



O.B. MONTESSORI CENTER

COSMIC JOURNAL

The Pride of OB Montessori Center

www.obmontessori.edu.ph
O.B. Montessori Center Official Site

Angeles

VOL. 12 NO. 3

JANUARY-MARCH 2020

Kapampangan Arts advocate Local Culture and Talents

► By **Julliene Manalili** (12 Jose), **Julia Samson** (9 Emerald), and **Joshua Pangan** (11 Luna)
Artwork by **Kelly Martin** (9 Ruby)

Photos by **Moise Agapito**

Artistry is one of the unique aspects of Kapampangan culture. Through the province's authentic cuisine and unique artworks, Kapampangans have earned the reputation of having a colorful culture, as reflected in the works of its artists. Inspired by different features such as the beautiful land formations of Pampanga, the indigenous groups, and the Kapampangan kitchen, the masterpieces of these artists are truly world class.

One of our very own well-respected artists is Claude Tayag. Known for his different creative endeavors, Tayag has accomplished masterpieces in both the culinary and visual arts, being a successful restaurateur, painter, and sculptor.

Tayag's accomplishment in the culinary arts includes Bale Dutung, a renowned restaurant that features the best of Kapampangan dishes with his own personal twist. Through his achievement, he has been able to bring our local culture onto the global scene. The culinary success of Claude Tayag, however, barely scratches the surface of his body of work.

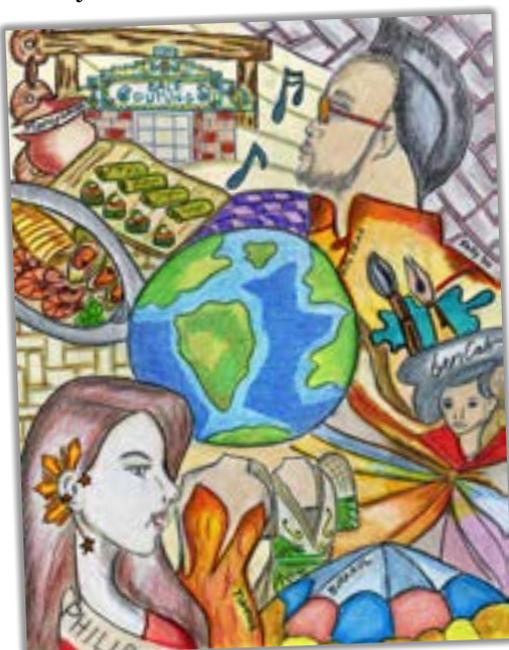
Before Tayag received recognition for his cooking, he was a successful painter. He shares that during his childhood, all he wanted to do was to paint and pursue a career in the arts. This stemmed from a memory of when he was twelve years old. He saw his father with his group of artist-friends. The realization hit—he wanted to become a painter. "Here are grown men doing child's play. That's what I want to be when I grow up!"

Since then, Tayag pursued a career in the visual arts and succeeded, creating beautiful watercolor paintings that show

not only the Kapampangan culture but also the Filipino culture.

Throughout the history of Philippine Arts, Kapampangans have been some of the passionate prime movers for its creation and conservation. Aside from Tayag, the province takes pride in the contributions of the legendary sculptor and carver from Betis, Juan C. Flores; Guagua's master painter of Philippine vignettes, Elias Laxa; National Artist for Visual Arts Vicente "Enteng" Manansala from Macabebe; Filipino cartoonist and caricaturist from Candaba, Liborio "Gat" Gatbonton; Benedicto "BenCab" Cabrera from Sasmuan; fashion designer Mak Tumang from San Fernando City; Black Eyed Peas'Apl de Ap (Allan Pineda Lindo) from Angeles City, and many others.

Claude Tayag and the rest of the creative workers in the fine arts have made every Filipino proud of their contributions in continuously uplifting the Kapampangan culture through their craft; thereby, promoting Filipino culture wherever they go. To the aspiring young artists, Tayag advises, "follow your passion, follow your heart."



