



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 February

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
Feb 27	8:00 am – 5:00 pm	Orientation for Newly hired Personnel	HRMO	Newly hired Personnel	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Mar 2	3:00 – 5:00 pm	College of Arts and Sciences Meeting	CAS Dean	CAS Department Chairs and Faculty	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Mar 3	8:00 am	Psychological Test Interpretation	College of Arts and Sciences	Students	3 rd Floor, Function Hall, Green Building, Talisay (Main) Campus
Mar 3	10:00 am	Virtual MOU Signing with ISAT-U	CEA, ISAT-U	Office of the President, Administrators	Via Zoom

Attention!
Faculty and Office Heads!
Activate your **CHMSU Email** and use it for your official school communication.

For assistance, visit your respective ICT Coordinators for Alijis, Binalbagan, and Fortune Towne campuses/ ICT-MIS Office at the 3rd Floor Function Hall, Green Building for Talisay (Main) Campus or call 712 0005 loc. 222.

PhD and the university Vice Presidents and Directors participated in the workshop with guest speaker Prof. Eddie M. Nuque.

Highlights of the Week

Congratulations!
Engr. Manuel A. Uy
For receiving the
Distinction Award in Electronics Engineering Profession
under the Government Service Category
during the 10th PEPA Awards held at University of the Philippines Diliman, Quezon City on February 24, 2023.

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✚ Bachelor of Arts in Social Science program conducted an OJT Orientation for internship students with the Negros Occidental Language and Information Technology Center (NOLITC) on February 21, 2023 at the Function Hall, Green Building, Talisay (Main) Campus. Speakers Avelyn Marañon, NOLITC Recruitment Officer, Red Dawn Joy Laurente, Guidance Counselor, and Dr. Ma. Cristina Orbecido, Vocational School Administrator, discussed how to apply for training and scholarships at NOLITC and the various courses and interventions offered.

✚ Planning, Monitoring, and Evaluation, headed by Director Roselyn Alegarbes, PhD, held the Strategic Planning Continuum and SPMS workshop on February 20-22, 2023 at the Function Hall and Global Learning Cafe, Green Building, Talisay (Main). This aimed to finalize the Five-Year Development Plan (FYDP) and tackle other concerns on strategy, monitoring, and more. President Norberto P. Mangulabnan,

✚ The Teacher Education program in Binalbagan Campus held its pinning ceremony with the theme “Pre-Service Teaching Towards Global and Transformative Education” on February 21, 2023 at the campus covered court. Guest speakers were Julie Ann I. Carrillo, TLE Teacher 1, and Francis Drake C. Tamba, Program Specialist II.



- ✦ All four campuses held the Ash Wednesday Mass on February 22, 2023 in observance of the beginning of the Lenten Season.
- ✦ College Librarian Prince Fidel Flores and Business Research Faculty Leda Celis, PhD of Fortune Towne Campus organized a talk on “Access to Online Database Subscription” on February 22, 2023 at the campus AVR. BSBA 3B and 3C students participated in the activity.
- ✦ CHMSU Binalbagan BSBA Where Business Matters Club (WBM) held its 15th Founding Anniversary Celebration: An Executive’s Celebration with the theme “Coping with Challenges Amidst a Fast-Changing World” on February 23, 2023 at the campus covered court. The event featured a showcase of talents, quiz bowl, brand logo quiz, and more. Hon. Justin Gatuslao, Himamaylan City Mayor, was present as guest speaker.
- ✦ CHMSU and Central Philippines State University - Ilog Campus signed a Memorandum of Agreement for adjunct professors on February 23, 2023 at Talisay (Main) Campus. With this collaboration, CHMSU College of Fisheries will provide adjunct professors/instructors and cooperate mutually to enhance the learning of the students from CPSU – Ilog in aquaculture, post-harvest and capture fisheries.
- ✦ CHMSU and the Philippine Association of Functional Jaw Orthopedics-TMJ, Inc. held a joint celebration for the 19th National Dental Health Month with the theme “Ululupod kita Magkari, Magyuhom, kag Magsinadya” on February 22-24, 2023. The celebration launched at the Bacolod City Government Center on February 22, followed by a Dental Health Caravan from the Bacolod City Capitol Lagoon to CHMSU Binalbagan on February 23, and the TMJ Visayas Convention Seminar at L’Fisher Hotel on February 24.
- ✦ In continuation of the National Bible Month celebration in January, the CHMSU Alijés Campus USG held CHMSU-A Revival Night, an

online worship event, on February 23, 2023. This was streamed on Facebook with praise music performances from student bands.

5 WAYS TO A HEALTHY HEART

1. Practice regular exercise.
2. Avoid smoking and excessive alcohol drinking.
3. Always include greens in your diet.
4. Improve your mental health.
5. Prevent obesity through constant weight checking.

EVERHEALTH

Dental Hygiene Tips for Healthy, Happy Teeth

Good oral hygiene is necessary to keep teeth and gums healthy. It also leads to improved self-confidence, and a boost to your overall health! Here are some ways that you can ensure good oral hygiene and keep your teeth sparkling white.



BRUSH REGULARLY, BUT BE GENTLE

Brushing too hard or using a hard-bristled toothbrush can damage tooth enamel and the gums. That can lead to tooth sensitivity, permanent damage to the protective enamel on the teeth, and gum erosion.



Always use fluoride

Studies suggest a lack of fluoride can lead to tooth decay, even if a person takes care of their teeth in every other way. Brushing and flossing do not prevent a person from getting cavities if they do not use fluoride.



Floss once a day, at least

Flossing removes plaque and bacteria from between the teeth, where a toothbrush is unable to reach. It can also help prevent bad breath by removing debris and food that has become trapped between the teeth.



See a dentist regularly

Children and adolescents should see a dentist every 6 months to help prevent cavities. Adults who practice good dental hygiene every day and have a low risk of oral health problems should at least go once a year.



Avoid smoking tobacco

Smoking harms the body’s immune system, which makes it difficult for the body to heal tissues, including those in the mouth. The CDC name smoking as a risk factor for gum disease, while the ADA warn that people who smoke may experience slow healing after a dental procedure.

For more information on improved oral hygiene, visit us at: www.everhealth.com

Source: www.medicalnewstoday.com/articles/324708#see-a-dentist