



**More Resilient
Than Ever
At FU**

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Be Intellectual, Be Sociable

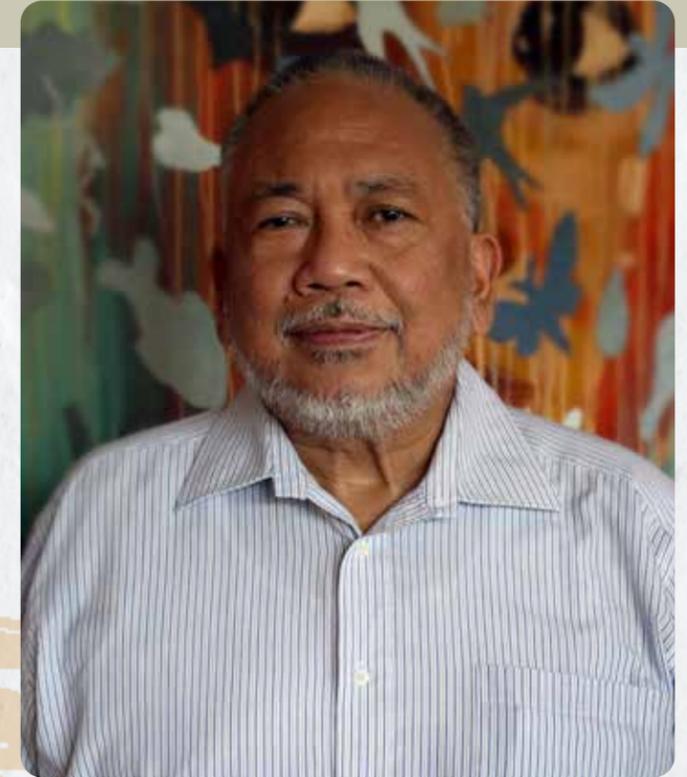
Reaching for something higher and higher is the name of the game when it comes to growth and progress, whether it's international business, technology, or even self-development. But reaching for something higher does not necessarily mean more money or material goods, in fact, to go up requires traveling inside and outside of yourself. A step up means you've bettered yourself as well as others through whatever means you're capable of, and you're always more capable than you think. To journey outside means bridging connections in a cosmopolitan way, i.e. through new cultures, new countries, and new people. Computer scientist Telle Whitney said, "Diversity drives innovation – when we limit who can contribute, we in turn limit what problems we can solve." The more you go out into the world, no matter how small the corner is, the more you will bring back into yourself. Then it is up to you to traverse inside to reflect on how strong and proficient you have become, how you can give back. Life always comes full circle – it's important to revolve in the right direction. FU not only has a new professor who knows exactly how to wield his intellectual assets for progress, he has created several new circles of opportunity around the globe.



Photo by Dole777 on Unsplash.com

Introducing Mr. Enrico Griño, Jr., a finance expert who has recently joined the College of Business Administration this year. He comes with an insurmountable track record of international experience in the banking world that our lucky FU business students now gain access to in their courses. Specializing in finance, Mr. Enrico began this academic term teaching courses in finance management, investments, and banking institutions. It was in 2019 that Mr. Enrico elected to return back to the Philippines after 40 years of working abroad. Knowing he wanted to share what he had learned over the course of his work, Mr. Enrico stepped into the world of academe at the Philippine Christian University in Manila. Two years passed before he set his eyes on Dumaguete City and its natural splendors. Then he became a member of the FU community.

But where did this man begin? Everyone starts somewhere, and it's a question many of our business students want to know the answer to as they launch their



own expedition into the business world. While us Dumaguete folk joke that Mr. Enrico was bitten by the "Duma-bug" at some point, settling down in our irresistible city, he was ensnared by another bug first: the travel bug. For his senior year of high school, Mr. Enrico studied abroad in an American school just outside of Detroit on a performance and grade-based scholarship. This was his first international exposure, and then he couldn't get enough. Upon graduating from De La Salle University in 1976, Mr. Enrico took a job at

an investment bank affiliated with a major US bank in Manila. He was exposed to international finance and traveled extensively to Hong Kong and Singapore. Then Mr. Enrico began working for a French bank in Saudi Arabia; however, his OJT and training were throughout Europe, granting Mr. Enrico the opportunity to sharpen his skills in Paris, Geneva, London, and more. It was a ten year chapter in Mr. Enrico's life of building countless interconnections and experience while enjoying the diversity of culture. In 1990, Mr. Enrico switched over to a world-renowned company: Citibank. His position consisted of becoming the interface and head liaison for all Citibanks in Saudi Arabia, which demanded more traveling throughout the Middle East. This corporate banking opportunity allowed for Mr. Enrico to handle transactions with other multinational banks around