NEWS

Human Rights: Grade 12 Students Call for Hope

► By Jehu Morales (11 Tinio) and Denise Adriano (9 Ruby)

“Paglaum: A Call for Hope Amidst Philippine Human Rights Challenges” was this year’s theme for the Senior High School Elocution Competition, held on January 8 at the Teatro Maximo. The Cebuano word, *paglaum*, translates to hope. Through the elocution pieces presented, Grade 12 competitors were able to rouse the audience concerning the value of human rights and to kindle hope that these human rights will soon be protected.

The participants shared that they were already aware of the human rights issues even before the competition, but they gained a deeper understanding of how detrimental these problems are to people. The competitors were able to address the different human rights-related issues, including the system of education, gender equality, contractual workers, Philippine democracy, sexual orientation and gender identity expression, war on drugs, and fake news.



Isabelle Libunao bagged the gold medal with her piece, “The Unsung Heroes.” Meanwhile, Brent Chua (“Where is Justice?”) and Aiko Shine Tan (“Equality on a Spectrum”) got the silver and bronze medals, respectively.

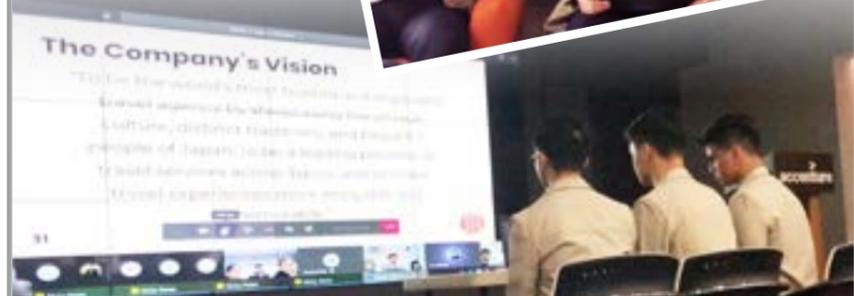
SHS Students Compete in TT BIZ FINALS

► Jose Enrique Siongco (11 Luna) and Ayenne Tabora (10 Emerald)

Grade 11 students Jericko Barlin, Hubert Aguas, and Kobe Canivel, with their coach, Mr. Erwin Reyes, have lived up to expectations as they continued the tradition of the Angeles Campus’s winning performance in the TT Biz Semi-Finals 2019. The OBMC Team made it to the semi-finals of the competition organized by Junior Achievement (JA) Japan in cooperation with JA Korea, Singapore, and the Philippines, supported by the Japanese Ministry of Education, Culture, Sports, Science, and Technology.

The team spent hours computing and brainstorming to come up with an idea designed to impress the panel. The critical preparations they made

helped them face the trials of the simulated business world they entered. OBMC-AN has been a consistent finalist and winner (2016: First runner Up, 2017: Champion). Instead of pressuring themselves to bring home the bacon, the team felt excited to compete on an international stage. From the beginning, they were determined to overcome the challenges they faced and to pass them with flying colors. The boys share that TTBiz experience is very educational and enjoyable.



COSMIC JOURNAL

EDITOR-IN-CHIEF
Paulo Joshua Pangan (11 Luna)

FEATURE EDITOR
Ayenne Tabora (10 Emerald)
Eleica Snyder (10 Emerald)

NEWS EDITORS
Jullienne Christelle Manalili (12 Jose)
Carmela Marie Bien (10 Ruby)

LITERARY EDITOR
Ella Therese Bargamento (12 Tinio)
Matthew Gabriel Malit (11 Luna)

GRAPHICS

• Raco Kian Bangsil	• Romanne
• Moisey Sigel	• Marcell Pangan
• Agapito	• Ryota Utsumi
• Isabelle Libunao	• Kelly Martin

STAFF

• Ysabel Marie Mutuc	• Jehu Ishmael Morales
• Julia Carelle	• Denise Roxanne Adriano
• Samson	• Chloe Mariette Dizon
• Kentaro Punsalan	
• Christopher Kobe Canivel	
• Jose Enrique Siongco	

OBMC Students Unleash their Athletic Prowess

► By Ayenne Tabora (10 Emerald) and Jehu Morales (11 Tinio)

The Intramurals in Intermediate and High School is one of the most awaited activities in the OB Montessori school year. This two-day event promotes sportsmanship, athletic prowess, and camaraderie. Oryo Rodrigues of Grade 11 Amorsolo shares, “Intrams serves as an escape from academic pressure and [it is just] a time for pure fun.”

