



# THE ACACIA ARCHIVE

September, 2022

Vol. I No. 1

## Welcome to The Acacia Archive!

This is the first issue of the school newspaper created by students attending the Nonfiction Writing academic elective in the Upper School. This publication strives for excellence in providing true, accurate, objective, and entertaining journalism.

As we gradually transition back into face-to-face classes, *The Acacia Archive* will endeavor to document events, feature interesting stories, and provide educated opinions on various topics related to the school.

We hope that the articles presented herein will prove to enlighten and possibly entertain you. In addition, we hope that every student at A.W.S. has a successful school year!



Upper School students gather for the closing circle of the day. Photo by Molly Yoon

### Feature

## Balance

by Ainara Z. Aberasturi, Staff Writer

**Ever since the return of face to face classes the issue of balancing campus activities with school work has re-emerged for many students.**

Without the laxity of online learning, the more demanding schedule of in person classes has forced many students to drop their avocations to focus on schoolwork once again.

However, some have chosen to do otherwise. One example would be Achim Yu of class 12 Camia. Achim is a golfer under the National Golf Association of the Philippines and the Junior Golf Association of the Philippines. He started golfing

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competitively at the age of 13, and has been competing consistently whilst attending school for five years.

When asked whether he felt that choosing to apply himself more in golfing affected his ability to keep up in school, Achim replied “I think it definitely affected how I manage my time. At an early age, it trained me on how to really balance school and training at the same time as fun, so I was able to teach myself how to find enjoyment both in school, while studying, and also at the same time finding joy within my sport. Majority of that was really caused by golf. I wouldn’t be able to learn these management skills without golf.” He followed this up by explaining how he is able to balance the two, stating that “When I’m doing a task, so, let’s say I’m playing golf, then I’ll put 100 percent of my effort, attention, everything into it, so I devote my whole self to the game, and then when it comes to school I’ll also do the same. I’ll also put 100 percent of my effort into it as well, so that’s how I really balanced it. I also think the reason why I can balance it is because I really put an important amount of time on rest. I have a set routine.”



Photo by National Golf Association of the Philippines

Achim continued, “The reason why I decided to do both at once is because it’s a necessity. I need to graduate as well, so I have no choice but to finish that responsibility. But, even though after I graduate for example, I still also have things to balance. That might not be school anymore, it might be my career and my family life. These are the things that will change. The reason why I decided to balance both is because I see it as training for the rest of my life until I die.”

The number of students who try to maintain a similar balance to Achim is a large one. When asked if he had any tips or suggestions for them, he replied with three pieces of advice. The first was “I think my advice would always be to respect rest. In the sports world we call this ‘respect fatigue’, so you have to acknowledge the period wherein you are really tired and you can’t perform well in both your sport and school, there will always come a time wherein you can’t perform well in both, and you have to accept that. You need to take it as a sign that your body needs to rest or your mind needs to rest, and then you can get back to it.” The second was “set your tasks as what you think you can do within the day. Don’t try to pressure yourself into trying to finish a that’s due for a whole week in one day. You don’t want to cramp it up. You want to spread it out evenly.” And to finish, he said “whatever you’re doing, put 100 percent of your effort into it, and enjoy it at the same time. It’s hard to do something when you’re not really enjoying it.”

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Style

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# Capsule Wardrobe:

The ultimate 12 component closet

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## World Piece

by Amara Pita, Columnist

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**Every day we struggle to come up with a new outfit idea, whether it's to go out and buy groceries or to attend a school event. It is a real hassle to have to create new and effortlessly cool outfits without either spending too much money or too much time. You are not alone in this struggle and that is where a capsule wardrobe comes in.**

What exactly is a capsule wardrobe you might ask, it sounds like something from the future or something overcomplicated, but a capsule wardrobe is the exact opposite. A capsule wardrobe consists of a few interchangeable clothing items that complement each other. These clothing articles are usually very neutral and can be used and paired with each other to create stylishly fashionable outfit combinations with limited clothing pieces. A capsule wardrobe is essential for everyone, but most especially for the students of this school who have to go through the inconvenience of coming up with outfit ideas every single day.

The idea of a capsule wardrobe has only resurfaced recently going viral on social media platforms like TikTok and Instagram, but it has been around for much longer.

