

FUELING
S M I L E S A T F U



It's
time
to

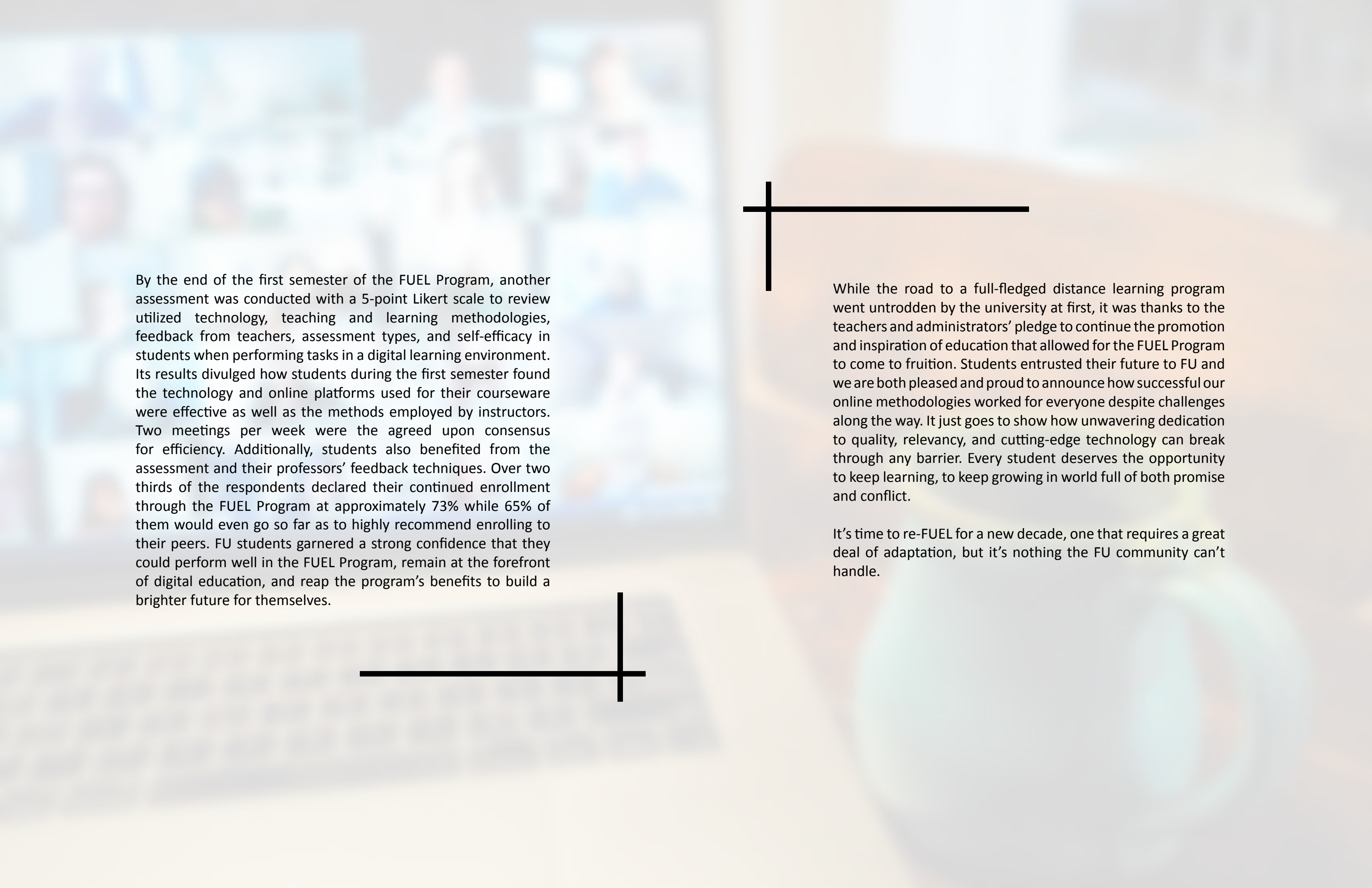
Re-FUEL

The global pandemic that hit in the first quarter of 2020 brought numerous nations down on their knees. People far and wide were infected, and millions lost their jobs when countless businesses were forced to shut down or reduce their employee numbers. The world of academe wasn't spared from the wrath of the pandemic either. With mandatory lock downs and social distancing, schools were and still are required to implement distance learning programs in order to continue education efforts for their students without exposing them to the dangers of contracting the virus. The survival of educational institutions was dependent on staying both relevant and reachable during these unforeseen circumstances.

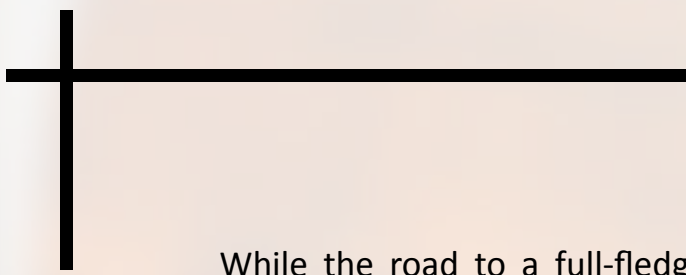
A distance learning framework is an approach that the majority of educational institutions in the world aren't too familiar with. It entails various modes of instruction, sometimes requiring special tools, equipment, and software; the most commonly used device is a computer with an internet connection. Foundation University has been the forerunner of technological innovation in the province for over ten years due to its effective *iPad* Program. FU has always believed that learning should never be confined to the four walls of a classroom; students should be taught how to be critical and constructive so that when they're presented with voluminous information, they know how to sift through it effectively and efficiently. Despite our staff and students' experience with technology integration, implementing online courses for all levels presented a myriad of challenges that ranged from internet connectivity to availability of suitable devices to students' efficacy in performing academic tasks while at home.

Although FU was inexperienced with the framework of distance learning for its entire student body, it was the first university in the province, if not the entire Visayan archipelago, to offer a full distance learning program (DLP) on short notice in the summer of 2020. This was possible thanks to the passion, determination, and dedication of the FU community to serve its students no matter the situation, especially its graduating class. It initially started with a full-online approach in which students and teachers met through online conferencing platforms. The university's Center for Research, Innovation, and Commercialization conducted an assessment of the implemented DLP, which revealed how large a factor the dependability of technology is. It further disclosed how a majority of FU students were using smart phones and tablets, thus posing several inconveniences on their part when answering tests, performing activities (e.g. computing, drawing, writing a paper, etc.), and completing other typical academic requirements. Many students did not and still do not have a stable internet connection at their disposal. Power interruptions were a common hurdle to endure as well.

The accumulation of experience and analysis of results in FU's assessment paved the way for the development of the **Foundation University Expanded Learning (FUEL) Program**. The main highlight is that classes are only administered via online conferencing platforms (e.g. Google meet, Zoom, Lark, etc.) twice a week while the remaining weekdays are allotted for students to perform tasks or learn material in advance. Another important feature of FUEL is that students have the freedom to choose from three modalities in learning: full synchronous, mixed, or asynchronous. The full synchronous modality allows students to participate in real-time activities and discussions. Asynchronous, on the other hand, is chosen by students who do not have access to the internet. They are given printed modules and are asked to return them on a schedule determined by their instructors. The mixed modality has been the most commonly used. In this particular modality, students who are working may not attend live conferences but are expected to listen to recorded discussions, complete assignments, and submit them in a timely fashion. Assessments were also on a more rigorous level since traditional forms of testing tend to have a higher propensity for cheating on online platforms. Courses were required to give performance-based assessments and evaluate actual output from individual students. Outcome-based assessments were fully realized in the FUEL program.

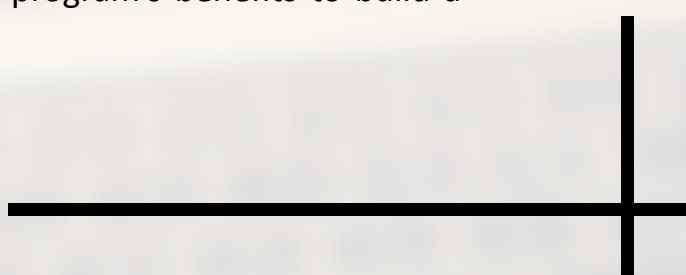


By the end of the first semester of the FUEL Program, another assessment was conducted with a 5-point Likert scale to review utilized technology, teaching and learning methodologies, feedback from teachers, assessment types, and self-efficacy in students when performing tasks in a digital learning environment. Its results divulged how students during the first semester found the technology and online platforms used for their courseware were effective as well as the methods employed by instructors. Two meetings per week were the agreed upon consensus for efficiency. Additionally, students also benefited from the assessment and their professors' feedback techniques. Over two thirds of the respondents declared their continued enrollment through the FUEL Program at approximately 73% while 65% of them would even go so far as to highly recommend enrolling to their peers. FU students garnered a strong confidence that they could perform well in the FUEL Program, remain at the forefront of digital education, and reap the program's benefits to build a brighter future for themselves.



While the road to a full-fledged distance learning program went untrodden by the university at first, it was thanks to the teachers and administrators' pledge to continue the promotion and inspiration of education that allowed for the FUEL Program to come to fruition. Students entrusted their future to FU and we are both pleased and proud to announce how successful our online methodologies worked for everyone despite challenges along the way. It just goes to show how unwavering dedication to quality, relevancy, and cutting-edge technology can break through any barrier. Every student deserves the opportunity to keep learning, to keep growing in world full of both promise and conflict.

It's time to re-FUEL for a new decade, one that requires a great deal of adaptation, but it's nothing the FU community can't handle.





GREENER THAN EVER

Foundation University was recognized as 6th in the Philippines for its **Green Metric** ranking by Universitas Indonesia. Out of 912 participants around the world, FU was ranked 819th for certain criteria. Simply becoming a part of this global program highlights how much these universities, including FU, care about going green. Beginning in 2010, Universitas Indonesia launched the UI GreenMetric World Rankings to spur universities into becoming more environmentally friendly. They hoped healthy competition between universities on a global scale would instill an impetus to reduce every university's carbon footprint, thus taking the initiative to be sustainable while educating the masses.