The first day of the intramurals includes ball games and racket sports: basketball, volleyball, and badminton; whereas the second day focuses on its most anticipated event—the cheer dance competition.

In the spirit of sports and competition, the recent Intermediate Intramurals concluded in January 2020. Team Purple Knights, headed by Mr. Gerald Patawaran, Ms. Kathleen Kong, and Mrs. Niña Vatican succeeded in claiming the trophy with their numerous wins that spoke volumes of their competency. Members of the winning team were able to accomplish their goals and establish a sense of camaraderie among the players and supporters.

On the other hand, this year’s High School Intramurals slated for March 18–19 is made more exciting with the participation of the Senior High students. Young athletes from all grade levels of High School are working hard to overpower any obstacles that might come their way.

Morgan Soto of 10 Emerald is looking forward to the activity: “Intramurals for me is the most awaited event throughout the whole school year. You get to enjoy two days of fun, [and] need not worry about academics.” The Intramurals is truly a welcome break from the confines of academics. It will always remain as a fond memory of one’s most glorious days spent in school.



OBMCCF Receives CDC Recognition

► By Carmela Bien (10 Ruby), Ysabel Marie Mutuc (12 Jose), and Trixie Bargamento (12 Tinio)

The OB Montessori Child and Community Foundation (OBMCCF) was awarded during the Clark Corporate Social Responsibility (CSR) Summit on December 12, 2019, by Clark Development Corporation. The Certificate of Recognition was in celebration of its efforts involving the CDC-OB Pagsasarili Family Care Center, a joint venture designed to provide non-traditional quality Montessori education and livelihood training to the Aetas around the area.

The CDC-OB Pagsasarili Family Care Center is an early childhood and adult learning center established on July 22, 2019, in coordination with the Angeles City Department of Education and the Bamban Municipality. There are fifty-two young children who are undergoing basic academic training for formal education. At the same time, the

adults are also undergoing courses that include (but are not limited to) proper sanitation, grooming, primary healthcare, and sustainable livelihood. The project strives to condition the Aetas to become professional, efficient, and capacitated individuals able to prosper in the present work climate, while simultaneously protecting and upholding their tradition and culture.

OBMCCF will continue to work in tandem with Clark Development



Corporation to improve and fortify the program. “We are true and steadfast with our partnership with CDC in helping improve the lives of our Aeta brothers and sisters in Pampanga and Tarlac through the Pagsasarili Pre-School and Mothercraft literacy and livelihood programs,” says OBMC-Angeles Campus Manager Audrey Paras.

■ FEATURES

OBMC Senior High School: Preparation for University Life

► By Carmela Bien (10 Ruby)

For over 50 years, OB Montessori Center has molded and prepared its students to excel confidently in their endeavors. With the implementation of the K-12 program, high schools all over the country have been modifying their coursework to fit the newly-established Senior High School (SHS). The SHS students are now subjected to more rigorous and demanding requirements, taking basic courses that will prepare them for university.

In response, OBMC created a one-of-a-kind SHS curriculum explicitly tailored to prepare its high school graduates for college efficiency. The coursework

entails one strand, a modified version of the General Academic Strand, with additional subjects in foreign language and emphasis

on research work. In addition to the DepEd-required core subjects, OBMC's General Academic Strand features units in ABM (Accounting, Business, and Management), Political Science, and Anthropology (among others). "The strand is modified to help provide the students with a well-rounded, interdisciplinary education," says Mr. Adrian Manlangit, Philosophy teacher in the Senior High School Department. The school believes that SHS is not yet the time for students to lock themselves into a specific field, for there is still much room for growth and academic development. Thus, they crafted an advantageous and strategic program that helps students find their passion amongst multiple fields.

The Senior High School curriculum also entails several events outside of school, which include (but are not limited to) multiple educational talks, a museum visit, and an intercampus debate. Moreover, OBMC's Senior High

School curriculum holds to the highest of standards. "Our professionalism when it comes to presenting ourselves before a crowd sets us apart from the rest of the class," says Renz Buan, valedictorian of Batch 2018, who now studies in the De La Salle University.