Popularized by designer Donna Karan in 1985 with her Seven Easy Pieces collection, she dressed her models in bodysuits and created different outfit combinations with only seven clothing articles. This fashion show popularized minimalistic interchangeable outfits, lightening the load on our minds and our wallets.

Here are 12 components you would need in a capsule wardrobe:

- 1.) A good fitting pair of jeans. Depending on your body type and your lifestyle choose the one that best flatters your figure and the way you live.



- 2.) Basic shirts. You can wear these alone or layer them with all the other items of clothing.



- 3.) Tailored shirts. Oxford shirts, and buttoned down shirts, are always safe bets for when you need to look polished for business or dressier events.



4.) Neutral colored sweaters to pair with all your bottoms during chilly weather, and for layering with your basic tees and tailored shirts.



5.) A nice coat or jacket, depending on your age and your needs you can choose a more casual one or a dressier version.



6.) Neutral colored trousers. Tailored pants go with everything and instantly polish your look.



7.) For women, a neutral colored skirt in a flattering cut, a universally flattering cut would be an A line or full skirt. Those with defined waists can opt for pencil cut skirts.



8.) For women a little black dress (LBD), and for men a good fitting dark suit, are useful for cocktails and more formal events.



9.) Good quality leather shoes for men, flats or heels for women.



10.) Comfy white sneakers always go with everything.



Photo by Amara Pita

11.) A set of workout clothes if your lifestyle calls for it



12.) Athletic shoes



Creating a capsule wardrobe would eliminate the hassle of outfit planning and is a more cost effective way to create new outfits. As seasons pass, you will retire and adopt new articles of clothing to change it into something that better suits your style, and that is perfectly fine. Capsule wardrobes were made to be flexible and easy to pair with different pieces of clothing, therefore the benefits remain. So what are you waiting for, start building your personalized capsule wardrobe today!

*All uncredited photos from Shein PH*

# Kia (like the car)

## Part one: Kia vs. her bountiful MLB pages

by Layla Ortega



# The Farm Shed

by Zildjian Concepcion, Staff Writer

**The Farm Shed is a venue that includes a farm, and a cafe. It is a great place for the community of Acacia Waldorf School to gather. Located right next to Acacia Waldorf School, in Hacienda, Sta. Elena, Santa Rosa City. It was a project by Gippy Tantoco, Hindy Weber, and Joel and Melanie Go.**

Back in 2014, Gippy, Hindy, Joel and Melanie planned on moving the Holy Carabao Farm to a vacant space of land offered by Acacia Waldorf School. But an idea came up, why not build a place next to it? In addition to the farm, they thought of building a place that can be used by the school, and to host events like plays, performances, parties, and markets.

Using recycled materials from Gippy and Hindy's old house, which was made of an old container, The Farm Shed was constructed. The walls, floorboards, and even the sink and toilets, all were recycled from the old house. In the interview, Gippy even mentioned that old windows and doors were taken and recycled from his grandparents house. The mismatched wall panels and floor boards give The Farm Shed a rustic and cozy atmosphere. Construction went well and smoothly through the second half of 2015, and The Farm Shed was finally completed in 2016. Later on, Molly Yoon joined the project and had the brilliant idea of adding and managing The Farm Shed Cafe. The Farm Shed Cafe is located right

next to The Farm Shed venue, it serves coffee, cold drinks, food, and pastries. It is a popular hangout spot for parents, students and guests.



Photo by Daemon Becker

The Farm Shed is not just exclusive to the Acacia Waldorf School community. The farm, venue, and cafe is open for other schools and guests to visit.

As for future plans for The Farm Shed; “It would be nice to have more activities and events that are open to others, like farmers market, or other themed gatherings, like Balik Bukid.” Gippy said in our interview. “It would be nice too to make the shed a bit larger to accommodate the plays which we all love so much.”

# Diving Deep

by David Tipon, Staff Writer

**An unconventional sport was taken up by several students from Acacia Waldorf School (AWS) during the pandemic. Freediving is an affordable activity to see past the ocean's surface and see underwater beauty in its glory. It is cheap, keeps you physically fit, and improves your confidence in the water.**

Most of us have longed for the chilly, sweet-smelling air of the mountains, the sounds of the running river canopied by trees, or the soothing waves of the beach. If your wish is to explore the ocean below its surface without the need to invest in much equipment, you might want to try freediving.

It recently became more popular as a hobby, even among the students of Acacia Waldorf School.