The criteria for scoring included several factors for consideration. The first of which was setting and infrastructure to analyze the ratio of how much of a campus's area is comprised of planted vegetation or forest to its buildings. Then energy usage was measured, especially its efficiency in appliance and electricity usage, greenhouse gas emission reduction policy, and renewable energy options. This was Foundation University's strongest area with a score of 1,000, beating Xavier University Ateneo De Cagayan, Mindanao State University Illigan Institute of Technology, and Ateneo de Davao University, respectively. Going online with the FUEL Program halved FU's energy consumption as well since half of the staff and faculty have resorted to using only a portion of the campus. FU also bested other universities abroad for energy utility, including universities in Russia, Colombia, Saudi Arabia, Turkey, and the United States. The third investigation conducted by Universitas Indonesia was for waste management, which entailed recycling programs, organic/inorganic waste treatment, and sewage disposal. Check out the Always Growing article in this issue to see FU's latest innovative waste management approach! Water conservation and transportation methods were also assessed. Zero Emission Vehicles (ZEV) have not become a prevalent feature of Dumaguete City just yet, nor is a shuttle service required for the size of FU's campus, so our score was on the lower side for transportation; however, our system beat Xavier University Ateneo de Davao University by 25 points.

The final category for GreenMetric World Rankings was Education and Research, targeting the promotion of sustainability courses, research funding, scholarly publications, and student led organizations related to the environment in addition to published sustainability reports. Not only are we proud of the courses we have to offer in our College of Agriculture, they are going greener with each passing year. Our farm management, crop science, and animal science programs all encourage sustainable and ethical practices. That being said, there is always room for improvement and additions. FU is most sought after for our programs in nursing, education, business, and the arts; however, it is our mission to promote every field in education and make it accessible to all. The UI GreenMetric World Rankings has served as a friendly reminder to continue propelling fresh courses with cutting edge methodologies that put the environment first. Together, we can be greener than ever to grow a brighter future.

Estudio Damgo

Making Local Dreams Come True

Estudio Damgo is one of Foundation University's crowning jewels of accomplishments, one that fosters innovation and creativity within its architecture students. Notably the first student-led production team in the Philippines that began in 2012, Estudio Damgo is "A Studio of Dreams" in which graduating students of the Architecture Department have the chance to gain hands on experience while giving back to their community. It's a matter of rethinking local problems into design opportunities. After all, is this not how dreams are manifested? We want something, feel the overpowering urge to make it a reality, and then do everything we can to make it come true. This particular program takes students through the entire process of crafting schematic designs, to obtaining permits, to construction completion. It is the first step in an architect's dream: to see their buildings come to life. It is a step that has a lot of support and guidance from their instructors and local officials alike, as well as a step for students to take pride in their work. Each year, various organizations approach the department with suggestions on what to erect in order to address local hindrances, and then one option is selected after careful analysis. FU's emerging architects create modern designs with a focus on sustainability, affordability, and environmental friendliness that are not only culturally relevant but ahead of the curve.

Shaping a dream takes **VISION**.
Constructing a dream takes **DEDICATION**. And completing a dream **TAKES A VILLAGE**.



ESTUDIO DAMGO I



The first dream that came to fruition by Estudio Damgo was a daycare classroom in Valencia that was and still is able to support 25 elementary students and their teacher. It was built due to the destruction of Typhoon Sendong in 2011 and subsequently received two national awards from Ten Accomplished Youth Organizations (TAYO) for its success. Given how dedicated Foundation University is to education, it was only right that the first project for Estudio Damgo to revolve around learning. Dungga Daycare still stands strong today. You're never too young to begin an education, nor are you ever too old.



Last year, FU celebrated the achievement of Estudio Damgo's eighth project (ED8) and its conclusion: an animal shelter that provides for the Combined Animal Rescue Endeavor (CARE). It is a shelter meant to house visiting veterinarians and volunteers as they respond to the dire needs of stray animals. In 1966, the Philippines recognized the importance of animal welfare, enacting into law how animals must be taken care of and respected. Not only is it our responsibility to treat our animal brethren kindly who share this world with us, it is vital to attend to strays because they can transmit disease, cause vehicle accidents, or attack people when feeling threatened or vulnerable. This animal shelter, referred to as the Veterinary Quarter, promotes the idea of fostering, rehabilitating, and finding forever homes for these maltreated animals. The state of a community can be reflected in its animal welfare – ***when the animals thrive, the local people thrive. Every foundation is pivotal, and FU is devoted to both reinforcing and strengthening each of these foundations in its community.***





The Veterinary Quarter is a stellar example of the ingenuity behind FU's architects in the making. Taking inspiration from the Bontoc and Ifugao Vernacular Houses of Northern Luzon, the quarter has the ability to withstand a typhoon. Implementing the right designs is the proper way to prevent any form of destruction from occurring due to a natural disaster. Despite its resilient structure, the actual resources that went into its construction are rather limber. Locally sourced bamboo (*Bambusa Blumeana* and *Kawayan Tinik*) from around Negros Oriental, including Siaton and Dauin, were cleaned and treated to provide the support you can see in the shelter today. The treatment process required the bamboo to be submerged overnight in a chemical-filled water tub and then was consequently left to air dry for one month. After its concrete foundations were laid down for the flooring, students sent to work on using only the indigenous bamboo and saksak for the roof. Sporting an A-framed shelter with an open layout, the quarter features a beautiful viewing deck to keep watch over the present animals. Check it out for yourself in Pancil, Sibulan!

The Veterinary Quarter was awarded an acceptance to be published in ***Bamboo Architecture #1 by Atelier International***, which will become available later this year. The FU community is immensely proud of its architecture students and their perseverance to the project. When the pandemic hit last year, construction came to a grinding halt, which led to growing departmental concerns that ED8 would not face completion; however, building was allowed to resume with the assistance of local craftsmen after Covid-19 health and safety protocols were emplaced. Before the shelter even premiered, CARE began utilizing it immediately for animal safety. While its primary use is for the volunteers who treat the animals, the Veterinary Quarter cannot see its fullest potential through due to current travel restrictions. When vets are allowed to return from all around the nation though, we will see the shelter in action!



As we step into spring of a new year full of possibility, Estudio Damgo is already hard at work on its ninth project (ED9). Set for the heritage site in Dauin next to the church of St. Nicholas, students are in the midst of obtaining permits from the mayor and local agencies for construction. It is their aim to establish a wellness center that grows herbs, especially turmeric, for the provision of local people. If all goes well, then they hope to extend their reach

and sell their turmeric outside of the province. Needless to say, we are excited to see ED9 develop and the prosperity it brings to its people. Estudio Damgo remains dedicated to advancing and applying Filipino ideologies that progress its community with a green perspective. When you dream in green like FU's architecture students do, then you know how to make things everlasting.

ESTUDIO DAMGO II



With the combination of havoc and wreckage that Typhoons Sendong (2011) and Ondoy (2009) caused, Estudio Dumago's second project (ED2) consisted of a multipurpose hall at the Core Shelter in Dumaguete that served over 200 households displaced by the natural disasters from three local communities. This hall gave families a safe place to stay while recovering from the upheaval they endured. Known as Panaghiusa Multipurpose Hall, it is now meant to occupy up to 50 people for training, assemblies, and medical services.



Estudio Damgo undertook designing an original marine sanctuary center in Brgy. Bantayan, Dumaguete City that serves and continues to serve as a base for fish wardens. This prototype for other marine sanctuaries also serves as a center to promote marine sanctuary education, drawing in locals as well as tourists.



ESTUDIO DAMGO III



Taking inspiration from its previous project, Estudio Damgo build the Tourist Information and Assistance Center at the Dumaguete City Port Area that we have all come to pass at least once. It addresses the concerns of organizing port services and facilities while showcasing a traditional blend of Filipino culture and the arts.

A public comfort lounge was in desperate need at the Dumaguete City Rizal Boulevard near the Press Club, so in partnership with the local government unit of Dumaguete, Estudio Damgo constructed the People's Comfort Lounge with a suitable and sustainable design. It solved the unsanitary problems that were along the coastal area and promenade.



Estudio Damgo took to nurturing the children within its community at Foundation Preparatory Academy Grade School. The project entailed an outdoor playground known as Turf City in which students could play and exercise while remaining easily trackable by teachers for their safety. This eliminated the problem of students playing inside corridors and in areas without proper supervision.



A must-see for both residents and tourists of Negros Oriental, the seventh project by Estudio Damgo was a beautiful three-story viewing tower for Highland Brew Coffee. To this day, it offers an astounding view of the province, Siquijor, and Apo Island. Highland Brew Coffee is a coffee shop that's managed by the Baslay Farmers' Association. Estudio Damgo wanted to get involved in this local business to maintain and promote its flourishing success.



EXERCISE FOR SUCCESS

Benefits, benefits, benefits. We like benefits from our workplace, we like benefits from our government, we like benefits from wherever we can find them because by their nature, we get something out of them. And that feels good. We feel both important and valued when we receive something for ourselves, but we often seek out benefits from an external source. What if you could give back to yourself and feel consistently awesome for it?




That's where the habit of exercise comes in.


It may sound grueling – the sweat, the effort, the discomfort – but in the end, the benefits far outweigh any instance of immediate gratification, e.g. consuming sweets, lounging on the couch, checking our likes on Facebook. The truest benefit of exercise is *empowerment* and *freedom*.

Empowerment because you get used to completing something strenuous regularly, which sets you up to feel capable when it comes to other tasks. The more you accomplish with pride, the more at ease you will feel with your own place in the universe. It's why we say hard work pays off, but this phrase requires reading between the lines. Pride will not come from finishing something challenging unless you can directly see how it's benefited you, how it's made your life meaningful. When it comes to exercise, it's impossible *not* to feel proud after a workout, no matter how small. This is due to the flood of endorphins that your brain experiences when you undergo strength training or cardio. Endorphins are hormones that act as natural pain relievers, providing a natural "high"; however, endorphins cannot be prescribed in a bottle like serotonin or dopamine (happy hormones) nor consumed in food (e.g. sugar rush). You cannot get addicted to endorphins, which is why the early stages of exercise are hard. In fact, it's why people who begin working out in January for their New Year's resolution go for a few sessions and then conk out. They ride the wave of that high until it runs out instead of building the habit to keep the waves coming like our oceans. People like to be in a heightened state but most take the easy route of smoking, drinking alcohol, consuming sugar, or even doing drugs instead of simply working out.



