



O.B. MONTESSORI CENTER

# COSMIC JOURNAL

The Pride of OB Montessori Center

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O.B. Montessori Center Official Site

Sta. Ana

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## Laban Bayan: The 1986 EDSA Revolution

► *By Gabino Joaquin Barcelona and Charles Edmon Perez (11 Amorsolo)*  
*Art work by Maria Roceo Sy (10 Emerald)*

September 21, 1972: the late President Ferdinand Marcos declared Martial Law in response to threats of communist revolt.

Upon its declaration, the Executive Branch centralized the power of all three branches of government. Protests broke out in response to the countless human rights violations, but stiff censorship from the state met them. As injustices increased, it was clear that collective action was desperately needed.

On February 22, 1986, thousands of Filipino citizens from across the nation banded together to oust President Marcos and his dictatorial rule in what would become known as the People Power Revolution. It was a three-day march towards Epifanio De los Santos Avenue (EDSA), ending with the abolition of the fourth Philippine Republic and the exile of the President. The Filipinos' unwavering sense of nationalism and search for justice

became the key of the rebellion that ended more than a decade of oppression (Official Gazette, 2019).

Now on its 34<sup>th</sup> anniversary, the EDSA Revolution sparked an intense love for country, a passion that OB Montessori Center hopes to instill in its students.

Lessons that center on political governance, the country's history, and national identity form a vital foundation of the school's curriculum.

The novels of Lualhati Bautista, *Bata, Bata . . . Pa'no Ka Ginawa?* and *Dekada '70*, are required readings, allowing students to critically examine social issues that are still relevant to this day.

Indeed, in the present political period, fostering a

love for country is more important than ever. The realities we face today such as the decline of our independence, the destruction of our environment, and the attack against our rights as people are problems that students must be aware of. As proven by the EDSA Revolution, the youth have always been a progressive force in the struggle for genuine social change and democracy.

Instead of focusing on romantic matters this month of love, let us reflect on the change that the past has brought and the change that we can do moving forward.

*"Mamamatay akong hindi nakitang sumilay ang bukung-liwayway sa aking bayan! Kayong makakakita, salubungin siya . . . Hurwag ninyong lilimutin ang mga nabuwal sa dilim ng gabi!" - José Rizal*



FEATURES

# Celebrating the National Arts Month

By Allana Nicole Magsino (7 Ruby)  
Micah Paulyn Dela Cruz (12 Jose)

To celebrate and appreciate the visual arts this February, the paintings displayed all over the Sta. Ana Campus were revisited and acknowledged.



@ the Cashier



Bistro Terraza

At the Front Office, the paintings displayed have been creating a warm atmosphere for students, parents, and guests for many years now. The famous paintings of Vincent Van Gogh and Giuseppe Arcimboldo have also maintained the historic ambience of Bistro Terraza. Then there are the paintings of Filipino artists such as Alvaro Jimenez and Pepito Villaluz

showcase the rich Filipino traditions and practices, teaching the students to value and prioritize our history and culture. While the additional paintings help maintain the school's prepared environment, they also serve as a means of raising awareness and celebrating love for the arts.

Rekindling our passion for the arts is part of our journey in discovering our collective identity as Filipinos. The Grade 12 Jose students took a



National Museum of Fine Arts



Spoliarium @ the Bistro Terraza



National Museum of Anthropology

trip back to the past when they paid a visit to the National Museum of Fine Arts and Anthropology on January 21. The iconic works of Juan Luna to the contemporary works of Benedicto Cabrera exhibited there are at the forefront of Filipino art, raising the bar on how we perceive it as a whole.

With this opportunity to view these artworks in real life, Grade 12 students from all campuses of OBMC witnessed various perspectives of artists through their pieces. The museum visit opened and enriched discussions regarding our history and culture, answering the student's inquiries and at the same time raising more questions; for see appreciating art does not stop with admiration and giving the artists the credit they deserve for their contribution to society, it stirs us to explore the message they strove to raise in our consciousness, as well.

