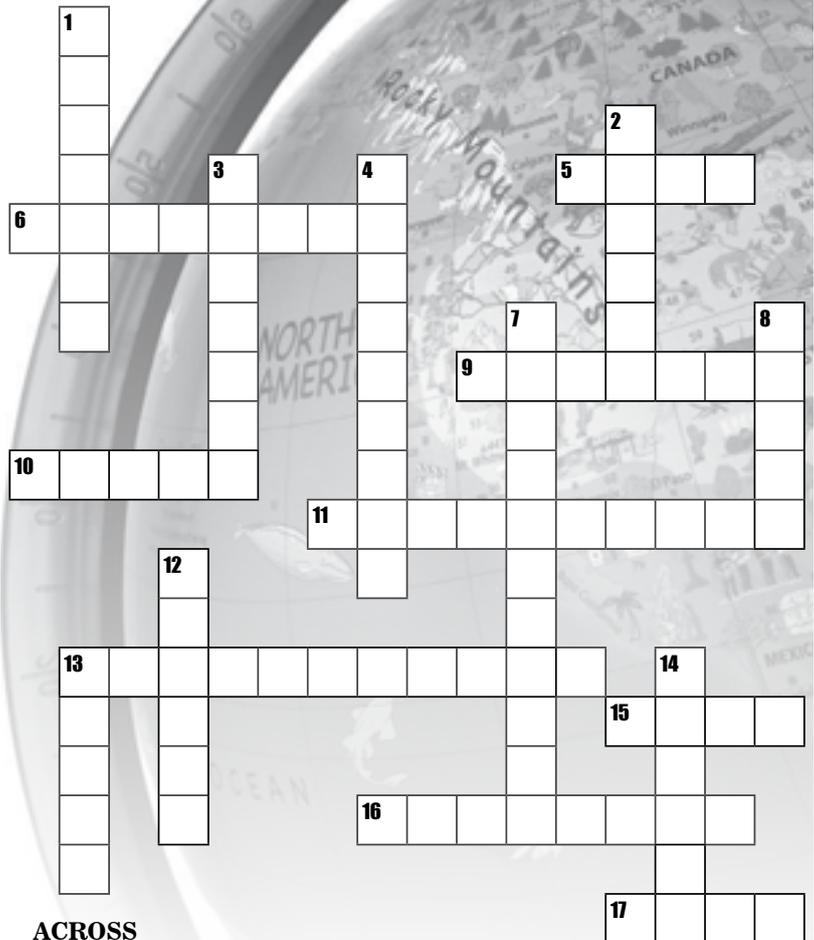
By Lian Gernandiso



By Miguel Fermin



**Crossworld**



**ACROSS**

- 5. Where the Soviet Union set up their missile during the Cold War
- 6. Yuan Dynasty
- 9. Capital of Indonesia
- 10. Was hit by the biggest earthquake ever recorded on Earth
- 11. World's capital of plastic surgery (2 Words)
- 13. 7,107 islands
- 15. Rial
- 16. The land of the free
- 17. Machu Picchu's location

**DOWN**

- 1. Past events
- 2. Kiev-the first center of \_\_\_\_\_
- 3. Largest art museum in the world
- 4. Chinese Communist Leader (2 Words)
- 7. The Prince
- 8. The Land of the Rising Sun
- 12. Dia de Muertos
- 13. City of Love
- 14. The royal's death by guillotine

**Schedule Bar**

**Upcoming Activities:**

November 5

Classes Resume

November 10

Parent-Student Seminar - Grade 9

November 12-14

1st Semester Final Examinations - SHS

November 16

Holy Confirmation

November 17

Parent/Student Seminar - Grade 6

November 19-23

2nd Quarter Examinations

November 27

Poetry Contest - Grade 7-9