



O.B. MONTESSORI CENTER

# COSMIC JOURNAL

The Pride of OB Montessori Center

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Fairview

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## OBMC renews love for Filipino culture

► By Mylrea Dulay and Maria Shaina Caro (8 Ruby and 10 Sapphire)

With a spectacle exhibiting a living map of Filipino language and culture, OB Montessori Center had its annual celebration of *Buwan ng Wika* last August.

*Hindi Lang Wika ... Buhay!* took center stage at the Teatro Preciosa on August 15, 2019. The program was coordinated by renowned director Floy Quintos, the choreography crafted by the Ramon Obusan Folkloric Group (ROFG), the masterful music by Krina Cayabyab, and with seamless technical direction by Leandro Calingacion.

On August 20, Grade 9 to 12 students from Fairview attended a talk about four productive and creative Filipinos at OBMC Greenhills' Maria Montessori Hall. The speakers were Filip + Inna Founder Len Cabili, Bale Dutung's Chef Claude Tayag, FlipTop Kru Founder Alaric Yuson, and Orange App Founder Gian Javelona. All of the speakers took their time sharing about their craft and appreciation for the Filipino culture.

Apart from this, *Buwan ng Wika* competitions like *OPM idol*, *Pagbuo*



*ng Poster*, *Pagsulat ng Sanaysay*, and *Pagsulat ng Tula* had students exhibiting their skills and passion.

"I was very excited for the *Buwan ng Wika!* We got to celebrate the wonders of being Filipino," said Cassey Damian of 8 Ruby.

This goes to show that in celebrating *Buwan ng Wika*, it need not be about language alone. *Hindi lang wika ... buhay!*

NEWS

# Welcome to OBMC - Fairview! ACQUAINTANCE PARTY 2019

By Madison Motril (8 Ruby)

To welcome the newest members of the high school department, OBMC - Fairview held its Acquaintance Party at the Teatro Preciosa on July 19, 2019.

Every year, the pupils are tasked to prepare a brief yet memorable introduction that will allow the audience to know more about them. This may include jokes, pick-up lines, *hugot* or famous movie quotes. Adding to the fun of this event have been the various themes.

This year's event was inspired by childhood cartoon characters like Grizzly, Panda, and Ice Bear of the animated series "We Bare Bears," Mickey Mouse, and Spiderman.

Matthew Almonte (10 Ruby) opened the event by sharing encouragement and advice needed for the school year. Then, the Dance Club and Glee Club thrilled the audience

with their performances. This gave the students a glimpse of the work of different clubs.

Various games, including *Paint a Picture* and *Crocodile Race*, tested the coordination and teamwork of 7<sup>th</sup> and 8<sup>th</sup> graders, while maintaining the light mood of the event. A free dance that teachers and students participated in ended the activity.

This acquaintance party enabled students, like Janna Cruz (7 Emerald) and Candice Guevara (7 Sapphire), to bond with friends and classmates



gave her an idea of what high school meant — "facing different challenges throughout the year and meeting people that will help you along the way."

from previous school years and get to know their batchmates more. Jaera Ocampo of 7 Topaz expressed that the Acquaintance Party



**COSMIC JOURNAL**

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NEWS



## Spiritual Retreat: Grade 10 renews their faith

By Jeanne Therese De Leon (10 Sapphire)

To reflect on their faith, the Grade 10 students of OB Montessori Center - Fairview held their annual retreat at the Precioza Botanical Farm on August 13-14, 2019.

Father Felix Ferrer, SVD facilitated the two-day spiritual event. The retreat had three main sessions: 'Nourish Faith,' 'Express Love,' and 'Wait in Hope' with corresponding hourly activities that focused on faith, relationships, and service to God and people.

After the first session, the Penitential Service gave the students time to reflect on their sins

and shortcomings. Each student read their 'palanca letters' from parents, friends, and teachers at 9:00 to 10:00 p.m. and wrote back letters to their parents and themselves to end the night.

