



# STIC

## ON POINT



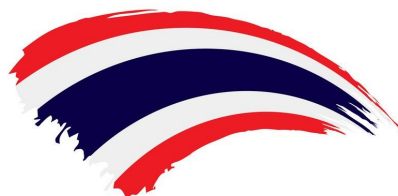
### FIRST TAEKWONDO GOLD FOR THAILAND

The 23 year old Panipak Wongpattanakit brought home much pride to the country as she won the first ever gold medal for taekwondo. Making a history in the field of sports, the young lady from Surat Thani received huge amount of financial pledges reaching to 20 million baht for her victory.

Upon her arrival at Phuket Airport, a touching moment of paying sincerest respects to her dad, Mr. Sirichai,

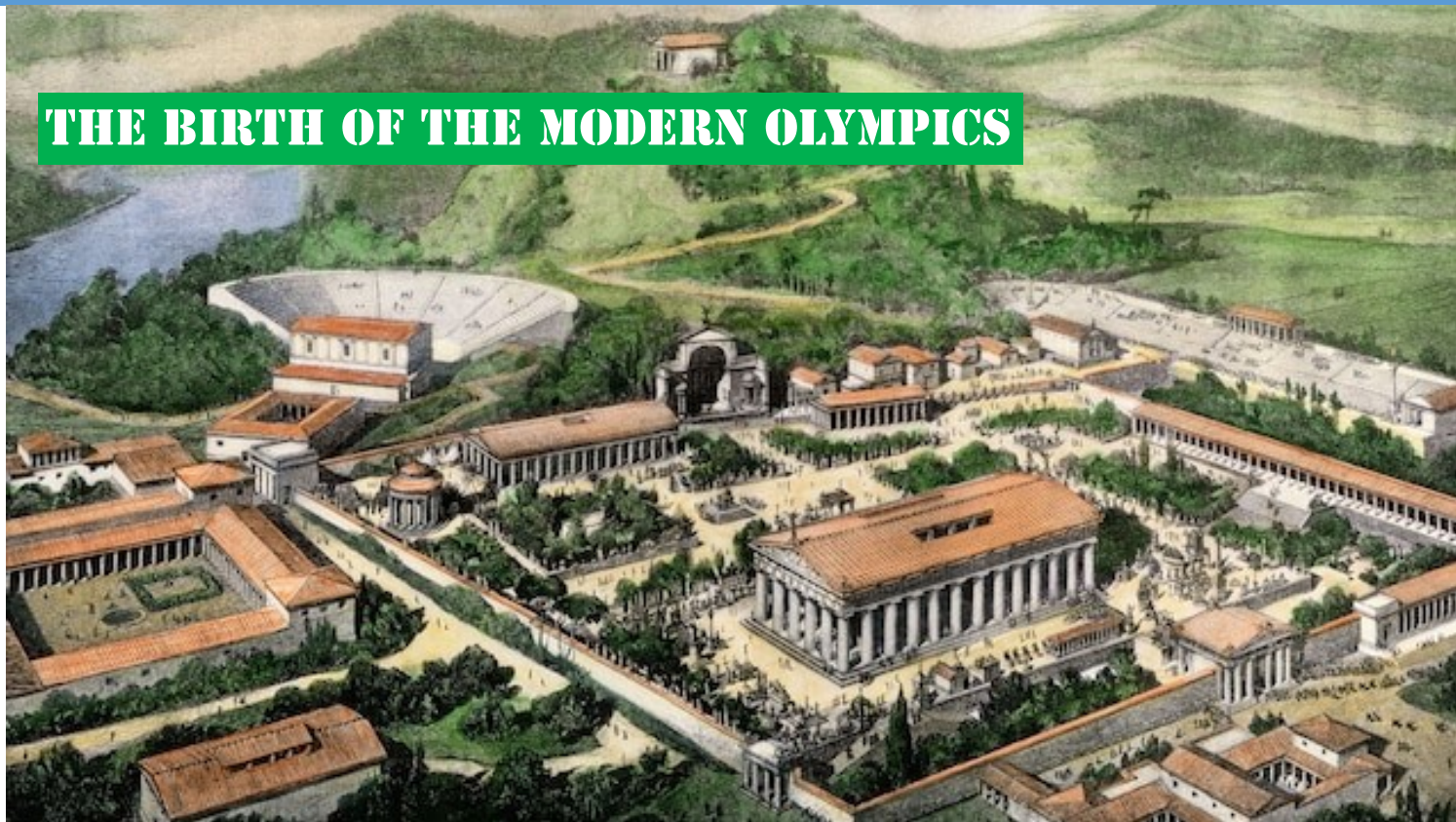
captured the hearts of every Thai people. The moving gesture was witnessed by Phuket Governor Narong Wunsiew and Taekwondo Association of Thailand President Pimol Srivikorn.

