



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 April

Kalutong Filipino, Lakas ng Kabataang Makabago.

Planet Earth Month
Earth Day April 22

National Literature Month
ANG PANITIKAN at Kagayapaan

April 7 World Health Day
April 9 Araw ng Kagitingan
April 10 Eid' l Fitr
April 18 World Heritage Day
April 21 World Creativity & Innovation Day
April 24 Int'l Day of Multilateralism & Diplomacy for Peace
April 25 Int'l Girl in ICT Day
April 28 World Day for Safety & Health at Work

Presidential Proclamation No. 469 Filipino Food Month
Presidential Proclamation No. 1482 s. 2009 Planet Earth Month
Presidential Proclamation No. 966 s. 2015 National Literature Month

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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
Apr 29 - May 3	8:00 am - 5:00 pm	ISO 9001:2015 Reassessment	QMO	Process Units	All campuses
April 29- May 3	8:00 am- 5:00pm	Information Technology Week	IT Officers and Advisers	Students and Advisers	Binalbagan Campus
May 1	Labor Day				

Highlights of the Week

- The College of Education held a Data-Driven Assembly of Graduating Students to Amplify Research for all graduating College of Education students on April 17 - 19, 2024, at the Function Hall, Global Learning Cafe, and Multi-purpose Gym, Talisay (Main) Campus.
- The Circle of Peer Facilitators from the Talisay (Main) Campus joined the Peer Facilitators Summit 2024 at the Little Theater, University of Negros Occidental Recoletos on April 20, 2024. Jan Iver Dema-ala, a BS Psychology student, was elected as the Student Chairman of NOGCA.
- The Sports Affairs Office held a Cheercamp Activity on April 20, 2024, at the Multi-purpose Gym, Talisay (Main) Campus.
- In celebration of Earth Day, different representatives from the student organizations participated in the Coastal Mangrove Tree Growing Activity organized by the NWTf 3Zero Negros at the Barangay Zone 3, Talisay City, on April 21, 2024.
- The Psychological Society conducted a Planet Pulse Symposium on April 22, 2024, at the Audio-Visual Room, Talisay (Main) Campus. Coleen Awit, Associate Director of the Climate Solutions Center, was invited to be the resource speaker.
- The Disaster Risk Reduction and Management Office (DRRMO) of CHMSU.Fortune Towne conducted a meeting and synchronization practice on April 25, 2024, at the campus audio-visual room (AVR) to prepare for the Fire and Earthquake Drill.



- CHMSU Fortune Towne conducted a fire and earthquake simulation drill to prepare and improve awareness of the students, faculty and staff, Red Cross Youth, and ROTC cadets in case of disaster emergency on April 26, 2024, inside the school campus.
- In celebration of Earth Month, the Social Science Guild held a talk on Energy Democracy: Renewable Energy for a Clean and Sustainable Earth, with resource speaker Junjun Mojica on April 26, 2024, at the AFLEx Spaces, 3rd Floor, LSA Building, Talisay (Main) Campus.
- The Psychological Society conducted a Psychology Day on April 26, 2024, at the Multi-purpose Gymnasium, Talisay (Main) Campus.

WHAT DO PINOYS EAT?

BY THE ABS-CBN INVESTIGATIVE AND RESEARCH GROUP

EACH YEAR A TYPICAL FILIPINO CONSUMES AN AVERAGE OF:

110 KILOS OF PLAIN RICE	4.3 KILOS OF EGGPLANT	2.9 KILOS OF SQUASH	2 KILOS OF RIPE PAPAYA	9.3 KILOS OF CHICKEN
2.4 KILOS OF AMPALAYA	3 KILOS OF TOMATOES	11.4 KILOS OF BANANA (OTHER THAN SABA)	1 KILO OF BEEF	8.9 KILOS OF PORK
2.3 KILOS OF ONIONS	1.3 KILOS OF GARLIC	3.9 KILOS OF MANGO	84 CHICKEN EGGS	4.8 KILOS OF TILAPIA
211 PIECES OF PANDESAL	5 PACKS OF SLICED LOAF BREAD	0.26 LITERS OF FRESH OR PASTEURIZED MILK	4.5 KILOS OF BANGUS	5.2 KILOS OF GALUNGGONG