OBMC INGRESS CENTER  
**COSMIC JOURNAL**  
The voice of OBMC students

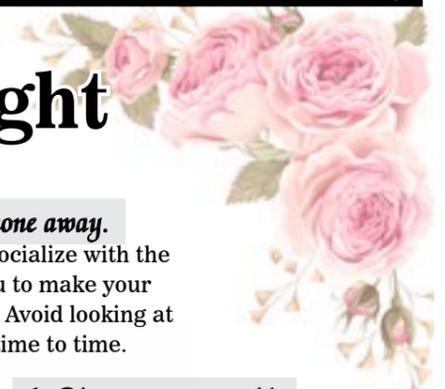
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STUDENT GUIDE

# Le Bal: Guide to a Great Night

By Leela Francesca Rodriguez and Thomas Gorospe (9 Emerald)



Are you ready for the most exciting occasion of your junior high school life? Le Bal is a tradition for Grade 10 students to bring out the best of what the night holds—unforgettable friends, dances, food, and memories. To make this magical night the most enjoyable, this guide on prom etiquette is sure to help you.

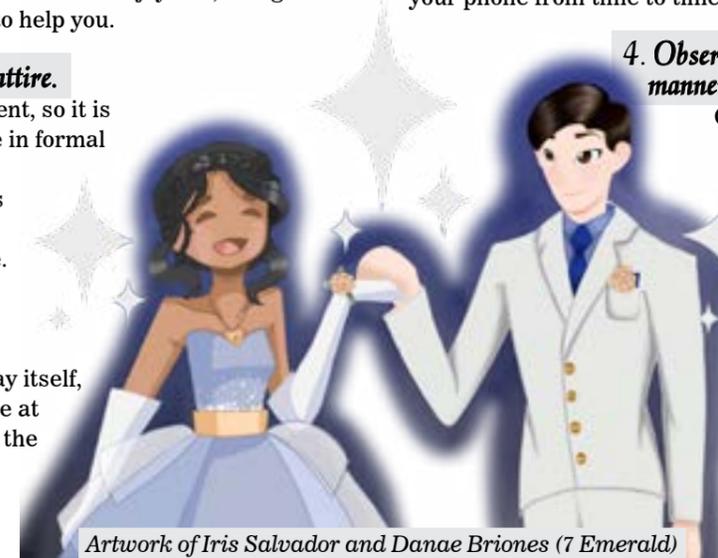
3. **Keep your phone away.**  
Connect and socialize with the people around you to make your night memorable. Avoid looking at your phone from time to time.

1. **Wear the required attire.**

Prom is a formal event, so it is expected that you come in formal attire. Make sure that what you are wearing is appropriate and at the same time, comfortable.

2. **Arrive early.**

Prioritize your time management. On the day itself, arrive at the hotel venue at least 30 minutes before the doors open. Don't keep your friends or prom date waiting!



Artwork of Iris Salvador and Danae Briones (7 Emerald)

4. **Observe proper table manners.**

Good food is best partnered with good table manners. Be gracious and courteous. Make sure not to perform rude actions such as loud chewing and/or talking while chewing.

5. **Be on your best behavior.**

Enjoy the night and let others do the same, too. Be respectful and mannerly toward your peers.

NEWS

# Elocution 2020: Seeking "Paglaum"

By Jhea Hazeline Buela (12 Jose)

Selected Grade 12 students called for hope as they delivered their written speeches in the much-awaited annual Senior High School Elocution Competition held at the Foro Romano Hall on January 17. This was to shed light on the most concerning human rights issues in the Philippines.

The elocution competition acknowledges the voices of students as they promote the protection of basic rights through speech writing and delivery. It is an outlet to incorporate their acquired knowledge from Practical Research 1 and Social Science into creative writing; hone their prowess in public speaking; and further develop critical thinking in tackling issues on the Philippine's welfare and identity. Every year, it sets a different theme to commemorate Human Rights Day. For this year, the competition highlighted the theme *paglaum*, the Cebuano term for 'hope' which is greatly needed at this time where fear is being instilled through distrust, discrimination, and violence. Hope is crucial in envisioning a progressive community and in working out meaningful change.

The event was participated in by five finalists, whose speeches were judged heavily

on its content. With "A Queer-y in Mind," Reenon Darren Cabilzo took first place for putting a spotlight on the discriminative issues affecting the LGBTQ+ community, particularly on dignity. Other pressing issues in the country were also brought to light. With "A Cycle of Struggle," second placer Micah Dela Cruz voiced out the Lumads' struggle for empowerment on their access to education. Third placer Gabriel Villas raised the need for proper due process amidst the hasty, blood-frenzied drug operations through his speech "The Irony of President Duterte's War on Drugs."

For the Montessorian youth, the battle of safeguarding the inherent rights of others doesn't end on stage. He continues to stand up and work to address problems concerning the well-being of Filipinos—for hope is indeed crucial in envisioning a progressive community and in working out meaningful change.