The second day helped the students understand more of themselves through sharing and interaction. The retreat ended with a holy mass and students going home with a new perspective about life.

"Sa lahat ng nangyari noong retreat, ang pinakatumatak sa akin ay ang mga activities" according to Luisa Nicolas from 10 Emerald. "Sa

mga activities na ito, nagkaroon ako ng koneksyon sa Diyos at pati na rin sa aking mga kapwa estudyante. Sa tulong nila mas naging masaya ang retreat." (Out of everything that happened during the retreat, the activities struck me the most ... Because of these activities, I had a connection with God and my classmates. Their help made the retreat more fun.)

Kelsey Lim of 10 Ruby expressed how she felt lighter and calm despite the academic pressure from the school. She also stated how she was able to let go the fatigue and emotions peacefully.

FEATURES

## It's in the Little Things: Philippine Culture at OBMC - Fairview

By Athea Denise Pandong (10 Emerald)



Historically, the Philippines was invaded by several countries, making it a struggle for Filipinos to have a strong sense of pride for the country. Post-colonial effects have taken over and we are influenced by other cultures. That's why as Filipino students, we have the responsibility to spread and share our love for *Inang Bayan*. Yet, despite the efforts in each year's *Buwan ng Wika*, are we doing the best we can as students to show our pride in being Filipinos every day?

There are multiple ways to show our love for country within the campus. Conversing with the use of our national language, *Filipino*, is a great way to start! During the *Buwan ng Wika* activities,

the use of *Filipino* was being actively encouraged; so why not use it on a normal basis?

Another way to show our pride as Filipinos is through singing our national anthem with proper respect during assembly times or every Friday for the Grade 10 and Senior High students. Stop, sing, and watch the Philippine flag rise through the cool breeze and its colors shine under the morning sun!

The last and most important way to express our love of country is by taking to heart our history and culture. Mindfully listening to the Social Studies

lectures about the Philippines is a dutiful act of every Filipino.

Many things in the Fairview campus remind us of who we are as *Filipinos* such as all the meals being served at *Bistro Amore*: crispy *lechon kawali* with *atchara*, *banana cue* coated with caramelized sugar, and *pichi-pichi* generously sprinkled with cheese,

which remind us to take pride *sa mga lutong bahay na sariling atin*.

Taking pride in being Filipino is no piece of cake, so whenever we start to doubt ourselves let the painting at the fourth floor of our school building (near elevator) remind us to defend our rights like Lapu-Lapu, to sacrifice for our country like Jose Rizal, and to 'raise our flag' like strong Filipinos because we only have one country to fight for and to make great again.

At our age, the greatest thing we can do for our country is to take pride in being Filipinos! Fight for the right without question or doubt, Montessorians!



OB Montessori Art Collection  
By Alberto Malcampo

FEATURES

# A Gentle Reminder

By Job Brioso (10 Ruby)

Vibrating tracks from the roaring crowd, sweating even before the starting pistol pops, your goal is to be the first who steps on the line. You head start by training, buying the right equipment, and eyeing the goal. Three counts later, you run, stimulated and ready to dominate. Soon enough, trembling is all you can feel. You have not been prepared for this part of the race. Do you fall with pressure and fear, or fall to rise again?

We start high school as prepared students, but as problems arise, we are devitalized and lost in what seems to be an unfamiliar darkness. Projects, quizzes, conflicts — the only words to describe what bombards your life right now.

Academic pressure is a weight that no one can carry by themselves. If one isn't careful, overflowing requirements can topple the balance between school and life. It is important to divide the hours as soon as you get home for learning, family activities, and friends. During the weekends, it is inevitable that much home work are due the following week. Allot time to finish all your work and the rest is for you to watch rom coms on Netflix, eat at Korean barbecues, or chat in trendy milk tea cafés.

As important it is to take care of yourself, reaching out to others holds the same importance. Behind those who seem to be fine is a weight that brings them down and needs to be lifted. A simple *kamusta* is enough to start a conversation they never knew they needed.