the world worth several millions to billions. Yes, you read that correctly, billions of dollars. He also specialized in syndications before moving to Taiwan for two years within Citibank's network. As risk manager, Mr. Enrico governed the risk of small to medium businesses and their loans. Citibank offered a voluntary retirement for Mr. Enrico, which he took, and then set off for Qatar National Bank; they were in need of a syndication expert. It became the largest bank in the middle east as well as Africa, giving Mr. Enrico broad exposure to what projects were in the area and the finance process behind each one. By this time, the finance world sought Mr. Enrico's global expertise; he gave seminar after seminar at international banking conferences on top of his position. Through Qatar National Bank, Mr. Enrico learned how to take over a bank. When this happens, you must

control the treasury and credit in addition to acquiring the management in place. Mr. Enrico assumed command of the credit, the bank's life blood. He finessed the takeover in Egypt and once again in Indonesia. His favorite assignment was in Singapore as the chief risk officer because of its modern, cosmopolitan nature as well as being at the heart of Asia's financial center. Mandatory retirement struck, which brings us back to, you guessed it, the full circle of the Philippines.

Mr. Enrico advises his students not to think about the cards their dealt in life – don't focus on a lack of connections, of finances, etc. because you can truly be anything you want. It is imperative to acquire the right experience and tools in order to do so; the first tool is that of an education. Mr. Enrico stresses again and again to get good grades because it's the first door opener into the world. Excellent marks set you up for success with an instinctive practice and mindset. Instilling the habit to strive for achievement becomes an attractive quality that employers hunt for. It's also a great way to reveal to a potential boss how solid your work ethic is – if you know how to study, then you know how to work; however, grades are only half the game. Focusing solely on intellectual properties is detrimental for business students, you must be sociable too. It is of the utmost importance to not only use your voice but learn how to express yourself well. Articulate your thoughts clearly and participate avidly. The highest salaries go to those who can both solve complex problems and interact effectively with people from all over the world. You must be able to prove you can build the business and attract more customers at the same time.

Where to get started? Mr. Enrico suggests diving into practical experience as soon as possible. If you want an international career, then you will need to search for a company with international reach (this does not mean you cannot grow a small business into an international one down the road but it is extremely valuable to see how international ones do it first). Immerse yourself as much as you can the company's people, activities, and functions. Observe how their policies work, how their structures are in place, and how each process goes step by step. Above all, engage in intellectual transfer to become intellectually and personally attractive to potential employers. Show them you're worth the investment of their time and money. At the end of the day, it means traveling within yourself to discover why you are, and don't worry, you'll find it if you search hard enough. Light always shine through, just like there will always be a sunrise to end the night.



Life with Fresh Eyes

Cecilia Benlota is a dedicated instructor at Foundation Preparatory Academy Senior High School who is currently teaching classes in world religions. The end of last year's academic term took a nasty turn for Ms. Cecilia whilst preparing for student recognition and graduation. A momentous time for everyone, it is also one of nerves running on fumes. Students go from panicking

about finals to what to wear for graduation, families unite under one roof, and teachers work to the bone to get their final grades in on time before the grand ceremony. But it's well worth it, who doesn't remember their high school graduation? The wave of euphoria at completing a big life chapter? It's a huge one to celebrate.



On April 1st (not an April Fool's joke), Ms. Benlota received the wonderful news of a promotion: principal of the FPA Junior High School. But change is change and as Ms. Benlota did her best to handle the new workload, Covid-19 lurked in the corners. Well, the surface of those corners. Ms. Benlota is a massive proponent for consistent exercise and nutrition; however, she fell prey to sleepless nights and no time for her usual workouts the last week of May. Unfortunately, with an immune system that wasn't functioning at its best due to stress, Ms. Benlota came down with the virus that has plagued the world this past year and a half. It happened over the most innocuous of events: the signing of some documents. An infected person had asked for her signature on something and whether it was the paper, the pen, or what have you, Covid-19 struck Ms. Benlota.