A photograph of two women jogging on a grassy path outdoors. The woman in the foreground is wearing a light blue t-shirt and black leggings, while the woman behind her is wearing a red t-shirt and black shorts. They are both wearing glasses and appear to be in motion. The background shows trees and a building.

Endless studies have shown exercise reduces or eliminates outright depression, anxiety, and stress. This is where freedom comes in. When you are not suffering from depressing or anxious thoughts, nor feel a crushing mountain of stress from what you need to do, it's smooth sailing when getting the job done. Nothing is restricting your happiness – not a deadline, not a relationship, nada. You can see clearly and you can breathe easy. While you may still have assignments, chores, etc. they will not bother you. Your relationships will become healthier because you feel happier. Anything that you once felt shackled to ebbs away. On top of feeling more content on a regular basis, exercise promotes healthier muscles, bones, and skin. Not only will you glow, you'll also experience weight loss on top of a healthier brain with an enhanced memory. As if it couldn't get any better, your energy levels increase drastically. It sounds counterintuitive but using a great deal of energy to exercise somehow gives you *more* energy. Finally, you simultaneously strengthen your immune system while reducing any risk for a chronic disease. Getting sick less often is something everyone wants, especially as we endure a pandemic.

A photograph of a woman in a green t-shirt and black leggings performing a martial arts move, possibly a punch or a kick, in a grassy area. She is wearing glasses and has a white cloth tied around her waist. Other people are visible in the background, also in motion.

Listed below are two workouts for you to try plus one restorative yoga. **Circuit training** is excellent to begin the groove of exercise with but it's also one you can continue no matter your progress. From novice to Olympian level, you can't go wrong with circuits. By constantly changing it up, circuits are perfect for even the shortest of attention spans while strengthening *all* your muscles, your heart, and your endurance. Bonus: you can do it anywhere! **Running**, on the other hand, requires the outdoors, whether you're doing laps, traversing the boulevard, or following a trail. The flipside is that you get to reconnect with nature every time you go. **Restorative yoga** is one of the best ways to get into yoga because not only does it take the pressure off when learning something new, it restores your parasympathetic nervous system. This system is responsible for your "rest and digest" states. While restorative yoga takes very little effort to do, its benefits are gargantuan for your body and mind. All you have to do is pick a handful of poses, hold them for approximately five minutes, and dedicate anywhere from half an hour to an hour daily or weekly. You will naturally become more relaxed on a consistent basis, reduce chronic pain, soothe your nervous system (and endless thoughts), and even improve your sleep.

Circuit Workout (10-45 minutes)

Choose between **3-10 stations** with **one minute per station**. Complete **at least three rounds** of the circuit (i.e. five stations completed 6x is a 30 minute workout). Listed below are just a few [options](#) to choose from. If you're unsure how to do an exercise, simply *YouTube* an introductory video on how it's performed.

Pick an Upper Body Exercise

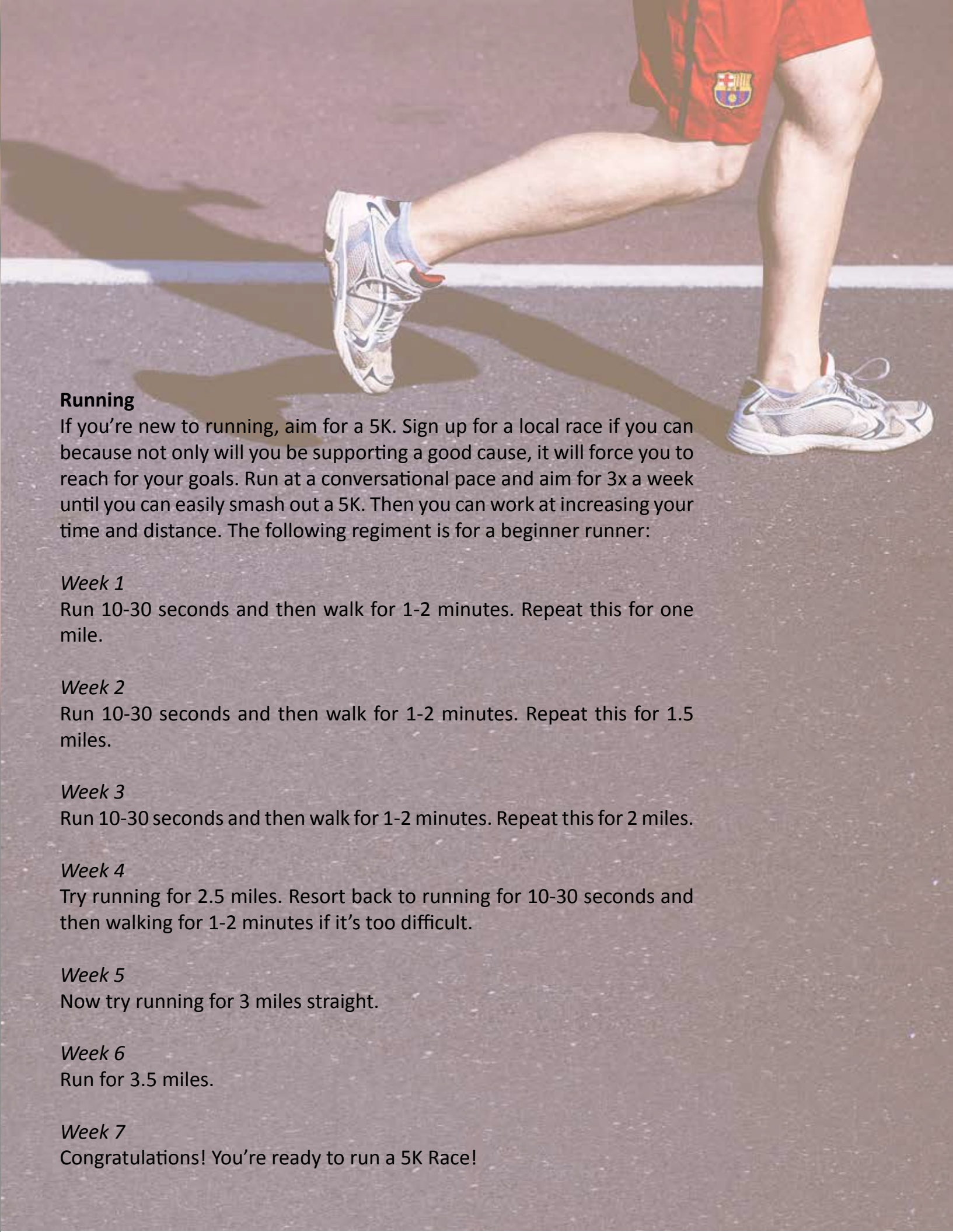
- Push-ups (classic or variation)
- Plank (classic or variation)
- Side plank
- Downward dog to push-up position
- Lateral plank walk
- Tricep dips
- Inchworm

Pick a Lower Body Exercise

- Squats (classic or variation)
- Forward lunge
- Calf raise
- High knee toe taps
- Side lunges
- Superman

Pick a Compound Exercise

- Mountain climbers
- Burpees
- Jump Squats
- Air swimming
- Jump rope
- Sprints



Running

If you're new to running, aim for a 5K. Sign up for a local race if you can because not only will you be supporting a good cause, it will force you to reach for your goals. Run at a conversational pace and aim for 3x a week until you can easily smash out a 5K. Then you can work at increasing your time and distance. The following regiment is for a beginner runner:

Week 1

Run 10-30 seconds and then walk for 1-2 minutes. Repeat this for one mile.

Week 2

Run 10-30 seconds and then walk for 1-2 minutes. Repeat this for 1.5 miles.

Week 3

Run 10-30 seconds and then walk for 1-2 minutes. Repeat this for 2 miles.

Week 4

Try running for 2.5 miles. Resort back to running for 10-30 seconds and then walking for 1-2 minutes if it's too difficult.

Week 5

Now try running for 3 miles straight.

Week 6

Run for 3.5 miles.

Week 7

Congratulations! You're ready to run a 5K Race!

Restorative Yoga

Put on some relaxing music or guided meditation and try a handful of these poses for half an hour to an hour changing every 5 minutes. If you're unsure what some of these look like, check out *YouTube* or *Google Image* to see how they're done. Take a deep breath and treat yourself to some *you* time. You deserve it!