“It’s all fun and fishes, really,” said

Aina Sta. Maria, one of the students new to the sport.



Self portrait by Aina Sta. Maria

## What is Freediving?

Unlike scuba diving or surface-supplied diving, freediving is where one dives without relying on an external source of air. Divers take one enormous breath before submerging, and only ascending again after they reach their limits.

It is best to dive at a time where there is a lot of sunlight, so divers ideally plunge into the ocean just after sunrise. They end just before sundown, when the light starts to dim, since one’s vision underwater drastically darkens with less light. In summary, between sunrise and sunset would be best.

There are many similar underwater sea sports similar to freediving, such as scuba diving and surface-supplied diving. Scuba divers are equipped with an air tank, a regulator, and a buoyancy control device. Surface-supplied divers hold a pipe or tube to get their source of oxygen. Unlike the other two, freedivers hold their own air tanks inside themselves – lungs, which means they have a significantly smaller window of underwater time than the others.

An advantage of freediving is that practicing the skill is available as long as you have a pool or a shoreline, preferably at least one that you can submerge yourself in. Divers get better by working on their mobility underwater. When you are above ground, you can do breathing-related skills such as increasing the duration of your breath.

As a pastime, people dive in shallow beaches to see the beauty of the corals just underneath the surface. To go deeper, they kick against the water’s surface and swim

towards the floor with their bare feet and hands. For most, this much is fun and enjoyable.

If you want to take it further, say you feel more skilled and confident, you can start to invest in equipment for a better experience underwater.

Here are four basic pieces of equipment to get better dives:



Having a snorkel helps to save energy by floating on the water's surface.



increase your speed underwater.

Fins help to get further into the water. You wear them on your feet like slippers. They might be a hassle to move around above ground, but they greatly



Diving weights help dive deeper. The right amount of weights stabilize your overall buoyancy in water. It deals with the annoyance of being kept afloat.



Hand fins are for that extra speed and mobility underwater. Unless you do not have any other equipment on hand, this option is a decent upgrade.

### Risks

Divers, especially those starting out, encounter multiple issues, such as not being comfortable with equipment, health problems, ear problems, or even just entering the water.

When Aina first dove in Batangas, she had an issue where her goggles kept slipping off her head, then water would flood her vision. She recommends that you find equipment that you are comfortable and confident with. Places such as sports outlet Decathlon or department store Landmark have the right equipment. Having the right gear is crucial, and can even save your life.

As for any sport, health can get in the way of having a fun and safe dive. A disability could hinder your experience or even render your attempts useless. Aina noticed that her friend, who dove with her in one session, could not hold his breath as long as everyone else. She thinks that the issue stems from her friend's vaping habit, which could negatively affect one's lungs. She recommends that divers must strive to be in their top condition before and during the dive.

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Most beginners face a problem where they encounter ear problems. Similar to a plane take off or an elevator, like a sort of painful ear pop. It happens when people go deeper without doing the proper exercise. This is due to water pressure. If divers persist through the pain, it could cause ear/nose bleed, headaches, and even as severe as permanent hearing loss. This agonizing problem can simply be solved by clogging the nose by pinching it with your hands, then breathing out through the nose. If done correctly, this should “pop” your ears, and the pain will disappear.

### The Fun

Divers can recall many fun experiences in their time underwater, such as things people thought they would only see in books and documentaries, to never before seen discoveries, bearing as a wonderful learning experience.

In her practice dives, Aina’s coach spotted a sea turtle and ushered everyone’s attention to it, to the point where they almost forgot to take another breath. It wowed them all.

In another dive, Aina swam away from the group, when suddenly, a school of fish circled around her. She said she felt like “the chosen one” at the time.

In another one of her practice dives, her coach made her go through a hula hoop underwater, which was anchored right beside an underwater cliff edge. Going through it, she felt both fear and awe seeing the bottomless depths of the ocean.

Aina’s experiences are similar to other divers’ experiences, but reading about it is completely different from experiencing

it, and you might encounter things that no one ever has before. The fun of it is that the experience is affordable and accessible to anyone willing to try. I would love to dive, too

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## Culture

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# Marites ka ba?

by Nicole Natanauan, Staff Writer



*Are you really a Filipino if you do not know the slang?*

Filipinos can be defined as being authentically Pinoy in a number of ways. The food we prepare (and subsequently consume), the furniture we own, the beverages we drink, and the phrases we use are just a few examples. Nothing, after all, completely captures a culture like a language.