Isolating immediately when symptoms appeared (i.e. feverish, loss of smell, loss of appetite), Ms. Benlota was forced to relocate from her boarding house because her landlord and his wife were petrified of getting the virus. Despite needing bed rest, she made the journey to Valencia to stay with a friend, but misfortune struck again. Swab tests were only given to residents for each barangay, meaning Ms. Benlota had to return home. Off she went to Novallas.

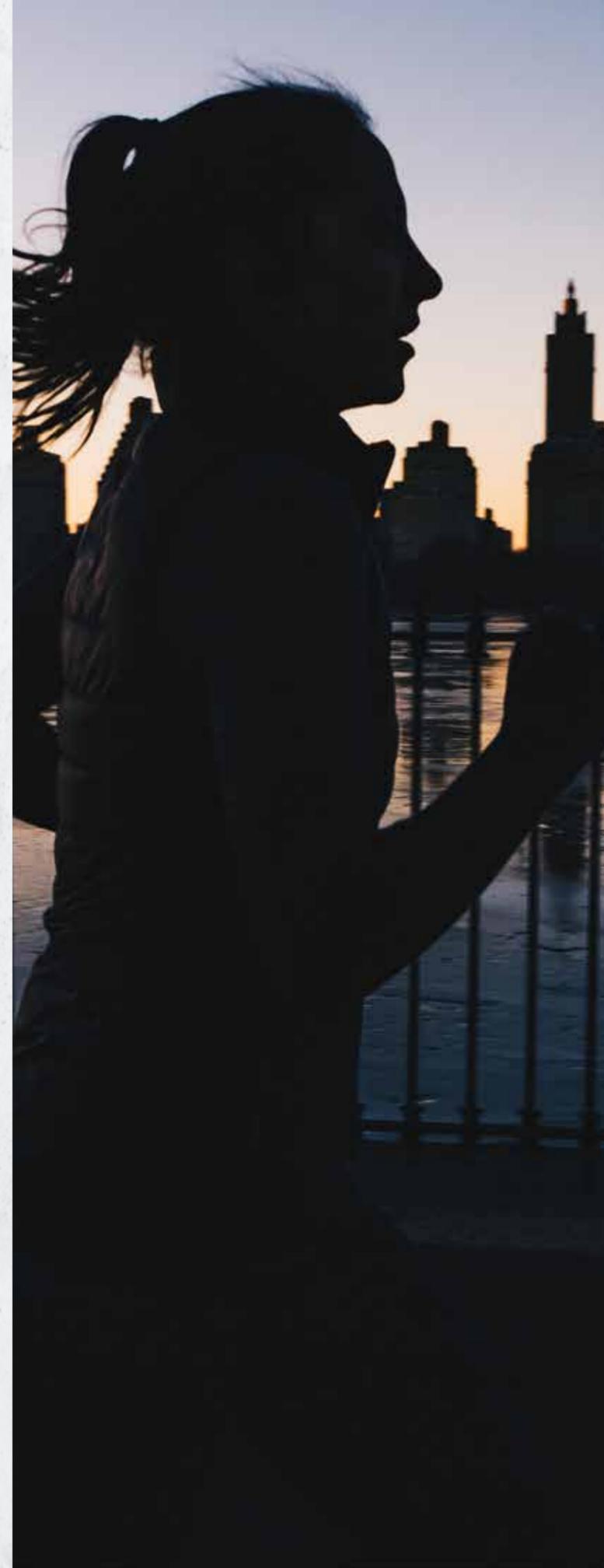
Once in Novallas, the local elementary school awaited Ms. Benlota. Like so many other barangays, the empty school had been converted into a quarantine space, but it felt more like a ghost town with its emptiness. Ms. Benlota was the only inhabitant for nearly an entire month. At the time, testing still took a long time to obtain results – approximately a week. Ms. Benlota tested positive for her first two to three weeks of residing in the elementary school. June passed before a negative result came in, decreeing her release, her freedom. Imagine, Ms. Benlota endured solitary confinement for almost a month. More than 15 days is recognized by the UN as torture for a human being. No friends, no family, no human faces for the majority of the time, except those on her phone, her lifeline. The rare times that she saw her family members was to receive food but it was only for a few, cherished minutes.