Fish Pose

Child's Pose

Supported Bridge Pose

Legs Up the Wall Pose

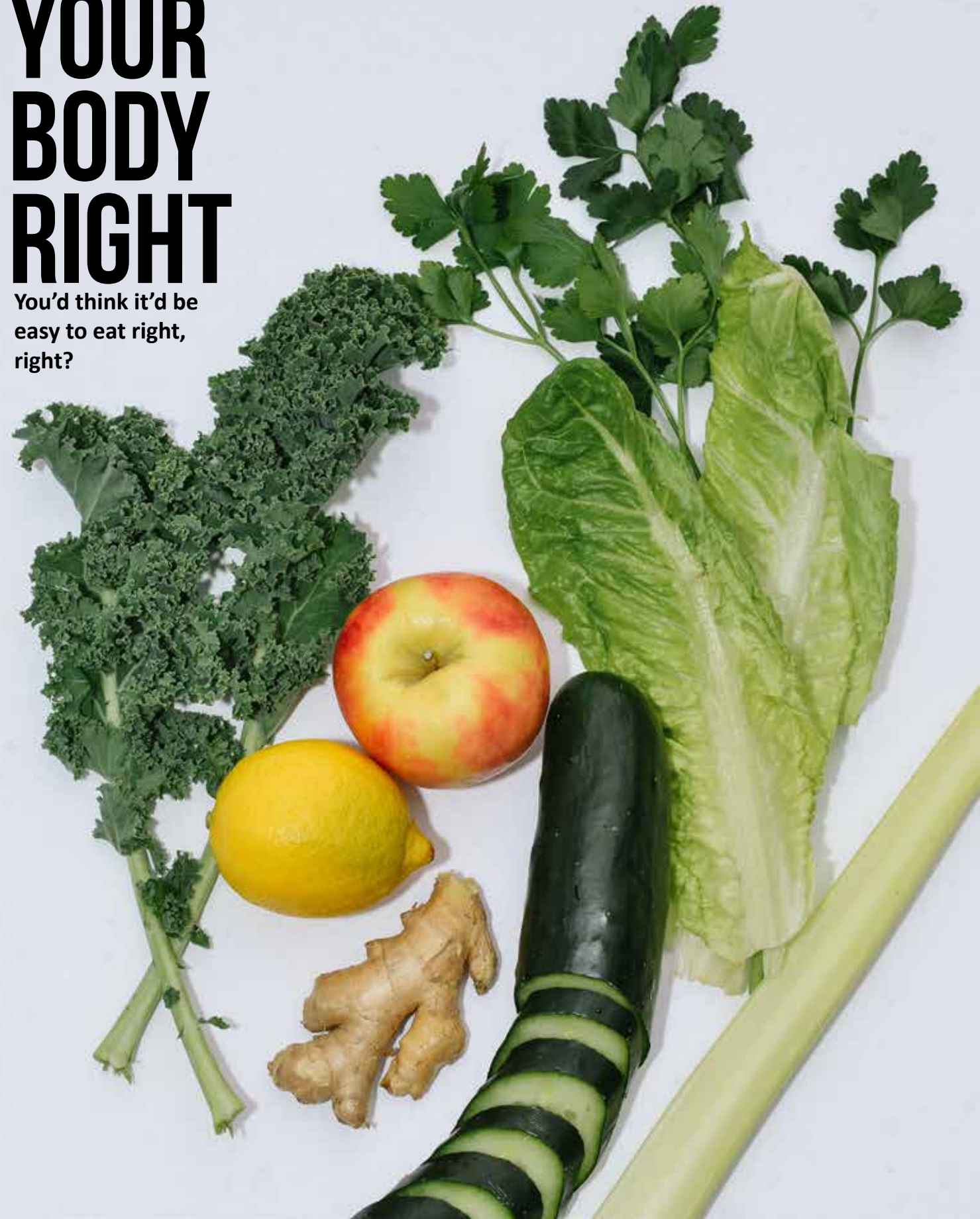
Corpse Pose

Reclined Twist

It takes 66 days to create a habit, whether it's good or bad for you. When trying to solidify a difficult one such as exercise, give yourself some compassion if you skip a day over your two months of conversion, but it's crucial that you don't stop. Don't let it go. Your hard work will give you one of the biggest payouts that money can't buy: *your health*. As Confucius one said, "It doesn't matter how slow you go as long as you don't stop." Keep doing one work out at a time for your brighter future full of good health and energy. Before you know it, you'll climb a mountain and reach a cloud.

FUEL YOUR BODY RIGHT

You'd think it'd be
easy to eat right,
right?



With today's wide variety of options, demanding schedules, and endless stream of advertisements that have us reaching for unhealthy foods and drinks, it's proving to be a greater and greater challenge to consume what we should rather than what's convenient or decadent. According to a long term study conducted by *Stanford Medicine*, approximately 20% of the population passes away due to a cardiovascular disease (CVD) or cancer. This roughly translates to 1 in 6 Filipinos. Habits consisting of alcohol consumption, smoking, and/or poor diet attribute to the development of cancer or a CVD. To make matters worse, diabetes has also become highly prevalent throughout the nation and continues to rise at an *alarming rate*. Rest assured, you can take action to ensure a healthier you and nothing feels better than healthy! You will instantly feel the difference when you eat with nutrition in mind, properly portioned. Over time, you'll notice *improvements* to your memory (who doesn't want a better memory when it comes to exam time?), mood (how does functioning at a baseline of joy sound?), and gut health (no more stinking up the CR!). Additionally, you'll promote a healthy heart and reduce your cancer risk exponentially.

It probably sounds daunting to take the first step into fueling your body well. It's like learning a new language except it's one you have to practice 3x a day, but by becoming intimately acquainted with what you eat and drink, you will develop an everlasting healthy relationship with your body. Not only will you look good, you'll feel good too. Let's get started.

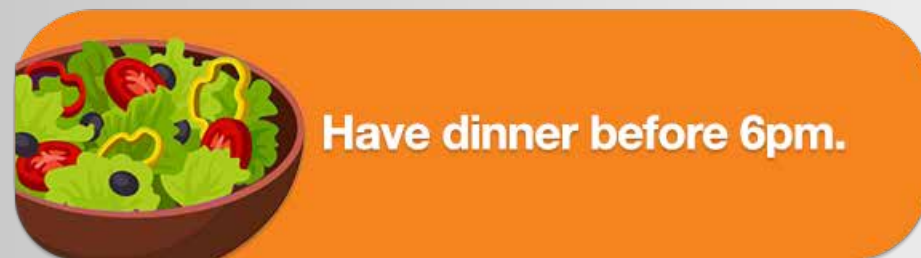
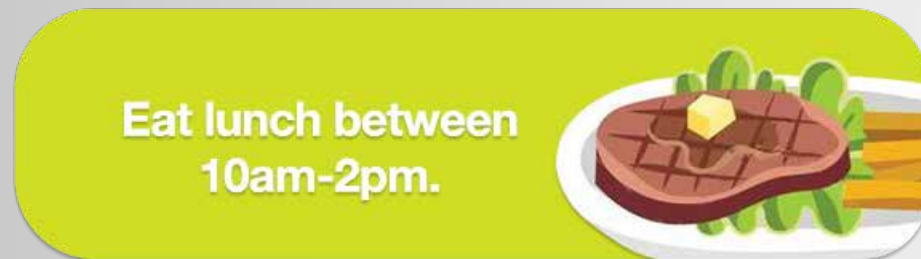


First things first, limit alcohol. You don't have to cut it out indefinitely, in fact, studies have shown there are benefits to *drinking alcohol* every now and then, such as reducing inflammation and strengthening bones. But the main takeaway here is no more than two drinks at a time. It's important to note that if women have more than four drinks and five for men in one night, it is considered binge drinking. This can lead to bacterial leakage from the gut that will make you feel ill in addition to alcohol's nasty hangover effects. What you can cut out permanently is soda and juices that have more sugar than vitamins. Aim for less than 30g of sugar per day (most sweet drinks have 30g alone), which is about 7 *sugar cubes*.

Now take things to the next level: drink enough water, especially if you are consuming alcohol to prevent a hangover. Do NOT substitute juice, soda, or coffee for water. Your body is 60%, not sugar – it must be replenished. Why? It will help your brain function, increase your energy levels, and maximize your physical performance. We live on a blue planet and while we may not look blue, treat your body well by giving it its blue due. Women should *aim* for at least 9 cups of water while men require about 13 cups. If you exercise regularly, you will need to drink more water to stay hydrated. *Dehydration* can cause confusion, mood changes, constipation, and even kidney stone formation. If you're a big coffee drinker when you're studying, bear in mind that one cup subtracts a cup of water in your body and you'll need to replace it. A great way to monitor your water intake is to use a marked water bottle that shows how much your intake is. Carry it with you everywhere – you never know if you might end up in a location without access to water. Plus, you'll cut back on your plastic consumption. You can even squeeze some calamansi into your bottle to cleanse your gut.



Eating three times a day may feel like a chore at times, but it can also be incredibly rewarding. Junk food may taste great short term but healthy foods taste fantastic long term, and you'll both see and feel results. Before we dive into what to eat, it's also important to know when to eat. It's imperative to eat breakfast because your body has essentially "fasted" all night; try to eat within an hour of *waking up* and avoid foods that will cause a blood sugar spike or you may experience a sugar crash in the afternoon. Then follow up with lunch between 10am and 2pm since this is when your metabolism is working at its best. A recharge from lunch is all you need to keep you working efficiently for the afternoon. Aim to eat dinner about 4-5 hours after lunch; it is important to note that past 6pm, your body's metabolic rate will start dipping.