The gold medalist quoted "I want to do the best in every competition. I want to be in the next Olympics in Paris, if I'm physically fit,".





## THE BIRTH OF THE MODERN OLYMPICS



The ancient Olympic games were held in Olympia, Greece from 776 BC through 393 AD as part of a religious festivals to give the highest honor to Zeus, the father of Greek gods and goddesses. Almost 1503 years had passed before the Olympics returned to existence. Athens, Greece was the official venue when the first modern Olympics in 1896 occurred. It was Baron Pierre de Coubertin who thought of the idea of re-opening the Olympics as he wanted to have it happened in his native country, Paris in the year of 1900. Later on, delegates from 34 countries though were delighted with his concept convinced him to have it held in 1896 and have Athens as the first ever venue.

The Olympic symbol, which is known by many as the Olympic rings has five intertwined rings and represents the unity of the five inhabited continents {Africa, The Americas (is considered one continent), Asia, Europe, and Oceania}. The Olympic motto, Citius, Altius, Fortius, a Latin expression as translated in English is "Faster, Higher, Stronger".

Tokyo Olympics 2020 offered the sports fanatics many

interesting, record-breaking and first facts:

---The pride of the Philippines, the weightlifter Hidilyn Diaz made a history after winning the first ever gold medal. The Filipino delegates have been participating in the Olympics for almost a century and this is the first gold medal in the history of Philippine sports.

---During the Tokyo Games, some sports returned and were introduced. Softball and baseball returned to the Olympics after 13 years, while skateboarding, surfing, sports climbing, and karate made their Olympics debut.

---Members of the LGBTQ+ had their first in joining some events during the Tokyo Olympics - Alana Smith, an American skateboarder, Quinn, a member of the Canadian women's soccer team, Chelsea Wolfe, a BMX rider, New Zealand weightlifter Laurel Hubbard to name a few.

Despite all the anxieties the world is going through, Tokyo Olympics 2020 were considered as one of the most successful sports events and made its mark on history.

Congratulations to all the successful Olympic athletes.





# DELTA VARIANT

**SOMETHING NEW MADE EVERYTHING WORSE**

With the existence of new COVID-19 variants in Thailand, almost 10k plus of new COVID-19 cases were listed each day. The alarming increase of new cases had forced the government to create stricter protocols nationwide. Lockdown and curfews were once again declared to fight the war against COVID-19. Though Thais had continued their journey to get vaccinated, still, these new variants worsen the situation.

For some, they have started to lose hope that lives will be back to normal. News that some Thais had taken their lives since they couldn't handle the scenario any

longer was circulating in all social media platforms. On the other hand, there are still the "hopefuls" believing that life will be better soon.

The pandemic has brought nothing but negativities to the world. Not only COVID-19 cases are climbing up but also the cases of suicides and mental health issues. It has been like two years that the world has been punished by this virus. If you're **STRONG**, then you'll survive. If you're **WEAK**, you'll end up dead on the streets.