"The college scene in the Ateneo is reminiscent of OBMC's Senior High School program, so I was able to use the skills and habits I developed during those years. This made adjusting a breeze," says Chloe Canivel (Batch 2019), now at the Ateneo de Manila University. Angelie Ang, also of batch 2019, says that although she was hesitant because of the unfamiliarity of the course, the subjects in Senior High School helped her in college. "Senior High School was not easy, but the end results will always be worthwhile."

OB Montessori Center strives for excellence in all that it does, and its curriculum is no exception.



OBMC Marching Band: A Closer Look

► By Matthew Malit (11 Luna), Kentaro Punsalan, and Isabelle Libunao (12 Jose)

Veterans of the OBMC Marching Band remember the times they had: scurrying along to the band room, making their way inside, and seeing a plethora of students within the cacophony of chatter, the tuning of instruments, and the screeches of chairs. The Marching Band conductor calls the members to attention. The students return to their designated seats, and they begin practicing the musical pieces for the different events planned.

Mr. Paul Geliberte, OBMC Angeles Marching Band Conductor, shares that OB Montessori Marching Band was initiated in 1998 by Mr. Antonio Almiñe and Ramon Ciriaco in the Greenhills Campus. Then, they founded a second group in Angeles

Campus, then in Las Piñas Campus, and now in Fairview Campus.

The Marching Band is a high school club for students of various talents, who are welcome to participate in their activities. What prospective members need is an interest in joining.

The majority of the marching band programs are usually available only in college and are open to those who have experience and significant talents. OBMC differs from these schools, believing that God-given talent is not a prerequisite nor a license to being an exceptional marching band member. The school believes in the unique personalities of those who unexpectedly discover their niches by trying and exploring

opportunities. It is only through these experiences that the student grows.

Learning an instrument and mastering it can be very difficult. For some, it takes years of practice and dedication. This process helps the marching band members develop patience. In a group where members have different levels of abilities, it helps them build camaraderie as older members teach the newer members.

OBMC's Marching Band has come a long way in proving itself to be worthy of belonging in the institution. With its ever-growing achievements, one could only imagine what the future holds for the group.

CINE Sophia: Liberating Philosophical Expressions Through Film

► By Carmela Bien (10 Ruby)

Kahilwayan, a Hiligaynon (locally known as Ilonggo) word meaning freedom, was this year's theme for the 3rd Cinesophia Short Film Festival of the Senior High School. It was a manifestation of the skills the 12th graders have gained in media literacy and their understanding of philosophical concepts. The festival aimed to further improve their ability to produce, consume, and appreciate different forms of media.

Among the four entries of OBMC-Angeles, this year's winner was "Obra"—a film about an artist and the rigorous work that is involved in producing a masterpiece. The film embodied the students' philosophical lens of choice: Paulo Freire's views on oppression, as seen in his book *The Pedagogy of the Oppressed*. The movie illustrates the vicious cycle in which those oppressed, blinded, and brainwashed by the tyranny to

which they have been subjected are slowly shaped into becoming tyrants themselves. When asked about their short film's message, the students expressed that they wanted to illustrate how this cycle of oppression is ever-present in the institutions of Philippine society. Whether that be in business, church, or family, the notion of oppression is always omnipresent.

Raco Bangsil, a scriptwriter, editor, director of videography, and overall director of the film, claims that CineSophia was a total experience. From conceptualizing to producing the film, he said that time management was extremely important, as it

is essential to produce a film and storyline that is worth watching. Julliene Manalili, the assistant director, says that conceptualization was the most difficult part. It's all about finding the story you want to tell. We all had faith to produce the best possible film we could make." The students

reflect that the three days shooting scenes strengthened their bond as a class.

CineSophia is not a mere filmfest. It celebrates philosophy, the art of media, and, most of all, it adds to the social experiences the students will cherish as they look back at Senior High School.



Learning Cultural Arts in a Casa Classroom

► By Julia Samson (9 Emerald) and Chloe Dizon (8 Ruby)

OB Montessori Center is known for the quality education it provides students of all ages, one unique aspect of the Montessorian education is its prepared environment. This unique learning environment fosters independence in children by developing different skill sets through the use of various materials.