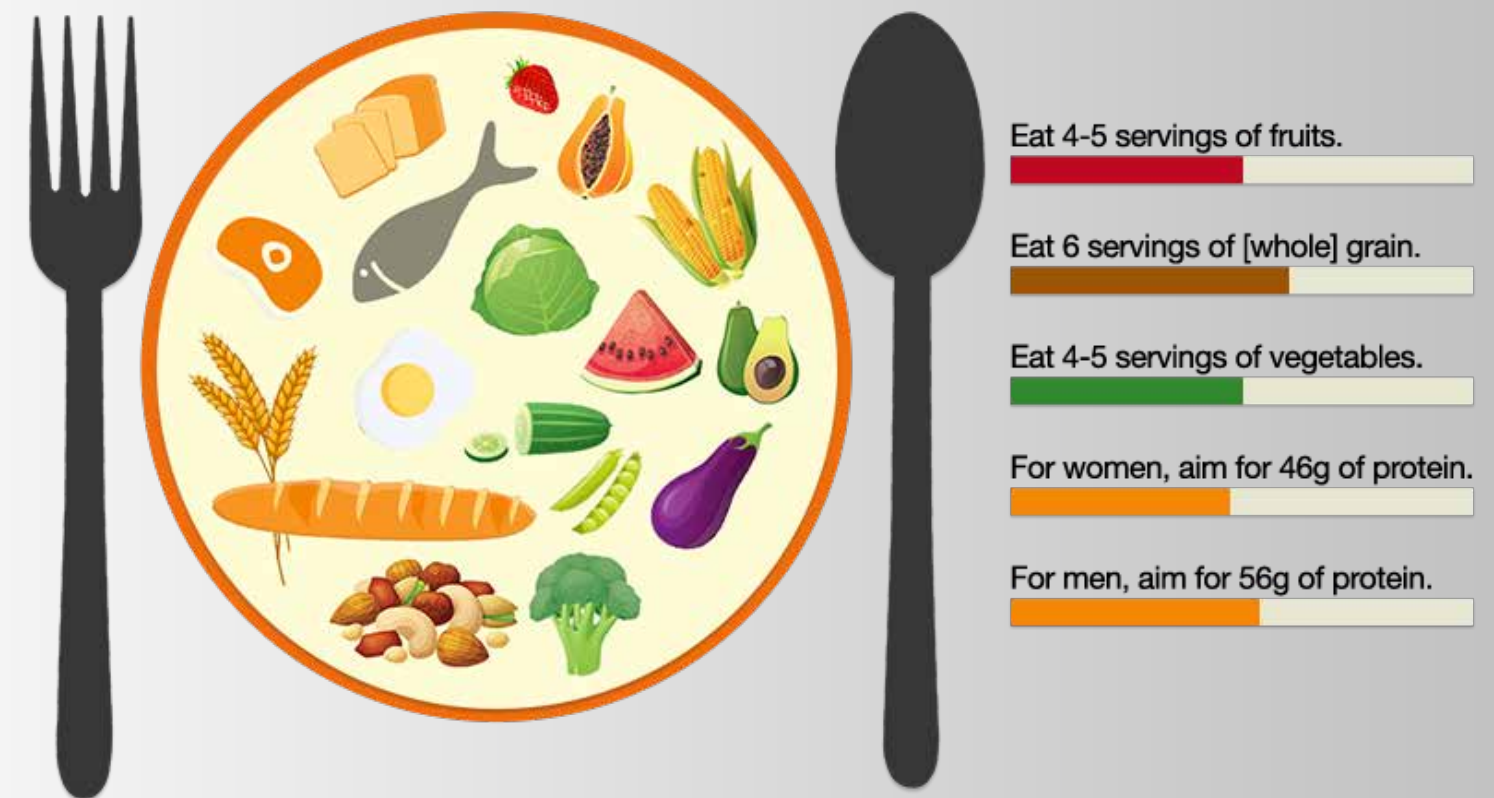
From proper food servings to calorie counts, the numbers involved for good nutrition can not only be confusing but downright maddening. "What should I eat?" may be an anxious thought that lurks in the back of your mind. The iconic food pyramid starts to materialize from old childhood memories, something seemingly straight forward.

Start simple: focus on your fruits and vegetables. Why? Because today's typical meals contain mostly carbs and protein, from rice or bread to pork or chicken. You do need these two food groups but it is important not to overlook what is absolutely vital for a healthy diet. The goal for *vegetables* is 4-5 servings per day, each weighing at around 75g. It can be anywhere from half a cup of cooked greens to one medium tomato. Try adding more vegetable servings to halang halang or chopsuey. Aim to eat at least one vegetable serving per meal so you don't feel obligated to eat a lot at dinner or guilt for missing them altogether. The same goes for *fruit*. You also need 4-5 servings on a daily basis, such as a medium sized apple. Adding bananas to oatmeal, munching on pineapple while doing homework, blending together a smoothie, or even subbing mango for jelly in halo-halo (not too much ice cream!) are easy ways to make sure you get enough fruit. As you are probably aware of, fruits and vegetables are full of vitamins, minerals, and antioxidants that keep you running at your best. The list goes on and on with what fruits and vegetables do for your body but to name a few, you'll greatly *reduce* both your cancer and CVD risk, promote better weight control, lower your blood pressure, and even decrease inflammation. Your gut, brain, and eyes will especially thank you since these directly benefit from fruits and vegetables.

Protein and carbs are a bit trickier to gauge, depending on your life style. An athlete will require a greater protein and carb intake to heal faster from each workout, but as most people are familiar with on some level, these two types of foods cause the quickest weight gain if they're not burned off through exercise. Let's begin with the basics since we're in quarantine and most of us may be leading a sedentary life these days. The *Dietary Reference Intake* (DRI) suggests 0.36g of protein per pound that you weigh. This roughly translates to women needing approximately 46 grams of protein whereas men need 56 grams⁹. If you incorporate exercise, then you will need to consume more. To give you

an idea of what this actually looks like, 3 ounces of chicken or one chicken breast is 26g of protein; one egg is 6g of protein; and half a cup of beans is 8g of protein. If you need something on the fly, try eating two tablespoons of peanut butter for 7g of protein! Protein is vital for muscle preservation, healing, and strengthening; however, too much can cause unwanted weight gain. Many Filipino dishes have meat so be cautious with your consumption. When you see body builders bulk up, the food group they're targeting is protein. Gaining too much weight is not only hard on one's self-esteem, it's hard on your joints, and heart health too. They have to do extra work to keep you going.

Carbohydrates, on the other hand, provide immediate *energy*, but they too have the bad reputation of causing weight gain if not burned off properly. Unless you are exercising at high levels, health experts recommend six servings of *grain* per day. The more your servings are whole grain rather than processed, the better. A serving ranges from half a cup of brown rice to one slice of bread. Even 3 cups of popcorn constitute a serving of whole grain!



Take the step now to eat with proper nutrition in mind. Despite the pandemic, Dumaguete City has seen a number of new restaurants and delivery services offering healthy options emerge, including vegetarian and vegan dishes. Several people are taking the initiative to put their health first and we'd like our students at Foundation to do the same if they haven't already. Eating smart means you'll be even smarter, which is another vital ingredient for building a brighter future!



ALWAYS GROWING



A CLOSER LOOK AT THE
COLLEGE OF AGRICULTURE



Food, it's an absolute necessity in our lives and luckily for us, it comes in both wide varieties and convenient ways. While people of the past often had to worry about famines and food shortages, this concern has dwindled over time as our technology and knowledge in agriculture continues to advance. Today, you can pick oranges at the market from Pakistan or seedless grapes from California. You can try breads baked in the style of Europe or vegan ice cream without a trace of lactose. And of course, you can indulge in a multitude of local produce. The field of agriculture is one of the oldest professions humanity has cultivated and yet, it is also as ever-changing as we are. The College of Agriculture at Foundation University has a whole host of pioneering projects to share with its students and the community in addition to its innovative curriculum for the academic school year.

For those that are unfamiliar with the department, the College of Agriculture is split into two respective specialty factions: crop science and animal science. Both are profitable approaches in their own respective right, depending on several varying conditions. Disease, weather, and supply and demand affect the perpetual fluctuations in price that we see in the stores for our products. For example, you may have noticed that onions cost between 40 to 50 pesos per kilo last year but when ECQ hit, the price skyrocketed to 200 pesos; it has currently stabilized to about 100 pesos. Another hidden aspect that most buyers do not take into account is the cost of a middleman before the food arrives on the shelves and in the stalls. A middleman, or trader, receives a cut in exchange for connecting farmers or producers to sellers. Either way, FU students must decide what they would prefer to nurture when selecting which area to specialize in.

Animal science demands a greater amount of hands on effort and to a more intensive degree. During normal times, students are required to learn how to administer vaccinations, feed animals properly, and raise livestock or poultry from juvenile to adult. For now, students have resorted to viewing YouTube videos on how to execute these tasks in theory because most do not have access to animals at home. A handful of students do in fact have animals to practice on but the risk of personal injury as well as injuring the animal is too high without proper supervision and experience. Learning how to test whether or not a female is pregnant necessitates sticking an arm deep into the cow, and we certainly don't want anyone making a mistake at home! Even milking a cow is a difficult technique to master; therefore, the Department of Farm Management has elected to wait until face-to-face courses are allowed. We don't want anyone getting kicked by a cow on our watch!



Students studying crop science, on the other hand, have the opportunity to apply more of their theory at home, such as creating fertilizers for implementation. Fermenting certain crops has been another process that students have experimented with. One neat opportunity lies in the Oyster Mushroom Room, a place where students can grow oyster mushrooms for sale and then keep the money they make. One student even managed to pay for his entire tuition at FU through his mushroom sales! Whether it's farming crops or raising livestock, we can all agree on just how invaluable agriculture is as well as its students. Nobody wants to go back to a nomadic life of hunting and gathering, unless it's hunting for the right fish at the market or gathering unbruised fruit in a supermarket.

In addition to its two programs, the College of Agriculture has two exciting projects underway despite the pandemic: a Potato Research Institute and the Black Soldier Fly. What exactly do the two entail? The former is about, you guessed it, potatoes, while the latter is a bit more ingenious.

The department is in the process of finalizing its institution that will establish viable potato production in Valencia. The potato systems are in a private center in which roots, tubulars, and even bananas are being grown. Currently, it is a test to see how suitable the soil is because a rolling terrain is tenuous for any production site. Plants need their roots to be stably anchored, which in turn strengthens the ground floor. While students had engaging internships for hands on experience at the Potato Research Institute last year, they have been postponed until further notice.



A massive underlying factor that harms our mental health is the presence of a cognitive bias. We all have them – nobody's perfect. Truth be told, there are just under 200 types of cognitive biases that we are all subject to, which means there are a multitude of ways our perceptions can be distorted. Again, it's human nature to have an error when processing information similar to the way computers do. Sometimes we notice our error and fix it, sometimes others notice it and bring it to our attention, and sometimes these errors go unnoticed. This is where many problems arise. It is our duty, both to ourselves and to others, to remedy the mistakes in thought that we make because "mistakes have the power to turn you into something better than you were before" (author unknown). Mistakes are not bad or evil; they are extraordinarily powerful tools if you have the courage to make use of them. Here are some healthy tips to get you started:

Think positive thoughts. If you want to feel contentment and satisfaction in every waking facet of your life, then it is crucial to shape your thoughts accordingly. As philosopher Lao Tzu once said, "Watch your thoughts, they become your words; watch your words; they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny." Your entire life is in your hands but

it begins with mental health, and like anything else, baby steps are required to get started. Simply by *walking taller and fixing your posture* (i.e. no slouching), you immediately think more positively, according to a study published in the *Journal of Behavior Therapy and Experimental Psychiatry*. Ever get annoyed when someone tells you to smile? This has often been attributed to men telling women to smile more, and while we shouldn't tell someone to do something because we can't handle the way they're feeling, it isn't actually a bad idea to remind someone to smile, including yourself. There is merit to *forcing a smile*: it triggers the production of endorphins in your brain. The association between uplifted facial muscles is so strongly associated with happiness you can reverse the process and induce a small dose of satisfaction without needing a source. So perhaps women ought to tell men to smile more too. Either way, the world would be a happier place if we all sported smiles like when someone shouts, "Say cheese!" A third way to promote positive thoughts is to *get enough sleep*. Your brain uses this time to clean itself of toxins that have accumulated throughout the day – time to get rid of any cerebral baggage caused by negative thinking. This process of "washing" takes between 7-9 hours, which is why it's vital to get enough sleep every night. If you don't, you are literally beginning your day with your brain a mess.