“The hardest part was the loneliness,” said Ms. Benlota. French novelist Honoré de Balzac once said, “Solitude is fine, but you need someone to tell you that solitude is fine.” Feelings of being utterly alone were in the cracks of the ceiling, the unfilled corridors, the hollowness of classrooms without students or teachers. It seemed life was being unabashedly cruel having Ms. Benlota await her verdict in the same setting that she loves to spend her time in, a school. But a school without its teachers and students has such a hollow atmosphere it hurts. It feels wrong.



Every hardship has a silver lining if you're willing to search for it. "Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way," wrote Viktor Frankl in *Man's Search For Meaning*. A Holocaust survivor and world-renowned psychiatrist, Dr. Frankl emphasized how important it is to change ourselves when we cannot change our dire situation. As soon as Ms. Benlota's health returned in mid-June, she took to exercising in the vacant room, filling it up with her own promising energy. She also planted vegetables outside to make proper use of her time.

When freedom came, she experienced life with a fresh set of eyes. "I really appreciate the presence of friends and loved ones, the gift of work, of life – I am grateful for the experience. It was an eye-opener. It was beautiful," Ms. Benlota exclaimed, remarking upon her adjustment back into everyday life.



This teacher is now more determined than ever to keep exercise and nutrition in the mix of her schedule no matter the cost. Before Covid-19 changed her life, Ms. Benlota used to work out after work but these days, she wakes up with the sun to exercise. She firmly believes it is best to nurture the doctor within, and she's right. Studies have shown exercising for at least 30 minutes three times a week will drastically strengthen your immune system response when fending off bacteria and viruses. Ms. Benlota urges people to prioritize their health; the vaccination is not a miracle drug that can do everything for you. Only you can do that but the best part is that you can do it with friends and family.

Stay healthy! You can find out more information in our first and second issues of 2021 in *Civitas 360* to foster a wholesome lifestyle, from nutrition to exercise to learning right, it's all there for you.



The World Needs More Nurses

We all know how tumultuous a year 2020 was for everyone, but it was especially hard on those in the medical profession. The World Health Organization (WHO) bestowed 2020 the “Year of the Nurse and Midwife” to honor the dedication and support nurses and midwives provided for Covid-19 patients around the world. Many of those nurses are Filipino; the Philippines is the largest supplier of nurses for the globe. According to an international consensus, nursing is considered to be one of the most honest and ethical of career choices a person can make because at the heart of the profession, it’s about

helping others. From helping patients to doctors, nurses make up the backbone in the world of medicine.

Foundation University has an exceptional nursing program that recently had a passing rate of 100% for its students. That means every single student made it – no one failed – on their very first attempt! The professors in the College of Nursing are unequivocally devoted to making sure each aspiring nurse becomes one, from getting them the best clinical experience to providing engaging lectures, you can’t go wrong with picking FU for nursing. The College

of Nursing has built the strongest of foundations for their rising medical stars. Now is especially the time to join because both the Philippines and the world need nurses more than ever.

CONGRATULATIONS

to the successful
Nurses Licensure Examination passers
July 3-4, 2021 (First Time Takers):

- | | |
|--------------------------------|-----------------------------|
| 1. BADON, JESSA MARIE | 8. MENDOZA, LIMA MAE |
| 2. CULI, CINDY | 9. OBAS, CARA ANGELA |
| 3. DIAZ, MCLAINN | 10. PINO, KENNETH JAY |
| 4. DURAN, CZYBILL | 11. SAPON, RONALIZA JOY |
| 5. ESPADA, MARIA CARINA VIVIEN | 12. SIA, JESSE ZATHIA AYYA |
| 6. JOLO, JED KEONI | 13. SILORIO, CHELSEA RAYE |
| 7. MAGADAN, JEANNE CLAUDINE | 14. TALAMERA, SUZMITA FAITH |

100% PASSING RATE

National Passing Rate: 5,008 out of 7,746 (64.65%)

The knowledge that nurses must retain and apply is vast because needless to say, the human body is highly complex, but you should also take into account that it isn’t simply a medical field profession. Nursing requires exceptional communication skills because they converse with patients the most; you may find yourself discussing a popular Netflix series or answer questions on someone’s WiFi problems whilst tending to a patient. Time management and acquiring a sense of humor are some of the most vital skills a nurse will learn on the floor, and making mistakes in the field of nursing doesn’t get easier over time because lives are on the line. It’s a demanding career but it is worth every ounce of effort. There is nothing more rewarding or fulfilling than truly helping someone else. Interestingly enough, the best thing for the self is to be selfless, and nurses excel at this.



