



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 18 – 19	8:00 am – 5:00 pm	End Term Examination for the 1 st Semester	VPAA, Deans, Program Chairs, and Faculty	All students	All campuses

Highlights of the Week

Student Society of Physical Education Majors (SSPEM) held an Induction Ceremony and Team Building on January 5, 2024, at the Gymnasium, Talisay (Main) Campus.

Honda Cars Negros Occidental, represented by Rachelle A. Villarosa, Operations Manager, Merlinda M. Suede, Branch Finance Officer, and May Anne M. Montañó, General Manager, Ayala Foundation, Inc. inked a Deed of Donation and turned over new car parts to the College of Industrial Technology in a ceremony on January 9, 2024, at the Function Hall, Green Building, Talisay (Main) Campus.

The fourth-year Bachelor of Science in Management Accounting students organized a seminar, instead of their Innovation and Strategy Formulation exam, under Leda Celis. Mr. Jeffrey Rivera, the Program Chairperson, delivered an inspirational message. Speakers included Emily D. Yulo, addressing Human Resource Innovation, emphasizing the importance of hard work. Arnel C. Maghinay, RN, PhD, discussed 2024 Technology Trends, focusing on AI Trust, Risk, and Security Management (AI TRISM).

The Sports Affairs Office met with sports coordinators and student affairs coordinators for the CHMSU Sportsfest Preparation on January 12, 2024, at the Global Learning Cafe, Green Building, Talisay (Main) Campus.

The Culture and the Arts Office held a special committee meeting for the upcoming PASUC Culture and the Arts 2024 on January 12, 2024.

5 WAYS TO GO ZERO WASTE

Every day, the average American creates about 4.4 pounds of waste – adding up to 258 million tons in American landfills yearly.

Kathryn Kellogg, founder of GoingZeroWaste.com, can fit all the trash she's thrown away in the past two years in one mason jar. Here's what she recommends for reducing personal waste:

- 1. Buy less.**
By simply consuming less, we can greatly reduce the amount we throw away.
- 2. Don't throw your food scraps in the landfill.**
Start a compost pile, look for a city collection or plug into a community garden.
- 3. Stop paying for trash.**
Disposable items are expensive in the long run. Switching from paper towels to cloth rags can save the average family \$300 a year.
- 4. Keep it real.**
Use real plates, real flatware and cloth napkins.
- 5. Get your green clean on.**
An all-purpose cleaner of one part vinegar and one part water can be used on everything except marble and granite!



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