Take a break! Human beings as a whole are incredibly hard-working creatures, it's how we came to dominate the planet. Through creativity, intelligence, endurance, and comradery, our species took itself out of the food chain so we could visit supermarkets instead of go hunting and gathering. Most of us don't even farm anymore. That being said, the majority of people still work difficult hours, whether it's manual or mental labor. Studies have shown that taking a short break allows your mind to reset and begin afresh for the task at hand. Try setting a timer to work 25-55 minutes and then another one for a 5 minute break. Do this for every hour that you work and you'll see your productivity levels drastically rise, as well as your focus. Additionally, you can set limits on your devices to keep yourself from losing time to social media, game apps, etc. Just go to your settings and set a designated time, such as 15 minutes a day for Facebook. Try limiting your time with electronic devices altogether for digital detoxing.

Nurture your hobbies. Hobbies are fun activities that we enjoy and keep us learning. This form of mental stimulation is as good as exercise for the body. Whether it's learning a new song on a musical instrument (learning how to play music helps your memory), advancing a second language (learning another language expands your perspective), creating something artsy (get in touch with your inner child), or playing a sport or game (build your social skills), these activities are fantastic ways to promote your mental health.

Be mindful and expand your awareness. This is easier said than done. It takes conscious effort to watch what you're thinking and shift the direction of your thoughts when they're headed down a black hole. It means truly listening to the other side when you think you're right or offering empathy to someone having a bad day. It means monitoring all of those cognitive biases you are capable of, which can be labeled as either "hot" (i.e. distortions caused by emotionally neutral thinking) or "cold" (i.e. distortions caused by emotions, usually "wishful" thinking of some sort). Avoid paying attention to things that only serve to confirm your opinions instead of trying to get all of the facts (i.e. confirmation bias). Don't play the blame game when you don't get your way and don't make assumptions about others, especially about what *they're* thinking. A great way to get started with refereeing your thoughts is to take up the *practice of meditation*, even if it's just 5 minutes a day. You can *YouTube* a guided meditation video in which someone will walk you through what to do, try a Body Scan (i.e. notice how different parts of your body feel), or work on breath control. If you've never attempted controlling the style of your breath, give it a whirl! It's harder than you might think, given you've been breathing your whole life; however, the benefits of mastering this simple technique we incessantly perform are vast, such as a better night's sleep.



Practice vulnerability to become invulnerable. It sounds counter-intuitive, right? Usually society depicts showing vulnerability as showing weakness, but in actuality, it's where human beings simply let themselves be human beings – imperfect, individual, and ever-changing (another cognitive bias to be aware of is how much we underestimate how much we change over time) people in the world. In these moments that we just let ourselves be, especially when we aren't feeling strong, we have the opportunity to offer ourselves compassion, to forgive our own mistakes or self-criticism. And then we come out on top. It takes guts opening up to yourself and to others, but the more you do it, the easier it becomes. Additionally, you'll inspire others to do the same. Brené Brown, a research professor at the University of Houston, spent twenty

years studying vulnerability and its effects on our mental health. In one of the world's leading TED Talks, she explains the power of vulnerability itself and what it can do for you.

Exercise and eat with nutrition in mind. Check out our spin off articles on exercise and diet to help advance your mental health.

If you would like to learn more about mental health or need someone to talk to, you can always get in touch with our certified counselors at the guidance council office. At Foundation University, we are dedicated to making sure everyone in our community is on track for a brighter future and to do that, we must continue to strengthen and educate our minds. Strive for a better life one thought at a time!

While it is common knowledge that the Covid-19 pandemic severely affected and continues to affect businesses, lifestyles, and the medical industry around the world, it also became apparent just how important the arts truly are. As we remained indoors for safety purposes, the majority of us consumed videos, stories, and images online to either pass the time or engage in some sort of stimulation. Art comes in many forms, so many in fact that there is always something that will speak to each individual. All it takes is the time to really see, to give the piece the proper moment to interact with it. As Picasso once said, "Art washes away from the soul the dust of everyday life."



Art cannot be quelled for long. It is as vibrant and resilient as nature itself. Local artists banded together to create a local exhibition for audiences to engage with, and it was well-received by the community far and wide. It gave people a wonderful opportunity to look at provocative, beautiful, and contemporary art pieces –away from screens and couches. Taking place at Dakong Balay along the Rizal Boulevard, two exhibitions have already been showcased this year entitled “Organic Magic” and “ATOA” with several FU alumni participants. We are immensely proud of our artists!

FU would like to extend a warm congratulations to our student, Sarah Ruale, and Ma’am Sandra Palomar Quan from the Department of Fine Arts and Architecture – their paper on alternative art spaces was accepted into the 14th DLSU Arts Congress for presentation. Their collaborative efforts will be presented at De La Salle University this week. Through their dedication behind the scenes, Sarah gleaned a great deal of information on how the local art scene works in Dumaguete City.



Conducted under Art Seminar 2, both Sarah and Ma’am Sandra’s entitled research “Dakong Balay: Leveraging Public and Private Partnerships through Alternative Art Spaces” investigates the efficacy of Dakong Balay as a location to boost the local art scene. It is a desperately needed space due to both the temporary and permanent closures that the pandemic caused. They analyzed how a decrease in mobility, activities, and income affected artists, as well as meaningful encounters with their audiences, have impacted the art scene in the midst of crisis. For the study, Sarah and Ma’am Sandra had to determine whether or not the Dakong Balay had a clear vision for its purpose on benefiting the local art community. Ten participants were interviewed to collect data. “Organic Magic” was an unexpectedly large success with 180% profitability. “ATOA”, on the other hand, had a decrease in profitability for its overall 36 artists, but it is important

to note that both exhibitions caused growth in the local art market. Dakong Balay attracted more artists to visit in addition to the high volume of social media attention cast upon the gallery. Demand escalated for artwork, which will hopefully promote the permanence of this alternative art space. Due to its nascent form, the research revealed how volatile Dakong Balay is for now but should it implement an effective business strategy, it may stabilize.

That is something we all want to see happen. Dakong Balay has a stunning view to match the breathtaking pieces it displays, offering a space that entails a sweet escape of pondering things outside our everyday lives. We may have collected a lot of dust on our souls in 2020, but it time to shake it off and immerse ourselves in what our local artists have to offer our minds, bodies, and hearts through their art.

FU ARTISTS

Paving the Way



The year of 2020 left us severely deprived of seeing artwork up close and personal. While museums offered virtual tours around the world, the experience simply wasn't the same. You couldn't discern the texture of paint nor the size of a piece in its truest form. One of the beauties of viewing art is how it grounds its audience to the present – it draws you in like a daring staring contest. Our deeply imaginative and driven resident artist, Hersley Casero, was determined not to allow another year go by without bringing

art to the community (visit our previous issues to view his work over the pandemic). Starting 2021 right, he coordinated a private exhibition at Dakong Balay for the month of January entitled "Organic Magic". It was a phenomenal success! "Organic Magic" and its alluring pieces on rocks, Zodiac stars, and one massive heart lured in audiences from all over the region. Several purchases were made. Everyone felt the charge of inspiration flowing through their veins to take things to the next level.

February then saw the launch of ATOA, a collection of art so full of variety it stirred the masses. There were experimental pieces dripping in provocative questions while others displayed more classical styles, such as realism. Paintings and interactive work lined the walls, including two portraits joined by string to symbolize two children talking through connected tin cans as well as a futuristic frame sporting a red button to "reset

time". ATOA showcased 36 local artists, and Foundation University and its College of Fine Arts were immensely proud to see several of its students and alumni partake. The reach of their artwork went far this month, revealing their creative talents, heartfelt passions, and original styles. We are incredibly grateful for keeping the flame of art alive and sharing with us these beautifully diverse perspectives.



