



Carlos Hilado Memorial State University CHMSU Messenger

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Carlos Hilado Memorial State University
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus
Themes for the Month of February

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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 24, 25, 27	8:00 am – 5:00 pm	CASinemalaya 2025	Bachelor of Arts in Social Science	All students, faculty, and staff	AVR and Global Learning Café, Talisay (Main) Campus
Feb 25		39th Anniversary of the EDSA People Power Revolution (Special Working Holiday)			
Feb 26	2:30 pm	Snapshots & Screenplays (Painting Stories with Light and Lens)	Center for Internationalization and External Relations	All students, faculty, and staff	Via Facebook Live and Google Meet
Feb 27	2:30 pm	Snapshots & Screenplays (Reel Negros: Stories Through Film)	Center for Internationalization and External Relations	All students, faculty, and staff	Via Facebook Live and Google Meet

Highlights of the Week

- The Center for Internationalization and External Relations held the My French Film Festival Free Screening at the Binalbagan and Fortune Towne campuses on February 17, 2025.
- The Bachelor of Public Administration conducted a pinning ceremony to all Public Administration students on February 17, 2025 at the Multi-purpose Gym, Talisay (Main) Campus.
- The College of Industrial Technology won the 1st Inter-Collegiate Debate Competition followed by the College of Criminal Justice, and the College of Education hosted by the CHMSU Debate League on February 18, 2025 at the Multi-purpose Gym, Talisay (Main) Campus.
- CHMSU warmly welcomed representatives from the Department of Budget and Management (DBM) delegation led by DBM Undersecretary Wilford Will Wong, Functional Group Head of the Local Government and Regional Operations Group and Director Atty. Ryan Lita of the Local Government and Regional Coordination Bureau, for their second ocular visit in the Alijis Campus on February 18, 2025.
- Senior students of the College of Arts and Sciences undergo the Pre-Internship Seminar organized by the College of Arts and Sciences OJT Coordinator Soledad Estares at the Multi-purpose Gym, Talisay (Main) Campus on February 20, 2025.
- CHMSU warmly welcomed Campus Director Mir-i-nisa Yañez-Boco of Eastern Samar State University - Salcedo Campus during a benchmarking activity held at the Talisay Campus on February 20, 2025.
- Office for Student Affairs and Services conducted in info-session in compliance with Student Affairs and Services on

February 20, 2025 at the Global Learning Café, Talisay (Main) Campus.

- The University Student Government of Alijis Campus launched a room-to-room information drive on proper waste segregation and promote Greening CHMSU on February 21, 2025.
- The Bachelor of Arts in Social Science Program conducted a DIALOGO: Philippine Studies Goes Global Research Writing and Training Workshop on February 20-21, 2025, at the Audio-Visual Room of the Talisay (Main) Campus with Professor Henelito Sevilla Jr. of the Asian Center of the University of the Philippines Diliman as the invited resource speaker.

Water Ionizers & Mouth Health

We all want strong, healthy teeth and gums. Good oral hygiene is a key aspect of overall wellbeing—cavities and gum disease have been repeatedly linked to serious health conditions.

What should we all be doing to maintain good mouth health?

- Clean Your Teeth**
Most of us fall into the routine motions that we're used to, so it can be helpful to remember the best way to clean teeth: small, gentle, circular movements on all sides of each tooth, for about two minutes.
- Brush Up**
Replace your toothbrush/ toothbrush head often, and don't use a toothbrush with hard, firm bristles – soft ones are better for gum health.
- Which Toothpaste?**
It's important to use a toothpaste with the right concentration of fluoride. According to the Oral Health Foundation, kids and adults generally need a toothpaste that contains 1350ppm to 1500ppm, while children under three require a fluoride level of at least 1000ppm in their toothpaste. Your dentist will tell you if you need to tweak these standard guidelines.
- Do the Floss**
Floss gently and thoroughly every day using dental floss, fixed flossers or a water flosser. Remember to rinse afterward!
- Use a Tongue Scraper**
Cleaning your tongue helps to reduce harmful bacteria and keep bad breath at bay! Either use a purpose-made scraper, or gently swirl your toothbrush over the back of your tongue (the front part is pretty good at self-cleaning) during your brushing routine.
- Quit Smoking**
Smoking gives you bad breath and increases the risk of gum disease, as well as being linked to oral cancers.
- Paying Lip Service**
Your lips are part of your mouth! Use a soft toothbrush to very gently exfoliate lips once a week and remember to wear lip balm containing SPF.
- Broken Tooth?**
If you're worried that you have a cracked or broken tooth, visit the dentist immediately; you may need emergency treatment to preserve the tooth.
- Ditch the Soda**
Soda and sugary drinks are bad news for teeth; dentists can help you spot if kids are regular soda drinkers. It's bad for health all-around, and the phosphoric acid and citric acid that soda often contains are highly damaging to tooth enamel.
- Get a Water Ionizer for Better Mouth Health!**
There are two main reasons why a water ionizer can help to support a good oral hygiene routine. First, Turbo Water makes the BEST (and cheapest!) mouthwash. Secondly, alkaline water helps to neutralize the harmful effects of acidic food and drink, and it's chock-full of bioavailable minerals that help to keep your teeth in tip-top condition!
Dentist Heart Water Ionizers!
No wonder dentists love water ionizers! What else can alkaline water do for your health? [Check it out here!](#)