Reenon Darren Cabilzo

Micah Dela Cruz

Gabriel Villas

NEWS

# Grade 6 Declamation Contest 2019



By Nicole Gabrielle Pingol (6 Venus)

Selected Grade 6 students exhibited their public speaking prowess on December 18, 2019, as they vied to earn places in this school year's declamation contest.

Besting nine other contestants, Jesaiah Hazelei Buela, Japh Raven Comoro, and Anika Reese Montemayor reaped the fruits of their hard work after placing first, second, and third, respectively.

With its aim to teach students how to express certain emotions and messages through their pieces, the declamation contest helped them discover their love and passion for public speaking. It also taught them to be confident in speaking before a large audience.

### A Shy Student Who Finds Her Voice

Buela, the first placer, finally found her voice through her piece, "The Gold Slippers," which sent

a message about the true spirit of giving. Despite being quiet and shy inside the classroom, she mustered all her courage to audition for the contest, leading to her win.

In preparing for the contest, Buela practiced with her Mom two times a week. During the contest proper, she felt nervous and excited while sitting on stage waiting for her turn to recite. After hearing all the contestants perform, she did not expect to win at all because everyone did so well.

As tears of joy streamed down her face, Buela shared that the competition motivated and boosted her morale to master the craft and to join future contests in high school. She is not only interested in poetry, but she also likes to do other things like drawing. She started in OB Montessori as a timid Casa student and has now emerged and bloomed into a confident orator.



FEATURES

# OBMC Sta. Ana Makes History in CineSophia Short Filmfest '19

By Alessandra Gepte and Reenon Cabilzo (12 Jose)

OB Montessori hosted the annual CineSophia Short Film Festival with the theme, *Kahilyawan*, meaning 'freedom through struggle.'

Making history, OBMC-Sta. Ana won big in the festival on November 11. With its entries *Lingas* and *Silakbo*, produced by the students of Grade 12 Jose, the campus filled its trophy case with coveted awards.

*Lingas*, a riveting story about the plight of Philippine farmers, won four awards: Audience's Choice, Best Actor for Gabriel Villa's work as Mang

Garing, Best Film (in the campus), and Film of the Year.

Moreover, *Silakbo*, which revolved around two burgeoning student activists, secured second place in the Film of the Year Award. It also won the Best Screenplay and Best Actress Award for Alessandra Gepte.

This much-anticipated film festival serves not only as a requirement for their Philosophy course, but most importantly at showcases the many talented filmmakers across all campuses. For its third edition,

all submitted films tackled societal issues, specifically how freedom is a human right that necessitates struggle.

It was a big win for OBMC-Sta. Ana, the first time it has bagged the Film

of the Year award since the CineSophia Short Film Festival started. With the success of *Lingas* and *Silakbo*, it looks like the Sta. Ana campus is on the right trajectory.



TEACHER PROFILES

# Advocates of Nature and Change

By Kyle Russel Catoto and Miguel Joaquin Abellon (11 Amorsolo and 7 Ruby)

Beverly Banga

As they both approach their third year in OB Montessori Center, Ms. Beverly Jane Banga and Ms. Zhannis Lacerna have never forgotten their love for nature and responsibility towards the environment.

Ms. Banga's passion for nature began when she was studying BS Physics at the University of the Philippines Baguio. She got inspired by the discipline showed by children from remote areas in preserving nature and their environment. Through teaching Earth and Life Science (Science 1), Disaster Readiness and Risk Reduction (Science 4), and General Physics (Science 5) to the Senior High School Students, Ms. Banga aims to spread awareness on the deforestation and climate crisis occurring across the globe.

She also encourages her students to reduce plastic consumption by using reusable materials such as tumblers, food containers, and eco-bags.

Ms. Lacerna's passion for teaching originated from the saying, "Science is a language which cannot be understood by many people." As a BS Biology graduate of the University of the Philippines Baguio, she aims to inform her students about the importance of vaccination and antibiotics. She is also an advocate of conserving biological species, both flora and fauna. Currently Ms. Lacerna teaches General Biology (Science 2) and General Chemistry (Science 3) to OBMC senior high school students.