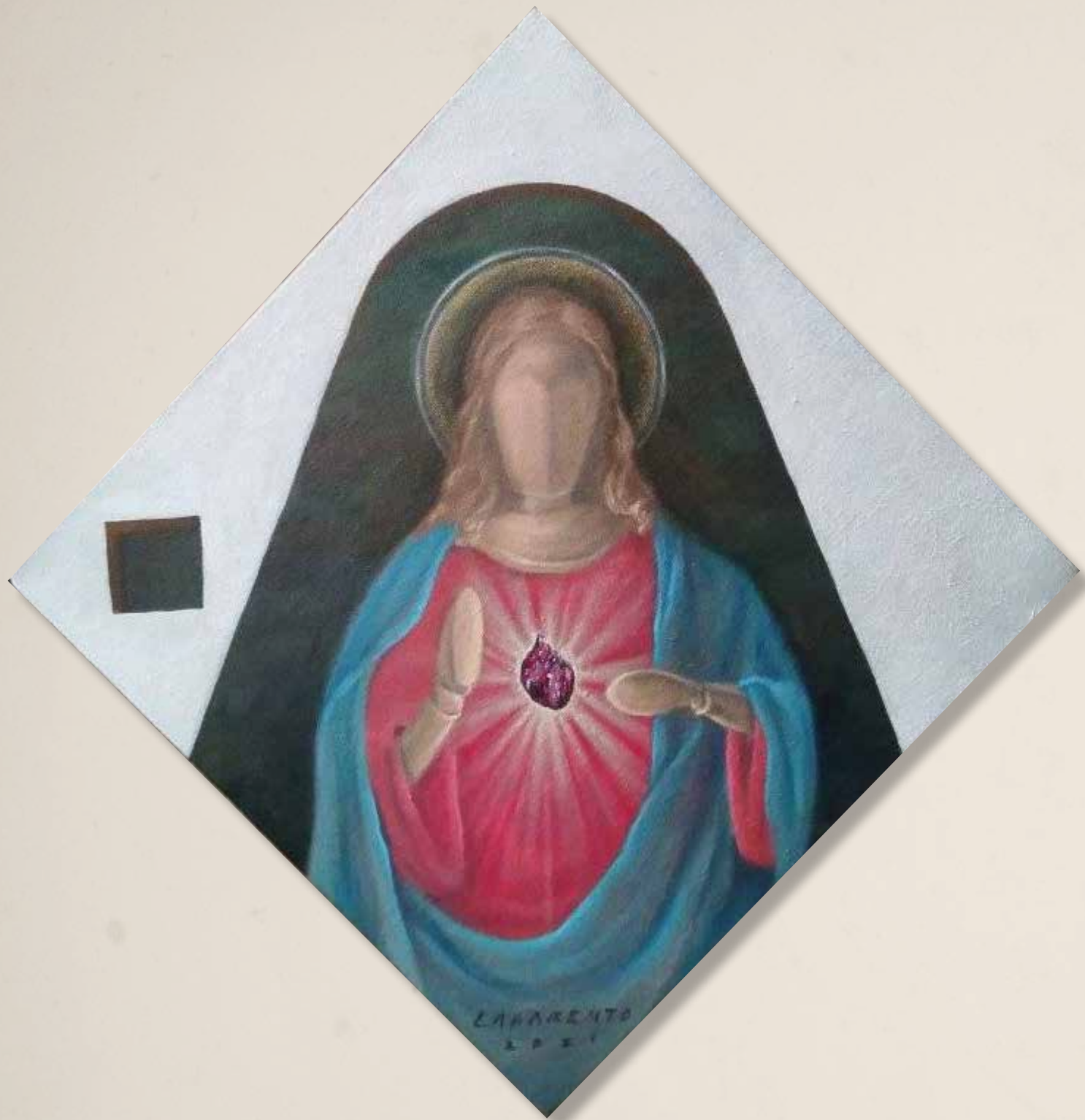
Hemrod Moreno Duran
Class of 2005

I made my work during the pandemic and I made my own version of Corona. After I left the university, I focused on my craft as an artist specializing in pottery, and I feel both happy and comfortable with it.



Jude Millares
Class of 2016

This artwork is an expression of myself through the form, tones, and colors of these lines that show various directions of certain characteristics representing my emotions or the message I want to convey to viewers. The time after graduation is the tough part of being an artist. I realized and still feel the reality of things as more challenging in my career. There are ups and downs but the thing that I find common during and after my student days is that I'm continuing to learn. As I go further with this journey, the spirit of being an artist within me grows, becoming even bigger.



Flomil Rey Lorico Labarento
Class of 2018

“Our Hearts” is about God because our hearts belong to our God. It’s also in celebration of love for last month. I used the color gold because the ‘G’ is for God and the ‘L’ is for love. Upon graduation, it’s been very challenging for me because I don’t know what to do just yet, but I’m getting there.



Alma Zosan Alcoran
Former Fine Arts Student

“Heart-made” is a work I wanted to dedicate to everyone who creates, who is driven by their love and passion far more than anything else. As an artist in this day and age, especially during the pandemic, it is a great privilege. I honestly don’t know how I would have handled this catastrophe without art.



Sarah Jean Ruales

Current Student of Fine Arts

A century old tree has wrinkled through the passage of time. Dusts, wind, hubbubs, vehicle horns, and all those moments and thoughts of people under the tree are absorbed in its bark, creating marks on its aged, cracked skin. This tree is a witness of happenings, trials, and shifts of air in Dumaguete. My own personal experience under this tree was a miracle when I was in the middle of everything and nothingness, of past and future. I was there, in a cold windy night, under that tree hoping for a miracle to save my day...Then, inflected by a whisper, someone's heart moved – two coins took me home.

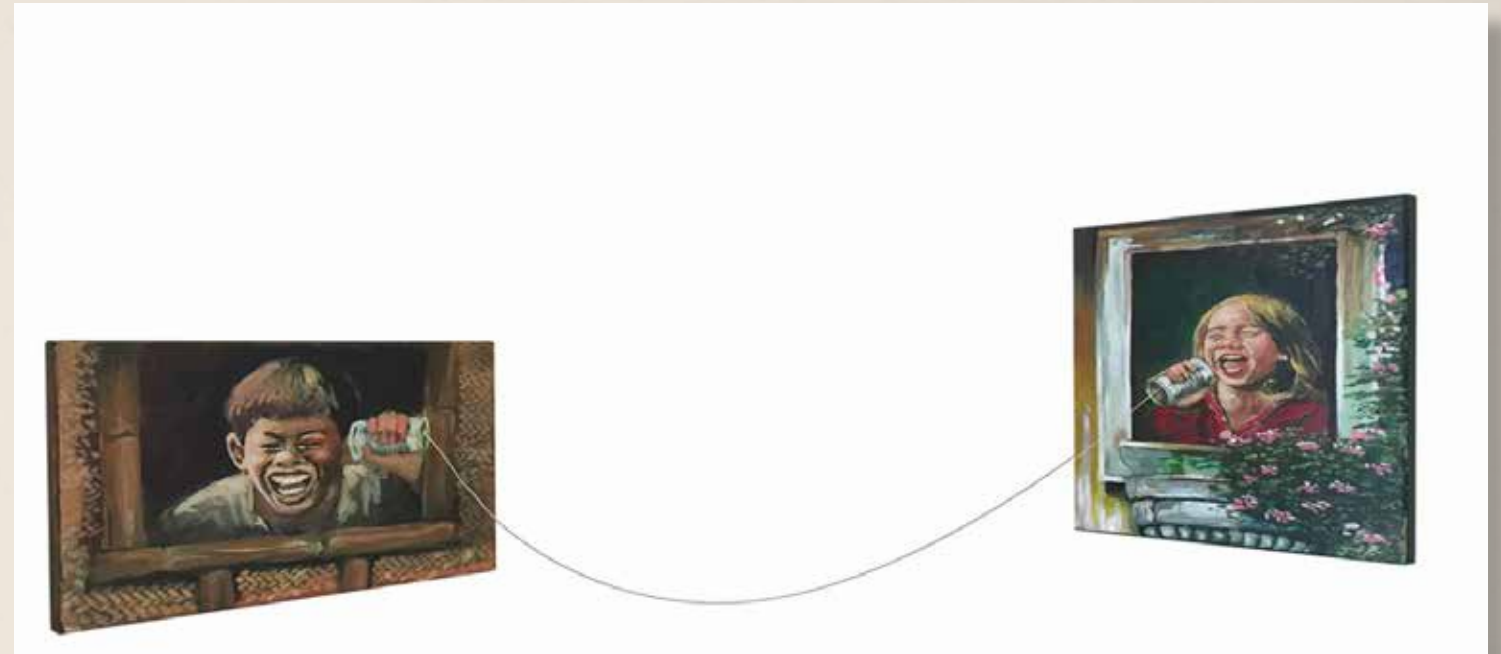


**Paul Benzi Sebastian Florendo
Class of 2011**

It's a piece about last year and how all the things that keep us safe are ironically caging us. It's also a piece that brings my son out into the world while not being in it. I'm both excited to explore on my own but I'm also anxious on how to start things and where to begin.



Hersley Casero



Bragg Namol

WHERE IS OUR LAUGHING BOY NOW?



It is impossible to become a student at Foundation University and not become intimately familiar with one smiling child in particular. Located at the entrance along the iron gate is one of the most inviting faces you'll ever encounter. His countenance is full of joyous laughter – he is a boy who is ecstatic to welcome each and every new Foundationite into the family. Known as the “Laughing Boy”, this mural of sea life, flight, and fun blossomed from the mind of none other than Foundation’s Resident Artist, Hersley Casero.

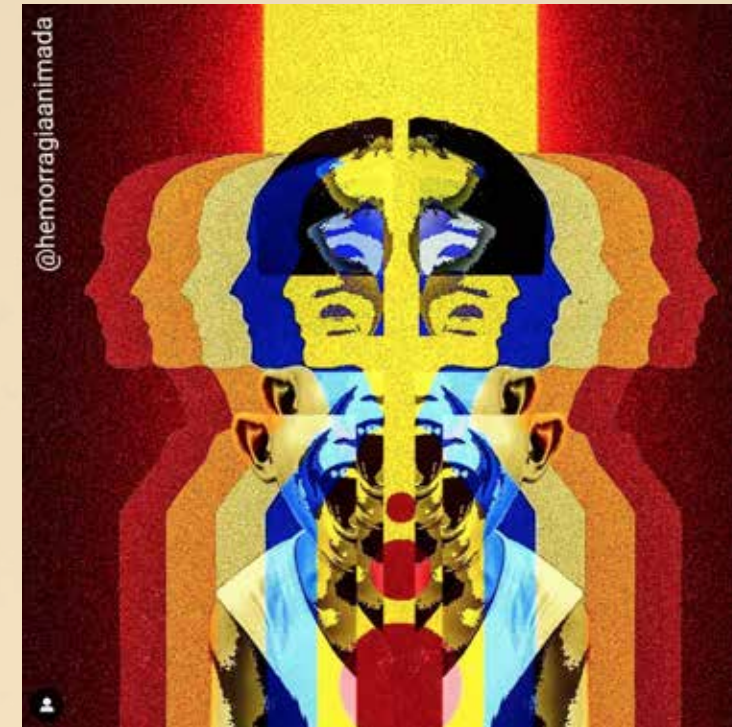
Truth be told, the real laughing boy lives just around the corner. If you're lucky, you might catch a glimpse of how time has aged the little boy into a teenager, but he still sports his heart-warming smile, a grin capable of reaching anyone, even the coldest of hearts. During these hard times, it's hard to deny just how dire our need is for a genuine smile.