At an early age, Casa children already have the Cultural Arts curriculum that exposes them to History, Geography, Science, Zoology, and Botany.

Through materials such as the Puzzle Map of the World in Geography, the students learn about countries and the diverse cultures of the world. In History, they are acquainted with local personages and their contribution to

society. They also learn about material and spiritual needs of man through the Fundamental Needs of Man chart. This shows the children that food, clothing, shelter, transportation, education, communication, religion, arts, entertainment, and vanity are needed to be a productive member of society.

Casa students are also slowly being exposed to the different branches of science as early as Junior Casa. They are taught the basic parts of animals and plants through the Nomenclature Cards in Zoology and Botany. These basic science

lessons help develop an appreciation for the study of life. As early as three or four years old, they are beginning to understand the vital role of animals and plants in the world.

For more than 50 years, OBMC's prepared environment has proven how effectively it can transform young students into independent individuals and how the school's mission is continually being fulfilled through its unique method of teaching.



FEATURES

Alumni Watch

► Photos/Layout Romaine Pangan (10 Ruby)



MICHAEL LAXAMANA, MD
Batch 2007
• Resident of UST Department of Radiological Sciences



CHRISTINA ANNE MORALES, MD, AMI
Batch 2007
• Aesthetic Medicine Physician



ATTY. JOAN MARIE W. UY-QUIAMBAO, JD Batch 2002
• sole practioner in her own law firm
• specializes in family law and corporate retainers



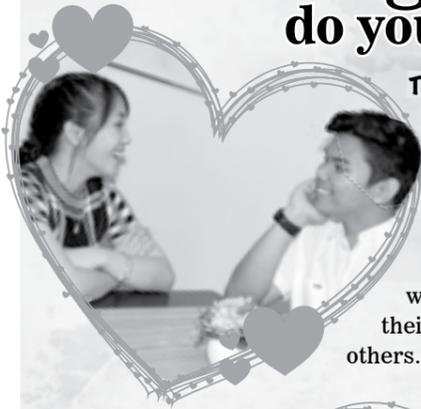
FRANCHETTE SHAYNE F. QUIROZ Batch 2014
• Top Lady Shooter in the Philippines
• SEA Games gold medalist



SEANNE VENIENE C. ESGUERRA Batch 2014
• one of the winners of the 2019 Greenpreneurs Global Business Pitch Competition

Which Love Language? do you speak?

► By Raco Bangsil and Isabelle Libunao (12 Jose)

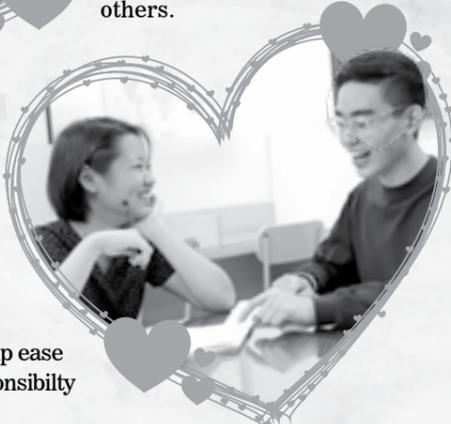


The Love Language of Time
Speakers of this language value the quality of time and attention you have for them. It is their way of deepemning their connection with others.



The Love Language of Gift
For people belonging under this type, gifts are visual representations of the love they want to express. These gifts vary from finding the perfect gift to everyday small gestures.

The Love Language of Services
Helping with the housework or even helping others with their homework is an expression of love by people under this type. They do anything that can help ease the burden and responsibility of others.



The Love Language of Touch
People belonging under this type tend to be touchy when it comes to expressing their care, concern, excitement, and love towards others. Their actions may vary from hugs, pats, or kisses.



LITERARY

Friendship

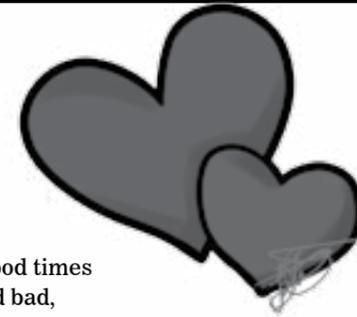
► By Alexander Aethan Del Rosario (5 Mercury)

What is friendship?
It's a kind of relationship,
Between pals and buddies,
Like you, like me, like everybody.