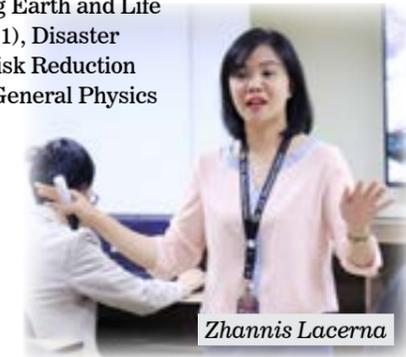
Although being a teacher may be challenging, Ms. Banga

and Ms. Lacerna believe that it is a fulfilling process.

Ms. Banga and Ms. Lacerna regularly join ecological projects such as coastal clean-ups, as well as tree and mangrove planting activities. They believe that it is our responsibility to maintain this earth, our habitat. Through our collective efforts in saving our planet, they believe that we will be able to resolve environmental issues one step at a time.

Other than the two Senior High School teachers there is the indefatigable Mr. Darren Lucena, who teaches the wonders of Science from Grades 7, 9, and 10. Also a graduate of UP Baguio, Mr. Lucena believes that teaching as a profession is an opportunity for him

to make an impact on the lines his students, and it does not stop in the four corners of the classroom. After teaching four grade levels (truly a daunting task) he shares his interest in knowing how the world functions and promotes love for nature as the Science Club moderator. He always incorporates his passion for science through the activities and experiments they conduct in the laboratory. Truly teaching will always be meaningful.



Zhannis Lacerna



Darren Lucena

FEATURES

# A Labor of Love

► By Ikea Raine Pahate (9 Emerald)

There are a great many things to be thankful for, and a great many ways to express our thanks. Today, three awe-inspiring young ladies of our campus show us how they give thanks.

Macy Abejuela of 11 Amorsolo chose to give back on the day one usually receives—her birthday! She mentioned that the elderly holds a special place in her heart. This sentiment encouraged her to go on a volunteer mission to a home for the aged, where she gave out food and medical care.

Grade 9 Emerald's Mehar Ganshani does her own volunteer work, too. She was one of Bliss Foundation's first members. "I've

seen it progress over the years—from when we were just eight in a room not knowing how things [will] work to a growing family of [over] eighteen individuals," she stated. The organization caters to children by providing educational and medical aid. Now they have also extended their help to the mentally challenged, and have recently gone on outreach programs for the victims of the Taal Volcano eruption. They have given much to others, yet Mehar still reckons that volunteering has given much to her too. "[Volunteering] not only brings you closer as friends, it also teaches you patience and gratitude."

Along with Macy and Mehar



BLISS FOUNDATION  
It's all about love. It's all about giving.



Photo from Mehar Ganshani

is Bea Cruz, who put together her own charity called The Golden Hand Project, which teaches the youth how to better our communities. She has been doing charity work for over three years! The fruits of her labor are now showing—the sources of her pride and joy. "The most rewarding about doing this is seeing them apply what they've learned," says Bea.

Through the experiences of Macy, Mehar, and Bea, we see how rewarding it is to be thankful by giving back. Volunteerism shows us that bettering the lives of others is reward in itself. It reveals to us the person's humanity. Wouldn't you want to catch a glimpse of yours?

selfish, arrogant little girl.

I remembered the Scripture, "With the tongue we praise our Lord and Father, and with it, we curse men . . . My brothers, this should not be." I tried to change, over and over again. But the temptation was always crawling on my back. Finally, I sought help from a member of our church. She was very understanding, because she'd been there herself. I'm glad that I'm not the only one dealing with my problems!

Now I thank the Lord for helping me and telling me that He still loves me. Even if we do bad things, we can still change. He loves every single one of us, even when we get off track.

To the people who are reading this: You may have flaws, but I'm telling you that God can turn your flaws into virtues. Just remember people still love you and care

for you no matter what your flaws and virtues are. As for me, this became "the best school year yet" after all!



# The Flaws and Virtues

► By Anika Montemayor (6 Venus)

It was my first day of high school. I had been a socially awkward intermediate student; now I was looking to be a confident grade seven student. I looked at the paper the front desk gave me: Room 113. "Okay, let's make this school year the best yet," I said as I opened the door to my new classroom. As I did, my old friends ran towards me and embraced me. "Come sit with us, we've found the perfect spot . . ."

"Okay class, settle down, today we will be introducing ourselves one by one and then move on to discuss our future events . . ." Right then, I knew this was the year I'd been waiting for. Or so I thought.

Before long, I could tell my friends had changed a lot during summer vacation. They were much more mature than before, which was fine.