Kindness is something that we all strive to have but is rare to find nowadays. Now, more than ever, we should be brave enough to start the school year with kindness and continue it wherever we go.

NEWS



## OBMC - Fairview organizes Fire Drill

By Maria Shaina Caro (10 Sapphire)

To prepare the students for fire-related incidents, the OB Montessori - Fairview community conducted a fire drill at the Quadrangle around 10:00 – 10:30 a.m., July 25.

SPO4 Ronnel Syjongtian of the Bureau of Fire Protection led the students once the alarm rang. All students participated in an orderly manner. A lecture, focusing on fire safety procedures, followed.

To show a real-life experience, Mr. Syjongtian and his troops asked student volunteers to participate in an activity. The firemen created a

sample fire and asked the student volunteers to eliminate the fire using a fire extinguisher.

"It was shocking and it was also a new type of experience because it was my first time trying a fire extinguisher," said Yazmeen Atong, a student volunteer.

Another student volunteer Job Brioso said, "It allowed me to apply what I've learned in Leadership Training ... He [the fireman] also taught us a few extra tips like pointing the hose downward, where the source of the fire is. It was a mixture of fun and education."

## Intermediate Department holds annual PCO

By Clara Francesca Barja (6 Mercury)

In line with the goal of creating a partnership between the school and the home, the Intermediate pupils of OB Montessori Center had their Parent Classroom Orientation (PCO) on August 6, 7, and 13.

Parents came in and had a meeting with the adviser of their children. The teacher gave the results of the diagnostics tests in Math and Language as assessments of the child's academic achievements and weaknesses. Aside from that, teachers gave tips to the parents about their child's etiquette at home and personal development.

During the orientation, students worked with the Montessori Language, Math, Geometry, and Cultural Arts materials. They also worked on their data files and notes.

The Intermediate Parent Classroom Orientation was a success. Parents and teachers were able to develop a stronger collaboration so they can properly address the needs of each student.

It also reinforces how parents and teachers are partners in honing the students to be better, not only academically, but also socially.

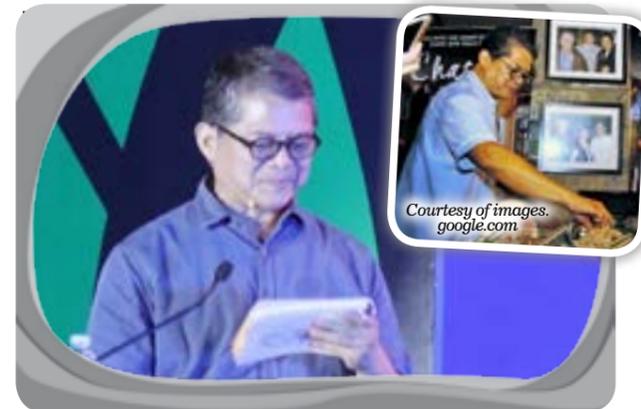


FEATURES

# Breaking Traditions, Remembering Culture: Buwan Ng Wika 2019

By Maria Shaina Caro (10 Sapphire)

OBMC's *Buwan ng Wika* reached another level with inspirational talks on integrating passion with Filipino culture. The featured guest speakers were Claude Tayag, Alaric Yuson, Leonora Cabili, and Gian Javelona, who empowered and enlightened the students about how our culture can be applied to our crafts. They showed their own unique ways of expressing love for our culture by sharing their influential stories.



Displayed on the screen were mouthwatering dishes and eye-pleasing artworks by great artist and culinary savant Claude Tayag. Through food and paintings like "Claude 9" and "Kain Na," we can still manifest a part of our culture in our work.



On the stage and under the shining spotlight, Alaric "Anygma" Yuson hyped the whole hall and stunned us with his impressive talent and wide vocabulary of Filipino words. He taught us about the relation of *Wikang Filipino* to hip hop and rap music. He proved to us that we can express our sentiments on culture and language through rap songs.