Before the pandemic hit, approximately 17,000 Filipino nurses were leaving every year to work abroad, resulting in understaffed conditions for several hospitals around the nation. To make matters worse, an estimated 40% of nurses resigned from private hospitals over 2020 because benefits were not paid nor were working conditions tolerable. Due to Covid-19, nurses have found themselves enduring 12 hour shifts with minimal time to eat or use the CR; supplies are low as well and many nurses do not want to remove their protective clothing in fear of waste. Fear of contracting the virus coupled with extreme exhaustion has caused many nurses to fall ill or take to protesting for better conditions. The term hero doesn't even encapsulate what our brave nurses go through on a daily basis. The government has offered incentives for 3-month contracts and hopefully, they will also deliver on the promises they've made our medical front liners soon. Finances have been strained to the max for everyone. To ease the lack of nurses for the country, Bernard Olalia, head of the Philippine Overseas Employment Administration, suspended medical worker permits from processing as of June 1st since the cap of 5,000 was reached. While conditions may be tougher in the Philippines for nurses, there are silver linings as we urge potential candidates to consider becoming nurses. One is

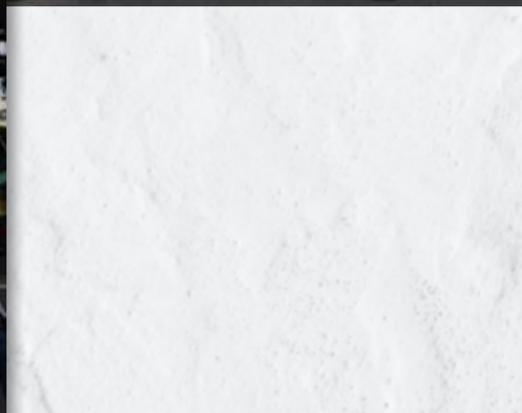
Photo by Anastasiia Chepinska on Unsplash.com

that your patients, no matter who they are or where they're from, will be unequivocally grateful for the care you provide. That's priceless – it's food for the soul. Second, you can gain the experience you need if you would like to work abroad in the future. Before the pandemic, many new nurses would work at hospitals for free for required experience but now that there are countless vacancies, there is opportunity.