Except that they had become too mature for their age. They were using crude language and talking about topics that shouldn't be coming from grade seven mouths. And I, anxious to fit in, decided to do what they did—things I was taught never to do—just to please the people around me. I was growing up in a Christian household where we were taught to be kind and polite to others, to never use coarse language or behavior, and to always love God, and I was disobeying all except the last one. I knew it was wrong, so I hid my behavior. I was ashamed.

This vulgar attitude and behavior became my habit. The Bible teaches us to please God, not men, but I was not following this. I was very proud to be a Christian, yet I felt I was not pleasing God with my life. The fact I was acting this way just to please the people around me made me question myself. I no longer saw myself as a servant of God; I saw myself as a

LITERARY

# Mula sa Puntod ni Andres

► By Charles Edmon Perez (11 Amorsolo)



Bonifacio Monument in Caloocan

Bonifacio Shrine in Manila

Maraming nagsasabi na kung si Andres ay nabubuhay lamang,  
Baka ikahiya niya ang kinahinatnan ng kaniyang bayan.  
Sumipi sa pinanghahawakan ng kanyang kinakalaban,  
Mga malikmatang naghahanap ng mga mumunting tahanan.

Bayani daw sapagkat namatay siyang may pinaglalaman,  
Interes ng mamamayan ang kanyang pinangingibabawan,  
Bolo niya ang naging sagot sa mga sakim na tulisan,  
Sinimulan ang pundasyon ng makabayang kilusan.

Ngunit ng sumapit ang dekada nagbago ang lahat,  
Politika ang nanaig, nawalan na ng matapatan,  
Punuin mo ang buslo ngunit hanggang saan ang sapat,  
Sa puntod daw ng bayani, may magnanakaw daw sa tapat.

Daan, museo, entablado daw ang sukatan  
Dugo na ang tumulo ngunit di pa rin daw matatapatan.  
Kalimutan ang hustisya kung ito ay may pakinabang  
Wag kang dumaing sapagkat bata ka pa lamang.

Ang mga malikmatang ninanais ang kahapon,  
Mga umapaw sa buslo na sinala at itinapon.  
Na silayan ng araw, umalis sa inang bayan,  
Nabasag ang buslo, 'di na maayos ang tapayan.

Gintong pilak namumulaklak sa may patay,  
Katawan ay walang galaw, balat ay puro latay.  
Sa itaas ng alapaap nakatayo ang mga bituin,  
Na pinanggagalingan ng hinaing na kaytagal kinikimkim.

Ginahasa ang bayan, pinatulo ang dugo,  
Pataba ng lupa upang ang bulaklak ay lumago.  
Nakalimot sa karangyaan, ang pagmamahal ay tinago,  
Dekada 70 nag-aklas, ngayon walang nagbago.

Umiiral ang kamangmangan, nagwagi ang trahedya,  
Sanga ng soberanya nagmistulang isang komedya.  
Buto-buto pa rin ang nakatago sa lupa,  
Pagmamahal daw sa bayan ay may kapalit na upa.

Mga bulate na nagmamanman ng bawat saglit,  
Pailalim pa sa lupa ang hukay ng mga paslit.  
Ulo ng makabayan, nag aklas at pinugutan.  
Pagkakasala ng mariwasa ay patuloy na kinalimutan.

Ang kamalayan ng lahat na buklod sa pulang bandila,  
Nagpapalay ng buwis ngunit tinulusan ng kandila  
Buwis ay kinuyom para ialay sa kanyang mga kawani,  
Kung nabubuhay lamang si Andres, iisipin niya na wala ng bayani.

# Repent to Spring and Harvest

► By Johann Sven Sigrist (8 Emerald)

Persephone, oh, Persephone! Where did you go?  
Our crops have withered, our fields lay barren.  
No longer can our children eat, for flora and fauna  
Suffer in this harsh winter caused  
by your own mother's anger;  
She laments your absence.  
As she mourns your loss, we, impoverished of our harvest,  
Await your return.

You and your mother are nowhere to be found,  
Our only harvest placed on your temple grounds.

Every day, the farmers come to beg,  
hoping you hear their pleas.  
We, the townsfolk are at a loss,  
the children who once filled the streets with their joy,  
now brood and sorrow.

As we ponder the cause of our suffering,  
We realize that we, too, have made a blunder.  
What we have done is a massive sin,  
We failed the flora and fauna whom to you are kin,  
For you and your mother are the goddesses of  
harvest and spring.  
Because of our foolishness, you sought refuge and ran.  
Remorseful and apologetic, it is now apparent,  
What we must do as your mortal subordinates.

# 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.