A crowd favorite was Leonora Cabili, who believes that wearing the artfully created indigenous Filipino clothing shows our dedication to our country. Under the spotlight, Ms. Cabili's works were brought to life by OBMC students who wore and modeled her clothes at the Maria Montessori Hall.



Another remarkable speaker was Gian Javelona. At a young age, he has become the CEO and founder of the tech-company, Orange Apps. It was astounding knowing that he was also one of the awardees of *Forbes' 30 under 30*. He inspired students by sharing lessons he learned throughout his journey as a successful entrepreneur.

This year, we celebrated *Buwan ng Wika* by educating and redirecting everyone toward appreciating our culture and how we can apply it in our field of work in the future. The activities that OBMC organized proved that education is truly the key to preserve and revive our culture.

STUDENT PROFILES

# OBMC's Cadet Captains lead the way to patriotism

By Jeanne Therese De Leon and Charisse Lee (10 Sapphire)

Wearing their alpha uniform, two men stand firmly in attention giving commands to Grade 10 cadets. However, in the classroom, they are known as humorous guys who love to goof around with their classmates. These guys are the newest COCC Cadet Captains of OB Montessori Center (OBMC), Fairview.

Ivan Escarda and Matt Royo of Cadet Captain and Deputy Commander and Branch Commander, respectively. Matt Royo was a former 1st Dan Black Belter of the Taekwondo Varsity Team, while Ivan Escarda was a media sensation on Twitter, with his tweet that gained over 41.4K likes, back in March 9, 2019. Ivan stated that as the COCC announcement was pinned on the board, it already tweaked his interest to join COCC last school year, 2018-2019.



Training new cadets through practice drills and commands is routine during COCC. Matt and Ivan's responsibility is to see to it that the cadets are performing properly.

"We make sure that the cadets learn the proper skills they need for their CAT/LT classes," Ivan said. They study leadership [skills] and learn the qualities a leader should have. He thinks of it as an advanced leadership training.

"We will strive to lead the current COCC cadets and guide them into fitting roles in the society," Matt stated.

According to Ivan and Matt, a COCC cadet must have firm discipline, honesty, decisiveness, tactfulness, and initiative to form order. These qualities resemble a good leader and role model for students.

Ivan and Matt may give the impression of having stern and unbending

personalities. With their neat looking uniform and a strapping built, who wouldn't respect to these gentlemen?

Quoting his father, "Respect is earned not taken," Matt said. "I earn respect ..."

Ivan also expressed how he wants the students to treat them. "I don't want to demand respect from my peers. Instead, I want to earn it. Although, once in a while it would be nice if they can acknowledge me, especially when in uniform. Because if you are a cadet officer, you are a 'commissioned' officer entitled to the salute."

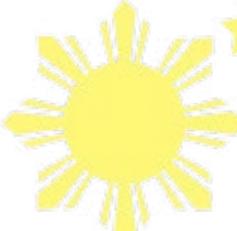
COCC is more than just a course at OBMC. It promotes love for country and patriotic desire. The leadership program teaches students how to be proud Filipinos and how to respect the flag. To Matt, amidst the Filipinos' lack of initiative to embrace our identity and our fondness for foreign influences, the COCC program is our society's hope to once again ignite our Pinoy Pride.



OPINION

# #PinoyPride: A Filipino's Misplaced Sense of Nationalism

By Carla Saludes (12 Jose)



An acclaimed boxing legend claims another victory. The crowd goes wild, and a series of posts about #PinoyPride overwhelms timelines and Twitter threads. A Filipina bags a crown from an international pageant. The spirit of nationalism sparks, and we hear shrills of excitement when we claim another victory.

By the words of Josephine Dionisio, "None of us are born nationalist." Intrigued, I read on—the images that form a nation are merely exhibited through association with songs, symbols, languages, culture, values, and especially this: solidarity amongst

its people.