Friendship can be false or true,
Because friends come in different hues.
Real friends stay through thick and thin,
Surely you know what I mean.

In good times and bad,
In happy and sad,
Genuine friends never abandon,
Neither will they be wanton.

Friends do not demand,
They always lend a hand.
Should we get into a bend,
It will mean a lot to have a friend.



Para sa Aking Mahal na Kaibigan

► By Margauc Jesse Pineda (6 Jupiter)

Kaming lahat ay nagtiwala
sayang mga kunwento'y nawawala
Nakita namin ika'y maramdamin
Lahat kami ay may isang hangarin

Iyong sarili ay kahanga-hanga,
ang ating pagkakaibigan ay mahalaga
kami ay naging mapagpasensya
para sa buay na mapayapa

Lahat man ay naging mayumi
ngunit hindi palagi ay makakapagtimpi
Matigil na sana ang hindi

“Love”

► By Maria Francesca Sunga (5 Mercury)

Love is in the air
It is everywhere!
Hearts surround you
of a love so true!

Today is the day
We've been waiting for!
It's a special day
Where our hearts soar!



pagkakaunawaan na magara,
para sa pagkakaibigan na hindi masisira

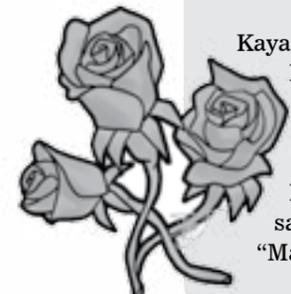
Mahal Kita

► By Beatrice Margaux Galang (6 Jupiter)

Nagpapasalamat ako sa Diyos
Na may taong katulad mo
na minamahal ako ng lubos
Na iniintindi lagi ako

Salamat sa pagmamahal mo
Salamat sa Pagintindi mo
Salamat dahil lagi kang andito
Salamat kasi pinapangiti mo ako

Andito ka kapag malungkot ako
Kapag may problema ako
Pinapakinggan mo ako
Kaya nagpapasalamat ako sa tulong mo



Kaya ngayon, iyong tandaan,
Kahit kailan hindi kita iiwan
Kapag kailangan kita, andito ka
Kaya gusto kong sabihin sayo,
“Mahal Kita!”

Uncertainty

► By Alessandra Isabelle Quiambao (7 Ruby)

I'll make sure you never cry
even until the day I die
I'll wipe your tears dry
I know you'll leave for someone better
I wish this moment could last forever

Maybe I should get it off my chest
I know I tried my best
Will this put our friendship to the test?
Will you choose me over the rest?

I can't help but think
that this ship will sink
Seeing you makes my day
I can't help but feel this way
but for us I'll keep my feelings at bay

Spider Lilies of the Century's End

► By Gabriel Miguel Dizon (9 Ruby)

When I was small, the garden was tall
There were lots of plants and flowers
But as I grew up, I saw them fall
And watched their final hours

A flower that was dear to me
I held till I was five
It made me really happy
So I helped keep it alive

But time wasn't merciful to this seed
The flower became faded
I did not pay attention to its needs
I was stupid; I was jaded

Its petals began to fall
Its leaves started to crumble
No one could hear its call
Rain came and it started to rumble

I was there, staring with regret
I was too late; it had drifted
The flower had already left
The flower had already wilted

When I was young I loved the flowers
I watched them grow and fall
But this one, which was dear to me
I did not give care at all

The once lush and green garden
Has now turned dull and gray
So make sure to take care of your loved ones
Before they go away

Good Practices to Prevent the Spread of the Coronavirus Disease (COVID-19)



Use face mask if you have cough and colds to prevent transmission to other people.



Avoid crowds and close contact with people showing symptoms of cough, colds, fever, and sore throat.



Observe proper cough and sneeze etiquette: Maintain your distance; cover your mouth or nose with tissue or the crook of your elbow while coughing or sneezing.



Wash your hands frequently. If you have no access to water, use an alcohol-based hand sanitizer.



Strengthen your immune system by eating a diet high in fruits and vegetables. Get enough sleep, drink water, and exercise regularly.