



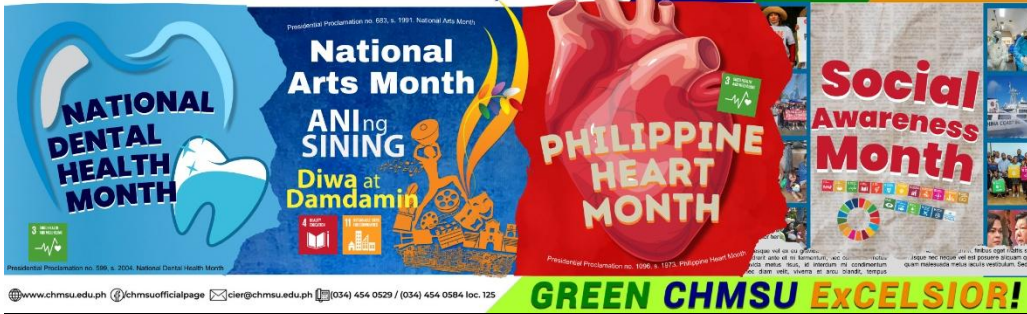
Carlos Hilado Memorial State University

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



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.

GREEN CHMSU EXCELSIOR! The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Feb 17	1:00 pm	Bachelor of Public Administration Pinning Ceremony	Bachelor of Public Administration program	BPA graduating students	Multi-purpose Gym, Talisay (Main) Campus
Feb 17	1:00 pm	Student Assistant Orientation	Office for Student Affairs and Services	Student assistants	Audio-Visual Room, Talisay (Main) Campus
Feb 17		MyFrench Film Festivals Free Showing	Center for Internationalization and External Relations	All students	Binalbagan and Fortune Towne campuses
Feb 18	8:00 am	Inter-college Debate	CHMSU Debate League	College representatives	Multi-purpose Gym, Talisay (Main) Campus
Feb 20	1:00 pm	Pre-Internship Program	College of Arts and Sciences	All graduating CAS students	Multi-purpose Gym, Talisay (Main) Campus

Highlights of the Week

- The Bachelor of Arts in Social Science department held a pinning ceremony for all graduating students on February 10, 2025, at the Multi-purpose Gym, Talisay (Main) Campus with BASS alumnus Kent John Lorayna as resource speaker.
- The Center for Internationalization and External Relations in celebration of Arts Month held a MyFrench Film Festival Free Showing at the Alijis and Talisay campuses on February 12, and 13, 2025. A scheduled free film showing will also be conducted at the Binalbagan and Fortune Towne campuses on February 17, 2025.

- The CHMSU Debate League hosted its first Inter-college Debate Competition on February 12, 2025, at the Global Learning Café, Talisay (Main) Campus.
- The Circle of Peers Facilitators hosted a symposium on Student Empowerment for Teen Pregnancy and HIV/AIDS Awareness on February 12, 2025, at the Covered Court, Binalbagan Campus with Dr. Hazel Chua-Pagunsan of the Binalbagan Municipal Health Office as the resource speaker.
- A pinning ceremony for all BSIS graduating students was held on February 13, 2025, at the Multi-purpose Gym, Talisay (Main) Campus, organized by the Bachelor of Science in Information Systems department



with Ana Lou Panganiban of TUP Visayas as the resource speaker.

- CHMSU through CHMSUyanihan once again sponsored the dinner for all the evacuees of the fire incident on Zone 5 at the Talisay City Multi-purpose Gym on February 13, 2025.
- Represented by CIER Director Rhoderick Samonte, CHMSU participated in the Bacolod City Climate Change and Environment Council Meeting on February 13, 2025, at the Bacolod City Government Center.
- The Department of Budget and Management visited CHMSU for an ocular visit in preparation for establishing the DBM-Negros Island Regional Office. CHMSU welcomed Director Philip Jeffrey David from the DBM Central Office and Regional Director Liane Gayomali from the DBM Regional Office VI on February 13, 2025 at the Alijis Campus.
- A thanksgiving mass was held in celebration of Valentine's Day on February 14, 2025, at the Covered Court, Binalbagan Campus, with Rev. Fr. Radny Bayog as the main celebrant.
- The University Student Government of Talisay conducted a symposium on HIV/AIDS Awareness and Sex Education on February 14, 2025, at the Multi-purpose Gym, Talisay (Main) Campus, with Benjamin Rott and Benny Guzon from Bagani Community Center as the resource speakers.
- The Alijis, Fortune Towne, and Talisay campuses celebrated Valentine's Day with booths, runway shows, and fun games on February 14, 2025.

9 TIPS TO HAVE HEALTHY TEETH

Floss Before Brushing
Flossing is important to remove plaque and several harmful bacteria. Brushing alone is not helpful. You should floss your teeth to prevent bacterial growth and protect your teeth.

Visit your dentist regularly
You should not be lazy about seeing your dentist regularly. Early stage dental problems are much easier and cheaper to fix than later stage problems. You should see your dentist twice a year so you can catch the problems during early symptoms.

Use Mouthwash
Along with brushing and flossing, mouthwash helps your teeth too. Use it to have a good breath and greater confidence.

Brush your teeth twice a day:
This is crucial if you want to maintain healthy gums and teeth.

Sugarfree chewing gum
When you eat or chew sugary things such as gum, you might be causing problems for your teeth. Eating too much chocolate might not be good for your teeth. You should get sugarfree gum and chew it to help prevent cavities.

Quit Smoking
Smoking is very destructive for your teeth. It can cause your mouth to age fast. It is also a cause of potentially harmful diseases. You know which ones. If you want healthy teeth and gums, you must quit smoking.

Use Fluoride
Fluoride helps protect your teeth because it helps create stronger enamel on your teeth. Bacteria attack the enamel of your teeth so having stronger enamel helps protect your teeth. Toothpaste with fluoride helps protect your teeth.

Use Sealants
Sealants protect your back teeth which can be the favorite place of bacterial in your mouth. Sealants combined with regular brushing can help protect your back teeth nicely.

Find a suitable toothbrush
Get an electric toothbrush recommended by your doctor, or read reviews to find a good one.

Credits: Visit the www.thewelbeckclinic.co.uk website to learn more about cosmetic dentistry, teeth whitening and veneers. You may also email info@thewelbeckclinic.co.uk for help.

Heart disease factors you can control

- Manage your blood pressure**
- See your GP for a heart health check**
- Drink less alcohol**
- Follow a heart-healthy eating pattern**
- Maintain a healthy weight**
- Be smoke-free**
- Reduce stress**
- Move more**
- Manage your cholesterol**
- Manage your blood sugar**