#PinoyPride is merely a fleeting concept, a misplaced sense of nationalism. While these titles do bring a sense of honor to the name of the Philippines, it is not true pride. While these victories bring thrill, spark a collective knowledge, and enkindle conversations of gratification nationwide, this is not nationalism. It cannot be so easily exhibited with a fleeting concept such as these brief lapses of entertainment.

The image of the Filipino's pride for the country should not take form in mere personalities, because once the crowd goes home and the fire dies down, suddenly there is only room to

complain about the heavy traffic, child-syndicates asking for spare change, and the noise of protests. Solidarity cannot be so easily reduced to states of occasional pride.

Nationalism is not merely conditional; it does not consider whether we are in a time of triumph or in a time of need. It is not limited to fleeting emotions such as pride; it is best embodied as the anger that induces a thirst for social change. It does not rely on moments of victory for one to be able to say that they are proud to be a Filipino. Nationalism is a constant strive towards solidarity with the image of unity and fraternity among the people.

LITERARY

## Ang Away na Dala ng Karpa

By Job Brioso (10 Ruby)

"Kayraming klase ng Karpa ninyo!" sinabi ng mamimili.

"Mga bundat na hinahangaan, At puro-ulong linalayuan. Mga bansang gawa sa santan, At klaseng iniluhaan ng pukingan."

"Pumili ka iho, andito ang magaganda." tinuturo ng tindera.

"Ito'ng asul na nagbibigay ng kapayapaan, ito'ng puti na puno ng kadalisan. 'Wag mo piliin ang maduming kulay na iyan, sintu-sintung tumatangang dominante."

"Bakit ito ang pamantayang nakasulat?" tinanong ng mamimili.

"Pagkat ito ang umaaliw sa puso ng Hapon. Ito'ng kulay ng kumakaway nilang bandila. Ito'ng kulay ay ang hinahangaan ng marami. Hindi pwedeng basta-bastang ibahin." tinalo ng tindera.

"Di dahil galing sa hapon ito, itong pananaw na rin natin." binalik ng mamimili.

"Manok na laking dayuhan, ang luto'y tinola. Uwing angkat na damit ay di agad susuotin. 'Di dahil nandito ito, bago nang mata natin. 'Dahil nandito ito, magbabago sila saatin," idinagdag ng mamimili.



FEATURES

# Char's Kitchen: Kamote Fries

By Charisse Lee (10 Sapphire)

Tuyo, walang lasa, manilaw-nilaw sa puting laman ang mga kamote pag ito'y naani ng mga magsasaka. Magagawa natin meryenda ang isa sa mga pang karaniwan na pagkain sa ating bansa. Pagkat mahilig ang mga Pilipino sa mga meryenda, hindi natatapos ang kanilang araw kapag wala silang nakakain sa pagitan ng tanghalian at hapunan. Sundin ang mga sumusunod na hakbang para makagawa ng simple at malinamnam na meryenda:

Mga Sangkap:

- 3 katamtamang laki na kamote
- 2 kutsara ng mais na almirol
- Tinadtad na bawang
- 1 kutsarita na asin
- 1 kutsarita na paminta

Ang Pamamaraan:

1. Balatan ang kamote at hiwain ng manipis.
2. Budburan ang hiniwang kamote ng mais na almirol, bawang, asin, at paminta. Wisikan ito ng mantika sa ibabaw ng kamote.
3. Ilagay ang hiniwang kamote sa *baking pan* na may waks papel. Maghurno sa 425°F ng 30 na minuto. Pagkatapos, ihain.

Pag piniprito ang fries, nalulubog ito sa langis at mas nababad niya ito. Dahil dito nagiging masama ito sa ating kalusugan. Hindi katulad ng mga regular na pritong fries, ang mga inihurnong fries

ay gumagamit lamang ng mas kaunting langis upang maluto ito. Ang mga kamote ay nagbibigay ng sustansya kagaya ng beta-karotina na ginagawang bitamina A ng ating katawan. Puno ito ng *antioxidants*

at hibla, magandang pinagkukunan ng bitamina C, mangganeso, tanso, *pantothenic acid*, at bitamina B6. Mayroon din itong kapaki-pakinabang na mga katangian ng regulasyon para sa *blood sugar*.