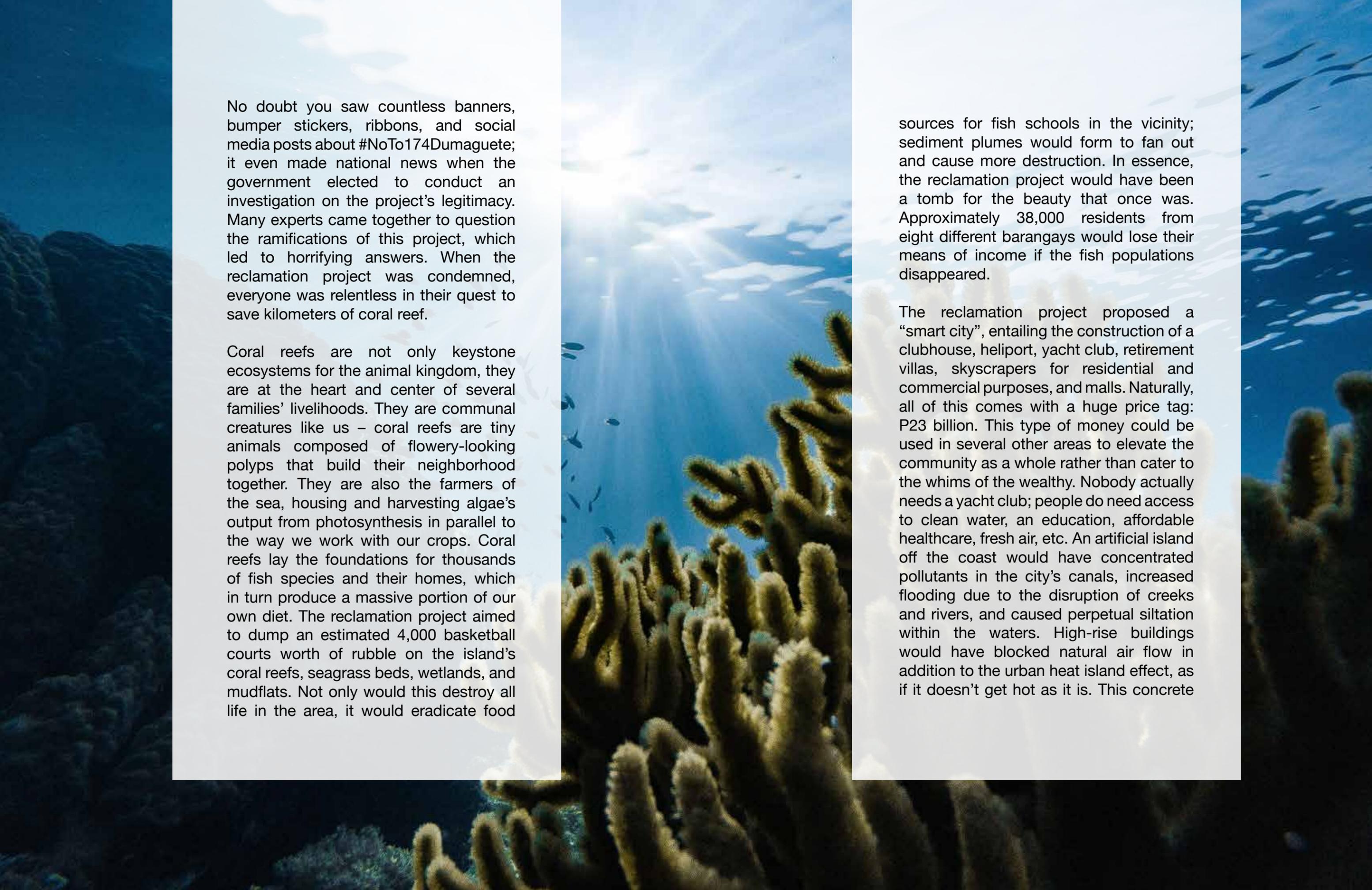
We strongly urge anyone interested in becoming a nurse to get jumpstarted on it now more than ever amidst this crisis. If you feel the drive to help others in this fashion and would like more information, please email us at cn@foundationu.com or call 0936-3265-709 Local 110. You can also check out our Facebook page (<https://www.facebook.com/foundationU.eduPHL>) and homepage (<https://www.foundationu.com/>).



Photo by Hush Naidoo Jade Photography on Unsplash.com



Dumaguete City has seen its people unite time and time again during these tumultuous circumstances. From banding together to fight the pandemic to keeping each other safe, we have all been through a lot. With this past summer came a new war that stirred Dumaguete’s gentle people to action, and they were victorious! It was none other than the battle against a reclamation project involving 174 hectares of coastal land – twice the size of Apo Island. Building for the sake of building is never progress. While it may wear the guise of development, the reclamation project’s plans were harmful luxury, heartless opulence, and cruel selfishness. Fighting against a similar scenario, Macliing Dulag once said while fighting against the Chico Dam Project in 1980, “If you destroy life in your search for what you say is the good life, we question it.”

An underwater photograph showing a vibrant coral reef. The foreground is dominated by tall, yellowish-brown branching coral. In the background, the water is clear blue, with sunlight filtering through from above, creating a bright, shimmering effect. Several small, dark fish are visible swimming in the water.

No doubt you saw countless banners, bumper stickers, ribbons, and social media posts about #NoTo174Dumaguete; it even made national news when the government elected to conduct an investigation on the project's legitimacy. Many experts came together to question the ramifications of this project, which led to horrifying answers. When the reclamation project was condemned, everyone was relentless in their quest to save kilometers of coral reef.

Coral reefs are not only keystone ecosystems for the animal kingdom, they are at the heart and center of several families' livelihoods. They are communal creatures like us – coral reefs are tiny animals composed of flowery-looking polyps that build their neighborhood together. They are also the farmers of the sea, housing and harvesting algae's output from photosynthesis in parallel to the way we work with our crops. Coral reefs lay the foundations for thousands of fish species and their homes, which in turn produce a massive portion of our own diet. The reclamation project aimed to dump an estimated 4,000 basketball courts worth of rubble on the island's coral reefs, seagrass beds, wetlands, and mudflats. Not only would this destroy all life in the area, it would eradicate food

sources for fish schools in the vicinity; sediment plumes would form to fan out and cause more destruction. In essence, the reclamation project would have been a tomb for the beauty that once was. Approximately 38,000 residents from eight different barangays would lose their means of income if the fish populations disappeared.