For our students unaware of its history, whether you came to campus after its creation or you joined FU in the midst of this pandemic via online, unable to visit, let us regale you with how the “Laughing Boy” came to be a favorite site of Dumaguete City:

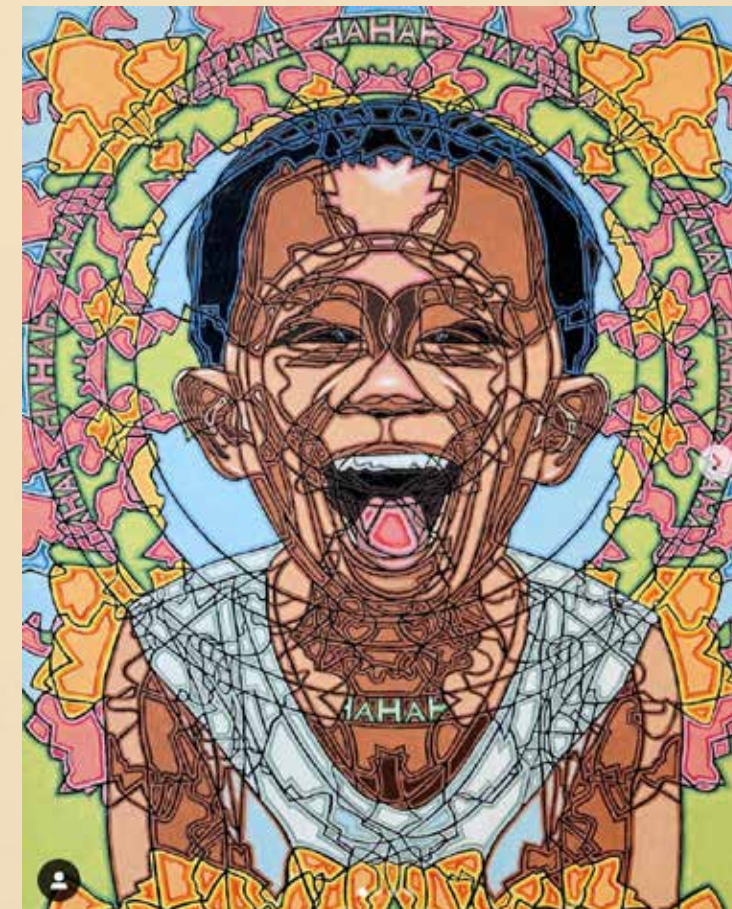
It all began in 2008 when the LA Times sponsored a new camera lens for Hersley to capture more stunning moments* and share with the world a new perspective from a new angle. You can always spot a photographer with new equipment a mile away with how many clicks they take! As Hersley experimented with his camera, his nephews and cousins couldn't help but laugh at his newfound contraption. They found it uproariously hysterical, as children often do when they don't fully understand something. If only us adults still approached uncertainty with such a carefree attitude, amused at anything that befuddled us. With one snap of a photo, Hersley captured his youngest cousin, Joseph, and his embodiment of glee: eyes crinkled, mouth open wide, arms grabbing his sides in case he falls apart from too much merriment. It is the imprint of childhood we see around the world that reminds us what is truly important.

Hersley shared his photo for public use where it steadily garnered popularity online. In 2012, it seized the attention of a food artist in Manila who recreated the piece in his own artwork. Hersley was both flattered and thrilled to have inspired such momentum in others; however, the feeling was short-lived. Broadcasted on a national news channel, the food artist not only claimed the “Laughing Boy” as his own, he had the audacity to state the child was a cancer survivor in order to selfishly propel his artwork forward. The saddest part of the story is that Hersley was not even the most affected by this lie, it was Joseph. He spent the night in a state of extreme fright, anxiously transfixed on the idea that he had cancer. He didn’t even fully understand what cancer was. It goes to show how much a lie can permeate past the story it weaves, poisoning not only the truth but the ears it reaches as well. People will not tolerate poison for long though. The food artist eventually gave the credit where it was due when the public outcry could not go unnoticed.

To heal from the experience as well as turn it into something positive (because who doesn’t like a win-win?), Hersley initiated workshops entitled “Ha?” around his “Laughing Boy”, pairing the shortest form of a laugh with a question mark to provoke minds into a probing state – to ask questions that one may not even know the answer to, or ever find out for that matter. These workshops and seminars, now on an international level, promote the central idea that whatever you create is a work of art. It doesn’t matter what your age is, where you come from, nor how you produce something – all that matters is that you cultivate what your mind (or fingertips) comes up with into a reality. It’s important not to fear judgment or criticism from others, or in Hersley’s case, theft. All of these things happen, that’s life, but you can always move forward. The “Laughing Boy” is the quintessence of growth having become a movement of global success with over 500 versions of the portrait reproduced in each artist’s unique way. During the pandemic, nearly 100 have been created despite the indefinite postponement of the workshops. Check out a few local and international favorites that were submitted:

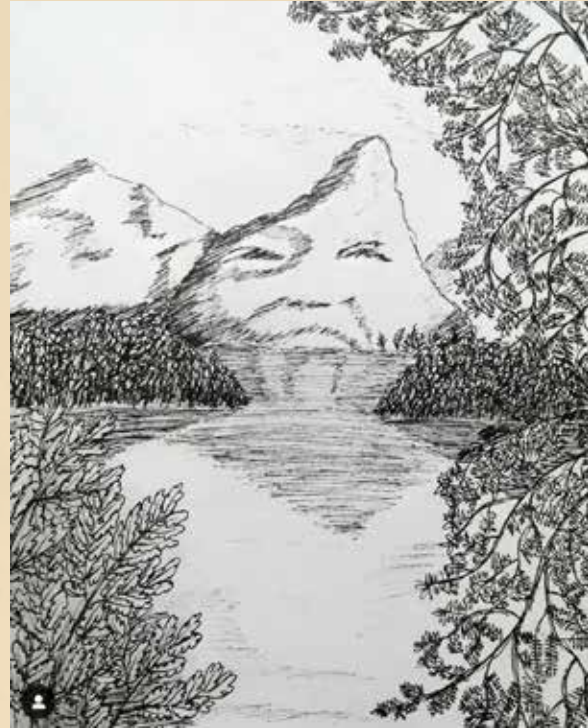


Artist in Mexico [@hemorragiaanimada](#)



German Artist Ralf Möller [@rj.bardowick](#)

Manila Artist Danica Quero Rivera [@dan.03.27](#)



Tariq, 11 year-old student
Mandalay International
Science Academy Myanmar

Cebu Artist Kent Aninon [@keen_toys](#)



Philippine Artist 'Zai B. Pacardo [@zbp_artist](#)



The largest version of “Laughing Boy” was painted by Hersley himself in 2017 for Foundation University. The name was adjusted to “WOW”, an acronym for “World of Wonders.” Hersley’s hopes for the mural are to raise public art awareness and inspire both students and passerby to remember the different things you can do in the province. At the heart of this mural is the motion to conjure up realization of what makes you happy. He enlisted the help of several friends to participate, which led to an incredibly fun and exciting experience. “When we made it, I really enjoyed it, especially the in between process of collaborating with artists,” said Hersley, smiling at the memory of his smiling painting. His eyes light up as he recalls the people who stopped to interact with him as he painted, especially a sax player issuing forth a melodic tune in the background. Compliments poured in. Booths sprang up to sell food. Without ever asking, people took far

better care of the space than it had ever seen. It became a sweet hotspot for community involvement yet in a serene silence; there’s always someone coming by in the evening to sweep the pathway. “We need to take care of it,” were Hersley’s thoughts on the matter, stating, “I was worried about vandalism but it has a lot of respect from people seeing the effort it took. It’s well-preserved. It’s still there – after 4 years – still beaming and showing joy. It’s still sharing happiness with people on the street.”

The “Laughing Boy” served as a challenging reminder during quarantine in 2020 to be as positive and creative as Hersley was before Covid-19 struck. “It was a surprise last year, trying to be okay when things aren’t okay,” the artist reminisced. Around the world, people were feeling the same repulsive shock of lockdown. It was a digital victory to see people provide their own versions on the “Laughing

Boy”’s Instagram page. He revisited a time lapse taken of painting the mural, which left him speechless for a moment. It was a time before masks, a time of high fives, a time before his second dog!

And time has been kind to Hersley’s work. If you take a close look at the mural beginning from left to right, you will see a bird with lunch in its talons and its tailfeathers beautifully transforming into a wave of fish. A turtle rides the wave and a little girl infatuated with her bubbles rides its shell. Then your eyes will take a plunge into the deep sea of green complete with jellies, urchins, and sea stars. What may be one of the most eye-grabbing areas is a boy whose head is an old-fashioned camera, daring you to question what your own eyes perceive. He too rides a creature of the sea: a clownfish. Above him are the legs of a surfer before we glissade to the dear Laughing Boy himself. Joseph’s image has become an indelible image

in Hersley’s mind, one he can both draw and paint from memory. It takes unimaginable skill to accurately blow up a photo to mural size by hand, but it is a skill Hersley has mastered. The “Laughing Boy” will forever be a part of Hersley’s hands and their capabilities. The right hand portion of the mural displays what you will find on land in the Philippines, from ants to frogs to infinite dogs. If you have had the pleasure of meeting Hersley in person, then you probably have also met his featured dog in the mural, Hershey. While their names are similar, Hershey was given his name long before Hersley adopted him. Hershey returns a toothy grin to Joseph, perhaps in hopes of a treat. Above the fluffy white dog is a woman swimming amongst flowers, mirroring the silhouette of a boy running; we do not know where they are going but we know they are headed towards their dreams.

So are you when you’re part of FU.



FUELING SMILES AT FU