In the Philippines, there are more than 180 different languages, and dialects are still developing all over the archipelago. The development of “*salitang balbal*,” or street language, is something we are still observing. And as Filipinos spend more time online, this colloquial language keeps finding a home there as it quickly develops.

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Language can be viewed as a single structure with a defined set of guidelines that must be followed in order to express meaning. The use of Filipino slang, however, completely contradicts this simplistic notion and shows it to be a multilayered, complex system that will continue to evolve through time. The fact that these slang or "salitang balbal" words enable us to express our emotions when we are at a loss for words may be what makes it so essential.

Yuri Diaz, a Filipino tutor, believes that two of our innate cultural characteristics, cheerfulness and inventiveness, are extensions of Filipino slang.

*“Tayong mga pilipino ay mahilig mag-interact sa isa’t isa, yun ang isang bagay na dito mo lang sa Pilipinas makikita. Kilala nga tayo sa pagkahilig sa social media, text, at facebook diba? Dahil natutuwa tayo na marami tayong kausap at bagong napag-uusapan hindi lang para magsayang ng oras. Yun siguro ang dahilan kung bakit marami tayong salitang balbal,”* Diaz states.

(You may not be able to see this in other countries, but we like to interact with one another. This is why we are known for texting, using Facebook, and other social media; it's not because we like to waste time, but rather because we always have people to talk to, feel happy doing so, and have an a plethora of new things to talk about; this may also be the reason for the numerous forms of slang that are used.)

Here are a few of the interesting words we heard throughout the peak of the pandemic. Which of them do you use frequently, and do you believe any of them will survive?

## Marites



Say goodbye, Gossip Girl. Look no further than the marites in your neighborhood for the latest chismis! You may encounter them having casual conversations in the streets. However they may be gathering juicy information about you.

The inventive minds of Filipinos created Marites, the notorious *chikadora* of the neighborhood, to be the counterpart of America's "Karen".

It is unquestionably humorous to discover the meaning of Marites (Mare ito ang latest) which translates to "Mare, this is the latest. Aside from its clever moniker, one thing was certain: it quickly became a relatable meme on social media.

The marites represent every inquisitive tita who loves to gossip about others and spill their most juicy secrets. Even as a descriptor, you might say that you and your friends are having a "marites session." There is no question that each of us contains a small amount (or, alright, maybe a lot) of marites in us.

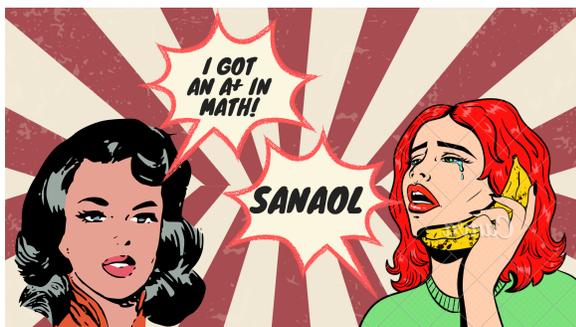
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## Chariz



Slang does not always spring out of nowhere. For instance, "Chariz" is the most recent incarnation of "charot," which we should now likely regard as veteran slang. It essentially means "just kidding," which is a useful phrase to add at the end of any sentence to lighten the mood. Just add "chariz" to the end to make it a little more modest and you may be as brutally honest and dramatic as you like. However, it is debatable whether or not that is a good or negative thing.

## Sana All



When someone is envious of something that someone else has, they frequently utter the Filipino slang phrase "Sana all." It provides hope that they can also have it in their own lives, whether it be a significant other, a

good test score, or a rewarding career. Directly veering off topic may have the effect of saying "Sana all."

One will immediately realize the importance of knowing Filipino slang expressions if one watches any popular Filipino TV program, listen to any music, or watch any movie. The slang used in Filipino culture is identical to that used in regular native-to-native discussions. Popular culture and most interactions will be quite puzzling and perhaps even alienating if you do not at least have a basic understanding of the more often-used slang terms. It is extremely constricting to only use formal grammar and terminology, especially in social contexts. Exactly like in one's own tongue language, one can express a wider range of emotions, thoughts, and experiences by using the correct Filipino slang words.

All artwork designed by Nicole Natanauan

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