The reclamation project proposed a "smart city", entailing the construction of a clubhouse, heliport, yacht club, retirement villas, skyscrapers for residential and commercial purposes, and malls. Naturally, all of this comes with a huge price tag: P23 billion. This type of money could be used in several other areas to elevate the community as a whole rather than cater to the whims of the wealthy. Nobody actually needs a yacht club; people do need access to clean water, an education, affordable healthcare, fresh air, etc. An artificial island off the coast would have concentrated pollutants in the city's canals, increased flooding due to the disruption of creeks and rivers, and caused perpetual siltation within the waters. High-rise buildings would have blocked natural air flow in addition to the urban heat island effect, as if it doesn't get hot as it is. This concrete



jungle would have become an oven for many. It also would have drastically raised the inequality line. Builders were adamant that their smart city would resemble Dubai, but as glorious as this city is, it has many faults Dumaguete City would be worse off to adopt. It has one of the largest disparities of wealth in the world with 1% of the population owning most of the entire country's riches while over 19% suffer in poverty; most migrant workers who make up a great deal of the population as well cannot afford the means to live a good and healthy life out of poverty. Establishing a "smart city" in Dumaguete would worsen inequality gaps left and right in addition to bringing in immigrant workers for construction, taking away jobs from our own people who need the work.

Frances Hope Yap, an MD graduate from the class of 2005 at St. Luke's College of Medicine, was at the forefront for fighting against the reclamation project by uniting marine biologists and politicians alike to save the city. She connected lawyers to researchers, councilors to provincial board members, everyone she could think of to put an end to this atrocious plan against nature. In her efforts, several marine biologists at Silliman University provided extensive research to support how alive and well Dumaguete City's coral reefs are; economists demonstrated how a "smart

city" would leave several barangay destitute so close to such heedless luxury, harming the local economy as a whole instead of serving the public. The reclamation project would only have filled the pockets of a corrupt few. How do we know this project began in a corrupt fashion? It came to the spotlight this past July when the public first learned about it; the plans were never in the mayor's master plan, nor was it submitted correctly for consideration by E.M. Cuerpo who had arranged to work with Chinese company Poly Changda Overseas Engineering Co. 11. It is absolutely necessary for a company to have experience in reclamation projects to begin one in Dumaguete city, but Poly Changda Overseas Engineering Co. 11 has none; in fact, its history is in selling military arms, making the issue one of national security, stated Ma'am Frances.

The power of people prevailed on September 22nd in which the provincial board members passed a mandatory ordinance: all sanctuaries must remain reclamation free. Negros Oriental currently has 46 sanctuaries under protection, allowing for sea life to thrive and people from far and wide to enjoy their beauty and benefits. The vote was 12-0, a unanimous declaration of just how united everyone



was in this war against environmental and economic destruction. Now the province is establishing even more sanctuaries to secure one of the world's most serene and impactful gems. Apo Island is home to the second largest coral reef in the world but the coast of Negros Oriental has bragging rights to some of the most incredible corals as well. We do not want any of our waters to resemble those in Hawaii: bleached and white – kilometers upon kilometers of dead coral. For now, it seems that Negros Oriental is in the clear of any reclamation project that would wreak havoc upon its people; however, a veto from the president could eradicate this momentous progress in politics. We hope it does not come to such a situation and that our sanctuaries can remain as they are, a sanctuary – a safe haven for all.

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We're All In This Together

Covid-19, can we go a single day without hearing about the virus that has plagued our world? The tiniest of organisms that has had a historical, massive impact on humanity itself? Probably not. We hear about it in the news, we read about it on social media, we talk about it when we're with our friends and family. Its presence seems to circulate faster than it actually infects people, but that is because we are more connected and aware than ever before. It may have looked like absolute chaos from within but rest assured, if you take a large enough step back from the big picture, the majority of people took the necessary precautions for everyone's well-being. The "Black Death" in the 14th century eradicated an estimated 75-200 million people due to the bubonic plague, a time before anyone knew what bacteria or viruses even were.

The early 20th century saw the Spanish influenza take its toll – 50 million people. So far, Covid-19 has grievously taken the lives of approximately 4.5 million people, an estimated 37,000 of which were Filipino. We mourn the loss of our fellow brethren but we must also remember to count our blessings that we are in the 21st century now with the means to take on what nature throws at us.

