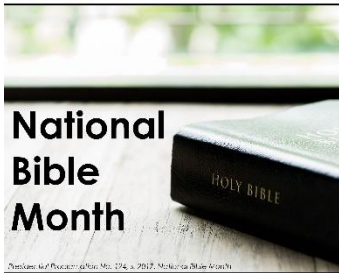




# Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

**Carlos Hilado Memorial State University**  
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus  
**Themes for the Month of January**



chmsu.edu.ph (034) 712 0005 loc 125

**GREEN CHMSU EXCELSIOR!**

All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

The Week Ahead					
Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Jan 9 – 18	8:00 am – 5:00 pm	CASinemalaya	Social Science Department	All students	Dining Hall, Ground Floor, Green Building, Talisay (Main) Campus
Jan 23 – 26	800 am – 5:00 pm	End Term Examination	Deans, Faculty	All students	All campuses

## Highlights of the Week

- Fortune Towne Campus National Service Training Program (NSTP), led by its Coordinator Joena S. Balladares, held a virtual lecture on the topic “Environmental Protection and Awareness” via Zoom on January 7, 2023. NSTP students participated in the session with guest lecturer Rhoderick K. Samonte, Director for External Affairs and Greening CHMSU Chair.
- The Social Science Department opened its film festival CASinemalaya on January 9, 2023 at the Global Learning Cafe, Green Building, Talisay (Main) Campus. The activity featured various short films produced by students of Department Chair Robert S. Pardillo, PhD. The films tackled different socio-political issues present in the country.
- BS Psychology 2B students under GEC ART adviser Ana Magdalena M. Cherniguin organized a painting workshop with the title “Diving into the Artist Mind” at the Global learning Cafe, Green Building, Talisay (Main) Campus on January 10, 2023. Local artist Vicky Gasper led the workshop.
- In line with their program, 4th year BSBA students conducted a Behavioral Finance Investment Seminar with the theme “Know Better, Invest Smarter, Earn Higher” on January 10, 2023 at the Fortune Towne Campus AVR. Atty. Jose Roger O. Arroz, MBA was the resource speaker.

## ZERO WASTE SWAPS

According to a study published in *Science Advances*, only 9% of plastic actually gets recycled, and most of the remaining 91% ends up in a landfill, where it will take 400 years to decompose. To combat this, many people have begun to swap out disposable plastic products for low-waste, sustainable options.

Single-Use Coffee Cups → Reusable Coffee Cups

Single-Use Grocery Bags → Reusable Shopping Bag

Plastic Shampoo Bottle → Package-Free Shampoo Bar

Disposable Pads and Tampons → Cloth Pads and Menstrual Cup

Plastic Water Bottle → Reusable Water Bottle

Plastic Razors → Metal Safety Razors

https://advances.sciencemag.org/content/3/7/1700782

Source: Zero Waste Swaps. [tommiemedia.com/infographic-zero-waste-swaps/](https://tommiemedia.com/infographic-zero-waste-swaps/)