## SARS-CoV-2

1 person → 2.5 people



## Delta variant

1 person → up to 6 people



# COVID-19 rates of transmission

## THE 21<sup>ST</sup> CENTURY LOUNGE FOR FUTURE EDUCATORS

By: Tanadon Pumina, Education Mathematics, Year 1



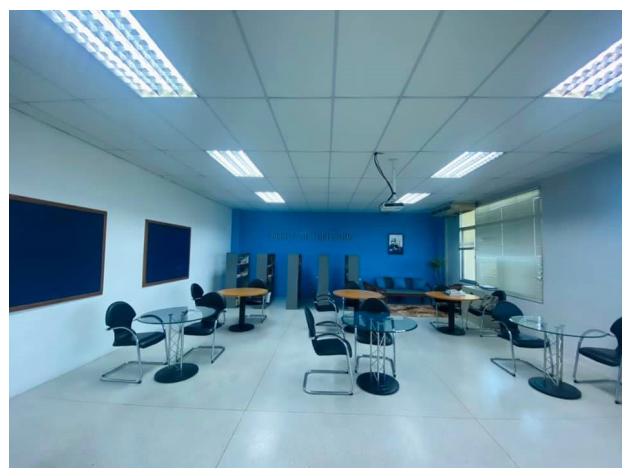
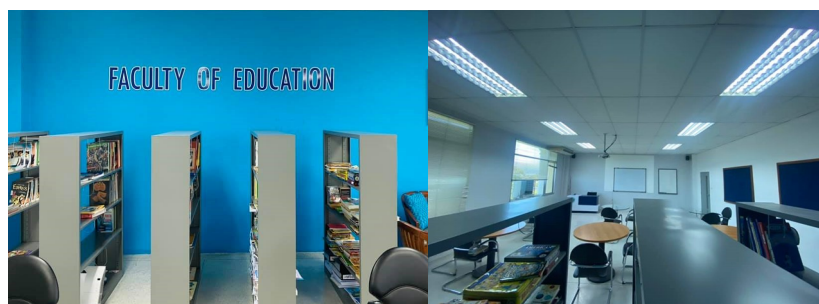
The Faculty of Education has thought of creating a venue wherein the students can do some activities together, practicum presentations, and equip themselves with much knowledge and so on.

Room 409, which is now tagged as Faculty of Education's Learning Community Centre, has started serving its purpose: before the COVID-19 new variants have reached the country, year 1 and year 2 students would find some time to meet each other, exchange some gifts and be acquainted with each other. I was so excited to meet my major mates and communicate with them in English language. We

played fun games and shared some of our interests. Moreover, our second year brothers and sisters gave us learning strategies since we are still struggling with the transition from high school to college life.

Ajarn Dario A. Mando, Education English Department Head, has put his mind and heart in order to give the Education major students the perfect lounge for learning and bonding. His trendy taste made the area more impressive and more conducive to learning.

After COVID-19 pandemic, all of us are hoping to have more learning and bonding activities to be held at our Learning Community Centre.





## STIC VIEW DECK, NEW SPOT FOR PHOTO SHOOTS



Students, staff and teachers of St. Theresa International College have spotted a new location to take photos. It is located behind STIC dormitories in between two serene swamps. Going there isn't a problem. You can walk, jog, ride a bike or drive a car.

Reaching the STIC View Deck would give you a natural fresh feeling. Standing on top would offer your eyes gifts of nature: green fields, swamps and clear blue sky and/or an amazing view of sunset. Moreover, a wonderful

sensation of the wind touching your skin and sounds of nature that play music into one's ears add to the excitement of visiting this lovely environ.

A lot of activities can be done at the vicinage. Someone can have fun doing skateboarding. Others can film tiktok videos. A small group of people can spend a late afternoon picnicking. To beat them all, the best activity is photo shooting. Every carrefour of STIC View Deck would definitely provide the best and perfect venue for keepsakes captured by the lenses.



## STIC ROCK SITE, ANOTHER SPOT FOR PHOTO SHOOTS

A rock formation besides STIC Dorm 7 has caught the attention of STICians (students and lecturers) as another spot for photo opportunities. Its natural picturesque panorama could capture the keen visual perception of any individual. The landscape itself produces a beach atmosphere and an island vibe that the photo spectators would think that you are somewhere else like in Krabi, Phuket or Rayong.

Some students and lecturers gathered at STIC Rock Site to capture some moments that would become memories as time goes by. Videos were also taken around the area that gave rise to the popularity of the area.

If you have never gone to STIC Rock Site, make your way besides STIC Dorm 7 and be filled with awe experiencing what others had encountered.