MAJORITY OF FILIPINOS STILL EAT AT HOME

- NEARLY ALL HOUSEHOLD MEMBERS ACROSS THE COUNTRY HAVE DINNER AT HOME (96%). SOME 9 IN 10 ALSO EAT BREAKFAST (95%) AND LUNCH (89%) AT HOME.
- ONLY 14% OF HOUSEHOLD MEMBERS ACROSS THE COUNTRY EAT LUNCH OUTSIDE THE HOUSE.

PINOY FARE

RICE
THE BIGGEST RICE CONSUMERS ARE IN THE AUTONOMOUS REGION IN MUSLIM MINDANAO (ARMM)
*Each person in ARMM consumes 2.7 kilos of rice each week or 139.1 kilos each year

PEOPLE IN THE ZAMBOANGA PENINSULA CONSUME THE LEAST AMOUNT OF RICE
*Less than a kilo (0.7 kg) of rice per person per week, or 36.4 kilos per year. This is because more than 7 in 10 households in Zamboanga Peninsula reported corn as their staple food.

EACH HOUSEHOLD WASTES 1.68 KILOS OF LEFTOVER RICE EACH YEAR, ON AVERAGE *Another 11.26 kilos of rice leftovers are fed to animals

BUT IN CALABARZON, EACH HOUSEHOLD WASTES AN AVERAGE OF 68.37 GRAMS OF RICE WEEKLY —THE HIGHEST IN THE COUNTRY
*This is followed by Caraga at 63.23 grams and Davao Region at 62.90 grams of spoiled leftover rice per household per week

VEGETABLES Those in the Zamboanga Peninsula are the biggest eaters of eggplant and squash. Those in the NCR consume the least amount of said vegetables.	MEAT Those in the NCR are also the biggest chicken eaters at 14.5 kilos of chicken per person each year. The biggest pork eaters are in Cagayan Valley (14 kilos per person per year). Those in the Ilocos Region and CAR are the biggest beef eaters, with 1.86 kilos and 1.61 kilos, respectively, of beef consumed per person each year.	FISH Zamboanga Peninsula is the top consumer of galunggong, Ilocos Region is the top consumer of bangus, and Central Luzon is the top consumer of tilapia.
BREAD Those in NCR are the biggest pandesal consumers at 354 pieces per person each year. ARMM is the leading consumer of loaf bread. Each person there consumes 11 packs of loaf bread per year.	EGGS Those in the NCR consume the most eggs per person at 123 chicken eggs each year, and those in the Zamboanga Peninsula, the least at 50 chicken eggs each year.	INSTANT NOODLES Each Filipino consumes an average of 2.7 kilos of instant noodles every year. ARMM is the top consumer of instant noodles, with 4.6 kilos consumed per person every year.

Source: Philippine Statistics Authority, National and Regional Consumption of Selected Agricultural Commodities in the Philippines 2015-2016

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Earth Day at NSF

NSF supports research across all fields of science and engineering. Much of it helps us better understand and protect our planet.

Pollinators are crucial for the health of ecosystems and U.S. agriculture. Biologists research why these animals are dying off worldwide to help protect them.

Social scientists study how people voluntarily adopt pro-environmental behaviors, and whether those behaviors can spread from one person to another.

Using math to study the complex interactions between sea ice and its environment can help us better understand Earth's climate.

Computer scientists use artificial intelligence and game theory to combat illegal logging and wildlife poaching.

Ocean scientists explore coral microbiomes to protect these imperiled ecosystems, under threat from coral bleaching and El Niño.

An innovative model of teacher training, pairing a university and a museum, helps prepare a new generation of Earth Science educators.

Engineers transform mushrooms into biodegradable packaging, sparing trees and reducing energy consumption.

NSF NATIONAL SCIENCE FOUNDATION