Sa unang tingin ay simple lang ang pagkaing ito. Subalit dito pa lang ay makikita na ang kakaibang kultura ng Pilipinas, dito pa lang ay nahahalina ang lahat na ipahayag ang kanilang pagmamahal sa bansa.

## Tayo ay mga Pilipino

By Samantha Derequito (6 Mercury)

Tayo ang tagapagpalit ng hinaharap

Ang ating sariling wika at lahi Ay ang ating pagkakakilanlan Na dapat natin mahal in at ipaglaban Sa ating sariling paraan

Naghirap, lumaban at namatay Ang ating mga bayani Mabigyan lang ang mga sumusunod ng

magandang buhay Ngayon tayo ang mga modelo ng papel para sa kabataan at ang mga sumusunod pa

Kung mahal mo ang iyong bansa, wika at lahi Mahal mo ang iyong sarili

Tayo ay mga Pilipino!

■ FEATURE

# Maria Montessori and the Millennial 8<sup>th</sup> Grader

► By Juliana Balingbing (8 Emerald)

“Imagination does not become great until human beings, given the courage and the strength, use it to create.” - Dr. Maria Montessori

I have been studying in OB Montessori since Junior Advanced Casa, so I have been in the



Courtesy of images.google.com

Montessori system for years. The method of learning was founded by Dr. Maria Montessori, the first female doctor in Italy, whose system involved freedom of the child to decide for himself. This system has taught me to independently decide for myself and discern what is right and wrong with the decisions I make.

Maria Montessori has been a relevant figure to OBMC students. An example of an empowering yet selfless woman, she has given inspiration to not only the youth

but also to parents and teachers. Her book, *The Absorbent Mind*, elaborates more about her method of teaching.

The quote by Maria Montessori, “Imagination does not become great until human beings, given the courage and the strength to use it,” can be an inspiration to everyone. Thousands of thoughts run through our heads — but how many of them have we actually shared? How many of them have truly become useful?

Maria Montessori continues to inspire students to become independent and critical decision-makers with the help of the Montessori System. Her system has made our childhood full of excitement and enriching activities. She continues to serve as a model even decades after her passing.

■ ENTERTAINMENT

11

## Fun Facts About the Philippines

► By Job Brioso (10 Ruby)



- 1 The world record for most women breastfeeding simultaneously in Manila, Philippines, was 3,541 on May 4, 2006.
- 2 SM Megamall, SM North Edsa, and SM Mall of Asia are among the top 10 largest shopping malls in the world.
- 3 “The Pearl of Lao Tzu,” the world’s largest pearl, was discovered in the Palawan Sea in 1934. This gem weighs 14 pounds (6.35 kg) and measures 9.5 inches (24 cm) long and is 5.5 inches (.4 cm) in diameter. Believed to be 600 years old, it is valued at over US\$40 million.
- 4 In the Filipino culture, it is considered rude to open gifts immediately after they are given.
- 5 When gifting a pair of shoes, it is a belief that the giver will be belittled and ‘trampled’ upon in the future (*apak-apakan*). As a solution, the receiver must pay any amount of money to “buy” the shoes instead.
- 6 It is only in the Philippines that the national flag is hoisted upside down during war.
- 7 The yo-yo was originally an ancient Filipino studded weapon attached to a 20-foot rope.
- 8 There are between 120 and 175 individual languages spoken in the Philippines; 171 of which are living, while the other four no longer have any known speakers.
- 9 Jellyfish Lake in the Philippines contains more than 13 million jellyfish.
- 10 Filipinos observe the world’s longest Christmas season. It begins with the playing of carol songs in September and officially ends in January with the Feast of the Three Kings.
- 11 Manila, the capital city of the Philippines, came from the phrase *Mayroong Nilad*. *Nilad*, or *Scyphiphora hydrophyllacea*, is a mangrove shrub that blooms white, star-shaped flowers.