## WHAT'S YOUR TARGET?

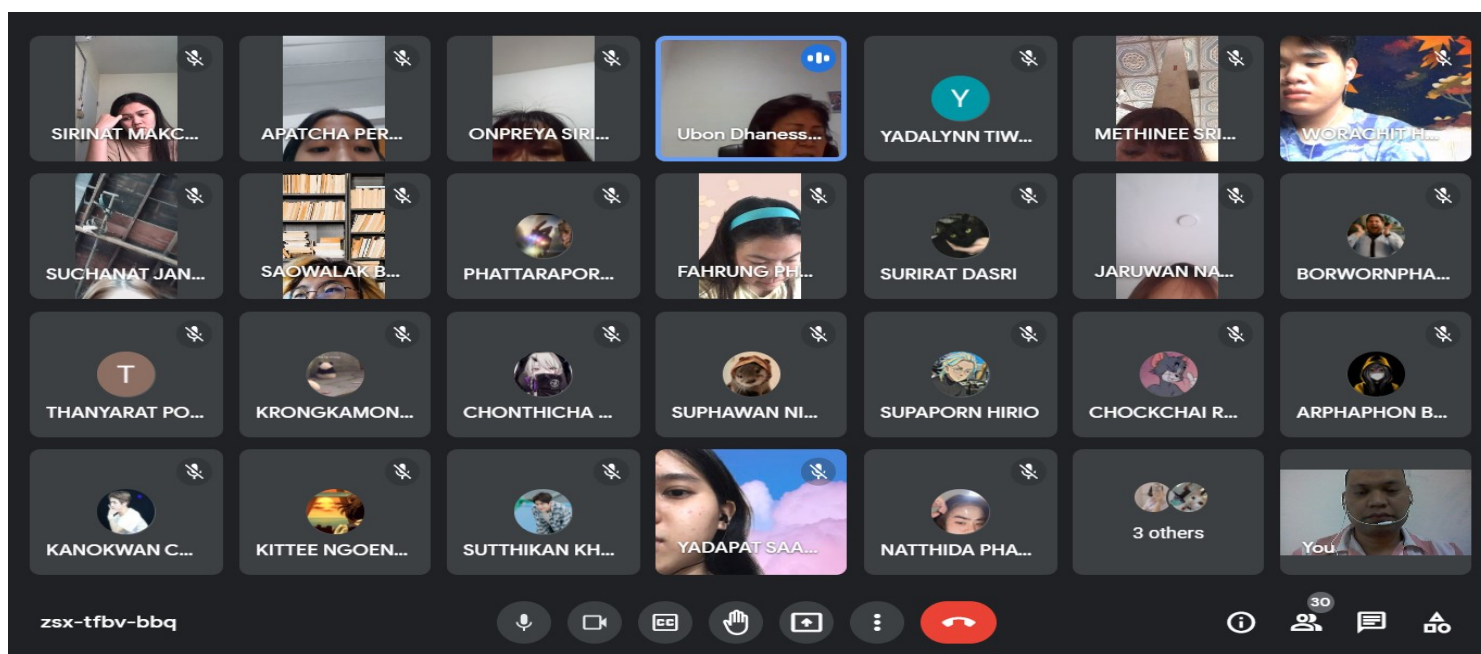
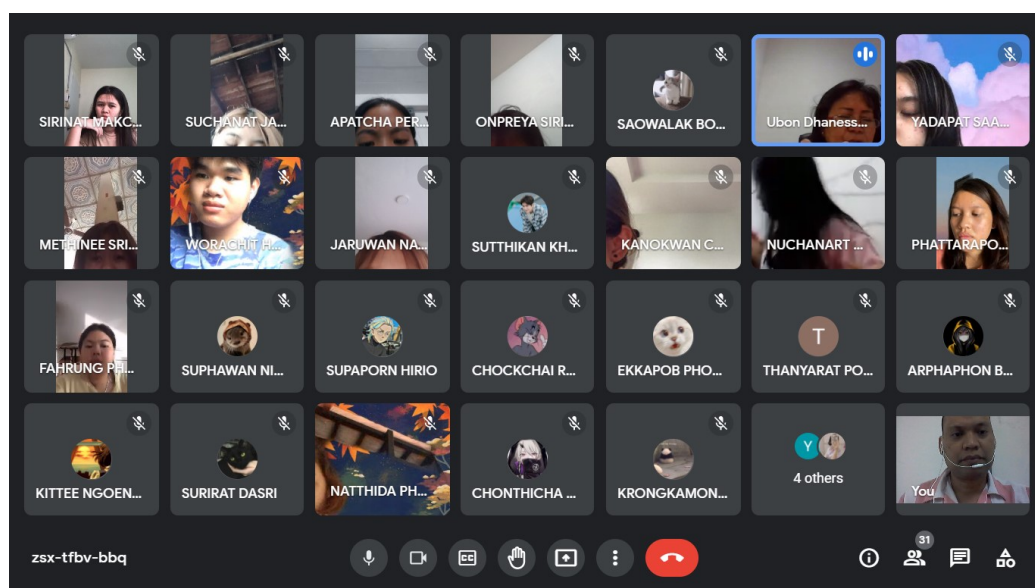
The Dean of the Faculty of Humanities and Social Sciences, Assistant Professor Dr. Ubon Dhanesschaiyakupta spent her Saturday to converse with the English for Business Communication major students (years 1 and 2) on Google Meet. It is with regards to the “Meet Advisor” note on the MIS after the release of the Midterm Exam scores. To ease their confusions, the students eagerly listened to Dean Ubon as she expressed her suggestions on how students can improve their scores on subjects that think they’re struggling. In return, the students with much enthusiasm discussed some of their study problems and some life struggles during the pandemic. Paying attention to them, the class advisor mentioned some helpful advices to his students on how to achieve their academic goals. One of them is the “Target Scores Scheme” which was presented to encourage students’ learning determination and motivation. Given that their Midterm Exam scores