While it is still unknown whether the spread of Covid-19 originated in a wet market due to contact with an infected animal or a leak at the Wuhan Institute of Virology (WIV) where virologists have been examining strains of SARS and COVID (China still refuses to allow an investigation), what we do know is how imperative it is to get vaccinated. Covid-19 ranges from being a mild to

Photo by Tim Marshal | Photography on Unsplash.com

deadly disease that can turn fatal, as we all have seen in the news. The most common symptoms consist of a fever, dry cough, and fatigue, but it can lead to chest pain, difficulty breathing, or loss of speech and movement. What has been bizarre for people to discover is that more than 85% of mild cases resulted in a loss of smell, for weeks to months. If you've lost your sense of smell before from a cold, you know how awful it is for even simply a few days not being able to taste what you're eating; it's enough to drive anyone a bit crazy. A question that continues to resurface is how safe various vaccines are since they were developed so quickly.



The development of a new vaccine involves an exploratory stage, a pre-clinical stage, clinical development, regulatory review and approval, manufacturing, and finally, quality control. It is a rigorous process and it could not have pushed through with the speed that we witnessed without the dedication of scientists and the bravery of volunteers in clinical trials. Small groups of people were given the vaccination; they were thoroughly observed and studied. Then the second phase extended to include volunteers of an older age or physical issues. When it passed, thousands upon thousands of people were tested to observe its efficacy and safety. Side effects were recorded and the public was informed as to what they may or may not experience upon a dose.

Photo by Martin Sanchez | Photography on Unsplash.com



FU is proud to announce more than half of its faculty has been vaccinated so far. From Sinovac to Astra Zeneka to Pfizer, everyone is doing their best to get what is available for the safety of the community. The more vaccinations come in, the closer FU will be to becoming a completely vaccinated zone for its students' safety. We strongly urge you to get vaccinated when you can if you haven't been already. We cannot build a brighter future together without safety, and we understand that you may have further questions or concerns, so here is exactly what you need to know beforehand:

- You have a less than 0.01% chance of experiencing a serious side effect but you can expect injection site pain for a day or two.
- You should absolutely get vaccinated if you have an underlying health condition because if you get Covid-19 without it, you may have more severe complications.
- Even if you had Covid-19, there is little data now on how long your immunity will last so best to get a vaccine just in case.
- Please continue to wear masks, social distance, and wash your hands frequently, even if you're vaccinated.
- Covid-19 isn't going to go away on its own – if you want to stay a part of the community, then you need to partake in keeping us all safe.
- Variants like Delta are more contagious and dangerous – most deaths occurred by Delta in unvaccinated victims).
- No safety concerns have arisen in pregnant women.

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Photo by Mike Baumeister Photography on Unsplash.com



How the Vaccination Works:

Bacteria, viruses, etc. can cause disease but it isn't just scientists that know how to recognize them, your body does too. Once your system recognizes what it's fighting, it will produce the right antibodies (i.e. immune system soldiers) to fight off what's making you sick. It takes time for the body to learn how to respond correctly with any threat. This is when you may become ill.

None of us want Covid-19. Vaccines are way around naturally exposing ourselves to the virus to build immunity because some people's bodies may not be strong enough to come up with the right antibody in time. Pfizer, Moderna, etc. have blueprints of Covid-19 for your body to properly respond to. The fight begins but in a small, controlled manner – these are the temporary side effects you may encounter (i.e. soreness, fever, etc.). You don't actually receive Covid-19 – there is no live virus inside the vaccination. Nor does it change your DNA since this entire process happens in a different area of your cells, and it absolutely does not cause infertility. Essentially, a vaccine is a shortcut when it comes to overcoming disease, and who doesn't like taking a shortcut?

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How Covid-19 works:

If you are exposed to Covid-19, then the virus enters your healthy cells and makes copies of itself. Then it multiplies as much as it can within your body, especially your lungs. Ultimately, Covid-19 hijacks your cells and even kills many of them in the process. Your body may experience fatigue, body aches, chills, loss of smell or taste, or a sore throat as it attempts to fight the virus off. A fever is the body's effort to burn it out. Being vaccinated greatly reduces or eliminates altogether any severe symptoms Covid-19 may produce.

Please get vaccinated! Not only do you protect yourself, you protect others too. By 1980, the world eliminated small pox off the face of the earth because of a vaccination. Let's do it again with Covid-19.

