



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.



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
May 29 – Jun 2	MFW 8:00 am TTH 1:00 pm	Culminating Cocktail Service	BSHM	BSHM Students	MWF Function Hall, Green Building, Talisay Campus TTH Global Learning Café, Green Building, Talisay Campus
Ma 30	2:30 pm	ELSEMA Debate Competition	BA English	BA English students	Global Learning Café, Green Building, Talisay Campus
May 31	8:00 am	Seniors AIM HIGH Career Opening Salvo	Alumni Relations, Career and Job Placement Office, OSA	Graduating students	All campuses
Jun 1	8:00 am	Career Expo	Alumni Relations, Career and Job Placement Office, OSA	Graduating students	Gym, Talisay (Main) Campus
Jun 1	8:00 am	Spiritual and Mental Wellness	Alumni Relations, OSA, USO Binalbagan	Binalbagan Campus Graduating students	Covered Court, Binalbagan Campus
Jun 2	8:00 am	Career Enhancement and Development Seminars	Alumni Relations, Career and Job Placement Office, OSA, USO	Graduating students	Alijis, Fortune Towne campuses
Jun 2	8:00 am	ISO External Audit	QMA	Internal Auditors, Admin, Directors	Global Learning Café, Talisay Campus

Highlights of the Week

- The Office of the Election Officer - Bacolod City conducted a Voters' Education Seminar at CHMSU Fortune Towne Campus on May 20, 2023. Students enrolled in the National Service Training Program (NSTP) participated in the seminar.
- CHMSU, along with other schools in the province, inked a Proforma-Memorandum of Agreement with the Provincial Government of Negros Occidental in a ceremony held on May 26, 2023 at the Social Hall, Provincial Capitol, Bacolod City. The MOA established a partnership for the PGNO Student Internship Program. VPAA Jay B. Estrellas, EdD represented CHMSU during the signing.

Binalbagan Campus held a Thanksgiving Mass with the theme "Bountiful Blessings: An Offering of Success and Happiness" for the March 2023 LEPT passers and graduating students on May 26, 2023 at the campus D' Guilbert Hall. A short program was held after the mass where Executive Director Jovelle B. Vergara, EdD and College of Fisheries Dean Imee R. Perante, DFT gave their messages of gratitude. Student representatives followed with the response on behalf of the LEPT passers and challenge to the next takers. An inspirational song and thank you songs were performed by KASAU Productions.

Ruby Jubilarians of Negros Occidental College of Arts and Trades (NOCAT) in Talisay City, one of the schools merged to establish Paglaum State College (now CHMSU), came to Talisay Campus on May 26, 2023 for a quick tour and courtesy visit as part



of their reunion. The jubilarians were welcomed by VPRE Andrew Eusebio Tan, PhD and VPAF Rosalinda Tuvilla, JD.

CHMSU signed a Memorandum of Understanding with the Komisyon sa Wikang Filipino (KWF) on May 27, 2023 at the Function Hall, Green Building, Talisay (Main) Campus. The ceremony was organized through CHMSU-KWK Focal Person Mary Rose A. Bañas, EdD. Through the memorandum, the university becomes the first state university in Negros to house the Sentro ng Wika at Kultura.

CHMSU Talisay Campus held its General Alumni Homecoming on May 27, 2023 at Talisay Campus, spearheaded by the Alumni Relations Office and NNPC Alumni Association, and hosted by High School Class of 1998. The event included a Zumba Competition, Teacher's Tribute, Alumni Association Assembly, and other fellowship activities. The celebration ended with the Laser Night party featuring 3rd Spin band and DJ Lyndon.

Students from Talisay Campus, through Greening CHMSU, participated in the "Think Green" mangrove planting activity organized by JCI Talisay on March 28, 2023 at Brgy. Zone 3, Brgy. Zone 5, and Brgy. Zone 15, Talisay City. Around 15,000 propagules of mangrove were planted simultaneously in the three sites. The "Think Green" project is JCI Talisay's flagship environmental program that aims to address Climate Change.

CHMSU turned over old, worn-out Philippine flags to the Bacolod City Public Library for the ceremonial burning of flags at Rizal Park, Bacolod City, in celebration of National Flag Day on May 28, 2023. The ceremony was organized by the BSP, City Government of Bacolod, and PGNO.

STREET CROSSING SAFETY

Do your kids know how to cross the road safely?

Teach Your Children: Stop, Look, Listen, Think

Help plan your children's routes.

Choose the safest place to cross the road.

STOP before stepping onto the road – at least 1 step back from the curb. LOOK in all directions for oncoming vehicles. LISTEN in all directions for oncoming vehicles. THINK about whether it is safe to cross. Is the road clear and safe?

Walk straight across the road. Keep LOOKING and LISTENING. Do not allow yourself to get distracted.

Where is it safe to cross?

Always cross at pedestrian crossings or traffic signals. Make sure you can clearly see approaching traffic, and that approaching drivers can see you.

Crossings

- Always remain alert, even at pedestrian crossings.
- Make sure all approaching vehicles have actually stopped before stepping onto the road.
- If there is a school crossing guard on duty, always follow his or her instructions. Cross only when the crossing guard indicates that it is safe.

Crossing the road at other places

DO NOT cross the road between parked cars or near trees and bushes - drivers may not see you.

DO NOT cross near a bend or at the top of hill on the road. Make sure you can see vehicles coming from both directions – and that they can see you.

Don't jay-walk or take short cuts. Walk straight across the road.

Stay visible

People are often hit by vehicles because the driver does not notice them. Make sure you can be seen. If you can't see the driver they probably can't see you.

At night or on dark days, always:

- Wear light, bright or reflective clothing;
- Cross the road where there are street lights; and
- Try walking with a companion.

Source: <https://www.vicroads.vic.gov.au/safety-and-road-rules/pedestrian-safety/crossing-the-road-safety>

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A PROUD HISTORY OF SUCCESS

What's the big deal about raised blood pressure?

It's the **No. 1** contributing risk for global death

Around **10 Million** people die each year needlessly

Only **1/2** of people with high blood pressure are aware of it

High blood pressure usually has no symptoms so you may not know you have it

Often treatable, the simplest way of learning if you have high blood pressure is to **get tested**

During May, volunteers will be running blood pressure screening sites around the world. Checks are **free, anonymous, painless**

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MAY MEASUREMENT MONTH

If left untreated, high blood pressure can lead to serious consequences such as **heart attacks, strokes and other cardiovascular diseases.**

a simple measure to save lives
#CHECKYOURPRESSURE
Find out more at www.maymeasure.com

This infographic was made in collaboration with MyTherapy – The app for tracking your blood pressure