range from 7-9/20, their target score for their Final Exam (?/60) and Continuous Assessment target score (?/20) were positioned and thought. Without hesitations, the students turned in their target scores on the Advice and Guidance google classroom.

In addition, the homeroom teacher gave out some more tips on how to create an effective learning technique: 1. Always check the google classroom for updates. 2. Read the posted learning materials ahead (before). 3. Focus on the lesson presentation and discussion. Ask questions if something is not clear. Do request for more explanations if something is not yet understood. Do the practice activity. Seek help from friends who can grasp faster than you (during). 3. Re-read your notes for better understanding (after).

The google meet ended with much appreciation from everybody who participated.

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Credit(s)	Sec.	Mid 20%	Grade
3(3-0-6)	1	MEET ADVISOR	On Process
3(2-2-5)	1	MEET ADVISOR	On Process
3(3-0-6)	1	MEET ADVISOR	On Process
3(3-0-6)	1	MEET ADVISOR	On Process
3(3-0-6)	1	MEET ADVISOR	On Process
3(3-0-6)	1	On Process	On Process
18			







The used to be Tesco Lotus was owned by a British cooperation. The CP (Charoen Pokphand) Group Chief Executive Supachai Chiaravanont acquired the ownership of Lotus from Tesco Group. Its name and logo were changed with colors that are brighter. The old name Tesco Lotus was changed to Lotus's, with the S after the apostrophe which stands for the acronym SMART (Simple, Motivated, Agile, Responsible, Transformative and Sustainability) with the slogan "Feel Good every day at Lotus".

With Lotus's in the years to come, shoppers can access

the online system and community products can be placed on the online platform. This platform will create sustainability for all sectors.

Personally, I think it amazed me at some point. First, I don't think that CP will win the auction, but they did. If you ask me how I feel about this, I will say that I feel excited about how the new Tesco Lotus will be like. Because of the new policy, it seems interesting. As a student I don't think that it will affect me so much, but the effect will take much on people who are working and people who love to eat. You know right? CP is the owner now, so that means more food LOL!







## FOOD DELIVERED AT YOUR DOORSTEP



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With the pandemic situation in the country that mandates everyone to stay at home, food delivery steps forward and replaces the tasks of buying some groceries and home-cooking. Moreover, it fills-in the joy of “eating out”.

Is it a hard job? How much can one earn? How can I be one? These are some of the queries that we can hear from people after seeing lots of them queuing at different food shops and restaurants.

Food delivery riders work both in the heat of the sun and in the rain on a motorbike. It's a test of one's strength and stamina. Familiarity of the area is a big plus. If a rider is not, he'll go circles and has the food delivered behind schedule which usually annoys the customers.

A typical food delivery rider can take home an amount of 18k to 40k per month (as estimated) depending on the

amount of time that you'll devote on it.

Any Thai citizen, 18 years old and above, owns or has a motorbike to use, licensed and has a bank account for any payment transactions can be qualified as a food delivery rider. Many college and university students are seen on the road carrying some food stuff. They are taking advantage of their free time earning for some extra income.

As advised, food delivery is not to be considered as a lifelong career. It is just one of the gigs that someone can earn some quick money and a platform for young adults to experience both the hardships and fun of making money. But no offense meant, food delivery riders are our unsung heroes during the COVID-19 pandemic. They deliver not only the food alone but also the happiness that it brings.

